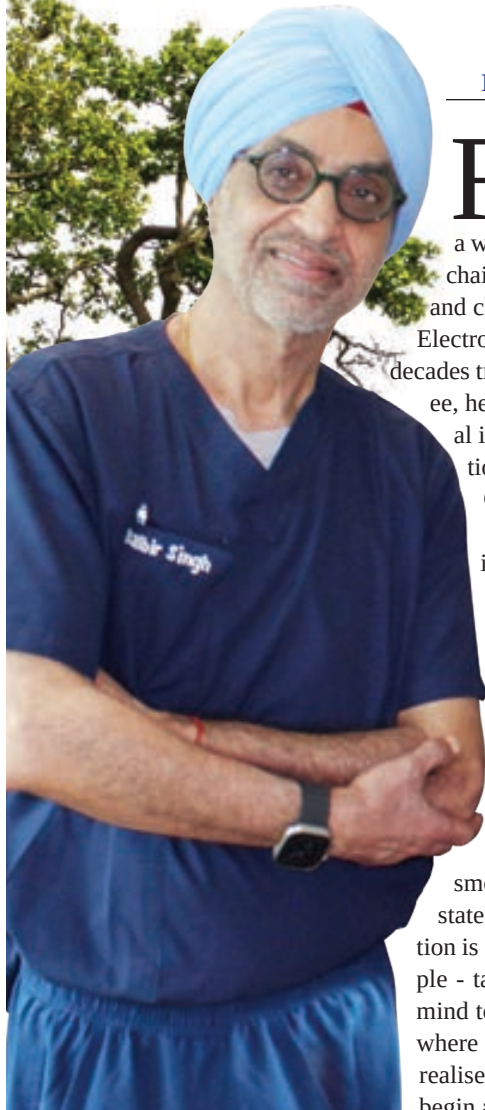


Beyond the beats

A Leading Cardiologist's Guide To Balancing Lifestyle, AI, And Prevention



Dr Balbir Singh, Chairman
Cardiac Sciences, Pan Max

Krishna Rastogi, XII C &
Naima Oberoi, XII F, AIS Saket

For Dr Balbir Singh, one of India's leading cardiologists, the heart is not merely a medical subject - it is a window into the way we live. As group chairman of Cardiac Sciences, Pan Max, and chief of Interventional Cardiology and Electrophysiology, Max Saket, he has spent decades treating patients. A Padma Shri awardee, he has also been recognised with several international honours for his contribution to cardiology. In an interview with GT reporters, he talked his heart out about advancing heart care and training the next generation of doctors.

Healthy choices, happy heart

In India, heart attacks are increasingly affecting younger people. A healthy diet and regular exercise are the cornerstones of prevention but sustaining them requires much more than just awareness. If I were a politician, I would completely ban smoking in the country. WHO has also stated that no level of alcohol consumption is completely safe. The principle is simple - take care of your body and train your mind to make healthy living a habit. That is where people often fall short. They fail to realise that heart disease prevention cannot begin at the age of 40 or 50. The foundation is laid much earlier in life. Heart disease is preventable, and prevention must begin in

Pic: Aprajita Jha, AIS Saket, XI F



Dr Balbir Singh with GT reporters

school. But it should be made interesting enough, so that it does not become a forgettable chapter. It could involve discussing clinical cases and panel discussions with experienced experts, giving students real-life exposure.

The urban lifestyle trap

Urbanisation has transformed our food habits. Home-cooked meals are increasingly being replaced by calorie-dense fast food. Both the quality and quantity of what we eat are contributing to rising obesity, particularly among children. The 'thrifty gene hypothesis' suggests that our genes evolved to cope with periods of food scarcity, but that biological adaptation has made today's abundance a hurdle. Smoking and alcohol consumption have also increased, particularly among the youth. Then, the competition and pressures of urban life add another dimension - stress. We must recognise these changing realities and consciously adapt our lifestyles to protect our hearts.



INTERVIEW

AI and cardiovascular care

Technology is reshaping cardiovascular care. Many smartwatches now offer ECG tracking, and constant blood-pressure monitoring has become common. AI is increasingly supporting physicians in clinical decision-making while also strengthening self-care. I have seen

AI-generated reports that closely match my diagnosis. Yet, while AI can be remarkably accurate, we may not always know how it arrived at a prediction. Doctors can use it to identify what they might have overlooked, but technology cannot replicate human emotion, empathy, or judgement. We should, therefore, treat AI as a friend that complements the medical profession, not as a foe that replaces it.

Message for Amitians

Analyse your plate before eating. Think about its calories, nutrients, and quality. Make exercise a part of your daily routine, for it benefits not only your physical health but also your concentration and mental well-being. And whatever you choose to do, be passionate about it. Aim to achieve something meaningful and never settle for anything less than your potential. Work hard, study hard, become great Indians, and use your abilities to do well for the society and country. [GT](#)



A showdown of vibes

Aura Battles: Harmless Fun Or Race For Social Approval?

Kriti Verma, GT Network

Youth across Latin America have been taking part in 'aura battles'. It's a real-world spin on the internet trend known as 'aura farming' - a term used to describe an effortlessly cool presence. Eleven-year-old Indonesian boy Rayyan Arkan Dikha started it all with his dance moves on a canoe during a traditional boat race. And it didn't take much time for the internet trend to spill onto the streets, with cities in Spain, USA, and India host-

ing aura battles in public places. While some dismiss it as another fleeting trend, others see it as a new way of expression. Let's see what Amitians think...

A colourful spark

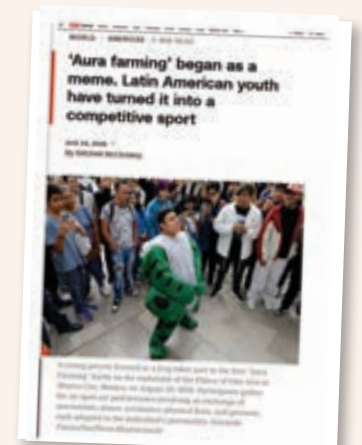
Every time a person enters an aura battle, he or she is igniting a spark of whimsy into this monotonous world. Society often dubs these battles as a 'waste of time', but the intention of such performances is to express. Globally, public spaces like courtyards, plazas, and parks have long

served as vital hubs for community gatherings. India adds to this rich tradition through vibrant festivals like Janmashtami and Holi, where people unite through song and dance. So, when Rayyan Akan Dhika danced, it was his way to own his culture. Moreover, these face-offs encourage human connection, disconnecting youth from their azure-blue screens. Hence, I believe 'aura farming' is more of a boon than a bane for humanity.

Shreyansh Kar
AIS Vasundhara 1, X D

A fleeting trend

Trends shift faster than the wind. But how far can a trend go? If there are no rules, no judges, why does it matter who wins this battle? People spend money and travel to far-off destinations just to pose and 'aura farm'. What's the purpose? Going after trends to be 'cool' is not just pretentious, it can become a vicious competition that creates unrealistic expectations. Some people take extreme measures to be socially accepted. More importantly, unpermitted large crowds can create



public disturbances, disrupt local businesses, and cause noise pollution. Ultimately, this trend is more about conforming to others. You might win the popularity battle in the short term, but in the long run you will lose the war.

Samaira Ankit Prasad
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