

Inside this issue:

Presidents message	1
Highlights of the 2014	2
AINA trainee award	3
Neurologists of Indian origin in News	4
AINA life Achievement award	7
Volunteers	7
INSC 2015	8
Photo album	10



President's message

This has been a long and fruitful year for AINA as I welcome you to the 32nd year of AINA. I commend the Board, Executive Committee members and past presidents for taking every opportunity to engage in collaborating with other organizations over the last year, including our colleagues practicing in India. We have had an enhanced presence with the new website that launched last year and the beautiful newsletter aptly named "Tarang". We have had a phenomenal response to the AINA trainee awards. Dr. Sahota was nominated by his residents and colleagues for the Lifetime Achievement

Award. He is an exceptional clinician, educator, and mentor for his colleagues and trainees; we are proud to have him as a part of the growing community of AINA. Many neurologists of Indian origin were in the news, for the right reasons, of course! Please check out the section on the few highlighted ones in the newsletter and reach out to congratulate them. If you have an achievement that you would like highlighted in the next newsletter, please contact us through the [website](#).

2015 is a transition year for us. Some of us will be stepping down from our



positions, and others will be taking over new responsibilities. We will continue to seek opportunities of fostering relationships with other neurological organizations in US, India, and abroad. Please continue to send us your feedback and different ways to increase membership and involvement in AINA. We'd love to hear from you!

-Vineeta Singh, MD , FAAN

32nd AINA Annual dinner

We welcome you to join us in Washington, DC for the 32nd Annual AINA meeting. Though we will miss the National Cherry Blossom Festival, you can still enjoy the trees in full bloom so come out to the Tidal Basin and the National Mall when

you can. AINA Annual Dinner Meeting occurs on Tuesday during the week of the American Academy of Neurology Annual conference. To attend this event, attendees are requested to RSVP using the website

April 21st, 2015

Tuesday

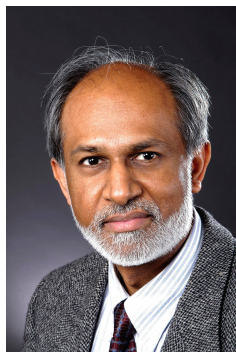
6-10 PM

Carmine's

425 7th St NW,

Washington, DC 20004

Highlights of 2014 Annual Meeting



Dr. Avindra Nath received the 2014 AINA Lifetime Achievement award .

(above)

Dr. Steven P. Ringel, MD, was the invited Guest of honor. (below top)

Dr. S P Gorthi (below bottom)



The 31st Annual meeting on AINA was held on April 29th, 2014 at the Downtown Marriott in Philadelphia, PA during the week of American Academy of neurology meeting.

139 people attended the meeting.

Dr. Avindra Nath received the 2014 AINA Lifetime Achievement award . He is currently the intramural clinical director of NINDS. Dr. Nath is nationally and internationally recognized for his contributions to elucidating HIV pathogenesis in the central nervous system. Past Recipients of the AINA Life Time Achievement Award include distinguished clinician scientists like Dr. Sakkubai Naidu, Dr. Thomas R. Swift . Dr. Omkar N. Markand, , Dr. Sudhansu Chokroverty, Dr. Shrikant Mishra and Dr. Walter G. Bradley. Instituted in 2007 as a partnership between the American Academy of Neurology Foundation and AINA , this award recognizes those who have been committed to advancing the Indian neurological community.

Dr. Steven P. Ringel, MD, University of Colorado was the invited Guest of honor. Dr. Ringel is a Professor of Neurology and Vice President for Clinical Effectiveness and Patient Safety at the University of Colorado Hospital. He has authored numerous articles and four books covering a broad range of issues in research, patient care, health policy and patterns of practice. He is the founding editor of Current Treatment in Neurology and the current Editor-in-Chief of Neurology Today . He is past president of the American Academy of Neurology and of the medical staff of University of Colorado Hospitals. Dr. Ringel's current investigative activities emphasize quality and safety initiatives, cost effectiveness analysis and community database development.

Brig (Dr) S.P. Gorthi was given an award for his outstanding service to Indian Armed Force Services and Neurology. He is currently a Professor and Head of the Department of Neurology at the Army Hospital Research and Referral, Delhi Can-

tonment, New Delhi, India. Dr. Gorthi underwent his medical residency at Army Hospital Research and Referral , Armed Forces Medical College, Pune, India and then his neurology training at the All India Institute of Medical Sciences, new Delhi, India and won the ML Soni award for being the resident .

