

B. Yoga and Ayurvedic Camps in ONGC Field Practice Area



ONGC Mehsana, Year: 2023-24

Yoga and Ayurveda have historically developed together, emphasizing the balance between mind and body for healthy living. ONGC's CSR MEHSANA ASSET initiatives support community wellness through health, nutrition, and empowerment. From December 2024 to March 2025, medical camps were held in villages within Mehsana District to offer healthcare and raise awareness on hypertension, diabetes, eye care, and holistic wellness through yoga and Ayurveda. The Young Citizen of India Charitable Trust, in collaboration with ONGC, community leaders, schools, and healthcare professionals organized these camps.

Objectives

- Promote Yoga and Ayush medicines for common disease prevention and treatment.
- Provide free health check-ups for blood pressure and diabetes.
- Distribute prescribed spectacles to those in need.
- Educate the community on chronic condition management.

Output and Outcome

The camps served over 3,500 participants, offering free screenings for blood pressure and glucose levels. Yoga instructors conducted 5 sessions focusing on stress management. 647 Students are Participated, while Ayurvedic practitioners gave consultations and lifestyle





advice. A total of 1,118 spectacles were distributed, 34 First Aid box Distribution in Villages alongside educational materials on diet management and wellness. Many attendees with elevated blood pressure and glucose were referred for further management. Enhanced community engagement and awareness about preventive health measures were observed.

Participants reported high satisfaction with the services, particularly valuing the accessibility and effectiveness of yoga sessions. The Free Medical Camp effectively addressed community health needs, highlighting the importance of accessible healthcare and holistic wellness practices. Integrating Ayurvedic medicine and yoga can significantly contribute to disease management and preventive care.