

VYDEHI INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

VyVidhya

Annual Magazine



Volume - II

APRIL 2026

VIMS & RC, 82, EPIP AREA, NALLURHALLI,
WHITEFIELD, BENGALURU - 560066

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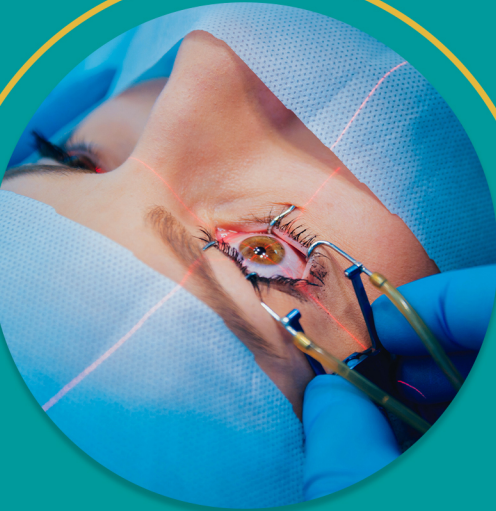


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A Tribute To The Founder Chairman

Dr. D.K. Audikesavulu

VYDEHI INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE



THE VISION OF VIMS & RC

To provide a world class integrated healthcare system, with a focus on patient care to the underprivileged people, by leveraging technology led by a team of committed professionals equipped with the finest medical skills.



AT A GLANCE

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ABOUT THIS MAGAZINE

The Vydehi Institute of Medical Sciences & Research Centre, VIMS & RC, provides world-class medical education along with the state-of-the-art health care services. The Institution takes pride in embracing values in the form of patient-centricity, humility, dignity, ethical practices and innovative approaches in health education. The Institution was started in the year 2000 with the divine blessings of Bhagavan Sri Satya Sai Baba. In this journey of more than two decades, the Institution achieved a lot of developmental milestones.

VyVidhya is an attempt to showcase the strengths, culture, awards, achievements, the vibrant community, and the creative pursuits of the Institution, and its people fondly referred to as “Vydehi Family”.

The Divine Blessings



SRINIVASA TRUST

OUR BELOVED

Founder Chairman & Founder Chairperson



Dr. D. K. Audikesavulu, Ex MP



Mrs. Sathya Prabha, Ex MLA

LEGACY OF COMPASSION DR. D. K. AUDIKESAVULU'S SRINIVASA TRUST

In 1988, **Dr. D. K. Audikesavulu**, Founder Chairman, laid the foundation of the **Srinivasa Trust**. This Public Charitable Trust was created with the noble intention of uplifting the less fortunate sections of society. His vision has since touched the lives of countless individuals, offering hope, dignity, and a renewed chance at life. The Trust embodies his philosophy that healthcare, education, and social security should be accessible to all, not just the privileged few.

Over the decades, the Srinivasa Trust has evolved into a beacon of service, weaving together initiatives in healthcare, education, employee welfare and community support.

CSR Activities of Srinivasa Trust

Healthcare Support: Healthcare has been at the heart of the Trust's mission. The initiatives by the Srinivasa trust reflect a holistic approach, ensuring care from prevention to advanced treatment:

- ▶ **Free treatment** is provided in Pediatrics, Ophthalmology, and Obstetrics & Gynecology (OBG). Notably, the OBG department offers free antenatal care, check-ups, pregnancy scans, normal and caesarean deliveries, along with **delivery kits worth ₹15,000** for every mother.
- ▶ **Free surgeries**, including **cochlear implants, intraocular lens implants, and cardiac surgeries**, have transformed countless lives.
- ▶ **Free 10-day stays** in the **general ward** with food and necessary investigations.
- ▶ **Free pharmacy**, staffed by full-time personnel to ensure uninterrupted access to essential medicines.
- ▶ **Free healthcare** in **Rural Health Centres at Kannamangala & Mandur** to underserved communities.
- ▶ **Free health camps** extend medical services to remote areas across **Karnataka, Andhra Pradesh, and West Bengal**.
- ▶ Beneficiaries of **government health schemes** are supported with waived charges and additional services, making healthcare affordable and inclusive.

Education & Student Welfare

The Trust believes that education is crucial to empowerment and wellbeing. These initiatives foster academic growth, cultural inclusivity and mental wellness. Students of **Vydehi Group of Institutions** receive

- ▶ **20% discounts** on medical treatment.
- ▶ **Remedial classes** and additional academic support whenever required, sometimes after college hours.
- ▶ **Free Kannada classes** for non-Kannada speaking medical students to promote inclusivity.
- ▶ **Free yoga sessions**, led by certified instructors
- ▶ At the **Vydehi Special School**, children with special needs benefit from **subsidized fees and transport facilities**. Those from **BPL families** receive a **complete fee waiver**.

Employee Benefits

The Srinivasa Trust recognizes that the strength of any institution lies in its people. Multiple welfare schemes ensure holistic support for employees and their families:

- ▶ **Medical discounts:** 20% for employees and 10% for their dependents at Vydehi Hospital during treatment.
- ▶ The children of employees studying at the **Vydehi School of Excellence** are exempted from **annual admission fees**, reducing the financial burden on families.
- ▶ **Affordable transport facilities** and **concessional staff quarters** are provided.
- ▶ **Free yoga classes** five days a week for both teaching and non-teaching staff.



Annual health insurance which is a unique initiative from the management, is provided for employees and their families

Employees across different roles and levels often receive varying health coverage benefits, ranging from premium insurance plans to routine health check-ups, reflecting the organization's approach to tailored employee welfare.



Institutional Support & Governance: The Srinivasa Trust also extends its values through strong institutional governance and community partnerships:

- ▶ Employees and patients benefit from **special concessions** granted by senior leadership including the Chairperson, CAO, CFO, and Medical Superintendent.
- ▶ **Furnished office space** has been provided within Vydehi Hospital to the **Bembala Foundation**, which operates a dedicated support centre for women and child survivors of violence and abuse.

Through the Srinivasa Trust, **Dr. D. K. Audikesavulu's vision continues to flourish**, bridging gaps in healthcare, education, and social welfare. The Trust is not merely an institution—it is a living testament to compassion, service, and the belief that every life deserves dignity and opportunity. By uplifting individuals and strengthening communities, it has given hundreds of thousands of people a new lease on life.

