AIMS&RC
AKASH INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE
Vidya... Gnana...Arogya

AKASH HOSPITAL

AKASHVANI

THE OFFICIAL NEWSLETTER OF AIMS&RC

JANUARY-FEBRUARY-MARCH 2026 VOLUME - 19



Akash Hospital

Ranked 8th

By Times Group Health Survey 2023-24



Strengthening the Akash Group of Institutions – A Shared Vision of Excellence

The strength of any academic institution lies not only in its infrastructure or achievements, but in its unity of purpose, clarity of vision, and collective commitment to growth. The **Akash Group of Institutions** stands today as a symbol of dedication to quality education, healthcare excellence, and meaningful societal impact.

As we continue to expand and evolve, it becomes increasingly important to foster stronger integration across all our institutions. Collaboration between disciplines, sharing of best practices, and recognition of achievements across campuses will serve as the driving forces behind our collective progress. Akashvani acts as the connecting thread that brings together these diverse efforts into one unified vision.

Strengthening the Akash Group of Institutions also means nurturing a culture of academic rigor, innovation, integrity, and compassionate service. Whether in classrooms, laboratories, research centers, or healthcare settings, our commitment must always remain focused on quality, ethics, and lasting impact. Every contribution-big or small-adds strength to the foundation we are building together.

This newsletter is an open invitation to every member of the Akash family to participate actively—to share ideas, celebrate achievements, inspire one another, and contribute toward continuous improvement. **When communication becomes stronger, institutions become stronger. When we grow together, excellence becomes inevitable.**

Together, let us strengthen the Akash Group of Institutions into a model of excellence, integrity, innovation, and service to society.

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(Professor & HOD
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FREE SKIN HEALTH CHECK-UP CAMP UNDER IADVL NATIONAL ANTI-QUACKERY SKIN HEALTH MISSION

On the occasion of the IADVL National Anti-Quackery Skin Health Mission, a Free Skin Health Check-Up Camp was successfully conducted on 28th January 2026 at Akash Institute of Medical Sciences and Research Centre, Bengaluru. The camp was organized with the objective of promoting skin health awareness and addressing the growing concern of dermatological quackery in the community.

The inaugural program was graced by Dr. Brijesh K, Medical Superintendent; Dr. Sunil Kumar, Professor and Head, Department of Community Medicine; Dr. Ravishankar S N, Professor and Head, Department of General Medicine; Dr. M. Rangaswaroop, Professor and Head, Department of Dermatology; Dr. Srinivas K, Professor of Dermatology; Dr. Rajesh G, Professor of Dermatology; and Dr. Sudha Banti, Associate Professor of Dermatology, Akash Institute of Medical Sciences and Research Centre.

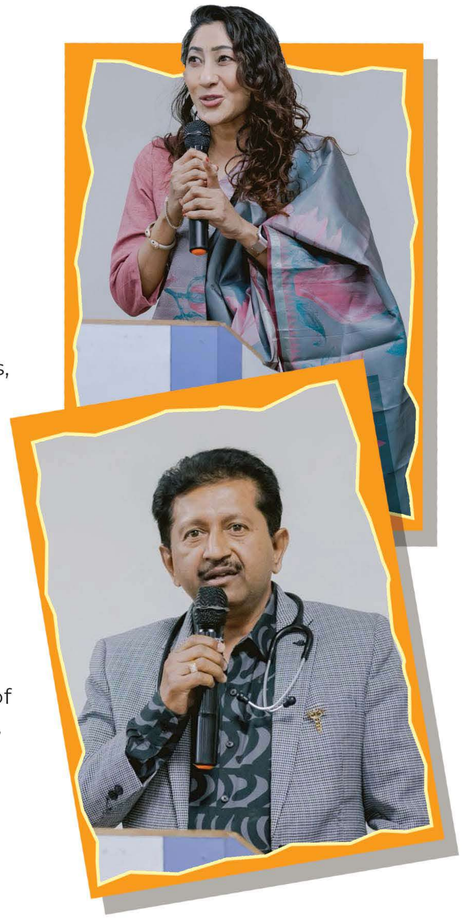
The event was further honored by the presence of eminent IADVL dignitaries, including Dr. R. Raghunatha Reddy, IADVL Organizing Secretary; Dr. Rajetha Dhamishetty, Chairperson, IADVL National Anti-Quackery, Legal and Ethics Committee; Dr. Amarendra Pandey, Convener, IADVL National Anti-Quackery, Legal and Ethics Committee; and Dr. Akshay Samagani, AQCLEC Mega Camp Coordinator.

The camp focused on educating the public about common dermatological conditions and highlighting the risks associated with unscientific, unauthorized, and unethical treatment practices. Participants were counseled on safe treatment options and the importance of consulting qualified dermatologists, reinforcing the campaign message: “Right to Safe Treatment – Not a Gamble.”

Free dermatology consultations were provided to the community with the support of postgraduate students, benefiting over 450 patients. All patients received free medications, and free food arrangements were made to ensure comprehensive patient care during the camp.

The initiative was widely appreciated and significantly contributed towards creating awareness about ethical dermatological practices, patient safety, and responsible skin healthcare.

The program successfully aligned with the objectives of the IADVL National Anti-Quackery Skin Health Mission, reaffirming the commitment of the Department of Dermatology, Akash Institute of Medical Sciences and Research Centre, towards community outreach and quality dermatological care.















