

HEART HEALTH, HAPPINESS & LIFE-SAVING CPR

An International Awareness Session / Webinar

"Because Every Heartbeat Matters... Learn, Care & Save Lives!"



Organized By:

Internal Quality Assurance Cell (IQAC)

The HNSB. Ltd. Science College, Himmatnagar, Gujarat, India



In Collaboration With:

Department of Cardiothoracic Surgery

Prince of Wales (POW) Hospital, Randwick, NSW, Australia



Keynote Speaker ★

Dr. Zakir Akhunji

Renowned Cardiothoracic Surgeon

MS, MCh, DNB, FRCS, FRACS

★ **30+ Years as Surgeon**



Internationally Acclaimed Medical Personality



Date: 6th April 2026



Time: 11-30 AM (IST)



Platform: Google Meet



Guidance & Leadership:

Principal: Dr. P. S. Patel



IQAC Coordinator: Dr. Z. M. Gadhawala



Dr. Zakir Akhunji

Renowned Cardiothoracic Surgeon

MS, MCh, DNB, FRCS, FRACS

★ **30+ Years as Surgeon**



Internationally Acclaimed Medical Personality

P.S.P.

Principal

**The HNSB. Ltd. Science College
Himmatnagar-383001**



**"A Healthy Heart, A Happy Mind, A Life Saved –
Your One Step Can Make a Lifetime Difference!"**



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New message

Inbox 432

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zmg message

Fw: Regarding online webinar

To

From G. Baa

Fw: Regarding online webinar

----- Forwarded Message -----

From: Dr Zakirhusen Gadhwala <zmgadhawala@yahoo.co.in>

To: Dr Zakirhusen Gadhwala <zmgadhawala@yahoo.co.in>

Sent: Saturday, 4 April 2026 at 11:07:29 am IST

Subject: Fw: Regarding online webinar

Yahoo Mail: Search, organise, conquer



----- Forwarded message -----

From: "Dr Zakirhusen Gadhwala" <zmgadhawala@yahoo.co.in>

To: "zakirgadhawala@gmail.com" <zakirgadhawala@gmail.com>

Cc:

Sent: Sat, 4 Apr 2026 at 11:05 am

Subject: Fw: Regarding online webinar

Kindly accept

Yahoo Mail: Search, organise, conquer

----- Forwarded message -----

From: "Zakir Akhunji" <zakirakhunji@gmail.com>

To: "Dr Gadhwala Zakirhusen" <zmgadhawala@yahoo.co.in>

Cc:

Sent: Thu, 2 Apr 2026 at 12:39 am

Subject: Re: Regarding online webinar

Dear Professor Dr Gadhwala

I am happy to organise this seminar on 6th April, Monday at Indian time 11:30 am.

Kind regards

Dr Zakir Akhunji

Sent from my iPhone

On 24 Mar 2026, at 2:47 pm, Dr Zakirhusen Gadhwala <zmgadhawala@yahoo.co.in> wrote:

Respected Dr. Zakir

We want to arrange International Level webinar under the guidance of you and your institution as per your convenience date and time. We are waiting for your positive response.

Webinar Topic is : Heart Health, Happiness & Life Saving CPR : An International Awareness Session

Kindly accept our invitation from IQAC, The HNSB.LTD. SCIENCE COLLEGE Himatnagar.

DR.Z.M.GADHAWALA

IQAC COORDINATOR

zmgadhawala@yahoo.co.in

Thanks 🙏🙏

Yahoo Mail: Search, organise, conquer

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Send [dropdown] [attach] [refresh] [bold] [italic] [underline] [more]



Compose

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More

Labels +

Upgrade →



Navigation icons: back, calendar, clock, trash, mail, share, more

1 of 369 < >

Vote of Thanks

hnsb pg chemistry <hnsbpgchemistry@gmail.com>
to zakirakhunji, zmgadhawala

15:05 (1 minute ago) ☆ 😊 ↶ ⋮

THE HNSB. LTD. SCIENCE COLLEGE, HIMATNAGAR
(NAAC Accredited | GSIRF Rated | ISO Certified)

VOTE OF THANKS

The Internal Quality Assurance Cell (IQAC) of The HNSB. Ltd. Science College, Himatnagar, extends its heartfelt gratitude to **Dr. Zakir Akhunji** for delivering an insightful and impactful keynote address during the **International Online Awareness Session on Heart Health, Happiness & Life-Saving CPR**, held on **06 April 2026 at 11:30 AM onwards**.

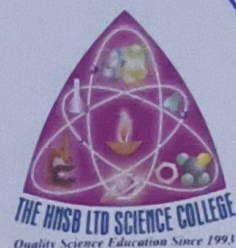
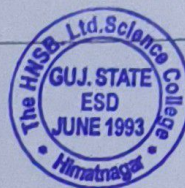
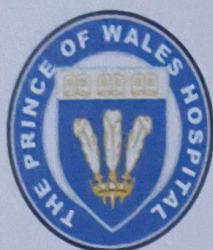
Your expert guidance, clarity of thought, and practical insights into heart health, stress management, and life-saving CPR techniques have greatly enriched the knowledge of all participants. The session was highly informative, engaging, and truly inspiring for students and faculty alike.

Your valuable contribution has not only enhanced awareness but also motivated participants towards adopting healthier lifestyles and being prepared for emergency situations.

We sincerely appreciate your time, effort, and willingness to share your expertise on an international platform. Your presence made this programme a grand success and a memorable learning experience for all.

