



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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Date: 30-09-2020

A Report on Prevention of Heart Attack & Stroke Conducted on 30-09-2020

KL Deemed to be University (Koneru Lakshmaiah Education Foundation) Computer Science Engineering (CSE) Unit – 07 National Service Scheme (NSS) has conducted an “Awareness program on Prevention of Heart Attack & Stroke” on 30th September 2020 on the eve of “World Heart Day”. As 29th September is “World Heart Day”, it’s a reminder to take care of your heart so that you live a better, longer and more heart-healthy life. Do what it takes to start, to have a healthy heart. The one organ in our body which gives us the real meaning of being alive is our heart.

Date of the Event: 30-09-2020

Name of the Event: Prevention of Heart Attack & Stroke

Venue: Online

No. of Participants: Students- 134, Faculty-09

**Awareness program on
Prevention of heart attack & stroke**

Dr. Murali Babu Rao,
Senior Cardiologist,
Guntur Government General Hospital

30-09-2020
(Wednesday) 11 AM To 12 PM

Webinar link
<http://bit.ly/KLEFNSSWEBINAR>

Contact for more details:
nss@kluniversity.in

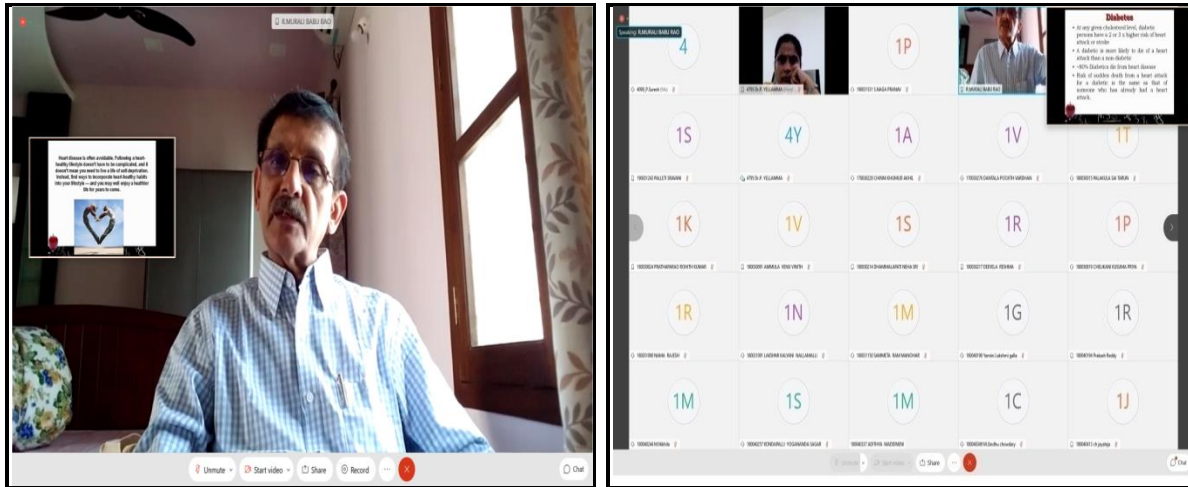
World Heart Day
SEPTEMBER 29TH

The **HEART** begins beating at four weeks
after conception and does not
stop until dead

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Dr. Murali Babu Rao, Senior Cardiologist from Guntur Government General Hospital is the speaker of the webinar. Unit Program Officer Dr P. Yellamma, other unit

