



॥ ज्ञेयं इति श्रुत्वा ॥

Adichunchanagiri University



**ADICHUNCHANAGIRI
INSTITUTE OF MEDICAL SCIENCES**



AIMS

Kalakeruti

ANNUAL MAGAZINE 2019-20

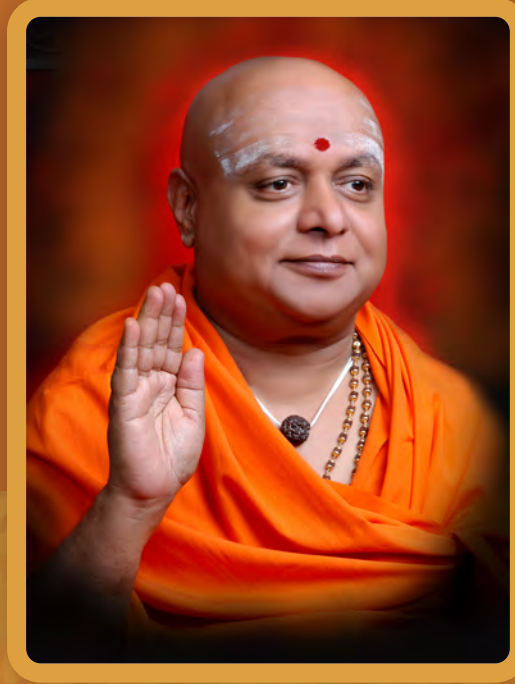


AIMS

Kalakrauti

ANNUAL MAGAZINE 2019-20

|| Jai Sri Gurudev ||



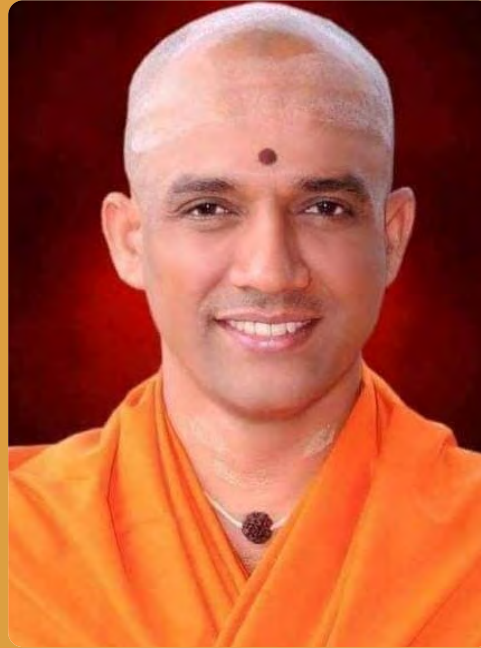
Paramapoojya Jagadguru Padmabhushana
Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji

The Sri Adichunchanagiri Shikshana Trust (regd) was initiated in the year 1973 to render social, charitable, educational and medical services, blended with spiritualism to all sections of the society across the nation and overseas under the stewardship of the pontiff of Sri Adichunchanagiri Mutt, Paramapoojya Jagadguru Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, who was also the President of the Trust. With his divine blessings AIMS today is a premier medical institution that will continue to serve people from all spheres of life and give to the world some of the best doctors.

|| Om asato ma sadgamaya
tamasoma jyotir gamaya
mrityorma amritam gamaya
Om shanthihi, shanthihi, shanthihi ||



Paramapoojya Jagadguru
Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji



Divine Blessings

Paramapoojaya Jagadguru Padmabhushana Sri Sri Sri Dr. Balagangadharanatha mahaswamiji established AIMS in 1986 with the prime aim of building a unique family of care givers and knowledge providers to guide the society in the right path of thought, knowledge and actions.

Swami Vivekananda says, "take up one idea, make that one idea your life; dream of it; think of it; live on that idea". AIMS in its journey of 35 years has been trying, leaving no stone unturned in realizing the idea of providing health care to socially and economically deprived sections.

On this happy auspicious occasion, let us ponder over the aim of education.

It is to convert all of us into happy human beings. Reading books provides us a taste, an instrument and a mode of pleasurable gratification. Books are treasuries filled with knowledge, high ideals and noble thoughts.

In books we find the wisest, the wittiest, the bravest and the purest characters that have adorned humanity. Therefore, irrespective of our specializations, let us lay due emphasis on wide reading which is going to make us noble citizens of all nations, contemporaries of all ages.

The variety of pictorial representations in this Magazine indicates the diversity of interests and interdisciplinary preoccupations. It is heartening to note that this issue appears as a compendium of the achievements of the Institution which also includes accomplishments of the students. In a way, this annual document will prove to be an invaluable record for posterity.

May the blessings of the almighty light our path now and always.

Yours in the Service of the Lord,
(Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji)

VICE CHANCELLOR MESSAGE

Prof. Dr. S. Chandrashekar Shetty
Vice Chancellor

Mar., 04, 2021 -

Greetings from Adichunchanagiri University, BG Nagara

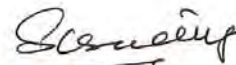
Adichunchanagiri Institute of Medical Sciences (AIMS) has been making rapid strides in Academics and Research activities over the last three decades. It has been recognized as one of the leading Private Medical Colleges in the state of Karnataka

I am pleased to note that AIMS is bringing out an Annual Magazine "AIMS Kalakruthi" to be released on the Graduation Day scheduled for March, 18, 2021.

The Magazine gives an excellent platform to encourage Teachers and Students to exhibit their skills & abilities to rediscover & develop the hidden capabilities and talents.

Congratulations to the Editorial Board, Staff and Students for their endeavor in bringing out the magazine every year.

Best Regards



Dr. S. Chandrashekar Shetty
Vice Chancellor
Adichunchanagiri University
B.G. Nagara - 571448, Nagavengala Tq.,
Mandya Dt., Karnataka





REGISTRAR MESSAGE

It gives me immense pleasure to note that Adichunchanagiri Institute of Medical Sciences is bringing out annual magazine “**Kalakruthi**” comprising various activities of the students and staff. I extend my best wishes on the occasion of bringing out this Annual Magazine. I am sure that this Magazine will reflect on the real talents of the students and faculty through their useful articles pertaining to Medical & Health Sciences and information about Curricular and Extra Curricular activities.

I wish Editorial Board every success in their effort to bringout “**Kalakruthi**”

A handwritten signature in green ink, appearing to read 'Dr. C.K. Subbaraya'.

Dr. C.K. Subbaraya
Registrar,
Adichunchanagiri University



PRINCIPAL MESSAGE

With the blessings of Pramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, it brings me immense pleasure to bring forward the very first edition of AIMS Annual Magazine "Kalakruti 2019-20". Conceptualized as a compendium of institutional activities, the magazine will serve as a window to AIMS.

Our editorial team has worked tirelessly to systematically anthologize an ocean of academic and co-curricular activities of AIMS into a visual splendor. Kalakruti also has brief portraits of the institutional personnel and is a platform to showcase the achievements of faculty and students.

In the words of Reverend Martin Luther King Jr, "we have taken the first step in faith", and hope Kalakruti will be a harbinger of good things in terms of greater awareness in the medical fraternity and general public of the profound services rendered by the institution towards the betterment of the society.

Dr M G Shivaramu, M.D.

Principal, AIMS.

Dean, Health Sciences (Medical)

ACU

FOUNDERS DAY *Celebration*





ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯವು ತನ್ನ ಶತಮಾನೋತ್ಸವದ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಶ್ರೀ ಆದಿಬುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠದ ಎಪ್ಪತ್ತೆರಡನೇ ಪೀಠಾಧ್ಯಕ್ಷರಾದ ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು ಶ್ರೀ ನಿರ್ಮಲಾನಂದನಾಥ ಮಹಾಸ್ವಾಮಿಗಳವರಿಗೆ ಗೌರವ ಡಾಕ್ಟರೇಟ್ ಪದವಿಯನ್ನು ನೀಡಿ ಗೌರವಿಸಲಿದೆ. ನಾಳೆ ಶ್ರೀ ಕ್ಷೇತ್ರ ಆದಿಬುಂಚನಗಿರಿಯಲ್ಲಿ ಮಹಾಸ್ವಾಮಿಗಳವರಿಗೆ ಈ ಗೌರವ ಡಾಕ್ಟರೇಟ್ ಪದವಿ ಪ್ರದಾನ ಸಮಾರಂಭ ನಡೆಯುತ್ತಿದೆ.

