



CARDIOLOGICAL SOCIETY OF INDIA  
(BIHAR CHAPTER)

# ACTIVITIES REPORT

2020-2021

COMPILED BY  
**DR. D.P.SINGH**  
PRESIDENT, CARDIOLOGICAL SOCIETY OF INDIA(BIHAR)

# PREAMBLE

## SYNOPSIS OF CSI ACTIVITIES OF CARDIOLOGICAL SOCIETY OF INDIA BIHAR CHAPTER (2020-21)

*New Team of CSI Bihar took charge in July 2020 and undertook different CSI activities during last one year. Main thrust was on academic scientific seminars. As we are facing unprecedented pandemic of Covid-19 all scientific sessions were virtual.*



**DR D P SINGH**  
PRESIDENT CSI (BIHAR)



**DR ABHINAV BHAGAT**  
SECRETARY, CSI (BIHAR)



**DR B.P.SINGH**  
**vice president**  
Preventive  
Cardiology  
Council  
CSI



**DR. AJAY K SINHA**  
**Convenor**  
Preventive Cardiology Council  
CSI

# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

## SEMINARS/WEBINARS

### Cardio Prevention Scientific Webinar cum Social Awareness Program

- Cardiological Society of Bihar Chapter and Preventive Cardiology Council  
Topic- Mission Attack....Heart Attack **21st Feb 2021**.
- CSI Clinico Cardio Prevent -2020 A virtual conference of CSI preventive council  
Theme was CVD prevention to intervention to prevention.
- World Hypertension Day Self Care Awareness Program.

### These are the list of scientific webinar.

- First webinar of CSI Bihar on Clinical Cardiology **29 Aug 2020**
- Cardio neuro connection during Covid period Dr. B.P.Singh National Vice President as Speaker on ACS in COVID Era
- Symposium on Pulmonary Hypertension in New Year CSI Bihar Jharkhand
- Spring Cardio Connect Webinar on Cardiology **14th Feb 2021**
- Initiation in to Research in Cardiology: Way forward Webinar – **14th March 2021**
- Webinar on Arrhythmia connect **12 June 2021** (Virtual Webinar)
- Heart Failure Conclave **19th June 2021**
- Role of Monoclonal Antibody Cocktail in Management of Covid-19 **23rd June 2021**.
- e-CME on Cardio Care & COVID-19 care in 2021 **27th June 2021**.

# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

## SEMINARS/WEBINARS



Visit us on: [www.csicardioprevent2020.com](http://www.csicardioprevent2020.com)

### CSI CLINICO CARDIO PREVENT-2020

A Virtual Conference of CSI Preventive Council

- ★ 9 Sessions
- ★ Latest Updates in Cardiology
- ★ 60 Eminent Faculties National & International
- ★ Accredited for 4 Credit Hours



27<sup>th</sup> Sept'20  
SUNDAY

08:45 AM  
ONWARDS

#### Eminent Speakers



#### Special Invitee

#### Session X

CVD Prevention in India Consensus Meet

#### Session VI

Single Polypill therapy for primary prevention is the answer to the menace of CVD

#### Session VII

Covid Inflicted Coagulopathy: How to anticoagulate, which agent to use, where & for how long?

#### Session VIII

Atrial Fibrillation: From Intervention to Prevention

#### Session IX

Yoga Capsule in Cardiology: The Ultimate Exercise: The Vaccine for Heart

#### Session I

Non invasive imaging in Assessment of sub clinical Cardiovascular disease

#### Session II

Metabolic Syndrome & CAD Risk Factors: Preventive Strategies

#### Session III

Catch 30 LDL

#### Session IV

STEMI Core: During COVID Preventive & Treatment Strategies

#### Session V

Mild Hypertension: Journey Ahead  
Newer CCB Efonidipine-The Game Changer in HTN

Conference Partner | **Zuventus Lifestyle**

Makers of | **EFNOCAR<sup>20</sup>**

**PREVENTIVE CARDIOLOGY COUNCIL**  
(Cardiological Society of India)  
&  
**CARDIOLOGICAL SOCIETY OF INDIA**  
(Bihar Chapter)

You are Cordially Invited to Join Panel Discussion  
**"Mission Attack... Heart Attack"**  
**BLOCK YOUR DATE**  
Date : 21<sup>st</sup> February, 2021 (Sunday) | Time : 11:00 am - 01:00 pm

