



Empowering Women's Health through Yoga and Transforming life through Yoga

In celebration of International Day of Yoga, BEML LTD organized an enlightening talk on the profound impact of yoga on women's health and its ripple effect on creating healthier societies. The session, conducted by esteemed faculty members Dr. Govindan and Dr. Sheetal from SDM Institute of Naturopathy and Yogic Sciences, highlighted how yoga practices can significantly enhance physical and mental well-being, empowering women to lead healthier, more balanced lives. The insights shared during this talk emphasized the crucial role women play in nurturing and sustaining a thriving community.

BEML is committed to fostering the health and well-being of its employees, recognizing that a healthy workforce is integral to building a better society. By promoting practices like yoga, we aim to support our employees in achieving holistic wellness, ultimately contributing to a more harmonious and prosperous community.

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Media Contact: Vishal Srivastava: 7388512107 | Prashant: 8848496364