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**Heartbeat & Humanity:
The Journey of Professor Dr. Triptish Chandra Ghose**



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Editorial Message



A Life Dedicated to Healing and Humanity

Professor Dr. Triptish Chandra Ghose stands as a remarkable example of how a physician's role can extend far beyond clinical practice. As a cardiologist, teacher, organiser, writer, and humanitarian leader, he has devoted his life to medical service, public awareness, and social welfare. His long contribution to cardiac care and health education reflects a deep understanding that prevention is as important as treatment. Through his leadership in medical education, Heart Care Foundation Comilla, Rotary activities, and various humanitarian organisations, Dr. Ghose has shown that knowledge becomes meaningful when it serves people. His work in heart disease awareness, disability welfare, public health, and community service has inspired many and strengthened the culture of social responsibility.

What makes his life especially significant is the balance between professional excellence and human compassion. He has not limited himself to hospitals or classrooms; rather, he has reached society through service, writing, leadership, and awareness-building. Dr. Triptish Chandra Ghose's life reminds us that true success lies not only in achievement, but in dedication to humanity.



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**Professor Dr. Triptish Chandra Ghose:
A Multidimensional Life in Medicine,
Cardiac Care, Social Leadership, and
Literary Practice**



Professor Dr. Triptish Chandra Ghose is a distinguished and multidimensional personality in the medical field of Bangladesh, particularly in cardiology and public health awareness. His life and work reflect a remarkable combination of physician, teacher, cardiologist, organizer, social worker, writer, and humanitarian leader.

His educational journey, which began in Nagarpur, Tangail, extended to Chattogram Medical College, Tashkent State Medical Institute, the Scientific Research Institute of Cardiology, the Bangladesh Medical and Dental Council, and the Royal College of Physicians of Edinburgh. He served as professor, vice-principal, and principal at

Mainamoti Medical College, Cumilla, and has long been providing medical service as a consultant at CD Path & Hospital.

Beyond the medical profession, he has been involved with many service-oriented, humanitarian, cultural, and professional organizations, including Heart Care Foundation Cumilla-Bangladesh. He has written several books on heart disease, public health, the Rotary movement, literature, and social history. His life is not merely the life of a specialist physician; rather, it is an integrated example of education, service, leadership, humanity, and the pursuit of knowledge. This article presents an evaluation of his biography, educational development, professional contribution, social involvement, expansion of medical awareness, literary practice, and overall humanitarian leadership.



The role of a physician in the advancement of society is not limited only to the treatment of disease. A true physician can contribute not only to people’s physical well-being but also to the mental, moral, and humanitarian development of society. Especially in a densely populated region like South Asia, where healthcare, public awareness, social assistance, and medical education still await wider expansion, some individuals become examples beyond their time through personal dedication, professional skill, and social responsibility. Professor Dr. Triptish Chandra Ghose is one such personality.

It is difficult to confine his life to a single identity. On one hand, he is a cardiologist,

medical teacher, and institution-builder; on the other hand, he is a social organizer, humanitarian worker, writer, and cultural enthusiast. The scope of his work extends from medical institutions to Heart Care Foundation, the Rotary movement, disability development, Red Crescent, diabetic association, cancer society, human rights, cultural organizations, and professional bodies. Therefore, an analysis of his life provides an important understanding of regional healthcare development in Bangladesh, the expansion of medical education, heart disease awareness, and the role of physicians in civil society.

One of the major characteristics of Professor Dr. Triptish Chandra Ghose's life is that he did not keep his achievements confined to the personal sphere. Rather, he used his medical knowledge, humanitarian sensibility, and organizational skills for the greater welfare of society. His practice in cardiology is important, but his effort to create awareness about heart disease among ordinary people is even more significant. This is because heart disease is not merely a matter of hospital-based treatment; it is deeply connected with lifestyle, dietary habits, mental stress, family history, social awareness, and primary prevention. Keeping this reality in view, he has advanced medical care and public awareness side by side.

2. Birth, Family, and Childhood



Professor Dr. Triptish Chandra Ghose was born on 8 March 1960. His father was the late Khitish Chandra Ghose, and his mother was the

late Jyotirmoyee Ghose. Family values, love for education, and a humanitarian philosophy of life played an important role in shaping his personality. The discipline, sense of responsibility, and service-oriented mindset visible at every stage of his later life undoubtedly have their roots in the lessons of his family and childhood.



His wife, Dr. Mallika Biswas, is also associated with the medical profession. Their children are Dr. Medha Ghose, Neha Ghose, and Digbijoy Ghose Rohan. His family has worked as a strong foundation in his life. Remaining active for a long time in such diverse fields as medicine, social service, organizational responsibility, and writing is not easy. Behind such a career, family support, mental stability, and continuity of values play an important role. His permanent address is "Heart Home," located on Maternity Road, Badurtala, Cumilla. The very name seems deeply connected with his professional and humanitarian identity. His

dedication to cardiac care and his tendency to remain close to people's hearts are reflected in his work; the name "Heart Home" seems to be a symbolic expression of that commitment.

3. Expansion of Educational Life and International Experience

Professor Dr. Triptish Chandra Ghose began his education at Duajani Government Primary School, Nagarpur, Tangail. He later completed his secondary education at Nagarpur Jadunath High School and his higher secondary education at Nagarpur College. Rising from rural and mofussil educational institutions, he studied MBBS at one of the country's important medical education institutions, Chattogram Medical College. This journey itself is an inspiring story. It shows that with proper perseverance, concentration, and commitment to goals, it is possible to reach national and international levels of success even from local educational institutions.

After obtaining his MBBS degree from Chattogram Medical College, his medical knowledge expanded further through international education. He completed CO/Diploma from Tashkent State Medical Institute, Uzbekistan, then part of the USSR. Later, he obtained a PhD from the Scientific Research Institute of Cardiology, Tashkent, Uzbekistan, USSR. This higher research and training experience in cardiology connected his medical thinking with international standards. He obtained his MD degree from the Bangladesh Medical and Dental Council, Dhaka. Later, he achieved FRCP from the Royal College of Physicians of Edinburgh, UK. FRCP is one of the important marks of professional excellence, experience, and international recognition for a physician. His education and training therefore extended across local, national, and international levels. This educational journey did not only shape him as a skilled physician; it also established him as a research-minded, analytical, and socially conscious doctor. Combining

international experience in cardiology with local realities is not easy. But throughout his long career, it is evident that he applied this combination in real life through medicine, education, organization, and writing.

4. Entry into the Medical Profession and Contribution Centered on Cumilla

The professional life of Professor Dr. Triptish Chandra Ghose is deeply connected with the medical field of Cumilla. He served as an honorary lecturer at Cumilla Medical College from 1993 to 1997. His involvement in medical education without remuneration is an important proof of his service-oriented mentality. From the beginning of his professional life, he engaged himself not only in personal medical practice but also in the work of producing new physicians.



Later, he worked as Assistant Professor in the Department of Cardiology at Eastern Medical College, Cumilla, from 2005 to 2007. At Mainamoti Medical College, Cumilla, he

served as Assistant Professor, Vice-Principal, Professor, and Principal. From 1 October 2011 to 12 October 2016, he served as Vice-Principal of Mainamoti Medical College. Since 15 January 2013, he has been serving as Professor in the Department of Cardiology. From 13 October 2016 to 15 October 2019, he served as Principal of Mainamoti Medical College.

His contribution as a medical teacher is especially important. Medical education is not merely the distribution of textbook knowledge. It is a process of teaching discipline, ethics, compassion toward patients, clinical decision-making, teamwork, and professional responsibility. Professor Dr. Triptish Chandra Ghose has played a role in the professional development of many students and young physicians through his long association with medical education.

At CD Path & Hospital, Cumilla, he has been serving as a consultant from 30 November 1993 to the present. Providing continuous medical service in one region for more than three decades is not an easy task. It requires professional skill, patient trust, institutional stability, and the ability to build relationships with people. His long career as a consultant proves that he has been established as a trusted physician among the people of Cumilla.



5. Special Contribution to Cardiac Care

Heart disease is now one of the major public health problems in Bangladesh. Due to lifestyle changes, dietary habits, smoking, high blood pressure, diabetes, obesity, mental stress, and lack of physical activity, the risk of heart disease has increased rapidly. In this reality, the role of cardiologists is extremely important not only in treatment but also in prevention, awareness, early detection, and long-term management.

Professor Dr. Triptish Chandra Ghose has played an important role in cardiac care through higher education, research, and long clinical experience in cardiology. He did not confine himself only to hospital-based treatment; rather, he tried to increase awareness about heart disease among ordinary people. Among his published books, *The Epidemic of Heart Disease and the Challenges of the Twenty-First Century*, *Heart Attack and Stroke: Known and Unknown*, *Women and Heart Disease*, *Heart Failure from Beginning to End*, and *Heart Disease During the Corona Period* are especially notable. From these titles, it is clear that he did not view heart disease merely as a clinical subject; rather, he considered it as part of public health, social awareness, and timely medical thinking.

Writing a separate book on women and heart disease is an important aspect of his perspective. In South Asian society, women's heart disease often remains neglected. In many families, women's physical problems do not receive timely importance, and sometimes the symptoms of heart disease in women may present differently from those in men. As a result, diagnosis is delayed due to lack of awareness. His attention to the subject of women and heart disease proves that he gave importance not only to medical science but also to social reality.

His special interest in heart failure is also evident. Through the book *Heart Failure from Beginning to End*, he attempted to discuss a complex disease in detail. Heart failure is a

condition that demands long-term treatment, regular follow-up, lifestyle changes, and active participation of the patient and family. Creating public awareness about this disease is highly necessary. His writing is connected with that need.

6. Leadership in Medical Education and Institution Management



When a physician becomes a teacher, the impact of his work spreads from one patient to generations of physicians. The educational life and professional role of Professor Dr. Triptish Chandra Ghose clearly demonstrate this truth. He taught and held administrative responsibilities at Cumilla Medical College, Eastern Medical College, and Mainamoti Medical College. At Mainamoti Medical College, his continuous responsibilities as Assistant Professor, Professor, Vice-Principal, and Principal indicate the institution's confidence in his leadership.

Serving as principal is a complex administrative and academic responsibility for any physician. It involves managing students' academic progress, coordinating teachers, clinical training, administrative discipline, examination systems, college-hospital relations, policy decisions, and institutional development together. A successful principal does not only need to be a good teacher; he must also be skilled in human resource management, decision-making, communication, ethical leadership, and long-term planning.

Professor Dr. Triptish Chandra Ghose's experience in institutional management

therefore reflects his multidimensional capacity. He understood the relationship between medical education and medical service. In a medical college, students learn from patients, while patients receive treatment under the supervision of teachers. Keeping this dual process humane and of good quality is one of the major challenges of medical education. His long academic role is a living example of facing that challenge.

7. Heart Care Foundation: A Social Movement for Heart Disease Awareness

Among the social works of Professor Dr. Triptish Chandra Ghose, Heart Care Foundation Cumilla-Bangladesh is especially noteworthy. He became involved as the founder of this organization in 2004. From 2004 to 2015, he served as its Secretary General, and from 2015 to the present, he has been serving as its President.



Establishing a health-based social organization and keeping it active for a long time is a very important task. In a long-term and life-related problem such as heart disease, hospital-based treatment alone is not enough. Public awareness, screening, health education, messages for lifestyle change, counseling for patients and families, and community-level initiatives are necessary. Heart Care Foundation is a social response to that need.

Through the foundation, his work in creating awareness about heart disease has taken his medical thinking into a broader field. Ordinary people often do not give importance to chest pain, shortness of breath, high blood pressure,

unusual fatigue, or symptoms of stroke. As a result, emergency treatment is delayed. In such situations, public awareness activities can save lives. As a cardiologist, he has probably seen the consequences of such delays in patients' lives every day. Therefore, his social initiative originated from medical experience.

His leadership in Heart Care Foundation shows how a physician can lead a public health movement beyond the medical profession. Community involvement is essential in the prevention and treatment of heart disease. His work has given practical shape to that idea.