■ ವಿ.ಎಸ್.ಯಾದವ್ವಾಡಿ

ಶ್ರೀ ಆದಿಬುಂಚನಗಿರಿ ಕ್ಷೇತ್ರ ಪುರಾಣಿಕವಿಜ್ಞಾನ ಪ್ರವೀಣರಾದ, ಇವರ ಇತಿಹಾಸವನ್ನು ಸುಮಾರು ೧೦೦೦ ರಿಂದ ಹೆಚ್ಚಿನ ವರ್ಷಗಳಿಂದ ಕೇಳಿ ತಿಳಿದುಕೊಂಡು, ಇವರ ಶಿಷ್ಯರಾದ ಶ್ರೀ ಪದ್ಮನಾಭ ಹಾಗೂ ಬಾಲಗಂಗಾಧರನಾಥ ಮಹಾಸ್ವಾಮಿಯವರು ಸಲ್ಲುತ್ತದೆ. ಅವರು ಮಾಡಿರುವ ಸೇವೆ ಹಾಗೂ ಕಾರ್ಯಗಳಿಂದ ಶ್ರೀಮಠದ ಕೀರ್ತಿ ದಿಗ್ಗಂತವಾಗಿದೆ.

ಗುರುಜಿಯವರು ಭೂಮಿ ಮೇಲಿನ ಪ್ರತಿಯೊಂದು ಜೀವವಿಷಯ ಬದುಕಿನಲ್ಲೂ ಸಮಗ್ರವಾಗಿ ಕಾಣಿಸಿಕೊಂಡು, ಅವರಲ್ಲಿ ಸಮಗ್ರ ಮೂಲದ ಮೂಲದಿಂದ ಅವರನ್ನು ಕಂಡವರು, ಸಾಧಾರಣವಾಗಿ ಮಾಡಿದ ಪ್ರದರ್ಶನವನ್ನು

ಪರಿಗಣಿಸಿ ಮಾಡಿರುವ ವಿಶ್ವವಿದ್ಯಾಲಯಗಳು ಸಮಗ್ರ ಗೌರವ ಡಾಕ್ಟರೇಟ್ ಪದವಿ ನೀಡಿ ಈ ಗೌರವವನ್ನು ಪಡೆಯಲು ಸಾಧ್ಯ ಮಾಡಿದವರ ಪೈಕಿ ಒಬ್ಬರಾಗಿದ್ದಾರೆ. ಇವರ ಶಿಷ್ಯರಾದ ಮೂಲದ ಮೂಲದಿಂದ ಅವರನ್ನು ಕಂಡವರು, ಸಾಧಾರಣವಾಗಿ ಮಾಡಿದ ಪ್ರದರ್ಶನವನ್ನು



ಧರ್ಮ ಕಾರ್ಯಗಳನ್ನು ಕೊಡುತ್ತಾ, ಸಮಾಜದ ಸಮಸ್ಯೆಗಳನ್ನು ಮನಗಂಡುಕೊಂಡು ಅವುಗಳನ್ನು ಪರಿಹರಿಸಿ ಕೊಡುತ್ತಿದ್ದರು.

ದಿನಾಂಕ 14.1.2013 ರಂದು ಶ್ರೀ ಆದಿಬುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠದ ಜಮಾಖಾನೆ ಮಹಿಮೆಯಿಂದ ಶ್ರೀ ನಿರ್ಮಲಾನಂದನಾಥ ಸ್ವಾಮಿಯವರು ಪರಮಪೂಜ್ಯ ಗುರುಜಿಯವರ ಸತ್ಕಾರವನ್ನು ಸಲ್ಲಿಸುತ್ತಾ, ನಾಡುಗೋರಾಡುಗಳಿಂದ ಸಾವಿರಾರು ಜನರು ಆಮಂತ್ರಿಸಿದರು.

ಮಾಂಗಳೂರುಗಳಲ್ಲಿ ಪದವಿ ಕಾಲೇಜುಗಳನ್ನು ಮಾಡಿಸುವುದು, ಬಿ.ಬಿ.ಎಸ್. ಹಾಗೂ ಸರ್ಕಾರಿಗಳಲ್ಲಿ ಪದವಿಪೂರ್ವ ಕಾಲೇಜುಗಳನ್ನು ಬೆಂಗಳೂರಿನ ಸರ್ಕಾರಿಗಳಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಗುಣಮಟ್ಟದ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯನ್ನು ತೆರೆದು ಬೋಧಕರನ್ನೇರಿಸಿದ್ದಾರೆ. ಉತ್ತರ ಪ್ರದೇಶದ ಸೋನಬದ್ಲಿಯಲ್ಲಿ ಶ್ರೀ ಮಠದ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆ ತೆರೆಯುವ ಕಾರ್ಯಕ್ಕೆ ಈಗಾಗಲೇ ಚಾಲನೆ ನೀಡಿದ್ದಾರೆ.

ಪರಮಪೂಜ್ಯ ಮಹಾಸ್ವಾಮಿಗಳವರು ಎಂಟು ಪದವಿಗಳನ್ನು ಪ್ರಥಮ ರ‍್ಯಾಂಕ್ ವಿಜೇತರು, ಜೊತೆಗೆ ಜ್ಞಾನ ಪರಿಷತ್ ವಿಜೇತರು, ಜ್ಞಾನ ವಿಜ್ಞಾನ ಕ್ಷೇತ್ರದಲ್ಲಿ ಅನುರಂಜಿತ ಪರಿಣಿತರು.

ಕ್ಷೇತ್ರದ ಕ್ಷೇತ್ರದಲ್ಲಿ ಬೃಹತ್ ಯೋಜನೆಗಳನ್ನು ರೂಪಿಸಿ ಕಾರ್ಯಗಳಿಗೆ ಮಾಡುತ್ತಿದ್ದಾರೆ. ಮಹಾಸ್ವಾಮಿಗಳವರು ಮಾಡುತ್ತಿರುವ ಸಮಾಜ ಸೇವಾ ಕ್ಷೇತ್ರಗಳೆಂಬ ಜಾತಿ, ಮತ, ಧರ್ಮಗಳಿಗೆ ಬೇರೆಯಾದ ಮಾನವೀಯ ನೆರೆಯಿಲ್ಲದಿದ್ದರೂ ನಿಂತು ಸಮುದಾಯದ ಒಳಗೆ ಮಿಲಿಟರಿಯಾದ ಆಧಾರದಿಂದ ಕಾರ್ಯವಾಗಿದೆ.

ಆಸೆವಂತ ಬಡ ಮಕ್ಕಳಿಗೆ ಆಧುನಿಕ ಜಗತ್ತಿನ ಆಗಮಗಳನ್ನು ಅಭಿವೃದ್ಧಿಗೊಳಿಸಿ ಅವುಗಳ ಗುಣಮಟ್ಟವನ್ನು ತೆರಬಿಟ್ಟಿರುವ ಪರಮಪೂಜ್ಯ ಕ್ಷೇತ್ರದ ಆಸ್ತಿಯು ಆಳಿಕೆ-ಆರೋಗ್ಯಕರವಾಗಿ ಅಂತಿಮವಾದುದು. ಸ್ವಾಮಿಯವರು ಧರ್ಮ ಸಂಸ್ಥೆಯ ಜೊತೆ ಜೊತೆಯಲ್ಲಿ ಶಿಕ್ಷಣ, ಆಧ್ಯಾತ್ಮಿಕ, ಪರಿಸರ ಸಂರಕ್ಷಣೆ, ಗೋಪಂತ್ರಿಕ, ಬಡ ಜನತೆಯ ಆರೋಗ್ಯ ರಕ್ಷಣೆ, ಜನಪದ ಕಲಾಸಂಪ್ರದಾಯಗಳ ರಕ್ಷಣೆ, ಮಹಿಳೆಯರ ಸ್ವಾತಂತ್ರ್ಯ ಬದುಕಿಗೆ ಒತ್ತು, ಯುವಜನಿಕೆ ಕ್ಷೇತ್ರದ ಶಿಕ್ಷಣ ನೀಡುವುದು, ಹೀಗೆ ಜನತೆಯ ಸಮಾಜಗಳಿಗೆ ಆಧ್ಯಾತ್ಮಿಕವಾಗಿ ಹಗಲಿರುಳು ಶ್ರಮಿಸುತ್ತಿದ್ದಾರೆ.

