

Whole month Activities on the occasion of International Day of Yoga -2024

The International Day of Yoga-2024 with the theme "Yoga for self and society" was organized on 21st June 2024 as per the HQRS guidelines in ESIC Model Hospital Chandigarh. The details of whole month activities done in the ESICMH Chandigarh is as follows :

A) Yoga sessions:-

S.No.	Date	Topic of Yoga Activity	Approximate attendance
1	07-06-2024	Yoga for General Health	30-40 IP's And Their beneficiaries
2	08-06-2024	Yoga for all	35-45 IP's And Their beneficiaries
3	11-06-2024	Yoga for Mental Health	30-40 IP's And Their beneficiaries
4	19-06-2024	Yoga for Daily life	40-45 IP's And Their beneficiaries
5	25-06-2024	Yoga for Healthy life style	35-40 IP's And Their beneficiaries





B) Health Talk sessions :-

S.No.	Date	Topic of Yoga Activity	Approximate attendance
1	07-06-2024	Role of Yoga for General Health taken by Dr. Pooja Majotra and also	30-40 IP's And Their beneficiaries
2	11-06-2024	Role of Yoga in Mental Health taken by Dr. Pooja Majotra and Yoga Instructor	30-40 IP's And Their beneficiaries
3	19-06-2024	Role of Yoga in Daily life Dr. Pooja Majotra and Yoga Instructor	40-45 IP's And Their beneficiaries





C) Pamphlets related to the benefits of yoga were distributed among the IP'S and their beneficiaries (Photo graphs attached)

