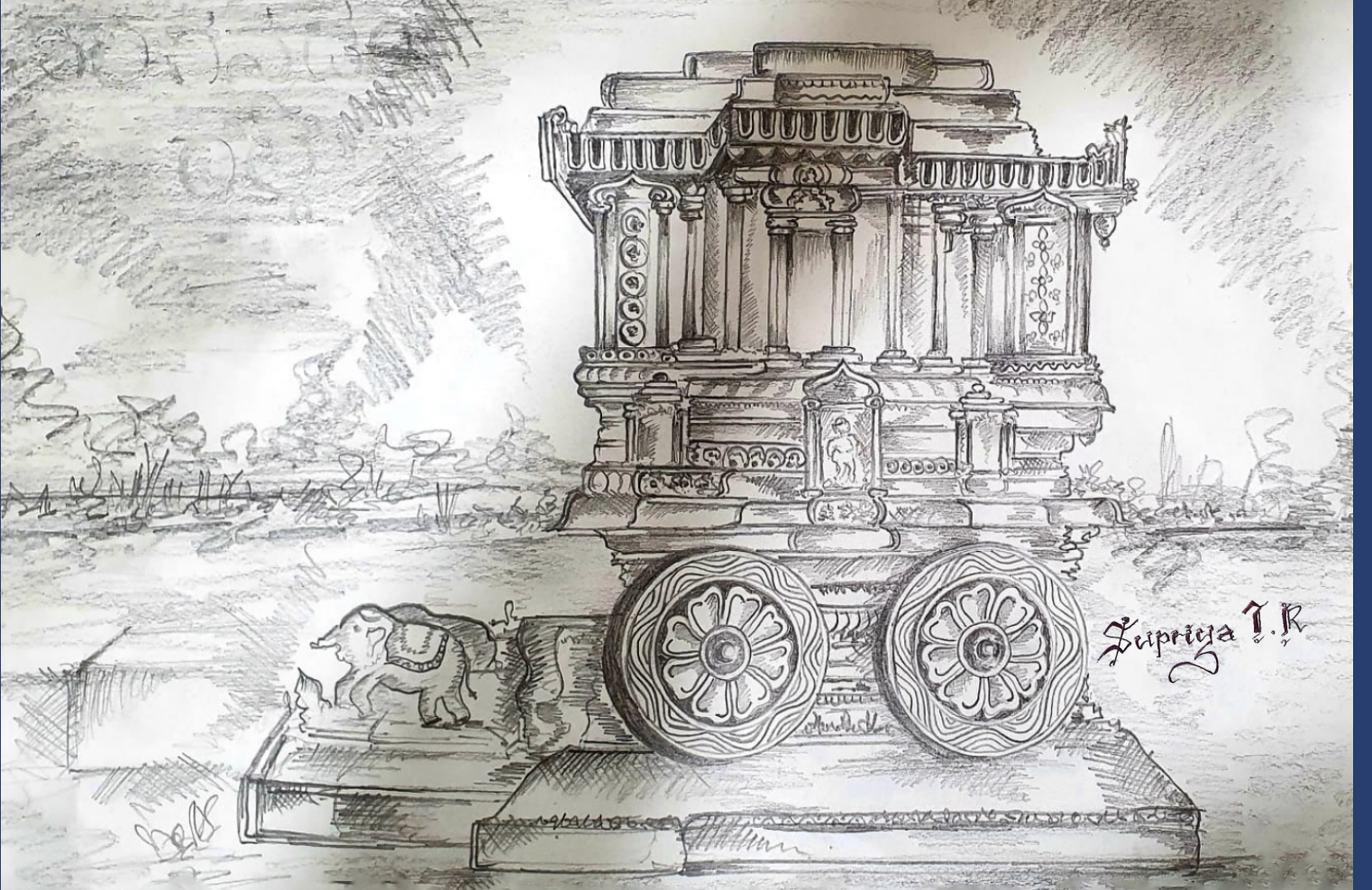




Volume 1. Issue 1

PATH ವರ್ಣ

THE OFFICIAL NEWSLETTER OF KARNATAKA CHAPTER - IAPM



PATHOLOGY - DRIVING THE WHEELS OF DIAGNOSTICS

**PATHOLOGY
PAST
PRESENT
& FUTURE**

2022 PATH TRENDS

A PATH ವರ್ಣ Exclusive

- APCON 2022 Announcement
- Interviews of Two Senior Pathologists
- Prose & Poetry
- First Ever National Pathology Day Celebrations

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FROM THE EDITORIAL DESK

After a period of safety, silence and distance owing to the pandemic we the KCIAPM newsletter team is back with a makeover ! We present before you the aptly named newsletter- 'Path Varna'

Published with an intent to reach out to all our peers across regions we plan to cover articles, interviews, events, announcements, arts, photography, poetry & prose and much more as we explore the world outside while still being connected to roots of pathology.

The robust editorial team has put in great effort in knitting together information and bringing out this much awaited edition.

We request all of you to take some time off from your routines and enjoy going through the content.

In the end we would like to thank all the senior members for their suggestions and office bearers for their support in drafting this newsletter and Dr. Supriya TR, Senior Resident, Department of Pathology, Dr Chandramma Dayananda Sagar Institute of Medical Education and Research. for the beautiful sketch on the cover page of the current newsletter issue.

We look forward to hear from you at [EMAIL: kciapmnewsletter@gmail.com](mailto:kciapmnewsletter@gmail.com)

Scan to submit article for next issue



Editorial Committee- Pathವರ್ಣ





KCIAPM

About KCIAPM

The saga of initiation, growth, promotion and development of Karnataka chapter of Indian Association of Pathologists and Microbiologists (KCIAPM) bears a unique prehistoric and historic rungs of the ladder from the time of sowing the fertile seeds. At the Department of Pathology, Bangalore Medical College, Dr. K.V. Ghorpade, the senior and renowned faculty of Pathology was requested to draft the constitution of the society and it was ready to be discussed in detail and finalized at the meeting held on 20-9-1975.

Thus, came into inception KCIAPM - with the objective of promotion and advancement of pathology, microbiology and allied sciences. The organization has been monitoring all matters related to education, training, professional practice, quality control and passing them on to the competent authorities for implementation. Conferences, CMEs and workshops are being conducted that provide a platform for presentation and publication of research activities with incentives of scholarship, prizes and awards for encouragement. KCIAPM is academically very active and has a keen focus on conducting teaching training activities for postgraduates and also undergraduates in the form of slide seminars and UG paper/ poster presentations. KCIAPM annual conferences, one of the most popular and sought-after academic meets is being organized under the guidance and supervision of KCIAPM regulatory body, in different parts of Karnataka. Though the pandemic has put strings on various aspects of functioning, the committee has proven it still stands strong by continuing to organize all activities and conferences virtually, thereby providing continuity.

Today, KCIAPM is one of the strongest and biggest chapters of IAPM. We intent to progress as we head towards global recognition in providing the best platform for academic and extra-curricular aspects pertaining to pathology.

Dr. Archana Shetty



Dr Nandakishore Alva
President, KCIAPM

President's Message

Greetings from Karnataka Chapter of IAPM

At the outset, very hearty congratulations to the entire team of the newsletter subcommittee, who have strived hard to bring out this exclusive newsletter/ magazine, "PATHVARNA" for the benefit of our august KCIAPM members.

As we embark on the relaxed and healthy post COVID scenario, we are all set to host the first ever "APCON 2022" in an exclusive hybrid model, which shall have both online and offline academic extravaganza. We are glad to host the event at Ramaiah Medical College, Bangalore from November 30th to December 4th, 2022. I am sure you will ensure your personal participation to witness the much-awaited event and make the conference a grand success.

In the rapidly evolving scenario in Pathology with the molecular pathology taking the forefront in days to come, it is important to look into new horizons in diagnostic practice. The conference shall provide a vivid diagnostic insight into each and every corner of pathology discipline in an exclusive academic perspective.

Let's become extremely motivated to take our organization to the higher level and look forward in making our goals a reality, as we strive for excellence, professionalism and accelerating the dreams of the scientific fraternity with enriching thought processes.

Dr N Kishore Alva N. MD
President, KCIAPM



**Dr Aditya
Agnihotri**

Honorary
Secretary, KCIAPM

Secretary's Message

Dear Members of the KCIAPM

At the outset, I wish to thank each and every one of you for having elected me to the post of Hon. Secretary of the KCIAPM and giving me an opportunity to serve you. I take over from Dr. Vijay Shankar S, who has put the KCIAPM on a firm footing and has greatly streamlined all our activities.

I wish to share with you my vision for KCIAPM for the next 3 years. They fall into the following Categories

Membership- I wish to see an increase in our membership especially among the young pathologists. They represent our very future and I request all of you to induct more young members. The second 'under-represented' category is those of practicing (private) pathologists whom we plan to include actively in all our programs.

Academic Activities- To continue our much-appreciated KCIAPM PathWebinars and KCIAPM Slide Seminars.

Research- (a) To Promote Research by funding research projects of PGs and Young Pathologists.

(b) Happy to inform all our members that KCIAPM will also be launching a scientific journal, "Journal of Diagnostic and Academic Pathology" during APCON 2022 in association with Wolters-Kluwer. Requesting all members to share their research papers for the journal. The journal website will be launched soon.

