

REC Limited Media Coverage 23 June 2025

REC Limited Commemorates International Day of Yoga 2025





Publication	Millennium Post	Language	English
Edition	New Delhi	Journalist	-
Date	22/06/2025	Page no	-
CCM	N/A		

REC Limited Celebrates International Yoga Day



REC Limited marked the International Day of Yoga 2025 at its Corporate Office in Gurugram and across its Regional Offices. The celebrations commenced with an early morning yoga session at the Corporate Office, led by professionals from the Morarji Desai National Institute of Yoga. Employees participated enthusiastically. Adding to the significance of the occasion, Sunita Godara, international marathon champion and renowned health coach, graced the event as a special guest.



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REC



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Adding to the significance of the occasion, Sunita Goda, an international marathon champion and renowned health coach, graced the event as a special guest. She interacted with employees and shared her insights on the importance of consistent physical activity and disciplined lifestyle practices for overall well-being."



असीमित ऊर्जा, अनंत संभावनाएँ
Endless energy. Infinite possibilities.

A MAHARATNA COMPANY

THE HINDU

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Hindustan Times @100**REC Ltd commemorates
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अमर उजाला

आरईसी लिमिटेड ने योग दिवस मनाया

नई दिल्ली (वि)। आरईसी लिमिटेड ने गुरुग्राम स्थिति अपने कॉर्पोरेट कार्यालय और सभी क्षेत्रीय कार्यालयों में अंतरराष्ट्रीय योग दिवस-2025 मनाया। कॉर्पोरेट कार्यालय में सुबह योग सत्र का आयोजन किया गया,



जिसका नेतृत्व मोरारजी देसाई ने किया। अंतरराष्ट्रीय मैराथन चैंपियन और स्वास्थ्य कोच सुनीता गोदारा ने विशेष अतिथि के रूप में कार्यक्रम की शोभा बढ़ाई।



उदय सर्वोदय

REC Limited ने अंतर्राष्ट्रीय योग दिवस 2025 मनाया



गुरुग्राम, 21 जून, 2025 – आरईसी लिमिटेड (REC Limited), महारत्न केंद्रीय सार्वजनिक क्षेत्र उद्यम और विद्युत मंत्रालय के तहत अग्रणी एनबीएफसी, ने गुरुग्राम में अपने कॉर्पोरेट कार्यालय और अपने सभी क्षेत्रीय कार्यालयों में अंतर्राष्ट्रीय योग दिवस 2025 मनाया।
समारोह की शुरुआत कॉर्पोरेट कार्यालय में सुबह के समय योग सत्र से हुई, जिसका नेतृत्व मोरारजी देसाई राष्ट्रीय योग संस्थान के पेशेवरों ने किया। कर्मचारियों ने उत्साहपूर्वक भाग लिया, जो कार्यस्थल में समग्र स्वास्थ्य और तंदुरुस्ती को बढ़ावा देने के लिए आरईसी की प्रतिबद्धता को दर्शाता है।

Link - <https://udaysarvodaya.com/rec-limited-celebrates-international-yoga-day-2025/>



sarkaritel.com

REC Limited Commemorates International Day of Yoga 2025



Gurugram, June 21, 2025 – REC Limited, a Maharatna Central Public Sector Enterprise (CPSE) and a leading Non-Banking Financial Company (NBFC) under the Ministry of Power, Government of India, marked the International Day of Yoga 2025 at its Corporate Office in Gurugram and across its Regional Offices.

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Link - <https://www.sarkaritel.com/rec-limited-commemorates-international-day-of-yoga-2025/>





REC Limited's Yoga Day Spectacle: Balancing Body, Mind, and Spirit in Gurugram



Gurugram, June 21, 2025 – REC Limited, a prominent Maharatna Central Public Sector Enterprise (CPSE) and a leading Non-Banking Financial Company (NBFC) under the Ministry of Power, Government of India, celebrated the International Day of Yoga 2025 at its Corporate Office in Gurugram and various Regional Offices.

