



PATH ವರ್ಣ

The Official News Letter of Karnataka Chapter - IAPM

Footprints At Golden
Fifties- Stories Of
Successful Path



2024 PATH TRENDS

- Prose and Poetry
- Dr Prakash Patil Interview
- Travelogues



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NOTE FROM THE EDITORIAL TEAM

The newsletter team is back to unfurl the much awaited issue of 'Path Varna' for the year 2024, as we bask in the glory of celebrating 50 years of KCIAPM which will soon host its annual conference in the 'Venugrama' of Karnataka – Belgaum in mid-October.

Content in this issue includes not only prose and poetry, articles, announcements, interviews, National Handloom Day Celebrations, but also a special section dedicated to the role of pathologists as teachers. We also keep you connected with what's over and what's to look forward to in the KCIAPM path community.

We thank all the contributors for sharing their work and our office bearers for their support in drafting this newsletter. Do take some time off not only to savour the flavours of this issue but also to actively submit articles for the upcoming issues and get your names inked in 'Pathವರ್ಣ'- The official newsletter of KCIAPM

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President's Message

Dear Members and Esteemed Colleagues,

It gives me immense pleasure to connect with you through this special issue of Pathvarna, the esteemed periodical of the Karnataka Chapter of the Indian Association of Pathologists and Microbiologists (IAPM).

First and foremost, I would like to extend my heartfelt congratulations to the editorial board of Pathvarna on completing three glorious years. Your dedication and hard work have transformed this journal into a vibrant platform for knowledge sharing and professional development within our pathology community. Your commitment to excellence continues to inspire us all.

This issue holds special significance as it features insightful interviews with two luminaries of our field, Dr. P. V. Patil and Dr. Lalitha Mahale. Their invaluable contributions to pathology have set benchmarks in our profession, and their wisdom and experiences shared in these interviews will undoubtedly enrich our understanding and inspire future generations.

Moreover, we are on the cusp of a historic milestone—the 50th annual conference of our chapter, KAPCON. Celebrating half a century of academic excellence and professional camaraderie is a testament to our members' unwavering spirit and collective efforts. As we gather for the golden jubilee of KAPCON, let us reflect on our journey, celebrate our achievements, and envision a future filled with innovation and collaboration.

I would also like to express my deepest gratitude to our Vice President, Dr. Vijay Shankar, our Secretary, Dr. Aditya Agnihotri, and our Treasurer, Dr. Thejasvi Murthy. Their untiring efforts and steadfast commitment have been instrumental in the growth and success of our chapter. Their leadership and vision have propelled us forward, and I am sincerely thankful for their invaluable contributions.

I encourage all members to actively participate in the upcoming conference and contribute to the continuing success of our chapter. Together, we can further elevate the standards of pathology practice and education in Karnataka and beyond.

I wish each of you will experience the JOY of BEING a Pathologist and NOT just DOING Pathology....!

Thank you for your continued support and dedication. Let us move forward with renewed enthusiasm and a shared commitment to excellence.

Warm regards,

Vice - President's Message



Dr. Vijay Shankar

Vice President, KCIAPM
Karnataka Chapter,
Indian Association
of Pathologists
and Microbiologists

It is with great pleasure that I share this special issue of PathVarna, Vol 3 Issue2 coinciding with KAPCON 2024, our 50th conference, the Golden Jubilee celebration. This issue holds interviews with Dr. P. V. Patil and Dr. Lalita Mahale, whose experiences and insights provide us wisdom and remind us of the dedication behind their work.

I would like to extend heartfelt gratitude to the entire editorial team for their tireless efforts over the past three years. Their dedication has shaped PathVarna into a lively platform for knowledge sharing. They have come together as a team to make this a great success. They have indeed set a benchmark for future teams to follow.

I encourage all students, residents and faculty who come across this issue to actively contribute and help make it a great success.

Regards,

Secretary Message



Dr Aditya Agnihotri,

Honorary Secretary,
KCIAPM
(Karnataka Chapter
of the Indian Association
of Pathologists and
Microbiologists)

Greetings to all KCIAPM Members

It gives me immense pleasure to announce the release of the latest edition of PathVarna on the significant occasion of KAPCON 2024. This year's KAPCON is particularly special, as we celebrate the 50th Annual Conference of the Karnataka Chapter of the Indian Association of Pathologists and Microbiologists (KCIAPM).

This issue is a tribute to two stalwarts of pathology, Dr. P.V. Patil and Dr. Lalita Mahale, who have greatly contributed to the field and our association. Their insights and experiences, shared in the interviews featured in this edition, will no doubt inspire many in our community.

I would like to extend my heartfelt thanks to the editorial board of PathVarna for their relentless dedication over the past three years. Their efforts have been instrumental in establishing and maintaining the Newsletter's high standards. As their tenure comes to a close, we acknowledge and appreciate their exceptional service.

A special note of appreciation to the Newsletter, Scientific, Social Media, and Resident Committees for their dedicated service, which has contributed immensely to our association's success.

I also take this opportunity to thank all KCIAPM members and executives for their cooperation and support during my three-year term as Secretary. It has been an incredible journey, and your encouragement has been pivotal in achieving our collective goals. As I step into my next term, I humbly request your continued support as we strive to make KCIAPM a more professional and well-oiled machinery, enabling us to better serve the pathology community.

I extend a warm welcome to all delegates attending KAPCON 2024 in the beautiful city of Belagavi, known for its rich cultural heritage, historic landmarks, and scenic surroundings. Belagavi offers the perfect blend of tradition and modernity, providing an ideal backdrop for this milestone conference.

As we move forward with KAPCON 2024, we stand proud of the legacy we continue to build together, and I look forward to the bright future of both KCIAPM and PathVarna.

Jai Hind Jai Karnataka

Treasurer's Message



**Dr Thejasvi
Krishnamurthy**

Honorary Treasurer,
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It gives me immense pleasure to pen down a few words for this issue of Pathvarna, the biannual newsletter of the Karnataka chapter of the Indian Association of Pathologists and Microbiologists (IAPM). As we release Volume 3, Issue 2, I extend my heartfelt congratulations to the editorial team for their dedication, hard work, and unwavering commitment to excellence. Successfully completing three years of publication is a commendable achievement, and I am confident that Pathvarna will continue to provide valuable insights and updates for all our members.

This issue holds special significance as it coincides with the grand occasion of our 50th Annual State Conference, KAPCON 2024. This milestone is a testament to the strong foundation and progressive growth of our association, and I look forward to the engaging discussions, knowledge exchange, and camaraderie that this conference will foster.

Let us celebrate our shared successes and continue striving for academic and professional excellence in the years to come.

Warm regards,

Executive Committee - KCIAPM



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ಬದುಕಿನ ಬಣ್ಣ ಮತ್ತು ಫಿಫ್ಟ್ ಗೇರ್



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ಒಂದು ಬೇಸಿಗೆಯ ಸಂಜೆ. ಹುಬ್ಬಳ್ಳಿಯ ಕಲ್ಯಾಣನಗರದಲ್ಲಿರುವ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮದಲ್ಲಿ ಸಂಗೀತ ಸೇವೆಯನ್ನು ನೀಡಲು ತಯಾರಿ ಮಾಡಿಕೊಂಡು ವಿಜಯನಗರದಲ್ಲಿರುವ ನನ್ನ ನಿವಾಸದಿಂದ ಕಾರನೇರಿ ಹೊರಟೆ. ನಾನೇ ಚಾಲಕಿ ...ನಾನೇ ಪ್ಯಾಸೆಂಜರ್ .. ಒಂಟಿ ಪಯಣ. ಬದುಕು ಹೀಗೇ! ಕುಟುಂಬ ಅಂತ ನಮ್ಮ ಆಪ್ತರು ಎಷ್ಟು ಜನರಿದ್ದರೂ, ಅವರಿಗೂ ತಮ್ಮದೇ ಆದ ಕೆಲಸವಿರುತ್ತವೆ.. ಜವಾಬ್ದಾರಿಗಳು ...ನಿರ್ಬಂಧಗಳು ...ಡೆಡೈನ್ಸ್ ಇರುತ್ತವೆ .. ಎಲ್ಲ ಸಮಯದಲ್ಲಿ ನನ್ನ ಜೊತೆಯಲ್ಲಿ ಪರಿವಾರದ ಎಲ್ಲ ಸದಸ್ಯರು ಬರಬೇಕೆಂದರೆ ಸಾಧ್ಯವೇ ? . ಜಂಟಿಯಾಗಿರದೆ ಒಂಟಿಯಾಗಿ ಹಲವೆಡೆ ಅನೇಕ ಕೆಲಸ ಮಾಡಲೇಬೇಕಾಗುತ್ತದೆ. ಇದಕ್ಕೆಲ್ಲ ಮನಸ್ಸು ಯಾವಾಗಲೋ ರೆಡಿಯಾಗಿತ್ತು.

ಸಂಜೆ ಗಂಟೆ ಏಳು .. ಆಟೋಗೇರ್ ಆಲ್ವೊ ಕಾರಲ್ಲಿ ಕೂತು , ಸೀಟ್ ಬೆಲ್ಟ್ ಧರಿಸಿ , ಎಂಜಿನ್ ಶುರು ಮಾಡಿ ರೆಡ್ ಎಫ್.ಎಂ.93. 5 ರಲ್ಲಿ ಆರ್.ಜೇ ಮೇಘಾ ಬಿಂದಾಸ್ ಆಗಿ ಮಾತನಾಡುವುದನ್ನು ಕೇಳುತ್ತ ಅಧ್ಯಾಪಕನಗರ , ವಿಜಯ ಹೋಟೆಲ್ ಮಾರ್ಗವಾಗಿ ದೇಶಪಾಂಡೆ ನಗರದ ಮೂಲಕ ಟ್ರಾಫಿಕ್‌ಯವಾಗಿದ್ದ ವಿದ್ಯಾನಗರ ದಾಟಿ ಶಿರೂರ್ ಪಾರ್ಕ್‌ತ್ತ ಕಾರು ತಿರುಗಿಸಿದೆ. ಅಲ್ಲಲ್ಲಿ ಬಿದ್ದ ಪ್ಲಾಸ್ಟಿಕ್ ...ಒನ್ನೇನಲ್ಲೂ ಎದುರು ಬರುವ ಗಾಡಿಗಳು ..ಕತ್ತನ್ನಷ್ಟೇ ಹೊರಹಾಕಿ ರಸ್ತೆ ಮೇಲೆ ಗುಟ್ಟಾ ಉಗುಳುವ ಆಟೋವಾಲಾ .. ಹೆಲ್ಮೆಟ್ ಇಲ್ಲದೆ ಹೈ ಸ್ಪೀಡ್ ನಲ್ಲಿ ಹಾವಿನಂತೆ ಹೈವೇ ಮೇಲೆ ದ್ವಿಚಕ್ರವಾಹನ ಚಲಾಯಿಸುವ ಶೋಕಿಲಾಲ ... ಎಲ್ಲವನ್ನೂನೋಡಿ ಸಂಕಟ, ಅಸಹ್ಯ ಆದರೂ ..'ನನ್ನದೇ ಭಾರತ, ಹೋಗ್ಲಿ ಬಿಡು , ಸುಧಾರಿಸ್ತಾರೆ' ಅಂತ ಮನಸ್ಸು ಹೇಳ್ತಾ ಇತ್ತು. ಕಲ್ಯಾಣ ನಗರದತ್ತ ದೃಷ್ಟಿ ಕೇಂದ್ರೀಕರಿಸಿ ಆಶ್ರಮ ಮುಟ್ಟುವಲ್ಲಿ ನಿರತಳಾದೆ.

ಕಡಿದಾದ ಸಣ್ಣ ರಸ್ತೆಯಲ್ಲಿ ಕಾರನ್ನು ಪಾರ್ಕ್ ಮಾಡಿ, ಆಶ್ರಮದ ಆವರಣದಲ್ಲಿ ಸಿದ್ಧವಾದ ವೇದಿಕೆಯ ಮುಂಭಾಗದಲ್ಲಿ ಕುಳಿತೆ. ಹರಿಕಥೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಯುತ್ತಿತ್ತು. ಅನೇಕ ಸದ್ಭಕ್ತರು ನೆರೆದಿದ್ದರು. ಭಕ್ತಿ-ಭಾವದಿಂದ ವಾತಾವರಣ ಪ್ರಸನ್ನವಾಗಿತ್ತು. ಸಂಗೀತ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಹೇಳಿಮಾಡಿಸಿದ ವೇದಿಕೆ, ಜೊತೆಗೆ ಕೇಳುವ ಮನಸುಗಳು ಅಲ್ಲಿತ್ತು. ನಾನು ಸಂತಸದ ಉಯ್ಯಾಲೆಯಲ್ಲಿ ಹಗುರಾಗಿ ತೇಲುತ್ತಿದೆ . ಅದಮ್ಯ ಧನಾತ್ಮಕ ಶಕ್ತಿ ನನ್ನನ್ನು ಆವರಿದಂತೆ ಭಾಸವಾಗಿತ್ತು . ಎಂಟು ಗಂಟೆ ಸುಮಾರಿಗೆ ನನ್ನ ಕಾರ್ಯಕ್ರಮ ಪ್ರಾರಂಭವಾಯಿತು. ಶ್ರೀ ನಾಗಲಿಂಗ ಮುರಗಿಯವರು ತಬಲದಲ್ಲಿ , ಶ್ರೀ ಪಂಡಿತ್ ವಿಠಲ್ ಕಟ್ಟಣ್ಣವರ್ ಹಾರ್ಮೋನಿಯಂ ಸಾಥ್ ನೀಡಿದರು. ಸುಮಾರು ಒಂದು ಗಂಟೆ ಕಾರ್ಯಕ್ರಮ ಪೂಜ್ಯ ಶ್ರೀ ರಘುವೀರಾನಂದ ಮಹಾರಾಜ್ ಅವರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಸಾಂಗವಾಗಿ ನೆರವೇರಿತು. ಸ್ವಾಮೀಜಿಯವರ ಆಶೀರ್ವಾದ ನನ್ನ ಶಾರೀರ, ಸಂಗೀತ ಲಯ, ಭಾವ , ತಾಳ ಎಲ್ಲವನ್ನೂ ಹಿತವಾಗಿ ಒಗ್ಗೂಡಿಸಿ ಒಳ್ಳೆಯ ಭಕ್ತಿಗೀತೆಗಳನ್ನು ನನ್ನ ಕಂಠದಿಂದ ಬರುವಂತೆ ಪ್ರೇರೇಪಿಸಿತ್ತು.