70th National Conference of IAPM and IAP-ID, APCON 2022 will be organized by our chapter, KCIAPM at M S Ramaiah Medical College, Bengaluru from 30th November to 4th December, 2022. 30th November will see 20 Workshops on various subspecialties with limited number of delegates per workshop being organized by various institutes across Bengaluru. December 1 – 4, will see faculty of International and National repute sharing their wisdom and knowledge through academic sessions and also for delegates to showcase

academic and extracurricular talent through various competitions. After two years of online meetings forced on us by COVID-19 pandemic, APCON 2022 will provide all of us with a platform to meet and catch up with friends, co-PGs , colleagues and mentors. For those who are unable to join us in person, we have provided an opportunity to join us virtually. Either way, I urge everyone to register and participate actively in all the competitions and win handsome prizes. We promise to make it an event that all delegates will fondly remember for a long time.

Once again, I thank you all and promise you that I shall do my very best to take KCIAPM to even greater heights. I look forward to the support and guidance from our esteemed President Dr. N K Alva, all members of the executive committee and all seniors within the association. I seek the blessings of my teachers and mentors. Please feel free to write to me on secretary@kciapm.org. Your suggestions are most welcome.

I wish to congratulate the newsletter committee for coming out with such an exciting issue and request the members to share their articles for the next issue to be released during APCON 2022.



Dr Aditya Agnihotri
Hon. Secretary, KCIAPM

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Changing Paradigms of the Pathology Laboratory

(In the context of this article, "Pathology" includes all diagnostic modalities of Laboratory Medicine)

Flashback in fast-forward mode:

Dr. Jayaram N Iyengar
Managing Director
Neuberg Anand Academy of Laboratory Medicine,
Bengaluru.



Era 300 BC to 1500AD:

Most of the "diagnostic tests" revolved around examining the urine and body secretions. Ancient Indians understood that urine of diabetics was sweet (Madhumeha). Ancient Hippocratic medicine used urine color, smell, turbidity and taste for diagnosis and prognosis ("the medieval urine wheel"). Egyptians knew about diagnosing pregnancy by urine tests about 5000 years ago.

Early phase (1790–1840)

Chemical examination of urine came into practice. Chemical labs were set up close to a ward having 20-30 beds to subject urine and various discharges to chemical analysis. Richard Bright (1827) described albuminuria as the cardinal finding in glomerulonephritis.

Institutionalization phase (1840-1855)

Independent clinical labs headed by organic chemists gave birth to the concept of anthropochemistry.

P.S. Denis (1841) identified blood proteins to be made up of albumin and globulin, by salt precipitation.

Phase of extension (post 1855)

Labs were mostly managed by clinicians for their needs. Setting a lab in his clinic became a point of honor.

Spectroscopes, colorimeters and spectrophotometers began replacing older equipment such as furnaces.

The 20th Century

Use of Phlebotomy for diagnostic testing became widely used after 1920. Newer diagnostic tools like electrophoresis, RIA etc. were derived from physics. Quantitative biochemical assays became available following the pioneering efforts of Folin (1904-1922).

1940- Visual colorimeters were replaced by photoelectric devices
1941- Usefulness of PAP smears was recognized
1946- Vacutainers first introduced by BD
1959- First autoanalyzer for chemistry introduced by Technicon
1968- First random access analyzer introduced by Dupont and so on.....

“As is our Pathology, So is our Practice” ...

This prophetic statement was made in the passing when Sir William Osler delivered a lecture “An address on the treatment of disease” on June 3, 1909. Though this quote missed being noted and chronicled by most historians who followed Osler, it became immensely popular when it was published on the title page and as the first sentence of chapter 1 in William Boyd's Textbook of Pathology. The transition from the 19th to the 20th century saw history taking and medical examination increasingly giving way to a practice dominated by use of medical technology – particularly laboratory testing.

The Golden Era for Laboratory Medicine

Moving through the 20th century into the 21st, the pathology laboratory has been increasingly recognized as a partner and guide to the physician. The laboratory literally and figuratively moved out of the dungeons and basements of hospitals to a more visible position.

Like most other areas in healthcare, laboratory medicine has emerged as an industry. Rapid advances in healthcare with increasing specialization and need for personalized and targeted therapy has been a major catalyst to the expanding horizons of laboratory diagnostics. The modern pathology laboratory was faced with a new set of challenges

- Increased demand to keep pace with developments
- Increased need to consolidate and automate processes
- Increased dependence on information technology
- Increased efforts towards quality services and error reduction
- Need for evidence-based disease management
- Changing expectations of the end user
- Shift from “patient and physician centricity” to “customer centricity”

Laboratory accreditation has helped laboratories scale up their performance to a certain level of acceptance that places most accredited labs on an equal platform. What differentiates one accredited lab from the other is the value add it provides. The level of service achieved defines the reputation of the laboratory. A useful model to move clinical laboratories from their current state to a best-of-class status is the Laboratory Pyramid. It helps move the lab from a volume- based to value-based enterprise. To explain the value pyramid in brief

Level 1: Laboratories need to move from detecting errors and instituting corrective actions, to proactively identify potential sources of error and prevent their occurrence. It involves detailed analysis of quality indicators along with daily QC data.

Level 2: This involves activities beyond level 1 and includes in depth analysis of customer satisfaction surveys and instituting steps to meet the expectations of the customer - a shift in mindset to “business mode” requiring IT focus to integrate data real time to deliver greater value outcomes.

Level 3: This requires delivery of value that exceeds customer expectations by driving improvements in informatics to create greater value from data that is available in the lab. It includes use of bio-informatics to build diagnostic and predictive algorithms that would help the clinician deliver more meaningful care. There is a palpable shift from being a “service provider” to becoming a “partner” in healthcare.

Level 4: A lab that has achieved level 3 needs to benchmark itself and be the best-in-class.

Moving from Clinical Lab 1.0 to 2.0:

Traditionally, a pathology laboratory which receives an “order” from the physician carries out a list of tests and releases the results with- or without advisory comments. The physician then either institutes treatment or orders for further tests. In other words, the laboratory activity is derived from the clinician's order and billing is done as cost per test. This transactional activity is identified as Clinical Lab 1.0.

On the other hand, Clinical Lab 2.0 is a concept where the laboratory plays an integrative role wherein it decides the type and number of investigations to be carried out on a patient based on the clinical profile and provides the clinician with an integrated “final” diagnosis. The lab would also utilize its experience based on data analytics, to provide a predictive analysis and risk profiling for every individual patient. Billing is for the total cost of care.

The future will see laboratories moving from 1.0 to 2.0.

The pathologist on the modern era:

The traditional pathologist will need to layer fresh knowledge of the newer “omics” and molecular techniques over the sound foundation of morphology and their wisdom to guide the younger minds who would be the drivers of modern technology.

Baby Steps In To Teaching Portfolio For A New Faculty Member In Pathology

Shivayogi Bhusnurmath

Dean for Academic Affairs,

St George's University School of Medicine Grenada, West Indies



I am newly appointed as a faculty member in the pathology department and I have to teach medical students. I want to teach well and also document my efforts as scholarly activities. However, the system to write a project, get administrative approval and support, seek guidance etc. is too time consuming and might upset some of the established faculty in the department. It is too cumbersome a task to get anything published in a medical journal. What should I do?

This is a dilemma faced by some of the enthusiastic new faculty who are afraid to ask questions and appear to upset established procedures and hierarchy. Most of us have gone through this phase before giving up the new ideas and just blindly copying the existing system.

Here are some suggestions:

Create a teaching portfolio and keep adding your contributions. Over a period of time, it could become a valuable document to upgrade your CV for promotions or for applying for faculty positions in other institutions. You can keep these limited to what you can do on your own, without upsetting your colleagues or requiring administrative approvals from higher ups. Think of small units which could become incremental e.g. One lecture, one practical session which is under your control.

Some of the items would be:

1. For the lecture you are going to deliver- try to write down exactly what you expect the students to learn- the specific learning objectives- instead of the broad topic of ischemic heart disease, you can develop some directives to the students like- recapitulate the anatomy of coronary arteries, explain the pathogenesis of atherosclerosis, what are the factors that make a plaque unstable, how does an unstable plaque block the coronaries, why is there an urgency to interfere when the coronaries start blocking with a thrombus, at what stage does the thrombus become irreversible, what are the sequential biochemical and morphological changes in the ischemic myocardium, what are the complications one can expect and what is the time frame for these, what is the time frame of elevated enzymes in circulation, how do you explain the EKG changes, how do you correlate each clinical symptom and sign associated with myocardial infarction, how

do you distinguish MI from various types of angina etc. These would give goal posts for students to study and also point the possible exam questions for which they can prepare. They will help you to structure your lecture accurately with clear directions and end points. They will help students interested in coming prepared for the lectures to focus on what to study.

2. Prepare lecture power points and/or lecture notes building up on each of these objectives sequentially. You could release these power points in advance to the students on a WhatsApp group or on the course website or other social media used by your students. The students know exactly what is required of them before they come to the class.

3. Prepare a series of MCQs or short answer questions related to the learning objectives on a power point file and use that in the actual lecture instead of the power points you sent to students in advance. You can project each question on the slide, ask students to respond, help them find answers, explain any incorrect responses. Make these questions in a clinical analysis and problem-solving format and these should be the main component of the lecture. It will make the lecture interactive and students would desire to come because of the relevance of the clinical applications of pathology and their contributions to the discussions.

