

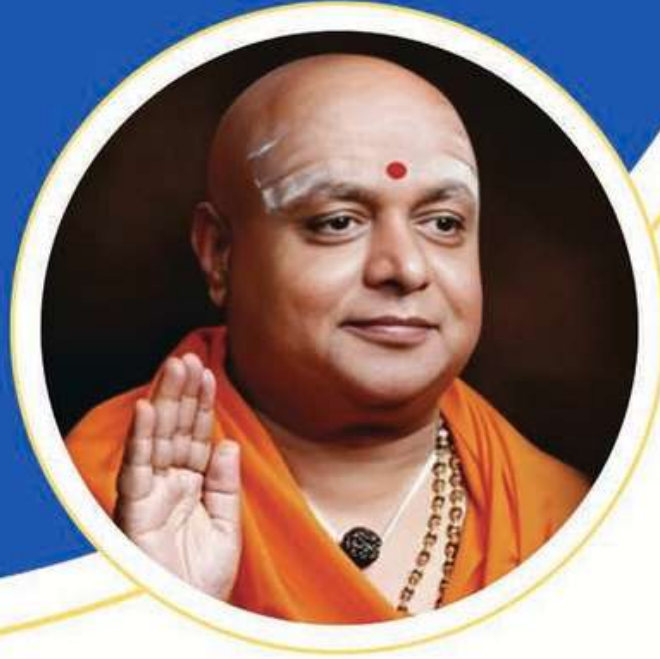
March 2026

news letter - DARPAN

Established in 1986 under the visionary leadership of Paramapoojya Padmabhushana Dr. Sri Sri Sri Balagangadharanatha Mahaswamiji at Javaranaahalli, Bellur (now BG Nagara), the Adichunchanagiri Institute of Medical Sciences (AIMS) was founded with the noble vision of providing quality medical education, especially to students from rural backgrounds. Guided by the Hon'ble Chancellor, Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, AIMS continues its legacy of excellence by offering comprehensive medical education that integrates advanced technology with a compassionate learning environment. With dedicated faculty, modern facilities, and a focus on critical thinking and lifelong learning, AIMS prepares its graduates to excel in the dynamic field of medicine. Additionally, the Adichunchanagiri Hospital and Research Centre, a 1,200-bed multi-specialty teaching hospital, provides students with invaluable hands-on clinical experience while delivering quality healthcare to the community



"EVERY ACHIEVEMENT IS A MILESTONE, EVERY PROGRAMME A STEP FORWARD, AND EVERY STUDENT SUCCESS A REFLECTION OF OUR SHARED COMMITMENT TO EXCELLENCE."



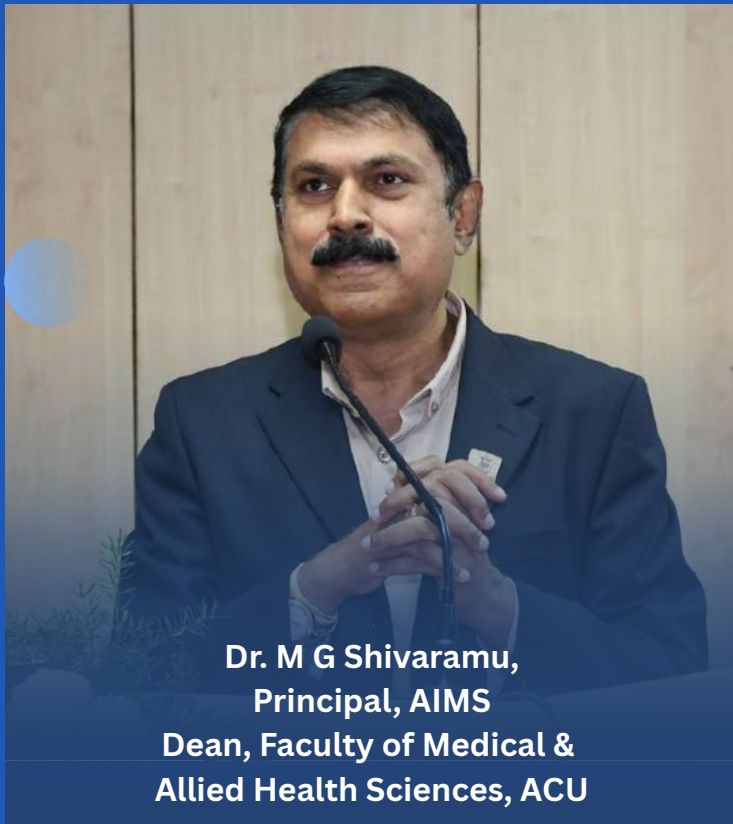
Paramapoojya Jagadguru Padmabhushana Puraskrutha
Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji
71st Pontiff, Sri Adichunchanagiri Mahasamsthana Math

