

## **World Heart Day Celebration 2019- A Report**

The Heart Care Foundation celebrated the World Heart Day on Sunday September 29, 2019 at I M A house, Kaloor, Kochi. The days program included, 1) Hrudayasangamam 2) CPR (BLS) session 3) Public function 4) Awarding the Life Time Achievement Award and 5) Panel discussion. This was followed by Snehavirunnu.

The Cardio Pulmonary Resuscitation (CPR) Basic Life Support session which began at 10.00 am was well attended with over 115 participants from various colleges, institutions and Public. The session was handled by instructors from Indian Institute of Emergency Medical Services, Alert and Chiranjeev Hriday. Hrudayasangamam a unique event of Heart Care Foundation were the patients' undergone coronary Bypass Surgery/other procedures have an opportunity to interact with doctors, dietician and other paramedical staff along with their families was being held simultaneously in the fourth floor.

The proceedings of the Hrudayasangamam began with the Welcome/Introduction address by Dr. Jose Chacko Periapuram Chairman, Heart Care Foundation. This was followed by a detailed presentation by Dr. Jo Joseph, Trustee, Heart Care Foundation on 'Heart disease- how to live with it'. After the lively presentation by Dr. Jo, Dr. Nisha, Dietician and Professor of nutrition St. Teresa's College & Governing Council member spoke on 'Healthy eating'.

At this point it was time for the official function of World Heart Day Celebration 2019 to commence. The Chief Guest, the Awardee of Life Time Achievement Award of the foundation along with other guests and council members were welcomed and seated in the places allotted to them.

The official function commenced with formal welcome address by Dr. Jose Chacko Periappuram, Chairman. Moving away from the customary style the Chief Guest and the guests of honor were presented with a rose bed in a gift pen holder made out of wood by the husband of a transplant patient. This was followed by the presidential address by Fr. Thomas Vaikathuparambil Director, Lisie Hospital. After the presidential address Mr. Justice Antony Dominic Chairperson, Kerala State Human Rights Commission lit the traditional lamp inaugurating the World Heart Day Celebration, and delivered his inaugural speech. In his inaugural address he said leading a healthy life is not only a fundamental right, but a human right too. He was all praise to the services provided by doctors and paramedical staff in the field of cardiology and he took the opportunity to congratulate the Life Time Achievement Awardee Dr K Venugopal and appreciated the contribution made by him in the field of Cardiology. Subsequently, Dr, Jacob Abraham, Trustee Heart Care Foundation introduced the Awardee of the Life Time Achievement Award. In his brief introduction of the Awardee Dr. Jacob listed the major achievements of Dr. K Venugopal, HOD Cardiology Pushpagiri Institute of Medical Sciences (PIMS) Thiruvalla. Dr Jose Chacko read out the citation which was to be presented to the Awardee. Mr. Justice Antony Dominic Chairperson, Kerala State Human Rights Commission then presented the awardee with the Citation and the Cash Award. Dr. K Venugopal after receiving the award delivered his acceptance speech. He also thanked Heart Care Foundation for nominating him for the Life Time Achievement 2019. In his address he emphasized the need for healthy lifestyle which is not seen taken up seriously in schools/colleges. Fr. Thomas Vaikathuparambil released the 50th Edition of Caring Hearts by handing over a copy to Dr. Abraham Varghese IMA State President elect. As a special gesture six patients who underwent heart transplant surgeries were felicitated on the occasion. This was followed by felicitation by Dr. Abraham Varghese, President- elect, Indian Medical Association (IMA) and Dr.

Jo Joseph Trustee, Heart Care Foundation proposed the vote of thanks. The official function thus came to a close.

Thereafter the panel discussion for interaction with patients and families members commenced. The panelists were Dr. Jeevesh Thomas Cardio Surgeon, Dr. Jo Joseph, Cardiologist, Dr. Nisha Vikraman and Mr. Felvin Mathew. The panel discussion was very lively with audience competing with each other for asking questions and getting their queries answered. Finally the discussion came to a close at 1.30 pm. Mr. Dominic J Mechery, Executive Director- Heart Care Foundation presented mementos to all panelists. This was followed by Snehavirunnu and with this curtains came down to World Heart Day celebration- 2019.