



Ref. No.: IUL/IINSR/WHA/Report/2026/

Dated: 12/02/2026

REPORT ON WORLD HEART AWARENESS MONTH-2026 (CARDIOVASCULAR HEALTH AND CAFFEINE AWARENESS)

The department of faculty of Nursing has organized a Cardiovascular health and caffeine awareness Programme on World Heart Awareness Month-2026 at 10 AM. The event was under guidance of departmental premises by the Prof (Dr.) Ashfaq Khan (Director IIAHSR-IINSR), Prof. (Dr.) Annapurna C. Reddy (Vice-Dean Faculty of Nursing) & Dr. Farzand Ali, Principal IINSR. & all the faculty members.

The students of B.Sc. Nursing 2nd & 3rd Year were participated in this program.

The Program was held on 17/02/2026 at 1:30 PM and the theme for this year's World Cancer Day is "Use Heart for Action".

The Program was organized under the:

1.	Prof. (Dr.) Ashfaq Khan
2.	Prof. (Dr.) Annapurna C. Reddy
3.	Dr. Farzand Ali
4.	Dr. Pragya Awasthi
5.	Mrs. Manisha Chaubey
6.	Mr. Parameshwar P
7.	Mrs. Roli Srivastava
8.	Mrs. Rubina Mumtaz
9.	Ms. Amar Vandana
10.	Ms. Priscilla Varghese

About the theme:

World Heart Awareness Month-2026 is observed on 17th February to raise awareness about Heart Health the theme of World Heart Awareness Month-2026 "Use Hearth for Action".

Event Schedule:

01:30 PM to 02:30 PM



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The students of B.Sc. Nursing 2nd & 3rd Year attended the program; the program was hosted by Ms. Rubina Mumtaz and Ms. Amar Vandana.

Name of the Event:

Cardiovascular Health and Caffeine Awareness on World Heart Awareness Month-2026

17 February 2026

Organizing Unit:

Integral Institute of Nursing Sciences & Research (IINSR).

Faculty of Nursing, Integral University, Lucknow

Venue:

G block, medical block, OPD building

Theme of the Event:

"Use Heart for Action"

Participants:

B.Sc. Nursing 2nd & 3rd Year Students

Number of Participants:

30 Students

Objectives of the Programme:

- Promote Caffeine Literacy: Educate on the "sweet spot" of moderate intake while warning against the cardiac risks of excessive stimulants ($>400 \text{ mg/day}$).
- Conduct Immediate Screenings: Provide on-site blood pressure and heart rate checks to identify at-risk individuals under the "Use Heart for Action" theme. To reduce stigma and discrimination related to Cancer.
- Highlight Hidden Risks: Raise awareness about the impact of energy drinks and "hidden" caffeine on heart rhythm (arrhythmia) and hypertension.
- Drive Lifestyle Action: Empower participants to replace high-stimulant habits with heart-healthy alternatives like sleep hygiene and stress management.

Details of the Event:

On the occasion of **World Heart Awareness Month-2026**, the Integral Institute of Nursing Sciences & Research organized a **Cardiovascular Health and Caffeine Awareness** on **17th February 2026 at 01:30 PM**.

The programme was conducted at the **Ground Floor, G-Block, medical block OPD Building**. The Program Began at 1:30 PM with a warm welcome by Ms. Amar Vandana participants and Audience members where briefing about the significance of world cancer day.

The Drama club presented a thought-provoking Role Play Title **Cardiovascular Health and Caffeine Awareness**.

- **Clinical Risk Assessment:** Conduct screenings for hypertension and arrhythmias to identify the cardiac impact of high-stimulant intake.
- **Evidence-Based Education:** Define the "therapeutic window" of caffeine ($<400 \text{ mg/day}$) to optimize heart health while minimizing sympathetic nervous system strain.
- **Behavioral Intervention:** Promote sustainable energy management and sleep hygiene as alternatives to caffeine dependency for long-term cardiovascular resilience.

Prof (Dr.) Ashfaque Khan
Director
Integral Institute of Nursing
Sciences & Research
Integral University Lucknow



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Audience Interaction:

After the play, a short Q&A session was held where participants shared their thoughts and asked questions about cancer prevention and support systems. The facilitators provided helpful insights and resource:

Outcomes of the Event:

- Increased awareness about Cancer and its management
- Improved understanding regarding social stigma and discrimination
- Enhanced sense of social responsibility among nursing students
- Active student participation in community health promotion

SDGs Addressed by the Event:

Reproductive health, cervical screening & HPV vaccine awareness on World Cancer Day 2026 contributed to the achievement of the following Sustainable

Development Goals (SDGs):

SDG 3 – Good Health and Well-being

- Ensure healthy lives and promote well-being for all at all ages.
- Promotes awareness about cancer prevention and early detection.
- Encourages healthy lifestyle choices (avoiding tobacco, healthy diet, and exercise).
- Reduces mortality from non-communicable diseases (NCDs) like cancer.
- Supports mental and emotional well-being of patients and families.

2. SDG 4 – Quality Education

- Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.
- Provides health education through nukad natak and awareness talks.
- Increases knowledge about cancer myths and facts.
- Encourages informed decision-making regarding health.

