

REPORT ON WORLD HEART DAY

Godavari Foundation's



GODAVARI COLLEGE OF NURSING, JALGAON



WORLD HEART DAY

Date : 29 Sept.

Department of Medical Surgical Nursing Venue : DUPMC Ground, Jalgaon Kh.



ORGANIZED BY,

DEPARTMENT OF MEDICAL SURGICAL NURSING

DATE: - 29 /09/2021

AGENDA

GODAVARI FOUNDATIONS

GODAVARI COLLEGE OF NURSING JALGAON

WORLD HEART DAY 29SEPT 2021

THEME - "USE HEART TO CONNECT "

AGENDA

SR. NO.	DATE	TIME	EVENTS /ACTIVITY	EVENT INCHARGE
1	29/09/2021	06:00 AM	INAUGURATION BY PRINCIPAL AND GUEST	MR .PIYUSH
2		06:15 AM	FALICITATION	MR .PRASHIK
3		06:20 AM	SPEECH BY PRINCIPAL	MS.RASHMI .T
4		06:30 AM	SPEECH BY VICE PRINCIPAL	MS .SUMAIYA
5		06:35 AM	SPEECH BY GUEST	MR.SAGAR
6		06:40 AM	RUNNING	MS.RASHMI.N
7		07:30 AM	PRIZE DISTRIBUTION	MR .PIYUSH



Invitation



Godavari Foundation's
**GODAVARI COLLEGE OF
NURSING, JALGAON**

**DEPARTMENT OF MEDICAL
SURGICAL NURSING**

Cordially Invites You for Fit India Run
on the Occasion of "World Heart Day"
(29th September 2021)



Chief Guest
Dr. Vaibhav Patil
DM Cardiology
DUPMC&H, Jalgaon



Date : 29th Sept. 2021
Time : 7.00am to 10.00 am
Venue : DUPMC&H Ground, Jalgaon

WORLD HEART DAY

“USE HEART TO CONNECT EVERY HEART.”

AIMS:

To spread awareness about the importance of keeping the heart fit as it's one of the most important organs.

GOAL:

Harnessing the power of digital health to improve awareness, prevention and management of CVD globally is our goal for Word Heart Day 2021.

World Heart Day was held at Godavari college of Nursing, Jalgaon by the department of Medical Surgical Nursing faculty and students of Nursing on 29th September 2021 for raising the awareness about cardiovascular diseases and to live a healthy life.

As a part of awareness program professor cum Principal Dr. Mousami Lendhe madam welcomed to the Dr. Ulhas Patil sir (President Godavari foundation's) and chief guest Dr. Vaibhav Patil sir (DM cardiologist of Dr. Ulhas Patil Medical college and hospital) and addressed about the importance of world heart day.

Dr. Ulhas Patil sir explained how present younger generation must lead an active life in order to be fit and avoid and emphasized the importance of good eating habit, cessation of smoking as it has a bad effect on health, also spoke about the importance of sports and exercise.

Vice Principal Ms. Menaka S P emphasized on healthy life style, stress free life to keep heart healthy. Few activities were organized by department of medical surgical nursing like FIT INDIA FREEDOM RUN for all faculty and students. All participants were actively participating in FIT INDIA FREEDOM

RUN 2.0 organized by Government of India Ministry of Youth affairs and Sports. Prize were given to 1st Ms. Sakshi Watmode , 2nd Ranker Ms. Akanksha Nakhale and 3rd Ranker Ms. Vishaka Muladkar.

All participants including teachers also got certificates from the Ministry Of Youth Affairs and Sports.



Finally promise has been made by all participants to eat healthy, daily exercises and to be stay happy. As a health care professional, also made the promise to save more lives and be a hero's.

All medical surgical department faculty members involved in organizing world heart day by Mr. Shivanand Biradar (Nursing Director), Mrs. Manorama Issac (Associate Professor and HOD of Medical Surgical Nursing), Mr. Piyush Wagh (Asistant professor), Ms. Sumaiya Shaikh (Assistant Professor), Mr, Prashik Chavhan (lecturer) , Ms. Rashmi Tembhurne (Lecturer) , Ms . Rashmi Nandurkar (lecturer), Ms. Ujwala Kadam (Lecturer), Ms. Priyanka Gawai (Leturer).

At the end vote of thanks is delivered by Ms. Rashmi Tembhurne , (Lecturer of MSN)







POCO
VAIBHAV

29/09/2021 08:08



हृदय स्वास्थ्यसाठी ३ किमी. धावले विद्यार्थी

जागतिक हृदय दिनानिमित्त गोदावरी नर्सिंगचा उपक्रम



जळगाव - जागतिक हृदय दिनाच्यानिमित्ताने २९ सप्टेंबर रोजी गोदावरी नर्सिंग महाविद्यालयातर्फे ३ किलोमीटर धावण्याचा उपक्रम घेण्यात आला असून यात महाविद्यालयातील विद्यार्थ्यांसह शिक्षकांनी सहभाग नोंदविला. तसेच हृदयाची धडधड स्थिर ठेवण्यासाठी पोषक आहार आणि नियमित व्यायाम गरजेचा आहे, असा संदेश मान्यवरांनी दिला.

गोदावरी नर्सिंग महाविद्यालयातर्फे जागतिक हृदय दिनानिमित्त किवा तेवढेच कार्यक्रमचे आयोजन करण्यात आले होते. किवा तेवढेच परिसर हृदयाच्या आकारातील आकर्षक फुग्यांनी सजविण्यात आला, याप्रसंगी गोदावरी फाऊंडेशनचे अध्यक्ष डॉ.उल्हास

व्हा.प्रिंसीपल मेनका एस.पी, नर्सिंगचे डायरेक्टर शिवानंद बिरादर, रजिस्ट्रार प्रविण कोल्हे हे उपस्थित होते. पुष्पगुच्छ देवून मान्यवरांचे स्वागत करण्यात आले. याप्रसंगी मान्यवरांनी सुदृढ आरोग्यासाठी नियमित व्यायाम करण्याचा कानमंत्र दिला. तसेच परिसरात हृदयाच्या आकाराचे फुगे उडवून हृदय दिन साजरा करण्यात आला.याप्रसंगी महाविद्यालयाच्या प्रवेशद्वारापासून तीन किलोमीटरची

मॅरेथॉन घेण्यात आली. यात विद्यार्थ्यांसह, शिक्षकांनी उत्स्फूर्त

पाटील, डीएम कार्डियोलॉजिस्ट डॉ.वैभव पाटील, नर्सिंग महाविद्यालयाच्या प्रिंसीपल डॉ.मौसमी लेंढे,

सहभाग नोंदविला. यानंतर मिनीस्ट्री ऑफ युथ अफेअर्स अँड स्पोर्ट्स अंतर्गत फिट इंडिया फ्रिडम उपक्रमासाठी सहभागी ९० जणांना प्रमाणपत्राचे वाटप करण्यात आले. गोदावरी नर्सिंग महाविद्यालयातील मेडिकल सर्जिकल विभागाने या कार्यक्रमाचे आयोजन केले असून यात नर्सिंग डायरेक्टर शिवानंद बिरादर, असो.प्रो.फेसर मनोरमा इसाक, असी.प्रो.पियुष वाघ, असी.प्रो.सुमैय्या शेख, लेक्चरर प्रशिक चव्हाण, रश्मी टेंभुर्णे, रश्मी नांदुरकर, उज्वला कदम, प्रियंका गवई आदिंनी परिश्रम घेतले. कार्यक्रमाच्या अखेरीस आभार प्रदर्शन लेक्चरर रश्मी टेंभुर्णे यांनी केले.