ಅತ್ಯಲ್ಪ ಅಧ್ಯಯನವಿಲ್ಲದ ಅಜ್ಞಾನವನ್ನು, ಉತ್ತಮ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳು, ಧಾರ್ಮಿಕ ಕೇಂದ್ರಗಳು, ಅತ್ಯಂತ ವೈದ್ಯಕೀಕವಾಗಿ ನಡೆಯಲು ಆಗದಾದ ಸಕಲ ಸೌಲಭ್ಯಗಳನ್ನೂ ಒದಗಿಸುತ್ತಿರುವ ಸ್ವಾಮಿಗಳವರು ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರದ ಬಗೆಗೆ ಹೊಂದಿರುವ ನಿಲುವು-ಒಗ್ಗೂಡುಗಳು ವೈವಿಧ್ಯತೆಯಿಂದ ಬೆಳಗುತ್ತಿರುವುದನ್ನು ಕಾಣುತ್ತಿದ್ದಾರೆ. ಅಂತೆಯೇ ಸಮಾಜದ ಎಲ್ಲಾ ಮಕ್ಕಳಿಗೂ ಲೈದ ಭಾವವಿಲ್ಲದೆ ಸೇವೆ ಸಲ್ಲಿಸುವ ಮೂಲಕ ಶ್ರೀ ಆದಿಬುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಪ್ರಸ್ತುತ ರಾಷ್ಟ್ರದ ಒಂದು ಅರ್ಥ ಸಂಪ್ರದಾಯವಾಗಿ ರೂಪಿಸಿ ಮತ್ತಷ್ಟು ಶೋಧಿಸುವ ಮೂಲಕ ಸಂಕಲ್ಪಿಸುವುದು ಹೀಗೆ ಪರಮಪೂಜ್ಯ ಗುರುಜಿಯವರ ಧೀಮಂತ ಕೃತ್ಯವಿದೆ ಎಂಬುದನ್ನು ಸದಾ ಸ್ಮರಿಸಬೇಕು. ಶ್ರೀ ನಿರ್ಮಲಾನಂದನಾಥ ಮಹಾಸ್ವಾಮಿಯವರ ಸೇವಾ ಮುಕುಟಕ್ಕೆ ಮತ್ತೊಂದು ಸಿರಿಗಲಿ ಮೂಡಿದೆ. ಆದುದೇ ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಗೌರವ ಡಾಕ್ಟರೇಟ್ ಪದವಿ. ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯವು ತನ್ನ ಶತಮಾನೋತ್ಸವದ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಪರಮಪೂಜ್ಯ ಮಹಾಸ್ವಾಮಿಗಳವರಿಗೆ ಗೌರವ ಡಾಕ್ಟರೇಟ್ ಪದವಿ ನೀಡಿ ಗೌರವಿಸುತ್ತಿದೆ.

ಸೀವಾ ಮುಕುಟಕ್ಕೆ ಮತ್ತೊಂದು ಸಿರಿಗಲಿ

ಪಾವನಗೊಳಿಸಿದವರು. ಅತ್ತರವಂಚ ಮಕ್ಕಳ ಕೈಗಳಲ್ಲಿ ಜ್ಞಾನದ ಬೀಜ ಮೂಡಿಸಲು ನಾಡಿದ್ದಂತೆ ಜ್ಞಾನದೇಗುಲಗಳನ್ನು ಅನಾಥಂಗಾಗಿ ಅನಾಥಾಲಯಗಳನ್ನು ಪ್ರಧಾನಾಗಿ ಪ್ರವಾಕ್ತವುಗಳನ್ನು ಅಬಲೆಯಾಗಿ ಅಬಲಾಶಯಗಳನ್ನು ಗೋಪಂತ್ರಿಕವಾಗಿ ಗೋಪಾಲಗಳನ್ನು ತೆರೆದವರು. ಪರಮಪೂಜ್ಯ ಕೀರ್ತಿ ಕೋಟಿ ಸೇವಿಸಿದರು. ಧರ್ಮಸಂರಕ್ಷಣೆಗಾಗಿ ಧಾರ್ಮಿಕ ಸೇವಾರಾದವರು, ಕಲೆ, ಸಂಸ್ಕೃತಿಗಳ ಉಳವಿಗೆ ಪೋಷಣೆಗೊಳಿಸಿದರು... ಹೀಗೆ ಪರಮಪೂಜ್ಯದ ಸೇವಾವ್ಯಾಪ್ತಿ ಎಳೆದವರ ಪದವಿಗಳನ್ನು ಸೇವೆಯ ಪಲವನ್ನೂ ಪಡೆದ ಜಗದ್ಗುರು.

ಪರಮಪೂಜ್ಯ ಗುರುಜಿಯವರ ಸಂತ ಮುಕುಟದ ಕಾರ್ತವ್ಯದಾದುದು ದೂರ ಸೂಚಿ ತ್ರಿಕ್ಷೇತ್ರವನ್ನು ಮತ್ತಷ್ಟು ವಿಸ್ತರಿಸುವುದಾಗಿ ಬೆಳಕು ಸಮರ್ಪಿಸಿದೆ. ತಮ್ಮನ್ನು ಗುರು ಗುಣ ಸಂಪೂರ್ಣವಾದ ಶಿಷ್ಯರೊಂದಿಗೆ ತಾವಿರುವಾಗಲೇ ಆಗಲೇಕೊಂಡಿದ್ದು. ಆ ಕ್ಷಣ ಶ್ರೀ ನಿರ್ಮಲಾನಂದನಾಥ ಸ್ವಾಮಿಯವರು ಎಂದು ನಾಮಾಂಕಿತವಿಟ್ಟು ತಮ್ಮ ಶಿಷ್ಯರಾಗಿ ಸ್ವೀಕರಿಸಿ ದಕ್ಷಿಣದ ತಮ್ಮ ಗುಣಾಂಶಗಳನ್ನು ಧಾರೆಯೆರೆದಿದ್ದರು. ಸಂತೆಯೇ ನೋಡಲು ಎಂದು ಅಂತಹಾಳೆಂದಿದೆ ಪರಿಗೊಂಡು. ಶ್ರೀ ನಿರ್ಮಲಾನಂದನಾಥ ಸ್ವಾಮಿಯ ಪೂಜ್ಯ ಗುರುಗಳು ತೋರಿದ ಮಾರ್ಗದಲ್ಲಿ ಮತ್ತೆ ಜಾತಿ ಬಿಡು ಕೀರು ಗುತ್ತಿದ್ದರು, ಗ್ರಾಮ ಸಂದರ್ಶನ ಮಾಡಿದರು, ಭಕ್ತಗಣದ ಮನವಿಪಟ್ಟರು, ಬೆಳೆ ವಿರೋಧಿ ಪರಮಾತ್ಮನಿಂದ

ಸೇವೆಯ ಭಾವ ಮೂಡಿದ್ದಾರೆ. ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು ಶ್ರೀ ನಿರ್ಮಲಾನಂದನಾಥ ಮಹಾಸ್ವಾಮಿಗಳವರು ತಮ್ಮ ಇನ್ನೊಂದು ವಯಸ್ಸಿಗೆ ಜಗದ್ಗುರು ಹಾಗೂ ಬಾಲಗಂಗಾಧರನಾಥ ಮಹಾಸ್ವಾಮಿಗಳವರ ಸಂವರ್ಧನೆ ಬಂದರು. ಜ್ಞಾನರೂಪದ ದಿನಗಳಲ್ಲಿ ಪೂಜ್ಯ ಗುರುಜಿಯವರ ಅಗಾಧಿಯಂತೆ ನಾಮಾಂಕಿತದ ಅರ್ಚಕರನ್ನೂ ಅಧರಣಾಲಯದಲ್ಲಿ ಸೇವೆ ಸಲ್ಲಿಸಿದರು. ಅನಂತರ ಪರಮಪೂಜ್ಯ ಗುರುಜಿಯವರ ಅನುಮತಿಯ ಪಟ್ಟಿಬಳ್ಳಿ ಪುರ ಮತ್ತೆ ಕೋಶದ ಪಟ್ಟಿಯ ಉದ್ಘಾಟನೆ ಮಾಡಿಕೊಂಡು ಸುಮಾರು ಹತ್ತಿರ ವರ್ಷಗಳಿಗೂ ಹೆಚ್ಚು ಕಾಲ ತಮ್ಮ ಸಾಧಕ ಸೇವೆಯ ಮೂಲಕ ಜಗದ್ಗೋಪದಿಂದ ದಿನಾಂಕವಾಗಲಾರು ಪಟ್ಟಿಬಳ್ಳಿ ಪುರ ಮತ್ತೆ ಕೋಶದ ಪಟ್ಟಿಯಲ್ಲಿ ಪೂಜ್ಯ ವಿದ್ಯಾಸಂಸ್ಥೆಗಳನ್ನು ತೆರೆದು ಗ್ರಾಮೀಣ ಮಕ್ಕಳ ದಾಳಿಗೆ ಜ್ಞಾನದ ಬೀಜವಿಟ್ಟರು.

