

# WORLD HEALTH DAY



**"HEALTHY BEGINNINGS, HOPEFUL FUTURES."**



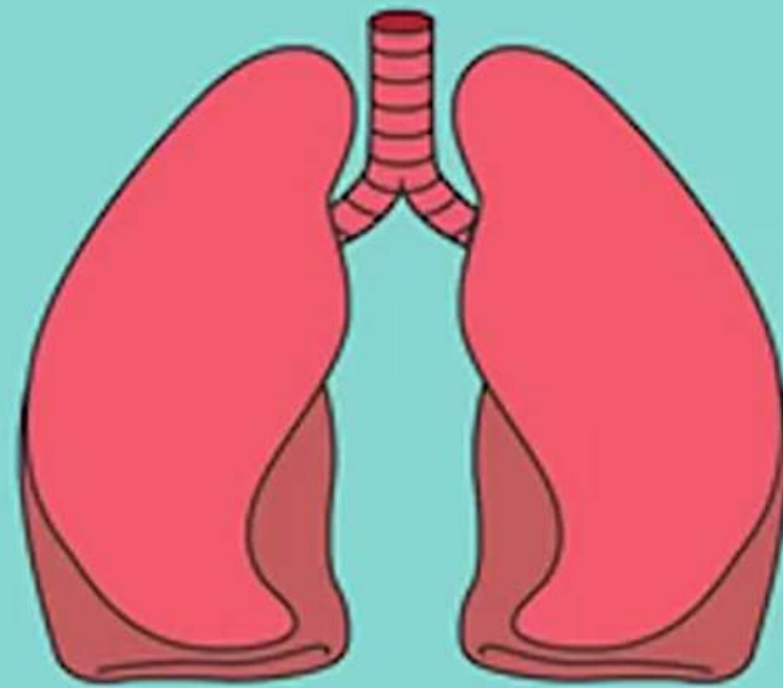
# ***WHAT IS WORLD HEALTH DAY?***



- **World Health Day is a global health awareness day celebrated every year on 7 April**
- **under the sponsorship of the World Health Organization, as well as other related organizations.**
- **In 1948, the WHO held the First World Health Assembly.**



चलो देखते हे आप के **LUNGS** कितने **HEALTHY** है?



