



Issue - 14

IADVL: BDS BULLETIN

# DERMADRISHTI 2024

BIANNUAL PUBLICATION OF THE BANGALORE DERMATOLOGY SOCIETY



BANGALORE  
DERMATOLOGICAL  
SOCIETY **SINCE 1992**



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**BANGALORE DERMATOLOGICAL SOCIETY**  
BANGALORE, KARNATAKA

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## A note from the Presidential Desk

Dear Colleagues,

Bangalore Dermatological Society completes 32 years of its existence. It has grown year after year under the patronage of illustrious office bearers, who have enriched it with several activities for its members and also for the society.

As we continue to navigate the challenges and opportunities before us, I am deeply grateful for the dedication and resilience each one of you have demonstrated. Our collective commitment to Bangalore Dermatological Society is what drives our success and propels us towards a brighter future.

This BDS bulletin "DERMADRISHTI" serves as a reminder of our shared goals and a celebration of our achievements. In the coming weeks, we will embark on several key initiatives aimed at providing opportunities to our members to present their work and also to encourage young dermatologists and residents to participate by presenting papers / quiz programs / camps / conferences. Hands on workshops in Dermatosurgery, Aesthetic Dermatology, Pediatric Dermatology are being organised. These endeavors are not just about meeting objectives but about making a lasting impact on our community and beyond.

I encourage you all to stay engaged, support one another, and bring your unique talents to the table. Together, we are capable of extraordinary things.

Thank you for your continued support and dedication.

Sincerely,  
**Dr. S. Sacchidanand**  
President  
Bangalore Dermatological Society

## Message from the Secretary



Dear BDS Members,

I hope this address finds you in good health and high spirits. As Secretary of Bangalore Dermatological Society (BDS), I am pleased to share a summary of BDS's recent and ongoing initiatives aimed at fostering continuous medical education and professional growth amongst our members. Over the past few months, we have successfully conducted series of monthly CME sessions, each featuring distinguished speakers from various medical colleges & private practitioners alike, who have shared their insights on various dermatological advancements. Dermatology postgraduates from all the participating medical colleges have put up a good academic feast during their respective departmental presentations. These monthly CMEs have provided us with valuable knowledge and have continued to be the platform for vibrant academic discussions.

In addition, we have organized several Quiz programs for postgraduate students aptly named as "BDS Knowledge Knockout". These quizzes in turn encourage postgraduates to better understand the subject and stay abreast of the latest developments in our field. The quizzes have been both educational and competitive, promoting a spirit of learning and excellence. As the topic for the next month's quiz is announced well in advance, the postgraduate students plan well ahead & participate with great enthusiasm.

Our society has been actively involved in community service through dermatology camps. Awareness camps like IADVL Presidential project Mission Prison and Chalo Patashala, along with IADVL Karnataka Presidential projects Arivu and Magardarshi, have enabled us to extend our expertise to those in need, making a positive impact on the health and well-being of the community. Health education during such awareness camps has played a positive impact on those attending such BDS members led camps. I extend my heartfelt thanks to all members for their active participation and support in each of these endeavors. I wholeheartedly thank each and every single member of BDS EC 2023-25 for their commitment to our society's mission continues to inspire me all the more, and make me work with good dedication to achieve even more. I wish to also mention the contributions of Mr. Basavaraj who works like a well oiled machine to execute BDS activities without any hiccups.

Dear members, we look forward to your continued involvement in our upcoming activities. I would like to end on a happy note that we have more academic activities lined up during the coming months.

Warm regards,

**Dr. Sujala Sacchidanand Aradhya**

Hon' Secretary - Bangalore Dermatological Society





## Chief Editor's Message

Bangalore Dermatological society is one of the most active association and is always at the forefront in conducting academic activities. The monthly BDS meets are planned very meticulously with the help of BDS academy to help both post graduates and practitioners.

The knowledge knockout quiz conducted every month by the young BDS team helps the Post graduate students to study and also prepare for the quiz at national level.

I request the members to contribute articles, both academic and non academic to 'Dermadrishti', the biannual news letter. This will be a good opportunity for youngsters to improve their writing skills and showcase their literary talents.

I thank Dr Shashikiran A R, executive editor who has worked actively in bringing out this newsletter. I thank the secretary and EC for their active participation in the BDS activities.

I thank Dr Sacchidanand S, President of BDS for giving me this opportunity to be the editor of 'Dermadrishti'.

**Dr Nagesh T S**

Chief Editor  
Dermadrishti

## Executive Editor's message



I am excited to present you our latest edition of Bangalore Dermatology Association Biannual Bulletin- Dermadrsti. Our field continues to evolve rapidly, and this issue highlights on tofacitinib in dermatology.

In this edition, we have showcased the beautiful talents of our members and their family members. We have published the achievements of our members and an interview with an eminent Dermatologist. These achievements are a testament to the dedication and expertise of our members, and I am proud to showcase the collective progress we are making.

We have also showcased the dedicated work done by the association for the benefit of the members and the society. I would like to extend my gratitude to all contributors for their invaluable input and dedication. Your commitment ensures that our bulletin remains a vital resource for professionals in our field.

It is an honour to serve as the executive editor of the BDS under the able guidance of the chief editor Dr. Nagesh T S, the President Dr. Sacchidanand S the Secretary Dr. Sujala S Aradhya and the members of the executive committee of the BDS.

Thank you for your continued support and engagement.

I hope you find this issue both informative and inspiring.

Warm regards,  
**Dr Shashikiran A R**  
Executive Editor  
Dermadrsti





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Date : 30<sup>th</sup> November 2023

### AGBM, 5pm on 26th November 2023

#### Minutes of meeting

President Dr. Nandini A S opened the Annual General Body Meeting (AGBM) with the welcome address.

She highlighted the various activities Bangalore Dermatological Society (BDS) conducted over the past 1 year such as the monthly CMEs, online EC meetings, rural camps, prison camp, Chamaratha flag off, Bus awareness program, BDS Benevolent fund contribution to Dr. D P Jayanth's family, Vitiligo awareness program, SIG Aesthetics CME, SIG Research Methodology workshop conducted by Dr. Divya Gupta, SIG Dermatopathology & Dermoscopy's CME conducted by Dr. Sanjana A S, National CME by IADVL Yuva Cell conducted by Dr. Sujala S Aradhya, & SIG Dermoscopy's Trichoscopy CME conducted by Dr. Aneesh S were mentioned. She highlighted that BDS should concentrate on research studies.

Secretary's Report was presented by Dr. Aneesh S.

- Passing of MoM of previous AGBM.
- BDS CMEs conducted over the past 1 year were mentioned:
  - Oct 22 – M S Ramalah Medical College, City Institute
  - Nov 22 – SIG Aesthetics CME & Workshop
  - Dec 22 – Derma Eva
  - Jan 23 – Dr. B R Ambedkar Medical College & Hospital, City Institute
  - Feb 23 – Chamaratha flag off
  - Mar 23 – Vydehi Institute of Medical Sciences & Research Center, KBA
  - Apr 23 – SIG Dermatopathology & Dermoscopy CME, BGS Global Institute of Medical Sciences
  - May 23 – SIG Research Methodology CME, Dr. B R Ambedkar Medical College & Hospital
  - Jun 23 – Vitiligo press meet
  - Jul 23 – Annual BDS members & family get together
  - Aug 23 – National CME by IADVL Yuva Cell, KIMS Auditorium
  - Sep 23 – Mission Prison camp
  - Oct 23 – SIG Dermoscopy CME on Trichoscopy, MVJ Medical College & Research Hospital
  - Nov 23 – Bus awareness program

- Secretary urged BDS members to make use of the Research grants available.
  - He requested the next EC update all contact details of BDS members & suggested for a membership drive.
  - He mentioned that the Benevolent fund of Rs 5 lakhs was handed over to Mrs. Shilpa, w/o Late Dr. D P Jayanth.
- AGBM passed Secretary's report.

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Treasurer's Report was presented by Dr. Sanjana A S, for the duration of 01/04/2022 to 31/03/2023. It was passed by Dr. B S Chandrashekar & seconded by Dr. Prabhakar M Sangolli.

Website Report was presented by Joint Secretary Dr. Sujala Sacchidanand Aradhya. It was passed by the AGBM.

Proposals were then discussed by Secretary Dr. Aneesh S.

- Each Medical College department to nominate a coordinator to liaison with BDS for CMEs' scientific session discussion. The motion was passed.
- Zonal workshops for 40 to 55 years old dermatologists. Proposed by Dr. B S Chandrashekar & seconded by Dr. DSR Krupashankar.
- Sister society contributions must be a consideration point for the Young Dermatologist Award – BDS to put forth this as a proposal to IADVL Karnataka. The motion was passed.
- Registration of CUTICON KN for President & Secretary of BDS to be borne by BDS. The motion was passed.
- Membership drive: Calling tree to be created whereby each executive committee member will call 20 -30 dermatologists to get them to enrol into BDS. The motion was passed.
- Mr. Basavaraje Gowda's salary to be increased by 8% annually. As it wasn't increased during the last term, a 16% increase from. The current term to be considered. He will also be gifted a watch if the AGBM approved. The motion was passed.
- Dr. Shashikiran A R updated about the Bus Awareness program wherein 10 BMTC & 40 KSRTC buses are now carrying posters to create awareness on whom to consult for skin disorders. Bus registration numbers & the photos of posters on the busses have been shared for confirmation. QR code on these posters will direct to www.iadvl.org It was suggested to consider similar advertisement in Metro stations where the public footfall is good. Another suggestion was to use single line posters for more easy knowledge transfer. The motion was passed.
- To use Social Media (YouTube, Facebook, Instagram) for more public awareness. AGBM agreed in principal but suggested EC to plan for social media use depending on the success of the bus awareness program. The motion was passed.
- Anti-quackery measures by BDS: Legal way forward has to be planned. Advertisements can be put across to create more awareness in public. Advertisements can be displayed on movie theatre screens. AGBM suggested to form a committee and to meet Health Department Officials to further anti quackery measures. The motion was passed.

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- A Vitiligo patients marriage register is being maintained by Maya Foundation, permission to circulate the same to all BDS members was sought. The motion was passed.

A token of appreciation along with a standing ovation to outgoing President Dr. Nandini A S was given by the AGBM.