MUDDANAYAKANHALLI VILLAGE ADOPTION PROGRAM



A Step Towards Community Health & Social Responsibility

The Department of Community Medicine, AIMS&RC, in association with Akash Hospital, successfully organized a Village Adoption Program and formally adopted Muddanayakanhalli Village as part of its commitment towards community healthcare and rural outreach.

As a significant initiative under the program, Akash Hospital Health Cards were distributed to all families of Muddanayakanhalli Village to ensure continued and accessible healthcare services for the community.

The program was inaugurated by Principal Dr. Shivaprakash Sir and District RCH Officer Dr. Seema Rudrappa, Bengaluru Rural District, in the esteemed presence of the Gram Panchayat President and members. The dignitaries distributed the Akash Health Cards to the beneficiaries and addressed the gathering, emphasizing the importance of preventive healthcare and community welfare.





Following the inauguration, a comprehensive health camp was conducted by the medical team from Akash Hospital, offering healthcare consultations and medical services to the villagers.

Acknowledgements

We express our sincere gratitude to Chairman Sir and Vice Chairman Sir for their constant encouragement, visionary leadership, and unwavering support for this meaningful initiative.

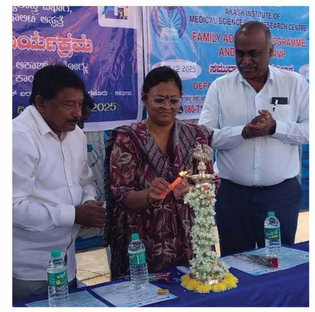
Our heartfelt thanks to Principal Dr. Shivaprakash Sir for inaugurating the program, distributing the health cards, and inspiring the gathering with his motivating words.

Special appreciation to CEO Dr. Naresh Shetty Sir for his valuable support and guidance in the successful execution of the Village Adoption Program.

We also extend our gratitude to the Marketing Team, District Health Authorities, and the leaders and residents of Muddanayakanhalli Village for their cooperation and wholehearted support.







REPUBLIC DAY SPECIAL HEALTH CAMP 2026

Promoting Preventive Healthcare & Community Wellness.

Akash Super Speciality Hospital successfully conducted a Republic Day Special Health Camp on 26th January 2026 at the House of Hiranandani Clubhouse Party Hall.

The health camp focused on promoting preventive healthcare and healthy living through free BP, GRBS, and BMD check-ups for the community. The program also featured insightful health awareness sessions by expert doctors.

Dr. Ravishankar S N delivered an informative session on Health and Healthy Living, emphasizing the importance of preventive care and healthy lifestyle practices. Dr. Rohini S N conducted an awareness session on Cervical Cancer Awareness & HPV Vaccination, highlighting the significance of early prevention and women's health.

The initiative received an overwhelming and encouraging response from the participants and reflected the institution's continued commitment towards community healthcare, awareness, and wellness initiatives.

Committed to creating a healthier community through awareness, prevention, and compassionate healthcare services.





FREE SKIN CAMP & LEPROSY SCREENING PROGRAMME

Observance of National World Leprosy Day & Martyr's Day

On the occasion of National World Leprosy Day and Martyr's Day on 30th January 2019, the Department of Dermatology, Akash Institute of Medical Sciences and Research Centre, organized a Free Skin Camp and Leprosy Screening Programme at Government General Hospital, Devanahalli.

The inaugural function was graced by Dr. Nagaraj, District Leprosy Officer, Bengaluru Rural; Dr. Ameez Ahmed, Taluk Health Officer, Devanahalli; and Dr. Sunil Kumar, Professor and HOD, Department of Community Medicine. Other dignitaries included Dr. Shalini, District Epidemiologist; Dr. M. Rangaswaroop, Professor and HOD, Department of Dermatology; Dr. Rajesh G and Dr. Srinivas K, Professors, Department of Dermatology; Dr. Sudha Banti, Associate Professor; Dr. Darshan Gowda, Senior Resident; and postgraduate students from the Department of Dermatology.

The inaugural program commenced at 10:45 AM, followed by a two-minute silence between 11:00 AM and 11:02 AM as a mark of respect to Mahatma Gandhiji on his death anniversary.

Addressing the gathering, Dr. Nagaraj emphasized the importance of eliminating the social stigma associated with Leprosy, while Dr. Sunil Kumar highlighted the significance of early detection and prompt treatment of the disease.





Following the inauguration, a public awareness rally was conducted through the main streets of Devanahalli town by final-year MBBS students and Dermatology postgraduate students of Akash Institute of Medical Sciences. During the rally, informational pamphlets on Leprosy awareness and myths associated with the disease were distributed among the public to spread the message that Leprosy is curable.





During the camp, around 50 patients with various skin diseases were examined and treated by the medical team. The patients were also screened for Leprosy, provided with free medications, and advised for follow-up care at the hospital.

The programme served as an important initiative towards community awareness, early diagnosis, and reducing the stigma surrounding Leprosy through education and healthcare outreach.



MPT ORIENTATION PROGRAMME 2026

Welcoming the First Batch of Postgraduates

The Orientation Programme for the first batch of Master of Physiotherapy (MPT) students was conducted on 30th January 2026 at Sanjeevani Hall, Akash Institute of Physiotherapy.

