

International Yoga Day - 2024



International Yoga Day, the Shree Renga Polymers SRP Foundation conducted yoga sessions for the organization's employees. These sessions were held in multiple batches to ensure everyone could participate. Such initiatives focus on the mental well-being of employees, which is often overlooked in favour of physical health and nutrition. Mental health is crucial for the overall well-being of an individual, and yoga sessions help employees manage stress, improve their work performance, and bring happiness to their families. A daily practice of yoga can lead to a stress-free and happy life, allowing us to appreciate the small nuances of life.

YOGA DAY - 2023

- Shree Renga Polymers SRP Foundation celebrated International Yoga Day with great enthusiasm. Yoga is a holistic practice that benefits both physical and mental health. Regular practice of yoga helps to calm the mind, enhance positivity, and improve daily activities.
- During the event, participants engaged in various yoga sessions led by experienced instructors, focusing on different asanas (postures) and pranayama (breathing exercises). These sessions were designed to cater to all levels of experience, ensuring that everyone could benefit from the practice.
- Yoga promotes flexibility, strength, and overall physical well-being, while also fostering mental clarity and emotional balance. It serves as a powerful tool for stress management and enhances the ability to handle life's challenges with a calm and positive mindset.
- By organizing this event, we strongly encourage individuals to incorporate yoga into their daily routines. The numerous benefits of regular yoga practice can lead to a healthier, more balanced lifestyle.