EMPLOYEE WELFARE SCHEMES FOR VYDEHI FAMILY



Category C & D: 100% premium is covered by the trust, ₹2 lakh coverage, free annual health check-up, and free uniforms.

Category A & B: 50% premium is covered by the trust, with ₹5 lakh and ₹3 lakh coverage respectively, plus subsidized annual health check-ups.

- **MEDICAL DISCOUNTS: 20%** for employees and 10% for their dependents at Vydehi Hospital.
- Affordable transport facilities and concessional staff quarters are provided.
- Free yoga classes are held five days a week for both teaching and non-teaching staff.
- Annual health insurance for employees and their families:



THE VYDEHI JOURNEY

25 YEARS OF HEALING, LEARNING, AND INNOVATION



In 2001, a vision took shape in Bengaluru—one that would redefine healthcare and medical education. The Vydehi Institute of Medical Sciences and Research Centre opened its doors with a 300-bed hospital, offering free treatment from registration to discharge. Patients received not only medical care but also food and medicine, embodying Vydehi's founding principle: healthcare with compassion.



By 2002, Vydehi had already earned recognition from the Ministry of Health and Family Welfare and the Medical Council of India to conduct the MBBS program with 100 students. That same year, the institute extended its reach into the community by adopting three primary health centers, ensuring that its mission of service touched lives beyond the campus. Soon after, the Dental Sciences, Nursing Sciences, and School of Nursing were established, creating a comprehensive ecosystem of medical education.

The early years were marked by rapid expansion. In 2003, Vydehi launched one of Asia's best rehabilitation centers in collaboration with California University. By 2005, it became the first medical college to establish a full-fledged yoga center, blending traditional wellness with modern medicine. Superspecialty departments in cardiology, neurology, oncology, and more followed, making Vydehi a hub for advanced care.

Innovation became a hallmark. In 2007, Vydehi was the first in Asia to install the latest IGRT machine for cancer treatment. By 2016, it introduced cutting-edge radiotherapy with a 6D couch and opened the VIDA Museum, a futuristic learning space housing over 10,000 specimens. In 2024 the Davinci X, a cutting-edge surgical innovation lab that integrates advanced robotic technology and simulation-based training to enhance precision and patient outcomes was also initiated.



The institute's academic journey mirrored its clinical growth. From MBBS program to postgraduate courses in speciality and superspeciality branches, Vydehi steadily expanded its offerings. By 2013, it was recognized for 150 MBBS seats and permitted to increase to 250, cementing its place among India's leading medical colleges, further broadening its scope. In 2018, it pioneered S3D MAGIC, the world's first stereoscopic 3D medical education platform, transforming how students learn complex concepts.



THE VYDEHI JOURNEY

25 YEARS OF HEALING, LEARNING, AND INNOVATION

Vydehi's commitment to excellence has been consistently validated. National excellence awards in education, NABL and NABH accreditations, the Kayakalp award for cleanliness and infection control, and recognition from WHO for biomedical waste disposal highlight its dedication to quality and sustainability. Its superspecialty courses in cardiology, neurology, neurosurgery, gastroenterology, and plastic surgery have gained national recognition, while its oncology block and bone marrow transplant unit stand as symbols of hope for countless patients.



Beyond infrastructure and accolades, Vydehi has remained deeply human. From adopting primary health centers to establishing a special school, from pioneering yoga therapy to launching community clinics, the institute has always placed people at the heart of its mission.



Today, as Vydehi celebrates 25 years, it stands tall as a beacon of healing, learning, and innovation. What began as a 300-bed hospital has grown into a multidisciplinary institution with global recognition. Its journey is not just about milestones—it is about the countless lives touched, the students nurtured, and the future of healthcare it continues to shape.

MESSAGE FROM THE CHAIRPERSON



Dr. KALPAJA DALAVOI
Chairperson
Vydehi Group of Institutions

Om Sai Ram

It brings me immense pleasure to welcome you all, as we take another exciting journey through this year's college magazine. This is a testament to the energy, creativity and shared commitment of our incredible community, and I take this opportunity to acknowledge and celebrate all the members of our Vydehi family.

This magazine continues to reflect the evolving journey of our organization, capturing voices that inspire, inform and ignite new ideas. I appreciate each one of you, whose passion and perseverance have once again brought this vision, VyVidhya to life.

Warm Regards,

MESSAGE FROM THE ADVISOR

It is with great enthusiasm that I extend my greetings to all, as we present the second edition of our magazine. In today's world, where health and literacy is more critical than ever, sharing accurate, engaging and compassionate content is not just beneficial – It is essential.

Our hospital embarks on another journey this year towards our united goal of enhancing patient care, well-being and a safe working environment for all. By doing so, each one of us is contributing to the common goal of betterment of healthcare.

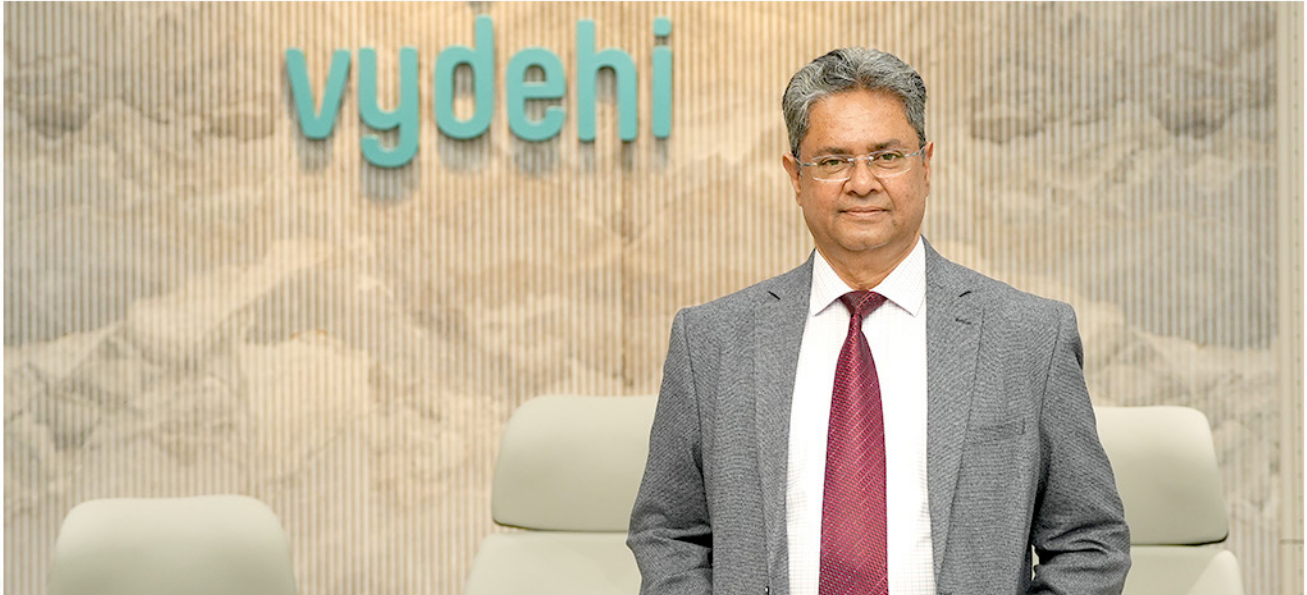
Our magazine, Vyvidhya, continues to connect us all and remind us once more that we are all part of a larger family. Let us continue to foster a culture of health, hope and healing.

