



## WORLD HEALTH DAY

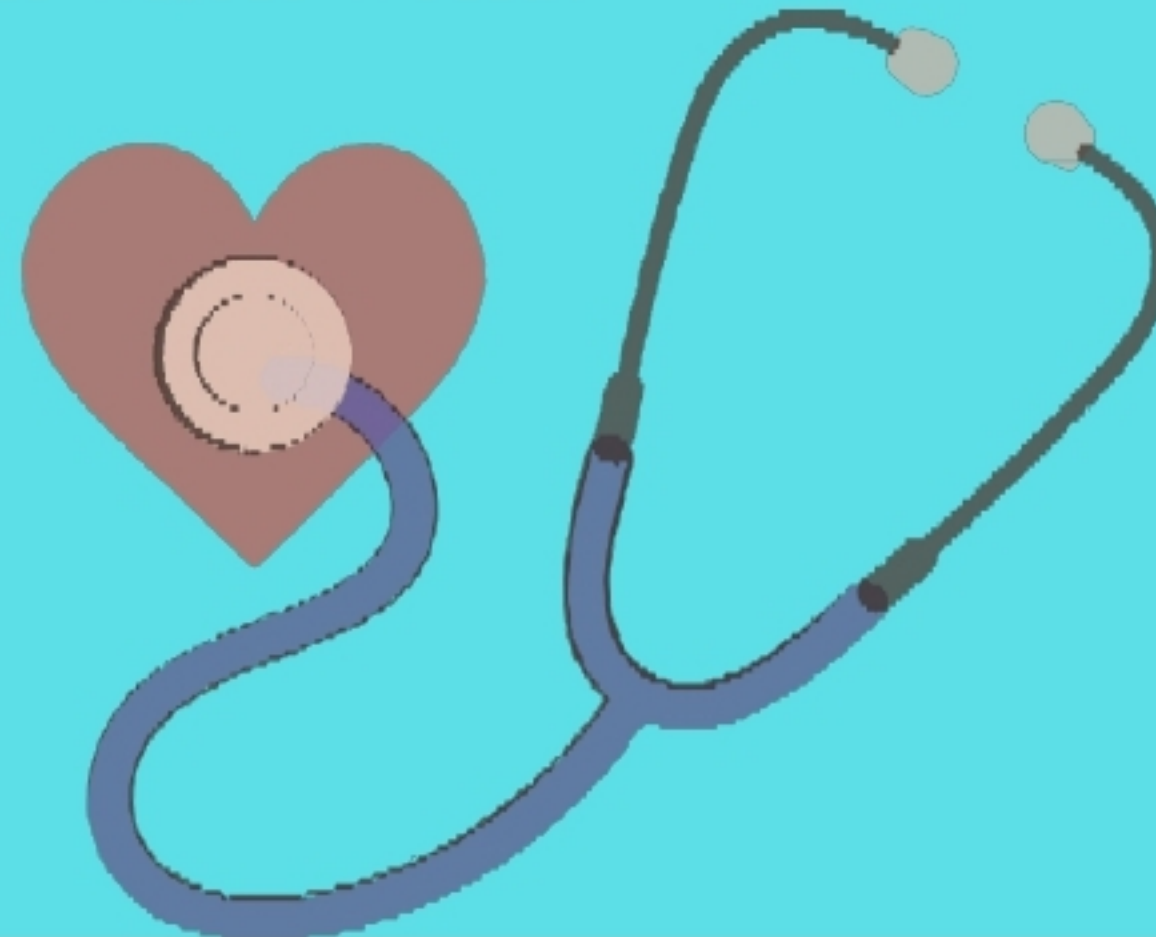


## WHY WORLD HEALTH DAY?

To be healthy is to feel and produce the power of self-realisation.

The right to health is one of the fundamental human rights and is one of the most fundamental rights protected in national and international agreements and legal documents.

Health affects not only the individual but also society and the whole world.



World Health Day is a day celebrated on 7 April each year and aims to raise global health awareness.





# World Health Day



Contributes to the organisation of awareness campaigns and activities improve public health.

It strengthens health policies and encourages states to take steps to improve their health systems.

By emphasising equality in access to health services, it supports disadvantaged groups to benefit from health services.

This day, which raises awareness of health issues in communities globally, helps build a healthy society by promoting solidarity and co-operation.

The theme of this year's World Health Day is "**Healthy Beginnings, Hopeful Futures**". This theme is based on focuses on improving newborn health, improving the health of women and newborns, and increasing the survival rates of women and babies.



This visual was prepared in collaboration with 4th year student **Rana Öz Saraç**, 3rd year student **İbrahim Havran Aksoy** and **Dr. Assist. Prof. Dr Sevil Özkan** (Head of Erasmus+ and Farabi Commission).

## Individual;

- To gain awareness about health
- To acquire healthy life habits (nutrition, exercise, etc.)
- Make more informed health-related decisions
- It has an important impact in terms of supporting initiatives on disease prevention, etc.