



**A. M. SHAIKH HOMOEOPATHIC MEDICAL COLLEGE,
HOSPITAL & P.G. RESEARCH CENTER, NEHRU NAGAR,
BELAGAVI-590010**



“A. M. SHAIKH MEDICAL COLLEGE CELEBRATED WORLD HEART DAY 2026”

An awareness camp was conducted at Bastawad on the occasion of **World Heart Day** under the theme “**Don’t Miss a Beat.**” The programme was organised by the **Interns and Postgraduate Students** of the **Department of Practice of Medicine** under the guidance of **Dr. Deepa Gasti**. The initiative aimed to create awareness among the community about the importance of maintaining good heart health and preventing cardiovascular diseases.

The programme highlighted key aspects of cardiovascular health, including common risk factors, healthy lifestyle practices, regular health check-ups, and the early recognition of warning signs associated with heart conditions. The participants were encouraged to adopt heart-healthy habits such as maintaining a balanced lifestyle, staying physically active, and taking timely preventive measures. The awareness camp served as a meaningful community outreach initiative, promoting greater understanding of cardiovascular health and encouraging individuals to take proactive steps towards a healthier heart and improved overall well-being.