Link - [REC Limited's Yoga Day Spectacle: Balancing Body, Mind, and Spirit in Gurugram](#)





आरईसी लिमिटेड ने अंतर्राष्ट्रीय योग दिवस 2025 मनाया तारीख 21-06-2025

गुरुग्राम, 21 जून, 2025 - आरईसी लिमिटेड, महारत्न केंद्रीय सार्वजनिक क्षेत्र उद्यम और विद्युत मंत्रालय के तहत अग्रणी एनबीएफसी, ने गुरुग्राम में अपने कॉर्पोरेट कार्यालय और अपने सभी क्षेत्रीय कार्यालयों में अंतर्राष्ट्रीय योग दिवस 2025 मनाया।

समारोह की शुरुआत कॉर्पोरेट कार्यालय में सुबह के समय योग सत्र से हुई, जिसका नेतृत्व मोरारजी देसाई राष्ट्रीय योग संस्थान के पेशेवरों ने किया। कर्मचारियों ने उत्साहपूर्वक भाग लिया, जो कार्यस्थल में समग्र स्वास्थ्य और तंदुरुस्ती को बढ़ावा देने के लिए आरईसी की प्रतिबद्धता को दर्शाता है।

Link - <https://www.marketscreener.com/quote/stock/REC-LIMITED-9059899/news/REC--50304583/>



News **mantra**

REC Limited Focuses on Fitness and Mental Well-Being



REC Limited organized wellness sessions at its Gurugram office and regional centers, featuring insights from marathon champion Sunita Godara and guided yoga sessions by experts from Morarji Desai National Institute of Yoga. The focus was on integrating fitness into daily routines for holistic health.

Link - [REC Limited Focuses on Fitness and Mental Well-Being](#)



Indian GRAPEVINE

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Link - [Indian GRAPEVINE](#)



BHARAT NEETI

REC Limited Commemorates International Day of Yoga 2025



Gurugram (Business Desk): REC Limited, a Maharatna Central Public Sector Enterprise (CPSE) and a leading Non-Banking Financial Company (NBFC) under the Ministry of Power, Government of India, marked the International Day of Yoga 2025 at its Corporate Office in Gurugram and across its Regional Offices.

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Link - [REC Limited Commemorates International Day Of Yoga 2025 | Bharat Neeti](#)



THE NEWSMAN OF INDIA

A Revolution in Digital Media

REC Limited Commemorates International Day of Yoga 2025

Jun 21st, 2025 5:04 pm | By [Thenewsmanofindia.com](https://thenewsmanofindia.com) | Category: [SPECIAL NEWS COVERAGE](#)

(THE NEWSMAN OF INDIA.COM)

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Link - [REC Limited Commemorates International Day of Yoga 2025 - The Newsman of India - The Newsman of India](https://thenewsmanofindia.com)



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Link - [REC Limited Commemorates International Day of Yoga 2025](#)



आरईसी लिमिटेड ने अंतर्राष्ट्रीय योग दिवस 2025 मनाया

By Editor's Desk — On Jun 21, 2025

Share



33

गुरुग्राम: आरईसी लिमिटेड, केंद्रीय सार्वजनिक क्षेत्र उद्यम और विद्युत मंत्रालय के तहत अग्रणी एनबीएफसी, महारत्न ने गुरुग्राम में अपने कॉर्पोरेट कार्यालय और अपने सभी क्षेत्रीय कार्यालयों में अंतर्राष्ट्रीय योग दिवस 2025 मनाया।



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Link - [आरईसी लिमिटेड ने अंतर्राष्ट्रीय योग दिवस 2025 मनाया](#) - News On Radar India





