

ITI Limited Celebrates International Day of Yoga 2025

ITI Limited celebrated the 11th edition of International Day of Yoga by joining the global movement with the theme 'Yoga for One Earth, One Health' at ITI Bangalore Plant on June 21, 2025. On the occasion, Smt S Jeyanthi, Director (Production) and Additional Charge Director (HR) emphasized on the theme and spoke about the physical and mental health benefits of regular practice of yoga. She also urged everyone to make yoga an integral part of their daily lives to improve health and wellbeing.



The benefits of yoga were highlighted by Ms. Veena, Yoga Teacher from Maruthi Yoga Kendra, Ramamurthy Nagar followed by demonstration of yoga asanas. Smt S Jeyanthi, Director (Production) and Additional Charge Director (HR), Senior Officers and Employees of ITI Bangalore Plant, Corporate Office and NS Unit actively participated in the Yoga Session.

