



A Quarterly Newsletter of the Federation of Senior Citizens' Associations, Punjab

# FEDSEN PUNJAB

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For private circulation only

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## PRESIDENT'S MESSAGE

Dear Fellow Members,

National Consultative Meet on "Safeguarding Rights of Elderly in India" organized by National Human Rights Commission at Chandigarh on 29th August, 2014 was a very laudable initiative of the Commission. It conveyed the message that 'Ageing with Dignity' is a right of the senior citizens and providing them financial and physical security, healthcare and other facilities for leading normal life should not be considered charity on the part of governments or society. More such Meets need to be organized to achieve the objective of safeguarding the rights of the aged.

Through this column I must convey my appreciation of members of Senior Citizens' Council Rajpura who under the leadership of their patron S. Gurdev Singh and President S. Harbans Singh Ahuja made excellent arrangements for Governing Body meeting on 30th August, 2014. Kudos to them for their enthusiastic and warm hospitality!

We met Hon'ble Social Security Minister and Secretary Social Security on 10th September. In another meeting with Secretary Social Security on 26th September in which Director Social Security was also present, all points in the Agenda earlier sent by us were discussed. Details are given in FEDSEN News. I am very hopeful that there will be positive outcome of these meetings.

Three new senior citizen organizations from Amloh, Chhintanwala and Kansuha Kalan became members of FEDSEN during this quarter. I heartily welcome these new entrants to our brotherhood and thank our Advisor Principal Amerjit for motivating them to join us.

Friends, we are organizing a 'Seminar on National and State Policies for Senior Citizens' at Ludhiana on 18th October, 2014. This will be the first seminar to be organized by FEDSEN. It is a matter of great pleasure for us that Sh. D N Chapke, President All India Senior Citizens' Confederation (AISCCON) and Dr. Sughan Bhatia, Senior Vice President and Chairman of its Research and Foreign Relations Committee will be attending the Seminar. We are trying hard to make their visit to Punjab a success.

With best regards,

**S P Karkara**

## Editorial

### *Relevance Of Gandhian Principles*

Today Mahatma Gandhi's teachings seem to be appreciated more abroad than in his own country which considers him to be the Father of the Nation. His statues are being installed in London and Washington DC to spread his message of non-violence and peaceful co-existence which are essential for the survival of mankind. The rulers who have practically abandoned his principles and philosophy, pay lip service to him by placing wreaths on his 'samadhi' on his birthday. They do little to make the youth aware of the greatness of the man, who galvanized the Indians to challenge non-violently the mightiest imperial power in history.

Mahatma Gandhi, like Leo Tolstoy, was a votary of truth. He entitled his autobiography 'My Experiments with the Truth'. He faithfully recorded his flaws and failings including the sins of flesh. Even though our national motto is 'Satyameva Jayate', in our daily dealings we are hardly truthful. Tax payers do not declare their actual income in the tax returns; legislators file false affidavits on the expenditure incurred in contesting elections. No wonder there is a parallel economy financed by black money; it is time we realized Gandhiji's insistence on truthfulness.

Gandhiji was no intellectual giant but he was a moral genius. His life story is an inspiring example of an ordinary man guided by moral principles becoming a Mahatma. In the issue of 22nd October, 1925 of his weekly 'Young India', he listed seven points which later came to be known as sins according to Mahatma Gandhi. These are: "Wealth without work, pleasure without conscience, science without humanity, knowledge without character, business without ethics, worship without sacrifice, and politics without principles."

What is the state of the nation today? How many Indians live up to the expectations of the Father of the nation?

Everybody wants to become wealthy without doing honest and hard work. Money is generally amassed through wrong means like bribery and corruption. India has acquired international ignominy as a country of mega scams.

*'FEDSEN NEWS' wishes its dear readers a very Happy Diwali, Gurburab, Christmas and New Year*

We are also notorious as people who seek pleasure without conscience. It is more so in case of carnal pleasures. Rapes are reported daily in the media. Delhi has earned the dubious distinction of the 'Rape Capital' rather than the capital of the largest democracy of the world.

