



# Seminar on Health Challenges and Healthy Lifestyle

## Why in News?

**Union Minister for Labour & Employment** attended a **seminar on "Health Challenges and Healthy Lifestyle"** organized by **Arogya Bharti** in collaboration with **ESIC Medical College & Hospital, Faridabad, Haryana**.

## Key Points

- **Emphasis on Preventive Healthcare:**
  - The Union Minister underscored the **importance of preventive and promotive healthcare** in fostering a healthy and fit India.
  - He highlighted **India's rich healthcare heritage** by citing ancient medical pioneers like **Charak, Sushruta, and Lord Dhanwantari.**
- **Role of Traditional Practices:**
  - He stressed the significance of **meditation, yoga, and fasting** as essential components of preventive healthcare.
  - He commended Arogya Bharti for organizing wellness camps nationwide to **promote holistic well-being**.
- **Inauguration of Advanced Medical Facilities:**
  - During his visit, the Union Minister inaugurated three cutting-edge medical facilities to enhance diagnostic and treatment capabilities:
    - **Digital Mammography Services**
      - A high-resolution, digital detector-based mammography machine designed for early detection and evaluation of breast cancer.
    - **1000 mA Digital Radiography Fluoroscopy (DRF) System**
      - A modern diagnostic system that improves X-ray radiography and fluoroscopic-guided interventions for insured workers and their families.
    - **Next-Generation Sequencing (NGS) Application**
      - An advanced technology supporting oncology research, RNA sequencing, and pathogen identification, paving the way for precision medicine.
  - **Unveiling of Lord Dhanwantari's Statue:**
    - As a **tribute** to India's ancient medical wisdom, the minister unveiled a **statue of Lord Dhanwantari, the god of Ayurveda**, at ESIC Medical College & Hospital.