



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

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

The World Health Organization (WHO), an agency of the United Nations, spearheads all the programs and policies related to the health needs of everyone. COVID-19 has hit hard in 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 time-tested supplement to *asanas*. The energy that is generated in the body through these physical practices is then channelized 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 21st 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 a sense of oneness with yourself, the world, and nature. Let us work towards adopting an International Yoga Day."

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया।
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग भवेत् ॥
May everyone be healthy and free from illness

The focus is on finding 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 wax and wane, and the disease becomes endemic. The basic aim of vaccination is to avoid severe illness and death. The virus is evolving: Delta, Delta Plus, Beta, and Omicron Variant.

Since the dawn of the pandemic, India has shown its commitment to protecting its citizens by taking on the arduous, colossal and formidable task involving enormous resources, unstinted support of the States/UTs, untiring efforts of Health Care Workers, Front Line Workers & proactive participation of all stakeholders and the challenging journey of administering 200 crores 'Made in India' Vaccines (started on 16th January 2021) - Covaxin, Covishield, and Corbevax - to the citizens of India which is an unprecedented accomplishment and the World applauds India under the dynamic, prolific and astute leadership of Hon'ble Prime Minister Shri Narendra Damodardas Modi Jee.

At MyGov we applaud and celebrate the determination of the Indian citizen towards overcoming this pandemic.

The 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 and act as a engine of growth for job creation for better standard of living of one and all.



डब्ल्यू.यू.एस°स्वास्थ्यकेंद्र W.U.S. HEALTH CENTRE
दिल्ली विश्वविद्यालय UNIVERSITY OF DELHI
दिल्ली DELHI-110007

Ph: 27667908
27667725/1660

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

This is the flagship initiative of the WHO and the University of Delhi with a 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 the 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