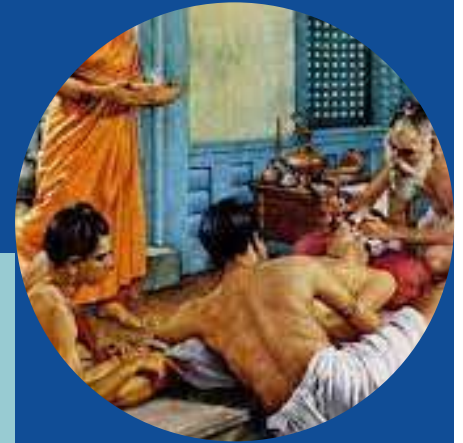


July-August 2023/ Vol-04

# Sushruta

Surgical Society of Bangalore ASICC  
Newsletter



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## SSBASICC 2023 Executive Committee



**Dr Venkatesh K L**  
President



**Dr Manish Joshi**  
Hon Secretary



**Dr Wasim Dar**  
Hon Jt Secretary



**Dr Sunil Kumar V**  
Hon Treasurer



**Dr Rajshekhar C Jhaka**  
President Elect



**Dr Sampath Kumar K**  
Past President 2022



**Dr Prem Kumar**  
Past Secretary



**Dr H V Shivaram**  
Chairman, KSCASI

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- Dr Anupama Pujar K
- Dr Sudarshan V
- Dr MD Basheeruddin I
- Gp Capt(Dr) Deshpande S K
- Dr Kapil Kishore S V
- Dr Nishanth L
- Dr Niranjana P
- Dr Harish N S
- Dr Prashanth S Murthy
- Dr Hosni Mubarak Khan
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- Dr Vishnu Kurpad
- Dr Satish O
- Dr Amit Kumar Jain



**Dr C S Rajan**  
Scientific Advisor



**Dr K Lakshman**  
Scientific Advisor



## Editorial's desk...

Dear Esteemed members of SSBASICC,

**A leader is one who knows the way, goes the way, and shows the way." - John C. Maxwell**

SSBASICC exemplifies leadership by demonstrating how an organization can effectively operate. They lead by example by conducting academic programs, free surgical camps for affordable patient care, and public awareness initiatives. Over the past two months, SSBASICC has been dedicated to these events, with a particular highlight being the Road Safety Awareness Bike-a-thon and Car Rally. Under the leadership of Dr. Venkatesh K L, President, and Dr. Manish Joshi, Honorary Secretary, SSBASICC has left a significant mark in public.

"Sushrutha" E-Newsletter, as an integral part of SSBASICC, has diligently reported on all of SSB's activities. It is indeed a proud moment to be part of the Golden Jubilee celebration.

With immense pleasure, we present the fourth edition of the year 2023. The highlight of this issue is an interview with the renowned Neurosurgeon, Dr. Thimmappa Hegde, which delves into the spiritual realm and encourages introspection. We extend our gratitude to Dr. Prem Kumar A. Dr. C. S. Rajan & Dr Ravishankar H R for their valuable contributions to this edition. We also extend our congratulations to Dr. Shivaram H. V. for his successful Kilimanjaro adventure. Special thanks to the editorial board for their unwavering support.

**Once again, we wish you all a "Happy Golden Jubilee Year."**

**Dr Anupama Pujar K**

## Editorial Board

**Dr Venkatesh K L**  
President

**Dr Manish Joshi**  
Hon Secretary

**Dr C S Rajan**  
Advisor

**Dr K Lakshman**  
Advisor

**Dr Kalaivani V**  
Advisor



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Member

**Dr Kapil Kishore S V**  
Member

**Send your News, Articles, Case Reports, Classifieds, Awards and Acheivements etc. to "sushruthassb@gmail.com"**





## Message from Presidents Desk...



**Dear esteemed members of SSBASICC,  
Greetings from SSBASICC!**

We are in the Eighth Month for this year 2023 with plenty of events on the occasion of Golden Jubilee year celebration. With the excellent support and enthusiastic E C Members this year is filled with numerous activities started off in the month of January 2023 with a memorable and well attended E C Meeting and Monthly Clinical Meeting of this prestigious vibrant Organization.

Also, the support from President Elect, Hon Secretary, Jt Secretary and the Treasurer for their cooperation and dynamic advise from the senior advisors, matured stalwarts and also young and energetic budding surgeons

It was a wonderful year for the last 8 months with various scientific Programs of SSBASICC with much self confidence.

My special congratulations & best wishes to Dr H V Shivaram – Chairman KSCASI for encouraging all the districts surgeons and other ASI branches all over Karnataka state to celebrate Surgeons Day this year.

My Special Thanks to the E C Members who took initiatives in various Golden Jubilee Celebrations Specially Dr Punith N & team for Walkathon, Dr Hosni Mubarak Khan & team for Car Rally, Dr Manish Joshi, Dr Vikram S Biligiri, Dr Prashanth S Murthy & team for Bike-a-thon from Trust well Hospital to Chikkaballapur. Dr Anupama Pujar K & E-Sushruta team who are active in bringing amazing articles. Colorful contents @ E sushrutha team for e Bulletins 2023.

Dr Vishnu Kurpad for mobilising fund for Surgeons Day from Rajiv Gandhi University of Health Sciences – Bengaluru. Dr C R Chhallani for organising Yogathon event on 23rd June 2023 on the occasion of International Yoga Day in association with SSBASICC & Bhagwan Mahaveer Jain Hospital – Bengaluru.

Dr Harish N S for Endoscopy Workshop & Free Surgical Health Camp @ Thimmanahalli – Tumakuru in association with SSBAASICC & HIMAS Global Hospital – Bengaluru.

Acknowledging the support from Mr Venkatesh Yadalam – Visuddh Properties & SLN Avayuktha Homes – Bengaluru for sponsoring Surgeons Day 2023.



## Message from Presidents Desk...

Other major sponsor's like Healthium Medtech Pvt Ltd, Novo Nordisk, Lifecell International Pvt Ltd and others

We thank Dr C S Rajan, Dr Ravishankar H R & Dr K Lakshman for Introducing the Past Presidents during the Monthly Clinical Meeting as a part of Golden Jubilee Celebrations. Dr Prem Kumar Surgical Canapes during the Monthly Clinical Meetings. All The HODS for their cooperation and encouraging Postgraduates to attend MCM's. I seek the same cooperation and requesting you to encourage all the Postgraduates to register for the upcoming Prof B Hanumaiah Memorial National Continuing Surgical Education Program between 19 - 24 November 2023 @ Bangalore Medical College & Research Institute - Auditorium

We appeal to the hosting Institutions & teaching faculty and heads of units and departments to actively contribute to the SSBASICC's teaching and academic initiatives. Kindly permit students to register for the National CSEP in large numbers and

let us provide best possible teaching to our Postgraduates to make them best suited to provide high quality patients care to the future generations.

Still, plenty of events waiting for the rest of the months this year like Surgical camps, Art Exhibition, Live operative Workshops, Cricket, Tennis, Table Tennis Tournaments, Family Get together, Recognition of our legendary surgeons from Bengaluru by ASI and many many more surprises in the pipe line.

We look forward to your cooperation in this regard and to see you all Participate actively in all the upcoming Events.

Sorry if I have missed anyone

**Long live SSBASICC, Thank you all.....**

**Dr Venkatesh K L  
President -SSBASICC**



## Message from Honorary Secretary...

### SSB- Golden Jubilee year 2023

Dear SSB Members,

### Academics and Social events galore

It's been a special time for SSB in this Golden Jubilee year-both academics and lots of special events happening with more and more participation from SSB members.

The Robotic Masterclass and live operative workshop at Fortis Hospital, was an outstanding success with insights and knowledge shared with 800+ online and 60+ SSB budding robotic surgeons and enthusiasts 👍

Subsequently we had the bike-a-thon event flagged off at Trustwell Hospital by Mr Syed Kirmani and others- which was well attended and appreciated by both public and surgeons alike. Thanks to Dr Vikram and Dr Prashant Murthy for the initiatives 👍

Academics and St John's are synonymous - the MCM was well attended and all papers and posters were of good quality 👍 The academics took centre stage again with Dept of Surgery-MS Ramaiah organizing a live laser surgery workshop. Dr Wasim and Dr Rajshekar demonstrated extremely well lasers in varicose veins and coloproctology respectively 👍

We recently had the Car Rally organized by Dr Hosni and it was a mega hit with all SSB members flagged off from Vidhan Soudha by Mr Saleem (prev Police Commissioner) 👍



Again to bring academics to the forefront- we have Laparoscopy Unlimited 2023- a live workshop was being screened live in Bengaluru for SSB members on Sept 3rd, Sunday. It was well attended and appreciated.

