

World Heart Day 2024

Every beat of your heart is a rhythm of life. Make them count.



Dear Friends,

As we mark World Heart Day 2024, on September 29th, we are reminded of the profound importance of heart health and the collective responsibility we share in safeguarding it. The concept of a global World Heart Day was conceived by Antoni Baie de Luna, the former President of the World Heart Federation. In collaboration with the World Health Organization, World Heart Day was officially established in 1999. Today, we stand united in our commitment to raising awareness about cardiovascular health and advocating for preventive measures that can save lives.

Cardiovascular diseases remain a leading cause of mortality across the globe, including in our own country. However, many of these conditions can be prevented through lifestyle changes, early detection, and access to quality healthcare. The Indian Red Cross Society is dedicated to supporting these efforts through education, community health programs, and emergency services.

On this World Heart Day, let us reaffirm our dedication to promoting heart health by adopting healthy habits, such as regular exercise, a balanced diet, and avoiding tobacco and excessive alcohol use. Let us also strive to ensure that everyone has access to the resources they need for early diagnosis and effective treatment.

Our mission extends beyond the mere provision of medical care; it encompasses the creation of a supportive environment where individuals can thrive. We encourage you to take proactive steps in your own life and within your communities to reduce the burden of heart disease.

Together, we can build a future where heart disease is no longer a leading cause of concern but a manageable aspect of our well-being. Thank you for your continued support and commitment to this vital cause. Wishing you all a heart-healthy future.

Warm regards,

Dr. Anant Pandhare

Vice Chairman, IRCS, NHQ