

## **M3M Group organises Yoga Sessions in Gurgaon**

### ***Initiative aims at inculcating healthy and active lifestyle***

**Gurgaon, July 5, 2015:** Taking a step forward in Prime Minister's vision of worldwide spread of yoga, M3M Group, organised Yoga Sessions at the lush green lawns at their office - The Experia, located in Sector -65 at Golf Course Road Extension in Gurgaon. The initiative aims at promoting importance of healthy and active lifestyle in today's fast paced environment. The session was spread over two days from July 4-5, 2015, and attracted participation from employees, customers and residents from the societies in the vicinity of The Experia. The sessions were facilitated by a renowned corporate yoga instructor, Mr. Ashish Prasad Antwal.

M3M has always shown its commitment for harmonious and sustainable development of society. M3M has pledged its efforts to spread awareness about Yoga and its benefits by involving people, society and community at large. The Group will continue to organise Yoga sessions and other related activities at regular intervals under its initiative called "Rediscover The Healthier You", to inculcate healthy living amongst its patrons.

Speaking on the occasion, **Mr. Pankaj Bansal, Director, M3M Group** said, "It is heartening to see enthusiastic participation from our patrons, employees and local residents of the area. Our endeavor is aimed at encouraging people to adopt a healthy lifestyle and balanced approach in their life. In my experience, yoga develops both your mind and body, and promotes overall well-being an individual. This initiative underlines M3M's philosophy of combining joyful living with healthy lifestyle."

**Mr. Rajkumar, President, Parsavnath Green Ville, RWA** said "We appreciate M3M's initiative towards inculcating a healthy and active lifestyle amongst the society. Such initiatives will keep the residents motivated and will also open up the avenues of community interaction."

"Yoga helps one relieve stress and get physically fit. It is a way of living which recharges the body and promotes the balanced development of the physical, mental and spiritual being. I request all the participants of to imbibe Yoga in your daily lives, this will help you to become more focused and calm." said, **Mr. Ashish Prasad Antwal, Yoga Instructor.**

### **About M3M Group**

M3M Group is one of India's premiere business conglomerates with interests in Real Estate (Residential / Commercial / Retail), Hospitality, Education and IT / SEZs. The land bank exceeds 2000 acres of prime land with 11 million sq. ft. of built up space. The Group has already invested over US \$ 500 million in developing many iconic projects in North India. The projected business value of the organization exceeds US \$ 5 billion.

M3M Group has embarked upon 39 projects in Haryana. M3M Golf Estate, the 75 acre uber luxury resort-like residential complex is the flagship venture, it has won many accolades world over including Dubai, London and San Francisco. The Group is known for its philanthropist activities in uplifting the weaker sections of the society, supporting healthy and clean living by promoting sports for the youth.

M3M supports all government initiatives. The directors of the company were part of the recent business delegation to Japan along with Prime Minister Shri Narendra Modi, and also accompanied the President of India, His Excellency Shri Pranab Mukherjee, to Finland and Norway. For more information, log-on to [www.m3mindia.com](http://www.m3mindia.com)