

World Osteoporosis Day

Over 200 people from Tricity joined the walkathon, which was held at Sukhna Lake to mark the World Osteoporosis Day this morning. The event was organised by Trinity Hospital and Medical Research Institute, in collaboration with Trinity Hospital, Zirakpur, Endocrinology Department, PGI and Yuvsatta, an NGO. People from all walks of life and from all age groups joined the campaign based on the theme serve up bone strength. The event started with a welcome address of Dr Mohinder Kaushal, director, Trinity Hospital, Zirakpur, followed by fun activity- Zumba Fitness dance exercise. Vijay Kumar Dev, Adviser to UT Administrator was the chief guest. He flagged off the walkathon which culminated at Buddha Garden wherein treasure hunt was organised followed by tug of war and stretching exercises. Adviser said people need should take their health seriously and physical activity should be essential part of one's daily routine and urged everyone to take a proactive approach towards maintaining a healthy life style to avoid diseases. TNS