

Sept-Oct 2023/ Vol-05

Sushruta

Surgical Society of Bangalore ASICC
Newsletter



Contents

- Executive Committee 2023
- Editorial
- Message from President
- Message from Honorary Secretary
- Golden Jubilee Year 1973-2023-Honoring of Past Presidents of the SSB
- Abstract of prize winners of Monthly Clinical Meet
- SSBASI Activities-Laparoscopic Unlimited by Zen Masters, Conferance by Dept of Surgery, Nandi Medical College and Research Institute, Financial opportunities for doctors, Robotic hands on workshop
- Surgeon's interview - Dr K N Sridhar
- C S Tips' for a Healthy Mind for World Mental Health Day - 10 Oct 2023.
- Patterns
- Poetry corner
- Announcements



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

EXECUTIVE MEMBERS

- Dr Punith N
- 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
- Dr Munireddy M V
- Dr Devaprashanth M
- Dr Sharanbasavara J
- Dr Subhash R C
- Dr Himagirish Rao
- Dr Manjunath B D
- Dr Mallikarjuna M N
- Dr Anirudh V
- Dr Akshath G
- Dr Sridhar M
- Dr Ravindra G
- Dr Vikram S Biligiri
- Dr Kruthi S R
- Dr Arun H N
- Dr Chandan S K
- 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,

ಸಿರಿಗನ್ನಡಂ ಗೆಲ್ಲೆ, ಸಿರಿಗನ್ನಡಂ ಬಾಳ್ಗೆ

Kannada Rajyotsava, celebrated on the 1st of November, is also known as Karnataka Formation Day or Karnataka Day. It serves as a moving reminder of the rich cultural and historical heritage of Karnataka, fostering a strong sense of unity and pride among its people. The Sushrutha team extends its warm wishes to everyone on this joyous occasion.

With great pleasure, we are delighted to present the fifth edition of the year 2023. In this issue, we have dedicated our best efforts to cover all the activities of SSBASICC Golden Jubilee and the Monthly Clinical Meetings. Furthermore, we bring

you an insightful interview with the renowned Urologist, Dr. Sridhar K. N., shedding light on the world of research and innovation.

This edition also boasts captivating articles contributed by Dr. C. S. Rajan and Dr. Srushti Kamath. To pay homage to all medical teachers, we have included a heartfelt poem written by Dr. Ramesh B. S and Dr. Srishti Kamath. .

A special mention must be made of the tremendous efforts put forth by the EC Committee, led by Dr. Venkatesh K. L, President, and Dr. Manish Joshi, Honorary Secretary. They have diligently planned CSEP-Mock clinical exam drills with live cases, and we sincerely wish them great success in this endeavor.

ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು

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



Dr Anupama Pujar K
Editor in Chief



Dr Hosni Mubarak Khan
Co Chief Editor



Dr Niranjana P
Associate Editor



Dr Munireddy M V
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!**

The month of September & October was full of activities throughout the month and kept the office busy, in terms of various events on the occasion of Golden Jubilee year celebrations.

My sincere thanks to all E C Members, Scientific Advisers, by all measures we have accomplished our expected programs.

A big thanks to Chief Editor & team of this bulletin, President Elect, Hon Secretary, Jt Secretary and the Treasurer

All credits to Our dynamic secretary for various programs for the last two months as:

a) **LAPAROSCOPY UNLIMITED BY ZEN MASTERS** on (Sunday) 03.09.2023 @ Chancery Pavilion, Bengaluru

b) **One day CONFERENCE by dept of Surgery NANDI MC & RI** on (Saturday) 16.09.2023, @ MNCRI Chikkaballpur.

c) **FINANCIAL OPPORTUNITIES FOR DOCTORS** - 24.09.2023 (Sunday) @ Fortis Hospital

d) **ROBOTIC HANDS-ON WORKSHOP** (for Heads of the Surgery dept of the Hosting Institutions) 15th (Sunday) October 2023 @ Intuitive Surgical India Pvt Ltd -Rmz, Bengaluru,

All the above events were in collaboration with SSBASICC.

Major sponsor's for the above events were, Dept of Surgery Fortis Hospital & Sun Pharma, Dept of Surgery Nandi Institute of Medical Sciences & RI, Motilal Oswal and Intuitive Surgical India Pvt Ltd. Bengaluru

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 encouraging Postgraduates to attend MCM's

I seek the same cooperation and requesting you to encourage all the Postgraduates to register for the upcoming Basic Surgical Skills Course on 19th Nov 2023 @ BMCRI, & 49th Prof B Hanumaiah Memorial National Continuing Surgical Education Program between 19 - 24 November 2023 @ Bangalore Medical College & Research Institute - Auditorium



Message from Presidents Desk...

Lecture & Prestigious Orations by Eminent Surgeons of Karnataka and Members of SSBASICC

a) **Dr Srinath B S** to deliver The Prof B Hanumaiah Memorial Oration on 25th Nov 2023 (Introduction by Dr Vishnu Kurpad)
Topic : "CHOICES & DILEMMAS IN CHOOSING CORRECT THERAPY IN CANCERS"

b) **Dr Aravind Gubbi** to deliver the Prof M Authikeshavalu Memorial Oration on 25th (Introduction by Dr Harish N S)
Topic: "LIFE BEYOND SKIN AND SCALPEL"

c) **Dr Vivek Jawali** to deliver Dr Nithyananda Shetty Endowment Lecture on 20th Nov 2023 (Introduction by Dr C S Rajan)
Topic: "EVOLUTION OF INDIAN CORONARY SURGERY"

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 Poetry Competition, and Family together apart from Monthly Clinical Meeting hosted by M S Ramaiah, Rajarajeswari and ESI C Medical Colleges &

General Body in Dec 2023. Also, Cricket, Tennis, Table Tennis Tournaments, Recognition of our legendary surgeons from Bengaluru by ASI and many many more surprises in the pipe line.

I wish you all happy Deepavali!

Welcome all the esteemed Members to :
Dr Nithyananda Endowment Lecture on 20th (Monday) Nov 2023@ 6th Floor, BMCRI Auditorium.

Prof B Hanumaiah Memorial Oration on 25th (Saturday) Nov 2023 @ GBR Hall, Capitol Hotel, Rajbhavan Road, Bengaluru

Prof M Authikeshavalu Memorial Oration on 25th (Saturday) Nov 2023 @ GBR Hall, Capitol Hotel, Rajbhavana Road, Bengaluru.

Dr C S Rajan, Dr Gurushanthappa Quiz Masters team will be conducting the Dr K S Shekar State level Surgical Quiz Program

This year it is a huge success in getting 6 presenters for the Millennium Gold Medal Awards Papers Presentations during the National CSEP 2023 which will be held on 21st Tuesday Nov 2023@ 6th Floor, BMCRI Auditorium.

Thank the almighty for everything that we have accomplished so far, and all good luck to everything to you all in the future".

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

Dr Venkatesh K L
President -SSBASICC



Message from Honorary Secretary...

SSB- Golden Jubilee year 2023

Dear SSB Members,

Happy Karnataka Rajyotsava & Greetings of the festive season,

The Golden Jubilee year has been a roller coaster ride and lots of academic and sociology- cultural activities organised by an enthusiastic team of office bearers 2023. Grateful to each one of them for participating and contributing individually. 🙌🙌

Nov 5th (Sunday) Nandi Hills trek was a great experience. Thanks to Shivram Sir & Dr Prashant Murthy for organising it impeccably

Looking forward,

November is also the month of the main CSEP event and the entire EC team is geared up for putting up a good show.



Humble request to all SSB members to promote and encourage Surgery PGs to register and make the most of this 49th year- Prof B Hanumaiah National CSEP 2023 in association with BMCRI.

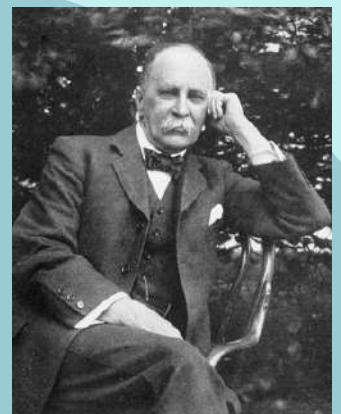
Parallely the Indian cricket team is standing on top of the points table and wishing success in their world cup matches.

