



75  
आज़ादी का  
अमृत महोत्सव

# आज़ादी का अमृत महोत्सव



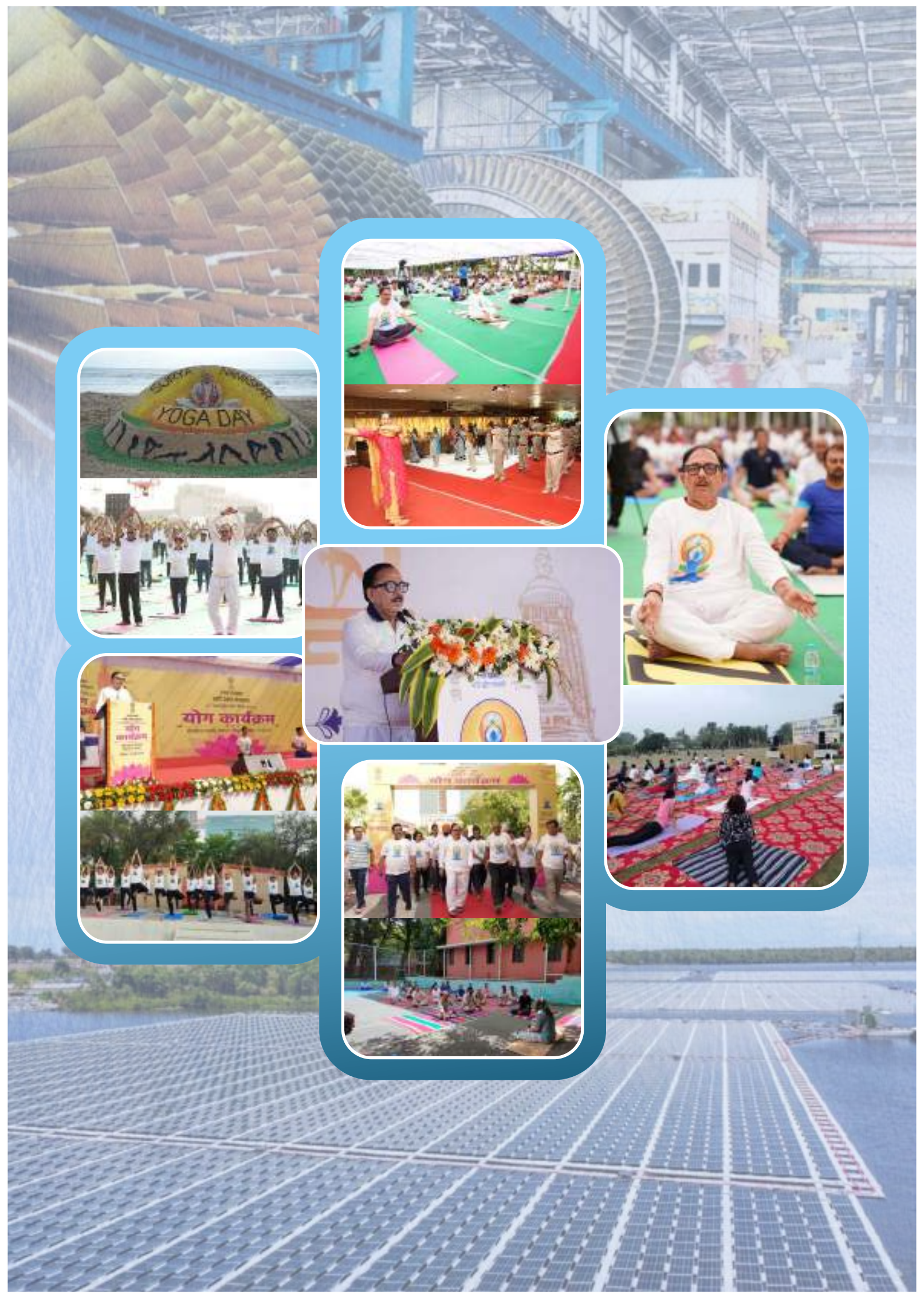
**Celebration of 8<sup>th</sup> International Day of Yoga  
and  
Yoga Week 2022**



**Ministry of Heavy Industries**



**REPORT**



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## ICONIC EVENTS

### 8th International Day of Yoga – Union Minister of Heavy Industries presides over Common Yoga Protocol demonstration in BHEL

As a part of the 75-day countdown to the 8th International Day of Yoga, a Common Yoga Protocol demonstration was organised at BHEL's Noida township on 05.06.2022 under the aegis of the Ministry of Heavy Industries.



Dr. Mahendra Nath Pandey, Hon'ble Union Minister of Heavy Industries presided over the event. Dr. Nalin Shinghal, CMD, BHEL and Functional Directors on the board of BHEL were present in the event. Senior officials of MHI & BHEL, members of BHEL Ladies Welfare Association and a large number of employees and their family members from BHEL as well as from other CPSEs also participated in the event. The event was live streamed across all units and offices of BHEL and other CPSEs under MHI. Instructors from Morarji Desai National Institute of Yoga guided the participants with respect to yoga asanas at the event.





Addressing the gathering, Dr. Pandey highlighted that the initiative taken by the Hon'ble Prime Minister culminated in the UN declaring 21st June as the International Day of Yoga. As a result, it is celebrated across the world with great enthusiasm. Yoga, India's gift to the world, can help prevent many common lifestyle diseases like diabetes, obesity, stress, heart disease, hypertension and lessen the impact of existing problems. The Hon'ble Minister said that we must make Yoga an integral part of our lives. As a step in that direction, we are organising Yoga events to ensure Yoga becomes part of our daily routine.





# Glimpses of Press Coverage of the Event

**HINDUSTAN TIMES, Delhi, 7.6.2022**



As part of the 75-day countdown to 8<sup>th</sup> International Day of Yoga, a Common Yoga Protocol demonstration was organised at Bharat Heavy Electricals Limited's (BHEL) Noida township on June 6 under the aegis of the Ministry of Heavy Industries. Mahendra Nath Pandey, Union Minister of Heavy Industries addressed the large gathering at the event.

**AMAR UJALA, Delhi**

## भेल टाउनशिप में कॉमन योग प्रोटोकॉल का पूर्वाभ्यास

नोएडा। भारी उद्योग मंत्रालय के तत्वावधान में रविवार व सोमवार (भेल) की नोएडा टाउनशिप में 8<sup>वें</sup>



अंतरराष्ट्रीय योग दिवस के लिए कॉमन योग प्रोटोकॉल का पूर्वाभ्यास किया गया। कार्यक्रम की अध्यक्षता केंद्रीय भारी उद्योग मंत्री डॉ. महेंद्र नाथ पांडेय ने की। इस अवसर पर भेल के सीएमडी डॉ. नलिन शिंगल तथा भेल निदेशक मंडल के निदेशक उपस्थित रहे। इस दौरान श्री पांडेय ने सोमवार टाउनशिप में पौधा भी लगाया।

**हरिभूमि**

7 Jun 2022



## कॉमन योग प्रोटोकॉल का पूर्वाभ्यास

खाई दिल्ली। भारी उद्योग मंत्रालय के तत्वावधान में आज सोमवार को नोएडा स्थित उद्योग में 8<sup>वें</sup> अंतरराष्ट्रीय योग दिवस की 75-दिवसीय उपलक्ष्यियों के तहत, कॉमन योग प्रोटोकॉल का पूर्वाभ्यास किया गया। इस अवसर पर केंद्रीय भारी उद्योग मंत्री डॉ. महेंद्र नाथ पांडेय ने की। इस अवसर पर सोमवार टाउनशिप के अध्यक्ष एवं प्रमुख निदेशक डॉ. नलिन शिंगल तथा सोमवार निदेशक मंडल के निदेशक उपस्थित रहे। कार्यक्रम में भारी उद्योग मंत्रालय और सोमवार टाउनशिप के सदस्यों सहित सोमवार तथा अन्य केंद्रीय स्वयंसेवक क्षेत्र उद्योगों के कर्मचारियों और उनके परिवारों ने बड़ी संख्या में भाग लिया। इस कार्यक्रम का भारी उद्योग मंत्रालय के अंतर्गत आने वाले सोमवार टाउनशिप की सभी इकाइयों और कार्यालयों सहित अन्य केंद्रीय स्वयंसेवक क्षेत्र उद्योगों की सभी इकाइयों तथा कार्यालयों में सीधा प्रसारण किया गया। नोएडा की केंद्रीय राष्ट्रीय योग संस्थान से आठ योग प्रशिक्षकों ने योगात्मक को करने में प्रतिभागियों का मार्गदर्शन किया।

**8TH INTERNATIONAL YOGA DAY**

## Union Min presides over Common Yoga Protocol demonstration at BHEL



**FREE PRESS**

New Delhi: As a part of the 75-day countdown to 8<sup>th</sup> International Day of Yoga, a Common Yoga Protocol demonstration was organised at BHEL's Noida township today under the aegis of the Ministry of Heavy Industries.

Dr. Mahendra Nath Pandey, Union Minister of Heavy Industries presided over the

event. Dr. Nalin Shinghal, CMD, BHEL and Functional Directors on the board of BHEL were present in the event. Senior officials of MHI & BHEL, members of BHEL Ladies Welfare Association and a large number of employees and their family members from BHEL as well as from other CPSEs also participated in the event.

## माननीय केंद्रीय भारी उद्योग मंत्री जी की अध्यक्षता में

सोमवार टाउनशिप में 8<sup>वें</sup> अंतरराष्ट्रीय योग दिवस की तैयारियों के अंतर्गत कॉमन योग प्रोटोकॉल का पूर्वाभ्यास तथा कॉमन योग प्रोटोकॉल का प्रदर्शन आज सोमवार को नोएडा स्थित उद्योग में 8<sup>वें</sup> अंतरराष्ट्रीय योग दिवस की 75-दिवसीय उपलक्ष्यियों के तहत, कॉमन योग प्रोटोकॉल का पूर्वाभ्यास किया गया। इस अवसर पर केंद्रीय भारी उद्योग मंत्री डॉ. महेंद्र नाथ पांडेय ने की। इस अवसर पर सोमवार टाउनशिप के अध्यक्ष एवं प्रमुख निदेशक डॉ. नलिन शिंगल तथा सोमवार निदेशक मंडल के निदेशक उपस्थित रहे। कार्यक्रम में भारी उद्योग मंत्रालय और सोमवार टाउनशिप के सदस्यों सहित सोमवार तथा अन्य केंद्रीय स्वयंसेवक क्षेत्र उद्योगों के कर्मचारियों और उनके परिवारों ने बड़ी संख्या में भाग लिया। इस कार्यक्रम का भारी उद्योग मंत्रालय के अंतर्गत आने वाले सोमवार टाउनशिप की सभी इकाइयों और कार्यालयों सहित अन्य केंद्रीय स्वयंसेवक क्षेत्र उद्योगों की सभी इकाइयों तथा कार्यालयों में सीधा प्रसारण किया गया। नोएडा की केंद्रीय राष्ट्रीय योग संस्थान से आठ योग प्रशिक्षकों ने योगात्मक को करने में प्रतिभागियों का मार्गदर्शन किया।

**आज**  
निष्पक्ष सिद्धि दैनिक



## 8th International Day of Yoga – Yoga Event at Puri, Odisha



As a part of 'Azadi Ka Amrit Mahotsav' celebrations, the 8th International Day of Yoga 2022 was celebrated by the Ministry of Heavy Industries with Mass Yoga Demonstration based on Common Yoga Protocol, in Puri, Odisha on 21.06.2022. Dr. Mahendra Nath Pandey, Union Minister of Heavy Industries presided over the Yoga Day celebrations.



The Secretary (Heavy Industry) was also present on the occasion. CMD, BHEL and Directors on the board of BHEL also participated in the event, along with other senior officials of MHI & BHEL, local administration and a large number of people and school children. The Yoga day event at Puri was live-streamed across all units and offices of BHEL and other CPSEs under MHI. During the event, Hon'ble Prime Minister's address to the nation was live-streamed, from Mysuru Palace, Karnataka, to a large number of participants. To commemorate the International Day of Yoga 2022, country-wide celebrations were organised at 75 iconic places under the theme of 'Yoga for Humanity'.



Watch event videos here:

<https://fb.watch/e6hfXcel1S/>  
<https://fb.watch/e6i1WwN2mB/>

## Glimpses of Press Coverage of the Event



**Hindustan Times**

The 8<sup>th</sup> International Day of Yoga was celebrated with Mass Yoga Demonstration based on Common Yoga Protocol in Puri on June 21. The event was organised by the Ministry of Heavy Industries. During the event, PM's address to the nation was live-streamed.

www.freepressjournal.in MUMBAI | WEDNESDAY | JUNE 22, 2022



**अमर उजाला**  
जोश! चाब फा!

**भारी उद्योग मंत्रालय ने पुरी में मनाया योग दिवस**

नई दिल्ली (वि)। आजादी का अमृत महोत्सव के अंतर्गत भारी उद्योग मंत्रालय ने पुरी (ओडिशा) में मंगलवार को सामान्य योग प्रोटोकॉल का सामूहिक योगाभ्यास कर 8वां अंतरराष्ट्रीय योग दिवस मनाया। केंद्रीय भारी उद्योग मंत्री डॉ. महेंद्र नाथ पांडेय ने सचिव ( भारी उद्योग) की उपस्थिति में योग दिवस

**8TH INTERNATIONAL YOGA DAY**

**Ministry of Heavy Industries organises celebrations at Puri**



Puri: As part of the 'Azadi Ka Amrit Mahotsav' celebrations, the 8th International Day of Yoga 2022 was celebrated enthusiastically in Puri. The event was organised by the Ministry of Heavy Industries. During the event, Prime Minister's address to the nation was live-streamed, from Mysuru Palace, Karnataka, to a large number of participants.

Dr. Mahendra Nath Pandey, Union Minister of Heavy Industries presided over the Yoga Day celebrations. Secretary (Heavy Industry) was also present on the occasion. CMD, BHEL and Directors on the board of BHEL also participated in the event, along with other senior officials of MHI & BHEL.



