



Association of Indian Neurologists in America

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Welcome to the Tarang, the Annual newsletter of the Association of Indian Neurologists in America. The Tarang complements our website (www.4aina.com) and monthly update emails to provide information about our organization, medical and professional topics, and upcoming professional meetings of interest to our readers. If you have any interesting events, awards, recognitions, activities to report about neurologist of Indian origin, please email a summary along with photographs to aina@badgerbay.co.

PRESIDENT'S MESSAGE



On behalf of the AINA Executive Committee, I am happy to release this issue of Tarang, the AINA newsletter. After a hiatus of 2 years, the AINA annual meeting took place in person on April 4th 2022 in Seattle during the AAN conference. Most of the attendees were there in person, while some joined virtually. Dr. Gregory Cascino, the keynote speaker spoke about the treatment gap in epilepsy care in India. We were honored to host the President of the Indian Academy of Neurology, Dr. Nirmal Surya. AINA is proud to support IAN in organizing a joint symposium during the Asian Oceanian Neurology Congress being held in New Delhi November 3-6 2022. I encourage AINA members to attend if you will be in India during that time.

We expect to resume the Neurology observership program this coming year. AINA and IAN have jointly sponsored this program which offers trainees from India the opportunity to observe at a participating US medical center for up to one month. These scholarships have been generously supported by endowments from AINA members. In addition to recognizing trainees from North America presenting their work at AAN, AINA sponsored a new award given to a trainee from India.

During 2021 AINA members were joined by our colleagues in the American Epilepsy Society and Child Neurology Society, raising \$42,326 to aid COVID relief efforts in India! This was a truly remarkable achievement accomplished within a 6 week timeline. Thank you to all who contributed generously.

In April, AINA also petitioned the AAN and AMA to take a position against racism towards physicians of Indian origin. We need to stay vigilant and counter such attacks.

The AINA executive team has been busy working on new initiatives to be more visible on social media outlets like Facebook and Twitter and engage with younger and in-training physicians. AINA plans to organize meetings during various sub-specialty conferences so we can reach many more physicians of Indian origin. The Epilepsy chapter of AINA, for example holds a 2-hour meeting annually during the American Epilepsy Society conference. If any of you would like to organize a meeting in your sub-specialty, please contact any of the AINA office bearers for information and advice.

Sincerely,

Prakash Kotagal, M.D., FAAN, FAES
President - AINA

THANK YOU
TO OUR 2022
ANNUAL MEETING
SPONSORS



AINA 2022 LIFETIME ACHIEVEMENT AWARD



The AINA Lifetime Achievement Award recognizes a leader in neurology by her/his peers. The recipient is a North American neurologist chosen based on her/his dedication in advancing the training of North American neurologists of Indian origin and promoting innovation and research in the field of neurology. The recipient will have supported Indian neurologists over a significant period of time in achieving meaningful progress toward expressed goals.

Aneesh Singhal, MD, FAAN

WHY THE RECIPIENT WAS CHOSEN

Dr. Singhal was selected for his significant contributions towards the growth of AINA over the last 18 years, he has trained numerous colleagues of Indian origin, and is well known for innovation and research in the field of Neurology (Stroke).

Dr. Singhal joined AINA in 2003 on the suggestion of Dr. Kapil Sethi during the AAN meeting in Hawaii. At that time, AINA was still in nascent stages with fewer than 50 members who met informally for dinner once a year during the AAN meeting. Dr. Singhal soon became a member of the AINA Executive Committee. He served under the leadership of several AINA Past Presidents including Dr. Poovillam Subramaniam, Manmohan Nayyar, Jai Kumar, Pradeep Sahota, and Sajjan Nemani. During his tenure on this committee from 2003-2011 and thereafter, he has contributed to AINA in numerous ways including; formalizing bylaws, establishing sub-committees and sub-sections, membership drives, helped establish the Lifetime Achievement Award, developed collaborations with other Neurology Associations, and helped recognize other AINA members for their accomplishments over the years.

