



INTEGRAL UNIVERSITY इंटीग्रल विश्वविद्यालय

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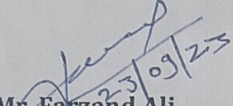
INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/180

Dated: 23/09/2023

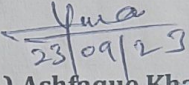
NOTICE

A meeting regarding the planning for celebrating "World Heart Day" on 29th September 2023 at 2-4 pm, on theme "Use Heart, Know Heart", at Block H, 2nd floor (Multipurpose Hall). All the faculty members are hereby informed to attend the meeting in the principal office at 11 AM.


Mr. Farzand Ali
Principal, IINSR

PRINCIPAL

Integral College of Nursing
Kursi Road, Lucknow-226026


Prof. (Dr.) Ashfaq Khan
Director (IINSR)

Integral Institute of Allied Health
Science Research
Integral University, Lucknow

CC to:

All Concern

1. Executive Director- For Kind Information
2. Dean/ Director IINSR- For Kind Information
3. Medical Superintendent- For Kind Information
4. Dy. Medical Superintendent- For Kind Information
5. All HOD, IINSR
6. All Faculty Members of Nursing
7. Notice Board
8. Office Copy



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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/187

Dated: 23/09/2023

MINUTES OF MEETING FOR WORLD HEART DAY

A meeting regarding planning for Word Heart Day celebration, held on 29th September 2023 at 2-4 pm, on theme "Use Heart, Know Heart" at Block H, 2nd floor (Multipurpose Hall). The agenda of the meeting was regarding the nomination, selection and arrangement of Guest Speaker.

The following members attended the meeting:

● Mr. Farzand Ali	Member
● Mrs. Pragya Awasthi	Member
● Ms. Shahnaj Qumer	Member
● Ms. Jyoti	Member
● Mrs. Roli	Member
● Ms. Achsah	Member
● Ms. Shreya	Member
● Ms. Shalini	Member
● Mr. Aarif	Member
● Mr. Salman	Member
● Mr. Parmeshwar	Member
● Mrs. Sandhya	Member

The following aspects were discussed and according following decisions were taken:

1. The program date will was proposed on 29th September 2023, by HOD timing would be at 2 to 4 PM.
2. The program was conducted by BSc. Nursing 2nd year students, IINSR.
3. Welcome speech will be given by (Assistant Professor).
4. Vote of thanks will be given by Mr. Salman (Assistant Professor).
5. All final year students would be allowed to attend the program.

The Meeting concluded with the vote of thanks.

Mr. Farzand Ali

Principal, IINSR

PRINCIPAL

Integral College of Nursing

Kurs: CC to: 16026

1. Executive Director, IINSR, IINSR, IIAHSR
2. Dean, Faculty of Nursing
3. Director, IIAHSR
4. All the faculty members of IINSR
5. Office copy

Prof. (Dr.) Ashfaq Khan

Director (IIAHSR)

Prof. (Dr.) Ashfaq Khan

Director

Integral Institute of Allied Health
Science Research
Integral University, Lucknow



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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Dated: 23/09/2023

MINUTES OF MEETING FOR WORLD HEART DAY

Attendance Sheets

S.N.	Name of the Faculty	Signature
1.	Mr. Farzand Ali	
2.	Mrs. Pragya Awasthi	
3.	Ms. Shahnaj Qumer	
4.	Ms. Jyoti	
5.	Mrs. Roli	
6.	Ms. Achsah	
7.	Ms. Shreya	
8.	Ms. Shalini	
9.	Mr. Aarif	
10.	Mr. Salman	
11.	Mr. Parmeshwar	
12.	Mrs. Sandhya	



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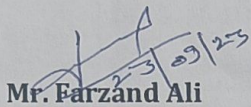
INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/182

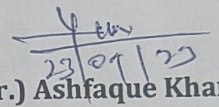
Dated: 23/09/2023

NOTICE

All the students of BSc. Nursing 2nd Year 3rd Semester are hereby to inform that "World Heart Day" on 29th September 2023 at 2-4 pm, on theme "Use Heart, Know Heart" at Block H, 2nd floor (Multipurpose Hall). Attendance will be mandatory for BSc. Nursing 2nd year students .