आरईसी लिमिटेड ने अंतर्राष्ट्रीय योग दिवस 2025 मनाया

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इस अवसर की महत्ता को और बढ़ाते हुए, अंतर्राष्ट्रीय मैराथन चैंपियन और प्रसिद्ध स्वास्थ्य कोच सुनीता गोदारा ने विशेष अतिथि के रूप में कार्यक्रम की शोभा बढ़ाई। उन्होंने कर्मचारियों से बातचीत की और समग्र स्वास्थ्य के लिए निरंतर शारीरिक गतिविधि और अनुशासित जीवनशैली के महत्व पर अपने विचार साझा किए।

Link - <https://www.psuexpress.com/psu-news/REC-Limited-celebrates-International-Day-of-Yoga-2025-at-Gurugram-Office>



REC celebrates “Yoga Day 2025” across India

On the occasion of the International Day of Yoga 2025, REC Limited conducted special yoga sessions at its Gurugram headquarters and across all regional offices. The session at the corporate office was led by professionals from the Morarji Desai National Institute of Yoga, and attended by employees with enthusiasm.

The event was graced by Sunita Godara, international marathon champion and health coach, who encouraged employees to adopt yoga and wellness as a lifestyle practice.

Link - [REC celebrates “Yoga Day 2025” across India - JustBureaucracy.com](https://www.justbureaucracy.com/REC-celebrates-Yoga-Day-2025-across-India)



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BY STAFF REPORTER ON JUNE 22, 2025

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Link - www.BureaucracyBuzz.com REC celebrates “Yoga Day 2025” across India



WHISPERS IN THE CORRIDORS

REC commemorates International Day of Yoga 2025 (UPDATED)

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Link - <https://whispersinthecorridors.com/detail/140194-REC+commemorates+International+Day+of+Yoga+2025.html>



Indian Masterminds

Indian PSUs Lead the Way: Massive Participation Marks 11th International Yoga Day Across Public Sector

Over 1 Lakh Employees and Families Join Yoga Events Nationwide; PM Modi Leads from Visakhapatnam



REC Limited: Holistic Health at Corporate and Regional Levels

REC Limited, a Maharatna CPSE under the Ministry of Power, hosted sessions at its Gurugram Corporate Office and all regional offices. Notably, international marathon champion Sunita Godara shared tips on integrating fitness into daily life. Yoga professionals from Morarji Desai National Institute of Yoga led the asana sessions.

Link - [Indian PSUs Lead the Way: Massive Participation Marks 11th International Yoga Day Across Public Sector - https://indianmasterminds.com](https://indianmasterminds.com)



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REC Limited Celebrates International Yoga Day

آر ای سی لیمیٹیڈ نے یوگا ڈے منایا

مورارچی دیسائی نیشنل انسٹی ٹیوٹ آف یوگا کے چیئرپرسن اور افرام کر رہے تھے۔ ملازمین نے جوش و خروش سے حصہ لیا، کام کی جگہ پر مجموعی صحت اور تندرستی کو فروغ دینے کے لیے REC کے عزم کی عکاسی کرتا ہے۔ اس موقع کی اہمیت میں اضافہ کرتے ہوئے، بین الاقوامی میراتھن چیلنج اور معروف ہیلتھ کوچ سچا گودارا نے بطور مہمان خصوصی شرکت کی۔ اس نے ملازمین کے ساتھ بات چیت کی اور مجموعی بہبود کے لیے مستقل جسمانی سرگرمی اور نظم و ضبط کے طرز زندگی کے طریقوں کی اہمیت پر اپنی بصیرت کا اشتراک کیا۔



گروگرام، 21 جون، REC نے گروگرام میں اپنے کارپوریٹ آفس لمیٹڈ، مہاراجا سنٹرل پبلک سیکرٹریٹ پر انز اور اس کے علاقائی دفاتر میں یوگا (CPSE) اور ایک سرکردہ جان 2025 کا عالمی دن منایا۔ تقریبات کا بیکنگک ٹی ٹی ٹی (NBFC) ج آغا زکارپوریٹ آفس میں صبح سویرے وزارت یا در حکومت ہند کے تحت ہے۔ یوگا سیشن کے ساتھ ہوا، جس کی قیادت