Dr. Dheeraj Khurana DM from PGI Chandigarh received the 2014 Practicing Physician Quality Award from the American Academy of Neurology. Dr. Khurana is currently an Additional Professor of Neurology at PGIMER, Chandigarh, India. He is the president of the Indian Stroke Association and a member of the National Stroke Guidelines formulation committee. Dr. Khurana was selected for his work, "Effect of Education to Hospital Staff on Efficiency of Acute Stroke Thrombolysis." As a result of education efforts to emergency department staff, the rate of IV thrombolysis increased and there was significant reduction in door-to-needle time."

Highlights of 2014 annual meeting.....

The annual meeting also gave out the AINA Trainee awards to Rajbeer Sangha, Partha Ghosh and Monika Mishra.

Dr. Rajbeer Sangha from State University of New York, Syracuse, NY won the first award for his clinical poster on comparison of modified Rankin Scale with Neuro-Quality of Life for assessment of cognitive impairment after stroke.

Dr. Partha Ghosh's poster on diagnostic yield of Pediatric EMG in Myopathic disorders tied in 2nd place with Monika Mishra's research on their initial experience with Intracerebral hematoma volume measurement using computerized software method (ITK-SNAP). Dr. Partha Ghosh is training at the Mayo Clinic,

Rochester, MN & Dr. Monika Mishra is training at Neurology University of Florida, Gainesville FL. 2014 Annual meeting was sponsored by Superior Biologics & Biogen.



AINA trainee award

In keeping with AINA's mission of advancing the training of neurologists and promoting research, the AINA Executive Committee has instituted the AINA Trainee Award for the annual meeting.

The first awards were given in the 2013 annual meeting at San Diego, CA. Residents or Fellows of Indian origin currently enrolled in a training program in North America, who are registered for the AINA annual meeting, and who will be 1st or senior author of an abstract presentation at the 2014 American Academy of Neurology annual meeting, are eligible to apply for this award.

The recipient will receive a check for \$500, free Life Membership (valued at \$500) and a recognition certificate at the AINA meeting.

The deadline for the award is few weeks prior to the Annual meeting. Please look out for the notification after the abstract announcements for AAN and encourage your neurology trainees to apply!!

Past Recipients of the AINA Neurology Trainee Award

2013

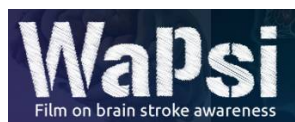
Dr. Pavan Bhargava
Dr. Srikanth Rangaraju
Dr. Wazim Mohamed

2014

Dr. Rajbeer Sangha
Dr. Partha Ghosh
Dr. Monika Mishra

*Recipient of the 2014
AINA Trainee travel
awards*

*Dr. Monika Mishra (top
above) , Dr. Partha Ghosh
(above) and Dr. Rajbeer
Sangha(below)*



[Indian Film on Stroke Awareness](#)



*Dr. Annapurna Poduri (above
top)*

*Dr. Seemant Chaturvedi
(above below)*

Dr. Rohit Bakshi (below top)

*Dr. Pushpa Narayanaswami
(below bottom)*



Neurologists of Indian origin in News

Dr. Annapurna Poduri is an Assistant professor at Harvard Medical School and has been awarded the American Academy of Neurology Dreifuss Penry award for epilepsy.

Dr. Vinay Chaudhry was invited as a visiting professor at National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, INDIA where he gave a talk on "Spectrum of Immune Neuropathies-Evolving concepts in Physiology and Serology." He also participated and gave talks at the NerveCon 2014, the 2nd International Symposium on Peripheral Nerve Disorders in Hyderabad, India. Dr. Chaudhry is currently a Professor of Neurology and Co-Director of the EMG Laboratory at John Hopkins School of Medicine

Dr. Rohit Bakshi was named the Editor-in-Chief of the *Journal of Neuroimaging*. Dr. Bakshi, is the Jack, Sadie and David Breakstone Professor of Neurology and Radiology at Harvard Medical School. He is the Director of the Laboratory for Neuroimaging Re-

search and a Senior Neurologist at the Partners Multiple Sclerosis Center, Brigham and Women's Hospital. He has built a research program involving quantitative MRI in MS through support from the National Institutes of Health, National Science Foundation and National Multiple Sclerosis Society. He has served as Chair of the Neuroimaging Section of the American Academy of Neurology, President of the American Society of Neuroimaging, and Associate Editor of the journal *Neurotherapeutics*. He has given more than 200 invited academic lectures and authored more than 200 peer-reviewed articles.

