

bottom Staff reporter Speaker Dr Shirin Sharmin Chaudhury on Monday observed that the risk of cardiac arrest will be reduced to a great extent if a stress-free atmosphere can be ensured at workplace. “Bringing a change in the food habit is not enough for preventing heart attack... a change in the lifestyle is also essential for this. Public awareness will have to be created about the change in the lifestyle,” she said. The Speaker was addressing a seminar organised at the National Heart Foundation auditorium at the city’s Mirpur marking the World Heart Day. The day was observed on Monday with the theme ‘Create Heart-Friendly Environment. Live, Work and Play’. Children will have to be provided with healthy Tiffin in their schools alongside ensuring arrangements for physical exercises, Dr Shirin Sharmin said. Observing that the social and family ties are a key tool to removing mental stresses, she said, “If emotions of joy and sorrow can be shared with each other through a strong attachment for family as well as society, a heart-friendly environment will be created alongside improvement of mental health.” Founder and President of National Heart Foundation National Prof Brig Gen (retd) Abdul Malik presided over the seminar addressed, among others, by its leaders Dr Sirajul Islam, Prof RK Khandker and Prof Khandker Abdul Awal Rizvi. Prof Sohel Reza Chowdhury presented the keynote paper at the function.