

World Health Day Celebration Report



**WORLD
HEALTH DAY**

7th APRIL 2025



- Awareness Rally
- Guest Talk

**SWAMI VIVEKANAND COLLEGE OF EDUCATION,
TARKWARI
ACCREDITED BY NAAC WITH GRADE -B**

Venue: Multipurpose Hall

No of Students: 174

Coordinator: Mrs Amita Rani, Asstt Prof. & NSS Programme Officer

Resource Person: Dr. P. C. Saini, former BMO, Bhoranj

World Health Day is celebrated every year on April 7th to raise awareness around various health issues worldwide. The theme for this year's World Health Day '**Healthy Beginnings, Hopeful Futures**' will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritize women's longer-term health and well-being.

Swami Vivekanand College of Education, NSS Unit, Tarkwari has organised various activities on 7th April 2025 commemorate of World health day.

Activities

1. GUEST LECTURE ON NUTRITIOUS FOOD AND BALANCED DIET FOR HEALTH

Mrs Amita Rani, Associate Professor, welcomed the gathering highlighting the importance of World health Day and introduced the guest speaker.

Dr. P.C. Saini, former BMO, Bhareri, Bhoranj, delivered a comprehensive lecture on lifestyle modifications for optimal health. The lecture focused on the importance of regular exercise, balanced nutrition, stress management, and avoiding harmful habits like smoking and excessive alcohol consumption. Programme ended with felicitation to the guest speaker and vote of thanks by Dr. R.K. Mishra, principal of the college.

2. AWARENESS RALLY

A rally was organized by the NSS unit in which students went to Navodaya Dungri Chowk and made the surrounding people aware of good health. During the rally, the volunteers raised slogans about the healthy life and motivated people to live a healthy life. The purpose of this rally was to make aware of the importance of health of the people and motivate them to live healthy lives.



PHOTOGALLERY





Hamirpur, Himachal Pradesh, India
Jvh+mcx, Hamirpur, Himachal Pradesh 176046, India
Lat 31.644265° Long 76.628339°
07/04/2025 11:01 AM GMT +05:30



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