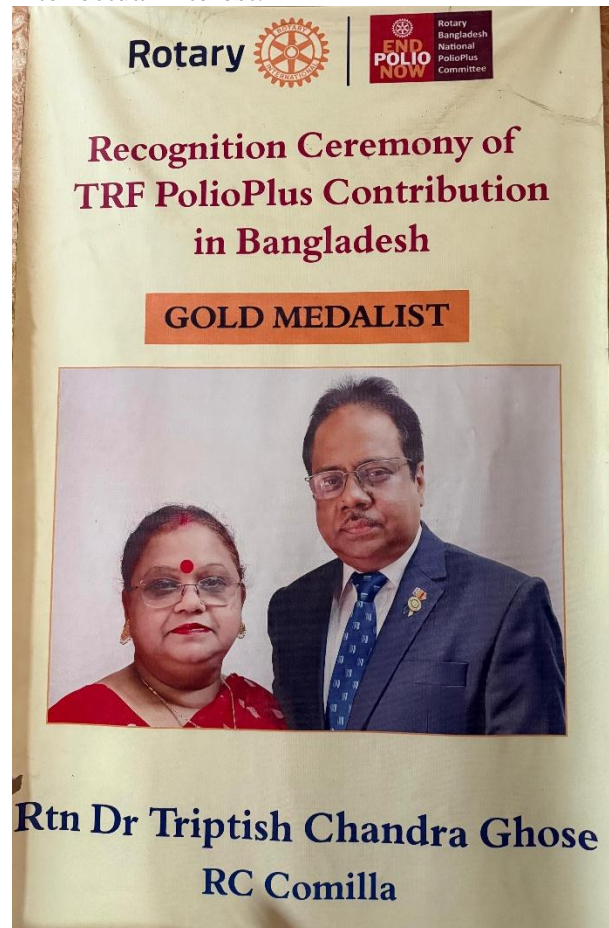
8. Involvement with the Rotary Movement and International Humanitarian Service

Professor Dr. Triptish Chandra Ghose has been associated with the Rotary Club of Cumilla since 2002. He served as President of the Rotary Club of Cumilla in 2007–08. Later, he served as Assistant Governor of Rotary International in 2009–2010. The Rotary movement is globally connected with humanitarian service, education, health, peace, and social development. His leadership on this

platform reveals the international dimension of his social vision.

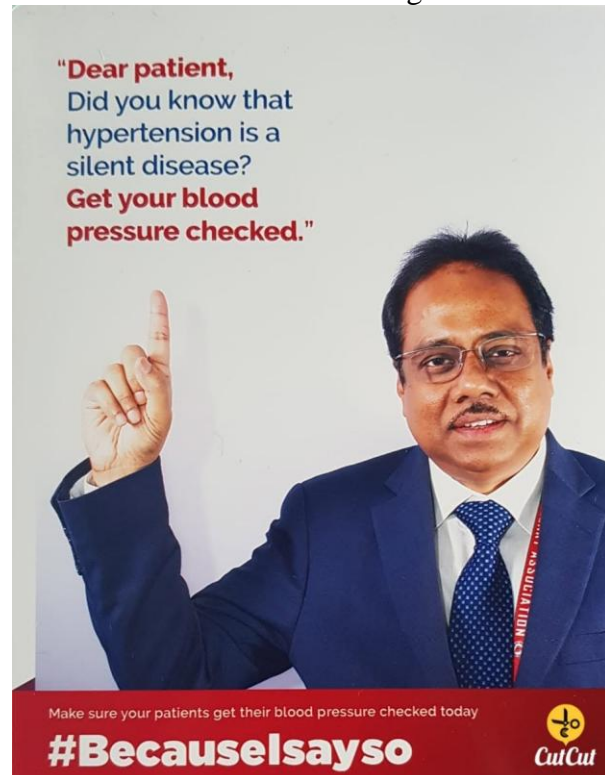
As a physician, humanitarian service is his professional responsibility; but by becoming involved with an international service organization like Rotary, he expanded that responsibility further. The main strength of the Rotary movement is organizing the social responsibility of professionals. When a physician leads such an organization, healthcare, awareness, medical assistance, and humanitarian initiatives can become more effective.

His published book *Rotary International: From Individual to the World* bears witness to his deep involvement with Rotary. Not only was he organizationally involved with Rotary, but his writing on its philosophy, influence, and global humanitarian spirit also reflects his intellectual interest.



9. Role in Disability Development, Human Rights, and Civil Society

Professor Dr. Triptish Chandra Ghose has been serving as President of Sadar Upazila Disability Development Council, Cumilla, from 2010 to the present. The development of persons with disabilities is an important measure of a society's humanity. Health service, education, mobility, employment, social dignity, and rights—every aspect of the lives of persons with disabilities requires respect and support. As a physician, he has seen human physical limitations and suffering closely; as a social worker, he has focused on social solutions to that suffering.



He is also involved as an adviser to SWID, Cumilla. The involvement of physicians and social workers with organizations working for intellectually disabled and special-needs individuals is extremely necessary. This is because the development of people with special needs requires coordination among healthcare, education, social acceptance, and family support.

He is associated with the Bangladesh Human Rights Council, Cumilla, as Vice-President. Human rights and the right to health are deeply related. Equality, dignity, non-discrimination, and support for vulnerable populations in healthcare are all parts of human rights. His involvement in human rights organizations may be considered a social extension of medical ethics.

His involvement with the Anti-Corruption Committee, Community Policing, FPAB, National Society for the Welfare of the Blind, Red Crescent, Cancer Society, Diabetic Association, Association for the Welfare of the Elderly, NATAB, Drishti, Bangladesh Shishu Academy, Birchandra Nagar Auditorium and Public Library, and Greater Mymensingh Welfare Association shows that he has learned to view different layers of society together. Health, culture, education, human rights, elderly welfare, child development, disability support, and social organizations—all these fields bear his presence.

10. Connection with Professional Organizations and the International Medical Community

Professor Dr. Triptish Chandra Ghose is a life member of the Bangladesh Medical Association and Bangladesh Cardiac Society. He has served as Vice-President of the Bangladesh Private Medical Practitioners Association, Cumilla. Active participation in professional organizations expands a physician's professional identity to the social and policy-making levels.

He is an adviser to the Bangladesh Heart Failure Association, a founding member of the Bangladesh Society of Geriatric Cardiology, and a member of the editorial board of the Bangladesh Heart Journal. These three identities particularly highlight his professional importance in cardiology. Heart failure, geriatric cardiology, and research publication are important areas of cardiac care. Especially in today's Bangladesh, cardiac care for the

elderly population is an increasingly necessary field.

He is associated with the Indian Academy of Echocardiography, Russian Society of Cardiology, American College of Cardiology, European Society of Cardiology, and the Royal College of Physicians of Edinburgh. His identity as a fellow of the American College of Cardiology and the European Society of Cardiology indicates his professional relationship with the international medical community.

This international connection renews a physician's knowledge. Medical science changes rapidly. The treatment of heart disease, diagnostic methods, drug management, interventional procedures, and disease management guidelines change regularly. Being associated with international professional organizations keeps a physician connected with global-standard knowledge. Therefore, this global dimension in the professional identity of Professor Dr. Triptish Chandra Ghose is especially significant.

11. Professor Dr. Triptish Chandra Ghose as a Writer

One of the distinguished identities of Professor Dr. Triptish Chandra Ghose is that he is a poet & writer. Physician-writers play a special role in society because they can present complex medical knowledge to ordinary people in simple language. From the list of his published books, it is clear that he did not write only professional medical books; rather, he wrote on public health, history, society, Rotary philosophy, literature, and humanitarian thought.

His books include: *The Epidemic of Heart Disease and the Challenges of the Twenty-First Century*, *Health Talks for Children and Adolescents*, *Heart Attack and Stroke: Known and Unknown*, *Women and Heart Disease*, *Heart Failure from Beginning to End*, *Heart Disease During COVID Era*, *World Heart Day: Beyond Two Decades*, *Independence Award-*

Winning Distinguished Bengalis and Institutions, *Rotary International: From Individual to the World*, *And the Primitive Man of Revolt*, *A Pact with Waiting*, and *I Will Make Flowers Bloom on Stone & Kaavish (Urdu)*.

Here, one can see a convergence of medicine, public health, national history, international service movements, and literature. *Health Talks for Children and Adolescents* indicates his interest in health awareness among children and adolescents. *Heart Disease During the Corona Period* is an example of timely medical thinking. During the coronavirus pandemic, the risk and management of heart patients became an important issue. His writing on this subject is part of practical and timely medical thought. On the other hand, *Independence Award-Winning Distinguished Bengalis and Institutions* reveals his interest in national history and recognition. *Rotary International: From Individual to the World* reflects his organizational thinking and international humanitarian outlook. *And the Primitive Man of Revolt*, *A Pact with Waiting*, and *I Will Make Flowers Bloom on Stone* express literary creativity, emotional depth, and the struggle and dreams of human life. His articles have also been published in various recognized journals.

Long experience in the medical profession gives a person a deep understanding of life's fragility, pain, hope, death, recovery, and human relationships. When that experience is transformed into literature, it gains a special humanitarian dimension. The writings of Professor Dr. Triptish Chandra Ghose are valuable from that perspective as well.

12. His Influence on the Medical and Civic Life of Cumilla

Cumilla is especially important as the center of Professor Dr. Triptish Chandra Ghose's career. Cumilla is a historically, culturally, and educationally important district of Bangladesh. However, regional leadership is always necessary for the expansion of medical

education and specialist healthcare outside Dhaka. Through medical education, cardiac care, hospital-based service, and social organizations in Cumilla, he has contributed to this regional development.



When a physician works in a region for a long time, he does not merely provide professional service; he becomes a center of trust in society. Patients and families do not see him merely as a person who writes prescriptions; rather, they consider him a dependable person in times of crisis. The long medical and social role of Professor Dr. Triptish Chandra Ghose has turned him into a familiar and respected personality in the civic life of Cumilla.

His involvement in various social organizations in Cumilla shows that he did not view society in separate compartments. Health, culture, human rights, the elderly, children, disability, sports and culture, libraries, and physicians' organizations—all these areas are interconnected. To build a healthy society, hospitals alone are not enough; educated citizens, humane institutions, cultural practice, ethical leadership, and a mindset of standing beside vulnerable people are also necessary. His life's work is an example of that comprehensive social vision.

13. Medical Ethics and Humanity

Ethics is extremely important in the medical profession. A physician deals not only with a patient's body but also with their fear, hope, family, financial capacity, and social reality. The ethical aspect that becomes clear from the

life of Professor Dr. Triptish Chandra Ghose is that he connected his profession with service. Teaching as an honorary lecturer, long-term hospital service, founding Heart Care Foundation, leading the Disability Development Council, and involvement in various humanitarian organizations are all expanded applications of medical ethics.

The humanitarian form of medicine becomes complete when a physician sees the patient not merely as a carrier of disease but as a human being. Heart patients often live with fear, uncertainty, and the pressure of long-term treatment. The humane presence of a physician beside them can sometimes be as important as medicine itself. Public awareness, writing books in simple language, and involvement in social initiatives are expressions of his humanitarian medical perspective.



14. Style of Leadership: Coordination of Institution, Profession, and Society

The leadership style of Professor Dr. Triptish Chandra Ghose can be viewed at three levels. First, institution-based medical leadership, where he served as teacher, professor, vice-principal, and principal. Second, professional leadership, where he is associated with medical organizations, cardiology bodies, journals, and international professional institutions. Third, social leadership, where he is active in foundations, Rotary, disability development, human rights, culture, and civic organizations. The coordination of these three levels of leadership is rare. Many people become

successful in their profession but do not remain socially active. Again, some remain active in society but fail to achieve professional depth. In the case of Professor Dr. Triptish Chandra Ghose, professional excellence and social responsibility have developed side by side. This combination has established him as a multidimensional personality.

15. Importance of His Thinking in Public Health Awareness

In Bangladesh, heart disease, diabetes, high blood pressure, stroke, cancer, and age-related health problems are increasing rapidly. Treatment of these diseases is necessary, but prevention is even more important. If physicians come out of hospitals and provide health education in people's own language, the burden of disease in society can be reduced. The books, organizations, and social initiatives of Professor Dr. Triptish Chandra Ghose are connected with this preventive health thinking. The title *The Epidemic of Heart Disease and the Challenges of the Twenty-First Century* is highly meaningful. It identifies heart disease not as an individual illness, but as a social and public health challenge. To face the burden of heart disease in the twenty-first century, awareness, regular health check-ups, lifestyle modification, dietary control, avoidance of smoking, stress management, and accessibility to primary treatment are necessary. His work is consistent with this broader thinking.

16. Literature, Culture, and Civic Consciousness

The cultural involvement of Professor Dr. Triptish Chandra Ghose is also notable. His identities as adviser to Bangladesh Udichi Shilpigoshthi, Cumilla, member of the Nazrul Institute Centre, Cumilla, adviser to Jatrik Theatre Group, and life member of Birchandra Nagar Auditorium and Public Library bring his cultural mind to the forefront. Remaining connected with culture amid the harsh realities of the medical profession enriches a person's

sensitivity, sense of beauty, and humanitarian outlook.



Literature and culture connect human beings with the deeper questions of society. Illness, death, sorrow, struggle, survival, and hope—these experiences are constantly present in a physician's life. Culture gives meaning to those experiences. Therefore, the medicine, writing, and cultural involvement of Professor Dr. Triptish Chandra Ghose complement one another.

