



NEWSHEART

A News Magazine of
Heart Care Society of Assam



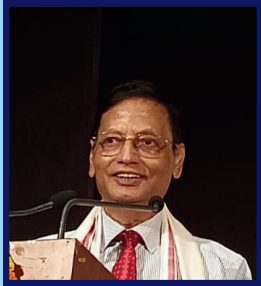
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INAUGURAL ISSUE

Oct - Dec 2024

Building Partnerships, Spreading Awareness, Saving Hearts

President's Column



Heart Care Society of Assam has traversed twenty-five glorious years in heart care, entering the Silver Jubilee Year in 2024-25. It is a matter of great pride and satisfaction

that a Silver Jubilee news magazine, NewsHeart, is being published this year as a platform for disseminating information and fostering communication and creative expression among members. The need for such a bulletin was long felt, and at the local chapter level, a few issues were sporadically published earlier. However, for the first time, a magazine is being launched at the state level, with at least four issues planned before the final Silver Jubilee function. I am sure the editorial team will do their best to publish NewsHeart regularly. At the same time, members should contribute news, literary work, health tips, and other relevant information to make the magazine informative, educative, and engaging.

As we mark 25 years, we celebrate the lives touched through our initiatives. This publication highlights our achievements and serves as a resource for heart and health care awareness. With this inaugural issue, let us renew our commitment and embrace new horizons.

Together, we can advance heart care through education, awareness, and action. Thank you for being part of this journey. Wishing NewsHeart a grand beginning and years of impactful work in fulfilling the mission of the Heart Care Society of Assam!

- Dr. NK Bhattacharjee

Foreword

Welcome to the **Silver Jubilee Edition** of the Heart Care Society of Assam's newsletter! Established with a commitment to promoting heart health and preventive cardiology, the HCSA has dedicated itself to community well-being for the last 25 years. This bulletin, namely, '**NEWSHEART**', brings you the latest updates, achievements, and engaging content to celebrate this milestone and share insights on health and wellness.

News & Events at a Glance

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10 Goals of

NEWSHEART

1. Information Dissemination: To provide members and the broader community with timely and relevant information about cardiovascular diseases, heart health and related topics.

2. Awareness and Education: To educate readers about good heart health practices, preventive measures, and the latest research and developments in cardiovascular care.

3. Community Engagement: To foster a sense of community among members by encouraging participation through contributions, sharing personal stories, and engaging in discussions related to heart health.

4. Highlighting Achievements: To showcase the initiatives, successes, and milestones of the Heart Care Society of Assam, celebrating the impact made over the past 25 years.

5. Resource Centre: To serve as a valuable resource for both members and the public, offering health tips, advice, and guidance on managing heart health.

6. Encouraging Contributions: To invite members to submit news items, articles, literary works, and other relevant content, making the magazine a collaborative effort.

7. Promoting Events and Activities: To keep readers informed about upcoming events, workshops, and programs organized by the Heart Care Society, encouraging participation and support.

8. Fostering Creativity: To provide a platform for creative expression through articles, poetry, and other forms of writing related to health and wellness.

9. Building Partnerships: To strengthen relationships with healthcare professionals, organizations, and stakeholders in heart health, facilitating collaboration and support for various initiatives.

10. Inspiring Advocacy: To motivate members and the public to advocate for heart health awareness and engage in activities that promote a healthier lifestyle.





About HCSA

An Overview

Heart Care Society of Assam, established in 1999, is a registered non-profit organisation with the twin objectives of creating awareness about heart diseases and their prevention - especially among the youth and providing help, guidance, and care to needy patients in whatever form it is possible. It is an organisation of people from all walks of life - including doctors, teachers, advocates, other professional and business personnel, students, social workers, and organisations - committed to heart care and health care through people involvement and participation. The membership is open to everyone, and anyone who is interested in heart care and is willing to contribute his or her might towards this very important mission can join the Society. Individually the effort may be small but collectively we can work to prevent many diseases and ensure a „healthy heart“ for our future generation. It is often said that ‘prevention is better than cure’ - and as far as heart diseases are concerned, ‘prevention is the only cure’.

Being the first of its kind in this part of the country, it started with only a few members but has grown in the last two decades and it now has more than 1000 members spread all over Assam as well as in the neighbouring States. It has local chapters at Guwahati, Silchar, Tinsukia, Karimganj, Nagaon, and Digboi with a few more in the process of establishment. Since its inception, the Society has carried out various public awareness and education programs, heart care workshops, school, and college health care activities, and also training programs for the Nursing and

paramedical personnel on different aspects of heart care in association with other organizations and educational institutions.

The response over the last few years has been very encouraging and the Society has earned for itself the reputation of a committed non-profit NGO aiming for heart and health care through partnership and preventive strategy, which is the need of the hour in the present scenario.

Recently, the Society got the membership of World Heart Federation, the topmost world body in shaping health policy for preventive heart care, in recognition of our dedicated efforts for preventive and promotive health for the last 25 years.

Our Five-Point Programmes

Five Key Areas of the Society's Activities:

- 1. Health Education Programs (APPLE):**
Conducted in educational and other institutions.
- 2. Public Awareness Programs (HOPE):**
Organized in collaboration with NGOs.
- 3. Health Check-up Camps (ADAPT):**
Focused on early detection of silent diseases.
- 4. Academic and Training Programs (ENRICH):**
Targeted at doctors, nurses, paramedics, and other healthcare professionals.
- 5. Medical Treatment and Care (HEART-Net):**
Providing essential medical assistance to the needy.



- Dr. NK Bhattacharjee

HCSA Marks

Silver Jubilee

The journey of HCSA over 25 years...

GUWAHATI, SEP 15: The Heart Care Society of Assam, a non-profit NGO and a member of the World Heart Federation, marked the inauguration of its Silver Jubilee year with a grand function at the GMCH auditorium.

The programme commenced with the national anthem, followed by a Borgeet performed by Dr. Shikhamoni Bezbaruah Goswami, Treasurer of the Ladies' Forum of the organization. The ceremonial lighting of the lamp and inauguration of the event were conducted by Dr. Dhruva Jyoti Borah, Vice-Chancellor of Srimanta Sankardeva University of Health Sciences.

