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# Impact of Oscillated Wireless Sensor Networks to Initiate Cardiac Arrest

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**Abstract** Cardiac Arrest is a non-communicable disease related with unusually high levels of blood pressure. Yet Medical specialists are facing the intolerable augmenting causes of cardiac arrest towards human body as a very key global issue for a number of years. The study aims to assess the applications of the radio frequency that affects on individual's heart within body boundary. Key health information tools poised from experimental specimens on cats and dogs and their living status challenges in risks with fundamental principles are highlighted. The study shows that the prevalence of cardiac arrest was in peak in the world gradually within the period of 2010 to 2020. The study represents the blood circulation speed fluctuates with infection due to misuse of prevaricated radio frequency within GPS locations due to active open-eyes, self-voice, over excess weight and nearby cellular phone. The findings reflect the significance in cardiac arrest through effective prevention and medication that the physicians provide. The study also found the municipal hospitals are in risks due to expansion of insecure innovative technology. Scientific healthcare knowledge is indispensable for recovery from sensor effect on sudden cardiac arrest but such knowledge is poorly identified. Health providers and patients extremely use wireless sensor networks, but clinical supports are still below par. Overall, the study contributes to the heart foundation society through development of dynamic healthcare innovative technological framework indicating effective solutions on cardiac arrest. The study suggests future research trajectories of a new sophisticated alternative treatment approach to promote mental health and well-being linking with Sustainable Development Goals 2030.

**Keywords** Cardiac Arrest, Radio Frequency, Sensor, Specimens, Healthcare

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# 1. Introduction

Cardiac arrest occurs when the heart stops beating completely. This is due to a sudden disturbance in the heart and as a result the heartbeat starts to become irregular due to misuse of wireless sensor devices [1,2,5]. The primary difference between a heart attack and a heart attack is that the heartbeat does not stop even if the blood flow to the heart stops during a heart attack. In cardiac arrest, as the heartbeat stops, the person first becomes unconscious, stops breathing, and stops beating. Without urgent medical attention, even a person with a cardiac arrest can die within minutes.

When a blockage is formed in a coronary artery, a heart attack occurs. Blood flows through these arteries to the cardiac muscle. Since the heart is a kind of muscle, it needs oxygenated blood to function. When a blockage builds up in the coronary arteries, a heart attack occurs because the heart stops pumping the necessary blood. If the blockage in the arteries cannot be removed quickly, the heart muscle begins to die. Severe chest pain is felt during a heart attack. With this, there is a feeling of intense pressure on the chest, pressing from both sides of the chest etc. Some people may experience pain in the left shoulder, left arm and upper left side of the body. As is the case with cardiac arrest, the heart does not stop beating in the event of a heart attack. In cardiac arrest, as the heartbeat stops, the person first becomes unconscious, stops breathing, and stops beating. Without urgent medical attention, even a person with a cardiac arrest can die within minutes. There are several causes of heart attack including (a) excess weight, (b) family history of heart disease, (c) high blood pressure or high blood pressure, (d) diabetes, (e) no more physical exercise, (f) the habit of sitting for long periods of time [6].

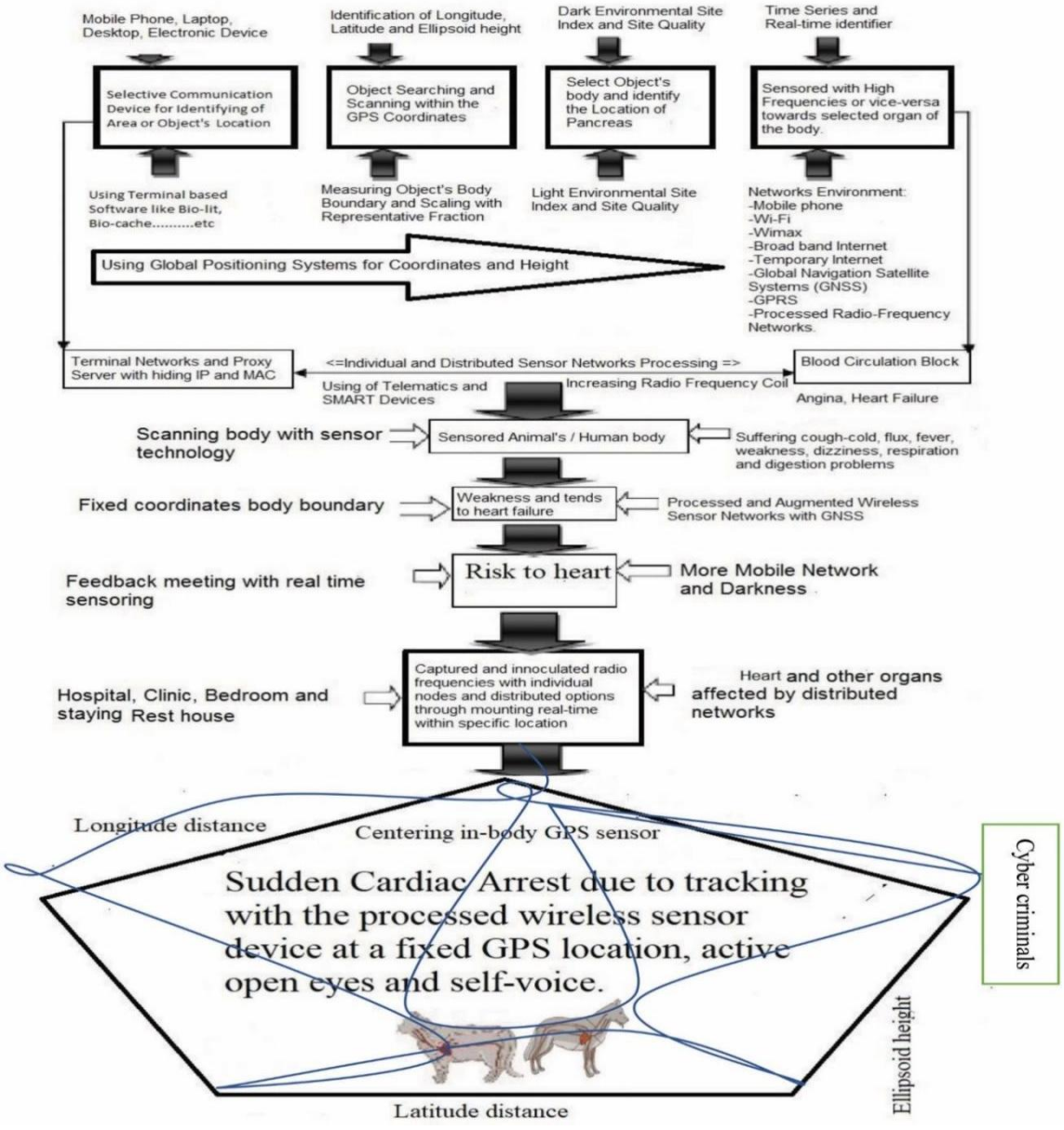



**Figure 1.** ISNAH Procedure

## 2. Materials and Methods

The study followed the materials and methods from the URLs [1,2,3,4,5,6,7,8,9,10,11]:

a. URL: http://article.sapub.org/10.5923.j.geo.20211101.02.html [1]
b. URL: http://article.sapub.org/10.5923.j.ijvmb.20211001.03.html [2].
c. URL: https://ir.unimas.my/id/eprint/24535/ [3]
d. URL: http://article.sapub.org/10.5923.j.ajbe.20201001.03.html [4]
e. URL: http://article.sapub.org/10.5923.j.bioinformatics.20211101.01.html [5]
f. URL: http://article.sapub.org/10.5923.j.fs.20211101.01.html [6]
g. URL: https://doi.org/10.30564/jer.v3i1.2826 [7]
h. URL: http://article.sapub.org/10.5923.j.diabetes.20200902.02.html [8]
i. URL: http://article.sapub.org/10.5923.j.ijas.20211102.02.html [9]
j. URL: http://article.sapub.org/10.5923.j.scit.20211101.02.html [10]
k. URL: https://www.rokomari.com/book/202988/cyber-dazzal---sushaysther-ontoray [11]

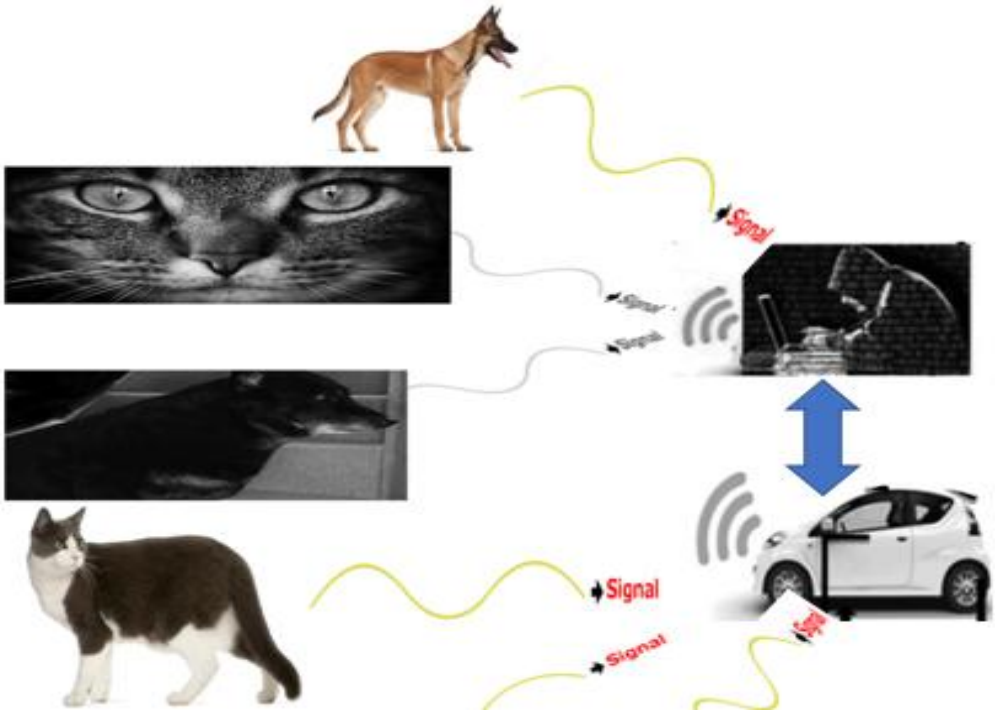



**Figure 2.** Sensor Tracking towards hearts of selected animals

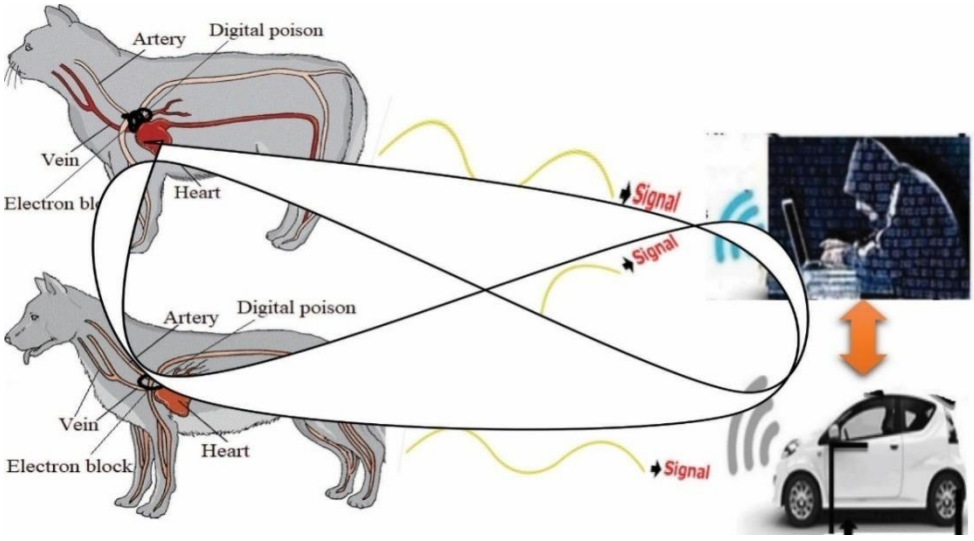



**Figure 3.** Digital Poisoning with wireless sensor technology towards hearts of animals

### 2.1. Study Site

The study site of this research was conducted at the Universiti Malaysia Sarawak (UNIMAS), Sarawak, Malaysia from October 8, 2014 to May 21, 2018 as a part of PhD degree. The study follows the different parameters on sample size and ISNAH (Impact of Sensor Networks towards Animals, Human beings) data size and design, tracking procedure, data compilation and analysis related to the cardiac arrest due to misuse the advanced wireless sensor technology worldwide.

