

## ITL Observes World Heart Day

NAME OF THE EVENT	:	WORLD HEART DAY
DATE	:	SEPTEMBER 29, 2021
CONDUCTED BY	:	SCIENCE DEPARTMENT
CLASSES PARTICIPATED	:	I TO XII

***“Healthy diet, Regular exercise and happiness are the perfect ingredients for a healthy heart.”***

On the occasion of **World Heart Day**, **ITL Public School** observes it to sensitize students regarding the importance of healthy heart. This year, the theme for World Heart Day is '**Use Heart to Connect**'. It aims to highlight the power of digital health to improve awareness, prevention and management of Cardio vascular disease globally. The students were sensitised how three pillars of this year theme i.e equity, prevention and community are important to keep one's heart in proper shape. Students prepared posters and the senior most students of Class XII Biology students talked to their juniors and spread awareness.