Our educational institutions are 'manufacturing' scientists and technocrats who completely lack humanity. There is no component of the humanities in the curriculum. As a result, they become robots rather than balanced human beings.

Similarly, our educational system focuses solely on acquiring information and knowledge rather than building character. Consequently, the country is facing crisis of character in every walk of life.

There is no element of ethics in business in India. The chief motive is profit; cheating adulteration, fake goods – Sab Chalta Hai. The greed of businessmen knows no bounds; for them, the end justifies the means.

Another point emphasized by Gandhiji is that worship entails sacrifice. Paradoxically, the pseudo-religious have no scruples in sacrificing animals as acts of worship. What a cruel way of appeasing the deities by shedding the blood of hapless animals!

Gandhiji was an epitome of principled politics. Numerous examples can be cited from his long political career to illustrate this. Where is politics driving this nation today? Principles are thrown to the winds to acquire political power

and then to use it for personal gains. No political party is clean in this matter. It is impossible to stick to principled politics in the prevailing conditions where more than a third of the parliamentarians and state legislators have criminal record.

The panacea to check the rot is to return to Gandhian principles of honesty, simplicity, morality, and truthfulness. The best way to pay homage to this great man is to adopt his teachings in our personal lives and political system.

**Amarjit Singh**

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## AS WE MARCH ON

- Er. Balbir Singh  
Secretary General

### FEDSEN NEWS

- Chairman Dr A S Khehra, President Sh. S P Karkara, Secretary General Er Balbir Singh and Finance Secretary Er R S Behal attended National Consultative Meet on 'Safeguarding Rights of Elderly in India' at Chandigarh on 29th August, 2014. The Meet had been organized by National Human Rights Commission supported by Ministry of Social Justice & Empowerment, Government of India. The programme was planned and conducted by Anugraha Regional Resource and Training Centre on Ageing, New Delhi. Representatives of Mohali, Zirakpur and Ropar Associations also attended the Meet. During Interactive Session, President suggested amendment of section 23 of The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 to the effect that transfer of property by a parent to his children by gift etc. will be presumed to be on condition of providing him basic amenities of life. He also pleaded for early finalization of National Policy for Senior Citizens: preparation of comprehensive Action Plan for Protection of Life and Property of senior citizens and upward revision of cost norms of projects under National Integrated Programme for Older Persons and streamlining and simplifying procedure for sanctioning grants to NGOs under this Programme.
- Meeting of FEDSEN Governing Body was held at Rajpura, District Patiala on 30th August, 2014. It was hosted by Senior Citizens Council, Rajpura in Senior Citizens' Bhawan there. Excellent arrangements made by Rajpura Council won appreciation of all those who attended the meeting. The meeting expressed disappointment on the failure of the Punjab Government to fulfill legitimate expectations of senior citizens and decided that whereas our demands should continue to be pursued with the State Governments, political leaders and opinion makers in districts should be made aware of problems and genuine aspirations of senior citizens. It was also decided that all federated units will celebrate International Senior Citizens' Day in a befitting manner.
- Chairman Dr A S Khehra, President Sh. S P Karkara and Secretary General Er Balbir Singh met Hon'ble Sh. Surjit Kumar Jyani, Minister for Health and Social Security in Punjab Civil Secretariat, Chandigarh on 10th September, 2014 in connection with our demands. Smt. Alaknanda Dayal IAS, Director Social Security and Development of Women & Children was also present. Minister assured of action on all points brought to his notice. Thereafter, Chairman, President and Secretary General met Sardar Jaspal Singh IAS, Secretary Social Security who promised to hold a meeting on 26th September, 2014 to consider the Agenda of Demands which had been sent earlier to the Punjab Government.
- Chairman Dr A S Khehra, President Sh. S P Karkara and Secretary General Er Balbir Singh attended the meeting held on 26th September, 2014 in the office room of Secretary Social Security Sardar Jaspal Singh IAS under his chairmanship. Director Social Security and Development of Women & Children Smt. Alaknanda Dayal IAS, other senior officers of Directorate and senior

officers of Health Department were present. All the points listed in the Agenda of Demands were taken up. Points like early finalization of State Policy for Senior Citizens, setting up of State Council for Senior Citizens, Celebration of International Senior Citizens' Day by Punjab Govt. at district and tehsil level in addition to state level, substantial upward revision of Old Age Pension, early notification of Action Plan for Protection of Life and Property of senior citizens and providing space in community centres, panchayat ghars and other common places in towns and villages to enable senior citizens to assemble and spend a few hours together were stressed by us.

