

Dear students

April 7 every year marks the celebration of World Health Day .It is a day to reaffirm our gratitude and appreciation to all those who work day and night to keep our planet healthy. Let's all applaud and appreciate all the doctors and health workers who work relentlessly to build a healthier world . The theme of world health day 2021 is Building a fairer, healthier world for everyone

So as Hansarians let's dedicate this day to adopting a healthier way of life. Let's promise to eat healthy, to exercise to keep our body healthy and to think positively to keep our mind healthy.

Remember

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

Wishing everyone good health and a happy life!!

Jaya Bhardwaj
Principal
HPS