

WHO's Birthday celebrated at BITS Pilani

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“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity says WHO (World Health Organization) established on 7 April 1948”

World Health Day marks the founding of the WHO and is an occasion to raise awareness of key global health issues. This year's theme is international health security. The aim of the Day is to urge governments, organizations and businessmen to "Invest in health, build a safer future".

In today's mobile, interdependent, and interconnected world, threats arising from emerging and epidemic-prone diseases, climate change, and natural disasters affect all countries. This universal vulnerability creates a need for collective defences and for shared responsibility. Therefore, this year's theme is international health security with a focus on urging governments,

organizations and businesses to invest in health.

It's known that walking has so many health benefits, the stress management benefits are practically just gravy! A morning walk can get you ready for your day, help you sleep better at night, lower your stress level, and reduce your risk of numerous health conditions. If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

BITS Pilani (Rajasthan) India celebrated the World Health Day by organizing a morning walk on Sunday April 8, 2007 with the Theme Chale Chalo Walk 20 Minutes Everyday in which faculty members and spouses, children and students enthusiastically participated.

Birla Institute of Technology and Science (BITS), Pilani is a Leading University in India offering degrees in Engineering, Management, Pharmacy, Sciences, Engineering Technology, Information Systems, General Studies, Finance, etc presently at Pilani, Dubai, Goa campuses and in the near future at Hyderabad campus. BITS Pilani also offers an array of work integrated learning programmes for HRD of a vast spectrum of Indian corporates.

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