



Outlook

**Webinar on World Heart Day | India | September 29, 2023****From** HumanresourceHYD(Cognizant) <HumanresourceHYD@cognizant.com>**Date** Tue 9/26/2023 12:03 PM**To** Cognizant ALL (HYD) <COGALLHYD@cognizant.com>

Corporate Real Estate Workplace Services

## Webinar on World Heart Day | India

Dear Associate,

On World Heart Day, September 29th, we're hosting a webinar on 'Young Indians and Heart Health: Prevention Strategies'.

Recently, there's been a worrying surge in heart-related issues among young Indians, leading to sudden and tragic deaths. Startlingly, statistics reveal that heart disease rates in India are double the global average.

Studies underline that risk factors like hypertension, diabetes, obesity, genetics, poor diets, smoking, alcohol, and sedentary lifestyles contribute to this heightened risk. Fortunately, 80% of heart attacks and strokes can be prevented through a healthy lifestyle encompassing diet, exercise, and tobacco avoidance. Preventive care is essential, promising a better quality of life through proper medical guidance and facilities. Join our webinar to learn how to safeguard your heart health.

Join us for an informative webinar on "World Heart Day" by Dr. Harikrishnan Parthasarathy

**September 29, 2023****04:00 p.m. – 05:00  
p.m.****[Meeting Link](#)****Doctor's Profile****Dr. Harikrishnan Parthasarathy**

MBBS, MD (Gen. Med.), FRCP, CCST, FSCAI

- Ten years of experience treating cardiological diseases
- Specializes in treating cardiovascular such as abnormal heart rhythm, and heart failure, peripheral artery diseases, aortic diseases, etc.
- In-depth knowledge of preventing, diagnosing, and treating various ailments of the heart and the circulatory system.
- Currently serving at Apollo Speciality Hospitals Vanagaram, Tiruvallur.

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