



ADICHUNCHANAGIRI
UNIVERSITY

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**FACULTY OF MEDICAL & ALLIED HEALTH SCIENCES
ADICHUNCHANAGIRI INSTITUTE OF MEDICAL
SCIENCES**



AIMS NEWSLETTER

OCTOBER 2025



Transformative Milestones at AIMS in October 2025

October 2025 marked a period of dynamic growth and achievement at Adichunchanagiri Institute of Medical Sciences (AIMS).

- **Comprehensive Induction & Orientation:** Welcomed new MBBS and Allied Health Sciences students with inspiring ceremonies, ethical oaths, and departmental introductions.
- **Faculty Development:** Enhanced teaching quality through outcome-based education workshops, focusing on assessment and curriculum alignment.
- **Student Excellence:** Students excelled in national and state-level competitions, earning recognition for academic and creative achievements.
- **Comprehensive outreach programmes** providing quality care and affordable services.
- **Campus Enrichment:** Infrastructure upgrades, including a new gym, promoted student wellness and holistic development.

These initiatives align with AIMS's commitment to academic excellence, student support, and infrastructure enrichment.

Adichunchanagiri Institute of Medical Sciences (AIMS)

Established in 1986 under the visionary leadership of Paramapoojya Padmabhushana Dr. Sri Sri Sri Balagangadharanatha Mahaswamiji at Javarana Halli, 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.



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"

Induction Programme for 1st Year MBBS & Allied Health Sciences Students – Batch 2025

The Adichunchanagiri Institute of Medical Sciences (AIMS) organized the Induction Programme for 1st Year MBBS and Allied Health Sciences students (Batch of 2025) on 24th October 2025 at 10:30 a.m. in the BGS Auditorium, Adichunchanagiri University Campus. The event marked a significant beginning for the new entrants, symbolizing their formal welcome into the medical and allied health sciences fraternity.

The programme was graced by Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Hon'ble Chancellor, Adichunchanagiri University; Dr. Sharan Prakash Patil, Hon'ble Minister for Skill Development, Entrepreneurship & Livelihood, Government of Karnataka (Chief Guest); Dr. S. N. Sridhara, Vice Chancellor, ACU; Dr. C. K. Subbaraya, Registrar; Dr. M. G. Shivaramu, Principal & Dean, AIMS; and Dr. K. M. Shivakumar, Chief of Hospital, AH&RC, and Medical Education, Dr. Nagesh N. S., Founder Director, Institute of Gastroenterology Sciences and Organ Transplant; Dr. Arundhathi Chandrasekhar, IAS, Commissioner, Panchayath Raj & Director, ANSSIRD; along with faculty members, students, and parents. Over 1,200 participants attended the event.

The programme commenced with the Naada Geethe, Veda Ghosha, and Invocation, followed by a warm Welcome Address by Dr. M. G. Shivaramu. The ceremonial lamp lighting symbolized knowledge and enlightenment. Dr. S. N. Sridhara delivered the Inaugural Address, motivating students to pursue medical education with sincerity and perseverance. Dr. K. M. Shivakumar administered the Hippocratic Oath, marking the students' formal induction into the noble medical profession.



The occasion also featured the release of AIMS publications — Journal of Medical Science and Health (Vol. 11, Issue 1), AIMS Panorama (Vol. 15, Issue 1), AIMS Compendium (Vol. 1, 15th Issue), and the AIMS Prospectus. During the programme, a felicitation ceremony to honor the distinguished alumni Dr. Nagesh N. S. and Dr. Arundhathi Chandrasekhar was conducted. Both alumni shared their inspiring journeys and emphasized the importance of values, dedication, and service.

NEET PG toppers — Dr. Thashwin Aiyaapa, Dr. Sree Thanvi Bathina, and Dr. Prajwal A. G. and UG NEET toppers newly admitted to AIMS were recognized while UG NEET toppers newly admitted to AIMS were recognized for their academic excellence. These sessions were moderated by Dr. Aliya Nusrath, Vice Principal, Dr. Ravi K. S., Vice Principal, Dr. Vijay Shankar S., Professor of Pathology and Dr. Tejaswi H. L., HOD of Anatomy,



In his address, Chief Guest Dr. Sharan Prakash Patil congratulated the new students and highlighted the government's ongoing initiatives to enhance medical education and healthcare access in Karnataka. The programme concluded with Ashirvachanam (blessings) from Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, a Vote of Thanks, and the National Anthem.



