



**A Report on the visit to the Jain Institute of Vascular Sciences**

An Educational trip was organized for the IGCSE students of Grade 8 & Grade 9 on 1<sup>st</sup> September 2012 to Jain Institute of Vascular Sciences (JIVAS).

Dr. K R Suresh, Director, JIVAS was the facilitator. The following contents were covered during the seminar:

- **Introduction to the circulatory System:** The session started with the explanation on the meaning of the circulatory system and brought to light how the various organs and blood vessels help in the circulation of blood. He stressed on the vital function of the Heart.
- **Working of the Circulatory System:** With the help of the model of a heart, he clearly explained the various chambers in the Heart and how blood full of oxygen is pumped into the cells and carbon dioxide is transported to the Lungs. He emphasized the work of the Arteries, Veins blood vessels and Valves.
- **Reasons for Blockages in the Circulatory System:** He brought to light how the various bad habits like smoking, eating of junk food, and lack of exercise leads to the cholesterol deposition in the veins. These depositions later lead to a reduction of flow of blood through these veins. This leads to heart attacks and various other circulatory problems. Hence he stressed that a healthy lifestyle is very important for a peaceful living.
- **Provisions to remove the blockages:** Through objects like stents he explained how blockages could be removed from the heart. Angiographs were used to illustrate blockages.
- **Live demonstration with the Doppler machine:** With the help of the Doppler machine he illustrated how to measure the blood flow velocities.

The session ended with an open discussion. Questions were asked to the students and the session ended by answering all the queries of the students.