



## WORLD HEALTH DAY 2021 THEME : BUILDING A FAIRER, HEALTHIER WORLD

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The strategic importance of good health is celebrated each year on this day on 7<sup>th</sup> April. On this very day Physical, Mental, Emotional and Social well being of all is promoted and celebrated all over the World.

**World Health Organization (WHO), an agency of the United Nations, spearheads all the programmes and policies related to health needs of every one. COVID-19 has hit hard all countries, but its impact has been harshest on those communities which are already vulnerable and have less access to quality health care services.**

A post-pandemic response that embraces affordable housing will enable billions of people to escape the poverty cycle. **This is truly an opportunity to build back better.**

**Yoga has been beneficial in keeping the body and mind in sound health. A holistic approach, Yoga targets all the different systems of the body and mind. The *asanas* make the body strong and flexible, as health improves; the mind too is renewed with confidence. The practice of Pranayama regulates the purification of the internal system and the organs, acting as a superior and able supplement to asanas. The energy that is generated in the body through these physical practices is then channeled into meditation or Dhyana for stability, peace and tranquility.**

As per the suggestion of our beloved Prime Minister Narendra Damodardas Modi Jee, the first International Day of Yoga was observed around the World on 21<sup>st</sup> June, 2015, also called Summer solstice, the longest day of the year. Prime Minister Modi Jee, during his speech at the United Nations General Assembly (UNGA), said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. Let us work towards adopting an International Yoga Day."

The intelligence community has been assigned the task to dive deep into the :

- origin of Corona Virus including examination of the theory that it was accidentally leaked from Chinese Laboratory,
- the prevailing view that it was transmitted from animals to humans outside the laboratory,
- mysterious disease of Diplomats & Intelligence officers called 'HAVANA SYNDROME' (Symptoms : Dizziness, Dazed, Amnesia or Loss of Memory, Fatigue etc.).

Focus is on to find out the plausible causes, helping develop devices that could better protect the personnel from Corona Virus. Vaccination coupled with COVID Appropriate Behaviour (CAB) is the way forward even as the pandemic wanes and disease becomes endemic. Basic aim of vaccination is to avoid severe illness and death. Virus is evolving : Delta, Delta Plus, Beta and recently discovered Omicron Variant.

The whole credit goes to the Prime Minister Modi Jee for :

- Accelerating Vaccination of children in the age group of 15-18 years using COVAXIN, allowing booster jabs of healthcare workers, frontline workers and all persons aged 60 years and with comorbidities provided that they have received 2 doses and 39 weeks (9 months) have elapsed from the date of second dose to fend off infection as three shot course of Vaccine is able to neutralize Omicron Variant and
- Anti-Viral Vaccines like Merck's Tablet Molnupiravir – four tablets each of 200 mg, to be taken Morning and Evening for five days is advisable for patients suffering from mild to moderate COVID-19 in adults testing positive for severe acute respiratory syndrome Coronavirus 2 (SARS-CoV-2) virus and who are at high risk for progression to severe COVID-19 including hospitalization or death.



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**Limitations of Molnupiravir use : Not authorized for use in patients aged <18 years**

- Not authorized for initiation of treatment in patients requiring hospitalization owing to COVID-19
- Not authorized for use for > 5 consecutive days
- Not authorized for pre-exposure or post-exposure prophylaxis for prevention of COVID-19

If approved or authorized, Pfizer's PAXLOVID would be the first oral antiviral of its kind.

WHO has made a clarion call to all of us to join a new campaign to build bridges to ensure a fairer, healthier world which shall kick start economies & act as engine of job creation for better standard of living.

“Together, let's make the world a better place to live in harmony and grow.”

This is the flagship initiative of WHO and University of Delhi with the focus on the easy availability of Health Services to all and we are privileged to have the active support of following Dynamic & Charismatic Personalities and Visionary Leaders for providing best health services and Vaccination of one and all :

Honourable Prime Minister : Sh. Narendra Damodardas Modi Jee

His Excellency Visitor : Sh. Ram Nath Kovind jee - President of India

Honourable Chancellor : Sh. M. Venkaiah Naidu - Vice-President of India

Honourable Pro-Chancellor : Honourable Mr. Justice N.V. Ramana, Chief Justice of the Republic of India

Honourable Vice-Chancellor: Honourable Senior Professor (Dr.) Yogesh Singh

Sd/

(Dr. Sunil Thakur)

Chief Medical Officer