



प्रीति सूदन

सचिव

PREETI SUDAN

Secretary



सत्यमेव जयते

भारत सरकार

स्वास्थ्य एवं परिवार कल्याण विभाग

स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India

Department of Health and Family Welfare

Ministry of Health & Family Welfare

D.O No. Z-28016/09/2019-NHM-I (Part 2)

Dated 2nd July, 2019

Dear Secretary,

As you are aware that under the Ayushman Bharat, we are committed to transform 1.5 lakh Sub Health Centres and Primary Health Centres into Ayushman Bharat-Health and Wellness Centres (AB-HWCs) by December, 2022. Health promotion and wellbeing of the individuals and the communities is envisaged through encouraging healthy lifestyles, preventing diseases, illness and injury, enabling environments that support good health and wellbeing. Involving the communities is essential to expand awareness and highlight activities which can be undertaken to foster wellness through health promotion at these AB-HWCs.

2. In this regard, it is envisaged that at least two health promotion activities in a month are organized at these AB-HWCs. An Annual Health Calendar with a list of health related days has been prepared for pre-planning of these activities, a copy of which is enclosed for your perusal.

3. It is requested that all necessary measures may be taken to ensure that the health promotion related activities are carried out with maximum community participation at all the operational HWCs in your State / UT on specified days. It will also be apt to include more activities than the ones already listed based on the local health needs, to ensure that communities are empowered and facilitated to be healthy for Healthy India.

With regards,
Yours sincerely,

P. Sudan
(Preeti Sudan)

Encl: as above

**Additional Chief Secretary (Health)/Principle Secretary (Health)/
Secretary (Health) – All States and UTs**

Copy to:

1. Mission Director, NHM - All States and UTs
2. Executive Director, NHSRC.

Calendar of Important Health Days

Sl. No.	Date	Day
1.	12 th January	National Youth Day
2.	30 th January	Anti-Leprosy Day
3.	4 th February	World Cancer Day
4.	10 th February	National Deworming Day
5.	11 th February	International Epilepsy Day
6.	8 th March	International Women's Day
7.	10 th March	National GDM Awareness Day
8.	24 th March	World Tuberculosis Day
9.	7 th April	World Health Day
10.	11 th April	National Safe Motherhood day
11.	14 th April	Ayushman Bharat-Health and Wellness Centre Day
12.	Last week of April i.e. from April 24 th	World Immunization Week
13.	5 th May	International Midwives' Day
14.	12 th May	International Nurses Day
15.	28 th May	Menstrual Hygiene Day
16.	28 th May to 8 th June	Intensified Diarrhoea Control Fortnight
17.	31 st May	World No Tobacco Day
18.	14 th June	World Blood Donor Day
19.	21 st June	International YOGA Day
20.	1 st July	Doctors Day
21.	11 th July	World Population Day
22.	28 th July	World Hepatitis day
23.	01-07 August	World Breast Feeding Day/Week
24.	10 th August	National Deworming Day
25.	15 th August	Independence Day
26.	01-07 September	National Nutrition Week
27.	29 th September	World Heart Day
28.	1 st October	World Elderly Day
29.	10 th October	World Mental Health Day
30.	7 th November	National Cancer Awareness Day
31.	12 th November	World Pneumonia Day

Sl. No.	Date	Day
32.	14 th November	Children's Day & World Diabetes Day
33.	15-21 November	Newborn Week
34.	17th November	World Prematurity Day
35.	1 st December	World AIDS Day
36.	12 th December	Universal Health Coverage Day