

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
GRAND CENTER MALL**

Date & Time	30/09/2020, 3.30 pm
Venue	Grand Center mall, Muvattupuzha
Collaborating agency	NSS unit/ISPOR student chapter of Nirmala College of Pharmacy
Events	Awareness program on cardiac disease
No of students participated	15
No. of participants benefitted	120

A public awareness program against cardiac disease was organized by the NSS/ISPOR student chapter of Nirmala College of Pharmacy, on 30/09/2020 at Grand Center Mall, Muvattupuzha. The aim of the program was to educate and inform the public about the prevention and management of cardiac conditions and to raise awareness about the risk factors associated with heart disease. The program started at 3.30 pm with a welcome speech by the HR in charge Mr. Gopi and highlighted the importance of knowing the complications of lifestyle diseases. Nevin Joseph, Pharm D student highlighted the importance of maintaining a healthy heart. The importance of regular exercise, stress management, food habits, and regular hospital visits were emphasized. Early warning signs and the latest developments in cardiac care were briefed during the session. A flash mob was performed followed by discussion. Queries related to medications were cleared and the importance of medication compliance was explained. The program ended at 12:30 p.m. by a vote of thanks from the coordinator Mr. Eby George.



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