ಜಾರು ಗಾಜುಗಳ ಮೇಲಿನ ಬಣ್ಣದ ಚಿತ್ರದ ಒಗಟುಗಳನ್ನು ಬಿಡಿಸುವುದು ನನ್ನ ವೃತ್ತಿಯಾದರೂ, ಸಂಗೀತ ನಾನು ಮೆಚ್ಚಿದ, ಒಪ್ಪಿಕೊಂಡ , ಅಪ್ಪಿಕೊಂಡ ಪ್ರವೃತ್ತಿ . ನನ್ನನ್ನು ತಕ್ಕಮಟ್ಟಿನ ಸಂಗೀತ ಕಲಾವಿದೆಯನ್ನಾಗಿ ಮಾಡುವಲ್ಲಿ ನನ್ನ ಹೆತ್ತವರ ಹಾಗೂ ಸಂಗೀತ ಗುರುಗಳ ಕೊಡುಗೆ ಅಪಾರ. ನನಗೆ ದೊರಕುವ, ಕೇಳುಗರ ಚಪ್ಪಾಳೆ, ಹೊಗಳಿಕೆ, ಸನ್ಮಾನ, ಗೌರವ ಎಲ್ಲವು ನನ್ನ ಹೆತ್ತವರಿಗೇ ಸಲ್ಲಬೇಕು. ತೆಗಳಿಕೆ , ತಿದ್ದುಪಡಿ , ಮಾರ್ಗದರ್ಶನ, ವಿಮರ್ಶೆ ಇವೆಲ್ಲ ನನ್ನ ಮಡಿಲಿಗೆ. ಸಂಗೀತ ನನ್ನ ಮಟ್ಟಿಗೆ ಆತ್ಮಾನಂದ ನೀಡುವ ವಿದ್ಯೆ. ಸ್ವಯಂ ಸಂತೋಷ-ಶಾಂತಿ ಕಂಡುಕೊಳ್ಳುವ ಮಾರ್ಗ.

'ಸಿಂಧುಭೈರವಿ ರಾಗ' ದ ಯಾತರ ಕಟಪಟಿ ಕಾರ್ಯಕ್ರಮದ ಕೊನೆಯ ಪ್ರಸ್ತುತಿ. 'ಬದುಕು ನಶ್ವರ' ಎಂಬುದನ್ನು ಪುರಂದರದಾಸರು ಈ ಹಾಡಿನಲ್ಲಿ ಮಾರ್ಮಿಕವಾಗಿ ತಿಳಿಸಿದ್ದಾರೆ. ನಮ್ಮ ಜೀವನ ಪುಸ್ತಕ ನಮ್ಮೆದುರೇ ತೆಗೆದಿಟ್ಟ ಅನುಭವ ಈ ಹಾಡಿನಲ್ಲಿದೆ. ಜೋರಾದ ಚಪ್ಪಾಳೆ, ಸನ್ಮಾನದೊಂದಿಗೆ ಕಾರ್ಯಕ್ರಮ ಮುಕ್ತಾಯವಾಗುತ್ತದೆ. ಮಂಗಳಾರತಿಯ ನಂತರ ಪ್ರಸಾದ ಸ್ವೀಕರಿಸಿ ಮನೆಗೆ ತೆರಳುವಂತೆ ಆಶ್ರಮದಲ್ಲಿನ ಸ್ವಯಂಸೇವಕರು ವಿನಂತಿಸಿಕೊಳ್ಳುತ್ತಾರೆ. ಆಗಲಿ ಎಂದ ನಾನು ಪ್ರಸಾದ ಸ್ವೀಕರಿಸಿ ಮನೆಗೆ ಹೊರಟಾಗ ಗಂಟೆ ರಾತ್ರಿ ಹತ್ತು.

ಇತ್ತೀಚೆಗಷ್ಟೇ ಕಾರು ಚಲಾಯಿಸಲು ಕಲಿತಿದ್ದ ನನ್ನ ಫಸ್ಟ್ ಆಫ್ಟೀಟ್ ಡ್ರೈವ್ ಇದಾಗಿತ್ತು. ರಾತ್ರಿ ವೇಳೆ ಚಲಾಯಿಸುವ ಸವಾಲು ಕೂಡ ಎದುರಾಗಿತ್ತು. ಒಂಟಿ ಎಂಬ ಭಯ ಬೇರೆ. ಕಾಲೇಜಿನಿಂದ ಮನೆ - ಮನೆಯಿಂದ ಕಾಲೇಜು ಬಿಟ್ಟರೆ ಕಳೆದ ಹತ್ತು ದಿನ ಬೇರೆಲ್ಲೂ ಕಾರು ಚಲಾಯಿಸಿರಲಿಲ್ಲ. 'ಬೇಬಿ ಸ್ಟೆಪ್ಸ್ ಇಡುತ್ತಿದ್ದ ನಾನು ಒಂದೇ ಸಲ ಓಡಬಾರದಿತ್ತು' ಎನಿಸಿತು. 'ಧೈರ್ಯಮ್ ಸರ್ವತ್ರ ಸಾಧನಂ' ಮತ್ತೆ ನೆನಪಾಯಿತು. ಕಾರು ಚಲಾಯಿಸಲು ಕಲಿಸಿದ ನಾಗರಾಜ್ ಸರ್ ನ ನೆನೆಯುತ್ತ, ದೇವರನ್ನು ಸ್ಮರಿಸುತ್ತ, ರಿವರ್ಸ್ ಗೇರ್ ಹಾಕಿ ಆರೇಳು ಬಾರಿ ಹಿಂದೆ-ಮುಂದೆ ಮಾಡಿ ಅಂತೂ ಕಾರು ತಿರುಗಿಸಿದೆ. ಒಂದು ದೊಡ್ಡ ಯುದ್ಧ ಗೆದ್ದಷ್ಟೇ ಖುಷಿಯಾಯಿತು. 'ಹಿಂದಿರುವ ಹೊಂಡಕ್ಕೆ ಕಾರು ಬೀಳಲಿಲ್ಲ ' ದೇವರೇ ! ಥ್ಯಾಂಕ್ಸ್ ಎಂದೆ. ಮತ್ತೆ ಮನೆಯತ್ತ ಕಾರು ಸಾಗತೊಡಗಿತು.. ಸಾರಾಗವಾಗಿ ಸ್ಟೇರಿಂಗ್ ತಿರುಗಿಸಿದೆ.. ಬೇಕಿದ್ದಾಗ ಬ್ರೇಕ್ .. ಹಾರ್ನ್.. ಎಲ್ಲ ಬಳಸಿದೆ. ಕತ್ತಲಿಗೆ ಬೇಕಾಗುವ ಲೈಟ್ಸ್ ಆನ್ ಮಾಡಿದೆ!.. ಹತ್ತಾರು ಭಾವನೆಗಳು ಅನಾಯಾಸವಾಗಿ ಸೆಕೆಂಡ್ ಗೇರ್ನಷ್ಟು ಸಾಫ್ಟ್ ಆಗಿ ಮನಸ್ಸನ್ನು ಆವರಿಸಿತು.

ತಡವಾಗಿ ಆದರೂ, ಕಾರ್ ಕಲಿತ ಬಗ್ಗೆ ಹೆಮ್ಮೆಯಿತ್ತು. ನಾನು ಇಂಡಿಪೆಂಡೆಂಟ್ ಎಂಬ ಗರ್ವವಿತ್ತು. ಸೇಫ್ ಆಗಿ ದೂರ-ದೂರದ ಪಯಣ ಮಾಡಬಹುದು ಎಂಬ ಖುಷಿಯಿತ್ತು. ಲಾಂಗ್ ಡ್ರೈವ್ ಹೋದಾಗ ಪತಿಗೆ ಡೈವಿಂಗ್ನಲ್ಲಿ ಸಾಫ್ ಕೊಡಬಹುದು ಎಂಬ ಸಂತಸವಿತ್ತು. 'ಅಮ್ಮ.. ನೀನು ಯಾಕೆ ಕಾರ್ ಕಲಿತಿಲ್ಲ ?' ಎಂಬ ಮಕ್ಕಳ ಪ್ರಶ್ನೆಗೆ ಉತ್ತರವಿತ್ತು. 'ನಾನು ನಿಮಗೆ ಸ್ಕೂಲ್ ಗೆ ಡ್ರಾಪ್ ಮಾಡ್ತೀನಿ, ಬನ್ನಿ ' ಅಂತ ಹೇಳೋ ಅದ್ಭುತ ಫೀಲಿಂಗ್ ಇತ್ತು. ನನ್ನ ಅಪ್ಪ-ಅಮ್ಮನನ್ನು ಕಾರಿನಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಕೂರಿಸಿಕೊಂಡಾಗಂತೂ ಖುಷಿಗೆ ಪದಗಳೇ ಹೊರಡಲಿಲ್ಲ. ನನ್ನ ಅಮ್ಮ 'ಅಂತೂ ಕಾರು ಕಲಿತೇ ಬಿಟ್ಟಳು , ಇನ್ನು ಪರವಾಗಿಲ್ಲ ' ಅಂದಿದ್ದು . ಜೀವನದಲ್ಲಿ ಗೊತ್ತಿರುವುದನ್ನೇ ಅಭ್ಯಾಸ ಮಾಡುವುದು ಬೋರಿಂಗ್. ಹೊಸದೊಂದು ಅನುಭವ, ವಿದ್ಯೆ, ಚಾಲೆಂಜ್ , ಪ್ರಯೋಗ, ಆಲೋಚನೆ ನಮ್ಮ ಜೀವನವನ್ನು ವರ್ಣಮಯವನ್ನಾಗಿ ಮಾಡುತ್ತವೆ ಎಂದು ನಂಬಿದ್ದವಳು ನಾನು.

ಒಂದು ಸಣ್ಣ ಅಪಘಾತದಿಂದ ಆದ ಪುಟ್ಟ ಆಘಾತ ಲೈಸನ್ಸ್ ಇದ್ದರೂ ನನ್ನನ್ನು ಕಾರಿನಿಂದ ಮಾರು ದೂರ ಸರಿಯುವಂತೆ ಮಾಡಿತು . ಏಳನೇ ಕ್ಲಾಸ್ ಓದುವಾಗ ಕಲಿತ ಹೋಂಡಾ ಆಕ್ಟಿವಾ ನನಗೆ ಅಂಟಿಕೊಂಡಿತು. ಮಳೆಯಿರಲಿ, ಬಿಸಿಲಿರಲಿ, ಅದು ನನ್ನನ್ನು ಬಿಡಲಿಲ್ಲ. ನನಗೆ ಕಾರಿನ ಮೇಲಿನ ಹೆದರಿಕೆ ಹೋಗಲಿಲ್ಲ. ದ್ವಿಚಕ್ರ ವಾಹನ , ಬಸ್ಸು , ಕಾಲ್ನಡಿಗೆ ಇವೆ ನಾನು ಮೆಡಿಕಲ್ ಕಾಲೇಜು ತಲುಪಲು ಬಳಸುತ್ತಿದ್ದ ಮೋಡ್ ಆಫ್ ಟ್ರಾನ್ಸ್‌ನೋರ್ಟ್. ಸುಮಾರು 18 ವರ್ಷ ಇದನ್ನೇ ನಂಬಿದ್ದ ನನ್ನನ್ನು 'ಕೋವಿಡ್ ' ಸಾಂಕ್ರಾಮಿಕ ಪಿಡುಗಿನ ಸಂಕಷ್ಟ ಕಾಲ ಬದಲಾಯಿಸಿತು.

