

## ESIC Hospitals in Gurugram and Bengaluru Conduct Extensive Preventive Health Activities under Swasth Nari, Sashakt Parivar Abhiyan

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In line with the Government of India's commitment to ensuring accessible and preventive healthcare for women and families, Employees' State Insurance Corporation (ESIC) Hospitals across the country are actively participating in the ongoing Swasth Nari, Sashakt Parivar Abhiyan. On 18th September 2025, significant activities were carried out at ESIC Hospital, Gurugram (Haryana) and ESIC Hospital, Peenya, Bengaluru (Karnataka), focusing on women's health, early detection of diseases, and workplace-based health promotion.

### Activities at ESIC Hospital, Gurugram

The second day of the Abhiyan at ESIC Hospital, Gurugram, was marked by wide-ranging preventive health services:

- **In-Hospital Health Camps:** Patients and their dependents availed of screenings for diabetes, haemoglobin, oral cancer, breast cancer, tuberculosis (TB), cervical cancer, and antenatal care (ANC) registrations. Specialised consultations such as ENT check-ups and eye examinations, including vision testing, glaucoma and cataract screening, were also conducted. These services ensured comprehensive coverage of both lifestyle-related conditions and communicable diseases.



- **Health Awareness Talk:** A dedicated awareness session on "Immunization in Pregnant Women and Children" highlighted the importance of timely vaccination in safeguarding maternal and child health. The interactive format encouraged patients to clarify their doubts and reinforced trust in preventive healthcare measures.



- **Outreach Camp at Vinay Corporation:** Extending services beyond the hospital, an outreach camp was organised for industrial workers. A total of 45 employees were screened for diabetes, hypertension, anaemia, and other common conditions. The initiative brought preventive care directly to the workplace, enabling timely medical advice and health counselling for the workforce.



### Activities at ESIC Hospital, Peenya, Bengaluru

Parallely, ESIC Hospital, Peenya, Bengaluru, organised both workplace-based and in-hospital activities under the Abhiyan:

- **Outreach Camp at Industrial Unit:** At Indian Design Exports Pvt. Ltd., Peenya Industrial Area, a health camp covered 75 insured persons (68 women and 7 men). The camp featured questionnaire-based screening for non-communicable diseases and tuberculosis, clinical screening for hypertension, diabetes, anaemia, and cancers, as well as counselling sessions on lifestyle disorders, menstrual hygiene, vaccination, and nutrition. Patients with common ailments were also provided immediate management.



- **Hospital-based Registrations and Screenings:** Within the hospital campus, 50 female insured persons and their dependents were registered under the Abhiyan. They underwent a series of check-ups addressing women's health concerns such as white discharge and anaemia, cervical cancer screening including Pap smear, breast cancer screening, hypertension and diabetes detection, as well as oral malignancy and dental hygiene checks.



- **Awareness Building:** The beneficiaries were also sensitised about the usefulness of digital tools such as the AAA App for health-related access and information.



The activities conducted on 18th September 2025 in Gurugram and Bengaluru reaffirm ESIC's commitment to making preventive healthcare accessible, affordable, and community-oriented. The combination of hospital-based services and industrial outreach reflects ESIC's holistic approach towards empowering women and families with knowledge, early diagnosis, and timely interventions.

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