17. Evaluation

In evaluating the life of Professor Dr. Triptish Chandra Ghose, several aspects stand out.

First, he is a highly educated and internationally recognized cardiologist. His education, research, and professional connections have given him a strong foundation in the field of cardiac care.

Second, he has made important contributions as a medical teacher and administrator. Through medical education, he has played a role in the professional development of many students.

Third, he is a social organizer. His roles in Heart Care Foundation, Rotary, disability development, Red Crescent, human rights, cancer society, diabetic association, elderly welfare, and cultural organizations express his broad mindset of social service.

Fourth, he is a writer. His books touch upon public health, heart disease, child and adolescent health, women's health, medical

issues during the Corona period, the Rotary movement, history, and literature.

Fifth, he is a model of regional leadership. His Cumilla-centered career shows how a physician outside Dhaka can influence wider society through medicine, education, organization, and culture.



The life of Professor Dr. Triptish Chandra Ghose is an example of an integrated humanitarian life. He is a physician, but his work is not limited to curing diseases. He is a teacher, but his teaching is not confined to the classroom. He is an organizer, but his organizational work is not limited to positions and titles. He is a writer, but his writing is not merely an expression of personal thought; rather, it is a manifestation of public awareness, historical practice, and humanitarian responsibility.

It is important to preserve the work of such personalities in the medical and social history of Bangladesh. Their lives teach the next generation that professional success becomes complete only when it is used for the welfare of people. In that sense, Professor Dr. Triptish

Chandra Ghose is a physician-citizen who has dedicated his knowledge, experience, and leadership to society.



His life is a rare combination of medicine, education, social service, literature, and humanity; and this combination makes him a unique personality worthy of discussion in an international journal.



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Service Above Self: His Contribution to Rotary and Humanitarian Work



The phrase “**Service Above Self**” is more than a motto; it is a philosophy of life. It represents the belief that true success is not measured only by personal achievement, social status, or professional recognition, but by the ability to serve others with sincerity, compassion, and responsibility. In the life and work of **Professor Dr. Triptish Chandra Ghose**, this spirit is clearly visible. He is known as a physician, cardiologist, medical teacher, social organiser, writer, and humanitarian leader whose work extends far beyond the walls of hospitals and classrooms. His involvement in Rotary and humanitarian activities reflects a deep commitment to people, society, and public welfare.

Professor Dr. Triptish Chandra Ghose’s life cannot be understood through a single professional identity. He is not only a doctor who treats patients; he is also a citizen who has consistently tried to improve society through awareness, leadership, service organisations, and human-centred initiatives. His life and work combine medical service, education, social leadership, humanitarian commitment, and knowledge-sharing. This combination makes his contribution to Rotary and humanitarian work especially meaningful.



Rotary as a Platform of Humanitarian Service

Rotary is one of the world’s most respected service movements. Its central idea is simple but powerful: professionals and community leaders can come together to serve humanity. Through health programmes, education initiatives, disease prevention campaigns, social development projects, and emergency support, Rotary has created a global culture of organised service.

Professor Dr. Triptish Chandra Ghose’s involvement with Rotary is an important part of his social identity. He became associated with the **Rotary Club of Cumilla** in 2002. Later, he served as **President of the Rotary Club of Cumilla in 2007–08**. He also served as **Assistant Governor of Rotary International in 2009–2010**. These roles show that his involvement was not limited to membership; he actively participated in leadership, planning, coordination, and service-based initiatives.

His Rotary journey reflects his ability to connect professional life with organised humanitarian service. As a physician, he understood human suffering at a very personal level. As a Rotarian, he found a broader platform through which that understanding could be transformed into community action. Rotary allowed him to extend his medical and humanitarian values beyond individual patients and into wider society.



Leadership Rooted in Responsibility

Leadership in a service organisation is different from leadership in an ordinary administrative structure. It requires motivation, teamwork, voluntary commitment, public trust, and a deep belief in service. A Rotary leader must not only plan programmes but also inspire others to participate. Professor Dr. Ghose’s leadership in Rotary demonstrates this quality.

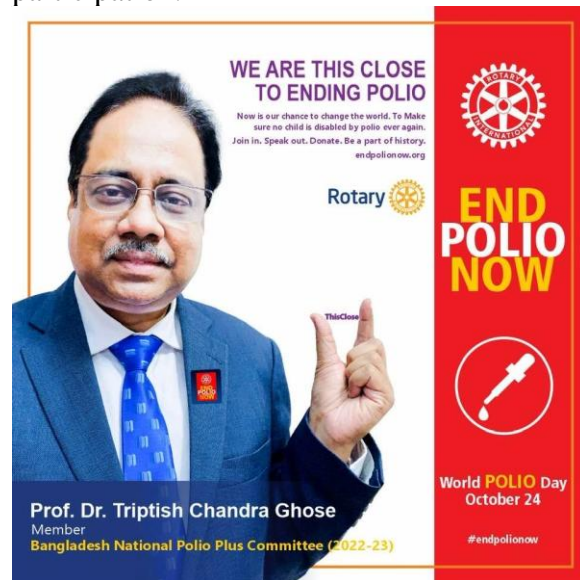
As President of the Rotary Club of Cumilla, he worked within a platform that brings together professionals, social workers, and community-minded individuals. Such a position requires vision, communication skills, discipline, and the ability to mobilise people for meaningful causes. Later, as Assistant Governor of Rotary International, his role became even broader. This position reflects recognition of his leadership capacity beyond a single club.

His Rotary involvement also shows his belief that social work becomes stronger when it is organised. Individual charity can help a person for a moment, but organised service can create sustainable impact. Rotary provides such a

structure, and Professor Dr. Ghose used this structure to contribute to humanitarian goals.

Polio Plus and Public Health Commitment

One of Rotary’s most important global contributions is its role in the fight against polio. The **Polio Plus** movement is a historic public health initiative aimed at protecting children from a preventable but devastating disease. Polio can permanently affect a child’s life, yet it can be prevented through vaccination, awareness, and strong community participation.



Professor Dr. Triptish Chandra Ghose’s recognition through the **Polio Plus Award – “Crest of Honour”** is an important symbol of his contribution to this global humanitarian cause. According to the provided information, he received the award from the Honourable Commerce Minister **Mr. Tipu Munshi, MP**, at a programme organised by the **Rotary Bangladesh National Polio Plus Committee** at **Hotel Westin Dhaka**. The presence of **PDG Dr. Ishtiaque A. Zaman**, Chairman of the Rotary Bangladesh National Polio Plus Committee, added further dignity to the occasion. At the same event, **Rtn. Shakhawat**, President of Rotary Club of Comilla, was also awarded a Certificate of Honour.

This recognition is significant because it connects Professor Dr. Ghose’s local service

with a global public health mission. Polio eradication is not only a medical programme; it is a humanitarian movement for children's future. Every vaccination campaign, every awareness message, and every community mobilisation effort helps protect children from lifelong disability. His recognition in this field reflects his commitment to preventive health and child welfare.



Service Beyond the Hospital

A major feature of Professor Dr. Ghose's humanitarian work is that he did not limit service to clinical practice. Many doctors serve patients inside hospitals, but only some extend their knowledge and leadership into the community. Professor Dr. Ghose belongs to the second group. His work shows that a physician can serve society in many ways—through treatment, teaching, awareness, organisation, writing, and social action.

His contribution through Rotary is connected to his broader understanding of public health. He understood that diseases are not only treated in hospitals; they are also prevented through awareness, lifestyle change, vaccination, early diagnosis, and social education. This thinking is especially visible in his work related to heart disease, stroke prevention, child health, and community awareness.

A doctor who works only at the level of treatment responds after disease has appeared. A doctor who works at the level of awareness helps prevent suffering before it begins. Professor Dr. Ghose's humanitarian work

belongs to this preventive and community-based model of service.

Humanitarian Work Through Heart Care Foundation

Although the title of this essay focuses on Rotary, Professor Dr. Triptish Chandra Ghose's humanitarian contribution is deeply connected with his work through **Heart Care Foundation Cumilla-Bangladesh**. He became involved as the founder of this organisation in 2004, served as Secretary General from 2004 to 2015, and has been serving as President from 2015 onward.



Heart Care Foundation represents a social movement for heart health awareness. Heart disease and stroke are among the most serious public health problems in Bangladesh. Many people remain unaware of risk factors such as high blood pressure, diabetes, smoking, obesity, unhealthy food habits, stress, and lack of physical activity. Many also ignore early symptoms such as chest pain, shortness of breath, sudden weakness, or signs of stroke.

Through Heart Care Foundation, Professor Dr. Ghose has worked to bring heart health awareness directly to the community. This is humanitarian work in the truest sense because it aims to save lives before emergencies occur. Awareness programmes, rallies, free heart camps, public discussions, and World Heart Day observances all help people understand the importance of prevention and timely treatment. His work in heart health awareness also reflects the Rotary spirit of service. Rotary encourages

practical action for public welfare, and Heart Care Foundation follows the same principle. Both platforms show Professor Dr. Ghose's commitment to organised, community-based service.

Disability Welfare and Human Dignity

Professor Dr. Triptish Chandra Ghose's humanitarian work also extends to disability welfare. He has been serving as President of the **Sadar Upazila Disability Development Council, Cumilla**, from 2010 onward. He has also been associated with **SWID, Cumilla**, as an adviser. These roles show his concern for people with disabilities and special needs.

The development of persons with disabilities is one of the most important measures of a humane society. A society cannot be called truly developed if people with disabilities are neglected, excluded, or denied opportunities. They need healthcare, education, mobility support, social acceptance, family guidance, and dignity. By working with disability-related organisations, Professor Dr. Ghose has contributed to a more inclusive vision of society.

This side of his work is deeply humanitarian because it focuses on people who often remain unheard. A physician understands physical suffering, but a humanitarian leader understands social suffering as well. Professor Dr. Ghose's involvement in disability development shows that he recognises both.



Human Rights, Social Justice, and Civic Responsibility

Professor Dr. Ghose has also been associated with the **Bangladesh Human Rights Council, Cumilla**, as Vice-President. This involvement reflects another important dimension of his social thought. Health and human rights are closely connected. People cannot enjoy real dignity if they do not have access to healthcare, social protection, education, and equal treatment.

His involvement in human rights work suggests that he sees healthcare not merely as a professional service but as part of a larger human responsibility. A patient is not just a medical case. A patient is a human being with fear, family, financial limitations, social background, and personal dignity. This understanding connects medical ethics with human rights.

He has also been involved with many other organisations, including Red Crescent, Cancer Society, Diabetic Association, elderly welfare organisations, child development platforms, cultural organisations, public libraries, and social welfare bodies. Such wide involvement shows that his humanitarian vision is not narrow. He has worked across health, education, culture, disability support, elderly welfare, and civic life.



Rotary and the Culture of Organised Compassion

One of the strongest aspects of Rotary is that it turns compassion into organised action. Many people feel sympathy for others, but sympathy alone is not enough. Society needs structured programmes, leadership, resources,

monitoring, and continuity. Rotary creates this structure.

Professor Dr. Triptish Chandra Ghose's Rotary work is important because it shows how professional people can contribute to social change through organised compassion. A cardiologist may treat heart disease; a Rotary leader may help organise health camps, awareness campaigns, vaccination support, and community programmes. When these two identities come together, the impact becomes stronger.

His Rotary work also demonstrates the importance of teamwork. Humanitarian service is rarely the work of one person alone. It requires colleagues, volunteers, community members, donors, organisers, and beneficiaries. By working through Rotary, Professor Dr. Ghose participated in a culture where leadership is shared and service becomes collective.



Physician as Social Leader

Professor Dr. Ghose's life raises an important question: What is the role of a physician in society? Is a physician's duty limited to diagnosis and prescription? His life suggests a broader answer. A physician can also be an educator, organiser, advocate, writer, mentor, and social leader.

In developing societies, physicians often hold a position of public trust. People listen to them, respect their advice, and rely on their judgement. When a physician uses this trust for public awareness and social service, the benefits can be enormous. Professor Dr. Ghose

used his medical identity not only for personal professional success but also for community benefit.

His Rotary and humanitarian activities show that he understood the social responsibility of a doctor. He recognised that many health problems are linked to ignorance, poverty, lifestyle, social neglect, and lack of awareness. Therefore, he worked in platforms that address both medical and social needs.

Writing as a Humanitarian Tool

Professor Dr. Triptish Chandra Ghose is also a writer. His books cover heart disease, public health, child and adolescent health, women's heart health, heart failure, COVID-era cardiac concerns, Rotary, history, and literature. His book **“Rotary International: From Individual to the World”** reflects his deep understanding of Rotary as a global service movement.

