



WORLD HEART DAY 2015

"Healthy Heart Choices for Everyone Everywhere"

Hamdard Institute of Medical Sciences & Research
Jamia Hamdard, New Delhi – 62

The World Health Day – 2015 was commemorated at the Hamdard Institute of Medical Sciences & Research (HIMS) on Tuesday, 29 September. The venue was the Lecture Theatre – II of HIMS and time was 2pm to 5pm. The Departments of Community Medicine and Internal Medicine were the main organisers. It was a happenstance that the weekly clinical meeting of HIMS was to be held at the same time and venue. So prudently enough that was neatly dovetailed into the commemoration.

Prof. Rambha Pathak, HOD, Community Medicine, set the ball rolling sharply at 2 pm by welcoming all the guests and participants. She emphasised the public health importance of cardiovascular diseases and reiterated that most of the morbidity was preventable by adopting life-style changes. She then invited Dr. Sushovan Roy, Associate Professor in the Dept. of Community Medicine to take forward the program by initiating the Debate Competition for the day.

The participants of the debate were the undergraduate medical students of HIMS of all but one (2013 – exam going) batches, including the very fresh 2015 batch. Two topics for deliberation were offered:

A) *"Acknowledged hedonists Winston Churchill and Khushwant Singh lived beyond 90 years, so why should I bother about smoking and drinking alcohol."*

B) *"Coronary Artery Disease is inevitable, then why abstain from smoking and drinking alcohol."*

Interestingly, out of the total eight speakers, only one chose the latter topic. It was a modified scheme in that the interjections and rebuttals were dispensed with, due to constraints of time. Each speaker was allowed 5 minutes to rest their respective cases. The event was judged by a quartet of eminent professors of HIMS – Prof. RC Jiloha (Psychiatry), Prof. RD Mehra (Anatomy), Prof. AK Patwari and Prof. Bhawani Singh.

The participants (batch) in the order of appearing were:

1. Megha Bhargava (2014)
2. Pooja Mohan (2012)
3. Aditya Niloy Dutta (2014)
4. Tanvi Grover (2012)
5. Ojas Ahuja (2014)
6. Huda Binte Islam (2014)
7. Shubhaa Chawla (2015)
8. Natasha Panesar (2015)

All the participants had put up a lot of earnest effort during in preparing for the event under the tutelage of Dr. Sushovan Roy. Their toil bore fruit as each of them performed exceedingly well in

their elocution. This was reaffirmed when the judges admitted their great difficulty in grading them. As is the nature of all contests, rating was inevitable, and the results were:

1st – Tanvi Grover

2nd – Huda Binte Islam

3rd – Pooja Mohan

Subsequent to the conclusion of the Debate, the Hon. Dean of HIMSR, Prof. Sridhar Dwivedi took centre stage with his impeccable presentation befitting the occasion. Being the renowned preventive cardiologist that he is, the tenor of his message was on the preventive aspects of Coronary Artery Disease. He enlightened the audience about the nine risk factors which are responsible for the majority of cases of Coronary Artery Disease (CAD). These are:

1. Abnormal Lipids in Blood
2. Smoking
3. Hypertension
4. Diabetes
5. Abdominal Obesity
6. Psychosocial Stress Factors
7. Lack of Consumption of Fruits & Vegetables
8. Alcohol Consumption
9. No Regular Physical Activity

Sometime during Prof. Dwivedi's talk, the Hon. Vice Chancellor of Jamia Hamdard, Dr. G. N. Qazi arrived to grace the occasion with his presence. As if by providential decree the honoured guest speaker, Prof. Sanjay Tyagi, Director, G. B. Pant Hospital, arrived almost concurrently

The *Piece de resistance* of the afternoon was the outstanding talk given by the Guest of Honour, Professor Sanjay Tyagi, who is a cardiologist of great international eminence. His forte is intervention cardiology, and so he spoke on Endo-vascular Treatment. It was a captivating and educative discourse becoming of the stature and repute of the speaker. The lucid yet comprehensive manner of presentation betrayed the prodigious nature of the good doctor.

We had the good fortune of hearing some comical anecdotes of alcoholism of an American Scientist in Jammu, from our much esteemed Vice Chancellor, Dr. Qazi. The results of the Debate contest were announced by Prof. Jiloha, who also illuminated the psychoanalytical basis of tobacco and alcohol dependence. The winners of the contest were fortunate to be felicitated by the dignified persona of Dr. Qazi, Dr. Tyagi and Dr. Dwivedi.

Ultimately the house broke for the much appreciated Tea and Biscuits.



Dr. Sanjay Tyagi addressing the audience with his talk on Endo-vascular Treatment



Winners of the Debate with the dignitaries.