Mr. Farzand Ali
Principal, IINSR

PRINCIPAL
Integral College of Nursing
Kursi Road, Lucknow-226026


Prof. (Dr.) Ashfaq Khan
Director (IIAHSR)

Prof. (Dr.) Ashfaq Khan
Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow

Copy To,

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2. Dean/ Director IIMSR- For Kind Information
3. Medical Superintendent- For Kind Information
4. Dy. Medical Superintendent- For Kind Information
5. All HOD, IIMSR
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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

WORLD HEART DAY CELEBRATION

THEME: USE HEART, KNOW HEART

PROGRAMME SCHEDULE ON 29TH SEPTEMBER 2023

TIME	EVENT	RESOURCE PERSON
2:00-2:05 pm	Starting of the programme	BSc Nursing 2 nd Year Students
2:06-2:10 pm	Welcoming Dignitaries	Faculty of Nursing
2:11-2:15 pm	Lamp lighting by Dignitaries	All the Dignitaries
2:16 -2:23 pm	Introduce the event	Prof. Dr. Ashfaq Khan
2:24-2:30pm	Unveiling of theme- Use Heart, Know Heart	Prof. Dr. Abha Chandra
2:31-2:37 pm	Speech	Mr. Syed M. Fauzan Akhtar
2:38-2:42 pm	Sapling Distribution	Faculty of Nursing
2:43-3:15 pm	Guest Lecture	Assist. Anjali Shukla
3:16-3:18 pm	Vote of Thanks	Ms. Jyoti Sunar
3:19-3:59 pm	BLS Demonstration	Assist. Anjali Shukla
4:00 pm	Refreshment	Faculty of Nursing



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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/186

Dated:23/09/2023

To,

Dean, IINSR
Integral University
Lucknow.

(Through Proper Chanel)

Subject: Approval for Guest Lecture on the occasion for World Heart Day Celebration on 29th September 2023 at Block H, 2nd Floor (Multipurpose Hall), Integral University, Lucknow.

Respected Ma'am,

With due respect we would like to state that we want a permission to invite Mrs. Anjali Shukla as a Guest Lecture on the occasion for World Heart Day Celebration on 29th September at 2-4 pm, on theme "Use Heart, know Heart", at Block H 2nd Floor (Multipurpose Hall), for BSc. Nursing 2nd year students.

I request you to kindly give your approval in this regard.

Thanking you

[Signature]
23/09/23
Mr. Farzand Ali
Principal, IINSR

Integral College of Nursing
Kursi Road, Lucknow-226026

[Signature]
23/09/23
Prof. (Dr.) Ashfaq Khan
Director (IIAHSR)

Prof. (Dr.) Ashfaq Khan
Director
Integral Institute of Allied Health
Science Research
Integral University Lucknow

Approved.

[Signature]
Prof. ADNA CHANDRA
MBBS, MS, MCh (CVTS), DNB (CVTS), MAMMS, FACS (Thoracic)
FICS (CVIS), FIACS (CVTS), FAS, FVSI (Vascular)
Cardiovascular and Thoracic Surgeon
Dean
Integral Institute of Medical Sciences and Research,
Integral University
Lucknow, Uttar Pradesh.



INTEGRAL UNIVERSITY

इंटीग्रल विश्वविद्यालय

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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/139

Dated: 23/09/2023

To,

Dean, IIMS
Integral University
Lucknow.

(Through Proper Channel)

Subject: Approval for celebrating World Heart Day on 29th September 2023 at Block H, 2nd Floor (Multipurpose Hall), Integral University, Lucknow.

Sir,

With due respect we would like to state that we are going to celebrate a World Heart Day on 29th September at 2-4 pm, on theme "Use Heart, know Heart", at Block H 2nd Floor (Multipurpose Hall), for BSc. Nursing 2nd year students.

The event will help the students of Nursing to spread awareness about cardiovascular diseases, including their prevention and their global impact. Kindly permit to conduct the world heart day and sanction the remuneration amount as per the university rules.

I request you to kindly give your approval in this regard.

Thanking you in anticipation.

Mr. Farzand Ali
Principal, IINSR

PRINCIPAL
Integral College of Nursing
Kursi Road, Lucknow-226026

Prof. (Dr.) Ashfaque Khan

Director (IINSR)
Prof. (Dr.) Ashfaque Khan

Director
Integral Institute of Allied Health
Science Research
Integral University, Lucknow

approved.

