

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)

PUBLIC AWARENESS PROGRAM AGAINST CARDIAC DISEASES AT ST. SEBASTIAN'S HIGHER SECONDARY SCHOOL

Date & Time	30/09/2020, 2pm
Venue	St. Sebastian's Higher Secondary School, Anickad, Muvattupuzha
Collaborating agency	NSS unit/ISPOR student chapter of Nirmala College of Pharmacy
Events	Awareness session about cardiac diseases
No of students participated	5 students
No. of participants benefitted	60

An awareness session about cardiac diseases was organized by the NSS/ISPOR student chapter of Nirmala College of Pharmacy, on 30/09/2020 at St. Sebastian's Higher Secondary School, Anickad, Muvattupuzha. The awareness was given to science students of Plus One. The program started at 10 am with a welcome speech by the vice Principal Sr. Clara and highlighted the importance of awareness required about lifestyle diseases. Ms. Anjali Ambrose, Pharm D student explained about the population affected with cardiac diseases globally and the risk factors that contribute to the complications associated with that. Types of disease, symptoms, and the changes that happen in the body during the disease state, etc were detailed to the students. She described that early recognition and prompt and effective treatment can reduce the incidence of further complications. Life-saving first aid measures such as CPR and the Heimlich Maneuver were demonstrated to them. A puzzle game and a rapid fire quiz were conducted after the session and the winners were given small gifts. The program was appreciated by the class coordinator of science group Ms. Sheeba and the program ended at 3.30 pm



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