Dr. Singhal's contributions are not restricted to the USA he has collaborated in meaningful ways with counterparts in India. He is a life member of Indian Stroke Association (ISA),

the Indian Academy of Neurology (IAN), and the Association of Physicians in India (API).

Congratulations again on receiving the AINA Lifetime Achievement Award your dedication to advancing the training of North American neurologists of Indian origin, promoting innovation and research in the field of neurology, and support of Indian neurologists over the last two decades. We are proud to call you one of our own!

THANK YOU STATEMENT

I am honored to join the list of eminent neurologists who have received the AINA Lifetime Achievement Award! Thank you to AINA's nominating, selection, and executive committee members, the AAN, the American Brain Foundation, and to my family for their unwavering support. I am proud to belong to the community of Indian-origin neurologists in North America whose clinical and scientific contributions have significantly improved patient care around the world. It has been a privilege to witness AINA's growth and collaboration with the AAN and with several Indian neurology organizations over the last two decades.

PAST RECIPIENTS OF THE AINA LIFETIME ACHIEVEMENT AWARD

2021

Seemant Chaturvedi, MD
& Manmohan Nayyar, MD,
FAAN, MBA, MHA

2020

Prakash Kotagal, MD

2019

Ram Ayyar, MD

2018

Vinay Chaudhry, MD

2017

Kapil Sethi, MD, FRCP, FAAN

2016

Mark Hallett, MD

2015

Pradeep Sahota, MD, FAAN,
FAASM, FAES

2014

Avindra Nath, MBBS, FAAN

2013

Sakkubai Naidu, MD, FAAN

2012

Thomas R. Swift, MD, FAAN

2011

Omkar N. Markand, MBBS,
MD, FRCP(C), FACP, FAAN

2010

Sudhansu Chokroverty, MD,
FAAN

2009

Shrikant Mishra, MD, FAAN

2008

Walter G. Bradley, DM, FRCP,
FAAN

*Sponsored by the
Association of Indian
Neurologists in America
Fund of the American
Brain Foundation*

2022 AINA TRAINEE AWARDS

AINA is pleased to announce the winners of the 2022 AINA Neurology Trainee Awards. There were over 25 abstracts that were reviewed this year – an AINA record! The applications this year were of high quality and the scoring process was very competitive to determine the final winners. These winners are presented during the 2022 AINA Annual Meeting on Monday, April 4, 2022.



1ST PLACE WINNER

Sitara Koneru, MD

PGY-3 Neurology Resident at Emory University

Abstract Title: Delays in Thrombolysis During COVID-19 are Associated With Worse Neurological Outcomes: the Society of Vascular and Interventional Neurology Multicenter Collaboration



2ND PLACE WINNER

Pratibha Surathi, MD

PGY4 at Rutgers New Jersey Medical School

Abstract Title: Are Elevated Interleukin-6 Serum Levels Associated with Increased Encephalopathy and In-hospital Mortality rates in SARS-CoV2 Patients



3RD PLACE WINNER

Sachin M. Bhagavan, MD – confirmed attendance

PGY-4 Neurology Resident at the University of Missouri Columbia

Abstract Title: Early Mobilization Protocol" Can Be Initiated in the Intensive Care Unit in Acute Ischemic Stroke Patients After Receiving Intravenous Alteplase

NEW! INDIAN TRAINEE AWARD

New in 2022, the Indian Trainee Award is for any in-training neurologist currently enrolled in a training program in India and who is also a first or senior author on an abstract accepted to the American Academy of Neurology.



2022 WINNER

Amaravathi Markala, MD

The Tamilnadu Dr.M.G.R.Medical University, hyderabad, Telangana

Abstract Title: A Systematic Review Of Clinical Profile Of Cerebral Abscess In Post Covid Rhino Orbital Cerebral Mucormycosis

2022 AMERICAN ACADEMY OF NEUROLOGY AWARD RECIPIENTS

KENNETH M. VISTE, JR., MD, PATIENT ADVOCATE OF THE YEAR AWARD

Sponsored by the American Academy of Neurology and endowed by gifts from Dr. Viste's colleagues, friends, and patients.

