

'YOGA WORKSHOP' WAS CONDUCTED FROM 1ST APRIL TO 30TH APRIL'2014 :-

To get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation were taught as effective techniques to release day to day stress in the workshop conducted at Indianoil, Head Office during 1st April'2014 to 30th April'2014.



Benefits derived from Yoga workshop :-

- Calmness of mind
- Positive energy
- Internal body massage
- Prevention from ailments
- Increased concentration
- Detached attitude towards life
- Increased Self confidence
- Complete body awareness
- Increased work efficiency