It has been a good mix of academics and social events ,there's more in store for this Golden Jubilee year....as thing's are rolled out.... Plz do continue your enthusiastic support with your presence and encourage all the academic and non-academic activities of SSB.🎉

This E-Sushrutha newsletter team - Dr Anupama Pujar, Dr Niranjan and Dr Hosni Mubarak Khan and their editorial board are doing a great job 👍👍👍

It's indeed a privilege and honour to serve as secretary in this golden Jubilee year of 2023 and to have such an amazing team of EC members who are going beyond the expectations to create a good experience for SSB members 🙏🙏🙏

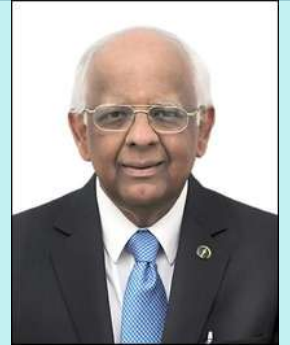
**Long live SSBASICC**

**Dr Manish Joshi**  
**Hon Secretary- SSBASICC**



## Golden Jubilee Year 1973–2023

### Honoring of the Past Presidents of the SSB



Recognized by Dr C S Rajan

#### Dr C Vittal



- MBBS from Mysore, a direct FRCS from England, returned to India in early 1970s
- Served at all 4 medical Colleges, but was primarily at Victoria Hospital and Bowring hospital, as HOD of Surgery at BMC. He was Medical Superintendent at Victoria Hospital. He was appointed as Chief Surgeon to the Govt of Karnataka.
- 6th President of SSB 1978–1979
- Outstanding Teacher, Very, very Skilled Surgeon, Kind Examiner
- He was President of the Rajya Vokkaligara Sangha....1996 – 2008.
- Honored on Surgeon's Day 2002
- Expired on 17-09-2016
- Words on Rounds- ... **"Dropping pearls from the pocket, its up to you to pick them up!"**

#### Dr N A Narayanaswamy



- Did one year of Engineering, before joining for MBBS at Mysore Med College.... Graduated 1951
- Went to UK in 1957, FRCS in 1962, returned to Govt. Service, worked at all 4 Med colleges
- He was Medical Superintendent and HOD of Surgery in 1979 at Bowring and Lady Curzon hospital. Retired in 1982
- 7th President of SSB 1979–1980
- Good Teacher, stable surgeon, fiery temper...! Very, very kind examiner.
- Post Retirement he went to Saudi Arabia For 7 years.
- Honored on Surgeon's Day 2008
- Played Tennis, became President of the Century Club.
- Expired on 24-02-2023. He was **98** years old...!!Om Shanthi...





## Golden Jubilee Year 1973-2023

### Honoring of the Past Presidents of the SSB



Recognized by Dr Ravishankar H R

#### Prof. Dr AFA Mascarenhas



- MBBS from Bombay; TN Medical College  
FRCS (Edin); worked in the UK
- Joined St John's as Assistant Professor  
in 1966. Professor of Surgery in 1977. HOD  
from 1977 to 1991. Medical  
Superintendent in 1982 . Principal from  
1985 to 1995
- Past President – Surgical Society of  
Bangalore 1980-81.
- Member- Advisory committee – KMIO,  
Bangalore, Tata Memorial Hospital  
Bombay
- Founder secretary – Karnataka Cancer  
Society
- Visiting Professor – Royal Marsden  
Hospital, London, UK and University of  
Michigan, Ann Arbor, USA
- Skillful and meticulous Surgeon, gifted  
and articulate teacher, patient and  
generous mentor

#### Prof. Dr A J Narendran



- BSc.(Hons): Bangalore University  
MBBS(1956) : Mysore Medical college  
FRCS(1960) : RCS Edinburgh. Returned to  
India. Trained in Oncosurgery all over  
Europe in 1970's
- Professor of Surgery in all 4 Govt medical  
colleges. Retired in 1987.
- Medical Superintendent Victoria Hospital.
- Director Kidwai Memorial Institute of  
Oncology.
- President SSB-ASICC: 1981-82
- Founder President- OSTOMATES INDIA.
- Assistant Regional Grandmaster –  
Masonic Society Of India.
- Avid lover of Cricket, Tennis, Books and  
Family
- Founder Chairman ASI – KSC
- National Vice President IMA 1980- 82
- Member governing Council ASI





## Academic activities...

### SURGICAL SOCIETY OF BANGALORE ASICC (R)

1973 - 2023 - [Golden Jubilee Year]

www.asbicc.org

DR VENKATESH K L President 981184454 vknk@ssbicc.org	DR RAJSEKHAR C JAKA President Elect 988349019 rajc@ssbicc.org	DR MANISH JOSHI Hon Secretary 8197910186 manishj@ssbicc.org	DR WASIM DAR Hon. J Secretary 9860143128 wasimdar@ssbicc.org	DR SUNIL KUMAR V Hon Treasurer 772292600 sunilkv@ssbicc.org
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**16<sup>th</sup> JULY 2023**

Dear Doctor,  
You are invited for the Seventh Monthly Clinical Meeting of the Year 2023

**DATE:- Wednesday 19<sup>th</sup> JULY 2023**

**HOST:- SAGAR HOSPITAL - JAYANAGAR**

**VENUE:- "API Bhavana Millers Tank Bund Road, Vasantha Nagar Bengaluru - 52.**

**6:00PM to 6:45PM - Postgraduate Teaching Programme**

**TOPIC:- HOW TO APPROACH THE PATIENT WITH PVD**

**SPEAKER:- DR. GURUNATH REDDY, B ASSISTANT PROFESSOR, VASCULAR SURGEON, DEPARTMENT OF SURGERY**

**CHAIRPERSON:- DR SRIDAR G PROFESSOR AND HEAD, DEPT OF SURGERY - ST JOHN'S MCH.**

**6:45PM to 7:30PM - POSTERS (e-POSTERS @ Mail Mail @ Facebook)**

TOPIC	PRESENTER
1. INTRAPERITONEAL INGUINAL HERNIA MIMICKING SPIGELIAN HERNIA	DR NIKHETHA
2. NEURO ENDOCRINE TUMOR PRESENTING AS APPENDICITIS	DR PRAVEEN KUMAR
3. CHRONIC PANCREATITIS WITH RECURRENT PSEUDOCYST	DR VINOD KUMAR
4. INTRA THORACIC CLANDESTINE GASTRIC VOLVULUS	DR PAVAN KUMAR
5. SALLIWAY TUMOR OF UTERUS	DR INDRAJA
6. ISOLATED INTRAPERITONEAL BLADDER RUPTURE	DR NIKHETHA
7. LARGE CRANIAL VAULT - INTRA OSSIOUS HEMANGIOMA	DR PRAVEEN KUMAR
8. INFLAMMATORY MYOFIBROBLASTIC TUMOR OF NECK	DR INDRAJA

**7:30PM to 7:45PM - SURGICAL CANCERS - DR PREM KUMAR A**

**7:45PM to 8:45PM - SCIENTIFIC PAPERS**

TOPIC	PRESENTER
1. INCIDENCE OF FISTULA IN AND IN CASES OF PERIARIAL ABSCESS AFTER INCISION AND DRAINAGE ALONE VS INCISION AND DRAINAGE WITH FISTULOTOMY / FISTULECTOMY	DR PRAVEEN KUMAR
2. INCIDENCE OF SUBSTITAL CHOLECYSTITIS AND ITS OUTCOME	DR NIKHETHA
3. IMPACT OF INTRODUCTION OF WARD ROUND TEMPLATE	DR PAVAN KUMAR
4. INCIDENCE AND MANAGEMENT OF POST CHOLECYSTECTOMY SYNDROME	DR VINOD KUMAR
5. INCIDENTAL FINDINGS ON LAPAROSCOPY AND ITS IMPACT ON SURGICAL DECISION MAKING	DR INDRAJA
6. ROLE OF PREOPERATIVE POSTERIOR EMERSON TOMOGRAPHY (PET CT) IN PANCREATIC MALGNANCIES	DR AEMIAN SANTIYA

