

## Health Awareness Programme conducted by Science Forum & SERB-DST Project, BBMC

By Our Correspondent

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As part of the initiative “Popular Science Lecture Series” undertaken by the Science Forum of Bir Bikram Memorial College, a health awareness programme on “How to prevent Heart Diseases and Heart Attack?” has been organized in collaboration with the SERB, DST project undergoing in BBM College. The programme was presided over by Dr. Jiban Krishna Patra, Principal- in-Charge of BBM College. Dr. Nandini Gupta, Convenor, Science Forum, BBM College welcomed the guests and briefly depicted the backdrop and relevance of the programme. In their respective short deliberations Dr. Abhijit Bhattacharjee, TC Secretary, BBMC emphasized on the importance of the programme. In his speech, Dr. Arijit Das, Associate Professor (Chemistry) & Principal Investigator, SERB, DST project, BBMC said ‘Dr. Arup Dev is a renowned cardiologist of India, whose ground-breaking work and dedication have significantly changed negative reactions occurred in our HEART to maintain its wave nature’.

Finally the resource person of the programme Dr. Arup Deb, renowned cardiologist of Tripura, shared his apt and valuable suggestions on how to take precautions to avoid cardiac arrest. He elaborately presented and explained the various reasons of cardiac arrest and provided suggestions on precautions to be embraced by all. Dr. Deb reiterated that healthy and adequate food, rest, sleep and physical exercise are among the most important matters we should take care of to prevent heart diseases. Students, teachers, respected citizens from the neighbouring areas enthusiastically joined in the lively and informative interaction session with Dr. Deb and the purpose of the programme was truly fulfilled as the gathering in the hall received answers to their doubts and concerns regarding heart diseases and heart attack. At last Dr. Patra, thanked the resource person, the organizing faculty members and the audience warmheartedly for generating such an animated and fruitful programme.

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