↶ Reply ↶ Reply to all ↷ Forward 😊

ppp
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PROGRAMME REPORT

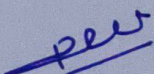
International Awareness Session/Webinar

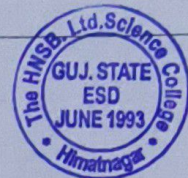
on

“Heart Health, Happiness, and Life-Saving CPR”

Basic Details

- **Organized by:** Internal Quality Assurance Cell (IQAC)
- **Institution:** The HNSB. Ltd. Science College, Himatnagar
- **In Collaboration with:** Department of Cardiothoracic, Prince of Wales Hospital, Sydney (Australia) (*MOU Activity*)
- **Date:** 06 April 2026
- **Time:** 11:30 AM onwards
- **Mode:** Online International Webinar
- **Resource Person:** Dr. Zakir Akhunji (Cardiothoracic Surgeon, Australia)
- **Total Participants:** 90+ (National & International)


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Brief Introduction

The Internal Quality Assurance Cell (IQAC) of The HNSB. Ltd. Science College, Himatnagar successfully organized an **International Awareness Session on “Heart Health, Happiness, and Life-Saving CPR”** in collaboration with the Department of Cardiothoracic, Prince of Wales Hospital, Sydney, Australia under an **academic MOU activity**.

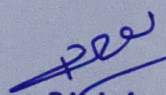
The session aimed to spread awareness about cardiovascular health, preventive care, and emergency life-saving techniques. The programme emerged as a **globally engaging learning platform**, bringing together participants from different countries.

Objectives of the Programme

- To create awareness about **heart health and preventive care**
- To educate participants on the **difference between Heart Attack and Cardiac Arrest**
- To provide knowledge of **life-saving CPR techniques**
- To promote **healthy lifestyle practices and stress management**
- To strengthen **international academic collaboration under MOU**
- To enhance **community awareness towards cardiovascular diseases**

Programme Flow (Session Highlights)

- The programme commenced with a **warm welcome address by Principal Dr. P. S. Patel**, who emphasized the importance of heart health awareness and appreciated the global collaboration.


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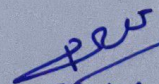
- The session continued with a **formal introduction of the keynote speaker by IQAC Coordinator Dr. Z. M. Gadhawala**, who highlighted the distinguished career, global expertise, and achievements of **Dr. Zakir Akhunji (Australia)**.
- The keynote address by **Dr. Zakir Akhunji** was highly insightful, interactive, and knowledge-enriching.
- The programme concluded with a **Vote of Thanks by Alumni Mr. Viswas Makwana**, expressing gratitude to the resource person, organizing team, and participants.

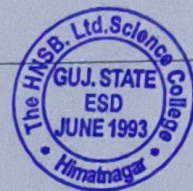
Resource Person & Session Content

The session was delivered by **Dr. Zakir Akhunji**, a globally acclaimed cardiothoracic surgeon from Australia, whose presentation was highly engaging and impactful.

Key Topics Covered:

- **Heart Anatomy:**
Explanation of structure and functioning of the human heart
- **Heart Attack vs Cardiac Arrest:**
Clear differentiation between both medical conditions
- **CPR (Cardiopulmonary Resuscitation):**
Step-by-step explanation of life-saving emergency technique
- **Precautions & Prevention:**
Importance of lifestyle management, exercise, and routine check-ups
- **Statistics of Heart Diseases (with reference to Gujarat):**
Rising cases due to lifestyle changes and stress





- **Diet Pyramid:**
Guidance on balanced diet and nutritional habits
- **Interactive Q&A Session:**
Active participation and doubt-solving by attendees

Participation Details : The webinar witnessed **active participation of 90+ participants** from across the globe.

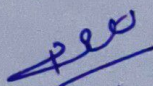
Countries Represented:

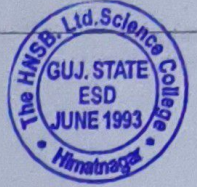
- India
- Australia
- USA
- Dubai
- London (UK)
- Nepal
- Abu Dhabi

This diverse participation enhanced the session with **global exposure and interaction.**

Outcomes of the Programme

- Increased awareness about **cardiovascular health and preventive measures**
- Improved understanding of **CPR and emergency response techniques**
- Development of **health-conscious mindset among participants**
- Strengthening of **international collaboration through MOU activity**


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- Encouragement towards **healthy lifestyle and stress management**
- Enhanced confidence in handling **critical health situations**

Feedback and Response

At the end of the session, **structured feedback was collected** from participants.

Feedback Highlights:

- Majority rated the session as **Excellent**
- Participants found the content **highly useful and practical**
- CPR demonstration was **most appreciated**
- Strong interest expressed for **more such international sessions**

Overall, the feedback reflected **high satisfaction and impactful learning experience.**

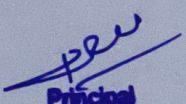
Organization & Coordination

The programme was successfully organized under the visionary leadership and guidance of:

- **Principal:** Dr. P. S. Patel
- **IQAC Coordinator:** Dr. Z. M. Gadhawala

Their dedicated efforts ensured the **smooth execution and grand success** of the webinar.