The event was highly appreciated by students, parents, and faculty for its well-structured organization, inspiring addresses, and spiritual atmosphere. It successfully oriented the new students to the values, vision, and academic expectations of AIMS, instilling in them a strong sense of professionalism, compassion, and commitment to the healthcare profession.

Beginning of the Medical Journey : Orientation-cum-White Coat Ceremony – MBBS Batch 2025–26

Organised by IQAC AIMS ,AND DEPARTMENT OF ANATOMY

The Orientation-cum-White Coat Ceremony for the Phase I MBBS students (Batch 2025– 26) was held on 6th October 2025 at the BGS Auditorium, marking the formal welcome of new entrants into the noble medical profession. The event commenced at 9:30 a.m. with an invocation, followed by a welcome address by Dr. Ajay N. Dignitaries in attendance included Dr. M. G. Shivaramu (Principal & Dean), Dr. K. M. Shivkumar (Chief, AHRC), Dr. Aliya Nusrath (Vice Principal & IQAC Coordinator), Dr. Ravi K. S (Deputy Chief, AHRC), and Sri Umesh B. K (CFO-ACU & Registrar). The ceremony witnessed enthusiastic participation from nearly 250 students, 1,000 parents, and 50 faculty members.

In his keynote address, Dr. M. G. Shivaramu highlighted the importance of professionalism, discipline, and parental support. Dr. Aliya Nusrath oriented students on the MBBS curriculum and core values of ethics and dedication, while Dr. Alex Bhanu spoke about the symbolism of the white coat as a representation of purity, empathy, and responsibility. The highlight of the event was the White Coat Donning Ceremony, marking the students' official entry into the medical fraternity. Parents and students expressed pride and joy as the faculty encouraged them to uphold compassion and integrity in their journey ahead.



The program concluded with a vote of thanks and the National Anthem. Feedback was collected through Google Forms for continuous improvement. The ceremony successfully instilled a sense of professional identity and responsibility among the budding doctors, with suggestions to include an oath-taking ceremony and mentorship sessions in future editions.



“World Food Day ”

The Department of Biochemistry, AIMS, organized a department-level awareness programme titled “NutriVision: Poster Making Competition” on 28th October 2025 at the Biochemistry Practical Hall to mark World Food Day. The theme, “Hand in Hand for Better Foods and a Better Future,” highlighted the importance of balanced nutrition, sustainable food practices, and creative scientific expression. A total of 15 teams participated, presenting informative and visually appealing posters. The entries were judged by Dr. Ajay N and Dr. Raghavendra S. K. based on theme relevance, creativity, content, and presentation. First, Second, and Third Prizes were awarded to the best posters.

The programme encouraged teamwork, creativity, and awareness of global nutrition goals. The Department expressed gratitude to Dr. M. G. Shivaramu, Principal & Dean, and Dr. Aliya Nusrath, Professor & Head, for their constant support. The event concluded with appreciation for the enthusiastic participation of students and valuable feedback from judges.



Cadaveric Oath Ceremony – Phase I MBBS Batch 2025–26

The Department of Anatomy, AIMS, conducted the Cadaveric Oath Ceremony on 08 October 2025 under AETCOM Module 1.5 – “The Cadaver as Our First Teacher.” The session began with insights on the importance of ethics in anatomy learning. Dr. Sharada B. M. administered the Cadaveric Oath, followed by an inspiring address by Dr. M. G. Shivaramu, Principal & Dean, who highlighted the noble contribution of body donors and the professional responsibilities of medical students.

Faculty emphasized empathy, respect, and ethical conduct, while students expressed gratitude and a deeper sense of responsibility. The event concluded with a vote of thanks, marking a meaningful start to their medical journey.



