

10th International Yoga Day Celebrated on 21st June 2024 at ESIC Hospital Peenya Bangalore in the Presence of Zonal Insurance Commissioner Mr R K Kaim.

Press release news was published in TOI.

Yoga Day celebration at government units

The 10th International day of Yoga was celebrated across many GoI offices across.

At the Employees State Insurance Corporation unit at Peenya, the South Zone Insurance Commissioner, R K Kaim led the celebration appealing to the gathering to practice yoga every day.



The occasion also had a health talk by Ayurvedic Physician, Dr. Vidhyashree followed by a demonstration by the yoga instructor, P V Sudhana. All hospital officers and staff along with some beneficiaries participated in the event. The corporation also distributed pamphlets on Yoga and its benefits.

At Defence PSU BEL, the Yoga day was celebrated across all its units in the country starting with a Yoga Pledge administered in local languages, Hindi and English. This was followed by sessions conducted by Yoga experts. Various competitions were held with winners being awarded prizes. A symposi-