**Please Note:-**  
8:40PM - 8:55PM: Golden Jubilee Celebrations (1973 -2023)  
Past Presidents Recognized by Dr C S Rajan  
Dr C S Rajan (1978-79) & Dr N A Narayana Swamy (1979-80)

**8:55PM- onwards: Announcements, Prizes & National Anthem Fellowship & Dinner**

**SPECIAL INVITEES**  
**K.S.C.A.S.I**  
DR H V SHIVARAM  
Chairman - KSCASI

**SCIENTIFIC ADVISERS**  
DR C S RAJAN  
DR K LAKSHMAN

DR VENKATESH K L  
President  
1<sup>st</sup> Floor, MA House, Alor Venkata Rao Road, Bengaluru 560 018, Tel: 982 3270281, Mob - 92413044

DR MANISH JOSHI  
Hon Secy  
10th floor, 117 @ gmail.com  
asbicc117@gmail.com

### SURGICAL SOCIETY OF BANGALORE ASICC (R)

1973 - 2023 - [Golden Jubilee Year]

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DR VENKATESH K L President 981184454 vknk@ssbicc.org	DR RAJSEKHAR C JAKA President Elect 988349019 rajc@ssbicc.org	DR MANISH JOSHI Hon Secretary 8197910186 manishj@ssbicc.org	DR WASIM DAR Hon. J Secretary 9860143128 wasimdar@ssbicc.org	DR SUNIL KUMAR V Hon Treasurer 772292600 sunilkv@ssbicc.org
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**02.08.2023**

Dear Doctor,  
You are invited for the Eighth Monthly Clinical Meeting of the Year 2023

**DATE:- Wednesday 16<sup>th</sup> AUGUST 2023**

**HOST:- ST JOHN'S MEDICAL COLLEGE HOSPITAL**

**VENUE:- "API Bhavana Millers Tank Bund Road, Vasantha Nagar Bengaluru - 52.**

**6:00PM to 6:45PM - Postgraduate Teaching Programme**

**TOPIC:- HOW TO APPROACH THE PATIENT WITH PVD**

**SPEAKER:- DR. GURUNATH REDDY, B ASSISTANT PROFESSOR, VASCULAR SURGEON, DEPARTMENT OF SURGERY**

**CHAIRPERSON:- DR SRIDAR G PROFESSOR AND HEAD, DEPT OF SURGERY - ST JOHN'S MCH.**

**6:45PM to 7:30PM - POSTERS (e-POSTERS @ Mail Mail @ Facebook)**

TOPIC	PRESENTER
1. CLINICO - RADIOLOGICAL - ANATOMICAL STUDY OF PELVIC EXTRAPERITONEAL SPACES: CASE REPORTS	DR YASHWANTH B. SURGERY PG
2. RECTAL LIPOMA MASQUERADING AS PERITONAL PHLEPHLEBOSIS	DR NISHITHA THOMAS SURGERY PG
3. IT LOOKED LIKE A MUNDANE OLD PUDDA ABSCESS	DR EDWARD FINKLIN SURGERY PG
4. PERITONEAL INCLUSION CYST	DR JOSE MANUEL SURGERY PG
5. A CASE REPORT AND DISCUSSION OF A RARE TUMOR - HIBERNOMA	DR NIYA THOMAS SURGERY PG
6. ACUTE ABDOMINAL EMERGENCIES IN POST CHEMOTHERAPY PATIENTS	DR NEELESH K SENIOR RESIDENT - SURGICAL ONCOLOGY
7. "FLJA SURVEY" - A HIDDEN SOCIAL BURDEN	DR CHETAYE SURG PG PLASTIC SURGERY
8. AN AUDIT OF EFFICACY OF PATIENT DISCHARGE PROCESS- ARE WE REALLY UP TO THE MARK?	DR PRATIKSHA MATH, JUNIOR RESIDENT - PEDIATRIC SURGERY

**7:30PM to 7:45PM - SURGICAL CANCERS - DR PREM KUMAR A**

**7:45PM to 8:45PM - SCIENTIFIC PAPERS**

TOPIC	PRESENTER
1. COMPARATIVE OBSERVATIONAL STUDY ON INCIDENCE OF SURGICAL SITE INFECTION (SSI) WITH SINGLE DOSE ANTIBIOTIC VERSUS MULTIPLE DOSE ANTIBIOTIC IN CHOLECYSTECTOMY AND HERNIA SURGERIES	DR. NIKESON SIBI SURGERY PG
2. EARLY VS INTERVAL LAPAROSCOPIC CHOLECYSTECTOMY IN ACUTE CHOLECYSTITIS: SURGICAL OUTCOMES	DR SR. TEENA ROSE SURGERY PG
3. PPH AS A PREDICTOR OF POST OPERATIVE HYPOCALCAEMIA AFTER TOTAL THYROIDECTOMY	DR CHAKALA CHEDA DATTA SURGERY PG
4. A SIMPLE SCORING SYSTEM TO PREDICT INTESTINAL ISCHAEMIA IN PATIENT WITH SMALL BOWEL OBSTRUCTION	DR TERENCE MARTIN M. SURGERY PG
5. COMPARISON OF HEALTH RELATED QUALITY OF LIFE AND FUNCTIONALITY BEFORE AND AFTER LAPAROSCOPIC CHOLECYSTECTOMY OF THE ADULTS WITH GALL BLADDER DISEASE	DR SE. ANTHONY SOPHIA SURGERY PG
6. A PLASTIC SURGEON'S EXPERIENCE IN AY FISTULA SURGERIES	DR JOSEPH KATTADY, SENIOR RESIDENT (MCH- PEDIATRIC SURGERY)

**Please Note:-**  
8:40PM - 8:55PM: Golden Jubilee Celebrations (1973 -2023)  
Past Presidents Recognized by Dr Ravikiran H R  
Dr A F A Macanvethas (1980-81) & Dr A J Narendran (1981-82)

**8:55PM- onwards: Announcements, Prizes & National Anthem Fellowship & Dinner**

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DR MANISH JOSHI  
Hon Secy  
10th floor, 117 @ gmail.com  
asbicc117@gmail.com





## Best Poster- July

**Dr. B Nikhitha Reddy**

**Sagar Hospitals, Jayanagar, Bengaluru.,**

**Title: Intraparietal Inguinal Hernia mimicking Spigelian Hernia.**

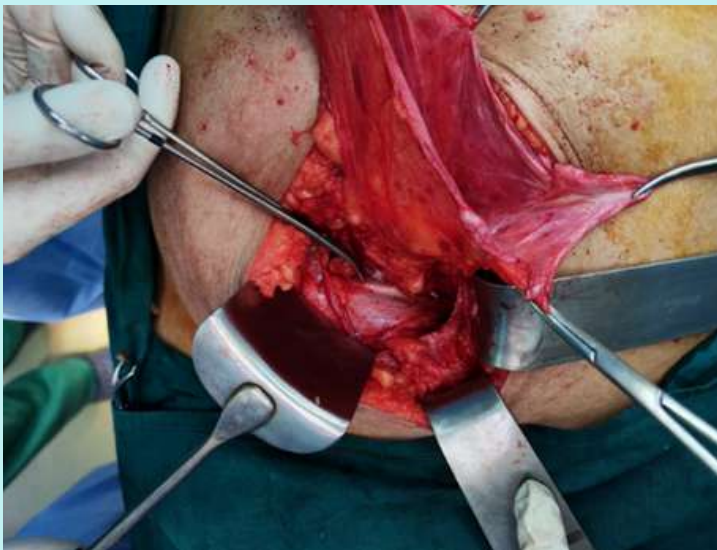


### Case Report

- A 65-year-old female, known case of hypertension, had complaints of swelling in the right lower abdomen for 6 years, and noticed gradual increase in size in the last 1 month, associated with mild intermittent pain.
- LE: Soft, non-tender, partially reducible mass in right lower abdomen.

### Investigations

CT SCAN: Large defect in right paramedian lower abdominal wall with bowel and mesentery as content - reported as probable spigelian hernia.