Orientation Programme for AHS & BPT Students – 2025

The Adichunchanagiri School of Allied Health Sciences (ASAHS) organized the Orientation Programme for newly admitted Allied Health Sciences (AHS) and Bachelor of Physiotherapy (BPT) students on 17th September 2025 from 2:15 p.m. to 4:00 p.m. at the GBC Hall, AIMS. The event aimed to familiarize students with the academic structure, curriculum, and institutional values of Adichunchanagiri University, while nurturing professionalism, ethical conduct, and responsibility among new entrants.



The programme was graced by Dr. M. G. Shivaramu, Principal & Dean; Dr. Aliya Nusrath, Vice Principal; Dr. Namitha D, Chief Programme Officer, ASAHS; Dr. Nagendrappa M. S., Professor & Head, Physiotherapy; and Dr. Vijay Kumar, Associate Professor, Clinical Laboratory Physiology, along with faculty members from the Departments of Physiotherapy and Clinical Psychology.

The event began with the watering of the Tulsi plant, symbolizing purity, growth, and the beginning of a meaningful academic journey. In his keynote, Dr. M.G. Shivaramu encouraged students to pursue their studies with discipline, empathy, and dedication, highlighting the nobility of healthcare professions. Dr. Aliya Nusrath spoke on the "Roles and Responsibilities of Students in Professional Courses," stressing the importance of teamwork, academic integrity, and compassion in learning. Dr. Namitha D gave an overview of the AHS curriculum and evaluation methods, while Dr. Nagendrappa M. S. and Dr. Vijay Kumar emphasized the value of clinical exposure, hands-on training, and holistic professional development.



The event concluded with an interactive session, where students engaged with faculty and clarified academic and professional queries, followed by a vote of thanks. The programme received positive feedback from students, who described it as informative, motivational, and well-structured, helping them feel connected and prepared to embark on their professional journey with clarity and confidence.

Faculty Development Programme

Faculty Development Programme on Outcome-Based Medical Education

Faculty Development Programme (FDP) on Outcome-Based Medical Education was conducted on 10th October 2025 by the Internal Quality Assurance Cell (IQAC) and Medical Education Unit (MEU) at the BGS – Global Broadcasting Center, AIMS.

The programme aimed to strengthen faculty understanding of Outcome-Based Education (OBE), Miller's Pyramid, and competency-based assessment methods. More than 100 faculty members from pre-clinical, para-clinical, and clinical departments actively participated in the event.

The FDP was graced by the Hon'ble Vice-Chancellor, Dr. S. N. Sridhara, along with Dr. M. G. Shivaramu, Principal and Dean, Faculty of Medical and Allied Health Sciences. In the first session, Dr. S. N. Sridhara delivered an insightful lecture on the philosophy and evolution of OBE, elaborating on Bloom's Taxonomy and Miller's Pyramid as structured frameworks for evaluating learner competence.

The second session was led by Dr. Aliya Nusrath, Vice Principal, who discussed assessment principles, blueprinting, and designing valid and reliable evaluation tools. The sessions were interactive, encouraging faculty participation, group reflection, and sharing of teaching-learning experiences. Participants gained practical insights on aligning curriculum outcomes, teaching-learning strategies, and assessments in line with NMC guidelines. The FDP enhanced faculty competence, strengthened student-centered learning approaches, and promoted a culture of continuous quality improvement in medical education.

The programme concluded successfully, reaffirming AIMS's commitment to academic excellence and outcome-based medical training.



Cultural Event

Ayudha Pooja

AIMS College, along with various departments, AHRC, and the Central Laboratory, celebrated Ayudha Pooja and Vijayadashami with devotion on 1st October 2025. The campus was adorned with flowers, rangoli, and traditional décor, creating a vibrant festive atmosphere.

Poojas and rituals were performed seeking blessings for peace, prosperity, and success in academics and healthcare services. Dignitaries from ACU, the Dean of AIMS, CoH of AHRC, Vice Principal, Deputy CoH, Registrar, faculty, and staff participated in the ceremonies and extended festive greetings.

The event included cultural programs such as bhajans, traditional music, and devotional performances, fostering unity and joy among the AIMS community. Prasadam was distributed to all attendees, symbolizing gratitude and divine blessings. The celebration strengthened institutional bonding and promoted cultural values across the campus.



