

“Heart - Healthy Environments”

Summary report on celebration of World Heart Day on 29th

September 2015 at School of Physiotherapy, RK University

School of Physiotherapy, RK University celebrated World Heart Day on 29th September 2015 for awareness and prevention of heart diseases in rural community.

The theme this year focused on is creating heart-healthy environments. The places in which we live, work and play should not increase our risk of cardiovascular disease (CVD). But individuals frequently cannot make heart-healthy choices due to environmental factors, such as the availability of healthy food or smoke-free zones.

For celebration of world Heart day, School of Physiotherapy, RK University organized basic yoga for heart, walkathon and camps in rural community on 29th September 2015. The camp was started by introductory speech by Dr. Ankur Khant. He has explained about the importance of Major risk factors for cardiovascular diseases include high blood pressure, high cholesterol, smoking, obesity, physical inactivity and diabetes. He also included individuals to make healthy environment choices. Followed by speech, the yoga secession arranged by Dr. Chandani Parsania to make individual active and prevention of cardiac diseases. For making successful event, Vice Precedent, Mr. Khodidhasbhai Patel and executive Vice President, Mr. Denish Patel congratulate the students and faculties.

The walkathon was arranged by students in RK University campus. In this walkathon, vice chancellor-Prof. Ranjit Goswami, Registrar-Mr. Shivlal Ramani, Director-School of Engineering Prof. Ajit Shukla, Director-School of Diploma Studies, Prof. Nilesh Kalani, Director-School of Physiotherapy Dr. Priyanshu Rathod, Dy. Director-School of Physiotherapy Dr. Amit Sharma, faculty members and students of school of Physiotherapy have been taken part.

The camp was organised in OPD, School of Physiotherapy and near by villages - Tramba, Gahaka and Kalipat. In these camps, more than 100 houses covered by students and faculties of School of Physiotherapy. They had performed various testes for screening of heart diseases like BMI, Physical and functional assessment of people. They had also provided information related to awareness, diet and preventive aspect of heart disease.