

AN INSTITUTION OF MANGALMAY FOUNDATION TRUST

Campus: 8, Knowledge Park II, Greater Norda (III P.) e-mail: info@mangalmay.org.

Website, www.mangaimay.org

Notice



Mangalmay Institute of Engineering & Technology AN INSTITUTION OF MANGALMAY FOUNDATION TAUST

MIET/EVENT/23-22

This is to inform to all the Faculty Members and Students of MIET that college is going to organize a session on "World Heart Day" on dated 29-09-2023.

All the Faculty members and Students are requested to take the part in the sessions and report

SPOC: - Ms. Shweta Chauhan & Mr. Rajcev Binjola

Venue: MIET, Block A, Room no-397
Date: 29- September- 2023

Date: 29- September- 2023

Day & Time: Friday, 4:00 PM Onwards

Director, MIET

Director IQAC

Coordinator, MIET All Faculty Members

Notice Board, (Digital Platform):



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Campus, 8, Knowledge Park II, Greater Noda (ICP) Ph. 6130 237/4100, 2328401 e-mail, info@mangalmay.org

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Banner













29th September 2023

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	Report
Academic Year	2023–2024
Name of Activity	Session on "World Heart Day"
Date of Activity	29/09/2023
Organized by	Wellness Club, Mangalmay Institute of Engineering and Technology Greater Noida
Beneficiary	7 faculty, 50 Students
Resource Person & Students	Dr. Sanjay Pachauri, MIMT
Objective	 The World Heart Day provides an opportunity for WHO and its Member States to join the global call to raise awareness about heart health and accelerate actions to prevent, detect and manage cardiovascular diseases. The WHO South-East Asia Region is home to a quarter of the world's population.
Brief Report	 Wellness Club at Mangalmay Institute of Engineering & Technology organized a session titled "World Heart Day" on September 29, 2023" to effectively communicate about the awareness of Heart Disease and ways to keep once self-fit and fine by doing exercise and meditation. The World Heart Day provides an opportunity for WHO and its Member States to join the global call to raise awareness about heart health and accelerate actions to prevent, detect and manage cardiovascular diseases. The WHO South-East Asia Region is home to a quarter of the world's population. The region is experiencing a very high burden of no communicable diseases (NCDs), and cardiovascular diseases (CVDs) are responsible for 3.9 million annual deaths, making up 30% of all deaths. Alarmingly, almost half (48%) of these CVD-related deaths occurred prematurely, affecting individuals aged 30 to 70 years and imposing significant socioeconomic burdens on families, communities, and countries. Main causes to the burden of CVD include modifiable lifestyle factors such as tobacco use, alcohol consumption, unhealthy diets especially high salt intake, and lack of physical activity.
Outcome	 The session on "World Heart Day" organized by Mangalmay Institute of Engineering & Technology successfully shed light on the benefits and importance of Heart and how to take care of it? It educates people about the risk factors associated with heart







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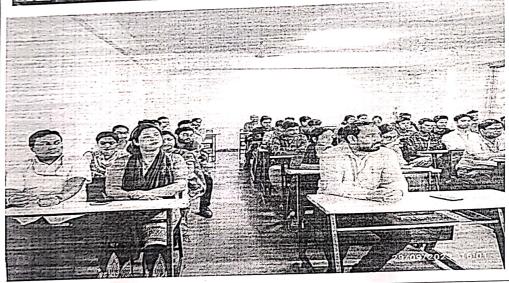
disease and the preventive measures one can take.

- The day serves as a global platform to increase awareness about the importance of heart health and the impact of cardiovascular diseases on individuals and communities.
- Adverse lifestyle, work stress and high levels of lipids in the blood and suboptimal management of acute cardiovascular events further worsen CVD mortality.

Photographs







Activity Coordinator







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Attendance

	PLOT No. 8, KNOWLEDO	GE PARK - II, GREATI	ER NOIDA
S.No.	STUDENT NAME	Department	Signature
	Adilya Somar	Brech	Penar.
2	Aniket	B-tech	Aniket
3	SHASHANK SHEKHAR	B-toch	Routant Hokhas
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19	Krisma Kant	B. Tech - Ai	Krishna
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Activity Coordinator