Moderator: Dr. R.K. Choudhary  
Guest of Honour: Dr. P.K. Deb

Scientific Partner | **Zuventus Lifestyle** | Makers of **EFNOCAR** | **VIL-GM**

**दैनिक भास्कर** पटना 28-09-2020

### क्लिनिको कार्डियो प्रीवेंट-2020 कोरोना मरीज को देनी चाहिए खून पतला करने वाली दवाएं

हेल्थ रिपॉर्टर | पटना

#### ईकोकार्डियोग्राफी की भूमिका महत्वपूर्ण

कोरोना मरीज को खून पतला करने की दवा दी जानी चाहिए। इससे खून का थक्का जमने से बचाव होगा। साथ ही अगर कोरोना संक्रमित हार्ट की बीमारी से पीड़ित है, तो इसका फायदा मिलेगा। कोरोना हाइपर कोएगुलेबल डिजीज है। कोरोना के मरीजों में खून का थक्का जमने की आशंका अधिक रहती है। इसलिए तीन महीने तक सभी कोरोना मरीज के लिए एंटीकोगुलेट थेरेपी बहुत महत्वपूर्ण है। यह सुझाव है दिल्ली के डॉ. प्रवीण चंद्रा और पटना एम्स के कार्डियो थोरेसिक सर्जन डॉ. संजीव कुमार का। ये लोग कार्डियोलॉजिकल सोसाइटी ऑफ इंडिया (सीएसआई) की ओर से रिविजर को आयोजित सम्मेलन (वर्चुअल प्लेटफॉर्म) को संबोधित कर रहे थे। क्लिनिको कार्डियो प्रीवेंट-2020 थीम पर

अमेरिका के डॉ. नवीन सी नंदा ने ईकोकार्डियोग्राफी पर विस्तार से चर्चा की। उन्होंने बताया कि दिल की बीमारी की पहचान में इकोकार्डियोग्राफी की भूमिका कितना महत्वपूर्ण है। वेनर को डॉ. एके चौपड़ा, इंग्लैंड से आए डॉ. राजे नारायण, डॉ. एमरान नरसिमम, चेन्नई से डॉ. सोमिजा राय, कोलकाता से डॉ. प्रवीण चंद्रा, त्रिपुर से डॉ. पीपी मोहनन, भामलपुर से डॉ. डीपी सिंह और आईजीआईएमएस से डॉ. वीपी सिंह, डॉ. यूसी सामल, डॉ. एके झा, डॉ. प्रभात कुमार, डॉ. वीवी भारती, डॉ. नील कुमार डॉ. अनस सिन्हा संबोधित किया।

आयोजित इस वर्चुअल सम्मेलन में देश-विदेश के हृदय रोग विशेषज्ञों ने शिरकत की।

**CSI CLINICO CARDIO PREVENT-2020**  
(A VIRTUAL CONFERENCE OF CSI PREVENTIVE COUNCIL)

Sunday, Sept. 27th, 2020.  
**NEWSLETTER**  
CVD PREVENTION TO INTERVENTION TO PREVENTION

Visit us on: [www.csicardioprevent2020.com](http://www.csicardioprevent2020.com)  
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27<sup>th</sup> Sept'20 SUNDAY | 08:45 AM ONWARDS

Theme: CVD Prevention to Intervention to Prevention

Dear Dr. Sinha,  
I am glad to know that CSI Preventive Cardiology Council and CSI Bihar Chapter is organising the first virtual meeting on Sunday, 27th September, 2020 from 8:45 AM to 1:00 PM.  
It is my great privilege that you have selected me the Chief Guest and Formal Inaugurator of the webinar.  
I sincerely believe that the webinar will reach a special height during the ongoing COVID-19 pandemic. I wish the webinar a grand success.

Dr. P. K. Deb  
Past President-CSI, Chairman, CSI Enquiry Committee, CSI Academic Committee.

