ಕಾರ್ಮಿಕರ ರಾಜ್ಯ ವಿಮಾ ನಿಗಮ
ಕಾರ್ಮಿಕ ಮತ್ತು ಉದ್ಯೋಗ ಸಚಿವಾಲಯ,
ಭಾರತ ಸರ್ಕಾರ
कर्मचारी राज्य बीमा निगम
श्रम एवं रोजगार मंत्रालय,भारत सरकार)
Employees' State Insurance Corporation
Ministry of Labour & Employment, Govt. of Ind.

क.रा.बी.नि
E.S.I.C

सत्यमेव जयते

ಕಾರ್ಮಿಕರ ರಾಜ್ಯ ವಿಮಾ ನಿಗಮ -ಆಸ್ಪತ್ರೆ, ಪೀಣ್ಯಾ
55-1-11, ಪ್ಲಾಟ್ ನಂ 1, 5 ನೇ ಮುಖ್ಯ ರಸ್ತೆ, (ಎಫ್‌ಟಿಐ ಕ್ಯಾಂಪಸ್),
ಸರ್ವೆ ಎನ್. 11, ಯಶ್ವಂತಪುರ, ಬೆಂಗಳೂರು -22
कर्मचारी राज्य बीमा निगम अस्पताल, पीन्या
सं.11-55-1, प्लॉट सं.1, 5वां मेन रोड (कैंपस .आई.टी.एफ)
यशवंतपुर उपनगर, यशवंतपुर पो- बैंगलुरु.आँ.560 022.
E S I C Hospital Peenya,
55-1-11, Plot No. 1, 5th Main Road (FTI Campus), Survey N. 11, Yeshwanthapur, Bengaluru-22
Ph.No.080-29723468 , E-mail : ms-peenya.ka@esic.nic.in

492/U/11/12/1/Estt **Date: 21.06.2024**

REPORT ON CELEBRATION OF INTERNATIONAL DAY OF YOGA-2024

In pursuance of Hqrs. Office letter dated 14.06.2024 regarding celebration of International Day of Yoga-2024 under the theme "Yoga for Self and Society". Shri R.K. Kaim, Insurance Commissioner(South Zone) visited ESIC Hospital Peenya on 21.06.2024.

Dr Chandan Vinay S, Dietician welcomed the Insurance Commissioner, the Officers and officials, IPs and beneficiaries followed by lighting the lamp. A health talk with PPT presentation was organized by Dr. Vidyashri R, Ayurveda Physician, followed by Yoga demonstration by Sh. K P Sudhanva, Yoga Instructor, with participation by officers and officials of the hospital along with IPs and beneficiaries.

Banner for International Day of Yoga(IDY)-2024 has also been displayed at the venue and at the entrance of the hospital. Pamphlets have been displayed and distributed. The number of participants in the celebration and yoga demonstration is around 105.

Photographs taken during the celebration and Yoga demonstration on the occasion of International Day of Yoga is enclosed herewith.

Encls: As above

21/6/24

Dr. Arun Kumar G
Deputy Medical Superintendent I/c

International
Day of
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21st June 2024
Yoga for Self and Society

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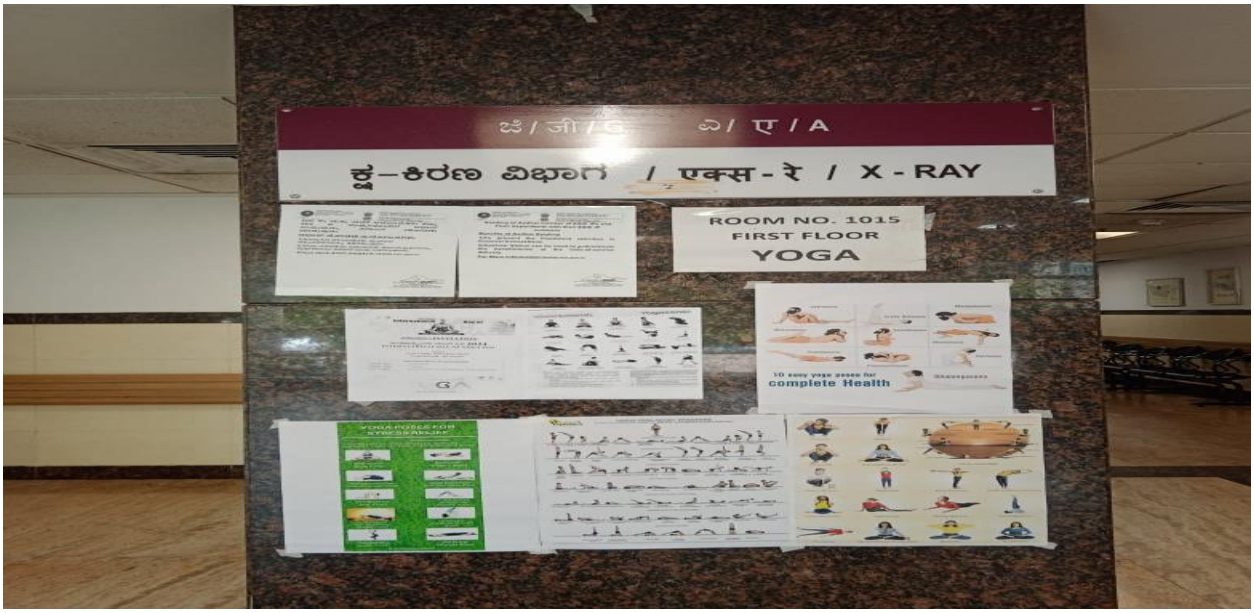
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FIRST FLOOR
YOGA
10 easy yoga poses for
complete Health

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