



**WORLD HEALTH DAY**

**: 7<sup>th</sup> April, 2019**

**THEME OF THIS YEAR'S WORLD HEALTH DAY : Universal health coverage: everyone, everywhere**

**Slogan of this year's World Health Day : "Health for All"**

Universal Health Coverage (UHC) means that all people have access to quality health services, when and where they need them without financial hardship. A sound foundation of UHC is quality accessible Primary Health Care (PHC) services. To make it a reality, Government needs to invest in good quality and accessible PHC services.

Health is a basic human right; it is time to provide health for all. Everyone should have information and services they need to take care of their own health and of their family. PHC is the first level of contact with the health system where individuals, families and communities receive most of their health care - from health promotion to treatment, rehabilitation and palliative care - as close as possible to where they live and work.

PHC is about care for people and helping them improve their health rather than just treating a single disease. It includes services e.g. screening for various health problems, vaccines, information on how to prevent disease, family welfare, treatment, co-ordination with other levels of care and rehabilitation.

A health system with strong PHC delivers better outcomes, is cost effective; equitable way of delivering health services and improves quality of health care for all. There are many types of physical activities possible for people for better body care.

Health workers will have to play crucial role in the campaign, helping decision makers to recognize what people need in terms of health care particularly at the PHC level. They have a continuing and trusted relationship with their patients and know their health history thus helping them to improve the individual's care and save money. They know the traditions, culture and practices of the community they are part of, making them indispensable during an outbreak of emergency. They need to care and educate patients on how to get and stay healthy.

To make health for all a reality, we need individuals and community to have access to high quality health services; skilled health workers providing quality, people centered care and policy makers committed to investing in PHC.

'Health for all' is the flagship initiative of World Health Organization with the focus on the Healthy workforce and we are privileged to have the full support of our Honourable Vice-Chancellor in providing this to one and all.

**(Dr. Sunil)**

**Chief Medical Officer**