

Date: Wed, 10 Apr 2024 09:25:53 +0530
From: "Dr. Neelam Dahiya" <drneelamdahiya@gmail.com>
To: vc@pu.ac.in
Subject: Invitation for CME on women's health
 Dear Ma'am,

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10-04-2024
D052/24/1522
10/04/24

I hope this letter finds you in good health and high spirits. Non communicable disease like heart attack. Stroke and cancers are on rise and are the number one killer in our country. This is a myth that heart disease affects only men, we see many women of young age presenting with heart attack and heart diseases. Risk factors of heart disease are also on rise among women. Fortunately, heart diseases and many other cancers are preventable with a proper heart healthy lifestyle. Unfortunately, nowadays lifestyle is not healthy due to various reasons. Me and my colleague from our institute felt a responsibility to spread awareness about heart disease and risk factors. We wish to educate your women faculty hoping that they will spread this important information among near and dears ones acting as health promoters . With this thought we are planning a CME targeting risk factors management and prevention of heart disease. I seek your gracious presence and to motivate others from university to have maximum participation. It would be a great help to organize this event in a proper way if you could tell a tentative number who are willing to participate . Topic of discussion and tentative schedule is attached with this mail.

Regards,

Dr Neelam Dahiya MD, DM

Associate Professor,

Department of Cardiology,

PGIMER, Chandigarh

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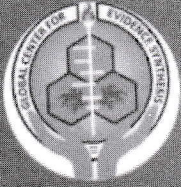
Email: drneelamdahiya@gmail.com

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One day Workshop on Cardiovascular Health in Women: Strategies for Prevention

ORGANIZED BY
GLOBAL CENTER FOR EVIDENCE SYNTHESIS

 4th May 2024  12PM – 5PM  Mount View, Sector -10A

Organizing committee

Dr. Neelam Dahiya	Dr. Tanvir	Dr. Rama Walia	Dr. Uma Nahar	Dr. Ranjana	Dr. Jasmine
Organizing Secretary	Organizing Member	Organizing Member	Organizing Member	Organizing Member	Organizing Member

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Tentative program highlights

Topics		Speakers
CAD in women	Current Burden	Dr. Lippi Uppal, GMCH
	Risk factors	Dr. Somyata, Department of Cardiology, PGIMER
Stress	How to manage stress?	Dr. Nidhi, GMCH
	Yoga to prevent stress	Dr. Monika Gautam, CCMBI- CCRYN- PGIMER
	How to manage time to reduce stress	Dr. Tanvir, PGIMER
Obesity, not just size: What all it invites?		Dr. Rama Walia, Department of Endocrinology, PGIMER
Heart healthy diet: How to implement in busy work schedule		Dr. Nancy Sahni, Department of Dietetics, PGIMER
Physical activity	How to remain physical activity in busy schedule	Dr. Somya, Department of Physiotherapy and Rehabilitation, PGIMER
	Gym vs Yoga	Dr. Monika Gautam, CCMBI- CCRYN- PGIMER
Healthy sleep		Dr. Ritu Nehra, Department of Psychiatry, PGIMER
How to get motivated forever		Dr. Rama Walia, Department of Endocrinology, PGIMER