3. SDG 10 – Reduced Inequalities

- Reduce inequality within and among countries.
- Raises awareness among all sections of society, including vulnerable groups.
- Promotes equal access to information and healthcare services.
- Encourages support for economically weaker cancer patients.

4. SDG 17 – Partnerships for the Goals

- Strengthen the means of implementation and revitalize the global partnership for sustainable development.
- Encourages collaboration between educational institutions, healthcare professionals, and community members.
- Promotes collective action against cancer.

Conclusion

The World Cancer Day programme through nukad natak directly supports SDG 3 (Good Health and Well-being) and indirectly contributes to SDG 4, SDG 10, and SDG 17, by spreading awareness, promoting education, reducing inequalities, and encouraging community partnership in cancer prevention and care.



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GLIMPSE OF THE DAY-



Dashauli, Uttar Pradesh, India

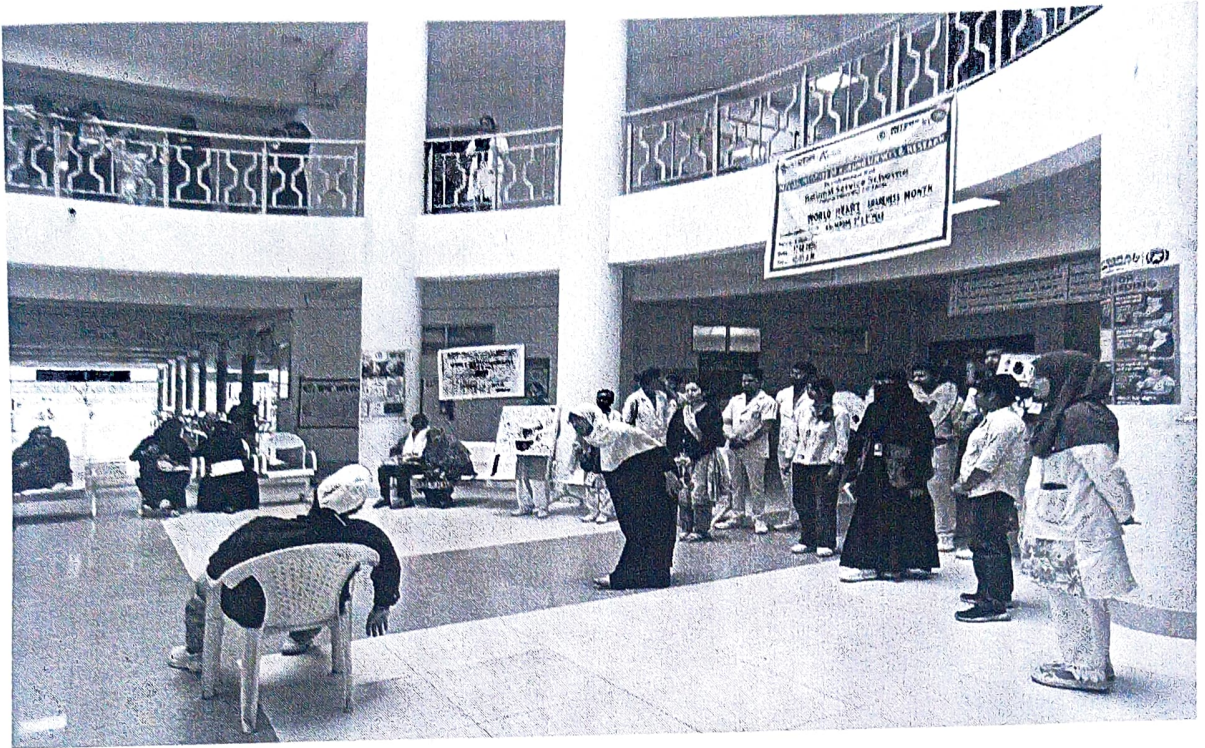
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Tuesday, 17/02/2026 02:00 PM GMT +05:30



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[Signature]

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Vice-Dean, Faculty of Nursing

Prof. (Dr.) Annapurna C. Reddy
Vice-Dean, Faculty of Nursing
Integral University, Lucknow

[Signature]

Prof. (Dr.) Ashfaq Khan
Director, IINSR- IIAHSR

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Integral University Lucknow



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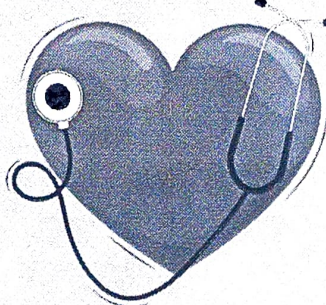
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FACULTY OF NURSING

is Organising a

WORLD **HEART** AWARENESS MONTH 2026



Theme: "Use Heart For Action" "cardio Vascular Health Awareness
and caffeine Awareness"



TUESDAY | 17 FEB 2026 | 10:00 AM

Ground Floor, G-Block, Phase-III, OPD Building

Participants

B.Sc Nursing 2nd & 3rd Year Students



Prof (Dr.) Ashfaque Khan
Director
Integral Institute of Nursing
Sciences & Research