

NIRMALA COLLEGE OF PHARMACY  
Muvattupuzha P.O., Ernakulam Dist., Kerala-686661  
Established in 2004, under Nirmala College Society  
(Reg.No.ER 928/2001)



## National program for prevention & control of cancer, diabetes, cardiovascular disease and stroke (NPCDCS)

### Cardiac health check-up camp and awareness program at Nirmala Matha Church

<b>Date &amp; Time</b>	16/09/2019, 8 am
<b>Venue</b>	Nirmala Matha Church, Muvattupuzha
<b>Collaborating agency</b>	ISPOR/NSS, Nirmala College of Pharmacy
<b>Events</b>	Medical camp
<b>No. of students participated</b>	25
<b>No. of participants benefitted</b>	85

The cardiac health check-up camp and awareness program was organized by the ISPOR/NSS unit of Nirmala College of Pharmacy at Nirmala Matha Church, Muvattupuzha, on September 16, 2019. The program aimed to promote cardiac health and free health screening to the community, thereby encouraging early detection of risk factors and awareness of preventive measures. The program started at 8 a.m. with the blessings of Nirmala Matha Church Vicar, Fr. Francis. Blood pressure, blood sugar, and Body mass index were determined during the health screening. Personalized counseling regarding medication and health status was provided to the participants. Information about diet and lifestyle modifications to be followed were given. 85 participants benefitted from this program. The Church vicar appreciated this effort and expressed that it is crucial to continue such initiatives to improve cardiac health and prevent cardiac-related issues. The program coordinator and faculty advisor of the ISPOR KUHS student chapter, Dr. Suja Abraham, proposed the vote of thanks and the program ended at 12 pm.



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