### 2.2. Data Size and Design

The research presented in different parameters including 7 cats and 7 dogs individually with the design of ISNAH experiment. The study followed the tracking system towards animals to identify the effect of the processed wireless sensor networks towards them separately.

### 2.3. ISNAPHOCE Procedures

Primary and secondary climate data collection procedures are diverse. The study identified the impact of advanced wireless sensor technology on cardiac arrest with GPS locations and GNSS positions according to research objectives from ISNAH procedure. The steps of this procedure illustrated in Figure 1.

### 2.4. Diverse Tracking Process

The diverse tracking procedures include in different stages with ISNAH experiment from built-in sensor device, particularly identification of fixed GPS locations including longitude, latitude and ellipsoid height, which as shown in Figure 2. The wireless sensor tracking systems included at a fixed GPS location and GNSS distances of animals in required stages. The processed wireless sensor networks tracked animals for digital poisoning in different GPS and GNSS locations including (i) ellipsoid height, (ii) longitudinal distance, and (iii) adjacent latitude. The tracking parameter included (a) open active eyes cats and dogs, (b) tightly closed eyes of cats and dogs, (c) at dark environment, (d) at light environment, (e) selection on the category of FBMI (Feline Body Mass Index), which as shown in Figure 3.

### 2.5. Data Compilation and Analysis

All quantitative and qualitative related experimented data were collected and compiled according to research objectives. These compiled data checked for accuracy from diverse sources are also verified for the preparation of master sheet for analysis and interpretation using update software like MS Office 2019, R ver. 3.6 and SPSS ver. 27.

## 3. Results

### 3.1. Identification of Effect of Cardiac Arrest

From the study of ISNAH Effect, researchers tracked the cat and dog with the oscillated wireless sensor networks due to active open eyes, closed eyes, beside active mobile phones and voices. The experiments were tracked at fixed GPS positions including longitude, latitude and ellipsoid height in light and dark environments discretely.

Due to tracking dogs and cats, the study observed some symptoms among them within 5-12 minutes in a dark environment and 7-25 minutes in a light environment. The observed symptoms are:

(a) frequent angina,
(b) Irregular heartbeat,
(c) heart related problem,
(d) flatus,
(e) hiccup,
(f) hypnosis,
(g) acute respiratory syndrome,
(h) headache,
(i) suddenly weakness,
(j) nausea,
(k) sweating, and
(l) dizziness etc.

The finding symptoms diagnosed with relevant diseases, which are called sensor cardiac arrest. The wireless sensor networks react to living cells of overweight animals more quickly in dark environments than in light conditions.

Sudden cardiac arrest to the hearts of dog and cat at GPS locations in different ways:

i. Digital poisoning to the heart of dog at latitude height.
ii. Digital poisoning to the heart of cat at latitude height.
iii. Digital poisoning to the heart of dog at longitude height.
iv. Digital poisoning to the heart of cat at longitude height.
v. Digital poisoning to the heart of dog at ellipsoid height.
vi. Digital poisoning to the heart of cat at ellipsoid height.

### 3.2. Tracking Impact through Wireless Sensor Networks

During the time of an individual's angina, irregular heartbeat or hiccup, the In-body GPS sensor devices detect one's artery position. These sensor devices track the heart with a mixture of wireless sensors. Due to processed wireless sensor particles, the identified organ digitized poisoning at specific GPS location. At fixed GPS positions, the selected Individual's artery collapsed with the processed wireless sensor technology along with BMI categories including underweight, normal weight and excess weight. The excess weight individual's artery collapsed in less time than that of other BMI categories. Normal artery affected by the processed wireless sensor networks due to the range of passive radio frequencies. Then these effects continued with clouding tracking systems with high ranges of radio frequencies. When the artery collapsed severely shrinkage and blocked electron transmission due to the higher electromagnetic waves, which reached in grade III. At this moment, individuals suffered from angina and frequent pain in chest. This angina indicated as cardiac arrest or heart attack, which as shown in Figure 4 and 5 separately.

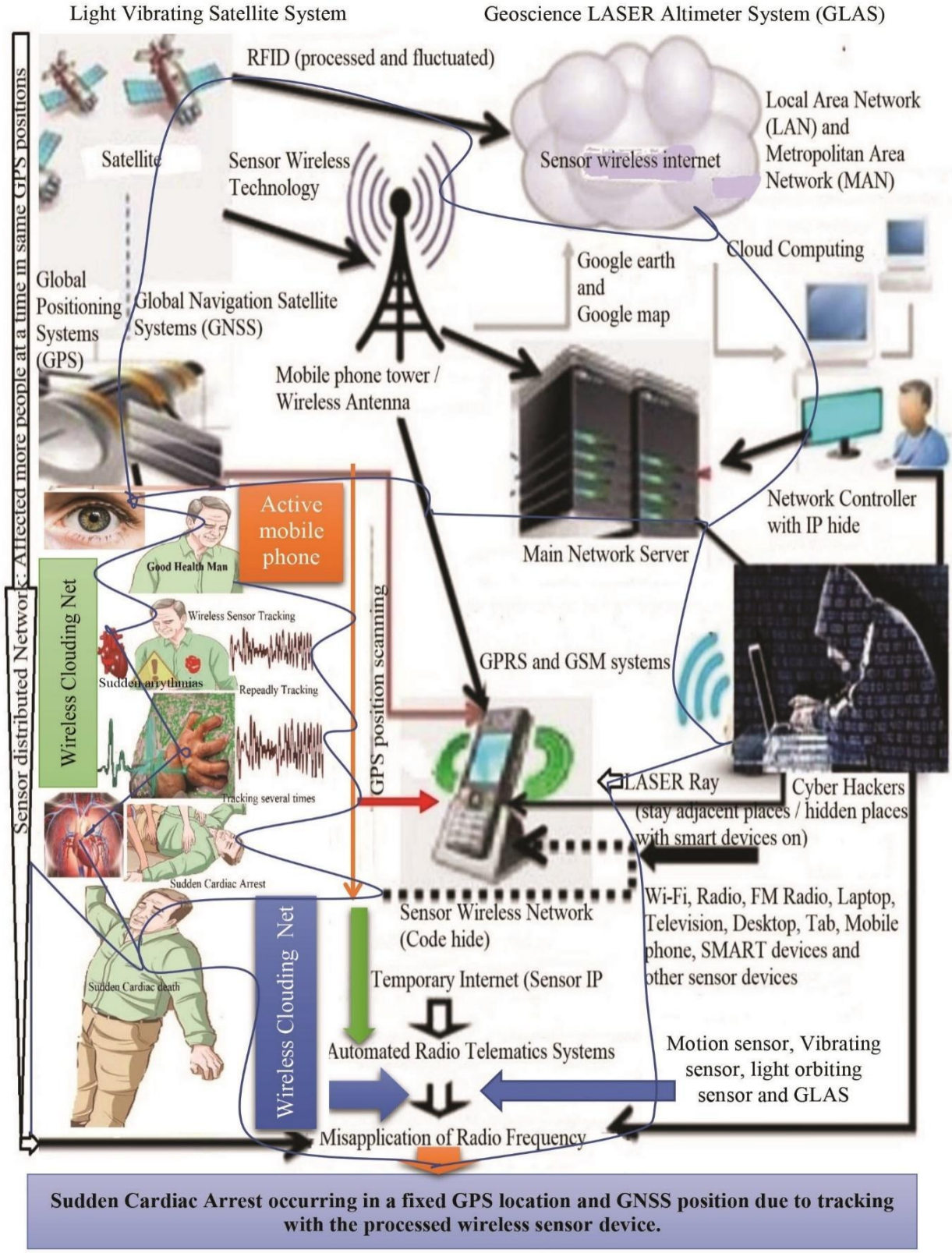



**Figure 4.** Wireless Sensor Tracking Process for initiating sudden cardiac arrest

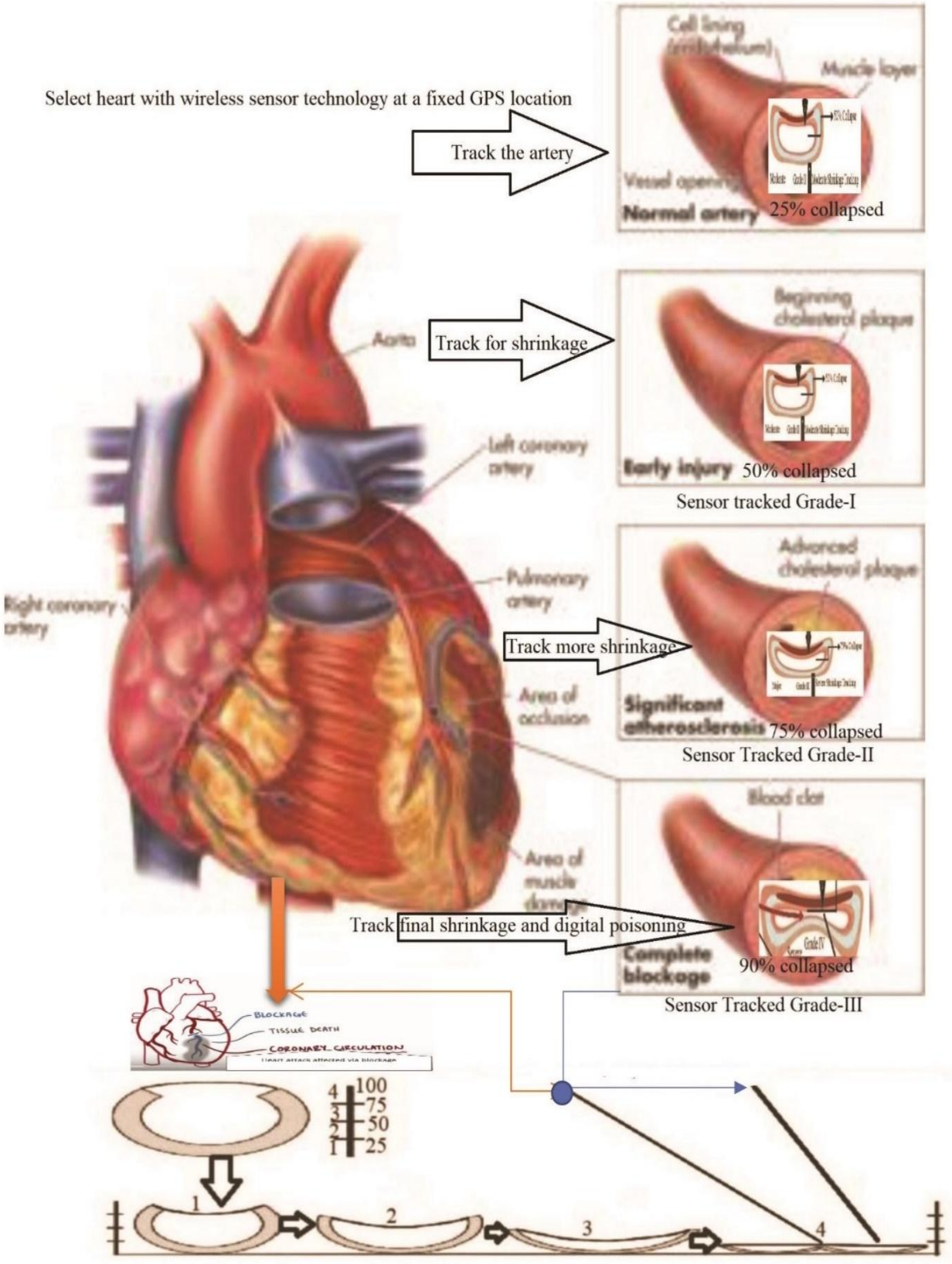



**Figure 5.** Cardiac Arrest with Sensor Tracking at fixed GPS location

Artery deviation steps with the tracking of the processed wireless sensor networks (built-in software):

(i) Firstly, scan individual at fixed GPS location due to active open eyes + active mobile phone.
(ii) Produce Individual's frequent pain in chest/ angina at fixed location.
(iii) Select Individual's artery at fixed GPS location with In-body wireless sensor networks.
(iv) Track in artery at fixed GPS location + Active open eyes.
(v) Recognize tracking point at selected artery.
(vi) Track again the fixed point of artery with sensor electromagnetic force.
(vii) Track shrinkage in the artery at fixed GPS location.
(viii) Track moderate with artery collapse.
(ix) Track in severe artery collapse.
(x) Block electron transmission due to severe collapse.
(xi) Artery deviation, affected in angina then angina converted with cardiac arrest.

