



WORLD
HEART DAY
29 SEPTEMBER

World Heart
day Event

Use♥for every♥



Inauguration

Acknowledging Maa Saraswati





Saraswati Vandana

The Sanskrit word sara means “essence” and swa means “self.” Thus Saraswati means “the essence of the self.”



Programmes



Pledge

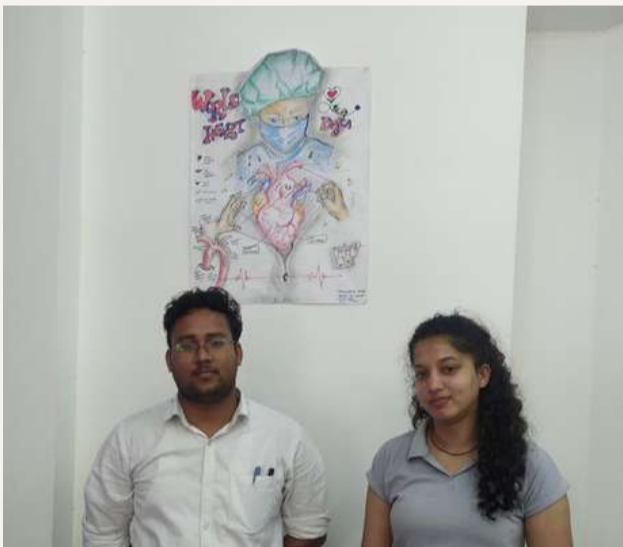
Pledge to a healthy heart



Do what it takes to start, to have
a healthy heart.

Hear your heart, hear your
health.

Poster presentation



Zumba

Zumba is a great dance-cardio option that's an immersive experience for participants and is not only effective but allows you to express yourself while getting in shape."





Competitions



Fun moments



Thank you

Keep your heart healthy