ಪರಮಪೂಜ್ಯ ಮಹಾಸ್ವಾಮಿಯವರು ಪೀಠಾಧ್ಯಕ್ಷರಾದ ಸಂತರಾದ ಅತ್ಯಲ್ಪ ಅಧ್ಯಯನಕ್ಕೆ ಮುಳುಗಿಸಿ ರಾಮೇಶ್ವರ, ಉತ್ತರಪ್ರದೇಶದ ಶ್ರಮಾಪರವು, ಮಧ್ಯಪ್ರದೇಶದ ಚಿತ್ತೋಡ ಹಾಗೂ ಅಮಲೇಕಾದ ಸ್ವಾತಂತ್ರ್ಯದಲ್ಲಿ ಶ್ರೀ ಆದಿಬುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠದ ಸಂತರಾದ ಪಾಪಗಳನ್ನು ತೆರೆಯುವ ಮೂಲಕ ಶ್ರೀ ಮಠದ ಸೇವಾ ಮುಕುಟವನ್ನು ವಿಸ್ತರಿಸಿದ್ದಾರೆ. ಮೈಸೂರು, ಪೂಜ್ಯರು, ಚಿತ್ತೋಡ ಪುರ ಮತ್ತೆ

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Department

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Medical Officers





AIMS Office Staff
with Principal

Library Staff





ANNUAL REPORT

ENVIRONMENT DAY

CELEBRATION AT AIMS

The world environmental Day is celebrated on 5th June every year. More than 100 countries worldwide join in the celebration of environment day. When the Earth weeps, how can mankind sleep? with this intention, Environment day is celebrated every year at aims by planting the tree.

Go
green
DRIVE

**Planted hundred more
tree saplings @ AIMS
campus, ACU.**

**GO GREEN -
GROW GREEN**





ENVIRONMENT DAY

CELEBRATION @ AIMS CAMPUS





INTERNATIONAL YOGA DAY

(Celebrated on 21 st JUNE 2019)

Yoga is a group of physical, mental and spiritual practices which originated in ancient times in pre vedic era. Yoga is more than a physical exercise; it has a meditative core.

The idea of an international yoga day was first proposed by our prime minister Sri Narendra Modi on 27th September 2014.

On December 1, 2016 UNESCO listed YOGA as a cultural heritage and yoga will be celebrated as International day of yoga on 21st June every year. The main reason for this particular day is that, it is the longest day of the year in the northern hemisphere.

Adichunchanagiri Institute of Medical Sciences (AIMS) has been enthusiastically celebrating the International Day of Yoga every year in college premises without fail. With the support of dynamic Principal Dr. M. G. Shivaramu, Department of Physiology has been playing a key role in organising these programmes. In the year 2019, the external resource person from S-VYASA delivered talk on 'Yoga and Health' which was followed by the demonstration and practice session. Audience followed the demonstration of the speaker and her assistants and practiced yogasana and pranayama. The workshop concluded with chanting of omkara and bowing to mother Earth. In 2020, a webinar was organised for the talk on 'Pandemic stress management with Yoga' by guest speaker from S-VYASA. After the talk, resource person demonstrated various breathing techniques that help in relieving stress. Faculty members and students actively participated in the live Yoga demonstration session organised by Ministry of AYUSH, Government of India on the theme 'Yoga at home and Yoga with family'.





INTERNATIONAL YOGA DAY

@ AIMS CAMPUS





INDEPENDENCE DAY

CELEBRATING FREEDOM AT AIMS

Independence Day is celebrated annually on 15 August as a National festival in India. The 72nd Independence day is celebrated at AIMS and the event commenced with the hoisting of the national flag by our Dean And principal of AIMS Dr. M.G. Shivaramu hoisted the tricolor Flag. The event was marked by Pooja, Prayer, Nation Song and Dances followed by distribution of sweets.





AMIT SHAH VISIT TO OUR AIMS

BHOOMI POOJA
BY
PARMAPOOJYA
MAHASWAMIJI



**PRINCIPAL & DEAN
WITH
MAHARAJA
OF MYSORE
YADUVEER
KRISHNADATTA
CHAMARAJA WADIYAR**





ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಏಮ್ಸ್ ಆವರಣದಲ್ಲಿ

ನವೆಂಬರ್ ತಿಂಗಳು ಕರ್ನಾಟಕದ ಜನತೆಯ ಪಾಲಿಗೆ ನುಡಿಹಬ್ಬದ ಸಂಭ್ರಮದ ಕ್ಷಣ. ನಮ್ಮ ಏಮ್ಸ್ ಆವರಣದಲ್ಲಿ ಈ ಸಂಭ್ರಮ ಮುಗಿಲು ಮುಟ್ಟಿತು. ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಡಾ|| ನಿರ್ಮಲಾನಂದನಾಥ ಮಹಾಸ್ವಾಮೀಜಿಗಳು ಕಾರ್ಯಕ್ರಮದ ದಿವ್ಯಸಾನಿಧ್ಯವನ್ನು ವಹಿಸಿದ್ದರು. ಕನ್ನಡ ಭಾಷೆ ಹಿರಿಮೆಯ ಬಗ್ಗೆ ಬೆಳಕು ಜೆಲ್ಲದರು. ಭಾಷೆಯನ್ನು ಉಳಿಸಬೇಕಾದರೆ, ಭಾಷಾ ಬಳಕೆಯ ಶುದ್ಧತೆಯನ್ನು ಅತ್ಯಗತ್ಯ ಎಂಬ ಮಹಾಸ್ವಾಮೀಜಿಯವರ ಸಿವಿಮಾತು ಪ್ರತಿಯೊಬ್ಬರ ಮನದಲ್ಲಿ ನೆಲೆಯೂರಿತು. ಕನ್ನಡ ಭಾಷೆಯ ಬಗೆಗೆ ಸ್ಫೂರ್ತಿಯ, ಅಭಿಮಾನದ ಕಹಳೆಯನ್ನು ಉದಿರುವ ಡಾ|| ಜಂದ್ರಶೇಖರ ಕಂಬಾರರವರು ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಆಗಮಿಸಿದ್ದರು. ಈ ಸುಸಂದರ್ಭದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಶಿಕ್ಷಕ ವೃಂದದವರಿಂದ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ, ರಾಷ್ಟ್ರಗೀತೆಯೊಂದಿಗೆ ಕಾರ್ಯಮಕ್ಕಳ ತೆರೆಯೆಳೆಯಲಾಯಿತು.

|| ಜೈ ಕನ್ನಡಾಂಭೆ ||





ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ





Ganesha Festival was celebrated on a simple and small scale but with great devotion at AIMS, B G Nagara.

Paramapoojya Mahaswamiji graced the occasion and offered prayers.

The ecofriendly idol was immersed amidst prayers and pooja.



FRESHERS' DAY

FRESHERS DAY



JNANA VIJNANA TANTRAJNANA MELA

Jnana Vijnana Tantrajana Mela kick started at Sri Kshetra Adichunchanagiri Mahasamsthana Mutt in the divine presence of Paramapoojya Jagadguru Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji.

