

ROTARACT CLUB OF AVIT HEALTH AWARENESS PROGRAM

CARDIO CONNECT | PROGRAM REPORT

The Rotaract Club of AVIT successfully organized a heart health awareness program titled "Cardio Connect" on 8th October 2024. The event aimed to raise awareness about cardiovascular health, promote healthy lifestyle changes, and provide attendees with essential knowledge on the early detection and management of heart-related conditions. Initially, the session started with a warm welcome address by **Mr.V.Prabhakaran**, Faculty Coordinator, Rotaract Club of AVIT and the it was carry forwarded to eminent speakers of the day “**Dr Kovarathan Selvam**” MBBS and “**Mrs Saranya Ganeshan**” PhD, Psychologist & Certified Therapist. The event was chaired by Rtr Lokanaath RS and Rtr Dhanush. M

Dr. Kovarathan selvam MBBS delivered an insightful presentation on heart disease, explaining its risk factors, symptoms, and preventive approaches. He emphasized the need for regular physical activity, a balanced diet, smoking cessation, and effective stress management to enhance cardiovascular health.

Ms. Saranya Ganeshan (PhD, Psychologist & Certified Therapist) highlighted the mental and emotional aspects related to heart health, focusing on the role of stress and anxiety in contributing to heart-related issues. She introduced techniques for managing stress and maintaining a positive outlook to improve overall heart wellness.

Participants learned about the major risk factors for heart disease, such as hypertension, high cholesterol, smoking, and obesity. Dr. Kovarathan Selvam discussed hereditary factors and how they could contribute to heart health problems and Mrs Saranya Ganeshan elaborated on the significant role that stress plays in contributing to heart problems. She shared practical stress-relief methods, including meditation, breathing exercises, and mindfulness practices, which can improve cardiovascular health.

The session successfully empowered individuals to adopt healthier habits and provided essential resources for better heart disease management.

EVENT GALLERY





