TILAK MAHARASHTRA VIDYAPEETH TRUST,
INSTITUTE OF NURSING EDUCATION AND RESEARCH
PUNE

Name of the event: Seminar on Stroke awareness

Organizer: Tilak Maharashtra Vidyapeeth' Institute of Nursing Education and Research

Date and time: 06.11.2022

Participants: T. Y. B. B. Sc. Nursing, Final Year B. B. Sc. Nursing students

Speaker: Prof. Dr. Perpetua R Fernandes

Topic Addressed: Celebration of World Stroke awareness.

Under the guidance of Dr. Madhuri Shelke (Principal, INER, Pune) Dr. Perpetua Fernandes conducted the webinar on World Stroke Day .

Theme" **Raising Awareness of the Signs of Stroke and the Need for Timely Access To Quality Stroke Treatment"**

The overall aim was to impart in-depth knowledge about Stroke.

The Objectives were as follows:-

1) Define stroke.
2) Incidences and Prevalence of stroke in India.
3) Impact of stroke on the health
4) Preventive measures and lifestyle modification

The session began with a welcome address. The objectives of the session were explained.Prof. Dr. Perpetua Fernandes explained about stroke, the incidence of Stroke in India and also explained the importance of creating awareness about stroke.

The risk factors are as follows:-

- Controllable Risk Factors

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- Diabetes
- High Blood Pressure
- Uncontrollable Risk Factors
- Women and Stroke

Stroke has an impact on the various aspects such as:-

- Emotional Effects
- Physical Effects
- Aphasia
- Cognitive and Communication Effects

The way to recognize stroke with F.A.S.T acronym was discussed.

Practical tips on lifestyle modification and exercises which could be easily carried out were discussed. Nutrition aspects was also discussed.

At the end a question answer session was kept in for the students to ask any doubts. Students found this method as useful.

Prof.Dr.Perpetua Fernandes Mrs. Urmila. Chaudhari Prof.Dr. Madhuri Shelke

(Vice-Principal) (Prog. Co-ordinator) (Principal)

Principal
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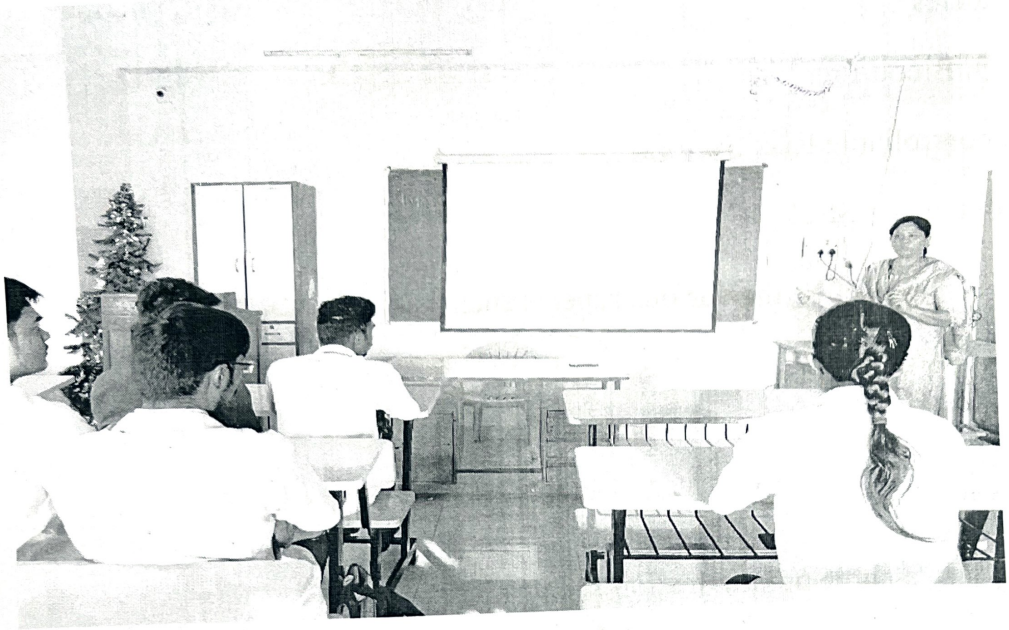

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