Writing is also a form of service. Through writing, a physician can reach people beyond the hospital. Many ordinary readers may not understand complex medical language, but a physician-writer can explain important issues in accessible words. This helps people make better health decisions.

His writing on Rotary also shows that he was not only practically involved in service but also intellectually engaged with the philosophy of service. He understood Rotary as a movement that begins with individual responsibility and expands toward global humanity. This idea fits perfectly with his life.



Cultural and Civic Humanitarianism

Humanitarian work is not limited to health and charity. Culture, literature, public libraries, theatre, and civic institutions also contribute to human development. Professor Dr. Ghose's involvement with cultural organisations, public libraries, and literary activities shows that he values the role of culture in building society.

He has been associated with organisations such as Bangladesh Udichi Shilpigoshthi, Nazrul Institute Centre, Jatrik Theatre Group, and Birchandra Nagar Auditorium and Public Library. These platforms may seem different from medicine and Rotary, but they are connected through a common goal: human development.

A healthy society needs hospitals, but it also needs books, music, theatre, art, public discussion, and cultural memory. Professor Dr. Ghose's cultural involvement shows his belief in a complete vision of humanity. He has worked for the body through medicine, for the mind through writing, and for society through organisations.



Public Health and Preventive Service

Professor Dr. Ghose's humanitarian work is especially strong in the field of preventive health. Bangladesh faces increasing challenges from heart disease, diabetes, high blood pressure, stroke, cancer, and age-related illnesses. Treatment is necessary, but prevention is equally important. Public awareness can reduce disease burden and save lives.

His work through Heart Care Foundation, Rotary, and health-related organisations reflects this preventive vision. He has tried to bring health education to ordinary people. This is important because many people seek medical

help only after a disease becomes serious. Awareness can encourage earlier screening, better lifestyle choices, and timely treatment. Preventive work often receives less attention than hospital treatment because its results are not always immediately visible. But its long-term value is immense. Every person who gives up smoking, checks blood pressure, controls diabetes, exercises regularly, or recognises early symptoms because of awareness work is a quiet success of public health service.



Recognition and Moral Significance

Awards and honours are not the main goal of humanitarian service, but they are meaningful because they recognise the value of consistent work. Professor Dr. Ghose's receipt of the Polio Plus Award "Crest of Honour" is one such recognition. It reflects the wider appreciation of his contribution to public health and Rotary service.

Recognition also inspires others. When a physician-social worker is honoured for humanitarian contribution, younger professionals can see that service matters. They learn that social responsibility is not separate from professional life. It can be part of professional excellence.

The recognition he received through Rotary is also meaningful for Cumilla. It shows that regional leadership can have national and international value. Service does not have to begin in the capital city or in large institutions. It can begin in a local club, a local hospital, a local foundation, or a community initiative—and still contribute to a larger mission.

A Life Connected with People

At the heart of Professor Dr. Triptish Chandra Ghose's Rotary and humanitarian work is a simple truth: he remained connected with people. His work touched patients, students, persons with disabilities, heart disease patients, children, elderly citizens, readers, volunteers, Rotarians, and ordinary community members. This human connection gives depth to his life. A person may hold many titles, but titles alone do not create legacy. Legacy is created when people remember someone's service, kindness, guidance, and contribution. Professor Dr. Ghose's life has produced such a legacy through medicine, Rotary, humanitarian work, and social leadership.



Professor Dr. Triptish Chandra Ghose's contribution to Rotary and humanitarian work is a powerful expression of the motto **“Service Above Self.”** His involvement with Rotary Club of Cumilla, his leadership as Club President, his role as Assistant Governor of Rotary International, his recognition through the Polio Plus Award, and his broader humanitarian work all demonstrate a life dedicated to service.

But his service does not end with Rotary. It extends to heart health awareness, disability welfare, human rights, public health education, cultural work, writing, and community development. He has shown that a physician can serve society not only through treatment but also through awareness, organisation, leadership, and compassion.

His life teaches that knowledge becomes noble when it is used for people. Professional success becomes meaningful when it is connected with responsibility. Leadership becomes valuable when it creates benefit for others. Professor Dr. Triptish Chandra Ghose has lived these principles through his work.

In the broader story of Bangladesh's medical and social life, he stands as an example of a physician-humanitarian who carried the spirit of service into many fields. His Rotary journey and humanitarian contributions remind us that true service begins with empathy, grows through action, and becomes lasting through dedication. His life is therefore not only a personal achievement but also an inspiration for all who believe in humanity, public welfare, and service above self.



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From Comilla to the World: Heart Care Foundation Comilla's Historic Global Recognition



The story of **Heart Care Foundation Comilla, Bangladesh** is a powerful example of how a local health movement can rise to international recognition through dedication, consistency, and community service. What began as a heart health awareness initiative in Comilla has now reached the global stage. The organisation's achievement of the **Most Inspiring World Heart Day Award 2023** from the **World Heart Federation (WHF)** is not only a moment of pride for Heart Care Foundation Comilla, but also a historic achievement for Bangladesh.

On **20 May 2023**, in **Geneva, Switzerland**, Heart Care Foundation Comilla received the prestigious **Most Inspiring World Heart Day Award 2023**. On behalf of the organisation, its **Founder and President Professor Dr. Triptish Chandra Ghose** and **Vice President Dr. Mallika Biswas** received the award from

Daniel Peñeiro, President of the World Heart Federation. The ceremony was also attended by distinguished global leaders in cardiovascular health, including **WHF Past President Professor Fausto Pinto** and **President-Elect Professor Jagat Narula**. Their presence made the event even more significant and highlighted the international importance of the recognition. This award carries special historical value because it marks the **first time a Bangladeshi organisation has received such a prestigious honour from the World Heart Federation**. For Bangladesh, this achievement is a proud reminder that meaningful community work, even when started at a regional level, can earn global respect when it is carried out with sincerity, vision, and long-term commitment.

Heart Care Foundation Comilla has been working for many years to raise awareness about heart disease and stroke. Under the leadership of Professor Dr. Triptish Chandra Ghose, the organization has consistently arranged programmes on **World Heart Day**, conducted public awareness campaigns, organised free heart camps, held rallies, and encouraged people to adopt healthier lifestyles. These activities have helped bring heart health education closer to ordinary people.

Heart disease and stroke remain major public health concerns around the world. In countries like Bangladesh, where many people may not receive timely screening, proper health education, or regular medical check-ups, awareness becomes even more important. Many people ignore early symptoms such as chest pain, shortness of breath, high blood pressure, irregular heartbeat, unusual fatigue, or warning signs of stroke. As a result, treatment is often delayed. Heart Care Foundation Comilla has worked to address this gap by bringing health messages directly to the community.

For the past **19 years**, Professor Dr. Triptish Chandra Ghose has worked tirelessly to prevent heart disease and stroke through awareness-building activities. His long journey

reflects the belief that prevention is just as important as treatment. Through regular public programmes, he has encouraged people to understand risk factors such as high blood pressure, diabetes, smoking, unhealthy diet, obesity, stress, and lack of physical activity. By spreading these messages, Heart Care Foundation Comilla has helped many people become more conscious about their heart health.



One of the major strengths of Heart Care Foundation Comilla is its ability to involve the community. Heart health is not only a hospital issue; it is connected with family habits, food choices, daily movement, mental well-being, and social awareness. Therefore, a successful heart health movement must reach beyond clinics and hospitals. Heart Care Foundation Comilla has done exactly that by involving doctors, volunteers, organisers, students, social workers, and ordinary citizens in its programmes.

The organisation's **World Heart Day 2022 initiatives**, including a large-scale **cycle rally in Comilla**, drew international attention. This

type of public event is especially effective because it delivers a health message in a visible and engaging way. A cycle rally promotes physical activity, attracts public attention, and inspires people to think about heart health in a practical manner. Such creative and people-oriented programmes helped Heart Care Foundation Comilla stand out among global World Heart Day initiatives.

The recognition from the World Heart Federation shows that the organisation's activities were not only locally successful but also globally inspiring. The award confirms that Comilla's heart health movement has become a model of community engagement. It proves that impactful health awareness does not always require huge resources; it requires commitment, planning, teamwork, and a deep connection with people.



Professor Dr. Triptish Chandra Ghose's leadership has been central to this success. As a physician and social organiser, he has combined medical knowledge with public service. His work shows that a doctor's role can extend beyond the chamber or hospital. A

physician can educate society, inspire preventive health practices, and mobilise people for a healthier future. His leadership through Heart Care Foundation Comilla reflects that broader vision of medical service. Dr. Mallika Biswas, as Vice President of the organisation, also played an important role in representing Heart Care Foundation Comilla at the international stage. Her presence at the award ceremony alongside Professor Dr. Ghose symbolised the teamwork and shared dedication behind the organisation's success. No long-term movement becomes successful through one person alone; it requires committed members, supportive officials, active volunteers, and well-wishers who believe in the mission.

After receiving the award, Professor Dr. Triptish Chandra Ghose expressed sincere gratitude to all members, officials, volunteers, and well-wishers of Heart Care Foundation Comilla. He acknowledged their wholehearted support, dedication, and contribution to the organisation's long journey. He also expressed gratitude to the World Heart Federation for recognising and honouring the work of Heart Care Foundation Comilla.

This achievement is meaningful on several levels. For Heart Care Foundation Comilla, it is a recognition of nearly two decades of consistent work. For Comilla, it is a proud moment because a regional organisation has brought international honour to the city. For Bangladesh, it is a historic milestone in the field of public health awareness. And for the wider world, it is an inspiring example of how local action can contribute to global health goals.

The **Most Inspiring World Heart Day Award 2023** is not merely a trophy or certificate. It represents the value of service, awareness, and community responsibility. It reminds us that preventing heart disease requires collective effort. Governments, doctors, organisations, families, schools, communities, and

individuals all have a role to play. Heart Care Foundation Comilla's journey shows how these efforts can come together to create real impact.



Ultimately, the global recognition of Heart Care Foundation Comilla is a message of hope. It tells us that meaningful work done with honesty and dedication can travel far beyond its place of origin. From the streets of Comilla to the international stage in Geneva, this achievement proves that a local movement can inspire the world.

Heart Care Foundation Comilla's World Heart Award 2023 is therefore not only an organisational success; it is a proud chapter for Comilla, for Bangladesh, and for everyone committed to building a healthier and more aware society.



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Triptish Chandra Ghose: A Life of Service, Knowledge, and Humanity



Professor Dr. Triptish Chandra Ghose represents a rare and meaningful combination of professional excellence, social responsibility, intellectual depth, and humanitarian commitment. His life cannot be understood through a single identity. He is a physician, a cardiologist, a medical teacher, an institutional leader, a social organiser, a public health advocate, a writer, and a cultural-minded citizen. In each of these roles, he has demonstrated a deep sense of duty toward people and society. His journey shows that a successful professional life becomes truly meaningful when knowledge and experience are used for the welfare of others.

The story of Professor Dr. Triptish Chandra Ghose is not merely the story of an individual doctor. It is the story of how medical knowledge can be transformed into public service, how institutional leadership can

contribute to society, and how writing can become a bridge between professional expertise and ordinary people. His life reflects a consistent effort to connect treatment with awareness, education with ethics, and personal achievement with collective welfare. He has been described as a physician, teacher, cardiologist, organiser, social worker, writer, and humanitarian leader whose work extends across medicine, education, social service, and literary practice.

Early Life, Family, and the Foundation of Values

Every meaningful life is shaped by early values, family influence, and personal discipline. Professor Dr. Triptish Chandra Ghose was born on 8 March 1960. His father was the late Khitish Chandra Ghose and his mother was the late Jyotirmoyee Ghose. His family background, love for education, and human-centred values played an important role in shaping his character. The discipline, sense of responsibility, and service-oriented spirit that became visible throughout his later life can be traced back to these early foundations.

His family has also been an important source of strength. His wife, Dr. Mallika Biswas, is also connected with the medical profession. Their children are Dr. Medha Ghose, Neha Ghose, and Digbijoy Ghose Rohan. For a person who remained active in medicine, teaching, organisational leadership, public health work, and writing, family support was undoubtedly a major source of stability. A long and demanding career becomes possible when personal commitment is supported by emotional strength and family understanding. His permanent residence, named “Heart Home” in Badurtala, Cumilla, carries a symbolic meaning. The name itself reflects his professional and human identity. A cardiologist who has spent his life dealing with the human heart, and a social worker who has tried to stay close to people’s hearts, lives in a home whose name expresses both his profession and his philosophy.

Education and International Medical Exposure



Professor Dr. Triptish Chandra Ghose's educational journey is an inspiring example of perseverance and ambition. He began his education at Duajani Government Primary School in Nagarpur, Tangail. He later studied at Nagarpur Jadunath High School and Nagarpur College before entering Chattogram Medical College for his MBBS degree. His rise from local educational institutions to national and international medical platforms shows that dedication, discipline, and clear purpose can take a student far beyond the limitations of place and circumstance.

