



Headquarters
Employees' State Insurance Corporation
(ISO 9001-2008 certified)
Panchdeep Bhawan, CIG Road, New Delhi-110002

No. E-13/12/16/2017-P.R.

28.06.2018

Celebration of 4th International Yoga Day

The Employees' State Insurance Corporation (ESIC) observed 4th International Yoga Day on 21st June 2018 in all its Offices and Hospitals throughout India. A large no. of ESIC Officers /Officials participated in this mega event and made different Yoga postures/Asanas under the guidance of visiting Yoga Practitioners.

On this occasion **Smt. Sandhya Shukla, Financial Commissioner, ESIC and Vaidya Devendra Triguna, Hon'ble Member of ESI Corporation & Chief Guest** of the function gave away the prizes to the winners of Yoga competition.

Besides providing Allopathic treatment to its Insured Persons and their family members, ESIC also provides AYUSH (Ayurvedic, Yogam, Unani, Sidha, Homeopathy) treatment through its full-fledged AYUSH department in Hospitals.

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body thought and action and restraint and fulfilment. Yoga is not about exercise but to discover the sense of oneness with ourselves. In order to create awareness regarding importance of yogas, yoga classes were held by the reputed Yoga "Gurus and to create oneness with Yoga, different types of yoga competition were held and winners were awarded cash prizes.

This function was also attended by Dr. S.L. Vig, Medical Commissioner (AYUSH), Dr. P.L. Choudhary, Medical Commissioner (ME), Shri Arun Kumar, Insurance Commissioner, Dr. G. Prabhakara Rao DMC (AYUSH) and other Officers/Staff at Hqrs., besides AYUSH doctors from various ESIC hospitals and Dispensaries.