**Co-Ordinator
IQAC
The HNSB, Ltd. Science College
Himmatnagar-383001**


**Principal
The HNSB, Ltd. Science College
Himmatnagar-383001**

Significance as MOU Activity

This session stands as a **successful implementation of international academic collaboration**, promoting:

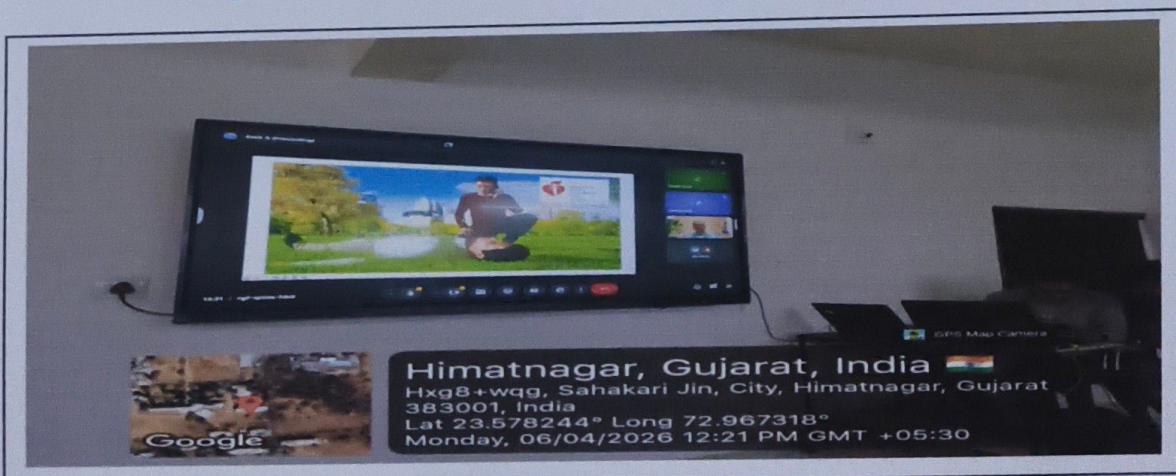
- Global knowledge exchange
- Academic networking
- Exposure to international medical expertise
- Institutional quality enhancement

Conclusion

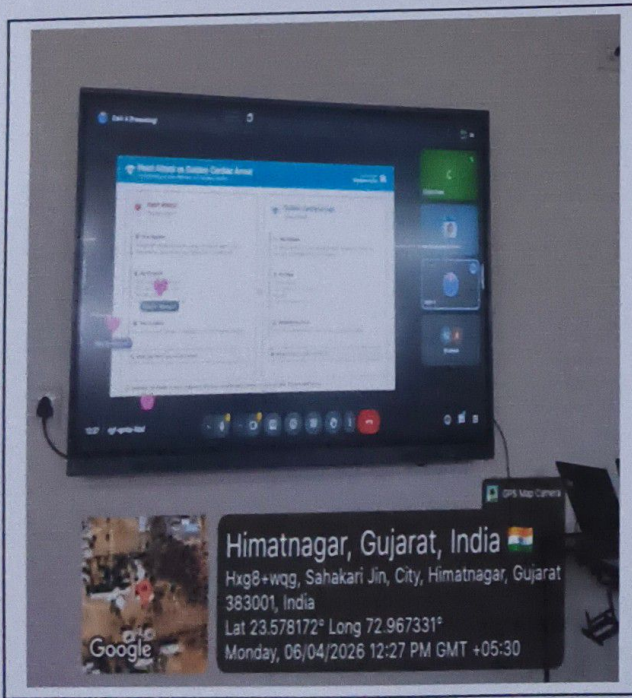
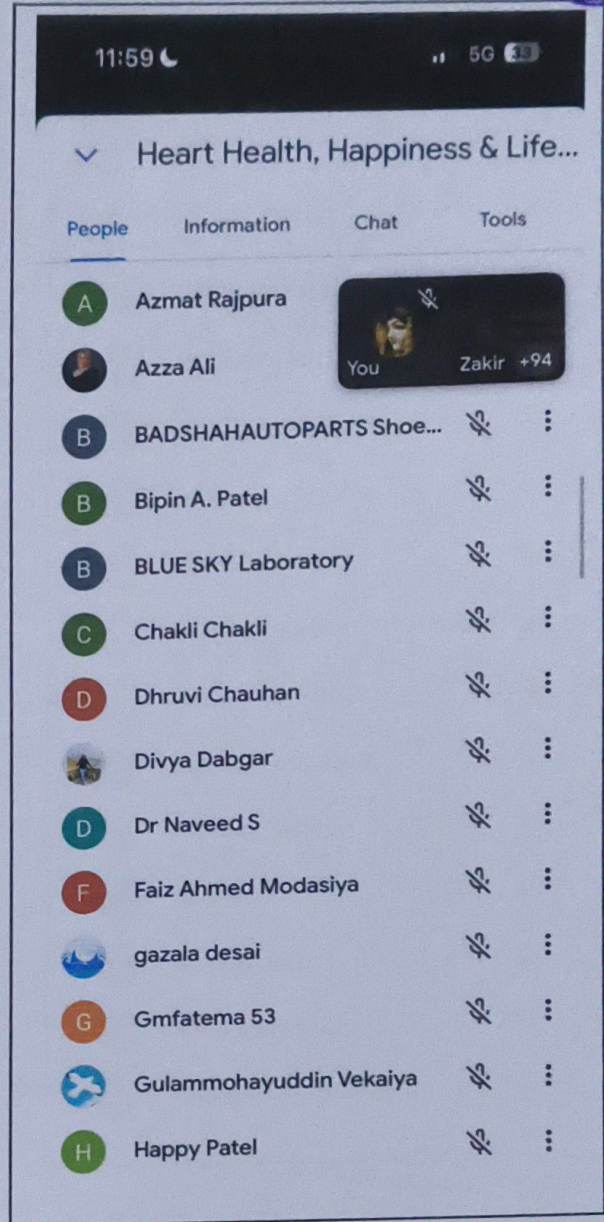
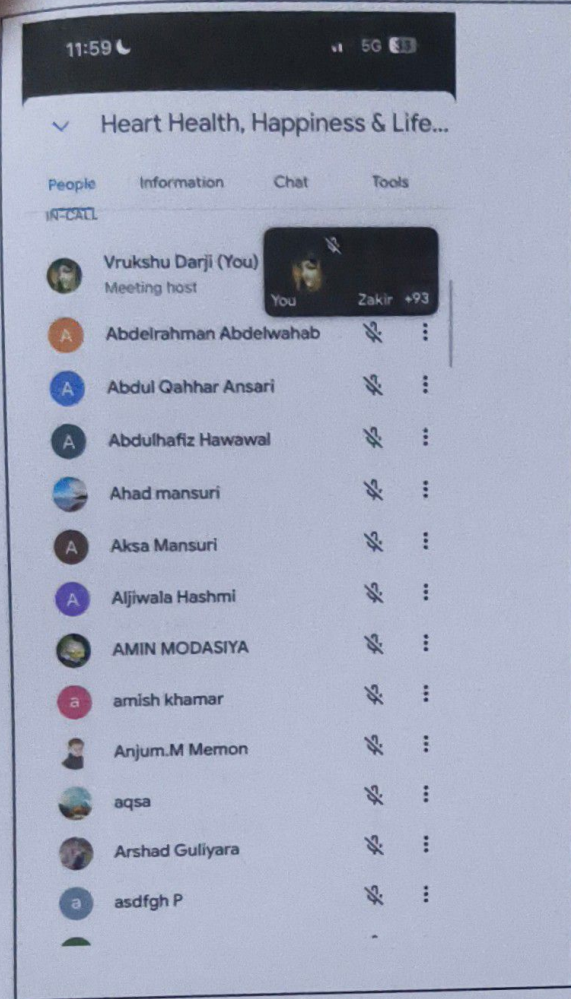
The International Awareness Session on **“Heart Health, Happiness, and Life-Saving CPR”** proved to be highly informative, interactive, and globally enriching.

