



## **World Health Day – 7<sup>th</sup> April 2015**

The World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO).

World Health Day is acknowledged by various governments and non-governmental organizations with interests in public health issues.

World Health Day is one of eight official global public health campaigns marked by WHO, along with World Tuberculosis Day, World Immunization Week, World Malaria Day, World No Tobacco Day, World Blood Donor Day, World Hepatitis Day, and World AIDS Day.

### Previous Themes of World Health Days

2015: Food safety

2014: Vector-borne diseases: small bite, big threat

2013: Healthy heart beat, Healthy blood pressure

2012: Good health adds life to years

2011: Anti-microbial resistance: no action today, no cure tomorrow

2010: Urbanization and health: make cities healthier

2009: Save lives, make hospitals safe in emergencies

2008: Protecting health from the adverse effects of climate change

2007: International health security

2006: Working together for health

2005: Make every mother and child count

2004: Road safety

2003: Shape the future of life: healthy environments for children

2002: Move for health

2001: Mental Health: stop exclusion, dare to care

2000: Safe Blood starts with me

1999: Active aging makes the difference

1998: Safe motherhood

1997: Emerging infectious diseases

1996: Healthy Cities for better life

1995: Global Polio Eradication

We all know the popular saying “Health is Wealth”. By health we do not mean the absence of physical troubles only. But it is a state of complete physical, mental and social well-being. The loss of health is a loss of all happiness. Mahatma Gandhi also says, “It is health which is real wealth, and not pieces of gold and silver”.

When we are ill or we do not want to play or work, our bad health robs us of sound sleep and appetite. Life becomes a burden for one who is constantly ailing. Life has little charm for him. He feels tired of life, always complaining about one thing or the other.

On the other hand, one with good health enjoys his life. When he works or plays he is never tired. A healthy person enjoys good food and sound sleep. For him the world is beautiful and life is all joy.

A healthy person sings the glory of life and works hard to realize his dreams. He never complains. He is always happy and cheerful. He may be poor, he may have to work very hard to earn his living, but even the richest man would envy him for his good health.

Our health depends upon several factors, such as food, pollution, sleeping habits, mental condition, air, water and sunlight. Morning walks and Physical exercises are very helpful for the fitness of our mind and body. We should take proper care of our health so that we can enjoy our life completely.

Importance of light, air and water: Good health depends on several things. Fresh air and sunlight are very important for our health. Fresh air helps us to improve our immune system and overall health. So a morning walk is very useful for health.

Sunlight helps our body to produce vitamin-D. A dirty and damp atmosphere causes lots of diseases. Fresh and pure drinking water is also necessary for good health. Impure drinking- water is the cause of several diseases. So, we must take care of these things.

Food: Food is another necessary thing for the body. Nutritious foods helps us to maintain good health. Consumption of healthy foods helps us to minimize any health related problems. We all should know, how, when and what to eat.

We should always include a portion of green vegetables, fruits or salads in our meal. Green vegetables are sources of vital nutrients. Our digestive system plays a key role in our overall health. Fiber rich foods such as whole grain wheat, bran rice, etc. help us improve our digestive system.

A balanced and nutritious diet helps the proper growth of the body. But we must remember that we eat to live and not that we live to eat. In India, over-eating causes a large number of deaths. If we eat less, we may live more.

Physical exercise and sports: We know the proverb, “A sound mind in a sound body”. In order to keep the body healthy, we need to keep the mind sound. Physical exercises keep us fit. There are different kinds of physical exercises. We may walk a kilometer or two every day. We may take some yogic exercises. At the same, games and sports are very useful for health.

Some rules of hygiene: We must know some simple rules of hygiene. Our house must be airy and sunny. Apart from all this, we must form good habits. We should keep ourselves free from cares and anxieties. Early rising is equally necessary for good health. So we must try to keep fit. Health is the real wealth.

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