



HEART TO HEART

CARDIOLOGY INTEREST GROUP

Bharati Vidyapeeth (Deemed to be) University Medical College, Pune, Maharashtra, India

American College of Cardiology Medical Student Members Community (ACC MSMC)

ANNUAL REPORT AND JOURNEY

FIRST TERM

2023-2024

FINAL VERSION DATED 10.06.2024.v1

HEART TO HEART[©]

CARDIOLOGY INTEREST GROUP

1. Official Inauguration- 2nd November 2023 with Release of Logo and Prospectus



HEART TO HEART[®]
CARDIOLOGY INTEREST GROUP

2. Certificate of Recognition by Principal of Medical School



Prof. Dr. Shivajirao Kadam
M.Sc., Ph.D.
Chancellor

Prof. Dr. Vivek A. Saoji
M.B.B.S., M.S. (Surg.)
Vice Chancellor

Bharati Vidyapeeth
(Deemed to be University)
Pune, India.

Founder Chancellor : Dr. Patangrao Kadam

MEDICAL COLLEGE, PUNE

★ Accredited with 'A+' Grade (2017) by NAAC ★
★ Category-I University Status by UGC ★

"Social Transformation Through Dynamic Education"



Dr. Vishwajeet Kadam
B.Tech., M.B.A., Ph.D.
Pro Vice Chancellor

Dr. M. D. Karmarkar
D.F.M., M.D. (FMT)
Principal

Ref. No. : BVDU / MC / 14405 / 23-24

Date : 03 / 11 / 2023

CERTIFICATE OF RECOGNITION

This is to certify that **HEART TO HEART[®]** Cardiology Interest Group (CIG)- Bharati Vidyapeeth (Deemed to Be) University Medical College (BVDUMC) in association with American College of Cardiology (ACC) Medical Student Member Community (MSMC), conceptualized and introduced by Mr. Amanpreet Singh Wasir (Founder- President, HEART TO HEART[®], Phase III Part- II MBBS) under the guidance of Dr. Ravi Kalra (Faculty Advisor, HEART TO HEART[®], Professor and Head, Department of Cardiology) with reference to the HEART TO HEART[®] PROSPECTUS presented has been recognized and officially inaugurated by our Medical College and Hospital on November 2nd, 2023 at the hands of all concerned Institutional authorities.

We take great pride in the establishment of this new venture at BVDUMC and wish HEART TO HEART[®] best of luck for future endeavours.

PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
Medical College
Pune-411043.

Pune-Satara Road, Pune - 411 043 (INDIA)

Tel. : +91-20-24373226, 24364561 | E-mail : principal.mcpune@bharativedyapeeth.edu | Web : www.mcpune.bharativedyapeeth.edu

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3. Introductory Webinar- 30th March 2024

The introductory webinar hosted by the HTH Cardiology Interest Group, led by Dr. Amanpreet Wasir (Founder- President), and the rest of the leadership board aimed to outline the upcoming events and activities planned for the current annum. With a focus on advancing knowledge and fostering engagement in the field of cardiology, the session provided a comprehensive overview of the exciting opportunities ahead.

Key Highlights:

1. Cardiology Rotations: The group will organize cardiology rotations, offering participants hands-on experience and exposure to various aspects of cardiology practice. These rotations will provide invaluable insights into clinical settings and patient care.
2. Seminars on Murmurs: An essential component of cardiology education, seminars dedicated to murmurs will be conducted. Led by experts in the field, these sessions will delve into the intricacies of murmurs, their clinical significance, and diagnostic approaches.
3. Have I heard that name? As part of its activities, HTH will host a seminar to celebrate the contributions of great scientists in the field of cardiology. By exploring their groundbreaking research and innovations, participants will gain a deeper appreciation for the evolution of cardiology as a discipline.

The introductory webinar served as a platform to unveil the exciting lineup of events and activities planned by the HTH Cardiology Interest Group. With a commitment to fostering learning, collaboration, and innovation, the group aims to empower participants in their journey towards excellence in cardiology.



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4. NEXUS Cardiology Booth

The members of HTH had organized a learning activity in the form of a booth in the NEXUS UG Research conference in Bharati Vidyapeeth Medical college, Pune.