Best wishes for Vyvidhya,



Dr. MAHESH B KOTTAPALLI
Advisor, VIMS & RC

MESSAGE FROM THE PRINCIPAL



I am honoured to reflect on the incredible journey our institution has undertaken. The past year has been marked by dedication, resilience, and an unwavering pursuit of knowledge.

It is with great pleasure that I invite you once again to explore the much anticipated second edition of our college magazine, a publication that encapsulates the spirit of our institution. Within its pages, we commemorate achievements, share inspiring stories, and highlight the voices that define our vibrant college community. It is a testament to our past successes and a glimpse into a promising future.

Let us continue to build on this legacy, fostering curiosity, innovation, and excellence in all that we do.

Warm regards,

Dr. SHREEDHAR VENKATESH
Principal, VIMS & RC

MESSAGE FROM THE VICE PRINCIPAL

As we turn the pages of another remarkable year, I'm delighted to welcome you all to the new edition of our annual magazine, VyVidhya a vibrant reflection of our institutions spirit, creativity, and accomplishments. This past year has been a journey of growth, resilience, and remarkable achievements, both in academics and co-curricular spheres. Our students continue to shine with brilliance, guided by dedicated faculty and supported by ever-encouraging parents. VyVidhya is a celebration of imagination, effort, and expression providing a platform for voices that shape our community. I applaud every contributor and the editorial team for their commitment in curating this wonderful edition. May this publication inspire readers and continue to be a source of pride for our institution.



Dr. JAGADEESH N
Vice Principal, VIMS & RC

MESSAGE FROM THE CHIEF ADMINISTRATIVE OFFICER

Welcome to the second edition of our magazine, a testament to the vibrant and evolving spirit of the Vydehi community. I would like to take this opportunity to congratulate the VyVidhya magazine committee for the remarkable success of the first edition and for their continued dedication in bringing out this second edition with equal passion and purpose. Each article has been thoughtfully curated to reflect our journey, showcase achievements, and highlight the incredible people who make Vydehi what it is today. As you turn the pages, we hope you feel a renewed sense of connection and pride in being part of this dynamic academic and healthcare environment. Thank you for being part of this journey.



Dr. KOPPALA RAVI BABU
Chief Administrative Officer, VIMS & RC

MESSAGE FROM THE MEDICAL SUPERINTENDENT

The second edition of our college magazine stands as a reflection of our enduring commitment to uphold the highest standards in medical care and learning. It brings together inspiring stories, achievements, and contributions from our vibrant college community, showcasing the progress we have made and the aspirations we hold for the future. Healthcare is an ever-evolving field, and as we move forward, let us continue to innovate, collaborate, and strive for excellence in all that we do. May the future of Vydehi be filled with even greater advancements, learning, and service to society.



Dr. (MAJ GEN) R. SHANKARAN
Medical Superintendent, VIMS & RC

MESSAGE FROM THE MEC CHAIRPERSON

Congratulations to the editorial team for bringing out the second edition of college magazine "Vyvidhya". Our magazine is a vibrant reflection of the heart and soul of our medical college as it captures the journey of aspiring healers, committed educators, and passionate researchers who walk these corridors every day.

I extend my heartfelt gratitude to the editorial team, faculty members, and students whose efforts have brought this publication to life. Let this edition serve as both a mirror to our achievements and a window to our aspirations. Here's to growing stronger, reaching higher and touching lives in the most meaningful ways.



Dr. GEETA S. NARAYANAN
MEC Chairperson, VIMS & RC

FROM THE EDITORIAL TEAM

Dear Readers,

With immense joy and pride, we present to you VyVidhya 25, the second edition of our college magazine-a vibrant tapestry woven from the voices, visions, and ventures of our community.

This edition is more than just pages bound together; it's a celebration of curiosity, creativity, and courage. From thought-provoking articles and poetic musings to artistic expressions and campus chronicles and achievements, every contribution reflects the spirit of our institution- dynamic, diverse, and driven.

We have strived to make this issue not only a mirror of life at Vydehi but also a platform for ideas that challenge, stories that inspire, and perspectives that provoke reflection. Whether you are flipping through for inspiration, interest, or insight, we hope you find something that resonates deeply.

A heartfelt thank you to all our contributors, designers, and supporters who poured their passion into this edition. Your enthusiasm fuels our purpose.

Here's to turning the page-and discovering something new.

**Warm regards,
The Editorial Team, VyVidhya**



The official unveiling ceremony of the first edition of VyVidhya

DEPARTMENT OF ANATOMY

“Shaping medical minds, fusing tradition and innovation in Anatomy”



The Department of Anatomy at Vydehi Institute is renowned for its dynamic and holistic approach to anatomical sciences. Our state-of-the-art laboratories are equipped with advanced technology, enabling hands-on learning and innovative research. The faculty comprises seasoned educators and researchers who mentor students through interactive lectures, practical sessions, and interdisciplinary projects. We emphasize a blend of classical anatomical knowledge and the latest scientific advancements, ensuring our students are well-prepared for modern medical challenges. Regular workshops, seminars, and guest lectures by eminent professionals foster a vibrant academic environment. Our department actively encourages student participation in research, leading to numerous publications and conference presentations. We prioritize ethical values, critical thinking, and continuous learning. Graduates from our department are distinguished by their expertise, professionalism, and commitment to medical excellence.