Inauguration of Infrastructure

AIMS Boys Hostel Gym Inauguration

The AIMS Boys Hostel, B.G. Nagara, inaugurated its newly established gym facility on 06th October 2025 at the AIMS New Boys Hostel. The inauguration was carried out by Poojya Sri Saytakeerthinatha Swamiji in the presence of dignitaries including Hon'ble Vice-Chancellor Dr. S. N. Sridhara, Dr. Subbaraya, Registrar ACU, Dr. M. G. Shivaramu, Principal & Dean, AIMS, and Mr. B. K. Umesh, Registrar AIMS. The event began with the traditional ribbon-cutting ceremony and blessings by the distinguished guests.

The facility aims to support students in maintaining physical fitness, mental well-being, and stress management alongside their academic routine. The initiative also seeks to build a culture of discipline, motivation, and healthy habits among hostel residents. The inauguration successfully marked a new milestone in fostering student wellness, recreation, and campus life enhancement at AIMS.



Workshop on “Respectful Maternity Care”

The Department of Obstetrics & Gynaecology, AIMS, B.G. Nagara, in collaboration with the AASTRIKA Foundation, conducted a 4-day workshop on “Respectful Maternity Care” from 13th–16th October 2025 at the AIMS Skill Lab. The program was inaugurated by Dr. Shivaramu G, Principal & Dean, ACU, followed by remarks from Dr. Mahendra G, Professor & Head, Department of OBG, who emphasized the importance of dignified and mother-centric care.



Expert trainers from AASTRIKA Foundation — Ms. Sarah Jane Coxon, Ms. Jayanthi Gopal, Ms. Mary Christinal M, and Ms. Eathal Zechariah — delivered sessions focusing on dignity, privacy, autonomy, empathy, and emotional support during childbirth.

The workshop included interactive demonstrations, communication training, role-plays, and practical strategies to prevent disrespect and abuse in maternity care. Over 130 participants, including doctors, postgraduates, house surgeons, nursing faculty and students, security staff, and Group-D workers, actively took part. The sessions were well-received, with participants appreciating hands-on learning and real-life case discussions. The initiative significantly strengthened awareness on ethical maternity practices and empowered healthcare staff to ensure respectful, safe, and compassionate childbirth services. Overall, the workshop reinforced AIMS’ commitment to delivering humane and high-quality maternity care for every mother and newborn.

CME on “Hip Joint Osteoarthritis & Live Demonstration of Total Hip Replacement (THR)”

The Department of Orthopaedics, AIMS, in collaboration with AHRC, organized a CME on “Hip Joint Osteoarthritis & Live Demonstration of Total Hip Replacement (THR)” on 14th October 2025 at the BGS Global Broadcasting Centre, AIMS. The event aimed to educate participants on the direct anterior approach for THR and featured a live surgical demonstration followed by expert lectures. Dr. Arun M. Swamy from SPARSH Hospital, Bengaluru, delivered an insightful session, while Dr. Vijay and Dr. Madhukesh Rudramurthy from JSSMC discussed preoperative evaluation, planning, and complications of THR. Dr. Mahesh D. V., Professor and Head, Department of Orthopaedics, AIMS, provided an overview of best practices in managing hip joint osteoarthritis. The CME drew 150 participants, including faculty, postgraduates, and delegates, and received excellent feedback for its academic value, interactive sessions, and practical demonstrations.



CME on Evidence-Based Nutrition(EBN)

The 42nd Continuing Medical Education (CME) on Evidence-Based Nutrition (EBN) was conducted on 8th October 2025 at Lecture Hall-1, Adichunchanagiri Institute of Medical Sciences (AIMS). The event was jointly organized by the Departments of Community Medicine and Biochemistry in collaboration with the Physician Association for Nutrition (PAN). The programme was graced by Dr. M. G. Shivaramu, Dean & Principal, along with senior faculty members including Dr. Shilpashree, Dr. Rajeshwari A, Dr. Shashikiran M, and Dr. Raghavendra S. K, along with faculty from both organizing departments. The CME aimed to strengthen clinical knowledge on nutrition in lifestyle-related diseases, promote evidence-based dietary interventions, and encourage collaborative learning among healthcare professionals.