### NEW ASSOCIATIONS FEDERATED WITH FEDSEN-PUNJAB

It is a matter of great pleasure to inform that the following new Senior Citizen Organizations have joined the Federation during the outgoing quarter:

1. Senior Citizens' Association Amloh (Distt. Fatehgarh Sahib) with Sh. Roshan Sood as President and Sh. Balbir Singh Ghuman as General Secretary.
2. Senior Citizens' Welfare Association Chhintawala (Distt. Patiala) with Sh. Gurmukh Singh as President and Sh. Ram Nath Kaura as General Secretary.
3. Senior Citizens' Association Kansuha Kalan (Distt. Patiala) with Sh. Kesar Singh as President and Sh. Harbans Singh as General Secretary.

The above Associations joined on 30-08-2014 during Governing Body Meeting held at Rajpura.

### LUDHIANA

During the period under report i.e., July, 2014 to September, 2014, Senior Citizens' Welfare Association, Ludhiana (SCWAL) organized following activities:-

#### 1. Yoga Camp For Senior Citizens:

This camp was arranged at Arya Samaj Mandir, Block B, Aggar Nagar, Ludhiana on 12th July, 2014. Yoga expert Er. L D Garg gave demonstration of various Asanas of yoga which are beneficial for knee, hip joint and stomach related problems. More than 80 members attended the camp.

#### 2. Family Get-together:

This function was arranged at Silver Oak Gardens, Pakhowal Road on 28th July, 2014. Theme of this function was AYA SAWAN JHOOM KE. More than one hundred members attended this function. Ghazals, songs and poems were sung by members. Mrs. Neelam Khosla as usual gave wonderful performance. Dr. I M Chhibba managed the stage in a befitting manner.

#### 3. Independence Day Celebrations:

On 14th August, 2014, Independence Day was celebrated at Mahavir Jain Shikshan Sansthan, Hussainpura. Sh. K K Dhir Director of the Sansthan welcomed the members of SCWAL. Sh. S P Karkara Chairman and Er. Balbir Singh President SCWAL hoisted the National Flag and shared their views related to sacrifices made by the countrymen to get independence. Students of the school took pledge to serve the country with full honesty and dedication. Students presented colourful cultural programme which included patriotic songs and skits. SCWAL member Smt. Neelam Khosla



and Sh. R P Shori members SCWAL also sang songs.

**4. Seminar to sensitize college students about duties towards elders:**

This programme was organized at G H G Khalsa College Gurusar Sadhar on 23rd August, 2014. Dr. S S Deol Principal of the College welcomed the members of SCWAL. President SCWAL Er Balbir Singh outlined the purpose of the programme. Sh. S P Karkara Chairman SCWAL while addressing the students gave detailed information about The Maintenance and Welfare of Parents and Senior Citizens Act, 2007. Sh. D R Bhatti D G P (Retd.) also addressed the students and advised them to respect their elders. Dr. S S Thind, Secretary, Managing Committee of the College also graced the occasion.

**5. Van-mahotsav & Teachers' Day Celebrations:**

SCWAL celebrated Van Mahotsav on 5th September, 2014 at Govt. Primary School, Lalton Kalan on Pakhowal Road, Ludhiana. S. Surjit Singh Grewal Ex-Sarpanch of Lalton Kalan was actively involved in arranging this function. Chairman Sh. S P Karkara, President Er Balbir Singh, Sh. K K Dhir and Maj. S S Khosla spoke on the occasion. School children presented very interesting cultural programme on female foeticide and other social issues. Chairman Sh S P Karkara, President Er. Balbir Singh and other members planted saplings in the school premises while it was drizzling. It being Teachers Day, SCWAL also honored a state & national awardee teacher S. Karamjit Singh of Govt. School, Kheri Jhameri who has contributed significantly in imparting education to the rural students through his innovative ideas and techniques.