“Live like a Butterfly... take the best
without destroying or hurting
anybody but giving pleasure to everyone”



His Holiness Jagadguru
Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji
72nd Pontiff, Sri Adichunchanagiri Mahasamsthana Math
Honorable Chancellor, Adichunchanagiri University

“To be a Great Medical Practitioner,
be a Good Listener”



Dr. M G Shivaramu,
Principal, AIMS
Dean, Faculty of Medical &
Allied Health Sciences, ACU

Message from Dean

AIMS stands as a distinguished institution committed to excellence in medical education and patient care. Established with a vision to nurture competent, compassionate, and socially responsible healthcare professionals, it upholds the highest standards of academic and clinical training. Recognized by the National Medical Commission (NMC) of India and a constituent college of Adichunchanagiri University (NAAC A+), AIMS has grown into a respected center for medical education, research, and healthcare. The campus features digitally enabled classrooms, well-equipped laboratories, a Research and Development Centre, and a central administrative block with an open-air stage. Its highlights include a centrally air-conditioned 2000-seat auditorium with advanced audio-visual systems and a modern Learning Resource Centre with extensive medical literature and dedicated study areas. The institution also offers a Skill Simulation Centre, Anatomy Museum, residential facilities, food court, banking services, and recreational spaces.

From Editors Desk

It gives me great pleasure to present DARPAN, the March 2026 Newsletter. The achievements and initiatives highlighted here reflect the dedication, innovation, and collaborative spirit that define Adichunchanagiri Institute of Medical Sciences (AIMS). I sincerely appreciate the faculty, students, and staff whose efforts continue to enhance the institution's prestige and academic standing. This edition reflects AIMS' commitment to excellence in medical education, research, and community service, reaffirming our mission to nurture healthcare professionals who are skilled, ethical, empathetic, and socially responsible, while inspiring continued dedication to academic excellence and compassionate service.



Dr. Aliya Nusrath
Vice Principal
AIMS, ACU

BRIDGING ANATOMY, HISTOLOGY AND EMBRYOLOGY – ALUMNI GUEST LECTURE

The Department of Anatomy, Adichunchanagiri Institute of Medical Sciences (AIMS), organized an Alumni Guest Lecture on “Thyroid Gland: An Integrated View of Anatomy, Histology and Embryology” on 4 March 2026 at Lecture Hall 1, AIMS. The session was delivered by Dr. Chandrashekar K. T. (MBBS – AIMS, 1989 Batch), Associate Professor of Anatomy, MMC&RI, Mysuru, and a distinguished alumnus of the institution.

Dr. Chandrashekar presented a comprehensive and integrated overview of the thyroid gland, effectively correlating its anatomical structure with histological features and embryological development. His clear explanations and clinical insights enhanced students’ understanding of the subject and emphasized the importance of integrating basic sciences in medical education. The lecture was highly engaging and interactive, inspiring students while also showcasing the meaningful contributions of alumni in strengthening academic excellence and institutional pride.



GLAUCOMA AWARENESS FORTNIGHT 2026: EDUCATIONAL SENSITIZATION PROGRAM ON EARLY DETECTION AND PREVENTION

The Department of Ophthalmology at AIMS, in association with the Karnataka Ophthalmic Society, organized an Educational Sensitization Program on 6th March 2026 from 9:30 AM to 1:00 PM at the Ophthalmology Seminar Hall as part of Glaucoma Awareness Fortnight. The program was attended by over 50 participants, including faculty, residents, and students, aiming to create awareness about glaucoma, its early diagnosis, and prevention of blindness.

