



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



***Inauguration of Yoga Fortnight by the Medical Superintendent, Dr. Tilak Raj on 07 June, 2022.***



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration in Little Angles Higher Secondary School Kathua, Jammu on 07-06-2022**



सत्यमेव जयते



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**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Cleanliness drive in DASAL basti, Bari Brahmana, Jammu from 07 to 09 June, 2022.**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga being practiced by the hospital employees on 07-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive medical health check up camp on detection of breast cancers on 07-06-2022**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at Chenab Textile Mills - Kathua, Jammu on 08-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive medical health check up camp by dept. of Medicine on 08-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga being practiced by the hospital employees on 08-06-2022**





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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive Health Talk by Dr. Sonika Kundan, Splt. Medicine on 08-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration at Bharat Insecticides - Kathua, Jammu on 09-06-2022**



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Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive Health Talk by Dr. Zeba Bashir, J.R Dental on 09-06-2022**



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**Preventive Health Talk by Dr. Nindiya Sharma, dept. of ENT on 09 - 06 - 2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Cleanliness drive in DASAL basti, Bari Brahmana, Jammu concluded on 09 June, 2022.**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health check up camp dept. of Ophthalmology on 10 June, 2022.**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Preventive health Talk by Dr. Romana Masoodi, Spl. Ophthalmology on 10 June, 2022.**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at M/s Goodrej Consumer, Indl. area - Kathua, Jammu on 11-06-2022**





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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga being practiced by the hospital employees on 11-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health check up camp (Dept. of Orthopaedics & Physiotherapy on 11 June, 2022.**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at M/s Hindustan Food Ltd., Phase- II, SIDCO, Samba, Jammu on 13-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive Health Talk by Dr. Anju Manhas, Spl. Surgery on 13-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive Health Talk by Dr. Amarjeet Singh dept. of Surgery on 13-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Cleanliness drive at DARANI Basti, Bari Brahmana, Jammu started on 13-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Cleanliness drive at DARANI Basti, Bari Brahmana, Jammu started on 13-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration at M/s Nilkamal Ltd, Phase- II, SIDCO, Samba, Jammu on 14-06-2022**





**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga being practiced by the hospital employees on 14-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive medical health check up camp cum Health Talk by dept. of Medicine on 14-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive medical health check up camp cum Health Talk by dept. of Medicine on 14-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Cleanliness drive in DARANI basti, Bari Brahmana, Jammu concluded on 14 June, 2022.**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration at M/s Indo Swift, Phase- I, SIDCO, Samba, Jammu on 15-06-2022**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga being practiced in the hospital on 15-06-2022**





**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration at M/s UPL, Phase- I, SIDCO, Samba, Jammu on 16-06-2022**





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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga being practiced in the hospital by ESIC employees on 16-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health talk by Dr. Virinder Khosla, CMO Ayurveda on 16-06-2022**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmna, Jammu



**Yoga demonstration to the patients by the dept. of Ayush on 16-06-2022**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at M/s Cadila Pharma, Phase- I, SIDCO, Samba, Jammu on 17-06-2022**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health talk by Dr. Megha, dept. of Gynaecology & Obstetrics on 17-06-2022**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at M/s Sarveshwar Overseas Mills, SIDCO, Bari Brahmana, Jammu on 18-06-2022**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health talk by Dr Shalini Kotwal, dept. of Medicine on 18-06-2022**



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**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga being practiced in the hospital by ESIC employees on 20-06-2022**





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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at M/s Acent Pharma, SIDCO, EPIP, Bari Brahmana, Jammu on 20-06-2022.**



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health check up camp at M/s Acent Pharma, SIDCO, EPIP, Bari Brahmana, Jammu on 20-06-2022.**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



***In house Preventive health check up camp (Bone Mineral density) by dept. of Orthopedics in collaboration with USV healthcare Ltd. on 20-06-2022.***



## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga being practiced in the hospital by ESIC employees on 21-06-2022**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration at M/s Medley Pharma Ltd. SIDCO, Bari Brahmana, Samba, Jammu on 21-06-2022.**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Yoga demonstration at M/s Medley Pharma Ltd. SIDCO, Bari Brahmana, Samba, Jammu on 21-06-2022.**



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## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Yoga demonstration at M/s Medley Pharma Ltd. SIDCO, Bari Brahmana, Samba, Jammu on 21-06-2022.**



**Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**Preventive health talk by Dr Ifra Rasool, dept. of Paediatrics on 21-06-2022**





## Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu



**Preventive health talk by Dr Ifra Rasool, dept. of Paediatrics on 21-06-2022**

 **Yoga Fortnight, 2022 | ESIC Model Hospital Bari Brahmana, Jammu**



**8<sup>th</sup> International Yoga Day celebration, 07 to 21 June, 2022**