

WORLD LIVER DAY CELEBRATION AT ESIC MODEL HOSPITAL, NOIDA

World Liver Day started with huge gathering which include Staff, patients and their attendants. The health awareness programme was started By Dr. Rajiv Garg (H.O.D.) of Medicine, He emphasized that chronic liver disease occurs due to prolong use of Alcohol, smoking and infection of liver and he also emphasized on taking green vegetables and five colours of fruits which is good for health and also advised to take different types of oils in small quantity which completes all types of required fatty acids in body.

H.O.D. of Ayurveda suggested use of Amla, Haldi, Aloe -Vera and Chyanwanprash in case of liver diseases and it also improves immunity so prevents infection of liver.

DMS gave the information to the patient that liver diseases can lead to organ failure so prevention and awareness about the diseases is very important to everyone. He told about the importance of yoga also.

The ceremony is concluded with vote of thanks.



DR. RAJEEV, GARG.
H.O. D, MEDICINE
ESI HOSPITAL 2
SECTOR-24,
NOIDA

