

## **TPCDT organises 'Yoga Camp' in Mulshi**

**- Pune & Lonavala, January 28, 2016**

Tata Power Community Development Trust (TPCDT), has always worked towards promoting healthy practices among communities in and around its project locations. Taking this commitment forward, a 3 day yoga camp was organised by Tata Power Community Development Trust at Mulshi Club Hall near Mulshi Camp office. Villagers along with the employees of Tata Power and their family members participated in this event wholeheartedly.

The objective of this initiative was to create awareness among the employees and surrounding communities about various yoga practices and meditation techniques and the consequent impact on physical and mental health. More than 300 people enthusiastically participated in the event which incorporated separate sessions for men and women, where yoga experts discussed various health related problems with the participants and advised them treatment through yoga exercises. The experts also informed them of various measures that need to be taken for proper blood purification, for a healthy body and mind.

Speaking on the occasion, Mr. Ashok Sethi, COO & Executive Director, Tata Power, said “Trust has always given priority to the welfare and well-being of its employees and surrounding communities. We are extremely happy to be able to create awareness among people about the benefit of practicing yoga and meditation techniques and the difference it can make to their well-being. TPCDT will continue undertaking such initiatives in the future to help improve the lives of different communities.”

Mr. A.G Patil, Head of Bhira Hydro Station, the programme imparted knowledge to the participants about the importance of yoga for a healthy life and also encouraged the participants to have detailed interactions with the yoga and meditation experts at the camp.





TPCDT organises Yoga Camp in Mulshi