

Report on 5th International Day of Yoga for LIC Officers and Staffs at LIC head office Coimbatore

Held on: 21- June-2019; **Time:** 4.00 pm to 5.30 pm; **Held at :** LIC Head Office Coimbatore

To commemorate the 5th International Day of Yoga with the theme “Yoga for Heart” LIC Coimbatore Zonal office, has organized a Health awareness talk to their staff members. Dr. Naresh Kumar had delivered the talk on Yoga in daily life and for healthy heart along with the importance of Naturopathy in the program. Yoga was demonstrated to the participants by the students Ms.Revathi and Ms.Nithika and also ‘Yoga at work place’ practice session for the staffs was held. Participants gave positive feedback about the session and felt satisfied. Nearly 50 staffs participated in the session.

Prepared by: Dr. Naresh Kumar



Dr. Naresh delivering the talk



Yoga practice session