4. Practicals: You could add a few clinical case details relevant to the images they are studying including a few symptoms, signs and lab investigations. Make students gather as small groups after they have done the regular required activity like identifying the specimen, slide and making a diagnosis, drawing a picture of the slide etc. In the group ask them to discuss the reason for each of the symptoms, signs and the basis for the lab investigations. This way they will start seeing pathology as the basis for clinical medicine.

5. Develop a few practice questions of short answer type, main essay type and clinical vignette based MCQs and provide them as self-study exercises for students to do at their free time. You can make an offer to see any student with difficulties in figuring the solutions to come and see you in your office for help. Keep a record of the number of students who consult with you, their difficulties and your solutions.

6. Prepare a structured feedback questionnaire which is short and to the point to administer to the students, on whether the steps you took were found useful and how you can do better.

All these ideas may look very simple but they are very powerful tools. They involve your own single lecture or lab session and may not require much of approvals from higher ups. If you find any colleague who is also interested in these ideas, you can plan together and the results will be more meaningful. Keeping a systematic record of your efforts will help you build an exciting teaching portfolio for your own growth and also help students learn pathology in the right way to make them better clinicians. You can start with one lecture and one practical at a time and build on more as time passes. When you have collected enough, it might make a good material for publication in a medical education or a pathology journal.

ರೋಗಕ್ಕೆ ರಾಗ ಚಿಕಿತ್ಸೆ..

Dr. Shashikala P

Professor & Head, Pathology

SSIMSRC, Davangere

Co Ordinator, Medical Education Unit,

Past President, KCIAPM



ಸಂಗೀತ ನಮ್ಮ ಜೀವನದ ಒಂದು ಭಾಗವಾಗಲಿ

ಐನ್‌ಸ್ಟೀನ್ ಹೇಳಿದ್ದಂತೆ "ನಾನೇನಾದ್ರೂ ಭೌತಶಾಸ್ತ್ರಜ್ಞನಾಗದಿದ್ದೆ, ಸಂಗೀತಗಾರನಾಗಿದ್ದೆ!" ಸಂಗೀತವನ್ನು ಇಷ್ಟಪಡದವರಿದ್ದಾರೆಯೇ ಎಂಬ ಪ್ರಶ್ನೆ ಒಮ್ಮೊಮ್ಮೆ ಕಾಡುವುದು. ಸಂಗೀತದಲ್ಲಿ ಹಲವಾರು ಬಗೆ. ಒಬ್ಬೊಬ್ಬರಿಗೆ ಒಂದೊಂದು ಬಗೆಯ ಸಂಗೀತ ಇಷ್ಟ. ಸಂತೋಷವಿರಲಿ, ದುಃಖವಿರಲಿ, ನಮ್ಮ ಮನಸ್ಸಿಗೆ ಮುದವೀಯುವ, ಮನಸ್ಸನ್ನು ಹಗುರಗೊಳಿಸಲು ಸಂಗೀತಕ್ಕಿರುವ ಶಕ್ತಿ ಅಪಾರ. ಎಲ್ಲರೂ ಸಂಗೀತಗಾರರಾಗುವುದು ಕಷ್ಟವಾದರೂ ಸಹ ಪ್ರಯತ್ನವೇ ಪರಮೇಶ್ವರ, ಹಾಡ್ತಾ ಹಾಡ್ತಾ ರಾಗ, ಉಗುಳುತ್ತಾ ಉಗುಳುತ್ತಾ ರೋಗ ಎಂಬಗಾದೆ ಮಾತಿದೆ. ಸಂಗೀತ ಸರಸ್ವತಿಯನ್ನು ಸಾಧನೆ, ಅಭ್ಯಾಸ, ಭಕ್ತಿ, ಪರಿಶ್ರಮದಿಂದ ಒಲೈಸಿಕೊಳ್ಳಬೇಕು. ಅನೇಕ ವೈಜ್ಞಾನಿಕ ಸಂಶೋಧನೆಗಳ ಪ್ರಕಾರ ದೃಢಪಟ್ಟಿರುವ ಅಂಶವೆಂದರೆ " ಸಂಗೀತಕ್ಕೆ ಆರೋಗ್ಯವನ್ನು ವೃದ್ಧಿಸುವ, ಉತ್ತಮ ಆರೋಗ್ಯವನ್ನೀಯುವ ಹಾಗೂ ಅನೇಕ ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಕಾಯಿಲೆಗಳನ್ನು ಗುಣಪಡಿಸುವ ಶಕ್ತಿ ಇದೆ" ಎಚ್ಚಿಬುದು.

ಇಷ್ಟವಾದ ಸಂಗೀತವನ್ನು ಮನಸಾರೆ ಆಲಿಸಿದಾಗ, ಮಿದುಳಿನಲ್ಲಿನ "ಡೋಪಮಿನ್" ನರವಾಹಕ ಪ್ರೋಟೀನ್ ಅಂಶ ಹೆಚ್ಚಾಗುವುದು. ಇದು ಮನಸ್ಸನ್ನು ಉಲ್ಲಸಿತಗೊಳಿಸುವುದು. ಇದನ್ನು "ಫೀಲ್ ಗುಡ್" ಹಾರ್ಮೋನ್ ಎನ್ನಲಾಗಿದೆ. ಯಾವುದೇ ಸಮಯದಲ್ಲಿ ಮಾನಸಿಕವಾಗಿ ಕುಗ್ಗಿದಲ್ಲಿ, ಇಷ್ಟವಾದ ಸಂಗೀತವನ್ನು ಕೇಳುತ್ತಾ ಇರಿ. ಅಂತೆಯೇ ಒತ್ತಡದ ಪರಿಸ್ಥಿತಿಗಳಲ್ಲಿ ಸಂಗೀತವನ್ನು ಆಲಿಸುತ್ತಾ ಹೋದಂತೆ, ಒತ್ತಡಕ್ಕೆ ಕಾರಣವಾದ ಕಾರ್ಟಿಸೋಲ್ ಹಾರ್ಮೋನ್ ಅಂಶ ಕಡಿಮೆಯಾಗುವುದು. ಒತ್ತಡದಿಂದಾಗುವ ದುಷ್ಟರಿಣಾಮಗಳು ನಮಗೆ ತಿಳಿದೇ ಇದೆ. ದೇಹದಲ್ಲಿನ ಶೇ 60 ರಷ್ಟು ಖಾಯಿಲೆ ಬರುವುದು, ಒತ್ತಡ, ಜೀವನ ಶೈಲಿಯ ಬದಲಾವಣೆ ಮತ್ತು ಯಾಂತ್ರಿಕ ಜೀವನದಿಂದ. ಹೀಗೆಯೇ ಸಂಗೀತವು ದೇಹದ ಮೇಲೆ ಬೀರುವ ಪರಿಣಾಮಗಳು ಅತ್ಯಂತ ಉಪಯುಕ್ತ ಹಾಗೂ ಆರೋಗ್ಯಕರ. ಗಾಯನ, ಸಂಗೀತ ಹಾಗೂ ಇತರೇ ವಾದ್ಯಗಳನ್ನು ನುಡಿಸುವವರಲ್ಲಿ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ವೃದ್ಧಿಯಾಗುವುದು. ಸಂಗೀತವು ಡ್ರಾಪಟುಗಳ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೆಚ್ಚಿಸುವುದು. ಸುಮಧುರ ಸಂಗೀತ, ತಾಳ, ಲಯ, ಶೃತಿ ಬದ್ಧವಾಗಿದ್ದು ನಿರ್ದಾಹಿನತೆಯಿಂದ ಬಳಲುವವರಿಗೆ ಹಾಯಾಗಿ ನಿದ್ರಿಸಲು ಸಹಕಾರಿ. ಹುಟ್ಟಿದ ಮಗುವಿನಿಂದ ಹಿಡಿದು ಮಕ್ಕಳು ತಾಯಿಯ ಜೋಗುಳಕ್ಕೆ ಮಾರು ಹೋಗಿ ನಿದ್ರಿಸುವುದನ್ನು ಕಂಡಿಲ್ಲವೇ? ಖಿನ್ನತೆಯೆಂಬುದು ಪ್ರಪಂಚದಾದ್ಯಂತ ಸುಮಾರು 400 ಮಿಲಿಯನ್ ಜನರಿಗೆ ತಗುಲಿರುವ ಮಾನಸಿಕ ತೊಂದರೆ. ಸಂಶೋಧನೆಗಳ ಪ್ರಕಾರ, ಸಂಗೀತವು ಇಂಥಹ ಅನೇಕ ಮಿಲಿಯನ್ ಜನರಿಗೆ ಔಷಧಿಯಂತೆ ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಚಿಕಿತ್ಸೆ ನೀಡಿದೆ. ಸಂಗೀತವು ಕಲಿಕಾ ಸಾಮರ್ಥ್ಯ, ನೆನಪಿನ ಶಕ್ತಿ, ಏಕಾಗ್ರತೆ ಇವುಗಳನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ವಾಹನ ಚಲಿಸುತ್ತಿರುವಾಗ, ಚಾಲಕರು ಸಂಗೀತವನ್ನು ಆಲಿಸುತ್ತಿದ್ದರೆ, ಅವರ ಮನಸ್ಸು ಉಲ್ಲಸಿತವಾಗಿರುವುದು.

ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಗೆ ಮುನ್ನ ರೋಗಿಗೆ ಭಯ ಹಾಗೂ ಆತಂಕ

ಕಡಿಮೆ ಮಾಡಲು ಕೊಡುವ ಮದ್ದಿಗಿಂತ, ಮನಸ್ಸನ್ನು ಹಗುರಗೊಳಿಸುವ ಸಂಗೀತವನ್ನು ಆಲಿಸುವುದು ಹೆಚ್ಚು ಪರಿಣಾಮಕಾರಿ. ದೇಹದ ನೋವನ್ನು ಕಡಿಮೆಗೊಳಿಸುವುದು ಸಂಗೀತ. ಮಿದುಳಿನ ಮೇದಾವಿತನ ಹೆಚ್ಚುವಿಕೆ, ಇಳಿವಯಸ್ಸಿನಲ್ಲೂ ಮಿದುಳಿನ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವಿಕೆ, ಮಿದುಳಿಗೆ ತಗಲುವ ಅನೇಕ ಖಾಯಿಲೆಗಳ ತೀವ್ರತೆಯನ್ನು ಕಡಿಮೆಗೊಳಿಸುವಿಕೆ, ಎಲ್ಲವೂ ಸಂಗೀತದ ಸಾಮರ್ಥ್ಯವನ್ನು ತಿಳಿಸುತ್ತದೆ.

“ಸಂಗೀತ ಚಿಕಿತ್ಸೆ ತನ್ನದೇ ಆದ ವಿಶಿಷ್ಟತೆಯನ್ನು ಹೊಂದಿದ್ದು, ಅನೇಕ ವೈದ್ಯಕೀಯ

ಸಂಶೋಧನೆಗಳು ನಿರಂತರವಾಗಿ ನಡೆಯುತ್ತಿದ್ದು, ಸಂಗೀತದಿಂದಾಗುವ ಒಳ್ಳೆಯ ಪರಿಣಾಮಗಳನ್ನು ತಿಳಿಸಿಕೊಡುತ್ತಿದೆ.ಒಳ್ಳೆಯ ಸಂಗೀತವು ಗಿಡ ಮರಗಳು, ಪೈರಿನ

ಬೆಳವಣಿಗೆಯಲ್ಲೂ ಸಹಾಯಕಾರಿ. ಹಿಂದಿನ ದಿನಗಳಲ್ಲಿ ಬೆಳಗಾಗಿದ್ದು ಹೆಣ್ಣು ಮಕ್ಕಳು ಹಾಡುತ್ತಾ ಮನೆ ಅಂಗಳ ಸ್ವಚ್ಛಗೊಳಿಸಿ, ರಂಗೋಲೆ ಇಡುತ್ತಿದ್ದರೆ ಕೊಟ್ಟಿಗೆಯಲ್ಲಿನ ಹಸುಗಳೂ ಸಹ ಯಥೇಚ್ಛವಾಗಿ ಹಾಲು ಕೊಡುತ್ತಿದ್ದವೆನ್ನುತ್ತಾರೆ. ದಾಸರ ಪದಗಳು, ಶರಣರ ವಚನಗಳು, ಕಗ್ಗ, ಭಗವದ್ಗೀತೆಯ ಜೊತೆಗೆ ಅನೇಕ ಹಾಡುಗಳಲ್ಲಿನ ಸಾಹಿತ್ಯ ನಮಗೆ ಜೀವನದ ಪಾಠವನ್ನು ಕಲಿಸಿಕೊಡುತ್ತವೆ. ಸಾಹಿತ್ಯದಲ್ಲಿ ಅಡಗಿರುವ ಪದಗಳು, ಸಾರಾಂಶ ನಮಗೆ ದಾರಿದೀಪವಾಗಿದೆ. ಸಂಗೀತಕ್ಕೆ ಮನಸ್ಸು ಹಾಗೂ ದೇಹದ ಖಾಯಿಲೆಗಳನ್ನು ಗುಣಪಡಿಸುವ ಶಕ್ತಿಯಿದೆ ಎಂಬುದು ಸಂಶೋಧನೆಗಳಿಂದ ತಿಳಿದು ಬಂದಿದೆ.

ಉದಾಹರಣೆಗೆ ಮೋಹನ ರಾಗ.

ಇದು ಮನಮೋಹಕವಾದ ರಾಗ.ಈ ರಾಗದಲ್ಲಿ 'ಮ' ಮತ್ತು 'ನಿ' ಸ್ವರಗಳು ವ್ಯರ್ಜವಾಗಿದ್ದು,ಮೋಹ,ಕಾಮ ಮುಂತಾದ ನಕಾರಾತ್ಮಕ ಭಾವನೆಗಳನ್ನು ತೊಡೆದುಹಾಕಿ ಸಂತೋಷವನ್ನು ನೀಡುವುದರ ಜೊತೆಗೆ 'ನಿ'ಇಲ್ಲದಿರುವಿಕೆ ನಮ್ಮಲ್ಲಿ ಜವಾಬ್ದಾರಿ ಹಾಗೂ ಆತ್ಮಸ್ಥೈರ್ಯವನ್ನು ಹೆಚ್ಚಿಸುವುದು. ತಲೆನೋವು,ಅಜೀರ್ಣ,ಎಲ್ಲಕ್ಕಿಂತ ಮುಖ್ಯವಾಗಿ ಖಿನ್ನತೆಯಿಂದ ಹೊರಬರಲು ಮೋಹನ ರಾಗ ಉಪಯುಕ್ತ.ದಿನದ ಎಲ್ಲ ಸಮಯದಲ್ಲೂ ಹಾಡಬಹುದಾದ ರಾಗವಾದರೂ ರಾತ್ರಿ 7ರಿಂದ 10 ಗಂಟೆಯವರೆಗೆ ಹಾಡುವುದು ಸೂಕ್ತ ಎನ್ನಲಾಗಿದೆ. ಬಹಳ ಪ್ರಾಚೀನವಾದ ರಾಗ ಇದಾಗಿದ್ದು ಜಪಾನ್,ಚೀನ,ಥೈಲಾಂಡ್,ಬರ್ಮಾದಲ್ಲಿ ಈ ರಾಗ ಬಹಳ ಬಳಕೆಯಲ್ಲಿದೆಯಂತೆ.ಕೃಷ್ಣನಿಗೆ ಪ್ರಿಯವಾದ ರಾಗವಾಗಿದ್ದು ಆತನ ಕೊಳಲಿನಿಂದ ನುಡಿಸಲ್ಪಟ್ಟ ಮೋಹನರಾಗಕ್ಕೆ ಎಲ್ಲರೂ ಪರವಶರಾಗುತ್ತಿದ್ದರೆನ್ನಲಾಗಿದೆ. ಸಂಗೀತ ಪಿತಾಮಹ ತ್ಯಾಗರಾಜರು ಮೋಹನರಾಗದಲ್ಲಿ 11 ಕೃತಿಗಳನ್ನು ರಚಿಸಿದ್ದು-ಅನೇಕ ಮದುವೆ ಮುಹೂರ್ತಗಳಲ್ಲಿ ನನು ಪಾಲಿಂಪ ನಡಚಿ ವಚ್ಚಿತಿವೋ' ಎಂಬ ಕೃತಿಯನ್ನು ವಾದ್ಯದವರು ನುಡಿಸುವುದು ಸರ್ವೇಸಾಮಾನ್ಯ.

ಈ ಕೃತಿಯ ರಚನೆಯ ಕುರಿತು ಒಂದು ಕಥೆಯಿದೆ.

ಶ್ರೀತ್ಯಾಗರಾಜರ ಮಗಳ ಮದುವೆಯದಿನ.ಮುಹೂರ್ತದ ವೇಳೆ ಸಮೀಪಿಸುತ್ತಿದೆ..ಶ್ರೀತ್ಯಾಗರಾಜರ ಗಮನವೆಲ್ಲಾ ಬಾಗಿಲ ಕಡೆಗೆ.ತಮ್ಮ ನೆಚ್ಚಿನ ಶಿಷ್ಯ ವಾಲಾಜಪೇಟ ವೆಂಕಟರಮಣ ಭಾಗವತರ ಬರುವಿಕೆಯನ್ನುಕಾಯುತ್ತಿದ್ದಾರೆ. ಹಳ್ಳಿಗೆ ತೆರಳಿದ್ದ ತಮ್ಮ ಶಿಷ್ಯನ ಬರುವಿಕೆಗಾಗಿ ತುಂಬಾ ತವಕ,ಕಾತುರತೆಯಿಂದ ಕಾಯುತ್ತಿದ್ದ ಅವರಿಗೆ ದೂರದಲ್ಲಿ ಶಿಷ್ಯ ಕಾಣುತ್ತಾನೆ. ಬೆನ್ನ ಹಿಂದೆ ಶ್ರೀರಾಮನ ದೊಡ್ಡದಾದ ಪಠವನ್ನು ಮದುಮಗಳಿಗೆ ಉಡುಗೊರೆಯಾಗಿ ಹೊತ್ತು ತರುತ್ತಿದ್ದಾನೆ. ಅದನ್ನು ಕಂಡು ಅವರಿಗಾದ ಅತೀವಆನಂದ-ಆ ಕ್ಷಣದಲ್ಲೇ'ನನು ಪಾಲಿಂಪ ನಡಚಿ ವಚ್ಚಿತಿವೋ' ಎಂಬ ಕೃತಿಯನ್ನು ರಚಿಸುತ್ತಾರೆ.

