



NEWSLETTER

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A WEEKLY NEWSLETTER

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With great enthusiasm '8th International Yoga Day' celebrated at FDDI campuses

'8th International Yoga Day' was celebrated with great enthusiasm across all campuses of Footwear Design & Development Institute (FDDI) by holding Yoga sessions on 21st June, 2022.

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➤ **With great enthusiasm '8th International Yoga Day' celebrated at FDDI campuses**

To mark its significance and raise awareness about the many benefits of Yoga, the United Nations proclaimed 21st June as the International Day of Yoga in December 2014.



Staff doing asanaas at FDDI, NOIDA campus



Staff of FDDI, Jodhpur campus doing Yoga



Staff doing asanaas at FDDI, Hyderabad campus

'Yoga for Humanity' was the theme set by the United Nations for the celebration of International Yoga Day 2022.

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During the difficult times which aroused due to COVID-19 pandemic, millions embraced yoga as their companion to stay healthy, to overcome depression and mental anxiety.



Staff of FDDI, Chhindwara campus doing Yoga



Staff doing asanaas at FDDI, Chennai campus

At FDDI, NOIDA campus, the session was conducted by renowned Yog guru Mr. Adarsh Tomar, Lecturer-Yog Department, Lal Bahadur Shastri Sanskrit Vidyapeeth, New Delhi. Yog guru explain about the importance of yoga in life, Suksham Vayam, the difference between the Yog Kriya and Vayam and the programme was ended with the Meditation and relaxation session.



Staff doing asanaas at FDDI, Banur campus



Staff doing Yoga at FDDI, Kolkata campus



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At FDDI, Jodhpur campus, Dr. Nupur & Mr. Jayant Sankhla, a qualified professional of the Yog stream from Dr. Sarvepalli Radhakrishnan Ayurved University, Jodhpur conducted the Yoga session of around 01 hour.



Staff of FDDI, Fursatganj campus doing asanaas



A view of 'International Yoga Day' at FDDI, Guna campus

At FDDI, Banur campus, the Yoga session was held under the proficient guidance of Dr. Anurag Srivastava (N.D.Y.D.) of Yoga & Naturopathy. Dr. Srivastava is trained from Bihar Yog Bharati and poses about 15-18 years' experience in yoga and naturopathy.



Staff alongwith doing asanaas at FDDI, Rohtak campus

At Fursatganj campus, Yogcharya Mr. P.N. Pathatk from Pntanjali Yog Peeth conducted the Yoga session. He said that if people do Yoga on regular basis one can evade many life style diseases.

He explained that yoga is not a religion, its way of living that aim towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance between all the three as stated in Ayurveda in India.



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Around 200-250 employees of across campuses attended Yoga session with a great zeal and enthusiasm.



FDDI, Patna staff doing Yoga



Staff Member & their children doing Yoga at FDDI, Rohtak campus

The programme concluded with the relaxation session. Many queries of the employees related to health issues, anxiety & stress was also answered by the session expert. After the session employees felt more relaxed, calm & motivated towards indulging yoga & meditation in their daily routine.



A view of 'International Yoga Day' at FDDI, Ankleshwar campus



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