**हरिभूमि**

दिल्ली संस्करण, तिथि - 22.06.2022

**भारी उद्योग मंत्रालय ने पुरी में किया 8वें अंतरराष्ट्रीय योग दिवस समारोह का आयोजन**



पुरी। आजादी का अमृत महोत्सव के अंतर्गत भारी उद्योग मंत्रालय ने पुरी में सामान्य योग प्रोटोकॉल का सामूहिक योगाभ्यास कर 8वें अंतरराष्ट्रीय योग दिवस-2022 को उत्साहपूर्वक मनाया गया। भारी संख्या में उपस्थित इस कार्यक्रम के प्रतिभागियों के लिए कर्नाटक के मैसूर पैलेस में मातृवीर्य प्रधानमंत्री के राष्ट्र के काम संशोधन का सीधा प्रसारण किया गया। 8वें अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में कार्यक्रम के लिए योग विषय के अंतर्गत 75 प्रमुख स्थानों पर फैलायी समारोह आयोजित किए गए।





... AND YOGA WEEK 2022

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# **BHARAT HEAVY ELECTRICALS LIMITED (BHEL)**



## UNIT – Corporate Office, New Delhi

### Session on Meditation and Mind Control



Date : 23.06.2022  
Participation : 250  
Mode : Hybrid Event

The session was conducted in Corporate Office, BHEL, New Delhi for all employees of BHEL. The participants were told about the micro processes with techniques of Meditation and Mind Control which can be done in Office. The session was highly interactive and tested the presence of mind of audience. The participants were told about the importance of self-control which can be used for better family relations and contributing to the society. The session was broadcasted among PAN BHEL Units/Regions/Divisions.



## Training on 5-min Institutional Yoga Protocol



Date : 23.06.2022  
Participation : 250  
Mode : Hybrid Event



The programme was conducted in Corporate Office, BHEL, New Delhi for all employees of BHEL. The participants were told about the benefits of different poses, breathing techniques which can be done in Office. The participants were encouraged to do the 5-minute protocol daily at 11:00 AM and 04:00 PM and encourage others to do the same. The programme was broadcasted PAN BHEL Units/Regions/Divisions.

 <https://youtu.be/Exvo6jRnoHM>

## Common Yoga Protocol Demonstration



Date : 23.06.2022  
Participation : 40  
Mode : Physical Event/  
Jan Bhagidari



Common Yog Protocol was conducted in BHEL Township Sector-17, Noida. The session was open to all including employee family members, friends, relatives and general public. The session started with BHEL Geet/Song and prayer. All participants did 45 minutes of CYP and praised the session and committed themselves to come to yog session daily. The session was followed by Yog Pledge from all the participants.



## UNIT – Industry Sector, International Operations, and ROD, New Delhi

### Session on Yoga Practice (CYP)



Date : 21.06.2022

Participation : 36

Mode : Physical Event

A session on yoga practice as per the Common Yoga Protocol was conducted on 21.06.2022 to celebrate Yoga Week.

## UNIT – Power Sector HQ, New Delhi

### Asana of the Week



Date : 20.06.2022

Participation : 244

Mode : Virtual Event

An e-mail was sent to all employees regarding Asana of the week. The e-mail contained the posture, the steps to do the asana and its benefits. The banner of posture was also put on display at the prominent place on the employee pathways at the workplace.



## Yoga Competition



Date : 24.06.2022  
Participation : 04  
Mode : Hybrid Event



A Yoga Competition (Online) was organized for the employees. As part of the event, any five Yoga asanas were to be performed & recorded. The efficiency of the performance was judged on the following basis: -

- i. Way of performance to achieve the final position
- ii. Correct position of Asana
- iii. Retention maintained during the final position & duration of position retained
- iv. Degree of flexibility, balance and calmness maintained during the retention of final position
- v. Way of performance to come back from final position

## UNIT – Power Sector NR, New Delhi

### Lecture on Yoga and Meditation



Date : 21.06.2022  
Participation : 150  
Mode : Hybrid Event

A lecture on Yoga and meditation with physical demonstration of the same was held for the employees to celebrate Yoga Week



## UNIT – HEEP and CFFP, Haridwar

### Common Yoga Protocol (Day 1)



Date : 20.06.2022

Participation : 80

Mode : Physical Event/ Jan Bhagidari

A Common Yoga Protocol session was held at Swarn Jayanti park, Sector 3 of Haridwar unit of the company to celebrate Yoga Week.

### Common Yoga Protocol (Day 2)



Date : 21.06.2022

Participation : 200

Mode : Physical Event/ Jan Bhagidari

A Common Yoga Protocol session was held at Haridwar unit of the company to celebrate Yoga Week.



### Common Yoga Protocol (Day 3)



Date : 22.06.2022  
Participation : 150  
Mode : Physical Event/ Jan Bhagidari

A Common Yoga Protocol session was held at Swarn Jayanti park, Sector 3 of Haridwar unit of the company to celebrate Yoga Week.

### Common Yoga Protocol (Day 4)



Date : 23.06.2022  
Participation : 200  
Mode : Physical Event/ Jan Bhagidari

A Common Yoga Protocol session was held at Haridwar unit of the company to celebrate Yoga Week.

### Session on Eye Exercises

Date : 24.06.2022  
Participation : 200  
Mode : Virtual Event



Session on Eye Exercises that help in maintaining vision was conducted by HEEP Haridwar for all the units of BHEL. Participants were told the common eye problems; and eye movements and exercises, as well as tratak kriya to help improve vision. The participants were enthusiastic and learnt the use of various techniques like medicine water or rose water and use of eye cups.





## CELEBRATION OF 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA ...

### Common Yoga Protocol (Day 6)



Date : 25.06.2022

Participation : 200

Mode : Physical Event/ Jan Bhagidari

A Common Yoga Protocol session was held at Swarn Jayanti park, Sector 3 of Haridwar unit of the company to celebrate Yoga Week.

## UNIT – CFP, Rudrapur

### Yoga Session



Date : 21.06.2022

Participation : 60

Mode : Physical Event/  
Jan Bhagidari

A yoga session was conducted for employees, family members and the public in the township of Avas Vikas of BHEL, Rudrapur.







## UNIT – HEP, Bhopal

### International Yoga Day Celebration



Date : 21.06.2022  
Participation : 50  
Mode : Physical Event

अंतराष्ट्रीय योग दिवस 2022, अंतराष्ट्रीय योग दिवस के उपलक्ष में योग रिसर्च सेंटर, कस्तूरबा हॉस्पिटल, भेल में दिनांक 21/06/22 को सामूहिक योग क्लास का आयोजन किया गया। डॉ.रश्मि परमहंस, चेयरमेन, योग रिसर्च सेंटर,भेल, अमृतबिंदु योग शिक्षक, भेल ने क्लास ली।

### Yoga and Aasana



Date : 21.06.2022  
Participation : 21  
Mode : Physical Event

A session on Yoga and Aasana for better health was held at Bhopal unit to celebrate Yoga Week.

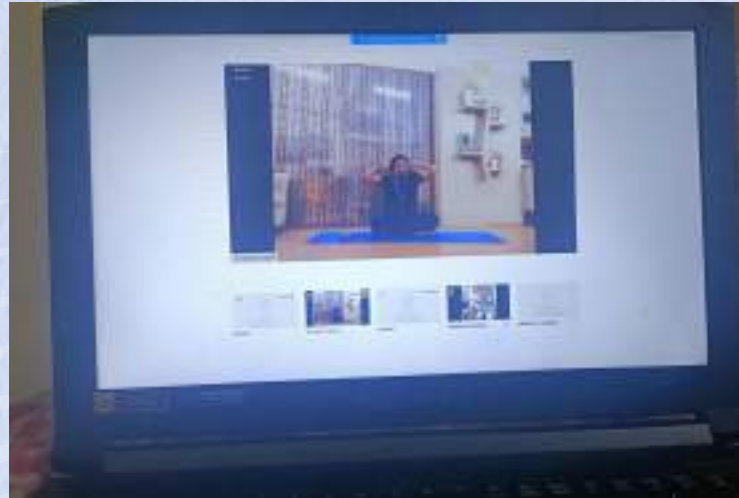


## CELEBRATION OF 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA ...

### Yoga Series

Date : 21.06.2022  
Participation : 07  
Mode : Virtual Event

Yoga Series for better health were conducted at Bhopal unit during the Yoga Week 2022.



### Yoga for Women



Date : 21.06.2022  
Participation : 37  
Mode : Physical Event

Yoga for wellness of women employees was held at Bhopal unit during the Yoga Week 2022.



### Session on Lifestyle Disorders

Date : 22.06.2022  
Participation : 221  
Mode : Virtual Event

Let food be thy medicine, and let medicine be thy food - Hippocrates. Every 35 days, your skin replaces itself. Your liver, about a month. Your body makes these new cells from the food you eat. What you eat literally becomes you. You have a choice in what you are made of. You ARE what you eat! Thus, Bhopal unit conducted an online interactive session on 'High Cholesterol and Weight' by Dr. Gyan Chaturvedi on 22.06.2022. Dr. Gyan Chaturvedi, MD, is a medical specialist and cardio physician.





### Surya Namaskar



Date : 24.06.2022  
Participation : 25  
Mode : Hybrid Event

A session on Surya Namaskar and its benefits was held at Bhopal unit as part of Yoga Week.

### Alternative Medicine and Naturopathy



Date : 24.06.2022  
Participation : 31  
Mode : Virtual Event

An online session on alternative medicine and naturopathy was held at Bhopal unit as part of Yoga Week.

### Nutrition and Balanced Diet

Date : 25.06.2022  
Participation : 28  
Mode : Virtual Event

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. – Buddha. Well-being is closely linked with health and productivity. Bhopal



unit conducted an awareness session on 'All About Nutrition & Balanced Diet' which was taken by Dr. Pooja Singh - a leading consultant & researcher at Weightwonder, an award winning and scientific weight management program.



## UNIT – HPBP/SSTP Tiruchirappalli

### Yoga Breaks



Date : 20.06.2022  
Participation : 45  
Mode : Physical Event

Yoga for employees at respective work places was conducted during time set aside for yoga breaks.

### International Yoga Day Celebration



Date : 21.06.2022  
Participation : 1000  
Mode : Physical Event/ Jan Bhagidari

Mass Yoga was done by more than 1000 school children from BHEL Township's campus schools to mark the 8th International Day of Yoga.



### Yoga for Contractual Workmen



Date : 22.06.2022  
Participation : 85  
Mode : Physical Event

Yoga session was conducted for workmen on contractual basis at the civil and canteen offices at Tiruchirappalli unit.

### Rally for Yoga



Date : 23.06.2022  
Participation : 1000  
Mode : Physical Event/ Jan Bhagidari

A mass rally was organised for promoting Yoga by the school children of the schools in the BHEL Township campus to mark the celebration of Yoga Week 2022.



### Yoga by Women in Public Sector



Date : 24.06.2022  
Participation : 45  
Mode : Physical Event

A Yoga session was organised by WIPS through HRDC at Tiruchirappalli unit.



### Yoga for Apprentices



Date : 25.06.2022  
Participation : 50  
Mode : Physical Event

A Yoga session was organized for Act/Tech/Graduate Apprentices at Tiruchirappalli unit.

## UNIT – BAP, Ranipet

### Yoga for Apprentices



Date : 18.06.2022  
Participation : 100  
Mode : Physical Event

The first day programme on 'Yoga for Apprentices' was inaugurated by Shri D. Ponsankar, DM/HRDC in the presence of cross section of Apprentices. They emphasized more on the importance of Yoga and meditation in which one can achieve good health, efficiency at work, focus and concentration, better inter personal understanding through experiencing of mental peace and calmness. Over 100 nos. of apprentices have participated in the Yoga programme. On utilizing the resources of Manavalakalai Mandram, RC, BHEL, Ranipet trainers a relaxation on meditation was proposed to be practiced. Hence, every individual was emphasized to have a regular practice of yoga through long term in gaining the benefits in health, happiness and well-being.



## Yoga at Workplace

Date : 20.06.2022  
Participation : 60  
Mode : Physical Event

Yoga at WorkPlace – all sections of employees have overwhelmingly participated in the Yoga programme organized inside office and factory premises of BHEL/BAP, Ranipet (at their workplace) in Association with Manavalakalai mandram & HRDC team members. Over 60 nos. of employees have participated. Manavalakalai Mandram team briefed employees & apprentices on the importance, need and benefits of practicing Yoga. The team also demonstrated Yoga to the employees.



## International Yoga Day



Date : 21.06.2022  
Participation : 90  
Mode : Physical Event

The 8th International Yoga Day was celebrated at Ranipet unit. All employees participated in the Yoga programme organized at MDP Hall in Association with Yagoda Satsanga Society of India, Vellore & HRDC team members. Over 90 employees have participated in the 8th International Yoga day programme. YSS team briefed Employees & Apprentices on the importance, need and benefits of practicing Yoga, Meditation and Healing Prayers. The team was headed by Dr. B. Kumaran, Dr. G. Prabakaran, Dr. Manjuladevi, Dr. Thilagavathy with 3 volunteers.

## Yoga for Human Excellence - Women



Date : 22.06.2022  
Participation : 40  
Mode : Physical Event

Yoga for Human Excellence was conducted at Ranipet unit where all women employees participated in the Yoga programme organized in association with Manavalakalai mandram, Ranipet & HRDC team members. Over 40 female employees have participated in the Yoga programme. Manavalakalai Mandram team briefed employees & apprentices on the importance, need and benefits of practicing Yoga specifically for females. The team was headed by Mr. Baskaran, Mrs. Uma Ezhumalai and 3 Volunteers from Manavalakalai Mandram, Ranipet.

## Yoga for Employees' Dependents



Date : 23.06.2022  
Participation : 30  
Mode : Physical Event

A Yoga session was held for employees' dependents at the BHEL Township in BAP, Ranipet unit. Manavalakalai Mandram team briefed the audience on the importance, need and benefits of practicing Yoga. The team also demonstrated Yoga to the employees' dependents.







## People Development through Yoga



Date : 24.06.2022  
Participation : 50  
Mode : Physical Event

People Development Through YOGA was organised in Ranipet at MDP Hall in association with Art of Living, Vellore. Over 50 employees participated in the program. The team was headed by Dr. B. Damodharan, Psychologist. He briefed employees present on Art of Living, the importance, need and benefits of practicing Yoga gives clarity of thought, inner freedom, contentment and a healthy self-confidence, are the basis for mental wellbeing. Insist on decisions regarding our health and wellbeing and a free, happy life, are in our hands. Practice regularly with firm determination and success will be certain.

