



ACTION TIMES



VOLUNTARY BLOOD DONATION WEEK CELEBRATION

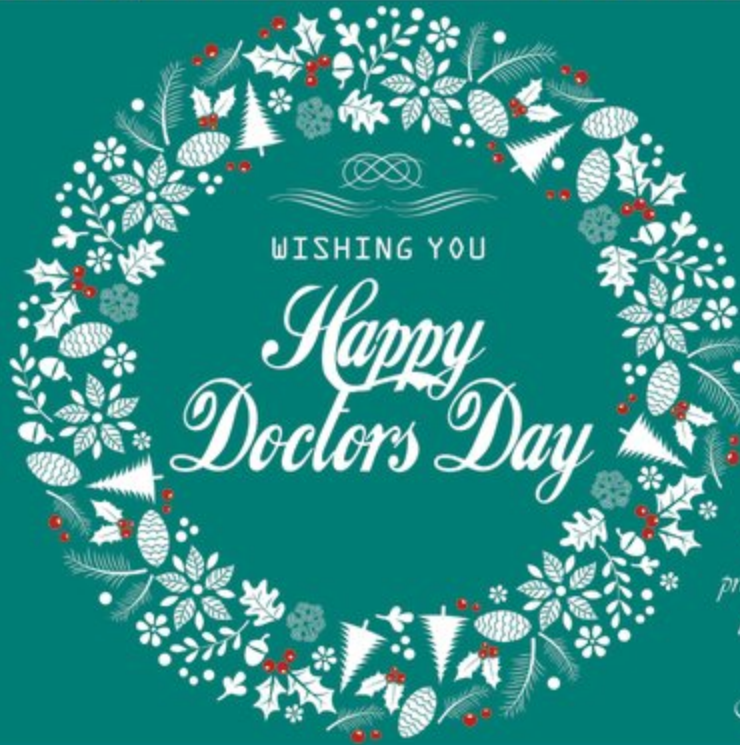
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www.actionhospital.com
www.actioncancerhospital.com


One day
is not
enough
to thank
our
exceptional
doctors
for the other 364



The confidence, care and compassion provided by our doctors is the main reason that Sri Balaji Action Medical Institute and Action Cancer Hospital are among the best hospitals.

INTERNATIONAL DAY OF YOGA

20 June 2015



International Yoga Day was celebrated At the Action Group of Hospitals on 20/06/2015 at 9 am by Dr. Anjali Sharma, Consultant, Naturopathy & yoga Department. It was a one hour session which took us through the best practices in asanas along with relaxation and breath control, Ending it with a simple meditation. The session was attended by Sh. R. C chharia, General

secretary of action Hospital, Dr. DP Saraswat(CEO), Dr. Pinky Yadav (MS SBAMI) ,Dr. Asha Aggarwal(MS ACH) and employees and outside patients

At Action Hospitals we have made a pledge to bring good health, and like it is said It begins from the Home. Such Yoga sessions are taken regularly for the staff by Dr. Anjali Sharma, Consultant, Naturopathy lifestyle Clinic. The aim of these sessions is to

- ♦ overcome postural issues
- ♦ gain good health
- ♦ maintain good mental and emotional health
- ♦ Bring about public awareness for Scientific Yoga

In today's time, in the race to survival, we spend the whole day in working and straining our body mentally and physically. In this process, we have lost the

balance between our Physical self and the Spiritual, Mental and Emotional Being. Yoga is the gift given by our sages to bring back this balance in our life. Many centuries ago they had formulated postures (asanas), breathing practices (pranayama) and the Yogic lifestyle (Dinacharya), for keeping up good health. Stress poses as a major cause for many disorders of modern time and also an aggravating factor for the disorders.



It is scientifically proven that Practice of Yoga helps improve the body immunity, strengthens the muscles and bones, harmonises the nervous system, improves functioning of many organs and systems like the cardiovascular, digestive system, etc. Relieves one from many psycho physiological disorders or better termed as lifestyle disorders.

We give so many hours for our duties, so all we need to give is 'One hour of Yoga - way to good health', which is affordable and worth it for our loved ones too.