After completing his MBBS from Chattogram Medical College, he expanded his medical knowledge through international education. He studied at Tashkent State Medical Institute in Uzbekistan, then part of the USSR, and later earned a PhD from the Scientific Research Institute of Cardiology in Tashkent. He also obtained an MD from the Bangladesh Medical and Dental Council and later achieved FRCP from the Royal College of Physicians of Edinburgh, UK. His education therefore moved across local, national, and international levels, giving him both scientific depth and global exposure.

This international training was especially important in shaping his outlook as a cardiologist. Cardiology is a field that requires constant learning, updated knowledge, and careful understanding of both global research

and local health realities. Professor Dr. Ghose's education allowed him to combine advanced medical understanding with the practical needs of patients in Bangladesh. This ability to connect global knowledge with local service became one of the most important strengths of his career.



A Dedicated Physician in the Service of People

The medical career of Professor Dr. Triptish Chandra Ghose has been deeply connected with Cumilla. His service in Cumilla's medical field demonstrates not only professional commitment but also regional dedication. He served as an honorary lecturer at Cumilla Medical College from 1993 to 1997. His involvement in teaching without remuneration reflects his sincere commitment to medical education and service. Later, he worked at Eastern Medical College and Mainamoti Medical College, where he held several important academic and administrative positions.

At Mainamoti Medical College, he served as Assistant Professor, Vice-Principal, Professor,

and Principal. He was Vice-Principal from 1 October 2011 to 12 October 2016 and Principal from 13 October 2016 to 15 October 2019. Since 15 January 2013, he has served as Professor in the Department of Cardiology. He has also been serving as a consultant at CD Path & Hospital, Cumilla, from 30 November 1993 to the present.

Serving people continuously for more than three decades in one region is not a small achievement. It requires professional skill, patient trust, personal discipline, and a lasting relationship with the community. A doctor who serves in the same region for many years becomes more than a medical practitioner; he becomes a trusted figure in people's lives. Patients and families begin to see him as a source of confidence during moments of fear, uncertainty, and illness. Professor Dr. Ghose's long service in Cumilla has created that deep bond of trust.



Contribution to Cardiac Care and Preventive Health Awareness

Heart disease is one of the greatest public health challenges in Bangladesh and across the world. Lifestyle changes, unhealthy food habits, smoking, high blood pressure, diabetes, obesity, stress, and lack of physical activity have increased the risk of heart disease. In this situation, the role of a cardiologist is not limited to diagnosis and treatment. A cardiologist must also guide people toward prevention, early detection, lifestyle change, and long-term care. Professor Dr. Triptish Chandra Ghose has contributed to cardiac care through clinical practice, teaching, awareness work, and writing. His published books include *The Epidemic of Heart Disease and the Challenges*

of the Twenty-First Century, Heart Attack and Stroke: Known and Unknown, Women and Heart Disease, Heart Failure from Beginning to End, and Heart Disease During the Corona Period. These titles reveal the breadth of his concern. He did not see heart disease only as a hospital-based problem; he understood it as a social and public health issue.

His attention to women and heart disease is particularly meaningful. In South Asian societies, women's health problems are often neglected or identified late. Symptoms of heart disease in women may sometimes be different from those in men, and family or social attitudes may delay timely medical care. By writing on women and heart disease, Professor Dr. Ghose showed awareness of both medical science and social reality.

His work on heart failure is also significant. Heart failure requires long-term care, regular follow-up, lifestyle management, family support, and patient education. By writing about this complex condition, he helped bring difficult medical knowledge closer to general readers. This ability to explain serious medical issues in an accessible way is one of the most important contributions of a physician-writer.

Medical Education and Institutional Leadership

Professor Dr. Triptish Chandra Ghose's role as a medical teacher and institutional leader is another major part of his life. A physician treats patients, but a medical teacher helps shape future physicians. The impact of a teacher therefore extends beyond individual patients and reaches future generations of medical professionals.

Medical education is not only about teaching anatomy, physiology, pathology, medicine, or clinical methods. It is also about developing judgment, compassion, discipline, teamwork, ethical responsibility, and respect for patients. A good medical teacher helps students understand that behind every diagnosis is a

human being, and behind every treatment decision is a responsibility.

As Vice-Principal and Principal of Mainamoti Medical College, Professor Dr. Ghose carried administrative and academic responsibilities. Leading a medical college requires the ability to coordinate teachers, students, hospital systems, examinations, clinical training, and institutional discipline. It requires patience, planning, decision-making, and ethical leadership. His journey from teacher to professor, vice-principal, and principal shows the trust placed in his leadership and his ability to guide institutions with responsibility.



Heart Care Foundation Comilla: A Social Movement for Heart Health

One of the most important dimensions of Professor Dr. Triptish Chandra Ghose's life is his role in establishing and leading Heart Care Foundation Comilla-Bangladesh. He became involved as the founder of this organisation in 2004. From 2004 to 2015, he served as Secretary General, and from 2015 onward, he has been serving as President.

Heart Care Foundation Comilla represents a powerful idea: heart health awareness must go

beyond hospitals and reach the community. Many people do not recognise early signs of heart disease or stroke. Chest pain, shortness of breath, high blood pressure, unusual fatigue, and warning signs of stroke are often ignored. Delay in treatment can cost lives. For this reason, awareness programmes, health education, screening, public campaigns, and community engagement are essential.

Through Heart Care Foundation Comilla, Professor Dr. Ghose helped transform medical concern into a social movement. The foundation's work reflects the belief that prevention is as important as treatment. It also shows that community participation can make public health programmes stronger and more effective. By involving doctors, volunteers, citizens, and local organisations, Heart Care Foundation Comilla created a platform where medical knowledge could reach ordinary people in a practical and meaningful way.



Rotary, Humanitarian Service, and Global Vision

Professor Dr. Triptish Chandra Ghose has also been deeply involved in the Rotary movement. He joined Rotary Club of Cumilla in 2002 and served as President of the club in 2007–08. Later, he served as Assistant Governor of Rotary International in 2009–2010. Rotary is a global service movement connected with health, education, peace, and humanitarian development. His role in Rotary shows that his social vision extended beyond local service and connected with international humanitarian values.

His book *Rotary International: From Individual to the World* further reflects his understanding of the Rotary philosophy. He was not merely a member of a service organisation; he engaged with its ideas, values, and global mission. This intellectual and practical involvement shows that he viewed service as both an action and a philosophy.

The spirit of Rotary—service above self—fits naturally with his broader life. As a physician, he served patients. As a teacher, he served students. As a writer, he served readers. As a social organiser, he served the community. Rotary gave another organised platform to express this lifelong commitment.



Disability Welfare, Human Rights, and Social Responsibility

Professor Dr. Triptish Chandra Ghose's social involvement is not limited to health awareness alone. He has been associated with disability development, human rights, community policing, Red Crescent, cancer awareness, diabetic associations, elderly welfare, child development, cultural organisations, and public libraries. He has served as President of Sadar Upazila Disability Development Council, Cumilla, from 2010 onward. He has also been involved with SWID Cumilla as an adviser and with the Bangladesh Human Rights Council, Cumilla, as Vice-President.

These activities show a broad humanitarian outlook. A society is judged not only by how it treats the healthy and successful, but also by how it supports the vulnerable, elderly, disabled, poor, sick, and neglected. Professor

Dr. Ghose's involvement in disability welfare and human rights shows that he understands health in a wider sense. Health is not merely the absence of disease; it is connected with dignity, access, equality, social support, and human rights.

His work across many organisations suggests that he does not view society in separate compartments. Health, education, culture, ethics, public awareness, disability welfare, and social justice are connected. A healthy society needs hospitals, but it also needs libraries, cultural institutions, support systems, ethical leadership, and active citizens. His life reflects this integrated vision.

Professional Organisations and International Medical Community

A physician's professional growth depends not only on personal practice but also on continuous learning and connection with professional communities. Professor Dr. Triptish Chandra Ghose has been involved with several national and international professional organisations. He is a life member of the Bangladesh Medical Association and has served in professional bodies related to private medical practice and cardiology. He is also connected with the Bangladesh Heart Failure Association, Bangladesh Society of Geriatric Cardiology, and the Bangladesh Heart Journal. His international connections include associations with the Indian Academy of Echocardiography, Russian Society of Cardiology, American College of Cardiology, European Society of Cardiology, and the Royal College of Physicians of Edinburgh. Such connections are important because medical science changes rapidly. New guidelines, diagnostic tools, treatment methods, and research findings are constantly emerging. A physician who remains connected with national and international professional communities is better able to keep knowledge updated.

This global professional identity strengthens his contribution to local healthcare. It allows

him to bring wider knowledge into regional practice and teaching. In this way, his international exposure and professional networks have enriched his work in Bangladesh, especially in Cumilla.



Professor Dr. Ghose as a Writer and Knowledge Communicator

One of the most distinguished aspects of Professor Dr. Triptish Chandra Ghose's life is his identity as a writer. Physician-writers hold a special place in society because they can translate complex medical knowledge into language that ordinary people understand. Professor Dr. Ghose has written on heart disease, public health, children's health, women's health, COVID-era cardiac concerns, Rotary, history, and literature. His books include titles such as *Health Talks for Children and Adolescents*, *Heart Attack and Stroke: Known and Unknown*, *Women and Heart Disease*, *Heart Disease During the Corona Period*, and literary works such as *A Pact with Waiting* and *I Will Make Flowers Bloom on Stone*.

This range of writing shows that his mind is not limited to the clinic. He is interested in society, history, culture, public awareness, and human experience. A doctor sees illness, suffering, fear, hope, recovery, and death closely. When such experiences are processed through writing, they can become deeply human and socially valuable. Professor Dr. Ghose's writing therefore serves both educational and human purposes.

Through his medical writing, he has helped people understand health risks and preventive care. Through his social and historical writing, he has contributed to civic knowledge. Through his literary writing, he has expressed sensitivity, imagination, and reflection. This combination makes him more than a medical professional; it makes him a public intellectual in the broader sense.

Literature, Culture, and Civic Consciousness

Professor Dr. Triptish Chandra Ghose's connection with cultural organisations further enriches his personality. He has been associated with Bangladesh Udichi Shilpigoshthi, Nazrul Institute Centre, Jatrik Theatre Group, Birchandra Nagar Auditorium and Public Library, and other cultural platforms.

Culture helps human beings understand the deeper meanings of life. Medicine deals with the body, but culture deals with memory, emotion, identity, beauty, struggle, and hope. A physician who remains connected with culture develops a wider human sensitivity. This sensitivity can make medical service more compassionate and social leadership more meaningful.

His cultural involvement also shows that he values the role of art, literature, and public institutions in building society. A community becomes stronger when it values both health and culture. Hospitals heal bodies, but literature and culture nourish minds. Professor Dr. Ghose's life brings these two worlds together.

A Model of Regional Leadership

One of the most important lessons from Professor Dr. Triptish Chandra Ghose's life is the importance of regional leadership. Many people believe that national impact can only come from the capital city. His life proves otherwise. By working from Cumilla, he has influenced medical education, cardiac care,

public health awareness, social organisations, cultural life, and humanitarian service.

Regional leadership is essential for balanced national development. Bangladesh cannot progress through capital-centred development alone. Districts and cities outside Dhaka need strong professionals, dedicated institutions, public health movements, cultural platforms, and ethical leaders. Professor Dr. Ghose's Cumilla-centred work shows how one person's commitment can strengthen a region and inspire wider society.



Legacy of Service, Knowledge, and Humanity

The life of Professor Dr. Triptish Chandra Ghose can be understood through three powerful words: service, knowledge, and humanity.

Service is visible in his long medical career, his work with patients, his role in Heart Care Foundation, his Rotary involvement, and his contribution to different social organisations. Knowledge is visible in his education, international training, teaching career, professional associations, and writing. Humanity is visible in his concern for heart patients, women's health, children's health, disabled persons, elderly citizens, cultural life, and public awareness.

His life teaches that professional success should not remain personal. It should become useful to people. A doctor's knowledge should help patients, students, readers, and society. A leader's position should create opportunities for others. A writer's words should enlighten

minds. A social worker's actions should reduce suffering. Professor Dr. Ghose's life reflects these values.

Professor Dr. Triptish Chandra Ghose is a multidimensional personality whose life connects medicine, education, public health, social service, literature, and culture. He has served as a cardiologist, teacher, institutional leader, organiser, writer, and humanitarian worker. His journey from Nagarpur to international medical platforms, from clinical practice to public health awareness, and from regional service to broader social recognition is an inspiring example of purposeful living.