Renowned poet and former president of the Assam Poet Forum, Mr. Anis-uz-Zaman, graced the occasion as the Chief Guest. Other distinguished attendees included Dr. Achyut Chandra Baishya, Principal of GMCH, and Dr. Arup Kumar Barman, Medical Superintendent of GMCH. Renowned singer Manisa Hazarika and Mr. Manoj Kumar Roy, CEO of Apollo Hospital, Guwahati, were also present.

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All dignitaries on the dais were felicitated individually by members of the Society. Additionally, the Society extended congratulations to notable personalities from the fields of industry and healthcare. Sri Mukul Narayan Barman, Chairman of the Guwahati Chapter of the Society, delivered a warm welcome address, while Mr. Ikramul Majid, Vice-President of the Heart Care Society of Assam, provided an overview of the organization's mission and vision.

A key highlight of the event was the launch of CRIS-Card for Women, a women's health initiative in collaboration with Apollo Clinic, Guwahati. The initiative was inaugurated by Chief Guest Mr. Anis-uz-Zaman and Dr. Nirmal Kanti Bhattacharjee, President of the Heart Care Society of Assam, who elaborated on its significance.

The programme concluded with a vote of thanks delivered by Mrs. Nilakshi Goswami Bezbaruah, Secretary of the Women's Forum of the Society. The event was anchored beautifully by Mrs. Sonali Dey and Dr. Madhusmita Bhagawati, members of the Heart Care Society of Assam.

Following a tea break, a panel discussion on "Heart and Healthcare" was held. The panel featured eminent doctors, including Dr. Rituporno Baruah, Dr. Rakesh Periwal, Dr. N. Nath, and Dr. Nilaksha Bhattacharjee, and was moderated by Dr. Nirmal K. Bhattacharjee. All panelists were felicitated by the Heart Care Society of Assam.

The evening concluded with a vibrant cultural programme featuring chorus performances, classical dances, skits, dramas, and solo songs, presented by the in-house artists of the Society and their children. The event ended with a heartfelt rendition of "Asom Sangeet."

ACTIVITIES, WORKSHOPS, AND SUCCESS STORIES

Women's Forum Meeting



The general monthly meeting of the Women's Forum, Heart Care Society of Assam (HCSA), was held at Eagle Arden Restaurant, Zoo Narengi Road, Guwahati on 12th September 2024.

During the meeting, members extended heartfelt congratulations to Working Chairperson Dr. Mukta Biswas for receiving the prestigious Puspadevi Jalan Xuworoni Sahitya Bota award for her Assamese book Uponixodor Bhabadorxot Manobotabad.

Upcoming Awareness Programme:

The Secretary of the forum outlined plans for an upcoming awareness programme on breast cancer, scheduled for the first week of February 2025. The event will include free mammography tests for all Women's Forum members, aiming to promote early detection and awareness.

The meeting also featured joyous birthday celebrations for forum members, adding a lively and festive touch to the proceedings.

Additionally, members discussed strategies to enhance the membership drive, emphasizing the need to expand the forum's reach and impact in promoting health awareness and community welfare.



- Nilakshi Goswami Baruah,
Secretary, Women's Forum, HCSA

Celebration of Foundation Day

The Heart Care Society of Assam celebrated its Foundation Day and Silver Jubilee on 9th November 2024 at Spice Delight, Bhangagarh, Guwahati. Forty-two members, including seven new ones, attended. A brief business meeting featured speeches by key members, including President Dr. N.K. Bhattacharjee, who highlighted the Society's 25-year journey. New members were introduced and presented with HCSA pins and Silver Jubilee badges. The evening continued with lively performances, anchored by Paramita Nag Dey, showcasing in-house talents. The event culminated with enthusiastic dancing and a delightful dinner, leaving members with cherished memories of the celebration.



- Debashis Banerjee,
Secretary, HCSA



Awareness Programme

at South Point School, Barsapara, Guwahati



Our program at South Point School, which was organized for a carefully selected group of influential individuals, turned out to be highly successful. Through our presentation and interactive discussions, we were able to effectively share valuable information about our Society and its initiatives, particularly highlighting the significance of the Silver Jubilee celebrations. The event provided us with a great opportunity to engage with key stakeholders, generate interest, and create awareness about our mission and objectives. We are optimistic that with consistent follow-up actions, we will be able to attract new members, strengthen our network, and expand our support base, ensuring a greater impact in the future.

Awareness Programme on

World Stroke Day at Dalmia Cements Bharat Limited

Heart Care Society of Assam, in association with Dalmia Cements Bharat Limited, organized a World Stroke Day awareness program on October 29, 2024, at the company's conference room in Anil Plaza, Guwahati. Over 50 employees, including senior officials Mr. Loknath Mishra, Mr. Awadhesh Kumar Pandey, and Mr. Aleen Bhattacharya, attended physically and virtually.

Ms. Violina, HR Executive, welcomed everyone, followed by the felicitation of Dr. N. K. Bhattacharjee, Mr. Ikramul Majid, and Mr. Debashis Banerjee with traditional Phulam Gamosa. Dr. Bhattacharjee's session, Care Your Heart... Power Your Life, covered heart health, stroke prevention, and lifestyle changes, engaging the audience with an interactive Q&A.

Mr. Aleen Bhattacharya delivered the vote of thanks, appreciating the insightful session and expressing interest in future collaborations. The event concluded with light refreshments and a group photograph.



Awareness Programme

at NEMCARE, Superspeciality Hospital



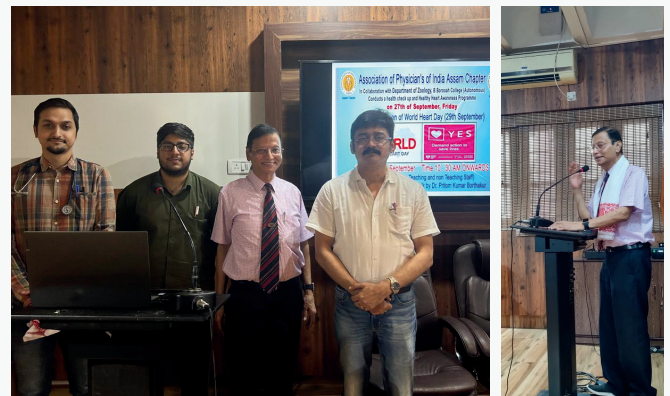
Heart disease is a major global health concern, but many cases can be prevented through education and lifestyle changes. In collaboration with the Heart Care Society of Assam, Nemcare Hospitals is celebrating World Heart Day with an awareness program to equip the community with essential health knowledge.

