

Report on International Yoga Day activities at ESIC HOSPITAL,EZHUKONE

As part of 9th International Yoga Day on 21.06.2023 of the theme “Yoga for Vasudhaiva Kuthumbakam”, the following activities were conducted by the ESIC Hospital Ezhukone, Kollam.

Program Details

1.Activities conducted in the hospital on 21.06.2023

- 1.Yoga performance by Hospital staff under the guidance of yoga instructor from morning 8am to 9 am.Thirty staffs have participated in the event at the conference hall near to office.
- 2.Health talk on yoga by AYUSH HOD Dr.Roopesh and demonstration of yoga techniques by yoga instructor Mrs.Prabhakumari to ip's.

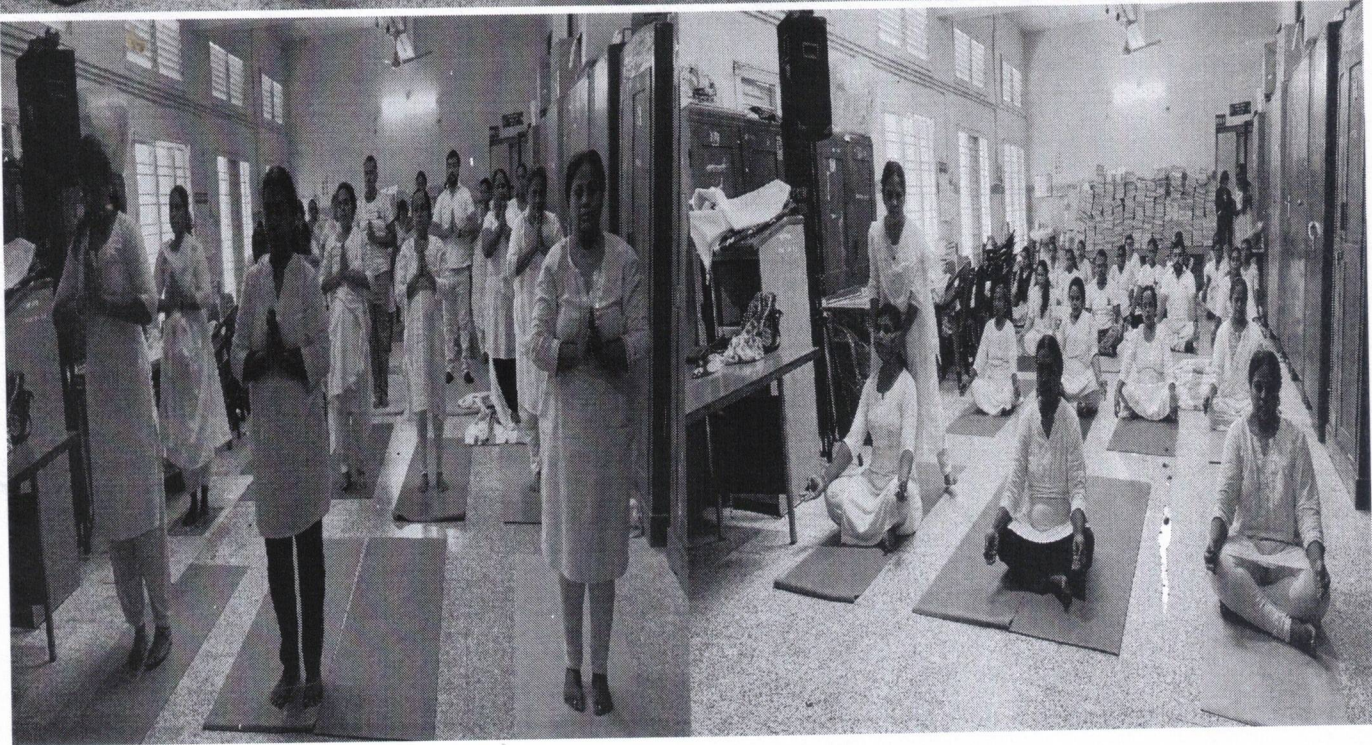
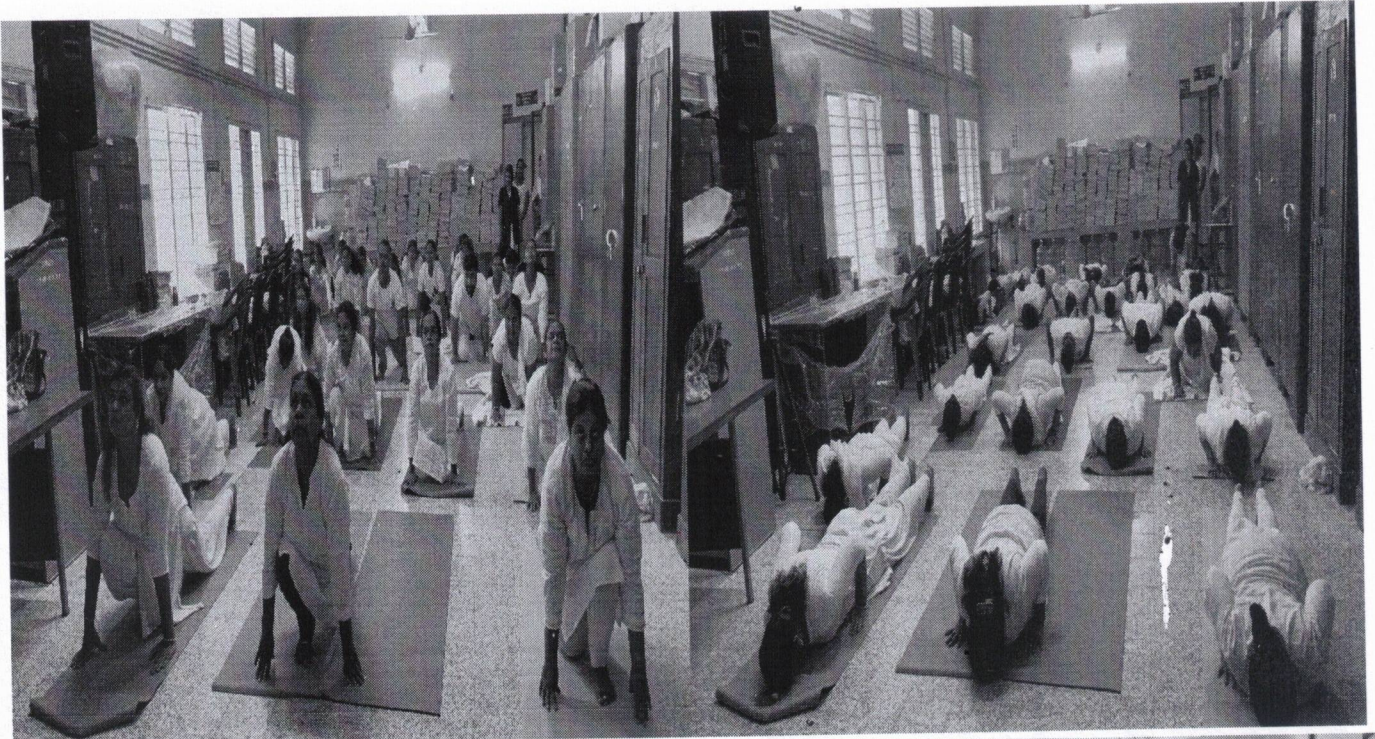
2.Activities conducted outside hospital on 21.06.2023

