

Rashtriya Ispat Nigam Limited
Visakhapatnam Steel Plant
Visakhapatnam
Corporate Communications Department
Media Release

Dated : 21-Jun-2019

International Yoga Day celebrated in Ukkunagaram

The 5th International Yoga Day was celebrated at RINL-VSP in M.P Hall, Ukkunagaram with active participation from one and all.



PhotoCaption:

Sri Kishore Chandra Das, Director (Personnel), RINL inaugurated the Yoga session by lighting the lamp. Large number of VSP employees and their family members, members from Art of living, Brahmakumaris, Chinmaya Mission and Junior Chamber of India (JCI), CISF participated. Speaking on the occasion, Sri Kishore Chandra Das highlighted the need for everyone to practice Yoga regularly to keep themselves physically and mentally fit and it reduces stress also. He also mentioned that RINL has been conducting Yoga classes as a regular practice since many years in the township. Sri Debasish Ray, ED (Per&IR), Sri. MS Kumar, AGM (Sports), representatives of unions, SEA, SC&ST association, OBC Association etc took part in the programme. Dr. BG Reddy DGM (IT), welcomed the gathering and explained about the importance of Yoga. Sri A Kanaka Rao and Smt. A Shyamala, Yoga teachers practiced the session.



PhotoCaption:

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