### Operative findings:-

- Right paramedian incision, not a spigelian hernia.
- The sac was found to be intraparietal in the space between external oblique aponeurosis and internal oblique.

- The sac was extending in the plane from the level of umbilicus to the right labium majus.
- Small bowel was seen as content. On defining the sac, it was noted that it was extending to the deep ring, defect size - 5cm.
- The sac was opened, contents reduced and the neck was closed with a Purse string suture using 2-0 vicryl.
- The defect was reinforced by plugging 3 x 6-inch prolene mesh and held in place with nylon sutures.
- Second mesh was placed over it to reinforce the posterior wall of groin hernia and sutured in-situ to the inguinal ligament and conjoint tendon with 2-0 nylon.
- Post operative period uneventful, discharged on day 2.
- Three months later(now), patient has no complaints, doing well.

### Discussion-

- Intraparietal inguinal hernias mimic Spigelian hernias clinically, the diagnosis is difficult.
- Three different subtypes: preperitoneal, interstitial and superficial.
- Interstitial is most common of them all (60%).
- CT scan is investigation of choice.
- Treatment is surgical exploration and defect repair.





## Best Paper-May

**Dr Dr. Indraja Rapelli**

**Sagar Hospitals, Jayanagar, Bengaluru.**

**Title:"Incidental findings on Laparoscopy and It's impact on surgical decision making"**



### Introduction ;-

Despite the recent advances, many surgeons encounter unexpected findings during the course of surgery. Incidental Finding (IF) - Unexpected lesion or condition found in an operation that is unrelated to the original condition that the patient had consented to. It may pose a hard challenge to the surgeon on several aspects

- Operating technique
- Instrumentation
- Patient's consent
- So this may render the surgeon hesitant whether to proceed or not

### Aims and Objectives:

A Prospective observational study to determine frequency of Incidental findings on Laparoscopy and It's impact on surgical decision making.

### Research & Methodology :

**Duration:** December 2022 to May 2023

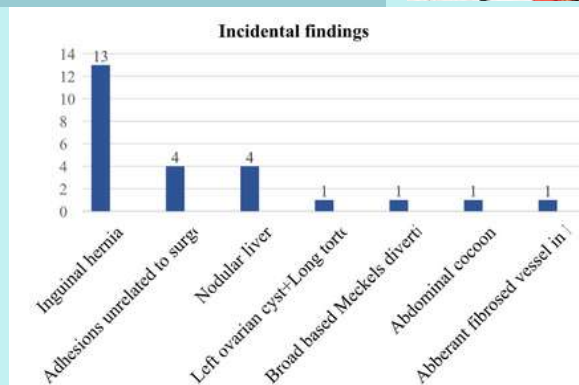
**Design:** Prospective observational study

**Study area:**

- Sagar Hospital, Tilak Nagar, Bangalore
- Shanthi Nursing Home, Bangalore
- Shanthi Hospital And Research Centre, Jaya Nagar, Bangalore

### Results:

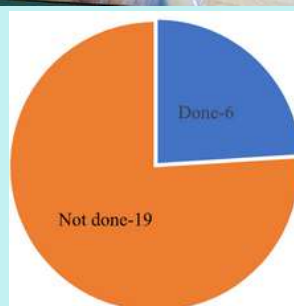
Total number of patients-125.male-64,female-61. Incidental findings found in 25 patients.



Broad based Meckel's diverticulum in Laparoscopic cholecystectomy



Inguinal hernia in Laparoscopic cholecystectomy



Additional procedure

### Conclusion:

- Occurrence of Incidental finding in the midst of an operation constitutes a significant clinical, ethical and legal challenge
- Further guidelines required as how to deal with these unexpected findings



## Best Paper-August

**Dr.Sr. Anthony Sophia**

**St Johns Medical College Hospital-Bengaluru**

**Title:"Comparison of health related quality of life and functionality before and after Laparoscopic Cholecystectomy(LC) of adults with gall bladder disease(GB), using SF-36.**



### Introduction ;-

Globally LC is a most common everyday surgery. Quality of Life (QoL) is a "Physical, psychological and social domains of health, seen as distinct areas influenced by a person's experiences, beliefs, expectations and perceptions". The Workplace Safety & Insurance Board acknowledges Rand-36(SF-36) developed at RAND as part of Medical outcomes study. There are several on-going discussions about high quality care after surgical interventions, still in initial stages and very little research published regarding QoL following LC.

### Aims/objectives

To Assess and Compare Health related Quality of Life and functionality of adult patients who undergo Laparoscopic Cholecystectomy with GB disease before and after LC.

### Research methodology

Rand-36 questionnaire distributed to all eligible LC patient preoperative and postoperative after 1week, 1month and 3 months as patients came for review and over phone from May 2022 to April 2023. Statistical Analysis done in 2 Steps

### Results

Among 71 patients 65% (n=46 ) 20-50yrs and 35% (n=25) 50-70yrs with mean  $\pm$  SD calculated as  $41.56 \pm 10.13$  years. Overall 25% (n = 18) males and 75% (n= 53) females.

QoL scores  $94.64 \pm 2.24$  for pre-treatment  $106.09 \pm 2.40$  for post-treatment with mean change of  $11.44 \pm 3.29$ . We see increasing QoL Score from pre to Post LC P- value of 0.001 showing significant difference.

There is a Significant difference in all 8 domains between time points- pre and post LC. None of the values are significantly different between gender.

### Conclusion

Mean improvement in QoL after LC in patients with symptomatic cholelithiasis significantly higher when compared with pretreatment which determined LC improves QoL. Rand- 36 can be used in the future like ECOG score for clinical examination.





## Best Poster–August

**Dr. RIYA THOMAS**

**ST Johns Medical College Hospital–Bengaluru**

**Title:"A Case report and discussion of a rare tumor:  
Hibernoma**

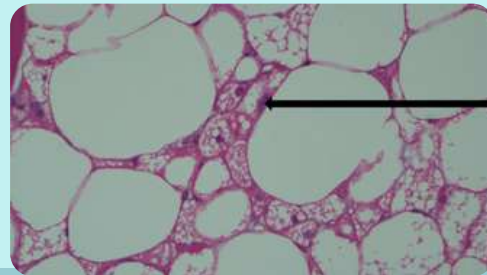


**Case report** –A 60-year-old male patient with no comorbidities presented with a painless recurrent swelling over the left supraclavicular region for a duration of six months. History of similar swelling at the same region 8 months back, for which he underwent excision (elsewhere). Examination revealed fullness in the supraclavicular region with 8 x 8cm swelling over the clavicle, non-tender, soft and non fluctuant, skin pinchable. It had smooth surface, well circumscribed and deep border not palpable. 4 cm linear scar over the swelling present.

**Investigation** MRI done showed a well-defined encapsulated lesion in the left supraclavicular region extending into the left axillary region with the following dimensions 9.5x 7.6 x 6.5cm (CC X AP X ML). FNAC showed features consistent with a lipoma

**Treatment** patient underwent excision under GA

**Histopathology**– showed lobules of mature adipocytes admixed with brown fat cells. The cells are multivacuolated with eosinophilic granular cytoplasm and a small central nucleus consistent with a HIBERNOMA.



Brown fat cell

**Discussion:** Hibernoma, an uncommon tumor of brown fat with an incidence of < 1% of all benign lipomatous tumor occurs most commonly in the thigh, shoulder and back. It was first reported by Merkel in 1906 and named by Grey as "hibernoma" in 1914, because of its histological similarity to the brown fat of hibernating animals. Embryonically, Sven Enerback et al. explains inter- scapular and perinephritic brown fat cells are derived from the Myf-positive pathway, while white adipocytes are derived from Myf-negative pathway. Both arising from mesoderm. Furlong et al gives us morphological variants: Typical, Myxoid, Lipoma-like and Spindle cell.

### Conclusion

In conclusion, with a clinical presentation and investigations mimicking a lipoma, histopathology revealed a different diagnosis of Hibernoma.





