

Publication	Business News Week
Link:	https://businessnewsweek.in/business/international-yoga-day-celebrated-at-shriram-properties/
Date	21 June 2022

International Yoga Day celebrated at Shriram Properties



Shriram Properties celebrated International Yoga Day, by conducting a one- hour yoga session for their staff at their Corporate Office in Bengaluru under the guidance of Sr. Corporate Yoga Trainer, Anitha T from Yoga on Call. The company focuses not only on providing high quality buildings but also on a high quality of life for customers. Shriram Properties promotes health and fitness by ensuring that each of their projects has a gymnasium, a jogging track, a yoga, and meditation center along with facilities for Zumba and Aerobics.

“The pandemic has caused people to take health and fitness much more seriously and health consciousness has taken a prime place in people’s lives. Whether it is resorting to regular exercise or moving on to a healthy diet, change is taking place at a rapid pace. As part of our initiative to promote health and fitness among our staff, we have organized this yoga session and we encourage them to practice yoga on a regular basis. Yoga not only helps in health and fitness but also has a positive impact on mental health.” Said M Murali, CMD, Shriram Properties Limited, a fitness enthusiast who regularly practices yoga.

The company is positive that this initiative will have a lasting impact and that their staff will continue to practice yoga to lead an all-round healthy life.

Publication	Realty N More
Link:	https://www.realtynmore.com/international-yoga-day-celebrated-at-shriram-properties/
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Publication	The Daily Brunch
Link:	https://thedailybrunch.com/2022/06/22/international-yoga-day-celebrated-at-shriram-properties/
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