## Yoga for Human Excellence

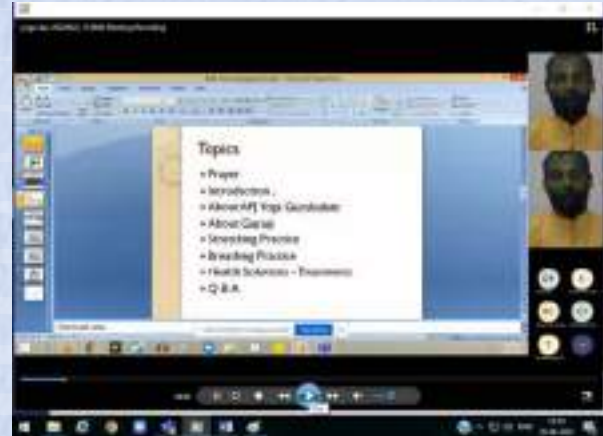


Date : 25.06.2022  
Participation : 55  
Mode : Physical Event

Yoga for Human Excellence was conducted at Ranipet unit where a cross section of employees participated in the Yoga programme organized in association with Manavalakalai Mandram, Ranipet & HRDC team members. Over 55 nos. employees participated in the Yoga programme. Manavalakalai mandram team briefed the employees & apprentices on the importance, need and benefits of practicing Yoga. They emphasis on Yoga postures which energize and oxygenate the whole body thus enhancing the performance of all the organs. Yoga is essential for the betterment of health and well-being, gives greater control of your mind and a greater understanding of finding the solutions of the problems The team was headed by Mr. Baskaran, Mrs. Uma Ezhumalai and 2 volunteers from Manavalakalai Mandram, Ranipet.

## UNIT – Piping Centre, Chennai

### Online Yoga Session



Date : 22106.2022  
Participation : 21  
Mode : Virtual Event

An online yoga session was arranged at PC, Chennai through APJ Yoga Gurukulam on the benefits of yoga and practices for office goers viz. eye exercises, stretching, stress-relief, etc. during Yoga Week 2022.

## UNIT – PPPU, Thirumayam

### International Day of Yoga



Date : 21.06.2022  
Participation : 40  
Mode : Physical Event

International Day of Yoga was celebrated at PPPU, Thirumayam where over 40 employees led by Shri K. Ganesan, GM (PPPU & PC) participated in a yoga session. Shri R. Meenakshi Sundram, Yoga Instructor, conducted the session at Thirumayam unit of BHEL. The main theme of this yoga session was yoga exercise & internal peace which was very well received by the employees.



## UNIT – EDN, Bengaluru

### Surya Namaskar



Date : 20.06.2022  
Participation : 180  
Mode : Physical Event

12 rounds of Surya Namaskar was done by about 40 participants of EDN

in Cauvery Auditorium. Shri Joy Alexander, HOD (HR) inaugurated Yoga Week 2022.

### Mrutyunjaya Namaskar



Date : 21.06.2022  
Participation : 45  
Mode : Physical Event

Mrutyunjaya Namaskar was performed by 45 participants in

Cauvery Auditorium. The head of the unit participated in the lamp lighting ceremony. The faculty for the session was Dr. Nagaraj, from SVYASA university. Shri Joy Alexander, HOD (HR) inaugurated Yoga Week 2022.

### Simple Asanas



Date : 22.06.2022  
Participation : 50  
Mode : Physical Event

Simple Asanas were performed by over 50 participants. The head of the

unit felicitated 3 Yoga teachers who conducted the session, with a special focus on Vajrasana.

### Yogic Games



Date : 24.06.2022  
Participation : 45  
Mode : Physical Event

Yogic games were played by participants and meditation

technique was taught by Shri K.S. Ramakrishna to celebrate Yoga Week 2022.

### Aligning to Protocol of Ministry of AYUSH



Date : 24.06.2022  
Participation : 45  
Mode : Physical Event

As given in the protocol of AYUSH Ministry, a few yogic exercises were

performed and over 45 participants were present in the session.

### Yoga Nidra



Date : 25.06.2022  
Participation : 38  
Mode : Physical Event

A session on Yoga Nidra was conducted by Shri K. S. Ramakrishna and relaxation techniques were taught. This was the concluding session of Yoga Week 2022 at EDN, Bengaluru unit.

## UNIT – ISG, Bengaluru

### Surya Namaskar Demo



Date : 20.06.2022  
Participation : 30  
Mode : Physical Event

Demonstration and practice of correct breathing and Surya Namaskar: - The session started with some basic stretching exercises. Increasing flexibility through stretching is one of the basic tenets of physical fitness. These exercises help in warming up of the body before and after exercise in an attempt to reduce risk of injury and increase performance. During the session the physical benefits of Surya Namaskar was discussed. The different poses and breathing technique was demonstrated. Seven different postures or Asana are done cyclically into a specific 12 steps pattern in a Surya Namaskar. It is known to be an effective cardiovascular workout and has a greatly positive impact on the human body and mind. The sequence of asanas or poses stimulates all organs, systems, muscles, and chakras. Among other health benefits of Surya Namaskar, it is also said to cultivate stillness and concentration of the mind. Employees practiced few rounds of Surya Namaskar. In the session employees also learnt about the correct breathing technique while doing the asana.



## Integrating Breathing and Movement



Date : 21.06.2022  
Participation : 33  
Mode : Physical Event

Integrating breathing and movement- Demonstration and practice of moving with the breath: - The session started with some basic stretching exercises. Increasing flexibility through stretching is one of the basic tenets of physical fitness. These exercises help in warming up of the body before and after exercise in an attempt to reduce risk of injury and increase performance. In the session it was discussed that we are generally not conscious of our breath. It is an automatic process that goes on 24 hours daily as long as we are alive. But in an Asana practice, finding the natural link between breath and body can make a huge difference to our practice. It was emphasized that the individual doing yoga is attentive towards the breathing. Yoga is not only about attaining a beautiful posture but also an integration of body breath and mind. In the session it was emphasized to notice how our mind stays linked to our breath and movement and we are able to feel every posture.

## Pranayama



Date : 22.06.2022  
Participation : 25  
Mode : Physical Event

Pranayama - The science of breathing well: - The session started with some basic stretching exercises. Increasing flexibility through stretching is one of the basic tenets of physical fitness. These exercises help in warming up of the body before and after exercise in an attempt to reduce risk of injury and increase performance. In the session it was discussed that Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. In yoga, pranayama is used with other practices like physical postures and meditation. Together, these practices are responsible for the many benefits of yoga. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. The benefits of doing Pranayama was discussed. Different types of pranayama were demonstrated to the employees.

### Asana



Date : 23.06.2022  
Participation : 24  
Mode : Physical Event

Asana - Attaining a posture for extended periods of time. Asana to improve the spinal muscles: - The session started with some basic stretching exercises. Increasing flexibility through stretching is one of the basic tenets of physical fitness. These exercises help in warming up of the body before and after exercise in an attempt to reduce risk of injury and increase performance. In the session it was discussed that attaining a correct posture while doing asana is very important. Asana are also called yoga poses or yoga postures. Asana are claimed to provide both spiritual and physical benefits such as improved flexibility, strength, and balance; it also reduces stress and conditions related to it. Doing the asana correctly is very important and that is why it should be done under supervision while learning. Being in the asana for extended period of time increases flexibility. The benefits of doing asana for extended periods was discussed in the session.

### Bhadram Pashyema Kshabhirya Jatraaha - Tips to Improve Sense Organs



Date : 24.06.2022  
Participation : 22  
Mode : Physical Event

The session started with some basic stretching exercises. Increasing flexibility through stretching is one of the basic tenets of physical fitness. These exercises help in warming up of the body before and after exercise in an attempt to reduce risk of injury and increase performance. In the session it was discussed and demonstrated few exercises to improve the sense organs. Yoga has a vast range of benefits, away from the obvious advantages like muscle gain and weight loss. Trying to fit yoga practice into your day to day routine can have a hugely beneficial effect on your life, and even a few minutes a day is worth doing. With regular practice of some of the yoga, it can help improve our sensory organs as well. It's the same process with whatever you take in through your senses. What enters your ears, eyes, nose, or touches your skin and tongue becomes a part of you and influences your health, happiness, and your very reality. Hence it is important to work on our sense organs and maintain them.



## Session on Benefits of Meditation



Date : 25.06.2022  
Participation : 21  
Mode : Physical Event

The session started with some basic stretching exercises. Increasing flexibility through stretching is one of the basic tenets of physical fitness. These exercises help in warming up of the body before and after exercise in an attempt to reduce risk of injury and increase performance. In the session it was discussed that Meditation is a practice that has several benefits for your body, mind, emotions, and spirituality. For your body, it releases stress, calms down the nerves, and thus prevents many different types of illnesses. For your mind, it increases your power of attention, self-awareness, memory and resilience making you better at learning and decision-making. or your emotional life, meditation helps you manage anxiety, depression, fear and other mood disorders; it also increases emotional intelligence and positive moods. There are both short-term and long-term benefits of meditation ranging from easing health problems to achieving a sense of calm. In the session some meditation techniques were also demonstrated to the employees.



## UNIT – HPEP, Hyderabad

### Expert Talk on Surya Namaskar

Date : 20.06.2022  
Participation : 10  
Mode : Physical Event

A cross-section of employees attended the expert talk on Surya Namaskar conducted at Hyderabad unit during Yoga Week 2022.



### International Yoga Day



Date : 21.06.2022  
Participation : 150  
Mode : Physical Event/ Jan Bhagidari  
International Yoga Day was celebrated at Dr. B.R. Ambedkar Stadium in the township where employees, school children, and residents of township participated in the event to mark the 8th International Day of Yoga.





## Deep Breathing Yoga Exercises



Date : 22.06.2022  
Participation : 79  
Mode : Virtual Event

A webinar was conducted pan-BHEL on deep breathing Yoga exercises during the Yoga Week 2022

## Maintaining Correct Posture



Date : 23.06.2022  
Participation : 15  
Mode : Physical Event

A session on how to maintain correct posture on office furniture was held for the employees during Yoga Week 2022. A cross-section of employees attended the session.



## Eye Exercises to Help Maintain Vision

Date : 24.06.2022  
Participation : 200  
Mode : Physical  
Event/  
Jan Bhagidari

An event was held for the benefit of the neighbourhood with a focus on eye exercises that help maintain vision during Yoga Week 2022.



## Session on Benefits of Meditation and Self Control



Date : 25.06.2022  
Participation : 20  
Mode : Physical Event

A session on Meditation and Self Control was conducted for RC Puram, Hyderabad unit's CISF personnel and their families during Yoga Week 2022.



## UNIT – TP, Jhansi

### योग एवं ध्यान



Date : 20.06.2022  
Participation : 32  
Mode : Hybrid Event

अयोग एवं ध्यान के माध्यम से शारीरिक, मानसिक, बौद्धिक एवं आध्यात्मिक उत्कर्ष हेतु जन सामान्य को जागरूक और प्रेरित करते हुए यौगिक क्रियाओं का अभ्यास डॉ संतोष कुमार मिश्र द्वारा कराया गया। श्री पॉली एन सी महाप्रबंधक के मुख्य आतिथ्य में इकाई के अनेक वरिष्ठ अधिकारियों ने कार्यक्रम में सहभागिता की।

### सूक्ष्म योग एवं लघु व्यायाम



Date : 21.06.2022  
Participation : 55  
Mode : Phusical Event

वरिष्ठ नागरिकों के साथ प्रौढ़ व्यक्तियों के स्वास्थ्य संरक्षण एवं संवर्धन हेतु सूक्ष्म योग तथा यौगिक लघु व्यायाम सम्बंधित क्रियाविधि के विषय में जन जागरूकता का प्रसार करना तथा उक्त हेतु सम्यक प्रशिक्षण प्रदान करना। पटेल उद्यान आवासपुरी में उक्त कार्यक्रम सम्पन्न किया गया।

## कार्यस्थल पर योग



Date : 22.06.2022  
Participation : 35  
Mode : Hybrid Event

बीएचईएल कार्मिकों के स्वास्थ्य संवर्धन में उत्तरोत्तर प्रगति के साथ साकारात्मक सोच एवं नव ऊर्जा का संचार करने हेतु कार्यस्थल पर योग के माध्यम से उनकी रोग प्रतिरोधक सामर्थ्य में अभिवृद्धि करना।

## छात्रों हेतु योग एवं सूर्य नमस्कार



Date : 23.06.2022  
Participation : 70  
Mode : Physical Event

सेंट जेवियर स्कूल के छात्रों को सूर्य नमस्कार एवं ध्यान की यौगिक क्रियाओं से सुपरिचित कर उनके स्वास्थ्य संवर्धन हेतु बाल्यकाल से जागरूकता एवं प्रेरणा प्रदान करना तथा तत्सम्बंधी अभ्यास करना।



## किशोर एवं युवाओं हेतु यौगिक व्यायाम



Date : 24.06.2022  
Participation : 21  
Mode : Physical Event

किशोर एवं युवाओं में खेलकूद क्रियाकलापों के साथ यौगिक व्यायाम के प्रति उनकी अभिरुचि जाग्रत करना तथा योग की मानव जीवन में उपयोगिता एवं महत्ता से उन्हें सुपरिचित कराकर तत्सम्बन्धी प्रशिक्षण प्रदान करना/अभ्यास कराना। योगशिक्षक- डॉ.संतोष कुमार मिश्रा।

## वोकेशनल प्रशिक्षुओं हेतु यौगिक व्यायाम



Date : 24.06.2022  
Participation : 21  
Mode : Physical Event

विभिन्न शैक्षणिक संस्थानों एवं विश्वविद्यालयों में शिक्षणरत प्रोफेशनल कोर्स A स के छात्र-छात्राओं हेतु यौगिक क्रियाओं का शिक्षण-प्रशिक्षण। उनकी मेधा, प्रज्ञा एवं ऊर्जा को केन्द्रीभूत कर व्यक्तित्व विकास एवं राष्ट्र निर्माण की दिशा में अभिप्रेरित करने हेतु योगाभ्यास।

## कुर्सी पर योग



Date : 25.06.2022  
Participation : 123  
Mode : Hybrid Event

कार्यालयीन प्रकृति के कार्यों में निरंतर कुर्सी पर बैठकर काम-काज करने वाले कार्मिकों हेतु विशिष्ट यौगिक क्रियाओं का प्रशिक्षण एवं अभ्यास कराना। इसके माध्यम से कुर्सी पर बैठे-बैठे सूक्ष्म योग सम्बंधी क्रिया-विधियों से सुपरिचित कराकर व्यक्तियों को विभिन्न रोगों एवं तत्सम्बंधी समस्याओं से मुक्त करना।

## UNIT – HERP, Varanasi

### Observation of Common Yoga Protocol



Date : 21.06.2022  
Participation : 70  
Mode : Physical Event

Common Yoga Protocol session was organised for all the employees and their family members of the unit. Yoga practices were conducted by a professional Yoga Instructor. Most of our employees and their family members participated in the said programme.