ಬಸ್ಸುಗಳ ಸಂಚಾರ ನಿಂತಿತು. ದ್ವಿಚಕ್ರ ವಾಹನದಲ್ಲಿ ಕಾಲೇಜಿಗೆ ಹೋಗಲು ದುಸ್ತರವಾಗುತ್ತಿತ್ತು. ಹೆಚ್ಚು ಕಡಿಮೆ 15 ಕಿಲೋಮೀಟರ್ ಪಯಣದ ದಾರಿ. ಅವರಿವರ ಕಾರಿನಲ್ಲಿ ಹೋಗುವುದು ಸರಿಯೆನಿಸಲಿಲ್ಲ. 'ಕಾರೊಂದು ಕಲಿತಿದ್ದರೆ ಎಷ್ಟು ಚೆನ್ನಾಗಿರುತ್ತಿತ್ತು..!' ನಿತ್ಯ ಪತಿಯಿಂದ ಮಂತ್ರ ಕೇಳಬೇಕಾಗಿತ್ತು . ಮತ್ತೆ ಧೈರ್ಯದ ಟಾನಿಕ್ ಮನಸಿಗೆ ನೀಡಿದೆ . ಬೆಳಿಗ್ಗೆ 5 ಗಂಟೆಗೆ ಎದ್ದು ನಾಗರಾಜ್ ಸರ್ ಅವರಿಂದ, ಓಲ್ಡ್ ಮಾಡೆಲ್ ಪೋರ್ಟ್ ಐಕಾನ್ ಕಾರನ್ನು ಚಲಾಯಿಸಲು ಕಲಿತೆ. ಮೊದಲ ದಿನ ಫೀಲ್ಡ್ ನಲ್ಲಿ. ಮತ್ತೆ ಮುಂದೆ ಸಣ್ಣ ಕಾಲೋನಿಗಳಲ್ಲಿ, ಸಂತೆಯಲ್ಲಿ, ಗಲ್ಲಿಯಲ್ಲಿ, ಹೈವೇನಲ್ಲಿ ಹೀಗೆ ಪ್ರತೀ ದಿನ ಚಾಲೆಂಜ್ ಕೊಡುತ್ತಿದ್ದ ನಾಗರಾಜ್ ಅವರು ಇಳಿ ವಯಸ್ಸಿನಲ್ಲೂ ತನ್ನ ಜೀವದ ಹಂಗು ತೊರೆದು ಡೈವಿಂಗ್ ಸೀಟಿನ ಪಕ್ಕದ ಸೀಟ್ನಲ್ಲಿ ಕುಳಿತು ರನ್ನಿಂಗ್ ಕಾಮೆಂಟರಿ ನೀಡುತ್ತಿದ್ದರು.

ನೂರಾರು ಹುಡುಗಿಯರಿಗೆ, ಮಹಿಳೆಯರಿಗೆ ಇದಾಗಲೇ ಕಾರು ಚಲಾಯಿಸಲು ಕಲಿಸಿದ್ದ ನಾಗರಾಜ್ ವೆರಿ ಗುಡ್ ಟೀಚರ್ ಮತ್ತು ಸಭ್ಯ ವ್ಯಕ್ತಿ. ಮುಖ್ಯವಾಗಿ ಪ್ಯಾಶನೇಟ್. ಹತ್ತೇ ದಿನದಲ್ಲಿ ನನ್ನ ಭಯ ಓಡಿ ಹೋಯಿತು. 'ಆರು ತಿಂಗಳು ಸತತ ಕಾರು ಚಾಲಾಯಿಸು.. ಯಾವ ಹೆದರಿಕೆ ಬೇಡ' ಎಂದು ನಾಗರಾಜ್ ಪ್ರೋತ್ಸಾಹಿಸಿದರು. ಆಟೋಗೇರ್ ಆಲ್ಟೊ ಕಾರ್ ಚಾಲನೆ ಇನ್ನಷ್ಟು ಸಲಿಲವಾಯಿತು. ನಾಗರಾಜ್ ಇಲ್ಲದಾಗಲೂ ಅವರ ಸೂಚನೆಗಳು , ಕಲಿಕೆ ನನ್ನನ್ನು ಕಾರು ಚಾಲಕಿಯಾಗಿ ಬೆಳೆಸಿದವು. ಸಂಗೀತ ಆಲಿಸುತ್ತ, ಎಸಿ ಚಲಾಯಿಸಿ ಫಿಫ್ಟ್ ಗೇರ್ ನಲ್ಲಿ ಕಾರು ಚಲಾಯಿಸುವಾಗ 'ಕ್ಲೌಡ್9' ರ ಲ್ಲಿ ತೇಲುತ್ತಿದ್ದೆ . ಆಲ್ಟೊ ಕಾರು ಸ್ಪೀಡ್ ತಡೆಯದೆ ಅಲ್ಲಾಡುತ್ತಿದ್ದಾಗ, ನಾಗರಾಜ್ ನೆನಪಾಗಿ ಬ್ರೇಕ್ ಒತ್ತುತ್ತಿದ್ದೆ . ಪ್ರತೀ ದಿನ ಅದೇ ರಸ್ತೆ .. ಅನುಭವ ಹಲವು.. ಕೆಲವೊಮ್ಮೆ ತಪ್ಪುವ ಅಪಘಾತ.. ಕೆಲವೊಮ್ಮೆ ಚಕ್ರದ ಕಿರಿಕಿರಿ! ಏನಾದರೂ ಕಾರ್ ಅನ್ನೋದು ಹೆಣ್ಣುಮಕ್ಕಳಿಗೆ ಸೇಫ್.

ಈ ಜೀವನಕ್ಕೆ ಒಂದು ವಿದ್ಯೆ, ಕಾರ್ ಚಲಾಯಿಸುವ ಕಲಿಕೆ. ನನ್ನ ಕಾರಿನಲ್ಲಿ ನನ್ನನ್ನು ಕೂರಿಸಿ, ಧೈರ್ಯ ತುಂಬಿ, ಅತ್ಯಂತ ಸಮಾಧಾನದಿಂದ ಈ ವಿದ್ಯೆ ಕಲಿಸಿದ ಗುರುವಿಗೆ ನಾನು ಸದಾ ಚಿರಋಣಿ. 'ಕಲಿತ ಮೇಲೆ ಯಾವುದೂ ಬ್ರಹ್ಮವಿದ್ಯೆಯಲ್ಲ '. ಇದೂ ಹಾಗೇ !

ಸೀರೆಯುಟ್ಟು ಕಾರನೇರಿ
ಹೊರಡಲಿ ನಿನ್ನ ಸವಾರಿ
ನೀವು ಸ್ವತಂತ್ರರಾಗಿರಿ ,
ಬೇರೆ ಯಾರಿಗೇಕೆ ಸುಮ್ಮೆ ಕಿರಿಕಿರಿ?
ಫಿಯರ್ ಸೈಡಿಗಿ ಇಡ್ಲಿ
ಡೈವಿಂಗ್ ಕಲೀರಿ
ಯಾಕಂದ್ರೆ
ಫಿಫ್ಟ್ ಗೇರ್ ನಲ್ಲಿ ಇರೋ ಮಜಾನೇ ಬೇರೆ ಕಣ್ಣೇ !

ಆರ್ತನಾಡ



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ಹರಸೋ ಮನ ದುಃಖದಲ್ಲಿ ಮಿಡಿದಿದೆ
ಕಂಡರೂ ಕುರುಡಾಗಿ ಉಳಿದಿರುವ ಜನರ ಮುಂದೆ
ವೈದ್ಯರ ಮೇಲಿನ ಶೋಷಣೆ ಮರೆಯಾಗಿ ಹೋಗಿದೆ.....

ಸಹನೆಯ ಎಲ್ಲೆ ಮೀರಿದೆ ಇಂದು
ಕರ್ತವ್ಯದ ನೆರಳಿನಲ್ಲಿ ಕಾಣದಂತಾಗಿದೆ ಕಣ್ಣೀರ ಬಿಂದು
ಕೇಳದೆಯೇ ನಮ್ಮ ವೇದನೆಯ ಆರ್ತನಾಡ
ನ್ಯಾಯದ ಮೊಹರು ಬೀಳಬೇಕಿದೆ ಹೆಚ್ಚಾಗುವ ಮುನ್ನ ಕ್ರೋಧ

“ರಾಜಸ್ಥಾನದ ಹಸಿರು ಕನಸು: ಉದಯಪುರ ಪ್ರವಾಸದ ಅವಿಸ್ಮರಣೀಯ ಅನುಭವ”



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ರಾಜಸ್ಥಾನ ಎಂದಾಕ್ಷಣ ಎಲ್ಲರಿಗೂ ಮನಸ್ಸಿನಲ್ಲಿ ಮೂಡುವುದು ಮರಳುಗಾಡು, ಒಂಟೆ, ನೀರಿಲ್ಲದ ಸ್ಥಳ. ಆದರೆ, ಅದಕ್ಕೆ ತದ್ವಿರುದ್ಧವಾದ ಸರೋವರ ಭರಿತವಾದ ಹಚ್ಚಹಸಿರಿನಿಂದ ಕುಡಿದ ಮತ್ತು ಕೋಟೆಗಳಿಂದ ಅವರಿಸಲ್ಪಟ್ಟ ಮನಮೋಹಕವಾದ ಉದಯಪುರ ಪ್ರವಾಸದ ಕಥೆಯನ್ನು ನಿಮ್ಮೊಡನೆ ಹಂಚಿಕೊಳ್ಳುವುದಕ್ಕೆ ಇಚ್ಛಿಸುತ್ತೇನೆ. ನಾವು ಉದಯಪುರಕ್ಕೆ ಹೋಗಲು ನಿರ್ಧರಿಸಿದಾಗ ಎಲ್ಲರೂ, “ಉದಯಪುರದಲ್ಲಿ ಏನಿದೆ, ಜೈಪುರಕ್ಕೆ ಹೋಗಬೇಕಾಗಿತ್ತು,” ಎಂದರು. ಆದರೆ, ಉದಯಪುರವು ಸರೋವರಗಳ ನಗರ. ಇದನ್ನು “ವೆನಿಸ್ ಆಫ್ ದಿ ಈಸ್ಟ್” ಅಂತ ಕೂಡ ಕರೆಯುತ್ತಾರೆ. ನಮಗೆ ಸಿಕ್ಕಿದ್ದು ಮರಳುಗಾಡಲ್ಲ, ತುಂತುರು ಮಳೆಯ ನಡುವಲ್ಲಿ ಹಸಿರು ಹರಡಿರುವ ಸ್ಥಳ. “ಇದು ನಿಜವಾಗಿಯೂ ರಾಜಸ್ಥಾನವೇ?” ಎಂಬ ಸಂದೇಹವಂತೂ ನಮಗೆ ಮೂಡಿತು.

ವಿಮಾನ ನಿಲ್ದಾಣದಿಂದ ಹೋಟೆಲಿಗೆ ಹೋಗುವ ಮಾರ್ಗದಲ್ಲಿ ಸಾಕಷ್ಟು ಸರೋವರಗಳು ಕಂಡವು. ಅವುಗಳಲ್ಲಿ ಮುಖ್ಯವಾದದ್ದು ಫತೇಹ್ ಸಾಗರ, ಪಿಚೋಲಾ, ಉದಾಯಿಸಾಗರ, ದೂದ್ತಲೈ ಮುಂತಾದವು. ಆ ದಿನ, ಕೇವಲ ಉದ್ಯಾನವನಗಳನ್ನು ವೀಕ್ಷಿಸಿದೆವು. ಅದರಲ್ಲಿ ಪ್ರಮುಖವಾದ್ದು ಸಾಹೇಲ್ಯಾಂಕ ಭಾಗ್. ಈ ಉದ್ಯಾನವನವು ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ನಾವು ಯೋಚಿಸುವ ರೇನ್ ವಾಟರ್ ಹಾರ್ವೆಸ್ಟಿಂಗ್ ವ್ಯವಸ್ಥೆಗಳನ್ನು ಹೊಂದಿದ್ದು, ಮನ ಉಲ್ಲಾಸಗೊಳಿಸಲು ಕಾರಂಜಿಗಳನ್ನು ಅಳವಡಿಸಿರುತ್ತಾರೆ. ಅಲ್ಲದೇ, ರಾಜಸ್ಥಾನವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುವ ಕಲಾವಿದರಿಂದ, ಗೊಂಬೆ ಆಟ ಮತ್ತು ತಲೆಯ ಮೇಲೆ ಬಿಂದಿಗೆ ಹೊತ್ತ ಸ್ತ್ರೀಯರು ತುಂಬಾ ರಮಣೀಯವಾಗಿ ನೃತ್ಯ ಮಾಡಿದರು. ಅದೇ ಸ್ತ್ರೀಯರು ತಟ್ಟೆಯ ಮೇಲೆ ನೃತ್ಯ ಪ್ರದರ್ಶನ ನೀಡಿದ್ದು ನಮಗೆ ಮನಮೋಹಕವಾಗಿತ್ತು.



ಮರುದಿನ ನಾವು ಸಿಟಿ ಪ್ಯಾಲೇಸ್ ಅರಮನೆಯನ್ನು ವೀಕ್ಷಿಸಲು ಹೊರಟೆವು. ಗ್ರೆಡ್ ಸಹಾಯದೊಂದಿಗೆ, ಪ್ರತಿಯೊಂದು ಅಂಶವನ್ನು ವಿವರವಾಗಿ ಕೇಳುತ್ತಾ, ದ್ವಾರದಿಂದ ಹಿಡಿದು ಅಂತಃಪುರದವರೆಗೆ ಅರಮನೆಯನ್ನು ವೀಕ್ಷಿಸಿದವು. ಗ್ರೆಡ್ ಜೊತೆ ನಡೆಯುತ್ತಾ, ರಾಜನ ದರ್ಬಾರ್, ರಾಣಿಯ ಸೌಂದರ್ಯ ಗ್ರಹ, ಪೂಜಾ ಗೃಹ, ಕೋಪಗೃಹ, ಮತ್ತು ಆನೆಯ ಕಾಳಗವನ್ನು ವೀಕ್ಷಿಸುವ ಬಾಲ್ಕನಿಯ ಜೊತೆಗೆ, ವಿವಿಧ ಸ್ಥಳಗಳನ್ನು ಕಂಡು ಹರ್ಷಗೊಂಡೆವು. ಅವರ ವೀರಕಥೆಗಳನ್ನು ಕೇಳಿ, ನಾವು ಆ ಕಾಲದಲ್ಲಿದ್ದೆವು ಎಂಬ ಅನುಭವವಾಯಿತು. ಇಷ್ಟೆಲ್ಲಾ ಸೊಗಸಾದ ಕಲೆ ಮತ್ತು ಬುದ್ಧಿವಂತಿಕೆಯಿಂದ ಅರಮನೆಯನ್ನು ನಿರ್ಮಿಸಿದ ಆ ಶಿಲ್ಪಿಗಳಿಗೆ ಮನದಲ್ಲೇ ನಮಿಸಿದೆವು. ಯಾವುದೇ ಮಾಡರ್ನ್ **architecture** ತರಬೇತಿ ಇಲ್ಲದೆ ನಿರ್ಮಿಸಿದ್ದ ಅರಮನೆಲ್ಲಿ ಸುರಂಗ ಮಾರ್ಗಗಳು, ಬರಿ ಗಾಜಿನಿಂದ ಕೂಡಿದ ಕೊಠಡಿಗಳು ಬಹಳ ಮನಮೋಹಕವಾಗಿತ್ತು.

