



Secretary's Report 2017-2020

Dr.Seema Bhargava

Indian Society of Atherosclerosis Research – Delhi Chapter

Secretary's Report 2017-2020

It was in July 1987 that a few stalwarts of medicine namely Prof Chakravarty from PGI Chandigarh, Prof Taskar from Seth GS Medical College, Mumbai, Prof Kurup from University of Kerala and Prof Chatterjee were sitting together in a hotel in Mumbai – probably sharing tea and snacks and deliberating about the free and saturated fatty acid content of the snacks and discussing the lack of a forum for research in this area even though ischemic vascular disease was a substantial public health problem. They envisaged a society to promote research on atherosclerosis in any medical field – be it biochemistry, pharmacology, genetics, pathology and along with several other very renowned colleagues like Prof Dwivedi, Prof Ganguly, Prof Yeolkar, Prof. Sudhakaran, Prof Subramanyam and many senior scientists, they started the Indian Society of Atherosclerosis Research (ISAR).

Thus was born one of the few multidisciplinary associations of our country with its own by-laws and policies. To commemorate their contribution, our orations are named after the team of scientists who initiated this society and laid its foundation.

Further in 1990, the association was affiliated to the International Atherosclerosis Society based in Milan, Italy. Since then there has been no looking back. We have come a long way thanks to the regular regional and state CMEs and annual national as well as international conferences which have encouraged and supported our scientists to pursue this line of research. We are now moving towards the ultimate aim of setting our own population based guidelines for atherosclerosis investigation and management.

The Delhi Chapter (DC-ISAR) was founded in 2014 with the vision of promoting research and disseminating knowledge of various aspects of atherosclerosis and related fields in Delhi-NCR. The modus operandi, of course, would be CMEs, symposia and conferences. We were fortunate to have Dr. S.Dwivedi and Dr. D.K.Srivastava as our patrons, Dr.S.B.Sharma as Advisor and a team of office-bearers lead by Dr. Jayashree Bhattacharjee as President.

It has indeed been an honour to work in this organization in the capacity of secretary. In keeping with our vision, we have worked towards two major goals:

1. Increasing awareness of the society and thereby increasing members
2. Dissemination of knowledge and encouraging research in the field of atherosclerosis.

Nothing could have been achieved without the diligence and support of our executive team who worked towards both these aspects.



Secretary's Report 2017-2020

Dr.Seema Bhargava

For the membership drive, we are happy to announce that number of members of DC-ISAR has increased by 32.6%. When I took over, there were 89 members and now we have 118. This would not have been possible without the support of the national body and the conferences/CMEs held.

Towards academic activities, we were able to host 2 annual CMEs, one in 2018 and one in 2019. Unfortunately, due to the Covid-19 pandemic, we were unable to organise a meet in 2020.

4th Annual CME of DC-ISAR

On 26th September, 2018, the department of Biochemistry of Sir Ganga Ram Hospital (SGRH), New Delhi, hosted the 4th Annual CME of the DC-ISAR titled “Atherosclerosis – The Indian Epidemic”. The venue was the Auditorium in the Working Women’s Hostel at SGRH. The chief Guest was Dr. S.P.Byotra, Director Clinical Laboratory Services, Chairman Department of Medicine, and Vice-Chairman Board of Management, SGRH. The Guest of Honour was Col. Dr. P.K. Khanna, Emeritus Consultant, Department of Cardiology, SGRH. I, Dr. Seema Bhargava, was the Organizing Secretary. and Organizing Chairperson. The organizing Committee was comprised of Dr. Anjali Manocha, Dr. Mamta Kankra, Dr. Parul Singla and Dr. Anisha Sharma. There were 110 delegates who were from all fields of medicine from all over NCR.

The Key Note Speaker, Dr. J. P. S. Sawhney is the Chairman of the Department of Cardiology at SGRH. He presented his work on “Prevalence of Familial Hypercholesterolemia in Young MI”. Prof. Arif Ali, Professor, Department of Biotechnology, Jamia Millia Islamia, New Delhi, chaired the session

There were two scientific sessions. Session 1 was chaired by Dr.S.B.Sharma and Dr.K.K.Srivastava. Dr. S.C.Manchanda, the first speaker, talked about “Regression of Atherosclerosis by Yoga Lifestyle”. This was followed by a practical interactive demonstration of ‘Yoga for the Heart’ by Mr. Ramesh Chandra, Yoga Instructor, Department of Holistic Medicine, SGRH.

Thereafter, the second session was chaired by Prof. L.M. Srivastava, Advisor Laboratories, Kolmet Hospital, New Delhi. Dr.R.Lakshmy, Professor, Department of Cardiac Biochemistry, AIIMS, New Delhi addressed the topic “Role of Endothelial Progenitor Cells in Coronary Artery Disease”.

