

Report

on

World Health Day

09th April 2026 (Thursday)

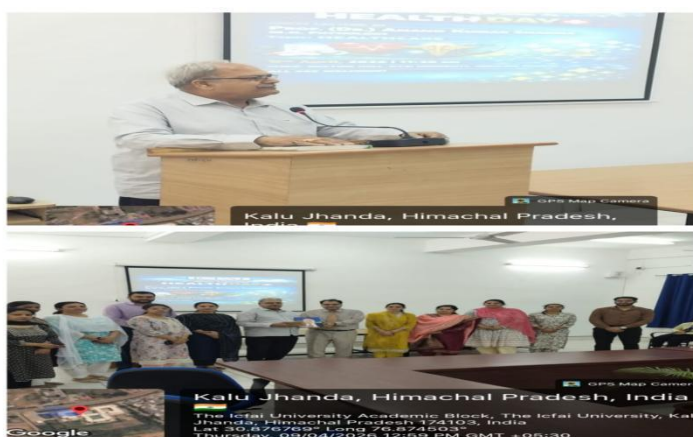
The World Health Day was organized on 9 April, 2026 by the faculty of Science and Technology (FST) in collaboration with the Internal Quality Assurance Cell (IQAC) and Environment Club in IUHP campus. The event aimed to create awareness about the importance of good health, well-being and a balanced lifestyle among students and staff.

The program began with a welcome address, where the significance of World Health Day was highlighted. The event was graced by the presence of the distinguished speaker, Prof. (Dr.) Anand Kumar Sharma, who delivered an enlightening and impactful lecture on health and wellness. In his lecture, Prof. Sharma emphasized the importance of maintaining physical, mental, social and spiritual health. He discussed the need for balanced nutrition, regular exercise and proper sleep in daily life. He also shed light on stress management techniques and the importance of maintaining hygiene to prevent diseases. His speech was informative, engaging and highly appreciated by the audience. The program witnessed enthusiastic involvement from both students and faculty members.

The event concluded with a vote of thanks by the HOD (Dr. Ram Krishan Bhardwaj), expressing sincere gratitude to the speaker for his valuable insights and to all participants and organizers for their efforts in making the event a grand success.

Overall, the World Health day celebration was a meaningful and inspiring event that encouraged everyone to adopt a healthier and more mindful lifestyle.

The photographs below capture the key moments and active participation during the event.



Organizer/s
Dr. Sangeeta Bhogal

Head of the Department
Dr. R K Bhardwaj