

Surya Sen Mahavidyalaya

Siliguri



ASSESSMENT PERIOD
2018-2019 TO 2022-2023

SUPPORTING ATTACHMENTS

CRITERION – 3

Key Indicator – 3.2 Innovation Ecosystem

3.2.2 Number of workshops/seminars/conferences including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship during the last five years.

Content:

"Be Heart Healthy", an awareness webinar on heart health

SURYA SEN MAHAVIDYALAYA

[A Multi-stream Govt. Aided College & Recognised by UGC u/s 2(f) &12(b)]

[NAAC ACCREDITED] [ISO 9001:2015]

Block B, Surya Sen Colony, Siliguri, WB – 734004.

(Affiliated to University of North Bengal)



Department of Physics

Date: 04.07.2021

Be Heart Healthy

An awareness program on heart health

(July 04, 2021, 5:00 PM)

Organized by: Department of Physics, Surya Sen Mahavidyalaya, Siliguri

Convener: Dr. Arindam Karmakar, Assistant Professor and D-i-C, Department of Physics.

Resource person: Dr. Biswadev Basu Majumdar, Senior Consultant Interventional Cardiologist, Desun Hospital, Siliguri

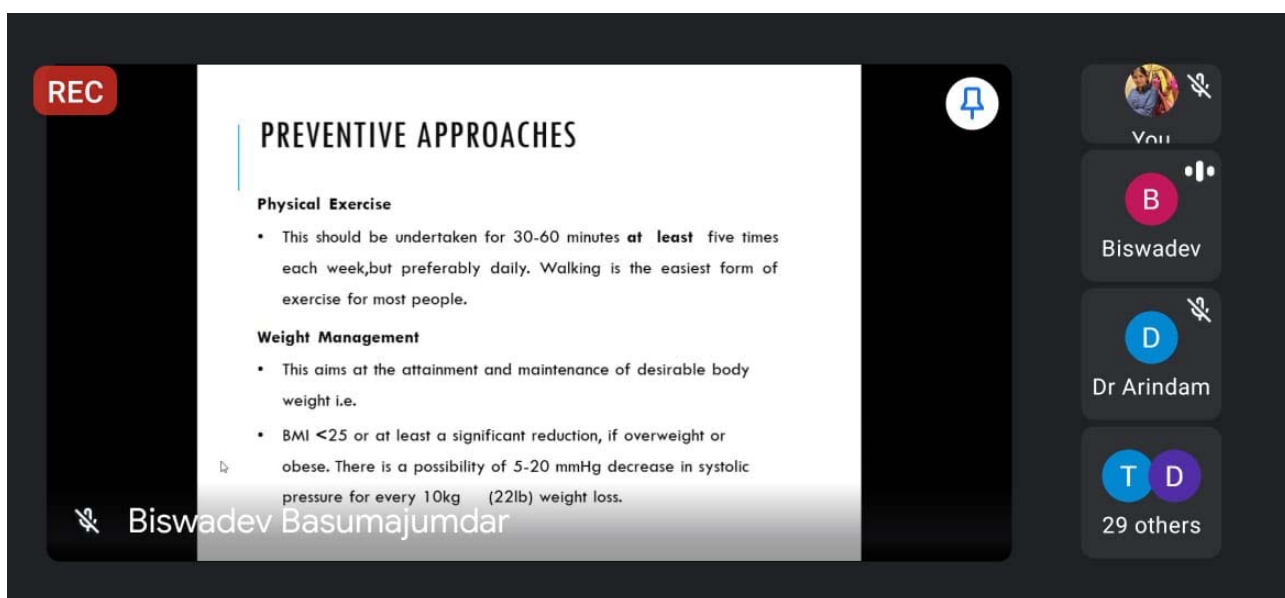
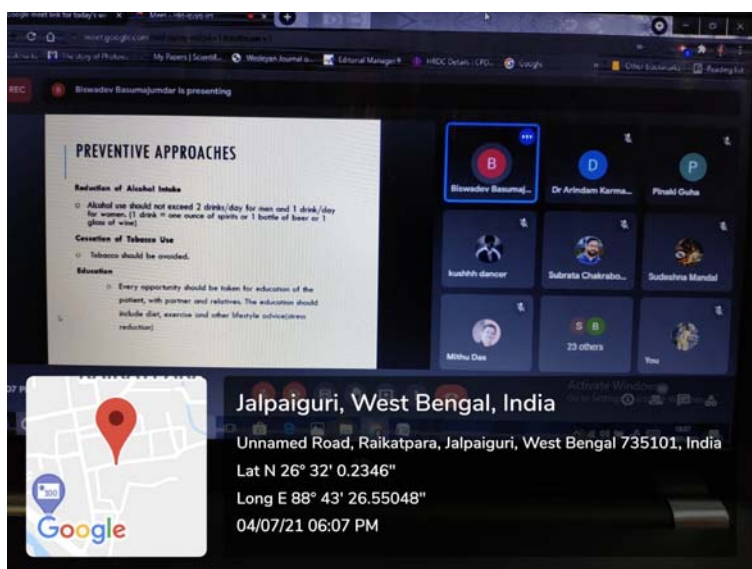
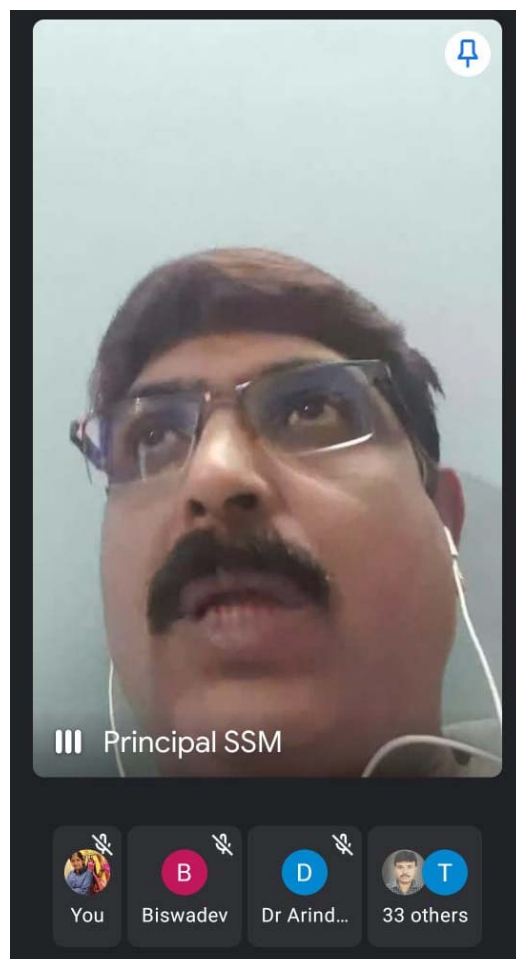
A general awareness programme on heart health was organized by the Department of Physics on 04.07.2021 during 05:00 – 06:15 PM. The targeted audience was the general public. The programme was an online presentation (webinar) delivered by Dr. Biswadev Basu Majumdar, Senior Consultant Interventional Cardiologist, Desun Hospital, Siliguri. Welcome address was delivered by Dr. Arindam Karmakar followed by a formal inaugural speech by Principal, Dr. Pranab Kumar Mishra. This was followed by the main session, the presentation by the speaker. There was a brief question answer session after this. The programme was then concluded by a vote of thanks by Dr. Romyani Goswami, Assistant Professor, Department of Physics. There were about 48 participants in the audience that included some from our college, some from outside and within West Bengal and a couple of them outside West Bengal.