Key scientific sessions included “Role of Gut in Enhancing Immunity” by Dr. B. Harish Kumar, “Secrets of Longevity” by Dr. Narasimhaiah Srinivasaiah, and “Safety of Edible Oils in India – An Evidence-Based Approach” by Dr. Harsha Kumar H. N.

The academic program also featured a case presentation by Dr. Bhoomika, Postgraduate, Department of Pediatrics, followed by a Nutrition Quiz for Phase III Part I MBBS students. The sessions provided practical insights into integrating nutrition with clinical practice, especially in managing cardiovascular, metabolic, and lifestyle disorders. Over 270 delegates, including faculty, postgraduate, and undergraduate students, actively participated in the CME. Participants appreciated the relevance of the topics and gained updated knowledge on global nutrition research and clinical applications.



The event concluded with a valedictory session, marking a successful academic exchange and strengthening the association between PAN India and AIMS in advancing nutrition-focused medical education. Overall, the program enhanced awareness on evidence-based nutrition and encouraged sustainable dietary practices in line with modern medical guidelines.

Student Development Programme

CME titled Breaking Barriers with Caring Communication

A National Level CME titled “Breaking Barriers with Caring Communication” was organized by the Department of ENT & HNS, AIMS, B.G. Nagara on 9th October 2025 to mark the international Deaf Day. The event aimed to strengthen empathetic and effective communication in ENT practice, enhancing patient understanding and satisfaction. The programme saw the participation of around 140 undergraduate students and 20+ faculty members, including senior and junior residents. The CME began with a **poster competition** where students showcased posters with the theme “No Human Rights Without Sign Language Rights.”



Expert speakers Mrs. Lakshmi H.P and Mrs. Bhavya K.A from Jnana Vikasa School, Pandavapura, delivered insightful sessions on communicating with children with hearing and speech impairments. They emphasized simple language, empathy, and family counselling, particularly in cases involving consanguineous marriages and genetic risks. Participants received an **introductory training in sign language, including basic gestures, lip-reading cues, and clinical communication phrases**. The sessions encouraged compassionate patient interaction and bridging communication barriers in ENT care. Feedback highlighted the usefulness of **interactive posters, skits, and real-life role-play scenarios**, which made learning practical and engaging. Overall, the CME strengthened awareness of inclusive, patient-focused communication, fostering improved teamwork, trust-building, and holistic care in clinical ENT practice.



Orientation Programme

Orientation Programme for 1st MBBS



The Department of Biochemistry, AIMS held the UG Orientation for the 1st MBBS batch (2025-26) on 07 October 2025,



Department of Community Medicine, with the Student Support Cell, conducted the Orientation Programme on 07 October 2025,



The Department of Physiology, AIMS held the Orientation Programme on 08 October 2025,

Orientation Programme for 2nd MBBS



Department of Pharmacology
MBBS Phase-II, Batch 2024-25
Undergraduate Orientation
Program – 8th October 2025

**MBBS Phase-II
Batch 2024-25
Classes commenced
from 8th October**



DEPARTMENT OF PATHOLOGY MBBS
Phase-II, Batch 2024-25
Undergraduate Orientation Program
– 8th October 2025



Department of Microbiology MBBS Phase-II, Batch 2024-25
Undergraduate Orientation Program – 9th October 2025

National Unity Day 2025 Celebration

The NSS Units 1 and 2 of AIMS, along with the AIMS Student Support Cell and IQAC, organized the National Unity Day 2025 celebration on 31st October at Lecture Hall-1 to mark the 150th Birth Anniversary of Sardar Vallabhbhai Patel. The program began with a welcome note highlighting the theme "Unity in Diversity." It was attended by Dr. Aliya Nusrath, Vice Principal; Dr. Raghavendra S. K., Head of Community Medicine; NSS Programme Officers Dr. Varsha G and Dr. Madhura M. M.; faculty; postgraduates; and 300 MBBS Phase I & II students.

Dr. Aliya Nusrath administered the National Unity Pledge and addressed the gathering on the importance of unity and the youth's role in maintaining national harmony. The event concluded with a vote of thanks. Participants shared positive feedback, and the celebration promoted a strong sense of unity and patriotism among students and faculty.



