



Celebration of International Yoga Day at ESIC Medical College& Hospital, Jaipur

On June 21st 2025, celebrated 11th International Yoga Day with great enthusiasm and participation from Doctors, staff, patients. The event was organized under the theme **“Yoga for One Earth and One Health”** emphasizing the importance of holistic well-being and the role of yoga in promoting physical, mental, and emotional health.

The celebration commenced with a welcome address by Dr. Deepak Kumar Sharma (HOD Ayush) in this speech he described about Yoga day, Yoga and Ayurveda. Dr. R.P. Meena (Medical Superintendent) addressed all the dignitaries and give emphasis on importance of Yoga for healthy life. DMS Dr. Vikas tondon also welcome and give speech about yoga asana.

A guided yoga session was conducted by a Yoga instructor Mr. Rajesh Kumawat focusing on breathing techniques (pranayama), stretching exercises, and meditation practices suitable for all age groups and health conditions.

This event was take place simultaneously with national event, which was be led by hon'ble prime minister from Visakhapatanam.

The event concluded with a vote of thanks by MS expressing gratitude to all dignitaries, participants, and organizers for making the program a success.

Apart from this program daily activity also done for ESIC employees on common Yoga protocol, Y-Break Yoga. Employees and their families took participant in various activities like quiz, yoga practices.

Enclosed: photographs and certificate.











माननीय प्रधानमंत्री
श्री नरेन्द्र मोदी



योग संगम पत्र

प्रमाणित किया जाता है कि

ESIC MEDICAL COLLEGE JAIPUR

ने 21 जून 2025 को अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में योग संगम कार्यक्रम का आयोजन किया।

यह कार्यक्रम Jaipur में आयोजित किया गया, जिसमें 200 लोगों ने भाग लिया।

यह भी प्रमाणित किया जाता है कि यह कार्यक्रम विशाखापत्तनम, आंध्र प्रदेश में

माननीय प्रधानमंत्री के नेतृत्व में आयोजित अंतरराष्ट्रीय योग दिवस 2025 के राष्ट्रीय कार्यक्रम के

अनुरूप और एक ही समय पर आयोजित किया गया।

प्रतापराव जाधव

केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार), आयुष मंत्रालय एवं
राज्य मंत्री, स्वास्थ्य एवं परिवार कल्याण मंत्रालय

दिनांक: 21 जून 2025

नई दिल्ली