

DEPARTMENT OF ZOOLOGY
HAFLONG GOVT. COLLEGE

EDITION-IX



WORLD
HEALTH DAY



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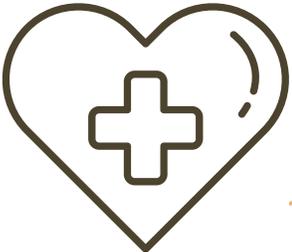
Dear Readers,

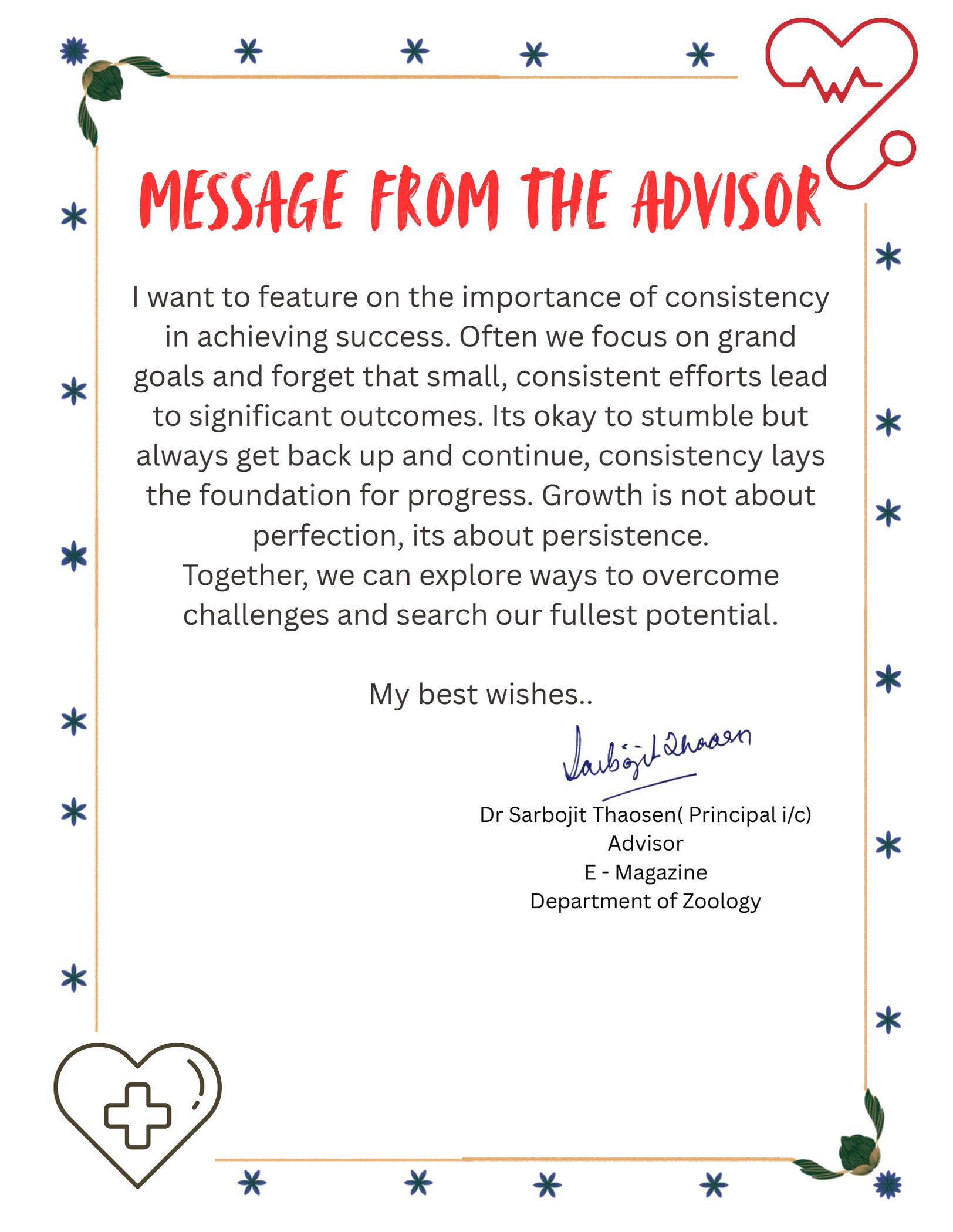
Welcome to the ninth edition of our e-magazine! We are thrilled to bring you a collection of engaging stories, insightful articles, and creative expressions. This edition reflects the talent, passion and dedication of our contributors and we hope it inspires and resonates with you.

