

REPORT on HEART DAY 2025

Date: 09 October 2025

Organized by: Department of Cardiac Care Technology & Cardiac Perfusion Technology

Institution: SRM Institute of Science and Technology, Trichy Campus

The Department of Cardiac Care Technology and Cardiac Perfusion Technology, College of Allied Health Sciences, SRM IST – Trichy Campus, successfully conducted **World Heart Day Awareness Program 2025** on **9th October 2025**. The event was celebrated with the theme **“Don’t miss a beat”**

The program aimed to create awareness about cardiovascular health, promote preventive measures, and encourage students to adopt healthy lifestyle practices.

Morning Session – Offstage Competitions

Venue: 4th Floor, SRM Medical College

Time: 9:30 AM – 12:30 PM

The morning session was dedicated to a series of interactive and educational competitions designed around the heart health theme. Students enthusiastically participated in the following events:

- **Model Presentation** – focused on anatomy, pathologies, and prevention of heart diseases.
- **Fireless Cooking** – highlighting healthy, low-fat, low-salt, and high-fibre diet options.
- **Speed-Up Challenge** – a physical activity emphasizing cardiovascular fitness.
- **Word Search** – a quick-thinking game based on cardiology terms.
- **Quiz Competition** – testing knowledge on heart anatomy and function.

These activities encouraged active student participation and reinforced the importance of heart-healthy habits in a fun and engaging manner.

Afternoon Session – Onstage Program

Venue: SRM Auditorium

Time: 2:30 PM – 4:00 PM

The formal event began with a **Welcome Address** and a **Welcome Dance**, setting a vibrant tone for the session. Chief Guests were felicitated, followed by **lecture talks by eminent cardiologists**:

- **Dr. Vasantha Kumar, MD, DM** – Department of Cardiology
- **Dr. Ashwene, DNB (CTVS)** – Department of Cardiology

The speakers delivered an insightful session focusing on:

- The **importance of early CPR** in saving lives during sudden cardiac arrest.
- **Hands-only CPR techniques** that can be performed by bystanders to stabilize the patient before medical help arrives.
- **Real-life emergency scenarios** to demonstrate how timely intervention can significantly increase survival chances.
- Reinforcing the role of healthcare students and professionals as first responders in cardiac emergencies.

The CPR session was highly appreciated by students and faculty, as it emphasized a **life-saving skill** that every healthcare professional should master. It was interactive, demonstration-based, and enriched with valuable clinical insights.

The event concluded with a **Prize Distribution Ceremony**, recognizing the winners of the morning competitions, and a **Vote of Thanks**.

Conclusion

The **Heart Day 2025 Celebration** successfully combined **education, awareness, and engagement**. It provided students with valuable insights into heart health and fostered a sense of responsibility as future cardiac healthcare professionals. The department looks forward to continuing such impactful initiatives in the coming years.