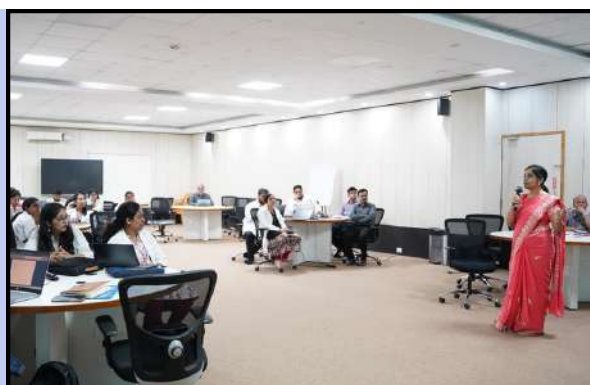
The session was conducted under the guidance of Dr. M. G. Shivaramu and Dr. Aliya Nusrath, and was graced by Dr. Niharika Shetty Krishna along with faculty members. Dr. Keerthi delivered an introductory talk on glaucoma, highlighting its clinical features and the importance of early detection.



Presentations highlighted diagnostic challenges and glaucoma burden, while the skit “Sight Today, Darkness Tomorrow” stressed early intervention. The program was appreciated for its informative and academically enriching approach, promoting glaucoma awareness.

EMPOWERING RESEARCHERS: HANDS-ON WORKSHOP ON ICMR GRANT APPLICATION

The Medical Education Unit (MEU) and Scientific Committee of Adichunchanagiri Institute of Medical Sciences (AIMS), B.G. Nagara, successfully organized a hands-on workshop titled "ICMR Grant Application: From Idea to Submission" on 3rd March 2026 at the MEU Hall. The workshop was designed to equip faculty members and researchers with comprehensive guidance on preparing a competitive ICMR extramural research proposal, covering every stage from conceptualizing a research idea to final submission through the ePMS portal. The resource persons included Dr. Deepa Bhat, Professor & Head, Department of Anatomy, JSS Medical College; Dr. D. M. Shilpa, Assistant Professor, School of Public Health, JSS Medical College; and Dr. Pooja Aggarwal, Senior Resident, JSS Medical College. They shared valuable practical insights on framing fundable research questions, defining clear objectives, selecting appropriate study designs, preparing realistic budgets, and addressing ethical and administrative requirements. The workshop featured interactive discussions and hands-on proposal writing sessions, fostering active participation and enabling faculty to strengthen their research planning and grant-writing skills.



WORKSHOP ON USG IN OBSTETRICS & BASIC GENETICS – A SUCCESSFUL ACADEMIC INITIATIVE

Advancing knowledge in Obstetric Ultrasound and Genetics for improved maternal and fetal care, the Department of Obstetrics & Gynaecology, Adichunchanagiri Institute of Medical Sciences (AIMS), in association with the Mandya Obstetrics and Gynaecological Society, conducted a Workshop on “USG in Obstetrics & Basic Genetics” on 6th March 2026 at GBC Auditorium, AIMS, B.G. Nagara, under the guidance of Dr. Mahendra G, Professor and Head of the Department. The programme was inaugurated by the Vice Principal, Dr. Aliya Nusrath.

The workshop featured expert lectures and live demonstrations by Dr. Sreelakshmi Kodandapani on NT Scan, Fetal Echocardiography, and Basic Genetics, including hands-on sessions on NT scan, fetal Doppler, and anomaly scan. An engaging talk by Dr. Ramesh Babu S, chaired by Dr. Mamatha K with support from Dr. Nirmala D, enriched the academic sessions. Organized by Dr. Mahendra G and Dr. Divya with the support of faculty members and postgraduate students, the workshop was a successful and valuable academic initiative.



GUEST LECTURE ON CARDIO-RESPIRATORY CHANGES IN PHYSICAL ACTIVITY

A Guest Lecture on “Heart and Lung Responses to Physical Activity” was organized by the Department of Physiology, Adichunchanagiri Institute of Medical Sciences, in association with the Indian Medical Association – Mandya Chapter, on 6th March 2026. The session saw participation from 257 attendees, including first-year MBBS students (2025-26 batch) and faculty.