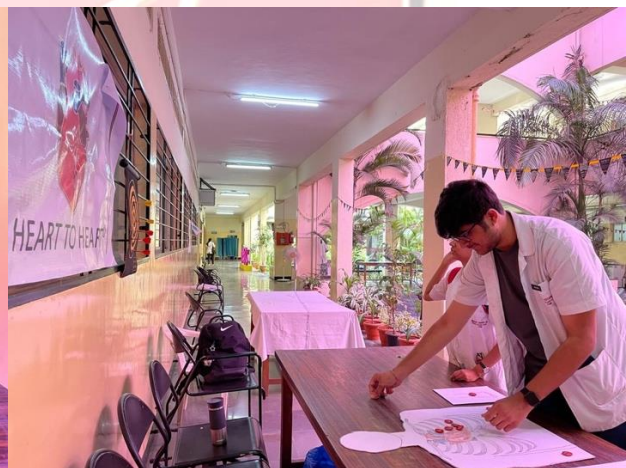
The objective of the activity was to educate the students about the proper placement of ECG leads on a model. The model consisted of the major anatomical landmarks on the chest according to which the participants had to place the ECG leads.

Accurate ECG lead placement is vital for good reason. Misplaced leads can distort the heart's electrical signals, leading to misdiagnoses of heart attacks, arrhythmias, and blockages. This can have serious consequences, delaying life-saving interventions. Proper placement, on the other hand, ensures clear readings for an accurate diagnosis. This allows doctors to choose the most effective treatment plan, improving patient outcomes. Additionally, it avoids the need for repeat tests, saving time and discomfort for the patient. In a nutshell, taking the time to place ECG leads correctly can make a world of difference in a patient's care.

There were some non-academic fun activities such as dart games to engage the students with fun aspects of learning.



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5. Guest Lecture Series

THE INAUGURAL GUEST LECTURE: “HAVE I HEARD THAT NAME?”- Featuring well-known names in cardiology like Eithoven, Wenckeback, Mobitz, Brugada and others...

As a part of the guest lecture series, Dr. Amanpreet Singh Wasir (Founder- President) had invited the very well-known cardiologist over the globe **Dr. Charles L. Schulman (MD, FACC, FAHA)** who is the former assistant clinical professor of Medicine in Harvard medical school and has been a past-president of the American Athletic Association, to conduct the inaugural guest lecture for the UG students, post- graduates as well as faculty members.




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PRESENTS
THE INAUGURAL GUEST LECTURE

"HAVE I HEARD THAT NAME?"
FEATURING WELL KNOWN NAMES IN
CARDIOLOGY LIKE EINTHOVEN, WENCKEBACH,
MOBITZ, BRUGADA AND OTHERS...

WITH



Dr. Charles L. Schulman, MD, FACC, FAHA
Former Assistant Clinical Professor of Medicine
Corresponding Faculty Member
Harvard Medical School
Senior Physician
Beth Israel-Deaconess Medical Center
Past-President, American Medical Athletic Association

The objective of the session was to give insight about the discoveries and findings by all the great names and correlate it with today's modern medicine.

Dr. Schulman gave some wonderful insights about almost all the well-known names in cardiology such as Eithoven, Wenchebach, Brugada, Motbitz and a lot more by putting forth various ECGs and relevant patient histories. The attendees were given time to diagnose the ECG following which Dr. Schulman explained the diagnoses in detail.

The session was followed by addressing all the questions and receiving a feedback about the same.

Dr. Ravi Kalra and Dr. Prashant Bharadwaj, the renowned cardiologists across the country and internationally gave a good response about the lecture and also extended the discussion to the deeper aspects of history of cardiology which he minds of the students were kindled with new ideas.

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Occam's Razor vs Hickam's Dictum



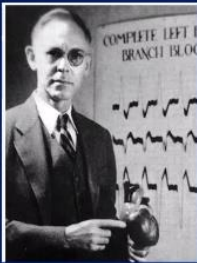
William of Ockham 14th Century Friar:
The simplest explanation for a
phenomenon is usually the best one.



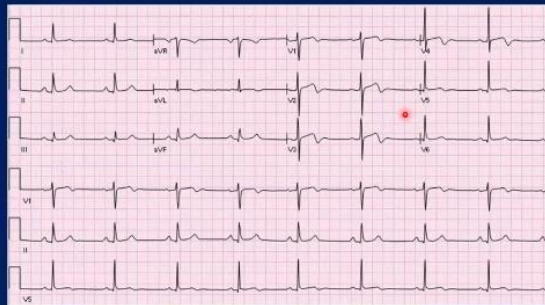
John Hickam, MD 1914-1970
"A patient can have as many
diagnoses as he damn well pleases."



Richard Ashman, PhD (1890-1970) American Physiologist



49 yo man awakened from sleep with 30 min of L sided cp. Normal exam.



