

Report on International Yoga Day Celebration in CIL Subsidiaries

“योग से बड़ा कोई ऐश्वर्य नहीं, योग से बड़ी कोई सफलता नहीं, योग से बड़ी कोई उपलब्धि नहीं।”

International Yoga Day 2021 was celebrated with lot of enthusiasm in CIL family all over India. It has been an inspiring sight to see so many CIL employees including Board Level Officers participating in this program from their respective homes and office premises. It was also a great delight to see so many young children (wards of our employees) performing various asanas and participating with their parents. The subsidiaries arranged programmes in the Areas, Units, hospitals, workshops, offices etc in on line and offline mode.

Covid protocol was strictly followed in offline programmes. Maximum participation was through online mode where the employees, family members, contractual employees and various stake holders participated in the yoga practices.

It is reported that 161153 participants attended the yoga programmes on IDY 2021 across the subsidiary companies and CIL (HQ) as under:-

Sl. No.	Organization	Country	Dist/City	No. of Participants
1	COAL INDIA LIMITED	INDIA	KOLKATA	550
2	EASTERN COALFIELDS LIMITED	INDIA	PASCHIM BARDHAMAN, PURULIA, BANKURA & BIRBHUM DISTRICT OF WEST BENGAL AND GODDA, DHANBAD & DEOGHAR DISTRICT OF JHARKHAND	45000
3	WESTERN COALFIELDS LIMITED	INDIA	NAGPUR, CHANDRAPUR, CHHINDWARA, YAVATMAL, BETUL	26000
4	SOUTH EASTERN COALFIELDS LIMITED	INDIA	BILASPUR/KORBA/RAIGARH/KOREA/SURAJPUR/SARGUJA/ ANUPPUR/SAHADOL/UMARIA	20000
5	NORTHERN COALFIELDS LIMITED	INDIA	SINGRAULI (MP) & SONEBHADRA(UP)	8757
6	MAHANADI COALFIELDS LIMITED	INDIA	SAMBALPUR, SUNDARGARH, ANGUL, JHARSUGDA	15064
7	CENTRAL COALFIELDS LIMITED	INDIA	BOKARO, CHATRA, DHANBAD, GIRIDIH, HAZARIBAGH, KODERMA, RAMGARH, RANCHI	25442
8	CMPDIL	INDIA	RANCHI, DHANBAD, BHUBNESHWAR, SINGRAULI, BILASPUR, NAGPUR,ASANSOL	1090
9	BHARAT COKING COAL LIMITED	INDIA	DHANBAD	19250
	TOTAL			161153

All the subsidiary companies displayed the IDY logo on their web site and provided link to the digital resources of Ministry of Aayush for Common Yoga Protocol.

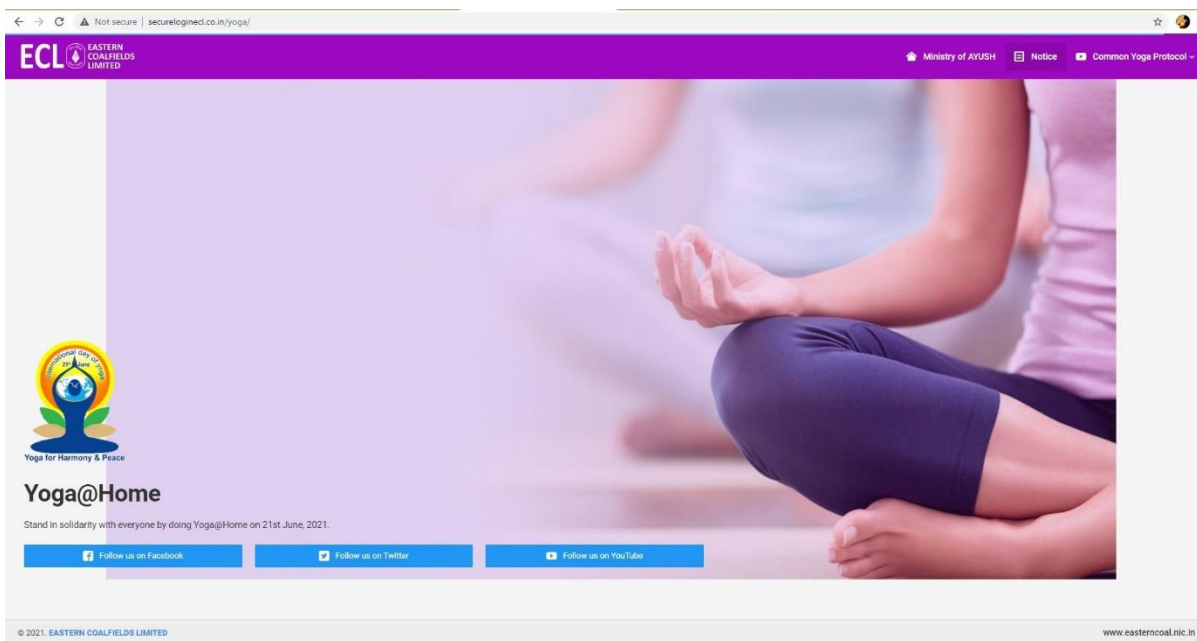
An overview of Yoga Day celebration in CIL Subsidiaries

