

Press Release

Diesel Loco Modernisation Works, a unit of Indian Railways, Patiala observed 7th International Yoga Day today . Themed around ‘Yoga at home, Yoga with family “, the International Yoga Day-2021 was observed in high spirits despite coronavirus pandemic. DMW Officers/Staff and their families were provided a digital link to join the event. Shri Arun Upadhaya, an employee of DMW and a Yoga expert, conducted the event and taught various yoga techniques along with their advantages to all the participants. A large number of DMW Officers and staff participated in the event along with their families.

Shri S. N. Dubey Principal Chief Administrative Officer said that Yoga is an invaluable gift from our ancient traditions. It is valuable to our health and our well-being. He urged DMW employees to make yoga a part of their daily life. He emphasized the importance of regular yoga practice in boosting the immunity levels and to combat COVID-19, besides being an all-time stress buster.

DMW/PCAO/PR/PRESS RELEASE

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