The program began with an invocation by Ms. Sahana Prasad and Ms. Lekhana Gowda, followed by a welcome by Dr. Bhagyashree N and a keynote by Dr. Anand K. S. S., Head of the Department.



Dr. Sadiqua Begum, delivered an insightful talk on muscle metabolism, blood pressure changes, oxygen uptake, and physical activity guidelines.

The session concluded with a vote of thanks by Dr. Divyashree. Participants gave positive feedback, gaining better understanding of exercise physiology and the importance of a healthy lifestyle.

CELEBRATING STRENGTH AND SERVICE: INTERNATIONAL WOMEN'S DAY 2026 AT AIMS

The Women Empowerment Cell of Adichunchanagiri Institute of Medical Sciences (AIMS) organized an Institutional Guest Lecture on 11th March 2026 at Lecture Hall-1 to mark International Women's Day 2026. The three-hour program was attended by over 300 students, faculty members, and staff. The event aimed to recognize women's contributions to society and healthcare and to create awareness about breast cancer.



The program began with an invocation, followed by a welcome address and lighting of the lamp. The Chief Guest, Vijayalakshmi Deshmane, Padma Shri awardee, renowned Surgical Oncologist and former Director of Kidwai Memorial Institute of Oncology, delivered an insightful lecture on Breast Cancer Awareness, emphasizing early detection and timely treatment. She also inspired the audience by sharing her life journey.

The session concluded with an interactive discussion and vote of thanks, making the event a meaningful celebration of women's empowerment.

The lecture highlighted the importance of regular self-examination and screening practices in preventing advanced-stage breast cancer. Participants actively engaged in the discussion, raising queries related to risk factors and preventive strategies. The program reinforced the institution's commitment to promoting gender equality and women's health initiatives. Faculty members appreciated the relevance of the topic and the motivating address delivered by the Chief Guest.



Overall, the event served as an educational and inspirational platform, encouraging students and staff to contribute toward building a healthier and more empowered society.



AIMS HOSTS ORIENTATION PROGRAMME FOR NEWLY ADMITTED PG STUDENTS (2025-26)

The Medical Education Unit (MEU) of Adichunchanagiri Institute of Medical Sciences (AIMS) organized an Orientation Program for MD/MS Batch 2025-26 on 9th March 2026 at the BGS Global Broadcasting Centre, AIMS. The program was graced by Dr. S. N. Sridhara, Honourable Vice Chancellor, and Dr. M. G. Shivaramu, Principal and Dean, along with Vice-Principals, Dr. Aliya Nusrath & Dr. Ravi K S, the Chief Finance Officer of ACU, and MEU faculty members.



The program aimed to welcome the newly admitted postgraduate students and familiarize them with the institutional environment, academic structure, and professional expectations. Dignitaries highlighted the importance of discipline, ethics, and academic commitment in postgraduate training.



The orientation provided key information on curriculum, assessments, research requirements, and institutional policies, guiding students toward a focused and responsible academic journey at AIMS.



DENTAL HEALTH AWARENESS DRIVE WITH COMPLIMENTARY OPG X-RAY

On the occasion of Oral Health Day, the Department of Dentistry organized an "Oral Health Check-up and Awareness Camp with Free OPG X-ray" on 24.03.2026 at Adichunchanagiri Hospital & Research Centre (AHRC). The program aimed to educate the housekeeping staff about the importance of oral hygiene and to assess their oral health through free dental screenings. Dentists conducted thorough examinations to detect dental caries, gum diseases, and early signs of oral cancer, and provided personalized advice on maintaining good oral hygiene. Selected patients were offered free OPG X-ray services for further evaluation.



The objectives of the program were to create awareness about oral health, educate participants on common dental diseases & preventive measures, promote healthy oral habits, & provide free consultations. The event was successful in improving awareness and encouraging preventive dental care among the housekeeping staff, reflecting the department's continued commitment to community oral health.

"LIFE-SAVING SKILLS WORKSHOP FOR POSTGRADUATES: ACLS & BLS 2026"

The Departments of Anaesthesiology and Critical Care Medicine organized a four-day ACLS & BLS Workshop from 4th to 7th March 2026 at the AIMS GBC and Skill and Simulation Centre for 120 postgraduate students of the 2024 batch. The program aimed to strengthen knowledge, practical skills, teamwork, and patient safety in managing life-threatening emergencies.