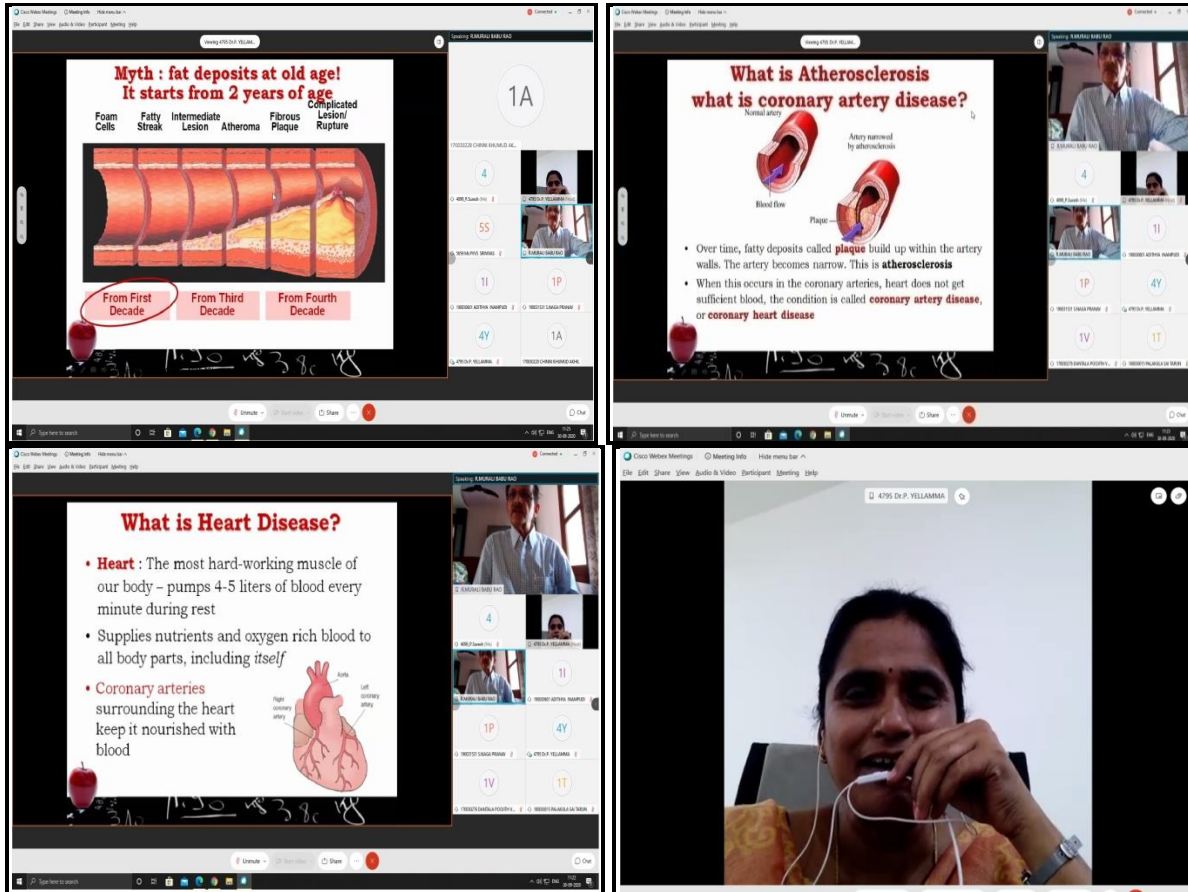
PO's and NSS volunteers joined the webinar and gained knowledge regarding heart diseases. The Doctor had discussed many topics related to heart, prevention of heart diseases, symptoms, risks, diet to be taken and things to follow daily to be healthy etc...



Dr. Murali Babu Rao, Senior Cardiologist, Guntur, Government General Hospital session

Topics Discussed:

- What is Heart Disease?
- What is Atherosclerosis?
- What is Coronary Artery Disease?
- Are other organs affected?
- Symptoms of Heart Disease?
- What Increases the risk?
- Good vs. Bad Cholesterol?
- Obesity?
- Various reasons that causes heart diseases? (Smoking, physical inactivity, Alcohol, Diabetes)
- Preventing Steps to protect Heart.
- Dietary Guidelines
- Exercise
- Stop Smoking and Alcohol Consumption
- Controlling Blood Pressure
- Controlling Blood Sugar
- Reducing Cholesterol



➔ Finally the Doctor has clarified all the doubts and myths of the participants.