Parikh KS et al., Amer J Emerg Med, 2012; 30: 255.e3-255.e5



6. 'MY JOURNEY THROUGH CARDIOLOGY- THE LONG AND WINDING ROAD'


This lecture was held on 18th May by **Surgeon Vice Admiral Ravi Kalra, MD, DM, FSCAI, NM, VSM (Veteran)**, Professor and Head, Department of Cardiology in Bharati Vidyapeeth (Deemed to be) University Medical College, Pune, Ex- Director and Commandant, Armed Forces Medical College, Pune.

GUEST LECTURE SERIES

'CARDIOLOGY THROUGH THE AGES- AN ENRICHING JOURNEY'


UNDERSTANDING BASICS OF CLINICAL EXAMINATION OF CARDIOVASCULAR SYSTEM

WITH




Surgeon Vice Admiral Ravi Kalra, MD, DM, FSCAI, NM, VSM (Veteran)

Professor and Head, Department of Cardiology
Bharati Vidyapeeth (Deemed to be) University Medical College, Pune
Ex- Director and Commandant, Armed Forces Medical College, Pune



SATURDAY, MAY 18, 2024
7:00 PM IST (9.30 AM EST)

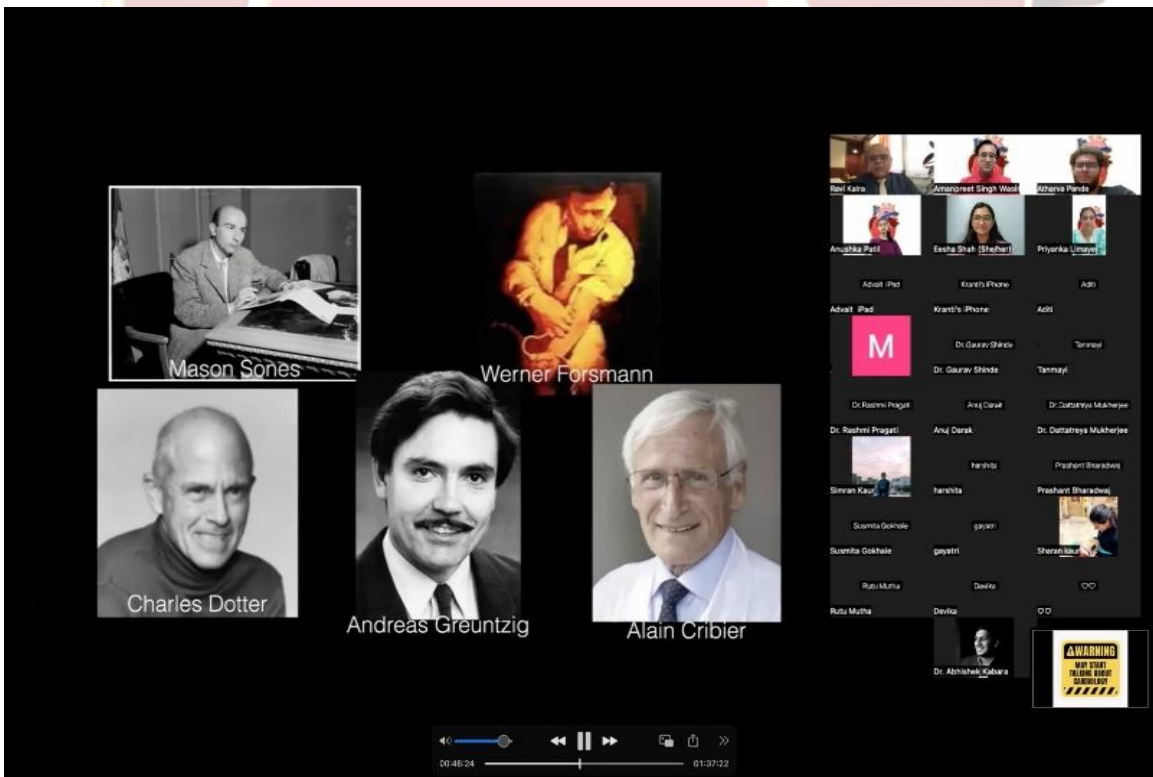
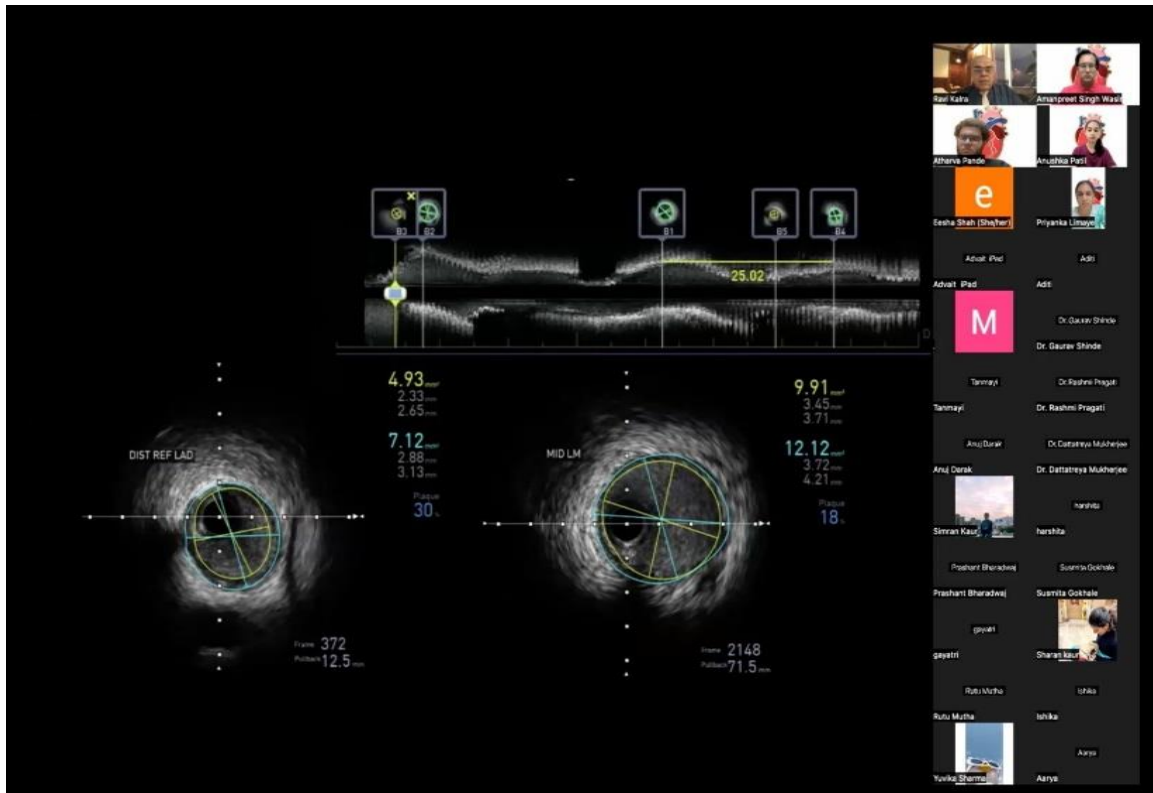


