

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

REPORT OF

WORLD HEART DAY CELEBRATION

Uka Tarsadia University, September 28, 2024

On the occasion of **WORLD HEART DAY**, Shrimad Rajchandra College of **Physiotherapy** held a unique event to educate the community and students about the importance of heart health and the prevention of cardiac problems. On September 28, 2024, faculties and MPT students worked together to organize the event. Dr. Hiral Shah (PT), Dr. Smit Shah (PT), and Dr. Mitali (PG student) planned the event. The session started out with a thoughtful introduction explaining the significance of World Heart Day and a discussion of the topic for 2024: "Use heart for action."

Students were reminded to choose heart-healthy options and to motivate classmates to follow likewise. The maintenance of heart health necessitates a balanced diet, physical activity, cessation of alcohol and tobacco use, and mental wellness and regular screenings. There was also a lovely relaxation session to help with stress relief.

The event effectively brought together educational content and real-world expertise, demonstrating the college's dedication to increasing young students' awareness of heart health.





