

ESIC HOSPITAL, PEENYA, BENGALURU

Day 7: Observance of Yoga Fortnight, ESIC Hospital, Peenya, Bengaluru on 14th June 2022.

The details of the activities with photographs are appended below.

- A) Yoga demonstration at ESIC Hospital, Peenya, Bengaluru was instructed by **Shri. Sudhanva K. P, Yoga Instructor**. The participants comprised of Staff, Contractual Staff and IPs in two batches numbering 10.



Demonstration of Yoga at ESIC Hospital, Peenya, Bengaluru, Karnataka (13th June 2022)



- B) **A special demonstration of Yoga in the Industrial Cluster** was conducted by Shri. Sudhanva K.P., Yoga Instructor and Dr Vidhyasri R, Ayurveda and also assisted by the Hospital Manager at M/s Shahi Exports Pvt. Ltd., 6th Main, 3rd Phase, Peenya Industrial Area, Bengaluru. **A total of 25 Insured Persons participated in the activity.**



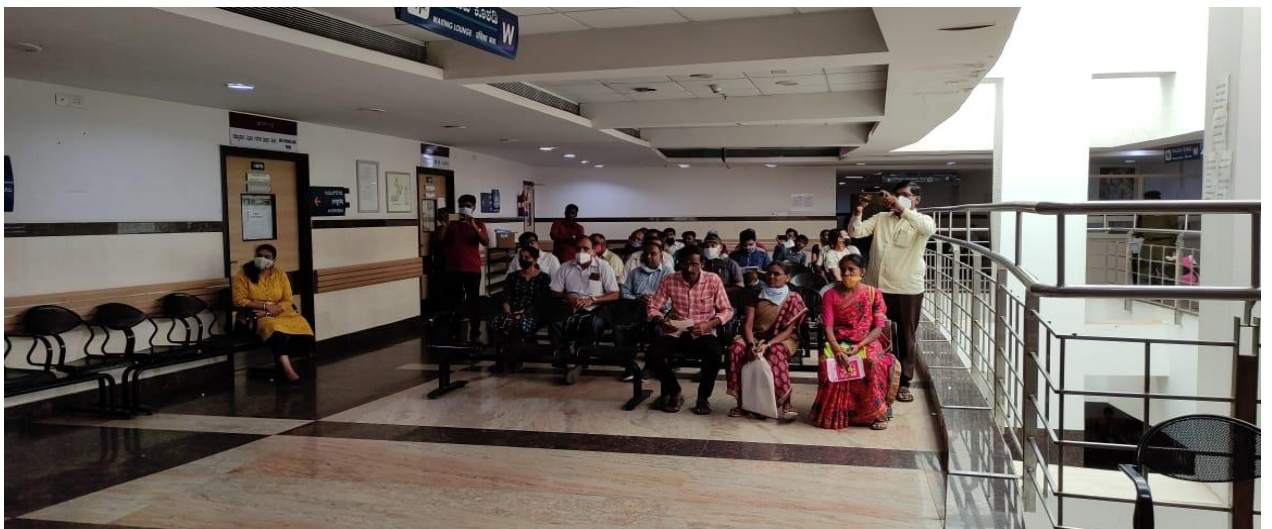
Demonstration of Yoga at Industrial Cluster



- C) **Preventive Health Check-Up camps of Insured Persons** and their dependents at ESIC Hospital, Peenya, Bengaluru was conducted with the assistance of Nursing and Para-medical staff. About 25 Insured Persons and their Dependents were screened during the camp.



- D) Health talk conducted at Anesthesiology department esic hospital peenya. Topic Name :Anaesthesia awareness among public people and uses of yoga in anaesthesia practice at ESIC Hospital, Peenya, Bengaluru. 35 Beneficiaries participated.



Health talk on Hospital cleanliness



E) Cleaning at #287/2, 5th Main Road, Lakshmidevi Nagar, Bengaluru by staff of ESIC Hospital Peenya, on 14.06.2022

Before cleaning





After cleaning



Garbage collected after cleaning