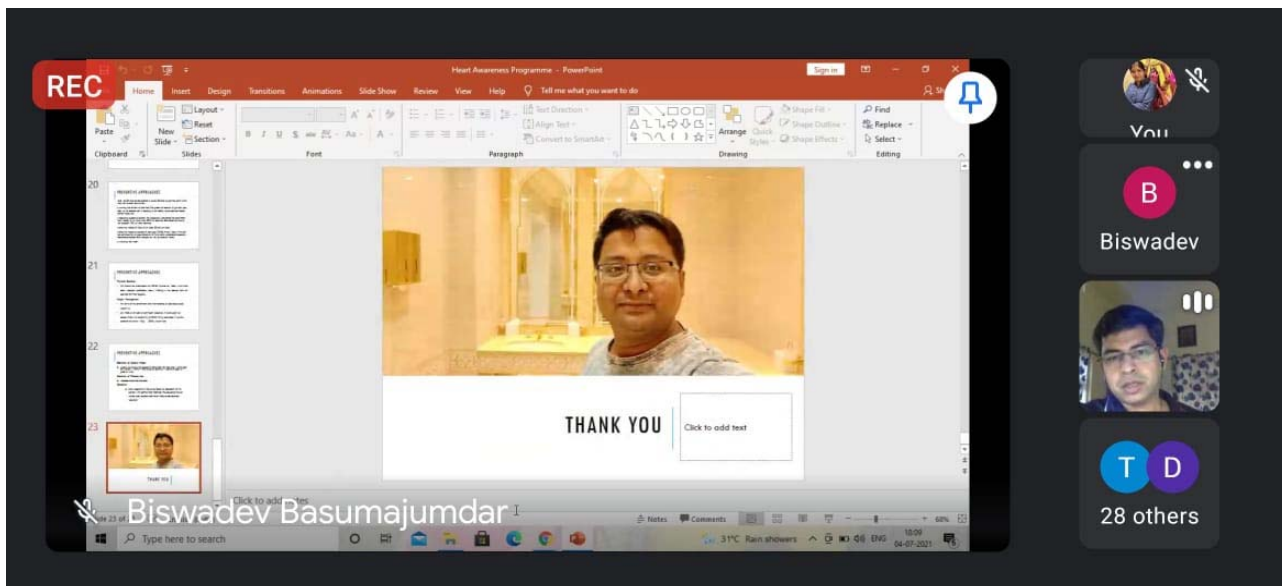
The main session was very rich and informative about various aspects of heart physiology, diseases, diagnosis, prognosis and preventive measures. The seminar started with a brief and general overview of the heart as an organ of the human body and its various functions, followed by different risk factors of heart diseases. All possible common signs and symptoms of heart disease were then discussed in very lucid terms for awareness of the general people. Different broad classifications of heart diseases were then distinguished along with highlighting the major, the most common and the most dangerous ones and how to identify them in cases of emergencies. The motivation was to educate the common people about them, so that they can understand the importance of such symptoms and take the right emergency steps for any patient, at any time, outside the hospital, and rush them for medical treatments. The presentation also included description of common diagnostic methods in practice and the common treatment methods prevailing at present. The audience was also educated about several varieties of pacemakers available today and in which cases each one of them is used. Some illustrative videos of pacemaker implantation and pacemakers in action were also shown to give the audience a taste of the practical scenario. Lastly, and most importantly, there were discussions of medically recommended practices to be maintained in daily life for prevention of heart diseases. Overall, as the

Dr. P. K. MISHRA
Principal
Surya Sen Mahavidyalaya
Siliguri - 734004

major objective of the program, we believe that a general awareness of heart health was rightly achieved among the participants. We hope that we could educate the audience, with a scientific background, about the importance of heart in human body, its functions, how to keep it healthy, what are the dangers of heart diseases, how to identify them, how to act in cases of heart emergencies, how to help people with sudden and emergency heart problems, what are the first aids to be followed, how heart diseases are diagnosed and rectified.

Photographs:





Arindam Karmakar

Dr. Arindam Karmakar
 Assistant Professor and D-i-C
 Dept. of Physics
 (Convener)
 Surya Sen Mahavidyalaya
 Siliguri, WB – 734004

DR. P.K. MISHRA
 Principal
 Surya Sen Mahavidyalaya
 Siliguri - 734004