



भारतीय कम्पनी सचिव संस्थान
THE INSTITUTE OF
Company Secretaries of India
 IN PURSUIT OF PROFESSIONAL EXCELLENCE
 Statutory body under an Act of Parliament
 (Under the jurisdiction of Ministry of Corporate Affairs)

LUDHIANA
CHAPTER

Vision

"To be a global leader in promoting good corporate governance"

Motto

सत्यं वद। धर्मं चर। इष्टं कुरु। तृप्तोः पुण्यं तृप्तोः पुण्यं तृप्तोः पुण्यं

Mission

"To develop high calibre professionals facilitating good corporate governance"



Ludhiana Chapter of NIRC of ICSI

invites you to the



International Day of Yoga
21st June

International
YOGA DAY

21st June 2026

**Theme: Yoga For Wellness,
 Wisdom & World Peace**



TIME
6:00 AM
 to
8:00 AM



VENUE
Leisure Valley
 BRS Nagar, Ludhiana



YOGA THERAPIST
CS Rattan Chanjotra
 M.Sc. (Yoga)
 S-VYASA UNIVERSITY

BENEFITS OF YOGA



Improves
Physical Health



Enhances Mental
Clarity & Focus



Reduces Stress
& Anxiety



Promotes Inner
Peace & Balance



Supports Overall
Well-being

*Join us in celebrating the ancient science of Yoga
 for a healthier, happier and more balanced life.*



Participants are kindly requested to bring their own yoga mats.

In association with



With best regards

Chairperson
 CS Kanchan Bhatia

Secretary
 CS Divya Jain



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