



PRESS RELEASE

मंगलूर रिफाइनरी एण्ड पेट्रोकेमिकल्स लिमिटेड Mangalore Refinery & Petrochemicals Ltd. (MRPL)
A Govt. of India Enterprise and ONGC Subsidiary, Kuthethur P.O, Mangaluru - 575030.

MRPL observes International Day of Yoga

ONGC MRPL fraternity participated in the International Day of Yoga celebration with zeal and enthusiasm.

A Yoga session was held in the morning at 0630 AM for the employees of MRPL at MRPL Employees Recreation Centre (MERC). Ms Snehal Edrami, a certified Yoga Trainer conducted the session in which employees and their family members participated.

Shri M Venkatesh, our Managing Director, Shri Sanjay Varma, Director – Refinery and Shri JT Venkateswarlu, IPoS, CVO, Shri BHV Prasad, ED – Projects joined the lighting of lamp and began the Yoga Day celebrations in MRPL.

DPS School students too gathered in MERC main hall and practised the Yoga session with great enthusiasm.

CISF personnel of MRPL Unit also practiced Yoga and had an interesting presentation of Yoga asanas in their Unit courts.

In the afternoon an awareness session on the subject 'Yoga for Humanity' by Dr Ajithesha NH, Asst. Professor at University College, Mangalore was organised in the MRPL premises. Dr Ajithesha enlightened the audience with useful tips on benefits of Yoga on health. He summed up Yoga as a process of replacing the old patterns with the new and appropriate patterns.

A good number of employees took benefit of the session.

Issued by

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