

PRESS RELEASE

New Delhi

21/06/2021

HUDCO Organizes Webinar to Mark 7th International Yoga Day



Housing and Urban Development Corporation Ltd. (HUDCO), organized a Webinar on 'Yoga for Holistic and Healthy Lifestyle with emphasis on Covid', to mark the 7th International Yoga Day. The Chief Guest Shri Durga Shanker Mishra, Secretary, MoHUA stressed the benefits of yoga in leading a holistic and healthy life. Further, he highlighted the global acceptance of the benefits of yoga, particularly in the aftermath of the pandemic.

The key speaker, Acharya Jagdish Naik, Swami Vivekananda Yoga Kendra, Navi Mumbai, provided tips on self-care protocol for healthy living through the practice of Yoga, especially during the current pandemic COVID-19.

The webinar was attended by over 400 participants which included officials from HUDCO pan-India.