

No.: BSNLCO-ADMN/62/6/2020-ADMN

Dtd. 16<sup>th</sup> September, 2026

To

All CGMs,  
BSNL.

Sub.: Organization of a 21-Day Free Yoga Session on YouTube channel-regarding.

In reference to above mentioned subject, it is intimated that a 21-Day Free Yoga Session will be organized through AddLifeON YouTube channel: -  
<https://www.youtube.com/@addlifeon>

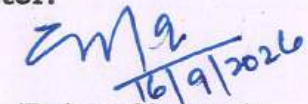
This Yoga session, commencing on Monday, 21<sup>st</sup> September, 2026, will be organized by Sh. Sunil Kumar Chandolia, SDE(Rajasthan), a Government certified Yoga trainer. This Yoga session is being organized for welfare of BSNL employees as in today's environment BSNL employees have to work hard to serve the nation and thus care of their health is also utmost required.

CMD, BSNL message alongwith Yoga poster, regarding the importance of this 21-Day free Yoga session for the BSNL employees is also enclosed herewith.

In this regard, it is requested to encourage all of your employees to actively participate in this Yoga session.

As mentioned above, employees can join live Yoga sessions from 21<sup>st</sup> September, 2026 from 6:15 AM-7:15 AM daily through AddLifeON YouTube channel: -  
<https://www.youtube.com/@addlifeon>

**Enclosures: CMD, BSNL message alongwith Yoga Poster.**

  
(Rajeev Sharma)  
DGM(Admin)

Copy to:

- (1) PSs to all Directors of BSNL Board & CVO, BSNL
- (2) All BSNL employees.

## **MESSAGE**

I am glad to learn that a 21-Day Free Yoga Programme is being organised for the BSNL family, commencing on Monday, 21st September 2026. I warmly welcome this initiative and am happy to extend my wholehearted support to it.

In today's demanding work environment, caring for our health has become more important than ever. BSNL employees work round the clock to serve the nation and keep the country connected. Amidst professional responsibilities and daily pressures, a regular Yoga practice offers a simple and effective way to maintain physical fitness, reduce stress, sharpen concentration, improve sleep, and enhance energy, positivity and productivity. Yoga is not merely an exercise. Maharshi Patanjali defines it in the second aphorism of the Yoga Sutra as "Yogash chitta-vritti-nirodhah" — Yoga is the stilling of the restless movements of the mind. It is a way of life that brings body, mind and breath into harmony.

India has given Yoga to the world, and through the International Day of Yoga it is today practised across continents in the spirit of "Vasudhaiva Kutumbakam" — the world is one family. Let us, as members of the BSNL family, also make Yoga a part of our daily routine and take a positive step towards better health and well-being.

It is particularly heartening that the sessions are being conducted by a member of our own BSNL family, Shri Sunil Kumar Chandolia, SDE, a Government-certified Yoga trainer, who has volunteered his time and expertise for the benefit of his colleagues. Such initiative from within our own ranks deserves appreciation and every encouragement.

Employees are encouraged to join the online live sessions daily from 21<sup>st</sup> September 2026 to 11th October 2026, daily.

Let us take this simple step together, in the spirit of the ancient benediction "Sarve santu niramayah" — may all be free from illness — towards a healthier

*BSNL family: Healthy Employees, Stronger Organisation, Brighter Future.*

With warm regards,



**(A Robert Jerard Ravi)**  
**Chairman and Managing Director**  
**Bharat Sanchar Nigam Limited**

Annexure:- Poster





# BSNL

*Connecting Bharat*

Securely • Affordably • Reliably

Yoga for  
Health  
for a Stronger  
India



# Free Yoga Session For BSNL Employees



Launch Date

**21 Sep. 2026**



**BSNL In Home  
Yoga Trainer**  
will conduct free  
Yoga Session



**Govt. Certified  
Yoga Trainer**



Yoga Will give  
**positive for  
Organisation**



Yoga Will make  
**Healthy  
BSNL Employee**



Yoga Will make  
**BSNL Employee  
Mindfulness**



**Govt. of India Thrust on Yoga,  
then whynot we do make it habit....**

**“Yoga is not just an exercise,  
it is a way of life. Let us make it  
a part of our daily routine for a  
healthier and more productive BSNL.”**

**– Shri A. Robert J. Ravi  
CMD, BSNL**

## Benefits for BSNL

- ✓ Improves physical & mental health
- ✓ Enhances focus, productivity & performance
- ✓ Builds team spirit & positive work culture
- ✓ Reduces stress and lifestyle diseases

**Yoga for You,  
Nature for All!**

A Noble work by  
**BSNL Team**  
in Leadership of CMD BSNL

**Healthy Employees  
Stronger Organisation  
Brighter Future**