



**INDRAPRASTHA COLLEGE FOR WOMEN**  
**UNIVERSITY OF DELHI**  
**NATIONAL SERVICE SCHEME**



**REPORT**  
**World Heart Day**

On the occasion of World Heart Day, Indraprastha College for Women collaborated with the National Centre for Disease Control to conduct a poster making competition and a technical session on 29 September, 2018, with the theme 'My Heart, Your Heart'. The NSS Unit volunteered to organize both the events. A total of twelve students participated in the, on the spot poster making competition on 'Heart Solutions for Healthy Life' that commenced at 9:30 AM in the Activities Area, outside the new AV Lecture Theatre. The panel of judges for the same consisted of NCDC officials Dr Ramesh Chandra and Dr Girish Makhija; and Dr Vinita Kaul Dar from Commerce department, IPCW. Muskan Gupta, Swati and Debina Moiranghtam won the first, second and third prize respectively, Pragya Rahi and Sonali Jain were awarded the consolation prizes. The results for the poster making were declared after the technical session and the winners were awarded with cash prizes by the NCDC.

The Poster Making Competition was followed by Technical Session on 'Heart problems: Burden and Risk Factors'. The speakers of the session Dr Anshu Sharma and Dr Rinku Sharma gave a detailed lecture on Non-Communicable and cardiovascular diseases. Dr Anshu Sharma explained the common risk factors of NCDs like tobacco, alcohol, obesity, poor diet and nutrition, blood glucose level, physical inactivity and raised blood pressure, diabetics etc., presenting a forewarning statistics of each. She highlighted the alarming increase of morbidity and mortality caused by NCDs and cardiovascular diseases. Dr Rinku Sharma talked about preventive measures suggesting modifications in everyday habits, stressing on the importance of a balanced diet, exercise, maintain BMI and timely check-ups. The talk was followed by an interactive session during which professors and students raised various questions.

The event concluded with the Principal, Dr Babli Moitra Saraf addressing the gathering regarding the importance of public health lecture and thanking both the guests from NCDC and the team of NSS volunteers.

*Attached herewith are some of the pictures from the events:*



