## OBSERVANCE OF 74<sup>th</sup> ESIC FOUNDATION DAY AND SPECIAL SERVICES FORTNIGHT AT ESICMH RAMDARBAR CHANDIGARH DATED 06.03.2025

A special drive was organized at ESICMH Chandigarh in the presence of Dr.Naaz Akhtar, Dr.Meenu Salaria and Mrs.Bimla ensuring that all the equipment which has been procured recently is functional, to maximise in-house facilities/treatment/tests thereby reducing the referrals.

The new equipment added for efficient functioning of various departments of the hospital like non-contact tonometer and cataract instrument set for screening of glaucoma and to perform cataract surgeries in the department of ophthalmology, otoscope in ENT department, fowler, semifowler and plain beds in hospital wards, semiautomated coagulation analyzer and biochemistry analyzer in laboratory is functional. Ultrasound machine has been made functional, thereby, promoting in-house treatment facility and reducing the referrals.

A health talk was given by Dr.Vikas Ummat to adopt measures for maintaining healthy lifestyle, to follow regular exercise routine while maintaining right posture at home as well as at workplace to prevent age related bone degenerative changes and further complications.

A small health talk was also given by Dr.Bharat in which education on early screening of pre-cancerous lesions and early diagnosis of other disorders related to oral health was imparted. An advice was given to adopt measures for maintaining dental hygiene and to refrain from substance abuse which would lead to cancerous lesions in future.

Photographs are attached for reference