His life reminds us that a meaningful career is not measured only by degrees, positions, or awards. It is measured by the number of lives touched, the knowledge shared, the institutions strengthened, the awareness created, and the values passed on to future generations. Professor Dr. Triptish Chandra Ghose has used his knowledge not only for treatment but also for education and social transformation. He has used his leadership not only for institutions but also for people. He has used his writing not only for expression but also for public enlightenment.

In the medical and social history of Bangladesh, such lives deserve attention and preservation. They show younger generations that success becomes complete when it is joined with responsibility. Professor Dr. Triptish Chandra Ghose's life stands as a powerful example of service, knowledge, and humanity—a life dedicated not only to healing hearts, but also to awakening minds and serving society.



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Recognition for Service in Polio Eradication: Professor Dr. Triptish Chandra Ghose Receives the Polio Plus Award “Crest of Honour”



The global movement to eradicate polio is one of the most remarkable humanitarian initiatives in modern public health history. For decades, Rotary International and its partners have worked tirelessly to protect children from this preventable disease. In Bangladesh, the Polio Plus initiative has played an important role in raising awareness, supporting immunization efforts, and encouraging community participation. In recognition of his contribution to this noble cause, Professor Dr. Triptish Chandra Ghose received the prestigious **Polio Plus Award – “Crest of Honour.”**

The award was presented at a distinguished program organized by the **Rotary Bangladesh National Polio Plus Committee** at **Hotel Westin Dhaka**. The event was graced by the

presence of the Honourable Commerce Minister, **Mr. Tipu Munshi, MP**, who handed over the “Crest of Honour.” Receiving such recognition from a national-level dignitary reflects the importance of Dr. Ghose’s long-standing commitment to public health, social service, and humanitarian leadership.

Professor Dr. Triptish Chandra Ghose is widely known not only as a physician and cardiologist, but also as a teacher, organizer, writer, and social leader. His life and work represent a meaningful combination of medical service, education, leadership, humanity, and knowledge-based social contribution. He has also been actively involved in many humanitarian, cultural, professional, and service-oriented organizations, including the Heart Care Foundation Cumilla-Bangladesh.



The presence of **PDG Dr. Ishtiaque A. Zaman**, Chairman of the Rotary Bangladesh National Polio Plus Committee, added further

significance to the occasion. His leadership in the national Polio Plus movement has helped strengthen Rotary's role in promoting child health and disease prevention across Bangladesh. At the same event, **Rtn. Shakhawat**, President of Rotary Club of Comilla, was also awarded a **Certificate of Honour**, making the occasion especially meaningful for the Rotary family of Cumilla.



The Polio Plus program is not merely an immunization campaign; it is a promise to protect children from lifelong disability. Polio can permanently affect a child's life, although it is preventable through timely vaccination and strong public awareness. Therefore, every effort made through awareness campaigns, vaccination support, field-level work, and community mobilization contributes directly to

building a healthier and safer future for children.

Professor Dr. Triptish Chandra Ghose's receipt of the "**Crest of Honour**" is a proud moment not only for him personally, but also for Cumilla, the Rotary community, and all those who believe in service above self. His recognition reminds us that true success becomes meaningful when it is dedicated to the welfare of humanity. Through his professional commitment and social involvement, he continues to inspire others to work for public health, compassion, and a better society.



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Building a Heart-Healthy Society through Heart Care Foundation Comilla



A healthy society is not built only through hospitals, medicines, and specialist doctors. It is built through awareness, prevention, education, community participation, and compassionate leadership. In the field of heart disease and stroke prevention, this truth is especially important. Heart disease is one of the most serious public health challenges of the modern world, and Bangladesh is no exception. In this context, **Heart Care Foundation Comilla** has emerged as a remarkable community-based initiative dedicated to building awareness, encouraging prevention, and bringing heart health education closer to ordinary people.

At the centre of this movement stands **Professor Dr. Triptish Chandra Ghose**, founder and president of Heart Care Foundation Comilla. His life and work reflect

the rare combination of medical knowledge, social responsibility, organisational leadership, and humanitarian commitment. He is not only a cardiologist and medical teacher; he is also a social organiser, writer, and public health advocate whose work extends beyond the boundaries of clinical practice. His involvement with Heart Care Foundation Comilla shows how a physician can transform personal expertise into a wider social movement for the welfare of people.

Professor Dr. Ghose has long been associated with cardiology, medical education, social service, and public health awareness. His professional identity includes service as a physician, teacher, cardiologist, organiser, social worker, writer, and humanitarian leader. Among the many dimensions of his contribution, Heart Care Foundation Comilla holds a special place because it directly connects medical science with community awareness and preventive action.

The Need for a Heart-Healthy Society

Heart disease is not merely a hospital problem. It is deeply connected with the way people live, eat, work, sleep, and manage stress. High blood pressure, diabetes, smoking, obesity, unhealthy diet, lack of physical activity, mental stress, and delayed diagnosis all contribute to the increasing burden of cardiovascular disease. Many people do not realise that small lifestyle changes can prevent major health complications. Others ignore warning signs until it is too late.



In Bangladesh, public awareness about heart disease has improved over the years, but many challenges remain. A large number of people still do not check their blood pressure regularly. Many patients discover diabetes or hypertension only after complications appear. Smoking, unhealthy food habits, excessive salt intake, stress, and sedentary lifestyles continue to increase the risk of heart disease and stroke. In rural and semi-urban areas, people often delay medical consultation due to financial limitations, lack of awareness, fear, or negligence.

This is where organisations like Heart Care Foundation Comilla become highly important. A hospital treats patients after they become sick, but a community-based heart health organisation works before the crisis begins. It educates people, encourages early screening, promotes healthy habits, and creates public discussion about prevention. Such work may not always appear dramatic, but its long-term impact can be life-saving.

The Birth of Heart Care Foundation Comilla

Heart Care Foundation Comilla was founded with a clear vision: to create awareness about heart disease and stroke and to encourage people to adopt heart-healthy lifestyles. Professor Dr. Triptish Chandra Ghose became involved as the founder of this organisation in 2004. From 2004 to 2015, he served as Secretary General, and from 2015 onward, he has been serving as President.

The establishment of Heart Care Foundation Comilla was not simply the creation of another organisation. It was the beginning of a social movement. The foundation was built on the idea that people should not wait for heart disease to become severe before taking action. They should understand risk factors, recognise symptoms, seek timely treatment, and maintain healthier lifestyles.

A major strength of the foundation is its community-based approach. It does not treat

heart health as a matter for doctors alone. Instead, it involves families, students, volunteers, social workers, local leaders, patients, and ordinary citizens. This approach is essential because heart health is shaped by daily life. A person's diet, exercise, smoking habits, stress level, sleep pattern, and family awareness all influence cardiovascular risk. Therefore, the community must be part of the solution.



Professor Dr. Triptish Chandra Ghose's Vision

Professor Dr. Ghose's leadership gives Heart Care Foundation Comilla its direction and character. As a cardiologist, he has seen the suffering caused by heart disease and stroke. As a teacher, he understands the value of knowledge. As a writer, he knows how to communicate complex health issues in simple language. As a social organiser, he understands how to bring people together around a meaningful cause.

His work shows that he views heart disease not only as a medical condition but also as a public health and social concern. This is clear from his writings on heart disease, heart attack, stroke, women's heart health, heart failure, and heart-related issues during the coronavirus period. His published books include titles such as *Heart Attack and Stroke: Known and Unknown*, *Women and Heart Disease*, *Heart Failure from Beginning to End*, and *Heart Disease During the Corona Period*.

These works reflect a broader vision: people must understand disease before they can

prevent it. Medical knowledge should not remain confined to medical professionals. It should reach homes, schools, communities, workplaces, and public spaces. Heart Care Foundation Comilla carries this vision into action.

World Heart Day as a Public Movement

One of the most important activities of Heart Care Foundation Comilla has been the regular observance of **World Heart Day**. World Heart Day is not just a ceremonial event; it is an opportunity to remind people that heart health matters every day. It creates a platform for public awareness, health messages, rallies, discussions, screening programmes, and community engagement.

For the past **19 years**, Professor Dr. Triptish Chandra Ghose has worked consistently to organise World Heart Day programmes and other awareness activities related to the prevention of heart disease and stroke. Through these programmes, Heart Care Foundation Comilla has reached thousands of people and helped create a stronger culture of heart health awareness in the region.



World Heart Day programmes are important because they make health education visible. A rally, a public meeting, a free medical camp, a leaflet, a banner, a cycle rally, or a community discussion can reach people who might not otherwise attend a hospital seminar. These activities help translate medical advice into public language. They tell people: check your blood pressure, control diabetes, avoid smoking, eat healthier food, walk regularly, manage stress, and seek medical help early.

The strength of Heart Care Foundation Comilla lies in turning these messages into repeated public action. Awareness cannot be created in one day. It requires consistency. When people hear the same message year after year, through different programmes and trusted voices, they gradually begin to change their habits and attitudes.

Community Engagement and Preventive Cardiology

Preventive cardiology is one of the most important areas of modern health care. It focuses on reducing risk before disease becomes severe. In Bangladesh, preventive cardiology is especially necessary because many patients come to doctors late. By the time they reach the hospital, they may already have serious complications such as heart attack, stroke, heart failure, kidney disease, or uncontrolled diabetes.



Heart Care Foundation Comilla addresses this challenge by taking awareness to the

community. Its programmes encourage people to think about health before illness becomes an emergency. This is a major contribution because prevention is often less costly, less painful, and more effective than late treatment. The foundation's work includes public awareness campaigns, World Heart Day events, rallies, free heart camps, and educational activities. These programmes help people understand common risk factors and symptoms. They also encourage regular health check-ups and timely medical consultation. In a society where many people ignore early symptoms, this kind of awareness can save lives.

Community engagement is also important because people are influenced by family and social environment. If one person in a family becomes aware of high blood pressure, healthy diet, and exercise, that awareness can spread to others. If students learn about heart health, they can influence parents and grandparents. If local leaders support health campaigns, more people become interested. Heart Care Foundation Comilla uses this social connection as a strength.



Free Heart Camps and Health Screening

Free heart camps are one of the most practical ways to serve people. Many individuals may not visit a doctor unless they feel seriously ill. Others may avoid check-ups due to cost or lack of awareness. Free camps reduce these barriers by bringing services closer to the community. Through such activities, people can receive basic screening, blood pressure measurement,

medical advice, and guidance about further treatment. Even simple screening can identify serious risks. A person who discovers high blood pressure early may avoid future stroke or heart attack. A diabetic patient who receives lifestyle advice may become more careful. A smoker who hears direct medical counselling may begin to consider quitting.



Free camps also build trust between doctors and the community. People feel that health organisations care about them. This trust is essential for long-term public health work. Heart Care Foundation Comilla's community programmes therefore serve both medical and social purposes.

Public Rallies and Cycle Rallies: Making Awareness Visible

Among the notable activities of Heart Care Foundation Comilla, public rallies and cycle rallies have played an important role. A cycle rally is especially meaningful in heart health awareness because it directly promotes physical activity. It is not only a symbolic programme; it sends a practical message. Cycling, walking, and regular exercise are important for cardiovascular health. When people see a large group participating in a cycle rally, the message becomes visual and memorable.



The organisation's **World Heart Day 2022 initiatives**, including a large-scale cycle rally in Comilla, drew international attention. Such creative community activities helped Heart Care Foundation Comilla stand out on the global stage. These programmes showed that heart health awareness can be active, engaging, and people-centred.

Public rallies also help break the silence around health risks. Many people treat heart disease as a private family matter. But public programmes show that heart health is a shared concern. They encourage discussion in families, schools, workplaces, and communities. This cultural change is important because awareness begins with conversation.

Global Recognition from the World Heart Federation



The most remarkable international achievement of Heart Care Foundation Comilla came in 2023 when the organisation received

the **Most Inspiring World Heart Day Award 2023** from the **World Heart Federation**. This honour brought global recognition to a movement that began in Comilla.

On **20 May 2023**, in **Geneva, Switzerland**, Founder and President **Professor Dr. Triptish Chandra Ghose** and Vice President **Dr. Mallika Biswas** received the award on behalf of Heart Care Foundation Comilla. The award was presented by **Daniel Peñeiro**, President of the World Heart Federation. The ceremony was also attended by WHF Past President **Professor Fausto Pinto** and President-Elect **Professor Jagat Narula**.

This recognition was historic because it marked the first time a Bangladeshi organisation received such a prestigious international honour from the World Heart Federation. For Heart Care Foundation Comilla, it was a proud moment. For Comilla, it was a global achievement. For Bangladesh, it was a milestone in public health awareness.

