

Leading/Critical Role 11

Corporate Program on 'Healthy Heart'

Cardiovascular diseases (CVDs) are the leading cause of mortality globally, responsible for a significant number of deaths and disabilities. Recognizing the threat of CVDs, IndianOil is committed to strengthening health initiatives focused on the prevention and management of cardio-vascular diseases.

Under IndianOil Wellness program 4R 4U, IndianOil is determined for fostering a healthier & more resilient society. In this direction, a corporate program on 'Healthy Heart' was organised to raise awareness regarding the importance of heart health. The program was launched by Chairman, IndianOil on 11th June, 2024.

Dr Naresh Trehan, a world-renowned cardiovascular surgeon, Chairman & Managing Director, Medanta-The Medicity, Gurugram was invited to deliver a session on 'Predictive and Personalised Medicine'.



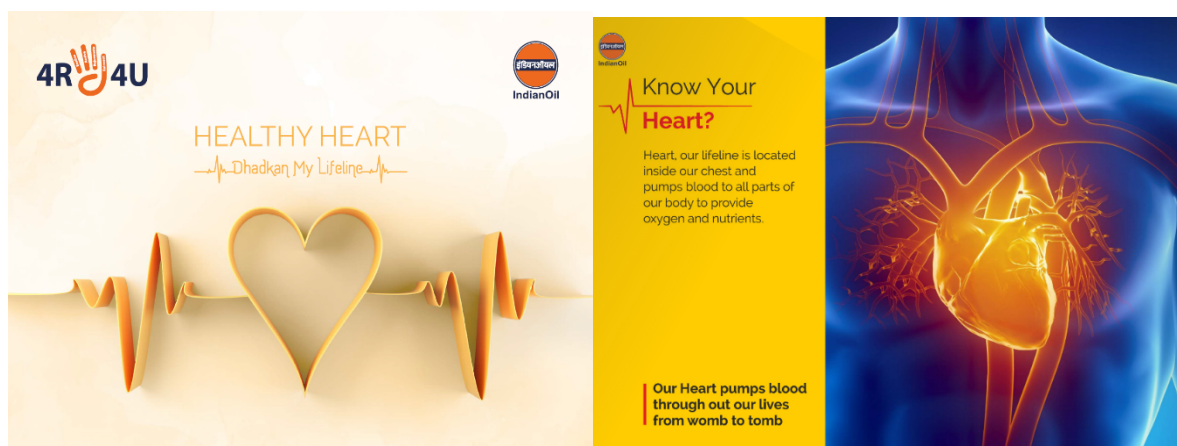
During the launch event, a special publication on Healthy Heart was unveiled by Chairman, IndianOil along with Dr Naresh Trehan and other Functional Directors of IndianOil.

The special publication 'Healthy Heart' was prepared with inputs from Corporate HSE and Dr Naresh Trehan. Link to access the publication is:

https://drive.google.com/file/d/1jCfKQU8nHcTEh_Tklg-ArX4LKnmqNVAf/view?usp=share_link

Healthy Heart Guideline Book:

Inspired by American Heart Association guidelines, the book is a ready reckoner for all employees of all the modifiable risk-factors which can be controlled to avoid CVDs.



Following modifiable risk-factors were addressed:

- Sedentary lifestyle.
- Physical in-activity
- Diet & nutrition.
- Overweight or obesity
- High-blood pressure
- High cholesterol
- Diabetes
- Stress
- Smoking
- Alcohol
- Inadequate sleep



DHADKAN – My Lifeline APP:

A self-heart health deterministic app 'Dhadkan' to help employees assess their heart condition was developed with assistance from an eminent cardiologist and with in-built logics for employee risk stratification and categorising into people who require lifestyle modifications and people who require medical intervention.

The app is a useful tool for self-assessing one's heart condition.