ಸಂಗೀತ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಹಲವು ವಿಧಗಳು.

ಸಂಗೀತ ಆಲಿಕೆ, ಹಾಡುವುದು,ವಾದ್ಯ ನುಡಿಸುವುದು,ಪದ್ಯ ರಚನೆ(ಸೃಜನ ಶೀಲತೆ, ರಚನೆ,ರಾಗ ಸಂಯೋಜನೆ,ಹತ್ತಿಕ್ಕ ಭಾವನೆಗಳನ್ನು ಹೊರಹಾಕಲು ಸಹಾಯಕಾರಿ.)ಮುಂತಾದವು. ಆದ್ದರಿಂದ ಹಾಡಿ, ಹಾಡಲು ಪ್ರಯತ್ನಿಸಿ, ಸಂಗೀತವನ್ನು ಆಲಿಸಿ.ಗಾಯಕ ಮಾಡುವ ಕಾಯಕ ತನಗಷ್ಟೇ ಅಲ್ಲ ಇತರರಿಗೂ ಲಾಭದಾಯಕ. ಕಣ್ಣು ಮುಚ್ಚಿ ಸಂಗೀತವನ್ನು ಆಲಿಸಿ, ಭಕ್ತಿಗೀತೆಗಳನ್ನು ಹಾಡುತ್ತಾ, ತಾಳ ಹಾಕುತ್ತಾ ಇದ್ದಲ್ಲಿ, ತಿಳಿಯದೆಯೇ ಧ್ಯಾನದಲ್ಲಿ ತಲ್ಲೀನರಾಗುವುದರ ಜೊತೆಗೆ, ಭಗ ವಂತನನ್ನು ತಲುಪಲು ಸುಲಭ ಮಾರ್ಗವಿದು.

ಡಾ.ಶಶಿಕಲಾ ಕೃಷ್ಣಮೂರ್ತಿ
ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಮುಖ್ಯಸ್ಥರು
ಪೆಥಾಲಜಿ ವಿಭಾಗ
ಎಸ್ ಎಸ್ ಐ ಎಂ ಎಸ್ ಆರ್ ಸಿ
ದಾವಣಗೆರೆ

Interview: Dr. A. V. Ramprasad

Dr. A.V. Ramprasad

Founder,
Anand Diagnostic Laboratory, Bengaluru



Dr. Ananthvikas: Your journey as a pathologist?

Dr. A V Ramprasad: I took up post-graduation in pathology more by default. I had initially wanted to take up internal medicine, but there was a requirement for specialization in pathology and I ended up pursuing that. It used to be called Pathology and Bacteriology at the time.

My understanding of Pathology at the time was limited as well. Pathology practice at the time was also quite primitive when compared to the way it is practiced today.

Following my MD from Kasturba Medical College, Mangalore, I joined the department of pathology in KMC Hubli, where I worked for around 10 years. Here, along with Dr Nagalotimath, I helped set up the pathology museum. Although I do not remember much from those days, I vividly remember seeing some cases of disseminated Strongyloidosis which we had worked up. Following my term in Hubli, I moved on to JNMC Belgaum and took over as the Head of the Department of Pathology, and I helped set up the pathology museum there as well.

In 1974 I moved to Bangalore to start Anand Diagnostic Laboratory. I chose Bangalore over Mysore because I felt there was more scope for work in Bangalore at the time. There were hardly any standalone pathology laboratories in the city, and the first few months after starting the lab were quite slow. I remember looking out of the window of the lab and spending time reading Arthur Hailey novels. I had one technician helping me, and I used to talk to patients who came and would do the phlebotomy myself. After a few months, through word of mouth, the lab became busier. We started adding on more tests including histopathology, immunofluorescence, higher chemistry and so on. Once Dr. Jayaram joined the lab in 1988 and then later Dr. Sujay, I took a step back from routine reporting and focused more on my other interests and passions including gardening. The rest, as they say, is history.

Dr. Ananthvikas: What is your perception of modern-day pathology and how it has evolved since the time you started?

Dr. A V Ramprasad: What strikes me is the degree of automation and the increasing complexity of the testing that is done, at least from a laboratory perspective. This has improved the quality of test results as well. Whatever has happened is surely a change for the better.

What has not changed since the earlier days are the fundamentals and basic principles, like staining, tissue processing and so on. I believe that a good foundation and understanding of the basic principles are essential before one ventures into automation.

Dr. Ananthvikas: What is your opinion on the current state of pathology?

Dr. A V Ramprasad: Academically, I see a lot more that is happening. The access to information surely is easier today than before. I see this trickling down even to those who are in private practice. I am also happy to see that there is still a place for ethical pathology practice even in the private sector without resorting to shortcuts or other means.

Integrity and transparency in practice are essential and must be the hallmark of practice either in the academic setup or in the private sector. Put in your best efforts to ensure prompt release of reports. One must remember to do things the right way rather than the easy way. All the best!



Interviewed by
Dr Ananthvikas Jayaram,
Consultant Pathologist,
Neuberg Anand Reference Laboratory, Bengaluru

Interview: Dr Ravikala V Rao

Dr Ravikala V Rao,
Professor Emeritus, Pathology SDMCMSH,
Shri Dharmasthala Manjunatheshwara University, Dharwad



Dr Ravikala Vittal Rao is an eminent pathologist with vast years of experience in surgical pathology. She completed her MBBS from Stanley medical college, Chennai in 1969 and MD Pathology from Kasturbha medical College, Manipal in 1974. She was Professor and head at Kasturbha Medical College, Manipal (1979 - 2004). She is currently serving as Professor Emeritus, Pathology at SDMCMSH, Dharwad.

She has conducted national conference of IAPM 1976 and 1983. She has delivered M R Parthasarathy Oration in KAPCON 2016. She has been the guiding light for many pathologists across the world.

Dr Parinitha: Good afternoon madam. Your passion for diagnostic pathology has inspired thousands of Pathologists who have met you at some point in their life. Please share your experiences and views regarding pathology. This will help current and future pathologists. Why did you choose pathology?

Dr Ravikala V Rao: I chose pathology not by choice but by chance. I never even dreamt of becoming a doctor. As an intern I worked under a very brilliant gynaecology professor but I was not good practically. That was the first instant when I realised that in medical science, theory knowledge and practical performance never go together. All I knew was I should not take up OBG at any cost. A tutor post was vacant in pathology and I have no regrets.

Dr Parinitha: Tell us your journey as a pathologist and who should choose pathology.

Dr Ravikala V Rao: During my sojourn in pathology, performing diagnostic tasks, under graduate and post graduate training I realized a few things. Theoretical aspect of all branches of medicine are established facts which even a lay man can master. Nowadays smart patients download all about their illness from net leading to harassment of doctors. I formed a theory that all of us are endowed with receptors for a particular profession or art or music or acting and many more. I find that dermatology, radiology and pathology need observation skill. Obstetrics, anaesthesia and paediatrics need sixth sense. Surgery needs skillful hands, so on and so forth. Since the skills are inherent in a person, education should aim at finding these skills in students. Unfortunately our education system is woefully lacking in identifying the talent. In our country, it is not the brain drain but it is brain drowning which is practised from childhood which has resulted in mediocre quality

of education and research. Entrance exams based on theoretical knowledge are another obstacle in unearthing the talent.

Dr Parinitha: So, what is the solution?

Dr Ravikala V Rao: Our younger generations are smart. Being net savvy, they explore all avenues and choose the right career. In the medical field, national entrance exam should be scrapped and interns should be assessed practically during their internship. Then they should work one year of residency in their choice of field and attend practical exams to be conducted in their respective fields like it was done in CMC, Vellore.

Dr Parinitha: How should MD pathology residents work?

Dr Ravikala V Rao: Pathology residents should work assiduously in all branches of pathology and find for themselves in which branch they are good. If they are not good, they should practice safe pathology by running a laboratory with good technicians. I have given this advice to few students who were very upset with me. Now I do not give my two cents anymore.

Dr Parinitha: Your views on molecular diagnosis versus histomorphology.

Dr Ravikala V Rao: With advances in targeted therapy, molecular pathology, immunohistochemistry and genetic studies have become essential. Histomorphology serves as the core around which relevant investigations can be carried out.

Dr Parinitha: Madam, thanks a lot for sharing your experiences and views and giving us your valuable time. I consider it as a blessing to be associated and working with you. You inspire us everyday.



Interviewed by

Dr Parinitha S. S.

Professor, Pathology, SDMCMS&H,
Shri Dharmasthala Manjunatheshwara University, Dharwad.