**Hold Your Breath in:**

**PLEASE TELL WHAT IS  
RIGHT AND WRONG  
IN THIS PICTURE**

1



2



3



4





# ***FAST FOOD SIDE-EFFECTS ON PHYSICAL HEALTH***



# ***FAST FOOD SIDE-EFFECTS ON MENTAL HEALTH***



Depression & Anxiety



sleep disturbances



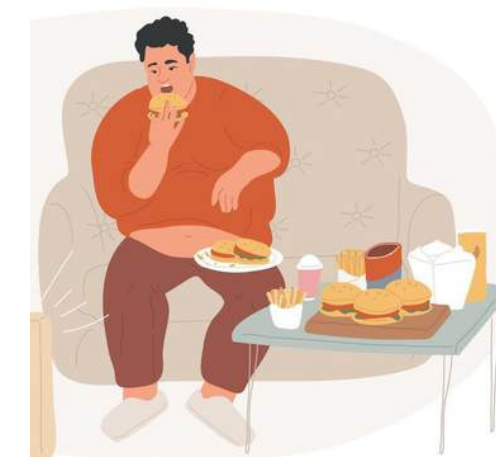
Cognitive Impairment



Inflammation &  
Oxidative Stress

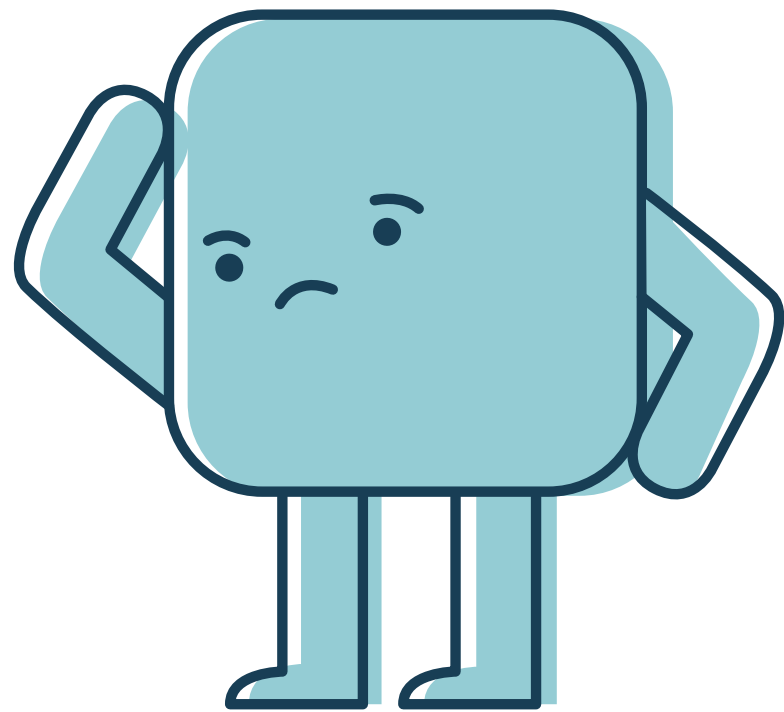


Mood Swings and Irritability



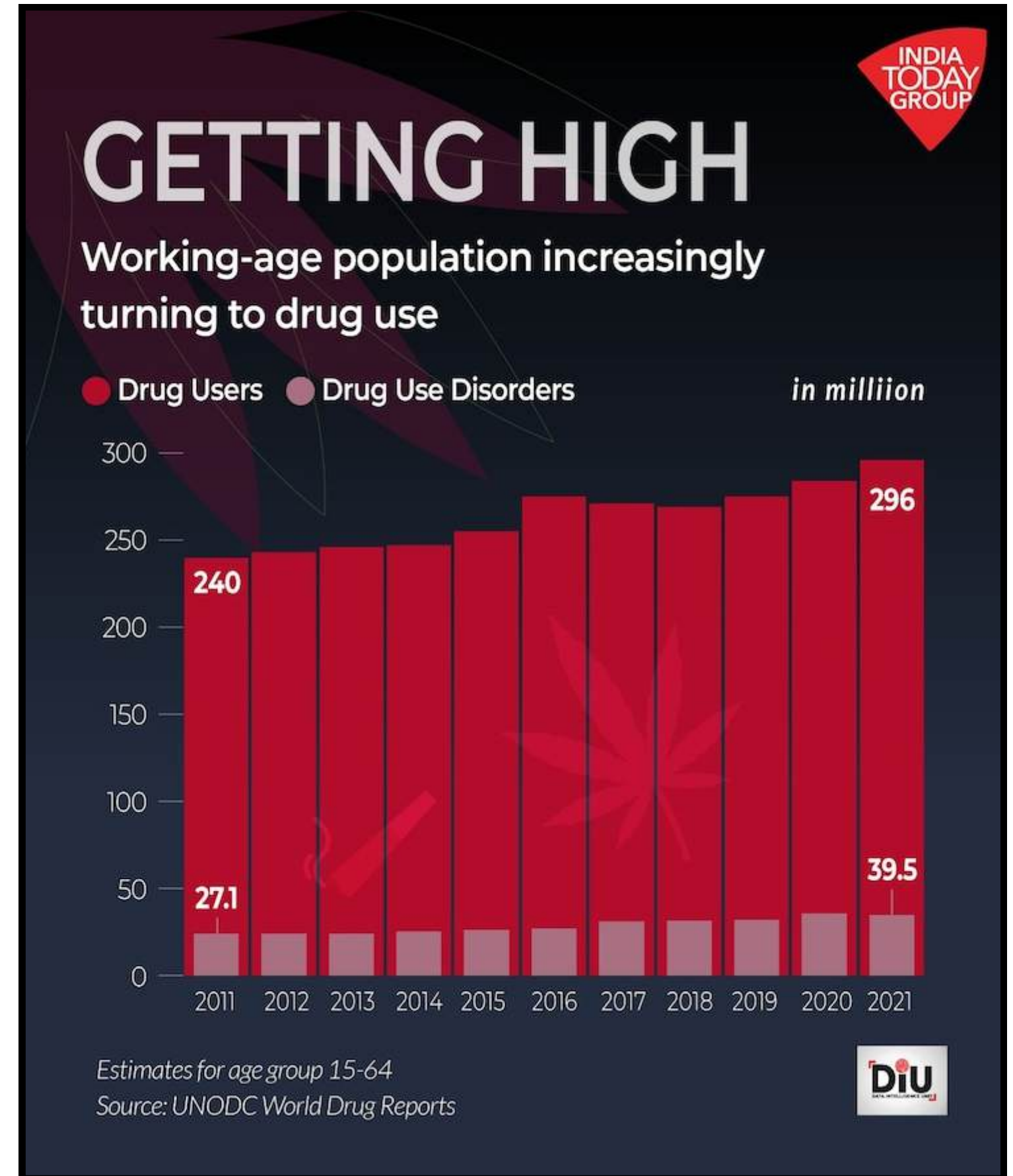
Sugar Addiction

फिर क्या लगता है ये देखके क्या करना चाहिए ये खाना  
चाहिए या नहीं ?

