



**THE INSTITUTE OF
Company Secretaries of India**
IN PURSUIT OF PROFESSIONAL EXCELLENCE
Statutory body under an Act of Parliament

PRESS RELEASE

21 June 2016

**The Chief
of Bureau**

ICSI Celebrates International Day of Yoga



Seen in the photograph: CS Mamta Binani, President, ICSI, CS Vineet K. Chaudhary, Council Member, ICSI, CS Sudhir Jain, renowned Yoga Trainer in the City alongwith ICSI Officials and Members at the Yoga session organised by ICSI with Ministry of AYUSH on 21st June 2016 at New Delhi.

The Institute of Company Secretaries of India (ICSI) together with Ministry of AYUSH Celebrated International Day of Yoga on 21st June 2016.

CS Mamta Binani, President ICSI in a message to the ICSI stakeholders and Corporates at large, expressed that, “Yoga provides a holistic approach to health and overall well-being. It helps us discover the sense of oneness with ourselves and the nature.

President ICSI while explaining benefits of Yoga, also said that, “The Institute of Company Secretaries of India is committed to promoting good governance in its journey of over 47 years and company secretary is designated as a Key Managerial Personnel under the Companies Act, 2013. Occupying such a onerous role needs grace of God. In 'Yoga' lies the inherent strength towards permeating this gift of God! 'Yoga' brings not only sustained physical health but also the mental peace, tranquillity, and perseverance. As 'Governance Professionals', we pledge to further bring wellness to our lives and lives of our loved ones; adding to be a healthy nation. Let us practice Yoga each day.”

She also motivated the people gathered and informed that Ministry of Ayush and The Institute of Company Secretaries of India wished its stakeholders a very 'Happy Yoga Day'! and urged all ICSians, Corporates, Business Houses and Trade bodies to celebrate the International Day of Yoga with jingoism and glory!

ICSI Regional Councils and Chapters organised a ‘One and a Half Hour Yoga Session’ in the morning for its Members and students of respective area/region across India. Around 5 Lakh ICSI Stakeholders benefitted through the hour and a half long Yoga Session where the ‘Common Yoga Protocol’ shared by Ministry of Ayush was shared with all ICSI offices Pan India for conducting of Yoga Sessions.

Local Corporates / Business Houses/Trade Houses also participated in ICSI’s Yoga Session held at its 69 Chapters and 4 Regional Councils.

ICSI has also initiated a Social Media Campaign on Facebook/twitter page of ICSI where Photographs of the Yoga Sessions held across ICSI offices are being posted.

At New Delhi, the Institute’s Headquarters also organised a Yoga Session to celebrate International Day of Yoga on IDY at 7.00 AM at

Lodi Garden. All ICSI employees and Members from Northern Region participated in the session and were benefitted through the enriching guidance of Shri Sudhir Jain, a renowned yoga teacher in the city.

Thanking you,

Yours faithfully,

Preeti Kaushik Banerjee
Director
Corporate Communication
011-45341013