The award recognised the organisation's long-standing commitment to World Heart Day activities and heart health awareness. It proved that sincere work at the local level can gain international respect when it creates real impact. It also showed that public health leadership does not always have to come from large capitals or major global institutions. A committed regional organisation can inspire the world.



The Role of Dr. Mallika Biswas and Teamwork

While Professor Dr. Triptish Chandra Ghose's leadership has been central, the success of Heart Care Foundation Comilla is also the result of teamwork. Vice President **Dr. Mallika Biswas** represented the organisation alongside him at the World Heart Federation award ceremony. Her presence symbolised the shared dedication behind the organisation's achievement.

No social movement becomes successful through one person alone. It requires committed members, officials, volunteers, doctors, organisers, supporters, and well-wishers. Heart Care Foundation Comilla's recognition belongs to all who worked behind its programmes year after year. Professor Dr. Ghose himself expressed sincere gratitude to the members, officials, volunteers, and well-wishers of the foundation. He also thanked the World Heart Federation for recognising the organisation's work.

This spirit of gratitude is important. A true leader recognises the contribution of others. In community work, teamwork is not optional; it is essential. The foundation's success shows that when professionals and volunteers work together with a shared purpose, they can create meaningful change.



From Comilla to the World

The journey of Heart Care Foundation Comilla can be described as a journey from local commitment to global recognition. It began with a regional mission: to create heart health awareness among people in Comilla. Over time, through consistent programmes and

dedicated leadership, it became an internationally recognised initiative.

This journey carries a powerful message. Many local organisations believe that their work is too small to matter globally. Heart Care Foundation Comilla proves otherwise. If an organisation works with sincerity, consistency, creativity, and public benefit, its impact can travel far beyond its place of origin.

Comilla's name being recognised in Geneva through the World Heart Federation is not merely a ceremonial achievement. It is a sign that Bangladesh's community health initiatives can stand proudly on the global stage. It also encourages other local organisations to continue their work with confidence.



Heart Health as a Shared Responsibility

The work of Heart Care Foundation Comilla teaches that heart health is everyone's responsibility. Doctors can diagnose and treat. Organisations can create awareness. Governments can build health systems. Schools can teach healthy habits. Families can encourage better diets and exercise. Individuals can make daily choices that protect their hearts. A heart-healthy society cannot be built by one person alone. It requires a culture of prevention. People must learn to value regular check-ups, physical activity, balanced diet, stress control, and early treatment. Smoking must be discouraged. Excessive salt, sugar, and unhealthy fats must be reduced. People must be encouraged to walk, cycle, and remain active. Awareness must reach women, children, the elderly, workers, and low-income communities.



Heart Care Foundation Comilla contributes to this shared responsibility by creating platforms where people can learn, participate, and act. Its work is not limited to giving advice; it creates public engagement. This is why its contribution is so important.

Challenges in Building Awareness

Creating awareness is not easy. People often ignore health messages until they personally face illness. Many believe that heart disease affects only older people, although risk can begin earlier. Some people think they are healthy because they have no symptoms, even though high blood pressure and diabetes may remain silent for years. Others feel that lifestyle change is difficult or unnecessary.

There are also social and economic barriers. Healthy food may not always be affordable. Safe walking spaces may be limited. Work stress may be high. Smoking may be socially accepted among some groups. Women may neglect their own health while caring for others. Elderly people may not receive regular check-ups. These realities make heart health awareness more complex.

Heart Care Foundation Comilla's work is valuable because it addresses these barriers through repeated engagement. Awareness campaigns cannot solve every problem immediately, but they can begin changing attitudes. They can encourage people to take small steps. They can help families discuss

health. They can inspire communities to support healthier habits.

A Model for Other Regions

Heart Care Foundation Comilla can serve as a model for other districts and cities in Bangladesh. Every region needs community-based health awareness organisations. Cardiovascular disease is not limited to large cities. People in small towns and rural areas also face high blood pressure, diabetes, stroke, heart attack, and unhealthy lifestyle risks.

A model like Heart Care Foundation Comilla can be adapted elsewhere. Local doctors, teachers, social workers, youth volunteers, religious leaders, schools, and community organisations can work together to organise awareness programmes. World Heart Day can be used as an annual anchor event, while smaller activities can continue throughout the year. Free screening camps, walking clubs, cycle rallies, school awareness sessions, women's health discussions, and patient education meetings can all help build a heart-healthy culture.

The success of Heart Care Foundation Comilla shows that consistency matters more than size. A small initiative, if continued for many years, can become a powerful movement.



Legacy of Professor Dr. Triptish Chandra Ghose

Professor Dr. Triptish Chandra Ghose's legacy through Heart Care Foundation Comilla is a legacy of service, knowledge, and humanity. He has used his medical expertise not only to

treat patients but also to educate society. He has used his leadership not only to run an organisation but also to inspire community action. He has used public platforms not only for recognition but also for spreading life-saving messages.

His work reminds us that a doctor's role can be much larger than clinical practice. A doctor can become a teacher of society, a guide for prevention, and a builder of public awareness. Through Heart Care Foundation Comilla, Professor Dr. Ghose has shown how medical knowledge can be transformed into a social force.

His contribution is also important because it connects local action with global goals. The World Heart Federation's recognition confirms that his work has international relevance. It shows that public health leadership from Bangladesh can inspire people beyond national borders.



Building a Heart-Healthy Society through Heart Care Foundation Comilla is not merely a title; it is the story of a long and meaningful journey. It is the story of how a regional organisation, guided by committed leadership, has worked for nearly two decades to raise awareness about heart disease and stroke. It is the story of how Professor Dr. Triptish Chandra Ghose transformed his knowledge as a cardiologist into a community-based public health movement.

Heart Care Foundation Comilla has shown that prevention, awareness, and community engagement are essential for fighting heart

disease. Through World Heart Day programmes, free heart camps, rallies, cycle rallies, public campaigns, and educational activities, the organisation has helped bring heart health into public conversation. Its global recognition through the **Most Inspiring World Heart Day Award 2023** is a historic honour for Comilla and Bangladesh.



Ultimately, the foundation's work teaches a simple but powerful lesson: a healthier society begins with awareness. When people understand risk, recognise symptoms, adopt healthier habits, and seek timely care, lives can be saved. Heart Care Foundation Comilla has dedicated itself to this mission.

From Comilla to Geneva, from local streets to the global stage, the journey of Heart Care Foundation Comilla proves that sincere service can inspire the world. Under the leadership of Professor Dr. Triptish Chandra Ghose and with the support of dedicated members, officials, volunteers, and well-wishers, the foundation continues to stand as a proud example of community-based heart health leadership. Its work is not only a success story of one organisation; it is a hopeful vision for a heart-healthy Bangladesh.



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From Professor to Principal: A Journey of Academic and Institutional Leadership



The journey from professor to principal is not merely a professional promotion. It is a gradual expansion of responsibility, vision, influence, and leadership. A professor contributes to knowledge, teaches students, guides young professionals, and helps shape academic standards. A principal, however, carries an even broader responsibility: leading an institution, managing people, preserving academic discipline, guiding policy, and

ensuring that education and service move together in a meaningful direction. In the life of **Professor Dr. Triptish Chandra Ghose**, this journey from medical teacher to institutional leader reflects dedication, discipline, intellectual depth, and a strong sense of social responsibility.

Professor Dr. Triptish Chandra Ghose is a distinguished physician, cardiologist, medical teacher, organiser, writer, and humanitarian leader. His life and work show a rare combination of medical excellence, academic commitment, social service, and leadership. His career cannot be understood only through his identity as a cardiologist; it must also be seen through his long involvement in medical education and institutional development. His professional life includes teaching at medical colleges, serving in leadership roles, guiding students, contributing to cardiac care, and providing long-standing service to the people of Cumilla. The original biographical account describes him as a physician, teacher, cardiologist, organiser, social worker, writer, and humanitarian leader whose life reflects education, service, leadership, humanity, and knowledge.



The Foundation of an Academic Life

Every academic leader begins as a learner. Professor Dr. Triptish Chandra Ghose's educational life prepared him for the responsibilities he later carried as a teacher and institutional leader. His academic journey started in Nagarpur, Tangail, where he studied at Duajani Government Primary School,

Nagarpur Jadunath High School, and Nagarpur College. From there, he entered Chattogram Medical College, one of the important medical education institutions of Bangladesh, and earned his MBBS degree. This journey from local educational institutions to a national medical college itself represents perseverance, discipline, and ambition.

His education did not stop within national boundaries. After completing MBBS, he pursued higher medical education and training abroad. He studied at Tashkent State Medical Institute in Uzbekistan, then part of the USSR, and later earned a PhD from the Scientific Research Institute of Cardiology in Tashkent. He also obtained an MD from the Bangladesh Medical and Dental Council and later achieved FRCP from the Royal College of Physicians of Edinburgh, UK. His education therefore developed across local, national, and international levels, giving him a broad academic and professional foundation.

This wide educational exposure played an important role in shaping his academic personality. A teacher with international training brings a wider perspective to the classroom. A physician with research experience teaches students not only what to know, but also how to think. A cardiologist with global exposure can connect medical theory with modern clinical practice. These qualities later became important in Professor Dr. Ghose's role as a medical educator and institutional leader.

Entering Medical Education

Professor Dr. Triptish Chandra Ghose's connection with medical education began early in his professional life. He served as an honorary lecturer at Cumilla Medical College from 1993 to 1997. This period is especially meaningful because he was involved in teaching without remuneration. Such a role reflects not only professional interest but also a service-oriented mindset. It shows that teaching was not merely a career option for

him; it was part of his commitment to medicine and society.

Medical teaching is different from ordinary classroom teaching. A medical teacher must combine scientific knowledge, clinical judgement, ethical values, and human sensitivity. Students do not only learn facts from a medical teacher; they also learn how to approach patients, how to make decisions, how to remain calm in difficult situations, and how to respect human life. In this sense, medical teachers help shape not only careers but also character.

Professor Dr. Ghose's early teaching experience at Cumilla Medical College created the foundation for his later academic leadership. It gave him the opportunity to interact with students, understand the needs of medical education, and contribute to the formation of young physicians. His service as an honorary lecturer also demonstrated his willingness to give time and knowledge for the growth of medical education in his region.



From Teacher to Professor

After his early involvement in medical education, Professor Dr. Ghose continued to build his academic career. He later served as Assistant Professor in the Department of Cardiology at Eastern Medical College, Cumilla, from 2005 to 2007. At Mainamoti Medical College, Cumilla, he served in several important positions, including Assistant Professor, Vice-Principal, Professor, and Principal. He became Professor of Cardiology on 15 January 2013 and continued to play a

major role in medical education and institutional life.

The journey from teacher to professor represents the growth of academic maturity. A professor is not only a senior teacher; a professor is a guide, mentor, evaluator, researcher, and standard-bearer. In medical education, the professor's role is even more important because clinical knowledge must be connected with patient care. A professor of cardiology teaches students and young doctors how to understand symptoms, read clinical signs, interpret investigations, and think critically about diagnosis and treatment.

As a professor, Dr. Ghose's influence extended beyond the classroom. His presence in the Department of Cardiology meant that students and junior doctors could learn from his long clinical experience. Cardiology is a complex field where theoretical knowledge must be applied carefully to real patients. A good teacher in this field helps learners develop both scientific accuracy and clinical confidence. Professor Dr. Ghose's long experience as a cardiologist gave depth to his academic contribution.



The Responsibility of Medical Teaching

Medical education is not only about producing doctors. It is about producing responsible human beings who can carry the trust of patients. A medical student enters college with ambition, but through training, mentorship, and clinical exposure, that student becomes a doctor. The teacher's responsibility in this transformation is immense.

Professor Dr. Ghose's role as a medical teacher must be understood in this wider context. He taught in a field where decisions can affect life

and death. Cardiology requires careful attention, quick judgement, and long-term patient management. A teacher in this discipline must help students understand both emergency care and chronic disease management. He must show them how to treat patients with knowledge, patience, and empathy.

The biographical account rightly notes that medical education is not simply a matter of distributing textbook knowledge. It includes discipline, ethics, compassion toward patients, clinical decision-making, teamwork, and professional responsibility. Professor Dr. Ghose's long involvement in medical education helped many students and young doctors develop professionally.



Academic Leadership Beyond the Classroom

A professor influences students; an academic leader influences an entire institution. Professor Dr. Triptish Chandra Ghose's journey reached this broader level when he took administrative responsibilities at Mainamoti Medical College. He served as Vice-Principal from 1 October 2011 to 12 October 2016. Later, he served as Principal from 13 October 2016 to 15 October 2019. These positions reflect the confidence placed in his leadership and judgement.