World Anaesthesia day

The Department of Anaesthesiology, AIMS, celebrated World Anaesthesia Day on 18th October 2025 at GBC Hall, BG Nagara, with 100 faculty members, postgraduates, and clinicians in attendance. The event began with an invocation song by Ms. Ananya, followed by a welcome address by Dr. Chethanananda T. N., Professor and Head, who highlighted the historical significance of the first public demonstration of ether anaesthesia by Dr. William T. G. Morton in 1846. A ceremonial watering of plants symbolized growth and healing. The sessions were informative and interactive, emphasizing the evolving role of anaesthesiologists in modern medicine. The programme concluded successfully with positive feedback from participants, who appreciated its inspiring and educational nature.



World Students' Day Celebration 2025

Comemorative Day to mark the Birth Anniverseray of Dr. APJ Abdul Kalam

The AIMS Student Support Cell, in association with the Student Council, NSS Unit, and IQAC, organized the Students' Day Celebration on 30th October 2025 at Lecture Hall-1, AIMS, to commemorate the birth anniversary of Dr. A. P. J. Abdul Kalam. The event was graced by Dr. M. G. Shivaramu, Principal and Dean, Dr. Aliya Nusrath, Vice Principal Dr Kusuma and Dr Varsha. Highlights included a keynote address on Dr. Kalam's values, a panel discussion on "Dreams to Destination — Alumni Reflections on NEET-PG," and interphase competitions such as creative writing and debate.



Alumni shared valuable insights on NEET-PG preparation, while winners received cash prizes and certificates.

The programme was moderated by Mr. Varun Kashyap, Secretary and Mr. Ravindra R. S., President, Student Council AIMS. The celebration inspired students to uphold Dr. Kalam's ideals of discipline, innovation, and compassion, fostering motivation, creativity, and teamwork.



World Mental Health Day

World Mental Health Day 2025 was observed through a series of impactful programmes organized jointly by the Department of Psychiatry and the Department of Clinical Psychology, AIMS, aiming to promote mental health awareness, resilience, behavioural understanding, and emotional well-being among medical students, school students, and staff.

On 8th October 2025, the Department of Psychiatry conducted an Inter-University Guest Lecture at Lecture Hall-2, AIMS, attended by 280 delegates, including faculty, undergraduate, and postgraduate medical students. The invited speaker, Dr. Raveesh B. N, delivered a keynote address on the theme "Access to Services: Mental Health in Catastrophes and Emergencies." The session highlighted the psychological impact of disasters, the need for preparedness, the importance of psychosocial support, and intersectoral collaboration during crises. The event began with an inaugural session led by faculty and residents, followed by a detailed introduction of the speaker. Participants appreciated the lecture for being intellectually enriching, motivating, and reinforcing the responsibility of healthcare professionals in disaster psychiatry.

Following this, on 16th October 2025, the Department of Clinical Psychology organized two major Institutional-Level Mental Health Awareness Programmes at Sri Kshetra Adichunchanagiri Mutt, engaging nearly 1200 high school and PU students along with school staff. The sessions were conducted by expert resource persons who addressed crucial topics such as child mental health issues, academic challenges, behavioural disorders (ADHD, Conduct Disorder, LD), addictions, anger and aggression management, impulse control, and the importance of personal hygiene. Special demonstrations were provided on coping mechanisms like the pause-breath technique and box breathing (4-2-4) to help students manage stress, anxiety, and emotional regulation. Additional discussions on menstrual hygiene were included for girls, providing practical guidance. Students also performed role plays portraying real-life behavioural situations such as conflict handling, emotional control, and safety awareness, especially highlighting good touch and bad touch.

Feedback collected informally from both students and faculty across all events reflected high enthusiasm, active participation, and a strong appreciation for the practical and interactive nature of the sessions. Faculty members commended the clarity, quality, and organization of the programmes.

Overall, the merged events successfully created widespread awareness, strengthened emotional resilience, improved behavioural understanding, and encouraged students to adopt positive mental health practices. The observance of World Mental Health Day 2025 thus reaffirmed AIMS's commitment to mental well-being as a shared social and educational responsibility.



