

Fortis Hospital holds Free Multispecialty Health Camp at Golf Club

Chandigarh, June 9, 2017: Fortis Hospital, Mohali, in association with Chandigarh Golf Club, organized a free multispecialty health camp at Golf Club here. More than 200 members of the club availed the service at the camp as they were counselled for a healthier lifestyle.

The objective behind holding the camp was to facilitate the members of the club to become aware of their physical fitness and general well-being. The camp was inaugurated by the **President of Chandigarh Golf Club, Mr. Ravibeer Singh.**

The team comprised experienced doctors from various departments of the hospital: Cardiology, Medicine, Orthopedic, ENT, General Surgery, Gastroenterology, Dental and Urology. The team also included four nurses, a dietician, a physiotherapist and two trained technicians. The check-ups that were most sought after included bone mineral density, ECG, blood pressure, random blood sugar. The members also found advice on diet management very useful.

Dr. Gurdeep Kochhar, Chairman Medical Camps Chandigarh Golf Club, said, "We often procrastinate when it comes to routine health check-ups. This camp organized by Fortis, Mohali reminded us all that it's important to keep a close track of one's health status."

While giving her expert opinion, **Dr. Sonia Gandhi, Head, Department of Clinical Nutrition & Dietetics, Fortis Hospital, Mohali,** said, "Our sedentary lifestyle in today's busy life makes us prone to diseases like diabetes, cardiac problems, high blood pressure and many stress-related impacts on our health. It is important that we remain physically active and keep ourselves stress-free to stay fit. Planned scientific diet as per the individual physiological requirement and following an active lifestyle plays a vital role to our healthy longevity"

About Fortis Hospital Mohali

Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 346 diagnostic centres.

For more information, please contact:

Fortis Healthcare Limited	iCatchers Media Solutions
Priyanka Vij Monga 7508621835	Amit Roy 9501101071
priyanka.monga@fortishealthcare.com	amit@icatchers.co.in

Fortis Healthcare Ltd., National Media Head:
Ajey Maharaj +919871798573
ajey.maharaj@fortishealthcare.com