	Yoga Day Celebration
ECL	A live yoga session was organized on 21st June 2021 through Company's Facebook page at 7.30 A.M. Employees were requested to participate on IDY from their home with their family and were given attractive prizes. They were requested to share their Yoga posture at the comment box of Facebook Live Yoga Session.
CCL	<p>Employees working in Central Coalfields Limited (CCL) performed yoga at individual capacity at their homes adhering to the guidelines of Covid-19 protocol pandemic to mark the International Yoga Day (IYD). The Chairman cum Managing Director and other Board level executives also participated in the yoga sessions to inspire every individual to practice beyond International Yoga Day.</p> <p>CCL organized online discourse on the topic “Post Covid Basic Transformational Leadership skill,” where the speaker Navin K Choudhary, Transformation expert, based in Mumbai elaborated about the conventional and transformational mind-set and asked the executives to follow transformational mind-set for turnaround of the company. Besides, a series of webinars were organised by the company to make people understand the importance of Yoga in physical and mental well-being.</p>
BCCL	BCCL organised workshop for benefitting its employees through yoga and pranayam. A co-yoga camp was also organized at Annapurna auditorium BCCL, HQ where all board level officers and their spouse attended the program. All the participants also took an oath to practice yoga daily. Trained instructor Mr.Samrendra Kr.Paswan, Foreman, Lodna Area from Bharat Swabhimani Patanjali Yoga Samiti, provided yoga training. The programme was very popular and attended with enthusiasm.
WCL	On the occasion of IDY the program was organized in the company under the guidance of Yoga Guru Shri Gandhi at Coal Club of headquarters. He shared various information about Yoga, surya namaskar, various asanas etc. Besides this online programme was also organised for benefits of employees and their families to practice from their home.
MCL	<p>International Day of Yoga-2021 celebrations in MCL were in the form of online activities.</p> <p>Leading the celebrations of IYD-2021, CMD and Directors joined from their residences while the other employees performed exercises from their respective locations.</p>
NCL	Adhering to precautions to be taken due to outbreak of 2nd wave of COVID-19 and also following the instructions issued by Ministry of Ayush, NCL conducted the International Day of Yoga on 21st June, 2021 with theme “Be

	with Yoga, Be at Home” and thus mass gathering was avoided on the day. All employees and their family members along with students and teachers of NCL funded schools were encouraged to perform Yoga at their home and follow all the instructions. Clear instructions were communicated by NCL to everyone through social media awareness campaign, banners, notices, letters, etc. to follow the safety norms like avoiding mass gathering and social distancing while performing Yoga.
CMPDIL	Yoga day was celebrated on 21.06.21 at CMPDI (HQ) and at various RIs by way of online session. The Regional Institute-2, Dhanbad organised a slogan writing competition on 19.06.2021 for officers and staff. First was Mr.Dhiraj Jaiswal (Accountant), second (Mrs. Pallavi Shivaji Shidgane) AM(Fin.), and third Mr.Rohit Hadi Security Police. Rest of the participants were given consolation prize.
SECL	IDY 2021 was celebrated in various areas of SECL and SECL HQ. Members of SECL Mahila Mandal participated in the programme and performed various asanas. In Johila and Gevra areas the program was conducted through online session. Essay competition was organized in Korba area. Employees also participated online in “my government yog quiz”
CIL HQ	Coal India Limited, HQ celebrated International Day of Yoga (IDY) on 21.06.2021. Two sessions were conducted simultaneously (i) Online Session under guidance of a Yoga Expert from Patanjali Yoga Foundation, Kolkata 7:00AM to 8:00 AM for all CIL,HQ employees and their family members; and (ii) Physical Session from 7:00AM to 8:00 AM under the guidance of another with trained Yoga Expert at CIL, HQ premises which was attended by Chairman CIL, FDs CIL, CVO CIL and few HODs considering the COVID protocol. To inculcate, the regular practice of yoga amongst the employees, a book depicting the various ‘Asanas’ and benefits thereof was also released by Chairman CIL on the occasion in the presence of senior officials.

Glimpse of IDY 2021 in CIL and its subsidiary companies

Eastern Coalfields Limited

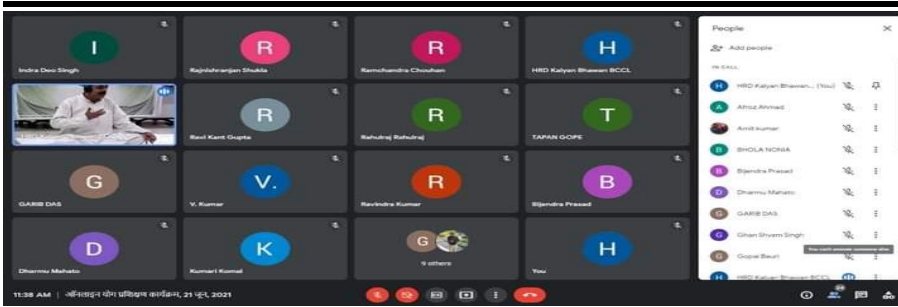




Central Coalfields Limited



Bharat Coking Coal Limited



Mahanadi Coalfields Limited



Northern Coalfields Limited



Yoga by Employees & their Family Members



Yoga by School Children



Western Coalfields Limited



South Eastern Coalfields Limited

कामगारों द्वारा पहली पाली में इयूटी आरंभ के पूर्व योगाभ्यास करते हुए।



अधिकारी अवेम कर्मचारियों द्वारा योगाभ्यास करते हुए।





विश्व योग दिवस के अवसर पर एसईसीएल मुख्यालय में निदेशक मंडल एसईसीएल एवं उपाध्यक्षा गण श्रद्धा महिला मंडल द्वारा योगाभ्यास करते हुए अवेम सभी को योग से जुड़ने का सन्देश देते हुए।



बड़ों के साथ-साथ बच्चों ने भी योगाभ्यास किया





CMPDIL







CIL, HQ





