

MIDHANI

All are requested to join in the closing program of "Yoga Week Celebration" on 21 June 2021 organized by MIDHANI from 14 to 21 June 2021.

Kindly click the following link to join:

A) Daily Practice sessions at 5.45 AM to 7.00 AM:

Join Zoom Meeting

<https://us04web.zoom.us/j/8096938132?pwd=S3pETlJnUk9iZGE4MW FjbjRWUnJ2QT09>

Meeting ID: 809 693 8132

Passcode: 1234

B) A Talk on "Yoga, A Shield Against COVID" on 21 June 2021 at 10.30AM on Cisco Webex:

Meeting Information

Meeting link:

<https://mishradhatu.webex.com/mishradhatu/j.php?MTID=m91d3b827 a7c9e0e2d46ef3d7f1f6eaf1>

Meeting number: 184 658 8843

Password: Ni3CCVSbp75

C) Live Performance of Yogic Activities on 21 June 2021 at 6.30 PM to 8.30 PM and Join Zoom Meeting

<https://us04web.zoom.us/j/8096938132?pwd=S3pETlJnUk9iZGE4MW FjbjRWUnJ2QT09>

Meeting ID: 809 693 8132

Passcode: 1234

Note: Zoom Meeting link is same for (A) & (C)

E-Certificate will be given to all the participants subject to submission of feedback form. The link for the form will be shared in the chatbox of the meeting and through registered mail or WhatsApp group after the end of the session.



मिश्र धातु निगम लिमिटेड
MISHRA DHATU NIGAM LIMITED



7 वाँ अंतरराष्ट्रीय योग दिवस
7th International Day of Yoga

Yoga Week Celebration

14 to 21 June 2021

a Talk on

"Yoga, A Shield Against COVID"

21 June 2021, at 10.30 AM on Cisco Webex

All are Invited to Join online

Presided by

Dr. SK Jha

**Chairman & Managing Director
MIDHANI**

Speaker

**Shri Anup Kumar Mandal
AGM (Down Stream Maint.)
MIDHANI**

For More Details Please Contact:

Yoga Master:

Shri Anup Kumar Mandal,

AGM, Down Stream Maintenance, MIDHANI : 8978885177

Convener: Dr. B.Balaji, DM (HC & CC),MIDHANI: 8500920391



मिश्र धातु निगम लिमिटेड
MISHRA DHATU NIGAM LIMITED



7 वाँ अंतरराष्ट्रीय योग दिवस
7th International Day of Yoga
Yoga Week Celebration Closing
14 to 21 June 2021

All are Invited to Join online

"Yogic Practice Sessions"

Daily at 5.45 AM to 7.00 AM on Zoom

a Talk on

"Yoga, A Shield Against COVID"

21 June 2021, at 10.30 AM on Cisco Webex

Presided by

Dr. SK Jha

**Chairman & Managing Director
MIDHANI**

Speaker

Shri Anup Kumar Mandal

**AGM (Down Stream Maint.)
MIDHANI**

**Live Performance
of
Yogic Activities by participants**

"Be With Yoga, Be Always Healthy"

21 June 2021, at 6.30 PM to 8.30 PM on Zoom

For More Details Please Contact:

Yoga Master:

Shri Anup Kumar Mandal,

AGM, Down Stream Maintenance, MIDHANI : 8978885177

Convener: Dr. B.Balaji, DM (HC & CC),MIDHANI: 8500920391