The programme warmly welcomed the postgraduate students and introduced them to the academic structure, clinical training, research opportunities, and professional responsibilities of the course.

The session was led by Dr. Belle Sharvani (P.T.), MPT Coordinator, and addressed by Dr. Shivaprakash N.C. (Dean & Principal, AIMS & RC), Dr. Manjunatha H. (Principal, AIPT), and Dr. Chaitra (Principal, AHS).

Students were briefed on the curriculum framework, research activities, and clinical exposure, followed by an interactive session that encouraged active participation and engagement.

The programme concluded with a vote of thanks by Dr. Amrutha (P.T.), marking a successful and memorable beginning for the inaugural batch of the MPT programme.



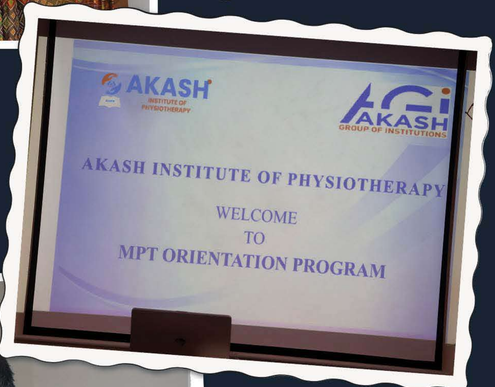
















GENES & GRAINS CME 2026

Integrating Genetics, Nutrition & Preventive Healthcare

The Department of Medical Genetics, AIMS&RC, in collaboration with the Departments of General Medicine and Community Medicine, successfully organized GENES & GRAINS – Continuing Medical Education (CME) on 2nd February 2026.

This interdisciplinary academic programme was conceptualized to bridge the fields of genetics, nutrition, epigenetics, and preventive healthcare, highlighting the profound impact of diet and lifestyle on human health at the molecular and genetic level.

The CME served as an enriching platform for clinicians, academicians, researchers, and healthcare professionals to gain valuable evidence-based insights and translational knowledge from distinguished experts in the field. The sessions emphasized the growing importance of preventive healthcare and sustainable nutritional practices in modern medicine.

The programme witnessed enthusiastic participation from faculty members, Heads of Departments, postgraduate students, the CEO, and the Medical Superintendent, reflecting the institution's commitment towards academic excellence, interdisciplinary collaboration, research-oriented learning, and continuous professional development.

Distinguished Speaker

Padma Shri Dr. Khadar Vali Dudekula
Renowned Food Scientist & Millet Researcher
Popularly known as the "Millet Man of India"

Topic

"Millets – Epigenetic Superfoods for Sustainable Human Health"















BASIC COURSE IN MEDICAL EDUCATION (BCME) PROGRAMME 2026

Enhancing Teaching Excellence Through Competency-Based Medical Education

The Basic Course in Medical Education (BCME) Programme was successfully conducted from 7th January to 9th January 2026 at Akash Institute of Medical Sciences and Research Centre for 30 faculty members from various departments.

The programme was observed by Dr. Vanitha Gowda, MEU Member, M.S. Ramaiah Medical College, appointed as the NMC Observer.

Day 1 Highlights

The programme commenced with a pre-test, followed by an engaging ice-breaking and group dynamics session. Faculty members introduced themselves through interactive activities, including a fun and insightful group exercise titled “Crossing the Galaxy,” which demonstrated the importance of teamwork and collaboration.

Interactive sessions were conducted on the fundamentals of learning domains, laying the foundation for competency-based medical education. Faculty members were trained on Goals, Roles, Competencies, and Learning Objectives, along with guidance on interpreting competency tables from the GMER curriculum.

Sessions on Teaching-Learning Methods (TLM) emphasized making traditional lectures more interactive and learner-centered. Small group teaching techniques such as Fishbowl, Jigsaw, and Snowballing methods were demonstrated through practical activities.

The session on Assessment Methods focused on Internal and Formative Assessment, highlighting the importance of assessment for learning and constructive feedback in improving student performance.

Day 2 & Day 3 Highlights

The second and third days began with participant reflections and recaps of previous sessions, encouraging active learning and engagement.

The Self-Directed Learning (SDL) session helped participants understand the significance of independent learning in adult education through activity-based teaching.







The AETCOM session included videos, role plays, and interactive discussions, demonstrating how attitude, ethics, and communication skills can be effectively integrated into medical education in an engaging manner.

Faculty members were also introduced to the importance of Skill Lab Training, with demonstrations across five skill lab stations, emphasizing practical competency development.

A dedicated session on Question Paper Setting and Framing Assessment Questions provided valuable insights into structured and competency-based evaluation methods.

The final sessions covered OSCE (Objective Structured Clinical Examination), regarded as a core component of the CBME curriculum, along with sessions on Mentoring and Timetable Drafting, which are essential for academic planning, documentation, and compliance with NMC requirements.

The programme served as an enriching academic initiative aimed at strengthening faculty competencies and promoting excellence in competency-based medical education.









WORLD EPILEPSY DAY – NEURO SYNC 2026

Spreading Awareness, Breaking Myths & Empowering Minds

The Department of Neuroscience Technology, Allied Health Sciences, successfully organized World Epilepsy Day – NEURO SYNC 2026 on 9th February 2026 with the objective of creating awareness about epilepsy and promoting a better understanding of the condition among students and the community.