Dr. Nirmal Kanti Bhattacharjee, President of the Heart Care Society of Assam, was the guest speaker, joined by Mr. I. Majid (Vice President), Mr. Debashish Banerjee (Secretary), and Nemcare dignitaries, including Dr. Hitesh Baruah (Managing Director) and Dr. Mihir Kr. Baruah (Director). They emphasized how simple lifestyle changes and awareness can significantly reduce the risk of heart disease and promote healthier lives.

World Heart Day

Participation in World Heart Day Celebration at B. Baruah College

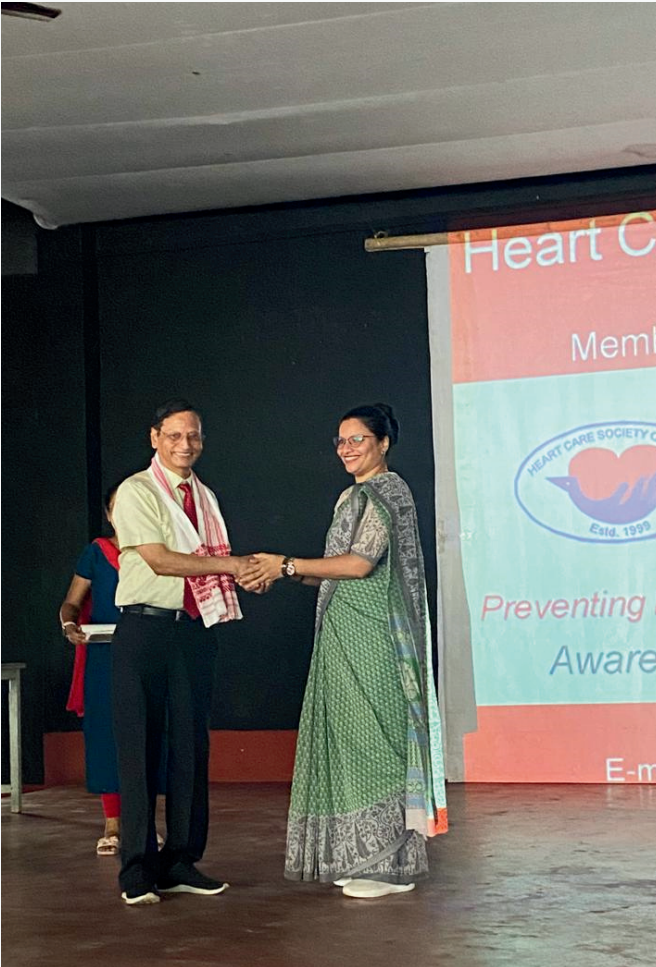
Heart Care Society of Assam actively participated in the World Heart Day celebration organized by the API, Assam Chapter at B. Baruah College, Zoology Department. The event was a great success, marked by enthusiastic audience participation and engaging interactions. Attendees showed keen interest in discussions on heart health, prevention strategies, and lifestyle modifications. The program provided an excellent platform for raising awareness and fostering meaningful dialogue on cardiovascular well-being. The overwhelming response from the audience highlighted the significance of such initiatives in promoting heart health awareness.



Awareness Programme

as part of the World Heart Day Celebration at Kaziranga English Academy

Heart Care Society of Assam conducted an awareness programme at Kaziranga English Academy as part of the World Heart Day celebration. The event aimed to educate students and faculty about heart health, disease prevention, and healthy lifestyle choices. The session included interactive discussions, informative presentations, and engaging interactive sessions, ensuring active participation from the attendees. The enthusiasm and curiosity displayed by the students highlighted the success of the program in spreading awareness about cardiovascular health. The initiative reinforced the importance of adopting heart-friendly habits from a young age.



Awareness Programme

at Pub Guwahati Bihu Sanmilan, Chandmari

An insightful awareness programme on Heart Care and Prevention was successfully conducted in observance of World Heart Month by the Heart Care Society of Assam, Women's Forum at Pub Guwahati Bihu Sanmilan, Chandmari. The event aimed to spread knowledge about heart health, disease prevention, and maintaining a healthy lifestyle.

The programme was graced by Dr. Nirmal Kanti Bhattacharjee, President of the organization, who delivered an engaging and informative presentation. Through well-structured PowerPoint slides, he discussed heart diseases, their risk factors, prevention, and the importance of early detection and timely intervention. His session was highly appreciated by attendees.

Following this, Dr. Rohini Kumari, a renowned Diabetologist from Apollo Hospitals, gave a compelling talk on diabetes, its prevention, and management strategies. She explained how lifestyle changes, diet, exercise, and proper medication help control diabetes. This was followed by a lively interaction where she addressed audience queries with expert guidance.

The event saw enthusiastic participation, making it a meaningful and successful initiative. My heartfelt gratitude to all members and attendees for their support and engagement, reflecting a growing commitment to better health.



- Nilakshi Goswami Baruah
Secretary, Women's Forum, HCSA





Welcoming the New Members



Mr. Kausik K Dey

A service holder and active social worker as an esteemed member of Heart Care Society of Assam. With his keen interest for heart care and support and cooperation, we will definitely get a boost

in our activities to achieve our objectives. He has been inducted by Mrs. Meghali Chakraborty.

Mr. Manash Roy

An enterprising businessman and active social worker as an esteemed member of Heart Care Society of Assam. With his support and cooperation, we will definitely get a boost in our activities in heart and health care. He has been inducted by Mrs. Madhumita Roy.



Mrs. Sampa Sarkar

A very active and committed social worker and successful homemaker, as an esteemed member of Heart Care Society of Assam. Her wide experience in social work shall definitely help us in our

activities in heart and health care. She has been inducted by Mr Arup Paul Choudhury.

Mr. Anis Uz Zaman

A renowned poet, writer and lyricist as an esteemed member of HCSA. He was our Guest of honour at the inauguration function of Silver Jubilee celebration, and impressed by our activities he expressed his desire to be a part of our family. He has been inducted by Mr. I Majid.



