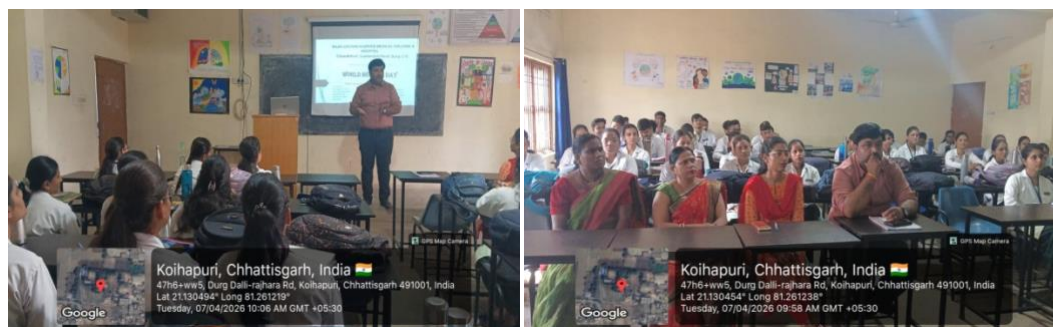


Report on World Health Day Celebration



Department of Swasthavritta and Yoga

Date: 07 April 2026

Theme: “Together for Health: Stand with Science”

The Department of Swasthavritta and Yoga celebrated *World Health Day* on 07 April 2026 with great enthusiasm and active participation of students and faculty members, in alignment with the global theme **“Together for Health: Stand with Science.”**

The objective of the program was to highlight the importance of scientific approaches in healthcare along with traditional wisdom, and to promote awareness about preventive healthcare, healthy lifestyle, and holistic well-being.

The event commenced with student presentations, where students delivered informative and thought-provoking presentations on various health-related topics. The presentations emphasized the integration of scientific knowledge with Ayurvedic principles, focusing on balanced diet, lifestyle management, mental health, and the role of Yoga in disease prevention and health promotion.

An enlightening lecture was delivered by **Dr. Kusum Sahu (Lecturer)**, who stressed the importance of evidence-based practices and preventive healthcare in modern times. She encouraged students to adopt scientific thinking while practicing and promoting Ayurveda.

The session was further enriched by an insightful lecture from **Dr. Sagar Sharma (Reader & Head of Department)**. He elaborated on how Swasthavritta and Yoga are deeply rooted in scientific principles and play a vital role in achieving holistic health. He also motivated students to stand with science while preserving and promoting traditional knowledge systems.

The program concluded with an interactive session, where students actively participated and discussed their views, reflecting a deeper understanding of the theme.

Overall, the celebration was informative, inspiring, and successfully conveyed the message of unity in healthcare through science and tradition, truly reflecting the spirit of **“Together for Health: Stand with Science.”**