Dr. Sudhansu Chokroverty received Researcher of the Year Award From School of Health And Medical Sciences, Seton Hall University, South Orange, NJ and the Lifetime Achievement Award From the American Association of Physicians of Indian Origin – Sleep (AAPIOS) this year. Dr. Chokroverty is currently the Co-Director of Neurology (Clinical Neurophysiology and Sleep Medicine) at the

New Jersey Neuroscience Institute, JFK Medical Center, Edison, New Jersey. He is the past President of the World Association of Sleep Medicine and Chair of the Sleep Science Award Subcommittee of the American Academy of Neurology.

Dr. Seemant Chaturvedi has moved to University of Miami Health System to take the position of Vice-Chair for Veteran Affairs Programs. He is a Professor of Clinical Neurology at the University of Miami Miller School of Medicine. Dr. Chaturvedi previously worked at the Wayne State University. Dr. Chaturvedi has co-edited the books *Transient Ischemic Attacks* in 2004 and *Carotid Artery Stenosis: Current and Emerging Treatments* in 2005. He was chairman of the American Academy of Neurology carotid endarterectomy guidelines committee, with the guidelines published in 2005. He is currently on the steering committee of several stroke prevention studies. His research interests include carotid revascularization, intracranial atherosclerosis, and stroke in young adults.

Neurologists of Indian Origin in News

Dr. Dileep Yavagal was featured in television news coverage of the first intra-arterial stem cell stroke trial in the United States that he led. Dr. Yavagal is currently an Associate Professor of Clinical Neurology at the University of Miami health System. He is also the Director of Interventional Neurology. He has also been quoted in Miami Herald.

RECOVER-stroke is a clinical trial treating recent stroke patients with stem cells from their bone marrow and applying them directly into the carotid artery.

Dr. Yavagal believes his study, the first stroke treatment to be delivered directly to the brain via the carotid artery, has the potential to boost blood vessels affected by stroke. Applying the stem cells directly into the carotid artery as opposed to intravenously, in which less than 3 percent reach the brain, ensures that they don't become entrapped in the lungs and the liver. He is currently enrolling patients in another study, called Multisystem, which will test healthy donor stem cells being applied intra-

venously within 48 hours of the stroke.

[Link to TV segment](#)

[Link to Newspaper article](#)

Dr. Aarti Sarwal was accepted into the American Academy of Neurology Palatucci Advocacy Leadership Forum class of 2015. Sarwal was selected for her passion for improving patient care, willingness to advocate for her patients and leadership potential. Her advocacy goal proposal that was selected to the forum is to improve clinical providers' communication with families whose loved one has suffered from a sudden debilitating neurological injury. The Palatucci Advocacy Leadership Forum honors the memory of AAN Board of Directors Member Donald M. Palatucci, MD. AAN selects up to 27 members each year to the forum, 25 US members as well as 2 International. Applications are selected for their strong leadership potential, passion for profession and patients, strategic thinking and planning skills, effective communication, desire to make organization change and ability to

motivate other and collaborate effectively.

Dr. Pushpa Narayanaswami is the lead author of a recently published on the Diagnosis and treatment of limb-girdle and distal dystrophies released by the Guideline Development Subcommittee of the American Academy of Neurology and the Practice Issues Review Panel of the American Association of Neuromuscular & Electrodiagnostic Medicine. Dr. Narayanaswami currently works as an Assistant Professor at the Beth Israel Deaconess Medical Center/Harvard Medical School, Boston, MA.

[Link to guideline](#)

Dr. Sunil Sheth was awarded the Lawrence M Brass Stroke research Fellowship this year. This fellowship is sponsored by American Academy of Neurology, the American Brain Foundation and the American Heart Association/American Stroke Association.

