

GJSCI conducts 2nd Annual Yoga workshop in SEEPZ to commemorate International Yoga Day



Mumbai, 19th-23rd June 2017: Gem & Jewellery Skill Council of India conducted its 2nd Annual one week Yoga workshop celebration, with an aim to create awareness amongst SEEPZ employees about the benefits of Yoga.

The workshop was inaugurated on 19th June 2017 and was conducted till 23rd June 2017, under the expert supervision of Isha Yoga Foundation. The activity saw a gathering of more than 1500 from the gems & Jewellery industry. This initiative of GJSCI aims to educate people about benefits of yoga and encourage them to make it a part of life in extension to the vision of our Honorable Prime Minister Shri. Narendra Modi. United Nations had declared 21st June as International Yoga Day with an aim to introduce yoga at a Global level owing to its multiple benefits.

The Chief guests present on IDY-21ST June '17 at the event were Mr. Premkumar Kothari(Chairman-GJSCI), Mr. Pravin Chandra (Joint Development Commissioner) & Mr. Mahesh Yadav(Deputy Development commissioner)

Yoga consists of more than physical wellness. It is a holistic approach towards life which helps in rejuvenation of both mind and body and enables self-actualization. The word Yoga derives its origin from the Sanskrit word 'Yuj' which means 'to integrate or unite physical body and spirit'. This approach encompasses spiritual, physical, mental discipline which enables an individual to amalgamate his/her thoughts, words and actions.. This initiative by GJSCI is dedicated towards the benefit of members of gems & Jewellery industry to understand and embrace Yoga as a part of life.