It successfully empowered participants with **essential knowledge of heart care and life-saving CPR techniques**, while also promoting a **health-conscious and proactive approach towards well-being**.

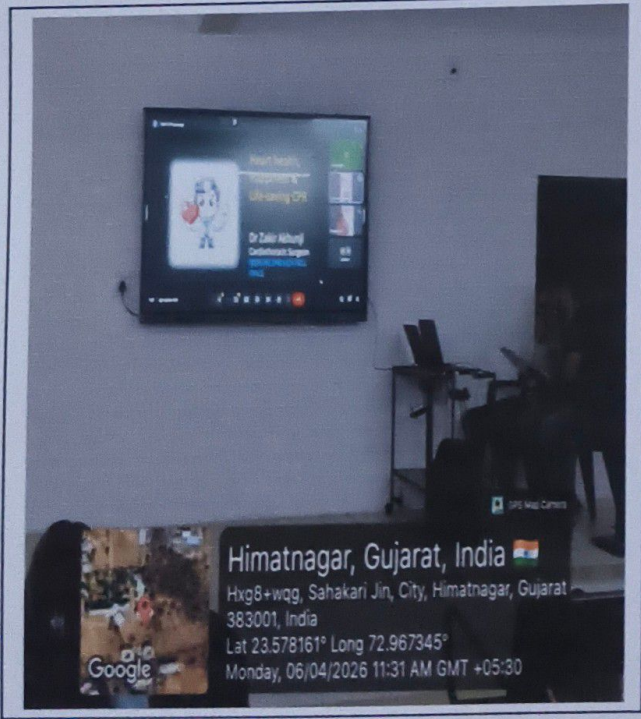
The programme effectively fulfilled its objective of bridging **medical expertise with community awareness**, marking it as a **highly impactful MOU activity**.



Principal
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Himatnagar-383001

11:59 5G

Heart Health, Happiness & Life...

People Information Chat Tools

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- P Pankaj Patel
- Patel Forum
- P Patel Hani
- P Patel Meshva
- Priyank Patel
- R Raisa Panchbhaiya
- R Rajavi Prajapati
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- R Rathod Mansi
- R Rifakat Haradwala
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Heart Health, Happiness & Life...

People Information Chat Tools

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- S Saqib Akhunji
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- S Sharmeen Guliyara
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- S Sofiza Gadhawala
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 - Z Zakirhusen Gadhwala
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 - Z Zubeda Khatun

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Heart Health, Happiness & Life...