The event was graced by esteemed speakers Dr. C. P. Ravikumar, Pediatric Neurologist from KIMS Hospital, and Dr. Guruprasad N, Consultant Neurosurgeon from Akash Super Speciality Hospital. Both experts shared valuable insights and clinical experiences regarding epilepsy, its causes, diagnosis, treatment, and management.

The primary agenda of the program was to break the stigma surrounding epilepsy, address myths and misconceptions, and empower individuals through education and awareness. The event witnessed enthusiastic participation from students through various engaging and educational activities including:

- Poster Making Competition
- PPT Presentation Competition
- Reels Competition
- Epilepsy Awareness Quiz
- Awareness Skit Performances

The program served as an effective platform to educate students about epilepsy, helping them differentiate between myths and facts while encouraging them to become advocates for epilepsy awareness within society.

World Epilepsy Day – NEURO SYNC 2026 concluded successfully with active participation, meaningful discussions, and a strong message of awareness, compassion, and social responsibility.























PATHQUEST 2026 – EXPLORING DIAGNOSTIC CHALLENGES IN DIVERSE CASES



A Successful CME Program by the Department of Pathology

The Department of Pathology, Akash Institute of Medical Sciences & Research Centre, successfully organized the Continuing Medical Education (CME) program titled “PATHQUEST – Exploring Diagnostic Challenges in Diverse Cases” on 18th February 2026 at APJ Hall.

The program was graced by the esteemed presence of Dr. Shivaprakash NC, Principal, Dr. Naresh Shetty, CEO, and Dr. Brijesh, Medical Superintendent, whose encouragement and support added great value to the event.







The CME was conducted under the leadership of Dr. Shilpa, Professor and Head of the Department of Pathology, with active coordination by Dr. Rashmi and the department faculty members.

The academic sessions featured eminent speakers Dr. Priya T Rajan, Dr. Komal Chippalkatti, Dr. Vani Ravi Kumar, and Dr. Chaitra V, who delivered highly insightful presentations focusing on diagnostic challenges, case-based discussions, and recent advancements in pathology. Their expert deliberations greatly enriched the learning experience for participants.

The event witnessed enthusiastic participation from Heads of Departments, faculty members, and students, reflecting the institution’s strong commitment to academic excellence, interdisciplinary learning, and continuous medical education.





PATHQUEST 2026 concluded successfully with engaging scientific discussions, valuable knowledge sharing, and a renewed enthusiasm toward advancing diagnostic expertise in the field of pathology.

WORLD CANCER DAY AWARENESS SESSION

“Healthy Women, Healthy Future: Preventing Cancer Through Knowledge”

The NSS Unit of Akash Global College of Management and Science organized an awareness session on the occasion of World Cancer Day on 24th February 2026 at 11:15 AM in the Seminar Hall.

The session, titled “Healthy Women, Healthy Future: Preventing Cancer Through Knowledge,” was conducted exclusively for girl students with the objective of creating awareness about cancer prevention, early detection, and the importance of regular health check-ups.

The Chief Guest, Dr. Kala K, MBBS, MS (OBG), FFM, Professor & Senior Consultant at Akash Institute of Medical Sciences & Research Centre, delivered an insightful and informative session on women’s health and cancers commonly affecting women. She highlighted the importance of recognizing early warning signs, adopting preventive measures, undergoing timely screening, and maintaining regular medical consultations. She also emphasized how awareness and healthy lifestyle choices play a crucial role in reducing cancer risks.

The awareness session was highly interactive, with enthusiastic participation from students who actively engaged in discussions and clarified their doubts regarding preventive healthcare and women’s wellness.

The program was coordinated by Mr. Khaleelulla S A, NSS Program Officer, under the leadership of Dr. Channaveere Gowda B N, Principal & Director.
The event concluded successfully, creating meaningful awareness among students and reinforcing the importance of preventive healthcare for building a healthier and safer future for women.











CME PROGRAMME – NEXUS'26

A Day of Academic Excellence, Innovation & Collaborative Learning

The Continuing Medical Education (CME) programme Nexus'26 was successfully organized with great enthusiasm and active participation from faculty members and students. The programme officially commenced at 10:30 AM, marking the beginning of a day dedicated to academic enrichment, innovation, and collaborative learning.

The event was graced by distinguished dignitaries including Dr. Brijesh K, Medical Superintendent, Akash Hospital, and Prof. Chaithra K R, Principal, Allied Health Sciences and Paramedical Sciences. Their gracious presence added prestige and encouragement to the programme.

The esteemed speakers for the event were Dr. Prashanth G Patil, Professor and Head, Department of Radiodiagnosis, and Mrs. Shibina, Chief Radiotherapy Technician, whose expertise and insightful presentations greatly enhanced the academic value of the programme.

The event began with a warm welcome address, followed by an introductory speech highlighting the objectives and significance of Nexus'26. The formal inauguration ceremony set a positive and scholarly tone for the day's proceedings.

The first academic session was delivered by Dr. Prashanth G Patil, who presented an informative and engaging talk on "Role of Imaging in Breast Cancer Detection." His highly interactive session provided participants with updated knowledge, practical insights, and a deeper understanding of imaging techniques in early cancer diagnosis. The session concluded with an interactive discussion before the participants proceeded for a snack break at 12:00 PM.