At Vydehi, we don't just impart knowledge—we inspire future leaders in healthcare and medical research.

Student Testimonial

“The Anatomy Department at VIMS&RC has been a truly inspiring part of our medical journey. With passionate and dedicated professors, learning anatomy has become both enjoyable and meaningful. Their explanations during lectures and unwavering support throughout the 1st year of MBBS helped us build a strong foundation. The countless hours spent in the dissection hall were not just about memorizing structures, but about appreciating the human body in depth. Their commitment to teaching has left a lasting impact on all of us. We will always remain deeply grateful for the unwavering dedication and efforts of this exceptional team of educators”

Samarth Sai Anand, MBBS 23-24 Batch

DEPARTMENT OF PHYSIOLOGY

The pulse of Medicine



The Department of Physiology at Vydehi Institute of Medical Sciences lays the foundation for understanding the intricate mechanisms that govern human life. With a dedicated team of experienced faculty, the department combines innovative teaching methods, interactive practical sessions, and integrated clinical insights to help students grasp core physiological concepts. From cellular functions to systemic regulations, students are encouraged to explore the dynamic nature of the human body through both theory and hands-on learning. Equipped with modern laboratories and a research-oriented environment, the department fosters critical thinking and a spirit of inquiry among undergraduates and postgraduates alike. The Department of Physiology continues to evolve with advancements in medical education, upholding its commitment to producing competent, compassionate, and curious future doctors. Physiology is the language of life—understand it, and you begin to speak the truth of the human body.



***In Loving Memory of Dr. Punith
(1997-2025)***

“Gone too soon, but his spirit continues to inspire every student he taught. A student, teacher, and friend—will always be remembered at Vydehi.”

Student Testimonial

“The Department of Physiology at Vydehi truly shaped the way I understand medicine. The faculty made complex concepts easy to grasp through interactive teaching and constant support. The blend of theory and practical learning helped me build a strong foundation for my clinical years. I’m grateful to be part of such a dedicated and inspiring department.”

-T Dharani Prasad, MBBS Batch of 2021

DEPARTMENT OF BIOCHEMISTRY

“Quality reports 24/7 - We care”



The Department of Biochemistry provides comprehensive education in both foundational and clinical biochemistry to undergraduate and postgraduate students, nurturing the next generation of medical and research professionals. Our NABL-accredited clinical laboratory offers a wide range of routine and specialized biochemical diagnostic services, ensuring high standards of quality and accuracy. We actively collaborate with clinical departments to enhance patient care through advanced biochemical diagnostics and translational research. Beyond academics and diagnostics, the department is committed to community health initiatives. As part of free health camps, we regularly organize free blood tests to promote early detection and preventive healthcare. Through excellence in teaching, diagnostics, and research, the Department of Biochemistry continues to play a vital role in advancing medical science and improving patient outcomes.

Faculty Achievement

Dr. Shailaja A, Professor & HOD

Awarded Healthcare Women's Leadership Circle Award by QuidelOrtho for contributions to Advancing diagnostics and healthcare in India on 26-05-2025

Awarded Lab Quest Award by Care Hospital and Association of Medical Biochemists of India for invaluable contribution towards progress of education and towards fulfilling the ideology of education, teaching, research and sharing knowledge on 12-04-2025



Student Testimonial

“The Biochemistry department provided exemplary instruction, expert mentorship, and unwavering academic support transforming complex concepts into clarity and fostering my success with dedication, precision, and excellence.”

- **Nikhil, MBBS Batch of 2024**

THE VYDEHI LABORATORY

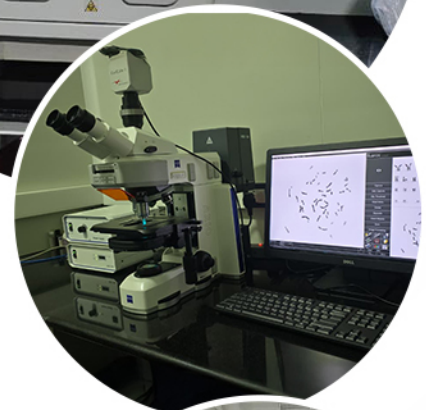
~ Excellence in Diagnostic Care ~



Vydehi Laboratory, part of the renowned Vydehi Institute of Medical Sciences & Research Centre, is one of the most advanced diagnostic facilities in the country. Equipped with state-of-the-art technology and backed by a team of highly skilled biochemists, microbiologists, pathologists and technologists, the laboratory delivers accurate, reliable, and timely results across a wide range of investigations. The lab follows strict quality assurance protocols, adhering to NABL standards and international best practices.

With structured laboratory operations, advanced automation, and robust quality control systems, Vydehi Laboratory ensures precision in every report-supporting clinicians with the right information for better patient outcomes.

As a leader in diagnostic excellence, Vydehi Laboratory not only serves the hospital community but also extends its services to external clients, reflecting its vision of making world-class healthcare accessible to all.



DEPARTMENT OF PATHOLOGY

“Turning Slides Into Lifesaving Insights”



At Vydehi Institute of Medical Sciences, the Department of Pathology plays a crucial role in patient care by delivering accurate and timely diagnoses that guide treatment decisions. Our reports help distinguish between benign and malignant conditions, detect infectious diseases, and indicate whether investigations are normal or abnormal. Our diagnostic services include Histopathology, Immunohistochemistry (IHC), Cytopathology, Hematopathology & Cytogenetics.

In addition to diagnostics, the department is actively involved in teaching and training all streams of undergraduate and postgraduate students, fostering academic excellence and clinical skill. At Vydehi, before healing begins, Pathology leads the way—with precision, purpose, and dedication.

