REPORT ON WORLD HEALTH DAY WORKSHOP

MBS International School observed **World Health Day** on **7 April 2025** with a meaningful and interactive workshop aimed at creating awareness about physical and mental well-being. The session was graced by **Dr. Aniket (MBBS, MD)** from the **MCD Health Department**, along with other dignitaries from the Health Department, who were warmly welcomed by the school fraternity.

The workshop commenced with an enthusiastic welcome address, followed by a brief introduction of the esteemed guest. Dr. Aniket enlightened the students on the importance of maintaining a **balanced lifestyle**, **personal hygiene**, **nutrition**, and **preventive healthcare**. He also briefed the students about **vector-borne diseases** such as dengue, malaria, and chikungunya—highlighting their **causes**, **symptoms**, and **impact on health**, especially during seasonal outbreaks.

Dr. Aniket elaborated on the **preventive measures** that can be taken at the individual and community level, such as avoiding stagnant water, using mosquito repellents, sleeping under mosquito nets, wearing full-sleeved clothing, and keeping surroundings clean. He stressed the importance of **early detection and timely medical attention** and underscored the role of **community participation and awareness** in reducing the spread of such diseases.

His talk was aligned with the **2025 WHO theme for World Health Day** and emphasized how adopting simple, healthy habits from a young age can contribute to long-term well-being and disease prevention.

The session was **interactive and engaging**, with students actively participating in the discussion and asking relevant questions. Dr. Aniket also debunked common **health myths** and motivated students to become **health ambassadors** in their homes and neighbourhoods.

A **memento** was presented to Dr. Aniket by the **School Principal and Vice Principal** as a token of appreciation, acknowledging his valuable contribution to the session and his commitment to promoting **public health awareness** among the youth.

The workshop concluded with a **vote of thanks**, leaving the students **enlightened, motivated**, and better equipped to contribute towards a **healthier and more informed community**.