

Cricket Icon MS Dhoni and Emcure's Namita Thapar Unite to Champion Women's Health Awareness

Mumbai, January 31, 2025: Cricket legend M.S. Dhoni and Emcure Pharma's Whole-Time Director Namita Thapar have come together in a powerful conversation to highlight the urgent need to prioritize women's health.

A video shared by Namita on her podcast on women's health, *Uncondition Yourself with Namita*, highlights how women, despite being the core of the family, often have their health neglected and mocked. The video emphasizes the need to destigmatize and have an open dialogue about women's health, advocating for a shift away from dismissive attitudes and encouraging women to be vocal about their health concerns.

The discussion was part of Emcure's Arth campaign, dedicated to shedding light on social attitudes and empowering women to take charge of their health.

In a candid conversation, Namita throws a googly at Dhoni by asking if he knows the hemoglobin levels of himself and Sakshi (his wife). Caught off guard, Dhoni admits he has no idea. Namita and Dhoni both agree that despite being the nucleus of the family and taking care of everyone, women often tend to ignore their own health.

When women talk about their own health, family members may be dismissive. Dhoni points out, "Mocking remarks like 'ye normal hai' need to be replaced with empathy and action. Women must be heard and supported, not dismissed." He insists that men and women must play an equal role in bringing about this shift, advocating for a culture, free from mocking remarks or indifferent attitudes towards women issues. We should encourage women not only to talk openly about their health but also to take timely action, such as opting for regular health check-ups and timely treatment.

Namita Thapar, a passionate advocate for women's health, echoes Dhoni's sentiment. She says, "A condescending attitude, with remarks like 'maybe she's going through PMS (premenstrual syndrome) or hormonal mood swings,' often discourages women from speaking up. Addressing these health-related challenges by creating a supportive and empathetic environment is essential, ensuring that health is never a barrier to women's personal and professional growth."

Dhoni aptly concludes the video with a simple yet powerful message: "Health is wealth. Sacrifice some comfort, give some time to yourself and invest it in your health; it will pay good dividends."