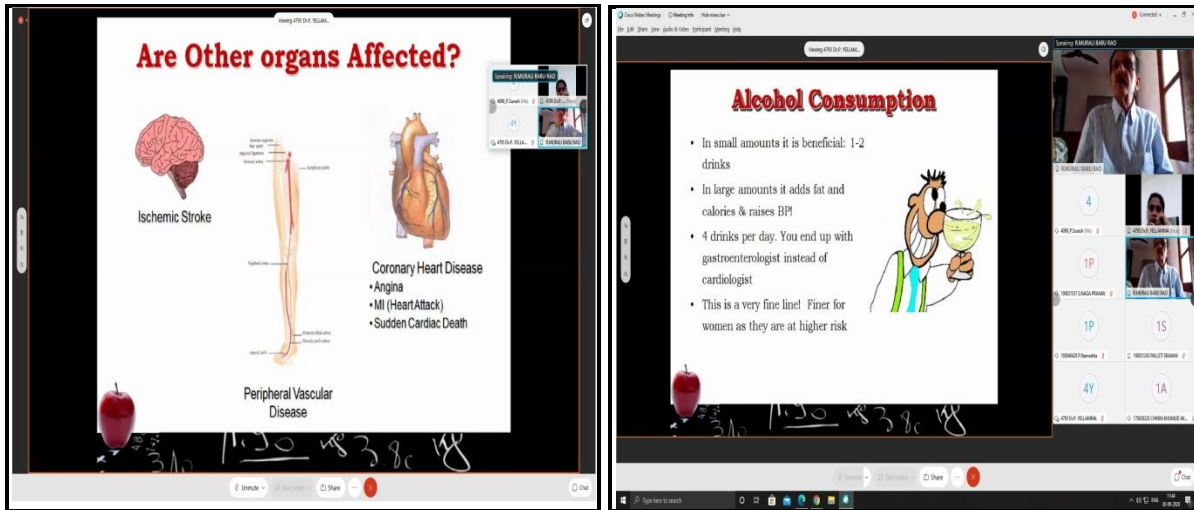
from 190031455 SHRI HARRSHA SAMALA to everyone: 12:04 PM
 sir daily 1hour is sufficient to do exercise
 from 190031253 Gyan Sai Kumar to everyone: 12:08 PM
 Sir is fatty milk is completely harmful sir?
 from 190030601 ADITHYA INAMPUDI to everyone: 12:09 PM
 how to control Blood Pressure
 from 4099_P.Suresh to everyone: 12:09 PM
 How many hours sleep in a day
 from Dr.P.V.Chalapathi ME-5869 to everyone: 12:09 PM
 how to differentiate heart stroke and brain stroke looking at a patient?

from 190031243 PALLETI SRAVANI to everyone: 12:11 PM
 sir my father consulted doctor sir doctor said that 50% block in supplying of blood sir .can you suggest any precautions to been taken sir

from 180040194 Prakash Reddy to everyone: 12:11 PM
 what is first aid to be taken before taking to hospital when there is a cardiac arrest?

Doubts by the participants and their family members

from 190031440_Sai Kiran Reddy to everyone: 12:13 PM
Sir Can U suggest the what type of food diet to prevent the heart attack..
 to 4795 Dr.P. YELLAMMA (privately): 12:13 PM
k mam
 from 190031455 SHRI HARRSHA SAMALA to everyone: 12:15 PM
what weight should be maintained with age ?
 from 190031243 PALLETI SRAVANI to everyone: 12:20 PM
should we use medication for blood block life long sir
 from 190031243 PALLETI SRAVANI to everyone: 12:21 PM
if the lifestyle is balanced also sir
 from 180031090 NAMA RAJESH to everyone: 12:21 PM
how corona virus is affecting human heart



from 180031090 NAMA RAJESH to everyone: 12:23 PM
 having less blood in body effects heart sir?
 from 190031243 PALLETI SRAVANI to everyone: 12:25 PM
 sometimes if we have pain near heart and chest is it related to heart attack sir

from 180040428 P.Namratha to everyone: 12:25 PM
 water content we need to intake per day sir?
 from 190031580 Tangaturu chandana to everyone: 12:26 PM
 can we prevent genetic diabetes

Queries or myths asked by participants

Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated, and it doesn't mean you need to live a life of self deprivation. Instead, find ways to incorporate heart-healthy habits into your lifestyle and you may well enjoy a healthier life for years to come.

“Misfortunes always come in by a door that has been left open for them”

Programme Coordinator
 KLEF, NSS Cell

Associate Dean
 Extension Activities

Dean, Students Affairs
 K.L.E.F