People Information Chat Tools

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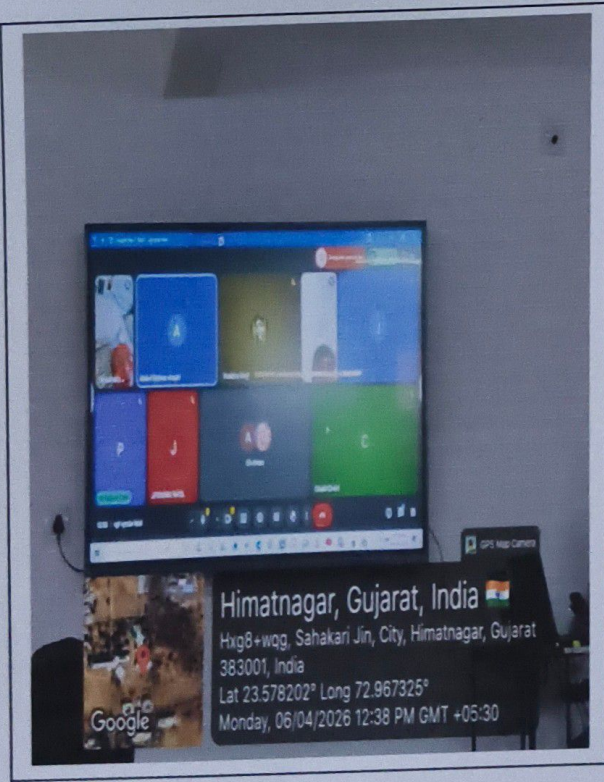
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Zohair Akhunji 2 mins
 Z Australia

Zainab Puthawala Now
 Z UAE

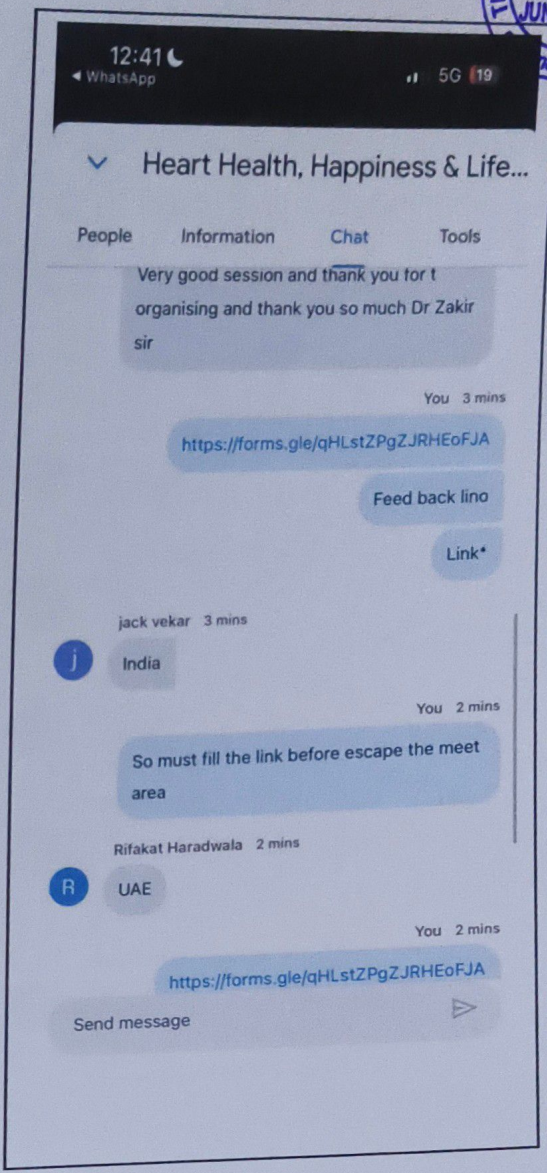
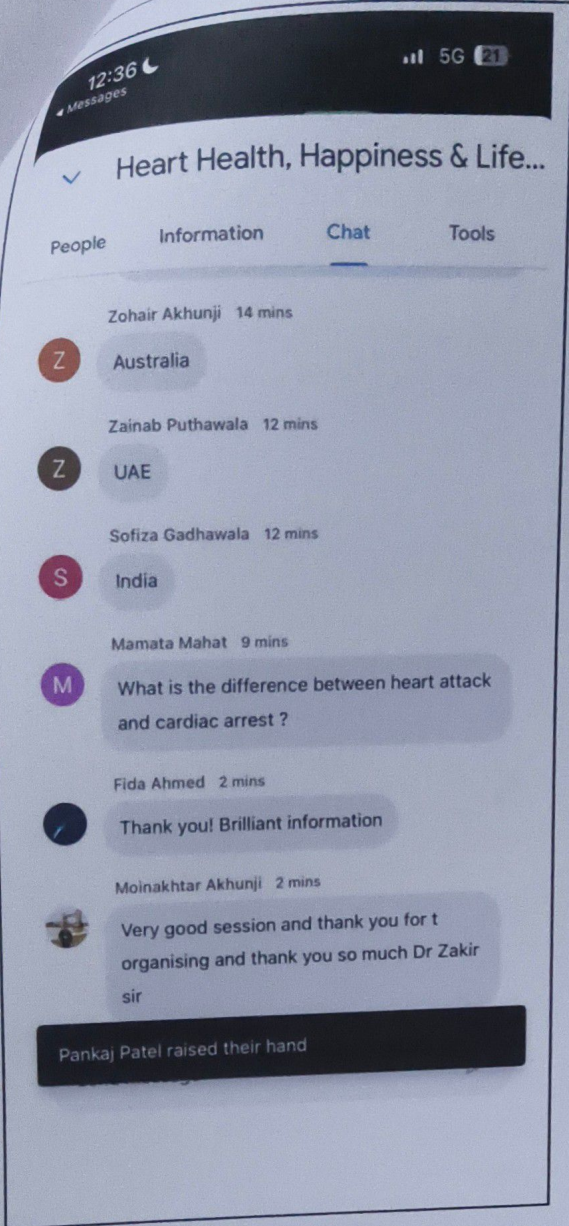
Sofiza Gadhwala Now
 S India

Send message



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 Co-Ordinator
 IQAC
 The HNSB. Ltd. Science College
 Himatnagar-383001

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 Principal
 The HNSB. Ltd. Science College
 Himatnagar-383001



ppet
Principal
The HNSB. Ltd. Science College
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12:41
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Heart Health, Happiness & Life...

