

DREDGING CORPORATION OF INDIA LTD VISAKHAPATNAM

INTERNATIONAL YOGA DAY AT HEAD OFFICE

On the occasion of 3rd International Day of Yoga, a Mass Yoga was organised by Dredging Corporation of India Limited at its Head Office on 21st June 2017, Wednesday in collaboration with The Art of Living Foundation. Smt. D. Kavitha, a Senior Trainer from local the Art Of Living Foundation has conducted the Mass Yoga. On this occasion Shri S.Charles, Director (Finance), DCIL stressed the importance of YOGA in daily life and took the lead in performing various ASANAS and PRANAYAM as a part of the Mass Yoga. All Senior Executives and Employees participated in the programme.