The role of a vice-principal is demanding. It requires balancing academic responsibilities with administrative duties. A vice-principal often works between students, teachers, departments, management, and regulatory

expectations. He must support academic discipline, help resolve institutional problems, coordinate activities, and assist in planning. In a medical college, these responsibilities become more complex because academic education and clinical training are deeply connected.

As Vice-Principal, Professor Dr. Ghose had to contribute to the smooth functioning of an institution that trained future doctors. This required patience, communication, fairness, and organisational ability. Such a role is not performed through authority alone; it requires trust. Teachers must respect the leader, students must feel guided, and the institution must move toward its academic goals.



Principalship: The Highest Institutional Responsibility

The position of principal is one of the highest responsibilities in a medical college. A principal must guide the academic, administrative, ethical, and institutional direction of the college. Professor Dr. Triptish Chandra Ghose's service as Principal of Mainamoti Medical College from 2016 to 2019 represents a major chapter in his leadership journey.

A principal's role is much broader than routine administration. He must ensure that classes are conducted properly, examinations are managed fairly, clinical training remains effective, teachers are coordinated, students are disciplined, and institutional standards are maintained. He must also maintain relationships between the college, hospital,

faculty members, students, guardians, regulatory bodies, and the wider community.

The original biographical source describes the principal's responsibility as a complex administrative and academic duty involving students' academic progress, coordination of teachers, clinical training, administrative discipline, examination systems, college-hospital relations, policy decisions, and institutional development. It also notes that a successful principal must possess skills in human resource management, decision-making, communication, ethical leadership, and long-term planning.

Professor Dr. Ghose's principalship therefore represents not merely a title but a period of wide responsibility. His leadership required him to think beyond individual departments and consider the whole institution. This transition from professor to principal marks the transformation from subject specialist to institutional guardian.



Balancing Education and Healthcare

A medical college is different from many other educational institutions because it is closely linked with healthcare service. Students learn from patients, teachers supervise clinical work, and hospitals serve the public. This creates a dual responsibility: education must be strong, and patient care must remain humane and effective.

Professor Dr. Ghose understood this relationship well. As a cardiologist and teacher, he knew that medical education cannot be separated from patient care. Clinical teaching

requires real patients, real symptoms, real emergencies, and real ethical decisions. Students must learn not only from books but also from observation, practice, discussion, and supervised experience.

As an institutional leader, he had to help maintain this balance between learning and service. A medical college must produce competent doctors, but it must also protect the dignity and welfare of patients. This requires ethical leadership. Students must learn that patients are not teaching materials; they are human beings who deserve respect, privacy, and compassion.

Professor Dr. Ghose's academic and administrative experience shows his awareness of this delicate balance. His leadership reflected the idea that good medical education must be scientifically strong and humanly sensitive.



Ethical Leadership in Medical Education

Ethics is central to medical education. A doctor without ethics can become dangerous, no matter how knowledgeable he or she may be. Therefore, a medical institution must teach values alongside science. It must cultivate honesty, responsibility, discipline, empathy, and respect for human life.

Professor Dr. Ghose's life reflects this ethical dimension. His long service as a physician, his involvement in public health awareness, his leadership in Heart Care Foundation Comilla, his Rotary activities, his disability welfare work, and his writing all show a service-

oriented mindset. These qualities also strengthen his identity as an academic leader.

A principal who values ethics influences the culture of an institution. Students observe how leaders speak, decide, behave, and respond to problems. Teachers also take direction from leadership style. If leadership is fair, disciplined, and compassionate, the institution benefits. Professor Dr. Ghose's wider life of service suggests that his academic leadership was rooted in values, not merely administration.



Mentorship and the Formation of Young Doctors

One of the greatest contributions of an academic physician is mentorship. A mentor does more than teach lessons. He guides students through uncertainty, helps them develop professional identity, encourages discipline, and inspires confidence. In medical education, mentorship can shape the future of many doctors.

Professor Dr. Triptish Chandra Ghose's long teaching career allowed him to influence many students and young physicians. As Professor of Cardiology and institutional leader, he had the opportunity to guide learners at different stages. Some students may have learned clinical cardiology from him. Others may have learned discipline, patient care, leadership, or professional responsibility by observing his work.

The true impact of a teacher is often not immediately visible. It appears years later, when former students become doctors,

teachers, specialists, or leaders themselves. In this way, Professor Dr. Ghose's academic contribution extends beyond his own institution and continues through the work of those he taught.



Institutional Development and Administrative Vision

Institutional leadership requires long-term thinking. A principal must not only manage daily problems but also help build a stronger future. This includes improving academic systems, encouraging faculty development, maintaining discipline, strengthening clinical training, supporting students, and creating a healthy learning environment.

Professor Dr. Ghose's experience as Vice-Principal and Principal gave him the opportunity to contribute to institutional development. His journey through different positions at Mainamoti Medical College shows continuity. He did not arrive at leadership suddenly; he rose through academic and administrative experience. This gradual journey helped him understand the institution from inside.

Such leadership is valuable because it is based on lived experience. A leader who has been a teacher understands teachers. A leader who has worked in clinical service understands hospital realities. A leader who has interacted with students understands their challenges. Professor Dr. Ghose's background gave him this multidimensional understanding.

The Role of Communication

Communication is one of the most important qualities of academic leadership. A principal must communicate with teachers, students, staff, management, parents, professional bodies, and sometimes the public. Good communication reduces misunderstanding, builds trust, and helps solve problems.

Professor Dr. Ghose's career as a teacher, organiser, writer, and social leader suggests strong communication ability. His books on heart disease and public health show his ability to explain complex subjects. His leadership in Heart Care Foundation and Rotary shows his ability to mobilise people. His academic leadership required the same strength.

In a medical college, communication is not limited to speeches or notices. It includes listening to problems, guiding students, advising teachers, responding to crises, and maintaining institutional discipline. A leader must speak clearly but also listen patiently. This balance is essential for effective leadership.

Knowledge, Research, and Academic Culture

A medical college must cultivate a culture of knowledge. Students should be encouraged to ask questions, understand evidence, respect research, and remain lifelong learners. Professor Dr. Ghose's own educational background, including international training and research in cardiology, gave him a strong foundation for promoting such a culture.

His PhD from the Scientific Research Institute of Cardiology in Tashkent reflects research-

oriented learning. His international fellowships and professional connections indicate continued engagement with global medical knowledge. Such a background is important for academic leadership because it reminds students and teachers that medicine is always evolving.

A principal with academic depth can encourage higher standards. He understands the importance of updated knowledge, scientific reasoning, and professional development. Professor Dr. Ghose's journey from advanced training to teaching and leadership reflects this commitment to knowledge.



Regional Leadership in Medical Education

Professor Dr. Ghose's academic leadership is especially important because it is centred in Cumilla. Bangladesh needs strong medical institutions not only in Dhaka but also in regional cities. Regional medical colleges play a vital role in expanding healthcare, training doctors, and serving local communities.

By working in Cumilla for decades, Professor Dr. Ghose contributed to regional medical education and healthcare. His long service at CD Path & Hospital and his leadership roles at medical colleges helped strengthen medical practice and education outside the capital. His life shows that meaningful academic leadership can grow from regional commitment.

Regional leadership is essential for balanced national development. When capable professionals remain active in districts and cities outside the capital, they help build local capacity. They train doctors, serve patients,

guide institutions, and create public trust. Professor Dr. Ghose's Cumilla-centred academic journey is an example of such leadership.



Academic Leadership and Social Responsibility

Professor Dr. Ghose's institutional leadership cannot be separated from his social responsibility. He was not only a principal within an institution; he was also active in public health awareness, social organisations, Rotary, disability welfare, human rights, and cultural platforms. This wider involvement enriched his leadership.

An academic institution does not exist in isolation. It is part of society. Medical colleges, especially, must remain connected with public health needs. A principal with social awareness can help students understand that medicine is not only a profession but also a responsibility toward society.

Professor Dr. Ghose's work through Heart Care Foundation Comilla is a strong example of this connection. He founded the organisation in 2004, served as Secretary General until 2015, and later as President. Through this platform, he contributed to heart disease awareness, public health education, and community engagement. Such work shows that his academic leadership was supported by a deep understanding of society's health needs.

Writer, Teacher, and Leader

Professor Dr. Ghose's identity as a writer also strengthens his academic profile. He has

written books on heart disease, child and adolescent health, women and heart disease, heart failure, COVID-era cardiac concerns, Rotary, history, and literature. A teacher who writes contributes beyond the classroom. A writer preserves knowledge, spreads awareness, and influences readers who may never meet him personally.

His writing shows his desire to make knowledge accessible. Medical knowledge can be difficult for ordinary people, but physician-writers help translate it into understandable language. This is also a form of teaching. Through his books, Professor Dr. Ghose continued his academic mission outside formal institutions.

A principal who is also a writer brings intellectual richness to leadership. He values ideas, documentation, reflection, and public education. This makes his journey from professor to principal even more meaningful.



Leadership Through Example

The most lasting form of leadership is leadership through example. Students and colleagues may forget specific instructions, but they remember a leader's character, dedication, and conduct. Professor Dr. Ghose's life provides such an example.

He showed that a medical teacher can become a social leader. He showed that a cardiologist can become a public health advocate. He showed that an academic administrator can remain connected with patients and community service. He showed that professional success becomes more meaningful when it is shared with society.

His leadership journey therefore carries lessons for future doctors and teachers. It teaches that titles should be matched with responsibility.

Knowledge should be matched with service. Authority should be matched with humility. Leadership should be matched with humanity.

Challenges of Institutional Leadership

No institutional leadership is free from challenges. A principal of a medical college must deal with academic pressure, administrative complexity, student concerns, faculty coordination, examination responsibilities, regulatory expectations, resource limitations, and sometimes public scrutiny. The position requires emotional strength and balanced judgement.

Professor Dr. Ghose's ability to serve in such a role suggests resilience and organisational maturity. His long career in teaching, clinical practice, and social leadership prepared him for these challenges. A person who has worked with patients, students, organisations, and communities develops the patience needed for institutional leadership.

The principal's chair is not simply a position of honour. It is a place of responsibility. Every decision can affect students, teachers, staff, patients, and the reputation of the institution. Professor Dr. Ghose's tenure as principal therefore represents a significant chapter in his service to medical education.

The Human Side of Academic Leadership

Academic leadership is often discussed in terms of policies, systems, and administration. But at its heart, it is deeply human. Students need encouragement. Teachers need respect. Staff need guidance. Patients need compassion. Institutions need trust.

Professor Dr. Ghose's broader humanitarian life suggests that he understood this human side. His involvement with disability welfare, human rights, elderly welfare, cultural organizations, and public health movements shows sensitivity toward people's needs. Such sensitivity is valuable in institutional leadership because colleges are communities of human beings, not machines of instruction.

A principal with humanity can create an environment where discipline and compassion coexist. This balance is especially important in medical education, where students face academic stress and emotional exposure to illness and death. Humane leadership can help them grow into better doctors.

Legacy in Medical Education

Professor Dr. Triptish Chandra Ghose's legacy as an academic and institutional leader lies in the lives he influenced, the institution he served, the students he guided, and the values he represented. His journey from professor to principal reflects growth from knowledge-sharing to institution-building.

He contributed to medical education as a teacher, department leader, vice-principal, and principal. He contributed to healthcare as a cardiologist and consultant. He contributed to public health through Heart Care Foundation Comilla. He contributed to society through Rotary, humanitarian work, and cultural involvement. Together, these roles create a complete picture of leadership.

His life shows that academic leadership should not be narrow. A medical academic leader should know science, understand patients, guide students, manage institutions, write for society, and serve humanity. Professor Dr. Ghose's journey reflects this wider model.

From Professor to Principal: A Journey of Academic and Institutional Leadership is the story of Professor Dr. Triptish Chandra Ghose's growth as a medical educator, cardiologist, administrator, and social leader. His journey began with strong educational foundations and expanded through international training, clinical practice, teaching, professorship, and institutional leadership.

As a professor, he shaped students and young doctors through knowledge, clinical experience, and mentorship. As vice-principal and principal, he helped guide institutional

systems, academic discipline, teacher coordination, clinical training, and administrative responsibilities. His leadership at Mainamoti Medical College represents an important chapter in regional medical education.

But his contribution goes beyond formal positions. His life shows that academic leadership becomes truly meaningful when it is connected with service, ethics, public awareness, and humanity. Professor Dr. Ghose did not separate the classroom from society, or the hospital from the community. He understood that medical education must produce not only skilled doctors but also responsible human beings.

His journey from professor to principal therefore stands as a model of purposeful leadership. It teaches that knowledge should guide institutions, ethics should guide authority, and humanity should guide every form of service. In the medical and academic history of Bangladesh, Professor Dr. Triptish Chandra Ghose remains an inspiring example of how one person can combine teaching, healing, leadership, and social responsibility into a life of lasting value.



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