

*On the occasion of*  
**International Yoga Day 2021**  
a session on

**ENHANCING IMMUNITY THROUGH**

# YOGA & MEDITATION

*Join with your family*

To register please click on the link:

<https://bit.ly/3q6LLEN>

**Date: Sunday, 20th June, 2021**

**Time: 11:30 am to 1:00 pm**



**Pradip Kumar Das**  
CMD, IREDA &  
Vice Chairman, SCOPE



**Atul Sobti**  
DG, SCOPE

The pandemic has left a lot of strain on everyone - be it medical, physical or mental stress. The strain has exposed body and mind to reduced immunity thereby accelerating the need for harmony of body and soul. Across the world, yoga and meditation have shown effective results in boosting immunity, building body's strength, increasing energy levels, bringing down anxiety and stress, while infusing positivity and freshness in the mind.

**SCOPE**

## COVERAGE

- Recuperation from COVID 19 through specific yoga asanas
- Meditation Exercises
- Yoga to Increase blood flow and build mind clarity
- Tackle weakness and strengthen lungs
- Overcome stress, anxiety and focus one's mind
- Management of body pain

**Experts Panel from Bapu Nature Cure  
Hospital And Yogashram, New Delhi a  
Traditional yet Modern Natural Healthcare  
Services Centre**



**Krishana Yadav**  
Yoga Lead Trainer  
and Examiner



**Yashpal Singh**  
Reiki and Spiritual  
Healing Master

**Contact: Mr. S. A. Khan, Lead Associate, SCOPE (Mob: 9899402245) at ca@scopeonline.in  
or Ms. Hema Koul, Prog. Coordinator, SCOPE (Mob: 9899362335)**

SCOPE/VCS24/21-22  
17<sup>th</sup> June 2021

Dear *Chief Executive,*

**Sub: A Session on “Enhancing Immunity through Yoga & Meditation”  
on 20<sup>th</sup> June 2021 (On the occasion of International Yoga Day)**

The importance of Yoga can hardly be undermined. Its healing powers combined with the harmony it creates between body and mind creates a sense of peace. Infact, regular practice of yoga and meditation has shown effective results in increasing immunity while different asanas boost immunity, builds body's strength, increases energy levels, brings down anxiety and stress, infuses positivity and freshness in the mind.

To highlight and help people understand the many positives of Yoga in harmonizing body and soul, on the occasion of International Yoga Day, SCOPE in association with **Bapu Nature Cure Hospital and Yogashram, New Delhi** is organizing a session on “**Enhancing Immunity through Yoga & Meditation**” on **Sunday, 20<sup>th</sup> June 2021 at 11:30am**. The session aims to discuss all the ways Yoga & Meditation can help our body in regaining strength and immunity especially in the present pre COVID and post COVID scenario.

To guide us through the various asanas and yoga techniques to harmonize one's body and soul we shall be joined by **Sh Krishana Yadav**, expert from **Bapu Nature Cure Hospital and Yogashram, New Delhi** that provides Traditional yet Modern Natural Healthcare Services. To understand the impact of meditation and how the same can be used as a healing tool especially in ensuring positive mental being in the present times, we shall also be joined by **Sh Yashpal Singh** who is an **experienced reiki and spiritual healing master** with over three decades of experience in the art of healing through meditation.

The session can be participated through the platform of **Zoom**, which can be downloaded and participants may register in advance on link: <https://bit.ly/3q6LLen> .Simultaneously, **the session shall be available Live on SCOPE YouTube Channel (PrSCOPE) and other social media handles of SCOPE (Instagram: pr.scope, Facebook: OrgSCOPE and Twitter: PSUSCOPE)**. Kindly share the said details with concerned persons from your organisation for maximum participation along with family members. Further, a line in confirmation of the nominated person from your organisation may be emailed to **Mr. S. A. Khan, Lead Associate, SCOPE (+919899402245)** or **Ms. Hema Koul, Prog. Coordinator (+91 9899362335) [ca@scopeonline.in](mailto:ca@scopeonline.in)** by Saturday, 19<sup>th</sup> June 2021.

We request you all to participate in the Webinar with family members and devote your valuable time to avail this opportunity.

With regards,

Yours sincerely,



(Atul Sobti)

**To: Chief Executives of PSEs**

**Copy to:**

- Directors of PSEs
- Nodal Officers of PSEs

**STANDING CONFERENCE OF PUBLIC ENTERPRISES**

(An apex body of Public Enterprises)

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