



**VISAKHAPATNAM PORT AUTHORITY**

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## **V P A Celebrates 9<sup>th</sup> International Yoga Day in a great fervour**

### PRESS NOTE

The 9<sup>th</sup> International Day of Yoga-2023 was successfully organised by the Ministry of Ports, Shipping and Waterways, represented by Visakhapatnam Port Authority and Ayush Department at Visakha Container Terminal Pvt. Ltd., (VCTPL) and also at Rajiv Gandhi Indoor Stadium on 21<sup>st</sup> June 2023.

Shri V. Muraleedharan, Hon'ble Minister of State for Parliamentary Affairs and External Affairs attended as Chief Guest for the Event.

Addressing the gathering, Shri V. Muraleedharan, Hon'ble Minister of State Parliamentary Affairs and External Affairs informed that this year Centre is organising IDY-2023 with a theme of 'Yoga for Vasudhaiva Kutumbakam'. Hon'ble Minister also informed that it is a proud movement for the Indians, since Hon'ble Prime Minister Shri Narendra Modi has lead the Yoga Session at United Nations Headquarters in New York, where majority of the member-countries of the UN participated.

Addressing the gathering, Dr. M. Angamuthu, IAS, Chairperson, VPA informed that by practicing Yoga one would lead a healthy life and also keeps away from diseases. VPA is planning to conduct Yoga classes for employees every week he added.

Shri G.V.L. Narasimha Rao, Member of Parliament, Shri P.V.N. Madhav, Former M.L.C, Shri P.S.L. Swami, IOFS, Chief Vigilance Officer, Shri T. Venu Gopal, Secretary, VPA, all Heads of Departments, Officers and Employees of VPA, Employees of VCTPL, several BJP Leaders have participated and performed the Yoga duly following the Common Yoga Protocol demonstration by Sri Brahmachaitanya ji, Yoga Guru, Art of Living.

Hon'ble Minister appreciated the Chairperson for conducting the 9<sup>th</sup> IDY-2023 in an ideal environment and for successfully organising the programme.



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