

World Health Day observed



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Rajib Sarma 7 April 2014 7999 views

Assam State AIDS Control Society (ASACS) in collaboration with United Nations Resource Centre (UNRC) Northeast Region, organized World Health Day on April 7, 2014 at the conference hall of State Institute of Health & Family Welfare (SIHFW) Khanapara, Guwahati.

Inaugurating the programme, SK Roy, ACS, Project Director, Assam State AIDS Control Society (ASACS) said that awareness is required not only in the field of HIV/AIDS but is required for all diseases.

Stressing on this year's World Health Day theme - Small bites, big threats - Dr Aswini Sarma, Executive Director, UNRC, NE region, Guwahati read out the messages of UN Secretary General Ban Ki-Moon and WHO Director General Dr Margaret Chan. Dr Utpal Tahbildar, Consultant, Institute of Child and Women Health delivered a presentation on First Aid. Dr R K Sarma, Director of SIHFW said, "Health awareness is the need of the hour."

Jahnabi Goswami, president of Indian Network of Positive People (INP+) in her speech said that today the Anti Retroviral Therapy (ART) programme initiated by NACO has completed the 10 years. She also stressed that cleanliness must be maintained not only at home and but also in the surroundings.

Tarun Saikia, the first mountaineer from Assam who climbed Mount Everest, spoke on First Aid and cleanliness. Sharing his experiences as a mountaineer, Saikia said that six months before he started his journey to Mount Everest, he was advised to maintain a healthy diet. He further said all the mountaineers are advised to keep the mountain clean and thus use of plastics was strictly prohibited. "Plastic is the source of all illness," he said.

Noted social activists Dr Akashitora, who was also present in the occasion, said, "Everyone must be conscious about his health and only then our mind will remain healthy." On cleanliness, she said that youths must be made aware on cleanliness and thus awareness drive must be initiated in colleges." Bonti Saikia, Joint Director (IEC), ASACS offered the vote of the thanks.

BY RAJIB SARMA

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