

**Celebration of 11<sup>th</sup> 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 18<sup>th</sup> 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 17<sup>th</sup> and 18<sup>th</sup> 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 19<sup>th</sup> 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 20<sup>th</sup> 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 screens 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.











Shri Narendra Modi  
Hon'ble Prime Minister



# YOGA SANGAM PATRA

*This is to certify that*

M/s ESIC HOSPITAL PEENYA, BANGALORE

organized Yoga Sangam event to mark the International Day of Yoga on 21<sup>st</sup> June 2025.

*The event was organized*

at WAITING AREA RADIOLOGY and had the participation of 50 people.

*It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.*

**Prataprao Jadhav**

Union Minister of State (IC), Ministry of Ayush and  
Minister of State, Ministry of Health and Family Welfare

Date: 21<sup>st</sup> June 2025  
New Delhi