The Election Officer Dr. Prabhakar M Sangolli announced that only 5 applications for the EC members posts were received. He called for nominations from the floor. The new Executive Committee was formed as follows :-

- President** – Dr. S. Sacchidanand, proposed by Dr. DSR Krupashankar & seconded by Dr. Nagaraju T S
- Vice President** – Dr. Mahesh Kumar C, proposed by Dr. S Sacchidanand & seconded by Dr. Sujala S Aradhya
- Vice President** – Dr. Sanjana A S, proposed by Dr. Nandini A S & seconded by Dr. Aneesh S
- Secretary** – Dr. Sujala Sacchidanand Aradhya, proposed by Dr. Nandini A S & seconded by Dr. Sanjana A S
- Treasurer** – Dr. Shishira R Jartarkar, proposed by Dr. Aneesh S & seconded by Dr. DSR Krupashankar.
- Joint Secretary** – Dr. Monika M Gowda, proposed by Dr. Raghunath Reddy R & seconded by Dr. Sanjana A S
- Joint Secretary** – Dr. Monisha K, proposed by Dr. Aneesh S & seconded by Dr. Nandini A S
- Executive Committee Members:** Dr. D S R Krupashankar, Dr. Sanjay Thejaswi R, Dr. Namratha C Manjunath, Dr. Radhika S R, Dr. Sachin S, Dr. Heera Ramesh, Dr. Vijayabhaskar G V, Dr. Roshan Manoharan
- Academy Chairperson** – Dr. T K Sumathy & Convener – Dr. Ashitha S R
- Derma Drishti Editor** – Dr. T S Nagesh & Executive Editor – Dr. Shashikiran A R

The old EC members were appreciated with a memento for the work done, & the respective posts were handed over to the new EC members. The new EC then took to stage.

Dr. Aneesh S thanked all members for attending the AGBM & called for the end of the meeting.

Regards,

**Dr. S Sacchidanand**  
President  
Bangalore Dermatological Society

**Dr. Sujala Sacchidanand Aradhya**  
Hon' Secretary  
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## Formation of new BDS Team

26-11-2023

**BDS AGBM at The Bangalore City Institute,  
take over by the newly formed team.**





19-12-2023

## Academic Activities

"Dermatopathology" Workshop cum CME  
organized by Dept. of Dermatology and Dept. of Pathology  
The Oxford Medical College Hospital and Research Center,  
under the aegis of SIG Dermatopathology, IADVL KN and BDS.



**Lightening of lamp by Dr Sachidanand S, Dr Ramesh M  
at Dermopathology CME**



**A Talk delivered by Dr Sasi kiran Attili**



## CME on “Management of Hereditary Angioedema”

was organized by the Department of Pediatrics, Aster CMI Hospital, Bengaluru in collaboration with the Hereditary Angioedema Society of India (HAESI) and Bangalore Dermatological Society at Crescent Hotel, Crescent Road, High Grounds, Gandhi Nagar, Bengaluru.

07-01-2024



BDS Secretary Dr. Sujala S Aradhya addressing the gathering



An open house discussion with Dr. M Sendhil Kumaran, Dr. Sagar Bhattad and Dr. Ankur Jindal



## BDS CME meet

hosted by Bangalore Medical College and Research Institute (BMCRI),  
Bengaluru at The Bangalore City Institute.



Dr. S Sacchidanand, President  
BDS delivering welcome speech on the occasion of CME.



Dr. D A Satish presenting Best Outgoing Student,  
BMCRI Award to Dr. Heera Ramesh



Delegates enthusiastically listening to the  
scientific session hosted by Bangalore Medical College and Research Institute.



Dr. Amrita Hongal moderating panel discussion with the  
panelists Dr. Prabhakar M Sangolli, Dr. D A Satish, Dr. D S Krupashankar, & Dr. Nandini A S



## BDS CME meet

was organized by Entod Pharmaceuticals in collaboration with Bangalore Dermatological Society in South Bangalore.

13-02-2024



Delegates actively participating in the CME

16-02-2024

## BDS CME meet

was organized by Entod Pharmaceuticals in collaboration with Bangalore Dermatology Society in North Bangalore.



Dr. Harish Prasad B R delivering a talk on Management of Periorbital pigmentation



## BDS CME meet

at The Bangalore City Institute for which the scientific session was hosted by Akash Institute of Medical Sciences and Research Center, Devanahalli, Bengaluru.



Registered postgraduate teams participating in prelims quiz on skin tumors.



Dr. Darshan Gowda J M, PG, presenting an interesting case moderated by the faculty of Akash Institute of Medical Sciences, Dr. Sudha Banti, Dr. Rajesh G and Dr. Srinivas K



Dr. Poornima C Delivering a guest lecture on "Mind-Skin connection : understanding psychocutaneous disorders:."



BDS Knowledge Knockout finals quiz conducted by Dr. Heera Ramesh and Dr. Sachin S

## Pediatric Dermatology Foundation

in collaboration with Indira Gandhi Institute of Child Health and Bangalore Dermatological Society conducted a one day CME on "Master class in Pediatric Dermatology" for postgraduates and others delegates.

24-03-2024



Faculties Dr. Dr Sahana Srinivas and Dr. Divya Gupta, along with other delegates at the CME.



Dr. Deepak Parikh interacting with the post graduate student during case-based discussion session



Dr. Deepak Parikh, Dr. Malathi Muniswamy, Dr. Sahana Srinivas and Dr. Divya Gupta interacting with the delegates in "Ask the expert" session.



Dr. Malathi Muniswamy, delivering an interesting talk on Infectious causes of purpura.





## An International CME

on "Advances in management of generalized pustular Psoriasis"  
was hosted by Boehringer Ingelheim and endorsed  
by Bangalore Dermatology Society.



Dr. Rajiv Sridharan delivering a talk on  
"An overview of rare forms of pustular psoriasis".



Dr. (Prof) Peter CM van de Kerkhof, from Netherlands delivered an  
interesting talk on the "New Vista in the management of GPP flares".



Dr. Anandan V delivering his talk on  
"A series of cases scenarios of GPP and the challenges faced in the management of pustular psoriasis".



The team Boehringer Ingelheim and  
Bangalore Dermatology Society with the  
delegates in CME.



Panel Discussion moderated by Dr. Madhukar J and the  
panelists Dr. (Prof) Peter CM van de Kerkhof, Dr. Ramesh Bhat,  
Dr. Rajiv Sridharan & Dr. Anandan V

## BDS CME meet

was hosted by Kempegowda Institute of Medical Sciences,  
Bengaluru at The Auditorium, 6th Floor, B Block,  
KIMS Hospital, Bengaluru.



Active participation of registered teams for BDS Knowledge Knockout prelims quiz  
on Papulosquamous disorders and Eczema.



Dr. Saniya Sheik presenting "Quest for the roots under the lens" Moderated by Dr. Nandini A S



Dr. Nandini A S moderating the panel discussion on "Role of moisturizers in Atopic Dermatitis"  
with panelists Dr. A C Ramesh, Dr. Soumya C S & Dr. Varsha B Hunashikatti.



26-05-2024

## BDS CME meet

organized at SJB Mini Auditorium, Behind Admin Block,  
BGS Global Institute of Medical Sciences where the scientific session  
was hosted by BGS Global Institute of Medical Sciences, Bengaluru.



## National CME

conducted by IADVL SIG PRURITUS in association with  
Bangalore Dermatological Society on  
"Difficult-to-treat Pruritus: An Update", at The Lalit Ashok, Bengaluru.



06-06-2024



Watering of plant by the dignitaries during inauguration ceremony.





Dignitaries on the dais during Inauguration Ceremony -  
Dr. S Sacchidanand, Dr. Manjunath Shenoy, Dr. Prabhakar M Sangolli & Dr. T K Sumathy



Enthusiastic delegates during the CME.



Panel Discussion moderated by Dr. Prabhakar M Sangolli with panelists  
Dr. S Sacchidanand, Dr. Manjunath Shenoy, Dr. Eshwar Bhat, Dr. Nandini A S & Dr. Praveen Kumar S





**BDS** celebrated Founders Day & Practitioners Forum with felicitation of Dr. Nataraj C Hiremath, Dr. Maya Jacob Philip & Dr. H V Nataraj, along with interesting presentations from 12 private practitioners.



A talk by Dr. Pavan Kumar, a private practitioner.



Felicitation of Dr. Nataraj C Hiremath



Felicitation of Dr H V Nataraj



Felicitation of Dr Maya Jacob Philip



## BDS CME meet scientific session

hosted by Dept. of Dermatology, Rajarajeshwari Medical College and Hospital at The Bangalore City Institute.



Delegates observing 1 minute of silence for the departed soul of R G Kar Medical College victim.



Dr. Soumya C S delivering a talk on "Topical Stem cell therapy in anti - aging".



Panel discussion on "Cosmeceuticals in Dermatology" moderated by Dr. Leena Raveendra with panelists Dr. Priya K S, Dr. Namitha Chathra, Dr. Akshay Samagani & Dr. Anoop Gopal D S



## Social / Cultural activities for the members

- A. On the occasion of World Vitiligo Day on 25th June 2023, Dr. Prabhakar M Sangolli a Sr. Prof along with BDS President Dr. Nandini A S, Hon' Secretary Dr. Aneesh S, Jt. Secretary Dr. Sujala S Aradhya & EC member Dr. Shwetha S addressed the Press at the Press Club & spoke about Vitiligo, its etiopathogenesis, treatment modalities including medical and surgical, importance of counselling for the patients as well as their care givers and cleared myths about the disease.



- B. On the occasion of World Leprosy Day on 30th January 2024, a short video making competition was hosted which aimed at BDS members creating awareness about leprosy, its treatments and myths.



**BANGALORE DERMATOLOGICAL  
SOCIETY**

**WORLD LEPROSY DAY 2024**

**"Beat Leprosy"**

**30th January**



**ENTER TO  
WIN  
EXCITING  
PRIZES**



**SHORT-VIDEO MAKING COMPETITION :**

**Awareness about leprosy, treatment and myths**

mail your entries to [secretarybds19@gmail.com](mailto:secretarybds19@gmail.com)

**GUIDELINES:**

- length of the video should be less than 2 minutes
- . mp4 / mpeg format
- original dialogues would be preferred
- avoid identification details in the video
- all the shared videos will be property of BDS and can be shared on various platforms for educational and awareness purposes with suitable credits

**LAST DATE OF SUBMISSION : FEB 5th**



- C. On the occasion of World Vitiligo Day on 25th June 2024, various medical colleges across Bengaluru commemorated the day. The Dermatology departments observed the Vitiligo Day by creating awareness among patients through role plays, skits, distributing pamphlets & by hosting CMEs & Workshop.
- I. Sri Siddhartha Institute of Medical sciences & Research Centre, T. Begur, Nelamangala Taluk, Bangalore Rural.
- "Vitiligo – Stability, Prognosis & Comorbidities" talk by Dr. Prabhakar M Sangolli.
  - "Vitiligo Saptaha" camp from 24th to 29th June 2024 was conducted in OPD, where free consultation, free treatment & counselling was provided.



- ii. BGS Global Institute of Medical Sciences, Bengaluru.
  - Vitiligo awareness talk in Kannada by Dr. M E Mohan, Dean cum Director.
  - Poster making competition for UGs, judged by Dr. Rajendra Okade, Prof, Dept of DVL.
  - Pamphlets distribution to public by PGs of Dept. of DVL.
  - Role plays by UGs (Medserve Collective) who enacted 3 scenes.



Dr. Sanjana A S, HOD Department of Dermatology BGS GIMS along with other faculties.



Poster Competition for UGs held on the occasion of World Vitiligo Day.



