

WORLD HEART DAY CELEBRATIONS 2024

World heart day was celebrated on 29th September to create awareness about heart health. This year world heart day was celebrated with the theme of “ **USE HEART FOR ACTION** ” which The theme encouraged people to take action to care for their hearts and promote heart health in their communities.

Lecturer – in – charge Dr.B.Nageshwari, and other faculty members of department of biotechnology Mrs.K.Anusha and Ms.I.Parnika Sai celebrated world heart day 2023 in order to spread awareness to locals about their heart health by distributing pamphlets about heart and explaining to them through students

Pamphlet distributed to the locals contains the information about importance of heart health, warning signs of heart attack, healthy eating tips and healthy habits to lead a healthy heart.





Government College Rajahmundry

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3.38/4.00
(RAF-2017)



DEPARTMENT OF BIOTECHNOLOGY

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WORLD HEART DAY



2024 - USE HEART FOR ACTION

6 Tips to Protect Your Heart



Reduce Salt Consumption



Choose Healthy Food



Limit Alcohol Consumption



Don't Smoke Cigarette



Do Daily Exercise



Maintain A Healthy Weight

**HEART HEALTH
CAMPAIGN**



BAD FOOD



GOOD FOOD



White bread
and sugary cereals

Wholegrain
bread and cereals



Whole fat
or 2% milk

Fat free (skim) or
low-fat (1%) milk



Sweet desserts (cake,
brownies, etc.)

Fresh fruit or
low fat yogurt



High-fat cheese
(cheddar, swiss, etc.)

Low-fat cheese
(cottage cheese,
gouda, etc.)



Pop, sweetened
tea, fruit juices, or
energy drinks

Water or skim milk



Fried foods and
foods cooked
with fats

Grilled, poached,
baked, or boiled food



Chips, pretzels, and
other processed
snack foods

Fruits and
vegetables



A healthy diet is a key part of cardiac rehab and keeping your heart healthy!