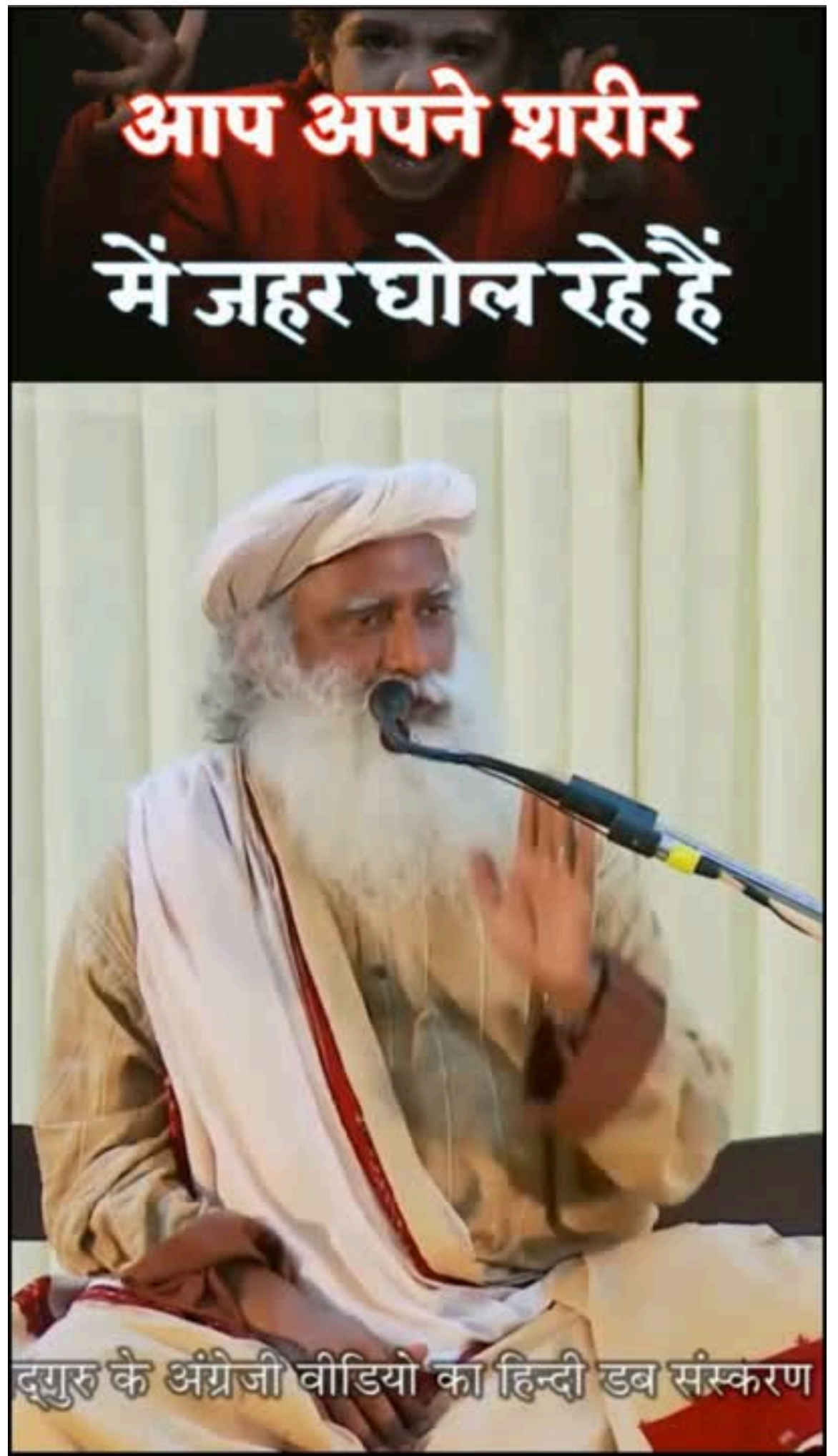


# DRUG CONSUMPTION RATE AND EFFECT

**400,000 Deaths**  
due to adverse  
**Drug** reactions



क्या आप जानते हे गुसा करने से  
हमारी तबीयत पे क्या असर होता  
हे?





# **WORLD HEALTH DAY 2025 THEME**



**"HEALTHY BEGINNINGS, HOPEFUL FUTURES."**

**(Maternal and Newborn Health)**



- **300 000 women lose their life due to pregnancy or childbirth each year,**
- **over 2 million babies die in their first month of life**
- **around 2 million more are stillborn.**
- **That's roughly 1 preventable death every 7 seconds.**



World Health  
Organization



# World Health Day

April 7th

*Thank You*