- iii. Raja Rajeswari Medical College and Hospitals, Bengaluru.
- Skit with 2 scenarios was enacted by the UGs to educate the public.
  - Poster competition themed “Embracing twin tones”.
  - UG Quiz with special emphasis on Vitiligo, conducted by Dr. Akshay, Asst Prof.
  - State level CME on “Vitiligo updates” with expert faculties Dr. Prabhakar M Sangolli, Dr. Ishwara Bhat, Dr. Nandini A S, Dr. Eswari L & Dr. Harish Prasad B R.
  - All PGs & faculty took a pledge to provide psychological support with medical care.





- iv. M S Ramaiah Medical College & Hospital, Bengaluru.  
25th & 27th June 2024
- Awareness talk to the public by Dr. T K Sumathy, Sr. Prof & HOD.
  - 2 role plays were performed in Kannada by PGs & Interns of Dept. of Dermatology.
  - Myths about vitiligo the public has were cleared by Dr. T K Sumathy & Dr. K N Shivaswamy, Prof.
  - Free phototherapy & free vitiligo surgeries will be offered to patient for 1 month.



Role play (Kannada and English) performed by PGs at M S Ramaiah Medical College & Hospital on the occasion of World Vitiligo Day

- v. The Oxford Medical College Hospital & Research Center, Bangalore.
- Guest lecture “Vitiligo surgeries: Tips & Tricks” by Dr. Harish Kumar B R, an expert in vitiligo surgeries & dermatosurgeries.
  - The faculty indulged in an interesting Q & A session with the medical fraternity which was very much appreciated.





## TSDF Campaign (Topical steroid damage face)

Bus Ad/ display for TSDF awareness which was inaugurated by Dr. Navin Bhat (IAS), Dr. Nandini A S, Dr. Aneesh S, Dr. S Sacchidanand, Dr. Venkataram Mysore, Dr. B S Chandrashekar, Dr. Aneesh S, Dr. Sujala S Aradhya, BDS EC members & members of Dept. of Dermatology, BMCRI.



### ಕನ್ನಡಪ್ರಭ

ಅಭಿಯಾನ ಬಸ್‌ಗಳಿಗೆ ಪೋಸ್ಟರ್ ಅಂಟಿಸಿ ಅಭಿಯಾನಕ್ಕೆ ಡಾ|| ನವೀನ್ ಭಟ್ ಚಾಲನೆ

## ಪೋಸ್ಟರ್ ಅಂಟಿಸಿ ಚರ್ಮ ಆರೋಗ್ಯ ಜಾಗೃತಿ

• ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಬೆಂಗಳೂರು

ಚರ್ಮದ ಆರೋಗ್ಯದ ಕುರಿತು ಬಿಂಬಿಸಿ, ಬಸ್ ಮೇಲೆ ಪೋಸ್ಟರ್ ಅಂಟಿಸಿ ಸಾಮಾನ್ಯರಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸುವ ಅಭಿಯಾನಕ್ಕೆ ರಾಷ್ಟ್ರೀಯ ಆರೋಗ್ಯ ಅಭಿಯಾನ ಯೋಜನಾ ನಿರ್ದೇಶಕ ಡಾ|| ನವೀನ್ ಭಟ್ ಮಂಗಳವಾರ ವಿಶ್ವೋರಿಯಾ ಆಸ್ಪತ್ರೆ ಆವರಣದಲ್ಲಿ ಚಾಲನೆ ನೀಡಿದರು.

'ಆರೋಗ್ಯಕರ ಚರ್ಮವೇ ಸುಂದರ ಚರ್ಮ. ನಿಮ್ಮ ಚರ್ಮವನ್ನು ಪ್ರೀತಿಸಿ ಎಂಬ ಸಂದೇಶವನ್ನು ಈ ಕಾರ್ಯಕ್ರಮದ ಮೂಲಕ ಪರಿಚಯಿಸುತ್ತದೆ. ಚರ್ಮ ಆರೈಕೆಯ ವಿಧಾನಗಳು, ಬದ್ಧ ಸಾಮಾನ್ಯರಲ್ಲಿ ಕ್ಷುಣ್ಣು ಬಗ್ಗೆ ಇರುವ ತಪ್ಪು ತಿಳುವಳಿಕೆ ಮತ್ತು ಸುಯಲ್ಪದ ಆತಂಕಗಳ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸುತ್ತ ವಿವಿಧ ಚರ್ಮರೋಗಗಳಾದ ಸೋರಿ



ಚರ್ಮ ಆರೋಗ್ಯ ಜಾಗೃತಿ ಮಂಗಳವಾರ ವಿಶ್ವೋರಿಯಾ ಆಸ್ಪತ್ರೆ ಆವರಣದಲ್ಲಿ ಡಾ|| ನವೀನ್ ಭಟ್ ಚಾಲನೆ ನೀಡಿದರು. ಡಾ|| ರಮೇಶ್ ಕೃಷ್ಣ ಇತರರಿದ್ದರು. ಯೂಎಸ್, ಕೊಂಪ್ಲಿ ರೋಗ, ಕುಷ್ಠ ಮೂಡಿಸಬಾರವುದು. ಈ ಕಾರ್ಯಕ್ರಮದ ಮುಖಾಂತರ ಬಗ್ಗೆ ಜಾಗೃತಿ ಕ್ರಮ 3 ತಿಂಗಳು ನಡೆಯಲಿದೆ ಎಂದು

ಚರ್ಮ ವೈದ್ಯರ ಸಂಘದ ಅಧ್ಯಕ್ಷ ಡಾ|| ಎ.ಎಸ್.ನಂದಿನಿ ತಿಳಿಸಿದ್ದಾರೆ.

'ಕ್ಷುಣ್ಣು ಸುಯಲ್ಪದ ಅಧಿಕ ಮಟ್ಟ ಚಿಕಿತ್ಸೆಗಾಗಿ ಸಾರ್ವಜನಿಕರು ಅಧಿಕೃತ ಚರ್ಮ ವೈದ್ಯರಲ್ಲಿ ತಪಾಸಣೆ ಮಾಡಿಸಿ ಕೊಳ್ಳಬೇಕು. ಪ್ರಮಾಣೀಕೃತ ಚರ್ಮ ವೈದ್ಯರ ಪೂರ್ಣ ಮಾಹಿತಿ ಬಿಎಡಿಎಲ್ ವೆಬ್‌ ಸೈಟ್‌ನಲ್ಲಿ ಲಭ್ಯವಿದೆ.

ಇದರ ಸಮಸಂದೇಶ 'ಪಡಿಸಿಕೊಳ್ಳಬೇಕು' ಎಂದು ಹಿರಿಯ ಚರ್ಮರೋಗ ತಜ್ಞ ಡಾ|| ವೆಂಕಟರಾಮ್ ಮೈಸೂರು ತಿಳಿಸಿದರು. ವಿಶ್ವೋರಿಯಾ ಆಸ್ಪತ್ರೆಯ ಡೀನ್ ಡಾ|| ರಮೇಶ್ ಕೃಷ್ಣ ವೈದ್ಯಕೀಯ ಅಧೀಕೃತ ಡಾ|| ನಿರ್ದೇಶಕ, ಆರೋಗ್ಯ ವೈದ್ಯರು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

BENGALURU Edition

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ಆರೋಗ್ಯಕರ ಚರ್ಮವೇ ಸುಂದರ ಚರ್ಮ.  
ನಿಮ್ಮ ಚರ್ಮವನ್ನು ಪ್ರೀತಿಸಿ.

HEALTHY SKIN IS BEAUTIFUL SKIN.  
LOVE THE SKIN YOU ARE IN.

ಚರ್ಮ, ಕೂದಲು ಮತ್ತು ಉಗುರಿನ ಸಮಸ್ಯೆಗಳಿಗೆ, ಚರ್ಮರೋಗ ತಜ್ಞರನ್ನೇ ಸಂಪರ್ಕಿಸಿ.

ಚರ್ಮ, ಕೂದಲು ಮತ್ತು ಉಗುರಿನ ಸಮಸ್ಯೆಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ನೀಡಲು ಸರಿಯಾದ ವೈದ್ಯರು ಯಾರು ಎಂದು ತಿಳಿಯಲು MD, DVD DNB (ಚರ್ಮಜ್ಞತಾಜ್ಞ) ಪದವಿಗಳನ್ನು ಗಳಿಸಿ. ಮತ್ತು ನಿಮ್ಮ ಸ್ಥಳದಲ್ಲಿ ಚರ್ಮರೋಗ ತಜ್ಞರನ್ನೇ ಹುಡುಕಲು WWW.IADVL.ORG ಗೆ ಭೇಟಿ ನೀಡಿ.



ISSUED IN PUBLIC INTEREST  
ಸಾರ್ವಜನಿಕ ಹಿತಾಸಕ್ತಿಯಲ್ಲಿ ಪ್ರಕಟವಾಗಿದೆ

21-11-2023

## BDS Benevolent Fund

BDS and its members contributed to the Benevolent Fund of Dr. D P Jayanth. A cheque for the total amount of Rs. Five lakhs was handed over to his wife Mrs. Shilpa Patil. BDS President Dr. Nandini A S, Secretary Dr. Aneesh S, and Joint Secretary Dr. Sujala Sacchidanand Aradhya travelled to Mysore to hand over the contribution in person in July 2023.



BDS President Dr. Nandini A S, Hon' Secretary Dr. Aneesh S, and Joint Secretary Dr. Sujala Sacchidanand Aradhya handing over the Benevolent Fund cheque to Mrs. Shilpa Patil.

### Benevolent Fund Contributor's list

DR. RAJESHWARI K. A.	Rs 5,000
DR. RAJENDRA S. C.	Rs 5,000
DR. T. K. SUMATHY	Rs 10,000
DR. K. C. NISCHAL	Rs 1,00,000
DR. VENKATRAMAN MYSORE	Rs 25,000
DR. MAYA JACOB PHILIP	Rs 5,000
DR. NANDINI A. S	Rs 20,000
DR. SANJANA A. S	Rs 2,000
DR. LAKSHMANA RAO	Rs 5,000
DR. PRBHAKAR M SANGOLI	Rs 10,000
DR. SANJANA SHIVASHANKAR	Rs 1,000
DR. ANEESH S	Rs 5,000
DR. CHAITHRA SHENOY	Rs 6,000
DR. SACHIN. S	Rs 2,000
DR. SUBHA. M. KESARI	Rs 10,000
DR. SUJAYA. S. N	Rs 5,000
DR. SHASHIKIRAN. A R	Rs 20,000
DR.	Rs 5,000
DR. RASIYA DIYIT	Rs 10,000
DR. MAHESH KUMAR. C	Rs 5,000
DR. SUJALA S ARADHYA	Rs 20,000
DR. NAMITHA CHATHRA	Rs 6,000
DR.	Rs 5,000
DR. SUKESH M. S.	Rs 20,000

**BENEVOLENT FUND** **Rs 5,00,000**

18-09-2023

## IADVL Mission Prison

The presidential project of prison camp was conducted on 18th September 2023, which was attended by Dr. Jagadish P, Dr. Sujala Sacchidanand Aradhya, Dr. Radhika S R, Dr. Sachin S & Dr. Heera Ramesh along with Mr. Basavaraj, BDS Clerk.