Mr Maandeep Roy

A young professional in management field to Heart Care Society of Assam. The presence of dynamic person like him with enthusiasm for community work shall definitely give us strength

and momentum to our activities in heart care. He has been inducted by Mrs. Madhumita Roy.

Mr. Abhijit Bagchi

A young and dynamic professional in pharma field as a very valuable member of Heart Care Society of Assam. His keen interest in the projects and activities of our Society shall definitely give a boost to our activities. He has been inducted by Mr. Arup Paul Choudhury.



Dr. Karan Sondhi (BVSc & AH)

A very experienced veterinary specialist with more than 40 years of experience, a 'Milk' specialist having connection with Operation Flood of Amul fame, an avid animal lover, social worker, as an esteemed member of our family. We are sure that with his commitment to heart care awareness and expertise in digital platform, he will be an asset in carrying out our activities. He has been inducted by Dr. NK Bhattacharjee.

Mr. Pankaj Kr. Poddar

A renowned advocate and a veteran Lions member as an Executive member of HCSA. His leadership qualities and experience and expertise in social work shall definitely help us in our activities for heart and health care. He has been inducted by Dr. NK Bhattacharjee.





Mr. Shubajit Sinha

A reputed businessman and social worker as an esteemed member of Heart Care Society of Assam. His involvement and active participation shall definitely help us in attaining our objectives in heart care.

He has been inducted by Mr Arup Paul Choudhury.

Mr. Aleen Bhattacharjee

The Regional Head, NE, Infrastructure and Facilities, Dalmia Cement, as an esteemed member of HCSA family. We had a very fruitful interaction with him during our recent



programme at their place and he expressed his keen desire to join HCSA. His involvement in the activities shall definitely help us in achieving our activities. He has been inducted by Mr Debasish Banerjee.



Mr. Chandan Bhadury

An engineer with contributions in cultural, literary and social fields as an esteemed member of HCSA. His joining us in our activities shall definitely help in our objectives of heart and health

care. He has been inducted by Mr Tapas Chowdhuri.

Mrs. Shyamali Bora Baruah

A Govt. service holder and social worker as an esteemed member of Heart Care Society of Assam. We are sure her active participation will strengthen the society and help in achieving our objectives.

She has been inducted by Mr. Arup Paul Choudhury.



Mrs. Meghali Chakrabarty

A successful homemaker and dedicated social worker as an esteemed member of Heart Care Society of Assam. Her active involvement in heart care activities of HCSA shall definitely help us in widening

the sphere of work and achieving the objectives. She has been inducted by Mr. Arup Paul Choudhury.



Mr. Khirod Roy

A TGT and School Coordinator of Faculty HS School, North Guwahati as a member of HCSA family. With his expertise in digital work, he will be very helpful in doing the related jobs of

the Society especially designing the bulletin of HCSA. He has been inducted by Mrs. Madhusmita Bhagawati.



Mrs. Neelom Goswami

A successful homemaker and an enthusiastic social worker as an esteemed member of Heart Care Society of Assam. Her commitment and sincerity in heart care activities shall definitely help

us in achieving our objectives. She has been inducted by Mr. Arup Paul Choudhury.



Mr. Khagen Das

A retired Railway official and esteemed figure in social, cultural, and literary fields. His experience and expertise will greatly benefit our Society. He has been inducted by Mr. Tapas Chowdhuri.



Mr Abhilash Bhuyan

An HR Professional, performing Musician and reputed Guitarist as a member of HCSA. He completed Graduation from Guwahati Commerce College being 10th rank holder of Assam under GU. We are sure an energetic and talented member like him, we will be able to carry out our activities more effectively. He has been inducted by Dr NK Bhattacharjee.



Mr. Baharul Islam



A renowned Theatre personality, Actor, Director, NSD Alumni, Member of Sangeet Natak Academy advisory committee and many more...he needs no introduction I am sure as an esteemed member of Heart Care Society of Assam. His participation will definitely give a boost to our activities in heart care and help us in achieving our objectives. He has been inducted as proposed by Mr I Majid.



Mrs. Krishna Boruah

An ACS, Commissioner and Secretary, P&RD, Govt. of Assam as an esteemed member of our HCSA family. We are sure her participation and support shall give a boost to our activities and help us to attain our objectives. She has been inducted by Mr MN Barman.

Mrs. Bhageerathi Bai

A noted Theatre personality, NSD alumni, actor, director, and associated with many cultural institutions...as an esteemed member of HCSA. Her active support and participation shall definitely help us to carry on our activities on heart care among the masses fulfilling our mission and vision. She has been inducted to Society as proposed by Mr. I Majid.



Mr. Pranjal Bhattacharjee

A senior advocate at Supreme Court of India, as an esteemed member of Heart Care Society of Assam. Though based at New Delhi, he has roots and connection at Guwahati, and his active participation shall definitely help us in our activities for heart and health care. He has been inducted as proposed by Mrs. Rupa Bhattacharjee.



Mr. Pranjit Bhattacharjee

A senior advocate at Supreme Court of India, as an esteemed member of Heart Care Society of Assam. Though based at New Delhi, he has roots and connection at Guwahati, and his active participation shall definitely help us in our activities for heart and health care. He has been inducted as proposed by Mrs. Rupa Bhattacharjee.





Articles Section

My Reflection on Heart Care

I would like to take a moment to share some heartfelt reflections on the importance of being vigilant about our heart health. It's often said that misfortune does not arrive alone, and this is especially true when it comes to heart diseases. Many of us are familiar with the notorious "gang of four" – high blood pressure, diabetes, lipid abnormalities, and obesity – which often come together in a cluster to create a whirlwind of health challenges. These are all obvious if you look for them. However, sometimes, a serious heart problem can co-exist with a seemingly benign condition, quietly threatening our well-being without showing obvious symptoms. This is such a story.