World Sight Day Programme

The Department of Ophthalmology, AIMS, in association with the Karnataka Ophthalmic Society, organized an educational programme on World Sight Day on 10th October 2025 at the Ophthalmology Seminar Hall. The event focused on regular screening and eye-health awareness for the geriatric group and MBBS students, with over 60 participants.

Guided by Dr. Niharika Shetty Krishna (HOD), along with Dr. D. N. Prakash and Dr. Srinivas, the programme included a role-play by DOT students, highlighting eye hygiene and screening for Diabetic Retinopathy, Glaucoma, and ARMD. Ms. Rochana presented on post-operative eye hygiene, and Pynshailang discussed Digital Eye Strain Syndrome and preventive measures.

The event concluded with prize distribution by the HOD, and participants appreciated the informative and practical sessions on promoting better eye health.



Free Thalassemia Screening Camp & Guest Lecture

The Department of Pediatrics, AIMS, in collaboration with Sparsh Hospital, Bangalore, organized a Free Thalassemia Screening Camp and Guest Lecture on 16 October 2025 at the BGS Global Broadcasting Center, AIMS, with 200 participants.

The event was inaugurated by Dr. M. G. Shivaramu, who stressed early detection and genetic counseling. Dr. K. M. Shivakumar and Dr. K. B. Mahendrappa highlighted the growing Thalassemia burden in India and the importance of regular screening and prevention.



The DKMS Foundation team explained HLA typing and stem cell donation, conducting free HLA tests for children with Thalassemia. Dr. Anand Kumar delivered a focused lecture on managing childhood thrombocytopenia, followed by an interactive discussion.

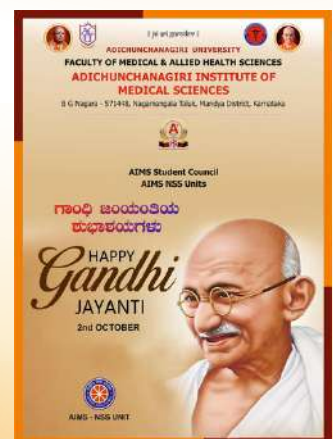
Valmiki Jayanti Celebration

The AMIS Medical College observed Valmiki Jayanti with a brief office gathering to honor Maharshi Valmiki's teachings and promote cultural unity.



Gandhi Jayanti Celebration

Gandhi Jayanti was observed on 2nd October 2025 with respect and simplicity to honor the 156th birth anniversary of Mahatma Gandhi.



Health Screening for Adichunchanagiri college of Agricultural sciences Students

The students of Adichunchanagiri College of Agricultural Sciences, Mayasandra, Turuvekere Taluk, Tumkur District, visited Adichunchanagiri Hospital on 05-11-2025 for a comprehensive health check-up screening.

A total of 100 students were screened. The departments involved in the health checkup were:

- General Medicine • Ophthalmology • ENT • Dermatology
- Dental



During the visit, the students also had the opportunity to tour the state-of-the-art Anatomy Museum and the Advanced Skill and Simulation Centre at AIMS, where they were introduced to modern medical training facilities and models that enhance learning and clinical understanding.

“A Race Against Time: AIMS Medical Team Saves Woman from one of the Deadliest Poison Ingestion”

In a remarkable demonstration of swift and coordinated medical care, the medical team at AHRC, Adichunchanagiri Institute of Medical Sciences, successfully saved the life of a 30 year-old woman who presented with paraquat poisoning, one of the most lethal forms of chemical ingestion

The patient reportedly consumed the toxic substance at around 4 p.m. and was brought to the Emergency Department On 02-10-2025 by 7 p.m. with complaints of vomiting and blurred vision. Given the extremely high fatality associated with paraquat ingestion, the team immediately sought a Nephrology consultation and promptly initiated hemoperfusion, a specialised blood purification therapy, at 9:30 p.m. She underwent five cycles of hemoperfusion, guided by sodium dithionite tests performed every six hours, which eventually turned negative- indicating clearance of the toxin. Throughout the procedure, expected hemodynamic fluctuations were efficiently managed by the critical care team.

After completing the hemoperfusion cycles, the patient showed steady and significant improvement, ultimately making a complete recovery. She was closely monitored for over a month for potential late complications, particularly **lung fibrosis**, a known delayed effect of paraquat poisoning. A follow-up CT thorax revealed **no signs of fibrosis**, confirming her successful recovery.