## Community Service Projects



a. Under the guidance of senior dermatologists including Dr. Venkataram Mysore, Dr. S Sacchidanand, Dr. B S Chandrashekar, Dr. Narendra Kamath & Dr. Mitaxari K Hugar, a delegation of Dermatologists from Bengaluru including Dr. Jagadish P, Dr. Nandini A S, Dr. Sujala S Aradhya, Dr. Priyanka Reddy, Dr Shilpa Bhat & Dr. Govind S Mittal, at 11:30am on 22nd January 2024, Monday, met the Hon'ble Minister of Health & Family Welfare, Shri.

Dinesh Gundurao & KPME Incharge Officer Dr. Rajani to inform them about 2 important issues affecting Dermatologists :-

1. Streamlining of the KPME registration process of Dermatology clinics in Karnataka.
2. Burning issue of Quackery & prevention of Dermatological procedures like lasers, hair transplant & cosmetic procedures at the hands of unqualified individuals.

The Minister & the Officer in charge were very receptive & assured that necessary measures will be initiated.

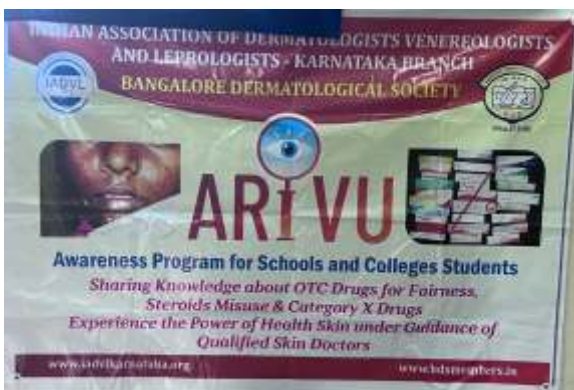


Handing over of documents to Hon' Minister of Health & Family Welfare Shri. Dinesh Gundurao.



Handing over of documents to KPME Incharge officer Dr. Rajani

b. ARIVU & Chalo Patashala awareness camp hosted by Sapthagiri Institute of Medical Sciences in partnership with IADVL KN and BDS, conducted at MEI International School, HSR Layout. Dr. Radhika S R and Dr Madhura interacted with the students.





c. ARIVU & Chalo Patashala awareness camp hosted by The Oxford Medical College and Research Institute in partnership with IADVL KN and BDS, conducted at The Oxford Science College, HSR Layout. Dr. Sanjay Thejaswi R interacted with the students.



d. ARIVU & Chalo Patashala awareness camp hosted by Vydehi Institute of Medical Sciences and Research Center conducted for middle school students of Vydehi school of Excellence. It was attended by 250 enthusiastic students. It was an interactive session conducted by Dr. Shishira R J.



Dr. Shishira J interacting with the students during ARIVU programme.



- e. ARIVU & Chalo Patashala awareness camp hosted by Dr B R Ambedkar Medical College & Hospital conducted for the students of Lal Bahadur College for Arts, Science and Commerce. Dr. Sachin S, Asst Prof, Dept. of Dermatology addressed the enthusiastic students.



Enthusiastic students listening to the talk during ARIVU programme.



Dr. Sachin S delivering skin health awareness talk.



- f. ARIVU & Chalo Patashala awareness camp hosted by M S Ramaiah Medical College conducted for the students of Chrsitel House India School. Dr. Suparna (Asst Prof), Dr. Chethana (Asst Prof) and Dr. Shruthi Madhavi (SR), Dept. of Dermatology addressed the enthusiastic students.







17-08-2024

## BDS EC & many BDS

members actively participated in the protest for the demand of Justice for the atrocities doctors have been facing without security at their workplaces along with demand for a speedy justice for the victim of R G Kar Medical College.



BDS President Dr. Sujala Sacchindanand, Hon' Secretary Dr. Sujala Sacchidanand Aradhya along with nearly 60 BDS members & 60 non- medical clinic staff joined the protest on 17th August 2024.



## Inspiring Dermatologist

### **Dr. Venkataram Mysore,**

MBBS. DVD. DNB. M.D. Dip RCPATH (LOND)

FRCP (Glasgow) FISHRS

Dr. Venkataram Mysore is one of the foremost dermatologists in India and the world. He is a unique combination of dermatologist, dermatopathologist and hair transplant surgeon, with over 30 years of experience in different countries. He started his career in India, where he also served in the Indian Air Force. He then went abroad for further experience and established himself first in Muscat, then in Bahrain. Venkat center offers fellowship program post MD/DNB Dermatology. He was President of DASIL, 2019 and now Board member of ILDS education committee, WHO. He served as a President of three Premier Indian Associations - ACSI (2010), AHRS (2013), IADVL (2015) and helped in developing many International Associations.

#### **1. Sir please tell us about your childhood and college days ?**

Childhood was mostly in Mysore. All those people who join MBBS were good in studies I too was good, but I want to mention here that I studied in Kannada medium. That is important to note so till 8th standard it was Kannada only English picked up once I joined MBBS. For those who think that Kannada is a disadvantage I can say that I would not agree. School and college in Mysore was at Marimallappa's high school. MBBS was Mysore medical college, Diploma and MD was also in Mysore medical college. While doing DVD and MD I went to different places for training. I went to CMC Vellore then Karigiri institute for leprosy, P L Behl institute in Delhi for surgery etc. I'm one of those very few doctors who did DNB first and then MD. I had done diploma and then joined MD. I had already passed part 1 so in the 1st year of my MD I had taken DNB so by the time I came to MD exam I already had 1 year post DNB experience. and so, I was extremely confident by the time of MD examination. I had joined Indian Air Force as a medical officer between 1981 to 1996 and that experience is invaluable and has shaped me the way I do things punctuality, discipline, adherent to rules etc from that experience. I also had administrative experience of not just medical part but also things like accounting, running a mess, running a canteen, even a poultry etc. so I have never thought that doctor should not become administrators and they should become administrators.

#### **2. Sir what inspired you to take up dermatology ?**

I can't say I was inspired by anybody or anything. Dermatology was a low-key subject in those days what used to be called -sit and read dermatology or arm chair dermatology, hardly any drugs, hardly any methods of investigations so there was nothing inspiring as we joined. Partly I joined out of compulsion. I wanted to do medicine but as circumstances conspired, I could get only dermatology.

#### **3. Can you share your experience working with Indian air force?**

Most important things I had learnt in Airforce was to deal confidently with any situation and with people. I was thrust into situations where I have to handle very senior officers who came on

inspection and that gave me confidence to deal with anybody. so, post that learning, I never felt difficulty in talking to a senior or talking to anybody. When you work in Indian Airforce confidence will grow up leap and bounds that I can handle any situation, army prepares you for it. You are supposed to handle everything independently and complete the job. My senior commanding officer used to say your work is to complete the job- go complete the job; beg, borrow, steal but do the job if u get caught while doing these, I will defend u. So doing the job is very important, doing it correctly and completely is very important.

#### **4. Sir can you share how you developed your multitasking skills over the course of your career?**

Incidentally I did DVD while I was in Airforce so morning 7:30 am I would go to Airforce, work till 9 o'clock then come to the hospital in Mysore, KR hospital attend the clinic from 9 am to 12 pm. 12 o'clock go back work till 2pm and then have lunch. After lunch, come back to the hospital, attend the teaching program, evening go to the library and then go home. That means my day was 12 hrs and I was doing 2-3 times 2-3 things at a time. working in Airforce, doing the administration, studying and work in the hospital. This became a kind of a set pattern for the rest of my life.

#### **5. You are a Dermatopathologist and Dermatologist which is a very rare combination. How did you develop passion towards both sir?**

After my MD I went to America for a 6 weeks course and then moved to Muscat and there we had an excellent pathology department in the university with immunofluorescence, electron microscopy everything was available that rekindled my interest in pathology. During those days immunology was growing up well so I got interested in immunology that translated into pathology. Dermatosurgery became my interest as I was not satisfied with the amount of academic work, I was doing so I was always looking for something else and that is how I found Dr Behl. I went to Dr Behl's place in Delhi. Behl was a pioneer in Dermatosurgery. I spent a few months with him and I learnt Dermatosurgery at that time and when I came back, I joined my MD and my thesis was on skin tumours so I used to assist a plastic surgeon and that is how my interest in Dermatosurgery grew up and because I was interested into analysis, pathology became my passion. That is how my interest in Dermatopathology and Dermatosurgery grew at the same time.

#### **6. What was your experience of learning Dermatopathology in Royal College of Pathology, UK ?**

In 1993 there was an announcement by Royal college of pathology that they are starting a course in Dermatopathology. so, I took it up and there from 7:30 am to 2 pm I would work in the department then I would drive about 40 kms having lunch on the way to another hospital which was better for conventionalised pathology report on the slides and come back by 6 o'clock. This went on and I became very good in theory so passed out in first attempt in 1994 but practical examination I was still not confident about cancers so I did not pass that time in 1995 I passed it after having undergone courses in Hammersmith hospital and in Cardiff that is how I became a dermatopathologist and there after I started teaching Dermatopathology for the board residents there by this time I had moved to Bahrain where I was a consultant and there I met some very good pathologist from PGI Chandigarh and Hyderabad and I started writing the book whenever I took a class I would note down the points and that became the framework for my Dermatopathology book, which became extremely popular subsequently.



## **7. How did you develop interest in hair transplantation?**

I did a course in local anaesthesia and I was doing vitiligo surgery. Around this time in 2000 one of my relatives in America wanted to undergo the hair transplantation and asked my opinion. I did not know much about it so I said I will read and come back and when I read it and found that major advances had happened follicular hair transplantations had been started to have a major impact so I went all the way to Korea for a training in hair transplantation. FUT technique needed microscopic dissection and my skill in Dermatopathology came in very handy and I had already had sufficient Dermatosurgery background so that's how I became very good in hair transplantation and very soon became a pioneer. In 2003 I came back to India I started both Dermatopathology and hair transplantation.