Happy reading!

Warm regards,

The Editorial Team





MESSAGE FROM THE ADVISOR

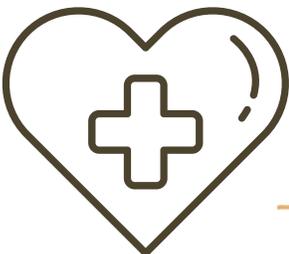
I want to feature on the importance of consistency in achieving success. Often we focus on grand goals and forget that small, consistent efforts lead to significant outcomes. Its okay to stumble but always get back up and continue, consistency lays the foundation for progress. Growth is not about perfection, its about persistence.

Together, we can explore ways to overcome challenges and search our fullest potential.

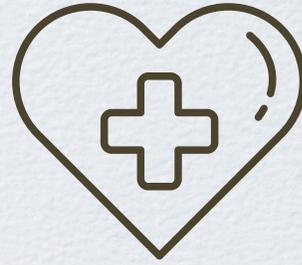
My best wishes..



Dr Sarbojit Thaosan(Principal i/c)
Advisor
E - Magazine
Department of Zoology



WORLD HEALTH DAY



World Health Day is celebrated annually on April 7th to mark the founding of the World Health Organization (WHO) in 1948, raising awareness about critical global health issues and promoting equitable healthcare access. It focuses on a new, specific health theme each year to trigger action, disease prevention, and improved public health.

Anubhav Joishi
FYUG 4th Semester



07 APRIL, 2026

TOGETHER FOR HEALTH. STAND WITH SCIENCE



For World Health Day on April 7, 2026, the World Health Organization (WHO) theme is “Together for health. Stand with science”. This initiative emphasizes a “One Health” approach, focusing on the intersection of human, animal, plant, and environmental health, alongside fostering global scientific collaboration.

Chinglemba Singha
FYUG 4th Semester

STAY HAPPY, STAY HEALTHY

IMPORTANCE OF WORLD HEALTH DAY

- **Purpose**: To raise awareness about a specific health theme to highlight a priority area of concern for the WHO.
- **Focus Areas**: Past campaigns have addressed mental health, maternal and child care, and climate change.
- **Significance**: It serves as a reminder that health is a fundamental human right and highlights the need for resilient, equitable, and inclusive health systems.

Sokash Hojai
FYUG 4th Semester





Purpose of celebrating World Health Day?

Commemorating the WHO's Founding: It celebrates the anniversary of the 1948 organization of the WHO, which was established to improve worldwide health standards.

Raising Health Awareness: It highlights a particular area of priority health concern (such as mental health, infectious diseases, or climate change) to the public and governments globally.

Promoting Universal Health Coverage: The day serves as a platform to push for equitable healthcare access, ensuring quality services are available to all without financial hardship.

Mobilizing Action: It brings together, governments, organizations, and individuals to take concrete actions on specific health challenges to improve overall health outcomes.

Chinu Sharma
FYUG 4th Semester



NUTRITION AND HEALTHY LIVING

- **Fruits and Vegetables:** Aim for at least 400g (5 portions) daily.
- **Whole Grains and Legumes:** Choose whole grains like brown rice, oats, and wheat, and include lentils and beans for fiber and nutrition.
- **Limit Sugars:** Reduce free sugar intake to less than 10% of total energy, ideally below 5%.
- **Healthy Fats:** Choose unsaturated fats (e.g., olive oil, fish) over saturated and trans fats.
- **Reduce Sodium:** Limit salt intake to less than 5g per day, using iodized salt.

Urvash Johari
FYUG 4th Semester





HEALTHY LIFESTYLE HABITS

- **Physical Activity:** Dedicate 150+ minutes of moderate-to-vigorous exercise weekly.
- **Hydration:** Make water the primary beverage to avoid calories from sugary drinks.
- **Sleep:** Maintain consistent sleep schedules for better mental and physical health.
- **Mindful Eating:** Practice portion control and avoid processed, packaged foods.
- **Avoid Substance Abuse:** Avoid tobacco and harmful alcohol consumption.