People Information Chat Tools

Very good session and thank you for t
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j India

You 2 mins

So must fill the link before escape the meet
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Rifakat Haradwala 2 mins

R UAE

You 2 mins

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Send message

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Heart Health, Happiness & Life...

People Information Chat Tools

who are join here...

Zohair Akhunji 18 mins

Z Australia

Zainab Puthawala 16 mins

Z UAE

Sofiza Gadhawala 16 mins

S India

Mamata Mahat 14 mins

M What is the difference between heart attack
and cardiac arrest ?

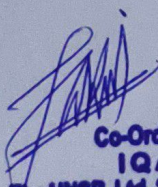
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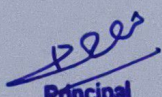
Thank you! Brilliant information

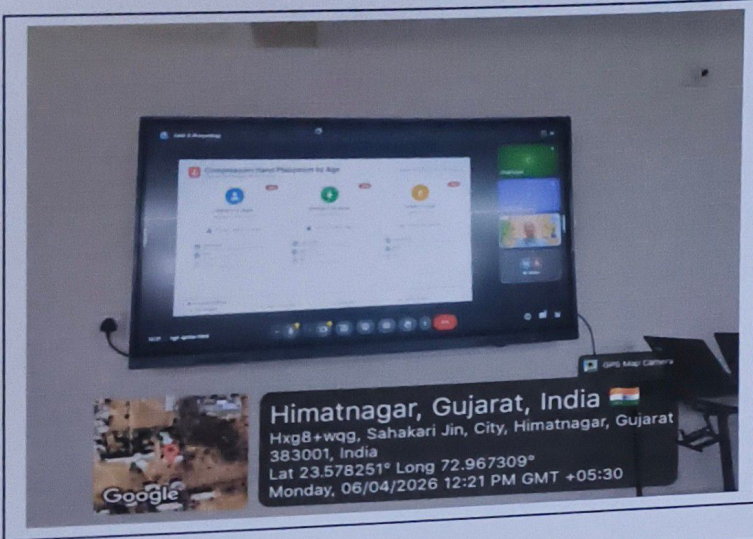
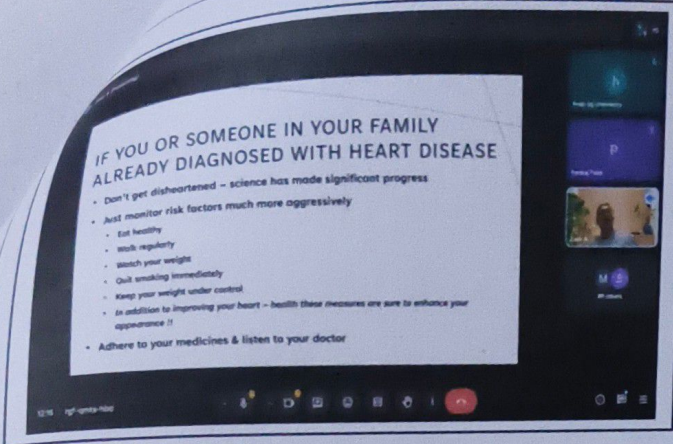
Moinakhtar Akhunji 6 mins

Very good session and thank you for t
organising and thank you so much Dr Zakir
sir

Send message


Co-Ordinator
IQAC
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Principal
The HNSB. Ltd. Science College
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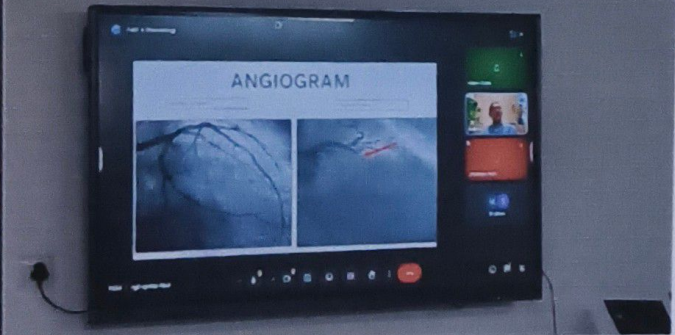
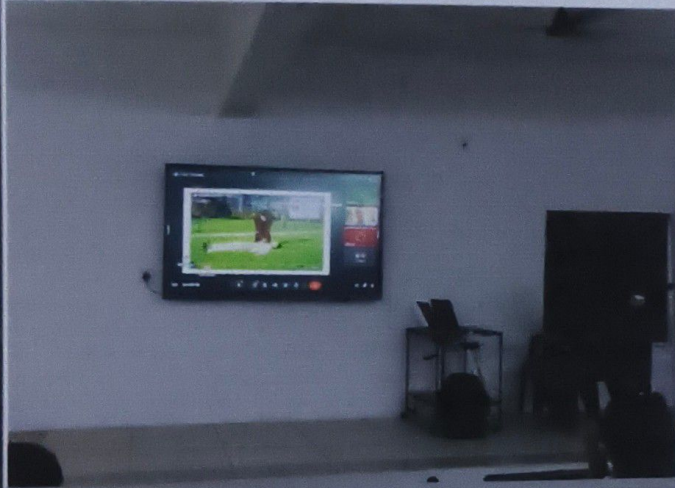
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 Himatnagar-383001

