

Swasth Nari, Sashakt Pariwar Abhiyan: ESIC Hospitals Conduct Comprehensive Health Camps and Awareness Activities Across the Country

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As part of the ongoing Swasth Nari, Sashakt Pariwar Abhiyan, a series of health camps, awareness programmes, and preventive screenings were conducted on 25th September 2025 across ESIC hospitals and institutions. These initiatives aimed to promote women's health, preventive care, and holistic wellness for families.

At **ESIC Medical College & Hospital, Ludhiana**, World Lung Day was observed in conjunction with the Abhiyan. A lecture on the Effects of Air Pollution on Lungs was delivered by Dr. Udham Chand, Head of Pulmonary Medicine, while Dr. Ashish Chawla, District TB Officer, spoke on Diagnostic Challenges and Management of Tuberculosis. A mass TB screening camp with chest X-rays and spirometry tests was organized, covering 100 chest X-rays and 30 spirometry tests. The programme was inaugurated by Dr. Inder Pawar, Dean, and Dr. Aparajita Sophia D'souza, Medical Superintendent, in the presence of faculty, doctors, nursing staff, and their families, who actively participated in the awareness sessions.



At **ESIC Hospital, Tirunelveli**, both in-house and outreach activities were conducted. An outreach health camp at Annam Trading Company, Kottar, provided screenings including blood pressure monitoring, BMI calculation, haemoglobin and blood sugar testing, along with Ayurveda and Homeopathy consultations. In-house, a wellness programme titled Wellness Warriors by Dr. Jayanth emphasized preventive care, fitness, stress management, and posture improvement for women. Expert talks by Dr. Madhumitha and Dr. Sheril highlighted the importance of preventive health check-ups and lifestyle modifications to combat non-

communicable diseases. The camp recorded a total footfall of 805, including 196 screenings, 7 surgeries, and wellness sessions such as yoga demonstrations.



At **ESIC Medical College & Hospital, Faridabad**, a comprehensive women's health camp was organized by the Department of Obstetrics and Gynecology. The camp included antenatal care check-ups, nutritional screening, and cervical cancer awareness, along with diagnostic services such as Random Blood Sugar, Blood Pressure measurement, Hemoglobin estimation, oral cancer screening, VIA test, and Pap smear. A health camp at Polymedicure Pvt. Ltd. screened women employees for hypertension, diabetes, cancers, tuberculosis, and anemia, while spreading awareness on organ donation and TB prevention. Blood donation camps were held at ESIC Medical College & Hospital, Faridabad and at Kapila Industries, promoting voluntary blood donation and ensuring availability of safe blood.



At **ESIC Model Hospital, Gurugram**, an outreach camp was conducted at Shufab Industries where 101 women employees were screened. Preventive screenings at the hospital included hemoglobin testing, hypertension checks, and screenings for oral, cervical, and breast cancers. A public lecture on Balanced Diet for Pregnant Ladies & Adolescent Girls was delivered by a dietitian, focusing on nutrition, anemia prevention, and lifestyle choices for adolescent and maternal health.



The Swasth Nari, Sashakt Pariwar Abhiyan, launched under the vision of Prime Minister Narendra Modi, continues to integrate awareness, prevention, and care across ESIC's nationwide healthcare network. These efforts reinforce the commitment to early detection, lifestyle modification, and empowerment of women to lead healthier lives, thereby strengthening families and contributing to the goal of a Viksit Bharat.

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