



Saumyendra Nath Brahmachary Distinguished Lecture Series: 40th Lecture

Speaker: Dr. Smarak Ranjan Rout

Assistant Professor, Cardiology Department, AIIMS, Deoghar, India



Dr. Smarak Ranjan Rout addressing the students and the faculty members

The 40th Lecture of Saumyendra Nath Brahmachary Distinguished Lecture Series was organised by Dev Sangha Institute of Professional Studies and Educational Research, Deoghar on 13th December 2025, on the topic “**Remedies of Heart Attack**” by Dr. Smarak Ranjan Rout, Assistant Professor, Cardiology Department, AIIMS, Deoghar, Jharkhand, India.

Dr. Rout began his lecture by showing a video clip of beating heart and declared that 'Death is a curable event'. Initially his lecture was centered around theoretical perspective of cardiac health and continued to the causes, symptoms and prevention of heart disease. Describing the causes of the disease he emphasized that individual can prevent the causes which are not genetic. However, all kind of heart disease can be prevented by timely and proper action by every one – patient, family members, neighbors, friends, doctors, hospitals etc. The major causes of heart disease can be genetic predisposition, poor handling of fats and metabolic syndromes – diabetes, high BP, obesity, coronary artery disease etc. Other causes are urbanization and sudden change in lifestyle. He elaborated in detail the disease process – coronary artery disease – angina – heart attack, as fat deposition in the artery starts from 2 years which lead to angina and after complete blockage of the artery causes heart attack. Such blockage may also lead to Ischemic stroke (brain stroke) and peripheral artery disease. Describing the risk factors, he elaborated Non modifiable like age, race & family history, and modifiable like high blood pressure, high cholesterol, diabetes, obesity, alcohol, smoking, physical inactivity.

Finally, Dr. Rout explained the preventive measures of heart attack in detail, which included all the modifiable risk factors. He suggested to follow the preventive measures strictly to maintain heart health and avoid heart attacks. He also discussed the remedies of heart ailments – primary and secondary prevention. He focused on the awareness and education of heart health among masses as the primordial preventive measures, which includes Individual and Mass education. In primary prevention, he elaborated health promotion and specific protection; in secondary prevention, he elaborated early diagnosis and prompt treatment and in tertiary, he illustrated disability limitations and rehabilitation.

The lecture was followed by a Question & Answer session moderated by Shalini Kumari, a pupil teacher of B.Ed. 2025-27. Several students and teachers asked questions to get solution of the problem regarding heart health they were facing. Dr. Rout answered all the questions, to the level of their satisfaction and help them to find the solution of their problems.

The lecture was highly informative as well as interactive as it was in face-to-face mode and was attended by Teachers and Students of Dev Sangha Institute of Professional Studies and Educational Research. The programme was successfully anchored by Shalini Kumari, a pupil teacher of B. Ed. 2025-27, and was coordinated by Shri Kumud Ranjan Jha, Coordinator, DLS Programme, and assisted by Smt. Sneha Rani, Assistant Professor, DIPSER.