There's more to life...

Dr Manish Joshi
Hon Secretary- SSBASICC

To study the phenomena of disease without books is to sail an uncharted sea, while to study books without patients is not to go to sea at all.

William Osler. Aequanimitas 'Books and Men.' 1914:220





Golden Jubilee Year 1973–2023

Honoring of the Past Presidents of the SSB

Recognized by
Dr Ravishankar H R



Recognized by
Dr Madan Mariyappa



Dr.M.N.Subramanya



- MBBS: KMC Manipal. MS (General Surgery) Bangalore Medical College-1966.
- Registrar and Lecturer in BMC-Victoria Hospital 1966-73. Resigned to get into private practice. Founded 'Bangalore Hospital'.
- HOD SURGERY -1991-2009. Retired from active practice to move to Mayasandra
- **President-- SSBASICC 1982-83**
- Founded 'Navanirman Charitable Trust' which runs School for Autistic and under privileged children
- Formed organic and Scientific farming group to educate and help Local Farming
- Brilliant sportsman and athlete who won many accolades including silver medal in national 400 meters relay.
- Philanthropist and naturist with interest in wild life and bird watching.
- Good Surgeon with Vast array of surgeries

Dr B Mariyappa



- MBBS- Mysore Medical College - 1957
S - (General Surgery) Mysore Medical College -1964
- Lecturer - BMCRI - 1969
- Worked under Dr K Krishna Murthy / Dr M Authikeshavalu
- Worked in various capacities in Govt Services. Worked at Mysore Medical College, Bellary Medical College, Hubli Medical College
- Took Voluntary retirement from services & joined KIMS, Bangalore in 80's as Principal / Prof & HOD Surgery.
- President of SSBASICC 1983-84
- He was a meticulous, safe, disciplined Surgeon and his Bedside clinics were popular.
- Mysore Medical College - Surgical Block was known as Mariyappa Block



Golden Jubilee Year 1973-2023

Honoring of the Past Presidents of the SSB

Recognized by Dr C S Rajan



Dr A Joseph Antony



- Born in Burma, Schooled in Trichy. MBBS from Stanley MC, to USA / Canada FRCS(Can.). Trained in Urology returned to India in early 1970s
- Did 'Pool Officer' year, at B&LCH. Joined SJMC as Assist Prof and worked at SMH...(& SPH..!). Moved to SJMC as Prof Of Urology...set up the Dept there
- Brought Trans-Urethral Resection of Prostate into Bangalore, and organized the FIRST TURP workshop in the country!
- **12th** President SSB 1984 - 1985
- Outstanding Teacher & Clinician, Kind Examiner. Very, very Skilled Surgeon.... Soft, Sure Hands
- **FOUNDER MEMBER**
 - Bangalore Surgical Society
 - Bangalore Urological Group
 - Karnataka Urology Society

Gp Capt U S Pruthi



- Humble Parentage, Was a Licentiate in Medicine. Did MBBS from Kolkata
- Joined Air Force, Did MS from Kanpur. Posted in BLR Command Hospital in Early 1980s...!
- Soft Spoken, very, very kind teacher / examiner. Portly surgeon...!
- Very Regular at SSB meets, quickly became friends with all of us, and rose to be President SSB in 1985
- **13th** President SSB 1985-1986

During the operations against Pakistan in December, 1971, Squadron Leader Ujjal Singh Pruthi was serving as a surgical specialist in an Air Force Hospital in the Eastern Sector. It was entirely due to his foresight and planning that the hospital could meet all demands placed on it. With his professional knowledge and administrative ability, he stepped up the hospital to a high state of efficiency. As the battle casualties started pouring in, he single-handedly carried out surgical operations for long periods. On one occasion, 41 casualties were attended to and emergency operations

was entirely due to his foresight and planning that the hospital could meet all demands placed on it. With his professional knowledge and administrative ability, he stepped up the hospital to a high state of efficiency. As the battle casualties started pouring in, he single-handedly carried out surgical operations for long periods. On one occasion, 41 casualties were attended to and emergency operations carried out in a period of 48 hours. On another occasion, when 22 casualties were brought in, he worked in the Operation Theatre for 36 hours at a stretch. The hospital treated 148 battle casualties during a period of ten days. As a result of prompt attention, all the cases were saved without losing a single life.

Throughout, Squadron Leader Ujjal Singh Pruthi displayed professional skill and devotion to duty.

Authority: Notification No. 108-Pres/72 dated 23rd September, 1972 published in Part 1, Section 1, Gazette of India dated 7th October, 1972. Unit: Air Force Hospital, Jhohat.



Best Poster- Sept

Dr. Nithya Ravichandran
BMCRI, Bengaluru



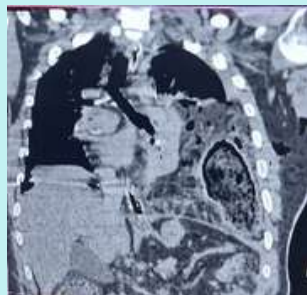
Title: Traumatic diaphragmatic hernia disguising as primary spontaneous pneumothorax"

Case Report-A 30 year old male, presented with dyspnoea since 1 week , pain abdomen and vomiting since 4 days. He gives history of lifting heavy weight 1 week back following which he developed dyspnea which was MMRC grade 1 and had progressed to grade 4. Examination revealed tachycardia, tachypnoea with tracheal deviation to right and absent breath sounds over left hemithorax.

Investigations

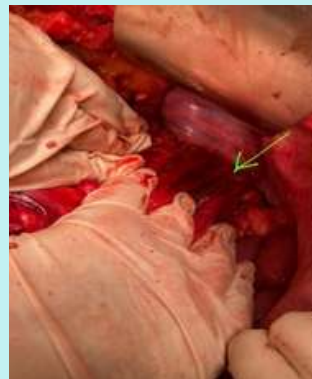
Chest Xray showed massive left sided pneumothorax. Left side ICD insertion was done considering primary spontaneous pneumothorax, but feculent output was noted in ICD. On further provoking, patient gives history of RTA 8 months back which was treated conservatively.

CECT Abdomen with chest done revealed herniation of abdominal content into left thoracic cavity through a left diaphragmatic defect with intact ICD, ruling out iatrogenic injury.



Operative findings:- defect of 7*5cms was noted in left hemidiaphragm with evisceration of transverse colon and greater omentum with a perforation in the transverse colon of 1*1cm.The.

Surgery-The herniated contents were reduced and the defect was sutured. Gangrenous segment of transverse colon and greater omentum was resected and a right sided end colostomy and left sided mucus fistulawas done. Postoperative period was uneventful and patient was called back after 5 months and stoma reversal was done .



Discussion: Traumatic diaphragmatic hernia usually present months to years later, after the initial injury. It is probably due to the temporary plugging of the diaphragmatic defect by the omentum and the viscera or maybe the rupture may not have occurred immediately but it may have developed in a necrotic diaphragmatic muscle. Hence, delayed presentation.

Conclusion: Traumatic diaphragmatic hernia should be considered as a D/D in a case of primary spontaneous pneumothorax. Detailed history taking is a must for early diagnosis of this life-threatening condition.



Best Poster- Sept

Dr. Anil Dev

BMCRI, Bengaluru

Title: Intramuscular infiltrating Angiolipoma with osseous metaplasia in an adult- a case report



Case Report-A 55 year old female patient presented with swelling over right shoulder joint since 1 years. Which is gradually progressive in nature. And since 6 months she is having pain over the swelling.

Clinical examination revealed well-circumscribed Swelling of 15*10cm in size over the right shoulder with tender on palpation, soft in consistency with bosselated surface .skin was pinchable over the swelling .it was restricting the shoulder joint movement. The preoperative clinical findings suggested a benign swelling

Ultrasound-A well-defined solid hypo-echogenic subcutaneous mass located in the right shoulder suggesting lipoma.