The two day JVTM was inaugurated by Prof. K K Agarwal, Chairman, National Board of Accreditation, New Delhi

Adichunchanagiri Shakha Math Swamijis, Deputy Chief Minister of Karnataka, Dr C N Ashwath Narayan, Sri N Chaluvarayaswamy, Ex Minister, Dr T R Rajanna, Chief Designer, ARDC, HAL, Bengaluru, Dr S Chandrashekar Shetty, VC of ACU, Dr N S Ramegowda, CEO of SACST, Heads of Institutions, faculty, students and public participated in the event



JNANA VIJNANA TANTRAJNANA MELA



JNANA VIJNANA TANTRAJNANA MELA



Students of various schools, colleges including Engineering & Medical College of Adichunchanagiri Mutt participated in JVTM. JVTM was a tantalizing combination of high tech models with down to earth explanation.

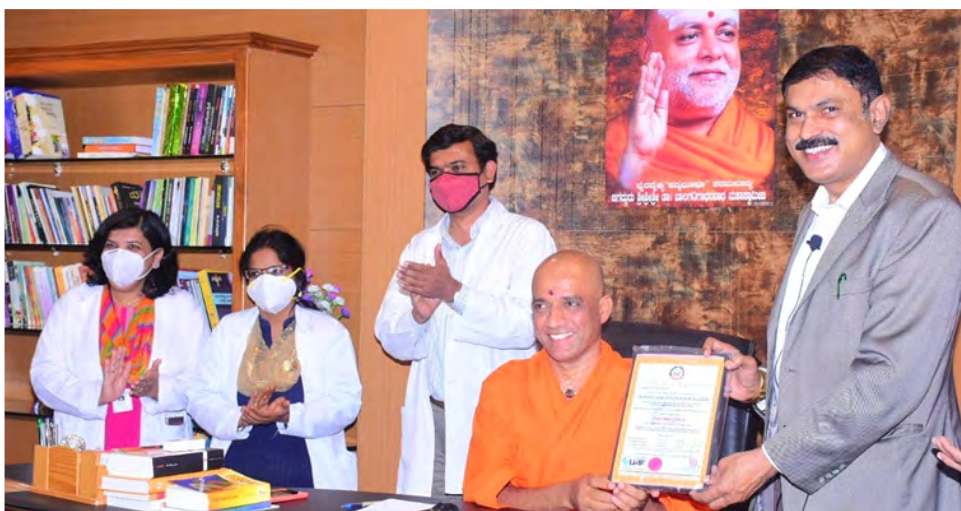
Most of the Models and Experiments were based on global village, farmer, food and electronic models and public awareness about diseases.

Overall JVTM achieved an appreciation for knowledge and beauty there by remembering the worlds of John Keats - "**A thing of beauty is a joy for ever**"



Release of " SATVA "

it is the compilation of all the activities of AIMS, NSS Unit.



ISO 9001: 2015 Certification for AIMS BEST Step Forward...
With the blessings of Paramapoojya Mahaswamiji, the Institution has cleared the first step of ISO 9001: 2015 Certification process successfully

CHIEF MINISTER IS AT ADICHUNCHANAGIRI UNIVERSITY



Dr S Chandrashekar Shetty Honourable VC of Adichunchanagiri University, Receiving Government School adoption Certificate from Hon' ble Chief Minister, Sri B. S. Yeddyurappa, on behalf of Hon'ble Chancellor.





WORD FOOD DAY CELEBRATION" AT AIMS



" National Nutritious Food Week "Program was inaugurated by Dr M G Shivaramu, Principal, AIMS. Smt Divya, ICDS Coordinator, Nagamangala, Dr Ingalageri, HOD of Community Medicine, Dr Sheetal, NSS Coordinator, Dr Shashikanth, NTEP Coordinator, Dr Raghavendra, Chief Administrative officer of RHTC,Bellur, faculty members, PG's, Anganawadi and Asha workers participated in the program.

Arogya Sudhe books, Masks and Sanitizers were distributed to Anganawadi and Asha workers.

World Aids Day



The Dept. of Community Medicine in association with Health NSG and NSS unit of ACN observed “World AIDS Day-2020” with the theme of “ENDING THE HIV/AIDS EPIDEMIC: RESILIENCE AND IMPACT” by organizing rally on 01.12.2020 at Bellur town, Nagamangala (TQ). The rally started from Community Health Centre. Dr. Raghavendra S K, Chief Medical officer, Prof. Dr. N V Muninarayanappa, Principal, College of Nsg were the chief guests on the occasion





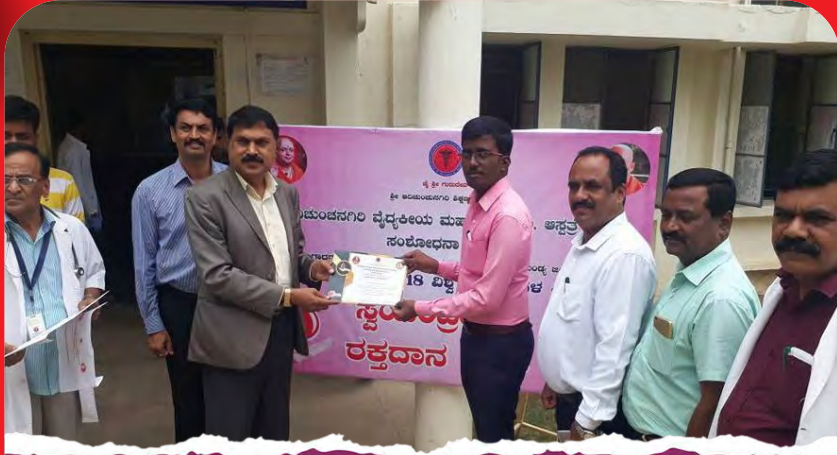
BLOOD DONOR DAY

" National Voluntary Blood Donation Day " celebrated at AIMS, B G NAGARA. The program was organized by AIMS Youth Red Cross Unit in association with AIMS NSS Unit & Department of Pathology.

Faculty members, Interns, students and NSS & YRC volunteers donated blood. They also created awareness about the usefulness of blood donation amongst the patients and public at AH & RC. Sweets and Certificates were distributed to voluntary blood donors.



BLOOD DONOR DAY



BLOOD DONOR DAY



BLOOD DONORS DAY



BLOOD DONORS DAY



WORLD DIABETES DAY



ONAM

Celebrated Onam with great pomp and fervor at AIMS, B G Nagara. Festival marked by fun and frolic with flowers, rangoli, diya and onam feast.



NATIONAL LIBRARIAN'S DAY

Birth Anniversary of Sri S R Ranganathan, father of
Library Sciences in India is celebrated as "
National Librarian's Day "



TEACHER'S DAY @ AIMS

AIMS Doctor's Club and AIMS Kannada Balaga organized a cultural event to mark Teachers Day celebrations. Event was marked by Puja, Prayers, Salutations to teachers, Songs, Skits, Fun games and many more. Faculty, Postgraduate students and Interns participated in the program.





**GAMES ORGANIZED BY STUDENT FOR STAFF
ON OCCATION OF TEACHERS DAY**

Children's Day

@ AIMS



Doctors Day @ AIMS

Doctor's Day celebrated at AIMS, B G Nagara with great pomp and fervor. AIMS Doctor's Club and AIMS Kannada Balaga jointly organized the event.





