

Report on World Heart Day Programmed

Date: 29th September

Theme: “Don’t Miss a Beat,

Organized by: KALYAN COLLEGE OF NURSING, RAJURA

Venue: multipurpose hall

Introduction

World Heart Day is observed annually on 29th September to raise awareness about cardiovascular diseases and promote heart-healthy lifestyles. The celebration aims to educate people about the importance of maintaining a healthy heart through proper diet, regular exercise, and stress management. Our institution enthusiastically organized various activities to mark this important day.

Objectives of the Celebration

To create awareness about heart diseases and their prevention.

To encourage healthy lifestyle habits among students and staff.

To promote physical activity and balanced nutrition.

To spread the message of regular health check-ups for early detection.

Activities Conducted

1. Awareness Session / Seminar

A health awareness talk was delivered by a medical professional, who explained:

Causes and risk factors of heart disease

Importance of regular exercise

Role of a balanced diet in maintaining heart health

Harmful effects of smoking, junk food, and stress

2. Poster-Making Competition

Students participated in a poster-making activity on themes such as:

“Healthy Heart, Healthy Life”

“Eat Right, Stay Fit”

The posters creatively conveyed messages about heart care and prevention.

3. Fitness Activities

A short session of yoga, stretching, and walking exercises was conducted to highlight the importance of daily physical activity.

4. Healthy Diet Awareness Drive

Information was shared about nutritious food choices, including fruits, vegetables, and low-fat diets that support cardiovascular health.

5. Pledge for a Healthy Heart

Participants took a pledge to adopt heart-friendly habits such as:

Exercising regularly

Avoiding junk food

Managing stress

Going for regular medical check-ups

Participation

Students, teachers, and staff actively participated in all activities. The event witnessed enthusiastic involvement, reflecting a strong commitment to adopting healthier lifestyles.

Outcome of the Program

The celebration successfully:

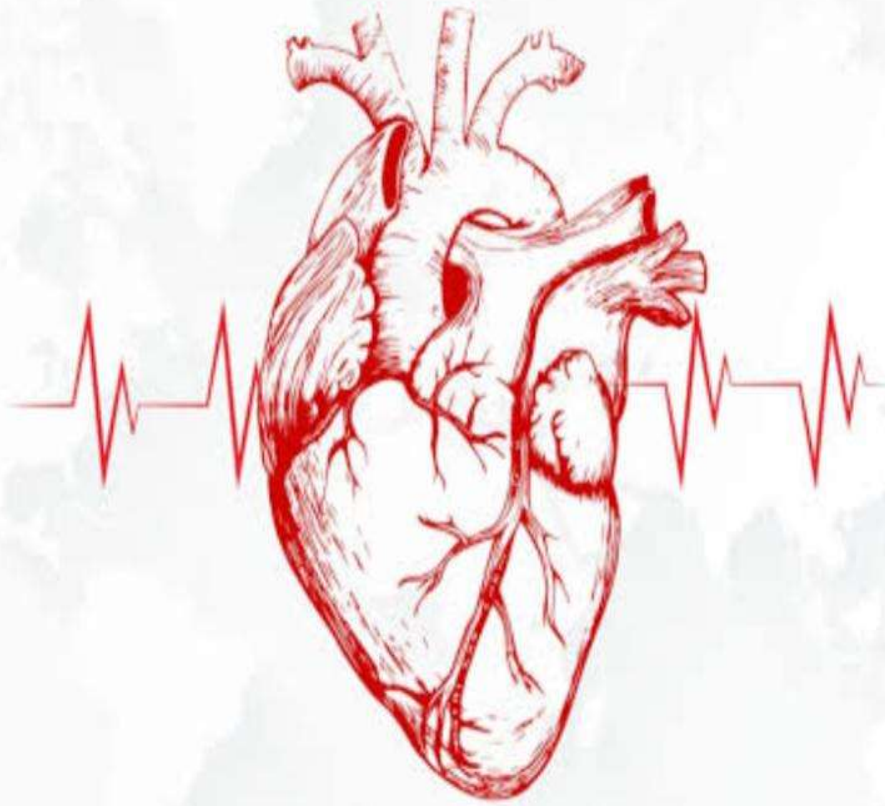
Increased awareness about cardiovascular health.

Motivated participants to adopt healthier habits.

Encouraged community responsibility toward preventing heart diseases.

WORLD HEART DAY

29th September 2025



Love Your Heart
It Beats for You Every Second