Following the break, the audience witnessed a lively and thought-provoking skit performed by the 1st Year MIT and RTT students. The skit creatively highlighted the importance of early diagnosis and awareness, successfully combining education with entertainment and receiving wide appreciation from the audience.

Subsequently, Mrs. Shibina delivered a well-structured and informative presentation that offered valuable professional perspectives and further strengthened the academic essence of the CME programme. The morning sessions concluded with a lunch break at 1:30 PM.

As part of Nexus'26, various academic competitions including model-making and poster-making were conducted to encourage creativity and scientific thinking among students. The competitions were evaluated by Dr. Mythreesha, Professor, and Dr. Harikiran, Professor from the Department of Radiodiagnosis. The exhibits reflected the students' creativity, teamwork, and scientific understanding.

Post lunch, the programme resumed with student oral presentations, where participants confidently presented their topics, demonstrating excellent communication skills and subject knowledge. This was followed by an engaging quiz competition, which generated excitement and encouraged healthy academic competition among students.

The programme concluded with the distribution of prizes to the winners of various competitions, recognizing their dedication, innovation, and excellence. The event officially ended at 4:30 PM with a heartfelt vote of thanks expressing sincere gratitude to the dignitaries, speakers, judges, organizing committee, faculty members, and participants for contributing to the grand success of Nexus'26.

Overall, Nexus'26 emerged as a well-organized and impactful CME programme that successfully fostered academic growth, creativity, teamwork, and professional development among students and faculty alike.



RGUHS MBBS RANK HOLDERS – 3RD YEAR ACHIEVEMENT

Students of Akash Institute of Medical Sciences & Research Centre Shine in University Rankings

Rajiv Gandhi University of Health Sciences has announced the 3rd Year MBBS Rank List, and the students of Akash Institute of Medical Sciences & Research Centre have brought great pride to the institution with their outstanding academic performance and university ranks.

The management, faculty members, and staff wholeheartedly congratulate the rank-holding students for their remarkable achievement and dedication to academic excellence.

University Rank Holders – MBBS



Ruchitha K Reddy

Department of Rank: Ophthalmology

University Rank: 6th Rank

Percentage: 85%



Ruchitha K Reddy

Department of Rank: ENT

University Rank: 9th Rank

Percentage: 84%



Naija S L

Department of Rank: ENT

University Rank: 6th Rank

Percentage: 86%



Spurthy Reddy P

Department of Rank: Ophthalmology

University Rank: 7th Rank

Percentage: 84%



Bhavya Shree N

Department of Rank: Ophthalmology

University Rank: 6th Rank

Percentage: 84%



Niharika Kowshika Jois

Department of Rank: Ophthalmology

University Rank: 10th Rank

Percentage: 83%



Vathsala Kumari R

Department of Rank: Ophthalmology

University Rank: 6th Rank

Percentage: 85%



INTERNATIONAL WOMEN'S DAY CELEBRATION AT AKASH HOSPITAL & AIMS&RC

Akash Hospital and Akash Institute of Medical Sciences & Research Centre jointly celebrated International Women's Day with great enthusiasm and joy. The programme was inaugurated by Pushpa Muniraju, Chairperson, Akash Group of Institutions, who graced the occasion as the Chief Guest. Doctors, faculty members, and staff from all departments actively participated in the celebration, making the event vibrant and memorable. The programme featured energetic dance performances, fun-filled games, and engaging activities that created a lively atmosphere of togetherness and appreciation.

Inspirational addresses were delivered by Dr. Naresh Shetty, CEO – Akash Group of Institutions, and Nithya Satish, Principal – Akash International School, who highlighted the importance of women's empowerment and recognized the invaluable contributions of women in healthcare, education, and society. The celebration concluded on a joyful note with enthusiastic participation from all departments, honoring the strength, achievements, dedication, and spirit of women.

















