

Date : 18.06.2022

Daily Report of Yoga fortnight

1. Yoga - 29 persons participated in Yoga session from 9AM to 11 AM at Industrial Cluster- Regional Oil & Seeds Cooperative Pvt. Ltd, MIA, Alwar and 12 persons participated in Yoga session from 07:00 AM to 08:00 AM at Hospital.
2. Health Check-UP Camp - 29 Persons attended from 9AM to 11 AM at Industrial Cluster- Regional Oil & Seeds Cooperative Pvt. Ltd, MIA, Alwar and 11 persons attended at Hospital.
3. Health Talk - Total 68 Persons Attended in Health Talk program at ESIC Medical College and Hospital, Alwar.
Topic- Effect of Yoga on Vocal Code & Voice.
Speaker - Dr. Devendra Pankaj, Assistant Professor Department of ENT & Dr Subhash Dayal Senior Resident, Department of ENT.
4. Cleanliness Drive -
 - a. Basti- Already completed for 6 days.
 - b. Hospital –PRA building, ESIC MCH, Alwar- 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 PDF with this document.

Fortnight Activities Report on IDY-2022

Date: 18.06.2022

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

1 Number of persons attended in yoga session :

At Hospital : 12
At Industrial cluster : 29
Total : 41

2 Health Check-up camp:

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Number of persons attended at Hospital : 11
Number of persons attended at industrial cluster: : 29
Total number of persons attended at industrial cluster : 41

3 Health talk

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Subject : Effect of Yoga on Vocal Code & Voice
Number of persons attended : 68

4 Cleanliness drive

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Name of the Basti : 6 Days already completed