

OBSERVANCE OF 74th ESIC FOUNDATION DAY AND SPECIAL SERVICES FORTNIGHT AT ESICMH RAMDARBAR CHANDIGARH DATED 25.02.2025

A Cleanliness drive was organized in the presence of respected Medical Superintendent Dr.Seema Singhal, Dr.Pooja Malhotra, Dr.Meenu Salaria, Dr.Manju Bala Goyal, Nursing officer and staff at ESICMH Chandigarh. The event encouraged the IPs and staff to participate in making their communities and surroundings clean to live in a healthy environment. It educated people to promote discipline and respect for the environment to ensure health and safety for everyone.

A health talk was given by Yoga instructor Mr.Yogesh who promoted the importance of yoga in day-to-day life. He advised to incorporate yoga in routine life to make your mind and body sound, to lower levels of stress and improve brain function.

A health talk was also given by Dr.Navjeet Kaur and Dr.Manju at ESICMH Chandigarh on getting early screening of precancerous lesions such as cervical cancer through pap smear and endometrial cancer. A small health talk and information on HPV vaccination was provided. The patients were advised to get their children immunized to protect them from infectious diseases. The women were advised to get their antenatal check-up regularly at the hospital. Photographs are attached for reference