Dr. Rohit Bhatia will be receiving award from AAN in patient safety for his work

Newly selected fellows for AHA 2014

Dr. Sushant P. Kale
Dr. Amit Kansara
Dr. Sandra Narayanan

Newly selected fellows for AAN 2014

Dr. Hema Patel
Dr. MM Mehndiratta
Dr. Sudha Seshadri
Dr. Aneesh Singhal
Dr. Nutan Sharma
Dr. Jayashri Srinivasan
Dr. Sanjay Singh
Dr. Ikshvanku Barot
Dr. Nitin Sethi,
Dr. Prahlad K Sethi

Sign up for membership today through our website

www.4aina.com

In-Training = waived

Active/Annual = \$50/yr

Life = \$500 one time

Any active member in good standing for more than one year will be eligible for active office.



Dr. Jeyaraj Durai Pandian
(top above)

Dr. Venugopalan Y Vishnu
(top below)

Dr. Dileep Yavagal (below
top)

Dr. Sudhansu Chokroverty
(below bottom)



Neurologists of Indian Origin in News

Dr. Narayanaswami was interviewed on the guidelines in a podcast released by AANEM. She was also interviewed in the Neurology podcasts in August 2014 titled *Palliative care and neurology: Time for a paradigm shift*. Dr. Narayanaswami serves as an editorial board member of Neurology® Level of Evidence Review Team. Dr. Narayanaswami was interviewed on the guidelines in a podcast released by AANEM.

[Link to the podcast](#)

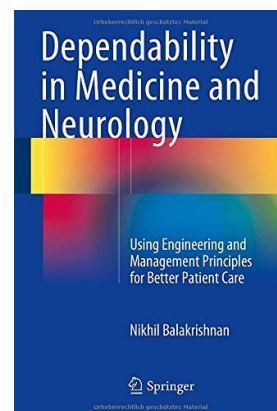
Dr. Jeyaraj Durai Pandian was interviewed in the NEUROLOGY podcasts recently for his study on mirror therapy for stroke. He is the Professor and Head of Department of Neurology at Christian Medical College, Ludhiana, Punjab, India. He is also the Chair of the World Stroke Campaign of the World Stroke Organization.

Dr. Venugopalan Vishnu will be receiving the AAN International Scholarship award.

Dr. Sarosh Katrak was honored by the World Federation of Neurology by being selected to deliver the Masland Oration at the XX1st World Congress of Neurology, Vienna on 26th September, 2013. He was also appointed as the Chair of the Teaching Course Committee for the World Congress of Neurology 2017 and 2019.

Last but not the least AINA also congratulates President **Dr. Vineeta Singh** who was quoted in a new York Times article about rising stroke in pregnant women. Increasing obesity rates, inactivity and older maternal age are contributing to the rise in hypertension and, consequently, strokes in pregnant women. Dr. Singh is currently an Associate Professor of Neurology at the University of California, San Francisco. Dr. Singh is a co-author of the guidelines from the American Heart Association highlighting Stroke Prevention in Women.

Article: [NY Times: Strokes Found Rising in Pregnant Women](#)



Nikhil Balakrishnan, MD recently published a book that presents an interdisciplinary introduction to the subject of *Dependability* and how it applies in medicine generally and in neurology in particular. A first-of-its-kind title *Dependability in Medicine and Neurology* will inspire readers to develop applications for their specific areas of clinical practice.

Volunteers 2014 meeting

AINA acknowledges the following volunteers for their help in the meeting

Dr. Niraj Arora
Dr. Amandeep Dolla
Dr. Sreekanth Koneru

AINA 2015 Life Time Achievement Award

AINA congratulates **Dr. Pradeep Sahota** for being awarded the AAN 2015 Association of Indian Neurologists in America (AINA) Lifetime Achievement Award. He was nominated by one of his colleagues as well as by an ex-resident.



In the words of his colleague—"Dr. Sahota is recognized leader in the field of Neurology". He is a American Neurologist of Indian Origin who is the Chairman of a Department of Neurology at a U.S. Medical School, he is a pioneer in this regard. His academic credentials are outstanding as he has over 100 posters, 60 publications and over 15 book chapters to his credit.

