

### A Report on

## World Health Day Walkathon

### Organized by NSS CELL

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**Attendance: 60 participants**

#### Introduction:

As part of promoting health awareness and encouraging a healthy lifestyle, the NSS Cell organized a *World Health Day Walkathon* on 07th April 2026. The event was conducted to highlight the importance of physical fitness, mental well-being, and the need for regular exercise among students and the local community.

World Health Day is celebrated globally to spread awareness about various health issues and inspire people to adopt healthier habits. The walkathon served as a platform to bring together students, faculty members, and the public to collectively emphasize the significance of maintaining good health through simple activities like walking.

The initiative aimed to instill discipline, responsibility, and awareness among participants while promoting the message “Health is Wealth.”

**Chief Guest:** Dr. Ramanadan, Vice Principal-Academics



## Event Process:

The program began with an inaugural session in the presence of the Chief Guest, faculty members, NSS coordinators, and enthusiastic participants. The Chief Guest delivered an inspiring speech on the importance of maintaining a healthy lifestyle and encouraged everyone to include physical activity in their daily routine.



Following the inauguration, the walkathon was flagged off from the college campus. Participants walked through the designated route carrying placards and banners displaying messages on health awareness, fitness, and hygiene. NSS volunteers actively coordinated the event, ensuring discipline and safety throughout the walk.

The walkathon attracted attention from the local public and successfully spread awareness about the importance of regular exercise, balanced diet, and mental well-being. Participants showed great enthusiasm and energy, making the event lively and impactful.



After completing the walk, a brief closing session was conducted where participants shared their experiences. Refreshments were provided, and appreciation was extended to all volunteers and participants for their active involvement.

## Conclusion:

The World Health Day Walkathon was successfully conducted with active participation and enthusiasm. The event effectively conveyed the importance of maintaining good health and adopting a physically active lifestyle.

The combined efforts of NSS volunteers, faculty members, and participants made the program meaningful and impactful. Such initiatives play a vital role in creating awareness and motivating individuals to prioritize their health and well-being.

The event concluded on a positive note, leaving participants inspired to continue practicing healthy habits in their daily lives.

**With Regards,**

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