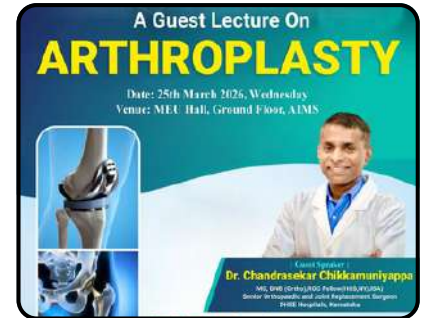
The first two days included theory sessions with a pre-test, interactive lectures on Adult and Pediatric BLS (including pregnancy), choking, opioid overdose, ACLS overview, stroke management, and ACLS algorithms. The final two days focused on hands-on simulation training in high-quality CPR, AED use, airway management, emergency drugs, and management of arrhythmias, cardiac arrest, and acute coronary syndromes. A post-test assessed knowledge gained. Overall, the workshop enhanced participants' competence and confidence in handling medical emergencies effectively.



CME GUEST LECTURE ON ADVANCES IN ARTHROPLASTY

The Department of Orthopaedics, AIMS & AHRC, conducted an institutional-level CME Guest Lecture on 25th March 2026 at the Medical Education Unit, AIMS, B.G. Nagara. The session on Arthroplasty was attended by 60 delegates, including postgraduate students and faculty members. The lecture focused on the principles of primary Total Knee Replacement (TKR) and revision hip arthroplasty, emphasizing preoperative planning, alignment, surgical decision-making, and outcome optimization.

It also compared conventional and advanced techniques and addressed complications and bone loss management. The session was interactive and academically enriching. Feedback from participants was highly positive, with many expressing the need for more frequent CMEs. Overall, the program was successful in enhancing knowledge and clinical understanding of Primary TKR and Revision Hip Arthroplasty.



WORLD KIDNEY DAY 2026 OBSERVANCE – PROMOTING ETHICAL ORGAN TRANSPLANT PRACTICES

The Department of Renal Sciences (Nephrology Team), AIMS, organized an Institutional Guest Lecture Programme on 28th March 2026 at the BGS Global Broadcasting Centre to mark World Kidney Day 2026. The event was attended by 125 delegates, including physicians, surgeons, anesthesiologists, postgraduate students, and renal sciences staff. The programme aimed to create awareness about Brain Death Declaration and its implications in organ transplantation.

Dr. Girish Babu Rao Kulkarni (MD, DM, MNAMS), Professor at NIMHANS, Bengaluru, delivered an informative lecture on brain death declaration, demand-supply mismatch in organ transplantation, international statistics, and the guidelines of NOTTO/SOTTO. An interactive session followed, with active participant engagement. The programme concluded with a vote of thanks and refreshments. Feedback was highly positive, and valuable suggestions were received to strengthen awareness and transplant-related initiatives.



AIKYAM - The Celebration of Indian Folklore

Vidhwatans Phase 2 MBBS students (Batch of 2024), organized AIKYAM, an Ethnic Day celebrating India's cultural diversity. Students participated in traditional attire, games, a cultural ramp walk, and a tug of war between the 2024 and 2025 batches. The event ended with an energetic DJ night, creating a vibrant campus atmosphere.



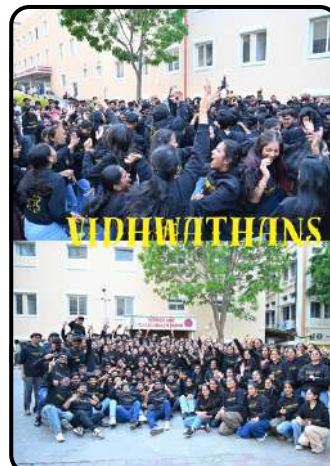
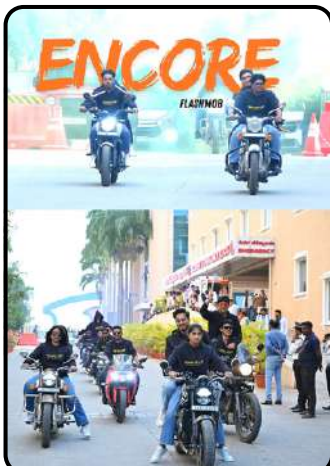
Lecture Hall Activities - MBBS Batch of 2025

The Vidhwatans conducted creative competitions including love letter writing, poster making, fabric painting, cooking without fire, and newspaper costume design. The program was graced by Vice Principal Dr. Aliya Nusrath, along with faculty members. Prizes were awarded for both on-stage and online events such as photography, reel making, meme creation, movie scene recreation, and talent shows, encouraging creativity and teamwork.



