

ESIC Continues “Swasth Nari, Sashakt Parivar Abhiyaan” with Health Camps and Awareness Sessions across the Country

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Employees' State Insurance Corporation (ESIC) is actively continuing the “Swasth Nari, Sashakt Parivar Abhiyaan” being observed from 17th September to 2nd October 2025. The nationwide initiative, launched by the Ministry of Health and Family Welfare, focuses on strengthening women's health, promoting early detection of diseases, and empowering families to adopt healthier lifestyles. The campaign aligns with the vision of Prime Minister Narendra Modi to build a healthy and empowered society, contributing towards a Viksit Bharat by 2047.

ESIC Medical College PGIMSR and Model Hospital, Rajajinagar, Bengaluru

At ESIC Medical College PGIMSR and Model Hospital, Rajajinagar, Bengaluru, a comprehensive health check-up and awareness programme was conducted on 20th September 2025. A total of 120 beneficiaries, including Safai Mitras and insured women, were screened for tuberculosis, menstrual disorders, oral, breast and cervical cancers. Screening identified seven diabetic cases, five hypertensive cases, thirteen anaemia cases, forty suspected oral cancer cases, sixteen suspected breast cancer cases and five suspected cervical cancer cases. Health education was imparted on anaemia, tuberculosis, nutrition and non-communicable diseases. The Yoga and Ayurveda Department conducted a special awareness session on the importance of nutrition and demonstrated the use of millets in preventing lifestyle-related disorders. In addition, a voluntary blood donation camp collected 22 units, and sessions on genital hygiene and infection prevention were organised with a focus on women workers. Outreach activities were also carried out at urban and rural health centres where beneficiaries underwent preventive screening and awareness sessions on diabetes, hypertension, tuberculosis, immunisation, antenatal care, anaemia, nutrition and menstrual hygiene.





ESIC Hospital, Tiruppur

On 21st September 2025, ESIC Hospital, Tiruppur organised a special health camp under the Abhiyaan, with a focus on insured women above 30 years of age. A total of 44 women underwent clinical screening and investigations, including blood pressure, blood sugar, haemoglobin estimation, and screening for oral, breast and cervical cancers. Eleven suspected cases of hypertension, thirteen suspected cases of diabetes and two suspected cases of anaemia were identified. In addition to structured health screening, awareness sessions on lifestyle disorders, anaemia prevention, menstrual hygiene, routine immunisation, and nutrition were conducted to encourage behavioural change. On-the-spot consultations and Pap smear tests were also facilitated, ensuring access to preventive care and timely medical advice.





ESIC Medical College and Hospital, Ludhiana

Continuing the campaign in Punjab, ESIC Medical College and Hospital, Ludhiana organised awareness and screening activities on 21st September 2025. Three awareness sessions were held within the hospital premises. The Department of Obstetrics and Gynaecology conducted a session on menstrual hygiene, while the Department of Paediatrics conducted two sessions on immunisation and nutrition. Pregnant women were screened for diseases, given advice on diet and antenatal care, and provided with free medicines. A total of 21 women underwent cervical and breast cancer screening, 25 beneficiaries were screened for anaemia, hypertension and diabetes, and oral cancer screening was also carried out. Four antenatal cases were registered during the camp.



ESIC Medical College & Hospital, Alwar

ESIC Medical College & Hospital, Alwar organised a “Swasth Nari, Sashakt Parivar” health camp on its campus with the objective of promoting women’s health and ensuring early detection of common health conditions. As part of the camp, beneficiaries were screened for hypertension, diabetes, anaemia, oral, breast and cervical cancers. A total of 113 individuals were screened for hypertension, 110 for diabetes, 110 for haemoglobin levels, 52 for breast cancer, 113 for oral cancer and 4 for cervical cancer, while one antenatal check-up was also conducted. A health awareness talk on cervical cancer was delivered by Dr. Deepika Verma, Assistant Professor, Department of Obstetrics and Gynaecology, highlighting the importance of

prevention, early detection and regular screening. The session was attended by security staff, safai mitras, ARM staff and patients, creating greater awareness and encouraging proactive health-seeking behaviour.



In addition, an outreach health camp was held at ESIC Hospital Campus, MIA, Desoola, Alwar which witnessed the participation of 102 individuals, including ESIC staff, security personnel and housekeeping workers. The camp featured Basic Life Support (BLS) training sessions conducted by the Department of Anaesthesiology, along with lifestyle disorder counselling, vaccination and nutrition awareness sessions.



Through these extensive activities, ESIC is reinforcing the goals of the Swasth Nari, Sashakt Parivar Abhiyaan, which is being implemented nationwide at Ayushman Arogya Mandirs, ESIC hospitals, community and primary health centres. By combining preventive health check-ups, clinical screenings, and community-based awareness sessions, the Abhiyaan continues to empower women and families to adopt healthier lifestyles, thereby contributing to a healthier, stronger and more prosperous India.

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