Fine-needle aspiration (FNA)- lipoma with mature adipocytes.

MRI - lesion of 7.6*9.3*5.8 cm well defined hyperintense , well circumscribed lesion with internal septations showing fat suppression in intramuscular plane of right shoulder suggesting intramuscular lipoma with possibility of sarcomatous transformation.

Operative finding-Mass was excised. it was non encapsulated, yellowish lobulated mass with calcified lesions over the medial surface. post operative recovery was fair, with normal shoulder joint movement and discharged on postoperative day 3.



Histopathologic examination showed non encapsulated, most probabyl infiltrating intramuscular angiolipoma with osseous metaplasia. microscopically tumor was composed of thin walled blood vessels with mature adipocytes and clusture of osseous metaplasia.

Conclusion- Giant angiolipomas of the upper extremities are extremely rare but, if they occur, appropriate workup must be done to exclude malignancy. Angiolipomas should be included in the differential diagnosis as a rare histological type of a giant lipoma. Resection is associated with cure in most patients. Regular follow-up of these lesions should be considered.





Best Paper-Sept

Dr Kruthika Prasad G
BMCRI, Bengaluru.

Title:"An adaptation of computer vision of artificial intelligence (AI) for the assessment of postural ergonomics in laparoscopic surgery"



Introduction ;-

Ergonomics is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, in order to optimize human well-being and overall system performance. Physical ergonomics includes working postures, materials handling, repetitive movements, work related musculoskeletal disorders, workplace layout, safety and health.

The concept of postural ergonomics evolved as a topic of interest in laparoscopic surgery with the increase in prevalence of work related musculoskeletal disorders among laparoscopic surgeons, which has been reported to be as high as 74%.

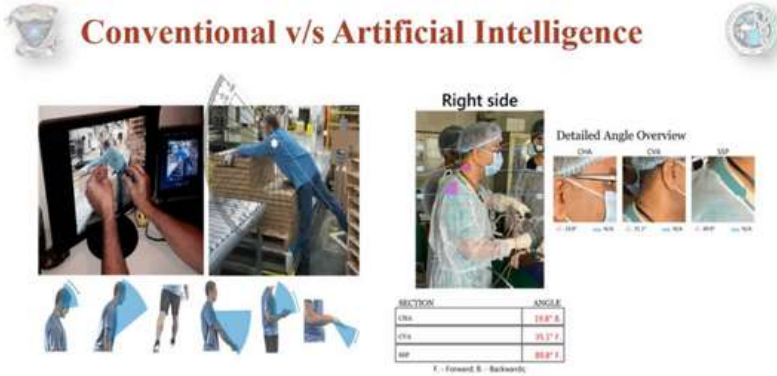
The existing methods to assess postural ergonomics are scores such as Rapid Upper Limb Analysis (RULA) or Rapid Entire Body Analysis (REBA). These have the disadvantages of being cumbersome, time consuming and often require the presence of an expert for the analysis.

Artificial Intelligence is the simulation of human intelligence processes by machines, especially computer systems. Computer vision is a branch of AI which works on the principle of recognition and combines concepts, techniques, and ideas from digital

image processing, pattern recognition, artificial intelligence and computer graphics. Computer vision of AI is used in assessing postural ergonomics for work related musculoskeletal disorders in various fields like construction workers, industrial workers and desk job workers. The advent of artificial intelligence has opened a new horizon for the assessment of ergonomics. It is much easier, less time consuming and more accurate approach to assess ergonomics as opposed to the traditional methods like using scores such as Rapid Upper Limb Analysis (RULA) or Rapid Entire Body Analysis (REBA).

This study is an attempt to use the technology of computer vision of artificial intelligence and to assess the postural ergonomics of laparoscopic surgeons.





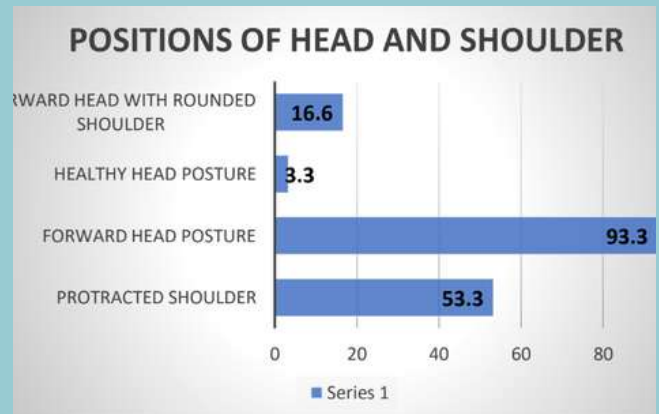
Research Methodology

- Study design: Prospective observational study
- Study period: Nov 2022 to Jan 2023
- Place of study: Victoria Hospital
- Source of data: Department of General surgery, Victoria Hospital, BMCRI.
- Sample size: 30 laparoscopic surgeries
- Institutional ethics committee clearance obtained.
- Assessment tools:
 1. AI posture evaluation software
 2. Data analysis done using SPSS 23 software

Laparoscopic surgeons were observed while performing various laparoscopic surgeries. Postures held for more than 30s and repetitive movements were photographed and imported onto an AI posture evaluation software. The software detected various facial and neck

landmarks and then calculated parameters such as Cranio-Horizontal angle, Cranio-Vertebral angle, Straight Sagittal Posture.

Results: Among the 30 scenarios, 16(53.33%) showed rounded/protracted shoulder posture. Forward head posture was present in 28(93.3%) scenarios, healthy head posture was present in 1(3.33%) scenario. Forward head and rounded shoulder posture was present in 5(16.66%) scenarios.



Conclusion: The use of Computer Vision of Artificial Intelligence for assessment of postural ergonomics in laparoscopic surgery is much easier, quicker and more accurate.



It is the surgeon's duty to tranquillize the temper, to beget cheerfulness, and to impart confidence of recovery.

— Sir Astley Paston Cooper
The Lectures of Sir Astley Cooper (1824), 30



Best Poster-Oct

Dr. Yamuna P

Kempegowda Institute of Medical Sciences

Title- "Chasing shadows - A unusual presentation of an axillary swelling in a male patient "



Case Report-60 years male presented with swelling and pain in left axilla for 5 months. On examination, there are 2 swellings in left axilla measuring of 4×4cm and 3×3cm each, firm to hard in consistency, smooth surface irregular margins, skin over swelling not pinchable, restriction of mobility of swelling in both directions. No abnormality noted on examination of bilateral breast and no lymphadenopathy

Investigations-Soft tissue scan of left axilla showed solid lesion with internal vascularity seen in superficial and muscular planes. MRI scan showed 2 discrete swelling noted in subcutaneous plane of left axilla. FNAC of swelling suggested positive features of malignancy of adnexal origin.

Surgery- Wide local excision of 1cm clear margin and biopsy under general anesthesia

Histopathology report of excised specimen showed features suggestive of MUCINOUS CARCINOMA OF SKIN



IHC showed ER strong (+ve), GATA3(+ve)

PET CT report showed metabolic active lesion in right lung UL, small bilateral lung nodules and mediastinal lymphnodes likely representing carcinoma of lung with metastasis.

CT guided lung core biopsy lesion suggestive of metastatic mucino adenocarcinoma IHC showed GATA 3 (+ve), AR (+ve), CK COCKTAIL (+ve), favors metastatic mucinous breast carcinoma. Occult breast cancer (OBC) is metastatic breast cancer without an original breast tumor



Discussion- Breast cancer is rare in men, accounting for less than 1% of all cases of breast 0.3% to 1.0% of breast cancer cases are OBC. Mucinous carcinoma, which is special type of breast carcinoma, is one of rare breast tumors, accounting for 1.3% to 5.4% of all breast cancer. The importance of carefully histological examination and IHC staining was particularly emphasized in the diagnosis of OBC.