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હિંમતનગરની HNSB સાયન્સ કોલેજમાં “ હાર્ટ હેલ્થ, હેપીનેસ અને CPR ” વિષય પર આંતરરાષ્ટ્રીય વેબિનારનું સફળ આયોજન

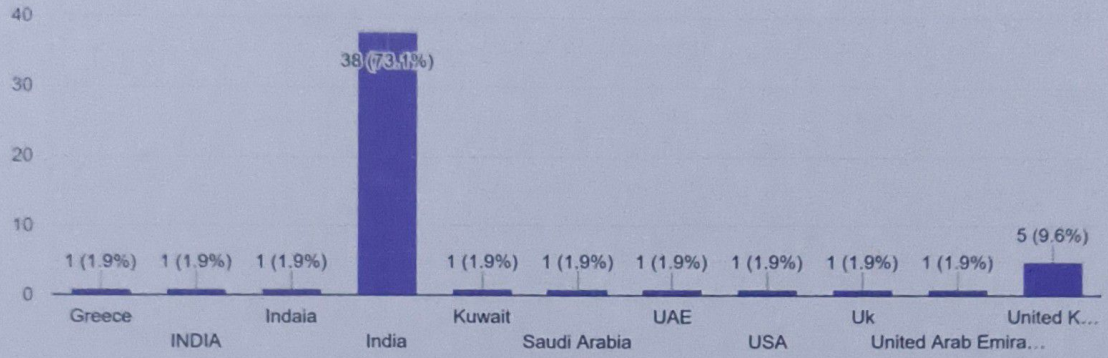
સ્ટાર ઈન્ડિયા ટીવી ન્યૂઝ/સાબરકાંઠા/ રિપોર્ટ સતીશ પ્રજાપતિ

હિંમતનગર કેળવણી મંડળ સંચાલિત The HNSB. Ltd. Science College, હિંમતનગર ખાતે IQAC ના ઉપક્રમે પ્રિ.ડો.પંકજ એસ.પટેલના માર્ગદર્શન હેઠળ “હાર્ટ હેલ્થ, હેપીનેસ અને લાઇફ સેવિંગ CPR” વિષય પર એક આંતરરાષ્ટ્રીય વેબિનારનું સફળ આયોજન કરવામાં આવ્યું હતું. આ કાર્યક્રમ Prince of Wales Hospital, સિડની (ઓસ્ટ્રેલિયા)ના કાર્ડિયોથોરેસિક વિભાગ સાથે સંકલનમાં યોજાયો હતો. આ વેબિનારમાં વિશ્વવિખ્યાત હાર્ટ સર્જન Dr. Zakir Akhunjji દ્વારા હાર્ટ હેલ્થ, માનસિક સુખાકારી (હેપીનેસ) તેમજ જીવ બચાવનાર CPR (Cardiopulmonary Resuscitation) અંગે અત્યંત અસરકારક, સરળ અને જ્ઞાનવર્ધક પ્રસ્તુતિ આપવામાં આવી હતી. તેમણે હાર્ટ સંબંધિત બીમારીઓથી બચવા માટે જરૂરી જીવનશૈલી, તણાવ નિયંત્રણ અને તાત્કાલિક પરિસ્થિતિમાં CPRના મહત્વ અંગે વિગતવાર માર્ગદર્શન આપ્યું હતું. આ આંતરરાષ્ટ્રીય વેબિનારમાં ભારત સહિત USA, દુબઈ, લંડન, નેપાળ અને અબુધાબી જેવા દેશોમાંથી આશરે ૯૦ જેટલા પ્રતિભાગીઓ જોડાયા હતા. તમામ ઉપસ્થિતોએ ડૉ. ઝાકિર આખુંજીના અનુભવો અને માર્ગદર્શનનો વ્યાપક લાભ લીધો હતો. આ કાર્યક્રમનું આયોજન કોલેજના IQAC સંયોજક Dr. Z. M. Gadhawala દ્વારા સુવ્યવસ્થિત રીતે કરવામાં આવ્યું હતું.



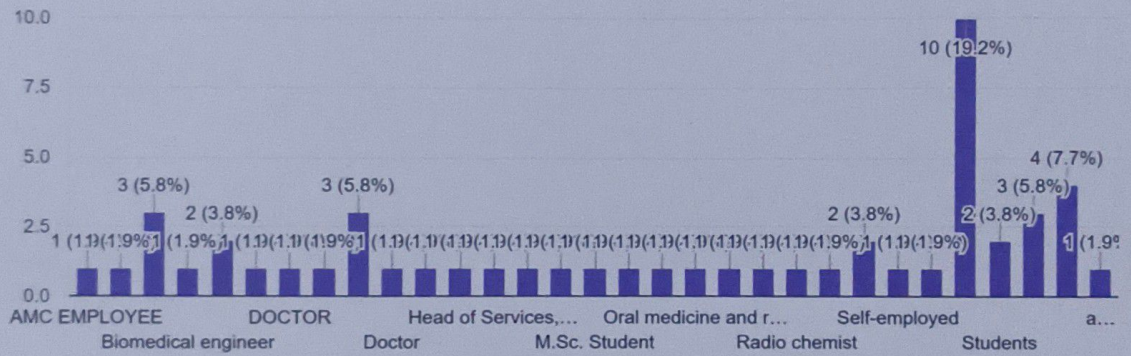
Country :

