



MAJOR SD SINGH UNIVERSITY

Farrukhabad, Uttar Pradesh

SHRI BABU SINGH DADDU JI NURSING AND PARAMEDICAL COLLEGE
(KRISHNA NAGAR BHOJPUR KANPUR ROAD FATEHGARH FARRUKHABAD)

Activity Completion Report

Academic Year-2026-27

Name of the Activity: World Heart Day, Awareness Program on Heart Health awareness.

Date & Duration of Activity (Days): 29/09/2026, & 01 day

Venue of the Activity: Vriddha Sewa Sadan Farrukhabad, & Dr. Ram Mahor Lohia Hospital
Farrukhabad.

Organized by:- Gurdian club members

Resource Person Details: -.....

Name & Contact Details of the organizer (s): Mr. Pavan Kumar Tyagi (9340598105)
Mrs. Harshita Singh (9691488839)
Mr. Ashish Mehra (7014988293)

Number of Participants: 75 persons - (40 senior citizens, 25 students, 10 faculties)

Objective(s) of the Activity:

- To create awareness regarding Heart health among senior citizens through drama, educational and interactive activities.
- To educate senior citizens about common risk factors, signs and symptoms of heart disease.
- To promote healthy lifestyle practices for the prevention of heart disease.
- To provide health education through role play, drama and poster presentations.
- To encourage senior citizens to recognize warning signs and seek timely medical care.
- To develop communication.
- To create awareness regarding cardiovascular health and the importance of a healthy heart.
- To educate participants about common risk factors for cardiovascular disease such as hypertension, diabetes, tobacco use, unhealthy diet, physical inactivity and obesity.
- To promote healthy lifestyle practices including regular physical activity, balanced diet, stress management and avoidance of tobacco.
- To encourage participants to recognize warning signs and symptoms of cardiac emergencies and seek timely medical care.
- To emphasize the importance of regular health check-ups, particularly blood pressure and blood glucose monitoring.
- To promote community awareness about prevention of cardiovascular diseases among older adults and the general population

Description of the Activity:

- The World Heart Day 2026 programme was organized by the Faculty of Nursing, Shri Babu Singh Daddu Ji Nursing and Paramedical College on 29th September 2026 at Vriddha Sewa Sadan, Farrukhabad (Old Age Home) & Dr. Ram Manohar Lohia Hospital Farrukhabad.
- The programme was conducted in accordance with the World Heart Federation's 2026 campaign theme, "Don't Miss a Beat." The activity focused on promoting awareness about cardiovascular health, early recognition of warning signs, and healthy lifestyle practices. The programme began with a brief introduction to World Heart Day and its significance.
- The nursing students and faculty members interacted with the elderly residents and provided health education on heart-healthy habits, including a balanced diet, regular physical activity, adequate rest, stress management, avoidance of tobacco and the importance of monitoring blood pressure and blood glucose. An awareness session was conducted on common cardiovascular risk factors and the warning signs that require prompt medical attention.
- Students actively participated in the programme through health talks, interaction with residents, awareness messages and demonstrations related to healthy heart practices.
- The activity provided nursing students with an opportunity to apply their community health nursing knowledge in a real-life community setting and strengthened their communication and health-education skills.
- On the occasion of World Heart Day, the members of the Guardian Club organized a Heart Health Awareness Programme at the Senior Citizen Home on 29/09/2026. The students actively participated in the programme and created awareness among senior citizens regarding heart health and prevention of heart disease.
- The students presented educational dramas and role plays depicting heart-related health problems, risk factors, warning signs and the importance of timely medical care. The messages were presented in a simple and interactive manner so that the senior citizens could easily understand and relate them to their daily lives.
- Along with the dramas, the students also conducted poster presentations on heart disease, healthy lifestyle, prevention of heart disease and heart-healthy practices. The senior citizens actively participated in the session, interacted with the students and discussed their queries related to heart health.

Outcome of the Activity:

The World Heart Day programme successfully created awareness among the elderly residents (Senior citizens), hospital patients and their attendant or relatives regarding the importance of cardiovascular health. Participants gained knowledge about modifiable risk factors, healthy lifestyle practices, the importance of regular monitoring of blood pressure and blood glucose, and the need for timely medical attention when warning signs occur. The interaction with the elderly residents, hospital patients and their attendant or relatives also promoted a sense of social responsibility and compassionate community care among nursing students.