ENCORE - Flashmob at Freshers' Day 2026

On 12th March 2026, the Vidhwatans organized ENCORE, a lively flashmob at Adichunchanagiri Institute of Medical Sciences. The energetic performances and enthusiastic crowd participation made it a memorable celebration.



CULTURAL FESTIVALS 2026

CELESTIA - Hollywood Glam Freshers' Night

The grand Freshers' Night "Celestia," themed Hollywood Glam, featured a lively stand-up by Mr. Ganesh Kashyap that energized the audience. The MBBS Batch of 2025 impressed with dance, singing, and a ramp walk. The Mr. and Miss Fresher contest added excitement, with winners crowned. The event ended on a high note, fostering camaraderie and lasting memories.



SRI RAMA NAVAMI CELEBRATION AT AIMS

Sri Rama Navami was celebrated with devotion at Adichunchanagiri Institute of Medical Sciences. Faculty, students, and council members gathered in unity and reverence.

The celebration was blessed by Poojya Sri Sri Satkirthinatha Swamiji. Special puja and devotional songs created a peaceful atmosphere. The ideals of Lord Sri Rama—righteousness, truth, and compassion—were remembered. The program concluded with the distribution of prasadam to all.



HALF-YEARLY PH.D. RESEARCH PROGRESS REVIEW MEETING CONDUCTED BY IQAC-AIMS

The Half-Yearly Ph.D. Review Meeting was conducted by IQAC-AIMS to assess the progress of ongoing doctoral research. The meeting was attended by Dr. Prashanth Kalappa, Dr. Aliya Nusrath, all Ph.D. scholars, and their guides. Scholars presented their work, outlining achievements, challenges, and future plans.

The review committee offered constructive feedback and guidance to improve research quality and ensure timely completion. The session helped identify gaps, strengthened accountability, and reinforced continuous academic support for Ph.D. scholars at AIMS.



STATE-LEVEL WORKSHOP ON USG IN OBSTETRICS AND BASIC GENETICS

The Department of OBG conducted a State-level workshop titled "USG in Obstetrics and Basic Genetics" on 6th March 2026 at the GBC Auditorium, Mandya Institute of Medical Sciences, with 100 delegates in attendance. The programme aimed to enhance knowledge in obstetric ultrasonography, understand the basics of genetics in obstetrics, and promote improved maternal and fetal care through early diagnosis.



Dr. Sreelakshmi Kodandapani delivered expert lectures on the fundamentals of NT scan and basic genetics, along with live demonstrations of NT scan, fetal Doppler, and anomaly scan. Dr. Ramesh Babu S presented an engaging talk titled "Was It Noise Then? Is It Sound Now - A Bat's Eye View of Obstetrics." The workshop effectively bridged theory and clinical practice, benefiting postgraduate students and clinicians.

WORLD KIDNEY DAY 2026 – GUEST LECTURE PROGRAMME

The Department of Renal Sciences (Nephrology Team), AIMS, BG Nagara, organized a Guest Lecture Programme on 28th March 2026 at the BGS Global Broadcasting Centre to mark World Kidney Day 2026. The programme aimed to create awareness about Brain Death Declaration and its implications in organ transplantation. A total of 125 delegates, including Physicians, Surgeons, Anesthesiologists, Post-Graduate students, and Renal Sciences staff, attended the event.

The guest lecture was delivered by Dr. Girish Babu Rao Kulkarni (MD, DM, MNAMS), Professor at NIMHANS, Bengaluru. He explained the concept of brain death declaration, the demand-supply mismatch in organ transplantation, international statistics, and the clinical tests required for certification, along with NOTTO and SOTTO guidelines.