A REPORT ON **CME / WORKSHOPS / GUEST** **LECTURERS / WEBINARS** **AND OTHERS**

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



**ANNUAL STATE LEVEL CONFERENCE OF KARNATAKA ASSOCIATION
OF COMMUNITY HEALTH, KACHCON-2019 AT AIMS, B G NAGARA.**



**ANNUAL STATE LEVEL CONFERENCE OF KARNATAKA ASSOCIATION
OF COMMUNITY HEALTH, KACHCON-2019 AT AIMS, B G NAGARA.**



ANESTHESIA WORKSHOP



WORKSHOP ORGANIZED BY THE DEPARTMENT OF PATHOLOGY

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



AIDS/HIV AWARENESS PROGRAM @ AIMS



**AIDS/HIV AWARENESS PROGRAM AT BGSIT.
PRESENTED BY AIMS STAFF**



AIDS/HIV AWARENESS PROGRAM ' AT BGSIT

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



PARTICIPANTS STATE LEVEL BIOCHEMISTRY QUIZ PROGRAMME



**THE TEAM FROM KARNATAKA STATE HIGHER EDUCATION
COUNCIL GOVT. OF KARNATAKA HAS VISITED
ADICHUNCHANAGIRI UNIVERSITY BG NAGARA**



**GUEST LECTURE ORGANISED BY FORENSIC
MEDICINE**



FORENSIC STATE LEVEL CME

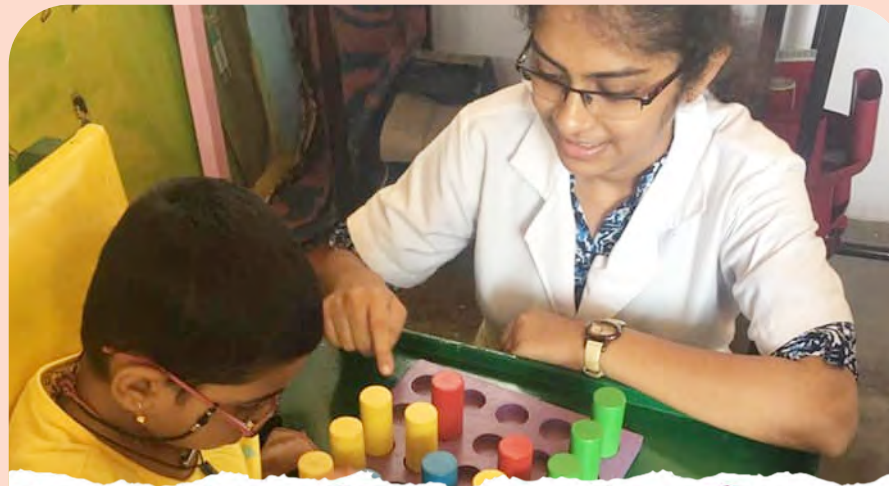
**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



**TEAM VISITS SPECIAL SCHOOL FOR
DIFFERENTLY ABLED CHILDREN**



**SPECIAL SCHOOL FOR DIFFERENTLY
ABLED CHILDREN**



**OUR TEAM WITH DIFFERENTLY ABLED
CHILDREN**

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



DR APJ ABDUL KALAM'S BIRTHDAY AND WORLD STUDENT DAY CELEBRATED AT AIMS, B G NAGARA



DR V V PILLAY, CHIEF, POISON CONTROL CENTER, AMRITA INSTITUTE OF MEDICAL SCIENCES VISITED AIMS



EC EXPOSURE WORKSHOP



RELEASE OF COLLEGE JOURNAL JMSH

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



STATE LEVEL BIOCHEMISTRY QUIZ PROGRAMME



STATE LEVEL BIOCHEMISTRY QUIZ PROGRAMME



STATE LEVEL BIOCHEMISTRY QUIZ PROGRAMME



**THE TEAM FROM KARNATAKA STATE HIGHER
EDUCATION COUNCIL GOVT. OF KARNATAKA HAS VISITED
ADICHUNCHANAGIRI UNIVERSITY BG NAGARA ON 6.12.2019**



STATE LEVEL BIOCHEMISTRY QUIZ PROGRAMME

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



Two-day workshop on Curriculum Implementation Support Program (CISP-II) was organised by the Medical Education Unit, AIMS under the guidance of St. Johns Medical College,

**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



An Orientation Programme was organized for the "MD/MS students of batch 2020" on 8th September 2020 by the Medical Education Unit.



**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



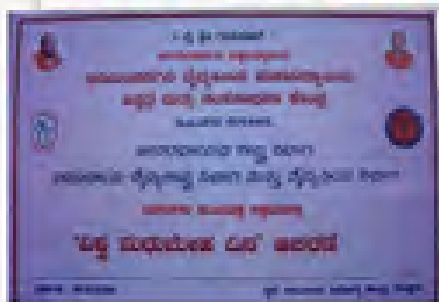
A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



Health Screening Machines were installed at Adichunchanagiri Hospital & Research Center, B G Nagara and Rural Health Training Center (RHTC), Bellur.

The machines can measure 23 parameters.

**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



World Diabetic Day celebration

**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



DIABETES AWARENES PROGRAMME



DIABETES AWARENES PROGRAMME



ACU RUNS FOR KERALA & KODAGU FLOODS



A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



Anemia Awareness programme for Anganwadi workers



School Health Awareness programme
At Government Higher Primary School, Chunchanahalli Organized by
Department of Community Medicine, AIMS



State level RNTCP Quiz finals- College round was organized by department of Community Medicine and RNTCP-AIMS at Adichunchanagiri Institute of Medical Sciences,

**A REPORT ON CME / WORKSHOPS
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EPIGNOSIS-4, a state level quiz in Biochemistry - 2019

**A REPORT ON CME / WORKSHOPS
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Department of Orthopedics organized a Guest Lecture on "Role of Radiology in Orthopedic Practice "



A workshop on Ilizarov external fixator was organised at JSS MEDICAL COLLEGE.
The workshop was attended by Chinese and Indian faculty.



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GUEST LECTURERS / WEBINARS AND OTHERS**



UG ORIENTATION PROGRAMME FOR 2018-19 BATCH

A REPORT ON CME / WORKSHOPS GUEST LECTURERS / WEBINARS AND OTHERS



Organizing team group photo



Organizing team with guest speaker & volunteers



Dr. Mangala Rao delivering the guest lecture



Students & faculty participating in active discussion

Guest lecture on **BASICS OF CLINICAL RESEARCH FOR UNDERGRADUATES** on 18th September 2019. The guest speaker for the program was Dr. Mangala Rao, Assistant Professor, Department of Pharmacology, St. John's Medical College, Bengaluru.

**A REPORT ON CME / WORKSHOPS
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Department of Biochemistry organized an extension activity for high school children of Sri Bhakthanatha Swamy High School on the topic "Awareness of Diabetes Mellitus and its prevention"

**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



Department of ENT organized a CME on " Thyro-AIMS "



Guest lecture on "Why are we in the middle of diabetic epidemic" organized by Medicine dept .



CME organized by the dept of Physiology.

DENTAL HEALTH CAMP AT NAGAMANGALA



**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



Active Case Finding – TB , K R Pet Tq, Mandya – Supervision and monitoring



Department of Plastic Surgery in association with Department of General Surgery conducted a CME on “Breast oncoreconstruction”.

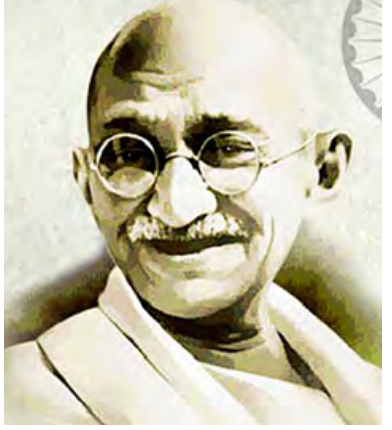
**A REPORT ON CME / WORKSHOPS
GUEST LECTURERS / WEBINARS AND OTHERS**



A guest lecture on "Etio-pathogenesis and laboratory diagnosis of Meningitis" was organized by Department of Microbiology



A national level Pharmacology quiz for undergraduates and interns was organized by Department of pharmacology.



Gandhi Jayanti *and* *Lal Bahadur Shastri Jayanti*



" Gandhi Jayanti " and " Lal Bahadur Shastri Jayanti " celebrated at AIMS, B G Nagara Event was marked by Puja, prayers, remembering the contributions of Gandhi and Shastri, distribution of prasadam.