ZOOM MEETING
MEETING ID: 554 119 7629
PASSWORD: 786786

Sir shared his journey which symbolized the years of rigorous training and dedication required to become a cardiologist, the constant pressure and responsibility that comes with the profession, or even the personal growth and evolution that unfolded alongside advancements in the field itself.

This was a perfect lecture for all young medical student who is unsure of their path, stumbling upon a fascination with the intricate workings of the heart . Sir also shared some amazing pictures via presentation and ended with quote that said “Cardiologist are the master builder of blood highways, crafting poetry with every pulse and ensuring smooth traffic in the cardiovascular city.

The session ended with amazing discussion by the attendees with sir. Everyone was inspired by this captivating session .



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7. 'UNDERSTANDING HEART MURMURS'

This session was conducted on 25th May 2024 by **Air Marshal Prashant Bharadwaj, MD, DM, AVSM, VSM, BAR (IAF Veteran)**, Professor, Department of Cardiology, Bharati Vidyapeeth (Deemed to be) University Medical College, Pune, Ex- Director General Medical Services, Indian Air Force (IAF), Ex- Dean & Deputy Commandant, Army Hospital (R&R), New Delhi, Ex- Consultant and Head, Army Institute of Cardiothoracic Sciences, Pune.

GUEST LECTURE SERIES

'UNDERSTANDING HEART MURMURS'

WITH



Air Marshal Prashant Bharadwaj, MD, DM, AVSM, VSM, BAR (IAF Veteran)

Professor, Department of Cardiology
Bharati Vidyapeeth (Deemed to be) University Medical College, Pune
Ex- Director General Medical Services, Indian Air Force (IAF)
Ex- Dean & Deputy Commandant, Army Hospital (R&R), New Delhi
Ex- Consultant and Head, Army Institute of Cardiothoracic Sciences, Pune



SATURDAY, MAY 25, 2024
7:00 PM IST (9.30 AM EST)



ZOOM MEETING
MEETING ID: 554 119 7629
PASSWORD: 786786

We learnt that cardiac auscultation is a vital diagnostic tool that involves listening to heart sounds to detect abnormalities, such as murmurs, which result from turbulent blood flow often caused by valve issues. The process distinguishes between laminar and turbulent flow using the Reynolds number to predict flow patterns. Murmurs vary in loudness, pitch, and frequency depending on pressure differences, blood velocity, viscosity, and anatomical structures. They are classified as systolic, diastolic, or continuous, and graded on an intensity scale from 1 to 6. Specific intercostal spaces are used to auscultate different heart sounds, including S1 and S2, with additional sounds indicating potential abnormalities.

