

ESIC Hospital, Ankleshwar (Gujarat)- 393002

Date: 08.02.2024

(Preventive Health checkup camps/ health screen camp: Screening and prevention of Diabetes mellitus and Hypertension by Ayurveda)

For public health awareness, a health talk was given to ESIC beneficiaries. In this health talk, the reasons of increasing Diabetes Mellitus (Madhumeh) & Hypertension in this era were pointed out. What should be the life style for prevention of these diseases was described. The role of sedentary life style, less exercise heavy carbohydrate intake, less sleep & stressful life are some responsible factors were illustrated. Importance of 'Aahar Vihar' & role of millets was illustrated. The importance of proper diet & regular checkup & to control the disease was traced. Pamphlet of Madhumeha in Hindi & Gujarati were distributed. Flex Banner were used to Ayurved awareness.

Approx. 31 ESIC beneficiaries were present in health talk.



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चिकित्सा अधीक्षक के निर्देशन में विशेष सेवा पखवाड़ा -2024 के अंतर्गत दिनांक 08.02.2024 को मेसर्स लुपीन लिमिटेड, GIDC, अंकलेश्वर में स्वास्थ्य जांच शिविर एवं ESI स्कीम जागरूकता कार्यक्रम का आयोजन किया गया जिसमें 30 आईपी का बीपी, शुगर, एवं वजन किया गया।

शिविर में अंकलेश्वर डिस्पेंसरी-1 से चिकित्सा अधिकारी, DCBO से शाखा प्रबंधक एवं क रा बी निगम अस्पताल से मेडिकल सोशल वर्कर एवं नर्सिंग स्टाफ उपस्थित रहें। सभी आईपी को आधार सीडिंग, AAA+ एप्लीकेशन और ई संजीविनी टेली मेडिसीन के बारे में विस्तृत जानकारी दी गई।

(Under the direction of Medical Superintendent, under Special Service Pakhwada-2024, a health check-up camp and ESI scheme awareness program was organized on 08.02.2024 at M/s Lupin Limited, GIDC, Ankleshwar in which BP, sugar, and weight of 30 IPs were done. Medical Officer from Ankleshwar Dispensary-1, Branch Manager from DCBO and Medical Social Workers and Nursing Staff from Chandrababu Nigam Hospital were present in the camp. All IPs were given detailed information about Aadhaar seeding, AAA+ application and e-Sanjeevini Telemedicine.)