## UNIT – FSIP, Jagdishpur

### Common Yoga Protocol Session



Date : 20.06.2022  
Participation : 220  
Mode : Physical Event

Yoga pledge was taken by employees and a Common Yoga Protocol session was organised for all the employees.

### Yoga Day Programme



Date : 21.06.2022  
Participation : 80  
Mode : Physical Event/ Jan Bhagidari

Yoga exercise was conducted by Yoga Expert in a session held to mark 8th International Day of Yoga.



## Deep Breathing Exercises



Date : 22.06.2022  
Participation : 110  
Mode : Physical Event

A session on deep breathing exercises was conducted to celebrate Yoga Week 2022.



## Session on Benefits of Meditation

Date : 23.06.2022  
Participation : 30  
Mode : Physical Event

A session on benefits of meditation was held to celebrate Yoga Week 2022.

## Session on Eye Exercises

Date : 24.06.2022  
Participation : 30  
Mode : Physical Event

A session on benefits of eye exercises was held to celebrate Yoga Week 2022.







## UNIT – HPVP, Visakhapatnam

### Observation of International Yoga Day



Date : 20.06.2022  
Participation : 24  
Mode : Physical Event

An introduction lecture was held on benefits of Yoga practices, in BHEL Community centre and at HRDC.



### Meditation, Pranayams & Mudras



Date : 22.06.2022  
Participation : 17  
Mode : Physical Event

A session on knowledge, techniques & benefits of meditation, various pranayams and mudras was held followed by practice.

### Yoga for Diabetes Cure



Date : 23.06.2022  
Participation : 10  
Mode : Physical Event

A session was held with sharing of literature followed by practice of recommended Yoga asanas and pranayams.

### International Day of Yoga



Date : 21.06.2022  
Participation : 40  
Mode : Physical Event

A session was held with sharing of literature and videos, followed by practice of Common Yoga Protocol.



### Yoga for Rejuvenation



Date : 24.06.2022  
Participation : 14  
Mode : Physical Event

A session was held with sharing of literature followed by practice of recommended Yoga asanas and pranayams.

### Yoga for Healthy Living



Date : 25.06.2022  
Participation : 15  
Mode : Physical Event

A session on Yoga for healthy living, free of stress and anxiety was held to celebrate Yoga Week 2022.



WEST BENGAL

## UNIT – Power Sector, Eastern Region, Kolkata

### Inauguration of Yoga Week 2022



Date : 20.06.2022  
Participation : 40  
Mode : Physical Event

GM & Head (PSER) inaugurated the weeklong event on 20th June, 2022 in presence of GM (PMX, Comml.) and Medical Superintendent (PSER). M/s Apollo Multispecialty Hospitals organised the event where Sh. Abhishek Maheshwari of Mystic Yoga Foundation observed the Common Yoga Protocol of AYUSH ministry with 40 participants. The one-hour long session consisted of lectures and subsequent asanas on varied aspects of health like spine health, heart health and breathing exercises.

### Observation of 8th International Day of Yoga



Date : 21.06.2022  
Participation : 35  
Mode : Physical Event

The 8th International Day of Yoga was observed in PSER HQ and various other sites of PSER on 21/06/2022. Sh. Anugrah Narayan Singh of Bidhannagar Yoga Samiti organised the event in presence of 35 employees and the session included pranayams, surya namaskar and other asanas beneficial for overall health and mobility of the body..



### Event on Breathing Exercises and Pranayams



Date : 22.06.2022  
Participation : 25  
Mode : Physical Event

Ms. Nancy Priya of Tathastu Yoga Institute, Salt Lake took a session on the benefits of pranayams, surya namaskar and basic yoga poses to reduce belly fat, hypertension and diabetes. A total of 25 employees attended the event.

### Improving Mobility and Reducing Obesity Through Yoga



Date : 23.06.2022  
Participation : 31  
Mode : Physical Event

Shri Krishna Chandra Das, Principal Examiner- West Bengal Higher Secondary Council and yoga enthusiast hosted the event which was an introductory session on aerobics through lively music to improve the mobility of joints and muscles. In addition, he also taught the various exercises and poses to be done regularly to reduce obesity and stress from daily lives.

### Core Strengthening and Activating 7 Chakras of Human Body



Date : 24.06.2022  
Participation : 32  
Mode : Physical Event

The final event of the Yoga celebration week was presided over by Ms. Sunita De of Vivekananda Anusandhan Samity. She taught how to strengthen the core by various exercises like planks, leg raises and then activating the 7 chakras of the body through paranayams.

## UNIT – ROD, Kolkata

### Simple Yoga Everyday



Date : 20.06.2022  
Participation : 30  
Mode : Physical Event

A session on how to do yoga every day in a simple way was held by Apollo Multispecialty Hospitals, Kolkata on the occasion of International Day of Yoga.

### Observation of International Day of Yoga



Date : 21.06.2022  
Participation : 30  
Mode : Physical Event

A session on how to practice simple asanas was held to observe International Day of Yoga, led by Shri Anugraha Narayan Singh, a certified Yoga professional.

### Lecture and Asanas



Date : 22.06.2022  
Participation : 35  
Mode : Physical Event

A lecture and asanas were conducted by a certified yoga professional to celebrate Yoga Week 2022.



## Yoga to Reduce Hypertension and Diabetes



Date : 23.06.2022  
Participation : 35  
Mode : Physical Event

A lecture was held and asanas were conducted to help reduce hypertension and diabetes.

## Breathing Exercises

Date : 24.06.2022  
Participation : 33  
Mode : Physical Event

Breathing exercises were taught to improve lung and heart health by a certified yoga practitioner.





## UNIT – Power Sector, Western Region, Nagpur

### Yoga Awareness Walkathon



Date : 20.06.2022  
Participation : 50  
Mode : Physical Event

A walk-a-thon was held to create awareness for Yoga during Yoga Week 2022.

### Yogabhayan



Date : 21.06.2022  
Participation : 50  
Mode : Physical Event

At this Yogabhayan, all participants were guided and encouraged for practicing yoga to mark the 8th International Day of Yoga.





## UNIT – ROD, Mumbai

### Running and Walking Event



Date : 20.06.2022  
Participation : 25  
Mode : Physical Event

Activities such as 100M Running (Men's), 100M Running (Children's below 10 years), 100M Running (Women's), 1600M Running (Men's) and 1km Walking for all participants was held to mark the start of Yoga Week 2022.

### Yoga Session



Date : 21.06.2022  
Participation : 20  
Mode : Physical Event/ Jan Bhagidari

A Yoga session was conducted on the occasion of Yoga Day-2022. it's was led by Shri Saswata Dutta Roy and Shri Vikas Sharma. we have learned about various types of asana and other physical activities and meditation.



## Health Camp

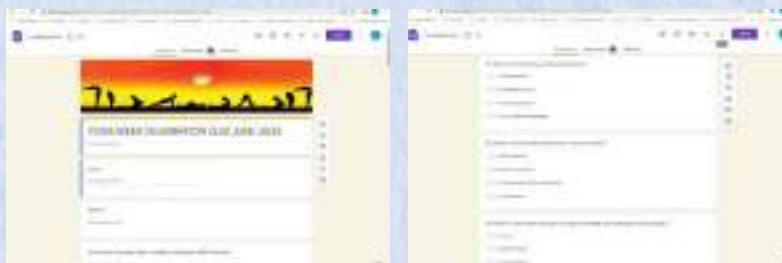


Date : 22.06.2022  
Participation : 40  
Mode : Physical Event/ Jan Bhagidari

A Health check-up camp was organised for all employees, dependents and others during Yoga Week 2022.

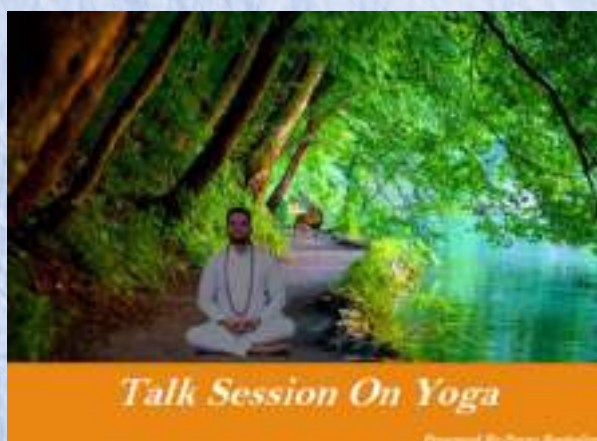
## Online Yoga Quiz

Date : 23.06.2022  
Participation : 17  
Mode : Virtual Event



An online quiz was conducted related to Yoga to create awareness in all employees about yoga and its benefits. Through this event questions related to the various types of yoga asana and meditation processes were asked.

## Yoga Talk Session



Date : 24.06.2022  
Participation : 30  
Mode : Hybrid Event/ Jan Bhagidari

Yoga talk session, was a brief of the yoga week and basic knowledge about Yoga. In this event, a presentation was made by Shri Puran Bankoliya about yoga and it's benefits.



## UNIT – IVP, Goindwal

### Live Yoga Session



Date : 20.06.2022  
Participation : 50  
Mode : Physical Event

Live Yoga session was organized at IVP BHEL Goindwal on 20.06.2022. Session was inaugurated with lighting of lamp by Shri Tajinder Singh, Additional General Manager/IVP, BHEL Goindwal. A renowned Yoga Expert Shri Rakesh Sharma/ Principal Shri Sai Das Sanskrit Anglo Sr. Secondary School Jalandhar, was invited to conduct the session. Around 50 employees participated in the session. The expert led the session starting from the lecture on composition of our body, its relativity with the components of universe ie. Bhumi, Jal, Aakash, Vayu, & Agni. Activities of stress relieving and practice on different yogasnas were carried out.



**ANDREW YULE &  
COMPANY LIMITED  
(AYCL)**



## UNIT – AYCL, MIM Tea Estate, Darjeeling

### Pledge-Taking Ceremony



Date : 15.06.2022  
Participation : 15  
Mode : Physical Event

A pledge - taking ceremony was organised at MIM Tea Estate of the company to celebrate Yoga Week.

### Seminar/Workshop on Importance of Yoga



Date : 16.06.2022  
Participation : 15  
Mode : Physical Event

A Seminar/Workshop on Importance of Yoga in day to day life was organized at MIM Tea-Estate of the company.

### Fit India Freedom Run



Date : 18.06.2022  
Participation : 15  
Mode : Physical Event

Fit India Freedom Run was organized at MIM - Tea estate of the company.

### Programmes on Screening of Videos on Fitness



Date : 20.06.2022  
Participation : 10  
Mode : Physical Event

Programmes on Screening of Videos on Fitness were organized at MIM Tea-Estate of the company.

## UNIT- AYCL, Choonabhutti Tea Estate, Dooars

### Pledge-Taking Ceremony



Date : 15.06.2022  
Participation : 24  
Mode : Physical Event

A pledge taking ceremony was organised at Choonabhutti Tea Estate of the company to celebrate Yoga Week.



Date : 16.06.2022  
Participation : 12  
Mode : Physical Event

A Seminar/Workshop on Importance of Yoga in day to day life was organized at Choonabhutti Tea Estate of the company.

### Essay and Slogan Writing Competition



Date : 17.06.2022  
Participation : 12  
Mode : Physical Event

Essay and Slogan writing competitions were organized at Choonabhutti Tea -Estate of the company.

### Observance of International Day of Yoga 2022 under the guidance of eminent Yoga Guru



Date : 21.06.2022  
Participation : 20  
Mode : Physical Event

Observance of International Day of Yoga 2022 was organized at Choonabhutti Tea-Estate of the company under the guidance of eminent Yoga Guru.



## AYCL, Karballa Tea Estate, Dooars

### Seminar on Importance of Yoga



Date : 16.06.2022  
Participation : 20  
Mode : Physical Event

Seminar was organized on the occasion of International Day of Yoga 2022 at Karballa Tea Estate under the guidance of eminent Yoga Guru.

### Essay and Slogan Writing Competitions



Date : 17.06.2022  
Participation : 10  
Mode : Physical Event

Essay and Slogan writing competitions were organized at Karballa- Tea Estate of the company.

## UNIT- AYCL, Corporate Office, Kolkata

### Pledge-Taking Ceremony



Date : 15.06.2022  
Participation : 20  
Mode : Physical Event

Pledge taking ceremony organised at the corporate office of the company.

### Seminar/Workshop on Importance of Yoga



Date : 16.06.2022  
Participation : 20  
Mode : Physical Event

Seminar/Workshop on Importance of Yoga in day to day life was organized at corporate office of the company.

### Essay and Slogan Writing Competition



Date : 17.06.2022  
Participation : 20  
Mode : Physical Event

Essay and Slogan writing competitions organized at corporate office of the company.

### Programmes on Screening of Videos on Fitness



Date : 20.06.2022

Participation : 30

Mode : Physical Event

Programmes on Screening of Videos on Fitness were organized at Corporate Office of the company.

### Observance of International Day of Yoga 2022



Date : 21.06.2022

Participation : 40

Mode : Physical Event

Observance of International Day of Yoga 2022 was organized at Corporate Office of the company under the guidance of eminent Yoga Guru.





## UNIT-AYCL, Engineering Division, Kalyani

### Programs on Screening of Videos on Fitness



Date : 20.06.2022

Participation : 25

Mode : Physical Event

Programmes on Screening of Videos on Fitness were organized at Engineering Division of the company.

### Observance of International Day of Yoga 2022



Date : 21.06.2022

Participation : 10

Mode : Physical Event

Observance of International Day of Yoga 2020 was organized at Engineering Division of the company under the guidance of eminent Yoga Guru.



## UNIT – AYCL, Basmatia Tea Estate, Dibrugarh Pledge-Taking Ceremony



Date : 15.06.2022

Participation : 20

Mode : Physical Event

A pledge - taking ceremony was organised at Basmatia Tea Estate of the company to celebrate Yoga Week.

### Workshop on Importance of Yoga



Date : 16.06.2022

Participation : 12

Mode : Physical Event

Workshop on Importance of Yoga in day to day life organized at Basmatia Tea-Estate of the company.



### Essay and Slogan writing competition

Date : 17.06.2022

Participation : 12

Mode : Physical Event

Essay and Slogan writing competitions were organized at Basmatia Tea -Estate of the company.



### Observance of International Day of Yoga



Date : 21.06.2022  
Participation : 15  
Mode : Physical Event

Observance of International Day of Yoga 2022 was organized at Basmatia Tea Estate of the company under the guidance of eminent Yoga Guru.

