

Health checkup was organized on October 15, 2012

Prevention is better than cure. This age-old saying stands all the more vindicated in the present scenario when the human body is constantly under the onslaught of physical and mental stress. Timely and regular health exams can assist in diagnosing problems early and/or detecting health issues before they actually show symptoms. General health screenings are vital preventive care requirement that can help in picking up early warning signs like high blood pressure and blood glucose and lipid levels. Several disorders like diabetes and cardiovascular diseases can, therefore, be detected in early stages whereby the treatment/management can be better.

A health checkup was organized on October 15, 2012 under the consultation of Dr. Bhavana Agarwal for the women faculty and other staff members. As a follow-up to the screening tests, the members were individually advised on the basis of their test results and steps to be taken for good health.