

THE YASH FOUNDATION'S COLLEGE OF NURSING AND  
MEDICAL RESEARCH INSTITUTE, RATNAGIRI

WORLD HEART DAY CELEBRATION

THEME- MY HEART YOUR HEART

World Heart Day, annual observance and celebration held on September 29 that is intended to increase public awareness of cardiovascular diseases, including their prevention and their global impact. In 1999 the World Heart Federation (WHF), in conjunction with the World Health Organization (WHO), announced the establishment of World Heart Day. Cardiovascular diseases are the most common cause of death. The primary causes of cardiovascular diseases—poor diet, lack of exercise, and smoking—are considered modifiable factors. Thus, even in developing countries, which often lack efficient health care programs, the majority of these diseases can be prevented.

On 29th September 2018, The Yash Foundation College of Nursing, Ratnagiri celebrated world Heart day. World Heart Day was arranged under the guidance of Mr. Jaison Daniel and Ms. Gauri Shinde. And the whole function was planned by 3<sup>rd</sup> year BSc nursing students. Programme was started by 2:00am and was ended by 5:00pm.

As per the planning we started programme with ribbon cutting and welcoming of all teachers. And immediately after that theme orientation was done by Ms. Gauri shinde followed by Mr.Chetan sir gave valuable

advice which was based on promotion of heart health. After that exhibition was open to all students. Exhibition was on coronary artery disease and which was prepared and presented by 3<sup>rd</sup> year BSc nursing students, and also they had conducted health check for teachers in that they checked blood pressure and BMI of all teachers. And also with the help of 2<sup>nd</sup> year BSc nursing they have conducted CPR training for all students in the college

On world heart day also held Rangoli competition based on theme my heart your heart. And winners were announced by Ms.Bhagyashree shinde and MsSuchitaPalte at the end of the programme.

#### Name of coordinators-

- **Mr Jaison Daniel-**
- **Ms Gauri Shinde-**

#### Winners of Rangoli competition-

1. 1<sup>st</sup> year ANM
2. 1<sup>st</sup> year GNM
3. 3<sup>rd</sup> year B.Sc. Nursing