



SUBMISSION OF REPORT ON CELEBRATION OF INTERNATIONAL DAY OF YOGA (IDY) 2025 AT ESIC HOSPITAL, TIRUNELVELI



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Subject: Submission of Report on Celebration of International Day of Yoga (IDY) 2025 at ESIC Hospital, Tirunelveli

Respected Sir/Madam,

This is with reference to your letter regarding the celebration of International Day of Yoga (IDY) 2025 with the theme "Yoga for One Earth, One Health." We are pleased to inform you that ESIC Hospital, Tirunelveli, enthusiastically participated in the IDY 2025 activities as per the guidelines provided.

Background and Significance

In recognition of the relentless efforts of the Hon'ble Prime Minister of India, the United Nations General Assembly (UNGA) declared June 21 as the International Day of Yoga through its resolution dated 07.11.2014. The UNGA acknowledged that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life. The wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population."

The International Day of Yoga (IDY) 2025 was celebrated on 21st June 2025 with the theme "Yoga for One Earth, One Health," reflecting our collective aspiration to make the world healthier through Yoga, as per the directives of the Government of India.

Activities Undertaken at ESIC Hospital, Tirunelveli

1. IDY Main Event (21st June 2025): Yoga Sangam

Yoga Sangam Event:

ESIC Hospital, Tirunelveli, was officially registered as an organizer for the flagship

event 'Yoga Sangam' on 21.06.2025 from 06:30 AM to 07:45 AM.

OrganizerNumber: YS1750151137674

All employees, staff, and their family members were invited to participate and contribute to the national success of this event. Participants were requested to share their details with MS Cell at ms-tirunelveli@esic.gov.in after the event.

Yoga Sangam 2025: Celebrating Yoga as a Way of Life

Tirunelveli, June 21, 2025 – ESIC Hospital, Tirunelveli, proudly joined the global celebrations of the 11th International Day of Yoga under the theme "Yoga for One Earth, One Health." The hospital community became an integral part of the grandest yoga celebration of the year—Yoga Sangam 2025—joining millions across India and over one lakh locations nationwide in a synchronized, nationwide wave of unity as participants breathed, bent, and rose together with the Common Yoga Protocol.

Under the inspiring leadership of **Dr. R. Magesh, Medical Superintendent**, and **Dr. L. Dhanasekaran, Deputy Medical Superintendent**, the event motivated and united hospital staff, patients, families, and members of the local community. The morning commenced with a peaceful prayer and invocation at 6:00 am. From 6:30 to 7:00 am, attendees watched the live streaming of the Hon'ble Prime Minister's address from Visakhapatnam. The highlight of the event was the mass yoga demonstration from 7:00 to 7:45 am, where everyone performed the standardized practices of the Common Yoga Protocol developed by the Ministry of AYUSH, Government of India.

Continuing the spirit of wellness and inclusivity, at 10:30 am, a special yoga session was conducted exclusively for ESIC beneficiaries and their families. This session further reinforced the hospital's commitment to holistic health and well-being, ensuring that the benefits of yoga reached every segment of the community.

Yoga Sangam 2025 reinforced the message of holistic health, national integration, and unity, aligning with the Indian ethos and the global movement for wellness and harmony. As part of this historic initiative, ESIC Hospital, Tirunelveli, contributed to a record-breaking celebration that fostered societal harmony, celebrated India's cultural heritage, and promoted the accessibility of yoga for all, regardless of socio-economic background.

The event was a resounding success, with enthusiastic participation and positive feedback from all attendees. ESIC Hospital, Tirunelveli, extends its gratitude to Dr. R. Magesh, Dr. L. Dhanasekaran, all participants, volunteers, and staff for their dedication and support in making Yoga Sangam 2025 a memorable and impactful celebration.



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ESIC HOSPITAL, TIRUNELVELI, TAMIL NADU



at JOIN US FOR A LANDMARK YOGA GATHERING! + a

CELEBRATING THE 11TH INTERNATIONAL DAY OF YOGA

YOGA DAY ACTIVITIES

3 Lakh+ participants with the Prime Minister in Vizagl 50 Lakh+ Yoga Certificates to be awarded! 2 Crore+ people across 1 Lakh+ locations in Andhra Pradesh! Guinness World Record Attempt by AP Government!



