



## HEALTH CAMP FOR THE MEMBERS OF ROHINI COURT COMPLEX



**Let's Improving Lives Together! ✨**

Everyone needs quality healthcare services ensuring that healthcare is for all of our citizens as a right. So as our responsibility towards building a healthier society we, Star Wellness & Care Foundation in association with Star Imaging & Path Lab has organised a Preventive Health and Wellness Camp for the members of the bar at Rohini Court Complex offering them Free Medical services. The goal is to provide easy and approachable healthcare solutions to all.

Star Imaging & Path Lab organised a Preventive Health Campaign to care for Health & Wellbeing of Legal Fraternity at Rohini Court Complex. The Inaugural Ceremony marked the presence of the esteemed & distinguished members of

the Bench as well as the bar. 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. Sh. Suresh Kumar Gupta, Hon'ble Principal District & Sessions Judge-North West District, Sh. Vimal Kumar Yadav, Hon'ble Principal District & Sessions Judge-North District, Sh. Vinod Kumar, District Judge Commercial Court, North West District, Dr. Sameer Bhati, Director, Star Imaging & Path Lab, Mr. Manjeet Mathur, Honorary Secretary, Rohini Court Bar Association & the advocates together pledged to take a preventive approach for their health & stay one step ahead of the disease. Sh. Suresh Kumar Gupta, Hon'ble Judge said that "This is a welcome move by Star Imaging with Rohini Court Bar Association & it's high time to focus on one's health as we have witnessed the Harsh Covid Times." Dr. Sameer Bhati, Director Star Imaging said that, "Preventive Health Campaign is the need of the Hour. 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.

The mental illnesses must be treated like any other physical illness. Simply saying it's just in your head won't help because for those who suffer, it is very real. The victims of mental disorders need coping advices and not judgmental comments. There seems to be no specific reason to when a mental disorder strikes, how deep it strikes or how long it lasts.

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.

In a welfare, state health and health care of the people are of prime importance. It presupposes that the state to ensure conditions congenial to good health. Maintenance and improvement of public health have to rank high as these are indispensable condition required in the modern state. Right to health is a necessity for rich and poor. The right to health is concerned with various factors such as housing, food, water, sanitation and environment.

