

**Shrimad Rajchandra College of Physiotherapy**  
**Uka Tarsadia University,**  
**Maliba Campus, Bardoli**

**Report: World Health Day Celebration – 8th April**

**Organized by:** Department of Physiotherapy

**Semester:** BPT 2nd Semester

**Total Participants:** 91 Students

**Event Coordinators:** Dr. Hiral Shah and Dr. Sneha Somarajan

**Date:** 8th April

World Health Day serves as a crucial reminder that **health is not a luxury—it is a daily responsibility**. This event emphasized that wellness is a balance of physical activity, mental clarity, and lifestyle awareness—particularly important for future healthcare professionals.

As **Edward Stanley** said:

**“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”**

This quote encapsulates the key message of the event: **prioritizing health today is the only way to build a better tomorrow**.

The Department of Physiotherapy celebrated **World Health Day** on 8th April with active participation from BPT 2nd semester students. The event was jointly coordinated by **Dr. Hiral Shah** and **Dr. Sneha Somarajan**, who worked in close collaboration to ensure a well-organized and impactful session.

The celebration began with an insightful presentation by Dr. Hiral Shah, highlighting the importance of health in daily life, especially in the context of modern-day lifestyle challenges. The presentation encouraged students to adopt simple, consistent habits to maintain overall well-being. Following the presentation, an **interactive health quiz** was conducted. Students participated with enthusiasm and showed a high level of engagement. Their responses reflected genuine curiosity and understanding of key health concepts.

To promote creativity and awareness, a **Reel Competition** was organized. Guidelines were shared in advance, and students submitted entries showcasing health-related themes in innovative and informative ways. Dr. Sneha Somarajan managed the competition, coordinated submissions, and engaged the students throughout.

The session concluded with a **guided meditation** in the classroom, offering students a calm and focused ending to the event, while reinforcing the importance of mental well-being.