

11<sup>th</sup> International  
Yoga Day  
Celebrations,  
2025



Organized at  
ESIC Regional  
Office, Chennai

# ABOUT THE CELEBRATION

On the occasion of International Yoga Day, a special yoga session was organized at the ESIC Regional Office, Chennai. The session was conducted by Mr. Prabhu (Yoga Instructor), who guided participants through basic yoga asanas and highlighted the significance and benefits of regular yoga practice. Regional Director Shri. Alluri Venu Gopal, along with several staff members, actively participated in the event. Held in the open area of the office premises, the serene environment provided an ideal setting for rejuvenation, mindfulness, and holistic well-being.



Starting the day with Surya Namaskar – A refreshing yoga stretch.



**Forward bending – enhancing flexibility and inner peace.**



**Centering the mind and body with meditation.**



**Guided yoga session by Mr. Prabhu begins with focused breathing.**



**Basic yoga asanas to energize the body and mind.**



**Yoga in nature – the perfect harmony of mind, body, and environment.**





**Practicing pranayama for inner calm and balance.**



**ESIC Regional Office team rejuvenates together on International Yoga Day.**