In culmination, there was a panel discussion on “Latest Trends in Diagnosis and Treatment of Atherosclerosis”. The Moderator was Dr. Anjali Manocha and the panellists were Dr. Ashwani Mehta (Sr. Consultant, Department of Cardiology, SGRH), Dr.Rajiv Passey (Sr. Consultant, Department of Cardiology, SGRH), Dr. Seema Bhargava (Sr. Consultant and Chairperson of Department of Biochemistry, SGRH) and Dr. Nitika Setia (Institute of Medical Genetics & Genomics, SGRH). It was an interactive session and there were a lot of questions from the delegates as well.



Secretary's Report 2017-2020

Dr. Seema Bhargava

The CME culminated with a vote of thanks by Dr. Mamta Kankra which was followed by high tea.





Secretary's Report 2017-2020

Dr. Seema Bhargava





Secretary's Report 2017-2020

Dr.Seema Bhargava

5th Annual CME of DC-ISAR

The 5th Annual Conference of Indian Society for Atherosclerosis Research, Delhi Chapter (ISAR-DCCON 2019) was organized by Department of Pharmacology on 3rd August 2019 at All India Institute of Medical Sciences, New Delhi. The venue of ISAR-DCCON 2019 was Lecture theatre 3, fourth floor, Teaching block, AIIMS. The Organizing Secretary and Organizing Chairman were Prof Jagriti Bhatia and Prof DS Arya in the Department of Pharmacology, AIIMS, New Delhi respectively. It was a full day conference that was well attended by more than 120 delegates. The participants included students, scientists and faculty from various fields in medicine. The full day conference had three sessions: session 1 was 'Award session: Oral Paper Presentation', sessions 2 and 3 had invited talks on 'Pathophysiology and Epidemiology of Atherosclerosis' and 'Recent Advances in the management of Atherosclerosis and its Sequelae' respectively.

The session 1 was chaired and judged by Prof KK Sharma, National Scientific CME Co-ordinator, National Academy of Medical Sciences and Ex-Professor & Head, Department of Pharmacology, UCMS-GTB Hospital; Prof Kamal Kishore, Ex-Professor, Department of Pharmacology, AIIMS, New Delhi; Prof Nibhriti Das, Ex-Professor, Department of Biochemistry, AIIMS, New Delhi; Prof Ashok Kumar Dubey, Prof & Head, School of Medical Sciences and Research, Sharda University, Greater NOIDA; and Dr Kamna Srivastava, Assistant Professor, Dr BR Ambedkar Centre for Biomedical Research, University of Delhi. There were 20 oral presentations in this session; 7 in basic research category and 13 in clinical research category. In both basic and clinical categories, the best five presentations were awarded 'Young Investigator Award' first, second, third and two consolation prizes. The award recipients in both the categories were as under:

Name and affiliation of the Presenter	Award (Category)	Title of the paper
Ms. Poorva Bhargava, Department of Pharmacology, AIIMS, New Delhi	First (Basic)	Cardioprotective effect of hesperidin in an experimental model of cardiac hypertrophy
Ms. Swati Sharma, Defence Institute of Physiology & Allied Sciences, Timarpur, Delhi	Second (Basic)	Pravastatin, an established antiatherosclerotic drug, ameliorates in vivo thrombosis by inhibition of factor Xa
Dr. Vinnyfred Vincent, Department of Biochemistry, AIIMS, New Delhi	Third (Basic)	Flow cytometry-based quantitative monocyte adhesion assay to estimate endothelial cell activation <i>in vitro</i>



Secretary's Report 2017-2020

Dr.Seema Bhargava

Ms. Ekta Mutneja, Department of Pharmacology, AIIMS, New Delhi	Consolation (Basic)	Erdosteine, a mucolytic drug attenuates isoproterenol induced myocardial necrosis through modulation of MAPK pathway
Dr. N. Senduran, Department of Pharmacology, AIIMS, New Delhi	Consolation (Basic)	Orally deliverable nanoformulation of liraglutide against experimental diabetic rat model
Mr Nitesh Mishra, Department of Biochemistry, AIIMS, New Delhi	First (Clinical)	Altered expression of complement regulatory proteins CD35, CD46, CD55 and CD59 on leukocyte subsets in individuals suffering from coronary artery disease
Dr Jay Narayan Pandit, Department of Forensic Medicine & Toxicology, AIIMS, New Delhi	Second (Clinical)	Myocardial changes with respect to atherosclerosis in cases of suspected sudden cardiac death: A cross sectional study
Dr Kanhu Charan Mallik, Department of Physical Medicine and Rehabilitation, AIIMS, New Delhi	Consolation (Clinical)	Rehabilitation of spinal cord injury associated with metabolic syndrome and cardiac autonomic dysfunction in a young male: a case report
Dr Nitesh Goyal, Department of Pharmacology, LHMC, New Delhi	Consolation (Clinical)	A prospective randomised open label study to compare the effect of various antihypertensive drugs on leptin- adiponectin ratio and insulin resistance

After the conclusion of session 1 there was lunch break; thereafter, the inauguration ceremony of the conference was held which included a lamp lighting ceremony, Saraswati vandana, release of the souvenir book and address by all the invited dignitaries on the dais. Prof DK Sharma, Medical Superintendent, AIIMS, New Delhi graced the inauguration ceremony as the 'Chief Guest'. The 'Guests of Honor' for this event were Prof KK Sharma, Prof DK Srivastava, Patron, ISAR-DC; Prof Ritu Singh, President ISAR and Prof Seema Bhargava, Secretary, ISAR-DC. Also present on the dais was Prof VL Kumar, Head, Department of Pharmacology, AIIMS, New Delhi and Advisor, ISAR-DCCON 2019; Prof DS Arya, Organizing Chairman ISAR-DCCON 2019 and Prof Jagriti Bhatia, Organizing Secretary, ISAR-DCCON 2019.



