



रेलटेल कॉर्पोरेशन ऑफ़ इंडिया लिमिटेड (भारत सरकार का उपक्रम)

RailTel Corporation of India Ltd. (A government of India Enterprise)

www.railtelindia.com

Dated- 21-June-2023

Press Release

RailTel celebrates 9th International Day of Yoga.

Yoga has emerged as one of the most trusted means to boost physical and mental well-being: Sh. Sanjai Kumar, Chairman & Managing Director, RailTel.

The 9th International Day of Yoga is being celebrated today that is on 21-June-2023 in India and across the world. Hon'ble Prime Minister Sh. Narendra Modi led a yoga session at the UN Headquarters, New York City in USA for the first time. This year the theme of Yoga Day is – 'Yoga for Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One Family'.

RailTel, a Mini Ratna Central Government PSU, under Ministry of Railways also joined the Nation in celebrating the 9th International Day of Yoga.

The Yoga Day celebrations in RailTel started a day earlier on 20th June, 2023 when a special seminar was organised at its Corporate Office. Noted Yoga expert Shri Devendra Gupta, Zonal President of Bhartiya Yog Sansathan spoke about the significance of yoga at the seminar. He also conducted Sukshma Kriya & Tapping Yoga session. The seminar was attended by the Officers and staff of the RailTel both from its Delhi Corporate Office in physical mode and from regional offices through video link.

On 21st, June, 2023, Sh. Sanjai Kumar, Chairman & Managing Director, Shri V Rama Manohara Rao, Director/Finance, Sh. Manoj Tandon, Director/Project, Operations & Maintenance, Dr. Chandramani Sharma, CVO and other senior officers and Staff of RailTel participated in a Yoga session organized at the Corporate Office to mark the Occasion.

Sh. Devendra Gupta, conducted the Yoga Session.

All the regional & territory Offices of RailTel also celebrated the International Yoga Day at their respective offices.

Talking about it, Sh. Sanjai Kumar, CMD RailTel said, "Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The spirit of Yoga is to unite and take everyone along. It symbolizes a holistic approach to health and well-being. Yoga also fosters peace, calm & happiness in the mind and reduces stress. Yoga promotes physical, mental, and spiritual harmony. Mindfulness, stress reduction, and overall health and vitality are all promoted by yoga. It is quiet beneficial to adopt yoga in our daily routine."

The International Day of Yoga is celebrated annually on June 21st since 2015, following its inception in the United Nations General Assembly in 2014. The idea of the Yoga Day was first proposed by the Hon'ble Prime Minister Sh. Narendra Modi in 2014.

ABOUT RAILTEL:



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RailTel, a "Mini Ratna (Category-I)" Central Public Sector Enterprise under Ministry of Railways, is one of the largest neutral telecom infrastructure & ICT Solutions & Services providers in the country, owning a Pan-India optic fiber network covering several towns & cities and rural areas of the country. Along with a strong reliable network of 61000+ RKM of Optic fibre, RailTel has two MeitY empanelled Tier-III Data Centres as well. With its Pan India high-capacity network, RailTel is working towards creating a knowledge society at various fronts and has been selected for implementation of various mission mode projects for the Government of India in the telecom field. RailTel offers a bundle of services like MPLS VPN, Telepresence, Lease line, Tower Co-location, Data Center services etc. RailTel is also working with the Indian Railways to transform Railway Stations into digital hub by providing public WiFi at Railway Stations across the country and 6108+ stations are live with RailTel's RailWire Wi-Fi.

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