Due to lack of education in health, Indians are prone to Heart disease by uncontrolled eating and drinking alcohol/smoking in daily basis.

* Knowledge of the disease and how to prevent by reducing food consumption and substance abuse.
* Increase in physical activity and smaller fees to get an account at the gym
* Encourage in healthy life style (eating fruits and drink water or minimize the days of drinking habit instead of fried fatty food and alcohols)
* Decrease heart disease in Indian community
* Group health education sections for adults (18-80+)
* Group exercise
* Healthy cooking sessions for all gender
* Provide health fair in the community with well -trained health educator.
* Healthy food and Nutritional advisor
* Convince them due to lack of physical activity (obesity) smoking play huge part of cardiac diseases in the Indian community.