Ashfaque
29/9/2023
Prof. (Dr.) ABHA CHANDRA
Dean

Integral Institute of Medical Sciences & Research
Integral Hospital, Integral University
Lucknow-226026, U.P., INDIA

INTEGRAL UNIVERSITY, LUCKNOW
DEPARTMENT OF NURSING

Workshop on World Heart Day
List of the Students for Attending the Workshop

S.No.	Name	Year	Signature	S.No.	Name	Year	Signature
1.	Belal Raza	II nd	Belal Raza	2.	Aditya Shingh	II nd	Aditya
3.	Sohail Alam	"	Sohail Alam	4.	Aditya Kumar	"	Aditya
5.	Asif Mukhtar	"	Asif	6.	Darsh	"	Darsh
7.	Nafees Islam	"	Nafees	8.	Durgesh	"	Durgesh
9.	Zulfag/Akbar	"	Zulfag	10.	Manish Kumar	"	Manish
11.	Nitish Yadav	"	Nitish	12.	Ajayi Nofisat	"	Ajayi
13.	Rishabh Kumar	"	Rishabh	14.	Alfiya Siddiqui	"	Alfiya
15.	Bikhi Kumar	"	Bikhi	16.	Falak Tishad	"	Falak
17.	Sohail Akram	"	Sohail	18.	Aisha Ansari	"	Aisha
19.	Sami Eraz	"	Sami	20.	Zadiyabano	"	Zadiya
21.	md zulfiquar	"	Z. Husein	22.	Shabeena bano	"	Shabeena
23.	Mohd Aman Ahmad	"	Aman	24.	Anuradha	"	Anuradha
25.	Darain Khan	"	Darain	26.	Sana Zainab	"	Sana
27.	Ayush Mishra	"	Ayush	28.	Sakshi Tiwari	"	Sakshi
29.	Anas Khan	"	Anas	30.	Ganima Singh	"	Ganima
31.	Suhel Khan	"	Suhel	32.	Jyoti Yadav	"	Jyoti
33.	Mid-Sait-Khan	"	Sait	34.	Neha Bano	"	Neha Bano
35.	Mohd. Hadeesh	"	Hadeesh	36.	Savita Gaurtam	"	Savita
37.	Mohd. Javeed	"	Javeed	38.	Shagun Arjun	"	Shagun
39.	Saij	"	Saij	40.	Talib Akbar	"	Talib
41.	Baijunath	"	Baijunath	42.	Tanya Singh	"	Tanya
43.	Krishna Pal Verma	"	Krishna	44.	Rakhi Yadav	"	Rakhi
45.	Akhilesh	"	Akhilesh	46.	Fatima Dahiru	"	Fatima

Mr. Farzand Ali
Principal IINSR

47.	Aniket Prata Singh	II nd	Aniket Singh	48.	Neha Pal	II nd	Neha
49.	Jyoti Yadav	II nd	Jyoti	50.	Neha Verma	II nd	Neha
51.	Bipasha Ranabhat	II nd	Bipasha	52.	Abhilasha	II	Abhilasha
53.	Anisha Maurya	II	Anisha	54.	Vaishnavi Verma	II nd	Vaishnavi
55.	Eesam Bano	II	Eesam	56.	Zainab Fatima	II nd	Zainab
57.	Ayushi Maurya	II	Ayushi	58.	Ibna Khatoon	II nd	Ibna
59.	Sanjida Chhetri	2 nd yr.	Sanjida	60.	Asiya Khatoon	II nd	Asiya
61.	Aayesa Khatoon	"	Aayesa	62.	Shahjahan Khatoon	II nd	Shahzahan
63.	Rajiya Khatoon	"	Rajiya	64.	Kulsum Jahan	II nd	Kulsum
65.	Sairullah Anvari	"	Sairullah	66.			
67.	MD Jikrullah	"	Jikrullah	68.			
69.	Zafan Ali	"	Zafan	70.			
71.	Ayman Alam	"	Ayman	72.			
73.	Rehan Alam	"	Rehan	74.			
75.	Ayman Ali	"	Ayman	76.			
77.	Mohit Kumar	"	Mohit	78.			
79.	Mayank Agrawal	"	Mayank	80.			
81.				82.			
83.				84.			
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Mr. Farzand Ali
Principal IINSR

Report on- **'WORLD HEART DAY'**
THEME: **"USE HEART KNOW HEART"**

Organized by
'Department of Nursing' ON 29th September

Dear All,

The department of Nursing, has celebrated **'WORLD HEART DAY'** Program on 29th September 2023. This Program has been conducted under the guidance of Mr. Farzand Ali Principal Integral Collage of Nursing Science & Research, Lucknow.

The Program was organized under the

1. Mr. Farzand Ali Principal, IINSR
2. Mrs. PragyaAwasthi (Associate Professor), IINSR
3. Ms. Shreya Sinha, Lecturer
4. Ms. Achsah Babu, Lecturer

About the Theme

This year's World Heart Day theme is **"Use Heart, Know Heart"** The campaign underscores the foundational step of comprehending our hearts. In today's digital age, visual language has become an integral part of our daily lives, and emojis, particularly among younger generations, have become a popular form of communication, transcending language barriers.