## Free Surgical Camp 16th July 2023

Free Medical & Surgical Camp was organized by Surgical Society of Bangalore ASI City Branch in coordination with HIMAS Surgical Hospital – Basavanagudi on the Occasion of Golden Jubilee Year Celebration 2023 (Conducting Free Medical & Surgical Camp) @ Indira Medicare Rural Hospital Thimmanahalli, Tumkur With Dr T P Nagendra HOD Surgery & Team on 16th Sunday July 2023 @ 9-00am to 2-30pm

This Camp was Inaugurated by **Dr T P Nagendra** – HOD Medicine- Indira Medicare Rural Hospital, presided over the function. Around 150 people attended this Camp by the general public in and around Thimmanahalli Village Tumakuru District with Different Medical & Surgical problems were Examined by our Expert Panelists.

- Dr Venkatesh K L – President SSBASICC
- Dr Manish Joshi – Hon Secretary – SSBASICC
- Dr Harish N S – ECM – SSBASICC
- Dr. Vikram Biligiri – ECM – SSBASICC
- Dr Ravindra G– ECM – SSBASICC
- Dr Punith N – ECM – SSBASICC
- Dr Akshath G– ECM – SSBASICC



All the Camp Patients were Screened for Thyroid, Hernia Breast, Varicose, Diabetic Complications. Further Surgical Follow-up has been advised @ HIMAS/BMC/Victoria Hospital at free of cost.





## Robotic surgery master class & live operative workshop on 29.07.2023”

Fortis Hospital in association with Surgical Society of Bangalore ASI City Branch conducted “**ROBOTIC SURGERY MASTER CLASS & LIVE OPERATIVE WORKSHOP**” in collaboration with Da Vinci (Intuitive Surgical) India Pvt Ltd on July 29th, 2023 (Sunday) 9-00 AM TO 5-00PM at 6th floor auditorium of Fortis Hospital

This training was for all members of SSBASICC with Free Registration. Live Operative Case’s Demonstrated by Urology & Surgical Gastro Team.



### Moderators:

- Urology Team,  
Dr Mohan K & Dr Sreeharsha
- Surgical Gastro Team  
Dr Manish Joshi & Dr Shashikiran



### Facilitators:

Dr Manish Joshi & Team , Fortis Hospital Bengaluru

Marketing Team – Fortis Hospital Bannerghatta Road, Bengaluru



75 Members attended & actively participated and benefited from the Master Class Robotic Live Workshop.



**ROBOTIC SURGERY MASTER CLASS & LIVE OPERATIVE WORKSHOP**

Hosted by  
**Fortis Hospital & Intuitive Surgical**  
In Association with  
**Surgical Society of Bangalore ASICC**  
29th Saturday July 2023 @ 9-00am to 5-00pm

Venue:- 6<sup>th</sup> Floor Auditorium  
Fortis Hospital-Bangalore

Complimentary Registration is Mandatory

Dr Venkatesh K L  
President

Manish Joshi  
Hon Secretary





## Bike-a-thon on 6th August 2023

Bike-a-thon was organized in Association with Trust well Hospital on the occasion of Golden Jubilee Year Celebration on Sunday, 6th August 2023 at Trust Well Hospital premises from 7-30am onwards.



More than 200 surgeons participated along with their families (Pillion Riders) in the Bike-a-thon to create public awareness on Road Safety Drive



**Master of Ceremony was DR MANISH JOSHI.** He stressed & briefed on the safety precautions during the Bike Rally to the participants. **Welcome & Felicitation of Dignitaries was by DR VENKATESH K L .** Chief Guests flagged off the event @ Trust well Hospital premises. **DR VIKRAM S BILIGIRI** gave Instruction (Do's & Don'ts) for Bike-a-thon riders at starting point. Vote of Thanks by DR MANISH JOSHI.

Major News Media / T V Media were present

### Dignitaries felicitated on the occasion

**Shri. M N ANUCHETH** – IPS, Joint Commissioner of Police – Traffic Bengaluru City addressed the gathering on Road Safety and traffic rules.

**MR SYED KIRMANI**, World cup 83 Winning Indian Team Member addressed the gathering on Road Safety Measures.

**DR H V MADHUSUDAN** – Director Neurosurgery spoke on Road accidents and Brain Injuries. He also stressed on roll of surgeons in spreading awareness to the public.

**MR VASU DIXIT** – Musician and Singer sang his new hit song title "Agadilla Annbedi) before the flag off the Bike-a-thon.

T Shirts were distributed to all participants. Breakfast was served at Trust well Hospital for the dignitaries as well as for the Registered Participants.



Light refreshments & Soft Drinks were arranged for the Bike Riders by Deeksha Hospital Management at Yelahanka.



The Bika-A-Thon ended with a delicious & sumptuous Lunch arranged by FARMASHALA





## Free Surgical & General health camp on 15.08.2023

This Free Medical & Surgical Camp was organized by Surgical Society of Bangalore ASI City Branch in coordination with D R Clinic Koramangala & National Games Village Association on the Occasion of Golden Jubilee Year Celebration 2023 & 77th Independence Day Celebration.

Time : Between 10 AM to 12 PM

Venue: PWD Estate office premises Krishna Block, National Games Village – Koramangala-Bangalore

All leading Consultants of Surgical & Medical Doctor's of Bangalore were part of the Medical Camp

### Facilities @ Camp

- General Health Check up & Blood Tests.
- Diabetes & Hypertension Clinic.
- Child growth & Development Assessment.
- Paediatric Nutrition Growth Screening.
- Paediatric Surgery birth Defects.
- Paediatric Congenital defects screening.
- Cleft lip & Cleft Palate treatment.



The Camp was inaugurated by our President Dr Venkatesh K L - SSBASICC & Sri Nataraj Secretary to Food minister Sri K H Muniyappa ji – Govt of Karnataka. We have Seen 143 Surgical & Pediatric patients out of which about 22 Surgical cases were Identified and advised them to undergo Surgical Treatment at Victoria Hospital Bengaluru at free of cost.



### Camp was attended by

Dr Venkatesh K L – President  
Dr Vikram S Biligiri  
Dr Ravindra G  
Dr Prakash A S  
Dr Punith N  
Dr Sangita Shiva  
Dr Sunil Kumar Alur  
Prof Jayadeva cardiothoracic Surgery  
Dr Aravind Prasad Cardiologist





### Laser Proctology workshop held on 22.08.2023

LASER PROCTOLOGY WORKSHOP was organized by Dept of Surgery - M S RAMAIAH Hospital in association with Surgical Society of Bangalore ASI City Branch on the Occasion of Golden Jubilee Year Celebration 2023.



RAMAIAH DEPARTMENT OF GENERAL SURGERY 22.08.2023

**LASER PROCTOLOGY WORKSHOP**

8:00 AM - 9:00 AM -- ON THE SPOT REGISTRATION  
 9:00 AM - 9:15 AM -- WELCOME & INAUGURATION  
 9:15 AM - 9:30 AM -- INTRODUCTION TO LASERS - BY DR. BHAVANA CHINMAYEE  
 9:30 AM - 11:00 AM -- WORKSHOP - LIVE SURGERY DEMONSTRATION FISTULA IN ANO AND HEMORRHOIDS  
 11:00 AM - 11:15 AM -- TEA BREAK  
 11:15 AM - 1:00 PM -- WORKSHOP - LIVE SURGERY DEMONSTRATION VAPORISE VEINS AND HEMORRHOIDS  
 1:00 PM - 2:00 PM -- LUNCH  
 2:00 PM - 4:00 PM -- SCIENTIFIC AGENDA

1) OVERVIEW OF LASER AND ITS APPLICATION IN PROCTOLOGY - DR RAJASEKHAR  
 2) ROLE OF LASER IN PILONIDAL SINUS - DR SURESH K R  
 MODERATED BY: SENIOR PROFESSOR SURESHWATHA  
 DR CHANDAN JUREJA

4:00 PM - 4:30 PM -- PANEL DISCUSSION  
 4:30 PM - 4:45 PM -- THANK YOU NOTE

KINDLY ASSEMBLE IN THE RAMAIAH MEMORIAL HOSPITAL AUDITORIUM (IN THE BASEMENT) AT 9:00 AM  
 THE DEPARTMENT OF SURGERY WELCOMES YOU ALL!



