



HEADQUARTERS' OFFICE

**EMPLOYEES STATE INSURANCE CORPORATION**

(Ministry of Labour & Employment, Govt. of India)  
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**Press Release**

**Celebration of 2<sup>nd</sup> International Yoga Day**

The Employees' State Insurance Corporation (ESIC) **celebrated 2<sup>nd</sup> International Yoga Day on 21<sup>st</sup> June, 2016 in all its offices and Hospitals throughout India with the sole theme 'YOGA – FOR HARMONY & PEACE'**. A large no. of ESIC officers/officials in all its offices & Hospitals participated in this mega event and made different yoga postures/Asanas under the guidance of visiting Yoga Practitioners.

Inaugurating the event, **Shri Deepak Kumar, IAS, Director General, ESI Corporation** said that "In present day working conditions, Yoga is the only way to keep a person stress free and is able to provide a healthy way of life." Shri Deepak Kumar also said that organizing of such types of yoga camps will ensure a healthy workforce and which may enhance their productivity in their respective sectors, and of the country. He also informed the gathering that besides providing Allopathic treatment to its Insured Persons and their family members, ESIC also provides AYUSH (Ayurveda, Yogam Unani, Siddha, Homeopathy) treatment through its full-fledged AYUSH department in Hospitals.

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action and restraint and fulfillment. Yoga is not about exercise but to discover the sense of oneness with ourselves. In order to create awareness regarding importance of yoga,

Yoga classes were held by the reputed Yoga Gurus and to create oneness with yoga, different types of yoga competition were also held and winners were awarded cash prizes.

Shri Sudharshan Reddy, IAS, PS to Hon'ble Minister of State for Labour & Employment (Independent Charge), Govt. of India also took part in the 2<sup>nd</sup> Yoga Day celebration as a representative of Hon'ble Labour & Employment Minister. The other dignitaries who participated in the event were Vaidhya Shri Devendra Triguna, Hon'ble Member, ESIC, Shri B.N. Tripathi, IPoS, Chief Vigilance Officer, ESIC, Dr. R.K. Kataria, Medical Commissioner, ESIC and Dr. S.L. Vig, Medical Commissioner (ISM), ESIC.

### **ESI Scheme in India**

The Employees' State Insurance Corporation is a pioneer Social Security organization providing comprehensive social security benefits like reasonable Medical Care and a range of Cash Benefits in times of need such as employment injury, sickness, death etc. The ESI Act applies to premises/precincts where 10 or more persons are employed. The employees drawing wages up to Rs. 15,000/- a month are entitled to health insurance cover and other benefits, under the ESI Act. The Act now applies to over 7.23 lakh factories and establishments across the country, benefiting about 2.03 crores family units of workers. As of now, the total beneficiary population of ESI Scheme stands over 7.89 crores. Ever since its inception in 1952, the ESI Corporation has, so far, set up 151 Hospitals, 1459/188 Dispensaries / ISM Units, 812 Branch/Pay Offices and 61 Regional & Sub-Regional/Divisional Offices.

**(Pranava Kumar)**  
**Dy. Director (PR)**