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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.) Ashfaque Khan
Director (IIAHSR)

Integral University, Lucknow
Integral University, Lucknow

CC to:

All Concern

- 1. Executive Director- For Kind Information
- 2. Dean/ Director IIMSR- For Kind Information
- 3. Medical Superintendent- For Kind Information
- 4. Dy. Medical Superintendent- For Kind Information
- 5. All HOD, IIMSR
- 6. All Faculty Members of Nursing
- 7. Notice Board
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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/18/

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 29^{th} 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

Integral Call of Mursing

- Kurs: CC to: 1. hnov. 16026

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

Prof. (Dr.) Ashfaque Khan

Director (IIAHSR) Prof. (Dr.) Ashtaque Knan

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 | de |
| 2. | Mrs. Pragya Awasthi | |
| 3. | Ms. Shahnaj Qumer | @ west |
| 4. | Ms. Jyoti | Gyold |
| 5. | Mrs. Roli | John |
| 6. | Ms. Achsah | |
| 7. | Ms. Shreya | Charles |
| 8. | Ms. Shalini | Statient |
| 9. | Mr. Aarif | |
| 10. | Mr. Salman | |
| 11. | Mr. Parmeshwar | |
| 12. | Mrs. Sandhya | Carly |



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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.) Ashfaque Khan Director (IIAHSR)

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

Copy To,

- 1. Executive Director- For Kind Information
- 2. Dean/ Director IIMSR- For Kind Information
- 3. Medical Superintendent- For Kind Information
- 4. Dy. Medical Superintendent- For Kind Information
- 5. All HOD, IIMSR
- 6. All Faculty Members of Nursing
- 7. Notice Board
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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 Student | | | |
| 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. Ashfaque 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, IIMSR 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 forWorld Heart Day Celebrationon 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

Mr. Farrand Ali Principal AINSR

Integral College of Nursing Kursi Road, Lucknow-226026 Prof. (Dr.) Ashfaque Khan Director (IIAHSR)

Prof. (Dr.) Ashfaque Khan Director Integral Institute of Allies Pealth Science Research Integral University Lucknow

Americal Americans, DIB (OVTS), MANAIS, FACS (Thoracid)

Prof. ADIA CHANDRA

Prof. ADIA CHANDRA

FICS (OVTS), FINS, FUSI, (Rascular).

FICS (OVTS), FINS (OVTS), FINS, FUSI (Rascular).

Condovisolar and Thoracia Surgeon

Desn

Integral Institute of Machal Sciences and Research,

Integral Institute of Machal Sciences and Research.



TEGRAL UNIVERSI

INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH (IINSR)

Ref.No: IINSR/PT/GL/2023/199

Dated: 23/09/2023

To,

Dean, IIMSR Integral University Lucknow.

(Through Proper Chanel)

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 2^{nd} Floor (Multipurpose Hall), for BSc. Nursing 2^{nd} 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.

Principal, IINSR

PRINCIPAL

Integral College of Nursing Kursi Road Incknow-226026 Prof. (Dr.) Ashfaque Khan

Director (NAHSR) we Knan

Integral Institute of Allied Health Science Research Integral University, Lucknow

Approved.

Manche

25/91/2023

25/91/2023

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 |
|-------|-----------------|-------|-----------|-------|---------------|----------|------------|
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| 9. | Zulfag/az/kusa | en 'r | Zulfuga | | Manigh Kura | 111 | Monistr |
| 11. | Nitish Yadar | 11 | N:tish | 12. | Ajayi Nofisa | | Pop |
| 13. | Rishabh km |)1 | RI Shall | 14. | Alliya Siddig | u u | agryen. |
| 15. | Bikki Kunon |)) | BIKUS | 16. | Falak Irsha | d | calas. |
| 17. | Schail Akran | ,)1 | 87 | 18. | Aisha Ansani | И | Warshm |
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Mr. Farzand Ali Principal IINSR Research Organization

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| 59. Sanjida Chhebi Ind a Signa khatoon Ind Asiya 61. Aayesa Khatroo // Aayesa 62. Shahisha khatoon Ind Asiya 63. Rajiya khatoon Rajiya 64. Kellsey m Jahan Ind Shahizaha 65. Sainullah Arvari /, Sahullah 66. 67. MD Dikrullah 924 70. 71. Asiman Alam 924 72. 73. Rehen Alam 924 74. 75. Asiman Alam 924 74. 76. Asiya khatoon Ind Shahizaha 77. Hohit Kuwas 74. 78. Hohit Kuwas 78. 88. 88. 88. 88. 89. 90. 91. 92. 93. 94. 95. 96. | | Esam Bano | I | Escam. | 56. | Zainah Fatima | Ind | 72 |
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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."

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

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SYED M. FAUZAN AKHTAR Integral University, Lucknow Executive Director