

Observance of World Heart Day Program at Jadavpur Vidyapith on 21st September,2019.

Introduction:

Tobacco use continues to be the leading global cause of death and threatening to become an uncontrollable epidemic with 13 lakh deaths every year due to Tobacco related diseases. As a result Tobacco related mortality is increasing day by day. Economic burden (both Direct and Indirect) of Tobacco use in India, is estimated Rs.1,04,500 crores per year. In this context Tobacco Control Programme aims to reduce diseases, disabilities and deaths related to tobacco use. Against this backdrop **MANT** has been facilitating for establishment of an effective and efficient system of Tobacco Control in West Bengal.

Planning:

MANT organised an awareness session on the occasion of World Heart Day for the students of class IX on 21st September (Saturday) from 11 AM to 12.30 PM within Jadavpur Vidyapith campus in collaboration with West Bengal Heart Foundation and Jadavpur Vidyapith .

Focus:

The main focus to celebrate World Heart Day was to prevent Heart Diseases and spread awareness on Tobacco Control and its relationship with Heart diseases.

Venue: Student Hall, Jadavpur Vidyapith

Programme Date: 21.09.2019

Schedule Time: 11.00 am-12.30 pm

Duration Time: One and Half Hours

Target Group: Students

No. of Stakeholders: 87 students participated in the programme.

Resources Persons:

- Dr. Bikash Majumder, Chairman, West Bengal Heart Foundation
- Mr. Parimal Bhattacharyya, Head teacher, Jadavpur Vidyapith
- Mr. Rahul Chakraborty, Asst. Director, MANT

Content of the Programme:

- Probable causes of Heart diseases and the preventive measures.
- Tobacco Burden and its effects on our heart.



Methodology:

- Presentation on Symptom Recognition and Prevention of Heart Diseases
- Demonstration of Basic Life Support
- Interactive Session

Programme Details:

Mr. Parimal Bhattacharya, Head teacher, Jadavpur Vidyapith focused on the importance of a healthy heart. He said that the younger generation needs to be more aware about their health and to care for. He suggested that healthy diet and exercises are very important for heart health.



The speech was followed by a slideshow presentation on tobacco control by Dr. Bikash Majumder, Chairman, West Bengal Heart Foundation. He said that to improve heart health and prevent heart diseases, awareness must be raised. He explained the relationship between tobacco use and heart diseases. He also discussed about the current statistics on tobacco use and how tobacco affects our healthy lifestyle. He further explained that intake a balanced diet and physical activities must be included in our daily routine to stay healthy.

He demonstrated the Basic Life Support before reaching the hospital among the students. The students also actively participated in the interactive session.

Mr. Rahul Chakroborty concluded the program with a brief discussion on tobacco control and conveyed thanks to West Bengal Heart Foundation and Jadavpur Vidyapith.