



# Government Degree College



## Rajpora

### REPORT ON WORLD HEALTH DAY

World Health Day takes place on April 7<sup>th</sup> each year, marking the anniversary of the World Health Organization. WHO selects a different theme each year focusing on one of the topics from their 6-point agenda and highlighting a priority area of concern. This year's theme was **“Health for All”**. The aim of the WHO is to promote awareness among people towards the importance of good health.



Keeping in view the saying **“Health is Wealth”** and this year's theme **“Health for All”**, NSS Unit of GDC Rajpora in collaboration with Health and Hygiene Committee organized an awareness programme on 08-04-2023. The NSS

Programme Officer spoke about the current public health problems. Prof. Ramiz Raja delivered on the theme **“Health for All”**. Dr. Aftab Ahmad deliberated on the topic **“Good Eating Habits”**. A large number of students from different semesters attended the program.



At the end of the program, a pledge was taken by all the participants that they will kick the bad habits, will go for regular checkup, regular exercise, eat wisely, never skip breakfast, drink plenty of water, try to sleep early, cut their screen time and will beat the stress.