### UNIT- AYCL, Hoolungooree Tea Estate, Jorhat Pledge-Taking Ceremony



Date : 15.06.2022  
Participation : 20  
Mode : Physical Event  
Pledge taking ceremony organised at Hoolungooree Tea Estate of the company.

### Essay and Slogan writing competition



Date : 17.06.2022  
Participation : 15  
Mode : Physical Event  
Essay and Slogan writing competitions on yoga and its importance organized at Hoolungooree-Tea Estate of the company.

## Fit India Freedom Run



Date : 18.06.2022

Participation : 15

Mode : Physical Event

Fit India Freedom Run organized at Hoolungooree-Tea estate of the company.

## Programmes on screening of Videos on Fitness



Date : 20.06.2022

Participation : 20

Mode : Physical Event

Programmes on screening of Videos on Fitness were organized at Hoolungooree Tea-Estate of the company.

## Observance of International Day of Yoga 2022



Date : 21.06.2022

Participation : 15

Mode : Physical Event

Observance of International Day of Yoga 2022 organized at Hoolungooree tea estate of the company under the guidance of eminent Yoga Guru.



## UNIT-AYCL, Khowang Tea Estate, Dibrugarh

### Pledge taking ceremony



Date : 10.06.2022

Participation : 15

Mode : Physical Event

Pledge taking ceremony organised at Khowang Tea Estate of the company.

### Essay and Slogan writing competition



Date : 17.06.2022

Participation : 50

Mode : Physical Event

Essay and Slogan writing competitions organized at Khowang-Tea Estate of the company.

### Programmes on Screening of Videos on Fitness



Date : 20.06.2022

Participation : 10

Mode : Physical Event

Programmes on Screening of Videos on Fitness were organized at Khowang Tea Estate of the company

### Observance of International Day of Yoga 2022



Date : 21.06.2022

Participation : 30

Mode : Physical Event

Observance of International Day of Yoga 2022 at Khowang-Tea Estate of the company under the guidance of eminent Yoga Guru



## UNIT- AYCL, Rajgarh Tea Estate, Dibrugarh

### Seminar/Workshop on Importance of Yoga



Date : 16.06.2022

Participation : 15

Mode : Physical Event

Seminar/Workshop on Importance of Yoga in day to day life was organized at Rajgarh Tea -Estate of the company.

### Essay and Slogan writing competitions



Date : 17.06.2022

Participation : 50

Mode : Physical Event

Essay and Slogan writing competitions were organized at Rajgarh-Tea Estate of the company.

### Fit India Freedom Run



Date : 18.06.2022

Participation : 15

Mode : Physical Event

Fit India Freedom Run organized at Rajgarh -Tea estate of the company.



### Programmes on screening of videos on Fitness



Date : 20.06.2022  
Participation : 10  
Mode : Physical Event  
Programmes on screening of videos on Fitness were organized at Rajgarh Tea-Estate of the company.

### Observance of International Day of Yoga 2022



Date : 20.06.2022  
Participation : 10  
Mode : Physical Event  
Observance of International Day of Yoga 2022 at Rajgarh -Tea Estate of the company under the guidance of eminent Yoga Guru.

## UNIT- AYCL, Tinkong Tea Estate, Dibrugarh

### Workshop on Importance of Yoga



Date : 16.06.2022  
Participation : 80  
Mode : Physical Event  
Workshop on Importance of Yoga in day to day life was organized at Tinkong Tea -Estate of the company.

### Essay and Slogan writing competitions



Date : 17.06.2022  
Participation : 50  
Mode : Physical Event  
Essay and Slogan writing competitions were organized at Tinkong-Tea Estate of the company.

### Fit India Freedom Run



Date : 18.06.2022  
Participation : 50  
Mode : Physical Event  
Fit India Freedom Run organized at Tinkong -Tea estate of the company.



## CELEBRATION OF 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA ...

### Programmes on Screening of Videos on Fitness



Date : 20.06.2022

Participation : 20

Mode : Physical Event

Programmes on Screening of Videos on Fitness were organized at Tinkong Tea-Estate of the company.

### Observance of International Day of Yoga 2022



Date : 21.06.2022

Participation : 20

Mode : Physical Event

Observance of International Day of Yoga 2022 at Tinkong - Tea Estate of the company under the guidance of eminent Yoga Guru.

## UNIT-AYCL, Murphulani Tea Estate, Golaghat, Assam



### Pledge taking ceremony

Date : 15.06.2022

Participation : 12

Mode : Physical Event

Pledge taking ceremony was organised at Murphulani Tea Estate of the company.





## UNIT- AYCL, Electrical-Chennai Operation

### Pledge taking ceremony



Date : 15.06.2022  
Participation : 20  
Mode : Physical Event

Pledge taking ceremony organised at Electrical-Chennai Factory of the company.

### Seminar on Importance of Yoga



Date : 16.06.2022  
Participation : 40  
Mode : Physical Event

Seminar on Importance of Yoga in day to day life organized at Electrical Division Chennai-Operation of the company.

### Programs on Screening of Videos on Fitness



Date : 20.06.2022

Participation : 25

Mode : Physical Event

Programs on Screening of Videos on Fitness were organized at Electrical Division Chennai-Operation of the company.

### Observance of International Day of Yoga 2022



Date : 21.06.2022

Participation : 15

Mode : Physical Event

International Day of Yoga 2022 was observed at Electrical-Chennai Division of the company under the guidance of eminent Yoga Guru.





... AND YOGA WEEK 2022

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# **BRAITHWAITE BURN & JESSOP CONSTRUCTION CO. LTD (BBJ)**

WEST BENGAL

## UNIT – BBJ HQ Kolkata

### International Day of Yoga Opening Ceremony



Date : 21.06.2022  
Participation : 120  
Mode : Hybrid Event

To mark the opening of the IDY - 2022, Shri Sundar Banerjee, C&MD, BBJ; Shri Mukesh Kumar, Dir(Finance), Shri Amit Saha, GM (E&D) formally opened the International Day of Yoga and the International Yoga Week with Lighting of the Lamp and a brief on the benefits of Yoga for the present times. It was also made to realize that Yoga not only helps to rejuvenate the body but also gives immense strength to the mind through a holistic development of the human personality.

### Webinar on Yoga & its importance in the present world scenario



Date : 21.06.2022  
Participation : 120  
Mode : Hybrid Event

A Webinar on Yoga & its importance in the present world scenario by expert Dr. Gireesh Chandra Tripathi, Dy. Director General, NTPC School of Business, Noida, U.P. was organised at BBJ HQ Kolkata.



### Yoga Session held at Registered Office, BBJ, Kolkata



Date : 22.06.2022  
Participation : 35  
Mode : Hybrid Event

As part of the observance of International Week of Yoga, Yoga Session was organized at Registered Office of BBJ at Kolkata wherein Yoga Trainers trained employees on various Asanas and Pranayam techniques and advise on diet, lifestyle

### Yoga Session and Webinar on Yoga at Workplace



Date : 23.06.2022  
Participation : 35  
Mode : Hybrid Event

As part of the ongoing International Week of Yoga, Yoga Session was held in which employees took active part to learn the various Asanas and Pranayam for health. A webinar was also held on the topic of - Yoga at Workplace which was delivered by Dr. Gireesh Ch. Tripathy, Dy. Director General, NTPC School of Business, Noida and attended over VC by C&MD, Directors and employees of BBJ. It was an interesting session in which various asanas were discussed for tranquility and health and higher productivity at work.

### Distribution of Booklet on Daily use of Yogasanas



Date : 24.06.2022  
Participation : 90  
Mode : Physical Event

Yoga Booklet on Daily Use of Yogasanas was distributed amongst employees, families of employees and to school Children's of orphanage which will help them to practice real time yoga in day to day life.

### Brainstorming Session on Yogic Methods to enhance work productivity



Date : 27.06.2022  
Participation : 30  
Mode : Virtual Event

A Brainstorming Session of employees via webinar was held on the topic - "Yogic methods to enhance Work Productivity". Employees took part in the event and shared their insights.



## UNIT – Other Project Sites (Ganga Bridge Site, Jhusi, Prayagraj)

### Yoga Session on Opening Day of International Yoga Week

Date : 21.06.2022  
Participation : 60  
Mode : Physical  
Event

On the 21st of June, 2022 which marks the advent of the International Day of Yoga which is our Nation's Pride, at BBL's Ganga Bridge Site, Jhusi, Prayagraj, Uttar Pradesh, workers and officers took active part to do Yoga



and spread awareness amongst employees on the benefits of Yoga, especially work related stress and breathing techniques for overall health.

### Yoga Session



Date : 23.06.2022  
Participation : 40  
Mode : Physical Event

Yoga Session held at Ganga Bridge Site, Jhusi, Prayagraj in which employees participated with active interest.



## UNIT – Other Project Sites (Londa Miraj Project Site, BBJ, Hubli)

### Yoga Session



Date : 22.06.2022  
Participation : 40  
Mode : Physical Event



To observe International Week of Yoga, employees gathered together in team spirit to practice Yoga in a formal session at BBJ's Londa Miraj Project, Hubli - Karnataka and benefited from the asanas and pranayam that they practiced, and held mutual discussions amongst themselves as part of the session on lifestyle changes for a fitter self





**BRIDGE & ROOF  
COMPANY (INDIA) LTD  
(B&R)**



## UNIT – B&R Howrah Workshop/Project Sites

### Mass Yoga Demonstration



Date : 21.06.2022  
Participation : 195  
Mode : Hybrid Event

International Day of Yoga was celebrated on 21st June,2022 at Puri Beach, Odisha under the leadership of Hon'ble Minister of Heavy Industries Dr. Mahendra Nath Pandey. Senior Officials of Bridge And Roof participated in the Mass Yoga Demonstration at Puri Beach, Odisha.

### Yoga Session at Damanjodi, Odisha



Date : 25.06.2022  
Participation : 18  
Mode : Physical Event

Yoga session was organised at Damanjodi, Odisha for all employees.

### Yoga Session at Bhubaneswar Office

Date : 22.06.2022  
Participation : 23  
Mode : Hybrid Event

Yoga Session was organized at Bhubaneswar Office. All employees actively participated in the session and practiced various asanas of Yoga.





## UNIT – B&R Howrah Workshop/Project Sites

### Yoga session



Date : 22.06.2022  
Participation : 27  
Mode : Hybrid Event

Yoga session was organised at Delhi Office. All employees actively participated in the session and practice various asanas of Yoga.



**WEST BENGAL**

## UNIT – B&R Howrah Workshop/Project Sites

### Yoga Session at Howrah Workshop



Date : 24.06.2022  
Participation : 35  
Mode : Hybrid Event

Yoga Session was organized at Howrah Workshop at West Bengal. All employees actively participated in the program and performed different asanas.

### Yoga Session at Haldia



Date : 25.06.2022  
Participation : 12  
Mode : Physical Event

Yoga Session was organised at Haldia, West Bengal for all employees.

## UNIT- B&R Corporate Office

### Awareness program about practice of Yoga and Observation of Common Yoga Protocol



Date : 20.06.2022  
Participation : 138  
Mode : Hybrid Event

Awareness program about practice of Yoga and Observation of Common Yoga Protocol under the leadership of Chairman and Managing Director, Director(Project Management) and Director(Finance) along with senior officials at Corporate Office, Kolkata.





### Yoga Session



Date : 21.06.2022  
Participation : 107  
Mode : Hybrid Event

The 8th International Day of Yoga 2022 was celebrated by Bridge and Roof at Corporate Office, Kolkata. Yoga session was organised with active participation of all employees.

### Yoga Pledge



Date : 21.06.2022  
Participation : 412  
Mode : Virtual Event

Several employees of Bridge and Roof took pledge from "pledge.mygov.in" on the occasion of 8th International Day of Yoga and committed to make sincere efforts towards making Yoga part of their life.

### Expert Talk on Yoga and its importance in workplace



Date : 23.06.2022  
Participation : 42  
Mode : Hybrid Event

Expert talk on "Importance of Yoga in daily life and adaptation in workplace" was organized at Bridge and Roof at Corporate Office, Kolkata.

## Yoga Session



Date : 23.06.2022  
Participation : 57  
Mode : Hybrid Event

Yoga session was organised at Corporate Office, Kolkata in presence of Yoga Trainer "Shri Sandip Das" from Sri Sri School of Yoga. All employees actively participated in the session and practiced various asanas of Yoga.



## Quiz Competition

Date : 24.06.2022  
Participation : 87  
Mode : Virtual Event

Quiz Competition on Common Yoga Protocol was organised at Corporate Office, Kolkata.

## Yoga Session



Date : 24.06.2022  
Participation : 43  
Mode : Hybrid Event

Yoga Session related to demonstration of different asanas at Workplace was organised at Corporate Office, Kolkata.



## UNIT – B&R Howrah Workshop/Project Site

### Yoga Awareness Program and Yoga Session



Date : 25.06.2022  
Participation : 587  
Mode : Hybrid Event

Yoga Awareness Program and Yoga Session was organised at Vadodara, Gujarat project site for family members of employees. Importance of Yoga in daily routine was discussed and various asanas of Yoga were performed.



## UNIT- B&R Mumbai Office

### Yoga Awareness Program



Date : 22.06.2022  
Participation : 68  
Mode : Hybrid Event

Yoga Awareness Program was organised by Mumbai Office for family members of employees. Importance of Yoga in daily routine was discussed and various asanas of Yoga were performed.

### Yoga Session



Date : 24.06.2022  
Participation : 107  
Mode : Hybrid Event

Yoga Session related to demonstration of different asanas which can be performed at Workplace.





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## UNIT - CCI, Corporate Office

### Yoga Session



Date : 17.06.2022  
 Participation : 7  
 Mode : Physical Event  
 Extempore Speech Competition was organized at Corporate Office.

### Slogan Writing Competition



Date : 20.06.2022  
 Participation : 10  
 Mode : Physical Event  
 Slogan Writing Competition on the topic "Live Healthy with Yoga" was organized at Corporate Office.

### Yoga Awareness Session by Yoga Experts



Date : 21.06.2022  
 Participation : 60  
 Mode : Physical Event

On the occasion of 8th International Yoga day, an Interactive Session on Mudra Chikitsa & Yoga was presented by Sh. Kumar Radha Raman, Asstt. Director, MHI and Mrs. Anupma Kumari, Acharya of Bhartiya Yoga Avam Prabandhan Sansthan. Sh. Sanjay Banga, C&MD, Sh. R.P. Singh, Director (Finance) also highlighted on the importance and

benefits of Yoga in our day to day life. All the Staff of CCI, Corporate Office attended the session.