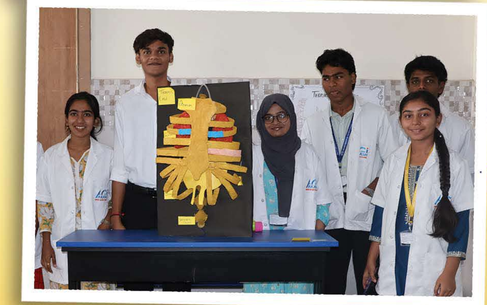
PHYSIO NEXT GEN SCIENCE EXPO 2026 AT AKASH INSTITUTE OF PHYSIOTHERAPY

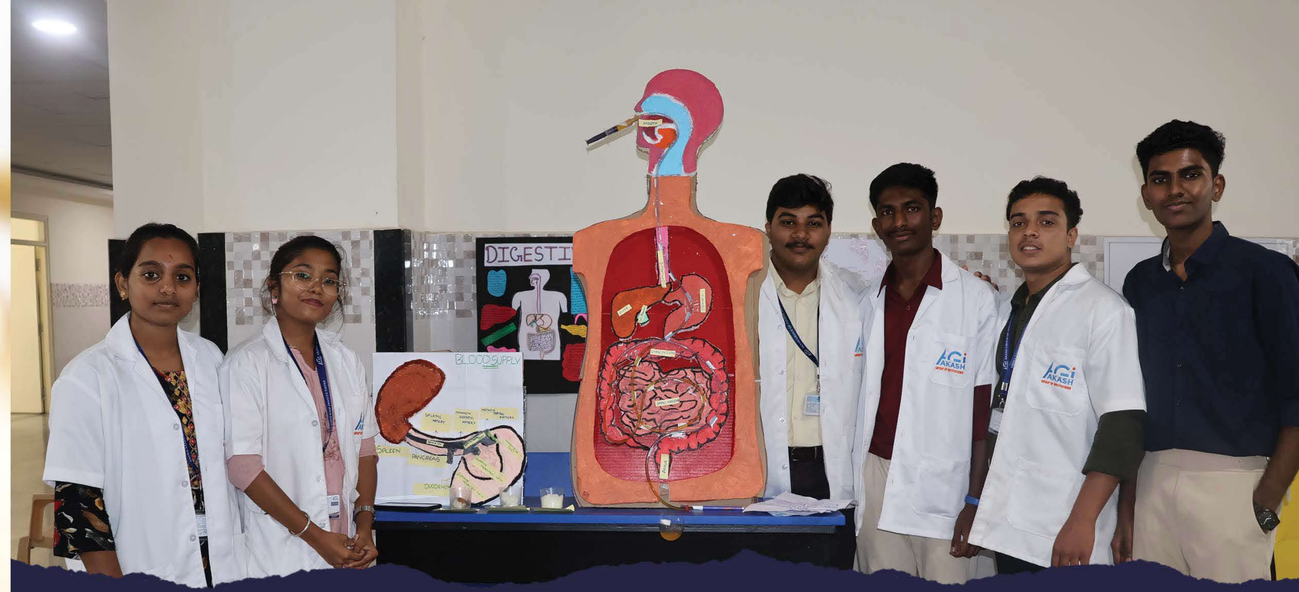
Akash Institute of Physiotherapy organized the Physio Next Gen Science Expo 2026 on 14th March for the 1st-year BPT (2025–26 batch) at the college premises. The event served as an excellent platform for students to showcase their knowledge, practical skills, and innovative ideas in the field of physiotherapy. The expo featured a wide range of models, charts, and live demonstrations focusing on important subjects such as Human Anatomy, Physiology, and Biomechanics. Students enthusiastically presented working models explaining joint movements, muscle functions, anatomical structures, and physiological actions through creative and interactive displays.

The event also included engaging interactive sessions where visitors could ask questions and experience simple assessment techniques and exercises demonstrated by the students. The projects were evaluated by an expert panel comprising Dr. Wilma, HOD of the Biochemistry Department, and Dr. Esha from the Anatomy Department, who assessed the exhibits based on creativity, scientific accuracy, presentation skills, and practical application. The expo witnessed active participation and tremendous enthusiasm from students, who received appreciation from faculty members and visitors for their innovative presentations and dedication.



















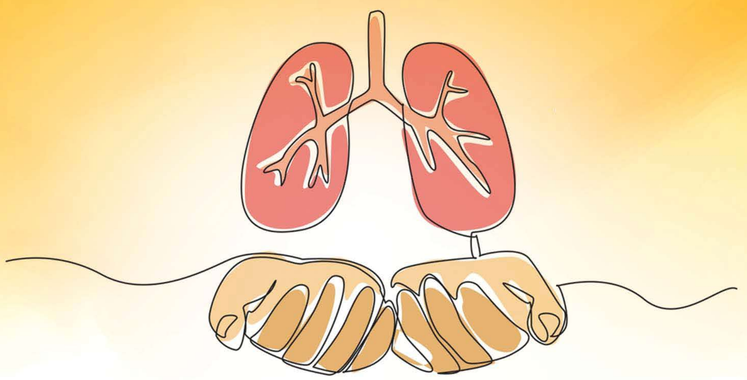


WORLD TB AWARENESS DAY

Akash Institute of Nursing organized a meaningful awareness programme in Devanahalli on the occasion of World TB Awareness Day. Nursing students actively participated in educating the community about Tuberculosis (TB) and the importance of maintaining good health practices.

The programme highlighted key aspects of TB, including its causes, symptoms, preventive measures, and the importance of early diagnosis and complete treatment. Through public interaction and awareness activities, students conveyed the message that TB is both preventable and curable with timely medical attention and proper treatment.

The initiative showcased the dedication and social responsibility of the students towards community healthcare, while reinforcing the importance of spreading awareness for a healthier society.







OPTOSYNCON'26
– ADVANCING EXCELLENCE IN VISION CARE



OPTOSYNCON'26, organized by Akash Institute of Allied Health Sciences and Akash Institute of Paramedical Sciences, was successfully conducted as an inspiring academic programme dedicated to innovation and excellence in vision care. The event served as a platform for knowledge sharing, collaboration, and learning among experts, faculty members, and students in the field of eye healthcare.

The programme was graced by esteemed dignitaries including Dr. Swathi (Administrator), Prof. Chaithra K R (Principal, AIAHS & AIPMS, Advisory Committee), and Dr. Kalpana (HOD, Department of Ophthalmology), whose presence added value and encouragement to the event.
Distinguished speakers delivered insightful sessions on emerging trends and advancements in vision care, myopia management, binocular vision disorders, multifocal contact lenses, and the future of eye care.

