



GAIL launches wellness hour initiative 'Spandan'

A monthly wellness hour initiative 'Spandan' for GAIL employees was launched by Sandeep Kumar Gupta, CMD, GAIL. This initiative aims at motivating GAIL employees to dedicate time



for physical and mental wellness. A dedicated time slot for all the employees across its work centers will be provided to perform wellness activities every month to focus on their physical, mental, and emotional well-being. The first session of "Spandan" was held on August 8, 2023, across work centres of GAIL. During the launch, the CMD and Ayush Gupta, Director (HR), encouraged employees to participate actively in the wellness hour every month. During the wellness hour, a variety of

activities will be organized at all work centers including yoga and meditation sessions, fitness challenges, wellness workshops, mental health talks, art therapies, musical sessions, etc.