
 <p><b>E.S.I.C</b></p>	<p>ಕಾರ್ಮಿಕರಾಜ್ಯ ವಿಮಾ ನಿಗಮ ಕಾರ್ಮಿಕ ಮತ್ತು ಉದ್ಯೋಗ ಸಚಿವಾಲಯ, ಭಾರತ ಸರ್ಕಾರ ಕರ್ಮಚಾರಿ ರಾಜ್ಯ ಬಿಮಾ ನಿಗಮ ( ಶ್ರಮ एवं रोजगार मंत्रालय, भारत सरकार ) <b>EMPLOYEES' STATE INSURANCE CORPORATION</b> Ministry of Labour &amp; Employment, Govt. of India</p>	 <p>ನೌಕರರ ರಾಜ್ಯ ವಿಮಾ ನಿಗಮ -ಆಸ್ಪತ್ರೆ, ಪೀಣ್ಯ, 11-55-1, ಪ್ಲಾಟ್ ನಂ 1, 5 ನೇ ಮುಖ್ಯ ರಸ್ತೆ (ಎಫ್‌ಟಿ.ಕೆ.ಎಂ.ಪಿ.ಎಸ್. ಕ್ಯಾಂಪಸ್), ಸರ್ವೆ ಎನ್. 11, ಯಶವಂತಪುರ, ಬೆಂಗಳೂರು - 22 ಕರ್ಮಚಾರಿ ರಾಜ್ಯ ಬಿಮಾ ನಿಗಮ ಆಸ್ಪತ್ರೆ, ಪೀಣ್ಯ ಸಂ.11-55-1, ಪ್ಲಾಟ್ ಸಂ.1, 5ನೇ ಮುಖ್ಯ ರಸ್ತೆ (ಎಫ್‌ಟಿ.ಕೆ.ಎಂ.ಪಿ.ಎಸ್. ಕ್ಯಾಂಪಸ್), ಯಶವಂತಪುರ, ಯಶವಂತಪುರ ಪೊ.ಆ. ಬೆಂಗಳೂರು-560 022. <b>E S I C Hospital Peenya,</b> 11-55-1Plot No. 1, 5<sup>th</sup> Main Road (FTI Campus), Survey N. 11, Yeshwanthapur, Bengaluru-22 Ph.No.080-29723468 , E-mail : ms- peenya.ka@esic.nic.in</p>
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No.492/U/11/12/1/Estt-2016

Date : 15.06.2023

**CIRCULAR**

उप/Sub: अंतर्राष्ट्रीय योग दिवस समारोह 21 जून 2023/ International Yoga Day  
Celebration on 21st Jun 2023

ख्यालय के पत्र संख्या यू-16013/116/2023-आयुष (कॉम्प नं 334767) दिनांक 12.06.2023 के अनुपालन में अंतर्राष्ट्रीय योग दिवस दिनांक 12.06.334767 2023 को योग विषय वसुधैव कुटुम्बकम् के लिए और घरेलू टैग लाइन "हर अंगन योग" के साथ मनाया जा रहा है।

In pursurance to Hqrs letter No. U-16013/116/2023-AYUSH(Comp No 334767) dated 12.06.2023 International Yoga Day is being celebrated on 21.06.2023 with the thema Yoga for **Vasudaiva Kutumbakam** and domestic tag line "**Har Angan Yoga**".

The following programmes will be conducted at this hosptial :-

Date	Time	Event	Nominated
16.06.2023	09.00 A.M to 10.A.M	MMC Hard Metal India Pvt Ltd (Factory premises)	Ayurveda Physician and Yoga Instructor
	11A.M to 12 O'Clock	Health Talk	Yoga Instructor
	12.15 P.M to 1.00 P.M	Yoga awareness for staff	Yoga Instructor
	2.00 P.M to 3.00 P.M	Yoga awareness for IPs in the wards	Yoga Instructor
17.06.2023	11 A.M to 12 O'clock	Health Talk	Ayurveda Physician
	12.15 P.M to 1.00 P.M	Yoga Awareness for IPs	Yoga Instructor
19.06.2023	11A.M to 12 O'clock	Health Talk	Yoga Instructor
	12.15 P.M to 1.00 P.M	Yoga awareness for staff	Yoga Instructor
	02.00 P.M to 03.00 P.M	Yoga awareness for IPs in the wards	Yoga Instructor

<b>20.06.2023</b>	9.00 A.M to 1030 A.M	Gokuldas Exports Processing & Finishing Unit(Factory premises)	Ayurveda Physician and Yoga Instructor
	11A.M to 12 O'clock	Health Talk	Yoga Instructor
	12.15 P.M to 1.00 P.M	Yoga awareness for staff	Yoga Instructor
	2.00 P.M to 3.00 P.M	Yoga awareness for IPs in the wards	Yoga Instructor
<b>21.06.2023</b>	9.00 A.M to 9.45 A.M	All staffs/IPs Yoga session	Ayurveda Physician and Yoga Instructor
	11.A.M to 12 O'clock	Awareness for IPs	Yoga Instructor

Photographs of various activities /programmes are to be submitted on daily basis to be forwarded to MS Office.

यह चिकित्सा अधीक्षक महोदय के अनुमोदन से जारी किया गया है / This issues with the approval of the Medical Superintendent.

उप निदेशक (प्रशासन) / Deputy Director (Admn.)

प्रतिलिपि/Copy to ;

1. All HODs/Branch Heads/DNS i/c, ESIC Hospital, Peenya, Bangalore To bring the notice of all the officials working under them.
2. Ayurveda Physician / Yoga Instructor - for information and necessary action
- 3.. Deputy Director General - with a request to make arrangements for the above activities/programme.
4. IT Cell - requested to publish the same in Hospital web site.
5. सूचना पट्ट/Notice Boards.
6. फाइल प्रति/File Copy