

# Change lifestyle to live a healthier life; Dr Sushil's message on World Heart Day

## Impressive Walkathon organized to mark World Heart Day



Glimpses of impressive walkathon organized to mark World Heart Day in Jammu on Friday.

### ■ STATE TIMES NEWS

JAMMU: Giving a loud and clear message to the people to give priority to their health, Dr. Sushil Kumar Sharma, Head of the Department, Department of Cardiology, and Government Medical College Hospital (GMCH) Jammu today said that to keep the body in good health is a duty. otherwise, we will not be able to keep our minds strong and clear.

Eminent cardiologist Dr. Sushil Sharma focused on the need for preventive measures like maintaining a healthy lifestyle, dietary preferences, and physical activity to remain healthy. Addressing the gathering to mark the conclusion of the Walkathon organized by the Department of Cardiology to celebrate World Heart Day, Dr. Sushil Sharma emphasized the fact that since a healthy heart is the gateway to a healthy life, it is important to ensure the health of your heart.

Continuing with the tradition of making masses and communities from all walks of life aware of the impending cardiovascular pandemic, the Department of Cardiology Super Specialty Hospital

Jammu under the visionary guidance of Dr. Sushil Sharma organized a daylong Walkathon on the occasion of World Heart day with main focus on this year theme "Use Heart, Know Heart"

The impressive Walkathon started from Bikram Chowk and culminated at Superspecialty Hospital, Jammu with the participation of people from all walks of life. Justice Sanjeev Kumar, Lok Sabha member Jugal Kishore Sharma, Dr. Shakti Gupta - Director AIIMS, Dr. Narinder Singh (National Sect. BJP), Shakti Pathak - DIG , Rajeev Panday - DIG NIA, Dr. Rajinder Singh (Former Principal GMCH) , Adv D S Chauhan and office bearers of the Jammu Chamber of Commerce and Industries participated in the Walkathon. BSF Jawans along with students of Jammu Sanskriti School, Wazir Janki Nath Memorial, Lawrence Public School, and Maha Saraswati Shishu Vidya Mandir Public School and people from all walk of Life also participated in the Walkathon.

"With the growing number of heart patients world-

wide, it has become a cause of concern of late. As per reports, millions of people die of heart disease every year, which is an alarming scenario", Dr. Sushil informed and added that World Heart Day is celebrated every year on September 29 to create awareness against heart diseases and to prevent heart diseases by giving it a tough fight. He, however, revealed that nothing is more powerful than human resolve which can be ascertained from the Jammuites pledge to participate in the walkathon as well as by the huge response received with participation from all sections of society. The aim of organizing this Walkathon is to address the ever-rising trend of CVDs which take the lives of 20.5 million people every year; 31% of all global deaths. Triggering these diseases - which manifest primarily as heart attacks and strokes are tobacco use, unhealthy diet, physical inactivity, and the harmful use of alcohol", Dr. Sushil said.

Regarding this year's theme masses were made aware of the fact that Use Heart, Know Heart is Open-Ended.

It is not limited to a specific theme or topic. Instead, those who activate the campaign can choose their area of focus - i.e., the environment, healthcare access, mental health, or priority risk factors - and provoke their audiences with questions that are relevant and interesting to them. While lauding the initiatives of Dr. Sushil Sharma to aware people, Justice Sanjeev Kumar said that nothing is more powerful than human resolve to prevent any disease. He lavished all praise on eminent cardiologist Dr. Sushil for his efforts to involve the masses in the awareness campaign. Lok Sabha member Jugal Kishore Sharma, in his address, said that today's impressive Walkathon is an indication that Dr. Sushil Sharma's initiatives yielding encouraging results. He pointed out that Jammuites have reassured their resolve by participating in today's Walkathon with an overwhelming response from every section of the society. At the outset Dr. Mohan Lal, Dr. Gurjit Singh , Dr. Arvind Kohli and Dr. Nasir Ali Choudhary informed the partic-

ipants on how to stay healthy and how to prevent any complications in patients who already have cardiovascular Disease. Dr. Nitin Sharma conducted proceedings of the function and introduced the Guests .

Carrying placards spreading the messages on the WHD, Students from different schools were the attraction of the walkathon. The walkathon concluded with the release of the Red heart shaped Balloons bearing message like Beat CVD, Quit smoking, healthy diet, Control Diabetes, Maintain adequate blood Pressure , Cholesterol level and De stress .

Other speakers appreciated the efforts of Dr. Sushil Kumar Sharma to create awareness among people against heart disease. They made special mention of the free medical camps organized by Dr. Sushil Sharma and his team every week in different parts of the Union Territory to provide the best possible health facilities to the people at their doorsteps.

## World Heart Day 2023; 1.7 crore people die due to cardiovascular disease

### By adopting healthy life style 85% deaths can be prevented

### ■ MASROOR AHMAD

SRINAGAR: As a part of World Heart Day several functions were organised in Srinagar, to raise awareness on cardiovascular diseases among the young generation.