Student Testimonial

“ The Department of Pathology at Vydehi Institute of Medical Sciences and Research Centre, Bangalore, provided me with an excellent academic foundation and practical exposure. The faculty is highly knowledgeable, approachable, and dedicated to teaching, making even complex topics engaging and understandable. Regular histopathology sessions, case discussions, and hands-on lab training helped strengthen my diagnostic skills and critical thinking. The supportive learning environment and access to quality resources encouraged academic curiosity and self-study. I’m grateful to the department for shaping my clinical approach and preparing me well for future challenges. It truly laid the groundwork for my journey as a medical professional ”

Vaibhav Aditya, MBBS, 4th Year

EVENTS CONDUCTED

14-06-2025 World Blood Donor Day

04-06-2025 College level KCIAPM quiz for undergraduates

09-04-2025 KCIAPM slide seminar



DEPARTMENT OF MICROBIOLOGY

“Microcosm of Microscopic Marauders”



The Department of Microbiology at VIMS&RC supports the diagnostic needs of Vydehi Hospital while actively engaging in teaching and research. It is equipped with advanced diagnostic tools such as: Vitek 2 Compact for antimicrobial sensitivity testing, BacT/Alert 3D for blood cultures, GeneXpert for rapid molecular diagnosis (e.g, tuberculosis, SARS-CoV-2) via real-time PCR, Quidel Ortho Chemiluminescence Immunoassay for serological testing with a one-hour turn around period. All investigations are NABL-accredited, ensuring high-quality standards.

The department plays a key role in hospital infection control conducting regular meetings, rounds, and surveillance. It maintains rigorous internal quality control and participates in external quality assessment schemes. Routine bacteriological surveillance is performed in OTS, ICUS, and CSSD. In academics, the department offers : MBBS undergraduate teaching through lectures and practicals as per RGUHS guidelines and Postgraduate training via weekly seminars, journal clubs, and practical sessions

EVENTS CONDUCTED

22-11-2024 - World Anti-microbial Awareness Week- Rangoli and Poster competition

24-03-2025 - Online TB CME with e poster and video competition

07-05-2025 & 14-05-2025 - Microbiology 3D Model competition by MBBS 2nd year students

Student Testimonial

“As a 2nd-year MBBS student, I can confidently say the Microbiology Department is a vital cornerstone of our medical education. The faculty are exceptional, possessing a remarkable ability to distill complex microbial concepts into clinically relevant knowledge, which is invaluable for aspiring doctors. Their emphasis on disease pathogenesis and diagnostic principles makes the vast subject matter far more easy and practical. The approach in practical sessions are a definite highlight, providing us with crucial exposure to staining, culture techniques, and pathogen identification. While the volume of information is immense, the department's structured approach ensures they're well-equipped. Overall, it's a very strong department that excels in preparing us for the clinical challenges ahead.”

- **Srivalli Vuppalapati, 2nd Year MBBS student.**

DEPARTMENT OF PHARMACOLOGY

"The Pulse of Safe and Scientific Prescribing"



The Department of Pharmacology is dedicated to fostering excellence in medical education, research, and rational therapeutics. With a strong focus on evidence-based learning, the department delivers an integrated curriculum for undergraduate and postgraduate students. Supported by a committed faculty, the department continues to bridge pharmacological science with real world clinical cases, collaboration with industry, and community involved initiatives. The faculty members are actively involved in pharmacovigilance, materiovigilance, and other aspects of medication safety. The department supports several postgraduate and undergraduate research initiatives, many of which have received prestigious ICMR and RGUHS grants. The department conducts regular CMEs, workshops, and programs that reinforce the importance of drug and device safety. The department also hosts the annual event **"PHARMAQUEST"** and publishes the annual departmental magazine **"PHARMACNEWS"**.

ANNUAL EVENTS

- Pharmaquest
- Workshop on "Adverse drug reaction monitoring & Academic Clinical trials in a hospital setup" for NovoNordisk delegates – February and December
- National Pharmacovigilance week IV – 17th to 23rd Sep
- International Clinical Trials Day – 20th to 24th May

Faculty Achievement:

- **Dr. Ananya Chakraborty, Professor and HOD**
 - Invited speaker at the World Drug Safety Congress Americas, Boston, in Nov 2024.
 - Felicitated for contribution to clinical research at ISCR 18th National Conference, Navi Mumbai, in Jan 25
 - Received RGUHS Faculty Research Grants 2025-26
- **Dr. Kiran M.** : Best Teacher Award VIMS&RC 24-25
- **Dr. Deepak K R** : Semifinalist in IMA Voice of Karnataka'25
- **Dr. Tejas M R** : IMA TT Women's National Champion '24

Students Testimonial - "The pharmacology department has given me invaluable experience and a deeper understanding of the subject, which I will carry forward in my future medical practice. The academic activities helped bridge the gap between the theoretical aspects of pharmacology and clinical practice. The faculty members are truly knowledgeable, dedicated and committed to the art of teaching .Thank you."

Nitya Naga Joysula, Best Outgoing Student, 2019 - 2020 Batch

HOSPITAL INFECTION CONTROL COMMITTEE (HICC) - OUR ACHIEVEMENTS

The Hospital Infection Control Committee (HICC) at our institution has been at the fore front of ensuring patient safety through stringent infection prevention practices. Over the years, we have built a culture of awareness, accountability, and excellence in infection control.

Key Achievements Include

- ▶ Implementation of evidence-based protocols for sterilization, disinfection, and bio-medical waste management across all departments.
- ▶ Regular surveillance programs to monitor hospital-acquired infections, with data-driven interventions leading to significant reduction in infection rates.
- ▶ Comprehensive training programs for doctors, nurses, and support staff, ensuring compliance with best practices and NABH/NABL Standard.
- ▶ Rapid response mechanisms for outbreak detection and containment, safeguarding both patients and healthcare workers.
- ▶ Sustained hand hygiene campaigns that have improved compliance and reduced cross-contamination risks.

Through these efforts, our HICC has transformed infection control from a regulatory requirement into a care culture of patient safety and quality care. Today, our hospital stands as a model of excellence, with infection rates well below national benchmarks and a strong commitment to continuous improvement.

DEPARTMENT OF COMMUNITY MEDICINE

“Sarve jana sukhino bhavantu”



We the Department of Community Medicine are actively involved in various academic and on field activities striving towards prevention of diseases and providing holistic health for the community. We also provide IEC on various essential topics for the community like Hypertension , Diabetes Mellitus, different types of Cancers, Nutrition, Anemia, Immunization, COVID-19, ORS, Substance abuse, Personal hygiene, Malaria, Dengue every week in our RHTC field practice area. We also provide free consultation for Pediatric and Ophthalmology patients in our RHTC Kannamangala. We also have implemented the Family adoption programme in many villages where our students adopt the families and are the first point of contact in case of any health ailments.

