



HEALTHPEDIA

JUNE, 2025

A COMMITMENT TO CARE





WORLD ENVIRONMENT DAY

June 5th

INTRODUCTION :

Celebrated to raise awareness about protecting our planet. A healthy environment is the foundation of human health. This year, act for clean air, water, and a greener Earth.



WELLNESS TIPS :

- ✓ Walk, cycle, plant trees, and cut down plastic—choose sustainability.
- ✓ A cleaner environment means better health and peace of mind.
- ✓ Let nature heal and inspire you.
- ✓ Join clean-up drives—every small step matters for a greener planet.



WORLD BRAIN TUMOR DAY

June 8th

INTRODUCTION :

Dedicated to raising awareness about brain tumors. Early diagnosis can greatly improve survival and care. Let's support research, awareness, and patient strength.



WELLNESS TIPS :

- ✓ Watch for symptoms like headaches or blurred vision.
- ✓ Protect your head and avoid excess radiation.
- ✓ Early screening saves lives.
- ✓ Manage stress with mindfulness and gentle activities.
- ✓ Eat a balanced diet to support health and recovery.



WORLD BLOOD DONOR DAY

June 14th

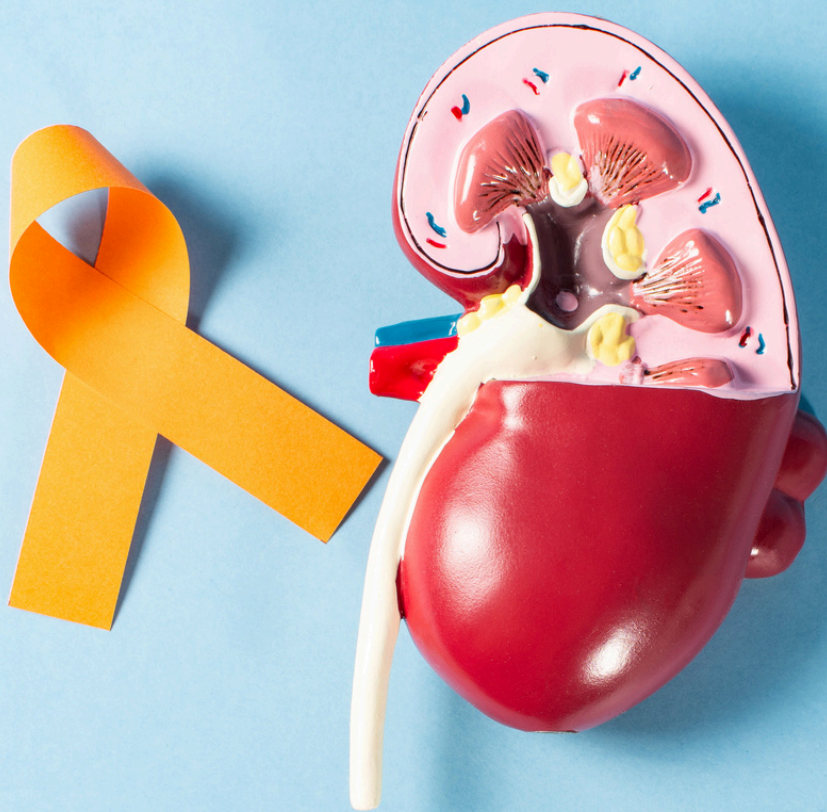
INTRODUCTION :

A day to thank voluntary blood donors worldwide. Safe blood saves lives during surgeries, trauma, and illness. Be a hero—donate blood, save a life.



WELLNESS TIPS :

- ✓ Stay hydrated before and after donating.
- ✓ Eat a healthy meal to keep energy up.
- ✓ Rest well the night before.
- ✓ Experience the joy of saving lives through blood donation.



WORLD KIDNEY CANCER DAY

June 15th

INTRODUCTION :

Focused on creating awareness around kidney cancer. It often develops silently with few symptoms. Knowledge and screening are key to prevention.



WELLNESS TIPS :

- ✓ Maintain a healthy weight through diet and exercise; it's key for kidney health.
- ✓ Keep blood pressure in check—high readings stress your kidneys.
- ✓ Avoid smoking and excessive alcohol; they significantly raise your risk.
- ✓ Pay attention to your body; unusual symptoms always warrant a doctor's visit.