Nirmal Surya, MD, DNB, FIAN, FRCP

Epilepsy Foundation India
Mumbai, India

The Kenneth M. Viste, Jr., MD, Patient Advocacy Award recognizes one neurologist who exemplifies Dr. Viste's leadership and commitment to advocating for the patient community. Dr. Nirmal Surya has dedicated his career to epilepsy patients in India, offering free weekly clinics and Epilepsy Camps to those below the poverty line across the country. Dr. Surya also founded the Epilepsy Foundation of India and is an active advocate for patients at the state and national government.

ANNUAL MEETING RECAP

The 2022 AINA Annual Meeting was held on Monday, April 4, 2022 at the W Hotel in Seattle, Washington. There were over 80 attendees who attended in-person and 15 that attended virtually.

AINA President, Dr. Prakash Kotagal, welcomed everyone and introduced keynote speaker, Dr. Gregory Cascino, who spoke on his work in India. Dr. Sanjay Singh presented the AINA Lifetime Achievement Award to Dr. Aneesh Singhal for his contributions to AINA and the field of Neurology. Dr. Kotagal recognized all of the AINA Life Members and Dr. Geetanjali Rathore presented the AINA Trainee Awards to Drs. Sitara Koneru, Pratibha Surathi and Sachin M. Bhagavan. Dr. Singh along with IAN President Dr. Nirmal Surya presented the new Indian Trainee Award to Amaravathi Markala, MD.

Dr. Surya presented an update on the IAN and partnerships with AINA and the meeting concluded with the AINA Annual Business Meeting.

Thank you to Infucare Rx, Biogen, UCB Pharma and Greenwich/ Jazz Phara for their support of the meeting.



CONGRATULATIONS TO THE FOLLOWING AINA MEMBERS ON RECEIVING THE A.B. BAKER TEACHER RECOGNITION AWARD

Bhavesh Trikamji, MD
University of California
Riverside

Bindu Menon, MD, MBBS
Apollo Specialty Hospitals
Nellore Andhra, Pradesh, India

Zain Guduru, MD
University of Kentucky

Ram Mohan R. Sankaraneni, MD
Creighton University School of
Medicine

Raghav Govindarajan, MD,
FAAN
HSHS St. Elizabeth's Hospital

Nirav R. Bhatt, MD
Emory University School of
Medicine

Mohamed Ibrahim Abdul
Aleem, MD
ABC Hospital/The Tamilnadu
Dr. MGR Medical University/
Dhanalakshmi Srinivasan
Medical College
Trichy/Chennai, Tamilnadu,
India

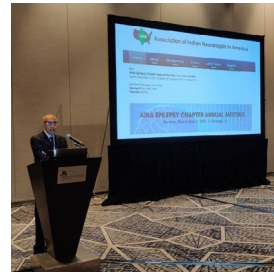
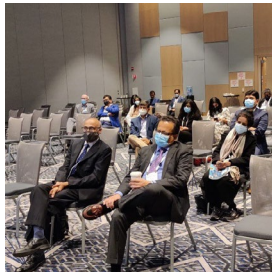
Mitesh P. Lotia, MD
University of Arkansas

Kapil Arya, MD
University of Arkansas for
Medical Sciences

Gurmeen Kaur, MBBS
Westchester Medical Center

EPILEPSY MEETING RECAP

The AINA Epilepsy Chapter met during the American Epilepsy Society's meeting December 5, 2021 in Chicago, IL. The meeting included AINA updates, IAN President, Nirmal Surya provided an update on the IAN and there was time for networking and connecting with colleagues. Thank you to SK Life science for their support.



