



## Shri Jitan Ram Manjhi emphasises on including yoga in one's daily routine to maintain health, peace and happiness in body and mind

Posted On: 21 JUN 2024 2:55PM by PIB Delhi

Union MSME Minister Shri Jitan Ram Manjhi emphasised on including yoga in one's daily routine to maintain health, peace and happiness in body and mind.

अंतराष्ट्रीय योग दिवस के अवसर पर लघु, सूक्ष्म, मध्यम उद्यम मंत्रालय भारत सरकार के अधीनस्थ राष्ट्रीय लघु उद्योग निगम (NSIC) कैम्पस, दिल्ली में मंत्रालय के अधिकारियों के साथ योग दिवस कार्यक्रम में शामिल हुआ। @minmsme pic.twitter.com/XeRZdHa0dd

— Jitan Ram Manjhi (@jitanrmanjhi) June 21, 2024

Ministry of MSME celebrated the International Day of Yoga at NSIC's NTSC Complex, Okhla, New Delhi. Secretary Shri S.C.L. Das, Dr. Rajneesh AS & DC (MSME), Dr. S.S. Acharya, CMD, NSIC, Ms. Mercy Epao, JS(SME), Shri Vipul Goel, JS(ARI) and Shri Ateesh Kumar, JS(AFI) besides other officials from Ministry of MSME, Office of DC(MSME), NSIC and other attached institutions of Ministry participated in the event.

A Yoga Session was held at NSIC, New Delhi, on the occasion of #InternationalDayofYoga. The session was graced by the Union Minister Sh. @jitanrmanjhi & other senior officers of the ministry. #MSME #MSMEs #KVIC #SCSTHUB #COIR pic.twitter.com/eRTY2ac9E2

— Ministry of MSME (@minmsme) June 21, 2024

The Union Minister emphasized the importance of Yoga in our day-to-day life and urged upon the participants for regular practicing the yoga along with the family members and to encourage others for the same as it is beneficial for our physical as well as mental health.

समस्त देशवासियों को अंतरराष्ट्रीय योग दिवस की हार्दिक बधाई।  
तन और मन में आरोग्य, शांति और प्रसन्नता बनी रहे इसके लिए योग को अपनी दिनचर्या में  
शामिल करें। [pic.twitter.com/14qXv1UEZ3](https://pic.twitter.com/14qXv1UEZ3)

— Jitan Ram Manjhi (@jitanrmanjhi) June 21, 2024

The participants practised yoga under supervision from experienced yoga instructors from Morarji Desai National Institute of Yoga, New Delhi.

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**MJPS**

(Release ID: 2027426) Visitor Counter : 570

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