

Union Minister Shri Arjun Ram Meghwal inaugurates 'Mahila Aarogyam Kaksh' at Shastri Bhawan to promote women's health and well-being

The Department of Legal Affairs, Ministry of Law and Justice, unveils a dedicated fitness and wellness facility for women employees

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In a first-of-its-kind initiative towards institutionalising workplace wellness within the corridors of government, the Department of Legal Affairs, Ministry of Law and Justice, today inaugurated the Mahila Aarogyam Kaksh — a thoughtfully designed health, fitness and wellness space exclusively for women employees of the Department.

The facility was formally inaugurated by the Union Minister of State (Independent Charge) for Law and Justice, Shri Arjun Ram Meghwal, in the presence of Law Secretary, Dr. Anju Rathi Rana, senior officers of the Department and a large gathering of women officials. The event included a ceremonial ribbon-cutting, plaque unveiling and a walkthrough of the newly developed space.

Nestled within the Shastri Bhawan premises, the Mahila Aarogyam Kaksh has been carved out of a previously unused garage space — now transformed into a vibrant, wellness-focused zone with gym equipment and a private lactation room for nursing mothers. The facility is envisioned as a space to encourage physical fitness, mental well-being and work-life balance for women employees.



Speaking at the inauguration, Shri Meghwal praised the Department for the initiative, describing it as a meaningful stride in realising Hon'ble Prime Minister Shri Narendra Modi's 'Hum Fit Toh India Fit' campaign. He emphasised that the well-being of women employees is essential to building a truly fit and inclusive India, and encouraged them to make full use of the space.

Law Secretary Dr. Anju Rathi Rana spoke about the deeper message the initiative carries — and the everyday challenges women face in prioritising their health amid professional and personal responsibilities. “Women often set aside their own well-being while caring for others. This space is a gentle reminder that self-care is not selfish, it is foundational to empowerment,” she said. Dr. Rana added that the Department remains

committed to creating an inclusive work environment that values the holistic well-being of its employees.



The Mahila Arogyam Kaksh is more than just a wellness room — it's a quiet but firm shift in how we imagine government offices. Not merely as spaces of administration, but as workplaces that acknowledge the human needs of those who serve within them. In aligning with the Fit India Movement and the vision of a Viksit Bharat, this initiative places dignity, health and inclusion at the heart of institutional culture.



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