'Hey There! The Thyroid Has A Tale To Tell'

Dr. Archana Shetty

Professor, Dept of Pathology

Dr. Chandramma Dayananada Sagar

Institute of Medical Education & Research (CDSIMER)



*Been here for a while in the neck now;
As thyroid hormones went awry somehow
Just when I thought my growth would tend to seize;
Within me some more colloid did release
This time the human's body could no longer wait;
Soon it reached out to the nearest hospital's gate
A surgeon examined me with calm and poise;
Needs some testing and said FNAC was his choice.*

*Soon I saw an inquisitive doctor holding a tray;
Who inspected me with both interest and dismay
Looking at the needle my heart skipped a beat;
I had no choice but to give in to it
Sprang from within me a liquid sticky and brown;
Smears were made; many kept and some thrown
Pressed on me was a cotton ball - my ooze to arrest;
Leaving me restless as the aspirated content went under test.*

*Next day came my report from the cytologist in the lab;
Goiter with cystic change - Bethesda II was verdict of the jab
Though harmless but too bulky to ignore;
Relieved but concerned the surgeon wanted me no more
Allotting me a slot on his scheduled OT list;
He ordered tests my smooth excision that would assist
Overwhelmed that I will be under the knife soon;
I realized my life may stretch only until tomorrow noon.*

*Gently from soft tissue, vessels and nerves I was unwound;
In the theatre so bright with green gowns all around
Into a jar of formalin to the pathologist I was sent;
Who grossed me into bits and pieces to a great extent
Soon swimming in fluids and bound by wax that made me hard;
Micron slices were cut and H & E stain on me did bombard
Dawned with DPX and mounted, being immortalized I could foresee;
That my slides will be carried in a tray for the experts to see.*

*An army of lab physicians who in morphology were adept;
Pondered at me through lenses from scanner to depth
Referring books & literature to ascertain that I was indeed benign;
Goiter with cystic degeneration said the confident report with a sign
I know not what will happen in future to the body where I was born;
But I'm convinced there are saviors like the ones above after I'm gone*

*That's it from me as I wind my life's tale...
Wishing for good health on all to prevail.....*



Pathologist – A Locopilot On A Mission

Dr Archana Bhat
Associate Professor of Pathology
Father Muller Medical College, Mangalore



*Correct treatment is the destination,
This in turn depends on diagnostician-
Who leads the health care team,
Though to the patient, it may not seem!*

*Pathologists are the “Loco-pilots”,
Who correlate and join through the eyelets
of various disciplines of Medicine
Together we are – “A train on expedition”.*

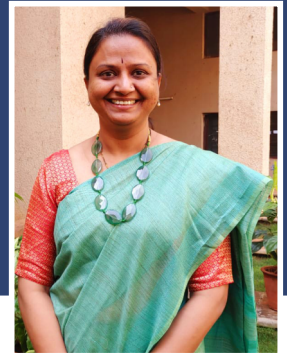
*To keep us on check, we have quality assurance,
And clinician feedback in abundance!
Our landmark is Integrative diagnosis
Of which “Pathology” forms the basis.*

*In this train, Loco-pilots are Pathologists
Without whom the entire system cannot exist
On the right track in this expedition,
Disease to proper diagnosis and treatment – our Mission.*



Imagination Through A Lens

Dr Anita P J
Professor,
SDMCMSH, Dharwad



I had a routine day with full of trays on my desk. Biopsies whispering pick me first and diagnose who Am I and specimens yelling you always pick me in the last.

With this subtle war of slides, I...Let me introduce myself, "I" am a detective who play a role in identifying the felon (Pathological agent) and army (human defence) and the war place (site of biopsy).

I was going through a resected intestinal specimen, as I heard the yell first rather the whisper of biopsies. The intestine which was removed with a clinical suspicion of tuberculosis. The patient had pain abdomen and fever as the complaints since months and scopy showed ileal thickening.

I moved the beautiful slides in an order, labelled alphabetically and in the middle of going through these slides under my stage, I realised it is not granuloma sitting there depicting a small battle between bacilli- the felon, necrosis as a disaster which is a result of the battle, and epithelioid cells, lymphocytes and giant cell -our full equipped army. Nothing was seen. Infact what was visible was a large neutrophilic collection sitting in a pool, like a water pond surrounded by granulation tissue i.e., lush green shrubs and herbs. And many small pools (abscesses) were seen within the intestinal land (wall) and lot many changes in ileal land and the ileum repeatedly saying, yelling and sometimes whispering that I am unusual. Spare some more time in my land, you will find the felon and cause of this chaos in my land (intestinal wall).

These slides reminded me of my Guru (Teacher).

He always looked at the slides and spoke to them daily until he heard a response that is a whisper of diagnosis. He used books as his hearing aid and postgraduates as audio tool, who read these books and he always said there is something in here which I am missing now but I will interact with them daily and soon I will know them and diagnose the case.

Obviously, my teacher succeeded in talking to these beautiful slides and diagnosing each case. I imbibed this quality subconsciously and now I keep saying when I see slides on my stage that there is something in this beautiful blue and pink and I am missing now but will keep interacting daily until I hear a whisper from a slide.

So this intestinal land(wall) which had occupied entire tray as its territory, in the form of slides and few slides coloured with special stains and these special stains were very melodiously saying I am a fungus and I accidentally landed here due to the patient negligence. So, now I made this my territory and then this battle started, not a granulomatous war, but a small battle where these tiny soldiers (neutrophils) have come in mass and trying to destroy me and so you find chaos (necrosis) at places and dead soldiers at places gathered to form a pool (neutrophilic abscess). As a detective looking through these slides, staring at this battle and my special stains helping me to find out to identify the felon, I remembered my Guru and started talking to these slides and read books to identify and finally with the help of my senior officer (Consultant) I identified the felon as an unusual fungus called *Basidiobolus ranarum*.

The story doesn't stop here. I also noticed there is mucosal ulceration at places in this intestine like a landslide and I wonder what made this landslide happen when already there is small battle going on in the wall, and there I see big eyed owls sitting along the base of landslide making endothelial cells and few histiocytes as their shelter and whispering I am the one who started this story. I had to colour my slides again this time with brown, as brown was my more expensive, sophisticated and specific tool, IHC, to identify the culprit and bingo I get a catch of these viruses and that was Cytomegalovirus (CMV). Now I wonder what is this happening... a virus and a fungus and poor intestine. Two felons, one army and this chaos... finally the detective found the culprit, informed the saviour and the patient was treated and now the patient is doing fine.




Here ends one of my stories and so the detectives here reading this article will have similar stories to share and we all have many interesting stories to narrate to our postgraduate students and our colleagues and the saga of wars (Pathology), detective job (Pathologists), saviour work (Clinicians) and saving the health and humankind goes on...






KCIAPM Activity- January to July, 2022

KCIAPM Path Webinars

Following a highly appreciated Season 1 of KCIAPM Path Webinars, Season of the KCIAPM webinar series was launched on 12 February, 2022 which has catapulted the KCIAPM SoMe YouTube Channel subscriber list to 5000+ active subscribers.

 KCIAPM Path Webinar Season 2 Topic Recipe For A Complete Nephropathology  12th February, 2022 6:30 - 7:30 PM  Live on KCIAPMSoMe YouTube Channel Brought to you by Social Media Subcommittee	First Webinar was scheduled on 12 th February on "Recipe for a complete Nephropathology" by Dr. Mahesha Vankalakunti, Consultant Nephropathologist, Manipal Hospitals, Bengaluru.
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This was followed up by 2 nd Webinar on "KNOW YOUR ENEMY!!" by Dr. Anita Mahadevan, Professor, Neuropathology, NIMHANS, Bengaluru on 12 th March, 2022.	 KCIAPM Path Webinar Season 2 Topic Know Your Enemy! #NeuroPath  12th March, 2022 6:30 - 7:30 PM  Live on KCIAPMSoMe YouTube Channel Brought to you by Social Media Subcommittee
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 KCIAPM Path Webinar Season 2 Topic Approach to Interpretation of Bone Marrow Aspiration and Trepine Biopsy  14th May, 2022 6:30 - 7:30 PM  Live on KCIAPMSoMe YouTube Channel Brought to you by Social Media Subcommittee	Dr Sitalakshmi S, Professor and Head, Transfusion Medicine and Immunohematology, St Johns Medical College, Bengaluru delivered the May KCIAPM Path Webinar on the topic : Approach to Interpretation of Bone Marrow Aspiration and Trepine Biopsy"
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KCIAPM Path Webinar for June was conducted on 11th June on "Basics of Inflammatory Bowel Disease Histology on Endoscopic Biopsies" by Dr. Siddhartha Datta Gupta, Adjunct Professor, Dept of Pathology, St Johns Medical College, Bengaluru.



KCIAPM Path Webinar Season 2

Topic
Basics of
Inflammatory Bowel Disease
Histology on Endoscopic Biopsies



Dr Siddhartha Datta Gupta
Adjunct Professor,
Dept of Pathology,
St Johns Medical College,
Bengaluru

11th June, 2022
6:30 - 7:30 PM



Live on KCIAPMSoMe YouTube Channel
Brought to you by Social Media Subcommittee



KCIAPM Path Webinar Season 2

Topic
Role of Perinatal Autopsy
in Genomic Era



Dr Sunil Jaiman

Assistant Professor,
Perinatology Research Branch
Department of Pathology
Wayne State University School of Medicine,
Detroit, Michigan, USA

9th July, 2022
6:30 - 7:30 PM



Live on KCIAPMSoMe YouTube Channel
Brought to you by Social Media Subcommittee

July KCIAPM PathWebinar was delivered by Dr Sunil Jaiman, Assistant Professor and Section Head, Perinatal Pathology, Wayne University School of Medicine , Michigan, USA.