We are proud to announce that ESIC Hospital Tirunelveli is officially registered as a Yoga Sangam Location in Tirunelveli!

All are invited to participate, this event is open to everyone!

Date June 21, 2025 Time Arrive by 6:20 AM sharp Place ESIC Hospital, Tirunelveli

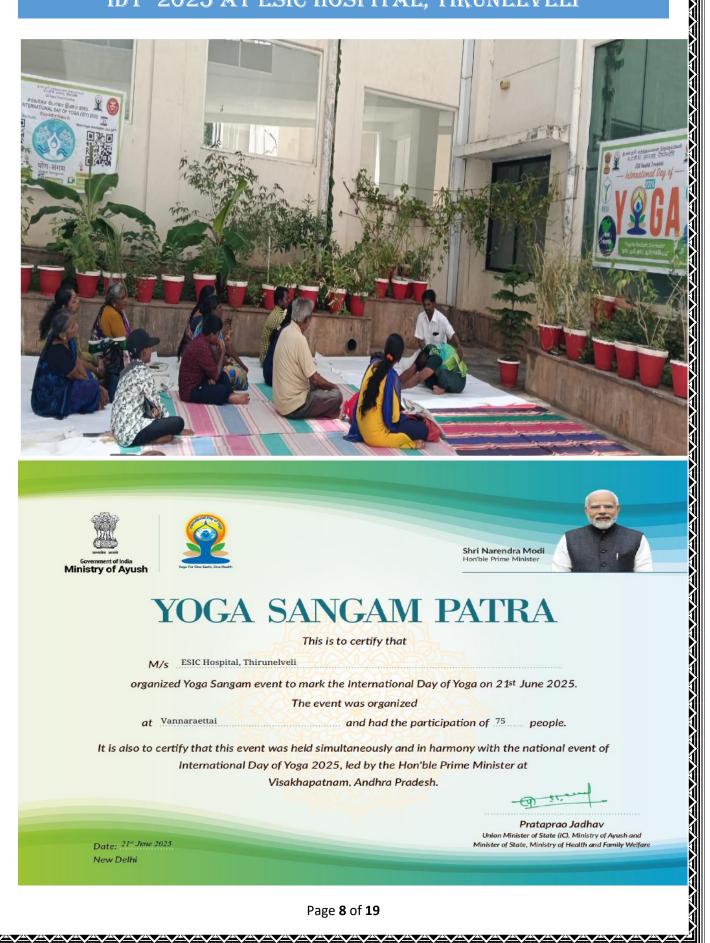
- Stretch Together, Heal Together, Rise Together,
- From Deserts to Valleys Yoga Connects All.
- Unite in Motion. Ignite in Breath. Transform the World.
 - Be a Part of History. Don't Miss Out!



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कर्मचारी राज्य बीमा जिमम Employees' State Insurance Corporation अम एवं चेजगार मंडालय, भारत सरकार Ministry of Labour & Employment, Government of India

YOGA FOR ONE EARTH, ONE HEALTH

ईएसआईसी अस्पताल, गुरूग्राम

ईएसआईसी मेडिकल कॉलेज, अंधेरी 

ईएसआईसी क्षेत्रीय कार्यालय, जम्मू कश्मीर



ईएसआईसी अस्पताल, तिरूनेलवेली



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2. Live Feed

Live streaming of the event was arranged to enable wider participation and engagement among employees across different locations.

3. Sensitization on CYP/Y-Break

Employees were sensitized about the Common Yoga Protocol (CYP) and the Y-Break initiative. The CYP video playlist was shared and demonstrated during the event, conducted at SRO Tirunelveli and ESIC Hospital.

June 20, 2025:

The ESI SRO Office, Tirunelveli, organized a special "Y-break Yoga" session to celebrate the 11th International Yoga Day, aligning with the national theme "Yoga for One Earth, One Health." The event brought together employees, their families, and local community members for a rejuvenating morning of yoga practice. The session emphasized the importance of integrating short yoga breaks into daily routines to promote physical and mental well-being. Participants expressed enthusiasm for making yoga a regular part of their lives, reflecting the growing recognition of yoga as a vital tool for holistic health and community harmony.





