

## Ministry of Coal Celebrates 11th International Day of Yoga with Zeal and Inclusivity

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The Ministry of Coal today observed the 11th International Day of Yoga (IDY) with great enthusiasm and collective spirit at Shastri Bhawan, New Delhi. The event witnessed active participation from senior officers, staff members, and officials of the Ministry, who gathered early in the morning to perform a structured yoga session under the guidance of trained instructors.



This year, the global theme for International Yoga Day is "Yoga for One Earth, One Health" that highlights the profound interconnection between individual well-being and planetary health. The Ministry of Coal aligns itself with this vision, reaffirming its commitment to fostering holistic wellness among its personnel and encouraging mindfulness and balance in everyday life.



The Ministry also telecast the live session of Prime Minister Shri Narendra Modi leading the International Yoga Day celebrations from Visakhapatnam, inspiring participants and strengthening the national spirit of unity through yoga.



The event at Shastri Bhawan commenced with a brief address on the significance of yoga in modern times, followed by a full sequence of yoga asanas, breathing exercises (pranayama), and meditation techniques drawn from the Common Yoga Protocol (CYP) recommended by the Ministry of Ayush. The participants expressed a renewed sense of calm and vigor, reinforcing the importance of integrating yoga into daily routines.

Synchronizing with the nationwide observance of the flagship event ‘Yoga Sangam’, being held simultaneously across more than 1,00,000 iconic locations

across the country, the Ministry of Coal has ensured active participation from its PSUs as well. Coal India Limited (CIL) and its subsidiaries, along with NLC India Limited and Singareni Collieries Company Limited (SCCL), organized yoga sessions at their headquarters, operational mines, and residential townships. Employees, their families, and members of the local communities joined hands to make the day a grand success, embracing yoga as a way of life.



The Ministry of Coal commends the efforts of all stakeholders for their enthusiastic participation and coordination in making this event memorable. Yoga not only enhances physical well-being but also instills discipline, unity, and inner strength — qualities that resonate deeply with the coal sector’s commitment to nation-building and sustainable development.

As the world continues to embrace yoga as a universal practice for health and harmony, the Ministry reiterates its pledge to promote wellness-centric workplaces and support the larger vision of a healthier, happier society as yoga is an essential component of healthy lifestyle.

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**Shuhaib T**

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