## UNIT - CCI, Rajban

### Awareness Program on International Yoga Day a



Date : 18.06.2022

Participation : 200

Mode : Physical Event

Awareness Program was organized at nearby Govt. School, Pant, Colony and village on International Yoga Day

### Slogan Writing Competition & Marathon Race



Date : 20.06.2022

Participation : 40

Mode : Physical Event

Slogan Writing Competition & Marathon Race was organized at CCI, Rajban.

### Yoga session and Essay writing competition



Date : 21.06.2022

Participation : 35

Mode : Physical Event

Yoga session and Essay writing Competition was organized at Conference hall of CCI Rajban.



## UNIT - CCI, Bokajan

### Essay writing Competition



Date : 17.06.2022  
Participation : 30  
Mode : Physical Event  
Essay writing Competition was organized at a school near CCI, Bokajan Unit.

### Essay & Slogan Writing



Date : 20.06.2022  
Participation : 50  
Mode : Physical Event  
Essay & Slogan Writing was organized at CCI Bokajan.

### Yoga Session



Date : 21.06.2022  
Participation : 24  
Mode : Physical Event

International Yoga day was celebrated on 21.06.2022 and the Staff at CCI Bokajan Unit performed yoga.

### Awareness Programme



Date : 18.06.2022  
Participation : 150  
Mode : Physical Event  
Awareness Rally was organized starting from CCI Colony to nearby area on the occasion of International Yoga Day.





## UNIT- CCI, Tandur

### Essay and Slogan writing Competition



Date : 21.06.2022

Participation : 100

Mode : Physical Event

Essay and slogan writing completion was organized at International Yoga day at CCI, Tandur.



**ENGINEERING  
PROJECTS INDIA  
LTD (EPIL)**



## UNIT- EPIL Corporate Office / New Delhi

### Yoga session and Seminar



Date : 21.06.2022  
Participation : 100  
Mode : Hybrid Event

On the occasion of 08th International Day of Yoga, a Yoga Kaaryakram by the Yoga Guru and Life Coach Shri. Ganesh Avinash Mishra was organized at Engineering Projects (India) Ltd., Corporate Office, New Delhi wherein many employees have participated physically as well as through Webinar. On this occasion, CMD Shri. D. S. Rana said that everyone should give attention to yoga and also make others aware about the benefits of yoga and its impact on their daily as well as routine life style. Life Coach Shri. Ganesh Avinash Mishra said on this occasion highlighted the importance of pranayama and yoga. He mentioned that if yoga and pranayama are complemented with other forms of spiritual practice to purify the mental body and other bodies then a person can achieve rapid spiritual progress in his lifetime. Thus a person can make progress to achieve the purpose of life which is to merge with God.

## UNIT- EPIL NRO New Delhi

### Yoga Programme



Date : 22.06.2022  
Participation : 30  
Mode : Physical Event

International Day of Yoga 2022 was celebrated enthusiastically with yoga Demonstrations at Govt. Sarvodaya Bal Vidyalaya, Radhey Shyam Park, Delhi organized by EPI's Northern Regional Office, New Delhi on 22nd June 2022. Students, teachers and EPI officials participated during the yoga programme to emphasize the importance of Yoga in day to day life.



**WEST BENGAL**

**UNIT – EPIL ERO Kolkata**

**Yoga session**



Date : 20.06.2022  
Participation : 78  
Mode : Hybrid Event

In view of the week-long celebration of the 8th International Day of Yoga 2022, all the staff posted at EPI, Eastern Regional Office, Kolkata practiced desktop yoga and also resolved to follow it as a routine of life. All the employees took Surya Namaskar for Vitality pledge and committed himself/herself to make sincere efforts towards making Surya Namaskar/Yoga rooted in individual and family lives.





## UNIT- EPIL NERO Guwahati

### Yoga workshop



Date : 25.06.2022  
Participation : 200  
Mode : Physical Event

North Eastern Regional Office, Guwahati organised yoga Workshop for the students of Divine Buds English School, Beltola, Guwahati. The Yoga Workshop was conducted under the guidance and instructions of Giridhar Baishya. A total of 200 numbers of students performed Yoga as per Common Yoga Protocol issued by the Ministry of AYUSH.



## UNIT- EPIL SRO Chennai

### Yoga session



Date : 21.06.2022

Participation : 20

Mode : Physical Event

8th International Day of Yoga was celebrated on 21.06.2022 at EPIL SRO Chennai. A yoga session was organized under the auspices of renowned yoga institute M/s Krishnamacharya Yoga Mandiram. . Subsequently they have assigned one Yoga expert i.e., Shri Arul Perumal under whose guidance Yoga class was conducted. Yoga expert has also discussed about yoga related healthy lifestyle practices to fight against health issues like diabetes, Blood pressure etc.



## UNIT- EPIL WRO Mumbai

### Yoga Day



Date : 21.06.2022

Participation : 15

Mode : Physical Event

Engineering Projects (India) Limited organized a yoga day on the occasion of International Yoga Day on 21st June 2022 at Western Regional office, Mumbai. The importance and benefits of yoga was briefed in the event.



**FLUID CONTROL  
RESEARCH INSTITUTE  
(FCRI)**



# KERALA



## UNIT – FCRI, Pallakad

### Publicity



Date : 15.06.2022

Participation : 80

Mode : Hybrid Event/ Jan Bhagidari

Spreading awareness, and benefits of regular practice of Yoga among employees and various stakeholders of the organisation. The following events were undertaken with reference to the International day of Yoga 2022 on Day 1. 1. Posters depicting Yoga Postures and Yoga Slogans were placed in various locations of the organization to create awareness and spreading of the message about the rewards of regular practice of Yoga among staff.

2. A circular outlining the various activities planned during the week-long celebration was also circulated among staff members.



### Displaying IDY logo on FCRI website



Date : 16.06.2022

Participation: 50

Mode : Hybrid Event/ Jan Bhagidari

The following events were undertaken with reference to the International day of Yoga 2022 on Day 2.

1. Publishing of Notice indicating week long events in connection with the International day of Yoga was

done on the organisation’s website [www.fcriindia.com](http://www.fcriindia.com).

2. The message was also tweeted on the organizations twitter page.

## IDY Pledge



Date : 17.06.2022  
 Participation : 100  
 Mode : Hybrid Event



The following events were undertaken with reference to the International day of Yoga 2022 on Day 3.

1. The Yoga Pledge was undertaken collectively by staff of the organization at 11.00 am on day 3 in Hindi and English.
2. Individual oath taking of the pledge was also done on the Internet link shared Ministry by staff of the organization and certificates shared.

## 'Yoga & Me' Photography



Date : 20.06.2022  
 Participation : 48  
 Mode : Physical Event

The following events were undertaken with reference to the International day of Yoga 2022 on Day 6.

1. Staff of the organization actively participated in the 'Yoga & Me' event in which they were requested to perform a Yoga posture of their choice. Staff also shared the photo of themselves in the Yoga pose.

## Yoga Training

Date : 20.06.2022  
 Participation : 48  
 Mode : Physical Event

The following events were undertaken with reference to the International day of Yoga 2022 on Day 7.

1. A Lecture on the Effect and Importance of Yoga was delivered by International Certified Yoga Instructor / Therapist Ms. Binuja S. Menon.
2. A demonstration and training class was also conducted by the Instructor in which staff of the organization participated.





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# HEAVY ENGINEERING CORPORATION LTD. (HEC)



## UNIT – HEC, Ranchi

### Yoga Training



Date : 14.06.2022  
Participation : 100  
Mode : Physical Event

To make the employees, contract workers, trainees and their family members aware about the importance of Yoga and to habituate them in this regard a one-week long yoga training class of one-hour duration from 07:00 pm to 08:00 pm was conducted from 14.06.2022 to 20.06.2022 at Jagannath Nagar Club, HEC, Ranchi. The yoga training was conducted as per Common Yoga Protocol and the Yoga Instructor/Trainer was Dr. Ramdeo Prasad Gupta, Sr. Yoga Trainer, Patanjali Yoga Samiti, Ranchi. During the Yoga classes, the trainer emphasized on the importance and benefits of Yoga. To get maximum participation publicity of Yoga program was also done in local newspapers.

### International Day of Yoga (IDY) Celebration



Date : 21.06.2022  
Participation : 70  
Mode : Physical Event

On 21.06.2022 the 8th International Yoga Day was organized in Jagannath Nagar Club, HEC, Ranchi where large number of employees, ex. employees, contract workers, trainees of HEC along with their family members participated. During the program leaflets containing details of different yogas were distributed among the participants. The participants were informed about the importance and benefits of Yoga. Wide publicity of the event was done to get maximum participation. The event was held under the guidance of Shri Ramdeo Prasad Gupta, Sr. Yoga Instructor, Patanjali Yoga Samiti, Ranchi. Prior to this event a one-week yoga training class was also organized from 14.06.2022 to 20.06.2022 for the employees and their family members.





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अमृत महोत्सव

# HINDUSTAN MACHINE TOOLS LIMITED (HMT)



## UNIT – Corporate Office, Bengaluru

### Workshop on Yoga



Date : 21.06.2022  
Participation : 41  
Mode : Physical Event

The program started by issuing of Yoga mats to all the participants by the Management. Workshop on Yoga was conducted for all the employees on 21st

June 2022 at 11.00am by Yoga expert, Ms. Umadevi N Bhat, who is Software Engineer by Profession and working in Bharat Electronics Limited for past 25 years. The workshop had asanas, pranayamas as per the Common Yoga Protocol.

## UNIT – Machine Tools, Bengaluru

### Yoga Message



Date : 21.06.2022  
Participation : 194  
Mode : Physical Event

Yoga day message was displayed in all notice board in the Unit to mark the importance of the day.

### Yoga Workshop



Date : 24.06.2022  
Participation : 20  
Mode : Physical Event

The workshop was conducted in our unit on 24.06.22 from 11.00 pm to 12.00 pm. The facilitator Shri. R. Madhava, a Yoga instructor has earlier worked in HMT Machine Tools Limited, Bangalore complex and retired in the year 2013. There were 20 participants participated in Yoga day from different sections and from different cadres. Our GM being a role model to others has lead the team from front by participating and spreading the message to all employees in this workshop. It was a good enriching experience to all.





## UNIT – HMT International Ltd., Bengaluru

### Workshop on Yoga



Date : 21.06.2022  
Participation : 41  
Mode : Physical Event

The program started by issuing of Yoga mats to all the participants by the Management. Workshop on Yoga was conducted for all the employees on 21st June 2022 at 11.00am by Yoga expert, Ms. Umadevi N Bhat, who is Software Engineer by Profession and working in Bharat Electronics Limited for past 25 years. The workshop had asanas, pranayamas as per the Common Yoga Protocol.

## UNIT – Auxiliary Business Division, Bengaluru

### Yoga Workshop



Date : 21.06.2022  
Participation : 50  
Mode : Physical Event

The program started by issuing of Yoga mats to all the participants by the Management. Workshop on Yoga was conducted for all the employees on 21st June 2022 at 11.00am by Yoga experts from Siddha Samadhi Yoga, Shri. Siddalingaiah and team. The workshop had asanas, pranayamas as per the Common Yoga Protocol.



## UNIT – Machine Tools, Hyderabad

### Yoga Workshop



Date : 21.06.2022  
Participation : 20  
Mode : Physical Event

Workshop on Yoga was conducted for all the employees on 21st June 2022 at 11.00am by Yoga expert, Mr. Gopalkrishna, KGK Institute of Yoga, Hyderabad. who has been a yoga instructor for past 30 years. The workshop had asanas, pranayamas as per the Common Yoga Protocol.

## UNIT – Praga Tools, Hyderabad

### Yoga Session



Date : 21.06.2022  
Participation : 17  
Mode : Physical Event

Yoga session was conducted for the employees of Praga Tools Ltd. in Hyderabad as part of IDY 2022 celebrations.



## UNIT – Machine Tools, Kalamassery

### Session on Importance of Yoga



Date : 21.06.2022  
Participation : 30  
Mode : Physical Event

A session on importance of Yoga in everyday life and a Yoga workshop was held. International Day of Yoga was celebrated in Machine Tools, Kalamassery with the inaugural speech by Factory Manager on IDY 2022. This was followed by the Shri Pramod C.P, Yoga Trainer's session on importance of Yoga in everyday life, Yoga steps practice and benefits of Yoga in workplace.



## UNIT – Machine Tools, Ajmer

### Yoga Demonstration and Workshop



Date : 21.06.2022

Participation : 20

Mode : Physical Event

MTA Unit has celebrated International Yoga Day-2022. All employees have participated in the workshop. Shri Sunder Lakhwani, motivational speaker and life management coach, Yoga teacher from Patanjali Yog Samiti and Smt. Anita Sharma has conducted the workshop organised by HR Team of MTA Unit.



## UNIT – Machine Tools, Pinjore

### Yoga Workshop



Date : 21.06.2022  
Participation : 27  
Mode : Physical Event

MTP Unit has celebrated International Yoga Day-2022. All HOD's, Staff Members, Swaso, Union, Workermen and Trainees have participated. Shri Mahipal Rathore (WS-I) who is a Trained Certified Yoga Teacher of Haryana State has conducted the workshop organised by HR Team of MTP Unit.



## UNIT – Food Processing Division, Aurangabad

### Yoga Workshop



Date : 21.06.2022  
Participation : 40  
Mode : Physical Event

Yoga workshop and demonstration was conducted at Food Processing Division, Aurangabad, Maharashtra. Shri. Kailas Pawar, Yog teacher from Patanjali conducted the workshop.





**HINDUSTAN SALTS  
LIMITED/SAMBHAR  
SALTS LIMITED  
(HSL/SSL)**



### UNIT – HSL, Jaipur

#### Yoga & Health



Date : 20.06.2022  
Participation : 45  
Mode : Physical Event

Performing activities for exploring Yoga and health as part of Yoga Week 2022 celebrations.

#### IDY 2022 Yoga Function



Date : 21.06.2022  
Participation : 46  
Mode : Physical Event

Function of IDY-2022, performing Yoga and exploring effect of yoga on different body systems.



#### Effect of Yoga on Burnout & Health

Date : 22.06.2022  
Participation : 38  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on burnout and health.



### Effect of Yoga on Immunity & Stress Level



Date : 23.06.2022  
Participation : 34  
Mode : Physical Event  
Performing Yoga and exploring the effect of Yoga on immunity and stress level.

### Yoga for Strengthening Health at Physical & Mental Level



Date : 24.06.2022  
Participation : 37  
Mode : Physical Event  
Performing Yoga for strengthening health at physical and mental level as part of Yoga Week 2022.