## **8. You were President of DASIL, 2019 and Board member of ILDS education committee. Can you share your working with international associations**

In 2010, I became president of ACSI by that time we had held some conferences, we had started vitiligo day, we had organised vitiligo conference and at this time we had also released a CD for vitiligo patients, pathology CD for students. I met Dr Micheal Gold who was on the verge of starting a society called DASIL so I interacted with him and joined DASIL and by 2018 I became the president of DASIL probably the only instance where the Indian dermatologist had headed an international society as a president and from then I got elected to ILDS one of the highest bodies in the world for it. Another most important thing in international societies is how you develop contacts how you interact with them and here my confidence in dealing with them made a major difference. Their way of working is slightly different and that is something which you have to learn, the other issue is that you have to keep going to conferences again and again and keep presenting papers and become an expert that is very important you should show that you are expert in a particular area. For example, In DASIL all conferences I conducted the workshops on Hair transplantation so that is how you become known. My suggestion to all young colleagues is first 3-4 years you will have to learn everything try to identify where you are interested and then next 5-10 years you work on it and become an expert and then you will reap the rewards. Becoming an expert takes about 15 years of consistent work in a particular field you can change your years of expertise, you can add, you can move from one to another but it is very important to have a particular expertise in an area extremely important and then association work and its consistent work u need to keep climbing up as a member then as a secretary or a treasurer and then as a vice president or president-elect and then as a President. By 2009-10 IADVL was prominent internationally our conferences are well known and I became the chair of international liaison cell. we had also bid for WCD twice and this liaison cell we established liaison with various societies across the world. We organised World conference of cosmetic dermatology 2017 and World congress of Dermatosurgery 2019 in Goa and this is how you achieve prominence internationally.

## **9. You are first and only Indian to receive field medal by American society of Dermatology. Please tell us about it.**

The field medal was given to me when I was the president of DASIL and at that time I also got appointed as liaison person with the American society of Dermatosurgery. Lawrence field was chairing that and he decided to give that partly because he knew my work and I knew him personally. I had invited him to India he conducted 4 workshops in Delhi, Kolkata, Bengaluru and Mumbai which was webcasted all over India. It became a big hit. This was when I was president of IADVL and I had just finished as president of ACSI.

**10. You have got seven orations, including the recent Dr Nagabhushan oration. What does it mean to you sir?**

In 2005 or 2006 I got IADVL oration, ACSI oration and then oration from Andhra Pradesh, Assam etc. Orations are a kind of recognition that u get for publications. You have to publish and just presentations are not enough. You should not think that u need some fantastic papers to publish. Your routine things can be published. I have about 140 publications and most of it is done when I was in the private sector and it is not correct to say that in private sector you cannot publish. Dermatology is one speciality which is more active in private sector. Our clinics have more facilities than any medical college. Our documentation is better than any medical college so it is possible to publish and get rewards.

**11. You have more than 140 publications, author of 4 books and wrote 11 chapters in different dermatology books. It is rare to see success in both private practice and academics. How could you balance both sir?**

Writing is a form of teaching and for some reason I never got a full-time appointment in a medical college and when i was in abroad, I was a part time faculty attachment so I had to teach and teaching is through various forms-CDs, books, webinars, podcasts. so I used all these to communicate to people and book was part of that effort. My Dermatopathology book was the first one became extremely popular, then ACSI Dermatosurgery book and then the other books such as practice management, clinical dermatology, medicolegal aspects, online dermatology so it went from one book to another. I am pretty good and fast at writing so it's come somewhat naturally to me.

**12. What is your say on service and ethical practice to our young dermatologist?**

Ethics I think is one of the most important things for a doctor. Ours is a profession. The difference between profession and business is profession has ethics and ours is noble profession because in addition to ethics it has service, which is the Moto. We help people and our reward is patient satisfaction so the end product of our profession is patient satisfaction. Money is a bi-product. It should never become the end product then it will become a business and loose our name and identity.

**13. Can you tell us about Shraddha Clinic, which is done for the poor patients ?**

I started Shraddha clinic for poor patients keeping service as main moto. I had seen it in Dr Bhel's clinic. We run the clinic every day. There is a board outside the clinic and it is deeply appreciated by patients. So, compassion is one of the biggest plus points of our practice and patients will become impressed by it. It is also therefore a good marketing tool.

**14. Who is your inspiration sir?**

I can perhaps say that Dr P N Bhel was an inspiration to me. He was a legend doyen and a gaint of a dermatologist, in multiple fields- Dermatologist, Dermatosurgeon, administrator, innovator, entrepreneur, community worker etc. and I can say that he was a model. I got inspired by him and that is how I always dreamt of having a large institute.

**15. Tell us about your family. How do you balance work and family life sir?**

I have a son and a daughter. Son is a plastic surgeon; daughter-in-law is an ENT surgeon and a granddaughter. Daughter is masters in creative writing and wife is a Gynaecologist who does liposuction also. It is very important to have a good family and work balance. If in dermatology if somebody cannot find balance then that is not acceptable. Everybody has to understand that joy inside the house is as good as money and reputation from outside the house. Any amount of money, any amount of reputation cannot buy, cannot compensate the unhappiness at home.

**16. Which was your best conference sir**

This is difficult to answer. Every conference you learn something every conference you get something there is nothing like best conference. One of the conferences which we organised I left very happy was the World Conference of Cosmetic Dermatology, World Congress of Dermatotomy in Goa. Both were very difficult conferences to organise. In terms of impact international society hair restoration surgeons ISHRS meeting in Chicago the first one I had attended made a major difference along with similar meeting in Orlando. But there is no such thing as a best conference.

**17. Advice to young dermatologist who look up to you sir?**

Achieve expertise but keep learning, change is inevitable but you have to adopt. The way to be fit in medical profession is to learn. The way to be continuously successful is to adopt. Medical practice is a marathon, it is not a 100 meters race so u have to be prepared for a long. Do not look for shortcuts. Money is a bi-product don't make it end product. Find balance between home and work. Ours is a unique profession where u can find joy in work and at the same time u can give joy to other people so find your joy and also give joy.

**18. As a senior Dermatologist and experienced person if you get any problem in life, professional or non-professional what is the first step you think and do sir ?**

The most important way to handle issues is to find a solution. If it is a professional issue usually, I can find an answer by either contemplating about it or reading about it or in some cases consulting somebody who is more of an expert than me. Important is that you need to have time for this and the way to have the time is that you do your routine things efficiently if u become efficient in handling routine things, then you will have time to do the difficult things. And to do the routine things efficiently the trick is delegation. so, I have a team where in there are counsellors, fellows and other people so routine professional issues like taking a detailed history, documenting it, photography, explaining about the cost of the treatment, procedures, explaining prescriptions are done by them. I do only what I have to do which is diagnosis and treatment. I use very efficient EMR to save time, technology if you use it well efficiency increases. so, doctors have to become tech savvy and of course when there is a difficult issue u should have the time to gather knowledge that is through reading, fellows, juniors or through other experts and here we should not have any shame in asking and taking opinions whether it is dermatology speciality or outside speciality.

The same principle applies to non-professional issues also for example we are building a hospital project where there are multiple things involved or there are administrative issues, human resources issues or labour issues whatever the most important thing for all that is to know somebody who can ask so one thing doctor should do is to have a network to establish contacts. we get a lot of patients but we don't find out about where they are working, what is their expertise



and then we don't have the storage of those contacts. If we should find a way to do it so when needed they can tap that and this is where I would say that doctors should not become isolated in a cocoon in an island of our own.

We should mix with non-medical people and always have somebody else to talk. I do Sudarshana kriya whenever there is a stressful situation and I usually become comfortable after that.

### 19. What is the best moment of your life related to dermatology?

There were several best moments certainly one of the best moments was when I passed my Dermatopathology exam from Royal college of pathology. It was a very tough exam needed huge effort. Another best moment was when a hair transplant patient wrote, " Doc, every day when I see myself in the mirror, I remember you because he had such wonderful results. Another best moment was when somebody personally called from Canada, student, to tell me that he had read my Dermatopathology book from his library and it is one of the best books that he had read. Another best moment was when I got elected to ILDS again because it was a huge achievement. There had been other moments when patients have thanked, when juniors have thanked and at this stage of the carrier the best moment is when one of my students does well, when my patients get better.

### 20. What keep your energy levels high throughout the day?

Medical Profession is one of the few jobs where your passion and profession are one we are very lucky to be in this profession so if your profession is your passion then you don't work you just become yourself and being yourself is never very tiring and so you don't get tired and fortunately I do multiple things in the course of a day clinician, administrator, teacher, surgeon and pathologist and in addition I have time for my family, my reading, my dog and my tennis. I always believe a doctor is a home to multiple parts doctors has to be a clinician, he has to be a teacher, he has to be an entrepreneur, he has to be an innovator, he has to be a family man, he has to be a community person, he has to be an author and of course an administrator. If you are doing these things where else you can find a more varied job, where is the time to get tired.

### 21. At the end of the interview do you want to share anything sir?

I am an outsider to Bangalore in 2003 when I returned to India. I am grateful to BDS and all its members for accepting me and giving the opportunities, which served as a launch pad. In particular, my thanks to Dr. S Sachidanand, Dr. S D N Gupta, Dr. D A Satish, Dr. S C Rajendran, Dr. Krupa Shankar S, Dr. Chandrashekhar B S, Dr. Raghunath Reddy, Dr KHS Rao, Dr. Sharath Kumar B C, Dr. Lakshmana Rao and My gratitude to juniors who contributed to all the activities.



**Dr. Venkataram Mysore** - As a Medical Officer in Indian Airforce

#### Dr. Venkataram Mysore

MBBS, DNB, MD, DNB, DipRCPath (Lond), FRCP (Glasgow), FISHRS

Dermatologist . Hair Transplant Surgeon . Dermatopathologist

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President 2019 (Dermatologists & Aesthetic Surgeons International League)

Editor in Chief, ACSI Text Book of Cutaneous & Aesthetic Surgery

President, ACSI (Association of Cutaneous Surgeons India 2010 - 2013)

President, AHRIS India (Association of Hair Restoration Surgeons India 2012-2013)

ITMP Mentor and Field Medal Awardee ASDS

## **An emotional tribute to all that is good and great in Indian Air Force and Army Medical Core - by an UNLIKELY AND ACCIDENTAL Flight Lieutenant**

- Dr Venkataram Mysore

This is a tribute to Army Medical Core (AMC), through reminiscences of my, an accidental entrant in to armed forces – of my journey during short service commission and subsequently beyond – how IAF encouraged, nurtured, taught and influenced me with lessons in and of life which later helped me to reach the top of my profession as a dermatologist, administrator, leader, enterpreneur.

It was October 1980- that five of us mmcsites (Mysore Medical College) travelled by train to Delhi for an interview for AMC- with very little idea of joining Armed forces, more with the idea of enjoying a free trip. But come 1981 april, I received an offer that I could not refuse- I was posted at Air force station Jalahalli, Bangalore!!!! And soon enough, I had done the unthinkable- jettisoning my desire for postgraduation and with some tribulation, I had joined IAF!! And in june we were on our way in the gruelling summer to MOBC 70 at Lucknow. While the physical training was tough, the comradery and the course was thoroughly enjoyable. I returned to AF station Jalahalli and with in a month was pitchforked to face an inspection by DMS AIR as medical stores in charge and food in charge. I was at that time perplexed why I had to do these, but would realize their value later. Soon, I would submerge in to seeing trainees, over 150 a day on parade days, half of whom were scrounging to avoid the parade with trivial and imaginary complaints. I was trying to diagnose and identify healthy people !! Frustrating, but an experience indeed. This coupled with my sense of disappointment at having not gotten in to postgraduation, made me read- read every thing that was in library and for MNAMS part 1. Officers mess at that time in Bangalore was a non fan station and I had delightful company of officers, young and old.

