



Headquarters Office
EMPLOYEES' STATE INSURANCE CORPORATION
Panchdeep Bhawan: C.I.G. Road, New Delhi – 02
Tel.: 23234337, email: dmc-ism@esic.nic.in

To,

The Deans-All ESIC Medical Colleges,
The MSs – All ESIC/ESIS Hospitals
All Regional Directors/DIMSs/Additional Commissioners
Subject: Celebration of International Day of Yoga (IDY) – 2024.

Sir/ Madam,

This is with reference to the subject cited above. In this connection I am directed to inform you that the competent authority has directed that the following activities on the occasion of IDY – 2024 are to be carried out by all ESIC/ESIS Hospitals, Medical Colleges and all ESIC/ESIS Establishments.

1. To conduct Cleanliness drive on their specific locations on 20.06.2024.
2. To conduct Yoga Classes and Yoga demonstrations by all the ESIC/ESIS hospitals on the theme “**Yoga for Self and society**” on 21.06.2024.
3. The Banners, Pamphlets & Information Exhibition & Communications (I.E.C) Materials related to yoga may be arranged locally.
4. The report of the Yoga Day Celebrations & Cleanliness drive with good photographs must be submitted on or before 25.06.2024.

Further, it is requested that in those locations, where yoga Instructors is not available, any person well versed with yoga amongst the staff may conduct Yoga demonstration/Class.

This issue has the approval of competent authority.

Yours Sincerely

Dr Pawan Kumar
DMC (AYUSH)

Copy to:
All Medical/Insurance Commissioners