

## **ESIC Model Hospital Bari brahmana (J&K) Organizes Health Screening Camp at M/s Surya Biscuits Bari Brahmana .**

**Jammu, 04<sup>th</sup> March 2025** – As part of the ongoing ESIC Fortnight Activities, ESIC Model Hospital successfully organized a Health Screening Camp at m/S Surya Biscuit Pvt Ltd, Bari Brahmana, Jammu, on 04<sup>th</sup> March 2025. The initiative aimed to provide essential health check-ups and promote preventive healthcare practices among the employees and their families.

The camp witnessed the active participation of approximately **75 individuals**, who were provided with free health screenings, including tests for blood pressure, blood sugar, and general health consultations. Dr. Amal Vijay, IMO Gr –II from ESIC Model Hospital, led the camp and offered guidance on maintaining a healthy lifestyle and managing common health conditions such as hypertension, diabetes, and obesity.

The primary objective of the health camp was to raise awareness about the importance of early detection and regular health check-ups. Participants were educated on how to manage their health through simple lifestyle changes, including regular physical activity, balanced nutrition, and stress management.

The success of the event was possible due to the cooperation of **M/s Surya Biscuits Bari Brahmana**, who provided a conducive environment for the health camp and encouraged their employees to participate in this important activity.



