

OBSERVANCE OF 74th ESIC FOUNDATION DAY AND SPECIAL SERVICES FORTNIGHT AT ESICMH RAMDARBAR CHANDIGARH AND IN INDUSTRIAL CLUSTER DATED 03.03.2025

The Yoga and Ayush camps were organized in the presence of Dr.Pooja Majotra, Mr.Yogesh and Ms.Neeti at ESICMH Chandigarh.The event encouraged the IPs and staff to inculcate the importance of yoga in their day-to-day life to keep their mind and body sound ,to lower the levels of stress and improving brain function.

An Ayush camp was also organized by Dr.Pooja Majotra where the education on importance of ayurveda was imparted to the masses.A small health talk was given to adopt measures for maintaining healthy lifestyle like healthy diet, yoga and regular exercise in their daily routine,to get regular screening tests and to get regular follow-up in the hospital for better living and to prevent diseases related to sedentary lifestyle.

A preventive health check-up camp was organized at M/S Micron Instrument, Chandigarh under the leadership of Dr.Rashmi, Dr.Kanika along with Nursing officer, Nursing orderly and a laboratory technician. A detailed health check-up was conducted and basic investigations were advised at the camp.

The camp was organized at industrial cluster emphasizing on the benefits of ESIC scheme and for early diagnosis of lifestyle disorders related to hypertension, diabetes, thyroid disorders, asthma, tuberculosis and occupational related health hazards in insured persons.The IPs/IW were given the required consultation at the camp.

Photographs are attached for reference