And then disaster stuck – my father suffered a series of health issues and it was very clear to me, being the only son, permanent commission was not an option. And a chance temporary posting to Air force selection board Mysore, opened up and showed me a very kind and considerate face of IAF. I put up an application for a compassionate posting to Mysore, where there was a vacancy and a pressing need for a medical officer. Pushed from the selection board by Gp Capt Vardon and pulled from wgcdr Verma in Air Head Quarters, soon I got posted to Mysore!!

And what a stay it proved to be-helped by a benevolent and kind president Gp Capt Vardon, I soon joined postgraduation in dermatology at Mysore medical college, doing concurrent duties in selection board. My subsequent president, Gp Capt Rehman who was a task master, prepared me and pushed me to work hard, be diligent. And Air Commodore Dhavan then assigned me secondary duties- welfare, Airmens' mess, sports, AFWA, poultry, canteen etc. Mysore being a tourist place, was frequently inspected by many senior officers( including Former Chief, Air chief Marshal Arjun Singh) and I was assigned to be the liason officer. Though these were alien to the thinking of a doctor, I became an officer first and then a doctor, but thoroughly enjoyed them. I can say with out hesitation that this sojourn with primary duty of a medical officer,

concurrent work of a post duration and the host of secondary duties, proved the most influential phase of my life- teaching me the ability to multitask, handle challenges, communicate with seniors, and provide me with immense confidence in self – and they have proven in great stead through out my life and shaped me in to what I became. I can say without hesitation and with a ton of gratitude, I am what I am because of this experience.

But, soon came the end of my SSC and I left , with a touch of sadness and heavy heart- but with confidence and hope. What was followed was a series of efforts- further postgraduation, training and work- in private practice and abroad for 13 years until 2003 when I came back to India. I had by now become the first dermato pathologist( Royal College of pathologists London) and a pioneer in Hair transplantation from India and soon established a major advanced dermatology center in Bangalore which became the first private center to be accredited to Rajeev Gandhi university of health sciences for postdoctoral fellowship in aesthetic dermatology

Those were the days when a renaissance was brooming in dermatology and IADVL was part of it. There was a new spirit of innovation, expansion and intervention; a revolution in procedural dermatology was sweeping across countries and there was a wave of dermatologists becoming dermatosurgeons. I climbed up the ladder in different societies- Association of cutaneous Surgeons of India, Association of Hair restoration surgeons India and Indian association of dermatologists, venereologists and leprologists – to become their president with in ten years . Major writing and publishing followed an editor in chief of Journal of cutaneous and aesthetic surgery, and as many as 7 text books, and books for patient communication. We organized several conferences. What distinguished my effort was speedy and timely execution and completion of the projects, and reforming the administration in these societies- all due to my stint in IAF. This to date remains one of my most satisfying contributions as it has helped a generation of dermatologists and paved the way for more works in the coming years.

It was also time for me to go global- I soon became president of DASIL- Dermatologists and aesthetic International league, a global organization, the first one from India to do so. We organized two world congresses in India. Positions in other societies such as International academy of cosmetic dermatology, International society for hair restoration surgery followed . I then entered International league of dermatological societies as a director which I continue to be-surely the pinnacle for a dermatologist. Orations awards have followed and I now enjoy a most satisfying career as the head of a large dermatology and plastic surgery center in Bangalore which has employed over 40 people, including 5 dermatologists, and trained hundreds from across the globe. The center also runs a charity clinic Shraddha for poor patients.

This then, is an account of a journey- of a young doctor who entered IAF on a whim , but grew and developed in to a global leader in dermatology. All because I ADVL prepared me for my life and imbibed with a spirit - **Go, do any thing, but do it! Do it one time and do it well !! Do it for common good and betterment of all !!!!**



## Academic / Non Academic Achievements of BDS members (September 2023 to August 2024).

### Dr. S.Sacchidanand

- Felicitated at BASICS SOUTH 2024 conference, Hyderabad on 10th December 2023.
- Conferred with Prof. B N Banerjee Oration at CUTICON WB, Kolkata on 9th December 2023.



### Dr. Venkataram Mysore

- Released a Book on Hair Transplantation 2 Edition
- ILDS Board Director Chair, Awards Committee & Member, Education Committee
- ISHRS Audit Committee Member, Workshop Committee Member



**Dr. D A Satish** Conferred IADVL Lifetime Achievement Award for 2023, to be awarded at DERMACON 2024, Hyderabad on 23rd February 2024.

**Dr. Sujala Sacchidanand Aradhya** : Received IADVL Presidential Appreciation Medal – for contributions as IADVL Yuva Cell Chairperson, DVL Welfare Trust, E Voting enrollments, & for various other IADVL activities.



Dr. Sujala S Aradhya receiving IADVL Presidential Appreciation Medal.

**Dr. Namitha Chathra**: Received IADVL Presidential Appreciation Medal – for contributions as IADVL Media Cell Convener, & for various other IADVL activities.

**Dr Aditya Jaidka**, second year Postgraduate at Dr B.R. Ambedkar Medical College and Hospital got IADVL PG Thesis Grants 2023.



### Command Hospital, Air Force

Department of Dermatology, CHAF Bangalore has been awarded the Best Department With Maximum Publications: Appreciation Award at 14th CUTICON KN held at Kasturba Medical College, Udupi on 27th to 29th October 2023.

The prestigious award highlights the research activities undertaken by the Department, publications in various National & International Journals and the innovations in the field of Dermatology.

The department has published articles in JAAD, JAMA Dermatology, JEADV, British Journal of Dermatology and NEJM with an impact factor of more than 176.

## Clinical Dermatology Review

Editor-in-chief : **Dr. Shashi Kumar B M**

Editor Emeritus : **Dr. Ragunatha Shivanna**

Ombudsman : **Dr. Venkataram Mysore**

Associate Editors : **Dr. Savitha A S, Dr. Debdeep Mitra, and Dr. Deepadarshan K**

Assistant Editors : **Dr. Heera Ramesh, Dr. Lakshmi D V, etc**

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Section Editor :

Clinical Dermatology – **Dr. Prabhakar M Sangolli, Dr. Bhavana R Doshi**

Dermatopathology – **Dr. Eswari L**

Dermatosurgery – **Dr. Divya Gorur**

Lasers – **Dr. Chaithra Shenoy**

Pediatric Dermatology – **Dr. Sahana M Srinivas**

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Advisory Board (National) :

**Dr. S Sacchidanand**

**Dr. R Raghunatha Reddy**

**Dr. Sumathy T K**

**Dr. Mary Augustine**

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Editorial Board :

**Dr. B S Chandrashekar**

**Dr. Vijay Aithal**





### Dr. T K Sumathy

- Conferred with Fellow of IADVL Academy of Dermatology (FIAD) at DERMA CON 2024, Hyderabad on 24th February 2024.



### Dr. B. S. Chandrashekar

- Nominated as Professor of Practice by BLDE University in recognition of his immense contribution to the field of Dermatology, its subspecialties and practice, on 11th February 2024.



### Dr. D A Satish

- Conferred IADVL Lifetime Achievement Award for 2023, awarded at DERMA CON 2024, Hyderabad on 23rd February 2024.

### Dr. Jayadev Betkerur

- Conferred with Fellow of IADVL (FIADVL) at DERMA CON 2024, Hyderabad on 24th Feb 2024.
- Received Certificate of appreciation by ILDS at SARCD 2023, Colombo.

### Dr. Raghunatha Reddy R

- Awarded the IADVL DERMATOSURGERY AWARD, presented during DERMA CON 2024, Hyderabad on 25th February 2024.

## Dr. Sahana Srinivas

- Bishnupriya Debi Award for the Best Original article published in IJDVL 2023

Srinivas SM, Dhar S, Gowdra A, Saha A, Sundararajan L, Geetha TS, Banerjee R, Malakar R, Sil A, Lakshminarayana Shyam Prasad A. Filaggrin gene polymorphisms in Indian children with atopic dermatitis: A cross-sectional multicentre study. Indian J Dermatol Venereol Leprol. 2023;89(6):819-827.

- Best case report published in Indian Dermatology Online Journal in the year 2023

Hegde SS, Srinivas SM, Nanjundappa N. KIT gene mutation causing piebaldism associated with multiple Café Au-Lait like macules and freckling: Delineating a cause of this coexistence. Indian Dermatol Online J 2023;14:240-4.



## Dr. Vignesh Narayan R

- Bagged 3rd place in the IADVL PG Thesis based Award session for his paper on Correlation between programmed death-1 receptor (PD-1), and disease severity and treatment response in active alopecia, during DERMACON 2024, Hyderabad on 25th February 2024.
- 1st place in IADVL SIG Dermatosurgery Quiz 2024.





**Dr. Savitha A Somaiah**

Immediate past Hon' Treasurer was thanked for her non wavering dedication & the completion of a successful tenure.



**Dr Shilpa K**

Received the Young Cutaneous Surgeon Award @ ACSICON 2024

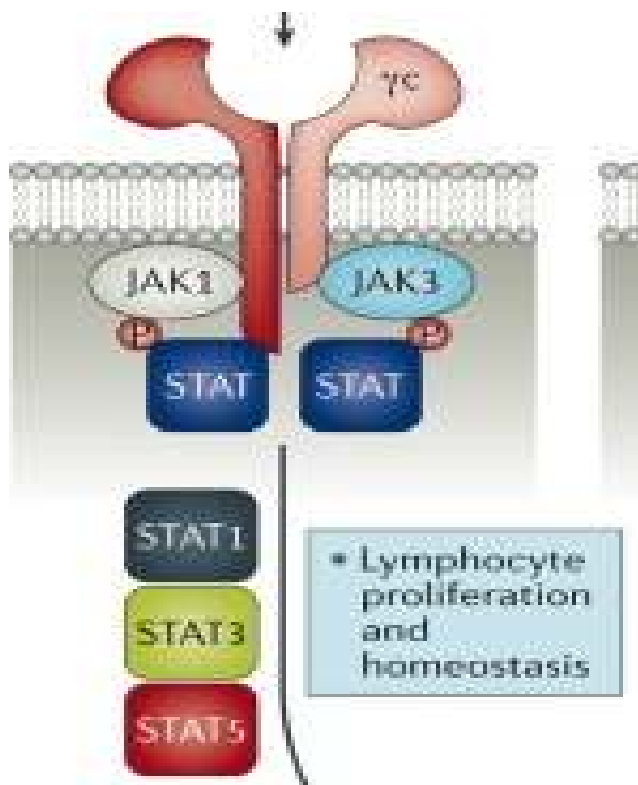




## The Un-Approved love story of **TOFACITINIB** and **DERMATOLOGY**.

Tofacitinib is an immunomodulator of Janus kinase inhibitor (Jakinib) family. It blocks tyrosine kinases of the Janus family.[1] Janus kinase-signal transducer and activator of transcription (JAK/STAT) is an intracellular pathway that drives downstream signalling of several pro-inflammatory pathways. Many inflammatory dermatoses are triggered by inflammatory mediators which rely on JAK-STAT signalling, and inhibition of this pathway using JAK inhibitors becomes a useful therapeutic strategy in these diseases.[2]

### Tofacitinib is a JAK inhibitor



1 Cytokine binding to its cell surface receptor leads to receptor polymerization

2 Tofacitinib inhibits the phosphorylation and activation of JAKs

3 JAKs cannot phosphorylate the cytokine receptors. Therefore, the receptors cannot dock STATs

4 Since the STATs cannot dock, they are not phosphorylated or activated. Gene transcription and cytokine production are thereby inhibited

As tofacitinib inhibits signalling from multiple cytokines and has no reported potential of generating neutralizing antibodies and has easy oral and topical routes of administration, it is being preferred over a biological. Tofacitinib was the first FDA-approved JAK inhibitor for treatment of an autoimmune disease.

