

OBSERVANCE OF 74th ESIC FOUNDATION DAY AND SPECIAL SERVICES FORTNIGHT AT ESICMH RAMDARBAR CHANDIGARH AND IN INDUSTRIAL CLUSTER DATED 27.02.2025

A health talk by Dr.Romana Masoodi at ESICMH Chandigarh wherein the importance of screening of pre-cancerous lesions and age related disorders was imparted.A health talk was also given by Dr.Gurjeet on early screening of breast and prostate cancer at ESICMH Chandigarh for early management.

A health talk was given by Mr.Debashish who addressed the IPs and educated them about the role of physiotherapy in pain management, post-surgical recovery, injury rehabilitation, neurological rehabilitation, thus, promoting relaxation to mind and body.

The talk emphasized on benefits of physiotherapy in strengthening of weakened muscles, improving blood circulation, reducing pain and stiffness, improving mobility and range of motion, preventing future injuries and illnesses. It encompasses mental, physical, psychological and social well-being of an individual.

Photographs are attached for reference

