## OBSERVANCE OF 74<sup>th</sup> ESIC FOUNDATION DAY AND SPECIAL SERVICES FORTNIGHT AT ESICMH RAMDARBAR CHANDIGARH AND IN INDUSTRIAL CLUSTER DATED 04.03.2025

A preventive health check-up camp was organized at Stepping school, Chandigarh under the leadership of Dr.Jasmine, Dr.Saivarma 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 getting early screening of various lifestyle disorders such as hypertension, diabetes, thyroid disorders, asthma, tuberculosis and occupational related health hazards in insured persons. A small health talk was given to adopt measures for maintaining healthy lifestyle, to include healthy diet, yoga and regular exercise in daily routine to prevent diseases related to sedentary lifestyle. The IPs/IW were given the required consultation at the camp.