- Yoga awareness camp

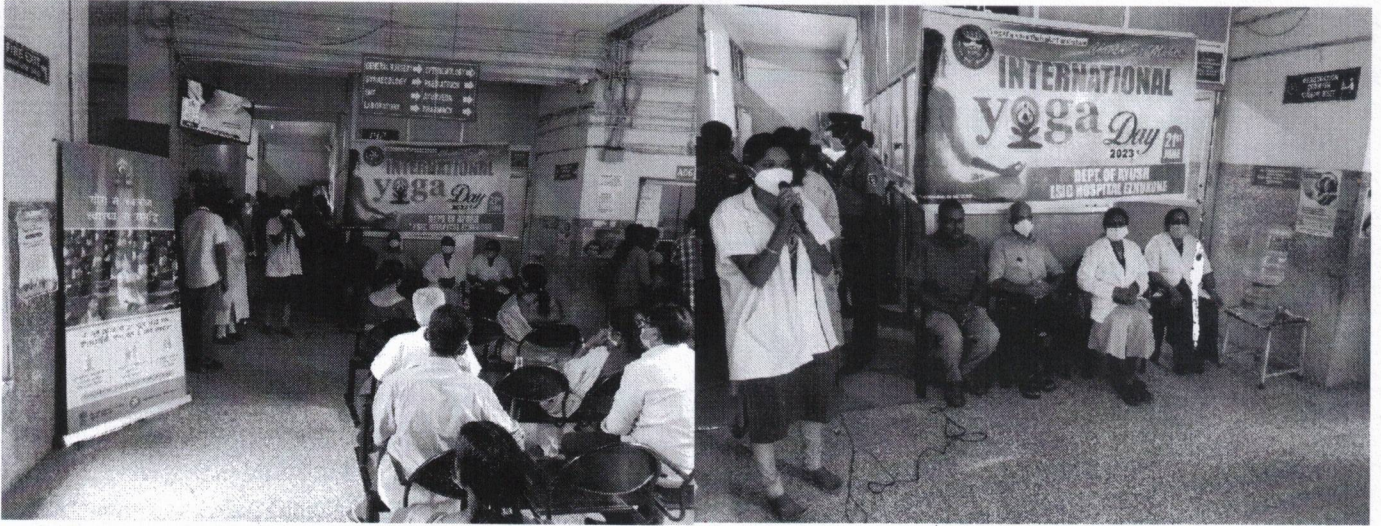
Yoga awareness camp has been conducted by AYUSH department at KSCDC factory Nedumpaikulam.Awareness class has been given By Dr.Roopesh and yoga performing techniques has been demonstrated by yoga instructor .Around 150 ip's have attended the class.


MEDICAL SUPERINTENDENT

YOGA PERFORMED AT CONFERENCE HALL



HEALTH TALK ON YOGA GIVEN AT OPD



YOGA AWARENESS CAMP CONDUCTED AT INDUSTRIAL AREA

