



## NORTH EAST TRANSMISSION COMPANY LIMITED

### Message from Managing Director

#### **Yoga: A Journey Towards Physical, Mental & Spiritual Balance**

Dear Colleagues,

On this 21st of June 2025, as we celebrate *International Yoga Day*, we take a moment to reflect on one of India's greatest gifts to the world—**Yoga**, a timeless practice that unites the body, mind, and soul.

**Yoga is not merely a form of physical exercise—rather a discipline, a way of life, and a path to inner harmony.** In today's fast-paced, high-pressure world, where we constantly juggle deadlines, innovations, and rapid changes, yoga offers a much-needed balance, focus, and resilience.

At NETC, where we strive for excellence in technology, safety, and reliability, it is equally important that we care for our inner well-being. I firmly believe that **a healthy mind and body are essential for sustained professional success.** The integration of yoga into our daily lives can greatly enhance our clarity, decision-making, and overall performance.

As we continue to grow and take on new challenges in the power transmission sector, I encourage each of you to explore the transformative power of yoga. Even a few minutes of consistent daily practice can significantly improve your physical health, emotional strength, and mental clarity.

Let us use this occasion not just a celebration, but to commit ourselves to a lifestyle of wellness, mindfulness, and balance.

***Wishing you and your families a peaceful, healthy, and energizing International Yoga Day.***

**Jai Hind.**

**Jai Shankar**  
MD, NETC