### 3.3. How to Attack Cardiac Arrest with Sensor Technology

Cyber hackers scan the individual's location due to visible active eyes or voicing or individual's storming in a fixed GPS position alongside hand phones and nearby sensor devices. Then they track the selected artery of the individual with a sensor camera and active retina. They block electron transmission in tracked organs due to processed wireless sensor networks at fixed GPS location. The sensed individual feels frequent pain in chest and uneasy with angina symptom at the individual's 15 fixed GPS locations. These fixed locations include as (i) Office room, (ii) Dining room, (iii) Bed room, (iv) Wash room, (v) Meeting room, (vi) Conference room, (vi) Media room, (vii) Communication room, (viii) Computer and Network Server room, (ix) Mobile, Telephone and fax room, (x) TV and Theatre room, (xi) Kitchen room, (xii) Dressing room, (xiii) Healthcare room, (xiv) Operation room, and (xv) Other static GPS location.

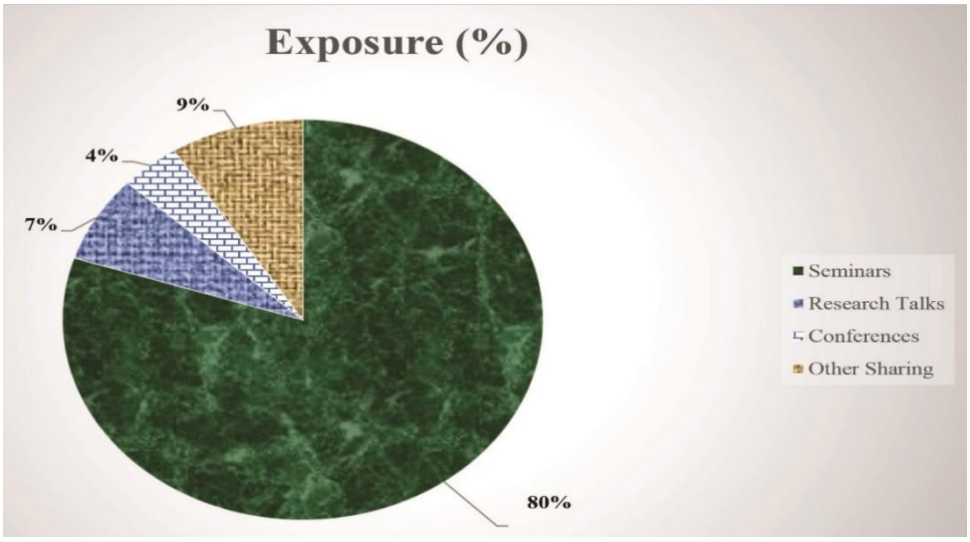



**Figure 6.** Exposures on Sudden Cardiac Arrest from the impact of wireless sensor

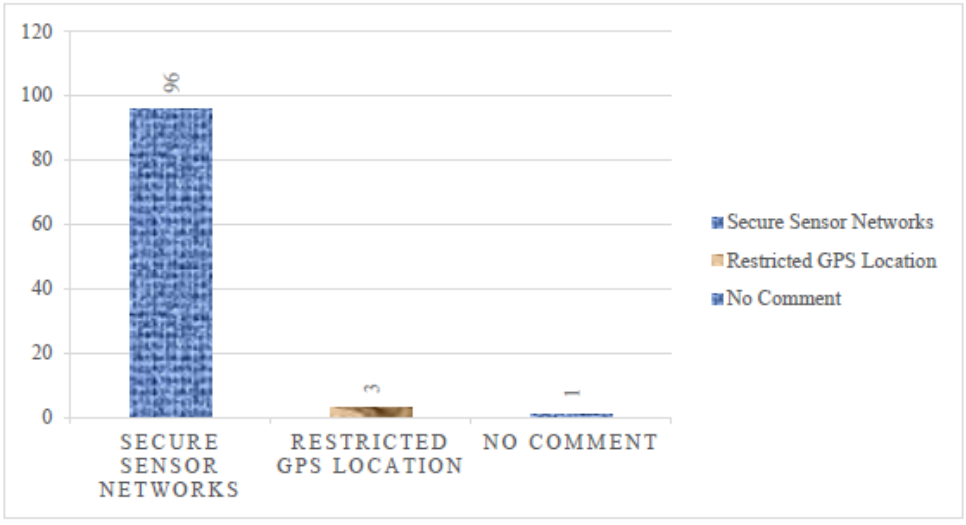



**Figure 7.** Perception on Secure Sensor Networks in Personal body area

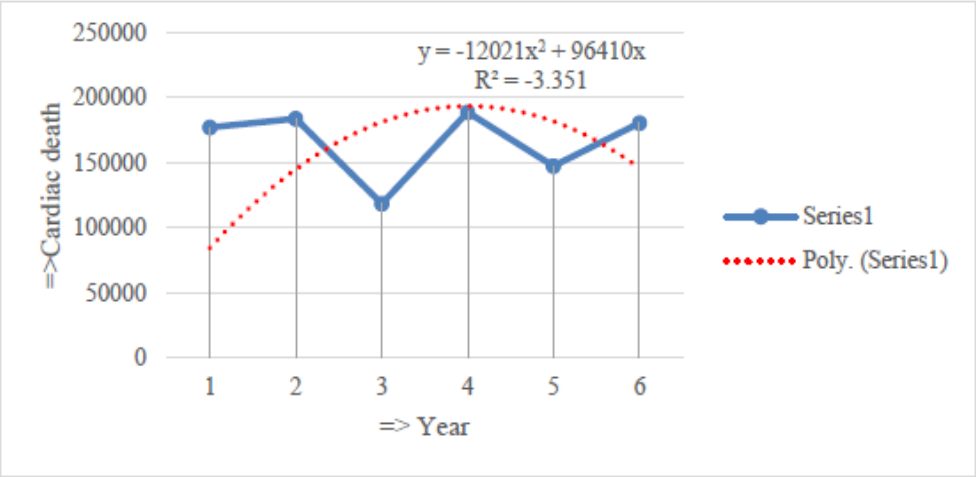


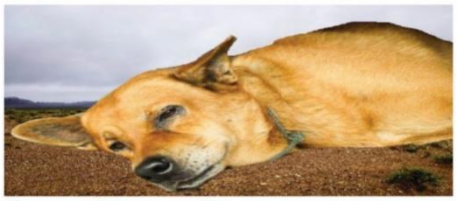

**Figure 8.** Death from Cardiac arrest from 2015 to 2020 in Bangladesh

Cat affected in sudden cardiac arrest due to tracking with advanced wireless sensor technology at residential area.

Individuals affected in sudden cardiac arrest due to tracking with advanced wireless sensor technology at his residence

Cardiac arrest due to tracking with advanced wireless sensor technology

Player sudden cardiac arrest due to abuse of advanced wireless sensor device



Dog sudden cardiac arrest due to tracking with advanced wireless sensor technology

Individuals affected in sudden cardiac arrest due to tracking with advanced wireless sensor technology at his playground

Dog affected in sudden cardiac arrest due to tracking with advanced wireless sensor technology at field

Individuals affected in sudden cardiac arrest due to tracking with advanced wireless sensor technology at her toilet

**Figure 9.** Innovative Applied Research to link with individuals

Individuals stayed on different floors in the residence flat. Due to active open eyes or nearby hand phones, his/her GPS location is identified at the fixed floor. Cyber hackers select this individual with telematics or sensor devices and they scan him/her with a sensor node and MRI for digital poisoning at selected organs. Cyber hackers track individuals with wireless sensor networks at landscape, skyscape and seascape due to presence of active open eyes, individual's voice, nearby GPS device or self- cell phone. The tracking continues at stoppage or speedy stages on required diverse sensors. The headquarter of cyber hackers' controls individual with all types of digital signalling in connections of wireless location, GNSS and GPS sensors. Individual cyber hacker uses this sensor secretly with hidden IP address, IMEI, MAC and VIN etc. Every operation recognizes for monitoring from headquarter in real-time software.

### 3.4. Exposure on Sensor Networks

The study identified the impact of wireless sensor networks towards cardiac arrest of animals and human beings through ISNAH experiment from PhD research work at UNIMAS, Malaysia. The researcher exposed the research findings to the public at different institutions through seminars, research talks, conferences and other sharing like publications, informal communications, daily news and social media. The total 272 awareness exposures continued through seminars, conferences, research talks and sharing towards different levels of communities from 2017 to 2021 [Appendix]. Out of exposures, seminar was 80%, sharing 9%, research talks 7% and conference 4%, which as shown in Figure 6. The study also identified that the prevalence of cardiac arrest was in peak in the world gradually within the period of 2010 to 2021 due to misuse of wireless sensor technology.

### 3.5. Secure Sensor Network

The study identified the perception of respondents on secure sensor networks in personal body area to recover from sudden cardiac arrest (SCA), which as shown in Figure 7. About 96% of respondents opined for secure sensor networks for health security to all. Overall, the root cause of sudden cardiac arrest (SCA) is the misuse of wireless sensor networks due to active open eyes, self-voice, adjacent active mobile phone and staying at a fixed GPS location. The death from SCA fluctuates due to misuse of advanced wireless sensor device at a particular region or community, which as shown in Figure 8 with polynomial trend line. If so, secure wireless sensor network is urgent for health security. Due to impact of advanced wireless sensor technology, no one is secure at its GPS locations, which as shown in Figure 9.

### 3.6. Innovative Applied Research

From the above study, the findings illustrated that every individual affect with the processed wireless sensor network at fixed GPS positions either cardiac arrest or other sensor diseases or CASSID (Common Acute Sensor Sudden Infections and Disorders). From the ISNAH experiment, the researchers concluded a formula, called ISNAH Effect, stated as: *"Due to the active sensor technology, every human, animal or object is affected by the processed radio frequencies of its movement through electromagnetic transmission within the boundary of the body in the GPS or GNSS Coordinates. This effect is proportional to its weight factors and disproportionate to its GPS positions and GNSS distances. As a result, the person, animal or object is damaged by the fluctuated waves and for recovery systems, the living object should change instantly from the existing location with tightly closed eyes".*

## 4. Discussion

Cardiac arrest disease (CAD) is a blockage or narrowing of the coronary arteries, usually caused by atherosclerosis, which is tracked with wireless sensor networks. This is a novel and unique study in the health technology. This study will open new idea in the health sector to be aware on advanced technology. Out-of-hospital cardiac arrest is a leading cause of death worldwide [14-18]. Yet victims of cardiac arrest have no chance of surviving a significant fraction, as they face an unexpected event and often stay at home in an insecure wireless sensor network. Rapid diagnosis and initiation of cardiopulmonary resuscitation (CPR) is the cornerstone of therapy for victims of cardiac arrest. Thousands of people worldwide die each year from unexpected cardiac arrest without any chance of survival. Such patients without proper knowledge are unable to activate this chain of survival and recover in time [14-16].

There are several causes of cardiac arrest, like cholesterol and fat build up in the inner walls of the arteries, also known as atherosclerosis (also known as 'hardening' or 'clogging' of the arteries). These fats slow down the blood flow to the arteries and block the blood flow to the heart. Due to this the blood supply to the heart decreases. Oxygen and various micronutrients cannot reach the heart, which is very important for keeping the heart normal. This can cause chest pain. If the blood flow to one of the heart muscles is completely stopped, or if the amount of energy that is supposed to go from the body to the heart does not go away, then a heart attack can occur. Generally, any heart related disease is called heart disease. Which is now called the disease of the present civilization. There are several stages of this disease, but also different names, such as coronary heart disease, cardiomyopathy, hypertensive heart disease, heart failure, right side of the heart becomes immobile, shortness of breath, valvular disease, etc. fall into the heart disease. The human heart has two small arteries called coronary arteries. These arteries help keep the heart moving or nourish the heart. If for some reason this coronary artery becomes blocked, then the heart muscle does not work in the area where that artery or artery cannot deliver blood nutrients. That's when the heart attack. This problem can happen to anyone at any time. While working, sleep deprivation can

occur at any time of the day or night. If you do any heavy work suddenly, even in cold weather outside, this disease can occur. Many times, these problems germinate silently.

