

On occasion IDY-2024, Health talk on 21.06.2024, ESIC Hospital, Bareilly, U.P

Activity report on occasion of IDY-2024, ESIC Hospital, Bareilly(21.06.2024)



On the occasion of International Day of Yoga-2024, Yoga demonstration session was organized at ESIC Hospital, C.B.Ganj, Bareilly premises on 21.06.2024.

Prof M. Ganesh, Dean, ESICPGIMER Basaidarapur, Dr Harish Chandra, M.S. I/C, Dr Amit Saha, Dr Abhijit Saha, Dr Vivek Kumar Pandey, Dr Aparna Siddhartha, Dr Shobha (Ayur. Physician), Dr Abhinav Shukla (Homeo. Physician) Mr. Shubham Raj, Dy. Director (Admin) and supportive staffs were present.

Prof M. Ganesh, Dean, ESICPGIMER Basaidarapur, has interacted with 20 IP's/Beneficiaries/ staffs and shared various benefits of Yoga to our health.

Yoga demonstration session was shown by Dr Shobha (Ayur. Physician-Contractual, ESICH Bareilly) and Mrs. Babita Gangwar (Ayur Pharmacist- Contractual, ESICH Bareilly).

IP's/Beneficiaries/ staffs were sensitized about various postures, pranayam, benefits of Yoga.

Total- 20 IP's/Beneficiaries/ staffs attended the Yoga demonstration session.