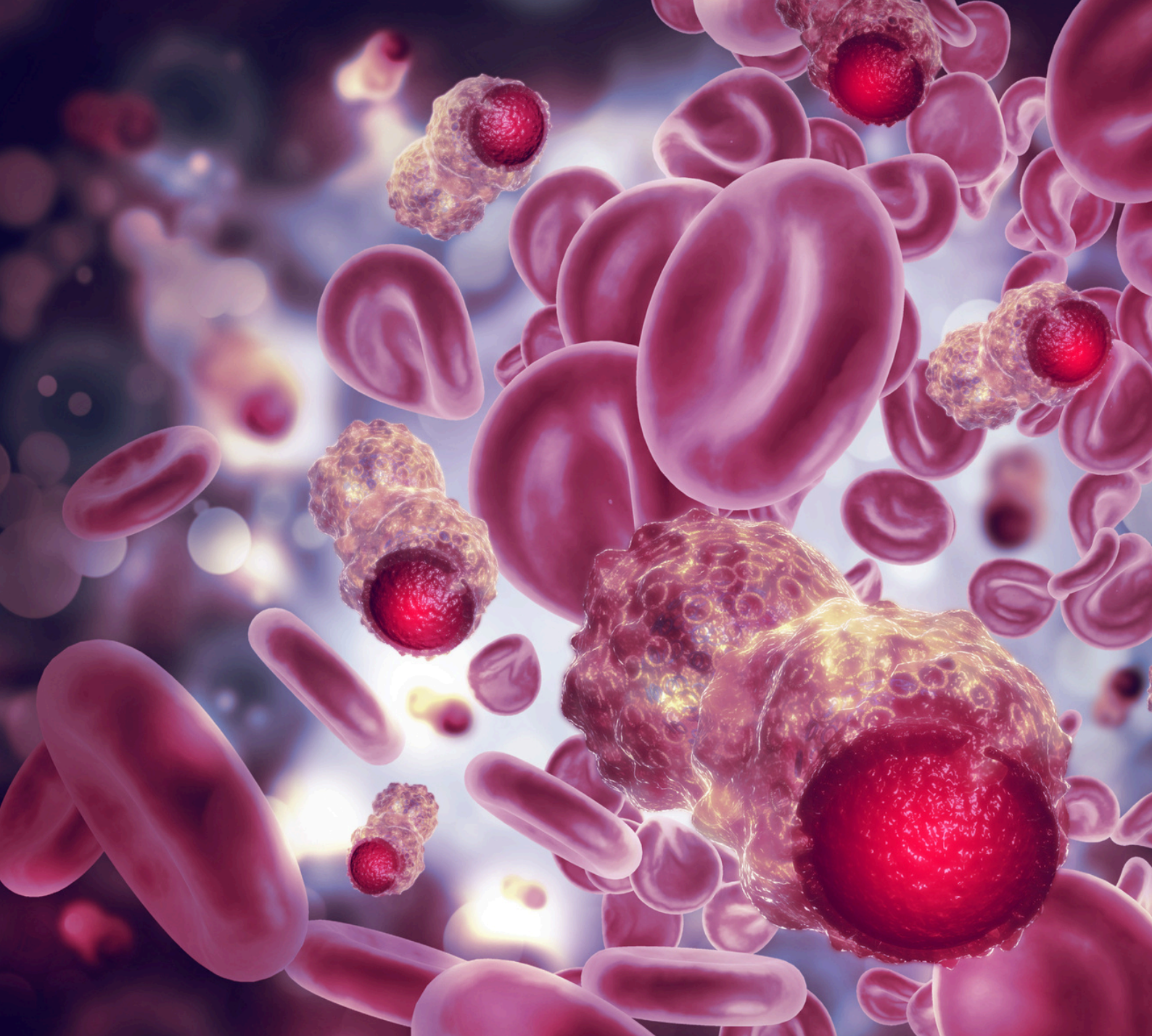


WORLD SICKLE CELL DAY

June 19th

INTRODUCTION :

Marked to raise awareness about sickle cell disease. Millions live with this painful genetic condition. Support, care, and early diagnosis make a difference.



WELLNESS TIPS :

- ✓ Drink plenty of water daily; it's crucial for managing sickle cell.
- ✓ Keep stress low with relaxation or mindfulness to prevent crises.
- ✓ Never miss a doctor's visit for essential monitoring and care.
- ✓ Understand your body's triggers and avoid what makes you sick.
- ✓ Share your journey to help spread awareness and support others.



INTERNATIONAL DAY OF YOGA

June 21st

INTRODUCTION :

A global celebration of India's gift to wellness—Yoga. It promotes harmony of mind, body, and soul. Yoga is for everyone, everywhere.



WELLNESS TIPS :

- ✓ Yoga aligns your body, breath, and mind in perfect harmony.
- ✓ Just a few mindful minutes daily can restore inner peace.
- ✓ Flexibility in the body brings resilience in life.
- ✓ Yoga strengthens immunity, reduces stress, and boosts energy.
- ✓ It's not about touching your toes, but what you learn on the way down.



WORLD VITILIGO DAY

June 25th



INTRODUCTION :

A day to raise awareness about vitiligo and fight stigma. It affects skin pigmentation but not health or worth. Let's promote acceptance and understanding.



WELLNESS TIPS :

- ✓ Vitiligo affects skin color—not the strength of the soul.
- ✓ Every shade of skin deserves love, respect, and care.
- ✓ Confidence shines brighter than any pigment.
- ✓ Awareness fights stigma—start conversations, not judgment.
- ✓ Beauty isn't defined by color—it's defined by kindness and courage.



INTERNATIONAL DAY AGAINST DRUG ABUSE

June 26th

INTRODUCTION :

Observed to strengthen action against drug abuse. Drug misuse harms individuals, families, and communities. Choose awareness, recovery, and hope.



WELLNESS TIPS :

- ✓ Say no to drugs—say yes to a healthier, brighter future.
- ✓ Real strength is choosing wellness over temporary escape.
- ✓ A clear mind is your greatest superpower.
- ✓ Break the silence—support recovery, not stigma.
- ✓ Life is too precious to be wasted—choose hope, not harm.



STAY AWARE, STAY HEALTHY!