AINA WELCOMES NEW LIFE MEMBERS

**These individual members are new since May 1, 2021*

Niraj Arora, MD - University of Missouri

Kapil Arya, MD - University of Arkansas for Medical Sciences

Lalit Bansal, MD

Hina Dave, MD - UT Southwestern

Nishant Mishra, MD - Yale

Mamatha Pasnoor, MD - The University of Kansas Medical Center

Shamik Shah, MD - Stormont Vail Health

Zubeda Sheikh, MD - West Virginia University

Garima Shukla, MD - Queen's University, Kingston, ON, Canada

NEW WOMEN IN NEUROLOGY GROUP

The idea of a women's chapter of AINA took shape around mid to late 2021. Over the next couple months, I met with several members to discuss the ways in which we could best leverage this platform. Last fall, we started quarterly virtual "chai parties" to kick off the chapter. Members from US and India have taken the time on weekends to join-in and bring engaging discussions on topics of finding your path, burnout, biases in the workplace among others. It has been an absolute pleasure to get to know some of the wonderful ladies in this group, both in the US and India. I think we have found a new group of friends who we can relate to on social, cultural, and professional levels at the same time. Even in a couple meetings, our potential to really meaningfully help each other is evident.

Recently we started a messaging group to build more camaraderie. As we continue to grow, I am certain this group will be a very meaningful mentorship and collaboration resource.

AINA MEMBERS AND FRIENDS DONATE OVER \$42,000 TO HELP THE RELIEF EFFORTS IN INDIA

Thank you to everyone who donated to the help the relief efforts in India!

Dear Friends,

I am pleased to report that the AINA fundraiser to support COVID relief efforts in India was able to raise \$42,326 (85% of our \$50,000 goal). All of the money has been sent to Sewa International.

On behalf of the AINA executive committee I would like to thank you for your generous contribution to this cause. The peak of the epidemic appears to have passed, but there is a lot of hard work ahead for the medical community in India. Details of Sewa International efforts are available on their website: www.sewainternational.org/Covid-Sewa

Sincerely,
Prakash Kotagal, M.D.,
President, Association of Indian Neurologists in America



THANK
YOU



NEUROLOGISTS OF INDIAN ORIGIN IN THE NEWS

EUROPEAN STROKE CONFERENCE

The AcT trial was a large RCT that sought to find if intravenous tenecteplase can replace alteplase in the treatment of patients with acute ischemic stroke presenting early after stroke onset. The findings were presented by Bijoy K Menon MBBS, M.D, D.M, MSc, FRCP at the European Stroke Conference in Lyon, France.

DR. SEEMANT CHATURVEDI PARTICIPATES IN INTERVIEWS FROM NEJM GROUP

Dr. Seemant Chaturvedi participated in interviews from NEJM Group's coverage of key presentations and findings from the 2021 virtual American Academy of Neurology Annual Meeting.

[Watch here.](#)

CONGRATS DR. MURTHY ON YOUR RECENTLY PUBLISHED PAPER IN JAMA NEUROLOGY

Intracerebral hemorrhage (ICH) shares risk factors with arterial ischemic events such as ischemic stroke and myocardial infarction, but it is unclear if ICH is associated with future ischemic events. In a pooled prospective cohort study of nearly 50,000 subjects enrolled from four different U.S population-based studies (ARIC, CHS, REGARDS, and NOMAS), Dr. Murthy and colleagues found that ICH was associated with a 2-fold increased risk of an arterial ischemic event, a 3-fold increased risk of ischemic stroke, and a 2-fold heightened risk of myocardial infarction, independent of vascular risk factors and antithrombotic medication use. This study suggests that ICH may be a novel risk marker for subsequent arterial ischemic disease, highlighting the need for improved secondary cardiovascular prevention strategies after ICH.

CONGRATULATIONS TO AVINDRA NATH, MD ON THE SORIANO LECTURESHIP FROM THE ANA

Congratulations to Avindra Nath, MD on The Soriano Lectureship for the presentation Neurobiology of Covid-19. The Soriano Lectureship was established in 1987 by ANA member Dr. Victor Soriano and his wife to acknowledge a "brilliant lecture delivered by an outstanding scientist" who is also a member of the Association.

