

IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI



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



IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI

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

IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI

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.

IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI

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.

இ.எஸ்.ஐ.சி. மருத்துவமனை, திருநெல்வேலி
க.ரா.பி.நி. அஸ்ப்தால, திருநெல்வேலி
ESIC Hospital, Tirunelveli, TamilNadu

சர்வதேச யோகா தினம் 2025
INTERNATIONAL DAY OF YOGA (IDY) 2025
யோகா சங்கமம்

Yoga for Harmony & Peace

Yoga for Harmony & Peace

ESIC SOCIAL SECURITY

JUNE 21 SATURDAY

JUNE 21 SATURDAY

Yoga for One Earth, One Health

Mass Yoga. One Nation. One Spirit.

யோக-சங்கம
Yoga Sangam

6.30 AM to 7.45 AM

Direct participants to a yoga venue
ESIC Hospital, Tirunelveli, Tamil Nadu

Online participants Connection
<https://meet.google.com/pcs-nybz-wuu>

IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI



இ.எஸ்.ஐ.சி. மருத்துவமனை, திருநெல்வேலி

க.ரா.பி.நி. அஸ்ப்தால, திருநெல்வேலி

ESIC HOSPITAL, TIRUNELVELI, TAMIL NADU



✦ JOIN US FOR A LANDMARK YOGA GATHERING! ✦

CELEBRATING THE 11TH INTERNATIONAL DAY OF YOGA

YOGA DAY ACTIVITIES

- 3 Lakh+ participants with the Prime Minister in Vizag!
- 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!



IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI



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Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s ESIC Hospital, Thirunelveli

organized Yoga Sangam event to mark the International Day of Yoga on 21st June 2025.

The event was organized

at Vannaraettai and had the participation of 75 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.

A handwritten signature in green ink, belonging to Prataprao Jadhav.

Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June 2025
New Delhi

IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI



सत्यमेव जयते



कर्मचारी राज्य बीमा निगम
E.S.I.C.

कर्मचारी राज्य बीमा निगम
Employees' State Insurance Corporation
श्रम एवं रोजगार मंत्रालय, भारत सरकार
Ministry of Labour & Employment, Government of India



YOGA FOR ONE EARTH, ONE HEALTH

ईएसआईसी अस्पताल, गुरुग्राम



ईएसआईसी मेडिकल कॉलेज,
अंधेरी



ईएसआईसी क्षेत्रीय कार्यालय,
जम्मू कश्मीर



ईएसआईसी अस्पताल,
तिरुनेलवेली



@esichq



www.esic.gov.in

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.

IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI



कर्मचारी राज्य बीमा निगम
Employees' State Insurance Corporation
नमो एवं श्रेष्ठताय नमो, नमो शान्ते
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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IDY 2025 AT ESIC HOSPITAL, TIRUNELVELI



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.



कर्जवारी राज्य वीमा निगम
Employees' State Insurance Corporation
बन एचं रोजगार मंत्रालय, भारत सरकार
Ministry of Labour & Employment, Government of India

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



@esichq | www.esic.gov.in

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 ms-tirunelveli@esic.gov.in for record-keeping and recognition.





आयुष मंत्रालय
MINISTRY OF
AYUSH



my
Gov
मेरी सरकार

CERTIFICATE

— OF PARTICIPATION —

Ministry of AYUSH & MyGov congratulate

Andiappan K

for participating in
International Day of Yoga 2025 Quiz

We acknowledge your efforts. Keep participating!

Shri Raghavendra Rao
Director, Central Council for Research in Yoga and Naturopathy,
Ministry of AYUSH



आयुष मंत्रालय
MINISTRY OF
AYUSH



my
Gov
मेरी सरकार

CERTIFICATE

— OF PARTICIPATION —

Ministry of AYUSH & MyGov congratulate

Presilla K

for participating in
International Day of Yoga 2025 Quiz

We acknowledge your efforts. Keep participating!