Accurate diagnosis requires identifying systole and diastole and integrating findings from ECGs, X-rays, and other tests, along with a thorough patient history and physical examination. Innocent murmurs, caused by conditions like fever, pregnancy, and anemia, do not indicate pathology. The notes emphasize a holistic approach, combining auscultation with other diagnostic methods to form a complete clinical picture, ensuring precise identification and understanding of heart murmurs.

It was very interesting session which was followed up by discussion of doubts of the attendees. Dr Kalra sir also shared his insights on the topic.

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Murmur-“In a nutshell”

Physical Exam

History

ECG

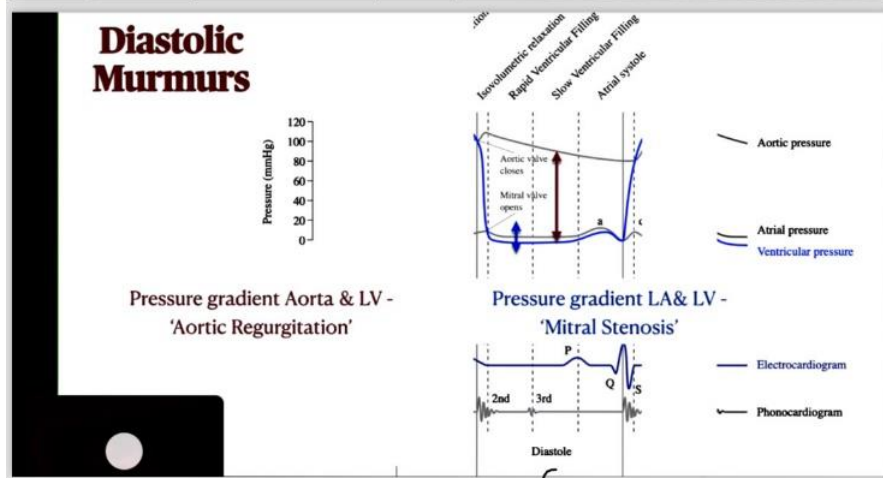
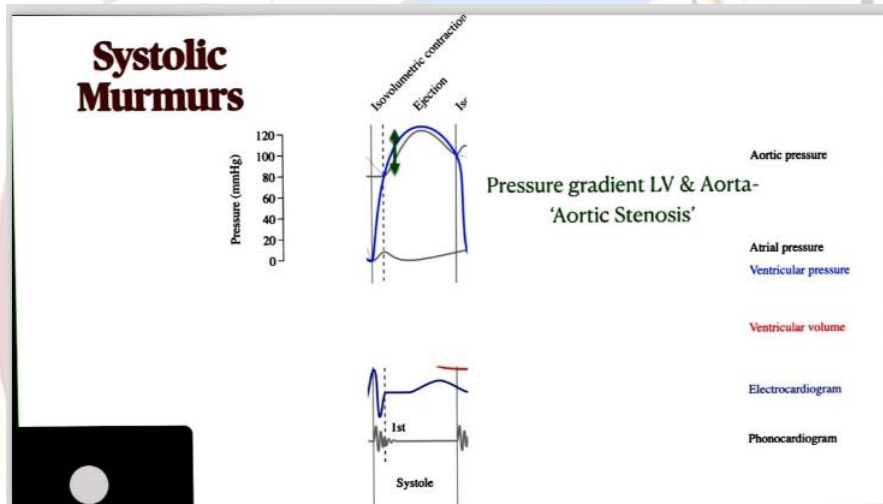
X-Ray

Other Tests

Mentor

Practice

-Make new friends but keep the old,
one is silver and the other gold-



8. Cardiology Department Rotations

Heart to Heart organized another exciting activity for its members which was one day rotation in the cardiology department. With the help of the HOD of the Cardiology department Dr. Kalra sir in Bharati Hospital the members got to visit and explore a lot during their rotations.

Students had the opportunity to go on morning rounds with a top-notch cardiology team. This was a fantastic way to gain insights from experienced professionals. A few members got hands-on experience in the OPD, learned about antiplatelet drugs and coronary artery anatomy. It was valuable to be able to apply classroom knowledge to real patients.