In general, if there is heart disease, unbearable pain is felt in the chest. With that comes sweating and the body feels bad and uncomfortable. Heart disease can occur if the body continues to deteriorate. If there is a coronary artery or artery blockage in the heart, there are many problems in the human body. Chest pain, sweating, difficulty breathing, headache — all these symptoms indicate that the patient has had a heart attack. It can also tingle hands and feet. A heart attack is caused by an increase in the level of LDL (bad) cholesterol in the blood and a decrease in the level of HDL (good). Nowadays, the risk of heart disease in people aged 35 to 55 has increased a lot [18-19]. Increased stress, lack of regular exercise, unhealthy eating habits and lack of physical activity have led to an increase in the number of heart patients [20-25]. Shortness of breath, increased heart rate, and fatigue are just some of the common symptoms of heart disease [26-30]. It feels good to rest a lot of the time. Walking short distances, climbing stairs, even talking a little too much, if you feel very tired and have difficulty breathing, you must seek the help of a cardiologist [31-35].

### 4.1. Gender-Based Cardiac Arrest

Women have less cardiac arrest. But research has shown that women have the same cardiac arrest as men. Women rarely go to the doctor. In many cases give less importance. As a result, when they come to the doctor, the risk of cardiac arrest increases a lot. For this reason, the death of women is more due to cardiac arrest. Women are more prone to breast cancer with cardiac arrest and COVID-19 [1-4]. But their mortality rate from cardiac arrest is much higher. Women's physical and mental stress has increased compared to the past. The number of female smokers worldwide has also increased. The risk for women is that many are less physically active. In many cases awareness is low. There is a lot of pressure on the heart, especially during pregnancy. There are various risks involved with the use of birth control pills. For women the study represents birth control pills should be taken as little as possible. Women usually have chest pain, shortness of breath, neck and back pain, etc. It is too late to test for this. The study shows women need to have different protocols for heart tests. In general, those who earn in the society, they are more important. Most of the women in our country are not associated with income. That's why they don't care much about treatment [30-41].

### 4.2. Change of Mindset

We need a change of heart to take care of the heart. The heart is an instrument that has no alternative. Its treatment is expensive all over the world. If patients stop their hearts for just a few minutes, they will die. Time is short, which needs to be done quickly. There is adequate treatment for cardiac arrest. But can he/she get to the hospital? they can't. The study dropped Advanced Life Support [42-50]. We do not know how to provide basic life support. Somebody can't give cardiac information in school-college? They can't teach or share others how to breathe through their mouths? Scouts have taught this for a long time. It will be easy to save your mother, father, relatives [51-71]. A banker died a few days ago. She could have been saved if she had been given CPR (cardio-pulmonary resuscitation). But a player on the football field was saved with CPR. It is also possible in our country. If we can let people know. We need to make some changes in our habits. Just talking will not work. Why do we spend so much money on unhealthy foods? Can't we change our diets? We can indeed. Again, we are not saying to omit it at all. Almost all foods can be eaten in moderation. Properly it covered, it will withstand a great deal of adverse conditions. Medicines for cholesterol, blood pressure and diabetes are provided free of charge at the community clinic [51-59]. How many of us know that? Patient pressure in government hospitals. We need to increase the number of doctors. We need to think seriously about how we can bring everyone under treatment [72-83].

### 4.3. Fatal Heart Disease

At present, heart disease has been identified as the No. 1 fatal disease in the world [84-95]. At World Heart Day 2021, our goal is to harness the power of digital health management by improving global heart disease awareness, prevention and management. Everyone should be made aware of the use of modern medical technology. Among non-communicable diseases, heart disease is the leading cause of death worldwide. Non-communicable diseases are the leading cause of death for more than 60 percent of the world's population [96-101]. The incidence of non-communicable diseases including heart disease is high in low- and middle-income countries. About 16 million people worldwide die of cardiovascular disease each year. There are 52 crore heart patients in the world. They are at risk in COVID period [1-3]. Every year, more than 30 million people worldwide die of non-communicable diseases. High blood pressure, diabetes, high blood fats, cigarettes and tobacco products, obesity, physical inactivity, and unhealthy eating habits increase the risk of heart disease. People need to be made aware of heart disease through maximum use of technology and media. Half of the world's population is outside the Internet. In 2016, 83.2% of the total deaths in Bangladesh were due to non-communicable diseases [102-112]. A study by Bangabandhu Sheikh Mujib Medical University has found that the rate of heart attack in young people in Bangladesh is increasing alarmingly. Tobacco is directly and indirectly responsible for heart disease. In contrast to a registered physician, the population is 1,046 [113-119]. The government hospital run by the health department has 3.3 beds for every 10,000 people. The private hospital registered with the Department of Health has 5.53 beds for every 10,000 people [120-131]. In terms of GDP, Bangladesh has the lowest allocation for healthcare in South Asia. Total health expenditure in the budget so far is 2.34

percent of GDP [132-145]. The per capita health expenditure is only 110 [146-149]. The World Health Organization sets a minimum requirement of 5 percent of a country's GDP for health care [150-152]. Although the budget for the health sector has been slightly increased this year.

### 4.4. Heart Disease as a Killer Disease Worldwide

Heart disease is the No. 1 disease killer in the world. In 1970, 20 people per thousand died [12]. The death toll is slowly declining. Now the number of deaths per thousand is 11.16. 1 lakh 69 thousand people die every year in Bangladesh [153-161]. Of these, 1 lakh 12 thousand died due to non-communicable diseases. About 40,000 people died in the country due to cardiac arrest [162-174]. Emphasis should be placed on the three pillars. First, equity. Equity is to bring women, men and children into equality. Second, resistance. There is no substitute for resistance. This topic has come up extensively in today's discussion. Third, the community. The community has been told to be aware [175-189]. But just be aware. We also need to empower the community. But we have not yet realized. The purpose of today's discussion is to make people aware. That is what you are doing. The government will also conduct a screening program across the country on the 26th. [190-199]. Just as a heart patient spends money, a family is at great risk of dying. It has been asked to give more importance to three issues. Smoking, hypertension and excess fat. The government is giving more importance to non-communicable diseases.

### 4.5. Taking Care of the Heart

Sudden Cardiac arrest recovers according to the following 4 postulates to recover, which as shown in Figure 10. These postulates are [1-5]:

(i) Individual + Frequent Angina = Tightly closed eyes + change GPS location instantly + wearing Anti-radiation sunglasses+ silent voice.

(ii) Individual + Frequent pain in chest = Tightly closed eyes + wearing anti-radiation sunglass + change location+ silent mood.

(iii) Individual + Frequent pain in heart = Tightly closed eyes + change GPS location promptly+ no words instantly.

(iv) Individual + Frequent Angina/ pain in chest = Tightly closed eyes + change GPS location instantly + wearing Anti-radiation sunglasses+ silent voice + turn off wireless sensor networks.

