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## **PRESS-RELEASE**

### **Awareness Session on “Heart Disease and Its Prevention” Organized at IIT (ISM)**

To promote awareness about cardiovascular health among its community, the Indian Institute of Technology (Indian School of Mines), Dhanbad, organized an informative session on “**Heart Disease and Its Prevention**” on the first floor of the New Academic Complex. The event was aimed at educating faculty, staff, their dependents, and students about early signs of heart disease and the importance of preventive lifestyle and medical measures.

The session was led by **Dr. Suraj H. Chavan**, a renowned cardiologist from **Asarfi Hospital, Dhanbad**, and held under the leadership of **Dr. Praveen Kumar**, CMO (IC), Health Centre, IIT (ISM).

The session witnessed the esteemed presence of **Prof. Sukumar Mishra**, Director, IIT (ISM); **Prof. Dheeraj Kumar**, Deputy Director; **Prof. Rajni Singh**, Dean (Corporate Communications); **Shri Prabodh Pandey**, Registrar, and several Heads of Departments, faculty members, officers, and staff.

In his address, **Dr. Chavan** clarified common misconceptions around heart conditions by explaining the difference between **Heart Failure**, **Heart Attack**, and **Cardiac Arrest**. He stated:

- *Heart Failure* is a condition in which the heart is unable to pump sufficient blood to meet the body’s needs.
- *Heart Attack* occurs when blood supply to the heart muscles is suddenly and significantly reduced.
- *Cardiac Arrest* is a critical condition where the heart suddenly stops beating.

He elaborated on the **etiology of Sudden Cardiac Death**, highlighting major causes such as Ischemic Heart Disease, Non-Ischemic Structural Heart Disease, Channelopathies, Primary Electrical Diseases, and certain non-cardiac causes.

Addressing **Coronary Artery Disease (CAD)**, Dr. Chavan categorized its risk factors into:

- **Non-modifiable:** Age, Gender, and Family History.
- **Modifiable:** Hypertension, Dyslipidemia, Diabetes Mellitus, Smoking, Obesity, Physical Inactivity, and Unhealthy Diet.

He emphasized that diabetic patients are at **3–4% higher risk** of CAD compared to the general population, with a greater likelihood of **multiple blockages**, **silent heart attacks**, and **increased mortality and morbidity**, especially with prolonged diabetes duration.

Dr. Chavan also pointed out that **obesity is a major contributor** to CAD, stating that an **elevated Body Mass Index (BMI)** accounts for over **4 million deaths globally**, with two-thirds attributed to cardiovascular disease.

In terms of **diagnostic methods**, he outlined a comprehensive approach that includes **history-taking**, **lipid profiling**, **ECG**, **ECHO**, **TMT**, and **Angiography** (Conventional or CT), which serve as critical tools in identifying CAD.

As part of his dietary recommendations, Dr. Chavan advocated for a **heart-healthy diet** rich in **vegetables**, **fruits**, **legumes**, **nuts**, **whole grains**, and **fish**, to reduce the risk of atherosclerotic cardiovascular disease (ASCVD).

The session concluded with an interactive Q&A round, where participants sought expert advice on cardiac health and preventive strategies.

Rajni Singh  
Dean (Corporate Communications)