### CSR's "Crisp Short Reminders"

Contributed by Dr C S Rajan

- In acute diseases, coldness of the extremities is bad. .... Hippocrates
- Anatomy is something every one has, but it looks better on a girl. ....Bruce Raeburn.
- Humans can survive without an appendix, but surgeons can do so only with difficulty. .... Rudolf Virchow.
- It is not true that the appendix is worthless - it has put thousands of surgeons in expensive cars. ....Moshe Schein.
- The art of medicine consists of amusing the patient, while nature cures the disease. ....Voltaire.

- The test for fitness for an operation is, the ability of the patient to walk into the operation room!.....Andy Gage Sr
- Never operate on a patient getting clinically better. ....Anon
- Beware of the easy looking gall bladder and the over confident surgeon. ....Moshe Schein
- With abdominal distension, expect vomit at any time. ....Ivor Lewis.
- There are more people living of cancer, than are dying from it. ...Moshe Schein





## Car Rally- On 27.08.2023

Car Rally was organized on the occasion of Golden Jubilee Year Celebration on Sunday, 27th August 2023 at Vidhana Soudha (flag off) to Prestige Golfshire Club (White Mist) 44 Km Stretch 7-00am onwards.

**Dr Hosni Mubarak Khan** E C Member, SSBASICC was Organizing Head for this Car Rally, and as well the MC for the event. Dr Khan gave an introduction to the event and also stressed on the importance of conducting this event in order to bring in awareness on road traffic accidents among the common public and the road safety measures to be taken to reduce the RTA. He also delivered the welcome speech and vote of thanks

**Dr Venkatesh K L** – President – SSBASICC Welcomed & Felicitated the Dignitaries



**Chief Guest - Dr Saleem M A IPS** – Director General of Police, CID Special Units & Economic Offences, Bengaluru flagged off the event @ Vidhana Soudha. He was felicitated.

**Dr Santosh John Abraham**, Director of ASI Academics And **Dr Siddesh G**, The Past president of ASI were special invitees and were felicitated.

**Dr H V Shivaram** – Chairman KSC ASI, **Dr Chandrashekar N** – Hon Secretary KSCASI were also present and they appreciated the activities of SSBASICC

**Dr Manish Joshi** talked about road safety







## Car Rally- On 27.08.2023



The event had attractions such as -

- RALLY caps with SSBASICC logos
- multiple media partners in order to convey our message to the common public.
- lavish breakfast of English and South Indian at white mist.
- wonderful opportunity to test drive the EQS from Mercedes benz (go green initiative).
- You tube blogger to take personal video bites from the participants
- Free tree samplings of medicinal value.



**Friendly Cricket Match at White Mist**







## Nothing to do, nowhere to go-A Spiritual Journey of Renowned Neurosurgeon Dr. Thimappa Hegde



**MBBS. M.Ch.**

**Director and Senior Consultant Neurosurgeon  
Narayana Institute of Neurosciences, Bangalore.**

**Sir Can you recall your journey so far?**

"My father was a doctor, and I was born in a remote village near the Manipal Someshwara Game Reserve, where there were no medical facilities and even electricity was scarce. When I was born, my mother experienced severe postpartum haemorrhage, leading to significant difficulties

In pursuit of better educational opportunities, my father relocated to Bangalore. I joined St. Joseph's Boys School and, given my father's profession, I naturally developed an interest in medicine. I eventually got admission to Bangalore Medical College. My residence was in Wilson Garden and

from there I could view the NIMHANS building. Then a distant dream began to take shape – a dream of someday becoming a part of NIMHANS. Eventually, after joining NIMHANS and completing my MCh, I embarked on further post-MCh training within the institution. Then joined as a faculty, where I dedicated two decades of my life to NIMHANS

Subsequently, I was offered to setup Neurosurgery department at Narayana Hrudayalaya, by Dr. Devi Shetty. The next chapter of my career unfolded at Narayana, where I have now been for the past two decades, continuing to contribute to the field of Neurosurgery.



## Dr. Thimappa Hegde - A spiritual Journey



**With parents and sisters**

### Why did you choose Neuro Surgery?

Neurosurgery postgraduate students from NIMHANS would frequently come to Victoria Hospital for their General Surgery rotations. They would travel in the same bus which I used to take to BMC. These postgraduates would board the bus near the old Mental Hospital area, allowing them to secure seats before the bus got crowded. By the time the bus reached Wilson Garden, all the seats were usually occupied. I used to Carry lot of books in my bag, Neurosurgery postgraduates generously offered to carry my bag. Later we would then walk together. At that point in time, my knowledge about NIMHANS and the field of Neurosurgery was quite limited. However, these postgraduate students spoke highly and passionately about Neurosurgery, fueling my curiosity. They even extended invitations for me to

attend their seminars. I being still an undergraduate student, attended those seminars which began to shape my understanding of Neurosurgery. Through their presentations and discussions, I started to grasp the essence of this specialized field. It was during this period that I began to envision a potential path for myself in Neurosurgery, nurturing a growing aspiration to become a part of this remarkable domain.



**As Asst professor - NIMHANS**



**Recent family pic**



## Dr. Thimappa Hegde – A spiritual Journey

### Incidences that you wish to recall from medical graduation days.

During my internship, Dr. C S Rajan was pursuing his postgraduate studies in General Surgery. It was during this period that I encountered my initial experiences with medical emergencies, and interestingly, Dr. Rajan was instrumental in shaping my approach. Upon receiving emergency calls, the instinctual response was to rush immediately. However, Dr. Rajan imparted a valuable lesson to me, advising, "Pause for a moment. Prioritize presenting yourself and ensuring your well-being. A matter of minutes or even seconds won't make a significant difference. Remember, if we are composed, the world around us will also be fine." This perspective encouraged me to recognize the importance of self-care in high-pressure situations. Dr. Rajan's guidance illuminated the significance of establishing personal stability as a foundation for effective medical care.

### Anything in post-graduation life which has impacted you personally or professionally?

My time at NIMHANS was marked by an unwavering dedication to work—day in and day out. Dr. Narayan Reddy played the role of a guiding figure, akin to a godfather, throughout various phases of my life.

He not only facilitated my admission into the program but also entrusted me with Faculty Position. Dr. Reddy possessed a deep spiritual and religious inclination. One particular day, he chose me out of all the residents, taking me in his car to witness the inauguration of a temple situated within the hospital complex. This temple held immense significance for me, and even today, whenever I return to NIMHANS, I find myself drawn to that sacred space.

Life has a way of imparting wisdom through setbacks. One of my own setbacks involved learning how to communicate bad prognosis with greater sensitivity. Early in my postgraduate journey, I made the mistake of delivering grim news directly to a patient's mother. Subsequently, I realized the extent of harm my approach had caused; it was not the right way to convey such distressing information. This realization dawned on me gradually. These lessons are not typically taught by seniors, who often place junior colleagues at the forefront. Over time, I came to understand that delivering bad news is an intricate art—one that must be executed with honesty and care. It's about finding the balance between delivering difficult truths and empowering families to cope. I believe that mastering this skill should be an integral part of early training, setting a foundation for compassionate and effective medical practice.





## Dr. Thimappa Hegde – A spiritual Journey

### Share your experiences working in both Government hospital and private hospital.

My professional journey spans two decades in government institutions and another two decades in private practice. In the government setting, the emphasis is not on billing, and concerns about patient influx are non-existent. Patients are abundant, often exceeding the capacity for admissions on any given day. The challenge here lies in efficiently managing patient admissions based on bed availability. This environment presents a diverse range of patients, primarily from economically disadvantaged backgrounds. Serving at NIMHANS under these conditions was an exceptional opportunity. The advanced operating microscopes available there were particularly remarkable, something I believed I might miss when transitioning.

Upon transitioning to private practice, a primary concern became when I would don my surgical scrubs once again. Initially, equipment availability was also a concern, although this concern was dispelled fairly quickly. It became evident that I was maintaining the same patient load and performing an equivalent number of surgeries as before, all while upholding high standards of quality. At Narayana Hrudayalaya (NH), government-sponsored health schemes were actively promoted, and approximately half of the patients were beneficiaries of the Yashaswini scheme.



