



REPORT ON WORLD STROKE DAY

Name of the event: World Stroke Day

Date: 29TH October, 2025

Time: 03:00Pm to 05:00 pm

Venue: Smt. Vimladevi Khyalilalji Vagarecha College Of Nursing Education, Thane.

October 29 is observed as World Stroke Day annually, a day recognized throughout the world to increase awareness of one of the leading causes of death and disability. A stroke can happen to anyone, at any place, and yet many people are not aware of risk factors, warning signs or stroke prevention. World Stroke Day serves as a reminder that action matters, timely action saves lives, and that education about stroke can decrease the global burden of the disease. Strokes are often preventable, yet millions are affected annually. By dedicating a day to stroke awareness, the goal is to educate communities about risk factors like high blood pressure, smoking, obesity, and diabetes, while promoting healthier lifestyles.

The World Stroke Day 2025 theme is “Every Minute Counts” and emphasizes the importance of recognising symptoms and the need to #ActFAST. This theme highlights the need for inclusive healthcare, timely treatment, and preventive care across communities. Themes in previous years have ranged from prevention and recovery to rehabilitation and caregiver support. For 2025, the focus is global collaboration, uniting governments, healthcare systems, and individuals to fight stroke together.

One of the most effective tools for stroke awareness is the FAST method:

- **F** – Face drooping
- **A** – Arm weakness
- **S** – Speech difficulty
- **T** – Time to call emergency services

Acting quickly when these signs appear can reduce brain damage and save lives.

The event commenced with the theme inaugural ceremony, graced by the presence of Mrs. Chitra Naik, Principal of Smt. Vimladevi Khyalilalji Vagarecha College of Nursing Education, Thane.

a Pledge Ceremony was organized in the college to promote awareness and commitment towards stroke prevention and healthy living. Pledge was administered by Ms. Tanvi Jayan, student of IV Semester B.Sc. nursing, wherein all students, faculty members, and staff took a solemn oath to follow a healthy lifestyle, maintain regular physical activity, avoid smoking and alcohol consumption, manage stress, and monitor blood pressure and blood sugar levels regularly.

Visuals are essential in health education. A poster for World Stroke Day often has simple graphics illustrating stroke symptoms and emergency actions with strong statements. These types

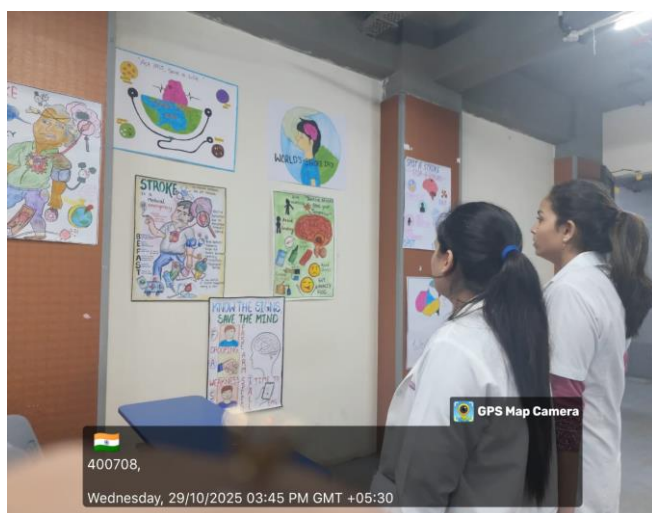


SMT. VIMLADEVI KHYALILALJI VAGARECHA COLLEGE OF NURSING EDUCATION

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of health education programs can reach both rural and urban communities. As well-designed posters and presentations are created for stroke awareness. The judges Mrs. Rupawali and Ms. Shraddha had evaluated the Poster Competition and winners are awarded with certificates and medals.

The quiz was conducted by Mrs. Amruta Parab and Ms. Divya Shetty and included multiple rounds such as general awareness, clinical round, visual round and rapid-fire round, questions related to stroke awareness and healthy living. A total 4 teams participated enthusiastically, showcasing their knowledge and quick thinking. The participants displayed keen interest and teamwork throughout the event. The quiz not only tested their understanding but also helped reinforce important information about stroke prevention and emergency response. The judges for the quiz competition are Mrs. Minnu and Mrs. Pradnya at the end of the competition, the winners were announced, and prizes were distributed by Mrs. Chitra Naik and Mr. Nitin Sharma. The session concluded with a note of appreciate by Mrs. Amruta





Reported By: Mrs. Amruta Parab, Clinical Instructor

Ms. Divya Shetty, Clinical Instructor

Signature of Principal