Best Paper-Oct

Dr. Mithun P B

Kempegowda Institute of Medical Sciences

Title- ""Comparison Of Postoperative Pain In Milligan-Morgan Hemorrhoidectomy With And Without Sphincterotomy""



Introduction : Hemorrhoidectomy being the main stay of treatment for hemorrhoids , The raw area created by the open hemorrhoidectomy technique by itself can create significant pain & also act like a surgical fissure causing reflex sphincteric spasm causing excruciating pain. We in our study evaluate the effect of lateral internal sphincterotomy with Milligan Morgan haemorrhoidectomy on postoperative pain and post operative bleeding.

Aim: Comparison Of Postoperative Pain In Milligan-Morgan Hemorrhoidectomy With And Without Sphincterotomy

Objectives: To assess and compare the outcomes of sphincterotomy against no sphincterotomy following Milligan Morgan hemorrhoidectomy in terms of postoperative pain and bleeding.

Methods: Patients included were randomly divided into Group A who underwent Milligan-Morgan hemorrhoidectomy with lateral internal sphincterotomy and Group B who underwent only Milligan-Morgan hemorrhoidectomy. Post-operative pain was assessed using visual analogue scale

and the need for rescue analgesia in each group was given the same and documented 12 th ,24hr,72hr,7 th ,14 th day postoperatively. Postoperative bleeding was also assessed on the same days.

Results: Out of 50 patients who were included in the study, Group A(25) patients had maximum pain and needed maximum dose of rescue analgesia on 12th hourly postoperatively compared to Group B(25). Group A patients also had maximum postoperative bleeding on day 1. Both postoperative pain and bleeding showed a significant reduction in the following postoperative days in Group A which was statistically significant.

Conclusion: Even though the study has been conducted many time there is still no definitive method to relieve pain following hemorrhoidectomy. We from our study opine that addition of lateral sphincterotomy decreases pain and the need for additional analgesia in a significant number of patients it is effective , convenient and simple way to reduce postoperative pain and bleeding. The study is ongoing and needs to be done on larger sample size to conclude.



Laparoscopy Unlimited by ZEN MASTERS-03.09.2023

LAPAROSCOPY UNLIMITED BY ZEN MASTERS was organized by Sun Pharma in Association with Surgical Society of Bangalore ASI city branch. Live streaming of Surgeries was done (All over the country & from various centers) at Auditorium - Chancery Pavilion, Residency Road, Bengaluru .from 9-00am to 5-00pm.

Sessions:

- i)Laparoscopic Splenectomy, ii) Laparoscopic Cholecystectomy.
 - i) Metabolic Fatty Liver Disease ii) Updates in Coronary Artery disease
- Important topics covered were Gastroenterology, Cardiology, Rheumatology, Diabetology and Nephrology.



Registration was free. 120 members participated. (Includes PG's & Consultants & Senior Surgeons)

Dr H V Shivaram – Chairman KSCASI was also present in the Program.



This live streaming program was Successful, and well Appreciated





CME Cum Workshop on “Coloproctology Trends in Benign Anorectal Diseases” on 16. 09. 2023

One Day Conference was organized by Dept of Surgery – Nandi Medical College & research Institute, in Association with Surgical Society of Bangalore ASI City branch on Coloproctology Trends in Benign Anorectal Diseases at NMCRI Auditorium – Chikkaballapur, Bengaluru Dist from 9am to 5pm.

Free registration for SSBASICC members, around 150 members participated. (Includes PG’s & Consultants & Senior Surgeons) Two Credit points were accredited for this conference by the Karnataka Medical Council.

Guest of Honor–Dr H V Shivaram, chairman KSCASI

Chief Guest–Dr Mahesh Kumar S S-DHO Chikkaballapur



Organising Chairman : Dr Sunil S Joshi

Organising Secretary: Dr Aruna C M



Course Instructors

Dr Manish Joshi

Dr Wasim Dhar

Dr Rajashekhar

Mysuru



Faculty

- Dr Venkatesh K L – President SSBASICC
- Dr Wasim Dar
- Dr Rajshekhar M R
- Dr Sudarshan P
- Dr Shimikore S S

- Dr Murthy Kumar
- Dr Prashanth S Murthy
- Dr K Lakshman
- Dr L N Mohan
- Dr Kalaivani V
- Dr Madan



Details of sessions

- Surgical anatomy of anorectal region
- Radiological perspective in anorectal surgery
- Locoregional anaesthetics techniques in colorectal surgery
- Newer trends in anorectal surgery
- Follow up and complications
- Panel Discussion
- Live Operative workshop



Seminar on Financial opportunities for doctors on 24.09.2023

One Day Seminar on Financial Opportunities for Doctors was organised by Dept of Surgery – Fortis Hospital in Association with Surgical Society of Bangalore ASI City branch. At Fortis Hospital Auditorium, Bengaluru from 11:00am to 2:00pm.

Speakers

- Vishal Gupta
- Rishab Marda

Knowledge Partner: MOTILAL OSWAL

Courtesy : Fortis Hospital – Auditorium



Dr H V Shivaram – Chairman KSCASI was also present for the Program.

This enlightening seminar by financial experts talk on investing hard earned money in stock market and private equity sector was a Successful program, Association Members present have Appreciated the Sincere Efforts of All our Surgeons & SSBASICC Activities.

Registration was free for SSBASICC members. Around 50 members participated. (Includes PG's & Consultants & Senior Surgeons)



Robotic hands on workshop on 15.10.2023

Robotic hands on workshop was held on 15 Sunday October 2023 @ Intuitive Surgical India Pvt Ltd -RMZ millennia 5th floor, Bengaluru 9-30am to 3-00pm.

This training was for Heads of the Hosting Institutions of SSBASICC (HOD'S Special only).

Robotic Basic * *Simulator Workshop*

Workshop was conducted by SSBASICC in collaboration with Da Vinci (Intuitive Surgical India Pvt Ltd).



Ten Select participants benefited from the hands on workshop*

Robotic Basic Hands on-Simulator workshop for HODs Oct 15th,2023 (Sunday)

- Dr Venugopal K (Prof & HOD -CDSIMER)
- Dr Ramesh B S (Prof & HOD -BRAMCH)
- Dr Ravishankar H R(HOD -Sagar Hospital)
- Dr Venkatesh K L (President -SSBASICC)
- Dr Vijaylakshmi G N (Prof & HOD Bowring & LCH)
- Dr Madan M (Prof & HOD-BGS GIMS)
- Dr Srikanth K Aithal (HOD-ST MARTHAS H)
- Dr Hanumantaiah K S (Prof & HOD - Rajarajeswari MCH)
- Dr Sridhar M (Prof & HOD ESI C MC PGIMSR)
- Dr Chandrashekar N (Hon Secretary KSCASI)

Facilitators:

Dr Venkatesh K L

Dr Manish Joshi

Mr Pankaj Singh - Senior CSE (Da Vinci team)





An Interview with Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.



Consultant Urologist, Rangadore Memorial Hospital – Bengaluru

Previous positions

- Lecturer Institute of Urology, London , U K
- Clinical fellow (Ped Urology), Hospital For Sick Children , Toronto , Canada.
- Consultant in Bengaluru KA, India at:
 - Agadi Hospital
 - Maiya Multi Specialty Hospital,
 - Wockhardt Hospital
 - Mallya Hospital
 - Brindavan Nursing Home
- Honorary Prof of Urology Kolar Medical College Kolar
- Founder Director of SRTE(Sri Research for Tissue engineering) and Cancyte Technologies Bengaluru , KA
- Rotating Trustee, Bangalore Medical college Alumni Association, KA

Certifications

- (M B B S), 1977-BMCRI- Bangalore Medical College and Research Institute
- L.R.C.P.(London) M.R.C.S(Eng)
- F.R.C.S. (Ireland)
- F.R.C.S. (Edinburgh).
- F.R.C.S (London).
- F.R.C.S.(Glasgow)
- F.R.C.S. (Urology, Canada)

Other qualification examinations passed

- TRAB conducted by G M C (UK).
- ECFMG
- VQE
- LMCC.
- FLEX
- American Board of Urology



Innovator, Avid Researcher, Passionate Surgeon- Dr Sridhar K. N.

Sir, please share some glimpses of your journey.

