

## **Action Taken Report on Celebration of International Day of Yoga 2025 at ESIC SRO-Bommasandra**

As part of Celebration of International Day of Yoga (IDY)- 2025, as per ESIC Headquarters instruction and as pre-planned by our office Administration a circular was issued and was circulated to all the Officials/Officers and Branch Offices under the jurisdiction of this office; with formal instructions regarding organizing of Yoga demonstration class/drill at our office on **21.06.2025, Saturday at 08.30 AM**. It was decided to organize the session under the guidance of **Brahma Kumaris Rajyoga Meditation Centre, Bengaluru**.

The class on Yoga demonstration and meditation under the guidance of **Brahma Kumaris Rajyoga Meditation Centre** began at sharp 08.30 AM on 21.06.2025 as pre-planned. The session focused on health talks on unified wellness aligned with central AYUSH objectives and theme of Yoga Day 2025- "**Yoga for One Earth, One Health**".

The session was followed by Meditation and Yoga Demonstration under the supervision of Brahma Kumaris Rajyoga Meditation Centre, guiding the participants through safe and sound practicing of Yoga exercises. The program witnessed active wholehearted participation of Officers/Officials of our office and IPs reinforcing institutional commitment of our organization.

The program concluded with the address of Smt. A S Kanithaselvi, Joint Director (I/c).

Further arrangements for refreshments were also made for organizers and participants at our office.

The whole session was documented in photographs for furnishing the report to AYUSH Ministry.



Image (1): Yoga Session class.



Image (2): Yoga exercise under the supervision of Brahma Kumaris.



Image (3): Yoga exercise under the supervision of Brahma Kumaris.



Image (4): Yoga exercise under the supervision of Brahma Kumaris.



Image (5): International Day of Yoga (IDY)-2025 session banner displayed at office.



Image (6): Yoga exercise under the supervision of Brahma Kumaris.



Image (7): Yoga Day memento bestowed to ESIC official by Brahma Kumaris Rajyoga Meditation Centre, Bengaluru.