He has won several awards recognizing his contributions including

Order of Socrates lawarded by University of Missouri School of Medicine , Javad Kashani Award for judicious vision , key strategies and excellent results in Neurology, several outstanding teacher awards and an outstanding mentor award. He is the Co-Editor of a book on Sleep Disorders , has authored more than fifteen book chapters and has been an Ad-Hoc reviewer for many journals. He is an elected fellow of the American Academy of Neurology, American Electroencephalography Society, American Sleep Disorder Association, American Neurological Association and American College of Physicians.

On of his ex-residents who nominated him describes in the nomination letter—" *an astute mentor and a phenomenal clinical educator. He holds the residents to a very high standard of clinical competency and professional integrity. He is their biggest champion in providing the best resources to help their academic and professional growth. He treats all of his trainees like one of his*

own kids as much as he treats all his patients as if they are his family. He had a similar relationship with his faculty, clinic staff as well as his patients. Dr. Sahota is invested painstakingly in looking after all graduating residents and fellows from his program. He continues to check on them personally to make sure they are getting the support and mentorship they need in their current professional settings. " The letter goes on to describe how he has encouraged each of his mentees to take on leadership roles and continues to guide them effectively on building partnerships and contributing to the greater good of academic medicine.

He is the past President of AINA and has served with American Academy of Neurology , United Council of Neurological Subspecialties , American Sleep Disorders Association and World federation of Neurology.

We are proud to have Dr. Pradeep Sahota be a leading force in our association.

Course Directors at AAN

C12 - Neurologic Complications of Medical Disease

Dr. Neeraj Kumar

C7 - Current Management of Incidental and Asymptomatic Cerebrovascular Lesions

Dr. Seemant Chaturvedi

C79 - Overview of Parkinson's Disease and Movement Disorders

Dr. Nutan Sharma

C93 - Brain Computer Interfaces: Frontiers in Neurology and Neuroscience

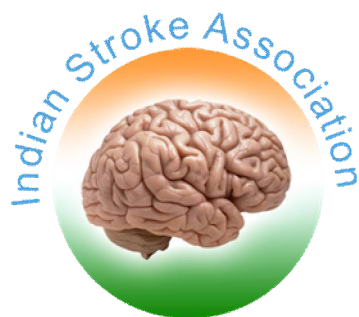
Dr. K Ganguly

C157 - Paroxysmal Movement Disorders

Dr. Kailash Bhatia



INCS 2015
Dr. Vineeta Singh
(above)



Indian Stroke Association Conference INSC 2015

Stroke in India is reaching an epidemic proportion with more than 1.5 million new strokes every year and only 500 neurologists dedicated to stroke care. The Indian Stroke Association (ISA) is striving to bridge the gaps in stroke care existing in our country.

The 10th annual conference of Indian Stroke Association (INSC 2015) was hosted by the Department of Neurology, PGIMER in Chandigarh. The conference unveiled on March 13th 2015 at JW Marriott, Chandigarh marked the 10th annual conference of the ISA. Over the course of three days several topics were covered related to stroke of interest to both young and seasoned physicians. The peerless education program featured workshop in Neurosonology,

Neurointervention and a special symposium dedicated to Neuro Nursing and Rehabilitation, in addition to invited plenary lectures, sessions and scientific presentations. The International faculty of INSC 2015 featured an array of highly accomplished clinicians/scientists from USA, France, Israel, Germany, Australia, Singapore and Sweden. The INSC 2015 provided an excellent opportunity to providers and clinicians to update themselves with the most recent advances and network with their contemporaries from

across the world.

The major highlights were focused panel discussions on setting up stroke centers and TIA clinics in India with a system approach. The *Flying Sikh* S. Milkha Singh inaugurated the conference on 13th March 2015. He soared the spirits of the delegates with his inspiring speech. The INSC 2015 abstract book was released at the inauguration and two senior neurologists (Dr D Nagaraja and Dr C U Velmurugendran) were awarded the fellowship of ISA.





Indian Stroke Association Conference INSC 2015

(contd) ..

Two senior neurologists from Chandigarh (Prof. J.S.Chopra and Prof. S.Prabahakar) were honoured during the inaugural ceremony. This year's presidential oration was delivered by Dr. D Nagaraja on 14th March. Dr Dheeraj Khurana also took over charge of the President of the Indian Stroke Association (2015-2016).

The annual ISA meeting would not be held in 2016 as India will be hosting the 2016 world stroke congress in Hyderabad. We hope to see you there.