ಮೇವಾರ್ ವಂಶದ ರಜಪೂತರಾದ ರಾಣಾ ಪ್ರತಾಪ, ರಾಣಾ ಕುಂಬ ಮತ್ತು ರಾಣಾ ಪ್ರತಾಪನಾ ಕುದುರೆ ಚೇತಕ್ಕಿನ ಪ್ರಸಿದ್ಧ ಕಥೆ ಕೇಳಿ ಮೈ ಜುಮ್ಮೆಂದಿದ್ದಿತು. ಅದನ್ನು ಕೇಳಿದ ಮೇಲೆ, ನಾವು ರಾಜಸ್ಥಾನದ ಖಾಸಗಿ ಖಾದ್ಯ, ರುಚಿಯಾದ ದಾಲ್ ಬಾಟಿ ಚೂರ್ಮಾ ತಿಂದಮೇಲೆ ಸಂಜೆಯಾದರು ಹಸಿವೆ ಆಗಲಿಲ್ಲ. ಸಂಜೆ ದೋಣಿಯ ವಿಹಾರ ಮಾಡಿದೆವು.



ಮರುದಿನ ಚಿತ್ತೋಡ್ಗಡಕ್ಕೆ ಹೊರಟೆವು. ಅಲ್ಲಿ ಚಿತ್ತೋಡ್ಗಡ ಕೋಟೆಯನ್ನು ನೋಡಲು ಹೋದಾಗ, ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ 'ಪದ್ಮಾವತ್' ಸಿನಿಮಾದ ಕಥೆಗಳು ಮೂಡಿದವು. ಮೊಘಲರ ಆಕ್ರಮಣದಿಂದ ತಪ್ಪಿಸಿಕೊಳ್ಳಲು 16 ಸಾವಿರ ಸ್ತ್ರೀಯರು ಒಮ್ಮೇಲೆ ಬೆಂಕಿಗೆ ಹಾರಿದ ಜೋಹರ್ ಸ್ಥಳವನ್ನು ನೋಡಿದಾಗ, ಆ ದೃಶ್ಯವು ಚಲನಚಿತ್ರದ ಕಲ್ಪನೆಯಲ್ಲ, ನಿಜವಾದ ಇತಿಹಾಸ ಎಂಬುದು ಮನವರಿಕೆ ಆಯಿತು. ಇಷ್ಟೇ ಅಲ್ಲದೆ ಚಿತ್ತೋಡ್ಗಡ್ ಅರಮನೆಯು ರಾಣಿಯರ ಗೌಪ್ಯತೆಯನ್ನು ಕಾಪಾಡುವ ಉದ್ದೇಶವನ್ನು ಅತ್ಯಂತ ಯಶಸ್ವಿಯಾಗಿ ನಿರ್ಮಿಸಿರುವುದನ್ನು ಕಾಣಬಹುದು.

ನಾವು ತಂಗಿದ ಹೋಟೆಲ್ ಕಿಟಕಿಯಿಂದಲೇ, ಕತ್ತಲಲ್ಲೂ ಸರೋವರಗಳು ಮತ್ತು ದೀಪಾಲಂಕೃತ ಸೌಂದರ್ಯಗಳು ಬಹಳ ಅವಿಸ್ಮರಣೀಯವಾಗಿ ಕಾಣುತ್ತಿದ್ದುದು ನೆನಪಿನಲ್ಲಿದೆ. ಮಾರನೇ ದಿನ ನಮ್ಮ ಪಯಣ ಮಾನ್ಸೂನ್ ಪ್ಯಾಲೇಸ್ ಎಚ್ಚಿದೂ ಕರೆಯಲ್ಪಡುವ ಸಜ್ಜನ್ಗಡ್ಗೆ, ಶಿಖರದ ಮೇಲಿರುವ ಅರಮನೆಯನ್ನು ವೀಕ್ಷಿಸಲು ಮುಂದಾಯಿತು. ಮೋಡಗಳು ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಕಿವಿಯಲ್ಲಿ ಪಿಸುಮಾತು ಹೇಳಿದಂತೆ ಅನುಭವವಾಯಿತು.

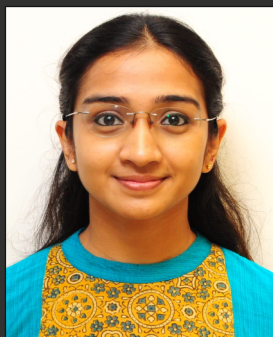
ಅಕ್ಬರ್ ಮತ್ತು ರಾಣಾ ಪ್ರತಾಪ್ ನಡುವಿನ ಹಳ್ಳಿ ಘಾಟಿಯ ಘೋರ ಯುದ್ಧದ ಕಥೆಯನ್ನು ನಾನು ಶಾಲೆಯಲ್ಲಿ ಇತಿಹಾಸದ ಪಾಠಗಳಲ್ಲಿ ಓದಿದ್ದೆ. ಆದರೆ ಚೇತಕ್ ಎಂಬ ವೀರಕುದುರೆಯ ವೀರತನವು ಆ ಕ್ಷಣದಲ್ಲಿ ಪುನಃ ಜಾಗೃತವಾಯಿತು. ತನ್ನ ಕಾಲಿಗೆ ಪೆಟ್ಟಾದರೂ, ಕುದುರೆ ತನ್ನ ಒಡೆಯನನ್ನು ರಕ್ಷಿಸಲು 24 ಅಡಿ ಕಾಲುವೆಯನ್ನು ಜಿಗಿದ ಕಥೆ ಕೇಳಿ ಮೈ ಜುಮ್ಮ್ ಯಂದಿತು. ಈ ಘಟನೆಯನ್ನು ಅಲ್ಲಿಯೇ ಪ್ರತಿಯೊಂದು ಪುಟ್ಟ ಚಿತ್ರದ ಮೂಲಕ, ಇತಿಹಾಸವೇ ನಮ್ಮ ಮುಂದೆ ಕಣ್ಣು ಮುಂದೆ ಬಂದಂತೆ ಭಾಸವಾಗುತ್ತಿತ್ತು.

ನಂತರ ನಾಥದ್ವಾರಕ್ಕೆ ಹೋಗಿ ಶ್ರೀನಾಥನ ದರ್ಶನ ಪಡೆದಾಗ, ಕೃಷ್ಣನ ಬಾಲಕೃಷ್ಣ ರೂಪದ ಆರಾಧನೆ ನಮ್ಮನ್ನು ಆಕರ್ಷಿಸಿತು. ರಮಣೀಯ ಕೃಷ್ಣನ ದರ್ಶನದ ನಂತರ, ಪ್ರಸಾದವನ್ನು ಸ್ವೀಕರಿಸಿ, ಆಮೇಲೆ ಅಂಬಾಜಿ ಮಾತೆಯ ಶಕ್ತಿಪೀಠಕ್ಕೆ ದರ್ಶನ ಪಡೆಯಲು ಹೊರಟೆವು.

ಮೌಂಟ್ ಅಬು ಬೆಟ್ಟಕ್ಕೆ ಹತ್ತಿದಾಗ ಸೂರ್ಯಾಸ್ತದ ದಿವ್ಯ ವೀಕ್ಷಣೆ ನಮಗೆ ಅವಿಸ್ಮರಣೀಯ ಅನುಭವ ನೀಡಿತು. ಅದರ ಮೇಲಿನ ಚಾಮುಂಡಿ ಮಾತೆಯ ಶಕ್ತಿಪೀಠವು ಆಕರ್ಷಣೀಯವಾಗಿತ್ತು. ಮತ್ತೊಮ್ಮೆ ನಮ್ಮ ಪಯಣ ಕುಂಬಳಗಡ್ ಕಡೆಗೆ ಮುಂದುವರೆಯಿತು. 27 ಬಾರಿ ಆಕ್ರಮಣದ ಪ್ರಯತ್ನಗಳ ಹೊರತಾಗಿಯೂ ಈ ಕೋಟೆಯನ್ನು ಭೇದಿಸಲಾಗಿಲ್ಲ ಆದುದರಿಂದ ಇದನ್ನು ಅಜಯ್ ಘಡ್ ಎಚ್ಚಿದುಕೊಂಡಾ ಕರೆಯುತ್ತಾರೆ ಎಂಬ ಇತಿಹಾಸ ಅದ್ಭುತವಾಗಿದೆ. ಈ ಕೋಟೆಯ ಶಿಲ್ಪವಿಶೇಷತೆಯನ್ನು ನೋಡಿದಾಗ, ಆ ಕಾಲದ ಕಲಾಕಾರರ ಕಲೆ ಮೆಚ್ಚಿಕೊಳ್ಳದೆ ಇರಲು ಸಾಧ್ಯವೇ ಇಲ್ಲ.

ಈ 36 ಕಿಲೋಮೀಟರ್ ಆವರಿಸುವ ಕೋಟೆಯ ಗೋಡೆ, ಚೀನಾದ ಮಹಾ ಗೋಡೆಯ ನಂತರ ಪ್ರಪಂಚದಲ್ಲೇ ಎರಡನೆಯ ಅತಿದೊಡ್ಡದಾಗಿದ್ದು, ರಾಜಸ್ಥಾನದ ಹೆಮ್ಮೆಯ ಇತಿಹಾಸವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ಇದಲ್ಲದೆ ರಾಜಸ್ಥಾನದ ವಿಷಸೇಷತೆನ್ನೊಳ ಗೊಂಡ ವಸ್ತ್ರವಿನ್ಯಾಸಗಳು ಮತ್ತು ಒಂಟೆ ಹಾಗೂ ಆನೆಯ ಚಿತ್ರವಿರುವ ಉಡುಗೆತೊಡುಗೆಗಳನ್ನು ನೋಡಿದಾಗ ನಮಗೆ ರಂಗಿಲ ರಾಜಸ್ಥಾನ್ ಎಂಬ ಹೆಸರು ನಿಜವಾಗಲು ಸಮರ್ಪಕವಾಗಿದೆ ಎಂದೆನಿಸಿತು. ಒಟ್ಟಾರೆ ಅರಮನೆ, ಕೋಟೆ, ಸರೋವರ, ಶಾಪಿಂಗ್ ಹಾಗೂ ವಿಶೇಷ ತಿನಿಸುಗಳು ಎಲ್ಲವು ಸೇರಿ ನಮಗೆ ವೈವಿಧ್ಯಮಯ ಪ್ರವಾಸದ ಅನುಭವವಾಯಿತು.

Journey Through Jaipur: Unveiling the Pink City's Rich Heritage



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"The treasured vistas of our solo journeys are not always about the landscape"
-Anonymous

Jaipur. The city that charmed me well before my travel. I knew I would fall in love with this place if I ever visited (maybe that set a certain expectation of how beautiful the city would be) and I did fall in love. Completely smitten. Watching my husband travel all over with his work definitely motivated me to take my first steps into solo traveling. I love to travel and every time it has been with family or friends, planned out well. I would not do something just out of a whim or fancy. This was on an impulse and the first and only city that came to my mind was The Pink City.

I am a practicing doctor, a pathologist and a performing Bharatanatyam dancer. You can now imagine how my schedule is and why I like my things sketched out always. Well, not this time. I had the long weekend of Ganesh Chaturthi off, giving me 2 whole days to plan my itinerary. I wanted to do this the travellers' way, a backpacker on a budget trip exploring the city and its streets. Several days of googling and researching later, I had my list of places to visit ready (I strongly urge you to read the reviews of every place in prior. They provide a lot of realistic information that is really helpful). Nothing fixed, leaving it open taking one day at a time and all subject to time and weather on that day. I was a little late to book my flight tickets (hence this became the only expensive part of my travel) and stayed at a cozy traveller's hostel called Blue Beds (a very economical and friendly stay that offers dorm sharing rooms as well as single rooms with food on call).

DAY 1

My definition of a vacation is to wake up late and have a relaxed schedule. Ironically, I started my first day early to beat the tourist crowd and lucky enough, I was one of the first visitors at the City Palace. The royal tour package allows access to 2 sections of the palace with a personal guide and free refreshments. Although the royal family were currently residing in the palace, I was allowed to visit their official meeting rooms decorated with crystals and lush pashmina carpets (no photography allowed here). The Blue Room, situated on the higher floors of the palace acted as a summer bedroom with the open design allowing the cool winds to beat the Rajasthani heat. The Sri Nivas is a silver empanelled glass studded section reflected light, warmth and heat during the harsh winters of the desert. The best part yet, was the Golden Room. Studded with red and green glasswork on real 13-carot gold painted walls, this is the place of Diwali celebrations even today. A quick visit to the royal family's artisans' shop, the Maharani Market (my mother bought most of the shop) took me to the end of my tour.



L: The Blue Room, designed in natural blue and chalk continues to hold the Krishna Janmashtami celebrations every year.



R: The Raja's seat in the Golden Room at the City Palace.



Pritam Nivas, the greeting hall that houses the 2 large silver pots (inset) that the late king, Madho Singh used to carry Ganges water in, during his trip to England.