"I was Born in Bengaluru, India where my father was a Professor at Chamarajendra Sanskrit College, Chamarajpet (Presently Sanskrit University of Karnataka) and my mother was a home maker. I did my Primary education at the Corporation school in Chamarajpet and Later studied at National High School in Basavangudi. After finishing school I joined Bangalore Medical College, graduating in 1977. I then Pursued further studies in England, training in General surgery and associated specialties like, Plastic surgery, Vascular Surgery, and Urology. I spent a year at the Institute of Urology in London as a Lecturer after which I continued my urology training at The Health sciences center in Winnipeg, Manitoba , holding the positions of senior and chief resident and completed the Canadian Board of Urology certification. This was followed by a year of Clinical fellowship in Pediatric Urology at the Hospital for Sick Children in Toronto. I returned to India in 1986 and set up practice in Bengaluru"



BMC Cycling gang



With parents

What memories of your childhood would you like to share?

"My childhood was a happy one specially my years at National high school. It felt like a close-knit community with great, committed teachers and fantastic classmates. The school's large playground enabled us to participate in a variety of sports which have left special memories that I still cherish. My life was joyful and full of activities but had its own challenges. Due to proximity to Victoria and Vani Vilas Hospital our modest home often hosted family and others from our native south Canara who were seeking medical treatment and had no place to stay for the duration of treatment. This tested the whole family's resilience since my siblings and I had to make a lot of adjustments but it also taught me from my parents the values of Empathy, compassion and helping those in need.



Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.

Why did you choose Medicine?

“At the young age of 15 after finishing my schooling I had no clear picture of what to do next. Given the trend of pursuing Engineering in the family it was my father who suggested that I take up Medicine. Following his advice I joined The Bangalore Medical college in the merit list.”

Why did you choose Surgery?

“During my MBBS years I formed a close-knit group of friends who were academically orientated and we engaged in daily discussions on various topics which helped for better understanding of the subjects. The group expanded to include juniors and seniors from the college creating an intellectually stimulating group. One of our esteemed teachers was the well known surgeon Prof C Vittal who had a couple of FRCS to his credit. He was our mentor and a role model. He was a great source of inspiration to me. As a surgeon and teacher he was remarkable, and under his guidance I developed a keen interest in surgery.”



With H Narasimhaiah

Why did you pursue Urology?

“After receiving extensive training in Plastic surgery , Vascular surgery, and general surgery in the UK , I felt that Urology encompassed elements of all these disciplines making it very comprehensive. Having an idea of returning to India and recognizing the potential impact of urology on Indian patients I secured a position at the prestigious Institute of Urology where I had the opportunity to work alongside the pioneers in the field. Their expertise and dedication inspired me further to choose Urology as future medical path for me.”



Mrinalini Vikram Sarabhai at wedding

Tell us about your PG life.

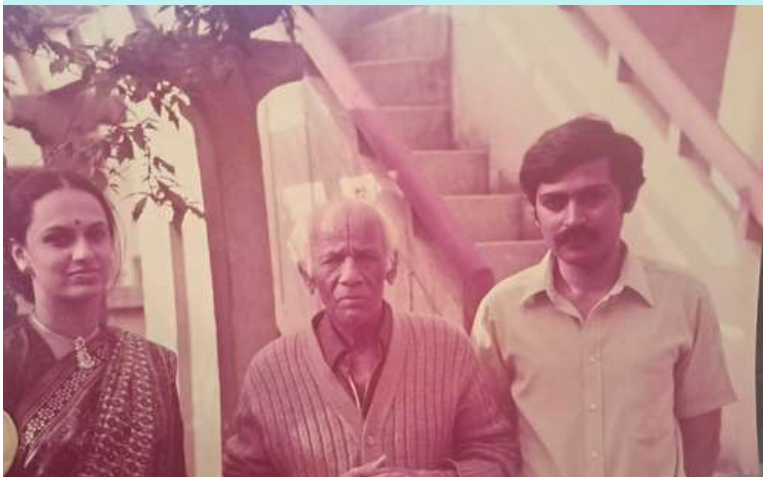
“I consider myself fortunate to have had teachers who recognized our commitment to gain knowledge and work on improving our skills. They encouraged us in every way that was possible and their guidance was pivotal in nurturing our interest to be technically proficient As compared to the training I went through in UK and Canada today’s modules for training are more structured providing a good , comprehensive training and educational programme. In our times we had limited opportunities for broad based training. Although I was fortunate to have mentors who trained me systematically which helped me to get a good grounding for the future”



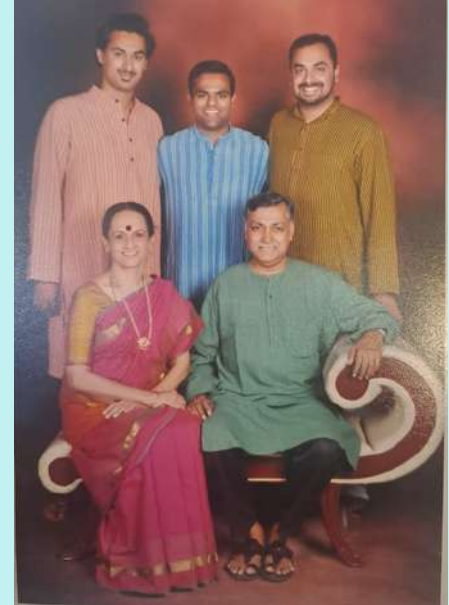
Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.

What challenges did you face on your return from abroad?

“In Bangalore during that time, Urology wasn't a separate specialty; most practitioners combined General Surgery and Urology. Focusing exclusively on Urology was met with skepticism, and endoscopic Urology procedures like TURP were in their early stages. To address this gap, we introduced endoscopic Urology to the region, importing equipment and pioneering innovative solutions for essential tools like stents and catheters. Collaboration with Urologists from southern India led to the development of these products, which are now used worldwide. We also supported Hebson Surgical Company, enhancing the production of medical instruments. In those early days, corporate collaborations and insurance coverage were limited, so we subsidized patient care and established three charitable trusts to ensure accessibility and affordability of quality healthcare for all.”



**With Jnanapeetha Awardee
Masti Venkatesha Iyengar**



Family pic

What influenced you to choose the path of charity service?

“The most significant influence on my career was my father, who urged me to “Get trained and come back to serve” when I decided to train in England this principle guided my path. I've received support from many, and I remain committed to providing accessible outpatient services to all, regardless of their financial or political status. I initially worried about accessibility due to my qualifications, but I've learned that maintaining empathy and delivering the best service is crucial, whether in charitable or corporate settings. I believe the standard of care should be consistent. I've practiced in both corporate hospitals and charitable institutions, finding the latter more fulfilling. Serving economically disadvantaged individuals and making a positive impact on their lives is my driving force in medicine.”



Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.

Can you remember any incident which you feel special?

Upon my return to India I decided to work with the country's premier Urologist Dr H.S Bhat. He mentored me sharing invaluable insights into Urology and the one year I spent with him enriched me and gave more clarity to medical practice in the Indian scenario. When he shifted his practice to Puttaparti he advised his patients in Bengaluru to follow with me. It is from him I inherited a substantial patient base who came to me due to the trust and expertise that had been instilled in me by Prof H S Bhat.

Tell us about your Mentors

- **Dr. H. S. Bhat** was an extraordinary figure, embodying ethical values, human values, and surgical excellence. He was not only a remarkable surgeon, but also an exceptional human being. His dedication to patients and down-to-earth nature were inspiring. I recall an incident when he arranged for a patient's cremation after the patient passed away during his rounds, demonstrating his deep compassion and commitment to those in need. Dr. Bhat also helped me to participate in establishing the Urology department at Puttaparthi, where he had relocated.
- **John Wickham**, a pioneer in kidney stone surgery and the Director of the Institute of Urology in the UK, was another influential figure in my life. He was a great visionary in research, innovation and clinical practice Working with him closely has

had a great influence on my academic interests which I am keenly pursuing today.

How different is medical training in India as compared to the training abroad?