Faculty Achievement

Dr Chaitali Gore, Professor & HOD

Speaker for the session ‘Role of climate change & environmental surveillance in prevention of Vector borne diseases’ at MTC AF, Bengaluru on 23.6.2025

Dr Raveendra Reddy, Professor

Chaired a session on ‘Point of care and digital tools for supporting TB programme’ in IAPSM –KARCON 2024, SSIMS & RC Davangere (20.9.2024)

Our Department was awarded Certificate of Appreciation from RGUHS for our support in Divine Mother and Child Health Programme.

Patient Testimonial

“This is the second visit with my grandchild in the Polyclinic. We are very much impressed with the front desk staff as well as the Doctor. Thanks”

EVENTS CONDUCTED

02-04-2025 | World Health Day Quiz Prelims

05-06-2025 | World Environment Day Quiz

07-04-2025 | World Health Day Quiz Main

11-07-2025 | World Health Day Quiz State level



The Department of Forensic Medicine and Toxicology prides itself on its dedication to upholding the Institutional values of nurturing knowledge responsibly. The department faculties are experienced and eclectic in their approach to teaching and ensure that our students transform into the best medical professionals through their interactions with the department. The medicolegal work done is exemplary and meticulous and sets standards in quality for the rest of the State. The senior faculties Dr. Jagadeesh and Dr. Padmini Hannah Noone are part of the Board of studies at the esteemed Rajiv Gandhi University of Health Sciences thus ensuring development of educational system on par with global excellence. The Department is foremost in advocating a gender sensitive approach in their work and teaching methods setting a model environment for students to mirror and emulate in their own lives and professions.

Faculty Achievement

Dr. Jagadeesh Narayana Reddy, Professor & HOD

- Recognised as Vice Principal of VIMS & RC, Bangalore (April 2024).
- Guest Speaker at national and international forums, including the 13th International Conference on Ethics Education at St. John's Medical College, Bangalore.

Dr. Padmini Hannah Noone, Professor

Appointed as Member of PG Board of Studies at Rajiv Gandhi University of Health Sciences.

EVENTS CONDUCTED:

First-ever forensic academic event “CSI” during Vydehi's Student Cultural Programme in September 2024.

DEPARTMENT OF OTORHINOLARYNGOLOGY

“Listen. Breathe. Speak. Live Better”



The department of ENT or Otorhinolaryngology in Vydehi Hospital has been a pioneer of microscopic and endoscopic otorhinolaryngology procedures over the past 25 years. This year our main focus is on endoscopic anterior skull base surgeries and rhinoplasty. We are proud to have distinguished doctors amongst us who are specialised in our areas of focus who have made it possible to carry out these procedures with ease and expertise, also providing exposure to postgraduate students and the junior doctors, hence cultivating interest in them to further pursue these specialities. We perform a substantial number of surgeries every year with majority of patients showing no recurrences and satisfaction post procedures. Dedicated to excellence in patient care, our department is focused on delivering the best possible services. Special Services include Cochlear Implant Program, Anterior Skull Base Surgery, Rhinoplasty, Temporal Bone Dissection Lab.

Patient Testimonial

“Dear VIMS, I want to thank the entire team of doctors (Dr Suchitra, Dr Tinnu, Dr Sathish), nurses and support staff. I had a very positive experience with the adenoid and tonsils surgery for my son. Everyone is so dedicated, polite and eager to help. I must mention that the helpful nature and the eagerness to learn and support is far far better than any corporate hospital. Thank you again.”

“I had a very positive experience with my nose surgery at Vydehi. The entire team Dr. Sathish Kumar, Dr. Nabeel, Dr. Dheeraj, Dr. Vikyath & Dr. Varsha - were extremely professional, skilled and supportive throughout the process. The surgery went smoothly and the post operative care was excellent. Highly recommend Vydehi for anyone considering nose surgery.”

COCHLEAR IMPLANT SURGERY

"Rediscover the Joy of Sound with Cochlear Implant Surgery"

We offer Advanced Cochlear Implant Surgery a life-changing solution that restores access to sound, speech, and connection

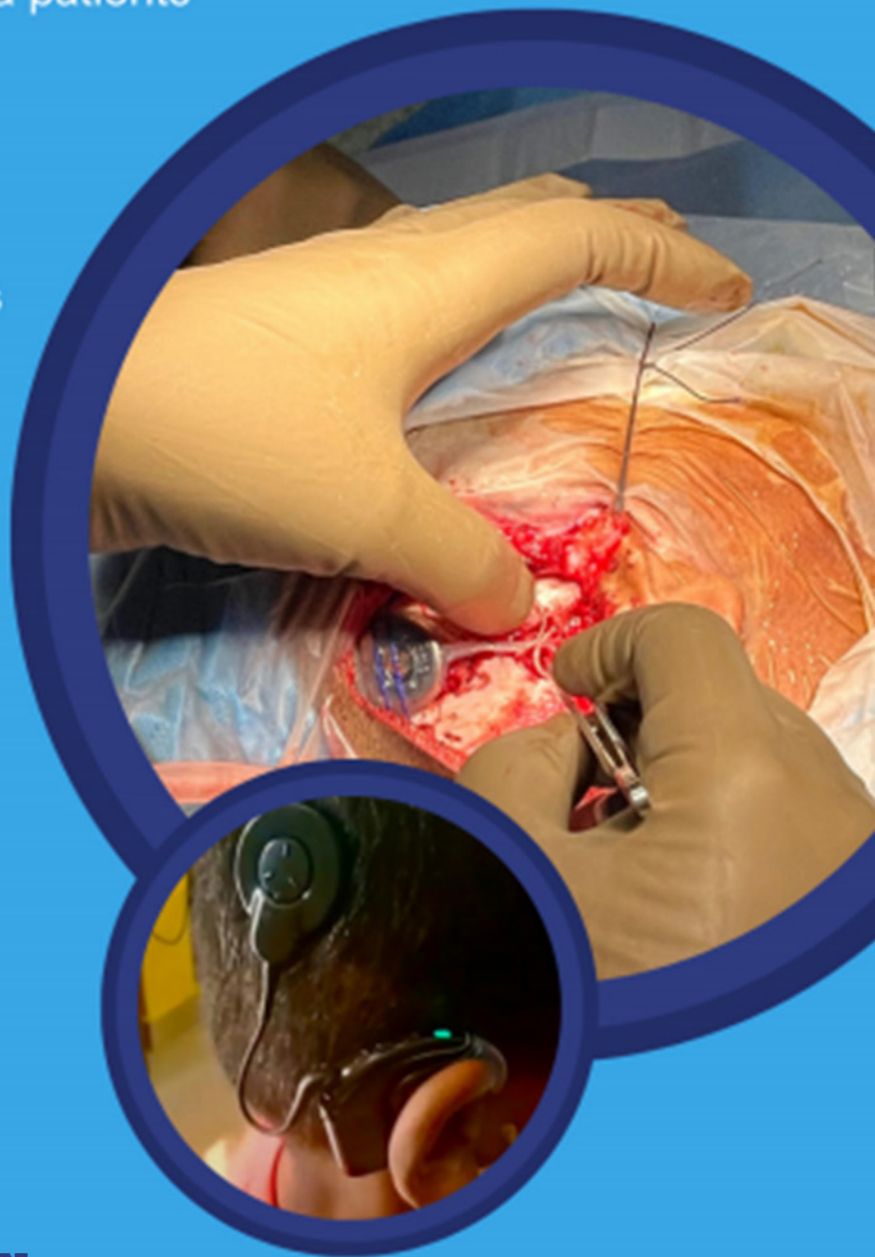
Approved centre for "Suvarna Arogya Suraksha Trust-Cochlear Implant Scheme" for Karnataka patients