The event also featured engaging keynote sessions, quiz competitions, networking opportunities, prize distribution, and certificate distribution for active student participants. Students enthusiastically participated in the programme, making it both interactive and impactful.

With the theme "A Shared Vision: Collaboration in Global Eye Care," OPTOSYNCON'26 successfully highlighted the importance of teamwork, innovation, and continuous learning in advancing global eye healthcare.

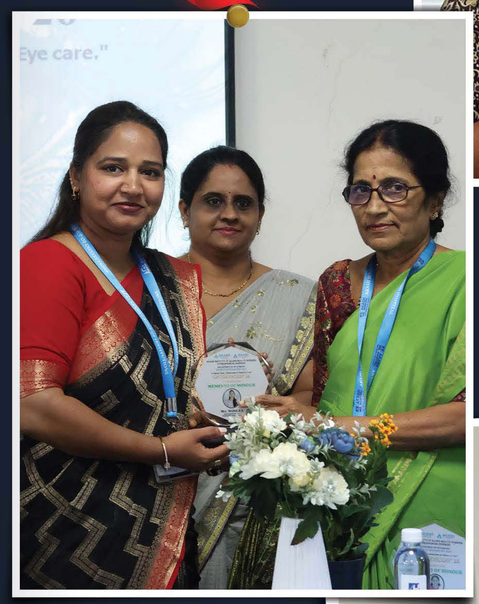


















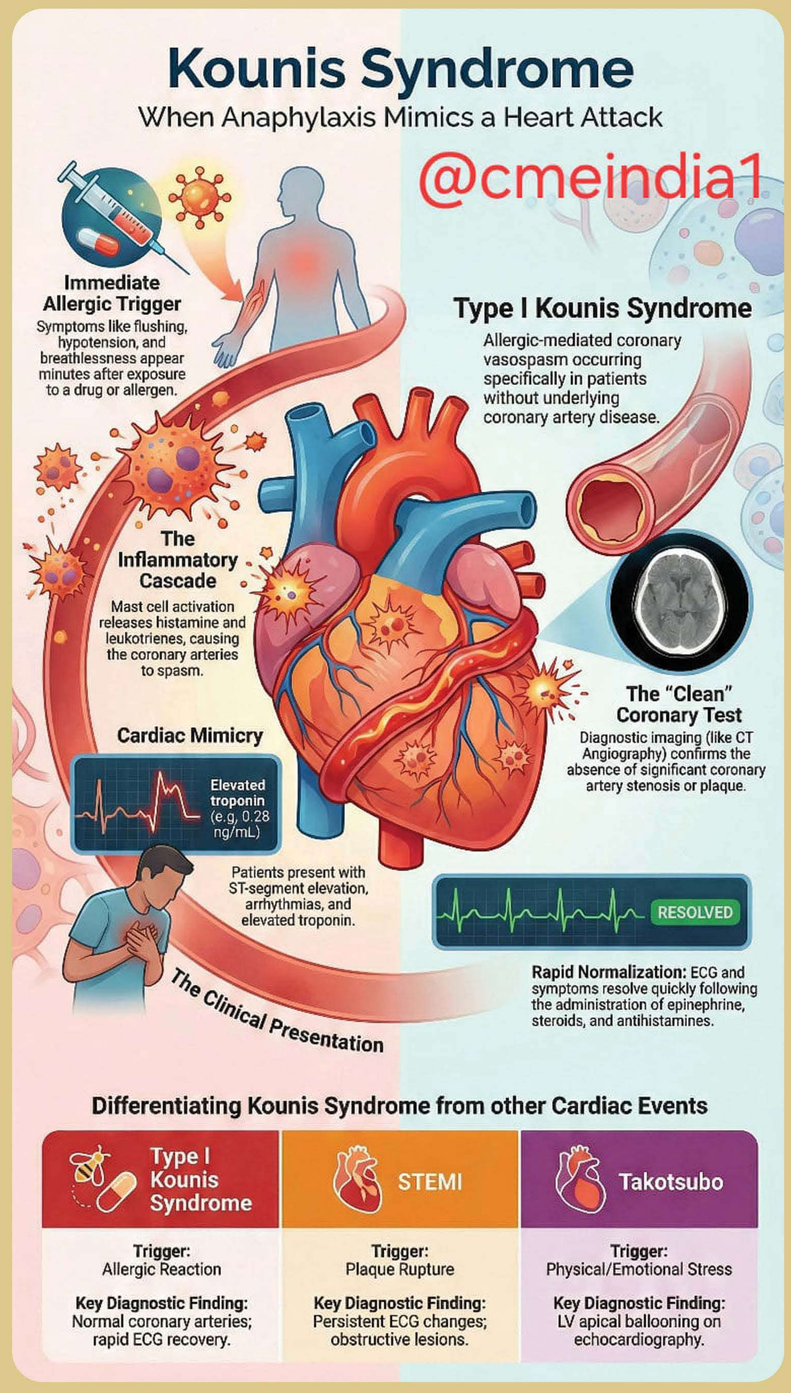
INTERESTING CASE REPORT – DEPARTMENT OF GENERAL SURGERY

The Department of General Surgery managed a rare and challenging case of a middle-aged female patient who presented with a large swelling in the left lumbar region for the past six months. Following detailed clinical examination and investigations, the patient was diagnosed with a large Spigelian hernia with signs of impending bowel strangulation.

