

World Heart Day Camp Report

Date: 03.10.2024

Location: AAGHIM OP New Building

Organized by: UG – POTHU MARUTHUVAM DEPARTMENT, GSMC ,Chennai -106, with the permission and guidance of our Principal Professor Dr.K.Kanagavalli,M.D(s) , Department HOD Professor Dr. G.Ujjeevanam ,M.D(s) and Department faculties Dr. R.Sasi rekha M.D(s) and Dr.V.Isabell Rafeeda M.D(s).

Objective:

To raise awareness about cardiovascular disease prevention and promote healthy heart habits among targeted audience, e.g., local community on the occasion of World Heart Day.

Camp Details:

Camp begins 10 a.m. Activities include Pumping heart model, creating charts on the causes of heart disease, atherosclerosis, warning signs, facts and myths, complications from hypertension, heart disease prevention, yoga, mudras, exercise regimens, stress-relieving games, and heart-healthy soups.

Activities:

1. Health Check-up camp (blood pressure, BMI)
2. Distribution of educational materials like Pamphlets on “ World Heart Day Use Heart For Action , which highlights the symptoms, preventive measures, food and home remedies, Physical exercise and yoga .
3. Interactive sessions on heart health and nutrition
4. Games on heart health to ease stress and helps in co-ordination of hand and brain like picking up pebbles using chopsticks and sucking gems from one bowl to another etc
5. Nutritious and Aromatic Sangu Poo tea and hibiscus is usually flower soup which strengthen heart was given to all participants.

Participants:

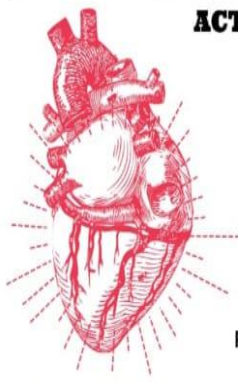
- Number: 50+ participants
- Demographics: Mixed Age group, mostly geriatrics

Conclusion:

The World Heart Day camp successfully raised awareness about cardiovascular disease prevention, life style modification and promoted healthy heart habits among target audience. We plan to continue such initiatives to create a lasting impact on the community.

**GOVERNMENT SIDDHA
MEDICAL COLLEGE ,
CHENNAI -106**
UG - Pothu maruthuvam
WORLD HEART DAY CAMP

**Theme:
"USE HEART FOR
ACTION"**



**INAUGURATION BY
DR.K.KANAKAVALLI,MD(S),
PRINCIPAL, GSMC,CH-106**

**UNDER THE GUIDANCE OF
DR.G.UJEEVANAM, MD(S),
PROF & HOD,UG MARUTHUVAM**

MAY YOUR HEART ALWAYS BEAT WITH LOVE, JOY,
AND GOOD HEALTH ON
THIS WORLD HEART DAY AND EVERY DAY
THAT FOLLOWS.

**Venue : AAGHIM,
OP New building.**

**Date : 03/10/2024
Thursday , 10 AM onwards.**



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