



In the year 1950, 7th of April was declared as "*WORLD HEALTH DAY*" by the World Health Organisation.

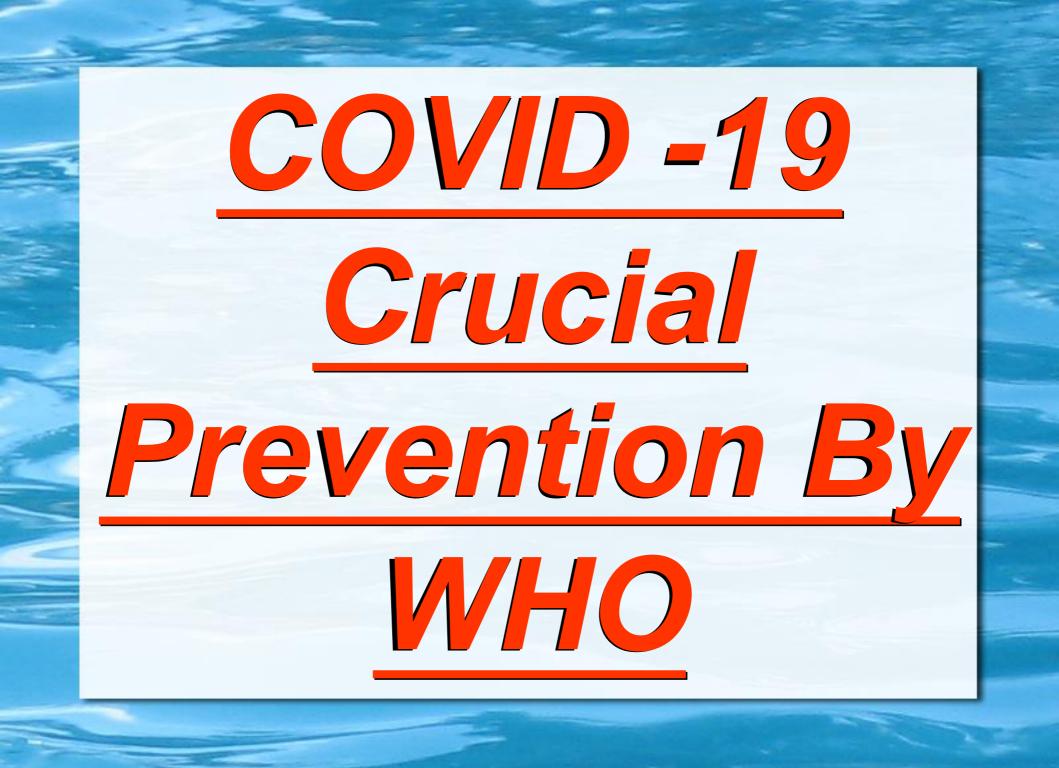
Aim of WHO is "The World In Which All People Enjoy The Highest Attainable Standard Of Health" Due to <u>COVID-19</u>, on this world health day 2020, WHO supports <u>Doctors, Nurses and</u> <u>other Fellow health workers</u> for keeping us healthy. They deserve respect and love from everyone.

<u>COVID -19 has spread all over the world and is declared pandemic.</u>

In this terrible and critical situation Doctors,Nurses and other Health workers are working 24/7 for us.

World Health Day THEME,SLOGAN and #HASHTAG#

Support Doctors, Nurses and Health Workers"



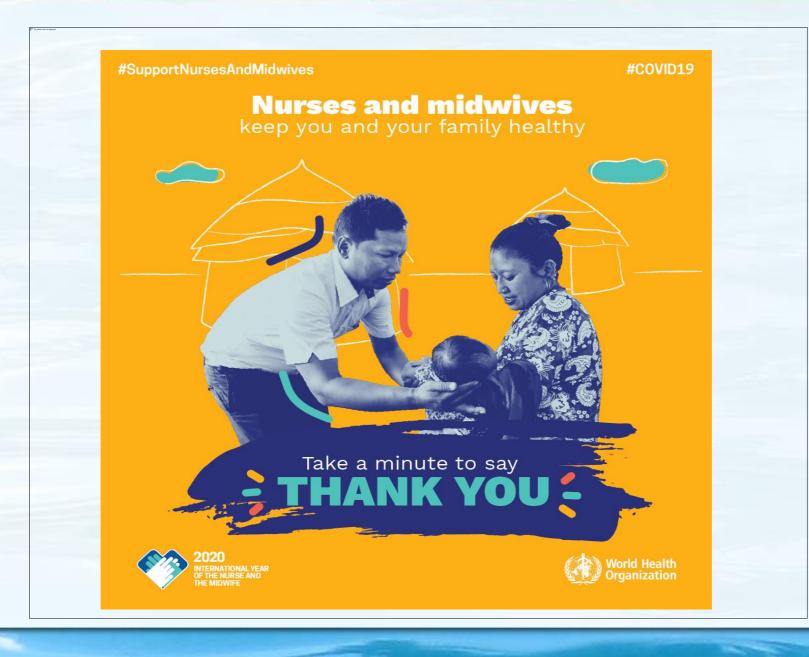
Wash your hands often with soap and water for at least 20 seconds

Disease Prevention

SOURCE: WORLD HEALTH ORGANIZATION







So my dear students,on this day I would like to share some healthy tips among you all ;

Do meditation for atleast 10 minutes daily. Go for regular yoga or exercise. Think positive. Drink lots of water, fresh fruit juices, and herbal drinks. Read motivational books and stories. Make daily activity time planner for your studies. Limit your screen timings. Help your parents in their daily house chores. Sleep well. Stay home and stay safe.