Considering the severity and risk of complications, the patient successfully underwent Open Ventral Hernioplasty under expert surgical care. Spigelian hernias are considered extremely rare, accounting for only 0.1–2% of all abdominal wall hernias. Typically, these hernias are small in size, ranging from 0.5–2 cm, making this case particularly unique due to the presence of a 5 cm abdominal wall defect associated with a large 15 × 10 cm swelling.



KOUNIS SYNDROME – WHEN ALLERGY MIMICS A HEART ATTACK



INTERESTING CASE REPORT – DEPARTMENT OF GENERAL SURGERY

The Daily Handful: A Cardiometabolic Upgrade

Nuts are high-signal cardiometabolic foods that reduce cardiovascular risk when used as a replacement for unhealthy snacks. These clinical pearls emphasize a practical "handful-a-day" approach aligned with current ADA and AHA standards.

@cmeindia1

The Clinical Prescription

The "Handful" Dose



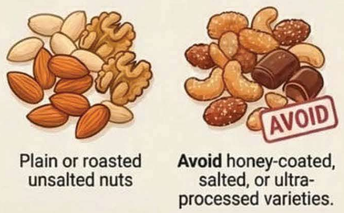
Aim for 20–30g (roughly one handful) daily to lower premature mortality risk.

Replace, Don't Just Add



Swap **refined carbs** and **saturated fats** for nuts to avoid caloric excess.

Opt for Minimal Processing

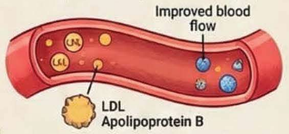


Plain or roasted unsalted nuts

Avoid honey-coated, salted, or ultra-processed varieties.

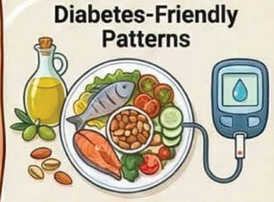
Cardiometabolic & Nut-Specific Benefits

Superior Lipid Biology



Nuts reliably improve lipoprotein ratios and apoB-related risk markers over body weight.

Diabetes-Friendly Patterns



Nuts are core components of **Mediterranean-style eating patterns** recommended for diabetes care.

Diverse Nut Profiles



Almonds for satiety

Pistachios for blood pressure

Walnuts for brain-healthy patterns

Nut Type	Clinical Utility / Caution
Almonds	High fiber and unsaturated fats for glycemic control and satiety.
Pistachios	Beneficial for systolic blood pressure and gut microbiota in prediabetes.
Walnuts	Supports brain-healthy patterns.

GENERAL HEALTH CAMPS



Place of the camp :
Thubagere
Date of the camp : 03/01/2026



Place of the camp :
G Kothuru
Date of the camp : 18/01/2026



Place of the camp :
Muddalapalli
Date of the camp : 04/01/2026



Place of the camp :
Vidurashwatha
Date of the camp : 19/01/2026



Place of the camp :
Thondebavi
Date of the camp : 11/01/2026



Place of the camp :
Nakkalahalli
Date of the camp : 22/01/2026

GENERAL HEALTH CAMPS



Place of the camp :
Hiriyuru
Date of the camp : 24/01/2026



Place of the camp :
Naralapalli & Golur
Date of the camp : 18/01/2026



Place of the camp :
Hudhuguru
Date of the camp : 31/01/2026



Place of the camp :
Gudibande
Date of the camp : 09/02/2026



Place of the camp :
Gangasandra
Date of the camp : 01/02/2026



Place of the camp :
Akash institute of Nursing
Date of the camp : 18/02/2026

GENERAL HEALTH CAMPS



Place of the camp :
G.Hosahalli
Date of the camp : 19/02/2026



Place of the camp :
Konenahalli
Date of the camp : 26/02/2026



Place of the camp :
Gulur
Date of the camp : 24/02/2026



Place of the camp :
B Bommasandra & Gowribidanur
Date of the camp : 01/03/2026



Place of the camp :
Thubagere
Date of the camp : 25/02/2026



Place of the camp :
Devanahalli
Date of the camp : 07/03/2026

GENERAL HEALTH CAMPS



Place of the camp :
Madapalli & Nallaguntlapalli
Date of the camp : 08/03/2026



Place of the camp :
Nallappareddypalli
Date of the camp : 15/03/2026



Place of the camp :
ISRO company blood camp
Date of the camp : 12/03/2026



Place of the camp :
Nimbekaipura
Date of the camp : 15/03/2026



Place of the camp : Malamachanahalli
Date of the camp : 15/03/2026



Place of the camp : Maraganakunte
Date of the camp : 24/03/2026



Place of the camp :
Doddaballapura
Date of the camp : 27/03/2026

QUIZ TIME

A 60-year-old diabetic male presents with intense itching and erythematous rash overscrotum and inner thighs for 2 weeks. The lesion has well-defined borders with central clearing.

Q: What is the most likely diagnosis?

A. Candidiasis

B. Tinea cruris

C. Genital herpes

D. Contact dermatitis

Send your answer to ‘info@aimsrc.com’

The best answer will be published in the next months edition along with their name and college.

CARTOON



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