



CARDIOLOGICAL SOCIETY OF INDIA

Uttar Pradesh Chapter

XVIII Conference

CARDICON 2012

February 04 - 05, 2012

| Hotel Kanha Shyam, Allahabad



Message



It is a dream come true to host and organize the 18th Annual Scientific Conference of the Cardiological Society of India – U.P. Chapter “CARDICON – 2012” at Allahabad. I welcome you all to this great academic feast and sincerely hope that this conference shall enlighten all of us to the new heights and development which have taken place in the field of cardiology.

The scientific programme of the conference has tried to cover a maximum number of topics which we as cardiologists routinely witnessing in our clinical practice. All the topics have been nicely carved and are well handled by the respective experts and I am sure that we shall be highly benefitted in terms of knowledge from the doyens in the field of cardiology.

I sincerely thanks all the learned speakers who have come across from multiple cities to Allahabad for this noble cause and have taken all the pains to enlighten us. I thank all the delegates who have come to attend this conference despite of their busy schedule.

Lastly, I feel highly honoured and privileged to host “CARDICON – 2012” and pray to the Almighty to make this conference a great success.

Thanking you all once again.

D K Agrawal

Organising Secretary



Invitation

Dear Colleagues,

It is indeed a great honour to invite you for the conference and at the same time it is a matter of privilege that Saraswati Heart Care Hospital, Allahabad is the host for organizing CARDICON - 2012. It will be organized at Hotel Kanha Shyam, Allahabad on 4-5 February, 2012.

There had been enormous progress in the field of cardiology in the last few decades. Rapid strides have been made both in diagnostics and therapeutics with development of newer techniques and drugs. The advancements made in Interventional Cardiology and Cardiac surgery have also been of great significance. In spite of this, Coronary Artery Disease still remains a major killer. The problem is increasing at a rapid pace specifically in developing countries like India. There is a major consensus among experts that the solution lies in preventive strategies. The purpose of this conference is to discuss amongst all delegates and experts, the matters related to prevention of heart diseases. An effort will also be made to educate public through media and public lectures.

You can also discover the ancient city of Allahabad which lies at the confluence of the Ganga (Ganges) and the Yamuna, two sacred rivers that have been cradles of the Indian civilisation. The city is mentioned in the oldest Indian literature such as the Vedas, Ramayana, Mahabharata and the Puranas. According to Hindu mythology Lord Brahma, the creator choose a place where three of the holiest rivers on earth could meet in harmony. The city is also referred to as 'Tirth Raj' or the 'king of pilgrimage centres'.

So friends, we would appreciate if you could register at the earliest. On behalf of the organizing committee, I once again extend a very hearty welcome to you in Allahabad. Hopefully your presence along with your family would give further impetus to our endeavour.

Thanks,

D K Agrawal
Organising Secretary



Team Cardicon-2012

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About the conference

Venue :

Hotel Kanha Shyam, Civil Lines, Allahabad

Dates :

Conference: 04th to 05th February, 2012

Last date for registration: 31st October, 2011

Official Language :

English

Climate :

Winter- Max. Temp: 15° C. Min. Temp: 5° C

Registration :

Registration is compulsory for all faculty, delegates, associate delegates, Industry professionals

Transport :

Transport will be arranged for the convenience of the registered delegates from selected hotels to the conference venue to & fro.

Events in the Evenings :

Attractive entertainment programmes will be organised in the evenings- "A surprise"

Accommodation & Travel :

All the delegates/faculty members are requested to directly contact to our transport committee.

Connectivity :

Allahabad is well connected by Train and Air.



Prevention is Better than Cure

It is a common observation in developed economies that rise in chronic lifestyle diseases is, meteoric. And amongst these killer diseases, cardiac diseases have taken the Number one position. Genetic predisposition compounded by rapid urbanisation, economic prosperity, changes in diet and lifestyle, lack of adequate physical exercise is expected to further aggravate this situation. The mantra "Prevention is better than cure" is best applicable in case of lifestyle diseases. Preventive diagnostics helps a lot in early detection of the disease and can avoid a painful and risky course of treatment.

