

## Manipal Hospitals launches 'Well Women Package'

06 March 2020 | News

### It aims at preventive measures for women



In an endeavour to prioritise preventive healthcare and make women aware of a healthy life, Manipal Hospitals, Dwarka recently launched 'The Well Women Package' that aims at preventive measures for women.

Celebrity chef Sanjeev Kapoor unveiled the Package and also provided tips for a healthy diet while demonstrating a quick recipe of a healthy salad on table every day.

The event was organised to mark the International Women's Day (March 8) and it also witnessed a brainstorming Panel discussion on 'Healthy Diet= Healthy Women' and survivors sharing their experience.

Dr Yugal K Mishra, Chief of Clinical Services & Head of Cardiac Sciences, Manipal Hospitals Dwarka, New Delhi said, "We have aligned ourselves with this year theme of International Women's Day – 'An equal world is an enabled world.' We have specially created the Wellness Package for Women and it aims at prioritising preventive healthcare. We firmly believe that all is well when women are well in our family."

"Women's Health need to be dealt holistically. I strongly recommend women to go for regular check-ups and the government should also come out guidelines for their overall wellbeing. Today, we encourage them to pay attention to a healthy diet and that will make them healthy", he added.

Celebrity Chef Sanjeev Kapoor while expressing concerns over the neglect of health by women and lack of adequate access to healthcare said, "It should remind all of us that a woman plays the numerous roles but at the same time she neglects her health. Lack of timely access or delay in treatment aggravates their problems. Hence women's timely access to healthcare without any bias is a very critical issue and we urgently need to address this."

Dr Leena Sridhar, Consultant Obstetrics & Gynaecology said, “Personal health takes a backseat for most women, with their hectic schedule of taking care of work, home, and all the people in their lives. This Women’s Day we should make a positive change and encourage them to make health a priority.”

Over 100 women from all walks of life participated in the event and availed the Package that will encourage them to focus on their wellness.