

# Employee's State Insurance Model Hospital

(Ministry of Labour & Employment, Govt. of India)

Lane No.02, SIDCO Industrial Complex,

Bari Brahmana, Jammu (J&K)

(ISO 9001:2000 Certified)

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3rd International Yoga Day was celebrated at ESIC Model Hospital Bari Brahmana Jammu on 21 June 2017. The Medical Superintendent, Dr. Om Prakash addressed the gathering that; Yoga is invaluable, It embodies unity of mind and body; thought and action; a holistic approach to health and well being. He urged all the participants to adopt a healthy lifestyle.

Dr Shreyas Kumar Jain along with his team teaches the Art of Living and made the participants stretch their muscles and perform various yoga postures.