The problem of heart diseases is spreading with a high pace every year among individuals, both men and women. This is one of the most common causes of death all over the world. We can say on the overall basis that it ranks on the top as the reason for the highest number of killings. There are several causes of these cardiovascular diseases, among which some are uncontrollable. However, an individual can still do a lot with their lifestyle to avoid this problem.

Cardiovascular diseases can be serious when it appears, but there are methods with which an individual can control its probability of occurrence. But before understanding those solutions, one should properly understand the exact cause of this problem, and then only the solutions can be implemented effectively in the life.

It is true in all the cases that prevention is better than cure. Thus if an individual is able to implement some methods to prevent cardiovascular diseases, then he will be at lesser risk. However, there are lots of ways by which one can control the occurrence of this problem and out of them the most important one is the alteration in lifestyle. Maintaining a healthy living, eating proper type of food stuff, performing regular exercising to become active, and totally eliminating bad habits and addiction from life like that of drinking, smoking and drugs are some of those methods.

However it may seem, but it is not much difficult to reduce the risk of development of this disease. For that purpose the individuals must educate themselves with the causes, symptoms and the prevention treatments against cardiovascular diseases. All these information is necessary to maintain a healthy heart.



Team WP-ESG

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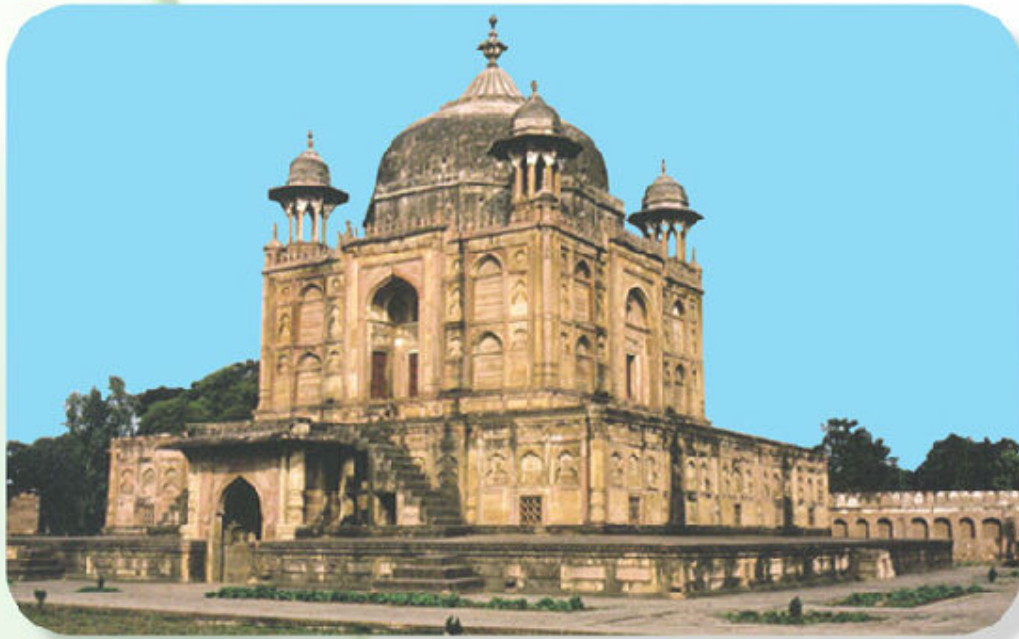
Hotels

Hotel Tariff

Hotel	Single	Double	Suite
Kanha Shyam	3,500	4,500	12,000
Milan Palace	2,600	3,500	6,000
Grand Continental	3,000	4,000	6,000
Yatrik	2,600	2,800	4,700
Ajay International	2,200	2,700	4,300
Prayag	850	900	995
Tourist Bungalow	1,400	1,600	4,000
Saket	2,500	2,800	4,000
Suncity	795	995	-
Regency	2,800	3,200	3,800



Attractions at Allahabad



The ancient city of Allahabad lies at the confluence of the Ganga (Ganges) and the Yamuna, two sacred rivers that have been cradles of the Indian civilisation. The city is mentioned in the oldest Indian literature such as the Vedas, Ramayana, Mahabharata and the Puranas. According to Hindu mythology Lord Brahma, the creator chose a place where three of the holiest rivers on earth could meet in harmony. The city is also referred to as 'Tirth Raj' or the 'king of pilgrimage centres'.

