

## **Activities for Health Awareness Days 2026**

As part of our ongoing commitment to health and wellness, the Communication Cell of the institute has prepared a list of national and international health-related awareness days related to our mandate. These days provide us with valuable opportunities to engage our staff, students, and the wider community in meaningful dialogue and action.

**We invite all HODs to volunteer for activities that highlight the importance of these days.** You may choose up to 2-3 days/activities. Suggested activities include: social media awareness post, short reel or video, seminar for staff and students, community outreach activity, etc. Your active involvement will not only spread awareness but also demonstrate our collective dedication to fostering a healthier environment.

**We request all the HODs to send a confirmation of their chosen days and activities to [communication@nirrch.res.in](mailto:communication@nirrch.res.in) by January 20, 2026.**

To ensure balanced participation, please note that any days not selected will be allotted to departments that have not volunteered or to those whose work aligns with the specific health theme. This will help us achieve an even distribution of responsibilities across all departments.

We look forward to your enthusiastic participation and creative contributions. Together, let us make these health awareness days impactful and inspiring.

### **List of Health Days (January - December 2026)**

<b>January</b>	
1-31	Cervical Health Awareness Month
4	World Cancer Day
11	International Day of Women and Girls in Science
12	Sexual & Reproductive Health Awareness Day
<b>February</b>	
28	National Science Day (India)
28	World Rare Disease Day
<b>March</b>	
1-31	Endometriosis Awareness Month
3	World Birth Defects Day
8	International Women's Day
16	National Immunization Day (India)
24	World Tuberculosis Day
<b>April</b>	
2	World Autism Awareness Day
7	World Health Day
11	National Safe Motherhood Day
28	World Day for Safety and Health at Work

<b>May</b>	
8	World Thalassaemia Day
12	International Nurses Day
17	World Hypertension Day
28	International Day of Action for Women's Health
28	Menstrual Hygiene Day
<b>June</b>	
5	World Environment Day
14	World Blood Donor Day
19	World Sickle cell awareness day
21	International Day of Yoga
29	National Statistics Day
<b>July</b>	
1	National Doctor's Day
6	World Zoonosis Day
11	World Population Day
25	World IVF Day
<b>August</b>	
1-7	World Breastfeeding Week
<b>September</b>	
1-30	PCOS Awareness Month
1-7	National Nutrition Week
4	World Sexual Health Day
19	International Snakebite Awareness Day,
17	World Patient safety Day
26	World Contraception Day
28	International Safe Abortion Day
<b>October</b>	
1-31	Breast Cancer Awareness Month
10	World Mental Health Day
11	International Day for Girl Child
20	World Osteoporosis Day
26	World Obesity Day
<b>November</b>	
1-30	Prostate Cancer Awareness Month
14	Children's Day
15-21	National Newborn Care Week
19	International Men's Day
25	International Day for the Elimination of Violence against Women
25 Nov - 10 Dec	16 Days of Activism against Gender-Based Violence
<b>December</b>	
1	World AIDS Day