We had opportunity to witness advanced procedures like angiography in the Cath Lab and see how cardiologists diagnose and treat heart conditions. We also saw a wide range of cases, echocardiograms and congenital heart defects in children. This broadened our understanding of cardiology. It was an interactive learning experience where we were able to interact with patients and this personalized our learning.

This wasn't just observation; many students actively participated, from asking questions during rounds to interacting with patients. The day unfolded with a kaleidoscope of experiences as an undergraduate student and ignited a passion for cardiology in students.

HEART TO HEART
CARDIOLOGY DEPARTMENT ROTATION SCHEDULE
15th MAY- 4th JUNE (Monday-Saturday)

15th May, Wednesday
1. Shreya Kotte
2. Kranti Khilane

16th May, Thursday
1. Atharva Pande
2. Harsha Mishra

17th May, Friday
1. Abigail Saldanha
2. Susmita Gokhale

18th May, Saturday
1. Priyanka Limaye
2. Anushka Patil

20th May, Monday
1. Shruti Rakshale
2. Maitree Qayal

21st May, Tuesday
1. Tanushree Gaikwad
2. Dhairya Kapadia

22nd May, Wednesday
1. Anushree Verma
2. Sheetal Yernekar

23rd May, Thursday
1. Mugdha Kausik
2. Shantli Wakchaure

24th May, Friday
1. Prarthana Bhandari

2. Simran Kaur

25th May, Saturday
1. Disha Kapoor
2. Harshita

27th May, Monday
1. Tanishka Pawar
2. Mohini Nimkar

28th May, Tuesday
1. Niranjan Desai
2. Vidushi Gupta

29th May, Wednesday
1. Pallabhi Lad
2. Aashruti Chavan

30th May, Thursday
1. Tanmay Nagarkar
2. Subhansha Shaikh

31st May, Friday
1. Himani Jain
2. Yashwini Kuntir

1st June, Saturday
1. Sqa Arora
2. Kishana Rayal

3rd June, Monday
1. Ananya Talukdar
2. Taarika Rastogi

4th June, Tuesday
1. Amav Lokhande
2. Prajwal Kore

This One-day experience will include-

1. Getting acquainted with the Cardiology Department.
2. Observing and getting a hands-on experience with Echocardiography and Electrocardiography (12 lead and Stress).
3. Observing Direct Patient care in OPD.
4. Observing and may be also scrubbing in to view different procedures like angioplasty, minimally invasive interventional procedures, and many others!

Specific slots are assigned to each one of you, so we request you all to kindly follow that. In case if you could not attend the rotation on the given slot kindly inform us prior so that we can adjust or exchange your slot accordingly.

STRICT INSTRUCTIONS AND RULES

1. It is mandatory to wear a badge (piece of paper may be used and stapled or attached to white coat) named 'HEART TO HEART OBSERVER' during the rotation.
2. You must send a picture and give feedback via a google form at the end of the day via a link which will be shared.
3. There are no fixed timings to attend and go to the Cardiology department.
4. Timings every-day will be from Monday to Saturday from 8 AM TO 4 PM. You are free to go whenever you wish to depend on your schedule and availability that day. You must manage, adjust, coordinate and attend this rotation at your own feasibility.
5. You must meet Kalra Sir/Urandwaj Sir as soon as you report to the department and inform when you leave.
6. You will meet them only and in case of any queries, please ONLY contact Kranti, Abigail, Shreya or Atharva in case of any questions.

Kindly maintain the decorum and keep us updated.
Please be sincere in your dress code and behavior in the department. You are responsible for your actions while in the department. In case of any misbehavior or misconduct, strict disciplinary action will be taken and HTH will not be held responsible.

Make most of this experience.
Please feel free to reach out to us for any queries!

