



**SMT. VIMLADEVI KHYALILALJI VAGARECHA
COLLEGE OF NURSING EDUCATION**
Shaping the Future of Healthcare

Report on World Heart Day

Name of the event: World Heart Day

Date: 29/09/2025

Time: 10 am – 11 am.

Venue: Chatrapati Shivaji Maharaj Hospital, Kalwa

The students of Smt. Vimladevi Khyalilalji Vagarecha College of Nursing Education organized and performed an awareness act on the occasion of World Heart Day on 29th September 2025. The programme was conducted in the out-patient department of Chatrapati Shivaji Maharaj Hospital Kalwa under the valuable guidance of Ms. Pradnya Gaikar and Ms. Jasmine, Assistant Professors. The main objective of this programme was to create awareness among the citizens about the importance of heart health and to educate them on how simple lifestyle modifications can prevent major heart diseases.

B.Sc. Nursing III semester students conduct a role play that covered several important aspects of heart health. Through narration, emotions, and the use of AV Aids, explained the risk factors such as smoking, alcohol consumption, unhealthy food habits, obesity, stress, and lack of exercise. At the same time, emphasized the importance of adopting a healthy lifestyle which includes a balanced diet, yoga, meditation, and regular physical activity. The information was presented in simple and easy language so that even people with limited medical knowledge could understand and relate to the message. All the risk factors and preventive measures were displayed in a chronological and systematic manner, making the act more effective and meaningful.

The response from the audience was very positive and encouraging. Many people appreciated the efforts of the students and expressed that they were motivated to adopt healthier habits. The clarity of the performance and the emotional connection established with the audience made the act impactful. It was heartening to see the message reach the people in such a simple yet powerful way.

We are extremely grateful to the hospital staff of Chatrapati Shivaji Maharaj Hospital for giving us this opportunity to perform and spread awareness.

In conclusion, the World Heart Day Awareness Act proved to be a great success for our batch and our college. It not only provided us with a platform to serve the community but also helped us gain valuable experience in health education. The initiative reminded us that even a small act of awareness can make a big difference and potentially save countless lives. Truly, one act can touch millions of hearts.



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**Reported by: Ms. Jasmine, Assistant Professor
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Signature of the Principal