



HEALTH CAMP FOR THE ADVOCATES OF TIS HAZARI COURT



At star, we believe health is wealth. A day long preventive health and wellness camp has been organised by Star Wellness & Care Foundation along with Star Imaging and Path Lab for the advocates of Tiz Hazari Court. Around 110 members were benefited in the camp with free consultation by a team of doctors and various health checkups.

We look forward that such health camps will continue to be useful to keep the health of legal fraternity in check in the future as well. Happy to see them taking preventive steps towards health.

Lawyers are more prone of being the victims of mental illness like depression or anxiety as they have to deal with problems and disputes on daily basis. It is not unusual to know that the problems of the clients start bothering lawyers on a personal level. He has to serve justice to his client and at times deal with the problems of his life too. From home to law firm then sitting and working for long working hours with just small breaks and fewer hours of sleep can lead to health problems amongst lawyers. Sometimes, while scurrying for work you may miss your breakfast or any meal and may opt for junk foods which can add to health problems.

While alcohol intake and thyroid issues among Indians seem to have reduced over the past year, a new health report has detailed a concerning increase in levels of blood pressure, cholesterol, and diabetes, despite fitness and health becoming a nationwide area of interest during the Covid-19 lockdown. As per the Health Risk Assessment (HRA) Score, 1 in 2 Indians is either in the 'High Risk' or 'Borderline' category. This is a massive 12 per cent improvement from last year's figures where 62 per cent Indians fell into the 'Unhealthy' category.

About 15 per cent of users have reported high BP in 2020 in comparison to 13.4 per cent in 2019. This figure, according to the report, has steadily increased over the last 4 years. About 35 per cent users also reported this disease runs in the family which is a significant figure. Blood pressure cases among older adults are just triple of those in adults. Safe to say, then, that people above 45 are at more risk of having hypertension.

The Campaign aimed at providing Preventive Health Check-Up facilities & Doctor Consultation so as to identify people in an apparently healthy population who are at higher risk of a health problem or a condition, so that an early treatment or intervention can be offered and thereby reduce the incidence and/or mortality of the health problem or condition within the population.

Adv. Mukesh Kumar, Adv. Anil Kumar tomar, Adv. Dharminder, Adv. Sona Kumar, Adv. Divya, Adv. Ajay Dahiya, Adv. Vikas Roy, Adv. Indu Rani, Dr. Sameer Bhati, Director, Star Imaging & Path Lab, Shri. Divya Darshan, Honorary Secretry, Rohini Court Bar Association & the advocates together pledged to take a preventive approach for their health & stay one step ahead of the disease. Staying amid pollution with busy & hectic schedules have resulted in ignorance of personal health. We need to make our own laws for our Good Health.

To have the best output at work we need to provide people with a healthy environment to work. A healthy workplace can be described as one where people actively contribute to the working environment by promoting and protecting the health, safety and well-being of all others. Mental health interventions should be delivered as part of an integrated health and well-being strategy that covers prevention, early identification and support. Mental health of every person is very important for being productive, as not having a good mental health would lead to inability of the person to concentrate on his work.

