

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 2nd and 4th 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 seventeenth, in the series is being held on 13/07/2021 (Tuesday) at 4.00PM on ***“Role of Good Sleep in Everyday Life”*** by Dr Himanshu Gupta (Psychiatrist, Senior Medical Officer, CGHS Delhi)

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