

# **GOKHALE CENTENARY COLLEGE, ANKOLA (U.K)**

**Youth Red Cross, Department of Physical Education and Sports in  
association with**

**Primary Health Care Center Belse, Ankola**

**OBSERVED THE WORLD HEART DAY ON THE 29<sup>TH</sup> OF SEPTEMBER 2021**

## **REPORT OF WORLD HEART DAY**

**29<sup>TH</sup> SEPTEMBER 2021**

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**A BRIEF REPORT**

**The Department of Physical Education in association with the YRC unit of Gokhale Centenary college observed the World Heart Day on the 29<sup>th</sup> of September 2022. This was done under the FIT INDIA Theme so as to motivate the students to undertake physical activity and exercise everyday in order to help themselves away from cardio vascular diseases emerging due to the present lifestyle.**

**On this occasion Dr Nitin Hosmelkar the incharge of Ankola Primary Health center was invited as a guest speaker. A talk was arranged on the occasion of the World Heart Day. The same day the second dose of vaccination of COVID 19 was also arranged.**

**After the formal opening of the function by lighting the lamp Dr Nitin Hosmelkar addressed the students and spoke on the present situation of heart related diseases and disorders prevailing in the society due to the food, stress and inactivity of the people. He motivated the students to regularly invest atleast 45 min to 60 min in any physical activity that would help them to get fit and also help them to keep their heart healthy and strong. At the end of the talk the principal of the college Dr Shettigar also spoke on the occasion and emphasized on the importance of physical activity in controlling heart related diseases. Dr Ashwin.R proposed the vote of thanks on the occasion. Nearly 42 students attended the talk and later moved on to get their second covid dose.**







Dr. Ashwin.R