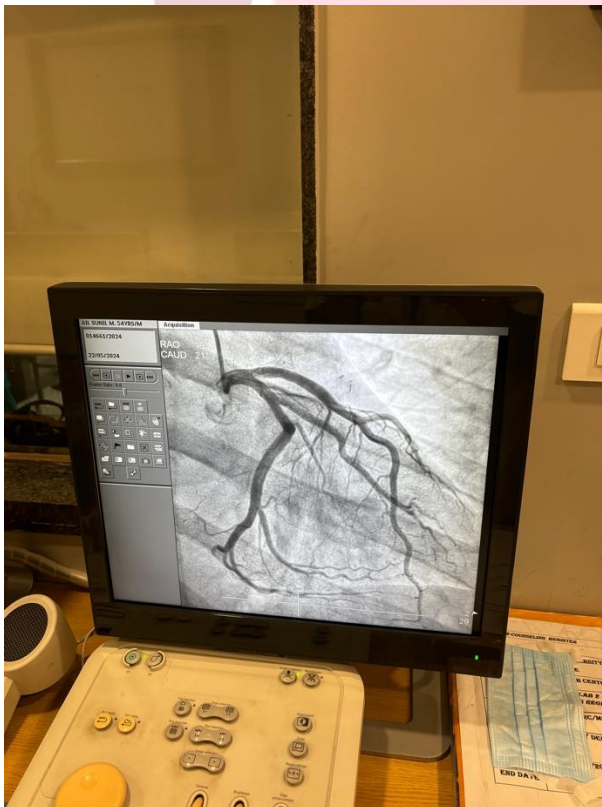
Abigail Saldanha- 7972627935, Kranti Khilane- 7666321253, Atharva Pande- 7045379473, Shreya Kotte- 9484992364



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9. Collaborations, Panel Sessions and Research Opportunities with other Indian CIGs

10. Overall Flow of Activities



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11. LEADERSHIP AND EXECUTIVE BOARDS 2023-24



LEADERSHIP BOARD

2023-24

Dr. Ravi Kalra

Faculty Advisor
Professor and Head, Cardiology

Dr. Advait Teli

Vice- President

Dr. Prashant Bharadwaj

Co-Faculty Advisor
Professor, Cardiology

Abigail Saldanha

Deputy Vice-President

Dr. Amanpreet Singh Wasir

Founder- President

Kranti Khalane

Deputy Vice-President

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HEART TO HEART
DEPARTMENT OF
CARDIOLOGY
KING KAMALAKRISHNA
HOSPITAL

HEART TO HEART[®]

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EXECUTIVE BOARD 2023-24

Dr. Amanpreet Singh Wasir

Atharava Pande

Dr. Advait Teli

Shreya Kolte

Abigail Saldanha

Susmita Gokhale

Kranti Khalane

Anushka Patil

Priyanka Limaye

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MANJALI VISHALPREETI
GRADUATE IN
UNIVERSITY MEDICAL
COLLEGE
BOMBAY, INDIA

HEART TO HEART[®]
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12. TRANSITION TO NEW LEADERSHIP FOR TERM 2024-25



HEART TO HEART *Leadership Board- Term 2024-2025*



FOUNDER PRESIDENT

DR. AMANPREET SINGH WASIR

INTERN

IMMEDIATE PAST- PRESIDENT (23-24)

ADVISOR FACULTY IN-CHARGE

DR. RAVI KALRA

**PROFESSOR & HEAD
DEPARTMENT OF CARDIOLOGY**

DR. PRASHANT BHARADWAJ

**PROFESSOR
DEPARTMENT OF CARDIOLOGY**

AFFILIATED RESIDENTS, DEPARTMENT OF CARDIOLOGY

DR. ANUJ DARAK

DR. KEVIN BORA

PRESIDENT (TERM 2024-25)

KRANTI KHALANE

**III MBBS PART II
EX- DEPUTY VICE PRESIDENT (23-24)**

VICE PRESIDENT (TERM 2024-25)

ABIGAIL SALDANHA

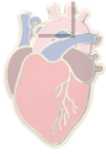
**III MBBS PART I
EX- DEPUTY VICE PRESIDENT (23-24)**

DEPUTY VICE PRESIDENTS (TERM 2024-25)

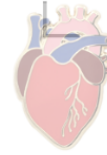
ATHARVA PRAVIN PANDE

**III MBBS PART II
EX- EXECUTIVE BOARD (23-24)
I MBBS**

SHRUTI DESHPANDE



**EXECUTIVE BOARD
(TERM 2024-25)**



AARYA V KOSHE	II MBBS
SIMRAN KAUR	III MBBS PART I
SHRUTI RAKSHALE	III MBBS PART I
SUSMITA NIRANJAN GOKHALE	III MBBS PART I
	EX- EXECUTIVE BOARD (23-24)
TAARIKA RASTOGI	III MBBS PART I