A few weeks back, Mr Barman (name changed for confidentiality) a 51-year-old man came from a nearby town for gallbladder surgery for a stone – a procedure that many consider routine these days. However, during his pre-operative assessment, it was discovered that he had been experiencing episodes of dizziness. Additionally, the blood pressure medication he was given previously exacerbated these symptoms. Alerted by those symptoms, he was referred to me by the surgical team for a more detailed evaluation. Through clinical examination and various tests, we uncovered a startling truth: this seemingly healthy man, who appeared to have no significant cardiac issues, had a critical narrowing of the aortic valve

guarding the root of the main artery from the heart. This condition (known as aortic stenosis), was hampering the blood flow to his brain, heart, and entire body. To make matters worse, there was also damage to the heart's electrical conduction system, causing troubling episodes of pauses in his heartbeat and symptoms like giddiness and even loss of consciousness. At this point, we faced a daunting dilemma. The initially planned gallbladder surgery had to be postponed. No surgeon would dare operate on him with such a grave heart condition looming aside. Severe aortic stenosis is notorious for causing life-threatening symptoms including sudden death. Life hung in the balance, and we needed to act swiftly to address this severe aortic valve issue, which required a complex open-heart procedure for the replacement of the diseased valve. While the idea of surgery may sound straightforward, the reality is that it's fraught with challenges. The involvement of major arteries adds layers of complexity and risk, with potential complications lurking around every corner. After thoughtful discussions and counseling with the patient and his family, we decided to go ahead with the operation.

On October 22, 2024, our dedicated surgical team successfully performed the replacement surgery for the aortic valve. The post-operative journey was anything but easy, and I found myself keeping a vigilant watch during three consecutive nights at the ICU beyond the daytime hours (unusual for a cardiac surgeon) to support my team and bolster their morale. This commitment to close monitoring paid off when, on the fourth post-operative day, Mr. Barman had major complications with

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multiple cardiac pauses and even cardiac arrest. As an emergency measure, we placed a temporary pacemaker to manage these events, and recognizing that the electrical issue might not resolve on its own, a permanent pacemaker was implanted later.

This intervention brought much-needed stability to his condition, providing reassurance that his heart could continue to beat effectively. After gradual mobilization, including tailored exercises and respiratory therapy, it was heartwarming to see Mr. Barman slowly regaining his strength. With all parameters in satisfactory condition, the patient was discharged on the 8th day, a remarkable achievement for an open-heart surgery patient with so many complications. The patient went home accompanied by his two daughters, with a smile, big relief in his heart, and the reassurance that he always has a backup! He came to get rid of his stone in gall bladder, but went home with a mechanical valve in the heart fortified by a permanent pacemaker! That is life. Structural heart diseases are often dormant, devious, and deadly. The symptoms may be absent or vague at the initial stages. The heart has tremendous reserve capacity and can manage the show for a long time without any indication that it is suffering. So, when cardiac symptoms show up... the heart is already damaged. The lesson to be learned is not to wait for symptoms for a heart check. Know the devil before it strikes!

- Dr. Nilaksha Bhattacharjee

A CTVS Surgeon based in Guwahati and a Member of the Heart Care Society of Assam

Earth Sheltered Houses

Energy-Efficient and Environment-Friendly Housing for the North-Eastern Region

Earth-sheltered housing utilizes soil as an effective insulating material, reducing heat loss and maintaining a steady indoor temperature. This sustainable architectural technique has gained popularity, particularly since the 1970s, as environmentalists and architects advocate for energy-efficient and disaster-resilient housing. The concept, however, dates back centuries to cave dwellings.



Advantages of Earth-Sheltered Housing:

Energy Efficiency: Soil acts as a thermal mass, insulating the structure from extreme weather conditions, thereby minimizing the need for energy-intensive heating and cooling systems.

Disaster Resilience: Earthen walls offer protection against natural calamities such as storms and earthquakes.

Reduced Maintenance: These houses require lower maintenance and offer highly stabilized indoor climates.

Soundproofing: The earthen layers significantly reduce external noise, ensuring a tranquil living environment.

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Types of Earth-Sheltered Designs

Underground Structures: Entirely below ground, these homes provide excellent insulation and wind protection. Atrium designs create private outdoor spaces while being nearly invisible from ground level.



Bermed Structures: Partially or entirely above ground, with earth banked against exterior walls. These designs maximize sunlight and passive solar heating. Skylights enhance natural lighting and ventilation.



Applicability in the North-Eastern Region

The North-Eastern Region’s geographical and climatic conditions are ideal for earth-sheltered housing. By adopting this eco-friendly technique, the region can contribute to sustainable development and environmental conservation. Increased greenery and harmony with nature will support the longevity of mankind and mitigate the impact of diminishing green spaces.

Earth-sheltered homes represent a forward-thinking approach to housing that aligns with the principles of sustainability and energy efficiency, offering a viable solution for the future.



- Er. Balwant Singh

B.E. (Civil), M.I.E. (India), Retired Deputy Secretary, APWRD



Contemplation

of Swami Vivekananda on Woman

Gender equality and women's empowerment are essential for achieving inclusive, equitable and sustainable development of a society. Gender equality is the state of equal ease of access to resources and opportunities regardless of gender, including economic participation and decision making and the state of assuming different behaviours, aspirations and needs. In this backdrop Swami Vivekananda's concept on woman can be analysed. Among the modern Indian reformers and leaders, who stood for complete equality between men and women, the most outstanding was Swami Vivekananda. Swami Vivekananda once described himself as 'condensed India'. If by this he meant that he represented every individual, every sect and community of India, he was not exaggerating. He was a man who truly identified himself with mankind as a whole and caste, creed, gender or language were of no consequence to him. He was highly sympathetic towards the oppressed condition of Indian women and advocated for gender equality. Swami Vivekananda felt that no nation could grow without taking care of the interest of women. In his opinion all nations that attained greatness had paid proper respect to women. Countries and nations which do not exhibit respect on women have never become great, nor will ever be in future. Swamiji wanted women to be worshipped as the same way as Goddess Kali is worshipped. According to him the principal reason why India has degenerated is that there is no respect for women. Though the ideal of mother has its own merits, the millions of women in villages are still the victims of violence, ignorance, superstition and diseases, and are relying still on age-old distorted customs and traditions. Even today despite the constitutional guarantee of gender equality, women's position has not improved.

According to Swamiji women were living images of Śakti--the Divine Mother.

He was of opinion that every woman had as much right to shape her own destiny as man do for which he wanted that every woman could take cognizance of freedom, equality and dignity ingrained in the formation of a coherent society.

