

ESIC celebrated International Yoga Day 2025 with the theme “Yoga for One Earth, One Health,” embracing the occasion with spirit and commitment while promoting holistic health and well-being through yoga.

Shri Ashok Kumar Singh Conducts Yoga Session and Reflects on Spiritual Foundations of the Practice

International Yoga Day Marked at ESIC HQ with Participation of Senior Officials

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The Employees’ State Insurance Corporation (ESIC) Headquarters in New Delhi celebrated the 10th International Day of Yoga (IDY) on 21st June 2025 with great enthusiasm and reverence. The event embraced this year’s global theme: “Yoga for One Earth, One Health”, reflecting the universal benefits of yoga in fostering holistic well-being for individuals and the planet.

The event was graced by the presence of senior dignitaries including Shri Ashok Kumar Singh, Director General, ESIC, who also led the yoga session; Ms. T. L. Yaden, Financial Commissioner; Shri Deepak Joshi, Insurance Commissioner (Benefit & Revenue); Shri Ratnesh Kumar Gautam, Insurance Commissioner (P&A & PR); Shri Anil Kumar Sahu, Insurance Commissioner (PMD); Dr. Kamlesh Harish, Medical Commissioner; and Dr. Ashit Mullick, Medical Commissioner (AYUSH).

Highlighting the spiritual and philosophical foundations of yoga, Shri Ashok Kumar Singh delivered an insightful talk on “Shravanam, Mananam, Nidhidhyasanam” — the process of deep listening, reflection, and inner realization, essential for true knowledge and transformation. He emphasized how yoga, beyond being a physical discipline, is a profound journey towards inner harmony and universal well-being.

The event featured a guided yoga practice, reinforcing the message that yoga is accessible to all — irrespective of age, role, or routine. The session included foundational asanas, breathing techniques, and meditation practices curated in accordance with the Common Yoga Protocol.

The IDY 2025 theme, “Yoga for One Earth, One Health”, resonates deeply with ESIC’s commitment to integrated health. Yoga, as a preventive and promotive health tool, aligns with ESIC’s vision of ensuring comprehensive care for India’s workforce. The emphasis on sustainability and inner resilience through yoga also complements global calls for climate action and public health awareness.

ESIC continues to promote wellness-based initiatives and encourages the adoption of yoga and holistic practices across its network of dispensaries, hospitals, and offices, contributing to a healthier, more conscious

society.

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