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### **Press Release**

**RailTel Joins the Nation today in celebrating the 8th International Day of Yoga.**

**Yoga is extremely beneficial for our health and we all should impart yoga in our daily routine for reaping its benefit: Smt. Aruna Singh, CMD RailTel.**

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The 8th International Day of Yoga is being celebrated today that is on 21-June-2022 in India and across the world. Hon'ble Prime Minister Sh. Narendra Modi led the Nation in the celebrations from Mysuru, Karnataka. The theme for this year's International Day of Yoga is 'Yoga for Humanity'.

RailTel, a Mini Ratna Central Government PSU, under Ministry of Railways also joined the Nation today in celebrating the 8th International Day of Yoga. Smt. Aruna Singh, Chairman & Managing Director, Sh. Sanjai Kumar, Director ((Network Planning & Marketing) (Project, Operations & Maintenance - Additional Charge)), Sh. Anand Kumar Singh, Director (Finance) and officers and Staff of RailTel participated in a Yoga session organized at the Corporate Office to mark the Occasion. Sh. Devandra Gupta, zonal president of Bhartiya Yoga Sansthan, Delhi conducted the Yoga Session. All the regional & territory Offices of RailTel also celebrated the International Yoga Day at their respective offices.

Speaking on the occasion, Smt. Aruna Said 'Yoga is extremely beneficial for our health and we all should impart yoga in our daily routine for reaping its benefit. Yoga also fosters peace, calm & happiness in the mind and reduces stress promoting holistic health. Just like we invest in wealth, we all should invest in ourselves too. From my personal experience I can say that health is the best investment one can do. We should wholeheartedly dedicate time and energy to stay healthy and happy.'

The International Day of Yoga is celebrated annually on June 21 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:**

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 a reliable network of 61000+ RKM of Optic fibre, RailTel has two MeitY empaneled tier III data centers 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, leased line, Tower Co-location, Data center services etc. RailTel is also working with the Indian Railways to transform railway



रेलटेल कॉर्पोरेशन ऑफ़ इंडिया लिमिटेड ( भारत सरकार का उपक्रम )

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

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stations into digital hub by providing public Wi-Fi at railway stations across the country and 6100+ stations are live with RailTel's RailWire Wi-Fi.

**For more details:**

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