Oral as well as topical tofacitinib has been evaluated and is being used as an off-label medication in various dermatoses as mentioned in Table 1.

**Table 1. Off-label indications of oral Tofacitinib**

Psoriasis, psoriatic arthritis [3,4],  
Alopecia areata, (Patch>Universalis & Totalis) [5]  
Vitiligo [6,7],  
Atopic dermatitis [8,9]  
Dermatomyositis [10],  
chronic actinic dermatitis [11],  
cutaneous lupus erythematosus [12],  
Erythema multiforme [13],  
Pyoderma gangrenosum (PG) [14],  
Cutaneous sarcoidosis [15],  
Hidradenitis suppuritiva [16],  
Generalised deep morphoea and eosinophilic fasciitis [17],  
Lichen planus and lichen plano-pilaris [18],  
Chronic spontaneous urticaria  
Fibrosing alopecia in a pattern distribution [24]  
Granuloma annulare [25]  
Chronic spontaneous urticaria [26]

Off-label indications of Topical tofacitinib (used as 2%, 0.02, 0.2, and 1% )

Psoriasis [19]  
Atopic dermatitis [19]  
Alopecia areata [20,21]  
Vitiligo [7]

Tofacitinib is well tolerated in therapeutic doses and has a favourable side effect profile as listed in Table no. 2.

**Table.2: Adverse effects noted with oral tofacitinib:**

Common adverse events [22]  
Upper respiratory tract infections (URTIs),  
Nasopharyngitis,  
Diarrhoea,  
Hypertension,  
Urinary tract infection and  
dyslipidaemia.

Serious adverse effects: Reactivation of various latent infections such as tuberculosis and herpes zoster and likelihood of opportunistic infections such as candidiasis. [22]

Increase in total cholesterol, low-density lipoprotein (LDL) and high-density lipoprotein (HDL); with no associated risk of any major cardiac event. [23]

The most common adverse effects seen with topical therapy were erythema, hyperpigmentation, transient acne, and minor and reversible laboratory abnormalities.[19]Immunization for varicella is recommended before initiating tofacitinib therapy based on certain studies.[23]

The baseline investigations one must consider before starting oral tofacitinib include complete blood count, liver function test, serum creatinine, fasting lipid profile, hepatitis B and C panel, HIV serology, mantoux test or IFN- gamma release assay such as Quantiferon-TB Gold test. At 1 month follow up and then every 3 months one must include complete blood counts, liver function test and fasting lipid profile. Tuberculosis evaluation can be done annually when on long term tofacitinib therapy. [23]

### Monitoring Tofacitinib Treatment

Complete Blood Count	1 month & then every 3 months
Liver Function Test	1 month & then every 3 months
Lipid Profile	1 month & then every 3 months
Tuberculosis Evaluation	Annually

Tofacitinib therapy should not be initiated or must be stopped in case of an active infection be systemic or localised. Dosage reduction should be advised in moderate to severe renal impairment and in moderate hepatic impairment. Use of live vaccinations concurrently with tofacitinib is not recommended and should be administered 4 weeks preferably before initiating tofacitinib therapy.[23]

Tofacitinib has emerged as a valuable off-label treatment option in dermatology, demonstrating efficacy across a range of skin conditions. It's favourable safety profile and convenient oral administration have contributed to its growing popularity among clinicians and patients alike. Despite these advantages, it is crucial to acknowledge that the full spectrum of tofacitinib's benefits and long-term adverse effects is still not entirely understood. Ongoing and future studies will be essential to elucidate these aspects further, ensuring that its use in dermatology is both safe and effective in the long term. As research progresses, tofacitinib may become an even more integral component of dermatological therapy, provided that its long-term safety and efficacy are well-established.



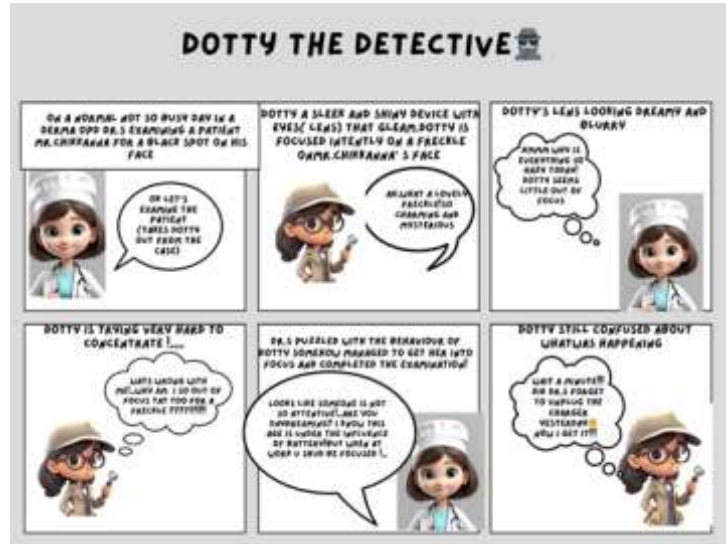
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# Talents display of BDS members and their family members

Author: **Dr. Soumini Subbaiah** MBBS MD in DVL

Working as Assistant Professor in Dept of DVL, Siddhartha Medical College T Begur, Nelamangala



**Divith Tejansh S** - 5 years old, Son of Dr Shashikiran A R



Art by: **Dr Shashikiran A R**







**Dr. Vignutha Singareddy**

2nd year postgraduate from Akash institute of medical sciences and research centre





**Haniya** aged 10 years  
Daughter of **Dr Bhumika S**



**Maulya** aged 11 years  
Daughter of **Dr Bhumika S**

**\*ಜಾದು\***

ಏನಿದು ಜಾದು? ಏನಿದು ಮೋಡಿ?  
ಕಂದು ನಿಬ್ಬೆರಗಾದನು!!!  
ಚರ್ಮ ತಜ್ಞರು ಕೈಚಳಿತ  
ಕಂದು ನನಗೆ ಪುಳಕ!!!

ಬಾಧಿಸಲು ರೋಗಗ್ರಸ್ತ ಚರ್ಮ  
ಹೆದರಿ ಹೊಹಾರಿ ಕನಲಿ  
ಧಾವಿಸಲು ಚರ್ಮ ತಜ್ಞರು ಬಳಿಗೆ  
ಸಾಂತ್ವನ ಚಿಕಿತ್ಸೆ ದೊರೆಯಲು ತತ್ಕಾಲ  
ಪರಿಣಾಮಕಾರಿ ಅನುಕೂಲ

ಮಾತ್ರ ಬೆಪಿ ಲೋಶನ್ನು  
ಕ್ರೀಮು ಚುಚ್ಚು ಮಧ್ಯ ಲೇಸರು  
ಪೀಲು ವಾಷು ಕ್ರೀಮು

ವಿಧವಿಧ ಬೆಪಿ  
ನಿಗದಿತ ಅವಧಿ  
ಫಲಿತಾಂಶ ಪರಿಣಾಮಕಾರಿ

ಹೇಳಿ ಹಸಿರಿಗೊಂಡಂತೆ  
ಗುರುತು ಉಳಿಸದಂತೆ  
ಚರ್ಮವ್ಯಾಧಿ ಮಂಗಮಾಯ  
ಏನಿದು ಜಾದು ಏನಿದು ಮೋಡಿ  
ಚರ್ಮ ವೈದ್ಯರು ಕೈಗುಣ ಅಂಥಹುದು!!!

ರಚನೆ

ಡಾ|| ನಾಗರತ್ನ ಹೆಚ್

Beware of the scorching sun  
Protect yourself on the run

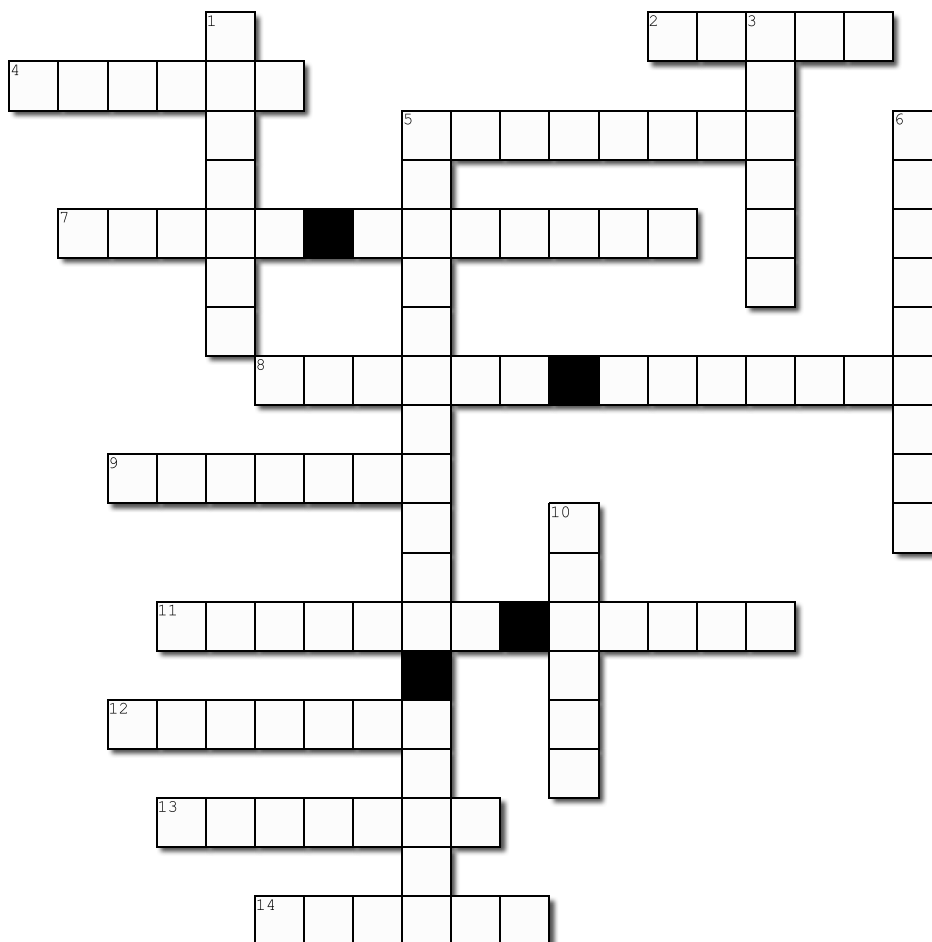
Many are suffering from herpes  
zoster and sun Rash.  
Don't ignore the doctor's hash.

