

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 on cardiac diseases and its management**

<b>Date &amp; Time</b>	29/09/2020, 10.30 am
<b>Venue</b>	Virtual mode
<b>Collaborating agency</b>	ISPOR/NSS, Nirmala College of Pharmacy
<b>Events</b>	Webinar
<b>No. of students participated</b>	30
<b>No. of participants benefitted</b>	1000

Nirmala College of Pharmacy, Muvattupuzha, Kerala organized an awareness program on September 29, 2022, through virtual mode, Kerala, as one of the activities of ISPOR KUHS student chapter and NSS. The theme selected was “Use Heart to Beat Cardiovascular Disease”, and it was open for the patients along with faculty and students of Nirmala College of Pharmacy. The aim of this program was to highlight the importance of taking care of heart health, especially in the unprecedented times of COVID-19, and due to the restriction for public programs, this event was conducted online. The session was handled by Dr. Sandeep R, Interventional cardiologist, Mar Sleeva Medcity, Palai. He explained well about how to lead a healthy life and stressed Major heart diseases and their prevention to the public. The talk also emphasized on the topics such as reasons for heart diseases in youngsters, major steps to be taken while a person has a cardiac arrest, long term risks of stent in body and Prevention of complications, challenging aspects of AI in cardiology, maintenance of a healthy heart through lifestyle changes etc . The talk was very informative for the public and it focused to make the public especially the youngsters aware of heart diseases and influence of anxiety and stress on heart diseases. The live session was uploaded in Youtube on September 29th 2020 which received a lot of appreciation from all the viewers.



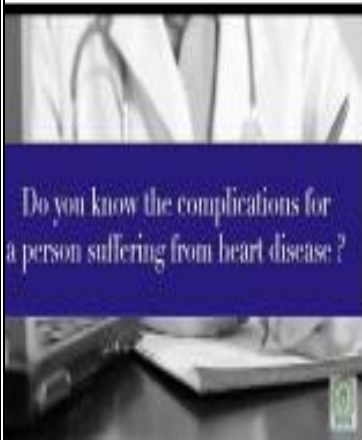
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**Introduction**  
The heart is a muscular organ that pumps blood throughout the body. It is located in the chest, between the lungs. The heart is made up of four chambers: the right atrium, right ventricle, left atrium, and left ventricle. The right side of the heart pumps blood to the lungs, and the left side pumps blood to the rest of the body. The heart is surrounded by a protective sac called the pericardium. The heart is also connected to a network of blood vessels called the coronary arteries. These arteries supply the heart with oxygen and nutrients. If the coronary arteries become blocked, it can lead to a heart attack. There are several factors that can increase the risk of heart disease, including high cholesterol, high blood pressure, smoking, and a family history of heart disease. There are also several lifestyle changes that can help reduce the risk of heart disease, such as eating a healthy diet, exercising regularly, and not smoking.



**Coronary Heart Disease**  
Coronary heart disease (CHD) is a condition in which the coronary arteries, which supply the heart with oxygen and nutrients, become narrowed or blocked. This can lead to a heart attack. There are several factors that can increase the risk of CHD, including high cholesterol, high blood pressure, smoking, and a family history of heart disease. There are also several lifestyle changes that can help reduce the risk of CHD, such as eating a healthy diet, exercising regularly, and not smoking.



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