KCIAPM Virtual Interactive Slide Seminars



KCIAPM INTERACTIVE SLIDE SEMINAR FEBRUARY, 2022



26th February, 2022
2:00 - 4:30 PM

Neuberg Anand
REFERENCE LABORATORIES



Live on KCIAPMSoMe YouTube Channel
Brought to you by Social Media Subcommittee

First KCIAPM Slide Seminar for the year 2022 was organized virtually by Neuberg Anand Reference Laboratory, Bengaluru. 10 PGs from 8 Medical Colleges across the state discussed the cases virtually. Dr Gauri Dadich and Dr Divya Waghray from JSS Medical College, JSSAHER, Mysore received certificates for "Best Case"

KCIAPM Path Webinar for June was conducted on 11th June on "Basics of Inflammatory Bowel Disease Histology on Endoscopic Biopsies" by Dr. Siddhartha Datta Gupta, Adjunct Professor, Dept of Pathology, St Johns Medical College, Bengaluru.



KCIAPM Path Webinar Season 2

Topic
Basics of
Inflammatory Bowel Disease
Histology on Endoscopic Biopsies



Dr Siddhartha Datta Gupta
Adjunct Professor,
Dept of Pathology,
St Johns Medical College,
Bengaluru

11th June, 2022
6:30 - 7:30 PM



Live on KCIAPMSoMe YouTube Channel
Brought to you by Social Media Subcommittee



Scan the link below watch all Webinars and Slide Seminars and subscribe to KCIAPM SoMe YouTube Channel to get notified every time we go live-

National Pathology Day 2022

Author

Dr Aditya Agnihotri

Honorary Secretary,

KCIAPM (Karnataka Chapter – IAPM)



Mrs. Sharma was overheard saying, "My doctor diagnosed me with lung cancer." However, this diagnosis was actually made by a Pathologist, the hidden physician in Medicine.

Dr Vasant Ramji Khanolkar

Who are these behind-the-scene doctors, often called the "physician's physician?" In a nutshell, pathologists are physicians who specialize in the diagnosis and management of human disease by laboratory methods. Using a microscope, they evaluate cells (Cytopathology) and tissues (Surgical Pathology) removed from the body in life, as well as after death (Autopsy Pathology). They are also responsible for the appropriate testing of blood and other body fluids analysed by a wide variety of sophisticated instruments (Haematology and Clinical Pathology) and analysis of genetic material (Molecular Pathology). Pathology impacts nearly all aspects of patient care, from diagnosis to management of diseases through accurate laboratory testing.

As physicians who are laboratory professionals, pathologists develop and implement newer and better ways to provide diagnoses and the information necessary for patient care. Laboratories are held to rigorous standards, and pathologists make sure that these are met. Pathologists' role in patient care doesn't end with a diagnosis. We collaborate with other members of the clinical care team to find the most effective ways to evaluate patients and, at the same time, the most cost-effective methods to the patient in terms of discomfort, time, and money. Our goal, as key members of the patient management team, is to share our expertise in formulating the best plan possible for each patient.

Overall, pathologists are a vital component and resource in health care who practice a unique component of medicine. Patients may not see pathologists routinely, but their expertise and the information they provide from laboratory testing is an integral part of the course that guides treating physicians in health care every day.

However, pathology has been affected by public misconceptions for ages and has been largely invisible to the general public. In order to reverse the trend and to create awareness about pathology as a viable career among undergraduate students and advocate the critical role played by pathologists in patient care among general public and lawmakers alike, a large-scale annual awareness campaign is the need of the hour.

With this in mind, it was decided by Indian Association of Pathologists and Microbiologists (IAPM) to celebrate birth anniversary of eminent pathologist Dr V R Khanolkar on 13th April as National Pathology Day from this year onwards.

Dr Vasant Ramji Khanolkar , a well-known educator, pathologist and Cancer researcher was born on April 13th, 1895 in Quetta, currently in Pakistan. After spending his childhood and early education in Quetta, he joined as a medical student in Grant medical college in Bombay in 1912. Later he completed his MD Pathology from the University of London in 1921. He was a Professor of Pathology in Grants Medical and Seth G. S. Medical College, Mumbai.

He was instrumental in establishing the department of Pathology at Tata memorial hospital in 1941. He was also responsible for setting up of the Indian Cancer Research Centre and was its director from 1953 to 1963. After an illustrious career Dr V R Khanolkar was laid to rest on October 8th 1978.

He made major contributions to the epidemiology and understanding of cancer, blood groups and leprosy. He was the first to show the existence of dhobi cancers, and was amongst the earliest to demonstrate the carcinogenicity of tobacco and the use of fine needle aspiration cytology for the diagnosis of neoplasms. He was an acclaimed teacher and was on the boards of numerous international organizations. Recognizing the yeoman service rendered by Dr V R Khanolkar to Medicine and research Government of India conferred Padma Bhushan in 1955. He is the founding President of IAPM and is regarded as “Father of Pathology and Medical Research in India”. IAPM is indebted to Dr V R Khanolkar for his contributions in the field of Pathology and Medical Research and it is apt to commemorate his birth anniversary on April 13th every year as the National Pathology Day in India.

With the emergence of precision-based medicine, Pathologists are increasingly playing a central role in patient care. A recent survey on patient's sentiment found that speaking directly with a pathologist could help patients better understand their diagnosis and feel empowered. Have you met the pathologist behind your diagnosis?



Adichunchanagiri Institute of Medical Sciences, B G Nagara



Aster Reference Laboratory, Bengaluru



Bangalore Medical College, Bengaluru



Dr Chandramma Dayananda Sagar institute of Medical Education and Research, Ramanagara



Father Muller Medical College, Mangaluru



JSS Academy of Higher Education _ Research (JSS AHER), Mysuru



Karnataka Institute of Medical Sciences, Hubballi



Kempegowda Institute of Medical Sciences, Bengaluru



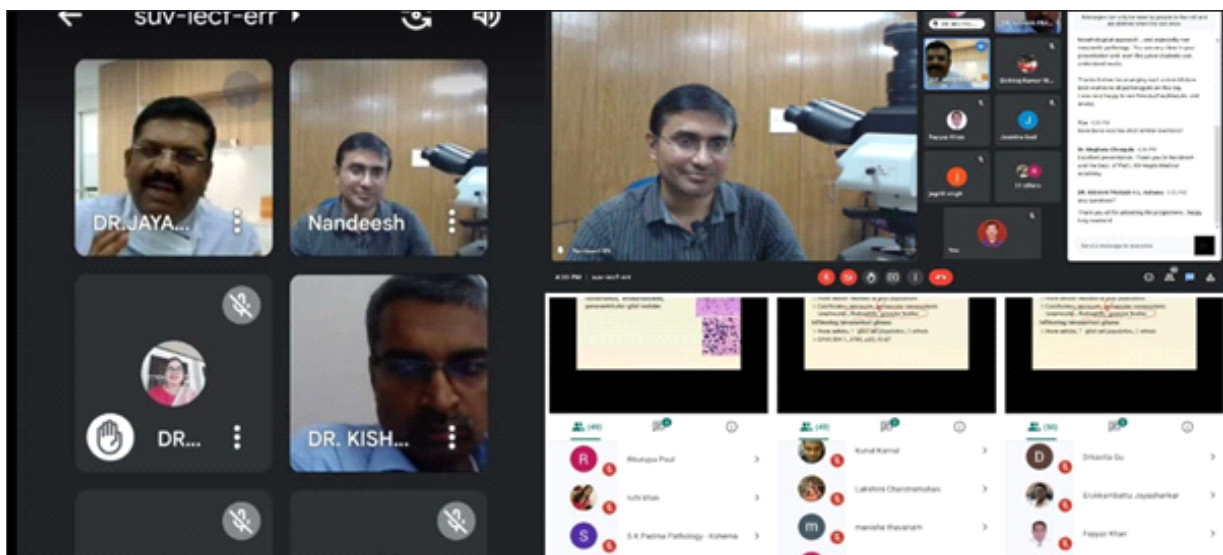
Khaja Bandawaz Medical College, Kalaburgi



Kidwai Memorial Institute of Oncology Cancer Research, Bengaluru



KMC Mangalore



KS Hegde Medical Academy, Mangaluru



Mahadevappa Rampure Medical College, Kalaburgi



National Pathology Day Quiz Faculty



SDM College of Medical Sciences and Hospital, Dharwad



SS Institute of Medical Sciences, Davangere



St Johns Medical College, Bengaluru



Yenepoya Medical College, Mangaluru



SHRI
DHARMASTHALA
MANJUNATHESHWARA
UNIVERSITY



KCIAPM

Talk on National Pathology Day - All India Radio, Dharwad



Dr Deepak Kanabur
Professor, Pathology,
SDMCMS&H,
Dharwad

Scan to Listen



SHRI
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MANJUNATHESHWARA
UNIVERSITY



KCIAPM

Talk on National Pathology Day - KLE Dhvani, Hubballi



Dr Parinitha S S
Professor, Pathology,
SDMCMS&H,
Dharwad

Scan to Listen



ANNOUNCEMENTS



Ms Ramaiah Medical College, Bengaluru

The 70th National Conference of IAPM & IAP-ID, APCON 2022 Hybrid Conference is here and we couldn't be more excited to bring you another academic spectacle in Hybrid format by KCIAPM at M S Ramaiah Medical College, Bengaluru from November 30 to December 4, 2022, after the highly appreciated KAPCON 2020 and KAPCON 2021.