**6. Free Homeopathic Medical Check-up Camp:**

This Camp was organized jointly with Arya Samaj Sabha of Aggar Nagar & B R S Nagar on 20th September 2014 at Arya Samaj Mandir , B-Block. Aggar Nagar, Ludhiana. The camp was inaugurated by Sh. Arun Thapar, President Arya Samaj Sabha, Sarabha Nagar. Residents of the area specially senior citizens took keen interest and came in large numbers to get themselves examined. The high-light of the camp was that the patients were tested for Hepatitis B and C along with Blood Sugar free of any charges.

**CHAK BHAI KA**

Bazurg Bhai Sabha Chak Bhai Ka planted shady trees and ornamental shrubs in the Gurdwara Sahib of the village on 9th August 2014. Their action motivated the village Panchayat to plant trees in the Shamshan Ghat and the Youth Club to plant trees and shrubs in the stadium. The concerted efforts of these organisations will beautify the village and improve its environment.

**KHARAR**

Premises of the Council were demolished by the Municipal Council of Kharar. So Council shifted to a temporary office. The Council is find it a bit difficult to arrange activities in a smooth manner. However was celebrated the annual function of "World Elders Abuse Awareness Day"

**MOGA**

1. On 28th June, 2014 S. Parminder Singh Gill I.A.S. newly appointed Deputy Commissioner Moga visited the Red Cross Day Care Centre Administrative Complex Moga. Rousing welcome was accorded to him by the Council

members. The Council President S.L. Kamra apprised him of the activities of the Council and stressed on the implementation of the Maintenance & Welfare of Parents and Senior Citizens Act, 2007 as per directions by the Ministry of Social Justice and Empowerment and National Policy on Older Persons by the Govt. of India so that the older people life gracefully and appealed to the Chief Guest to direct the administrate on to pay due regards to the older people and get their work done on priority basis. The Chief Guest assured to help the Senior Citizens in every possible way regarding the welfare policy and other benefits recommended by the Government of India and State under the National Policy on Older Persons so as to make their lives graceful and worth living. The President S.L. Kamra and the Council members honoured the Chief Guest by presenting a moments. Light refreshment was served and Council thanked the Chief Guest for sparing time from his busy schedule.

2. An invitation was extended to S. Gursharn Singh Sandhu (I.P.S.) S.S.P. Moga to preside over The General Meeting. He was warmly welcomed by The senior Council members on his arrival in the meeting. S.L. Kamra highlighted the achievements of the Council as per directions in the National Policy on Older Persons released by The Ministry of Social Justice and Empowerment, Govt. of India. The President laid stress on the safety of The senior citizens because they fall easy prey to the criminal elements. The S.S.P. assured the Council to help the senior citizens in every possible way. S.H.O's will pay due regard to senior citizens. The Chief Guest was honoured with a moments. After refreshment the Council President thanked the Chief Guest for showing sympathetic attitude towards the senior citizens.
3. On 13th Sept. 2014, a mass birthday celebration was performed. Refreshment was served to the all the Council members present in the meeting. The Council members prayed to the Almighty for their, good health, longevity of life and congratulated them on this occasion.

**MANSA**

Any Eye Camp for Senior Citizens was arranged with the help of advanced Eye Care Centre, Mansa on August 3, 2014 under the Presidentship of Ruldu Ram Bansal with the help of Chairman Sh. Ashok Garg. About 250 members were checked by Dr. Mahip Bansal and his team of doctors. This camp was inaugurated by Sh. Prem Mittal M.L.A. who assured every help in the future. The camp ended with slogan by the office bearer that such camps will be organized in future with the help of Council members.

A Free Medical Check-up Camp was organized by the Council on 30th August, 2014. Besides Sh. Ashok Garg Chairman, Sh. Ruldu Ram Bansal President, Sh. Baboo Lal Sharma General Secretary and other members of Council, a large number of respectables and other citizens of the town attended the Camp. Sh. Rakesh Kumar, PCS, SDM Mansa was the Chief Guest. In the Camp, doctors of Super Max Hospital, Bathinda examined a large numbers of patients. Medicines were also given free to needy patients. Addressing the gathering on the occasion, Chief Guest appreciated the charitable activities of the Council.