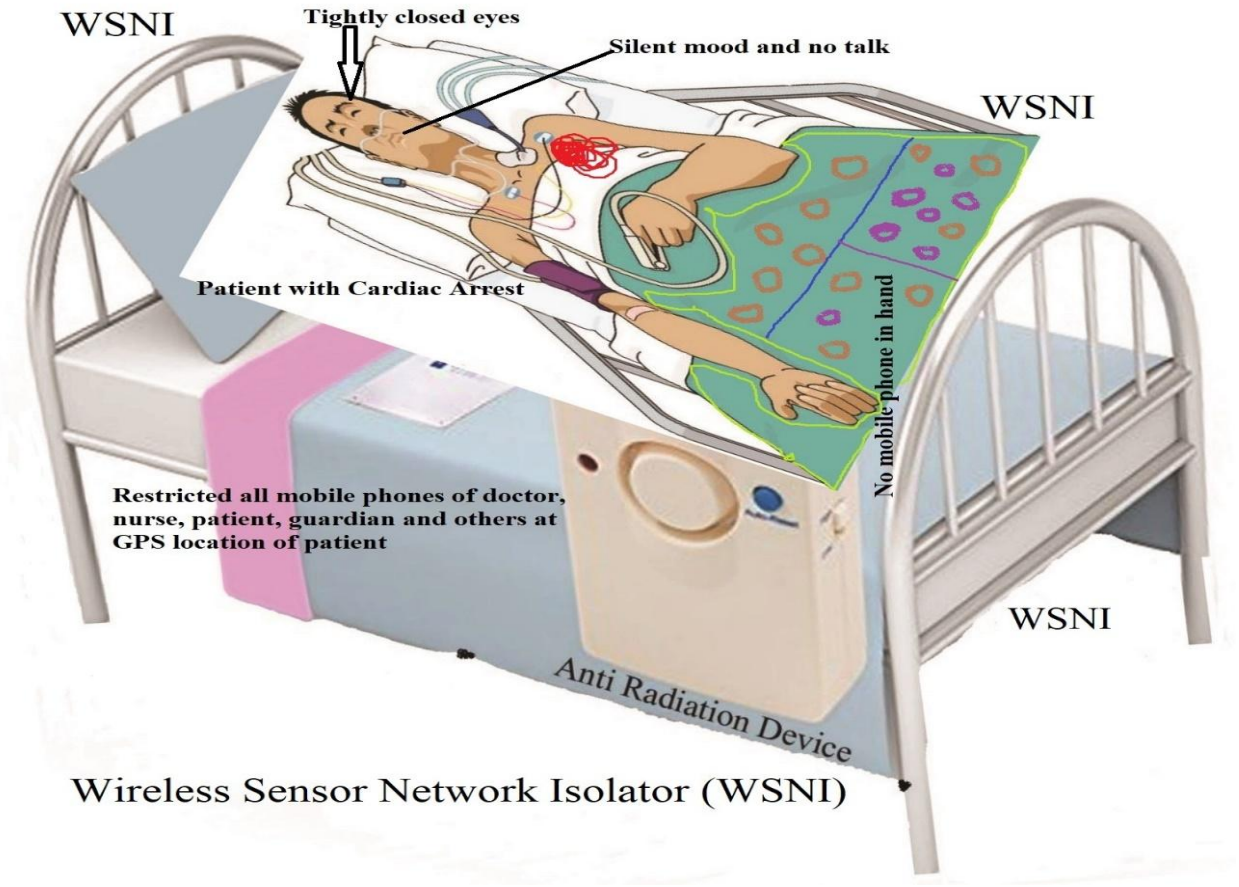



**Figure 10.** Recovery from sudden cardiac arrest through DRAST at hospital

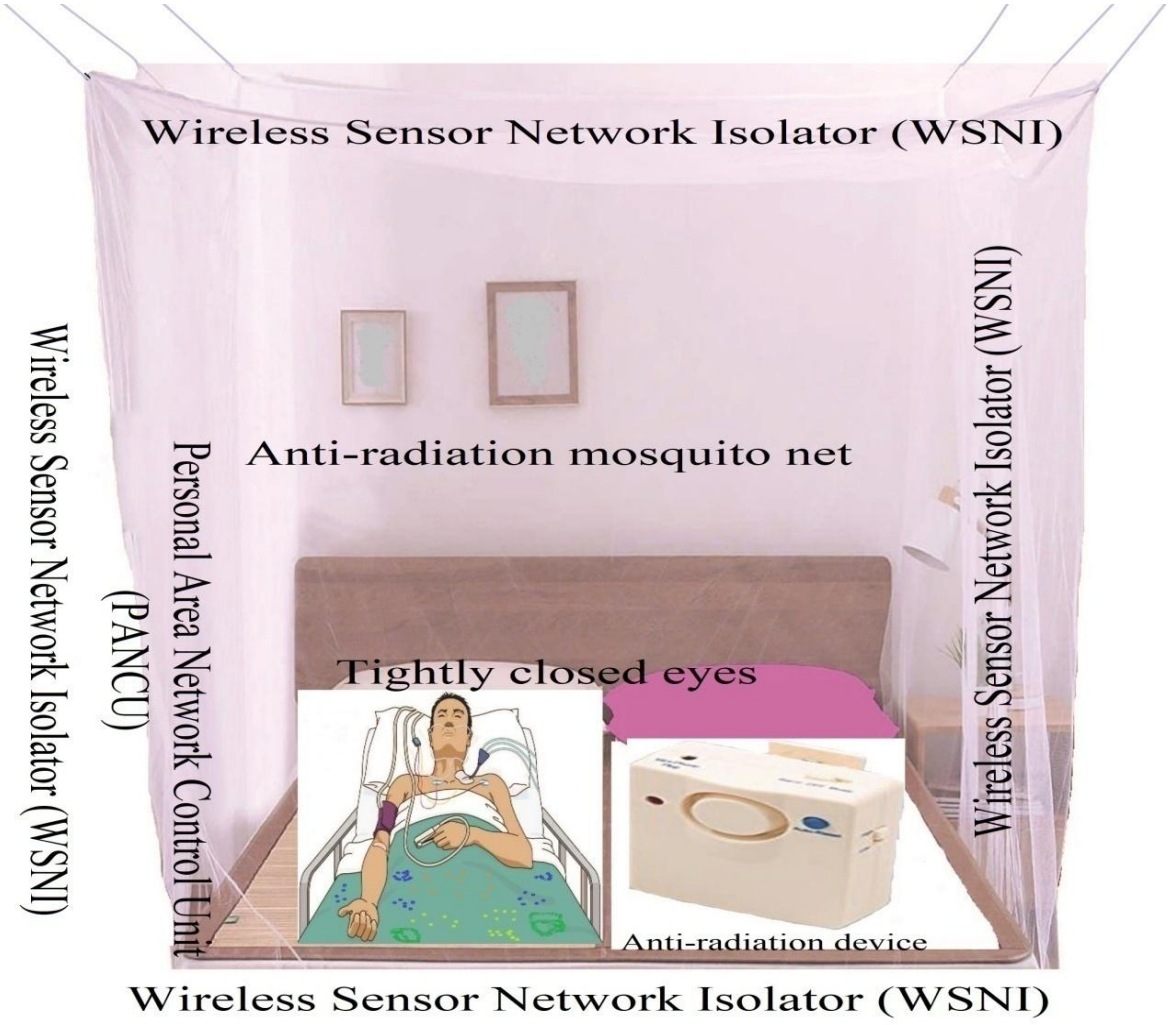



**Figure 11.** Recovery from sudden cardiac arrest through DRAST at home

Heart disease is today's enemy, tomorrow's pandemic [5,200-217]. Heart disease is now a global pandemic. Its treatment has improved a lot [5,218-232]. But not enough compared to demand. We still have a long way to go. In this case, skilled manpower and public awareness are needed. Many people do not understand even after knowing everything. The rules of life must be obeyed. We will not get rid of this disease if we do not make everyone aware [233-240]. Take care of the heart with the heart. If we take care with heart, then we will understand what needs to be done. We need to practice regular walking. That could be in the morning, in the afternoon — anytime. From my own experience, I had a heart problem. I have got special benefits with timely treatment. It is possible to stay free from heart problems through regular exercise, change of eating habits and regular check-ups. Above 6 million people have died in COVID-19 so far in the world [13]. But 1 crore 6 lakh people die of heart disease every year [241-245]. Heart disease is a big pandemic [246-250]. If you want to get rid of it, you have to go to the hospital and not with medicine. Awareness is the only way to prevent it. Everyone needs to know about heart disease. Let everyone know. You have to live a moderate life. Eating habits need to change. Various harmful substances including smoking should be eliminated [251-260]. The government alone cannot do it. This requires social movement. Infectious disease either dies or is better. Non-communicable disease will either die, or the disease will remain for the rest of his life. Everyone should be aware of this. It is important to have modern treatment in District Sadar Hospital including Pharmacoin VSV / Primary PCI system. In special cases free treatment can be provided with government assistance. In addition to strengthening the health system, modern treatment of heart disease needs to be made affordable, sustainable and quality in the country [261-265]. Heart failure increases the risk of sudden cardiac arrest (SCA), which is a major public health problem [735].

### 4.6. Ways to Keep the Heart Healthy

The heart is the smooth muscle inside the chest that keeps circulating blood throughout your body through repetitive temporal contractions [266-271]. If you don't take care of this important part of the body, you will be ruined. With a little awareness, however, the heart can be kept healthy and strong [272-275]. There are several easy ways to do this.

Regular exercise with a moderate diet, not taking stress, weight control and not smoking these few habits in daily life will keep your heart healthy and strong [276-280]. It may seem, hey, this is a left-handed game! In fact, it is not, so the matter is not so simple. While it is difficult to adapt to something new in daily life, it is not easy to change so many habits at once [281-291]. But if there is a problem, there must be a solution. You can easily develop these habits with various techniques in daily life [292-296].

### 4.7. Exercise to Play Tricks

Exercise makes the heart healthy and strong [321-325]. As a result, blood circulation in the body can be kept normal. In addition, regardless of your age, the heart does not have to suffer much to maintain the blood supply to the various muscles in the body. There are three types of yoga exercises. Cardiovascular or aerobic exercise improves the circulatory system, lowers blood pressure and keeps the heart rate normal [326-330]. Strength training reduces body fat and keeps muscles healthy. Stretching makes the body structure flexible. The muscles do not become stiff and rigid. As a result, people are physically and mentally fit. Adults need at least 30 minutes of exercise a day, at least five days a week, to keep their heart healthy [335-345]. But if you do not have the habit of exercise, sweating through physical exercise in a hurry is a very tiring thing [346-350]. For this reason, if you have children at home, you can get the exercise done by playing with them. It can be any sport of physical exertion [351-360]. There is no problem even if there is no child. You can improve your exercise routine by walking or doing household chores. Exercising for 30 minutes every day means that you have to exercise for half an hour continuously, but that is not the case [361-365]. You can break this time. Sweating for 10 minutes in the morning, walking for 10 minutes during lunch break in the office at noon, after returning from the office in the afternoon or at night, you can do some more exercise [366-378].

### 4.8. Changing Eating Habits

You love to eat ‘saturated fats’ (harmful fats) from animal sources. For example, ‘Red Meat’ or full fat dairy products. These foods need to be skipped to keep the heart healthy. But how to leave? You are a slave to bad habits! Don’t worry, there are ways. Individuals change the habit slowly. Gradually add low-fat meats to the Red Mid menu. You can eat olive or canola oil instead of dairy foods. These reduce the amount of salt in food [379-380]. Individuals eat less processed or packaged foods and they do not eat more than 1,500 mg of salt in their daily diet. If these cooked well, it tastes good to eat vegetables. They will eat two to two and a half cups of vegetables every day, along with fruits [381-389] and will eat whole grains, such as brown rice, barley, popcorn, oatmeal, wheat bread, wheat pancakes, etc.

### 4.9. Taking a Break

The study focuses on taking moderate rest in between daily work [297-300]. I mean, just do nothing, no need to take any pressure. Full rest is beneficial for the heart. According to Susan Moore, a physician at the American Academy of Nutrition and Diabetes, stress plays a “villain” role in maintaining good heart health [301-312]. It has serious effects on overall health. And so occasionally leave work and get up. Turn off the mobile phone with one big breath. Forget domestic or office work. Just rest for yourself. It’s lying down anyway. After resting, you will see that it is feeling very wherewithal [313-320]. I mean, that rest period will motivate you for work.

### 4.10. Subdue the Weight

There is no end to the worries about obese people. Calculating calories to lose weight, exercising but still not losing anything. Shake your head a little. Are you eating healthy food? Healthy food and calorie rich food but not one. Eat nutritious food and balance calorie intake and intake. Can eat liquid food [390-395]. Individuals let vegetables be in the daily diet. In addition, do physical work. They make 30 minutes of walking compulsory every day [396-400]. Individuals use the stairs instead of the elevator and they get out of the house and walk some distance without taking a rickshaw. Individuals follow the same strategy on the way home [401-412].

### 4.11. Win the Challenge of Quitting Smoking

We all know the dangers of smoking [413-415]. There is no definite way to get rid of this bad habit. Who tries like that. Doctor’s advice, family help or trying to combine these two things can get benefits [416-420]. Think about the harmful effects of smoking [421-432]. It can be focused on the beneficial aspects of quitting [433-440]. It is better to leave the company of smoking friends. Avoid alcohol [433-445]. It will make you more attracted to smoking. Exercise can reduce the desire to smoke [446-450. You can get benefits even if you are busy [451-456].

### 4.12. Positive Attitude and Reduce Stress

There is no substitute for peace of mind to keep the heart healthy [457-460]. But people are stressed in many ways from work, society or family [461-465]. As we have to deal with these pressures, we have to reduce them wisely [466-470]. Set aside some time for yourself at the end of the daily work stress [471-475]. You can listen to your favourite songs or read books. If you feel any pain for any reason, share it with your friends or loved ones. Don’t keep the pain in mind. This type of habit causes heart disease. It is best to build excellent social bonds in the family or at work. One study found that people now feel twice as lonely as they did in the 1970s [476-480]. In other words, in 1980 this rate was 20 percent, now it is 40 percent [481-485]. Loneliness not only causes mental harm, but also physical harm [486-490]. Medical science says that when someone talks to someone, the brain communicates with the heart through the release of hormones [491-495]. The activity of the heart became very active [496-499]. In other words, to keep the heart healthy, it is important to reduce stress and build a good relationship

with the people around you [500-532]. The biggest benefit of yoga is that it keeps the heart stress free [533-539]. As a result, body and mind remain fresh. Because stress affects the body in many ways. Mental fatigue in particular affects the secretion of cortisol and adrenaline hormones, which constricts our arteries and raises blood pressure [540-545]. Cortisol inhibits body weight loss, raises cholesterol, blood sugar levels; Increases blood pressure [546-550]. This can lead to heart attack or stroke. In the busy life of the existing city we need to keep ourselves stress free [551-559].

### 4.13. Good Sleep

Sleep is a prerequisite for human well-being. 6 to 8 hours of sleep is required every day [560-565]. Because, sleep reduces all kinds of stress and gives freshness to people. Individual removes and rejuvenates all the fatigue of the day; So that the next day can work in full swing [566-570]. But if you do not sleep for a certain period of time, the body remains exhausted. Even taking sleeping pills does not match the freshness of normal sleep. The heart is in reverse pressure [571-575]. Yoga plays an effective role in solving this problem [576-580], which eliminates sleep disturbances by activating the seat muscles [581-585]. Yoga increases the level of oxygen intake and meditation relaxes the mind by relieving fatigue and stress [586-590].

### 4.14. Peace of Mind

Depression, anger, guilt, anxiety damage our heart [591-600]. These increase stress, which is detrimental to the heart, causing nervous breakdown, heart attack [601-621]. Meditation, breathing exercises and some postures relieve mental blockage [622-631]. Controls various types of negative emotional emotions [632-635]. As a result, people become forgiving and sympathetic to others. Moreover, man is the best of creation, who has a beautiful heart [636-640]. Due to the circulation of blood throughout the body through this heart, people live a beautiful life [641-650]. Again, through advanced technology, people are also making their life easier and more comfortable [651-660]. That is why we are all directly and indirectly involved in advanced technology. But many of us do not worry about the security of advanced technology and its misuse. So, in the absence of proper security, cybercriminals misuse technology to harm people, animals, plants, the climate and the environment; and spread false news in the media. Due to lack of proper knowledge of technology, many of us cannot easily detect lies about advanced technology [661-670]. That is why behind the law, various misdeeds of cyber criminals are going out of control. Cardiac arrest, coronavirus, stroke, cancer, diabetes, shortness of breath and liver cirrhosis etc. are some of the misdeeds of their wireless sensor technology [671-375].

### 4.15. The Challenges

There are many challenges with heart disease at almost all levels including community, policy makers, hospitals [676-680]. Again, most people do not know much about heart disease [681-690]. There is no concept of Basic Life Support and Advanced Cardiac Life Support [691-700]. On the other hand, emergency health and ambulance services are inadequate [701-710]. There is inadequacy and lack of coordination of coronary units. It is important to have modern treatment in District Sadar Hospital: Pharmacoin VSV / Primary PCI system. In special cases free treatment can be provided with government assistance. In addition to strengthening the health system, modern treatment of heart disease needs to be made affordable, sustainable and quality in the country. The health policy should specify specific strategies for specialized emergency health care such as heart disease [711-719]. It is necessary to ensure the treatment of all the people of the country by bringing them under health insurance. Proper distribution and management of medical equipment and supplies. Adequate budgeting is essential for the creation of skilled physicians, nurses and manpower. The death rate from heart disease in Bangladesh is higher than other countries in the world. So, the most needed is heart disease prevention. Remedies alone do not reduce mortality. Success in preventing heart disease will come if all concerned can take effective initiatives [720-725].

### 4.16. Directions for Future Research

The Cardiac Arrest System is successfully coordinating community, emergency medical services and hospital efforts to improve the care process for cardiac arrest patients [726-733]. Out-of-hospital cardiac arrest (OHCA) survival rates are increasing but are in the range of 8-10% in many parts of the world. Scientists have suggested future directions for cardiac arrest research in light of recent advances in treatment and ongoing controversy. Some centers achieve higher survival rates which optimizes their local survival chain. Stakeholder cooperation will be required to implement strategies to increase bystander CPR, increase the availability of public access automated defibrillators (AEDs), and implement regional cardiac arrest networks [734]. There are some directions for research, such as:

- Regular check-ups are essential after the age of 40.
- We can get rid of heart problems by exercising regularly and changing our eating habits.
- Heart education needs to be taught in our educational institutions.
- Medical facilities in government hospitals and the number of doctors should be further increased.
- The rate of young heart attacks in Bangladesh is increasing alarmingly.
- In this case, action must be taken. Awareness on various issues including high blood pressure, diabetes, high blood fats, cigarettes and tobacco products, obesity, physical inactivity, unhealthy eating habits.
- Women suffer from shortness of breath including chest pain, neck, back pain etc. They need to have separate protocols.