APCON 2022 unites the Pathologists, the trainees, and the mentors, across the country and beyond under one roof for the exchange of ideas, networking and collaboration. APCON 2022 promises to bring you the esteemed group of speakers from around the globe, an opportunity to connect with the leaders in the field and to help you navigate through the latest innovations and technological advancements in the world of Pathology.

Being Organized in the Silicon Valley of India and the IT Capital, Bengaluru, this will invariably be the techiest APCON ever and we will be launching our own custom mobile app for APCON to provide all delegates the ultimate conference experience.

About APCON 2022



20 Workshops

November 30, 2022

20 Hands on, One-to-One workshops on various subspecialties will be taking place simultaneously at multiple locations across Bengaluru. Registration to Physical Combo Package / Physical APCON 2022 is mandatory to be eligible for workshop registration.

Each eligible delegate can register only for one workshop.



International Academy of Pathology - Indian Division (IAP-ID) Annual Conference 2022

1st December, 2022

International Academy of Pathology - Indian Division (IAP-ID) Annual Conference 2022 on 1st December will feature International faculty which includes usually a Guest Lecture by an invited foreign speaker, a Slide Seminar and a Symposium on pre selected topics.



APCON 2022

2nd - 4th December,

APCON 2022 from 2- 4 December, 2022 is an Annual Conference of Indian Association of Pathologists and Microbiologists (IAPM) which will feature many faculty of National and International repute sharing the knowledge and expertise via Slide Seminars, Lectures, Symposiums and CME's. This will also have innovative informal Breakfast Session with experts.

Many Firsts of APCON 2022 Conference

- First APCON in Hybrid Format
- First APCON with 20 Workshops
- First APCON with 10+ Competitions
- First APCON with PathKalakar, PathTweet, PathSketch, PathBlog and PathFlix
- First APCON with UG Paper and UG Poster competitions
- First to launch a new competition called PathInnovate
- First APCON with custom mobile applications

20 Workshops are being organized on 20th November at premiere Institutes and Laboratories across Bengaluru with limited registration to ensure Hands-on, One-to-One training in various subspecialties of pathology. Only physical delegates are eligible to register for the workshop. Each delegate can register for only one workshop on first come first serve basis. Hurry and register for your favourite workshop.



Competitions



Oral-Paper



E-Poster



Innovate



Quiz



Sketch



Path-Tweet



PathFlix



BLOG

Path-Blog



PathKalakar



UG-Paper

APCON 2022 will feature 10+ Competitions for the delegates exploring their academic and extra-curricular talents with handsome prizes. Rules of all competitions are available on the website.

Early Bird Registration has been extended till 31st July, 2022.
Abstract Submission pages are open.

Scan to visit the website



for more information www.apcon2022.com

Obituary



Dr. K M Srinivasa Gowda

January 20, 1945 – February 2, 2022

It is very difficult to believe that a renowned Pathologist and chief architect in KCIAPM attaining its present heights, Dr. K M Srinivasa Gowda (Dr.KMSG), is no more with us. He left us peacefully in the early hours of 2nd February 2022.

It is difficult to tell about this multifaceted personality in a few words. It was my privilege that I worked under him. I had known him indirectly even before meeting him as I was a regular reader of “Lankesh Patrike” in which he wrote the sports column. He was one among the team which supported Lankesh's intention to launch a political party in the 1980's.

My association with Dr. KMSG is from 3rd March 1986 when I entered Kempegowda Institute of Medical Sciences (KIMS) as a Tutor. He was a Professor and Head of Department of Pathology and went on to be the Principal of College.

As the HOD of Pathology, he developed the department along with his associates and subordinates and brought about many reforms in teaching. He would conduct TOT for teachers, Journal clubs and Slide/Subject seminars in those days when there were no Post Graduates in the Department as yet. Through this, he encouraged integrated teaching. Many undergraduate students have remembered him as the teacher with a roaring voice.

As Principal of KIMS, apart from being an able administrator, he promoted reforms in teaching methods in all departments for both Undergraduates and Postgraduates and also brought out reforms in the conduct of exams. It was under him that the convocation at the college level was started and the tenth anniversary of KIMS celebrated.

Dr. KMSG became the Secretary of KCIAPM in 1990 and revived it in many ways. He conducted membership drives, regular seminars and educative programs for PG students. He went on to become the President of KCIAPM in 1996, and was ably supported by Dr. A.V. Ramprasad, Dr. N. Jayaram, Dr. S. Kumar, many other Pathologists and Microbiologists, Professors of Medical Colleges, Chiefs of Laboratories to bring KCIAPM to a healthy state.

He later went on to become the Registrar of Rajiv Gandhi Health University, of which he was the Senate and Syndicate member earlier too, purely based on his merit and administrative capabilities. Some of the reforms he brought about were the speedy and efficient announcement of results. Post Graduate Entrance exams were started during his tenure.

He never forgot his Alma mater. He worked diligently in establishing the library and auditorium through the alumni association of Bangalore Medical College. He was also the President of IMA Bangalore branch and Honorary State Secretary of IMA Karnataka State Branch

The fact that just his entry into the college/hospital/university created a sort of automatic alertness and activity in every employee speaks volumes of his administrative powers. He multi-tasked and knew the art of extracting work from his associates and subordinates, allotting responsibilities to everyone and overseeing and ensuring its execution.

As mentioned in the opening paragraph, Dr. KMSG had many interests other than academics too. He was a multifaceted personality.

He played shuttle badminton and was a sports columnist. He also wrote letters to the Editor on varied issues to many newspapers. He translated many books from Kannada to English during the Pre-Google era. Notable among them are the translation of Sri Kuvempu's "Malegalalli Madumagalu" as "The Bride in the Rainy Mountains" which was released in 2003 and won him an award from "Kuvempu Bhasha Bharathi Pradhikara" last year. He has also translated Sri Poornachandra Tejasvi's "Parisarada Kathegalu" to English. Sri Tejasvi was one of his good friends, as were many in the literary and theatre fields. He directed 40 English plays under the "Bangalore Little Theatre". He has read a lot about Mahatma Gandhi and many other literary works and could talk authoritatively on many subjects.

He was very active in social life, being a member of Bangalore Turf Club, Catholic Club, Billiards Club, Golf Club, Bowring Institute, Jayanagar Club and Basavanagudi Club. He was Steward and Chairman of Bangalore Turf Club too. He was a great foodie and lived his life to the fullest.

This is a personal loss to me as I have been fortunate to be one of his trusted lieutenants and have learnt a lot and been inspired by him. He has been my only "Boss" in my career. When faced with any difficult situation during my administrative days in various places and as Secretary of IMA, I have thought for a moment about how Dr. KMSG would have addressed it. I am glad that I had been to visit him in December and even then, what struck me was his positive approach to life. That is Dr. KMSG. He is always in our heart.

A great salute to you Sir !!
May your soul rest in peace.
Om Shanthi !!

By
Dr. B. Veeranna,
Former Assistant Registrar RGUHS
Former Hospital Administrator KIMS Hospital

Obituary



Dr. Prasanna Shetty,

June 5, 1962 - June 9, 2022

Regret to inform the sad demise of our beloved friend, Prasanna Shetty, Professor and HOD of Pathology, Ramaiah Medical College on 09.06.2022. Born in Manipal on 5th June 1962 to Late Badilaguthu Chikkayya Shetty and Late Hendady Tenkumane Shambhavi C. Shetty, had his early schooling in St. Mary School, New Delhi and later in St. Joseph PU School in Bangalore.

Dr. Shetty completed his MBBS from KIMS, Bangalore and MD Pathology from JJM Medical College, Davangere. He joined Ramaiah Medical College in the year 1993 and got retired as Professor and Head of Pathology on 31st May 2022.

He is survived by his wife, Mrs. Veda P Shetty, son Mr. Gourav P Shetty, Engineer by profession, working in Germany and daughter Miss Adithi, a law graduate working in a private law firm. Dr Prasanna Shetty decorated several coveted positions during his illustrious career as Pathologist. He was Director of Laboratories at Ramaiah Teaching hospital and his contribution was well appreciated as he drove the laboratory to NABL accreditation. He was also instrumental in establishing a diagnostic centre of repute, Raksha Diagnostic Centre in Bangalore.

Dr. Shetty was very actively involved in the activities of KCIAPM and was the treasurer of the organization from 2006 to 2012. During his tenure he was involved in organizing several regional, national and international conferences in Pathology.

Dr. Shetty was a perfectionist to the core, very immaculate in his work, able administrator, excellent teacher, very friendly in nature and a good-hearted human. His presence is deeply missed by his colleagues, friends, students and his family along with members of IAPM.

May his soul rest in peace and may the almighty give strength to all his near and dear ones to bear the loss

By
Dr N K Alva,
Professor, Pathology
M S Ramaiah Medical College, Bengaluru



KCIAPM