Shri Raghavendra Rao
Director, Central Council for Research in Yoga and Naturopathy,
Ministry of AYUSH



Certificate of Participation

Anand George

I, _____

from India, joined

in setting the "Highest Attendance in an Online

Yoga Class Globally" hosted by Habuild with

the Official World Record across 169 countries

on International Yoga Day 2025.

Date: 21-06-2025

#HarGharYoga

YOGA
EVERYDAY

Saurabh Bothra
Co-Founder, Habuild

Trishala Bothra
Co-Founder, Habuild

Anshul Agrawal
Co-Founder, Habuild



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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இ.எஸ்.ஐ.சி. மருத்துவமனை, திருநெல்வேலி
ईएसआईसी अस्पताल, तिरुनेलवेली
E.S.I.C. HOSPITAL, Tirunelveli



சர்வதேச யோகா தினம் 2025

अंतरराष्ट्रीय योग दिवस 2025

'एक पृथ्वी, एक स्वास्थ्य के लिए योग'

Yoga For One Earth, One Health

ஒரே பூமி - ஒரே ஆரோக்கியம்

INTERNATIONAL DAY OF YOGA (IDY) 2025



இ.எஸ்.ஐ.சி. மருத்துவமனை, திருநெல்வேலி
க.ரா.பி.நி. அஸ்ப்தால, திருநெல்வேலி

ESIC Hospital, Tirunelveli



International Day of
2025

YOGA



"Yoga for One Earth, One Health"
"ஒரே பூமி, ஒரே ஆரோக்கியம்"



योग-संगम
Yoga Sangam



யோகா செய்வோம்...

யோகம் பெறுவோம்...



இ.எஸ்.ஐ.சி மருத்துவமனை

திருநெல்வேலி, தமிழ்நாடு

ஆயுஷ் மருத்துவப்பிரிவு

யோகா என்ற சொல்லிற்குப் பல்வேறு அர்த்தங்கள் வழங்கப்பட்டாலும் “மேம்படுத்துதல்” என்ற அர்த்தம் சற்றே பொருத்தமானதாக அமையும். யோகா என்பது உடற்பயிற்சி மட்டுமல்ல, அது ஒரு முழுமையான வாழ்க்கை முறை. யோகா நமது உடல், மனம் மற்றும் ஆன்மீக முன்னேற்றத்திற்கு வழி செய்கிறது.

யோகாவின் நன்மைகள்

1. இதய சம்பந்தமான நோய்களை தடுக்கிறது
2. இரத்த ஓட்டம் சீராகி இதயம் பலம் பெறுகிறது
3. ஆயுளை நீட்டிக்கிறது
4. மன அழுத்தம், பயம் மற்றும் பபடப்பிவிருந்து விடுவிக்கிறது
5. நாட்பட்ட நோய்களான ஒவ்வாமை, தூக்கமின்மை, இரத்த அழுத்தம், உடல் பருமன், சர்க்கரை நோய், முதுகு வலி போன்றவற்றிற்கு சிறந்த பலனளிக்கிறது.
6. இரைப்பை செயல்பாடு இயல்பாகிறது
7. ஐரண சக்தியை தூண்டி அஐரண கோளாறுகள் சீரடைகிறது.
8. மனதீதெளிவு மற்றும் வளர்ச்சிகளில் சமநிலை மேம்பட உதவுகிறது.
9. நரம்பு மண்டலங்கள் பலம் பெறுகின்றன
10. மூளை தொடர்பான பாதிப்புகள் ஏற்படுவது தடுக்கப்படுகிறது
11. யோகா செய்வதால் மன அழுத்தத்தினின்று விடுபட முடிகிறது
12. மூச்சு பயிற்சியின் மூலம் இதயம் மற்றும் நுரையிரல் பலமாகிறது.
13. ஆஸ்துமா, கைனஸ், ஒற்றை தலைவலிக்கு உரிய மருந்துகளுடன் யோகா பயிற்சி மூலம் நிவாரணம் பெறமுடியும்



ஆசனம் செய்வோம்...

ஆரோக்கியம் பெறுவோம்...

