

RHTC Najafgarh Promotes Preventive Healthcare and Public Awareness at Bharat Parv-2026

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The Rural Health Training Centre (RHTC), Najafgarh, made a vibrant and impactful contribution to Bharat Parv-2026 through a series of engaging health awareness and preventive care initiatives, drawing enthusiastic participation from visitors of all age groups. Bharat Parv, the six-day national cultural and tourism festival being held from 26 January to 31 January 2026 at the Red Fort Lawns and Gyan Path, as part of the Republic Day celebrations.



One of the key highlights of RHTC Najafgarh's participation was the live Cardiopulmonary Resuscitation (CPR) demonstrations, where visitors not only observed but also practiced hands-on CPR techniques under expert guidance. The initiative aimed to equip the public with essential life-saving skills and enhance community preparedness during medical emergencies.



The centre also provided Ayurvedic consultations through its in-house doctor, offering visitors guidance on traditional and holistic approaches to health and wellness. In addition, health consultations on nutrition and diet, mental health, and general well-being were conducted, promoting the importance of preventive healthcare and balanced lifestyles.



To make learning interactive and enjoyable, RHTC Najafgarh organized daily health quizzes, encouraging visitors to test their knowledge on health and hygiene while winning exciting goodies. The specially curated “Know Your ASHAs” corner drew significant attention, spreading awareness about the crucial role played by Accredited Social Health Activists (ASHAs) in delivering grassroots healthcare services and strengthening the public health system.



Visitors participated with great enthusiasm, creating an energetic and positive atmosphere at the RHTC stall throughout the six-day festival.



As part of its academic and outreach efforts, RHTC Najafgarh also facilitated an educational visit for students of the ANM Training School. The visit was designed to familiarize students with key Government health initiatives and public welfare programmes, while also giving them an opportunity to experience India's rich cultural heritage showcased at Bharat Parv. This exposure helped bridge classroom learning with real-world public health communication and community engagement.

Through these initiatives conducted across all six days of the event, RHTC Najafgarh effectively showcased its commitment to community health education, preventive care, and public awareness, aligning with the broader spirit of Bharat Parv in celebrating India's people-centric development and inclusive progress.

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