



SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S

BAPUSAHEB THITE COLLEGE OF NURSING

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

“World Heart Day-2025”



Dr. Sheetal Barde
Principal

Shri Chhatrapati Sambhaji Shikshan Sanstha's
Bapusaheb Thite College of Nursing
Shirur (Ghodnadi), Dist. Pune 412210



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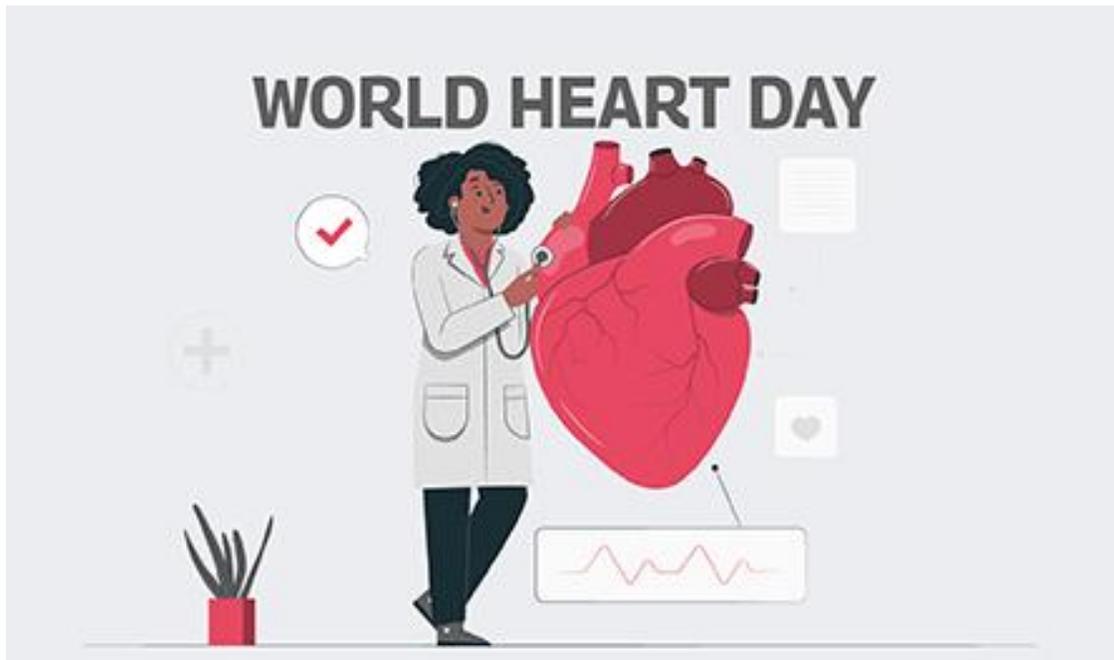
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Preface:

World Heart Day is observed every year on 29th September to raise awareness about cardiovascular diseases (CVDs) and to promote preventive measures that help maintain a healthy heart. This global campaign, initiated by the World Heart Federation (WHF) in collaboration with the World Health Organization (WHO), serves as a reminder that heart health is vital for every individual, community, and nation. It encourages people to adopt a heart-healthy lifestyle through regular physical activity, a balanced diet, stress management, and avoidance of harmful habits such as smoking and alcohol consumption.



The theme for World Heart Day 2025 emphasizes the importance of making the right choices for a healthy heart and spreading the message that prevention is better than cure. Cardiovascular diseases continue to be one of the leading causes of death worldwide, yet a



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large number of these deaths can be prevented through awareness, education, and early lifestyle modifications.

At our Nursing College, World Heart Day 2025 was observed with great enthusiasm and dedication under the guidance of our Principal Madam, Dr. Sheetal Burde, and our respected faculty members. The session aimed to educate students about the structure and function of the heart, common cardiac disorders, preventive strategies, and the role of nurses in cardiac health promotion.

Various activities such as poster presentation, health awareness rally, quiz competition, and educational skit were conducted to engage students and strengthen their understanding of cardiovascular health. The program successfully conveyed the importance of maintaining a healthy heart and inspired participants to become advocates for heart care in their communities.

Overview of Session:

As part of the observance of World Heart Day 2025, an informative and interactive educational session was organized at Manikchand Dhariwal Hospital, Shirur for the nursing students. The session was conducted by Dr. Mayur Tayade, a highly experienced Cardiologist, who shared his expert knowledge on the topic “Myocardial Infarction – Causes, Diagnosis, and Management.”

Dr. Tayade began the session by explaining the anatomy and physiology of the heart, emphasizing how proper coronary circulation is vital for maintaining cardiac function. He then elaborated on the pathophysiology of myocardial infarction (heart attack) — describing how blockage in the coronary arteries leads to ischemia, necrosis of the heart muscle, and life-threatening complications.



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He highlighted the major risk factors such as hypertension, diabetes, smoking, obesity, stress, lack of physical activity, and unhealthy diet. He further explained the warning signs and symptoms of myocardial infarction including chest pain radiating to the left arm, sweating, breathlessness, and anxiety — stressing the importance of early recognition and immediate medical attention.

The session also covered the diagnostic investigations, including ECG changes, cardiac enzyme tests (Troponin, CK-MB), and echocardiography. Dr. Tayade detailed the management and treatment approaches, such as thrombolytic therapy, angioplasty, cardiac catheterization, and the importance of early intervention within the “golden hour.”

In addition, he discussed the role of nurses in cardiac care from initial assessment and emergency management to post-procedure care, patient education, and lifestyle modification counseling. He encouraged students to develop quick observation skills and provide emotional support to patients and families during cardiac emergencies.

The session concluded with an interactive question-and-answer segment, where students actively participated and clarified their doubts. Dr. Tayade motivated them to continue learning about cardiac health and to act as strong advocates for heart disease prevention in the community.

Overall, the session was highly educational, inspiring, and practical, helping students bridge the gap between theoretical learning and real-world clinical experience. It successfully enhanced awareness about cardiovascular health and strengthened the students' confidence in handling cardiac emergencies responsibly.



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Photographs of Session:



“World Heart Day2025: At Manichanad Hospital by Ruby Hall Clinic-Dr.Mayur sir.”





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Acknowledgement:

We express our heartfelt gratitude to the management and staff of Manikchand Dhariwal Hospital for their valuable support and cooperation in organizing the World Heart Day 2025 educational session. Their active assistance and hospitality made the program successful and informative for all participants.

A special note of appreciation is extended to Dr. Mayur Tayade, respected Cardiologist, for delivering an enlightening and practical session on Myocardial Infarction. His detailed explanation of the causes, symptoms, investigations, and management of heart attack, along with preventive measures and the role of nurses in cardiac care, greatly enriched the knowledge and understanding of our students.

We also convey our sincere thanks to our Principal Madam, Dr. Sheetal Barde, for her continuous encouragement and guidance, and to all our faculty members for their coordination and support throughout the program.

Report Maintained By

Principal

Ms.Nikita Kardile.


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