



PIB Headquarters

INTERNATIONAL YOGA DAY OBSERVED AT CGO TOWERS, KAVADIGUDA

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As per the directives of the Government of India, a workshop on Yoga is conducted by Petroleum and Explosives Safety Organisation (PESO) today at the Conference Hall, 1st Floor, C.G.O Towers, as part of the International Yoga Day Celebrations. Officers and staff of 19 offices located in C.G.O. Towers, Kavadiguda, Secunderabad and representatives from various industries along with PESO officials and others enthusiasts actively participated in the Yoga Workshop. Around 150 persons participated in the workshop under the guidance of Yoga experts from ISHA Foundation.

Dr. R. Venugopal, Dy. Chief Controller of Explosives, Hyderabad inaugurated the workshop. Dr. R. Venugopal emphasized that Yoga is not just the science of keeping you healthy not just the ability to stretch your body but he said it is the science of radiating enlightenment.

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