Dr. Mrinal Kanti Das  
Nation President CSI

Namaste!  
It is quite heartening that CSI Preventive Council has come forward to organize this virtual one-day conference. We are passing through a very difficult and challenging time because of Covid 19, which is very contagious with significant mortality. It affects people with CVD, Diabetes, Hypertension, Immunological and hematological conditions. Till today there is no specific treatment, Vaccine is yet to come out. But on the other hand this disease has taught us some positive lessons. That is about prevention of this disease.  
I congratulate Dr. A. K. Sinha who is the convener of this council for organizing this meeting and I wish all the success.  
Long Live CSI



# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

## SEMINARS/WEBINARS



**Dr. P K Deb**, Ex president of Cardiological Society of India, Inaugurated this national panel discussion on " **heart attack**". He emphasized the need of clot Drug in peripheral practice after diagnosis of Heart Attack. In India Of immediate Primary angioplasty (Opening the Blocked artery as early as possible)

President **Dr. P P Mohanan** expressed his view on early treatment of heart attack to snack naval muscle which is the goal of treatment.

**Dr. Ashis Thakur**, Emphasized the need of prevention and rapid emergency management.

**Dr. P S Banerjee** President Elect of CSI expressed his views on prevention of heart attack so was Dr. M K Das Dr. das also expressed the need of apps of heart attack.

**Dr. D P** Need of ex factor medication as Need of hour.

**Dr. Ajay Sinha** Cinvener, Preventive Council of CSI, comes of this view that prehospital thermo.( clot busting) as need of hour. In this country where facility of primary angioplasty ( Opening the artery mechanically and deployment of stent). This can be done before patient reaching hospital , either in ambulance ( need to be introduced ) or at home by team of technician under guidance of physician.

**Dr. Rajay Narayan** emphasized the need of early diagnosis and rapid management apart from preparing steps and education of community.

# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

# RESEARCH ACTIVITIES

## CARDIOVASCULAR HEALTH SURVEY OF DOCTORS OF BIHAR JHARKHAND

**This study aimed at assessing the cardiovascular risk factors among healthcare professionals mainly in Bihar/Jharkhand states of India.**

It was found that 33% of study subjects had hypertension, 24% had diabetes and 15% had a combination of both hypertension and diabetes. 30% of all diabetics had their HbA1c above optimal levels. 16% of doctors were smokers and 17% had dyslipidemia. 70% of doctors were doing exercise for > 150 minutes/week, however only 15% were sleeping for 7 hours or more.

## PARTICIPATION IN PRESCO STUDY NATIONAL REGISTRY

**BIHAR REGISTRY OF CARDIOVASCULAR DISEASE IS BEING LAUNCHED ON FOLLOWING TOPICS: -**

- Heart failure
- Atrial fibrillation
- Acute coronary syndrome
- Stroke
- Dyslipidemia

## SESSION ACADEMIA: INITIATION INTO RESEARCH


- How to design and plan a research project
- How to write a good paper.
- Ethics in Research



# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

# RESEARCH ACTIVITIES

## EUROBVERSATIONAL RESEARCH PROGRAMME


**EURObservational Research Programme**  
**NSTEMI Registry - Participation Sheet**

To confirm your participation, please complete this form (using Latin characters) and send it by email to the EURObservational Research Programme (EORP) department ([eorp@escardio.org](mailto:eorp@escardio.org)).

