



KRISHNASAMY

COLLEGE OF ENGINEERING & TECHNOLOGY

Anand Nagar, Nellikuppam Main Road, S.Kumarapuram, Cuddalore – 607109.



YOUTH RED CROSS

YRC Programme Officer: Mrs. P VIJAYASARATHY, Asst. Professor / CSE

Programme on:

Celebration of Birthday of Dr.APJ.Abdul Kalam

as

“Youth Awakening Day”

Participated by:

The Chairman, Secretary, Principal, AO, Teaching and Non-Teaching Staff, All year students, NSS and YRC Volunteers of Krishnasamy College of Engineering & Technology

Programme held on: 12th October to 15th October, 2022

Event held at:

College Premises

Organized by:

Youth Red Cross





PHOTO GALLERY

YOUTH RALLY ON YOUTH AWAKENING DAY





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YOUTH RED CROSS

YRC Programme Officer: Mrs. P VIJAYASARATHY, Asst. Professor / CSE

Programme on:

An Awareness Programme
On
“World’s Heart Day”

Participated by:

The Chairman, Secretary, Dr. P. Arun Prasath M.D D.M (Cardiology), Principal, AO, Teaching and Non-Teaching Staff, All second year students and NSS Volunteers of Krishnasamy College of Engineering & Technology

Programme held on: Thursday, 29th September, 2022

Event held at:

College Premises

Organized by:

Youth Red Cross



KRISHNASAMY



COLLEGE OF ENGINEERING AND TECHNOLOGY

Anand Nagar, Nellikuppam, Main Road, S. Kumarapuram, Cuddalore - 607 109.

The Management, the Principal, the Staff & the Volunteers of

YOUTH RED CROSS

Cordially invite you to the

An Awareness Programme

on

“World’s Heart Day”

.....
Date: Thursday, 29th September, 2022 at 12.00 p.m.

Venue: ‘D’ BLOCK, Auditorium.
.....

Dr. P. Arun Prasath M.D D.M (Cardiology)

Director of Cardiology
Department of Cardiology
Surendra Multispeciality Hospital, Cuddalore

has consented to deliver the Special address.

Dr. K. Rajendran, M.S., FICS., FAIS.,

Chairman,
Sri Krishnasamy Reddiar Educational Trust, Cuddalore.
Presides.

Thiru. N. Vijayakumar, B.A., B.L.,

Trustee / Secretary,
Sri Krishnasamy Reddiar Educational Trust, Cuddalore.
Felicitates.

Mrs. P Vijayasathy
YRC PO

Dr. K. Raghu
Vice Principal

Dr. G. Elango
Principal



Summary of the Programme

The Heart awareness programme was conducted on 29.09.2022 at college campus.

Dr. P. Arun Prasath and his team members spoke on the awareness of Heart and its importance. Nearly 250 students and 21 faculty members from various branches participated and got benefited.

Programme Content

- The functions of the heart are to pump blood and oxygen around the body and deliver waste products (carbon dioxide) back to the lungs to be removed.
- The heart consists of four chambers, each separated by valves which direct the flow of blood.
- Conditions affecting the heart include coronary heart disease, angina, heart attack, heart failure, heart valve diseases, abnormal heart rhythms including atrial fibrillation, heart inflammation, congenital heart disease (present from birth) and rheumatic heart disease.

Common heart conditions

There are many different types of heart conditions. Some common heart conditions include:

- **coronary heart disease** – coronary heart disease happens when the coronary arteries supplying blood to the heart muscle become blocked or narrowed by a build-up of fatty deposits (plaque). Coronary heart disease can cause angina and heart attacks.
- **angina** – a type of chest pain caused by a build-up of plaque in the coronary arteries. Part of the heart muscle may not receive enough blood and oxygen. This causes chest tightness, discomfort or pain.. Pain or discomfort may also be felt in the arms, neck, jaw, shoulders or back
- **heart attack** – happens when something, usually a blood clot, cuts off the flow of blood to the heart. Without oxygen and nutrients, the heart muscle begins to die. A heart attack may not be fatal, especially if you receive immediate medical treatment, but it can still cause lasting damage to the heart.
- heart failure – a condition where the heart is not able to pump blood and oxygen around the body as well as it should
- **abnormal heart rhythms (arrhythmias)** - a range of conditions where there is a fault in the heart's electrical system, which affects your heart's pumping rhythm. Atrial fibrillation is the most common type of abnormal heart rhythm, where the heart beats irregularly and often fast
- heart valve disease – when the heart valve or valves don't open or close properly. Damage to the heart valves can make it harder for the heart to pump blood around the body
- congenital heart disease – problems with the heart or blood vessels that you are born with. Problems include the blockage of blood flow inside the heart or blood vessels, abnormal flow of blood within the heart, or the heart may not have developed properly.
- heart inflammation – includes **pericarditis** (inflammation of the outer lining of the heart) and **myocarditis** (inflammation of the heart muscle)

- rheumatic heart disease - damage to the valves in the heart that develops after acute rheumatic fever. Rheumatic heart disease affects more Aboriginal and/or Torres Strait Islander Peoples, Maori and Pacific Islander Peoples, and those who have migrated to Australia from low to middle income countries where this disease remains common.