### Pranayam, Sahaj Yoga and Importance of Karma Yoga



Date : 25.06.2022  
Participation : 45  
Mode : Physical Event  
Performing Yoga and focusing on Pranayam, Sahaj Yoga and learning the importance of Karma Yoga.

## UNIT – SSL, Sambhar Lake

### Yoga & Health



Date : 20.06.2022  
Participation : 67  
Mode : Physical Event  
Performing activities for exploring Yoga and health as part of Yoga Week 2022 celebrations.

### IDY 2022 Yoga Function



Date : 21.06.2022  
Participation : 56  
Mode : Physical Event

Function of IDY-2022, performing Yoga and exploring effect of yoga on different body systems.

### Effect of Yoga on Burnout & Health



Date : 22.06.2022  
Participation : 45  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on burnout and health.



### Effect of Yoga on Immunity & Stress Level



Date : 23.06.2022  
Participation : 55  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on immunity and stress level.

### Yoga for Strengthening Health at Physical & Mental Level



Date : 24.06.2022  
Participation : 44  
Mode : Physical Event

Performing Yoga for strengthening health at physical and mental level as part of Yoga Week 2022.

### Pranayam, Sahaj Yoga and Importance of Karma Yoga



Date : 25.06.2022  
Participation : 50  
Mode : Physical Event

Performing Yoga and focusing on Pranayam, Sahaj Yoga and learning the importance of Karma Yoga.





### UNIT – HSL, Mandi

#### Yoga & Health



Date : 20.06.2022  
Participation : 14  
Mode : Physical Event

Performing activities for exploring Yoga and health as part of Yoga Week 2022 celebrations.

#### Effect of Yoga on Burnout & Health



Date : 22.06.2022  
Participation : 09  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on burnout and health.

#### Yoga for Strengthening Health at Physical & Mental Level



Date : 24.06.2022  
Participation : 11  
Mode : Physical Event

Performing Yoga for strengthening health at physical and mental level as part of Yoga Week 2022.

#### IDY 2022 Yoga FunctionA



Date : 21.06.2022  
Participation : 10  
Mode : Physical Event

Function of IDY-2022, performing Yoga and exploring effect of yoga on different body systems.

#### Effect of Yoga on Immunity & Stress Level



Date : 23.06.2022  
Participation : 16  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on immunity and stress level.

#### Pranayam, Sahaj Yoga and Importance of Karma Yoga



Date : 25.06.2022  
Participation : 14  
Mode : Physical Event

Performing Yoga and focusing on Pranayam, Sahaj Yoga and learning the importance of Karma Yoga.



## UNIT – HSL, Kharaghoda

### Yoga & Health



Date : 20.06.2022  
Participation : 45  
Mode : Physical Event

Performing activities for exploring Yoga and health as part of Yoga Week 2022 celebrations.

### Effect of Yoga on Burnout & Health



Date : 21.06.2022  
Participation : 44  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on burnout and health.

### Effect of Yoga on Immunity & Stress Level



Date : 22.06.2022  
Participation : 48  
Mode : Physical Event

Performing Yoga and exploring the effect of Yoga on immunity and stress level.

### Yoga for Strengthening Health at Physical & Mental Level



Date : 24.06.2022  
Participation : 44  
Mode : Physical Event

Performing Yoga for strengthening health at physical and mental level as part of Yoga Week 2022.

### Pranayam, Sahaj Yoga and Importance of Karma Yoga



Date : 25.06.2022  
Participation : 40  
Mode : Physical Event

Performing Yoga and focusing on Pranayam, Sahaj Yoga and learning the importance of Karma Yoga.



# **INSTRUMENTATION LIMITED (IL)**





## UNIT – Instrumentation Ltd., Palakkad

### Inauguration Ceremony of IDY 2022 and Seminar



Date : 20.06.2022  
Participation : 35  
Mode : Physical Event

In Instrumentation Limited, Palakkad IDY weeklong celebration was inaugurated by Shri PK Vasisht, Unit Head, ILP at Training Hall and thereafter Seminar on benefits of Yoga was undertaken by Shri Jayaprakash, Faculty Yoga, Art of Living for the employees of ILP.

### International Day of Yoga 2022



Date : 21.06.2022  
Participation : 30  
Mode : Physical Event

In ILP Yoga session was conducted by Shri. Suresh K, to the employees in the presence of ILP's Independent Director Dr. RH Lata Madam at IL Training Hall in the session various Yog asana were perform and employees were instructed to repeat the same with the trainer.



## CELEBRATION OF 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA ...

### Yoga Session for Students



Date : 22.06.2022  
Participation : 110  
Mode : Physical Event/ Jan Bhagidari

Instrumentation Limited has arranged Yoga session for the students of KV Kanjikode with the help of Yoga teacher Smt. Mythri Gayathri which was demonstrate the almost 100 no. of students at Kendriya Vidhayala, Kanjikode.



### International Day of Yoga 2022



Date : 23.06.2022  
Participation : 25  
Mode : Physical Event

Essay Competition and Poster Competition was conducted for employees of IL, Palakkad on the topic " Health and Yoga" many participants attended their competition which was organised in IL Training Hall.



### Distribution of Pamphlets



Date : 24.06.2022

Participation : 200

Mode : Physical Event/ Jan Bhagidari

Distribution of Pamphlets, Poster mentioning benefits of Yoga to nearby Local bodies, Panchayath, Schools, Post Office, Fire station and Local Community. The banners mentioning of IDY was put in and around premises.

### Mass Yoga Camp



Date : 25.06.2022

Participation : 75

Mode : Physical Event

Mass Yoga camp for children and residents at IL Township Community Hall was held to celebrate Yoga Week 2022.



**INTERNATIONAL  
CENTRE FOR  
AUTOMOTIVE  
TECHNOLOGY (ICAT)**



## UNIT – ICAT, Delhi/NCR

### Session on Importance of Yoga and Meditation

Date : 22.06.2022  
Participation : 450  
Mode : Hybrid Event

ICAT has organized awareness session on 'Importance of Yoga and Meditation' from Om Shanti Retreat Centre on 22nd June 2022. Employees has attended session physically



and virtually at 3 locations parallely. Session was delivered by BK Vidhatri in which she shared how yoga and meditation helps us in living a healthy life and why it is important. Also employees had performed some meditation exercises. Employees participation was high. On this day, guest had launch Book on Yoga asanas which was internally designed by ICAT for employees.

 <https://youtu.be/zxCHIdR-J6Y>

### Workplace Exercise

Date : 23.06.2022  
Participation : 530  
Mode : Physical Event

Exercise improves employee productivity by increasing blood flow to the brain and making it easier to focus. It also facilitates creative thinking, helping employees find innovative solutions to difficult problems. Continuing the spirit of International Yoga Day 2022, ICAT has commenced new workplace exercises for all the employees.



### Playing Yoga Meditation Music



Date : 24.06.2022  
Participation : 530  
Mode : Virtual Event

Music was played on PA system during break times (3 times a day) for relaxation of employees. It motivated individual towards a stress free and relaxing mind and also give a fresh environment.

### Circulation of Reading Material to Employees



Date : 25.06.2022  
Participation : 530  
Mode : Physical Event

ICAT has designed internally reading material (book) for its employees. Book was launched on 22.06.2022 by esteemed guests Ms. BK Vidhatri (Om Shanti Retreat Centre) and Ms Pamela Tikku (Officiating Director -ICAT). Book contains reading material on importance of Yoga, Various Yoga asanas and their importance and message from our Hon'ble Prime Minister Sh. Narendra Modi ji.

### Celebration of Yoga Week with Family Members



Date : 25.06.2022  
Participation : 200  
Mode : Physical Event/ Jan Bhagidarit

Under this Yoga week celebration, all employees a celebrate yoga day with family members on 26th June 2022 (Sunday). Employees share pictures with family members doing yoga exercises.



## UNIT – ICAT, Manesar

### IDY and Banner Display

Date : 21.06.2022  
Participation : 130  
Mode : Physical Event

International Centre for Automotive Technology (ICAT), Manesar celebrated 8th International Day of Yoga at Gurugram on Tuesday 21st June. International Centre for Automotive Technology, a premier organization under the Ministry of Heavy Industries, organized a yoga practice camp and awareness programme. The special event, based on the theme 'Yoga for Humanity', was inaugurated by ICAT

Officiating Director Smt. Pamela Tikku by unfurling the National Flag. In her address on this occasion, Smt. Tikku said that mind, body and soul become one with yoga, and by doing yoga regularly, body and mind get a lot of strength. Yoga creates an attitude of helping each other. She encouraged the officers and staff of the establishment to adopt yoga as a lifestyle. She added that yoga is not just a physical discipline. Through this, we develop morality in ourselves and our intelligence also becomes sharp, due to which our productivity also increases. Yoga is the mantra to stay healthy. She thanked the tireless efforts of the Prime Minister that Yoga is welcomed globally and people are taking advantage of it by practicing it. More than 120 employees of the institute enthusiastically participated in this camp organized in the campus. Smt. Tikku practiced yoga with officers and staff. Everyone practiced yoga with great devotion. The yoga session was directed by internal yoga experts Siddharth Tripathi and Ashish Singh. They initially explained in detail the impact of yogic practices on the health of individuals. After that, a practice session was conducted with the demonstration of asanas.



 [www.youtube.com/watch?v=I2RKzOV\\_nEw](https://www.youtube.com/watch?v=I2RKzOV_nEw)

### Yoga Day Pamphlet Distribution



Date : 27.06.2022  
Participation : 100  
Mode : Physical Event/ Jan Bhagidarit

International Centre for Automotive Technology (ICAT), Manesar celebrated 8th International Day of Yoga at Gurugram on Tuesday 21st June. International Centre for Automotive Technology, a premier organization under the Ministry of Heavy Industries, organized pamphlet distribution on 27th June 2022. ICAT staff distributed pamphlets to spread awareness amongst people and explained them the importance of yoga.



**NATIONAL  
AUTOMOTIVE  
TESTING AND R&D  
INFRASTRUCTURE  
PROJECT**





## UNIT – NATRAX, Chennai

### Yoga Awareness Drawing Program



Date : 16.06.2022  
Participation : 10  
Mode : Hybrid Event

On the occasion of International Day of Yoga, Yoga week was held from 16- 24 June 2022. On 16 June 2022, a drawing competition for the staff kids was organized, in which they can participate from their homes. This competition makes children aware of the importance of yoga in maintaining, health, wellness, and harmony. Yoga is one of the most powerful drugless systems and an effective preventive measure to deal with all kinds of physical and mental ailments.

### Benefits of Yoga



Date : 17.06.2022  
Participation : 40  
Mode : Physical Event/ Jan Bhagidari

Visit to ITI, SIPCOT, Industrial Park Oragadam -Team GARC visits and educates the students about the benefits of Yoga in today's scenario. In the present situation, the stress on students is increasing. Due to that, they are all neglecting their physical and mental health day by day. To recovering this difficult situation, the better way is to educate them about yoga. A yoga awareness program was organized for the student of ITI Oragadam, the main objective of this program was to educate them about yoga and that students should be physically fit and mentally strong so that they can carry out their daily activities and lead a happy life.

### Yoga Session at EMC Lab – GARC



Date : 20.06.2022  
Participation : 25  
Mode : Physical Event

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a yoga session was organised on 20.06.2022, for the GARC regular and contractual staff. The Staff participated with full interest, enthusiasm and eagerness.

### Inauguration of International Yoga Day



Date : 21.06.2022  
Participation : 60  
Mode : Physical Event

Inauguration of International Yoga Day and a Yoga session at HQ Building GARC & expert talk on Yoga & its importance in today's scenario. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, in both body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a yoga session was organized on 21.06.2022, for the GARC regular and contractual staff. The Staff participated with full interest, enthusiasm and eagerness.

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of asanas. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the staff.



### Yoga Session at GARC Infotronic Lab/EV Lab – GARC



Date : 22.06.2022  
Participation : 20  
Mode : Physical Event

The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path to sustainable living. With this aim in mind, a yoga session was organised on 22.06.2022, for the GARC regular and contractual staff. The Staff participated with full interest, enthusiasm and eagerness.

### Yoga Session APS Lab – GARC



Date : 23.06.2022  
Participation : 35  
Mode : Physical Event

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of asanas. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the staff. With this aim in mind, a yoga session was organised on 23.06.2022, for the GARC regular and contractual staff. The Staff participated with full interest, enthusiasm and eagerness.

## Concluding Ceremony & Tree Plantation at GARC Centre



Date : 24.06.2022  
Participation : 20  
Mode : Physical Event

Considering the manifold benefits of trees, including that they release oxygen into the air, absorb unpleasant odours as well as harmful gases such as carbon dioxide, carbon monoxide and sulphur dioxide from the air and purify it, protect us from dangerous ultra-violet rays, provide us with food and the pivotal role played by trees in preventing soil erosion, maintaining ecological balance and most especially in lessening the effects of global warming. Considering the facts GARC has start a drive for tree plantation in GARC premises and planning to the plantation of 200 no.s plants in 2022-23.





MADHYA PRADESH

UNIT – NATRAX, Indore

Yoga Session



Date : 21.06.2022  
Participation : 30  
Mode : Physical Event

On 21st June 2022, NATRAX began the celebration of the 8th International Yoga Week, which shall conclude on 27th June 2022. The theme for the 8th International Yoga Day is Yoga for Humanity. On the 1st day of this celebration, a Yoga Session was conducted for all the NATRAX Staff. The yoga instructor, Mr. H.K. Gupta started the session by introducing the participants about the importance of Yoga in the day-to-day lives. He taught Surya Namaskar, Pranayam along with the following Aasans: - Konasana, Katichakrasana, Virabhadrasana, Vrikshasana, Ardha Matsyendrasana, Vajrasana, Makara Adho Mukha Svanasana, Bhujangasana, Urdhva Mukha Svanasana, Setu Bandhasana, Natrajasana. Mr. Gupta, explained all the aasans with complete technicalities along with the benefits of each, which was well received by the participants. The session will definitely help the participants in adopting yoga as a part of lifestyle.

Yoga Awareness



Date : 22.06.2022  
Participation : 100  
Mode : Physical Event/ Jan Bhagidari

On 22nd June 2022, the 2nd day of the 8th International Week of Yoga Celebration, posters regarding Yoga postures step-by-step was displayed in the NATRAX Office Premises (Visitors Area): - such as Suryanamaskar, Chakra-asana, Dhanura-asana, Ekapada-asana and several more asanas.



