Celebration of 11th International Day of Yoga-2025

Yoga for One Earth, One Health

At ESIC Hospital, Peenya, Bengaluru-22

The following events were organized by the hospital for the benefit of IPs and staff:

1. Health talk on benefits of yoga was organized on 18th Jun 2025. Talks were delivered by Dr Chilakamudi Pulla Rao(Ayurveda Physician) and Mr. Sudhanva K.P.(Yoga Instructor). 60 to 70 IPs and beneficiaries attended the talk, which highlighted the health benefits of yoga in daily routine. The speakers enthusiastically answered the questions raised by attendees.



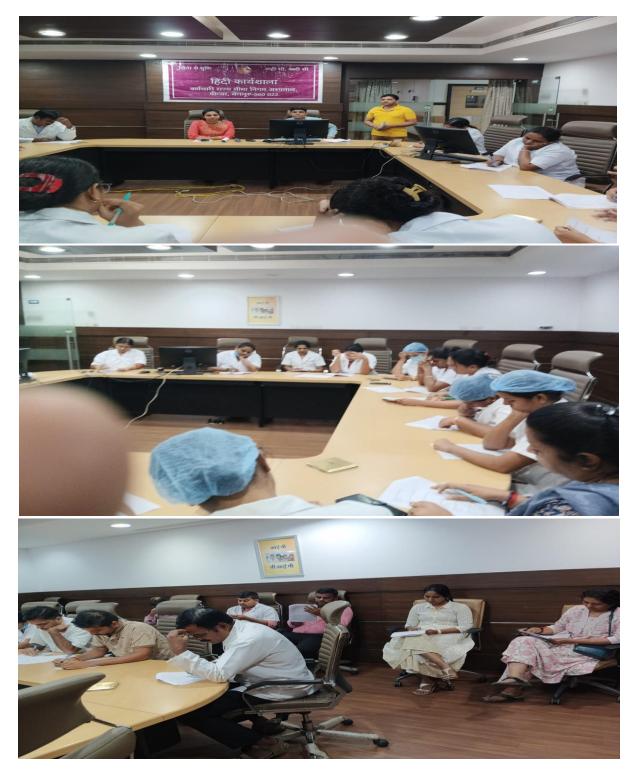
2. Special yoga classes were organized on 17th and 18th Jun 2025 for in-patients and their attenders. These classes were conducted by Mr. Sudhanva K.P.(Yoga Instructor) for the promotion of Y-Break app.



3. A poster competition was organized for staff on 19th Jun 2025. The theme for the competition was "Yoga for One Earth, One Health". A few posters were selected and displayed in the notice board of the hospital.



4. Yoga quiz competition was organized on 20th Jun 2025. Prizes were distributed to winners and all the participants were given appreciated.



5. Common yoga protocol like yoga for elders, yoga break at work, yoga for kids were displayed in LCD sreens at prominent places in the hospital for the benefit of IPs and beneficiaries.



Report on Celebration of International Day of Yoga-2025

At ESIC Hospital, Peenya, Bengaluru-22

The theme "Yoga for One Earth, One Health"

The event began at **6-30 AM** with the arrival of participants. The program started with formal inauguration by Dr Mridula A.M. Medical Superintendent, who delivered an inspiring speech highlighting the significance of yoga in our daily routine.

The program educated the dual role of yoga in personal well-being and social harmony, encouraging people to use yoga as a tool to cultivate inner peace and outward compassion.

Key activities included:

- 4. Common Yoga Protocol session and Yoga Sangam from 06:30 am to 07:45am
- 5. **Demonstration of advanced asanas** by experienced practitioners
- 6. Interactive workshop on therapeutic benefits of yoga
- 7. Meditation and Pranayama sessions
- 8. Prize distribution for Quiz and Poster Competition.

Over 50 participants joined the celebration, representing various age groups. The event saw active participation from not just yoga enthusiasts but also beginners who were motivated to adopt a healthier lifestyle. Feedback indicated increased interest in continuing yoga practice beyond the event.