This case highlights the importance of **timely diagnosis, rapid intervention, and multidisciplinary teamwork**, which together played a crucial role in saving a life from one of the deadliest toxicological emergencies.



AIMS-AHRC Extension Activities Details for the month of October 2025

COMMUNITY EYE CARE

The Department of Ophthalmology, AHRC-AIMS, successfully conducted 40 Community Eye Care Camps across rural outreach locations. A total of 618 individuals were screened, with 394 patients admitted for further evaluation and treatment at AHRC.

The camps resulted in 191 sight-restoring surgeries, including:

- 183 Cataract surgeries
- 5 Pterygium excisions
- 3 DCT procedures

Additionally, **203 patients** received refractive correction as part of the initiative. All operated patients were scheduled for follow-up after **10 days**, and **spectacles were distributed after 3 weeks** at the respective PHC/CHC where camps were conducted.

This ongoing initiative continues to advance early detection, accessible treatment, and improved vision care in rural communities.

SPECTACLE DISTRIBUTION FOR SCHOOL & COLLEGE STUDENTS

A Special Eye-Care Initiative by AHRC-AIMS

The AHRC-AIMS team has launched a special initiative to screen school and college students for refractive errors through the institution's dedicated refraction team.

In the month of 30-10-2025, **Sri Basaveshwara Swami English Medium School, Kabbali**, a rural government school, was selected for comprehensive eye screening. All students of the school were examined, and those identified with **vision impairment** were provided **corrective spectacles free of cost**.

Key Outcomes

- Total number of spectacles distributed: 75
- Awareness session conducted on prevention of blindness and promotion of eye care by an expert ophthalmology team
- **Early detection** of refractive errors and other eye problems in school children
- **Improved vision** and better academic performance expected due to timely intervention

Impact

This initiative has significantly contributed to the **early detection and correction of visual impairments** among rural school children. Early diagnosis and timely intervention play a vital role in preventing long-term visual disability and ensuring healthy vision during formative years.



Student Awards & Achievements

World Congress of Neurology, 2025

Dr. Deeksha N, Intern at AIMS, presented a poster on **Motor Neuron Diseases & Genetics at World Congress of Neurology**, 2025, organized by World Federation of Neurology, Korean Neurological Association, Kenes Groups held from 10th to 15th October 2025 at **Seoul, South Korea**, where her work was appreciated.



"Anatoverse" – Intercollegiate Anatomy Quiz Competition

Ms. Sandhya Krishnakumar, Mr. Gaurav P, Mr. Shrivatsa, and Mr. Akhil D, Phase III MBBS students secured **First Prize in the Intercollegiate Anatomy Quiz – "Anatoverse"**, conducted by **SDM Medical College, Dharwad** on the occasion of World Anatomy Day on October 15, 2025. Additionally teams from Phase II MBBS students – Mr. Balaji R, Mr. Gurudeep T G, Mr. Nihar Dharmaraja Shadli, Mr. Yashas N Hegde, and Mr. Samartha S, Mr. Sagar Hemanthkumar, Mr. Jaishnav C, Mr. Shivakumar – also participated actively,



Intercollegiate Anatomy Reel Competition on World Anatomy Day

AIMS Phase III MBBS students **Mr. Mayur A Darshan and Mr. Bharath M** secured **First Place in the Embryology Reel Contest held at Ramaiah Medical College, Bengaluru**, on 24th October 2025, for their reel on "Situs Inversus" demonstrating strong embryological and clinical clarity.. Additionally 1. Balaji R and Nihar Dharmaraja Shadli 2nd MBBS students also participated and presented a creative and informative reel on the topic "Mermaid syndrome". Further the students also participated in Anatomy quiz competition.



State-Level Rabies Quiz Competition

AIMS 2nd and 3rd year MBBS students; Bharath M, Mayur A Darshan, Kishan Kumar Sagar and Manojkumar S participated actively in the State-Level Rabies Quiz held on 30 October 2025 at KolIMS, Madikeri, gaining valuable learning on rabies awareness and prevention.



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