

WORLD HEART DAY CELEBRATED AT SHAIKH PU COLLEGE OF SCIENCE, COMMERCE & ARTS



Shaikh PU College of Science, Commerce & Arts celebrated World Heart Day at the college premises recently. The chief guest for the function was Dr. Prashant Bhosle. The event was organized for raising awareness about cardio vascular diseases and to live a healthy life. Mr. Ramesh Godse, Principal, Shaikh PU College welcomed the gathering by addressing about the importance of World Heart Day celebrations.

Chief Guest Dr. Pashant Bhosle addressing the gathering explained briefly about the cardio vascular diseases and emphasized on the importance of good eating habits, cessation of smoking as it has a bad effect on heart health. He also spoke about the importance of sports and exercise. He further said that your lifestyle is the best defense against various cardio vascular diseases as a healthy heart requires an equally healthy lifestyle.

Fitness activities were conducted for the students for stressing on the need for exercise, which helps reduce several health issues such as obesity. The event was organized by coordinated by Ms. Shireen Darga. The event concluded with vote of thanks proposed by Mr. Vivek Bashetti.