



ACCESSIBILITY TO HEALTHCARE: A HUMAN RIGHT

From Ludhiana Cluster

Bal Mukund, a 51-Year-old man working in the Landmark Group supply chain factory in Ludhiana. He hails from Chitrakoot district of Uttar Pradesh, he is staying here in a rented house with her wife and two daughters. Bal Mukund is the sole bread-earner of the family. Both his daughters are engaged in their academic pursuits and wife is a homemaker.

Bal Mukund came to Ludhiana 40 years ago, while in his 10th grade he developed keen interest toward factory work and decided to discontinue his studies to pursue his aspiration to work in factories. Ever since he has worked in various factories.

For the last 35 years he has been working in Landmark Group supply chain factories.

He got himself checked through the screening camp conducted by the Swasti team under the Invest for Wellness initiative. It was the first time he was getting a medical-check up done in his life. He was diagnosed with pre-diabetic condition with a blood glucose level of 182. The doctor advised on various lifestyle modification habits that can keep his glucose levels under control and he could live a quality life. Bal Mukund on gaining awareness took the ownership to make those minor changes starting from his diet to including more physical activity.

So far Bal Mukund perceived his health to be excellent and never felt the need to check himself, so attending the screening camp followed by counseling sessions on preventive health education has in some way ensured a more aware approach towards one's health.

The program also strives to extend services to such communities because accessibility to quality healthcare is a human right.