**MOHALI**

**1. VAN MAHOTSAV DAY**

A programe on World Environment Day was organized by MSCA, on 8th July 2014 at LAF Centre, City Park,

Sec-68, Mohali. Mrs. Shruti Shukla, Dy. Director( Environment) P.S.Ed.B. graced the occasion as Chief Guest of the function.

Saplings were planted by the Chief Guest and other dignitaries present on the occasion. Chief Guest spoke about the importance of Environment Day. Sh. H.S. Mand, President MSCA welcomed the Chief Guest and members present during the function. Dr. A.S. Khehra, Chairman MSCA also spoke on the occasion. The cultural program and other arrangements including hospitality by Sh. V.S. Gupta, were applauded by all.

**2. Lecture on welfare and maintenance of parents and senior citizens**

A thorough lecture on WELFARE AND MAINTENANCE OF PARENTS AND SENIOR CITIZENS was delivered by Ms Divya Sharma, Advocate, Punjab & Haryana High Court on 26th July, 2014 in the auditorium of FORTIS HOSPITAL . Queries of the senior citizens were answered by the speaker and Mr. Harpal Singh, SP City, Mohali. MSCA records its sincere thanks and gratitude to the entire management team of Fortis Hospital for providing their auditorium free of charges.

**3. Fortnightly members Get-together.**

Regular member's get-together were held twice every month for mel-milap and information sharing amongst the members. Birthday/ Wedding cake cutting ceremony and varieties of cultural programs were organized.

**4. Health care and Awareness Programme**

Monthly special lectures by renowned specialists on health issues related to old Age were organized at Fortis Hospital, Ivy and Max Hospital on regular basis during the months of July To Sept., 2014.

Medical Seva at LAF Centre, sector 68, is being organized on every Wednesday from 5.00 pm to 7.00 pm for the benefit of the Senior Citizens. Free Consultation and medicines are provided in the field of eyes & general medicine by doctors in their respective fields of specialization. Over 100 elders per month are getting the benefit from the medical Sewa Centre.

**j grawl**

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### JUGAAD

(The Basic Indian Philosophy)  
- Principal S Chaudhary

Every Indian in general and Punjabi in particular is adept in the art of manipulation and improvisation. He possesses the virtuosity of making something from whatever is available, when something goes wrong or breaks down. He has the natural talent of using his know-how in a quick and funny way. Instead of beating his head in desperation, he applies his brain to make the best out of the waste and finally comes out victorious.

I can recall my friends of my childhood (age group 10-15) who had very fertile brains. Kite flying was very popular then. Whenever a kite was damaged or torn a bit, and no adhesive was handy, one of us would take a tipfull/drop of sticky, ricy nasal fluid from another's running nose, use it as an adhesive paste and mend the kite successfully. What an idea it was!

Then, there was a Punjabi Dhabawala on the National Highway near Rajpura, whose business flourished because his USP (Unique selling product) was Lassi, which he would make manually by churning curd in a small 'matki'. Churning was a laborious job and the poor fellow was exhausted by noon. He found out a 'Jugaad'. He started using "Washing Machine" to churn bucketfuls of lassi and lo! he could make 100's of 'Kade Wale Glasses' in minutes. Does anybody possess such an inventive brain?

But the height of 'Jugaad' was, when a newly appointed babu was posted as 'Despatch Cleark' in an office. The poor fellow had to paste/stick 100's of postage stamps on the letters, after enveloping and stapling them. He would pick a stamp, wet it with the fluid/saliva on his tongue and paste on

the envelope. A very monotonous task indeed. He could do it fast till 11.00 A.M. and then the law of diminishing utility worked and his tongue dried up. No spittle left. They have aptly said, 'Necessity is the mother of invention'. It went on for some days and then he hit upon a 'Jugaad'. He brought his 'Labrador' to the office and seated it next to his chair. The efficient pet had its tongue hanging out as is natural. What a miracle! He would tear out stamp after stamp, wet it on the dog's moist tongue and could finish his job of hours in minutes. No monotony. Rather a fun for him and his colleagues who admired his adroitness. The jugaad worked wonders!! He was rather awarded a prize for efficiency (Courtesy Labrador).

