

# ESIC Hospital, Ankleshwar (Gujarat)- 393002

Date: 09.02.2024

## AYUSH camp/ Screening of life style disorders by Ayurveda.

For public health awareness, a health talk was given to ESIC beneficiaries. In this health talk, the life style disorders in this era like obesity, Diabetes mellitus, Hypertension, IHD, anxiety & depression, Malignancy etc. were pointed out. What should be the life style for prevention of these diseases was described. The role of sedentary life style, less exercise heavy carbohydrate intake, less sleep & stressful life, used of packed food, tobacco chewing, smoking etc. are some responsible factors were illustrated. Importance of 'Aahar Vihar' & role of millets was illustrated. The importance of proper diet & regular checkup & to control the disease was traced.

Approx. 31 ESIC beneficiaries were present in health talk.