We should Focus on adopting a healthy lifestyle for a healthy heart, the renowned cardiologist and former Director SKIMS Professor Dr A G Ahangar said at a free clinical services event organised at Srinagar Medcity Heart Institute.

He said that lack of awareness about the cardiovascular health and certain life style habits cardiovascular diseases is one of the leading reason for mortality world-wide.

Every year, around 1.7 crore people die due to cardiovascular disease accounting approx. 31% of all global mortality.

He further said that World Heart Day plays a vital role in creating awareness to educate people across the world to understand the importance of heart health and



Former Director SKIMS Professor Dr A G Ahangar speaking during the event at Srinagar.

bringing other organisation together to actively participate in organising various events to create awareness.

Dr Ahangar said, this year World Heart Day theme is "Use Heart ,Know Heart" a reminder call to everyone around the world to take care of their hearts.

He said that, in a world where knowledge about heart health is limited and policies are insufficient or lacking, the days aims to shatter barriers and empower individuals to take control of their well being ,as the theme depicts when we know more,

we can take better care.

He said, when we are witnessing increase in cases of heart attacks in young generation ,it is still possible that 85% heart related deaths preventable with timely treatment .To minimize heart diseases a person should follow 5S formula ,that is minimum salt intake, minimum sugar intake, minimal sedentary life style, minimum stress and complete abundance of smoking and recently one S has been included and that is entertainment related stress free atmosphere should be adopted.

According to WHO World Health Organisation these risk factors put your heart at risk : Unhealthy diet, Drinking too much alcohol, Tobacco, Air pollution not moving enough. According to experts your heart age gives you an idea of how healthy your heart is.

If your heart age is older than your actual age, you could be at increased risk of having a heart attack or stroke.

On World Heart Day ,the Kashmir Runner's Club organised a run from Bakshi Stadium, to raise awareness about heart diseases and the effects of the sedentary life style that most people have adopted.

Organisers of the Runners Club said ,that today our youth are facing traumatic situation. On the one hand drug use is increasing and cases of heart attack cases are becoming more and more dangerous challenges for our young generation. We must fight together to deal with this situation.

## BJP to form Govt in Rajasthan; Gehlot set to lose even his own seat: Rana

### ■ STATE TIMES NEWS

JODHPUR: Asserting that the BJP is all set to form its government in Rajasthan with a thumping majority, Senior party leader Devender Singh Rana on Friday predicted imminent defeat of Chief Minister Ashok Gehlot in Sardarpura seat in Jodhpur during the upcoming assembly elections.

"BJP is all set to sweep the Rajasthan polls and register a thumping victory ", Rana said while addressing Sangathan Baithak at Sursagar Assembly Constituency in Jodhpur, adding that the anger against Ashok Gehlot is growing for his misgovernance, non-performance, divisive and appeasement policies.

Rana, a senior BJP leader from Jammu and Kashmir, who is the Prabhari for Jodhpur, said that the people of Rajasthan are hugely disillusioned with the Congress in general and the Chief Minister in particular, and have made up their mind to show the anti-party government the door.

He described the Congress as a villain of democracy and said that for lust of power it can jump the red line and even sacrifice the national interest. In this context he referred to rigged Jammu and Kashmir elections in 1987 post Rajiv Gandhi-Farooq Abdullah infamous accord that brought the sensitive border state to a situation of morass, leading to cult of violence unleashed by the neighbouring rogue



Senior BJP leader Devender Singh Rana addressing Sangathan Baithak in Jodhpur.

country . Had Rajiv Gandhi not ignored the warning signals from the then Governor Jagmohan the Valley would have not plunged into the dark era of radical terrorism, witnessing the haunting out of miniscule Kashmir Pandit minority from their homes and hearths. He said but for the course correction by the BJP under the visionary leadership of Prime Minister Narendra Modi, the Congress with its lackeys in the political spectrum had brought Kashmir to disaster. "Talking about the political issues would certainly expose the Congress, which is solely responsible for all the ills afflicting the body psyche of the nation because of greed, lust and lack of vision of the dynasts", Rana said, adding that the follies and wrongs committed by the grand old party during the past seven decades will manifest in the annihilation of the Congress. Such a scenario will fulfill the dream of Mahatma Gandhi who had suggested disbanding the Congress

immediately after the independence, he added. Rana referred to the ongoing BJP wave sweeping across Rajasthan and said that the people are eagerly awaiting the D-day to punish the Congress for its opportunistic and divisive policies. By spearheading the anti-Sanatan INDI Alliance, the Congress has drafted the script of its own annihilation, as the 'Hate Modi Campaign' has strengthened the resolve of nationalists to stand behind the Prime Minister like a rock to make India the Vishwa Guru. While the stature of the Prime Minister is growing leaps and bounds across the globe, the Modi haters back home are getting reduced as political dwarfs, he added. He complimented the Karyakartas for reaching out to the last person in the society and ensuring massive support for the BJP, which will see the party triumphing with all its glory in the ensuing Legislative Assembly elections.