

Report of YOGA camp on occasion of 74th ESIC fortnight celebration organized by ESIC Model Hospital Bari brahmana, Jammu (J&K)

In celebration of the ESIC 74th Fortnight, ESIC Model Hospital, Bari Brahmana organized a **Yoga Camp** aimed at promoting health, wellness, and overall physical and mental well-being. The camp was held at **M/s Kokuyo Camlin India Ltd**, located in District Samba, Jammu and Kashmir. The primary goal of the event was to raise awareness about the benefits of yoga in everyday life and offer practical guidance for stress reduction, physical fitness, and emotional health.

Event Details:

- **Organizing Body:** ESIC Model Hospital, Bari Brahmana
- **Date of Event:** 03/03/2025
- **Venue:** M/s Kokuyo Camlin India Ltd, District Samba, Jammu (J&K)
- **Event Focus:** Yoga practice, stress management, physical wellness, and mental peace.
- **Target Audience:** Employees of M/s Kokuyo Camlin India Ltd, their families, and the general community.
- **Instructor:** Ms. Malvi Gupta, a trained and experienced yoga instructor, led the session.

Purpose of the Yoga Camp:

The Yoga Camp was organized as part of the **ESIC 74th Fortnight Celebration** to enhance the overall health and well-being of employees and the community. With the rising awareness around the importance of holistic health practices, the camp aimed to:

- Promote physical and mental wellness through regular yoga practice.
- Reduce stress and anxiety in participants through relaxation techniques.
- Encourage participants to integrate yoga into their daily lives for better health outcomes.

Outcomes of the Yoga Camp:

- **Enhanced Physical Wellness:** Participants reported feeling more energized, flexible, and physically relaxed after the yoga session. Many expressed an increased interest in incorporating yoga into their daily routines.
- **Stress Reduction:** The breathing and relaxation techniques provided valuable tools for managing daily stress and anxiety. Several participants noted feeling more relaxed and at ease by the end of the session.
- **Awareness Building:** The camp also raised awareness about the physical and mental health benefits of yoga, inspiring participants to adopt healthier lifestyles and practices in their personal and professional lives.

