

Report on Observance of World Health Day 2025

Organized by: Department of Botany, Department of Biochemistry and Medical in-charge of Govt. Zirtiri Residential Science College

Date and time: 28th March 2025, 2:30 pm

Venue: Room 2/001

Theme: *Healthy Beginnings, Hopeful futures*

Resource Person: Ms. Lalrosangpuii, Asst.Professor, Department of Biochemistry,GZRSC

Target students: IV semester BSc Life Sciences and IV Semester BCA students

The departments of Botany, Biochemistry and Medical-incharges of Govt.Zirtiri Residential Science college organized an activity-based program in observance of World Health Day 2025. The program was chaired by Ms. Zodinpuui, Dept of Botany. The resource person Ms. Lalrosangpuii gave a presentation on the theme chosen by WHO for this year i.e. “Healthy Beginnings, Hopeful futures”. She gave a brief insight on the importance of the health of mothers, infants and children covering different aspects of health including physical and mental health. The resource person ended her presentation by talking about the various health issues that the general population is facing mostly due to unhealthy life-styles and lack of awareness and how to avoid them.

In the second half of the program, the students were divided into 5 groups, and were given two activities. The first activity was to plan a healthy routine for a day and this plan was presented by one representative from each group. The group having the best healthy routine plan was assessed by the teachers. The second activity was to solve health-related puzzles and the fastest solving group was declared the winner. The students actively performed with all students eagerly involving in the group discussions and puzzle-solving activities.

The program ended with declaration of results and prize distribution for the group activities.



Picture 1: Resource person giving presentation on the theme.



Picture 2: Students actively engaged in group discussions



Picture 3: Solving health-related puzzles.



Picture 4: Presenting their healthy routine plan



Picture 5: Result declaration and Prize-distribution