If you complete this form by hand, please write clearly. **Date:** 4/10/19

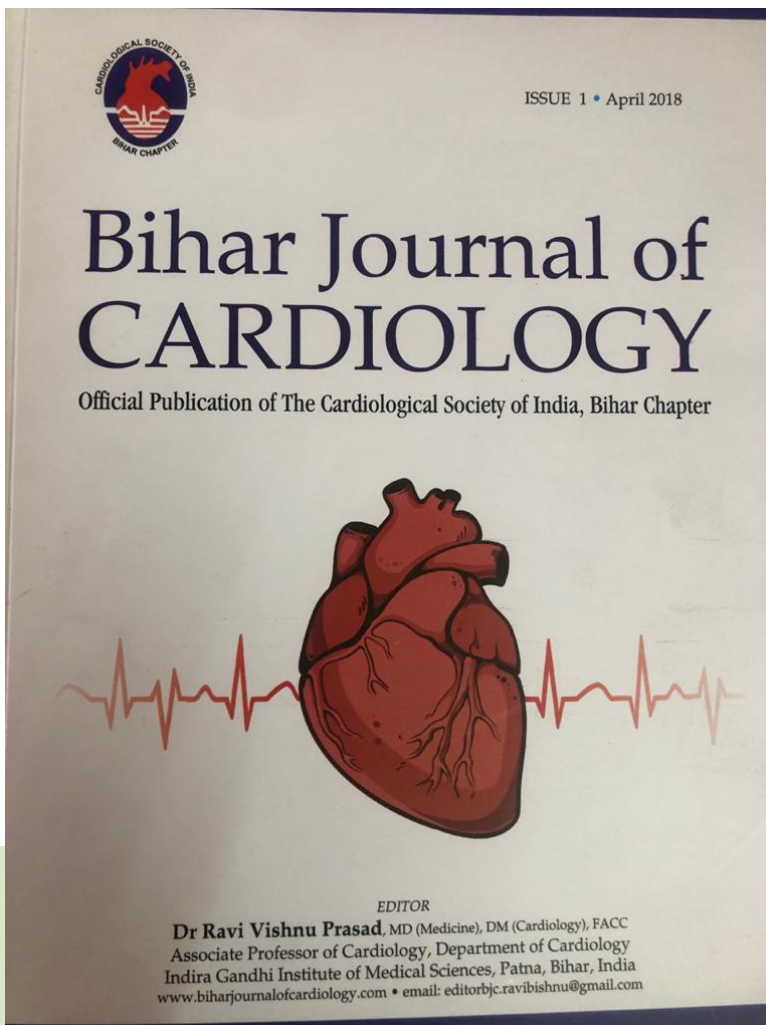
**Hospital name:** PARAS HMRZ HOSPITAL  
**Department:** CARDIOLOGY  
**Address:** RAJA BAZAR, PATNA  
**Postal Code:** 800014  
**City:** PATNA  
**Country:** INDIA

**Participating Team:**

Role<sup>(\*)</sup>: Principal Investigator (PI) is mandatory  
 Other roles: HD=Head of Department, INV=Co-Investigator, DCO=Data Collection Officer/Study Nurse/Research Coordinator

Title (Prof/Dr /Ms/Mr)	First Name	Last/Family Name	Contact Email (Individual e-mail work or personal)	Phone Number	Role <sup>(*)</sup>
DR.	AJAY	SINHA	sinha_ajaykr@yahoo.co.in	9835037785	PI (Principal Investigator)
DR.	NISHANT	TRIPATHY	tnishant@yahoo.com	9934588468	HD

Dr. Ajay Sinha was Principal Investigator and Dr. Nishant Tripathi as HD and other Doctors participated as Co-Investigators