INSC 2015

*Dr. Dileep Yavagal (top)
Guest of Honor Milkha
Singh (left three panels)*



Pictures from 2014 Annual meeting

Left panel (from top to bottom)

TOP: Dr. Terrance
Cascino , Dr. Vinay
Chaudhry

Dr. Vineeta Singh , Dr.
Avindra nath

MIDDLE: Dr. Rajbeer
Sangha, Dr. Seemant
Chaturvedi, Dr. Vineeta
Singh

BOTTOM: Dr. Vineeta
Singh, Dr. Steve Ringel, Dr.
Seemant Chaturvedi, Dr.
Dileep Yavagal, Dr.
Prakash Kotagal

Right Panel (from top to bottom)

TOP: Dr. Partha Ghosh

MID Dr. PS

Subramaniam, Dr.

Vineeta Singh, Dr. Ramesh
Khurana

MID: Dr. SP Gorthi

BOTTOM Dr. Dheeraj
Khurana , Dr. Vineeta
Singh





Members in News....



Palatucci Advocacy Leadership Forum Class of 2015
 Front Row: Terry Clarke, MD, David Brandes, MD, FAAN, Maisha Robinson, MD, Anna Mrochowski, MD, Aarti Sarwal, MD, Sindhu Ramchandani, MD, Jason Lippas, MD, Barbara Fisher, PhD, Rocio Gursahani, MD
 Middle Row: Christopher Prutskis, DO, FAHA, FAAN, Stephen Tiscia, MD, Siddharth Kapoor, MD, Obaibo Yahya Olujobo, MD, Anto Bagic, MD, PhD, Veronica Santini, MD, Jason Siegel, MD, Amber Gerber, PhD, Noah Rosen, MD
 Back Row: Daniel Foster, DO, Colleen Vanderkolk, DO, Ashley Ghaseddin, MD, Keith Coffman, MD, Rohit Marwaha, MD, Jeremy Guldforth-Gregory, MD, Christian Burrell, MD, Justin Jordan, MD, Tressach Vargas, DO



Left panel (from top to bottom)

TOP: Dr. Vinay Chaudhry

MIDDLE: Dr. Vinay Chaudhry

MID BELOW Palatucci Forum Class of 2015 with Dr. Aarti Sarwal ,Courtesy AAN news

Right Panel (from top to bottom)

TOP,MID UP & MID

BELOW : Dr. Vinay Chaudhry

BOTTOM :

Dr. Aarti Sarwal at the Palatucci Forum 2015
 Courtesy AAN news



Aarti Sarwal, MD, practiced delivering sound bites on-camera.



10TH WORLD STROKE CONGRESS

OCTOBER 26-29, 2016 | HYDERABAD, INDIA

2016

hyderabad

kenesinternational



www.worldstrokecongress.org



Congress Chair/Co-Chair

Stephen Davis, Australia
Jeyaraj Pandian, India

2016
Hyderabad

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WSO CONGRESS

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Sudhir Shah, India

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Association of Indian
Neurologists in America



Editor

Dr. Aarti Sarwal



Feedback

AINA is a dynamic organization that was set up to bring together neurologist of Indian origin for a common goal of promoting patient care, teaching and research. Your feedback into the ongoing efforts of the association to achieve this goal is extremely important to us.

For any feedback about the organization, website, newsletter or your wish to contribute, please email below or use the link through the AINA website.



Visit our mobile friendly website

Our new updated website allows you to :

- Maintain your profile and view other members' profiles
- Send a secure message to other AINA members
- Upload, maintain and share photo albums for events related to AINA
- Automatic invoices and renewals of membership dues
- Maintain email subscriptions about event announcements related to AINA
- Directly connect to Facebook to post AINA related updates

Please make sure to update your current specialty and contact information on your profile on the AINA website.

Association of Indian Neurologists in America



Association of Indian Neurologists in America



32nd Annual Meeting & Dinner

6:00-10:00 PM

Tuesday April 21, 2015

Carmine's 425 7th St NW, Washington, DC

Highlights of the year

2015 AINA Lifetime Achievement Award: Pradeep Sahota, MD

2015 AINA Guest of Honor: Robert H Brown, MD

2015 AINA Trainee Award

Second issue of AINA newsletter

2015 Annual meeting is a non CME events partially sponsored by Biogen & Superior Biologics



Registration details at
www.4aina.com