Lucifer, the Satan, in Hell got the report that the street urchins of Punjab were known brats and were perfect in inventing and discovering new mischiefs. They were a pain in the neck of the neighbors, taking a panga here, a panga there. He wanted to really test and make sure about their impish nature. After all, who could be more Jugaadi, and a bigger manipulator than he himself. With a view to teaching them a lesson, he assumed the shape of an unharnessed 'Donkey', came down to Punjab and tried to play a dog in the manger policy. The teeny 'boppers', who were seven in number, were red with rage at the intruder's interference and manipulated a 'Jugaad'. Six of them mounted the donkey, pulled his ears and mane. No seat for their seventh friend. To seat him, they plucked a thick and hard twig from a kikar tree, inserted it into the anus of the donkey and made a comfortable pillion seat for him. The plight of Lucifer, the master Satan, can be well imagined. It's cries rent the sky. Feeling humbled and troubled, he went back to Hell for medical treatment of his injured body parts. The extemporaneousness of the Punjabis has to be admired. Everyday, every moment, the Jugaadi's are at work, here and there, performing wonders by dint of their manipulative skill.

### **DEVELOP STRENGTH OF MIND AND BODY FOR HEALTHY LIFE**

The World adores strength, not weakness "If we become weak, even our friends turn into foes", a strong man is befriended by all. And a weak-ling is pushed aside. Wisdom lies in increasing our strength in every way, using every opportunity that we come upon, till our mind and body hold intact. We should develop not only our body and mind, intellectual and ethical powers, but also strength of our soul, Swami Vivekananda said: Strength is life, weakness is death. Strength is felicity, life eternal, immortal, weakness is constant strain and misery weakness is death". The weak man not only gets destroyed, he instils in others the tendency to-wards exploitation and perpetration of violence.

Our tradition lays stress on the acquisition of strength on the mind, body and soul. Lord Krishna said to Arjuna: "Don't lose heart, don't be weak". Even the Gods don't favour the weak. The horse is not sacrificed, nor the elephant. Never a panther. But the lamb is offered in sacrifice. Allas! Providence too destroys those who lack strength. Every day, occurrences take place that dishearten us. But let-us understand that however disheartening life may be, we need strength it may be, we need strength to overcome deficiencies. In each individual there is a divine force-The force needed to sustain life. How is it then that in spite of holding within us such unlimited powers, we behave like salves?

**S.L. Kamra, Moga**

### **WISE SAYINGS**

1. A successful man is he who can lay a firm foundation with the bricks that others throw at him.  
- **David Brinklay**
2. There are two levers that move men---Interest and Fear.  
- **Napoleon Bonaparte**
3. There are more men ennobled by study than by nature.  
- **Cicero**
4. Nothing is harder on your laurels than resting upon them.  
- **Franklin Jones**
5. He who knows himself best esteems himself least.  
- **H.G. Bohn**
6. My pain may be the reason for somebody's laugh, but my laugh must never be the reason for somebody's pain.  
- **Charlie Chaplin**

**Complied by  
Principal S Chaudhary**

### **SIDE SPLITTERS**

1. A much worried old man to a newly wedded groom  
- Dear Son, remember two things for a successful married life.  
One - Whenever you make a promise to your wife, fulfill it always.  
Groom - And the 2nd one?  
Old Man - Never make a promise.
2. Husband and wife passed away after 20 years of married life. The husband became a spectre and wife a witch. Accidentally they met in Hell and wife said, "Wow, how much have you changed!". The husband replied, "But you are still the same, no change in your appearance".
3. Medical Terminology  
Being asked what medicine is used when the patient is almost dying, the new Resident replied, "Aqua Gangetica Five Drops" (A few drops of Gangajal).
4. It was, Dr. Lipper who invented loop for family planning. When ever and where ever he was invited for a lecture, he had interesting slogan put up at every meeting, "Loop before you leap".

