

World Health Day Celebrated At Gurugram With HealthSetGo Run 2019

23 April 2019

Over 1000 school children and eminent educators participate in HealthSetGo Run 2019, a WHO registered event, with Food Safety and Standards Authority of India - focused on the theme - #irunforsehat

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Over 1,000 school children, parents, and educators across different age groups participated in a unique run organized today in Gurugram by HealthSetGo, an organization focused on student health and well-being in schools across India in support of World Health Day 2019.

The theme of the event this year was “I Run For Sehat” which resonated with this year’s World Health Organization’s theme “Health For all - Everyone, Everywhere” for World Health Day. FSSAI, India’s food regulator was a key partner and joined the fight for good health and safe food for children.

School children came together in large numbers and actively participated in the run. Younger school students from class 2 to 12 covered a distance from 1 to 4 km while school teachers, principals, and parents of the children ran a 5 km stretch to generate awareness about the issue. The run was also open to families across Delhi/NCR and saw active participation from them.

HealthSetGo Run is an annual initiative by HealthSetGo to spread awareness about the importance of health through the symbolic act of coming together to run on the occasion of World Health Day. The run was flagged off by Priya Prakash, Founder, HealthSetGo along with principals from prominent schools such as The Millennium School, Noida, Pathways World School, Aravali, Lotus Valley School, Xion International, and many others. The Run

kicked off from Mahindra Luminare, Sector 59, Gurugram and culminated at the same venue.

Priya Prakash, Founder, HealthSetGo said, “Today our country is facing a grave danger due to Non-Communicable Diseases such as Cancer, Diabetes and Heart Disease. We organize HealthSetGo Run every year on World Health Day to heighten awareness of health among children and their parents because we believe health is the key to a disease-free life. We are proud to partner with FSSAI this year for further spreading the awareness on healthy and safe food. The increased numbers and enthusiasm with which children and adults have participated in the third edition of the run is proof that health is becoming a priority for our schools and our society today.”