In this context Vivekananda felt that education of women was the only tool that could be instrumental in realising the women their status in the society in right perspective that could help to eradicate all grave problems and repose women in ideal position in the society.

Swami Vivekananda had been very vocal about the freedom of women all through his life. In post-independent India, though activities towards women's freedom have risen, most rural women remain illiterate and trapped in poverty. It is contemplated that women must be provided with vital educational inputs to become a powerful force in society, participate in decision-making, and remove gender inequality. Vivekananda was concerned with women's welfare and wanted to subvert any initiative repressing its consolidation. He wanted women to have full freedom to understand their ideals, their problems, and propose solutions for their betterment. Swamiji's ideals on womanhood can be suggested as guiding principles for women to identify their status—ethical, ontological, religious, and social. His vision and views possess vital strength to bring a change in perspective. Understanding and practicing Vivekananda's philosophies towards women's emancipation and empowerment is the only hope for society's progress. The challenge for modern women, explicitly expressed in Swami Vivekananda's insight, must be taken up for their survival and sustenance.

- Prof. (Dr.) Mukta Biswas

Working President HCSA, Women's Forum

My Recent Initiative towards a Tobacco free society

Most of the time, handcart pullers, rickshaw pullers, daily wage laborers, and street vendors can be seen spending their time either sitting idle or engaging in long gossip sessions at street corners. However, one thing is undeniably common among them—they all happily indulge in their ever-present companion: TOBACCO. Tobacco in any form—be it Bidi, Khaini, Gutka, Zarda, Snuff, or others—seems to be an integral part of their daily lives.

Unfortunately, their health status remains a constant cause for concern. These individuals are highly susceptible to lifestyle diseases, and their appearance often does not match their age. Many, including women in their twenties or thirties, appear prematurely aged, resembling individuals in their fifties or even sixties.

Determined to bring about a positive change in their lives, I set myself a modest yet meaningful goal—helping at least a dozen such addicts break free from this harmful habit.

For the past few months, ever since I embarked on this mission, whenever I encounter a tobacco addict in my locality at Panchayat Road, Silchar, I make it a point to invite him over to my home for a cup of tea, which they gladly accept.

Once they are comfortable, I engage them in friendly conversation and then, using my laptop, I educate them on essential health-related topics such as blood pressure (BP), cholesterol, heart attacks, CPR, and more. Additionally, I show them disturbing yet eye-opening images of tobacco and drug addicts, highlighting the devastating effects of substance abuse.

Without fail, the person is left shocked and shaken by the visuals and information. Almost instinctively, they pledge to quit tobacco consumption. I then give them a

few days or weeks to stay committed to their resolution, all while keeping an eye on their progress through some discreet investigation.

Once I am convinced that the individual has remained true to their promise, I reward them with a small token of appreciation—an incentive made possible by the generous support of Lion Mukesh Agarwal, CEO of Barak Valley Cement Ltd, the manufacturer of Vally Strong Cement.

Today, I am beginning to witness a remarkable transformation within the community. However, the journey is not easy—it takes effort, patience, and perseverance.

Some of the beneficiaries of this initiative are as follows:



- Mr. Subhas Choudhury , Silchar

Poetry Section

এলাগী মদাৰ

আজিকালিচোন একো লিখিবলৈ
মন নোযোৱাই হ'ল

টো নেখেলা সাগৰখনৰ
সীমাহীন পৰিধি বিচাৰি
কিমানপৰ নো ব'ম

এনেকৈয়ে গোট মাৰি থকা হেঁপাহবোৰ
লাহে লাহে বুকুৰ মাজতে জাহ যাবৰ হ'ল

আৰু জৰাজীৰ্ণ হৈ পৰা বৃক্ষৰ
শেহাই শেহাই লোৱা উশাহবোৰৰ উপাইবিহীন
শব্দত অৱৰুদ্ধ পথ

অকস্মাত এজাক ধুমুহাৰ আবিৰ্ভাৱ
টো খেলে
জৰাজীৰ্ণ বৃক্ষৰ দাঁতিত পুনৰ লাহে লাহে
পোখালি মেলে
এজোপা মদাৰ
এলাগী মদাৰ

কঁপাহৰ দৰে উৰি ফুৰা শব্দবোৰৰ হৈ পৰে এক
বিশ্বাসৰ ঠিকনা

- গীতা শৰ্মা, মুম্বাই

মেঘাচ্ছন্ন আকাশৰ ছবি'

মেঘাচ্ছন্ন

মাতাল আকাশত

উজ্জীৱিত আত্মাৰ

পানাসক্ত কথোপকথন

অন্তঃসাৰ।

ডাৱৰ আৰু পৃথিৱীৰ ব্যৱধানৰ

অদৃশ্য পোহৰতো বিদ্যমান

আশা-নিৰাশাৰ প্ৰেমাফ্ৰ,

গোপন অভিসাৰ!

ভটিয়নি নৈৰ সোঁতত

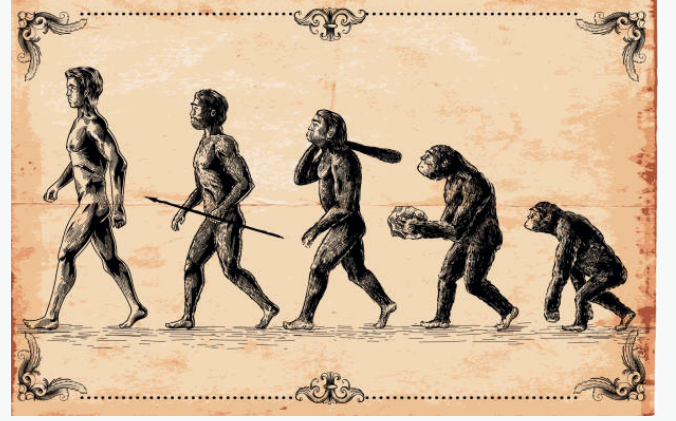
জলমল কৰে

ঘনঘোৰ সময়ৰ

নৌকাবিহাৰ!

- শিখা বেজবৰুৱা গোস্বামী

হোমোসেপিয়ান



এইযে তোমাৰ নত মুখ

আনত নয়ন ঘাসফুলেৰ দিকে ,

এইযে তোমাৰ বুক পেতে দেওয়া

অন্ধকাৰে লুকোনো বিষমাখা তীৰগুলোৰ জন্য ..