- Use secure wireless sensor network in staying GPS locations on sustained environment [736].

## 5. Conclusions

The study concludes the advanced wireless sensor network affects on human or animal body with cardiac arrest due to individual's active open eyes, voice, nearby sensor device and a fixed GPS location. The basic requirements of users are misused by cyber hackers at GPS location. To recover the misdeeds, the user country of sensor technology ensures dynamic security. The study has assessed the impact of wireless sensor networks towards heart for causes of death. Moreover, the administration should remove the databases related to the retina scanning, voice coding, personal fingerprint, and DNA structuring with sequencing and recognizing on the priority of Sustainable Development Goals 2030 and State Sensor Health Policy. The study suggests research trajectories of a new alternative sensor health network isolator to promote public health awareness.

## 6. Declaration

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*Data Availability*

The data being used to support the findings of this research work are available from the corresponding author upon request.

*Competing Interests*

The authors declare no potential conflict of interests in this research work.

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## Appendix

Sudden Cardiac Arrest is a serious and often lethal medical condition due to misuse of wireless sensor devices in the active open eyes, self-voice and adjacent mobile phone and staying at a fixed GPS location. The exposure program was shared through seminars, conferences, research sharing and talkshow at different institutions, which are listed as below.

**Appendix 1.** Seminars

| Sl.no. | Name of Institution, where I presented on the ISNAPHOCE at Seminars | Type of Awareness | Year |
|---|---|---|---|
| 1. | Department of Medicine, North East Medical College, Sylhet, Bangladesh. | Seminar | 2020 |
| 2. | Department of Orthopaedics Surgery, North East Medical College, Sylhet. | Seminar | 2020 |
| 3. | Department of Gynaecology & Obstetrics, Northeast Medical College, Sylhet | Seminar | 2020 |
| 4. | Department of Oro-Dental Surgery, Northeast Medical College, Sylhet, BD.. | Seminar | 2020 |
| 5. | Department of Paediatrics, Northeast Medical College & Hospital, Sylhet. | Seminar | 2020 |
| 7. | Conference Room, Deputy Commissioner's Office, GoB, Sylhet, Bangladesh | Seminar | 2019 |
| 8. | Conference Room, Deputy Commissioner's Office, GoB, Sunamganj. | Seminar | 2019 |
| 9. | Conference Room, Deputy Commissioner's Office, GoB, Bogra, Bangladesh. | Seminar | 2019 |
| 10. | Hall Room, Sylhet City Corporation, Bondor Bazar, GoB, Sylhet, Bangladesh | Seminar-1 | 2019 |
| 11.. | Meeting Room, Sylhet City Corporation, Bondor Bazar, GoB, Sylhet. | Seminar-2 | 2019 |
| 12. | Seminar Room, Department of Horticulture, Sylhet Agricultural University, Sylhet, Government of People's Republic of Bangladesh | Seminar | 2019 |
| 13. | Seminar Room, Bangladesh Agricultural Research Institute, Sylhet, BD. | Seminar | 2019 |
| 14. | Conference Hall, Sylhet Cadet College, Airport Road, Sylhet, Bangladesh. | Seminar | 2019 |
| 15. | Conference Room, Chief Conservator of Forests Office, Ministry of Environment, Forests and Climate Change, Government of People's Republic of Bangladesh, Dhaka, Bangladesh. | Seminar | 2019 |

| Sl.no. | Name of Institution, where I presented on the ISNAPHOCE at Seminars | Type of Awareness | Year |
|---|---|---|---|
| 16.. | Department of Computer Sciences, Metropolitan University, Bangladesh. | Seminar | 2019 |
| 17. | Fahim Galary Conference Hall, Northeast Medical College, Sylhet, BD. | Seminar | 2019 |
| 18. | Seminar Room, Parkview Medical College & Hospital, Sheikhghat, Sylhet. | Seminar | 2019 |
| 19. | Conference Room, Northeast Nursing College, Sylhet, Bangladesh. | Seminar | 2019 |
| 20. | Seminar Room, Sylhet Institute of Forest Science and Technology, Sylhet. | Seminar | 2019 |
| 21. | Conference Room, Sylhet Women's Medical College & Hospital, Sylhet. | Seminar | 2019 |
| 22. | Meeting Room, Government Bokkhobedhi Hospital, Sylhet, Bangladesh. | Seminar | 2019 |
| 23. | Conference Hall, Islamic Foundation, Divisional Office, Eidgah, Sylhet. | Seminar | 2019 |
| 24. | Conference Room, Shahin School & College, Amberkhana Branch, Sylhet. | Seminar | 2019 |
| 25. | Seminar Room, Sylhet Homes School & College, Bagbari, Sylhet. | Seminar | 2019 |
| 26. | Seminar Room, Kazi Jalal Uddin Government Boys Primary School, Sylhet. | Seminar | 2019 |
| 27. | Seminar Room, Kazi Jalal Uddin Government Girls Primary School, Sylhet. | Seminar | 2019 |
| 28. | Conference Room, Kishori Mohan Girls High School, Nayasarak, Sylhet. | Seminar | 2019 |
| 29. | Conference Room, Jamia Islamia Kamil Madrasa, Pathantala, Sylhet. | Seminar | 2019 |
| 30. | Seminar Room, Pioneer School and College, Shahi Eidgah, Sylhet. | Seminar | 2019 |
| 31. | Seminar Room, Ramakrishna Government Primary School, Sylhet. | Seminar | 2019 |
| 32. | Class Room, Rose Valley Kindergarten School, Sylhet, Bangladesh | Seminar | 2019 |
| 33. | Seminar Room, Islamic National Institute, Uposhohor, Sylhet, Bangladesh | Seminar | 2019 |
| 34. | Ground Floor, Riaz Ullah Waqf Estate Jame Mosque, Supply Road, Sylhet. | Seminar | 2019 |
| 35. | Seminar Room, Quranic Garden, Mirboxtula, Sylhet, Bangladesh. | Seminar | 2019 |
| 36. | Seminar Room, Metrocity Pre-Cadet Academy, South Surma, Sylhet. | Seminar | 2019 |
| 37. | Seminar Room, Ramkrishna Girls' High School, Chaliband, Sylhet. | Seminar | 2019 |
| 38. | Seminar Room, Madrasad Ulum, Chaliband, Sylhet, Bangladesh. | Seminar | 2019 |
| 39. | Seminar Room, Basanto Memorial School, Chaliband, Sylhet, Bangladesh. | Seminar | 2019 |
| 40. | Class Room, Kudratullah Hafizia Madrasa, Bandarbazar, Sylhet, Bangladesh. | Seminar | 2019 |
| 41. | Conference Room, Hazrat Shahjalal D.Y. Kamil Madrasa, Sylhet, BD. | Seminar-1 | 2019 |
| 42. | Conference Room, Hazrat Shahjalal D.Y. Kamil Madrasa, Sylhet, BD. | Seminar-2 | 2019 |
| 43. | Conference Room, Hazrat Shahjalal D.Y. Kamil Madrasa, Sylhet, BD. | Seminar-3 | 2019 |
| 44. | Conference Room, Hazrat Shahjalal D.Y. Kamil Madrasa, Sylhet, BD. | Seminar-4 | 2019 |
| 45. | Class Room, Raja G.C. High School, Bandarbazar, Sylhet, Bangladesh. | Seminar | 2019 |
| 46. | Class Room, Jamiatul Khair Al Islamia, Upashahar, Sylhet, Bangladesh. | Seminar | 2019 |
| 47. | Class Room, Quranic Home, Upashahar, Sylhet, Bangladesh. | Seminar | 2019 |
| 48. | Meeting Room, Kingster High School, Surmagate, Dolaipara, Sylhet. | Seminar | 2019 |
| 49. | Seminar Room, Shahjalal Collegiate School, Dashpara, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 50. | Seminar Room, Shahjalal Collegiate School, Dashpara, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 51. | Students' Dormitory, Sylhet Government Pilot High School, Sylhet. | Seminar | 2019 |
| 52. | Seminar Room, Lama Bazar Government Primary School, Sylhet. | Seminar | 2019 |
| 53. | Seminar Room, Metro City Women's College, Uposhohor, Sylhet. | Seminar | 2019 |
| 54. | Class Room, Sylhet Residential School & College, Uposhohor, Sylhet. | Seminar | 2019 |
| 55. | Conference Room, Jalalabad MATS, Uposhohor, Sylhet, Bangladesh. | Seminar | 2019 |
| 56. | Class Room, Durgakumar Pathshala, Bondorbazar, Sylhet, Bangladesh. | Seminar | 2019 |
| 57. | Seminar Room, Sylhet Central Dental College, Uposhohor, Sylhet. | Seminar | 2019 |
| 58. | Class Room, Al-Hikma Vidyaniketan, Barabazar, Sylhet, Bangladesh. | Seminar | 2019 |
| 59. | Conference Room, Jalalabad College, Subhanighat, Sylhet, Bangladesh. | Seminar | 2019 |
| 60. | Conference Room, Sylhet Homoeopathic Medical Association, Sylhet. | Seminar | 2019 |
| 61. | Al-Hamra Jame Mosque, 4$^{th}$ Floor, Al-Hamra Complex, Zindabazar, Sylhet. | Seminar | 2019 |
| 62. | Training Room, National Women's Association, Uposhohor, Sylhet. | Seminar | 2019 |
| 63. | Class Room, Omar Shah Teroratan Government Primary School, Sylhet, BD. | Seminar-1 | 2019 |
| 64. | Class Room, Omar Shah Teroratan Government Primary School, Sylhet, BD. | Seminar-2 | 2019 |
| 65. | Class Room, Al-Quran Hafizia Madrasa, Uposhohor, Sylhet, Bangladesh. | Seminar | 2019 |
| 66. | Class Room, Elite Islamic International School and College, Sylhet. | Seminar | 2019 |