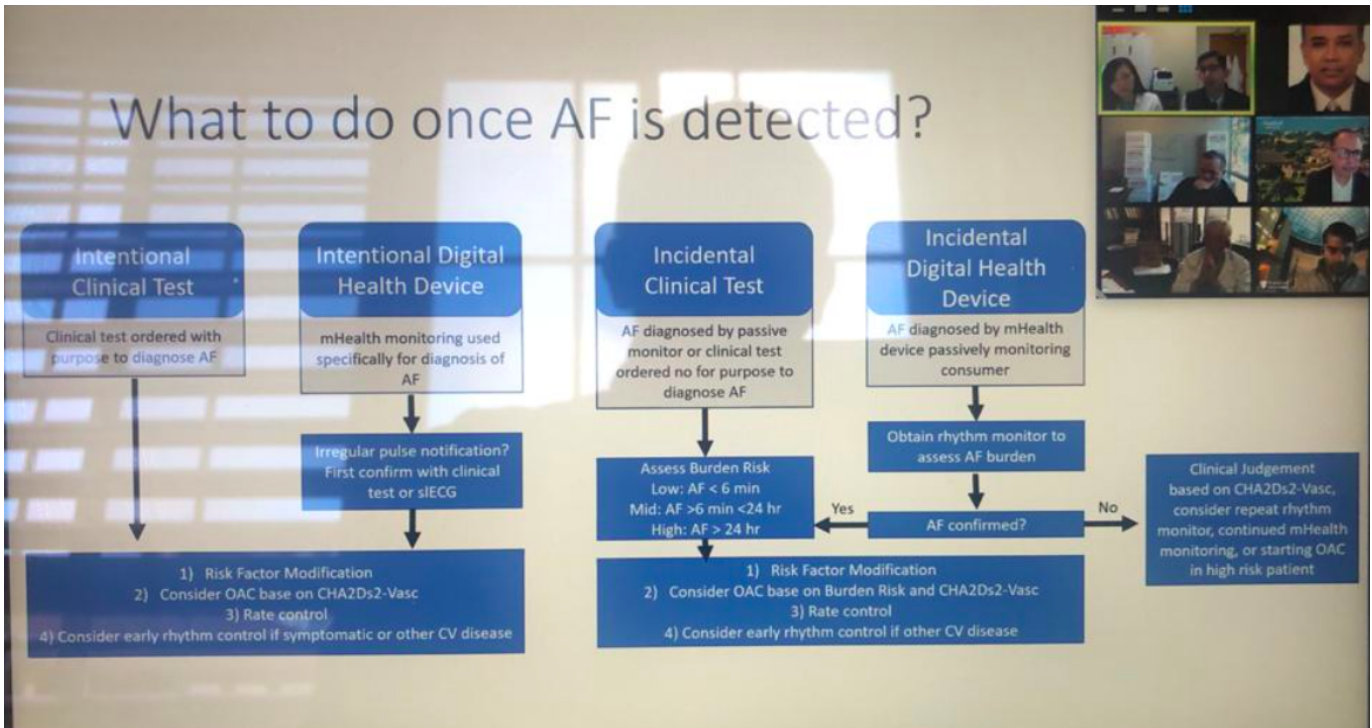


Bihar Journal of Cardiology is being Published by CSI, (Bihar) which includes many scientific information in the filed of Cardiology.

# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

## RESEARCH ACTIVITIES

### STANFORD GRAND ROUND ON AF



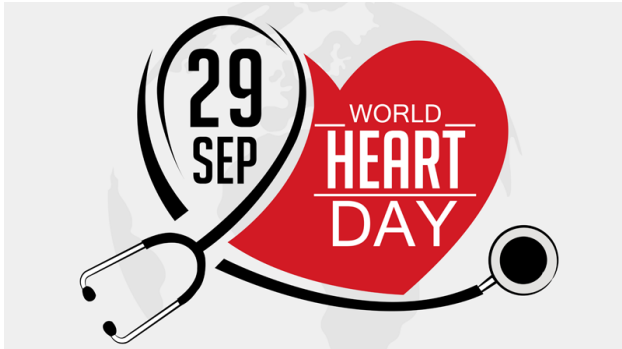
### ESC CONGRESS 2021 - THE DIGITAL EXPERIENCE / ABSTRACT REVIEWING COMMITTEE

With over 11 000 abstracts submitted, the evaluation phase is the key step towards the creation of a strong and original abstract programme and Dr. Ajay Sinha has evaluated over 80 abstracts.



# CSI, BIHAR CHAPTER - ACTIVITIES REPORT

## SOCIAL ACTIVITIES



World Heart Day is organized by the CSI , Bihar on September 29 each year to inform people about cardiovascular diseases (CVDs), which are the biggest cause of death and disability in the world. The day promotes awareness for preventive measures to reduce the risk of CVDs.

## Diabetes camp

CSI (Bihar) organised a free "diabetes/hypertension related end-organ damage" screening camp for underprivileged high-risk diabetes patients in Patna.



## CPR Training for For Medical, Paramedical & Other health workers

## Awareness of heart attack

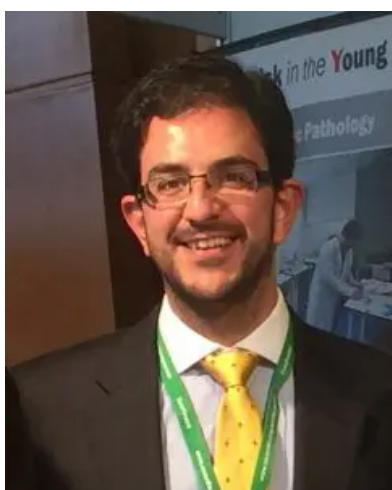
Cardiovascular disease is a leading nationwide cause of morbidity and mortality. Public awareness of risk factors for heart attacks is thought to impact the burden of disease, prevention, and timely management. CSI Bihar organised various events to spread awareness to minimise the risk of heart attack.

# INTERNATIONAL COLLABORATIONS

FOLLOWING INTERNATIONAL PERSONALITIES HAS PARTICIPATED  
IN CSI (BIHAR) EVENTS DURING 2020-21



**DR. NAVEEN C NANDA, USA**



**DR. MICAEL PAPADAKIS, UK**



**Dr. Ashish Thakur, UK**



**DR. MITHILESH DAS, USA**



**DR. MINTU TURAKHIA,  
STANFORD UNI, USA**



**DR. RAJAY NARAIN, UK**