

CGPWA , Jammu organises Medical Camp

The Central Govt Pensioners' Welfare Association Jammu organised a Medical Camp at Wellness Centre & Day Care Centre. Exhibition Ground, Jammu.

J&K's one of the top Cardiologists, Dr. Sushil Sharma, Jammu's well-known Orthopaedician & Dr. Arjmand, Ophthalmologist examined & treated more than hundred senior citizens & provided treatment. ECG & blood tests were also conducted. This the third Medical Camp organised by the Association in five years.

Quite a number of non- CGPWA senior citizens visited the camp & took its benefits. Arrangements were also made for free medicines for the patients.

Those attended the Camp included the Patron CGPWA & former ADGP, S S Wazir, President & former DGP & CVC, Sh Kuldeep Khoda, General Secretary & former Member J&K PSC, K B Jandial, former DGP Dr Ashok Bhan, JK Vaid GSI (R), Prem Gupta IPS (R), Treasure O P Sharma, former DIG BSF K K Gupta, V K Magotra, RL Kampassi.



High time to prioritise preventive & rehabilitative care to support Healthy Aging: Dr Sushil



Dr. Sushil Sharma along with doctors and others during a camp.

STATE TIMES NEWS
JAMMU: Highlighting one of the important, though often overlooked, relationship between retirees and prevalence of cardiovascular diseases and its associated risk factors, Dr. Sushil Sharma conducted a health check up cum awareness camp in collaboration with Central Government Pensioners Welfare's Association at Day care cum wellness centre, Exhibition

hypertension. Moreover, retirees' CVD risk may also be influenced by retirement-related changes in mental and physical health. Dr. Sushil emphasized that numerous studies showed increased leisure time following retirement responsible for promoting sedentary behavior. However, there is strong evidence that retirement increases adiposity measures among those espe-

cially those with a sense of belongingness and collaboration among families, communities, institutions of civil society, and the insurance sector helps in addressing the changing lifestyles, healthcare costs and regulating certain modifiable risk factors for CVD among retirees.

It's high time to prioritize preventive and rehabilitative care to support healthy aging for all retirees, who once served our society with utmost dedication and sincerity, he added.

More than 150 individuals were screened, evaluated for Cardiovascular, Orthopedics and Eye related problems. Blood Sugar, Lipid Profile, HBA1C Levels were screened besides ECG. Free medicines were also given as per the requirements.

Management Committee of the Central Govt. Pensioners Welfare Association Kuldeep Khoda (President), K B

