

PRESS RELEASE

Date: 21<sup>nd</sup> June, 2018

**OIL INDIA LIMITED celebrates 4<sup>th</sup> International Day of Yoga-2018**

Oil India Limited celebrated the 4<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2018 at its Corporate Office in Noida with a number of programmes, which included a Yoga session and an awareness session on Holistic well-being.

Shri Biswajit Roy, Director (Human Resources and Business Development), Shri. Pramod Kumar Sharma, Director (Operations) and Dr. P.Chandrasekaran, Director (Exploration and Development) led the enthusiastic crowd of officers and employees of Oil India Limited who actively participated in large numbers under the able guidance of Instructor from Morarji Desai National Institute of Yoga, Delhi as per the Common Yoga Protocol 2018, designed by Ministry of Ayush, Government of India. A session including talk and presentation on the topic 'Health and Yoga' was also organized to create and instill a sense of consciousness among Oil Indians. The International Day of Yoga was also celebrated across different spheres of operations of Oil India Limited across the Country.



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