JEYARAJ DURAI PANDIAN, MD PUBLISHES ARTICLE IN THE LANCET NEUROLOGY

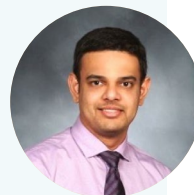
Congratulations to Dr. Pandian for the article published in The Lancet Neurology titled Integrated approach to stroke burden: are we doing enough?

[Click here to read the full article.](#)

ABHIMANYU MAHAJAN, MD, MHS CHOSEN FOR THE HIGHLY COMPETITIVE MDS LEAP PROGRAM

Abhimanyu Mahajan, MD, MHS Chosen for the highly competitive MDS LEAP program. MDS LEAP is the flagship leadership program of international MDS to train young neurologists to take on leadership roles within MDS.

Congratulations Dr. Mahajan!



ABHIMANYU MAHAJAN, MD, MHS PUBLISHES PAPER IN ANNALS OF NEUROLOGY

Abhimanyu Mahajan, MD, MHS publishes paper on barriers to a physician-scientist career for immigrant neurologists in Annals of Neurology.

DR. AARTI SARWAL AND TEAM PUBLISH PAPER IN INTENSIVE CARE MEDICINE

Congratulations to Dr. Aarti Sarwal and team for their paper in Intensive Care Medicine "Basic ultrasound head-to-toe skills for intensivists in the general and neuro intensive care unit population: consensus and expert recommendations of the European Society of Intensive Care Medicine"

[Read the paper here.](#)

AINA MEMBERS PUBLISH PAPER IN STROKE: VASCULAR AND INTERVENTIONAL NEUROLOGY

Congratulations to AINA Members; Dr. Aravind Ganesh and Dr. Bijoy K. Menon and team for their first paper published in STROKE: Vascular and Interventional Neurology. "Evaluating Outcome Prediction Models in Endovascular Stroke Treatment Using Baseline, Treatment, and Posttreatment Variables"

[Read the full paper here.](#)

DR. PRACHI MEHNDIRATTA SELECTED TO JOIN STROKE EDITORIAL BOARD

Dr. Prachi Mehndiratta, Asst. Professor of Neurology at the University of Maryland School of Medicine, was selected to join the editorial board of STROKE, official journal of the American Stroke Association. Congratulations Dr. Mehndiratta!

DR. NISHANT K. MISHRA JOINS NEUROLOGY JOURNAL EDITORIAL BOARD

Nishant K. Mishra, MD PhD, joins the editorial board of the Neurology journal.

Congratulations Dr. Mishra!

AINA MEMBERS LAUNCH AN INTERNATIONAL POST STROKE EPILEPSY RESEARCH CONSORTIUM

Dr. Nishant K. Mishra at Yale University, Dr. Vijay K. Sharma at National University of Singapore, and several other researchers from around the world have launched a International Post Stroke Epilepsy Research Consortium (IPSERC) to tackle research questions related to preventing and managing post-stroke epilepsy. See: <https://pubmed.ncbi.nlm.nih.gov/34968775/>

SHYAM PRABHAKARAN HAS BEEN NAMED THE JAMES NELSON AND ANNA LOUISE RAYMOND PROFESSOR IN THE DEPARTMENT OF NEUROLOGY

Prabhakaran is a vascular neurologist and epidemiologist and an internationally recognized leader in stroke research and treatment. He has led projects focused on uncovering the underlying causes of stroke using novel imaging techniques, improving stroke care delivery in prehospital and hospital settings, and optimizing stroke recovery. His research explores intersections between individual stroke risk factors and biomarkers, community health disparities, and learning health systems and uses computational and engineering methods to design and implement multi-level interventions to improve stroke care and patient outcomes. A powerful advocate for improving disparities in stroke care, he has been instrumental in reorganizing ambulance transports for acute stroke patients in Chicago and improving access to proven time-sensitive stroke treatments for Chicago residents.