कर्मचारी राज्य बीमा लिमग Employees' State Insurance Corporation अन एवं चेजन्तर मंत्रालय, मात सावतर Ministry of Labour & Employment, Government of India

ESIC SRO Tirunelveli celebrated

the 11th International Yoga Day with an energizing Y-Break session, uniting community and staff under the theme "Yoga for One Earth, One Health" to promote daily wellness and harmony



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June 17, 2025:

ESIC Hospital Tirunelveli conducted a Y-Break Yoga Awareness Session for patients and staff. **Y-Break Yoga** is a 5-minute workplace wellness protocol developed by the Ministry of Ayush, Government of India, designed to help individuals de-stress, refresh, and refocus during their daily routines.

The session featured demonstrations of simple yoga postures and breathing exercises, including Nadi Shodhana Pranayama, Tadasana, Urdhva Hastasana, Skandha Chakra, and Bhramari Pranayama. Experts highlighted how practicing these techniques for just five minutes can significantly enhance physical and mental well-being, reduce workplace stress, and improve productivity. The event was well-received, with participants expressing positive feedback and interest in making Y-Break Yoga a regular part of their routine.





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ESIC Hospital Tirunelveli

conducted a Y-Break Yoga session, a quick 5-minute wellness routine from the Ministry of Ayush, to help patients and staff reduce stress and boost focus through simple yoga postures and breathing exercises—promoting better health, mental clarity, and productivity in daily life



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4. Participation in MyGov Activities

Quiz and Pledge:

The Ministry of Ayush, Government of India, organized a quiz and a pledge. All stakeholders, employers, insured persons, insured women, and beneficiaries were encouraged to participate on a large scale.

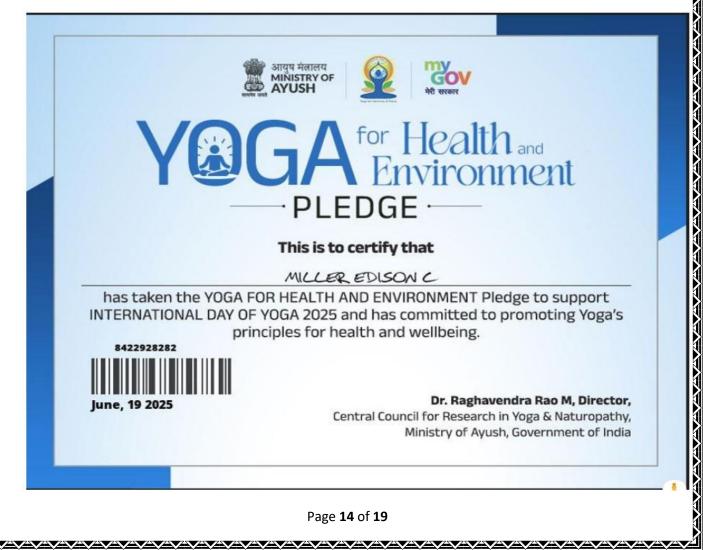
Quiz URL: https://quiz.mygov.in/quiz/international-day-of-yoga-2025-quiz/

Pledge URL: https://pledge.mygov.in/yoga-for-health/

E-Certificate: All participants received an e-certificate upon completion.

Reporting Participation:

Stakeholders and employers were requested to compile and share the list of names of those who participated in the quiz and pledge with MS Cell or mstirunelveli@esic.gov.in for record-keeping and recognition.







5. Social Media Engagement

Updates and photographs from the event were shared on our official social media channels, tagging the Ministry of Ayush as directed.

6. Display of IDY Logo and Digital Resources

The IDY logo was prominently displayed, and IDY-related guidelines and digital resources were uploaded on our hospital's official website.

7. Yoga-Related Activities

Online and offline lectures, workshops, and seminars by Yoga experts were organized in the weeks leading up to IDY 2025.

8. Publication of Articles

Articles highlighting the importance of Yoga and IDY 2025 were published in our official e-newsletter and bulletin.

9. Use of Digital Assets

Information about the Namaste Yoga App, Y-Break App, and Yoga-Ayush Portal was disseminated among employees.

Namaste Yoga App: Google Play Link

Y-Break App: Google Play Link

Yoga-Ayush Portal: Website Link

10. Banners and IEC Materials

Banners, pamphlets, and other Information, Education, and Communication (IEC) materials related to Yoga were arranged and displayed at various locations within the hospital.

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