With Pgs and Faculty in NH



In due course, we initiated a Residency program (DNB) at NH, structuring it along the lines of the training program at NIMHANS. This involved regular preoperative meetings, academic discussions, and a meticulous case selection process for surgeries. Unlike before, where I perceived there might be limitations, it became evident that we could provide the same level of care as we did at NIMHANS. While concerns regarding hospital bills were inherent to private practice, at NH, turning away patients due to financial constraints was an extremely rare occurrence. Only cases involving high risk, such as vascular malformations where the potential for complications was significant, posed challenges for admission. For all other patients, we were able to facilitate financial arrangements.





## Dr. Thimappa Hegde - A spiritual Journey

### Which is your favorite Surgery?

- Micro-vascular Decompression is a surgical procedure that I find particularly enjoyable. The appeal lies in working with a setting of normal anatomy, which provides a clear and distinct canvas for surgical intervention. For instance, in cases of Trigeminal Neuralgia, the source of pain often stems from a blood vessel compressing the trigeminal nerve. By meticulously releasing the pressure from the blood vessel and placing a sponge in between. The transformation can be almost magical, resulting in significant pain relief for the patient.
- Any surgeries involving the dissection of Arachnoid.

### Specialized training

1993 – Fellow in Stereotactic Surgery,  
1995 – International Fellow in Skull Base Surgery,  
1998 – International Fellow in Neurosurgery,  
2000 – Stereotactic and Functional Neurosurgery.

### Memberships in Professional Scientific Societies

Life Membership – Neurological Society of India  
Associate Member – Indian Academy of Neurology  
Member – Stereotactic Society of India  
Former President – Neuro-Spinal Society of India

### Publications;

Authored 34 scientific publications in leading journals. He has edited a book on the history of neurosciences

### Appointments

September 1989 – Assistant Professor,  
September 1994 – Associate Professor,  
September 1998 – March 2003 – Additional Professor, Department of Neurosurgery, NIMHANS, Bangalore  
May 2004 – till date – Director and Senior Consultant Neurosurgeon, Narayana Institute of Neurosciences.



With His Holiness Pope John Paul II - 1999

### Awards

- 'Outstanding Citizen' by Lions club, Bengaluru
- Visited USA & Canada on a special exchange program from the Rotary International.
- Invited by the Vatican to speak at an International Meeting at the Vatican City and had a special audience with the POPE His Holiness John Paul II.
- Visiting faculty to leading business schools like IIM Bangalore, IIM Ahmedabad, IIM Udaipur, IIM Nagpur and ISB Hyderabad



## Dr. Thimappa Hegde - A spiritual Journey



" With Dr A P J Abdul Kalam

### How did you get inclination towards spirituality?

Back in my school days, the concept of a school counsellor was new. It was during that time that our school introduced this role for the first time, with a Catholic priest named Father Ronnie D Mello taking up the position. Although he wasn't a teacher, he maintained a regular schedule, visiting every other day at a fixed hour. I remember watching him from the window as he sat, engrossed in reading newspapers. He seemed to receive no visitors. Intrigued, I mustered the courage to meet him by fabricating a problem that needed counselling. He adeptly provided guidance and solutions.

He initiated me reading spiritual books of Antonie D mello. I would recommend all to read those books. Very inspirational to those inclined to spirituality. They will get essence of spirituality by lots of spiritual stories in those books. I read all these books which gave me a big step to move forward in spirituality. Though I was influenced by Christian priests, there was no attempt to induct me to Christianity.

### Tell us about your spiritual Journey.

After completing my MCH, a new avenue opened, allowing me to delve into the realms of religion and spirituality. I encountered various teachers along my journey, gradually expanding my understanding. Among these mentors, some exceptional individuals introduced me to Vedanta. Vedanta, translating to "end portion of Vedas," constitutes the philosophical essence of these ancient texts. It is a remarkable gift that India has bestowed upon the world, embodying the profound richness of the country's spiritual heritage. Vedanta explores our true nature, addressing fundamental questions about who we are.

As doctors, we often witness a great deal of suffering in our patients. Upon closer examination, it becomes evident that emotional anguish often surpasses physical pain. Vedanta provides insights into alleviating emotional suffering, I consider my profound understanding of Upanishads to be one of the greatest blessings. This understanding led me to the decision to share these teachings within my own family. Starting as a small family group, our classes expanded to include around 20-25 people every Sunday. This growth nurtured my role as a teacher.

I also initiated spiritual classes at Narayana Hrudayalaya, where participants from the field of neurosciences, and a few from cardiology, attended.



## Dr. Thimappa Hegde – A spiritual Journey

Unfortunately, the pandemic disrupted these in-person classes. However, we continued offering online classes on the Bhagavad Gita (Geetha). This endeavor garnered significant success. We had about 40000 people listening to our classes. We have that record on youtube.

Building upon the foundation of the Geetha and Upanishads, we have delved into Vedanta at a deeper, almost PhD-level. We meticulously study intricate texts, and these sessions are made available on our YouTube channel, "Param Vedanta."

"Param Vedanta" encompasses around 30 talks, delivered in a unique style resembling scientific presentations. Each verse is presented in English, complemented by illustrative slides. This method of teaching the Geetha stands out unique.



**A Spiritual programme**

### If you were not a neurosurgeon what you would have become?

Considering my deep involvement in spirituality and my commitment to sharing knowledge, it's plausible to envision my taking on a teaching role within the realm of spirituality.



### Anything which you want to recall

During my first year of MCH, I found myself grappling with Hepatitis, and unfortunately, my condition wasn't showing signs of improvement. Back then, the region lacked gastroenterologists, so I was advised to travel to Chennai for treatment.

In Chennai, I consulted a Gastroenterologist at the Government General Hospital. There was no ultrasound, only clinical assessments. The primary investigation conducted was Liver Function Tests (LFT). My thoughts raced to the possibility of having portal hypertension. The fear of a shortened lifespan loomed as I battled the uncertainty of my condition. However, the Gastroenterologist reassured me, offering words of encouragement and optimism. I came out of it unharmed.

From that point onward, my perspective shifted. Early on, it felt as though I was living on borrowed time. It was a turning point, giving me the opportunity to embrace life with a renewed sense of purpose and appreciation.





## Dr. Thimappa Hegde – A spiritual Journey

### Mentors.

It's truly wonderful to express gratitude to those who have played a significant role in shaping my journey. Here are a few individuals who particularly stand out:

- Dr. C S Rajan
- Father Ronnie Prabhu
- Dr. Narayan Reddy
- Swamy Paramarthananda – an exceptional teacher renowned for his unparalleled clarity in imparting the teachings of Bhagavad Gita and Upanishads. His wisdom has left a deep imprint on me, and I consistently draw inspiration from his teachings

### Favorite places?

I have a deep connection with the places associated with the sacred River Ganga and other spiritual sites. I have visited Varanasi, Hrishikesh, Haridwar and Devprayag. I have travelled along with the river Ganga up to its origin from various places several times. I have had several occasions of trekking to spiritual sites like Gangotri, Yamunotri, Badarinath and Kedarnath. I visited Mount Kailash twice. It's an extremely sacred place.

### Favorite books

Bhagavad Gita and the Upanishads hold a special place in my heart. The Bhagavad Gita is rooted in the Upanishads. To fully appreciate the Bhagavad Gita, it's essential to comprehend the Upanishads

### Favorite food.

It's wonderful to have a preference for vegetarian food! So, I like all vegetarian food.

### Advise to young surgeons.

Life is a gift. As you begin searching, you uncover something, and what you uncover leads to more discoveries. For young people, I would use the term "Serendipity." The word originates from the serene green of Sri Lanka. In Sri Lanka, there were three princes who, upon waking in the morning, embarked on a search. Through their search, they found things greater than what they were initially looking for. As a surgeon, I believe that what you must do is observe keenly, remain alert, and seek. If you possess a curious spirit, you'll stumble upon something even more significant than what you were seeking. In my own journey, I've been searching beyond the realms of medicine and uncovered Vedanta. Vedanta provides a sense of fulfilment.

When we embark on a spiritual journey, we come to realize that life is a transient aspect. There exists something much grandeur – our true nature. This realization is the pinnacle of all teachings, embodying the principle of "**Nothing to do, nowhere to go.**" Life unfolds as it naturally would, and within this flow, you recognize that everything is extraordinary. Every action gain meaning and fulfilment. For doctors, our satisfaction arises from leading a meaningful life by tending to patients with both physical and emotional challenges. It involves truly listening to them, exercising patience, and understanding that there's no need to prove anything to anyone.



