



NARAYANA ENGINEERING COLLEGE::NELLORE

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NARAYANA AVENUE, NELLORE -524004.



Date: 03/10/2019

DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING

SEMINAR REPORT ON "HOW TO PREVENT HEART ATTACK"

1	Name of the Activity/Event	Seminar on “How To Prevent Heart Attack”		
2	Date of Activity/Event	30 th September 2019		
3	Organized by/Name of the committee	Dept. of Electronics & Communication Engineering		
4	Place of Activity/event	Narayana Engineering College, Nellore		
5	Resource person/guest/organization	Dr Jyothi Conjeevaram, M.D, Professor, Community Medicine, Narayana Medical Hospital, Nellore		
6	Type of activity/Event	Awareness Program		
7	Activity/Event objectives	To raise awareness about cardiovascular disease, including heart disease and stroke.		
8	Participation	Students	Faculty	Total
		108		108
9	General remarks			
10	Suggested Improvements			
11	Enclosures	1. Request letter 2. Circulars 3. Report 4. Attendance		
12	Signature of In charge/convener			

A BRIEF DESCRIPTION OF THE EVENT:

ECE department has celebrated “**World Heart Day**” on 30/09/19 in Narayana Engineering College, Nellore in association with Narayana Medical Hospital, Nellore. Dr Jyothi Conjeevaram, M.D was the resource person of the programme. All the II B.Tech Students and staff members of ECE department were participated in this event. The program was started by welcoming the Chief Guest by Dr K Murali, HOD – ECE.

The resource person started the session by sharing the theme 2019. “The theme for this year’s World Heart Day is 'My Heart, Your Heart', which represents a promise to yourself, the people you care about and the individuals around the world to take steps in reducing our risk to CVD (Cardio Vascular Disease)” he stated during the program.

“World Heart Day was created to inform people around the globe that heart disease and stroke are the world’s leading cause of death. Together with organizations such as World Health Organization (WHO), the World Heart Federation spreads the news that at least 80 percent of

premature deaths from heart disease and stroke could be avoided if the main risk factors – which are tobacco, unhealthy diet and physical inactivity – are controlled. World Heart Day started in 1999 and is held on the last Sunday of September every year” he added to his discussion during the program.

She explained briefly about the cardiovascular diseases and emphasized on the importance of good eating habits, cessation of smoking as it has a bad effect on the heart health. He also spoke about the importance of sports and exercise.

Finally, she suggested that with the good eating habits and healthy exercises, one can make his/her heart healthy and can prevent from Cardio Vascular diseases.

EVENT PHOTOS:



Figure: Dr. Murali, HOD ECE addressing the gathering.



Figure: Dr Jyothi Conjeevaram, M.D, Professor, Community Medicine addressing the gathering.



Figure: Dr Jyothi Conjeevaram, giving information about Heart diseases & importance of physical exercises.

HOD-ECE