এইযে সারি সারি মৃত চোখেৰ

মাঝখান দিয়ে তোমাৰ অনৰ্গল হেঁটে যাওয়া !

এইযে হিংস্ৰ কুকুৰগুলোৰ লালা ৰাৱা জীভেৰ

নিচে

তোমাৰ নিত্য যাপন !

এই যে নীল মাছিৰ ভন ভন তোমাৰ শৰীৰ জুড়ে

এই যে তোমাৰ চোখ থেকে গড়িয়ে নামা

সহস্ৰ হৃদয়েৰ টুকৰো !

এই সমস্ত থেকে তুমি মুক্তি চাও না ?

" না। চাই না।

কাৰণ এগুলোই আমায় মনে কৰিয়ে দেয়

তিনশো কোটি সত্তৰ বছৰ আগেকাৰ

এক সৃষ্টিৰ কথা ।

কোনো এক একাকী মানবেৰ গুহাৰ গায়ে হাতেৰ

ছাপ রেখে যাওয়ার কথা ...

পৃথিৱী নিঃশেষ হয়ে গেলেও একটা

অনন্ত আকাশেৰ থেকে যাওয়ার কথা । "

- পাৰমিতা-

नारी की विशेषताएं

'नारी' पर चर्चा-परिचर्चा समाज का अभिन्न अंग है। क्योंकि, नारी अपने आप में एक शक्ति पुंज है। जब वह अपनी शक्ति पहचान लेती है तो न केवल स्वयं शक्तिशाली बन जाती है बल्कि सारे समाज को शक्तिशाली बना देती है। रत्नगर्भा वसुंधरा की तरह वह हर कार्य को पूर्ण करने में समर्थ है। नारी के गुण के कारण ही जग को जीवनदान मिला है। नारी के गुण पाकर ही प्रकृति और सारी सृष्टि ने मानवता का संरक्षण किया है। नारी में कला, लज्जा शालिनता, स्नेह, ममता जैसे गुण हैं, जो भाव और सृजन-प्रधान हैं। वह एक कोमल और विनम्र व्यक्तित्व है जो लोहे की इच्छाशक्ति से परिपूर्ण है, जो अपने आप में सम्पूर्ण है। हम कह सकते हैं कि वह एक शूरवीर की तलाश में नहीं, बल्कि तलवार की तलाश में है नारी के मन में विचलित विचार समुद्र की उन तरंगों के समान है जो हमेशा क्रियान्वयन रहते हैं। जिस तरह पानी गतिमय है वैसे ही नारी के मन में भी हमेशा उतार-चढ़ाव आते रहते हैं.....

सृष्टि का केंद्र बिंदु नारी है तो एक नारी को समझने के लिए विस्तृत विचारधारा ही नारी के हृदय की आंतरिक सतह पर अपनी छाप छोड़ सकती है.....

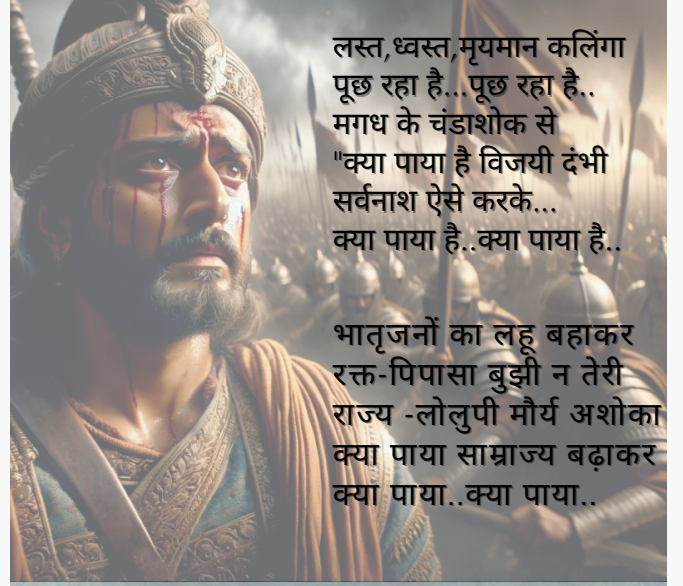
नारी रूपी समुद्र को बचपन से ही बाँध लगाने के प्रयास किए जाते हैं... लेकिन समुद्र की अत्यंत वेगित तरंगों से बांध का टूटना भी निहित है....

नारी हर एक एक चुनौती को स्वीकारती हुई आगे बढ़ती है मन में यह आस लिए हुए कि शायद समुद्र रूपी अरमानों को कभी तो अपनी गति मिलेगी... इसी आस के साथ जब वह अपने जीवनसाथी के साथ अपने सफ़र को आगे बढ़ती है। भारत में आदिकाल से ही नारी को अत्यंत सम्मान एवं महत्वपूर्ण स्थान दिया गया है। मनुस्मृति में तो यहाँ तक कहा गया है कि

"यत्र नारी पूज्यन्ते रमन्ते तत्र देवता"

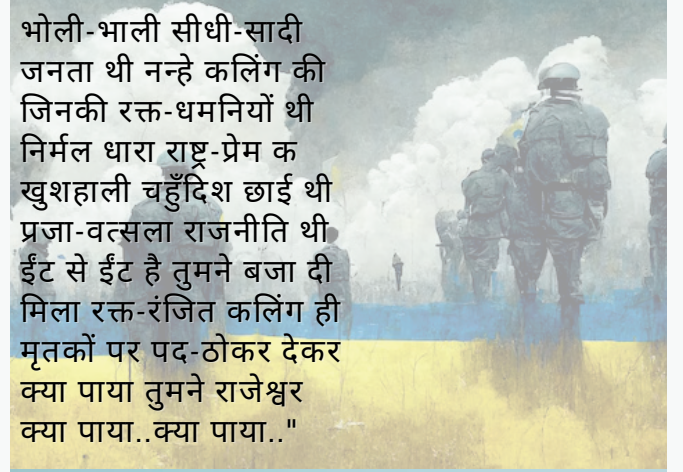
- शकुन्तला सोभासरीया

कलिंग और युकेन का प्रश्न



लस्त, ध्वस्त, मृत्यमान कलिंगा पूछ रहा है... पूछ रहा है.. मगध के चंडाशोक से "क्या पाया है विजयी दंभी सर्वनाश ऐसे करके... क्या पाया है.. क्या पाया है..