I had the best heartwarming and delicious Dal Baati Churma Rajasthani Thali for lunch at Govindam before heading on to Hawa Mahal or the Palace of Winds. Nestled in between the chaos of the bazaar, this multi-windowed and multi-storeyed pink palace offers a quiet, windy retreat. You can find local puppet and folk artists engage the visitors with an entertaining show. The weather had been kind throughout, and my next stop was The Albert Hall Museum (nothing much to say here, a regular museum that gives you information on the city's heritage).



A delicious Rajasthani Thali at Govindam comprised of the famous dal bhati churma, a paneer subzi, mixed veggies, ghatte ki subzi, kadi, rice, rotis.

Travelling through the city in the local tuk-tuks, rickshaws and even by foot, is an experience one should have, if you want to enjoy the city for its true essence, and trust me, this is the most pocket-friendly and leisured way of doing it. I ended the day by wading through Jaipur's traffic to see the Patrika Gate and eat some paneer pakode, jilebi and drink sweet lassi (always remember to have a fully charged phone and portable charger, if you're going to be out the whole day).



Hawa Mahal, the Palace of Winds, built for the royal ladies overlooking the marketplace.



Night view of the Patrika Gate that welcomes you into the new city of Jaipur

By far the most beautiful place I visited on this trip was Gaitore Ki Chhatriyan, the Royal Tombs, the burial ground for the royal family. The intricate and immaculately detailed craftsmanship is incredible to witness on the slabs of imported white Italian marble on display, portraying stories of the family.



Knowing that this time of the year had a predisposition to post-monsoon showers, I decided to judge and plan each day as it comes. If day 1 was a day of palaces, day 2 was the day of forts. Although I wanted to reach Amer Fort early in the morning to enjoy the play of colourful hues the rays create, rain played spoilsport. Good, because that meant I could sleep in, just how I like on a vacation. The skies cleared soon enough, and I made my way to Amer Fort, enroute Jal Mahal. Situated atop the Aravali Range, Amer Fort/Amber Palace is a sight to behold. The trek leading up to the fort provides an amazing view of the pond at the entrance. The archway opens out into a greeting expanse. The main entrance to the Amber Palace is truly a sight to behold. The handwork of pastel paints delicately woven over the walls and the ceiling is a true testament to the richness and unparalleled greatness of our historic architectures and artisans alike.

Jal Mahal, surrounded by water, now abandoned. Night view of Jal Mahal is said to be beautiful with lights surrounding it.



Amber Palace is a popular tourist destination for foreigners as part of the Golden Triangle. Notice the artistry spread across the archway. Tour guides and audio guides are available at the venue at nominal rates. (Inset) The lake at the entrance of the Fort.

What one cannot help but marvel at, is the thought process of the people back in the days. Situated in one the corners is the 400-year-old Hammam or in our terms, Jacuzzi, designed to store both cold and hot water (they still look like a posh hotel's jacuzzi). Interestingly, they are all interconnected with the higher levels of the palace by secret pathways, always offering a way to escape in cases of invasion. An even more amusing find were the latrines which offered a scenic view of the outside lake.

The most iconic structure in this Fort is the Sheesh Mahal or the Glass Palace. True to its name, this brilliance is made entirely of glass, overlooking a lawn, leading to the lady's courtyard. A small tip to all enthusiasts – break free from the herd and explore the narrow.

alleys, passages and stairways along the corridors and spires. You are sure to find new hideouts and chambers.

I knew my next stop was just round the corner (I had done all the mapping earlier) but just out of curiosity, I asked a local young chap the directions to Sri Jagat Shriromani Mandir. And alas, I ended up taking a small, narrow stepway from the back side of the fort cutting through to the backside of the mandir. Who would have thought! Sadly, I froze at the entrance to the temple because of the family of monkeys present there (FYI, I am extremely zoo phobic, ants to dinosaurs) and chose to walk on. Feeling lucky, yet again I asked another young boy playing with his friends the way to Panna Meena Ka Kund, a stepwell which was an alley away.

Visiting Nahargarh Fort was on the itinerary, but I couldn't make it in time to view the panoramic sunset. The route through the ranges is narrow and they had stopped entry due to the preceding rains. Heart content, I retired early to my room, celebrating the festival quietly with fellow residents.



L: Entrance to Jagat Shriromani Mandir guarded by 2 elephants and the oh so many monkeys! R: Panna Meena Ka Kund, a stepwell, no longer in use.

The morning rains returned but this time I did not wait for it to subside. It was time to put to use the umbrella that I had been carrying around hooked on to my sling bag along with my water bottle. The first stop? Jantar Mantar, a world UNESCO heritage site and rightly so. Ever wondered have we moved forward or backward in the future? This site is proof of the advanced scientific and astronomical knowledge India had and why we were a powerful force to reckon with. From having instruments that tell you the planetary positions and angular inclinations of celestial objects with highest accuracy to the largest sundial that tells the time of day accurately to 1 seconds, every instrument in that campus works even today. For reasons obvious, they are all now obsolete.

A visit to Jaipur is complete without eating the famous local delicacies, Rawat Misthan Bhandar's Pyaaz Katchori. The mawa katchori was a disappointment and hence the golgappa became mandatory. A 10 Rs tuk-tuk ride back to Chandpole Bazaar and I was one among the thousand people thronging the street market. The variety, the designs and the value for money. This is where you want to be (you NEED to bargain, a skill you will eventually acquire).

Finally, I made my way to Birla Mandir, however it was closed. That called it a wrap. Blue Beds were kind enough to let me lounge out in their common room till I had to leave to the airport. As I sat there reflecting upon the last 2 days, I found myself, an intro-extrovert completely fresh, rejuvenated and transformed. I was at home.

Jaipur, the Pink City of colours! A city of history, culture and pride! A city of dreams!

Reflections on the path to super specialisation.



Dr. Tejaswini Gudibande
Consultant Clinical Hematologist
MaAx Superspeciality Hospital and
Subbaiah Medical College,
Shivamogga, Malnad, Karnataka

I am Dr. Tejaswini Gudibande. I work as Clinical Hematologist and Bone Marrow Transplant Physician at MaAx Superspeciality Hospital, Shivamogga, Malnad, Karnataka. I completed my medical school at Mysore Medical College and Research Institute followed by MD Pathology at KMC, Hubli. During the journey from MD Pathology to super specialisation, I had the privilege of working at Tata Memorial Hospital, Mumbai; Christian Medical College, Vellore; and Mazumdar Cancer Center, Narayana Health City, Bengaluru. I had the privilege of seeing some of the giants in our field when they are at work on a day-to-day basis. Privilege of eating, walking, hearing and observing their life styles and values. Here are some things common to most of them:

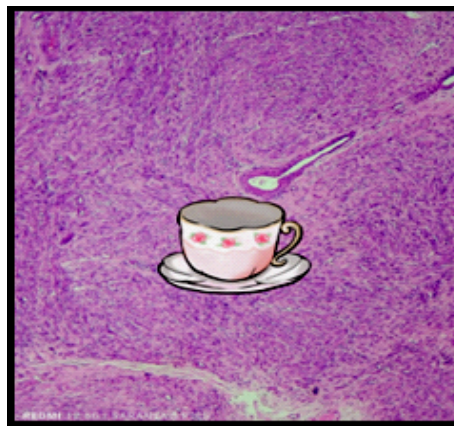
1. Dedication towards patient care.
 2. Not complaining about non availability of resources.
 3. Innovation – with what is best available.
 4. Humility – to treat colleagues, be it technicians or attender with respect. Remembering each and recognising them.
 5. Passion to learn new things.
 6. Ability to adapt to situation.
 7. Value for resources.
 8. Value each other's time.
 9. Ability to work as a team and thrive.
 10. Encouraging those with unique talents.
 11. Self-discipline even when no one is watching, to do the best.
 12. Sincerity while publishing scientific matter.
 13. Being on time.
 14. Hard work
 15. Hard work (repeated to reiterate)
 16. Passion at work.
 17. Purpose in life.
 18. Care for the small things – like the dose of vitamin D to be taken by all at TMH, or ensuring the blood bag reaches the patient on time at CMC.
 19. A mentor mentee environment for scientific discussions.
 20. A family like environment for caring for each other.
 21. Respecting the mentee after we go away.
- Yes, those who succeed do have a mantra!



"SIPPING THROUGH SLIDES: A PATHOLOGIST'S RITUAL"



Dr. Saranya shankar
Associate Professor,
Department of Pathology
PES institute of Medical Sciences
and Research, Kuppam, Andhra Pradesh



Everyone sees life with a light of hope
My life revolves around the microscope

A cell is the unit of life, most would say,
It should not turn out cancerous, I would pray.

Juggling with reagents, blood, fluids and organs in my cart,
Pathology is perhaps the most complicated form of art.

Secluded in an office, disconnected from the world by far,
Our service to humanity is heaven at par.

Every surgeon eagerly waits with eyes in despair,
The news only of which I can share.

Through sheets of cells I scroll and see,
No matter what the lesion, it cannot evade me.

The wrath of the world may be cast upon us once our reports get bogey,
Destiny can confer that the "PATH" we lead explains every form of "LOGY".

WHAT HAPPENED IN A DAY AT WORK? - FASCINATING GLIMPSE INTO A DAY AT WORK FROM A PATHOLOGIST'S PERSPECTIVE

For most people, a day at work involves familiar routines and predictable tasks. But for a pathologist, each day brings a unique set of challenges and discoveries that shape their understanding of health and disease.

The Morning challenge:

The day began with a quiet hum of activity in the pathology lab. As the pathologists, THE UNSUNG HEROES examined the slides under the microscope, they encountered a set of rare cellular abnormalities that didn't fit into a straightforward diagnostic criterion. This discovery was both intriguing and challenging. It required sifting through a wealth of medical literature and consulting with colleagues to piece together the diagnostic puzzle. This case highlighted the pathologist's role as a detective in the realm of medicine, where every sample tells a story that requires careful analysis and collaboration.

Midday Surprise:

A call from a researcher involved in a ground-breaking study on early cancer detection biomarkers. The pathologist's prior work had laid the foundation for this research, and now the study had reached a pivotal point. The conversation revealed that preliminary results were promising, with the potential to significantly improve early detection rates. This intersection of laboratory work and cutting-edge research underscored the pathologist's role in advancing medical science.

Afternoon Encounter:

As the day progressed, a new and urgent case arrived in the lab from a patient showing unusual symptoms. After hours of meticulous testing, the pathologist identified a novel pathogen, shedding light on an otherwise elusive diagnosis and influencing the patient's treatment plan.

Evening Reflection:

In a pathologist's world, each day is filled with unexpected challenges and discoveries, highlighting their vital role in uncovering the hidden truths of medicine. For a pathologist, this is not just a job but a journey of continuous learning and impact.



"INTERMITTENT FASTING": THE MOST POPULAR AND EMERGING CONCEPT OF THE MODERN TIMES.



Dr. Shubha H.V
Associate Professor
Department of Pathology
Sapthagiri Institute of Medical
Education & Research Bengaluru

Intermittent fasting (IF) means intervals of restricted food intake for prolonged periods of time. There are different methods of IF with different consequences on health. IF has emerged as an alternative dietary intervention to calorie restriction. IF has analogous benefits in reducing the body weight, improving glucose homeostasis and lipid profiles, and also has added anti-inflammatory effects. Potential mechanisms of IF are reducing oxidative stress, collaborating with the circadian system and inducing ketogenesis. Let us know in detail some of the facts and tips related to IF.

1. What are the different ways of practicing intermittent fasting?

The following are the various ways of doing IF:

A. 12 hours fasting per day: It involves 12 hours fasting window every day (Example: 7.00 pm to 7.00 am fasting).

B. 16 hours fasting (Time restricted fasting/16:8 diet): This is the most popular method. It involves abstinence from eating for a 16 hour period and consuming food in the remaining 8 hours (Example: Finish dinner by 8.00 pm, skip breakfast the next day and don't eat till noon). In this method, upto 16 hours of fasting can be done by males and 14 hours of fasting by females. Those who are not benefitted from 12 hours fasting method can choose this method. The various advantages of this method are:

- i. It is more effective than calorie restriction for weight loss and glycemic control in Type II diabetes mellitus.
- ii. Reduces body weight, total cholesterol, triglycerides, glucose, interleukin-6 and TNF-alpha in prediabetics.
- iii. This method is feasible for older adults.
- iv. It improves sleep.

C. Fasting two days a week (Periodic fasting/ 5:2 diet): In this method, one can consume optimal quantity of healthy food for 5 days and on two non-consecutive days, the person can consume around 500-700 calories of 25 % of regular daily caloric intake.

The advantages of this method are:

- i. Safe in Type II diabetes mellitus.
- ii. Corrects hypertension.
- iii. Helps to decrease weight and HbA1C levels
- iv. Decreases visceral fat, insulin resistance, liver steatosis and inflammatory markers.

D. **24-hour fast per week (Eat-Stop-Eat diet):** In this method, fasting is done for 1 or 2 days strictly per week. During the fasting days, no food is consumed for 24 hours. However, the person on fasting can consume water, tea or other calorie-free fluids. These people can resume back to routine eating habits on the non-fasting days. This method reduces the overall calorie intake but does not limit the particular foods that the individual consumes.

E. **Alternate day fasting** method: Fasting is done on every alternate days. The calorie intake should be only 25% of the normal daily calorie consumption on fasting days. On the other days, the person can consume the routine diet. This method is safe for weight loss strategy with no increased risk of disordered eating. However, it is an extreme form of IF and may not be acceptable for beginners or those with certain medical conditions. It is also difficult to maintain this type of fasting for longer term.

F. **Warrior diet:** It is a relatively extreme form of IF. Only few servings of raw fruits and vegetables are consumed during 20 hours fasting window period. This is usually followed by a large meal at night. The eating window is only 4 hours and the diet includes plenty of vegetables, proteins, healthy fats and carbohydrates. This method is good only for people who have already tried other methods of IF.