Why Choose Cochlear Implant ?

- Severe to profound hearing loss
- Clearer, more natural hearing
- Suitable for children and adults
- Improve communication, confidence and quality of life

Why Choose Us?

- Experienced ENT Surgeons & Audiologists
- Latest technology & Surgical techniques
- Minimally Invasive Surgery- Veria Technique
- Personalized Aftercare & Rehabilitation
- Cochlear Implant Scheme for Karnataka patients



FOR MORE INFORMATION
Call Us At: +91-9364087464

DEPARTMENT OF OPHTHALMOLOGY

“Comprehensive Eye Care with a Vision for All Ages”



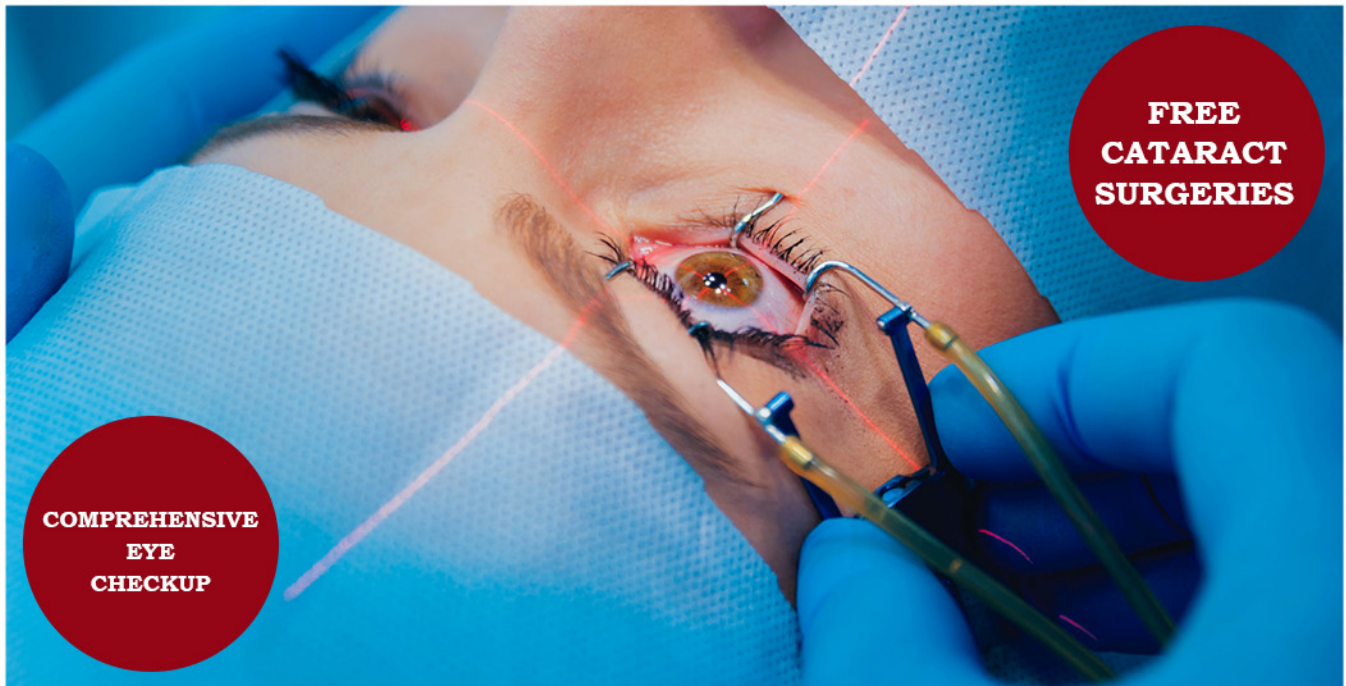
The department provides comprehensive, state-of-the-art ophthalmic care with a special focus on both clinical excellence and community service. Key services include screening and management of paediatric ocular diseases, along with visual rehabilitation for children with low vision. Advanced cataract surgery, including phacoemulsification with intraocular lens (IOL) implantation, is routinely performed. The department offers specialized care for orbital disorders and strabismus, as well as expert diagnosis and treatment of glaucoma, retinal diseases, and corneal conditions. Facilities include fundus fluorescein angiography, laser photocoagulation, keratoplasty, and a dedicated eye bank. In-house optical dispensing and a contact lens clinic ensure continuity of care under one roof.

Patient's Testimonial

“We had a good experience with the doctors in the department of Ophthalmology, who helped my mother undergo a safe and successful cataract surgery. What one cannot stress enough about is the conduct of the doctors towards the patient, very caring, as they took the whole responsibility on them. They made sure that every step of the process was explained and I was taken care of as their own.”

