

June 21, 2017

World Yoga Day at Air Works

The International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA) on 11 December 2014. Yoga is a physical, mental and spiritual practice attributed mostly to India. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

Air Works employees, across 6 locations in India came forward to celebrate this day with enthusiasm and rigour. This was conducted in partnership with a Delhi-based health and wellness organization called Infinite Health Studios (IHS). IHS is primarily a preventive health organization and their expertise lies in providing various training solutions which are effective and implementable at the grass root level. Their main focus is to help individuals and corporates deal with the various challenges and lifestyle disorders that they face due to their mismanaged lifestyle and daily routine. The organization's principal training is through Yoga, Meditation, Stress management and related trainings. IHS also specializes in providing other comprehensive wellness programs.

The sessions started with specialized yoga trainers providing a small discourse on how we should take care of ourselves while at home and at work. They then showed us simple yoga steps or 'asanas' that we could perform even while at work!

A few pictures from all the location where we participated are given below.