2. Which is the best option for beginners?

12 hours fasting a day is a good option for beginners as it has various advantages such as:

- i. Fasting window is less.
- ii. Fasting happens mostly during sleep.
- iii. Same number of calories can be consumed every day.

3. What is IF menu?

IF menu includes a mixture of vegetables, fruits, whole grains, nuts and seeds, proteins (meat and seafood).

- **Vegetables:** Carrots, broccoli, cauliflower, beets, onions, garlic, lettuce, bell peppers, eggplant, potatoes, spinach, sweet potatoes, kale, green beans, cucumber.
- **Fruits:** Apples, apricots, blueberries, blackberries, raspberries, cherries, bananas, grapes, peaches, pears, pineapples, plums, kiwi, oranges, watermelon, honeydew melon, lime and lemon.
- **Whole grains:** Rice, oats, corn
- **Nuts and seeds:** Almonds, cashews, pistachios, walnuts, pine nuts, chia seeds, flax seeds, pumpkin seeds, sunflower seeds, sesame seeds, hemp seeds.
- **Protein:**
 - ✓ **Meats:** Chicken, pork, beef, eggs, turkey
- **Seafoods:** Shrimp, tuna, salmon, crab, sardines, scallops, tilapia
- **Fluids:** Water, herbal tea, moderate amounts of black tea or coffee.

4. What are the possible advantages of IF on health?

- IF improves the cardiovascular health by reducing obesity, hypertension, dyslipidemia and diabetes.
- Weight reduction helps in lowering obesity-related diseases such as sleep apnea, diabetes and cancer.
- IF is very effective for reducing inflammation and conditions associated with inflammation such as Alzheimer's disease, arthritis, asthma, multiple sclerosis and stroke.
- Enhancement of chemotherapy effects.
- Tumor suppression
- Mood disorders improvement

- Chronic pain improvement

5. *What are the potential risks and side effects of IF on health?*

IF may cause weakness, hunger, dehydration, headaches, difficulty in concentrating, low blood pressure, fatigue, irritability, nausea, hypoglycemia, constipation, insomnia or alteration in sleep quality, undernutrition, loss of fat free mass, hyperphagia (post fasting).

6. *Who should not practice IF?*

- Elderly frail people
- Underweight people
- Children and adolescents under 18 years of age
- Pregnant and breastfeeding women
- Type I diabetes people who are on insulin
- Those with eating disorders
- Those with kidney, liver, heart diseases
- Those with immunodeficiency

7. *What are the tips to stick to an IF plan?*

The following tips help people to stick to an IF plan:

- **Resting and relaxing:** Strenuous activities should be avoided on fasting days. Light exercise like yoga may be beneficial.
- **Stay hydrated:** Make sure to drink plenty of water or other calorie-free drinks. This helps to ensure that the body gets enough electrolytes.
- **Avoid thinking about food:** On the fasting days, avoid thinking about food and plan plenty of distractions such as going out for a movie or keeping yourself busy with office work or house chores.
- **Choose nutrient-rich foods after the fasting period:** Eat foods rich in vitamins, minerals, fiber and other nutrients to keep the blood sugar levels steady and prevent nutritional deficiencies.
- **Increase the taste without the calories:** Season the meals liberally so that the foods are low in calories yet full of flavor. This helps to reduce feelings of hunger.

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Karnataka, **INDIA.**



Introduction

Teaching Experience : 50 years (from 1974 to 2020)

Examiner to more than 15 Universities

PhD. Guide at KLE University (Previously at RGUHS & YCMOU)

Visiting Scholar, Dept. of Pathology, University of Michigan, Ann Arbor,
USA. April 2003

Visiting Professor to Medical College of Wisconsin at Milwaukee, USA in
May 2003.

Participated as faculty in symposium / slide seminars / workshops / panel
discussion

- Papers published in National & International journals – 57
- Papers presented in National & International Conferences – 55
- Guest lectures National and International- 40
- Conducted many Uterine Cervical Cancer Screening camps through Rotary Clubs, Lions Clubs, Inner Wheel Club, Mr. V.R. Deshpande Foundation and other service organizations.
- Conducted many Health Checkup Camps for Siddis (Blacks) & local people in and around Yellapur in Uttar Kannada District, Karnataka.

Career Highlights

Inspiration: "What inspired you to pursue pathology, and was there a pivotal moment in your career that confirmed this choice?"

The year was 1970. I was a student in 2nd MBBS at J. N. Medical College, Belagavi. We were taught Microbiology by the Head of Dept. None of my classmates including me understood head or tail of the subject. The Prof would hold a petri dish with media in his hand and go on talking, without trying to know if we understood the subject. More than a term was lost like this. Then one day a new teacher who joined the Microbiology dept came to teach us. By asking few questions he realized that we did not know anything about Microbiology. So he started teaching from beginning and finished the full portion within 9 months and made us ready for Microbiology final exams. This teacher was none other than Prof Dr S. J. Nagalotimath (my mentor). I was impressed by his teaching from the very first class. He made the subject appear so simple and created great interest in it. It was like Love at first sight for Microbiology subject..He showed how important is Microbiology to make diagnosis and help clinician to treat the patients.

That time itself I made up my mind to become a Microbiologist and to be a good teacher. This was the Turning/Pivotal point for my future course.

Challenges: "What have been the most significant challenges in your career, and how did you overcome them?"

I did come across challenges in my life (professional and personal). Realised that life is not just a road of roses, but has thorns also. To achieve our goals in life, we encounter challenges / problems. We must face them courageously and not sit crying or go into depression. It will be only waste of time. This was told to me by my surgery Prof. Dr R. S. Kulkarni (triple FRCS holder), whom I used to assist even in major surgeries during my MBBS course. He told that if we do any mistake during surgery, then don't panic, but we must mend it and move ahead and to the apply same principle to life also. This was a good positive thinking lesson I learnt and applied it in my life.

Just to give an example, during my PG days, I had joined the dept when Prof. Dr U. Ramchandraiah was the HOD. He gave me a topic for my thesis. I was working on it, had collected material (and working on it in lab), journal articles and was writing review of literature. After a year, Dr Ramchandraiah was transferred and Prof J.P.Goravalingappa took over as HOD. Now he became my guide. He asked me to show my thesis work. Later he called me and told that he does not accept my thesis topic. Now I was in shock. One year was over and another 6 or 7 months left to submit thesis to university. I was sad. I sat thinking how to overcome this challenge. Thought I shall explain to him what all I had

not accept my thesis topic. Now I was in shock. One year was over and another 6 or 7 months left to submit thesis to university. I was sad. I sat thinking how to overcome this challenge. Thought I shall explain to him what all I had done. If still he does not agree, then I ask him to give me another topic of his choice and be prepared to loose a year to do new thesis work. Next day , I went to Prof Goravalingappa's chamber and showed my file and told what I had done till then and to please go through it. He agreed to see it and asked me to come the next day. That gave me little relief. That day I was just praying to God. Next day when I met Prof. Goravalingappa, he said he has seen the work done and I can continue, but title will be changed. That was a big relief for me and my mental stress was relieved. In my mind I thanked God for considering my first option to continue my work. Prof himself wrote on a paper a lengthy title for my topic and gave me. I thanked him sincerely from my heart, went out and pasted the same paper on my file, before he could change his mind. This was a challenge for me at that stage in my life, which I faced but did not panic. Prof Ramchandraiah and Prof Goravalingappa were nice people and gave full freedom to work in the dept.

Proudest Achievement: "What is the achievement you're most proud of in your professional journey?"

Every Achievement makes a person happy and we get energy to work more. Becoming President of Indian Association of Pathologists and Microbiologists for the year 2002 and President of the Indian Academy of Cytologists during 2005 were proud moments for me. In both these national associations I climbed the ladder from lower posts to reach the highest. It was a pleasure to know and to work with professional colleagues from all the states of India.

I held various posts in KLE University like being the Director of Academics, Controller of Examinations, Director of NAAC and Director of PhD program..

Getting the Karnataka state IMA's 'Best Secretary Award' (1992-93) was also a proud moment. Was happy to be the President of IMA Belgaum Branch (2000-21), and serve the medical fraternity of Belagavi city.

Section 2:

Leadership and Mentorship

Mentorship: "What role has mentorship played in your career, and what advice would you give to young pathologists today?"

Whatever I could achieve is because of my Mentors. Having a good mentor is very important in life for proper growth of a person professionally and as an individual. A good mentor moulds our life. Unconsciously we imitate our mentor.

I was lucky to have Dr S. J. Nagalotimath as my mentor. He was a superb/ fantastic teacher.

Dr. S. J. Nagalotimath was HOD of Microbiology and Prof Dr A.V. Ramaprasad was HOD Pathology in JNMC while I was studying MBBS.. In 1974, after my MBBS, I joined as lecturer in Microbiology. Dr Ramaprasad left JNMC , went to Bangalore and started Anand Diagnostic Laboratory. Then Dr. Nagalotimath was made HOD of Pathology. One day he called and asked me to do PG. So I joined KMC Hubli for MD in 1975. That year was the last batch with combined MD degree (Pathology and Bacteriology) from Karnatak University. (From 1976, the admissions were separate for MD Pathology and MD Microbiology.).

After getting my MD, I came back and joined Pathology dept. Dr Nagalotimath made all staff members to write articles in journals and present papers in IAPM conference.

Once he called me and told that I would be Incharge of Cytology section and pursue further study in Cytology and develop the section. So I did short tern Fellowship in FNAC from ICMR's Cytology Research Centre (Now ICPO), New Delhi, and Gynec Cytology course from Cama and Albless Hospital Mumbai. Then got Accreditation from IAC for our Cytology section. I organized many Pap smear camps for early detection of cervical cancers. Dr Vijay Karnik from Pune was my mentor from whom I learnt the art of conducting Pap smear camps using Toluidine Blue staining technique for quick diagnosis.

Dr. Nagalotimath organized 2 national conferences – IAPM conference in 1980 and IAC conference in 1990. He made me the Organizing Secretary of IAC conference. Thus I learnt a lot under mentorship of Prof Nagalotimath till he left JNMC, Belgaum in 1991.

Later he asked me to do PhD and suggested the topic for my research, that I study the health status of Siddis (Blacks) in Yellapur region. So I registered for PhD at Karnatak University in Anthropology dept and worked under guidance of Prof Dr. Pramod Gai (who later became the VC of KUD). I was awarded PhD in 1999 for my work on “Biomedical Study of Siddis of Karnataka”. Now I asked dr Nagalotimath why he had asked me to do PhD. He said it was his dream to do PhD, but could not do it due to some reasons. So he made me do it. That was a proud moment for him. Mentors feel happy to see their students achievements. I felt happy that I could do something in return for my mentor.

I had many other good mentors during my life journey who have contributed for my achievements. I cannot forget them. (Dr S.G. Desai, Dr H. B. Rajashekhar, Dr Kokate) A good mentor makes a big difference in our life as they shape our life.

My advice to the PGs is to follow whatever your mentor/ teacher tells you to do during your course.

Leadership Qualities: "What qualities have helped you excel in leadership roles within this field?"

To be a successful leader, one needs to have many good qualities. I learnt a lot of administrative skills by observing my teachers / mentors and senior colleagues from different places/ subjects/ fields.

A leader cannot do anything without the support / co operation from his team members. I first believed in giving due respect to our colleagues / team members and taking them into confidence. We should call meetings and discuss with them and take collective decisions. I would have meetings individually also and understand if they had any problems and helped them to sort it and motivated them to work. Good communication skills is important. Giving a patient hearing to the colleagues / students before taking any decisions is important. When there is a genuine problem we must be considerate. Our colleagues and students must not be under stress or have fear to come and discuss their problems. A leader needs to have lot of patience. A good leader must be ready to take responsibility of any decisions taken and not push it on other colleagues / subordinates. Integrity and honesty are also very important qualities. Smiling face of the leader is always liked by the colleagues as it will relieve them of any fear and stress. Colleagues must get protective feeling. Dr Ramaprasad was a very kind, good and protective administrator. We never felt any fear of approaching him.

Section 3:

Looking Forward

Legacy: "How would you like your contributions to pathology to be remembered?"

I don't think I have contributed anything great.

I have worked to the best of my ability teaching the students (UGs / PGs) in Medical, Dental, Physiotherapy, Technician Courses and Medical Transcription.

I continued the legacy of my friend/mentor Dr Vijay Karnik of conducting Pap Smear screening Camps for early Detection of Cervical Cancer using Toluidine Blue staining technique to give quick reports. Conducted many such camps in Urban, Rural and remote areas in Forests. Did similar work using Toluidine Blue staining technique on LBC slides with my mentor Dr Antonio Llombart Bosch at University of Valencia, Spain., which gave good results.

I am proud of my students who are all over India and world, and doing very well professionally.

Future: "Where do you see the field of pathology heading in the next decade?"

Digital Pathology and Artificial Intelligence (AI) are progressing in a very big way and are being incorporated in Diagnostic Pathology. If appropriately used, it could help make the field more strong, more producible and it could move the field from Qualitative to quantitative area. Our capacity to scan, store, view and share high quality images has increased tremendously over the last few years. With AI and machine learning applications for pathology, the incentive to put these technology into practice is growing. Digital Pathology allows a change from classical histopathological diagnosis using microscope and glass slides to Virtual microscopy on the computer, with tools using AI and machine learning to support pathologists in their future work. Computer algorithms can help pathologists to screen the samples more precisely using established scores. This will reduce the difference between the experts assessments through out the world. AI cannot replace Pathologists, but they will elevate pathologists capability in making more accurate/ precise diagnosis, reduce the errors and help in Quality control. Pathologists will have greater work satisfaction. However one should be aware of ethical issues like Transparency, Accountability and Governance.