“Indian medical training offers the advantage of excellent teachers, high patient volume, and hands- on experience, enriched by camaraderie with classmates. British training emphasizes structured clinical education and deep patient care understanding, while American training incorporates advanced technology to reduce errors and malpractice risks. To blend the strengths of both, I recommend a foundation in basic training in India for clinical exposure, followed by post-graduate training abroad, particularly in the UK and the USA, for structured and advanced education in the desired field. This combination offers a well- rounded medical education.

There are differences in working hours, with many foreign countries limiting them to prevent fatigue. In India, doctors are often expected to be available 24/7 for emergencies.

Medical training abroad places greater emphasis on academic activities like teaching and research. In India, clinical experience, patient care, and seniority also play significant roles, but there's a growing recognition of the importance of research and teaching in the medical community”



Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.

What would you have become if not an Urologist?

“I would have probably pursued a career as a Pathologist, which was infact my first choice. Our pathology teachers were excellent particularly Dr Krishna Bhargava who had remarkable ability to explain diseases in a very methodical, creative and engaging manner which thrilled me then and later opened up the exciting journey into Molecular biology which forms a major part of my research work today.”

Affiliations

- Indian Urology Association.
- Southern Urology Association.
- Karnataka Urology Association.
- Tissue engineering and regenerative medicine society (TERMIS,USA).

What are your views on research in India?

“Engaging in research can be challenging in our environment due to limited research infrastructure and regulatory authorities. While we have long-standing associations with institutions like IISc and NCBS, advancing to higher levels, especially in productization, remains a significant hurdle. A notable concern is the absence of well-defined guidelines in fields like tissue engineering, which we initiated almost 12 years ago. This lack of regulatory guidance hinders the translation of research into practical applications. Meaningful research often demands a significant time and effort commitment, potentially requiring a sacrifice in clinical work. This highlights the importance of genuine passion for research to be truly dedicated to it.”



With John Wickham

Being the founder director of Cancyte technologies can you please tell how was it started?

“Cancyte technologies is a Basic research Centre for tissue engineering and molecular Biology. It was founded because I consider research is essential for surgeons to enhance clinical skills and improve patient care. I believe everyone in the medical field should actively engage in research, benefiting both individual patients and society at large.

In my daily routine, I perform surgeries in the morning and dedicate my afternoons to research center, collaborating with institutions like Shankara Cancer Center, IISc, and biotech students from PES and BMS.

During the COVID-19 pandemic, our molecular biology division provided PCR testing for government agencies.

Cancyte technologies offered free HLA typing for Infosys Foundation and BMC Alumni Association. Our commitment to research continues, focusing on infectious panels and cancer diagnostics, emphasizing the importance of research in medicine.



Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.



After getting NABL Accreditation for Cancyte

Research

- Founder director for tissue engineering division since 2009- Involved actively in cell culture technologies of growing Skin, Buccal mucosa, Muscle, Amnion & Adipose derived stem cells.
- Founder director of Cancyte technologies involved in reliable and affordable diagnostic tests for infectious diseases & HLA typing

Books and Chapters

Clinical relevance of Tissue Engineering by K.N. Sridhar and Daniel Miller in 'TISSUE ENGINEERING AND REGENERATIVE MEDICINE' A Nano Approach. Edited By Murugan Ramalingam, Pekka Vallittu, Ugo Ripamonti, Wan-Ju LiPP 519-531, CRC press, 1ST EDITION 2012.



With Colleagues in Institute of Urology

Other activities

- Indigenized the plastic tubes used in urology and helped to start a company to manufacture these in 1988.
- Involved in Indigenizing the operations for Stress urinary incontinence and operative hysteroscopy.
- Involved in starting a forum called; 'Ideas and Innovations;' for South zone urology association in 1989.
- Managing trustee of The Urology and Philanthropy trust which helps in financial aid for poor patients since 1995.
- Served on the Executive committee of Krishnamurthy foundation school and Sanskrit Vidyapeeta for over 6 years.

Which are your,

Favorite Places: I have a strong affinity for Bangalore. I don't travel extensively.

Favorite Books: I have a deep interest in spirituality, and my favorite book is the Bhagavad Gita.

Extracurricular Activities: I enjoy practicing Yoga and swimming.

Favorite Food: I relish vegetarian cuisine, without any specific preferences.

Lectures and Oration

- Prestigious Dr H S Bhat oration at the Southern urology association meeting in Belgaum 2009.
- Regular speaker at the Bangalore science forum on annual basis.
- Participated in spreading health awareness to public through NGO 's.



Innovator, Avid Researcher, Passionate Surgeon – Dr Sridhar K. N.

Gratifying incidences?

The inception of our tissue engineering division had a deeply humane catalyst. It began when a patient, who was a manual laborer required regular urethral stricture dilation, and expressed the need for a more permanent solution to avoid constant visits. This led to the idea of cultivating grafts for stricture treatment.

In 1988, we performed a complex exstrophy repair surgery on a child at Sindhi Hospital, a procedure not widely done at the time. Despite their limited means, we provided the surgery free of charge to the child's family. We lost contact with them for nearly 25 years, but one day, the mother reappeared at our facility with young man on whom I operated when he was child. She started crying looking at me so much that her saree was wet with tears. Witnessing her gratitude and emotions after a quarter-century was a heart-warming reminder of the lasting impact medical professionals can have on their patients' lives.

What is the key to your success?

I believe that compassion for our people and the desire to help have been the driving forces behind everything I have accomplished, such as innovating equipment, pioneering operations, establishing research centers', and publishing. All of these efforts are motivated by a deep-seated desire to enhance health care in the society and improve the quality of life



With Dr K G Das , Personal Physician to Mysore Maharaja Jayachamaraja Wodeyar

What advice do you want give to young surgeons?

Divine power provides us with the energy and opportunities for self-improvement, but it's vital to extend that assistance to others as well. My advice is to maintain sincerity, both to yourself and to your patients. This unwavering commitment leads to positive outcomes. Avoid shortcuts and prioritize wholehearted dedication. We should focus on long-term goals and remember our purpose in this profession. While financial success and recognition are attainable, we hold a unique position of power and influence. When you serve the needy honestly, their genuine gratitude is a source of true fulfilment and gives a meaning to life

If you reflect on your life, how do you perceive it?

I find my journey to be incredibly satisfying. I have no regrets, and I've truly relished every moment of it., Looking back there had been more happy moments than unhappy ones, and I am grateful to the Lord for this.



'C S Tips' for a Healthy Mind for World Mental Health Day – 10 Oct 2023.

Theme : 'Mental Health is a Universal Right'.

Mental decline is common, and it's one of the most feared consequences of aging. But this cognitive impairment is not inevitable. Here are 10 'C S Tips' you can use to help reduce your risk of age-related memory loss.

1. Cerebral Stimulation, which implies regular mental exercise and activity. These activities help retain old neuronal connections, besides building up newer connections, thus adding a functional reserve against age induced neuronal loss. Simple word puzzles (like crosswords), and use of learnt maths skills like addition, subtraction, multiplication and division (WITHOUT the use of a Calculator!), retain a lot of brain activity.

2. Concentrate and Solve small tasks, that require manual dexterity and mental effort, like drawing, painting or any other hobby of craft.

3. Create Stamina, in that one should get regular physical exercise. A daily walk, at one's pace of comfort is most useful, along with an active gentle stretch of all muscle groups, is advocated. This exercise will increase the number of tiny blood vessels .

that bring oxygen-rich blood to the region of the brain that is responsible for thought

4. Correct Selection of food intake, ensuring adequate calorie intake (NOT excessive...!), of right foods, and also with enough of the Vitamin B components of B6(Pyridoxine), B9(Folic Acid) and B12(Cyanocobalamin). The green leafy vegetables are a good source of these.

5. Control Sugar and Salt intake, so that one does not have issues with uncontrolled Diabetes or Blood Pressure, both of which are not good for mental health.

6. Cease Spirits (Alcohol) abuse. Controlled intake of alcohol is a social stimulant, but excesses MUST be avoided. Needless to add, **Smoking** is also detrimental to mental health, and should be stopped.

