

Good Health Can't Be Bought, But It Can Be Taught.



Health initiative for children
who need the most



On the 28th of April 2010, we launched Billion Hearts Beating; a long-term sustainable movement towards a heart-healthy India.

We began by encouraging people to take the first step towards a heart healthy life. Like delaying the first cigarette of the day, keeping one's cool in traffic, or playing more with the family pet.

This soon led to 5,03,000 Indians taking the heart-healthy pledge, as part of the Simple 5 Solution:

- ***Get Active***
- ***Eat Healthy***
- ***Beat Stress***
- ***Quit Smoking***
- ***Get A Regular Health Check***

WHAT NEXT?

Welcome to the School of Heart. An initiative to ensure a heart-healthy future for children from economically weaker sections of society.



The year-long programme is planned for schools run by the government and NGOs. It aims to introduce comprehensive health checks, diet and hygiene awareness workshops, and healthcare amenities for the students.

Various NGOs such as Katha, Samarpan, Aarohan, Ankur Don Bosco, Savera, Magic Bus and Shanti Sahyog have partnered with us to help make the programme a success.

The heart healthy movement has room for everyone to contribute.



You could show us your support in any way you choose:

- Sponsor a health check for a child
- Sponsor a health camp / workshop for a school
- Volunteer





With your support, we're sure to win the fight against heart disease, and lay the foundation for a heart-healthy India.

To contribute please visit us at:

www.billionheartsbeating.com/donate/

To partner for the programme please write to us at:

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CAMPAIGN AGAINST HEART DISEASE

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