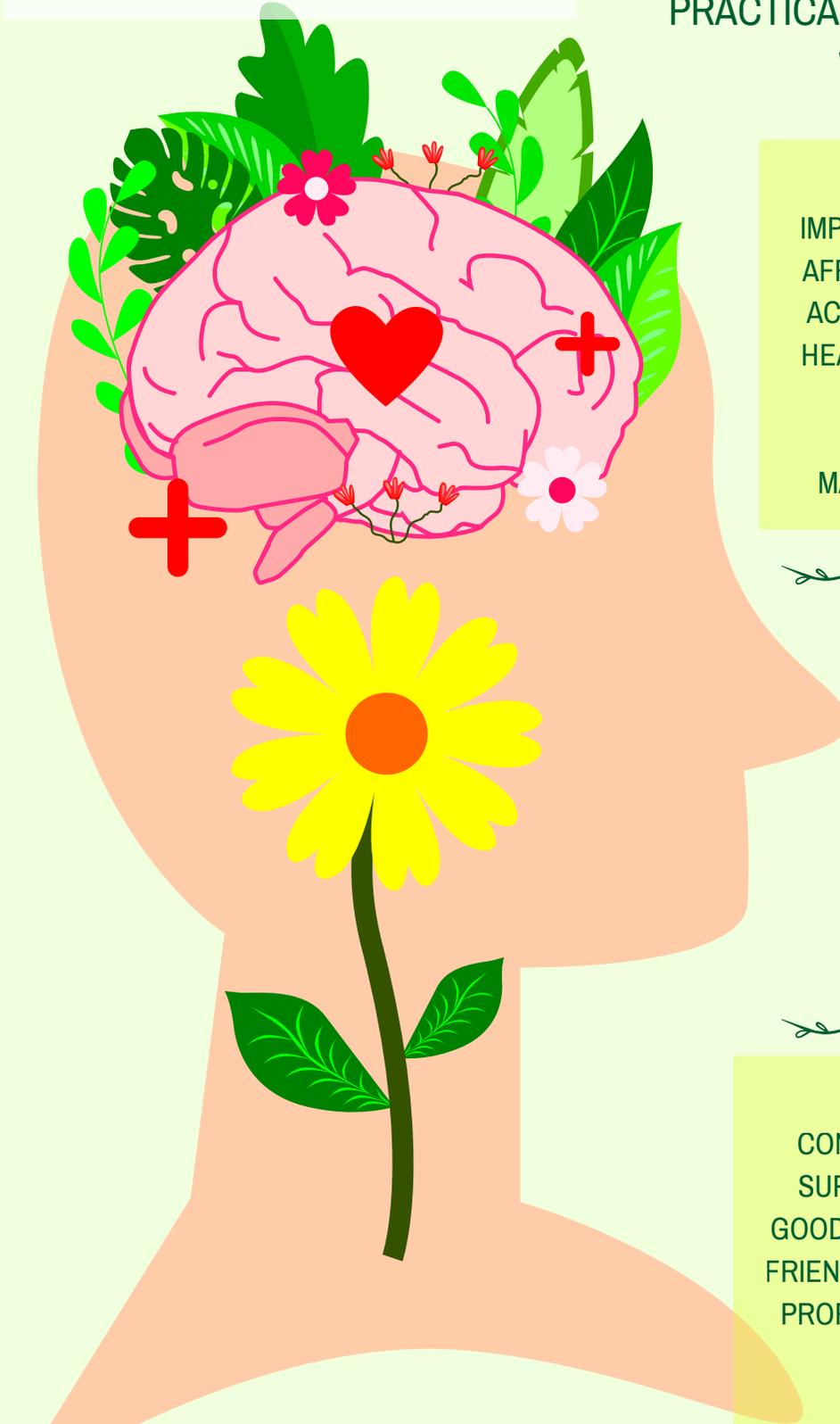


Thairingdao Naiding
FYUG 4th Semester

MENTAL HEALTH

TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

Rofsana Begum
FYUG 4th Semester



Early Health Care & Childhood Wellness

Maternal & Newborn Focus: With roughly 2 million newborn deaths occurring in their first month and high maternal mortality, the focus is on improving prenatal to postnatal care.

Lifelong Wellness: Early interventions combat developmental risks, ensuring long-term health and preventing chronic issues related to poverty.

Early Nutrition: Proper nutrition, including breastfeeding and iron-rich foods, is crucial for cognitive growth and immunity in early childhood.

Mental Well-being: A nurturing environment in early years is essential for child development and preventing future psychological trauma.

Vincent V. Chorai
FYUG 4th Semester