

I would like to pay my sincere thanks to all my mentors and the President of the WTS International Traveling Fellowship for this prestigious Fellowship.

I take pride in being one of the first recipients of this venerable award.

The United States Universities and Hospitals had always been one of the pioneers and Gold Standards in Medical field and I was passionate to visit those leading Institutes of the US in Cardiac Surgery. Through WTS, I was able to accomplish my dreams.

I could gather pearls of wisdom from these world class hospitals.



Also, I could acquire wide range of knowledge in patient management and care, intraoperative skills and techniques, outdoor patient interaction in clinics, teaching program of residents and interpersonal relationships with the associates.

I was fortunate to participate in the entire spectrum of Cardiac and Thoracic surgeries during my visit including transplants, heart failure management, minimally Invasive surgeries, mitral valve repair surgeries, robotics, aortic valve sparing surgeries, VATS, complex congenital surgeries, challenging aortic surgeries, TAVR's, interventional cardiology procedures, ( BMV's, endomyocardial biopsy, right heart cath studies, etc ).

Furthermore, it was a kind gesture of my mentors to involve me equally in their important meetings and discussions. I was a part of their transplant meetings, heart failure meetings, TAVR meetings, conferences, academics discussions, Journal Clubs, Annual Cardiology Fiesta Conference etc.

The entire faculty at each institution was extremely cordial, caring, and involved me in all the activities of CT surgery.

My priceless gifts included the world class transplant manual, latest journals and some videos and presentations of operative procedures.

It was an honor that my revered teachers took good care of me personally.

My take home messages:

Implementation as soon as possible:

1. Heart failure management protocols
2. Heart transplant protocols
3. VATS for simple thoracic cases like lung biopsies
4. Guidelines based ICU management
5. Aortic valve sparing surgeries
8. All kinds of arch surgeries
6. Endoscopic conduit harvesting
7. Preference to RA lines over neck lines in small kids

## 8. Work up for heart transplant recipient patients

My Future Goals:

1. Robotic mitral valve repair surgeries
2. VATS expansion in thoracic cases
3. TAVR's

These are only a few to enumerate. I had a much wider exposure to the latest updates in Cardiac Surgery. Other learnings included from anesthesiologists, perfusionist, nurses, residents, fellows etc.

My visit to “the Garden State”, “the City that Never Sleeps”, “the Rock and Roll City”, and “the Lone Star State” provided me an opportunity of excellence in CT surgery. It was my best efforts to avail every single moment of this esteemed Fellowship. This would benefit my country to a great extent.

Thanks is a small word. My Gratitude to the WTS and my Mentors stands beyond words.

Welcome to New Delhi anytime. It will be an honor to host you.

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