

# Sanjeevani – Lifestyle Clinic

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**In news**– Sanjeevani – Lifestyle Clinic was inaugurated at Armed Forces Clinic, New Delhi recently.

## **About the clinic-**

- It is an integrated facility, aptly named the “Sanjeevani – Lifestyle Clinic” to provide advice on diet, exercise and behavioural counselling thereby rendering comprehensive preventive and curative care on lifestyle diseases to all serving & retired personnel and their dependents.
- **The aim of “Sanjeevani – Lifestyle Clinic” is to sensitise Armed Forces personnel and dependents identified to be at risk, regarding lifestyle disorders, prevent and manage chronic disorders like diabetes, hypertension and obesity etc, without pharmacologic interventions by promoting a healthy lifestyle through dietary education, exercise and positive motivation.**
- The lifestyle disease **clinic team will consist of a Dietician, Physical Trainer and a Counsellor**, having expertise in their respective fields.
- An automated device named **“Health Kiosk” has also been installed** in the clinic for recording anthropometric parameters at baseline and follow-up, to keep track of progress made over time.
- This novel initiative by the Indian Army, will promote healthy lifestyle as a method of preventive healthcare, and ensure safe and drug free therapy, for reversing various metabolic disorders.

## **Note:**

- The Government of India launched the ESanjeevani initiative , a National Telemedicine Service. Sanjeevani – Lifestyle Clinic is different from ESanjeevani.

- It is a national telemedicine service that offers tele-consultations enabling patients to doctor. consultations from the confines of their home, as well as doctor to doctor consultations.
- In 2018, the Union Ministry of Health and Family Welfare had conceptualized the use of telemedicine to aid implementation of Ayushman Bharat scheme.
- The Ministry of Health & Family Welfare had launched two variants of e-Sanjeevani namely –
  - e-Sanjeevani AB-HWC which is meant for doctor – to – doctor tele consultations.
  - e-Sanjeevani OPD which is meant for patients – to – doctor tele consultation

**Further**

**reading:**

**<https://journalsofindia.com/esanjeevani-initiative/>**