

PRESS RELEASE

Airports Authority of India

Press Release

AAI and IATA celebrate “International Yoga Day” at IATA Regional Training Centre at Madrid, Spain

New Delhi, 22nd June, 2018: A group of officers from Airports Authority of India who are visiting International Air Transport Association`s (IATA) Regional Training Centre at Madrid for a Workshop on SKYREV360- a comprehensive data gathering, invoicing and realisation system jointly organised an event with the International Air Transport Association (IATA) to commemorate International Yoga Day. Participants from Airports Authority of India shared their experiences with officials of IATA about Yoga.

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyles and creating consciousness, it can help us to deal with climate change.

United Nation Declared 21st June as International Yoga Day in its resolution in 2014 and recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practising Yoga for the health of the world population.

During the event, a brief session on breathing exercises was conducted in which officials from AAI & IATA participated.

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Officials of Airports Authority of India and International Air Transport Association (IATA) during celebration of International Yoga Day at IATA Regional Training Centre, Madrid, Spain