

## **"Nurturing Life, Enriching Futures: Embracing Healthy Beginnings on World Health Day 2025"**



Dear Fellow Humanitarians and Citizens of the World,

As we celebrate World Health Day 2025, I'm honoured to share a message of hope and collective action. This year's theme, **"Healthy Beginnings, Hopeful Futures"**, aligns with the Indian Red Cross Society's mission to promote health, dignity, and well-being for all.

The first 1,000 days of a child's life are crucial in shaping their future health, education, and development. It's our collective responsibility to ensure every child receives the best possible start in life. At the Indian Red Cross Society, we support vulnerable communities, particularly mothers, children, and adolescents, through:

- Access to quality maternal and child healthcare services
- Promotion of nutrition, sanitation, and hygiene practices
- Education and livelihood opportunities for marginalized communities
- Fostering a culture of inclusivity and social responsibility

We acknowledge the interconnectedness of human well-being and the planet's health and urge you to join us in adopting sustainable practices, reducing our carbon footprint, and prioritizing ecosystem conservation.

On this World Health Day, let's:

- Advocate for policies supporting early childhood development and maternal health
- Volunteer our time and resources to make a positive impact
- Prioritize self-care, mental health, and wellness
- Embrace sustainable lifestyles for a cleaner environment

Together, we can create a brighter, healthier future for all. "Healthy Beginnings, Hopeful Futures" is a call to action, reminding us of our shared responsibility to nurture life and enrich futures.

Thank you for your support and partnership.

Sincerely,



R.K. Jain, I.A.S (Retd)

Secretary General