



THIAGARAJAR COLLEGE, MADURAI-09

An Autonomous Institution Affiliated to Madurai Kamarajar University

Re-Accredited with A++ Grade by NAAC

Ranked 15th in NIRF – 2024



WORLD HEART DAY REPORT

National Service Scheme (NSS) Unit, in association with Meenakshi Mission Hospital and Radio city, successfully organized a Walkathon on 28.9.2024. The primary objective of this event was to promote health awareness and encourage physical fitness among the community. Under The Guidance of Program Officers, All the NSS volunteers are participated.



The event saw active participation from over 500 people, including 150 NSS volunteers, hospital staff, students, and local citizens. The walkathon began at Meenakshi Mission Multi speciality hospital within the hospital premises at 6.30 am. The route covered a distance of 3 km, passing through key locations such as surveyor colony and concluding at Meenakshi Mission Multi speciality Hospital.



The event was inaugurated by the Chief Medical Officer of Meenakshi Mission Hospital, who addressed the gathering on the importance of maintaining a healthy lifestyle. They emphasized that regular physical activity, combined with a balanced diet and routine health check-ups, can significantly improve an individual's overall well-being and prevent various diseases.



Participants carried placards and banners with informative messages, raising awareness about **WORLD HEART DAY**. NSS volunteers played a pivotal role in organizing and managing the event, ensuring the smooth functioning of the walkathon. Water and first aid stations were set up at various points to support the participants.



The walkathon concluded with a small ceremony where certificates of participation were distributed to all the attendees. The hospital's administration and NSS coordinators, appreciated the efforts of the participants and volunteers for making the event a grand success. They reiterated the importance of such initiatives to bring about positive changes in society.



Overall, the walkathon was a great success, fostering a sense of community and encouraging individuals to adopt healthier habits for a better future.