भातृजनों का लहू बहाकर रक्त-पिपासा बुझी न तेरी राज्य -लोलुपी मौर्य अशोका क्या पाया साम्राज्य बढ़ाकर क्या पाया.. क्या पाया..



भोली-भाली सीधी-सादी जनता थी नन्हे कलिंग की जिनकी रक्त-धमनियों थी निर्मल धारा राष्ट्र-प्रेम क खुशहाली चहुँदिस छाई थी प्रजा-वत्सला राजनीति थी ईंट से ईंट है तुमने बजा दी मिला रक्त-रंजित कलिंग ही मृतकों पर पद-ठोकर देकर क्या पाया तुमने राजेश्वर क्या पाया.. क्या पाया.."

शक्तिवान-धनवान रूस तुम नष्टभ्रष्ट कर युकेनी घर कैसा सुख है प्राप्त कर रहे नित बारूदी वर्षा कर-कर नेतागण हैं सभी सुरक्षित जनता ही जाती है मर-मर गगन-चुम्बी हैं भवन ढए हो रहा सबकुछ तितर-बितर शतरंजी है खेल खेलते देश करीबी मिल-कर युद्ध कभी थम ही जाएगा पर परिणाम मिलेगा जब हार-जीत पर तभी सोचना क्या पाया.. क्या पाया...??

- डॉ चन्द्रकान्ता शर्मा

The Heart's True Rhythm A Sonnet

The heart, a drum that beats in a measured tone,
A vessel shaped by joy and sorrow's tide.
It sings when hope and love are truly known,
Yet falters when dark doubts and fears reside.
Oh, balance fair! The golden path is so bright,
Where neither storm nor drought may claim its grace.

A mind at peace, a soul in steady light,
Keeps steady pulse and health in a firm embrace.
No weight of anger, nor sorrow deep,
Should press too hard upon its fragile strings.
For gentle thoughts and dreams in waking sleep
Can lift the heart as if on an angel's wings.

So, guard this gift, let kindness shape its way,
And feel its strength in every breath each day.

- Khirod Roy



Heart Health

The heart, they say, is where the mind stays,
Though formless, it finds its ease in strange ways.

When aches arise in chest or hand,
We rush to doctors at their command.

My heart beats in its unique style,
With every step, I walk the mile.
Through yoga's flow, my spirit ascends,
Asanas guiding blood through life's bends.

Yoga or gym, it's all the same,
Movement keeps the heart in the game.
Life's twists may challenge, its trials may weigh,
But start young to keep the risks at bay.

They say: "Home is where the hearth may be,"
But I say: "Move your body—it's therapy!"
Exercise sculpts you, melts worries away,
Leaving you vibrant, lighting your day.

Laugh aloud, let your smile unfurl,
Joy in movement enriches your world.
Happiness gleams with each stretch within,
And a Happy Heart will always win.

Those with a Happy Heart don't fear,
Their light keeps shadows from drawing near.
With laughter and health as their steadfast art,
They live with strength—a joyful heart.

- Reema Das

Spotlight

Awards & Achievements

Dr. Mithun Bhartia receives Prestigious

Dr. Srivastav Award



We are delighted to share that our esteemed member, **Dr. Mithun Bhartia**, was honoured with the prestigious Dr. Srivastav Award at the National Meeting of the RSSDI held in Delhi. This recognition celebrates Dr. Bhartia's groundbreaking work in the intersection of Sexual Medicine and Diabetes.

With diabetes, cardiovascular health, and sexual function intricately linked, Dr. Bhartia's holistic approach to management is paving the way for innovative and comprehensive care in this field.

Hearty congratulations to Dr. Bhartia for this well-deserved recognition and his pioneering contributions!

Mr. Mukul Barman, Chairman
Guwahati Chapter



It is truly a moment of pride and joy to see our dynamic Guwahati Chapter Chairman receiving well-deserved national recognition for his outstanding achievements. His dedication and leadership continue to inspire us all. Congratulations on this remarkable accomplishment! We feel immensely proud.

Celebrating a Literary Triumph!

Xuoroni Sahitya Award



Heartfelt congratulations to **Dr. Mukta Biswas Baidew** on receiving this prestigious honour for her Assamese book. Her remarkable achievement is not only a personal milestone but also a significant contribution to the preservation and enrichment of the Assamese language and literature.

This well-deserved recognition highlights her dedication to storytelling, cultural heritage, and linguistic excellence. Such accolades inspire generations to cherish and uphold the beauty of our native language. Wishing her continued success in her literary journey!

Editor's Note

Heart Care Society of Assam was founded in 1999 to raise awareness about heart diseases, their prevention, and holistic management through community involvement. Over the years, it has made a profound impact, touching countless lives through awareness campaigns, health screenings, and promoting heart-friendly lifestyles.

The year 2024-25 is momentous as we celebrate the Silver Jubilee of the Heart Care Society of Assam. This milestone honors the vision and dedication of Dr. Nirmal Kanti Bhattacharjee, a renowned cardiologist whose pioneering efforts laid the foundation of this organization. As part of the celebration, we proudly introduce the first digital edition of our news magazine, NewsHeart.

With a strong network of nearly a thousand dedicated members from diverse backgrounds across Assam, our mission is to extend our reach and promote heart health. Through NewsHeart, we aspire to inform, educate, and inspire millions to embrace a healthier life.

As digital platforms evolve, we must adapt and innovate. Our vision is to transform NewsHeart into an interactive, resourceful platform—a hub for advancements, expert insights, and research in cardiovascular health. This can only succeed with the participation, cooperation, and valuable suggestions of our committed members. Together, let's continue our journey toward a heart-healthy Assam!



Dr. Madhusmita Bhagawati
Editor, NEWSHEART



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Feedback Corner

– Your Voice, Our Inspiration




At NewsHeart, we value your thoughts and reflections. The Feedback Corner is a space dedicated to your insights, suggestions, and experiences.

Your feedback helps us improve, innovate, and continue our mission of promoting heart health and well-being.

Share your thoughts, and let's make a difference together! ❤️

Drop your thoughts, suggestions, and experiences:

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