

Fortis Escorts Hospital observes World Health Day to bring focus on Depression

- **Awareness talk for over 150 students of DAV Senior Secondary School on 'Mental and physical Health'**
- **Awareness talk for patients and attendants on Depression in "Spandan" program at Fortis Escorts Hospital, Jaipur**
- **Talk on Stress management and Depression for over 100 members of 'Seniors First' club**

Jaipur, 7th April, 2017: On the occasion of World Health Day on 7th April, Fortis Escorts Hospital, Jaipur, organized various activities to encourage focus on depression for better and Healthy living. 'Depression -Let's Talk' was the theme of this year's World Health Day, all the activities focused on improving different aspects of creating awareness for Depression for different sections of societies including students, youngsters and elderly members of society.

Dr. Arun Chahar, Consultant, Psychiatry, who is trained from NIMHANS, Bangalore, Indian's prestigious institute in Neuro-Psychological training, provided guidance to identify the symptoms of depression in your dear ones, Causes and remedies.

In today's scenario Depression raising as a global problem, which is leading the cause of suicide in youth. Dr. Chahar told that Depression is the one the major cause of disability in people worldwide. researches says that the person having responsibilities in multiple fields, having more possibility to have depression because they have to prove themselves in more than one place. Depression is not only being sad it also includes lack of self-esteem, isolation, lack of concentration, sleeping disorder, Change in eating habits, Loss of metal and physical energy and many more. And if not treated on time then tend towards suicide attempts.

Sometime talking is therapeutic in depression, Dr. Chahar advised to talk more about your problems with your friends, family and Doctor. he also advised to sphere some time for our self, spend time with friends and family, have balance and healthy diet, balance the life between home and office.

Focusing on the theme of 'Depression -Let's Talk', an awareness talk on 'Depression, Stress Management and Positive Lifest yle' was organized for elderly members of the society. Over 100 members of 'Fortis Seniors First' club of above 60 years of age benefitted from this session as they discussed with Dr. Chahar about the age related issues, increasing depression and loneliness and sense of feeling unimportant at that age. Dr Chahar advised them to focus on a healthy lifestyle, accept physical issues that come with age, importance of right eating and sleeping, importance of enjoying your present moment and stress relieving by spending good time with your loved ones.

During the “Spandan” program over 100 patients and attendants was addressed in Fortis Hospital, Jaipur by Ms. Udit Kaushik, Counselor Psychiatrist. She told that chemical imbalance in brain, Diseases from long time, major accident can also be a reason of depression. In some cases, patients go into depression after a surgery.

As a part of Community Outreach Program for Students (CORPS) an Awareness Program on ‘Health and Healthy Life Style’ was organized for over 150 students from 11th to 12th standards of DAV Sn. Secondary School. Dr. Manjari Sharma, Consultant, Internal Medicine addressed the session where he spoke on balance diet, proper sleep, stress free life style, balance between study and sports activities etc.

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