52 responses



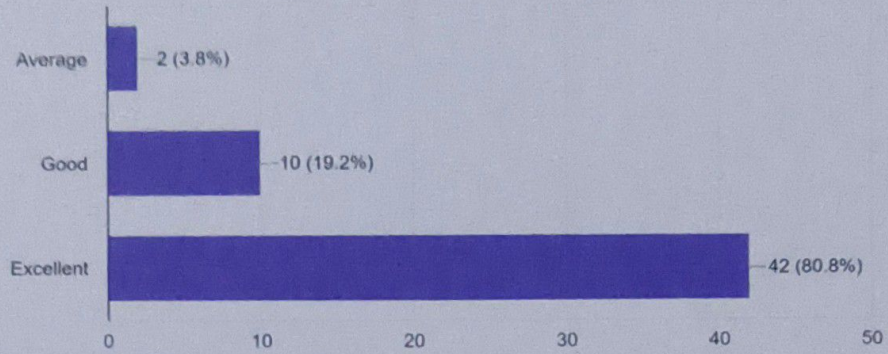
Designation :

52 responses



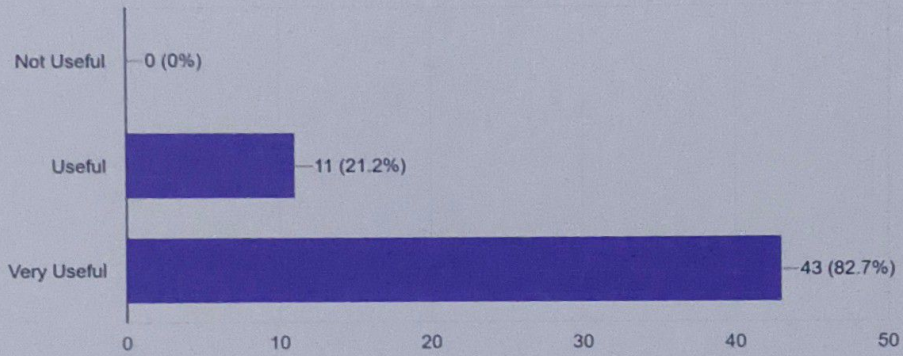
1. How would you rate the overall session?

52 responses



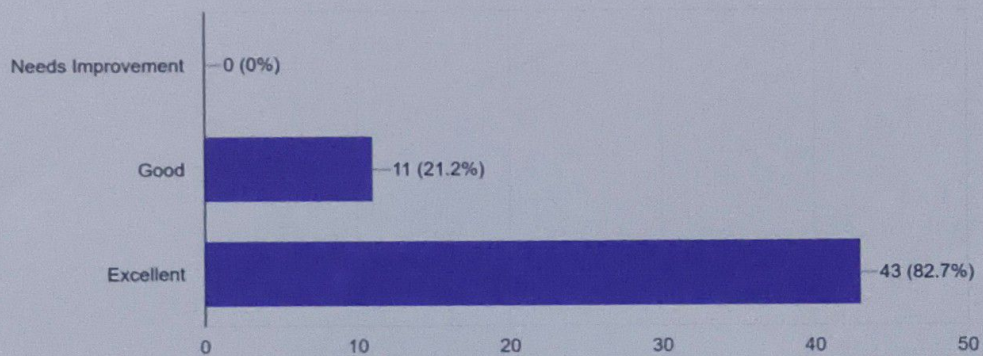
2. How useful was the information on heart health and CPR?

52 responses



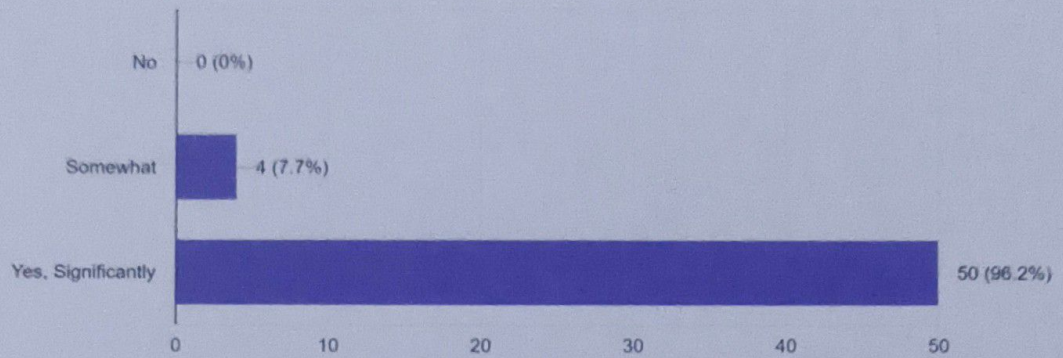
3. How was the presentation and explanation by the expert?

52 responses



4. Did the session increase your awareness about stress and heart health?

52 responses



5. Would you like to attend more such international sessions in the future?

52 responses