## Fostering the right mindset in surgical training



The surgical education is evolving in the recent times, getting more structured and relevant. The new curriculum for the undergraduate and postgraduate students are well planned and ensuring that the student learns the subject at best. Newer technologies are now accepted by the medical fraternity as excellent tools of learning and have integrated those into the training programs. Simulation modules are a good example on how the technology is now an essential part of the surgical training. These technologies develop various cognitive and psychomotor abilities in training and making it quite interesting too.

Continuing surgical education programs and numerous webinars are now common. These cover various topics and gives the surgical student good options to learn newer topics along with the regular curriculum in their college. Needless to say, that the social media platforms now provide access to huge information. Various groups are open for expression of opinion and sharing additional information.

Unfortunately, even with the spurt of vast options of learning, we notice poor attendance at most lectures, seminars and even at hands on workshops. Why are we witnessing this lack of interest and enthusiasm? Further not surprisingly enough many of the participating students are not doing so voluntarily, but as per the instructions or orders of their Professors or consultants. How many residents will even read this article though it was written bearing them in mind?

With the current competitive world many students give attention mainly to the exam-oriented programs, while this might be the temporary need, the development of life long learner trait is lost. Students are often eager planning the ultimate accumulation of degrees whilst overlooking the importance of constant learning that is needed along the journey.

### **Have we created a situation of “Many teachers and few learners”?**

The learning options have grown, the learning environment are made interesting but least attention given to cultivate the right mindset among the new learner. Hence, it is the need of the hour that we deliberate on the topic of setting a good primary mindset among the trainee so that all the teaching material available is utilized optimally.

”



## Fostering the right mindset in surgical training

It is the highly imperative to Infuse interest of learning and understanding the subject than just learning the subject for the exams. This pattern is noted in many other fields, but it is not suitable for our surgical world.

We as teachers or facilitators in learning should constantly reinforce the necessity of constant improvement for the best outcome for patients. Precision is key for successful outcome in any surgery, which is the main reason that such regular repetition activities and programs are being conducted so as to keep improving. A barrier analysis should be conducted by the teaching faculties to understand the student or trainee's mindset.

The solution that the author suggests is the implementation of the **"MINDSET THEORY"**. Mindset theory proposes that individuals hold a range of beliefs regarding the need, the process of learning and about the final objective of the learning. An incremental (growth) theory of intelligence (mindset), compared with an entity (fixed) mindset, has been associated with improved motivation and performance. This concept was first suggested by Carol s Dweck in her book "Mindset:the new psychology of success". however there is gap in literature about the utilization of this concept into surgical education. This article proposes the translation of this technique to our surgical training.



The following steps can be used to adapt the mindset theory.

- Explaining what are the types of mindsets.
- Reflecting on their current mindset
- Strategies to change mindset to a growth mindset
  - 1) Become aware of your internal dialogue.
  - 2) Strive for progress
  - 3) Learn from others as you develop your skills. Remember that every expert was once a beginner.
- Understanding the connection between mindset and outcome.







## Fostering the right mindset in surgical training

There exists an incorrect attitude that views intelligence and competences as something static. The constant strives to keep refining the knowledge and skills even after years of surgical practice is quite under emphasized.

There seems to be a reluctance to implement communicative and reflective attributes. Targeted training in setting the right mindset towards constant learning and voluntary participation in the academic programs have to be infused among the students by the teaching fraternity. This has to be part of the teaching curriculum. Feedback from the students have to be collected so as to address the concerns or clarification raised by the students. The students should be encouraged to present a seminar on the importance of participation in the academic events apart from their regular classes.

We have to keep evolving and find innovative ways in surgical education to keep the learner constantly attracted to. The notion of networking should begin early in the career, as the gravity of peer participation will aid for the added growth of the student.

Leadership and education are similar in that they are both transformative processes that facilitate growth, foster collaborations and increase scientific

knowledge, innovation and enterprise. There lies a huge responsibility on the Surgical leadership to steer the process of surgical training in the right path and support the young budding surgeons.

**Societies like Association of Surgeons of India(ASI) or its city chapter Surgical Society of Bangalore (SSB)** are setting excellent opportunities for surgical trainees for networking, a platform to share the experiences and with by adding non academic activities they make the environment friendly, comfortable and inspiring and at the same time make learning fun. Continuously motivating the surgical fraternity to be united, sharing and supporting each other on our long endeavoring journey of unforeseen challenges and obstacles is highly stressed.

**Change your mind  
Change your life**



**Author-Dr Prem Kumar A  
Bangalore medical college and  
Research center**



## KSCASI on top of Africa!



Dr H V Shivaram, our Chairman, KSCASI, successfully climbed the highest mountain in Africa, Kilimanjaro (Uhuru peak, 19,341 ft) and on 17.7.23 at 7.20 am he proudly hoisted our national tricolor and displayed KSCASI logo on the top (we can say roof of Africa!) making all surgeons proud.

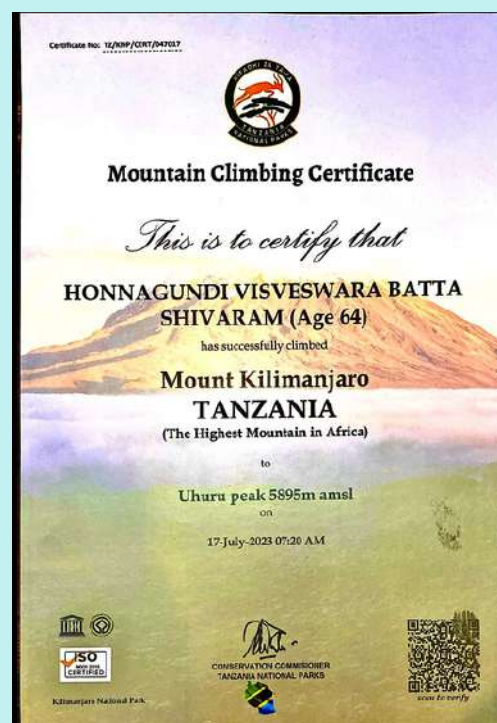
Approximately 30 to 40 thousand people attempt climbing Kilimanjaro every year and only about 50% make it to the summit. Other 50% of climbers fail mostly due to high altitude sickness and inadequate preparation.



SSBASICC congratulates Dr H V Shivaram for this great achievement and motivating younger surgeons to achieve more both in their profession and passion!



Known as the common man's Mount Everest (because no special mountaineering skills/ equipment/training required), it is the fourth highest mountain in the world and is 2955mtrs (9695 ft) shorter than mount Everest (8850mtrs or 29035 ft).



Click to see barranca wall climbing on the way : <https://youtu.be/DIkgmO0E5ZI>





## Upcoming events:




- Monthly Clinical Meet-Bangalore Medical College and Research Institute on 20th September 2023
- Monthly Clinical Meet -Kempegowda Institute of Medical Sciences on 18th October 2023

## Diary Note

1973-2023 **Golden Jubilee celebration** year of SSBASICC

## Mark Your Calendar

National CSEP 2023 20-11-2023 to 24-11-2023



**SURGICAL SOCIETY OF BANGALORE ASI CC®**  
Prof B Hanumaiah Memorial National CSEP 2023

Date: 20-24<sup>th</sup> November 2023

**Mock Exam Drill With Live Cases  
& External Examiners**

Early Bird Registrations For Post Graduates In Surgery

\*Continuing Surgical Education Program\*

**EARLY BIRD OFFER**

**₹ 6000/-**

Date: 20-24<sup>th</sup> November 2023

LINK FOR REGISTRATION  
<https://www.onlinesbi.sbi/sbicollect/icollecthome.htm?corpID=3957560>

Venue:  
Bangalore Medical College & RI - Auditorium

**\*Block Your Calendar\***



## Obituary



### **Dr Kamala Madaiah** **DOD 03-07-2023**

- Life Member of SSBASICC
- MBBS- MMC
- Worked in Anatomy department after MBBS at BMC
- MS(Gen Surgery)- BMC
- She worked in Govt Service at various places
- Soft spoken surgeon



### **Dr Nagalakshmi N** **DOD 27-08-2023**

- PostGraduation in General Surgery in Baptist Hospital
- Practiced general surgery as Private Consultant Surgeon Bangalore