**Complied by  
Principal S Chaudhary**

### **Please Note**

Members of federated Associations are requested to send their articles etc. for publication in FedSen News through their Presidents. Articles sent direct may not be published.

**Editor**



## FEDSEN ACTIVITIES



Governing Body Meeting of Fedsen in progress on 30-08-2014



Group photo after the Governing Body Meeting

### BHAWANIGARH



President Inderpal Sharma and Members of the Association honouring Sh. Parkash Chand M.L.A. & Chief Parliamentary Secretary Punjab

### JAGRAON



Miss Apjit Riat IAS SDM Jagraon inaugurating free Homeopathic Medical Camp

### CHAK BHAI KA



Bazurag Bhalai Sabha celebrating Van Maha Utsav

### LUDHIANA



Er. Balbir Singh President SCWAL honouring Sh. SP Karkara President Fedsen who inaugurated the Free Homeopathic Medical Camp



## FEDSEN ACTIVITIES

### MANSA



Mr. Rakesh Kumar PCS, SDM Mansa addressing Senior Citizens in the Free Medical Checkup Camp

### MOHALI



Volunteers of the Association doing documentation of LAF library record

### SRI MUKTSAR SAHIB



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### MOGA



S. Parminder Singh IAS Deputy Commissioner Moga is being honoured by President Sh. S.L. Kamra & Members of the Council

### RAJPURA



Sh. S.P. Karkara, President FedSen along with S. Gurdev Singh Patron Rajpura Association in library

### ROPAR



Quarterly News Folder "Sunehre Pal" of Senior Citizens Council being released

## CORONARY ARTERY DISEASE -A RISING EPIDEMIC



**Dr. Pawan Suri**

Senior Consultant-Interventional Cardiology  
SPS Apollo Hospital

Heart disease is the number one cause of death for both men and women surpassing the deaths caused by AIDS and Cancer combined together. It is estimated that by 2020 Cardiovascular disease will be the cause of over 40 percent of deaths in India as compared to 24 percent in 1990. Globally, it causes 17.3 million deaths annually. Keeping in view the increasing prevalence of the disease and associated increase in incidence of risk factors, India is all set to be the "**Heart Disease Capital of the World**" in a few years time. The prevalence of Coronary artery disease in rural India is estimated to be upto 7 percent as compared to the urban areas where incidence is upto 12 percent.

There are almost more than 250 risk factors for coronary artery disease that include the non modifiable factors like age, sex, family history, ethnicity and the modifiable ones including high blood pressure, smoking, abnormal lipids, obesity, physical inactivity, diabetes, unhealthy diet, alcohol etc. Not much can be done about the non- modifiable risk factors but the modifiable risk factors need to be periodically checked, assessed, modified and treated so as to avoid the long term morbidity and mortality. The more the accumulation of risk factors, the greater is the likelihood of developing the disease unless some prompt measures are taken to alter and/or stop the occurrence of such factors.

The most common symptom of Coronary artery disease is Angina or Chest Pain. Angina is a discomfort, heaviness, pressure, aching, burning, squeezing, fullness or painful feeling in chest usually mistaken for indigestion or heartburn. The anginal pain can be felt in shoulder, arm, neck, throat or back. This pain can be felt from lower jaw upto umbilicus anywhere and is usually a nonlocalising pain often shown by the hand on chest (Levin's Sign). Other symptoms of Coronary artery disease includes shortness of breath, Palpitation, Weakness, nausea, sweating, diaphoresis usually called as Angina Equivalent. During heart attack, any of these symptoms typically last 30 minutes or longer and are not relieved by rest or oral medications. Some people, however, have a heart attack without having any symptoms which is known as Silent Myocardial Infarction and occurs more often in diabetics.

No single test can diagnose coronary artery disease. based on Medical and family history, risk factors, physical examination and routine tests and procedures, the diagnosis of Coronary artery disease can be made.

**An Electrocardiogram (ECG)** forms the basic investigation and is a simple, painless test that detects and records the hearts electrical activity. A normal ECG does not exclude a significant Coronary artery disease but an abnormal ECG almost always confirms the disease thereby suggesting its high specificity.

