

MMRDA & FDA organizes Wellness Programme for employees

“Spare only 15 minutes for yourself”

– Say Ms. Amruta Fadnavis and Irfan Pathan

Mumbai, May 8, 2018 – “Spare only 15 minutes every day for yourself and enjoy a healthy life”, said Ms. Amruta Fadnavis while speaking at a Wellness Programme organized by the Mumbai Metropolitan Region Development (MMRDA) and Food & Drugs Administration (FDA) in association with Divyaj Foundation.



“Any one who is working in front of a computer or standing on road hours together overseeing his task may at some point in life will suffer knee or back pain and that’s not a good life. If you spend only 15 minutes of the day dedicated to yoga and or meditation you’ll realize what good life is”, urged Pathan. Ms. Fadnavis stressed on individual fitness to make the nation healthy. “Any form of fitness regime must be followed to see make India healthier”, she said.

The four-hour Wellness Programme also guided employees of MMRDA and FDA on various other significant topics such as Yoga (BY Mr. Mickey Mehta’s team), Meditation (By Mr. Ravi Saxena), Nutrition (Ms. Neomee Shah) and Financial Discipline (Mr. Sunil Rohokale). Ms. Manju Lodha, the motivational speaker, also regaled the 200-strong attendance with her music, poetry and light hearted comic sense. “Positivity will make you strong enough to overcome any difficulty in life”.

At the occasion, Divyaj Foundation donated rupees five lakhs, at the hands of Ms. Amruta Fadnavis, to Sahas Foundation which works towards the betterment of acid attack victims.

Also present at the occasion were Mr. Pravin Darade, Additional Metropolitan Commissioner, MMRDA; Dr. Pallavi Darade, Commissioner, Food & Drugs; Ms. Pallavi Srivastav, Trustee and Mr. Kavın Shah, from Divyaj Foundation.