**ADVISOR BOARD
(TERM 2024-25)**

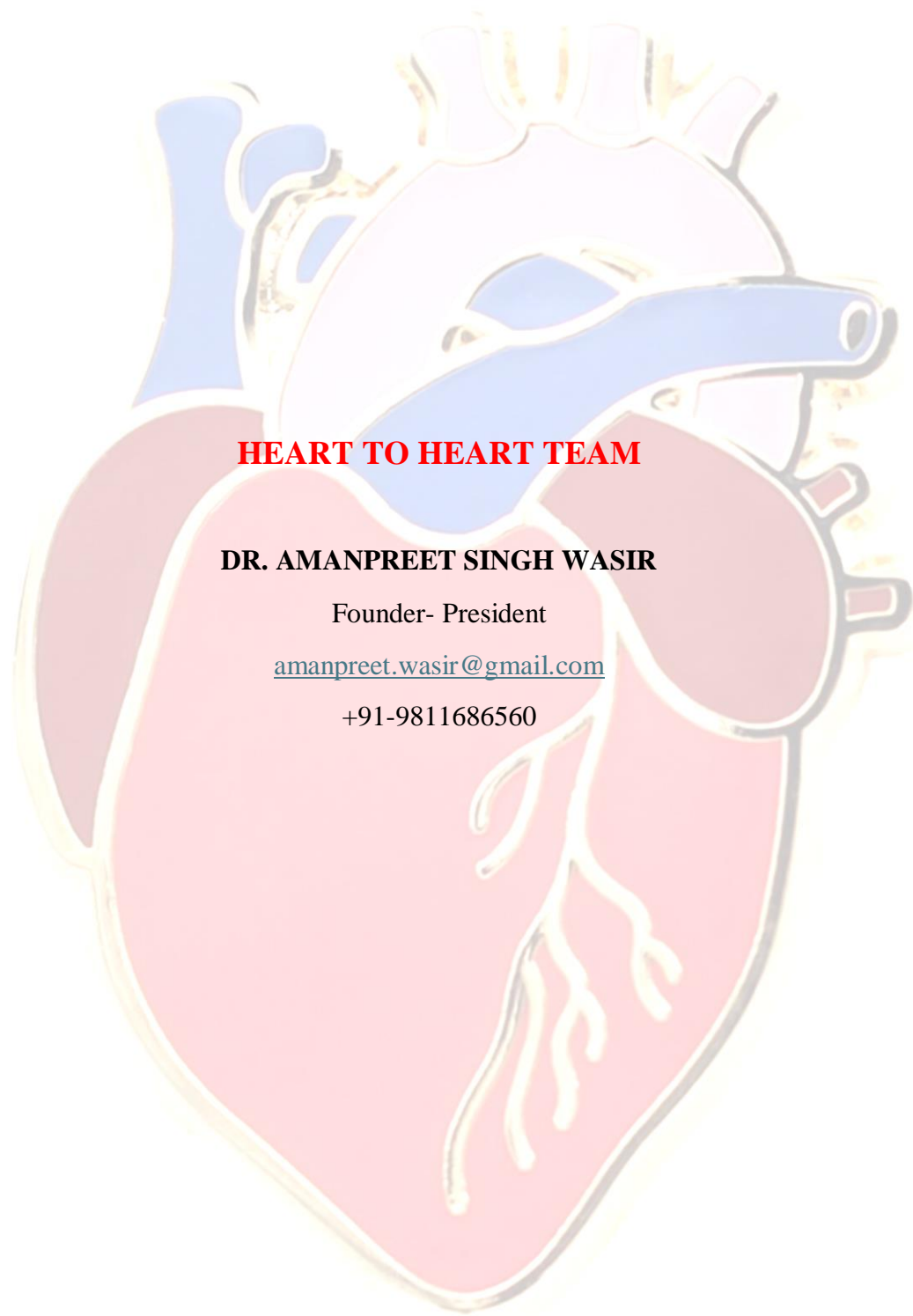
DR. ADITI AGARWAL	INTERN
ANUSHKA GOKUL PATIL	I MBBS
	EX- EXECUTIVE BOARD (23-24)
PRIYANKA SUYASH LIMAYE	I MBBS
	EX- EXECUTIVE BOARD (23-24)
SAURABH SHARMA	II MBBS
SIDDHARTHA KAKANI	II MBBS
DR. AMANPREET SINGH WASIR	INTERN
	IMMEDIATE PAST- PRESIDENT (23-24)

**PLANNING COMMITTEE
(TERM 2024-25)**

JANUSHI BHATIA	II MBBS
SAKSHI SHAH	II MBBS
RASHMIN KAUR JUNEJA	III MBBS PART I
SWARADA DESHMUKH	III MBBS PART I
VIDUSHI GUPTA	III MBBS PART I

**BATCH COORDINATORS
(TERM 2024-25)**

HIYA DAVE	I MBBS
JANUSHI BHATIA	II MBBS
SHREYA YAWALKAR	II MBBS PART I
ATHARVA PANDE	II MBBS PART II
	EX- EXECUTIVE BOARD (23-24)



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