

## **World Heart Day celebrated**

**Shillong, September 27, 2019:** Cardiovascular Disease (CVD) is accountable for nearly half of all Non Communicable Disease (NCD) deaths making it the world's number one killer. World Heart Day is, therefore, the perfect platform for citizens across the world to fight CVD and reduce the global disease burden, said the Secretary Health & Family Welfare and MD NHM & CEO MHIS, Government of Meghalaya, Shri Pravin Bakshi, IAS, at the World Heart Day celebration held today at the Don Bosco Technical Hall, Laitumkhrach, Shillong.

Understanding the severity of CVD and other NCDs which are the major factors that lead to premature deaths, Mr. Bakshi said that countries across the globe have come up with innovative and attractive measures to control these diseases and in India we have the Fit India Movement, a youth driven movement to encourage the citizens, especially the youth to take care of the health particularly the heart. He said that looking after your heart means taking small but meaningful actions like eating a balanced diet, undertaking regular exercise, reducing your alcohol intake, quit smoking and other things that make you not only healthier but also able to enjoy your life to the fullest. "How you live your life in your younger days will define how your life will be post 60", he said. Therefore, he called upon the gathering to take control of their own heart health, sharing the power by understanding their own and their families' risk of CVD and acting to improve it.



Shri. Pravin Bakshi, IAS, said as part of the mission to ensure heart health equity for all, let us make a simple promise ... **for MY HEART, for YOUR HEART, for ALL OUR HEARTS** to take steps to reduce the risk of heart disease, to cook and eat more healthily, to exercise more and be more active, to say no to smoking and other tobacco products, to avoid alcohol.

Extra Assistant Commissioner, East Khasi Hills District, Shri. Isaac Marak, in his speech as the Guest of Honour said that by making just a few small changes to our lives, we can reduce our risk of heart disease and stroke, as well as improving our quality of life and setting a good example for the next generation.

Demonstration of Basic Life Support (BLS) by GVK EMRI, Shillong and Zumba Fitness Session further enlightened the gathering on the importance of heart health.

Created by the World Heart Federation, World Heart Day informs people around the globe that CVD, including heart disease and stroke, is the world's leading cause of death claiming 17.9 million lives each year, and highlights the actions that individuals can take to prevent and control CVD. It aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

World Heart Day is a global campaign during which individuals, families, communities, and governments around the world participate in activities to take charge of their heart health and that of others. Through this campaign, the World Heart Federation unites people from all countries and backgrounds in the fight against the CVD burden and inspires and drives international action to encourage heart-healthy living across the world. (MIPR)