ACHIEVERS



VOLLEY BALL TOURNAMENT WINNER










STATE LEVEL BIOCHEMISTRY QUIZ PROGRAMME WINNERS



**VOLLEY BALL RGUHS
MYSORE ZONAL LEVEL WINNER**

RGUHS POSTGRADUATE EXAMINATION OF JULY 2020 RANK LIST

Sl.No	NAME	SUBJECT	RANK SECURED
01	 DR.SANDHYA LAKSHMI MENON	MD ANAESTHESIOLOGY	I RANK & GOLD MEDAL
02	 DR.SHRUTHI R	MD ANAESTHESIOLOGY	2
03	 DR.PAVITHRA D	MD ANAESTHESIOLOGY	3
04	 DR.MITHILA RAVINDRANATH	MD DERMATOLOGY	6
05	 DR.SRIMEENAKSHIDEVI R	MD PAEDIATRICS	7
06	 DR.VANDANA SAI SIRISHA	MS OBG	8
07	 DR.SHWETHA G.R	MS OBG	10

ಆರೋಗ್ಯ ಸುಧೆ

ಲೇಖನಗಳ ಕಿರು ಒತ್ತಿಗೆ



ADICHUNCHANAGIRI UNIVERSITY

Estd. under ACU Act, 2012 (Karnataka Act No. 18 of 2013)
B G Nagara - 571448, Karnataka, India



ಆರೋಗ್ಯ ಸುಧೆ



|| ಜೈ ಶ್ರೀ ಗುರುದೇವ ||



ಆರೋಗ್ಯ ಸುಧೆ

ಲೇಖನಗಳ ಕಿರು ಒತ್ತಿಗೆ

ಅಭಿವೃದ್ಧಿಪರ ರಾಷ್ಟ್ರದಲ್ಲಿ ಆರೋಗ್ಯ ಕುರಿತಂತೆ ಹಲವಾರು ಸಮಸ್ಯೆಗಳಿವೆ. ಅಪೌಷ್ಟಿಕತೆ, ಸಾಂಕ್ರಾಮಿಕ ರೋಗಗಳು, ಕೊಳಕು, ಶುದ್ಧ ಕುಡಿಯುವ ನೀರಿನ ಕೊರತೆ, ಜನಸಂಖ್ಯಾ ಸ್ಫೋಟಗಳಿಂದಾಗಿ ಹಲವಾರು ರೋಗಗಳು ಇಂದು ವೈದ್ಯಕೀಯ ಜಗತ್ತಿಗೆ ಸವಾಲಾಗಿ ಪರಿಣಮಿಸಿವೆ. ಸಾರ್ವಜನಿಕ, ವೈಯಕ್ತಿಕ ಸಹಭಾಗಿತ್ವವಿದ್ದಲ್ಲಿ ರೋಗಗಳನ್ನು ತಹಬಂದಿಗೆ ತರಬಹುದು. ಸರಕಾರ, ವೈದ್ಯಕೀಯಕ್ಷೇತ್ರದ ಪರಿಣಿತರು, ಸಹವೈದ್ಯಕೀಯ ಸಿಬ್ಬಂದಿಗಳ ಪ್ರಯತ್ನವೂ ಅತ್ಯವಶ್ಯಕ. ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಸಾಮಾನ್ಯ ಕಾಯಿಲೆಗಳು, ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳ ಕುರಿತಂತೆ ಜನಸಾಮಾನ್ಯರಿಗೆ ತಿಳುವಳಿಕೆ ನೀಡುವ ಪ್ರಯತ್ನ ಈ ಕಿರುಹೊತ್ತಿಗೆಯ ರೂಪದಲ್ಲಿದೆ. ಕೆಲವು ಸಾಮಾನ್ಯ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ಸ್ಥೂಲ ಪರಿಚಯ ಮಾಡುವ ಪ್ರಯತ್ನ ಇದಾಗಿದೆ. ಉಪಚಾರ ವಿಧಾನಗಳನ್ನು ಗಹನವಾಗಿ ಚರ್ಚಿಸದೇ, ಪ್ರತಿಬಂಧಕ ಉಪಾಯಗಳು, ರಕ್ಷಣೋಪಾಯಗಳ ಬಗ್ಗೆ ಒತ್ತು ನೀಡಲಾಗಿದೆ. ಮಕ್ಕಳಲ್ಲಿ ಕಂಡುಬರುವ ಅತಿಸಾರ, ಟಾನ್ಸಿಲ್, ಅಪೆಂಡಿಸೈಟಿಸ್ ಕುರಿತಂತೆ ಲೇಖನಗಳು ಮೂಡಿಬಂದಿವೆ. ಸಾರ್ವಜನಿಕ ಆರೋಗ್ಯ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ತೀವ್ರ ಪರಿಣಾಮಗಳನ್ನು ಉಂಟುಮಾಡಬಲ್ಲ ಮಲೇರಿಯಾ, ಡೆಂಗ್ಯು ಜ್ವರ, ಚಿಕನ್ ಗುನ್ಯ ಮುಂತಾದವುಗಳ ಬಗ್ಗೆಯೂ ಮಾಹಿತಿ ಒಳಗೊಂಡಿದೆ. ಕೀಲುನೋವು, ಕೀಲು ಬದಲಾವಣೆ ಕುರಿತಂತೆ ಸತ್ಯ - ಮಿಥ್ಯಗಳ ಚರ್ಚೆಯೂ ಇಲ್ಲಿದೆ. ಥೈರಾಯ್ಡ್ ಸಮಸ್ಯೆ ಹಾಗೂ ರಕ್ತದಾನದ ಮಹತ್ವದ ಬಗ್ಗೆ ಹೆಚ್ಚಿನ ತಿಳುವಳಿಕೆ ನೀಡಲಾಗಿದೆ. ಒಟ್ಟಾರೆ ಜನ ಸಾಮಾನ್ಯರಿಗೆ ಆರೋಗ್ಯ ಶಿಕ್ಷಣದ ನೀಡುವ ನಿಟ್ಟಿನಲ್ಲಿ ಆದಿಚುಂಚನಗಿರಿ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯದ ವೈದ್ಯರುಗಳು ಹೊರತಂದಿರುವ ಹಲವು ಲೇಖನಗಳ ಕಿರು ಹೊತ್ತಿಗೆ 'ಆರೋಗ್ಯ ಸುಧೆ' ಬಹು ಉಪಯುಕ್ತ ಪುಸ್ತಕವಾಗಿರುತ್ತದೆ.

ART & LITRATURE BY



Students
and Staff

COUNT

For you think you are the seeker,
Always looking out,
For those wide eyed ghosts in the
shadows.

One, two and three
It seems so easy.
Wait,
Turn around,
Who was that lurking behind?
The bully from highschool?
Or the monsters down the ill- lit streets?

Four, five and six
Look away,
Close your eyes and begin again,
Nightmares flashing around?
Why would you suppress them?
For if you could paint the crimes outside,
In vibrant red,
Then the ones inside your head are a
dirty
white

.
Did you lose count?
But where's the time?
Before it even dawns on you,
Your head is banged to the wood,

And you don't know if you're drowning,
Or it's just the tasteless blood in your
mouth.
You feel the sharp teeth,
Like needles,
Piercing deep into your skin.
But there's no blood,
Cause they aren't there to just prey on
you.
Why would there be blood?
For they are dead inside.

Should we just sit down,
Amidst all the noise and candles,
And tally the graves we've built by
force?
And all the dreams,
Before they were realised,
While you were asked to walk this dark
highway
blindfolded?

But that's irrelevant,
For the steel bars locking up the
monsters,
Have broken down long back.
And like an aneurysm,
About to give away,
You are asked to hang on to the faded
crystals of hope.

Afraid and shameless,
With a soul that's forever running.

When are the unwanted smirks
And the provoking, going to stop?
When can you walk,
Instead of hurrying down the corridor of
burning out lamps?

When can you stop to admire
The Christmas lights in the distance?

Another story,
Another highlight of the night,
A lesson,
Of hope or despair?
You tell me.

VARSHA
MBBS Student



Dr.Padmanabha TS,
Assistant Professor,
Dept of Pharmacology, AIMS

THE GAME

It is all destined.
Your story is all written.
HE wrote it the day HE thought,
To send you to this beautiful place.
Here,
You meet people,
You are destined to meet them.
So they are.
You stay with them for a while.
You leave them,
Or probably,
They leave you.
Your meeting was destiny,
Your separation, fate.
But the meeting leaves something
behind.
The Bond.
The sweet and sour memories.
Even if you didn't capture every moment
with a camera.
Your eyes did,
And your brain stored it.
Forever!
It will be etched in your memory,
Like the etchings on a glass with a
sharp metal.
So, the game will continue.
Destiny will make you meet people,
And fate will separate them.
Until,
The glass breaks.

AAYUSHMA RAJ
MBBS Student

MOTHERLAND

I thank my mother.
For telling me,
To respect religions of other.
I am neither a Hindu, Muslim, Christian
nor a Sikhnee.

