

Fortis Malar Hospital Celebrates World Health Day, Emphasizes Daily Exercise for Long Life

Mylapore walkers' benefit from health advice of physiotherapist & Dietician

Chennai, 7th April 2019: Celebrating World Health Day, Fortis Malar Hospital today conducted a unique camp to promote healthy living. The session organized at Nageshwara Rao Park, Mylapore saw doctors from Fortis Malar providing training on basic exercises to participants from across different age groups. **Physiotherapist Mr Khashif, Fortis Malar Hospital**, gave guidance to elderly walkers on basic exercises and motions to increase the body's mobility and reduce joint and muscle injury. **Mr. R Picchiah Kasinathan, Senior Dietician, Fortis Malar Hospital** gave advice on foods that people can include in their diet to improve health and daily energy.

As part of the event, participants did an exercise of their choice for fifteen minutes and took a pledge to follow a daily exercise routine. Doctors explained every aspect of health benefits that could be achieved through means of simple exercise like walking, jogging and skipping etc. Additionally, the participants were given a general regime of physical activity that can be altered to each one's need and followed on a day to day basis. The event ended with an interactive session with **Dr Umar Nazeem, General medicine, Fortis Malar Hospital** clearing the doubts of participants.

Commenting on the occasion **Mr Khashif** said *"Everyone knows the importance of exercise and the benefits it can do to the body, but very few put this to practice. Daily exercises routine can go a long way in promoting good health and a positive lifestyle. Having a daily exercise routine is important, especially given that most jobs today are sedentary in nature."*

The World Health Day is a global health awareness day celebrated every year on 7 April, to mark WHO's (World Health Organization) founding, and is seen as an opportunity to draw worldwide attention to a subject of major importance.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and 392 diagnostic centres.

Press Release

For Immediate Publication



About Fortis Malar Hospital:

Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

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