7. Combat Stress. People who are anxious, depressed, or exhausted, tend to score poorly on mental function tests. Learn to walk away from stressful situations. Plan, prepare and do work systematically, so that stress factors are reduced.



Theme : 'Mental Health is a Universal Right'.

8. Companions and Soulmates are very important. One should always be in a circle of likeminded friends and relatives, who offer companionship and cheer. Solitude in the senior years is by far the easiest way to endanger mental function. Make sure you attend as many group activities as possible! Childhood and school friends are life long, and they are the ones who pick up changes in one's persona and abilities, and will be most helpful to help sort or correct the same for you.

9. Cash Sufficiency. Plan one's life and resources, so that economic self- reliance in the senior years is ensured.

10. Comfortable Sleep. Sleep deprivation over time leads to early brain fatigue and poor mental health. Anything less than 8 hours a day is unhealthy



With best wishes for healthy minds for all,
Author-Dr C S Rajan,
Emeritus Consultant Surgeon, Bengaluru

Poetry Corner

Teachers day

To all my respected teachers
Good with knife and them teasers
Daily being our preachers
Making us dream big like sky reachers
They can also be good researchers
Code of conduct non breachers
They have seen all the clinical features
hence want our thoughts to dive deepers
Of our mishaps they're keepers
Of our life they'll be the leaders
Never to stop being dreamers
Cheers to celebrating our teachers



Dr. Srishti Kamath
General Surgery PG
Ramaiah Medical College



Patterns

The first thing that comes to your mind when you hear the word pattern is a pattern that you might have seen recently on a fabric or an abstract painting. Basically a geometric pattern.

Patterns were introduced in our lives from the very start. Each child has a pattern of growth. One is that they would have to stick to developmental goals to be achieved as per age group and then their pattern would be read as normal growth and development. A deviation in the above mentioned pattern would lead to an abnormality that could be corrected or not.

We start drawing shapes in art classes and learn the game of pattern in paintings.

I'm sure you all remember the scenery painting with mountains, clouds and a sun rising with a river stream and a kuccha house with a small road leading to it.

Now this memory lane that you went down was also a pattern. The pattern of thinking. We learn and think in patterns. To teach a new habit you've to make a pattern out of it so as to make our brain code it in similar ways each time you've to repeat the habit.

Thought process involves thinking in a process of chain events where we link one event to an other and picturise what it looked like back then.

It's all about patterns.



What about the mistakes you've been repeating in your life?

Do you see a pattern? I'm sure there is one.

Do you always fall for the same type of person? Do you always end up trusting the same type of best friends who end up back stabbing you? Do you always pick the same red flags? Do you always seek comfort in a certain type of friend? Do you always vibe with the same type of people?

These are the patterns of your behavior. We behave and project in patterns.

Patterns may be healthy or may be toxic for you.

But the gist is it's all about patterns.

Funny thing is to break patterns you follow another set of pattern. This other set of pattern would likely be more customised and healthy for you than the previous one. A pattern that works for you may not work for me and viceversa.



Patterns

So what about these patterns?

We need to recognise our toxic patterns. We need to introspect our repetitive patterns that lead to the same problem every time. We need to break out of these patterns ourselves.

We need to create a pattern of recognising the pre existing faulty patterns in order to grow and develop ourselves in adulthood. As here it's not the innate pattern system. But it's our frontal thinking that leads to creative progression.

If you understand the pattern of an instrument you can conquer music.

If you understand the pattern of an algorithm you can crack the code.

Hence pattern knowledge is key to success.

What do you see common in successful people is a pattern and it is that pattern that attracts you to become like them. If it weren't for patterns you would never aspire to be successful. Ambition is driven through the steps of pattern.



Can you imagine a life without pattern? Could you even imagine a shirt or pant without pattern? It has a pattern of stitch, I mean how absurd would the world be without the concept of patterns! Everything would be chaotic. Traffic wouldn't have a pattern of moving? Computers wouldn't have a standard pattern of keys? Absurd world indeed.

Pattern introduces simplicity and discipline in our lives. It's made our lives easy to process and relate to things. Daily functioning is possible because of patterns! If you notice this write up is in a pattern and a pattern that is unique in identity. You yourself are a unique pattern of patterns chromosomally and cell construct wise. Hence unleash your pattern and let it be mouldable. After all we have this pattern of life once only!



Author-Dr. Srishti Kamath
General Surgery Post Graduate
Student
Ramaiah Medical College



ವೈದ್ಯ ಶಿಕ್ಷಕ

ವೈದ್ಯೋ ನಾರಾಯಣ ಹರಿ,
ಆಚಾರ್ಯ ದೇವೋಭವ,
ಜೀವನದಲ್ಲಿ ಕೆಲವರಿಗಷ್ಟೆ ವೈದ್ಯನಾಗುವ ಭಾಗ್ಯ,
ವೈದ್ಯ ಶಿಕ್ಷಕನಾಗುವ ಪುಣ್ಯ ಸಕಲರಿಗೂ ಅಲಭ್ಯ.

ತಜ್ಞ ವೈದ್ಯನಾಗಲು ಮುಂದಿರಬೇಕು ಗುರಿ,
ಹಿಂದಿರಬೇಕು ಗುರು,
ಜ್ಞಾನ ಕೌಶಲ್ಯವನ್ನು ಧಾರೆಯೆರೆಯಲು....
ಪಣತೊಟ್ಟು ನಿಂತವರು,
ಈ ವೈದ್ಯ ಶಿಕ್ಷಕರು.

ಆರೋಗ್ಯಯುತ ಸಮಾಜಕ್ಕೆ ವೈದ್ಯನೆ ಅಡಿಪಾಯ,
ಉತ್ತಮ ವೈದ್ಯಕುಲಕೆ ವೈದ್ಯ ಶಿಕ್ಷಕನೆ ತಳಪಾಯ,
ಶಿಸ್ತು, ಸಂಯಮ, ಅಧ್ಯಯನ ಇದುವೇ,
ವೈದ್ಯ ಶಿಕ್ಷಕನ ಕಾಯಿದೆ.
ಇವರಿಗಿಲ್ಲಸಮಯ, ಸಂಬಂಧ ಹಾಗೂ
ಅನುಬಂಧಗಳ ವಾಯಿದೆ.

ಜ್ಞಾನದ ಜೊತೆ ಜೊತೆಗೆ,
ಕೌಶಲ್ಯದ ತರಬೇತಿ,
ಕಲಿಸುವ ಮಾಡಲು ಪ್ರಸೂತಿ,
ನೀಡುವ ಶಸ್ತ್ರ ಕ್ರಿಯೆಯ ಪರಿಣಿತಿ,
ಕೌಶಲ್ಯ ನೈಪುಣ್ಯತೆಗೆ ಇಲ್ಲ ಯಾವುದೇ ಪರಿಮಿತಿ.

ಪಾಠದಡೆಯಲ್ಲಿ ಇವ ಕಲಿಸುವ,
ಜೀವನದ ಇತಿ, ಮಿತಿ,
ಜೀವನದಲ್ಲಿ ಕಾಣಲು ಉನ್ನತಿ,
ಸಾಧಿಸಲು ಪ್ರಗತಿ,
ಇವನಾಗುವ ವೃತ್ತಿ ಜೀವನದ ಅಧಿಪತಿ.

ಕಲಿಯುತ್ತಿರುವವರ ಪಾಲಿಗೆ ವಿನಾಯಕ,
ಕಲಿತು ವೈದ್ಯರಾದವರಿಗೆ ನಾಯಕ,
ಇವರೇ ವೈದ್ಯಸೇನೆಯ ದಂಡನಾಯಕ,
ಈ ಸೇನೆಯ ಸಾಮಾಜಿಕ ಆರೋಗ್ಯದ ಆರಕ್ಷಕ.

