

# NEWS



## INTERNATIONAL YOGA DAY

Yoga is a physical, mental and spiritual practice originated in India and celebrated worldwide as International Yoga Day since 2015. Rucha'ites enthusiastically celebrating the one since its inception.

On eve of 2019 Yoga Day, all our location conducted a hour long session with active participation from our staff as well as workers. Key highlights of this yoga day are our expert instructors from MGM medical college Dr. Samina Pathan & Prof. Pratibha Kulkarni along with Freelance Yoga instructor Mr. Manoj Suradkar.



Yoga Day Celebration [Clockwise from Top-Left]  
Plant 7, Plant 3, Plant 6, Plant 9, Plant 2

Rucha Engineers Pvt. Ltd.

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