

Subject – International Yoga Day 2025 celebrated with great fervor at Hazira Plant

“International Yoga Day 2025” was celebrated in ONGC Township, Hazira at Sardar Patel Krida Kendra on 21 June 2025 by the employees and their family members. The theme for International Yoga Day 2025 was “**Yoga for One Earth, One Health**”.

Every year on 21 June, the world comes together to celebrate International Yoga Day. This day, which marks the summer solstice, the longest day of the year in the northern hemisphere-symbolizing light energy and balance, values deeply rooted in the yogic philosophy. This global phenomenon recognizes the ancient Indian practice of yoga and its profound impact on physical, mental and spiritual well-being.



ED-Plant Manager Chandra Shekhar leading the Yoga Day celebrations

ED-Plant Manager Chandra Shekhar, an avid Yoga practitioner led team Hazira Plant to celebrate the day in its true spirit. In his address to the gathering of enthusiastic Yoga practitioners, he emphasized the Yoga’s role in promoting wellbeing and environmental harmony, highlighting the integration of mind, body and spirit.

An expert Yoga Teacher of Surat city rendered her services for the event and made various Yoga practices enjoyable for all participants, regardless of age or prior experience. The session covered a series of fundamental Yoga asanas, breathing exercises and a brief meditation session, all aimed towards reduction of stress, boosting energy level and improving flexibility.



Glimpses of the event



One for the album

Employees and family members of Hazira Plant, wholeheartedly participated in large numbers showcasing their willingness towards adopting a healthy lifestyle. The event was successfully organized by HR team lead by CGM (HR)-Head HR-ER SK Mahapatra and Chief Manager (HR), I/C-Sports R K Mishra.

In this digital age, as we stand in these turbulent times, the ancient Indian practice of yoga remains just as relevant-serving as an all-around solution to combating the stressors of modern lifestyle.

-Team HR-ER, Hazira Plant