### Essay Writing Competition



Date : 23.06.2022  
Participation : 10  
Mode : Physical Event

Essay writing competition on "Importance of Yoga in Today's Scenario". This was a pen-paper event. The event was started at 4:00pm with an introduction of the event by Jr. Asst. HR. The participants from various departments of the organisation wrote the essays and poured in their views. The total duration for the event was 60 minutes. The participants were given the option of writing their essays in either Hindi or English. All the officials appreciated the session. At the end of the event, all the participants were requested to express their experience of this event.

### Extempore on Topics Related to Yoga



Date : 24.06.2022  
Participation : 10  
Mode : Physical Event

The day four event was earlier planned involving govt. school students which was replaced due unforeseen circumstances, with Extempore. The event was started with introduction of the event. Each participant was given 2 minutes to speak and they had the option to speak in both English and Hindi. The following topics were allotted to the participants:

1. How yoga can be helpful in stress and anxiety management
2. Yoga art of science
3. Yoga v/s Gym: which is better
4. How to motivate youth, kids to follow yoga in routine life
5. How NATRAX can contribute to create awareness on yoga in our society
6. Efforts of Government of India in creating awareness related to yoga
7. Trust of today's youth on Yoga

The results were declared a week later.



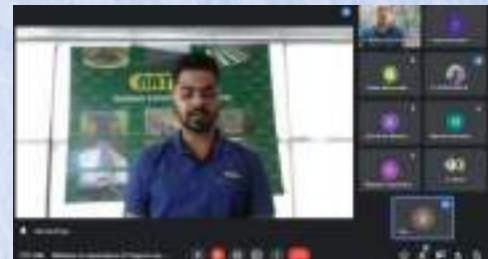
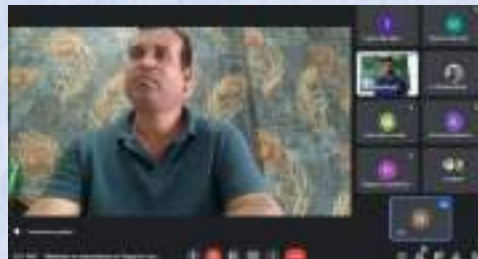
### Yoga for Contractual Staff



Date : 25.06.2022  
Participation : 25  
Mode : Physical Event

This is Day 5 event- Yoga for all contractual staff. It was started with Introduction of event and list of activities performed under this event. Audio Visual video was played on projector related to basic Yoga asanas and benefits of performing Yoga in daily routine. More than 25 no. of staff participated in this event.

### Webinar on Yoga



Date : 26.06.2022  
Participation : 15  
Mode : Virtual Event

This is Day 6 event- Webinar on topic Importance of Yoga for Working Professional. It was started with introduction of event and list of activities performed under this event. More than 15 participants have attended this webinar. It presented by professional Yoga Trainer and Therapist having more than 8 years of experience in this field. It was very interactive session related to stress and anxiety management for working professionals. Several exercises and asanas were presented by trainer which can be done during the working hours in office that can rejuvenate the positive energy. The closure of this event was done with vote of thanks to presenter and all the participants.

### Closure Ceremony



Date : 27.06.2022  
Participation : 10  
Mode : Physical Event

Closure ceremony / discussion on further implementation of good yoga practises at work. This is day 7 event, last but not the least, it was started with the summary of events of all the 6 days' event we had on occasion on International Yoga Day at our office premises. Further it was discussed how we can establish or Closure ceremony / discussion on further implement good yoga practices at work along with daily routine work. It was concluded on a positive note to implement the yoga practices at workplace which will be very beneficial for the employees as well as organization.



## UNIT – NATRAX, Manesar

### Yoga Banners



Date : 21.06.2022  
Participation : 20  
Mode : Physical Event

Yoga banners were placed at various locations in the office to celebrate Yoga Week 2022.

### Distribution of Yoga T-Shirts & Mats



Date : 22.06.2022  
Participation : 20  
Mode : Physical Event

Yoga T-Shirts and Yoga mats were distributed among the staff to celebrate Yoga Week 2022.





... AND YOGA WEEK 2022

75  
आज़ादी का  
अमृत महोत्सव

**NEPA  
LIMITED**



**MADHYA PRADESH**

**UNIT – NEPA Ltd., Nepanagar**

**Inauguration of Yoga Shivr**



Date : 15.06.2022  
Participation : 200  
Mode : Physical Event/ Jan Bhagidari

Inauguration of Yoga Shivr Week starting from 15.06.22 to 21.06.22 was held.

 [https://www.youtube.com/watch?v=ql3Cx\\_NQ3gk](https://www.youtube.com/watch?v=ql3Cx_NQ3gk)

**Day 2 of Yoga Shivr**



Date : 16.06.2022  
Participation : 250  
Mode : Physical Event/ Jan Bhagidari

The 2nd day of Yoga Shivr was held.

 [https://www.youtube.com/watch?v=S7bUZ\\_G2M4Y](https://www.youtube.com/watch?v=S7bUZ_G2M4Y)



### Day 3 of Yoga Shivr



Date : 17.06.2022  
Participation : 275  
Mode : Physical Event/ Jan Bhagidari  
The 3rd day of Yoga Shivr was held.

 <https://www.youtube.com/watch?v=6AkQpIHLgYU>

### Day 4 of Yoga Shivr



Date : 18.06.2022  
Participation : 285  
Mode : Physical Event/ Jan Bhagidari  
The 4th day of Yoga Shivr was held.

 <https://www.youtube.com/watch?v=srKAtM6iUDY>

### Day 5 of Yoga Shivr



Date : 19.06.2022  
Participation : 400  
Mode : Physical Event/ Jan Bhagidari  
The 5th day of Yoga Shivr was held.

 <https://www.youtube.com/watch?v=h3d8thcLrXA>

## Day 6 of Yoga Shivr



Date : 20.06.2022  
Participation : 450  
Mode : Physical Event/ Jan Bhagidari  
The 6th day of Yoga Shivr was held.

 <https://www.youtube.com/watch?v=ImTPzao4A1Q>

## Closing Ceremony of Yoga ShivrA



Date : 21.06.2022  
Participation : 1000  
Mode : Physical Event/ Jan Bhagidari

On occasion of International yoga day, the live telecast of addressing of Hon'ble Prime Minister & Hon'ble Chief Minister were broadcasted through projector. Closing ceremony is organized on the last day of weeklong celebration of Yoga Shivr. A Human chain were also made under Azadi Ka Amrit Mahotsav, Logo & Name of Nepa Limited, Nepanagar.

 <https://www.youtube.com/watch?v=ImTPzao4A1Q>



**RAJASTHAN  
ELECTRONICS &  
INSTRUMENTS LTD  
(REIL)**



## UNIT- Rajasthan Electronics & Instruments Ltd (REIL)

### Yoga Camp



Date : 21.06.2022

Participation : 25

Mode : Physical Event

On the occasion of 8th International Day of Yoga a yoga camp was organised at company premises on 21st June 2022 from 6.15 am in the morning to 7.15 pm in the evening. The event started with the managing director addressing the staff. Yoga Guru Shri Parmanand Chhapparwal conducted a yoga session. He taught various Yogasanas and shared multiple benefits of practicing yoga.

### Yoga Camp



Date : 22.06.2022

Participation : 22

Mode : Physical Event

Nimeda Dugdh Utpadak sahakari samiti, Jaipur, on the occasion of 8th International Day of Yoga organised a yoga camp from morning 10 a.m. to 11 a.m. morning. In the yoga camp yoga guru Shri Parmanand talked about physical and mental benefits of yoga. He also taught various Yogasanas.



## Yoga Camp



Date : 23.06.2022  
Participation : 50  
Mode : Physical Event

On the Occasion of 8th International Day of Yoga a yoga camp was organised at Government senior secondary school, Meenawala, Jaipur from 10 am to 11 am. In the yoga camp yoga guru Shri Parmanand shared about various physical and mental benefits of practicing yoga. Around 50 students of the school along with their teachers participated in the event making it a huge success.

## Lecture on Yoga



Date : 24.06.2022  
Participation : 30  
Mode : Physical Event

On the occasion of 8th International day of yoga a lecture on the topic “effect of yoga on life” was organized for the staff of the company. Yoga guru Shri Parmanand in the lecture highlighted multiple benefits of practicing yoga and incorporating yoga in one’s lifestyle. It was an insightful session and employees benefitted from this session.

## Yoga Camp



Date : 25.06.2022  
 Participation : 65  
 Mode : Physical Event

On the occasion of international yoga day, Ministry of Ayush, GOI, organized a yoga camp at Government senior secondary school, Sirsi, Jaipur from 10 a.m. to 11 a.m. in the morning. In the yoga camp yoga guru Shri Parmanand Chhparwal highlighted numerous benefits of yoga to the audience. Along with physical and mental health benefits he highlighted the importance of yoga for mankind as well.

## Yoga Session



Date : 26.06.2022  
 Participation : 13  
 Mode : Virtual Event

On the occasion of international yoga day, Ministry of Ayush, GOI, organized a virtual yoga session for the family of company staffs on 26th June 7 to 8 a.m. in the morning. In the yoga session Yoga guru Shri Parmanand Chhparwal, highlighted numerous mental and health benefits of yoga.

## Essay Writing Competition



Date : 27.06.2022  
 Participation : 8  
 Mode : Physical Event

On the occasion of 8th International Day of Yoga, an essay writing competition was organized for the staff of the company on the topic "The Changing lifestyle and progress of the country with the positive effect of yoga".





**AUTOMATIVE  
RESEARCH  
ASSOCIATION OF  
INDIA (ARAI)**



## UNIT – ARAI, Pune

### Yoga with Asana, Stretches and Meditation



Date : 21.06.2022  
Participation : N/A  
Mode : Physical Event

The world acknowledges and celebrates 21st June International Yoga Day every year. The theme for this International Yoga Day 2022 was 'Celebrate Yoga Week', which intended everyone to unite, celebrate and practice Yoga, resulting in the synergy of body and mind. At ARAI, Yoga Week 2022 was celebrated from 20th to 24th June 2022, wherein all employees had participated. The celebration was with many events which compliment Yoga i.e. Yoga with Asana, Stretches and Meditation which was done on 21st June 2022, celebrating the day by performing Yoga together.

### Desktop Yoga



Date : 22.06.2022  
Participation : N/A  
Mode : Virtual Event

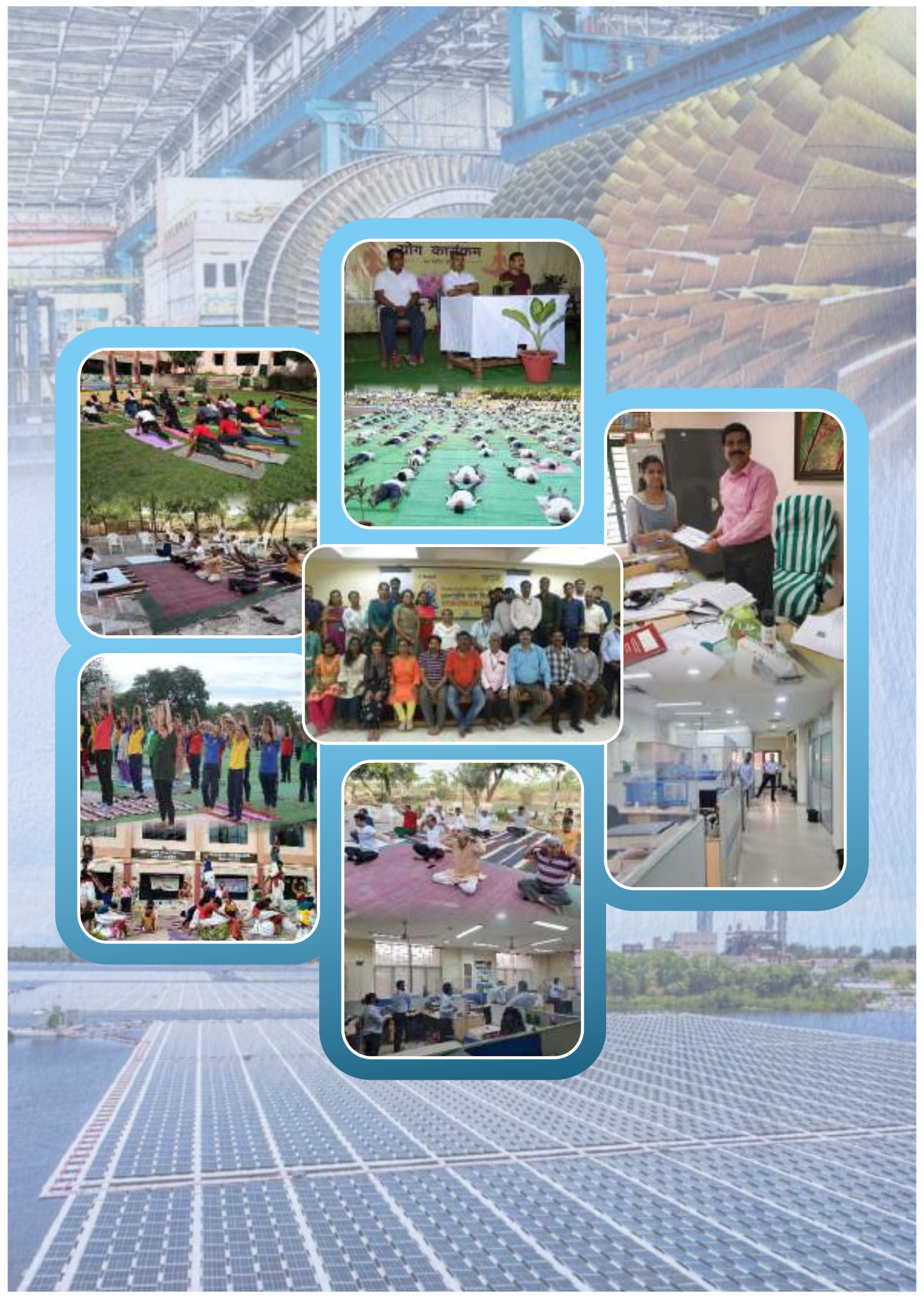
ARAI organised Desktop Yoga for all employees to help them to deal with the challenges of sedentary lifestyle as part of Yoga Week 2022 celebrations.

### Meditation for Positivity and Stress Reduction



Date : 23.06.2022  
Participation : N/A  
Mode : Physical Event

Yoga Week 2022 was concluded at ARAI with a session on meditation for positivity and stress reduction.





**Ministry of Heavy Industries**  
**Government of India**

