

Odisha Naval Tata Hockey High Performance Centre, Bhubaneswar, India

We are pleased to share that, as part of our World Physiotherapy Day 2026 activities, we conducted an interactive awareness session on **Cardiovascular Disease (CVD) and Stroke** at our institution.

The session was attended by both the **staff members and hockey cadets, including boys and girls**, of the Odisha Naval Tata Hockey High Performance Centre. We conduct World Physiotherapy Day awareness and educational sessions every year as part of our commitment to promoting health, wellbeing, and the important role of physiotherapy.

The session was designed to be interactive and engaging, with participants actively taking part through questions and discussions. We started with the **basic understanding of the heart and brain**, helping the participants build a strong foundation before discussing cardiovascular disease, stroke, risk factors, warning signs, prevention, and the role of physiotherapy in management and recovery.

The session received positive participation and feedback from both staff and cadets. Starting from the basics helped the audience better understand these important health conditions and created greater awareness about the importance of early recognition, prevention, healthy lifestyle choices, and timely medical intervention.

We are proud to continue our annual World Physiotherapy Day activities and contribute to spreading awareness among athletes, young cadets, and staff members in our high-performance sporting environment.