Event Schedule:

2:00-2:05 pm: Starting of the Programme

The World Heart Day event commenced with the energetic and enthusiastic BSc Nursing 2nd Year students, who set the tone for the day. Their vibrant spirit infused positivity into the atmosphere, creating an engaging start to the program.

2:06-2:10 pm: Welcoming Dignitaries

The Faculty of Nursing took the stage to extend a warm welcome to all the dignitaries, setting the stage for an informative and impactful event. Their words resonated with the significance of the occasion, emphasizing the importance of heart health.

2:11-2:15 pm: Lamp Lighting by Dignitaries

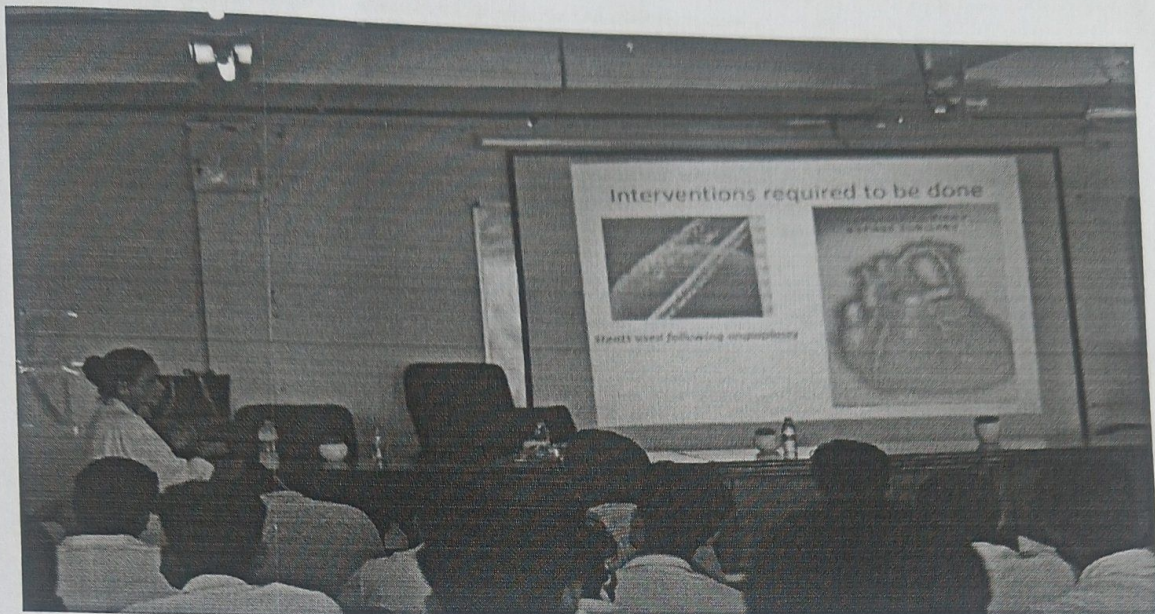
A symbolic moment took place as all the dignitaries present illuminated the ceremonial lamp, signifying the enlightenment and awareness the event aimed to spread. The collective light illuminated the venue, representing unity in the pursuit of heart health.

2:16-2:23 pm: Introduce the Event

Professor Dr. Ashfaque Khan, in an articulate manner, introduced the event, providing insights into the objectives and goals of World Heart Day. The audience gained a clear understanding of the significance of 'Use Heart, Know Heart.'

2:24-2:30 pm: Unveiling of Theme - Use Heart, Know Heart

Professor Dr. Abha Chandra unveiled the theme, 'Use Heart, Know Heart.' Her presentation highlighted the importance of understanding our hearts to make informed lifestyle choices. The theme encapsulated the essence of the event.



2:31-2:37 pm: Speech

Mr. Syed M. Fauzan Akhtar delivered an impactful speech, emphasizing the need for a proactive approach to heart health. His words resonated with the audience, inspiring them to take charge of their well-being.

2:38-2:42 pm: Sapling Distribution

The Faculty of Nursing took a step towards environmental consciousness by distributing saplings. This gesture reinforced the connection between a healthy heart and a healthy planet, promoting holistic well-being.

2:43-3:15 pm: Guest Lecture

Assistant Anjali Shukla engaged the audience with an informative and enlightening guest lecture. Her insights into heart health, prevention, and early intervention captivated the audience's attention, contributing to the educational aspect of the event.