The Aryans had settled here and the city was then known as Prayag. It later became the capital of the Gupta Empire and was subsequently ruled by the Mughals, at which time it was renamed as Allahabad by Emperor Akbar.

The Sangam (or confluence) :

This is the most sacred spot in Allahabad at the confluence of three rivers, Ganga, Yamuna and the mythical Saraswati. Devout Hindus from all over come to this sacred pilgrimage point to offer prayers and take a dip in the holy waters. It is believed that a holy dip taken at the Sangam washes away all sins.

The largest congregation of humans in the world assembles here every year during Magh Mela. The Ardh Kumbh is celebrated here every six years.

The Maha Kumbh is celebrated every 12 years and an estimated 45 million people converge to bathe in the sacred waters of the Ganges as part of a purification ritual. This year Maha Kumbha Mela is in January of 2013. This will be the largest gathering of humanity on Earth. Here you will see a vast array of religious ascetics - sadhus and mahants - who will come down from their abodes in forests, mountains and caves

Mankameshwar Temple

This Shiva temple is situated at Saraswati Ghat on the banks of the Yamuna.



Attractions at Allahabad

AnandBhawan

This is the ancestral home of the Nehru family and is now a museum. It had become a focal point for the Indian National Congress during the freedom struggle.

AllahabadFort

The Mughal emperor Akbar built the fort in 1583 AD overlooking the Sangam. It has three galleries flanked by high towers. The British recognised its strategic importance and based a munition depot and military contingent here. A limited area is open to visitors as the Indian army is using it. Within the complex you can see the Asoka Pillar, the Saraswati Kup, the Patalpuri temple, the Akshaya Vat and Jodhabais Palace.

Patalpuri Temple

It is extremely ancient and legend has it that Lord Rama visited it during his travels. The famous Chinese traveller and writer Hiuen Tsang also visited it. Within this underground temple lies the Akshaya Vat - or the immortal tree. This Banyan tree finds mention in many ancient manuscripts. The tree stands in a deep niche above an underground shaft, which is believed to lead to the Sangam.

AllahabadUniversity

The University was, in the early 20th century, regarded as the highest citadel of learning in the country. It has a large campus and many fine buildings representative of colonial architecture.

AllahabadMuseum

This museum has a large collection of sculptures from the Gupta era on display.

Chandra Shekar AzadPark

Next to the museum, this splendid park was earlier known as Alfred Park. It is locally referred to as Company Bagh (from the East India Company). The park has some colonial style buildings and a public library. The library was shifted to the present premises in 1879. It has a collection of 75,000 books, and many valuable manuscripts and journals.

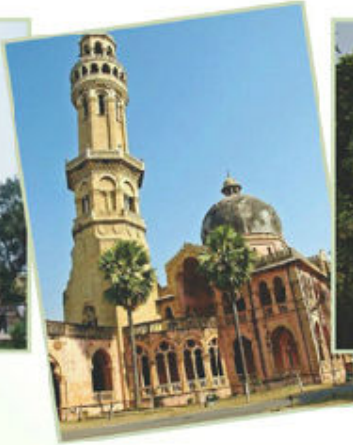
AllSaints Cathedral

This is architecturally one of the finest cathedrals in India. It was designed by Sir William Emerson in 1870 and is built in white stone with a marble altar with intricate inlay and mosaic work.

Khusro Bagh

Khusro, the son of emperor Jehangir and Shah Begum is buried here. The garden has three mausoleums including that of Jehangir's first wife-Shah Begum.





Conference Secretariat

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