An interactive session followed, allowing participants to clarify their doubts. The programme concluded with a vote of thanks and high tea. Feedback was highly positive, and participants appreciated the informative session, which enhanced awareness about Brain Death Declaration and Transplant Implications.

BERA AND HEARING SCREENING OUTREACH PROGRAMME

The Department of Audiology and Speech-Language Pathology, along with the Department of ENT and Head & Neck Surgery and the NSS Unit, organized a Free Hearing Screening Programme to promote hearing health awareness and early detection.

BERA testing for infants and children was conducted from March 3-16, 2026, and screening was done for university drivers. The programme was publicized through posters and social media. Participants received results and counseling, with strict infection control and confidentiality maintained.



HEARTY CONGRATULATIONS DR. AMITA KRISHNAPPA & ALL RESEARCH INVESTIGATORS

Adichunchanagiri Institute of Medical Sciences (AIMS) congratulates Dr. Amita Krishnappa on receiving a ₹97.5 lakhs research grant from the Indian Council of Medical Research for the project "Insulin-Secreting Artificial Spheroids for Diabetic Management."

The institute also appreciates Dr. Naveen Y P and Prof. Prashantha Kalappa for their contributions.

This achievement reflects AIMS' strong commitment to research excellence.



AIMS FACULTY CONTRIBUTE TO CME ON PRACTICAL VESTIBULAR SCIENCES

Dr. Bhagyashree N., Professor of Physiology at AIMS, BG Nagara, served as a Resource Person.

She participated in the CME workshop held on 27th March 2026 at BGS Medical College and Hospital.

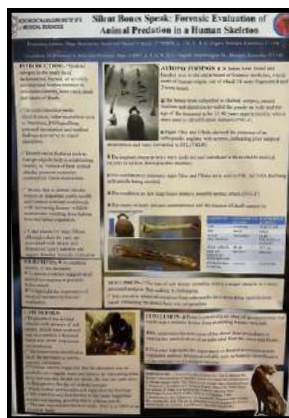
She delivered a lecture on emerging technologies in vestibular stimulation.



AIMS STUDENTS SHINE AT OPTIMUS 2026

Students of AIMS (Phase II MBBS, 2024 Batch) were recognized at OPTIMUS 2026 held at Sri Ramachandra Medical College, Chennai.

Mr. Nihar Dharmaraja Shadli and Mr. Yashas N Hegde presented their poster under the guidance of Dr. Chinmayi Y. Their participation strengthened research skills and confidence. The institution congratulates them for this achievement.

