



सत्यमेव जयते

RENUKA MANN
DIRECTOR GENERAL



फोन/Phone : 23378201

भारत सरकार
मानव संसाधन विकास महानिदेशालय
सीमा एवं केन्द्रीय उत्पाद शुल्क
डी ब्लॉक, आई.पी. एस्टेट,
नई दिल्ली-११०००२

फैक्स/Fax : 23378210

Government of India
Directorate General of Human
Resource Development
Customs & Central Excise
'D' Block, I.P. Estate,
New Delhi-110002

D.O.C. No. 900/08/Adm/HRD/10

Dated 26.05.2010

Dear Sh

Narang

The ever increasing demand of work pressure and the time bound result oriented multifaceted nature of task required to be performed by them, coupled with continuous scrutiny, not only of the superiors but also the public at large, has put tremendous pressure on the officers. The work profile leaves the officers under tremendous stress and little time to cater to their health needs. 'Stress', as you are aware, is the modern pariah. It can make people physically sick, suicidal, depressed, unable to think clearly or learn new things, unable to digest food, less able to fight bacteria and disease, and thereby rendering him unproductive, besides leading to numerous medical related problems, which at times are detected at later stages. Timely detection at an early stage would not only lead to treating the disease at the initial stage only but would also lead to huge cost savings by way of prolonged hospitalization and medication which might be required later.

2. The All India Services (PAR) Rules, 2007, mandates annual health check up for officers of the IAS cadre so as to detect ailments, if any, at the initial stages. As per the policy and Rules, the officers are mandatorily required to undergo annual health check up after crossing the age of 40. In tandem with the same, this Directorate General is trying to get mandatory annual health check-up for all officers above 40, as a policy measure. Accordingly a proposal was moved to the Board, where it is being considered favorably. Now a detailed note is being moved for consideration of the issue in the forthcoming Board meeting. However, this being a policy issue, covering entire formations under the Board, is expected to take time.

3. In the meanwhile, this office has worked out a package with the Metro Group of Hospitals who have offered an Executive Health Check-up package @ Rs. 1500/- per person to the departmental officers, which ordinarily costs somewhere about Rs 5000. This package is available at present on payment basis and no reimbursement is being done by the department. Copy of letter dated 19.02.2010 of Metro Hospital is being enclosed herewith for reference. The same may be circulated among the members so that the interested Members and their families may avail the facility from the metro Hospital at the aforesaid negotiated rate, on payment basis. However, an introductory letter from the department would be required before the same is undertaken.

With *warm regards,*

Yours

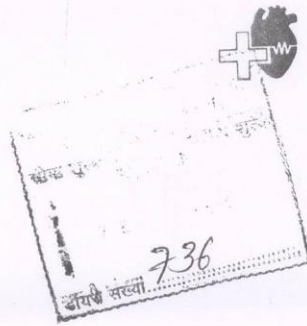
sincerely,
Renuka Mann
(Renuka Mann)
28/5/10

To

Shri G.S. Narang,

President,
IRD, Association, C.R. Building,
New Delhi.

**METRO HOSPITALS
& HEART INSTITUTES**
(ISO 9001:2000 Approved Institutes)



To,

19th February 10

**Mr. S.K. Sinha,
Joint Director,
Housing and Society Welfare
CBEC,
Ministry of Finance,
New Delhi.**

**Sub: - Empanelment for Executive Health Check-Ups for
your Employees.**

Dear Sir,

This is in reference to your discussion with Ms. Apeksha Srivastava,
Asst. Manager, Corporate Affairs regarding above mentioned subject.
We would be pleased to offer our Executive Health Check up package
@ Rs.1500/- per person for your employees.

Complementary breakfast will be provided.

Payment will be done at credit basis.

Employee will come with the authorization letter so, they can avail the
facility of health check-ups.

A Line in confirmation shall highly oblige.

Thanking You,

For Apeksha
Dr. Kanika Kanwar
Medical Superintendent

Metro Heart Institute

X-1, Sector-12, Noida-201301
Tel. : 0120-2533491, 2444466, 4366666
Fax : 0120-2533487

Metro Multispeciality Hospital

L-94, Sec.-11, Noida-201 301
Tel. : 0120-2522959, 2442666
Fax : 0120-2442555

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Metro Executive Health Check-up Package

1. Detailed general physical examination by Medical Specialist
2. ECG
3. TMT
4. Echo Cardiography
5. PFT
6. Lab Tests:-
 - Blood:- Hb,TLC,DLC,ESR
 - Sugar Fasting/PP
 - Urea
 - Sr. Creatinine
 - Sr. Uric Acid
 - S. Electrolytes (Na & K)
 - Lipid profile
 - LFT
- Urine Test (R/M)
7. X-Ray Chest (PA View)
8. Ultrasound Whole Abdomen
9. Gynec Check up for females (including Pap Smear Test)
10. Eye Check-up by Ophthalmologist
11. ENT Check-up by ENT Specialist
12. Dental Check-up

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[Signature]

Health Check-up will be done at following centers:-

1. Metro Heart Institute and RLKC Hospital, Shadipur Dipo, New Delhi.
Ms. Sangeeta (Health Check-up Coordinator) :- 9899532703
2. Metro Hospital and Cancer Institute , Preet Vihar, New Delhi.
Ms. Madhu:- 9971217666
3. Metro Multispeciality Hospital,L-94, Sector-11, Noida
Ms. Sonia (Health Check-up CoOrdinator):- 9910988866

For any query please contact
Ms. Apeksha (Asst. Manager- Corporate affairs):- 9911133042

Kindly send employees 9.00 AM in the morning with prior appointment on 12 hours fasting.