

Dated : 21-Jun-2017

## RINL observes 3RD International Yoga Day

RINL-Visakhapatnam Steel Plant joined the nation in observing "International Yoga Day" in Ukkunagaram with much enthusiasm. This year, the theme was "Yoga for Health".



PhotoCaption:

Sri Kishore Chandra Das, Director (Personnel), RINL was the Chief Guest on the occasion. Sri Das explained the relevance and essence of Yoga and its benefits. He urged all the members of Unions / Associations, practitioners of "Patanjali" and "Art of Living" and other stakeholders to spread the awareness of Yoga and its benefits. Sri Das added that the practice of Yoga should not be limited to a mere ritual of observing it on this day, but should be made a way of life by practicing on a daily basis. Sri BG Reddy, DGM (IT) & teacher of "Art of Living", Shi MS Kumar, AGM(Sports), Sri Mantri Rajasekhar, General Secretary, Recognised Union, Sri Anvesh, General Secretary, SC/ST Association were present on the occasion. A Large number of employees participated in practicing yoga on the occasion.

Corporate Communications Dept.  
RINL - VSP.