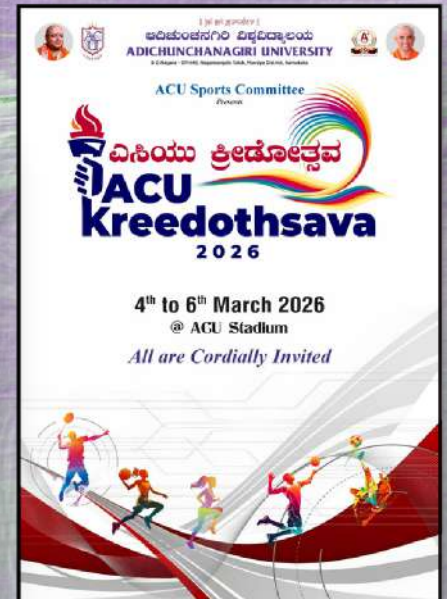
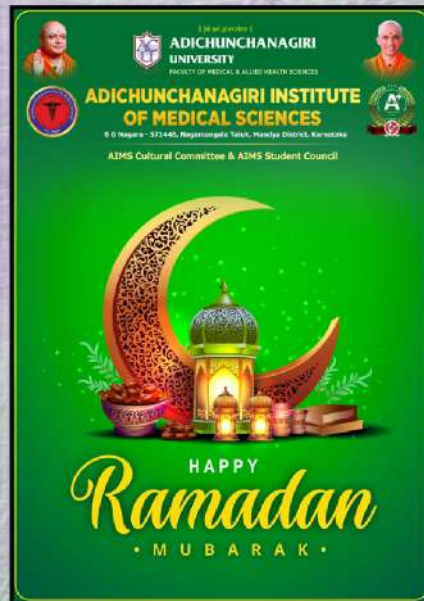
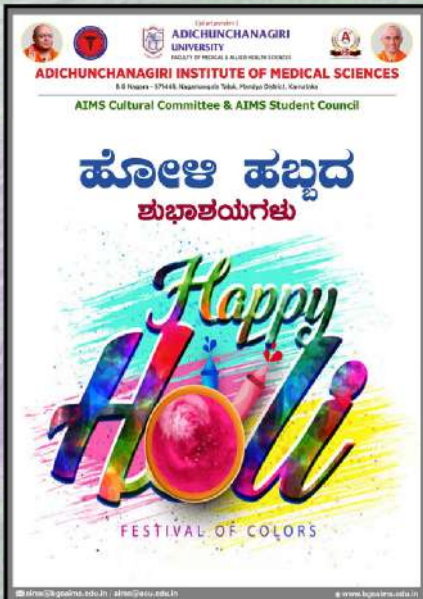
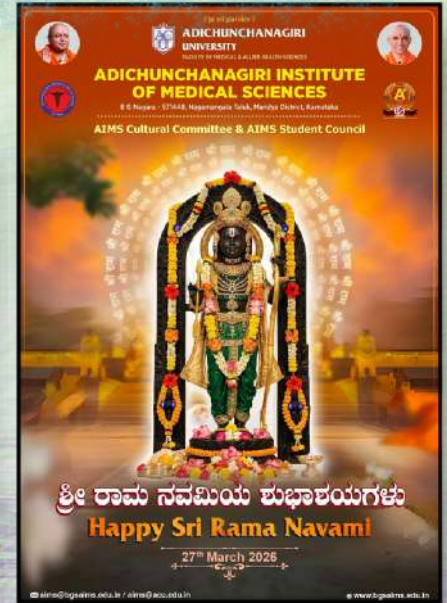
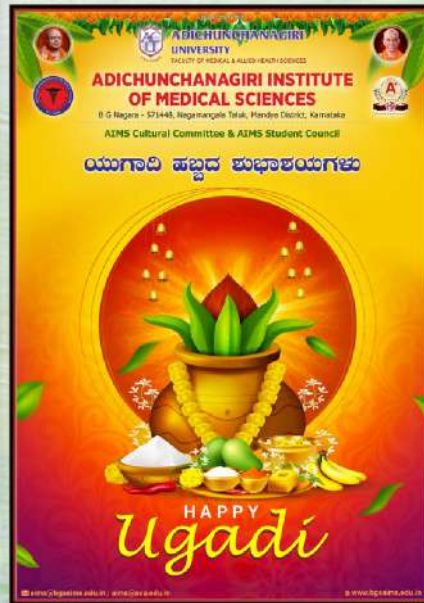
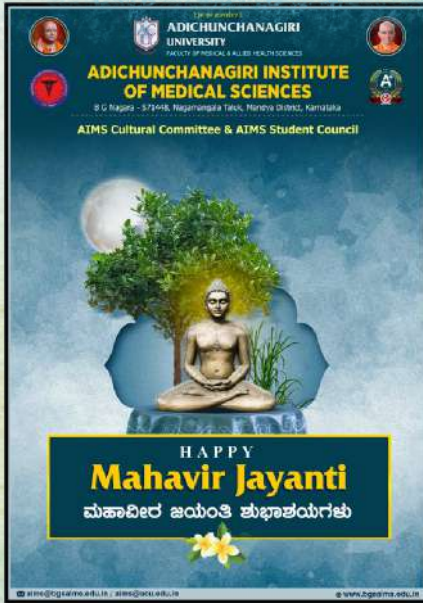


AIMS CELEBRATES MEDAL-WINNING FEAT IN SWIMMING CHAMPIONSHIPS

In swimming, Ms. Stuti S Hittur (II Year UG) won five medals—Silver in the 400m Freestyle and Bronze in the 50m, 100m, 25m Breaststroke, and 200m Freestyle events. Mr. Bhuvan H S Gowda also secured a Silver medal in the 400m Freestyle. AIMS congratulated all participants for their outstanding performance.



“March Festivities: Celebrating India's Diversity”



Compiled by

IQAC Team

Umesh.R Pavithra H.S

Yashvanth B.R