

**ADDRESS BY THIRU BANWARILAL PUROHIT, HON'BLE GOVERNOR OF  
TAMIL NADU AT THE INAUGURAL EVENT OF 23<sup>RD</sup> ANNUAL CONFERENCE  
OF INDIAN ACADEMY OF ECHOCARDIOGRAPHY "ECHO INDIA 2018" AT  
CONVENTIONAL HALL, KALAIVANAR ARANGAM, CHENNAI  
ON 05.10.2018 AT 4.30 P.M**

**AnaivarukkumMaalaiVanakkam**

**Dr. Shanmuga Sundaram,**  
President,  
Indian Academy of Echocardiography

**Dr. A. Balaguru,**  
Organizing Chairman,  
Echo India 2018

**Dr. Sameer Shrivatsava,**  
President Elect,  
Indian Academy of Echocardiography

**Dr. G. Gnanavelu,**  
Organizing Secretary,  
Echo India 2018

**Dr. Manish Bansal,**  
Secretary,  
Indian Academy of Echocardiography

**Dr. S. Venkatesan,**  
Treasurer,  
Echo India 2018

**Distinguished Invitees**

**Ladies & Gentlemen**

It gives me great happiness to be taking part in the inauguration of Echo India 2018 being organised by the Indian Academy of Echocardiography.

I am informed that the Indian Academy of Echocardiography has been consistently promoting scientific activities by conducting annual national conferences, state chapter meetings, maintaining a vibrant website which serves as an online source of education for youngsters, publishing journals and newsletters etc. It is a moment of pride for all cardiologists and physicians of our country that this academy is being

regularly invited to USA, Europe and Asia Pacific countries as a token of appreciation of the skills and research findings of its members.

As you are all aware Echocardiography is one of the most widely used diagnostic tests in cardiology, being routinely used in the diagnosis, and management of suspected or confirmed heart ailments in patients. Ant the biggest advantage of echocardiography is that it is non-invasive, and hence very simple.

Thought I am not a doctor by qualification or training I am aware that echocardiography provides a wealth of information about the patient's heart including the size and shape of the heart, pumping capacity, and the symptoms related to heart disease.

The heart is the most important organ of the body. It works untiringly with the heart beat occurring 1,00,000 times in a day. It pumps blood to all organs of the body and keeps them alive through the supply of nutrition and oxygen. In short the heart is life.

It is disturbing to see that the incidence of is becoming heart disease is going up in India and in the world in general.

In India alone there are nearly 55 million heart disease patients while there are about 25 million in USA. going by the population of India which is more than 3 times that of USA the incidence of heart disease in lower in percentage terms. But it is higher in absolute terms. Heart disease which is emerging as the leading cause of death, contributes to nearly 25-30% deaths in the world. It is estimated that 62 million years of life are lost from heart diseases and stroke in India, leave alone many more millions of productive years lost due to morbidity of the disease. To handle such a huge burden of heart disease, early diagnosis becomes important and I request the medical community to constantly strive to find the means to diagnose the disease in the early stages so that the morbidity and mortality can be reduced Substantially.

As Tiruvalluvar says in his chapter on medicine, the cause of a disease must be ascertained first before beginning treatment.

In the olden days, we had only the ECG and Chest x-ray to diagnose heart diseases. Introduction of echocardiography in 70's has revolutionized cardiac diagnosis. One can now diagnose any type of heart disease in few minutes. The

availability of echo machines and trained personnel have made this diagnostic tool the test of first choice for physicians and cardiologists.

In medicine, particularly in Cardiology, acquiring skills is more important than passive reading. Learning new skills is made easy with hands on training and workshops, which are possible only in conferences like this. When I went through the scientific programme I was delighted to note that a full day is devoted for hands on training in the form of preconference workshop. Text books and Internet can provide knowledge but not wisdom which can be acquired only from dedicated teachers. The art of “Learning to teach” and the skill of “Teaching to Learn” are both made possible in the conferences. I am sure that in the next three days there will be elaborate discussions on current trends in imaging particularly Echocardiography and adequate exchange of ideas which will help in coming to findings and a plan of action that will help to improve the quality of Cardiac diagnosis and treatment of Cardiac disease.

It is very important to keep the heart in good condition. This can be achieved by following a few simple steps

- Avoid tobacco and tobacco products.
- Regulate the consumption of sugar, oil and salt in your diet
- Adopt a simple and straightforward life style.
- Perform physical activity for 30 mins. Every day.
- Practice Yoga and meditation, for physical, mental and spiritual wellbeing
- Maintain health habits, Clean hands, clean water and clean utensils make for healthy living. Have periodic checks on the condition of your heart and take corrective measures to keep your blood pressure under control.

Research has shown that by adopting the above commandments one can avoid the risk of heart disease to a great extent.

India is now emerging a leading economy of the world with the highest growth rate. The Make in India initiative announced by the Government of India in September – 2014 has spurred on investment in the manufacturing sector. It is time for the industry and the medical profession to put in their efforts jointly to start manufacturing

good quality medical equipments in our country. When Angioplasty consumables like balloons and stents are already being manufactured in India, some of which even get exported to European countries. The manufacture of echocardiography machines in India can also be encouraged. This will help to reduce the dependence on imports and increase the availability of echocardiography machines since they will become more affordable.

I also wish to exhort the members of the Academy to do community service by performing free echo screening camps. One such programme in the North East was widely appreciated. Science gets glorified by the public only when it is amalgamated with humanity. Medical camps result in widespread checks of the population and thereby help in detection of silent heart diseases, mostly birth defects and valve diseases.

The medical profession is a noble profession. You are all outstanding leaders and opinion makers belonging to the profession. You will all appreciate that it will be a great day for India if every family is able to access health care in a comprehensive and adequate manner. It is with that and in view that 'Ayushman Bharat' has been launched recently by the Hon'ble Prime Minister of India.

Let me conclude by requesting each one of you here to participate in the task of nation building. When a population of 125 crores moves forward in a cohesive and planned manner it is certain to dominate the world arena. I am sure that all of you will come forward to participate in this exciting journey.

I thank the organizer for having given me the opportunity to address the Indian Academy of Echocardiography. May your endeavours to provide better cardio care to the citizens of India be greeted with success.

NandriVanakkam

Jai Hind