



To,

All The Principals ,
GSSS/GHS/Private Schools of District Shimla.

Sub: Regarding Online survey to access the risk factors for cardio-vascular Disease among school going adolescents in District Shimla.

This is in reference to the letter received from IGMC Shimla vide letter no.HFW/MC/CM/GEN/2022-481 dated 28.09.2022 on the subject cited as above World Heart Day (WHD) is celebrated on September 29th every year to spread awareness about the cardiovascular diseases (CVDs) which causes nearly half of all the non-communicable diseases in the world. The main aim of celebrating this day is to raise awareness about CVDs including heart disease, its prevention and the impact on people across the world. According to world Heart Federation, at least 80% of the premature deaths (because of CVDs) can be protected by controlling four main risk factors such as unhealthy diet, tobacco use, lack of physical activity and use of alcohol. Some of the most dangerous risk factors leading to the heart disease are high blood pressure, high level of bad cholesterol, increased glucose level, inadequate intake of diet, fruits and vegetables, increased weight, and obesity.

This year the WHD is celebrated with the theme "USE HEART FOR EVERY HEART" with aim to improve global heart health by encouraging people for lifestyle changes and gain knowledge about ways to be good to the heart

As per the theme, the Department of Community Medicine IGMC Shimla is collecting baseline data to assess the risk factors for heart diseases among school going adolescents of District Shimla so that information, Education and communication (IEC) material can be made for school students keeping in mind the local issues. This survey is to be done in each block of District Shimla from class 9th to 12th standard through google form.

Therefore, you are hereby requested to circulate the link to students of class 9th to 12th and instruct them to fill the google form on or before 5th October, 2022 positively.

LINK: <https://forms.gle/QCHQzo5X72yrpuje6>

For any Query Please Contact Dr. Amit Sachdeva .Phone No.8894601770.

- sd -
Deputy Director Higher Education ,
Shimla, District Shimla.

Endorsement No. Even, Dated: Shimla, the, _____
Copy to the following for information & necessary action:-z

- ✓ The Director of Higher Education ,HP. Shimla -1 .
- 2 .The Prof. & Head Department of Community Medicine IGMC Shimla.

Google Form Link: - <https://forms.gle/QCHQzo5X72yrPUje6>

Dear Parents,
Kindly fill this Google form by 30 Sep (Regarding online survey to access the risk factors for cardio-vascular Disease among school going adolescents)
Regards,
Principal St. Edwards,
Shimla