

Press Release

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FITNESS ON THE MOVE – L&T METRO RAIL CELEBRATES INTERNATIONAL DAY OF YOGA

L&T Metro Rail (Hyderabad) Limited (L&TMRHL) is happy to share that it has celebrated the *5th International Day of Yoga* with the passengers and staff of Hyderabad Metro Rail today with the theme – *Fitness on the move*.

Experienced yoga trainers from the twin cities travelled along with the passengers in both the corridors and made them aware of being fit and also the benefits of doing Yoga for their overall wellness. They demonstrated simple exercises which the passengers and staff could do effortlessly while commuting to their respective destinations for quick stress relief.

On this occasion, **Mr. KVB. Reddy, MD & CEO, L&TMRHL**, stated, *“The International Day of Yoga is celebrated across the world and L&TMRHL has celebrated Yoga Day in a unique fashion with the theme - Fitness on the Move. I thank the Yoga trainers who have efficiently explained the benefits of fitness on the move to our esteemed passengers through Yoga and also for raising awareness amongst Hyderabad Metro Rail passengers and staff of the many benefits of practicing Yoga. In this modern world it is highly imperative to be both physically and mentally fit and Yoga is the best way to realize this.”*



Yoga instructors explaining the benefits of Yoga to Hyderabad Metro Rail passengers

About L&T Metro Rail (Hyderabad) Limited:

L&T Metro Rail (Hyderabad) Limited is a subsidiary of Larsen & Toubro (L&T) is an Indian multinational engaged in technology, engineering, construction, manufacturing and financial services with over USD 20 billion in revenue. It operates in over 30 countries worldwide. A strong, customer-focused approach and the constant quest for top-class quality have enabled L&T to attain and sustain leadership in its major lines of business for eight decades.

HYDERABAD
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