ಕಾಲಾಯೈ ತಸ್ಮೈ ನಮಃ ಎಂಬಂತೆ,
ಜೀವನದಲ್ಲಿ ತುಂಬಿಹುದು ಚಂಚಲತೆ,
ಅಂದು ಆಚಾರ್ಯರ ವಿದ್ಯೆಯಲ್ಲಿತ್ತು ಮಾಂತ್ರಿಕತೆ ||
ಇಂದು ಶಿಕ್ಷಣದಲ್ಲಿ ಇಣುಕಿದೆ ತಾಂತ್ರಿಕತೆ.
ಈಗ ಎಲ್ಲೆಡೆ ಅಂತರ್ಜಾಲ ಲಭ್ಯ,
ಗುರುವಿಲ್ಲದೆ ಕಲಿಯಲಾಗಲ್ಲ ಕೌಶಲ್ಯ ??
ಎಲ್ಲರೂ ಇಲ್ಲಾಗಲಾರರು ಏಕಲವ್ಯ.

ಏನೇ ಬರಲಿ, ಏನೇ ಹೋಗಲಿ,
ಗುರುಗಳಿಗೆ ಇಲ್ಲ ಬದಲಿ,
ವೃತ್ತಿಯಲಿ ಸಾಧಿಸಲು ಯಶಸ್ಸು,
ಗುರು ನೀಡುವನು ಹುಮ್ಮಸ್ಸು,
ಶಿಷ್ಯನ ಸಾಧನೆ, ಏಳೆಯನು ನೋಡಿ,
ತನ್ನದೇ ಸಾಧನೆ ಎಂಬಂತೆ ಬೀಗುವನು ನೋಡಿ,
ವೈದ್ಯ ವೃತ್ತಿಯಲಿ ಗುರು ಶಿಷ್ಯರ ಭಾಂದವ್ಯ,
ಜೀವನ ಪರ್ಯಂತ ಅನನ್ಯ.

ಎಂದೆಂದಿಗೂ ನೀ ಮುಡಿಪಾಗಿರು
ಆ ವೈದ್ಯ ಗುರುವಿಗೆ ಪ್ರೀತಿ,
ಅದು ನೀಡುವುದು ಆತನ
ವೃತ್ತಿ ಬದುಕಿಗೆ ಸಂತೃಪ್ತಿ.

ವೈದ್ಯ ಜೀವೋತ್ತಮ
ವೈದ್ಯ ಗುರು ಸರ್ವೋತ್ತಮ.

I wish a very happy teachers day to all and I am proud to be a doctor as well a teacher. I dedicate this to all medical professional teachers



ಕವಿ-ಡಾ|| ಬಿ.ಎಸ್.ರಮೇಶ್
ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಪ್ರಾಂಶುಪಾಲರು
ಡಾ. ಬಿ ಆರ್ ಅಂಬೇಡ್ಕರ್ ವೈದ್ಯಕೀಯ
ಮಹಾವಿದ್ಯಾಲಯ



Upcoming events:

- Monthly Clinical Meet-M S Ramaiah Medical College and Research Institute on 15th Nov 2023
- Monthly Clinical Meet -Rajarajeswari Medical College Hospital and ESIC Medical College and PGIMSR on 6th December 2023

Diary Note

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

Exhibition

**Surgical Society of Bangalore
ASICC**

SURGEONS ARE NOT
JUST BINDAAS GUYS
WHO CUT AND SUTURE !
THERE'S AN ARTISTIC
SIDE TO THEM TOO!

Shashtra Kale - Chitra Kale

PHOTOGRAPHY
AND
PAINTING
EXHIBITION

Venue :Karnataka Chitrakala
Parishadh
Devaraj URS Gallery
December 8,9 & 10th 2023
10 am to 7:30 pm

50
1973-2023
GOLDEN JUBILEE CELEBRATION

The poster features a central graphic of a camera lens and a palette with brushes. Below the text, there are several framed images: a tiger, a sunset over a body of water, a tractor, a landscape with mountains, and a colorful abstract painting.



Mark Your Calender

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

**49th National CSEP – Bengaluru
Intensive weeklong Mock exam drill ✓
Nov 20-24th, 2023**

Surgical Society of Bangalore (Golden Jubilee year) in association with BMCRI presents:

National Continuing Surgical Education Programme 2023

Aimed at : General Surgery PGs

Highlights:

Intensive daily discussions between PGs and examiners from 9am-6pm for entire week 🙌

Mock clinical exam drills with live cases and PG examiners – morning and afternoon sessions 🙌

Teachers and examiners from all Medical Colleges from Bangalore participating and sharing their experiences both morning and afternoon sessions 🙌

Focussed teachings for theory and viva voce preparation 🙌

Faculty and Examiners from across Karnataka and South India for all 5days 🙌

Tips and tricks to crack the surgery clinical exams 🙌

Dr K S Shekar State level Surgical Quiz ...



Millenium Gold medal award competition... 🙌

And much more....

Avail early bird offer (closing shortly) ✓
click the link or

Contact:

Glen +91 92431 08442

A must attend CSEP for all Surgery PGs to boost their confidence ★★★★★

SURGICAL SOCIETY OF BANGALORE ASI CC®
Prof B Hanumaiah Memorial National CSEP 2023
Date: 20-24th 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: 20-24th November 2023

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

Venue:
Bangalore Medical College & RI - Auditorium

Block Your Calendar



Annual General Body Meeting



SURGICAL SOCIETY OF BANGALORE - ASICC (R)

1st Floor, I. M. A. House, Alur Venkata Rao Road, Bengaluru - 560 018

EMAIL :- ssbasicc1974@gmail.com/ Telefax : 080 26705691

Website:-www.ssbasicc.org

Date: 27th October 2023

NOTICE

Dear Member,

Annual General Body Meeting of our Society is convened on 9th Saturday December 2023

AGENDA


1. Welcome and address by the president
2. Reading of the notice by the Hon Secretary
3. Condolences if any
4. Inability to attend the Meeting if any
5. Secretary's report
6. Adoption of the Secretary's report.
7. Treasurer's report.
8. Adoptions of the Treasurer's report and accounts and budget for the next year.
9. Amendments of rules, Bylaws.
10. Resolution from members, if any.
11. Any other business with permission of the Chairman.
12. Installation of the Office Bearers
13. Newly installed President's address
14. Closure of the general body meeting with vote of thanks by Secretary

Please Note: -

- a) Hon Secretary's report / Internal audited accounts & budget shall be available one hour before the General Body Meeting at the Venue.
- b) The Contestants Fees details are mentioned in the nomination form.
- c) Election Guidelines (Shown Below)

<u>Election Guidelines as mentioned in the bylaws & Schedule To Be Followed Strictly.</u>		
1.	CALLING FOR NOMINATION	27 th OCT 2023
2.	LAST DATE FOR RECEIVING NOMINATION	10 th Nov 2023 - 4-00pm
3.	WITHDRAWAL UP TO	18 th November 2023 - 4-00pm
4.	E-VOTING BEGINS ON	20 th November 2023- 9-00am
5.	E-VOTING ENDS ON	30 th November 2023 - 5-00pm
6.	DECLARATION OF RESULTS	1 st December 2023
7.	INSTALLATION OF OFFICE BEARERS DURING THE GBM	9 th Saturday December 2023 tentatively


Dr. Venkatesh K L
President


Dr. Manish Joshi
Hon Secretary



ಕನ್ನಡ ಏಕೀಕರಣದ ಪ್ರಮುಖ ರೂವಾರಿ "ಕನ್ನಡದ ಕುಲಪುರೋಹಿತ" ಆಲೂರು ವೆಂಕಟರಾಯರು

ಜ್ಞಾನಪೀಠ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತ ಕನ್ನಡಿಗರು



ಕುವೆಂಪು



ದ. ರಾ. ಬೇಂದ್ರೆ



ಶಿವರಾಮ ಕಾರಂತ



ಮಾಸ್ತಿ ವೆಂಕಟೇಶ ಅಯ್ಯಂಗಾರ್



ವಿ. ಕೃ. ಗೋಕಾಕ



ಯು. ಆರ್. ಅನಂತಮೂರ್ತಿ



ಗಿರೀಶ್ ಕಾರ್ನಾಡ್



ಚಂದ್ರಶೇಖರ ಕಂಬಾರ