

To commemorate World Heart Day 2013, the Department of Medicine/Preventive Cardiology at Hamdard Institute of Medical Sciences and Research (HIMSR), Jamia Hamdard University, New Delhi organized a Cardiac Symposium at HIMSR on 8th October, 2013. Dean/Principal Prof. S Dwivedi welcomed the guests, participants and students. He also put forth the work being done by HIMSR in field of preventive cardiology, particularly lifestyle intervention strategy.

In keeping with this year's theme of prevention of heart diseases, the highlight of the symposium was the talk delivered by distinguished cardiologist, Prof. S Padmavati (in picture). She enlightened the audience about various aspects of "Preventive Cardiology" – how with simple measures of diet, exercise and avoidance of harmful substances one can hope to live healthily to a ripe old age. Prof. S. Tyagi, who is head of department of Cardiology at G. B. Pant Hospital, New Delhi, lectured on the essence of timely treatment for patients of acute myocardial infarction and that 'Time is Muscle". Prof. U. Kaul, renowned cardiologist at Fortis Hospital, New Delhi gave interesting insights into hypertension in India, it's extent, severity, and inadequacies in bridging the treatment gap.

After felicitating all the distinguished speakers, the Hon'ble Vice-Chancellor of Jamia Hamdard University, Dr. G. N. Qazi, a scientist and microbiologist of national and international repute addressed the audience. He lauded the efforts of the Department of Medicine in organizing this symposium and espoused the cause of adopting healthy lifestyle practices by all, especially the students and young faculty members. He called upon all to engage in physical activities and sports. Dr Qazi also stressed upon the unmet need of investigating and documenting traditional remedies for cardiac maladies and to scientifically amalgamate their usage in clinical medicine.

The symposium's scientific flavor was further diversified by the array of posters presented by the HIMSR preventive cardiology team including Dr Sumeet Singla. Interesting and rare case reports such as Dextrocardia with stroke, oral cancer with acute myocardial infarction, familial hypertrophic cardiomyopathy and ethnomedical usage of *Terminalia arjuna* were displayed for all to appreciate the vitality and expanse of clinical work being undertaken here at HIMSR.

The enthusiasm of the young students of HIMSR was appreciated by Prof. Padmavati and Dr Qazi, who exhorted them to avail full benefit of such wonderful clinical exposures early in their professional careers.

The symposium ended with a vote of thanks by the Registrar of Jamia Hamdard, Dr. Firdous A Wani.