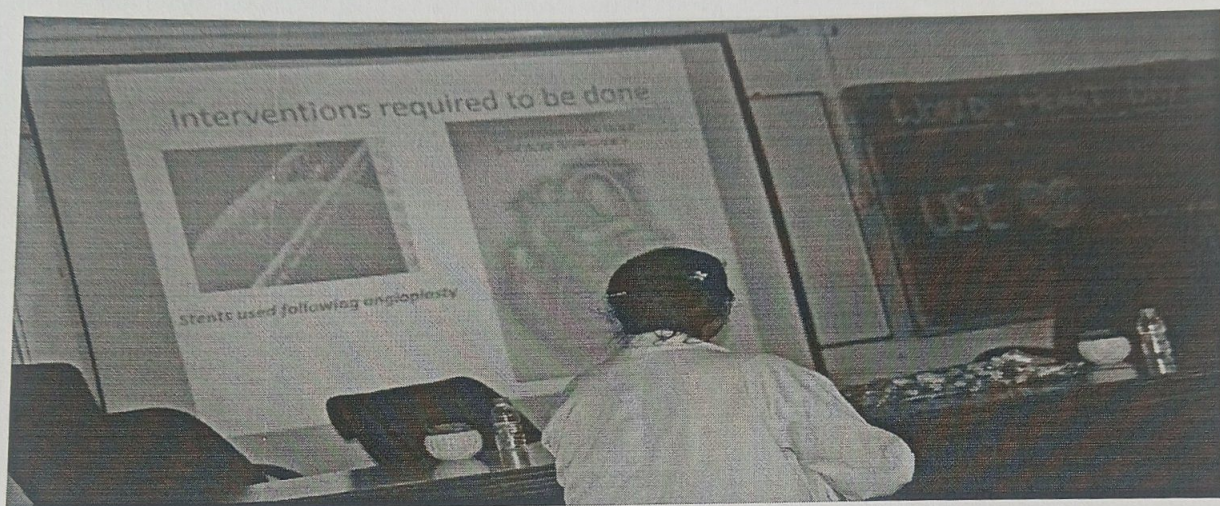


3:16-3:18 pm: Vote of Thanks

Ms. Jyoti Sunar expressed gratitude to the dignitaries, speakers, and participants for their valuable contributions. Her words acknowledged the collaborative effort in making the event a success.

3:19-3:59 pm: BLS Demonstration

Assistant Anjali Shukla conducted a comprehensive demonstration of Basic Life Support (BLS). The hands-on session empowered participants with life-saving skills and underscored the event's commitment to practical health education.



4:00 pm: Refreshment

The day concluded on a positive note with a refreshing break, providing an opportunity for participants to mingle, share insights, and reflect on the valuable information imparted throughout the event.

"In conclusion, the World Heart Day event, themed "Use Heart, Know Heart," proved to be a holistic and informative initiative. The various sessions, from educational lectures to practical demonstrations, contributed to raising awareness about heart health and empowering participants to take proactive steps towards a healthier life. The event successfully blended tradition, information, and action in promoting cardiovascular well-being."



INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH

FACULTY OF NURSING

Certificate of Participation

.....

This is Certify that Mr./Ms. REHAN ALI AM has been successfully Participated
in a **Workshop on World Heart Day** titled "**Use Heart Know Heart**" on 29th September, 2023, at
Integral University, Lucknow, India

Farid

Mr. FARZAND ALI
Principal, IINSR
Integral University, Lucknow

Yus

Prof. (Dr.) ASHFAQUE KHAN
Director, IIAHSR
Integral University, Lucknow

Mhandur

Prof. (Dr.) ABHA CHANDRA
Dean
Integral Institute of Medical Sciences & Research
Faculty of Medicine & Health Sciences
Integral University, Lucknow

S.f. Akhtar

SYED M. FAUZAN AKHTAR
Executive Director
Integral University, Lucknow



INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH

FACULTY OF NURSING

Certificate of Participation

This is Certify that Mr./Ms. DURGESH SINGH has been successfully Participated in a **Workshop** on **World Heart Day** titled **"Use Heart Know Heart"** on 29th September, 2023, at Integral University, Lucknow, India

Farid

MR. FARZAND ALI
Principal, IINSR
Integral University, Lucknow

Yusuf

Prof. (Dr.) ASHFAQUE KHAN
Director, IIAHSR
Integral University, Lucknow

Alexandre

Prof. (Dr.) ABHA CHANDRA
Dean
Integral Institute of Medical Sciences & Research
Faculty of Medicine & Health Sciences
Integral University, Lucknow

S.f. Akhtar

SYED M. FAUZAN AKHTAR
Executive Director
Integral University, Lucknow