Section 4:

(Motivational)

Pathology- Choice or Chance? Alternate Path?

Students joining to do PG in Pathology by choice are good as they seem to be interested in the subject and hence will do better.

Few students join for Pathology course as they have not got a seat in the subject of their choice, and joined Pathology as there was a vacancy available. Such students just continue and finish the course without much interest in the subject.

All students whom I came across had joined by choice and all of them have done well either in Academics(Teaching) or Lab practice or Research.

Message to Students

The most important mantra for any student is Hard work, to acquire knowledge. Respect the teachers / colleagues. The student must be ready to do any job given by the teacher/ Superior. Take it as a learning process. Now a days the subject is too vast compared to what we had during our PG days. We did not have IHC, and FNAC had just started which we never did that time. Utilise every minute in reading more and be innovative.

The student must be punctual and do the work with passion. Never have casual approach for your work. All these qualities in a student will make him a very good professional in future.

Message to Consultants

Practicing Pathologists have a lot of Business acumen. They know the marketing strategy better.

I would suggest them to please keep updating with recent advances in the subject by attending CMEs / Conferences.

Get your labs accredited (NABL).

Please Don't involve in Unethical practice.

In case of any problem, please consult experts in that topic/ field/ subject.

Have good communication with Clinicians and discuss problem cases with them before signing out a report.

If possible present papers in conference and publish articles in journals. I have seen very few Practicing Pathologists attending Conference and presenting papers.

Dr. Lalita Mahale
Senior Pathologist
Hubballi



Interviewed by

Dr Asha Deshpande
Consultant Pathologist Hubballi
Dr Mamata Halageri
Consultant Pathologist Hubballi

Dr. Lalita Mahale was my beloved teacher during my post-graduation in Pathology at KIMS Hubli in 1979. Her friendly demeanor and exceptional guidance made a lasting impact on my education and personal growth. Hailing from Ankola, Dr. Mahale completed her MBBS and MD in Pathology at KMC-RI Hubli. Throughout her distinguished career, she served in various capacities within the Pathology departments of multiple medical colleges across Karnataka. Notably, she was the Principal of VIMS, Ballari in 1992 and held the position again in 1996, retiring in 1999. Dr. Mahale concluded her remarkable career as the Director of Bellary Medical College, leaving behind a legacy of excellence in medical education and mentorship. Her contributions to the field of Pathology and her dedication to her students continue to inspire many.



Scan for Audio interview

National Handloom Day 2024

KASTURBA MEDICAL COLLEGE, MANIPAL



GULBARGA INSTITUTE OF MEDICAL SCIENCES, GULBARGA



National Handloom Day 2024

SDM COLLEGE OF MEDICAL SCIENCES AND HOSPITAL, SATTUR, DHARWAD



SRI SIDDHARTHA INSTITUTE OF MEDICAL SCIENCES
AND RESEARCH CENTRE, T.BEGUR



National Handloom Day 2024

SIDDAGANGA MEDICAL COLLEGE AND RESEARCH INSTITUTE



KLE JGMM MEDICAL COLLEGE, HUBLI



National Handloom Day 2024

KASTURBA MEDICAL COLLEGE, MANGALORE



SRI RAJARAJESHWARI MEDICAL COLLEGE AND HOSPITAL, BANGALORE



RAJARAJESHWARI MEDICAL COLLEGE & HOSPITAL, BENGALURU
DEPARTMENT OF PATHOLOGY



National Handloom Day 2024

SRI SIDDHARTHA MEDICAL COLLEGE, TUMKUR



KASTURBA MEDICAL COLLEGE, MANIPAL



KIDWAI MEMORIAL INSTITUTE OF ONCOLOGY, BANGALORE



Teacher's day Celebration 2024

ESIC MEDICAL COLLEGE, GULBARGA



Sitting (Left to Right): Dr Jayker Shushan Shweta, Dr Ayesha Farheen, Dr Attar Abdul Hakeem, Dr V Srinivasa Murthy (HOD), Dr Vani B R, Dr Deepak Kumar B, Dr Md Hamed Abul Maki,
Standing (Left to Right): Dr Netra M Saijan, Dr Mohammed Abdus Samee, Dr Priyanka Indoria, Dr Divya P J, Dr Rohini S Doshetty, Dr Najmussahar Kudchi, Dr Shruthi, Dr Mohammed Shahmawaz Ahmed, Dr Pooja H Upase

KIDWAI MEMORIAL INSTITUTE OF ONCOLOGY, BANGALORE



KLE JGMM MEDICAL COLLEGE, HUBBALLI



Teacher's day Celebration 2024

KASTURBA MEDICAL COLLEGE, MANIPAL



SRI SHANKARA CANCER HOSPITAL AND RESEARCH CENTRE



Teacher's day Celebration 2024

BELAGAVI INSTITUTE OF MEDICAL SCIENCES, BELAGAVI



RAMAIAH MEDICAL COLLEGE, BANGALORE

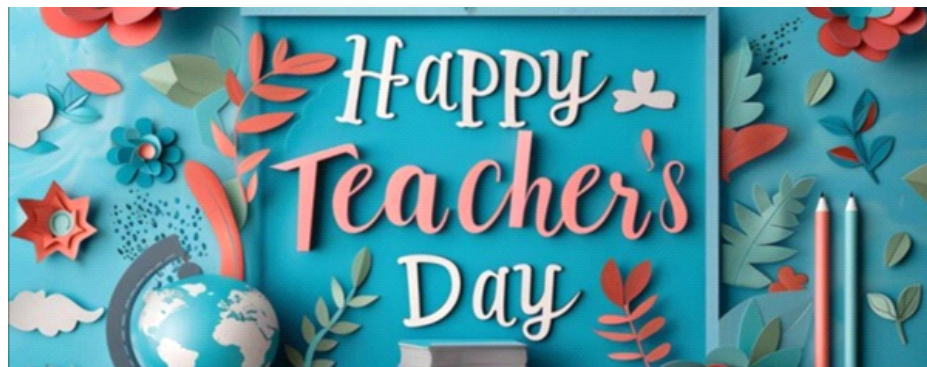


Teacher's day Celebration 2024

JSS MEDICAL COLLEGE, MYSORE



KASTURBA MEDICAL COLLEGE, MANGALORE



KASTURBA MEDICAL COLLEGE
MANGALORE

(A constituent institution of MAHE, Manipal)



Teacher's day Celebration 2024

CHAMARAJANAGARA INSTITUTE OF MEDICAL SCIENCES, CHAMRAJANAGARA



SRI SIDDHARTHA INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE,
T.BEGUR, NELAMANGALA TALUK

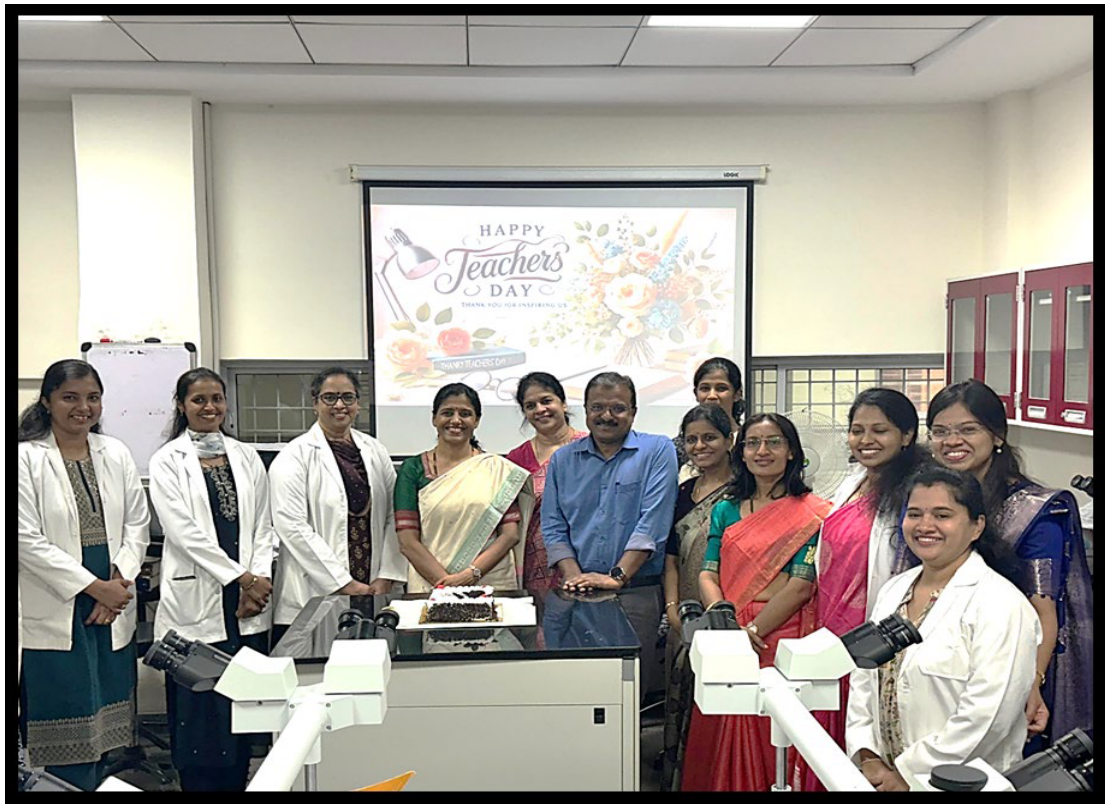


Teacher's day Celebration 2024

SHRI ATAL BIHARI VAJPAYEE MEDICAL COLLEGE AND RESEARCH INSTITUTE
LOCATION - 1, LADY CURZON ROAD, SHIVAJI NAGAR, BANGALORE



Kempegowda institute of medical sciences, Bangalore



Teacher's day Celebration 2024

CDSIMER, BANGALORE

Happy Teachers Day



Pathology Dept CDSIMER

SDMCMS&H Dharwad



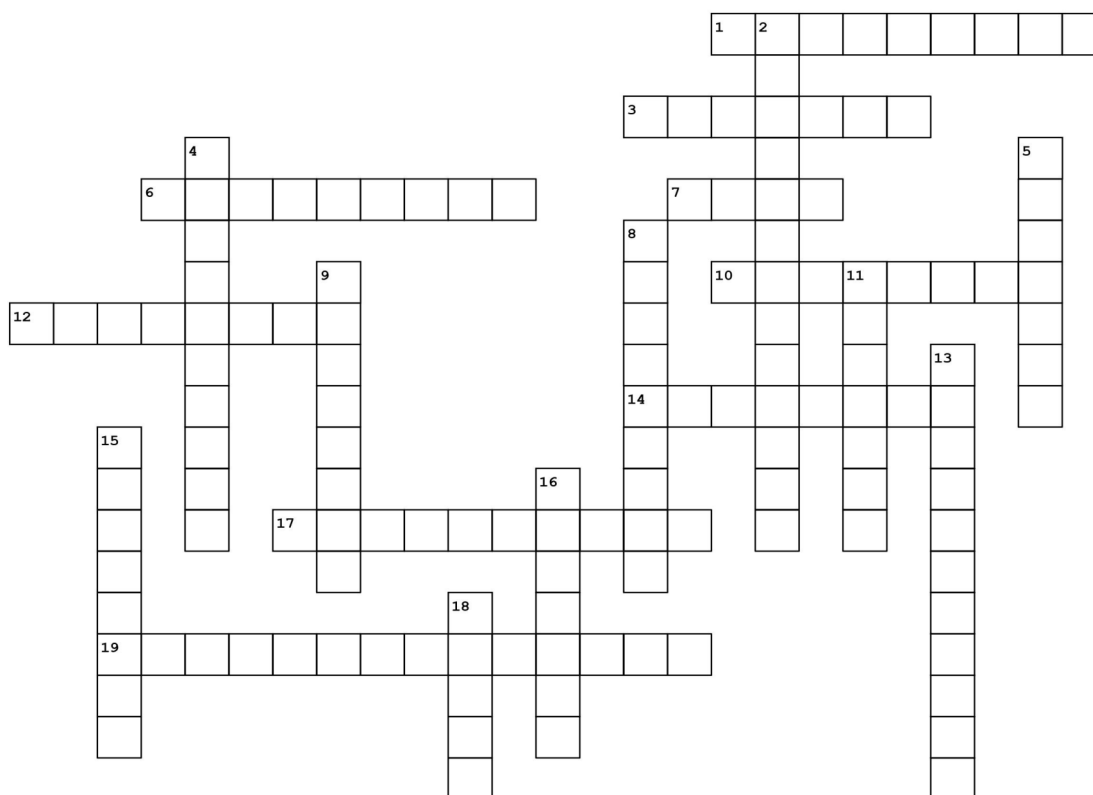
DEPARTMENT OF
PATHOLOGY

ರೋಗ ಲಕ್ಷಣ ಶಾಸ್ತ್ರ
PATHOLOGY

PATHOLOGY CROSSWORD

CROSSWORD

Pathology Crossword



Pathology Clues

Across

1. You have a big heart and I am a wrinkled map in your heart. (9)
3. I am no longer alive, for the life blood that sustained me was withheld. (7)
6. A rare disease I am, manifesting as lump beneath your jaw or at the centre of your chest. Within my presence you see twinning and lollipops.(9)
7. With me your urine turns cloudy and carries protein. I need silver to reveal my hidden trail.(4)
10. Tangy fruits are my source. Without me you will bleed and lose your teeth. (8)
12. Though part of my genetic tapestry is missing, my long face, low set ears, harelip and blue skin tell a story of my uniqueness.(8)
14. I am the silent cleaner, digesting cell waste and germs. (8)
17. As you age, I quietly gather in your vital organs. (10)
19. Breathing feels like struggle, my skin carries a salty sheen, and oily stools are part of who I am. (14)

Down

2. Child, I constipate you and leave you with a swollen belly, a consequence of missing plexus. (13)
- 4.A big eater I am, residing in various tissues throughout your body.(10)
- 5.I am a spherical Hollander in the heart of your blood cancer cells.(7)
8. Disordered growth defines me. If you do not treat me early, I can progress to be fatal.(9)
- 9.I am a decayed piece, lingering because I was never programmed to die.(8)
11. When not in use, I am best described by the word 'Shrink'. (7)
13. I grow larger when nutrition is lacking, bringing with me the sensation of pins and needles in your feet. (11)
15. With me you become a joyful puppet, smiling, and laughing, easily excitable yet sleepless. (8)
16. I am in your heart with caterpillars when your heart is diseased. (7)
18. When I am activated, I bring a flush, swelling, pain and leaving you feeling weak and dizzy. (5)

CONTRIBUTORS :

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GULBARGA INSTITUTE OF MEDICAL SCIENCES (GIMS), KALABURAGI

XV KCIAPM Annual State Level Undergraduate Pathology Quiz

On September 18, 2024, Ramaiah Medical College on behalf of Karnataka Chapter of the Indian Association of Pathologists and Microbiologists (KCIAPM), successfully hosted the XV State Level Undergraduate Pathology Quiz. This highly anticipated event saw enthusiastic participation from medical students across Karnataka, eager to showcase their pathology knowledge in a spirited competition. Over the years, the quiz has grown into a prestigious platform for undergraduates to demonstrate their academic prowess in pathology.

