

World Heart Day Marked at the DPSRU, New Delhi, India

Delhi Pharmaceutical Sciences and Research University, New Delhi celebrated the World Heart Day on 29th Sept in association with Society for Promotion and Research of Cardiovascular Sciences (SPARCS) and International Academy of Cardiovascular Sciences (IACS)-India section.

Observing the increasing and alarming statistics of cardiovascular diseases globally, the aim of this program was to spread awareness about heart health significance for a healthy life and how to keep heart healthy with few small and smart steps.

DPSRU organized a camp with free access to heart and lung health check-up in collaboration with Delhi Heart and Lung Institute (DHLI) and Rotary Club Delhi Central. The health Check-up camp was inaugurated in the presence of Vice Chancellor, DPSRU; Registrar, DPSRU; Rtn. Sanjay Agarwal (President, Rotary Club Delhi Central); Director, SPS, DPSRU, all the dignitaries invited and faculties, DPSRU.





To mark this event, balloon releasing ceremony with Heart-Walk campaign took place successfully in campus executed by Prof. Ramesh K. Goyal, Vice Chancellor, DPSRU & President, IACS (India Section) under the co-ordination of Dr. Mukesh Nandave, Associate Professor, DPSRU & Secretary General, IACS (India Section) Beautiful heart health messages and slogans with smart exercise practices, in heart health benefit were shared by most of the participants during the Heart Walk.



Heart to Heart talks by Cardiologists was delivered to impart knowledge about heart health significance for a healthy life and various measures to get a healthy heart. The program started with lamp lighting followed by DPSRU song.



Addressing about the event and purpose behind, Prof. Ramesh K Goyal, Vice Chancellor, DPSRU stated the significance to observe the World Heart Day around the globe and he appealed people to adopt healthy lifestyle.

During his talk Dr. Kamal K Sethi, Chairman, Cardiologist, DHLI well explained the alarming signs and symptoms related to heart health risks along with various measures towards management of good heart health and driving actions to negate the risk factors impact on

heart health. Heart-healthy life style changes like eating healthy, getting more physically active, quitting smoking are some measure smart steps towards achieving a healthy heart.

Dr. Rama Kant Yadava, Associate Prof., Cardiology from All India Institute of Ayurveda, New Delhi narrated the holistic approach of Ayurveda in Cardiovascular disease management. It's possible to prevent Heart Diseases by keeping balance of 3 doshas and 7 Dhatus as per Ayurvedic approaches. Dr. Yadava enlightened us with the significance of balanced diet following heart health maintenance. For that we need mix of healthy foods like fruits, vegetables, whole grains, proteins, fat-free or low-fat dairy products, and oils.



Addressing his vote of thanks, Dr. Mukesh Nandave, DPSRU narrated that the theme behind The World Heart Day was to tell people world wide to make a promise, "*for my heart, for your heart, for all our hearts*", a promise as an individual to cook and eat more healthily, to do more exercise and encourage youngsters to be more active, to say no to smoking.

With this beautiful heartfelt message, the talk session come to an end by paying tribute to Nation with National anthem.





