



HEALTHPEDIA

JULY, 2025

A COMMITMENT TO CARE



NATIONAL DOCTORS DAY

July 1st

INTRODUCTION:

Today, we honor the real-life heroes behind every heartbeat. National Doctors' Day is a tribute to the dedication, compassion, and resilience of our medical professionals. Let's take a moment to thank the hands that heal and the hearts that care.



WELLNESS TIPS :

- ✔ Stay hydrated by drinking at least 8 glasses of water daily.
- ✔ Get 7–8 hours of quality sleep every night for body and mind recovery.
- ✔ Take short movement breaks every hour to reduce stress and boost circulation.
- ✔ Practice mindfulness or deep breathing to manage daily tension effectively.



WORLD POPULATION DAY

July 11th

INTRODUCTION :

World Population Day reminds us of our shared responsibility toward sustainable growth. It's a call to reflect on the balance between people, resources, and our planet's future.



WELLNESS TIPS :

- ✔ Choose eco-friendly habits to support both personal and planetary health.
- ✔ Eat local, seasonal foods to nourish your body and reduce carbon footprint.
- ✔ Walk or cycle when possible to stay active and reduce pollution.
- ✔ Practice digital detox to improve mental clarity and reduce energy use.



WORLD BRAIN DAY

July 22nd

INTRODUCTION :

World Brain Day celebrates the power and complexity of our most vital organ. It's a reminder to protect brain health through awareness, care, and early action.



WELLNESS TIPS :

- ✓ Keep your brain active with puzzles, reading, or learning new skills.
- ✓ Eat brain-boosting foods like nuts, berries, and omega-3 rich fish.
- ✓ Get regular sleep to help your brain rest, repair, and store memories.
- ✓ Stay socially connected to support emotional and cognitive health.



WORLD IVF DAY

July 25th

INTRODUCTION :

World IVF Day honors the breakthrough that brought hope to millions on the journey to parenthood. It celebrates science, resilience, and the miracle of life made possible through assisted reproduction.



WELLNESS TIPS :

- ✓ Maintain a balanced diet rich in fertility-friendly nutrients like folate and zinc.
- ✓ Manage stress through yoga, meditation, or gentle exercise.
- ✓ Avoid alcohol, smoking, and excessive caffeine during fertility treatment.
- ✓ Follow your doctor's guidance and attend all scheduled appointments.



WORLD HEPATITIS DAY

July 28th

INTRODUCTION :

World Hepatitis Day raises global awareness about viral hepatitis and its impact on millions. It's a call to educate, test, and treat—because Hepatitis can't wait.



WELLNESS TIPS :

- ✓ Get vaccinated against Hepatitis A and B for long-term protection.
- ✓ Practice safe hygiene and avoid sharing personal items like razors or needles.
- ✓ Choose clean, safe food and water to prevent infection.
- ✓ Go for regular health checkups and liver function tests for early detection.

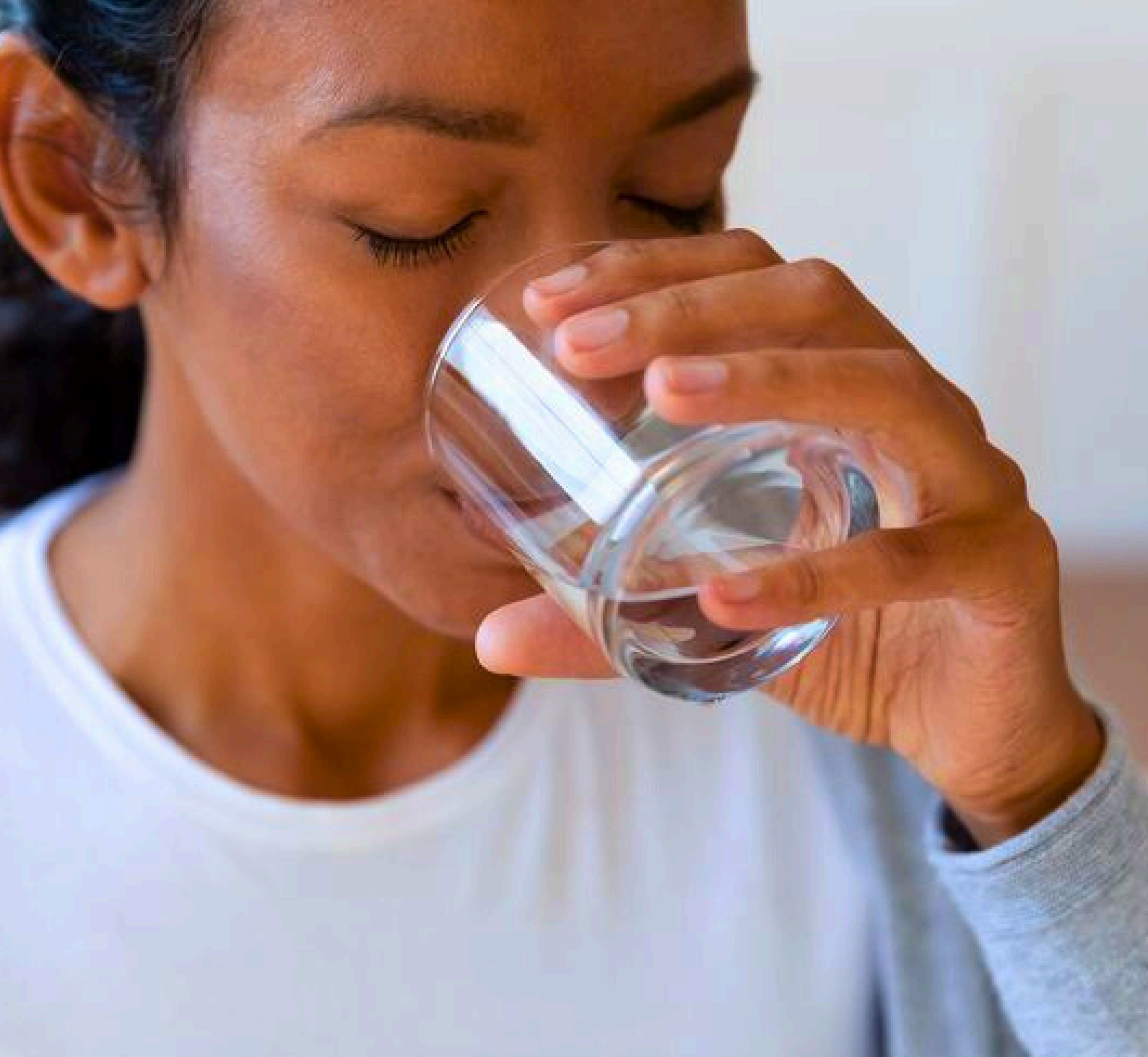


WORLD ORS DAY

July 29th

INTRODUCTION :

World ORS Day highlights the life-saving power of Oral Rehydration Salts in preventing dehydration. It's a global reminder to act swiftly against diarrhea-related illnesses, especially in children.



WELLNESS TIPS :

- ✔ Keep ORS sachets handy, especially during travel or hot weather.
- ✔ At the first sign of diarrhea, start ORS to prevent dehydration.
- ✔ Use clean, boiled water to mix ORS for safe consumption.
- ✔ Educate others about the importance of timely ORS use in children and adults.



STAY AWARE, STAY HEALTHY!