

AYUSH HEALTH MELA

A Health Mela was organized by the Department of AYUSH, Chandigarh Administration under National Rural Health Mission on dated 30th March, 2010 in Community Centre of Village Badheri, Chandigarh. The Mela was inaugurated by Dr. Manjit Singh Bains, Director Health Services–cum-Director AYUSH, Chandigarh Administration in presence of Dr.N.K Arora , Medical Superintendent ,GMSH-16,Chd,Dr.Rajeshwar Singh Rana, Incharge Programme AYUSH and other Senior Health officials. It was conducted with the active participation of the members of Village Health & Sanitation Committee as well as the area councilors. The residents availed the facilities of various wings of AYUSH namely Ayurveda, Yoga , Unani, Siddha and Homeopathy under one roof. In the Health Mela approximately 750 patients of the area were provided consultation and free treatment of Ayurvedic, Homeopathic and Unani medicine along with Yoga exercises being demonstrated by a Yoga instructor. The advantages of Yoga for healthy life style were also highlighted along with the importance of nutritious and balanced diet. The medicines were also distributed to the patients free of cost. An exhibition was displayed by reproductive and child health (RCH), RNTCP & NCD. A display of medicinal plants was also organized to educate people regarding the benefits of these easily and locally available plants like Aloe-vera, Brahmi, Sadabahar,Tulsi etc which, if incorporated into the regular usage can help one in attaining a healthy life. Area Councilor Mr.Bhupinder Singh Badheri also visited the Health mela and appreciated the initiative taken by the AYUSH-NRHM for providing door services to the residents of the area of the Village Badheri.