

**LITTLE FLOWER DEGREE COLLEGE
UPPAL, HYDERABAD
WORLD HEART DAY - E-POSTER PRESENTATION**

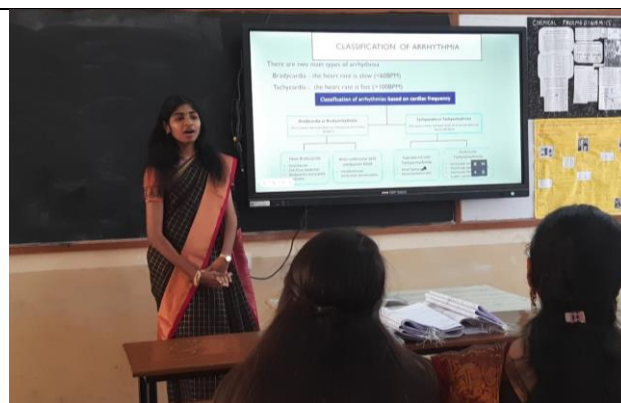
The faculty of zoology, Department of Life Sciences organized an awareness program on **Cardio Vascular Health** to commemorate **the World Heart Day** on 30th September 2023. It is an important annual event organised globally to raise awareness about heart diseases and its preventive measures. The theme for this year 2023 is “**Use Heart, Know Heart**” because one can only love and protect what they are aware of. The theme encourages the use of the heart emoji as a symbol to promote the theme and significance of the day. “**Know Heart**” underscores the importance of knowledge about heart health. Many lack essential information about cardiovascular well-being. Heart disease is the leading cause of mortality worldwide, and this day serves as a crucial reminder of the importance of heart health.

This global initiative aims to raise awareness about heart disease and promote preventive measures to combat cardiovascular diseases. Students of BSC BZC and MZC I, II & III years prepared e-posters on the topic and presented them followed by an interactive session. The topics that were presented are heart diseases, their diagnosis, nutrition and heart, health is wealth. The students discussed about the preventive measures to keep heart healthy.

The overall outcome of the session was the students learned about the healthy lifestyle, stress management and physical fitness to control the effect of cardiovascular diseases.



Presentation on structure of heart



Student presenting on pathogenicity



Discussion on recent advances in Cardiology



Student talking about world heart day