Believe in the reels with a pinch  
of salt, Always ask your doctor  
about truth of the malt.

**By Dr Shilpa BS**  
MBBS DDVL

# CROSSWORD

## General knowledge



Created using the Crossword Maker on TheTeachersCorner.net

### Across

2. The city that has the most Michelin-starred restaurants in the world
4. Gandikota Canyon of South India is created by which one of the rivers
5. This nut is in the middle of Ferrero Rocher
7. In which state of India SHERA dance is celebrated
8. This fashion designer was shot and killed in Miami, Florida in 1997
9. This planet has the most moons
11. Defence Minister of India
12. The animal that has three hearts
13. 'Queen of Pop'
14. Dubai's currency

### Down

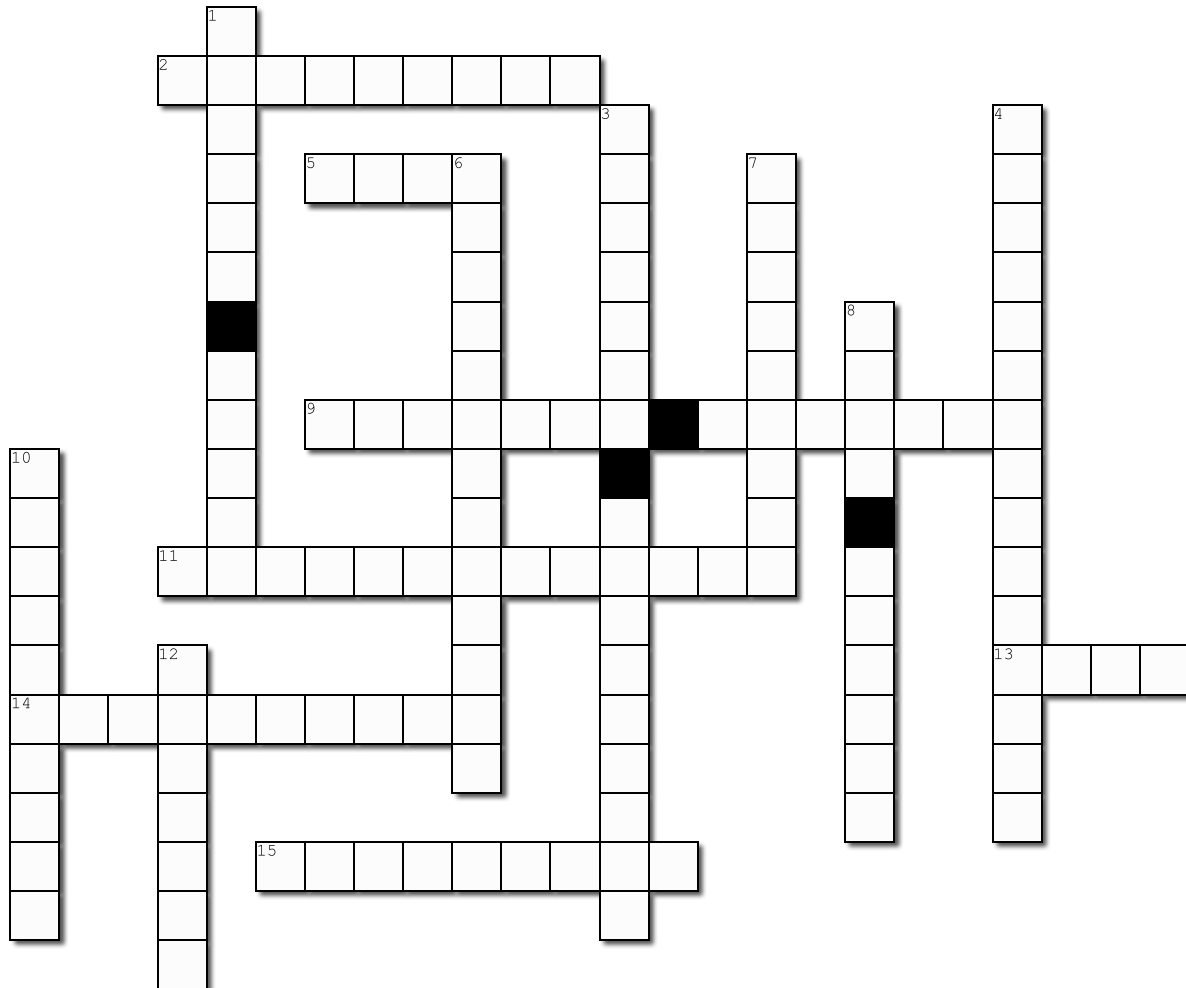
1. Queen of all languages in the world (clue- South Indian language)
3. Birju Maharaj is a famous personality of which Indian dance form
5. Captain of Indian Hockey team in Paris Olympics 2024
6. The berry that is often used in pies and desserts
10. Capital of Russia

By Dr. Varsha M Gowda

# CROSSWORD

## DERMATOLOGY

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

### Across

2. Large 2mm nail pits are called
5. Lichen planus associated with Thymoma(T cell immunodeficiency) is \_\_\_\_ syndrome
9. Isobar sign is seen in
11. Morula-like appearance is seen in
13. Mitosoid cells are seen in which disease
14. Anti Retroviral drug associated with blue lunula
15. Ulcus molle cutis is a synonym for which STD

### Down

1. Inert sign, love sign are features of which tumor
3. Hairy palm sign is seen in
4. Self-healing Squamous cell carcinoma is
6. Arthoderma, Nannizzia, Paraphyton are newer species of
7. Pseudo fibre sign is a onychoscopic feature of
8. 'Trap door' or 'Pop the bonnet' method is used for \_\_\_\_ biopsy
10. Topical drug that is US FDA approved for molluscum contagiosum in Jan 2024
12. TCA augmented with Glycolic acid 70% peel is called \_\_\_\_ combination peel

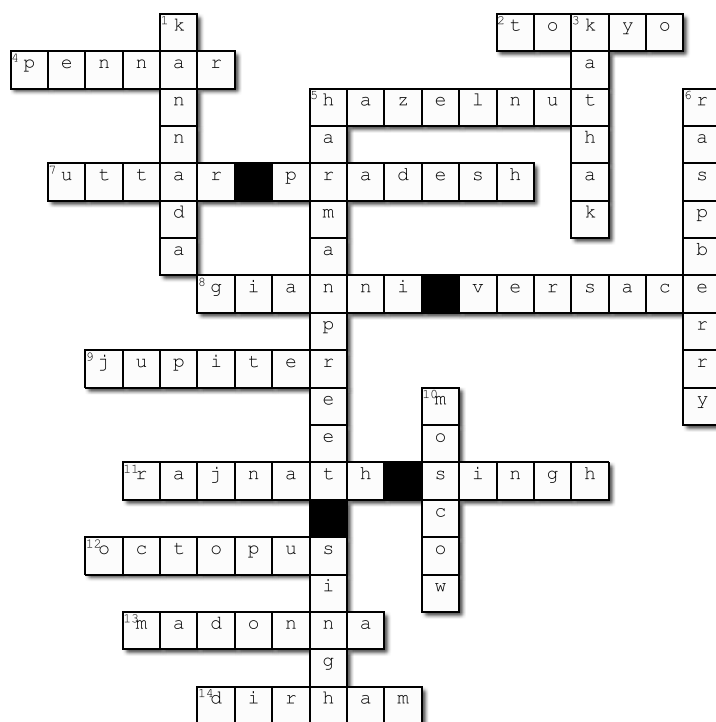
**By Dr. Varsha M**

Senior Resident, KIMS, Bangalore



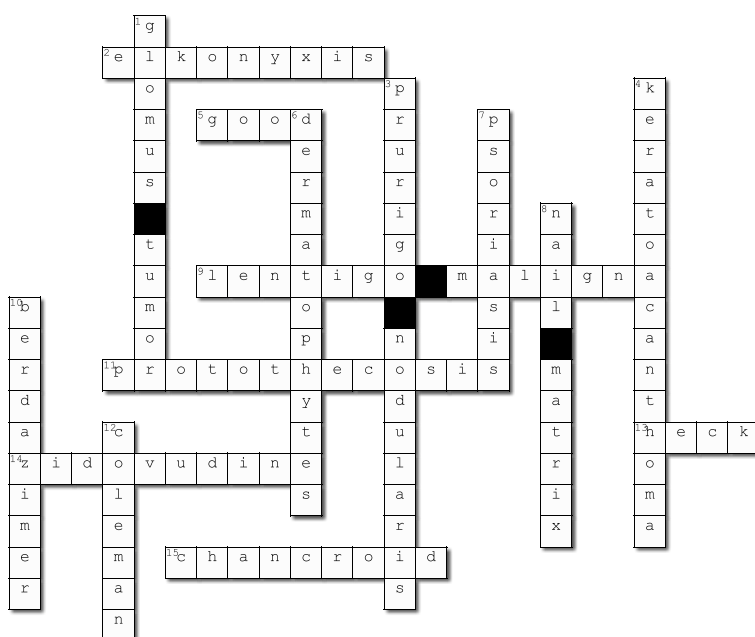
## CROSSWORD - Answer

### General knowledge



### DERMATOLOGY

Complete the crossword puzzle below



## OBITUARY



### DR VARSHA S PATIL

Dr Varsha S Patil was an honest, lively and caring person, always available to help anyone in need. Her clinical skills were exceptional and she extended her care to all her patients.

She considered psycho-dermatology as an important part of treatment. She founded Neotis Skin Care Clinic, Bangalore in 2017 with the same ideology and ran it with passion. She was incredibly punctual, hardworking and a very passionate doctor who always gave her best to her patients.

She completed her MBBS from Ambedkar Medical College, Bangalore and proceeded to pursue Post Graduation at Kasturba Medical College, Manipal, where she cherished her time with teachers and friends.

She had very high regards for her teachers and idolised Dr Shruthakirthi Shenoy, whom she always looked up to.

She was diagnosed with SLE 7 years ago but despite that, she worked passionately and with utmost sincerity, continually giving the patients her care till she could. She developed infective endocarditis in December 2023 and had to undergo valve replacement surgery in March 2024. Post surgery she developed infection and septic shock leading to her tragic demise.

She was a great leader and will be remembered as an embodiment of endurance and mental strength.

Om Shanti.

Dr Mitaxari Hugar  
President  
IADVL-KN

Dr Mahesh Kumar C  
Hon Secretary  
IADVL-KN

EC Members - IADVL-KN



**Dr Guruputra M Kamoji**  
**22/06/1946 - 09/04/2024**



*Your  
undying  
spirit of joy  
enthusiasm  
& dedicated  
service will  
always live  
on*

Last rites will be held on 12/04/24 @ Gokak 9 am.







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