

Date : 17.06.2022

Daily Report of Yoga fortnight

1. Yoga - 20 persons participated in Yoga session from 7:30 AM to 8:30 AM at Hospital and 34 persons participated in Yoga session from 9AM to 11 AM at Industrial Cluster- ssb engineers pvt ltd MIA, Alwar.
2. Health Check-UP Camp - 11 persons attended at Hospital and 34 Persons attended from 9AM to 11 AM at Industrial Cluster - ssb engineers pvt ltd MIA, Alwar.
3. Health Talk - Total 98 Persons Attended in Health Talk program at ESIC Medical College and Hospital, Alwar. Topic-Effect of Yoga on Blood Pressure, Blood Sugar, Thyroid Disease and other Systemic disease. Speaker -Dr. Saroj Kumar Suman, IMO Grade 1 Designated Senior Residents General Medicine.
4. Cleanliness Drive -
 - a. Basti-6 days cleanliness drive has been completed.
 - b. Hospital - from Type-2 Quarters to Gate No-2, ESIC MC&H, Alwar Rajasthan - Done by Nodal officer- Dr. Saroj Kumar Suman and Supervisor(HouseKeeping) Sh. Suresh and Tejsingh along with house keeping team.

All the photos of Above program are attached as images with this document.

Fortnight Activities Report on IDY-2022

Date: 17.06.2022

Name of the Location : **ESIC Medical College and Hospital, Alwar (Raj.)**

1 Number of persons attended in yoga session :

At Hospital : 20
At Industrial cluster : 34
Total : 54

2 Health Check-up camp:

:
Number of persons attended at Hospital : 11
Number of persons attended at industrial cluster: : 34
Total number of persons attended at industrial cluster : 45

3 Health talk :

Subject : Effect of Yoga on Blood Pressure, Blood Sugar
Number of persons attended : 98

4 Cleanliness drive :

Name of the Basti : Completed