**Stress testing** can be done to induce ischemia in those suspected of having a coronary artery disease and can be done either pharmacologically or by making the patient to perform exercise either on treadmill or bicycle or else. The positive result has a high specificity though again in some sub group of patients we can have negative results inspite of having a disease within the vessel.

**Echocardiography** is the most informative non-invasive tool that not only gives information about the size and shape of heart and its chambers but also the morphology of heart valves and their status. In addition, Echo also shows areas of poor blood flow to the heart, areas of heart muscle that are not contracting normally and previous injury to heart muscle caused by poor blood flow.

**Angiography** is an invasive procedure wherein a dye is given to assess the coronary arteries and the blockage responsible for the symptoms of angina or else heart attack itself. It can be done either through femoral route ( thigh) or through the radial route (Wrist), later having advantage of day care procedure only. In some cases where the suspicion of blocked arteries is less and in young people

**CT-Angiography** can be done as a screening procedure. However, the conventional Angiography is still a gold standard investigation in almost all subsets of patients and especially in those who are elderly, have suffered a heart attack and suspicion of having blocked arteries is high.

The goals of treatment are;

- 1) Relieve symptoms
- 2) Reduce risk factor in effort to slow, stop or reverse the blockage
- 3) Lower the risk of blood clots forming
- 4) Widen or Bypass plaque clogged coronary arteries
- 5) Prevent Coronary Heart Disease Complications

**Quit Smoking** : Heart disease is not related to the quantity of smoke as does the lung disease like COPD, lung cancer etc. Even a single puff of smoking is enough to have a disastrous effect. The risk of Coronary artery disease reduces to half within six months after one quits smoking and almost comes to a nonsmoker level within 2 -5 years after stopping.

**Healthy Diet** : It includes more of vegetables and fruits, avoidance of red meat, dairy products, coconut and palm oils, using less salt, avoiding added sugars, limiting solid fats and refined grains and drinking alcohol in moderation. In short, it is good to fill half of our eating plates with fruits and vegetables.

**Physical Activity** : It is one of the vital activities to reduce the accumulation of almost all other risk factors. It has been seen that a vigorous walking for about 30 minutes on almost 5 days a week reduces the high blood pressure, improves good cholesterol (HDL), reduces bad cholesterol (LDL), lowers risk of new onset diabetes, improves sugar level in diabetics and shuns the extra weight.

**Maintain a Healthy Weight** : A Body Mass Index (BMI) of less than 25 kg/m<sup>2</sup> and waist circumference of less than 40



inch in male (< 35 inch in female) is the goal for preventing and treating coronary artery disease.

**Stress and Good Sleep** : A minimum of 8 hours sound sleep during night and a short nap during day is considered to be beneficial for heart. A sudden surge in extremes of emotions like anger, depression etc should be avoided as it can trigger a heart attack by altering the hormonal balance and causing a plaque to rupture and block the whole vessel. A holistic approach and meditation techniques should be practised to calm down such extreme emotions.

**Medicines** : After proper consultation and requisite investigative tests the medicines prescribed for prevention and treatment of particular risk factors should be followed religiously. A normal or near normal value of the risk factor has a tremendous impact in avoidance of coronary artery disease. Even a few mm Hg drop in blood pressure reduces the incidence of angina and heart attacks manifold.

**Angioplasty** : It is a nonsurgical procedure that opens blocked or narrowed coronary arteries and is performed under local anaesthesia. After opening the blocked vessel, a small mesh tube called Stent is placed in artery to help keep it open after the procedure so that blood flow is restored and flow to heart muscle is improved to prevent further damage.

**CABG** : A surgical procedure wherein the vein/ artery of other areas in body are used to bypass narrowed or blocked coronary arteries thereby improving blood flow and relieving pain and possibly prevent heart damage.

Nature has its own integrity, its own versatility. Whatever we do, we only mend the Broken Hearts. Lets take our best and healthier foot forward, work for prevention than cure. Lets spend on Health rather than Disease. It is possible only when we think of our health first, avoid the risk factors for disease and more importantly prioritise our health by regular Health Check ups.

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