

- ❖ **Name & Designation** : Dr. Abhishek Mittal, MBBS Student
- ❖ **Address** : VMMC & Safdarjung Hospital, New Delhi-29
- ❖ **Name of the International Conference/ Seminar/Symposium/ Workshop** : Brazilian International Congress of Medical Students (BRAINS COMS) 2014
- ❖ **Title of the abstract accepted** : 1. Effect of high-dose vitamin C supplementation on antioxidants systems in patients undergoing percutaneous coronary angioplasty after acute myocardial infraction.
2. Vitamin D levels in the patients of stroke
- ❖ **Date & Venue** : Brazil, 16-18th October 2014
- ❖ **Money sanctioned** : ₹ 1,00,000/-
- ❖ **Money reimbursed** : ₹ 1,00,000/-

Participation Report

Brazilian International Congress of Medical Students (BRAINCOMS) 2014 took place from October 16th to 18th at Escola Paulista de Medicina - Universidade Federal de São Paulo (UNIFESP), São Paulo, Brazil. The Conference saw around 400 abstracts being presented by participants from more than 50 countries.

The conference featured both oral and poster presentations in various medical fields including life sciences and allied branches; pediatrics; cardiology; nephrology and all clinical branches.

Besides the paper presentations, the conference had a lot to offer:

1. Master classes

Several master classes were organized to brush up the research skills of the participants on the topics such as:

- a) animal experimentation
- b) critical reading
- c) medical statistics
- d) scientific writing
- e) tips on research paper presentation

2. Workshops :

Hands-on and theoretical workshops were organized to harness the clinical skills of the participants on different themes such as:

- a) Transplantation
- b) Suturing
- c) Thoracic drainage
- d) Tracheal intubation
- e) Acupuncture: The secrets of Chinese medicine
- f) Xingu Project: An approach to indigenous health
- g) Medical career in the pharmaceutical industry
- h) Central Venous Access: Ultrasound Guided Technique (Immersion)
- i) Test your brain: memory and cognition
- j) The new world of Ophthalmology: Technologies
- k) How to tell bad news with a technical psycholinguistic approach

3. Keynote lectures

Keynote lecturers were delivered by internationally renowned scientists from highly respected universities and institutions such as Harvard Medical School, Weill Cornell Medical College, British National Health System, University Medical Center Groningen.

4. Visit to scientific institutions and laboratories

- a) Visit to Escola Paulista de Medicina,, Universidade Federal de São Paulo (UNIFESP) : one of the biggest hospital in Brazil and one of the best centres of research in Latin America
- b) Visit to the Best Pediatric Oncology Center in Latin America: GRAACC
- c) Visit to the Best Sleep Institute in Brazil
- d) OPAS-OMS: Social Responsibility of Medical students in Latin America

The conference was academically very useful and an enriching experience. It has opened up many new frontiers for research and collaboration in the future.

Participant's contribution to the conference/training/workshop

Participant name – Abhishek Mittal

I presented two papers in the conference.

Oral Presentations:

1. Effects of high-dose vitamin C supplementation on antioxidants systems in patients undergoing percutaneous coronary angioplasty after acute myocardial infraction in Cardiology session
2. Vitamin D levels in the patients of stroke in internal medicine session

The oral presentation on Vitamin D levels in the patients of stroke won the best presentation award at the conference in internal medicine session.

Oral presentation on Vitamin C supplementation was appreciated by the judges. Judges discussed about the research methodology and the outcomes in detail.

I was also an active participant in **workshops** on

- a) Test your brain: memory and cognition
- b) Central Venous Access: Ultrasound Guided Technique (Immersion)

I attended all the **keynote lectures**. The lectures delivered by internationally renowned scientists from highly respected universities and institutions such as Harvard Medical School, Weill Cornell Medical College, British National Health System, University Medical Center Groningen were highly insightful.

I have been selected as the country representative from India for BRAINCOMS conference to foster healthy research collaboration between the two countries.

The conference was also host to a number of cultural events to promote interaction among the students from several countries across the globe. I got a chance to showcase our rich Indian culture at this event by offering Indian delicacies that I had carried and dressing in Indian attire.