| Sl.no. | Name of Institution, where I presented on the ISNAPHOCE at Seminars | Type of Awareness | Year |
|---|---|---|---|
| 67. | Class Room, Al-Madina International College, Nawab Road, Sylhet. | Seminar | 2019 |
| 68. | Conference Room, Shah Jalal City College, Uposhohor Point, Sylhet. | Seminar | 2019 |
| 69. | Class Room, Ar Ryan International School and College, Nawab Road, Sylhet. | Seminar | 2019 |
| 70. | Conference Room, Zahiria MU High School, Daspara, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 71. | Conference Room, Zahiria MU High School, Daspara, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 72. | Conference Room, Zahiria MU High School, Daspara, Sylhet, Bangladesh. | Seminar-3 | 2019 |
| 73. | Conference Room, Zahiria MU High School, Daspara, Sylhet, Bangladesh. | Seminar-4 | 2019 |
| 74. | Class Room, Shahjalal ICT Kindergarten & High School, Telihaur, Sylhet. | Seminar | 2019 |
| 75. | Class Room, Royal Falcon International School, Sheikhghat, Sylhet. | Seminar | 2019 |
| 76. | Conference Room, Shahjalal Uposhohor Ideal Girls' High School, Sylhet. | Seminar | 2019 |
| 77. | Conference Hall Room, Shahjalal Uposhohor Ideal Primary School, Sylhet. | Seminar | 2019 |
| 78. | Conference Room, Sunny Hill International School and College, Sylhet. | Seminar | 2019 |
| 79. | Conference Room, Moyununnesa Girls High School, Sheikhghat, Sylhet. | Seminar-1 | 2019 |
| 80. | Conference Room, Moyununnesa Girls High School, Sheikhghat, Sylhet. | Seminar-2 | 2019 |
| 81. | Class Room, Maa Moni Pre-Cadet Academy, Shahparan, Sylhet, Bangladesh. | Seminar | 2019 |
| 82. | Meeting Room, IDEA (National NGO) Office, Uposhohor, Sylhet. | Seminar | 2019 |
| 83. | Conference Room, Sylhet Science and Technology College, Sylhet | Seminar | 2019 |
| 84. | Conference Room, Shimantik MATS, Uposhohor Point, Sylhet, Bangladesh. | Seminar | 2019 |
| 85. | Conference Room, Shimantik Human Resource Development Center, Sylhet. | Seminar | 2019 |
| 86. | Conference Room, Shahjalal Uposhohor High School, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 87. | Conference Room, Shahjalal Uposhohor High School, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 88. | Conference Room, Shahjalal Uposhohor High School, Sylhet, Bangladesh. | Seminar-3 | 2019 |
| 89. | Conference Room, Shahjalal Uposhohor High School, Sylhet, Bangladesh. | Seminar-4 | 2019 |
| 90. | Conference Room, Rasomay High School, Jallarpar, Sylhet, Bangladesh. | Seminar | 2019 |
| 91. | Seminar Room, Mirza Jangal Girls' High School, Sylhet, Bangladesh. | Seminar | 2019 |
| 92. | Seminar Room, Merit Home, Mirza Jangal, Sylhet, Bangladesh. | Seminar | 2019 |
| 93. | Class Room, Classic Schools & Colleges, Uposhohor, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 94. | Class Room, Classic Schools & Colleges, Uposhohor, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 95. | Meeting Room, Sylhet District Social Welfare Office, Bagbari, Sylhet, BD. | Seminar | 2019 |
| 96. | Meeting Room, Global Trade Corporation, Zindabazar, Sylhet, Bangladesh. | Seminar | 2019 |
| 97. | Conference Room, Moinuddin Adarsh Mahila College, Bagbari, Sylhet. | Seminar | 2019 |
| 98. | Class Room, Jamia Nuria Varthkhola Madrasa, South Surma, Sylhet. | Seminar | 2019 |
| 99. | Training Room, Department of Youth Development, Tilagarh, Sylhet, BD. | Seminar | 2019 |
| 100. | Class Room, Sylhet Disabled School and College, Bagbari, Sylhet, BD. | Seminar | 2019 |
| 101. | Class Room, Sunamganj Puro Degree College, Sunamganj, Bangladesh. | Seminar | 2019 |
| 102. | Class Room, Model High School, Mirabazar, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 103. | Meeting Room, Model High School, Mirabazar, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 104. | Conference Room, The Aided High School, Tatipara, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 105. | Conference Room, The Aided High School, Tatipara, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 106. | Ground Floor, Sylhet Collectorate Jame Mosque, Bandarbazar, Sylhet. | Seminar | 2019 |
| 107. | Class Room, Power Development Board High School, Bagbari, Sylhet, BD. | Seminar | 2019 |
| 108. | Class Room, Shah Mostafa Jamia Islamia High School, Moulvibazar. | Seminar | 2019 |
| 109. | Meeting Room, Victoria High School, Srimangol-Moulvibazar, Bangladesh. | Seminar | 2019 |
| 110. | Class Room, Srimangol Residential School & College, Moulvibazar. | Seminar | 2019 |
| 111. | Hall Room, Bangladesh Tea Research Institute High School, Moulvibazar. | Seminar-1 | 2019 |
| 112. | Hall Room, Bangladesh Tea Research Institute High School, Moulvibazar. | Seminar-2 | 2019 |
| 113. | Class Room, Classic Adarsho School, Srimangol, Moulvibazar, Bangladesh | Seminar | 2019 |
| 114. | Seminar Room, V. Principal Muhammad Abdus Shahid College, MB, BD. | Seminar | 2019 |
| 115. | Seminar Room, Chartered College, Subidbazar, Sylhet, Bangladesh | Seminar | 2019 |
| 116. | Seminar Room, Netpro Model School & College, Bogra, Bangladesh | Seminar | 2019 |
| 117. | Seminar Room, Red Crescent Nursing Institute, Sylhet, Bangladesh | Seminar-1 | 2019 |

| Sl.no. | Name of Institution, where I presented on the ISNAPHOCE at Seminars | Type of Awareness | Year |
|---|---|---|---|
| 118. | Seminar Room, Red Crescent Nursing Institute, Sylhet, Bangladesh | Seminar-2 | 2019 |
| 119. | Class Room, Madhushahid Government Primary School, Kajalshah, Sylhet. | Seminar | 2019 |
| 120. | Conference Room, Sylhet Government Ogrogami School and College, BD. | Seminar-1 | 2019 |
| 121. | Conference Room, Sylhet Government Ogrogami School and College, BD. | Seminar-2 | 2019 |
| 122. | Hall Room, Sylhet UCEP- Ghasitula School Branch, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 123. | Hall Room, Sylhet UCEP- Ghasitula School Branch, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 124. | Conference Room, Sylhet Government Technical School and College, Sylhet. | Seminar | 2019 |
| 125. | Conference Room, Sylhet Primary Teacher Training Institute, Sylhet. | Seminar-1 | 2019 |
| 126. | Conference Room, Sylhet Primary Teacher Training Institute, Sylhet. | Seminar-2 | 2019 |
| 127. | Hall Room, Sylhet UCEP-Sulaiman Chowdhury Baluchara School, Sylhet. | Seminar | 2019 |
| 128. | Class Room, Sylhet Osmani Medical High School, Sylhet, Bangladesh. | Seminar | 2019 |
| 129. | Seminar Room, Sylhet UCEP Regional Office, Bateshwar, Sylhet. | Seminar-1 | 2019 |
| 130. | Seminar Room, Sylhet UCEP Regional Office, Bateshwar, Sylhet. | Seminar-2 | 2019 |
| 131. | Seminar Room, Sylhet UCEP Regional Office, Bateshwar, Sylhet. | Seminar-3 | 2019 |
| 132. | Seminar Room, Sylhet UCEP Regional Office, Bateshwar, Sylhet. | Seminar-4 | 2019 |
| 133. | Conference Room, Blue Bird School and College, Mirermoidan, Sylhet. | Seminar-1 | 2019 |
| 134. | Conference Room, Blue Bird School and College, Mirermoidan, Sylhet. | Seminar-2 | 2019 |
| 135. | Class Room, Sylhet Learning Village, Akhalia, Sylhet, Bangladesh | Seminar | 2019 |
| 136. | Conference Room, Nurjahan Memorial Women's Degree College, Sylhet. | Seminar | 2019 |
| 137. | Seminar Room, Dishari School & College, Medina Residential Area, Sylhet. | Seminar | 2019 |
| 138. | Class Room, Haji Kudratullah Islamia Government Primary School, Sylhet. | Seminar | 2019 |
| 139. | Seminar Room, Mornington University College, Amberkhana, Sylhet. | Seminar-1 | 2019 |
| 140. | Seminar Room, Mornington University College, Amberkhana, Sylhet. | Seminar-2 | 2019 |
| 141. | Seminar Room, Sylhet Universal College, Mirbaxtula, Sylhet, Bangladesh. | Seminar | 2019 |
| 142. | Class Room, Vidyabarenya School and College, Bagbari, Sylhet, Bangladesh | Seminar-1 | 2019 |
| 143. | Class Room, Vidyabarenya School and College, Bagbari, Sylhet, Bangladesh | Seminar-2 | 2019 |
| 144. | Class Room, Cadet College Campus High School, Airport Road, Sylhet. | Seminar-1 | 2019 |
| 145. | Class Room, Cadet College Campus High School, Airport Road, Sylhet. | Seminar-2 | 2019 |
| 146. | Class Room, Cadet College Campus High School, Airport Road, Sylhet. | Seminar-3 | 2019 |
| 147. | Class Room, Shahjalal (R.) Uposhohor, Hifzul Quran Academy, Sylhet. | Seminar-1 | 2019 |
| 148. | Class Room, Shahjalal (R.) Uposhohor, Hifzul Quran Academy, Sylhet. | Seminar-2 | 2019 |
| 149. | Class Room, Hifzul Quran Academy, Electric Supply Road, Sylhet. | Seminar | 2019 |
| 150. | Seminar Room, Jamia Islamia Faridabad Madrasa, Airport, Sylhet. | Seminar | 2019 |
| 151. | Hall Room, Silam Islamia Dikhil Madrasha, South Surma, Sylhet. | Seminar | 2019 |
| 152. | Class Room, Ideal Noorani Ta'limul Quran, Ghasitula, Sylhet, Bangladesh. | Seminar | 2019 |
| 153. | Class Room, Markazu Shaikhil Islam Al-Amin Madrasa, Kazitula, Sylhet. | Seminar | 2019 |
| 154. | Class Room, Vidya Siri School & College, Goyalbari, Sylhet, Bangladesh | Seminar-1 | 2019 |
| 155. | Class Room, Vidya Siri School & College, Goyalbari, Sylhet, Bangladesh | Seminar-2 | 2019 |
| 156. | Class Room, Vidya Siri School & College, Goyalbari, Sylhet, Bangladesh | Seminar-3 | 2019 |
| 157. | Class Room, Vidya Siri School & College, Goyalbari, Sylhet, Bangladesh | Seminar-4 | 2019 |
| 158. | Class Room, Hazrat Khadija (R) Institute Madrasa Kumarpara, Sylhet. | Seminar | 2019 |
| 159. | Class Room, Jamia Islamia Mahmudia Madrasa, Sylhet, Bangladesh. | Seminar | 2019 |
| 160. | Class Room, Holicity School & College, Subidbazar, Sylhet, Bangladesh. | Seminar | 2019 |
| 161. | Class Room, Markazut Taqwa, Uposhahar, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 162. | Class Room, Markazut Taqwa, Uposhahar, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 163. | Ground Floor, Lamapara Jame Masjid, Ghasitula, Sylhet, Bangladesh. | Seminar | 2019 |
| 164. | Class Room, Darur Rashad Hafizia Madrasa, Uposhohor, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 165. | Class Room, Darur Rashad Hafizia Madrasa, Uposhohor, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 166. | NIPORT Office, Government of People's Republic of Bangladesh, Sylhet. | Seminar-1 | 2019 |
| 167. | NIPORT Office, Government of People's Republic of Bangladesh, Sylhet. | Seminar-2 | 2019 |
| 168. | NIPORT Office, Government of People's Republic of Bangladesh, Sylhet. | Seminar-3 | 2019 |