I tie sacred thread on my left hand.
I touch my forehead and kiss the
Dargah steps.
I wear the sacred kada that the Sikhs
wear.
I pray to Jesus as I belong to a Christian
school.

No, I am not a North Indian,
A South Indian neither.
Just an Indian,
Wanting to know when did our
Matribhoomi become so divided.

AAYUSHMA RAJ
MBBS Student



MISS. DEBJANI DAS,
MBBS Student

IN SEARCH

Look around there is pain.
People fret over everything in vain.

Some families have been lost.
Some pictures have acquired dust.

Some love is unrequited.
Some relations are unknitted.

Some wars have been fought.
Some diseases have been caught.

Some nations are being separated.
Some soldier's arrival is awaited.

Some young eyes have broken
dreams.

Some are emptying pot of ashes into
a stream.

Look around there is pain.
From endings of books,
Some happiness they want to gain.

AAYUSHMA RAJ
MBBS Student

THE WORLD SO FAR

Ladies and Gentlemen, presenting you 'The World'
The world which lies anonymous to us – Our World
Where love can't live without 'conditions apply'
Where victims perish while culprits enjoy
Where silence is considered a weakness
Where money is used to enslave happiness
Where breaking rules is called being awesome
Where 'I before you' is the source of venom
Where help comes with an expected return debt
Where 'trust no one' is a result of today's fate
This is the world where parasites we are
The world whose scars we've made so far
Remember that every act adds to the tale of sorrow
For we gift this world to those born tomorrow

MR.RAKSHITH.S,
MBBS Student



Dr.Padmanabha TS,
Assistant Professor,
Dept of Pharmacology, AIMS

WHY NOT ?

The Gods are angry, spread the word
'Our end is near', rustled the leaves
A tornado will soon come, was the rumour
And now they feared even the breeze

"It is time", said one as he drowned in the air
The rest followed and naked became the tree
But something was left behind, something still green
Holding on was a neonate, a leaflet, a she

They advised, argued and pleaded her to give up
Yet she refused and said, "Why not at least try?"
She was to create her own trail and let the world follow
She had one reason to live while they found excuses to die

Sure came the tornado, only to bow before the leaflet
And let the world suffer with regret as was their curse
Now she bathes in sunlight and shelters the dew
As she fought against the world; for her universe

MR.RAKSHITH.S,
MBBS Student



MISS. SARBASREE SAHA
MBBS Student

"KSHAMA"

Oh my god, here they come
The exams they come again..
To Make us all look like fools
The exams they've come again.....

"The skins so dry" said the dermat guy,
The opthal people have burning eyes..
And the ENT dont wanna hear about it
The exams they've come again..

Lets cut this crap the surgeons said,
And the psychiatrist in there cried,
"Oh my god thid this is crazy,
I don no what to do"
The exams they've come again.....

Dr M G Abhishek
Prof. Dept of Pathology



Dr Purushotham T S
Assistant Professor
Department of Plastic Surgery



Dr Padmanabha TS
Assistant Professor
Department of Pharmacology

ಕಂಬನಿ

ಪ್ರೀತಿಯ ಆ ದಿನಗಳ ನೆನೆಯಲು

ಸವಿನೆನಪುಗಳು ಮರುಕಳಿಸಲು

ಕಣ್ಣು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

ಕರುಳಬಳ್ಳಿಯನ್ನಿಡಿದೆನ್ನ ಕಂದ

ಕಣ್ಣುಗಳು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

ಆಡಿಕೊಂಡಿದ್ದ ಪುಟ್ಟಿ ಜ್ವರದಿ ನರಳುತಿರಲು

ಮಡಿಲಲ್ಲಿ ಮಲಗಿಸಿ ಚುಚ್ಚುಮದ್ದು ಕೊಡಿಸುತ್ತಿರಲು

ಕಣ್ಣುಗಳು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

ಆಟಪಾಠದಿ ಗೆದ್ದು ಮನೆ, ಶಾಲೆಯ ಕೀರ್ತಿ ಹೆಚ್ಚಿಸಲು

ವೇದಿಕೆಯ ಮೇಲೆ ನಿಂತು ಹೆತ್ತವರ ನೆನೆಯಲು

ಕಣ್ಣುಗಳು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

ಆಟಪಾಠದಿ ಗೆದ್ದು ಮನೆ, ಶಾಲೆಯ ಕೀರ್ತಿ ಹೆಚ್ಚಿಸಲು

ವೇದಿಕೆಯ ಮೇಲೆ ನಿಂತು ಹೆತ್ತವರ ನೆನೆಯಲು

ಕಣ್ಣುಗಳು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

ಮುದ್ದುಮಾಡಿದ ಹೆತ್ತವನ, ಅಪ್ಪನ ಪ್ರೀತಿಯ ನೆನೆದು

ಮಗಳು ಮದುವೆ ಮನೆಯಲಿ ಅಳುವ ತಡೆಯಲು

ಕಣ್ಣುಗಳು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

ವೃದ್ಧಾಪ್ಯ ಜೀವನದಿ ಮಡದಿಯೊಡನೆ ಕುಳಿತಿರಲು

ಈ ಎಲ್ಲಾ ನೆನಪುಗಳ ಮೆಲುಕು ಹಾಕುತಿರಲು

ಕಣ್ಣುಗಳು ತಾನಾಗಿಯೇ ತುಂಬಿಕೊಂಡವು.....

Dr. Vijay Shankar S.

Professor and HOD
Department of Pathology

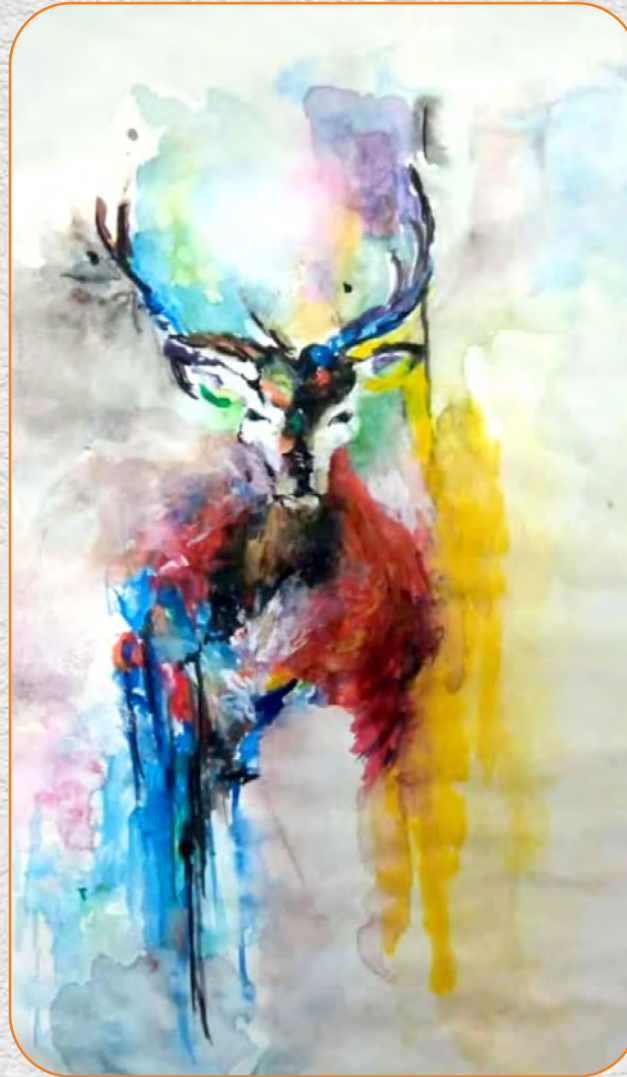


Dr Kusuma

Assistant Prof.
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MISS. SARBASREE SAHA
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MISS. AAYUSHMA RAJ,
MBBS Student



MISS. SARBASREE SAHA
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Dr. Padmanabha TS,
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Dr. Padmanabha TS,
Assistant Professor, Dept of Pharmacology, AIMS



Tarun Arjun
MBBS Student



Tarun Arjun
MBBS Student

Sri Kshetra
Adichunchanagiri



॥ ज्ञेयो इहो ब्रह्मपुत्र ॥

ADICHUNCHANAGIRI UNIVERSITY



ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

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