

International Yoga Day Celebrated at OPaL

International Yoga Day is celebrated annually on 21 June since its inception in 2015. The purpose of yoga is to build strength, awareness and harmony in both the mind and body. Other physical benefits of yoga include: increased flexibility increased muscle strength and tone, improved respiration, energy and vitality, maintaining a balanced metabolism, weight reduction.

To mark the account of International Yoga Day, a Yoga session was organised at the Dahej plant site by the security department. The session was attended by the employees of DRR, Housekeeping and Pantry staff. The session was conducted by Jaikaran Singh, Sr. Executive, Security and Rohit Kumar, Sr. Executive, Security. We congratulates all participates for taking up healthy lifestyle.



