

## International Yoga Day

International yoga day celebrated in ESIC Model Hospital, Bari Brahmna, Jammu. On 21/06/2016. On the occasion Sh. Shreyansh kumar Jain, the yoga instructor, teaches the gathering of hospital staff, IPs and their families about various postures of yoga & their benefits. He stressed upon adopting a healthy lifestyle & focus on primary prevention to achieve a complete state of physical, mental, social & spiritual well being.

On the occasion Dr. Sunil Prabhakar Deshpande (Medical Superintendent) thanks the yoga instructor for his valuable time and urges the IPs to avail the full benefits of ESIC.

