

Celebration International Yoga Day 2023 by ESIC Hospital, Bareilly



International Yoga Day 2023 was Celebrated by ESIC Hospital, Bareilly on 21.06.2023.

IP's/beneficiaries/ staffs were participated in Yoga session. They were sensitized about the benefits of Yoga for health life style.

Dr Goutam Chakraborty (M.S.)

Dr D.K.Sharma (SAG)

Dr Harish Chandra (CMO)

Dr A.K.Jain (ENT) and other medical officers/nursing/paramedical/ministerial staffs were present.

Total Participant- 30

Dr Goutam Chakraborty (M.S.) had told that we can adopt Yoga in our day to day practice and can reduce many of the non communicable diseases by Yoga itself. Dr. A.K. Jain (ENT specialist) had also told about the benefit of Valsalva manure. Different aasans/pranayama were practiced by the participants.