

### **CGHS Webinars**

CGHS, known for providing comprehensive health care services to its beneficiaries, is conducting **a series of short webinars of 60-90 minute duration with active participation of its beneficiaries to provide information on common health related issues**. These webinars are being scheduled at **4.00 pm on 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month**. A 30-40 minutes presentation by a CGHS Doctor will be followed by 30 minutes of answering of relevant questions from the beneficiaries.

It is expected that these webinars will provide useful information to CGHS beneficiaries and create awareness on various health conditions, provide guidance on promotive care, lifestyle modification and also dispel many health-related myths and doubts.

**The tenth in the series is being held on 23/03/2021 (Tuesday) at 4.00PM on “YOGA AS A PREVENTIVE MEDICINE” by Dr. I.N. Acharya, Programme officer (Yoga Therapy) & Yoga demonstration by Sh. Lalit Madaan, Yoga Therapist.**

The link for attending the webinar is as follows: <https://cghshq.webex.com/meet/adhq.dl>