

Fwd: **People/Employee Wellness Proposal- One Health Awareness Talk Per Month. Open the email to read it**

From : TS DG <bro-tdsg@nic.in>
Subject : Fwd: People/Employee Wellness Proposal- One Health Awareness Talk Per Month. Open the email to read it
To : **DDG Med** <bro-ddgmed@nic.in>

Mon, Mar 17, 2025 04:25 PM
2 attachments

From: shrikantsg@drreddys.com
To: "TS DG" <bro-tdsg@nic.in>
Sent: Monday, March 17, 2025 3:47:58 PM
Subject: People/Employee Wellness Proposal- One Health Awareness Talk Per Month. Open the email to read it

Respected Mr. Gen Raghu Srinivasan

I represent **Dr. Reddy's Foundation for Health Education (DRFHE)**, part of **Dr. Reddy's Laboratories**.

We do face to face "Health Talks" for corporate employees and educational institutions, and all other organization (public/private/government) one topic per month, all from a **prevention point of view**. The speakers are medical doctors/specialists.

The reason - the health of people working in the organization is important and **Good Health Can't Wait**.

We are also trying to attach health screening along with talks provided all goes well.

All this at no cost. Free for all and pan-India.

If you find this idea good to implement, we can meet- face to face or virtually. If you are not the right person, please forward to the concerned person.

If yours is a healthcare organization providing healthcare services, kindly participate in this mission as a disseminator.

Table A – Annual Health Calendar (Indicative)

Indicative Awareness For Life(AFL) Calendar for your organization
- You can pick and choose the topics to customize your own calendar

January <ul style="list-style-type: none"> Obesity and Risk Factors Respiratory Problems 	February <ul style="list-style-type: none"> Epilepsy General Cancer Awareness 	March <ul style="list-style-type: none"> Stroke Kidney health Chronic Kidney disease Oral Health Women's Health 	April <ul style="list-style-type: none"> GI Disorders Irritable Bowel Syndrome Liver Diseases 	May <ul style="list-style-type: none"> Gum Health Mental Health -Anxiety ✓ Hypertension ✓
June <ul style="list-style-type: none"> Kidney Stones Acne Awareness Yoga for Life 	July <ul style="list-style-type: none"> Hepatitis Spinal health 	August <ul style="list-style-type: none"> Joint pain Hair loss Management Lung cancer 	September <ul style="list-style-type: none"> Migraine Heart Health Dyslipidaemia/Managing cholesterol Prostate health Nutrition for Healthy Ageing Skin care for winter Blood Cancer Awareness 	October <ul style="list-style-type: none"> Breast Cancer Arthritis Stroke Mental Health Awareness Month Spinal health Osteoporosis
November <ul style="list-style-type: none"> Diabetes Epilepsy GERD Awareness Understanding Diabetes and Kidney health 	December <ul style="list-style-type: none"> Anaemia Gut Health Constipation 			

Table B– Operational Aspects

Innovative Awareness For Life(AFL) Calendar for your organization

- You can pick and choose the topics to customize your own calendar

January

- Obesity and Risk Factors
- Respiratory Problems

February

- Epilepsy
- General Cancer Awareness

March

- Stroke
- Kidney health
- Chronic Kidney disease
- Oral Health
- Women's Health

April

- GI Disorders
- Irritable Bowel Syndrome
- Liver Diseases

May

- Gum Health
- Mental Health - Anxiety
- Hypertension

June

- Kidney Stones
- Acne Awareness
- Yoga for Life

July

- Hepatitis
- Spinal health

August

- Joint pain
- Hair loss Management
- Lung cancer

September

- Migraine
- Heart Health
- Dyslipidaemia/Managing cholesterol
- Prostate health
- Nutrition for Healthy Ageing
- Skin care for winter
- Blood Cancer Awareness

October

- Breast Cancer
- Arthritis
- Stroke
- Mental Health Awareness Month
- Spinal health
- Osteoporosis

November

- Diabetes
- Epilepsy
- GERD Awareness
- Understanding Diabetes and Kidney health

December

- Anaemia
- Gut Health
- Constipation