| Sl.no. | Name of Institution, where I presented on the ISNAPHOCE at Seminars | Type of Awareness | Year |
|---|---|---|---|
| 169. | Conference Room, Institute of Health Technology, TB Gate, Sylhet. | Seminar | 2019 |
| 170. | Meeting Room, Meristops, Darshanduri, Sylhet, Bangladesh. | Seminar | 2019 |
| 171. | Ground Floor, Sahitya Asar, Central Muslim Literary Organization, Sylhet. | Seminar-1 | 2019 |
| 172. | Ground Floor, Sahitya Asar, Central Muslim Literary Organization, Sylhet. | Seminar-2 | 2019 |
| 173. | Ground Floor, Sahitya Asar, Central Muslim Literary Organization, Sylhet. | Seminar-3 | 2019 |
| 174. | Ground Floor, Sahitya Asar, Central Muslim Literary Organization, Sylhet. | Seminar-4 | 2019 |
| 175. | Ground Floor, Sahitya Asar, Central Muslim Literary Organization, Sylhet. | Seminar-5 | 2019 |
| 176. | Class Room, Shaheen School, Shibganj, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 177. | Class Room, Shaheen School, Shibganj, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 178. | Class Room, Shaheen School, Shibganj, Sylhet, Bangladesh. | Seminar-3 | 2019 |
| 179. | Class Room, Jamia Islamia Abu Bakar Siddique (R) Madrasa, Sylhet. | Seminar-1 | 2019 |
| 180. | Class Room, Jamia Islamia Abu Bakar Siddique (R) Madrasa, Sylhet. | Seminar-2 | 2019 |
| 182. | Seminar Room, Abdul Gafur Islami Ideal College, Dorshondewri, Sylhet. | Seminar | 2019 |
| 183. | Conference Room, Ibn Sina Hospital Sylhet Ltd., Subhanighat, Sylhet. | Seminar | 2019 |
| 184. | Class Room, Anwara Matin Academy, Chowkidekhi, Sylhet, Bangladesh. | Seminar | 2019 |
| 185. | Class Room, Hazrat Shahmir (R.) Hafizia Islamia Madrasa, Sylhet. | Seminar | 2019 |
| 186. | Hall Room, Haji Shahmir Government Primary School, Sylhet, Bangladesh. | Seminar | 2019 |
| 187. | Class Room, Anushilan Academy, Shahi Eidgah, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 188. | Class Room, Anushilan Academy, Shahi Eidgah, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 189. | Class Room, Holicity Collegiate School, Sylhet, Bangladesh | Seminar | 2019 |
| 190. | Hall Room, Jherjheri Para Jamia Hussainiya Islamia Madrasa, Sylhet. | Seminar | 2019 |
| 191. | Class Room, Green City International Collegiate School, Sylhet, Bangladesh. | Seminar | 2019 |
| 192. | East Subidbazar Jame Mosque, Ground Floor, Sylhet, Bangladesh. | Seminar | 2019 |
| 193. | Class Room, Alokito Pathshala, Chharapar, Baluchara Sylhet, | Seminar | 2019 |
| 194. | Class Room, Jamia Islamia Arshadul Uloom, Baluchora, Sylhet, Bangladesh. | Seminar | 2019 |
| 195. | Seminar Room, Muhammadia Islamia Hafizia Dakhil Madrasa, Sylhet. | Seminar | 2019 |
| 196. | First Floor, Ali Box Jame Mosque, Akhalia, Sylhet, Bangladesh. | Seminar | 2019 |
| 197. | Class Room, Jamiatul Uloom Ashariyya Sylhet, Pirojpur, Sylhet, Bangladesh. | Seminar-1 | 2019 |
| 198. | Class Room, Jamiatul Uloom Ashariyya Sylhet, Pirojpur, Sylhet, Bangladesh. | Seminar-2 | 2019 |
| 199. | Hall Room, Furkania Islamia Qawmi Madrasa, Akhalia, Sylhet, Bangladesh. | Seminar | 2019 |
| 200. | Seminar Room, Surma Nursing Institute, Akhalia, Sylhet, Bangladesh. | Seminar | 2019 |
| 201. | Class Room, ABC Kindergarten & School, Kushighat, Sylhet, Bangladesh. | Seminar | 2019 |
| 202. | Class Room, Jamia Islamia Shah Gazi Syed Burhan Uddin, Kushighat, BD. | Seminar | 2019 |
| 203. | Class Room, Markazut Talim Sylhet Madrasa, Kushighat, Sylhet, BD. | Seminar | 2019 |
| 204. | Hall Room, Jamia Tawakkulia Renga Madrasha, South Surma, Sylhet. | Seminar | 2019 |
| 205. | Class Room, Jamia Madania Tahfizul Quran Madrasa, Fenchuganj, Sylhet. | Seminar | 2019 |
| 206. | Hall Room, Chakerbazar Government Primary School, Silam, Sylhet. | Seminar | 2019 |
| 207. | Seminar Room, Jalalpur Jalalia Dakhil Madrasa, Jalalpur, Sylhet, BD. | Seminar | 2019 |
| 208. | Ground Floor, Sahitya Asar, Central Muslim Sahitya Sangstha, Sylhet. | Seminar | 2019 |
| 209. | Class Room, Shahin School, Bagbari Branch, Sylhet, Bangladesh. | Seminar | 2019 |
| 210. | Class Room, Shahin School, Shibganj Branch, Sylhet, Bangladesh. | Seminar | 2019 |
| 211. | Ground Floor, Poetry Centre, Dorgagate, Sylhet, Bangladesh. | Seminar | 2019 |
| 212. | Conference Hall, Sarawak Heart Foundation, Kota Samarahan, Malaysia. | Seminar | 2018 |

**Appendix 1.** Research Sharing

| Sl.no. | Name of Institution, where I shared on the ISNAPHOCE directly | Type of Awareness | Year |
|---|---|---|---|
| 1 | Impact of Sensor Networks Enhancing Corona Diseases at 5 institutions, BD. | Sharing | 2021 |
| 2. | Office Room, Divisional Police Commissioner Office, Alampur, Sylhet. | Sharing | 2020 |
| 3. | Office Room, Superintendent of Police Office, Sylhet, Bangladesh. | Sharing | 2020 |
| 4. | Office Room, Rapid Action Battalion Office (RAB-9), Sylhet, Bangladesh. | Sharing | 2020 |

| Sl.no. | Name of Institution, where I shared on the ISNAPHOCE directly | Type of Awareness | Year |
|---|---|---|---|
| 5. | Office Room, Border Guard Bangladesh (BGB) Office, Sylhet, BD. | Sharing | 2020 |
| 6. | Office Room, Rapid Action Battalion Office (RAB-9), Sunamganj, BD. | Sharing | 2020 |
| 7. | Office Room, Border Guard Bangladesh Office, Sunamganj, Bangladesh | Sharing | 2020 |
| 8. | Office Room, Superintendent of Police Office, Sunamganj, Bangladesh. | Sharing | 2020 |
| 9. | Office Room, District and Session Judge Office, Sylhet, Bangladesh. | Sharing | 2020 |
| 10. | Office Room, District and Session Judge Office, Sunamganj, Bangladesh. | Sharing | 2020 |
| 11. | Office Room, Police Commissioner Office, Sylhet, Bangladesh. | Sharing | 2020 |
| 12. | Ground Floor, Purbo Bazar Jame Mosque, Sunamganj, Bangladesh | Sharing | 2020 |
| 13. | Ground Floor, Bonanipara Jame Mosque, Shologhor, Sunamganj, Bangladesh | Sharing | 2020 |
| 14. | Ground Floor, Bolaka R/A Jame Mosque, Sunamganj, Bangladesh | Sharing | 2020 |
| 15. | Ground Floor, Alipara Jame Mosque, Shologhor, Sunamganj, Bangladesh | Sharing | 2020 |
| 16. | Ground Floor, Shologhor Jame Mosque, Shologhor, Sunamganj, Bangladesh | Sharing | 2020 |
| 17. | Puraton Bus Stand Jame Mosque, Sadar, Sunamganj, Bangladesh | Sharing | 2020 |
| 18. | Mohammadpur Jame Mosque, Mohammadpur, Sunamganj, Bangladesh | Sharing | 2020 |
| 19. | Meeting Room, Manager Office, Kuching International Airport, Malaysia. | Sharing | 2018 |
| 20. | Office Room, Election Officer, Election Commission Office, Malaysia. | Sharing | 2018 |
| 21. | Office Room, Kota Samarahan Police Office, Sarawak, Malaysia | Sharing | 2018 |
| 22. | Officer Room, Bantuan Police, UNIMAS, Kota Samarahan, Malaysia. | Sharing | 2018 |
| 23. | Media Room, Sarawak FM Radio Office, Sarawak, Malaysia | Sharing | 2018 |
| 24. | Office Room, Police Headquarter, Kuching, Sarawak, Malaysia | Sharing | 2018 |
| 25. | Ground Floor, Desa Ilmu Mosque, Kota Samrahan, Sarawak, Malaysia | Sharing | 2018 |
| 26. | Ground Floor, Samarinda Mosque, Kota Samrahan, Sarawak, Malaysia | Sharing | 2018 |
| 27. | Office Room, PITAS, UNIMAS, Kota Samrahan, Sarawak, Malaysia. | Sharing | 2018 |
| 28. | Hall Room, Teachers' Training College, Kota Samarahan, Sarawak, Malaysia | Sharing | 2018 |

**Appendix 1.** Talk-show

| Sl.no. | Name of Institution, where I shared on the ISNAPHOCE through ethical talkshow | Type of Awareness | Year |
|---|---|---|---|
| 1. | Ground Floor, Goabari Jame Mosque, Pathantala, Sylhet, Bangladesh. | Talk show | 2019 |
| 2. | Ground Floor, Hasnabaj Jame Mosque, Jamalganj, Sunamganj, Bangladesh | Talk show | 2019 |
| 3. | Baitul Aman Jame Mosque, 1st Floor, Zindabazar, Sylhet, Bangladesh. | Talk show | 2019 |
| 4. | Baitul Falah Jame Mosque, Ground Floor, Uposhahar, Sylhet, Bangladesh. | Talk show | 2019 |
| 5. | Ground Floor, Srimangol Jame Mosque, Moulvibazar, Bangladesh. | Talk show | 2019 |
| 6. | Ground Floor, Baitun Noor Jame Mosque, Uposhahar-Sylhet, Bangladesh. | Talk show | 2019 |
| 7. | Ground Floor, Satchhari National Park Jame Mosque, Chunarughat, Habiganj. | Talk show | 2019 |
| 8. | Ground Floor, Kumarpara Jame Mosque, Sylhet, Bangladesh. | Talk show | 2019 |
| 9. | Ground Floor, North Kazitula Jame Mosque, Kazitula, Sylhet, Bangladesh. | Talk show | 2019 |
| 10. | Ground Floor, Sheikhghat Jame Mosque, Sylhet, Bangladesh. | Talk show | 2019 |
| 11. | Ground Floor, Baitul Maqsood Jame Mosque, Subidbazar, Sylhet, Bangladesh | Talk show | 2019 |
| 12. | Ground Floor, Mauban Jame Mosque, Jatarpur, Sylhet, Bangladesh. | Talk show | 2019 |
| 13. | Ground Floor, Goabari Jame Mosque, Pathantola, Sylhet, Bangladesh-1st day | Talk show | 2019 |
| 14. | Ground Floor, Goabari Jame Mosque, Pathantola, Sylhet, Bangladesh-2nd day | Talk show | 2019 |
| 15. | Ground Floor, Titanic Building Jame Mosque, Subidbazar, Sylhet. | Talk show | 2019 |
| 16. | Ground Floor, Jamia Khatamunnabien Mosque Sylhet, Baluchara, Sylhet. | Talk show | 2019 |
| 17. | Majumdari Jame Mosque, First Floor, Airport Road, Sylhet, Bangladesh. | Talk show | 2019 |
| 18. | Ground Floor, Kudratullah Jame Mosque, Bandar Bazar, Sylhet, Bangladesh. | Talk show | 2019 |
| 19. | Ground Floor, Al -Amin Madrasa Mosque, Kazitula, Sylhet, Bangladesh. | Talk show | 2019 |
| 20. | Ground Floor, Kazi Jalal Uddin Jame Mosque, Kazitula, Sylhet, Bangladesh. | Talk show | 2019 |
| 21. | Conference Room, PITAS-Bahasa Pustaka Dewan, UNIMAS, Malaysia. | Talk show | 2018 |

**Appendix 1.** Conferences

| Sl.no. | Name of Institution, where I presented on the ISNAPHOCE at Conferences | Type of Awareness | Year |
|---|---|---|---|
| 1. | Presentation on Impact of Sensor Networks towards Individuals Augmenting Causes of Diabetes at the Global Webinar on Diabetes and Endocrinology on November 22, 2021 organized by Scientex Conference, USA. (Morning Session). | Conference | 2021 |
| 2. | Presentation on "Processed Radio Frequency towards Pancreas Enhancing the Deadly Diabetes Worldwide" at the Global Webinar on Diabetes and Endocrinology on November 22, 2021 organized by Scientex Conference, USA. (Evening Session). | Conference | 2021 |
| 3. | Presentation on "Socio-economic Impact of Coronavirus Pandemic along with Uncertain Causes in Global Healthcare" at International Conference on Emerging Trends in Accounting and Finance (ICETAF)-2021 on November 11-12, 2021 at Tezpur University, Assam, India. | Conference | 2021 |
| 4. | Presentation title "Issues and Challenges of Medical Jurisprudence for Dynamic Health Services in Bangladesh". Iinternational Conference on Innovation and Transformation for Development on 23-24 October 2021 at Green University of Bangladesh, Dhaka, Bangladesh. | Conference | 2021 |
| 5. | Conference Hall, Maulana Bhasani University of Science and Technology, Shontosh, Tangail, Government of People's Republic of Bangladesh | Conference | 2019 |
| 6. | Amanulla Convention Centre, Organized by Faculty of Fisheries, Sylhet Agricultural University, Sylhet, Bangladesh (Poster Presentation) | Conference (1st day) | 2019 |
| 7. | Amanulla Convention Centre, Organized by Faculty of Fisheries, Sylhet Agricultural University, Sylhet, Bangladesh (Oral Presentation). | Conference (2nd day) | 2019 |
| 8. | Presentation on "Environmental Governance" at the National Conference on March 2, 2019, organized by Department of Law and Justice, Metropolitan University, Sylhet, Bangladesh. | Conference | 2019 |
| 9. | Conference Hall, Awana Hotel, Genting Highlands, Kuala Lumpur, Malaysia. | Conference | 2018 |
| 10. | Conference Hall, Pearl International Hotel, Kuala Lumpur, Malaysia, organized by OIDA, Canada. | Conference | 2017 |
| 11. | Conference Hall, Santa Clara de San Carlos, Costa Rica. Organized TDWG. | Conference | 2016 |

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