Consultation in Prevention of Cardiovascular Diseases  
(Heart attacks & Paralysis)

Concern: Premature heart attacks in human beings due to unhealthy lifestyle and inadequate knowledge.

Introduction:
- For any machine to run effectively, it is important for us to utilize it optimally. Our body which performs different activities run on the same principle and it has to be taken care for effective and healthy functioning lifelong.
- Fast and stressful lifestyle in metro cities has developed unhealthy habits among citizens. This is affecting health of citizens and leading to ‘Atherosclerosis’. A disease of blood vessels.
- Atherosclerosis is mainly responsible for heart attacks and paralysis which together account for 33% of deaths worldwide.
- The key highlights of the session will be:
  - What are the various causes and symptoms of cardiovascular diseases?
  - How it leads to heart attacks and paralysis.
  - Prevention of cardiovascular disorders.
  - How high blood pressure, diabetes and stressful life are responsible for the cardiovascular diseases.

Objective:
- Main objectives of this session are:
  - To develop awareness about this disease and its harmful effects on human body.
  - Help people to know importance of regular health checkups and understand various ways to prevent cardiovascular disease.

Target audiences:
- Youngsters (15 to 30 years) who have adapted unhealthy lifestyle or are about to adapt.
- Adults (More than 30 years) who are at risk of cardiovascular diseases or are already suffering from the same.
Limitations: This session is solely to enhance the knowledge of citizens and no medical advice will be given.

Declaration:
We hereby declare to provide the consultancy in Prevention of Cardiovascular Diseases, Heart attacks & Paralysis. The life saving session can be arranged at social gatherings, government institutions, schools, colleges & corporate companies as per requirement on consultancy basis.

Consultancy Charges:
1. Schools and Colleges Rs. 1000.
3. Corporate Companies Rs. 3000

Expert Consultant:
Name: Dr. Vilas Y Mangale.
Experience: Working as an associate professor in Zoology since last 29 years and an expert in cardiovascular diseases since last 7 years.
Contact: +918097938474/ vilasmangale57@gmail.com

Head
Department of Zoology

Principal
M. P. A. S. C. College Panvel