

# TMSS Medical College Journal (TMCJ)

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# TMSS Medical College Journal (TMCJ)

Vol. 23, No. 2, July 2024

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# TMSS Medical College Journal (TMCJ)

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- ▶ Article must be within 5 years of research work.
- ▶ Authors of research work should be of relevant fields.
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- ▶ Present the text in the sequence of Introduction, Methods & Materials, Results and Discussion.
- ▶ Use SI units of measurements (for blood pressure use mm of Hg).
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- ▶ Do not cite references in the abstract. Be concise (250 words, maximum).
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- ▶ The abstract should be a total of about 250 words maximum. Abstract should cover Background and Purpose (description of rationale for study); Methods (brief description of methods); Results (presentation of significant results); and Conclusion (succinct statement of data interpretation) in separate headings.

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The following are typical main headings:

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  1. World Health Organization: WHO Recommendations: Obesity: Preventing and Managing the Global Epidemic. Geneva, World Health Org., 2000 (Tech. Rep. Ser, no. 894).
  2. Rashid M. Food and Nutrition. In Rashid KM, Rahman M, Hyder S eds. Textbook of Community Medicine and Public Health 4th edn. RhM Publishers 2004;126-140.
  3. Sayeed MA, Hussain MZ, Banu A, Rumi MAK, Azad Khan AK. Prevalence of diabetes in a suburban population of Bangladesh. Diab Res Clin Pract 1997;34:149-155.
  4. Jarrett RJ. Insulin and hypertension (Letter). Lancet 1987; ii: 748-749.

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## ***Editorial***

# **Upcoming World Health Day 2025: Healthier Beginnings, Hopeful Future**

Professor Dr. Hafiza Arzuman, Department of Community Medicine & Public Health, TMSS Medical College, Bogura

## **Background**

Every year on April 7, the world comes together to celebrate World Health Day, a day that not only celebrates the founding of the World Health Organization (WHO) but also brings urgent health issues into global focus.

Healthier Beginnings, Hopeful Future – a call for combined action on World Health Day 2025, the global community turns its attention to a theme that holds the promise of transformation. The theme reflects the global call for strengthening early health intervention and ensuring comprehensive care from the very start of life. It is a vision rooted in the understanding that the first stages of human development, right from conception through childhood have lasting impacts on health trajectories.

This strong message highlights the serious importance of early health interventions, equitable care from birth, and the collective responsibility to ensure every child, every community, and every nation has the base for a thriving tomorrow. Health is a journey that begins at birth, sometimes even before. From maternal care and child nutrition to clean water and vaccinations, the earliest stages of life shape the resilience and wellbeing of individuals and societies. Yet millions of children are still born into poverty, malnutrition, or conflict, conditions that can disrupt a healthy start and darken the future before it begins. This year's theme is not just an ambition but a roadmap. It calls upon

governments, healthcare systems, educators, and citizens to invest in early childhood health, accessible healthcare, and preventive measures. It reminds us that when we give people a healthy beginning, we do more than treat illness, we nurture hope, potential, and peace. Moreover, this theme expands beyond the individual. It speaks to the planet's health, the environments we build, and the systems we build up.

The theme is also a call to action for health systems to be more flexible, inclusive, and preventive in nature. Medical institutions, particularly academic and teaching hospitals are integral to this vision. By promoting interdisciplinary research, community-based initiatives, and health education, they could help in laying the foundation for robust, equitable health systems.

A hopeful future depends on how we care for both people and the planet today. On this World Health Day, let us commit not only to healing but to preparing, protecting, and preventing. Let us stand together to make every beginning a healthier one, because in doing so, we locked a more hopeful, more humane future for all.

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