



## World Health Day on April 07, 2023


To raise awareness about global health issues and emphasize the importance of health and well-being, messages were spread through different means of communication.



Youth Red Cross, IGU,  
Meerpur, Rewari



# Health For All



World Health Day  
April 7

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*Health is the greatest of Human blessings.*  
- Hippocrates

- World Health Organization (WHO), in 1986, clarified the term health, as  
*“A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”*
- There are several factors that affect our health including heredity, diet, exercise, lifestyle, quality of environment we live in, and random events that happening in our lives.