The activity helped to improve awareness among senior citizens, hospital patients and their attendant or relatives regarding heart disease, its risk factors, warning signs and preventive measures. The use of

drama, role play and poster presentations made the health education session more interesting, understandable and interactive. The programme encouraged senior citizens, hospital patients and their attendant or relatives to adopt healthy lifestyle practices and pay attention to early warning signs of heart-related problems.

Participants Details with list:

Participants list: Student

S.No.	Student Name	Programme Name	Year
1	Ambika	B.Sc. Nursing	3 rd semester
2	Abhay	B.Sc. Nursing	3 rd semester
3	Anam	B.Sc. Nursing	5 th semester
4	Devanshi	B.Sc. Nursing	5 th semester
5	Sana	B.Sc. Nursing	5 th semester
6	Riya	B.Sc. Nursing	1 st semester
7	Shivam	Post Basic B.Sc. Nursing	Second Year
8	Seeta	Post Basic B.Sc. Nursing	First Year
9	Shweta	M.Sc. Nursing	Second Year
10	Surjeet	M.Sc. Nursing	First Year
11	Riya Singh	B.Sc. Nursing	1 st semester
12	Rishu Kumar	B.Sc. Nursing	1 st semester
13	Sarad Babu	B.Sc. Nursing	1 st semester
14	Sarad Rajput	B.Sc. Nursing	1 st semester
15	Kajal	B.Sc. Nursing	1 st semester
16	Gulnaz	B.Sc. Nursing	1 st semester
17	Aditya Raj	B.Sc. Nursing	1 st semester
18	Mumtaj Bano	B.Sc. Nursing	1 st semester
19	Sumit-II	B.Sc. Nursing	1 st semester
20	Devyani	B.Sc. Nursing	1 st semester
21	Garima	B.Sc. Nursing	1 st semester
22	Nancy	B.Sc. Nursing	1 st semester
23	Himesh	B.Sc. Nursing	1 st semester
24	Shivangi	B.Sc. Nursing	1 st semester
25	Kushboo	B.Sc. Nursing	1 st semester

Participants list: Faculties

S.No.	Faculty/Staff Name	Designation	Faculty/Dept.
1	Mr. Pavan Kumar Tyagi	Professor	Nursing
2.	Mr. Shubham Yadav	Assistant Professor	Nursing
3.	Mrs. Savita Yadav	Assistant Professor	Nursing
4.	Mr. Sunil Chetiwal	Assistant Professor	Nursing
5.	Ms. Malti Shakhya	Assistant Professor	Nursing
6.	Mr. Ashish Mehra	Tutor	Nursing
7.	Goldi Singh	Tutor	Nursing
8.	Ms. Pallvi Rajput	Tutor	Nursing
9.	Mr. Ramendra Kumar	Tutor	Nursing
10.	Mr. Vijay Yadav	Tutor	Nursing

Attach Geotagged Photographs of the Activity





Poster of the Activity

MAJOR SD SINGH UNIVERSITY
Farrukhabad, Uttar Pradesh

Shri Babu Singh Daddu Ji Nursing & Paramedical College

WORLD HEART DAY 2026
Theme: "Don't Miss a Beat"

Date
29 September 2026 (Tuesday)

Venue
Vridha Sewa Sadan & Dr. Ram Manohar Lohia Hospital, Farrukhabad

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MAJOR SD SINGH UNIVERSITY
Farrukhabad, Uttar Pradesh

Shri Babu Singh Daddu Ji Nursing & Paramedical College

WORLD HEART DAY 2026
Theme: "Don't Miss a Beat"

Date: 29th September 2026 (Tuesday)
Time: 10:00 AM - 2:00 PM
Venue: Old Age Home & Dr. Ram Manohar Lohia Hospital, Farrukhabad

Activities

- Heart Health Awareness and Education Program in Vridha Sewa Sadan (Old Age Home), Farrukhabad
- Heart Health Awareness Program and Other Education Activities in Dr. Ram Manohar Lohia Hospital, Farrukhabad

Organisers:

Mr. Pavan Kumar Tyagi
Professor
Department of Community Health Nursing

Mr. Ashish Mehra
Nursing Tutor

Ms. Pallavi Rajput
Nursing Tutor

Education Topics May Include:

- Risk factors of heart disease
- Healthy diet and lifestyle
- Regular physical activity
- Importance of BP and sugar control
- Avoid tobacco
- Stress management
- Medication adherence
- Other health education activities

A HEALTHY HEART A BRIGHTER TOMORROW

Social Media Link:

msds.ac.in

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