

14th Cardiology Update 2025

Preventive Cardiology Update



30th November, 2025

9.00 am - 2.00 pm

P. D. Hinduja Hospital,
OPD Building,
Mahim (W), Mumbai

INTRODUCTION

After the overwhelming success of the last 13 Cardiology/Arrhythmia and ECG Updates, the Cardiology Department at P. D. Hinduja Hospital will conduct the **14th Cardiology & ECG Update** on **Sunday, 30th November, 2025 from 9.00 am to 1.30 pm at Conference Hall, P. D. Hinduja Hospital & MRC, Mahim.**

The theme for the 14th Cardiology and ECG Update is **Preventive Cardiology Update**.

Most of the physicians are aware about how to treat hyperlipidemia and hypertension in patients with ischemia heart disease but falter with therapeutic targets and choice of medications when it comes to primary prevention. This update will provide guidance on: How to best approach primary prevention of CVD by controlling the risk factors? How to help our patients reduce weight? What's the best diet to do that? Is Dixit diet effective? What should we advise our patients on aerobic exercise?

Will yoga and pranayama reduce weight and improve aerobic fitness? How to help our patients quit smoking? How to get a good night's sleep and inculcate good sleep hygiene? What are the best targets for blood cholesterol, sugar and blood pressure for primary prevention, and which are the recommended medications? Answers to such questions will be provided in this Update.

We have arranged excellent faculty that specialises in these fields for this update. We invite you to this wonderful symposium and hope to have an interactive session.

TARGET PARTICIPANTS

This update is targeted at MD/DNB Physicians who are involved in management of patients and who deal with primary prevention of CVD.

APPLIED FOR MMC ACCREDITATION

ORGANISER AND CO-ORDINATOR

Dr. Ameya Udyavar
Consultant Cardiac Electrophysiologist

IN-HOUSE AND VISITING FACULTY

Dr. C. K. Ponde
Consultant Cardiologist

Dr. Manoj Chadha
Consultant Endocrinologist

Dr. Kersi Chavda
Consultant Psychiatrist

Dr. Aashish Contractor
Consultant Rehabilitation and Sports Medicine

Dr. Roshani Sanghani
Consultant Endocrinologist

Dr. Mangesh Tiwaskar
Consultant Physician

CHAIRPERSONS

Dr. Rajesh Rajani
Consultant Cardiologist

Dr. G. R. Kane
Consultant Cardiologist

Dr. Navneet Kumar
Consultant Cardiologist

Dr. Sudhir Pillai
Consultant Cardiologist

AGENDA

TIME	LECTURE	SPEAKER	CHAIRPERSON
9.00 – 9.20 am	Breakfast		
9.20-9.30 am	Welcome		
	Session 1: CHANGE YOUR HABITS and MANAGE WEIGHT BETTER		
9.30-10.00 am	Eat Better and Manage Weight	Dr. Roshani Sanghani	
10.00-10.30 am	Be More Active	Dr. Aashish Contractor	Dr. Rajesh Rajani
10.30-11.00 am	Quit Tobacco and Get Healthy Sleep	Dr. Kersi Chavda	Dr. Sudhir Pillai
11.00-11.30 am	Panel Discussion with Audience and Above Faculty		
11.30-11.45 am	Tea Break		
1.45-12.00 pm	Session 2: KNOW YOUR NUMBERS AND CONTROL THEM		Dr. Ameya Udyavar
12.00-12.30 pm	Control Blood Sugar	Dr. Manoj Chadha	Dr. Navneet Kumar
12.30-1.00 pm	Manage Blood Pressure	Dr. Mangesh Tiwaskar	Dr. G. R. Kane
1.00-1.30 pm	Control Cholesterol	Dr. C. K. Ponde	
1.30-2.00 pm	Panel Discussion with Audience and Above Faculty		
2.00 pm onwards	Lunch		

Note: The sessions will start at 9.20 am sharp.