

ESIC HOSPITAL, PEENYA, BENGALURU

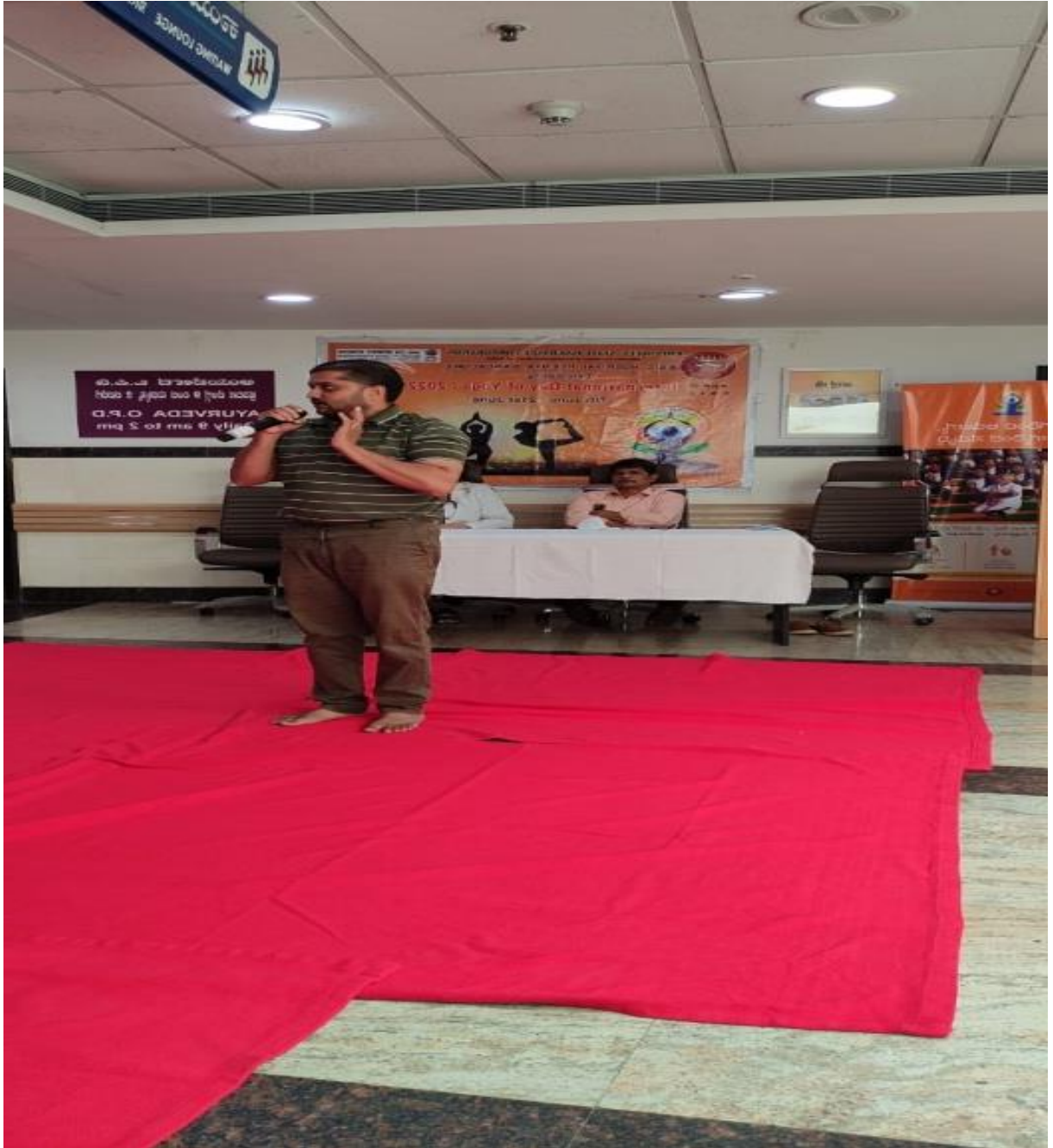
Day 2: Observance of Yoga Fortnight, ESIC Hospital, Peenya, Bengaluru on 8th June 2022.

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 and Insured Persons numbering 40.



Demonstration of Yoga at ESIC Hospital, Peenya, Bengaluru, Karnataka (8th June 2022)



- B) **A special demonstration of Yoga in the Industrial Cluster** was conducted by Shri. Sudhanva K.P., Yoga Instructor and Dr. Vidyasri, Ayurveda Physician 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 35 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 20 Insured Persons and their Dependents were screened during the camp.



Health Camp at ESIC Hospital, Peenya,Bengaluru



- D) Health Talk on “ **MANAGEMENT OF BRONCHIAL ASTHMA- ALLOPATHY, AYURVEDA AND YOGA**”, at ESIC Hospital, Peenya, Bengaluru. 40 Beneficiaries participated.

Health Talk by Dr Jyothi Kini, Specialist, Allopathy





Health Talk by Dr Vidyasri, Ayurveda Physician and Shri Sudhanva K P, Yoga Instructor

E) Cleaning of Basti at Gorguntepalya near Truck Terminal by staff of ESIC Hospital Peenya, Bangalore on 08.06.2022



Team of Staff for Cleaning Basti

Before cleaning





After cleaning





Garbage collected after cleaning

