



Calm Mind. Strong Body. Resilient You Celebrating World Mental Health Day with Yoga

This World Mental Health Day, we celebrate the power of discipline, balance and inner peace through yoga.

In this special episode of L&T Radio, we bring you a live demonstration of Ashtanga Yoga, led by Ms. Vaishakhi Arbastani — who shares her personal journey of how practising yoga since her teenage years has helped her build strength, patience and mental resilience.

Discover how yoga can be a true anchor —
helping us stay calm amidst challenges, improve focus & enhance overall well-being.
As she beautifully says, “When you own your breath, nobody can steal your peace.”

Let's take a step toward holistic wellness — to slow down, reconnect & care for our minds as much as our bodies.

Tune in to the episode. Watch her live performance in L&T IGNITE- Grand Finale
and get inspired to find your own balance!

Health & Wellness



- Available on RAPL App
- Register
- Hear anytime

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Now

By **Ms. Vaishakhi Arbastani**
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Friday, 10th October 2025

L&T RADIO | Your World, Your Voice

A Corporate HR and CBMC initiative for internal communication



Your World, Your Voice



Do explore the Mental Aid Badge on Hi5 Plus — appreciate your peers, colleagues, or buddies who demonstrate empathy, positivity, and mental strength every day.



Your World, Your Voice