Inauguration Ceremony

The day began with an elegant inaugural ceremony. Dr. Shalini C. Nooyi, Principal of Ramaiah Medical College, presided over the event, joined by notable guests such as senior pathologists, faculty members, KCIAPM Vice President Dr. Vijayshankar, and Treasurer Dr. Thejaswi. Organizing Chairperson Dr. Mangala Gouri S.R. welcomed the audience, setting the tone for an exciting day ahead.



Impressive Participation

Sixty-three teams, each comprising two students, represented medical colleges from various regions of the state. These teams had earned their place in the competition by excelling in intra-college rounds. Their diversity and preparedness reflected the growing interest in pathology as a specialty among undergraduate students.

Quiz Format

The quiz structure was divided into multiple rounds, testing a wide range of pathology knowledge. The competition began with a preliminary test, which narrowed down the participants to the top six teams for the final rounds. These final rounds were designed to be both challenging and innovative, featuring rounds like Pictionary, Gibberish, Riddles, Treasure Hunt, Connect the Constellation, Bidding, Rapid Fire, and Path to the Library. Each round required the participants to think critically and apply their theoretical knowledge in creative ways.

XV KCIAPM Annual State Level Undergraduate Pathology Quiz

The Winners

The competition was intense, but in the end, Miss Shubhi Agarwal and Miss Harshita Nayar from Belagavi Institute of Medical Sciences, Belagavi claimed the first-place trophy. They were awarded the coveted Pathology Quiz Rolling Trophy along with a cash prize of ₹10,000. The second position was secured by Miss Sohni Das and Miss Gowri Prashanth Yedathore of Kempegowda Institute of Medical Sciences, Bengaluru who received ₹6,000. The third place went to Miss Vaishnavee Tiwari and Miss Shreya Saha from Kasturba Medical College, Manipal, who took home ₹4,000.



Valedictory Ceremony

The day concluded with a valedictory ceremony where Dr. Shalini C. Nooyi praised the participants for their dedication and enthusiasm. She also expressed her appreciation to the organizing team for executing the event flawlessly. In her address, she highlighted the value of such academic events in fostering a spirit of healthy competition, learning, and collaboration among medical students. Her words were a fitting end to a day that exemplified academic excellence and teamwork.

Conclusion

The 15th State Level Undergraduate Pathology Quiz was a resounding success, giving students a platform to deepen their understanding of pathology while also encouraging camaraderie between institutions. Events like these are vital for the academic growth of medical students and for inspiring future pathologists. As the organizers look forward to the next edition, there is a collective sense of pride in continuing to promote excellence in pathology education across Karnataka.

2024 National Workshop cum Conclave on Hirschsprung's Disease St. John's Medical College, Bangalore 30 September - 1 October 2024

The 11th National Hands-On Workshop cum Conclave on Diagnosis and Management of Hirschsprung's Disease (HD) and related disorders was successfully conducted at St. John's Medical College, Bangalore. Organized by the Translational Research Lab for Gut Motility Disorders under the aegis of the Karnataka Chapter of IAPM, Rajiv Gandhi University of Health Sciences, the Medical Education and Research Trust, the National Academy of Medical Sciences, and the Association of Pediatric Surgeons of India, the event brought together experts from across the country.

A Unique Workshop Experience

As the only referral diagnostic center for Hirschsprung's Disease in India, the Translational Research Lab presented a first-of-its-kind event that integrated perspectives from pathology, pediatric surgery, pediatrics, radiology, and basic sciences. With 24 esteemed faculty members, the workshop aimed to foster collaboration, advance understanding, and refine patient care for those affected by HD and similar disorders. This year's event also celebrated the Silver Jubilee of the lab's contributions to research.



The two-day workshop attracted 28 delegates, including 12 pathologists and 16 pediatric surgeons from leading central institutes, state medical colleges, and corporate hospitals. The Karnataka Medical Council allotted four credit points for the program.



Inaugural Session and Highlights The workshop began with ice-breaking sessions led by Dr. Usha Kini, who introduced the goals of the event. An online address from Dr. Ashley Dcruz, Pediatric Surgeon Consultant at Narayana Hrudhalaya, set the tone, followed by an insightful talk on the pathology of Hirschsprung's Disease by Dr. Nandeesh from NIMHANS.

During the formal inauguration, Dr. George D'Souza, Dean of St. John's Medical College, along with Rev. Fr. Charles and senior faculty, lit a traditional lamp while invoking blessings. A glass slide box, detailing the workshop materials, was also unveiled. The Hirschsprung team's achievements over the past 25 years were lauded, with special emphasis on their research in stem cells and fetal autopsies aimed at understanding the enteric nervous system.

Interactive Sessions and Hands-on Experience

The interactive sessions covered Hirschsprung's Disease from A to Z, with a standout 2.5-hour panel discussion moderated by Dr. Usha Kini and Dr. Ramesh Santhankrishnan from Indira Gandhi Institute of Child Health. This comprehensive discussion laid the groundwork for the next day's hands-on wet lab session, which allowed participants to explore HD specimens collected over the years.



Delegates were guided through the Modified Acetylcholinesterase (AChE) staining technique, a key diagnostic method for HD, which has been refined and practiced at St. John's for over 25 years. Participants received detailed handouts of the procedure and carried home frozen stained sections as a reference for future cases. The workshop also provided a slide box with 12 representative teaching cases, ensuring participants left with valuable educational resources.

Closing Remarks

The workshop concluded with a session aimed at encouraging the delegates to continue spreading the knowledge gained at the event. The hands-on experience, combined with the wealth of knowledge shared by experts, left participants well-equipped to enhance their practice and contribute to establishing nodal centers across India for the diagnosis and management of Hirschsprung's Disease.

CANPATH 2024



CANPATH 2024

International Conference on Advances in Cancer Diagnosis and Management
Sathagiri Institute of Medical Sciences & Research Center
20-21 September 2024

The Department of Pathology at Sathagiri Institute of Medical Sciences and Research Center (SIMS & RC), under the aegis of Sathagiri NPS University (SNPSU), successfully hosted CANPATH 2024, an international conference dedicated to advancements in cancer diagnosis and management. This prestigious event, organized in association with the Karnataka Chapter of the Indian Association of Pathologists and Microbiologists (IAPM), was a milestone for the university and the medical fraternity.

Inauguration

CANPATH 2024 was inaugurated by the Honorable Chancellor Shri G. Dayananda and Pro-Chancellor Sri G. D. Manoj, along with other distinguished dignitaries, including Vice-Chancellor Dr. Jayanthi V and Registrar Dr. H. Ramakrishna. The event marked the university's first international conference, led by Organizing Chairperson Dr. Vijaya C and Organizing Secretary Dr. Vamseedhar Annam from the Department of Pathology.



The inauguration also witnessed the release of the conference proceedings, which notably received an ISBN number— a unique first in the history of the Karnataka Chapter of IAPM. Delegates, dignitaries, and participants joined hands to pledge solidarity against cancer, embracing the theme, “Together We Are Stronger Than Cancer and Beyond.”

CANPATH 2024

Scientific Sessions

The conference featured a total of 11 informative sessions, with speakers from India and abroad. Notably, Dr. Raghavendra Pillappa, a pulmonary pathologist from Cedars-Sinai Medical Center, USA, and Dr. Santhosh Nagaraju from University Hospitals Birmingham, UK, delivered key insights on lung and brain cancer diagnostics.

Among the many esteemed national speakers, Dr. Alleyamma Mathew from the Regional Cancer Centre, Thiruvananthapuram, presented an innovative approach to advancing cancer registries. Dr. Sandeep Mathur from AIIMS New Delhi discussed the scope and limitations of Immunohistochemistry (IHC) in breast pathology, while Dr. Sujay Prasad from Neuberg Anand Diagnostic Laboratory addressed the management of Myeloma.

A highlight of the event was the panel symposium on thyroid cancer, moderated by Dr. Nataraj Y.S. The panel, featuring experts from leading institutions, provided updates on the latest diagnostic and surgical strategies for thyroid cancer.

Participation and Presentations

The conference attracted 365 delegates from across the globe, with over 240 research presentations in both poster and paper categories. The high level of participation reflected the growing interest in cancer research and diagnostics.

Awards and Recognition

Outstanding research was recognized across several categories. In the faculty category, Dr. G. Prashanthi from Bharath Cancer Hospital, Mysuru, won the **Best Paper Award**, while Dr. Spoorthy M from C. Blr received the **Best Poster Award**. In the postgraduate category, Dr. Astha Jain from GGMC & Sir J.J. Group of Hospitals, Mumbai, won the **Best Paper Award**, with Dr. Naveen Kumar G from KIMS Bengaluru taking the **Best Poster Award**.

Special awards were also conferred, including an **Out-of-the-Box** award for innovative research to Dr. Shruthi H from SSMC Tumkur.

Conference Impact

CANPATH 2024 was a resounding success, fostering international collaboration and knowledge sharing in the field of cancer research. The Karnataka Medical Council allotted **four credit hours** for the event, adding to its academic value.

The conference not only brought together thought leaders from across the world but also emphasized the importance of united efforts in the fight against cancer. Delegates left the conference with a renewed sense of purpose and the latest insights into cancer diagnosis and management.

CME on CNS Infections and Squash Interpretation in CNS Tumors **Ramaiah Medical College, Department of Pathology** **28-29 June 2024**

The Department of Pathology at Ramaiah Medical College organized a two-day Continuing Medical Education (CME) event focused on CNS Infections and Basics of Squash Interpretation in CNS Tumors. The CME took place on the 28th and 29th of June 2024 at the Council Hall of Ramaiah Medical College, attracting pathologists and postgraduate students.

Inauguration

The CME was inaugurated by Dr. Shalini C. Nooyi, Dean and Principal of Ramaiah Medical College, alongside Dr. Mangala Gouri S. R., Professor and Head of the Department of Pathology, Dr. Uma Rani, Professor at Ramaiah International Medical School, and the guest speakers from the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore—Dr. Nandeesh B. N. and Dr. Shilpa Rao.



In her welcome address, Dr. Mangala Gouri emphasized the importance of informative sessions on CNS tumors and infections, particularly highlighting the value of squash cytology for postgraduate students and consultant pathologists. The opportunity to learn from experts at NIMHANS, a national center of excellence in neuropathology, was a key highlight of the event.

Scientific Sessions

The first session featured Dr. Shilpa Rao, an Associate Professor of Neuropathology from NIMHANS, who delivered a comprehensive talk on Basics of Squash Cytology. She covered the technique, prerequisites, advantages, and limitations of squash interpretation in CNS tumors, illustrated with detailed image-based examples. The session was followed by interactive case discussions, using Qu Path imaging to enhance participants' understanding. Dr. Uma Rani chaired this insightful session.

Following Dr. Rao's talk, Dr. Nandeesh B. N., an Additional Professor of Neuropathology at NIMHANS, presented a session on CNS Infections, covering fungal, bacterial, viral, and parasitic infections. His presentation focused on identifying tissue responses as crucial diagnostic clues in both histopathology and cytology. Dr. Nandeesh also conducted a video session demonstrating intricate anatomical details during brain grossing, adding depth to the understanding of CNS pathology.

CME on CNS Infections and Squash Interpretation in CNS Tumors **Ramaiah Medical College, Department of Pathology** **28-29 June 2024**

Hands-on Experience

An engaging highlight of the CME was a Potpourri of 30 interesting cases, which included detailed patient histories, glass slide viewing, and hands-on experience with special stains and immunohistochemistry (IHC) slides. This session allowed participants to apply their learning to the diagnosis of CNS tumors and infections.



The following day, Dr. Nandeesh led an interactive microscopy session, where each slide from the potpourri session was reviewed in detail for both in-person and online delegates. He provided in-depth discussions on the latest WHO updates on the nomenclature, criteria, and classification of CNS tumors. This live demonstration greatly enhanced the educational experience of the participants.



Conclusion and Feedback

The CME concluded with positive feedback from the delegates, who appreciated the detailed, interactive, and case-based approach of the sessions. The event successfully achieved its objective of providing valuable insights into CNS pathology, furthering the academic and professional development of all attendees.

