

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLY GRANT, DEHRADUN**

REPORT ON HAPPY AND HEALTHY HEART

Name of Activity: CNE on “Happy and Healthy Heart”

Date: June 20, 2025

Facilitator: Mrs. Priya JP Narayan

Time: 12:30 to 1:30 PM

Venue: Conference Room, HCN

No. of Participants: 24

The Continuing Nursing Education Department of Himalayan College of Nursing organized a session on June 20, 2025, titled “Happy and Healthy Heart,” led by Mrs. Priya JP Narayan. The session aimed to raise awareness among faculty about cardiac health and preventive care. She discussed evidence-based insights into the increasing incidence of cardiac problems and emphasized the importance of lifestyle modifications in improving heart health. Key areas highlighted included the role of regular exercise, a balanced and heart-friendly diet, and natural remedies such as yoga, meditation, and stress management techniques. She also addressed major risk factors like sedentary habits and unhealthy eating, encouraging participants to adopt healthier routines. The session was interactive and informative, offering practical knowledge that reinforced the crucial role of nurses in promoting cardiovascular wellness.

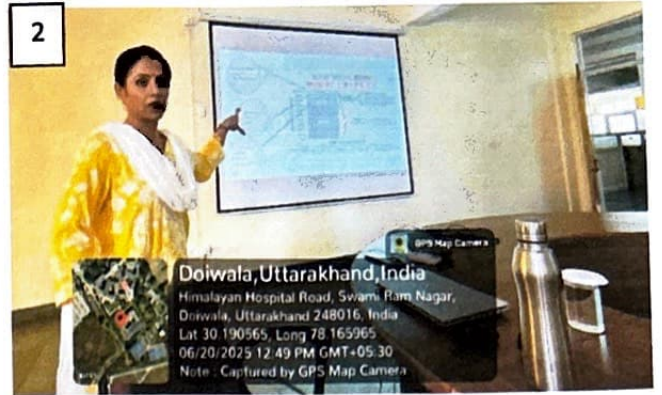


Figure No. 1 and 2: Speaker introducing and discussing the topic



Figure No. 3 and 4: Speaker concluding the session

Baichen
Activity Coordinator

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Department of Continuing Nursing Education
Himalayan College of Nursing
Swami Rama Himalayan University



Topic: Happy and Healthy Heart

Date: 20.06.2025

Time: 12:30 to 1:30 PM

S. No.	Names of Faculty	Signature
1.	Dr. Sanchita Puga zhandi	Choral
2.	Dr. Kanali Prakash	Prakash
3.	Ms. Nausata Pundis	NP
4.	Ms. Stama Praveen	Stama
5.	Ms. Emon Cham	Emon
6.	Mr. Chandan Kumar	Chand
7.	Mr. Sumit Kotiyal	Sumit
8.	Mr. Atul. Kumar.	Atul
9.	Dr. Kanahan Bala	Bala
10.	Ms. Nitika Bhatt	Nitika
11.	Ms. Shiwangi Jemdan	Shiwangi
12.	Dr. Anupama Sharma	Anu
13.	Ms. Ankita Jansari	Ankita
14.	Ms. Anshika Bhatt	Anshika
15.	Mrs. Sandhya V. Chacko	Sandhya
16.	Mr. Ankit Singh	Ankit
17.	MS. Neha Shasima	Neha
18.	Ms. Varsha Rawat	Varsha