Secretary's Report 2017-2020

Dr.Seema Bhargava

The session 2 on 'Pathophysiology and Epidemiology of Atherosclerosis' was chaired by Prof HS Rehan, Head, Department of Pharmacology, LHMC, New Delhi; Prof R Lakshmy, Department of Cardiac Biochemistry, AIIMS, New Delhi; Prof Anupam Prakash, Department of Medicine, LHMC, New Delhi. The invited talks in this session were presented by Dr Archana Singh, Associate Professor, Department of Biochemistry, AIIMS, New Delhi on 'Analysing HDL functionality in patients with acute coronary syndrome and its modulation after statin therapy'; and by Prof Ambuj Roy, Department of Cardiology, AIIMS, New Delhi on 'Cardiovascular epidemiology and outcome studies from India'.

After the end of session 2 there was a brief tea break and thereafter the session 3 started. This session was chaired by Prof SK Maulik, Department of Pharmacology, AIIMS, New Delhi; Prof Sanjeev Sinha, Department of Medicine, AIIMS, New Delhi and Prof Seema Bhargava. Secretary ISAR-DC and Chairperson and Sr. Consultant, Department of Biochemistry & Professor GRIPMER, Sir Ganga Ram Hospital, New Delhi. The invited talks in this session were presented by Prof Rajiv Narang, Department of Cardiology, AIIMS, New Delhi on 'Recent advances in the management of Acute Coronary Syndrome'; Prof G Karthikeyan, Department of Cardiology, AIIMS, New Delhi on 'Novel insights into Atherosclerosis' and Prof Sanjay Wadhwa, Department of Physical Medicine and Rehabilitation, AIIMS, New Delhi on 'Atherosclerosis and rehabilitation of persons with coronary artery disease'.

The Prize distribution and Valedictory function was organized after the end of session 3. Prof KK Sharma was the 'Chief Guest' of the Valedictory function. The stage was shared by other prominent dignitaries: Prof Rajiv Narang, Prof Sanjeev Sinha, Prof SK Maulik, Prof Sanjay Wadhwa, Prof Mohammad Zahid Ashraf (Department of Biotechnology, Faculty of Natural Sciences, Jamia Milia Islamia, New Delhi) and Prof Seema Bhargava. The 'Young Investigator Award' prize, which included a certificate and a subject text book, were awarded to all the above mentioned meritorious award recipients. In addition, all the volunteers of the conference were felicitated with a token gift to mark appreciation of their hard work. The feedback from the students, delegates and dignitaries regarding the conference was taken. The students had enjoyed participating in the Award competition and everyone appreciated the scientific output of the conference. It was discussed that in future, the conference may be coupled to a workshop to make it a bigger learning exercise especially for the students and young faculty. The valedictory session ended with a vote of thanks from Prof Jagriti Bhatia and this was followed by tea and dispersal of all the delegates.



Secretary's Report 2017-2020

Dr.Seema Bhargava





Secretary's Report 2017-2020

Dr. Seema Bhargava





Secretary's Report 2017-2020

Dr. Seema Bhargava





Secretary's Report 2017-2020

Dr.Seema Bhargava

ISARCON 2019 8TH-10TH November, 2019

In addition to conducting Chapter activities, we also had the good fortune of collaborating with the National ISAR executive committee in organising the National ISARCON hosted at Swarna Jayanti Auditorium, Lady Hardinge Medical College, New Delhi. During this 3-day conference, we were able to give impetus to the membership drive. Several of the Delhi Chapter members were academically involved in terms of being speakers as well as chairpersons in several sessions. The report of this conference has already been submitted to the National ISAR by the then Organising Chairperson, Dr. Ritu Singh.

2020

2020 has been a globally challenging year. Academic activities all over the world have taken a back seat, in the attempt to address and contain the Covid-19 pandemic, and are just finding a foothold. Consequently, there have been no academic activities in this chapter in 2020.

However, due to the guidance of our incoming President Dr.S.B.Sharma and our election Officer, Dr.D.K.Srivastava, we were able to conduct the elections for this Chapter. Here, I would like to specially thank Dr.D.K.Srivastava for his proactive leadership, advice and support in taking the election to its culmination through a smooth legal enforcement.

I, Dr. Seema Bhargava, hereby hand over the baton of Secretary DC-ISAR to the very efficient, active and dynamic Dr. Jagriti Bhatia with my best wishes for a very active tenure.