Symptoms of heart disease

‘Heart disease’ is a broad term for different conditions affecting the heart.

Different heart conditions can have different symptoms.

It’s important to be aware of the following symptoms, which can be a warning sign of a medical emergency, including a heart attack:

- Chest discomfort or pain. This can feel like uncomfortable pressure, aching, numbness, squeezing, fullness or pain in your chest. This discomfort can spread to your arms, neck, jaw, shoulders or back. It can last for several minutes or come and go.
- Shortness of breath or difficulty breathing (with or without chest discomfort)
- Racing heart or a feeling of your heart pounding or fluttering in your chest (palpitations)
- Light headedness, dizziness, feeling faint
- Feeling anxious
- Nausea, indigestion, vomiting
- Sweating or a cold sweat.

If your symptoms last more than 10 minutes, are severe or getting worse, call triple zero (000) immediately for an ambulance.

The Heart is the Generator for Your Body

Think of your body as a computer. Your brain is both the hard drive and the processor. It’s where everything is stored, all programs, files, memory. But it’s also what executes these actions, sending them through the rest of the system.

The heart, however, is the power supply. And without the power supply, nothing else works. The system won’t even turn on. Your heart creates actual electrical pulses that run through your body, supplying energy to everything.

The thing is, if that power is turned off, everything doesn’t just shut down; it starts to die. Your organs need a constant supply of blood and oxygen. When the heart stops, both of these processes start. Now, the body keeps a certain supply of oxygen stored up.

Blood, however, needs to keep moving. That’s why in cases of cardiac arrest and heart attacks, it’s more important that you keep the heart pumping through chest compressions than it is providing mouth to mouth.

How it Works

The heart is made up of four chambers: the left and right atrium and the left and right ventricles. It’s protected and anchored to the chest by a double-walled sac called the pericardium. The different chambers of the heart are connected by valves. Valves also connect your heart to the rest of the body.

Blood is circulated by the heart through two pathways: the pulmonary circuit and the systemic circuit.

The pulmonary circuit is runs deoxygenated blood through the right ventricle to the lungs. Here it becomes oxygenized before returning to the left atrium.

In the systemic circuit, the oxygen infused blood leaves through the left ventricle into the aorta. From there, it enters the arteries and capillaries which supply your tissue with oxygen.

The deoxygenated blood then comes back to the heart and the process starts anew.

As a muscle, the heart uses some of the oxygen as well, which means it has its own arteries. When these arteries experience blockage, a heart attack can happen. It can also cause damage and scaring to the heart. Improper performance can also cause a person to go into cardiac arrest.

Save the Heart, Save a Life



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YRC Programme Officer: Mrs.P.VIJAYA SARATHY, Asst. Professor / CSE

Programme on

“Engineer’s Day Celebration”

Participated by

The Chairman, Secretary, Principal, Vice - Principal
Administrative Officer, Teaching and Non-Teaching
Staff, All second year students and NSS & YRC
Volunteers of Krishnasamy College of Engineering
&Technology

Programme held on

Thursday, 15th September, 2022

Event held at

College Premises

Organized by

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The Management, the Principal, the Staff & the Volunteers of

YOUTH RED CROSS

Cordially invite you to the



“Engineer’s Day Celebration”

.....
Date: Thursday, 15th September, 2022 at 10:00 a.m.

Venue: ADMINISTRATIVE BLOCK.
.....

Dr. K. Rajendran, M.S., FICS., FAIS.,
Chairman,
Krishnasamy College of Engineering & Technology, Cuddalore.

has consented to be the Chief Guest.

Thiru. N. Vijayakumar, B.A., B.L.,
Trustee / Secretary,
Sri Krishnasamy Reddiar Educational Trust, Cuddalore.
Felicitor.

Mrs.P.Vijaya sarathy
YRC PO

Dr. K. Raghu
Vice Principal

Dr. G. Elango
Principal

PHOTO GALLERY



ABOUT THE PROGRAMME

On the Birthday of Dr.Mokshagundam Visvesvaraya, our college NSS unit had organised Engineer's Day on 15.09.2022 at A Block (Glass room).

The Chairman, Secretary, Principal, Vice Principal, Administrative Officer, YRC Programme Officer , NSS Officer, Head of the Departments, Teaching and Non-Teaching Faculty Members, Students and NSS Volunteers of Krishnasamy College of Engineering & Technology, Cuddalore actively participated and paid tributes to Dr. Mokshagundam Visvesvaraya, popularly known as the Civil Engineer of India.

The programme starts with Welcome address by Vice Principal Dr.K.Raghu by welcoming the gathering followed by inaugural address by Principal Dr.G.Elango,KCET gives importance about Engineering growth and Naan Mudhalavan – A massive upskilling scheme to the young bud Engineers. Felicitation by Administrative Officer Mr.G.Balakrishnan. Special address by Thiru.N.Vijaya kumar, Secretary, Sri Krishnasamy Reddiar Educational Trust,cuddalore, gives importance about engineering field and recent trends in various technology and presidential address by our chairman Dr.K.Rajendran about Naan Mudhalavan – A massive upskilling scheme to the young bud Engineers and their career growth.