“Last month, my mother underwent eye cataract surgery at the Vydehi hospital. We had a very good experience throughout the entire process. Special thanks to all the doctors who took great care of her right from the initial eye check-up till the time of discharge. They were very attentive, kind, and supportive, which made us feel comfortable and well-guided at every step. We truly appreciate the care and professionalism shown by the entire team. Thank you!”

DEPARTMENT OF OPHTHALMOLOGY



OUR SERVICES

- Treatment of Refractive errors (Prescription of Spectacles, Contact lenses etc)
- Diseases of Conjunctiva (Pterygium surgery etc)
- Phacoemulsification Cataract surgery with foldable Lens (IOL) implantation
- Medical and surgical treatment of Glaucoma
- Laser treatment for Retinal diseases (Diabetic Retinopathy etc)
- Retinopathy of prematurity (ROP) screening.
- Medical and Surgical treatment of Diseases of Lids, Lacrimal apparatus and orbit
- Medical and Surgical treatment of Squint

**FREE EYE CHECKUP AND OCULAR SURGERIES
MANUAL AND COMPUTERISED EYE CHECK-UP/ INTRAOCULAR PRESSURE
CHECK/ SPECIALITY DOCTOR CHECK
CATARACT, CORNEA, RETINA, GLAUCOMA, CHILD, EYECARE, SQUINT**

2ND FLOOR, VYDEHI HOSPITAL

**FOR MORE INFORMATION
Call Us At: +91-9364087474**

DEPARTMENT OF MEDICINE

“Decoding Disease, Delivering Care”



The Department of General Medicine at Vydehi Hospital provides comprehensive, evidence-based care for a wide range of acute and chronic medical conditions. Staffed by a dedicated team of physicians, the department focuses on accurate diagnosis, holistic treatment, and continuity of care for adult patients. Emphasis is placed on lifestyle modification, patient education, and integrated disease management for diabetes, hypertension, thyroid disorders, infections, and more. The department actively engages in community outreach programs and public health camps. Notably, we regularly organize health awareness events and screening drives.

Patient Testimonial

“It gives me great pleasure to say that i consider myself very fortunate to have received treatment at Vydehi Hospital under the supervision of my physician Dr. Akastha Savith and her medical team. I have felt significantly better after taking the prescribed medication and my treatment has been excellent.”

EVENTS CONDUCTED

- 17th May 2025 - World Hypertension Day

DEPARTMENT OF GENERAL SURGERY

“Surgery with Precision , Care with Compassion”



The Department of General Surgery serves as a vital pillar of the medical college, integrating patient care, surgical innovation, and education. It offers structured teaching for undergraduates and postgraduates through lectures, clinical exposure, and simulation-based training. The faculty performs a spectrum of procedures, from day care and laser surgeries to advanced laparoscopic and robotic interventions and 24/7 emergency coverage. Continuous medical education, research, and quality improvement initiatives foster evidence-based practice and ensure patient safety. Committed to compassionate and ethical care, the department shapes skilled, empathetic surgeons ready to manage both common and complex surgical challenges.

Patient Testimonial

“ I recently underwent a hernia operation performed by Dr. Ramesh Reddy Sir and their incredible team members, Dr. Rahul, Dr. Sindhuja, Dr. Aishwarya and others at Vydehi Hospital ,Whitefield, Bengaluru. I am also grateful to the nursing staff of Vydehi. I am beyond grateful for the exceptional care and professionalism I received throughout the entire process. The surgery was a success, and now I completely recovered thanks to the skilful hands of Dr.Ramesh Reddy Sir and the dedicated support of their team. Their kindness, attention to detail and commitment to patient care truly made a difference in my experience.”

EVENTS CONDUCTED

- ▶ 10th April 2025 - Laparoscopic and suturing workshop
- ▶ 18th June 2025 - Surgical society meeting conducted at API bhavan

DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

“Your Companion in Women’s Health”



The Department of Obstetrics and Gynecology at VIMS&RC is dedicated to women’s health through all stages of life. It offers compassionate, expert care in areas such as pregnancy, childbirth, reproductive health, and gynecological disorders. We strive to bring hope to couples who have long struggled for childbirth. We are a team of highly skilled doctors, nurses, and support personnel, who are committed to ensure the safety, comfort, and well-being of every patient. With access to advanced technology and evidence-based practices, the department excels in both routine and high-risk pregnancies, as well as minimally invasive surgical procedures be it laparoscopy or robotic surgery. We aspire to make healthcare accessible to women of all age groups without prejudice or judgement. Our working principle involves; preventive care, early diagnosis, and personalized treatment plans and informed choices. We look forward to not only improve individual lives but also strengthen communities by promoting healthy mothers, babies, and families.

EVENTS CONDUCTED

- September 2024 - Female Infertility
- October 2024 - Mirena
- October 2024 - UTIs
- April 2025 - Implanon insertion
- July 2025 - HPV Disease awareness
- July 2025 - Male infertility

Faculty Achievement

- **Dr. Aparna Nair, Professor & HOD** : Participated in a PAP smear camp in Vibhutipura PHC by student wing of Rotary Club. Felicitated at Sathya Sai Hospital after giving a talk on Fetal Growth Restriction.
- **Dr Mythreyi Kadambi** : Presented in a CME on artificial placenta technology- the future of neonatal care at SMSIMSR
- **Dr. Sanjana** : Presented in a CME on “Is preimplantation genetic testing for aneuploidy (PGT-A) the Answer to Recurrent Pregnancy Loss

Patient Testimonial - “I had emergency section under Dr Aparna Nair I’m very grateful for the treatment and care ma’am has given and delivery was completely free of cost. Patient care is very good in vydehi. Thank you very much Dr Aparna Nair and team.”



vydehi

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AT VYDEHI HOSPITAL, BANGALORE**

SILVER JUBILEE
25TH
YEARS
OF EXCELLENCE



**FREE NORMAL DELIVERY, FREE CESAREAN DELIVERY
& CESAREAN WITH TUBECTOMY**
HIGH-RISK PREGNANCIES? THAT'S OUR SPECIALTY

COMPREHENSIVE ANTENATAL CARE ABSOLUTELY **FREE!**

FREE DOCTOR CONSULTATIONS

FREE PREGNANCY SCANS

FREE BLOOD INVESTIGATIONS

FREE MEDICATIONS

SAFE & HYGIENIC MATERNITY WARDS

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VYDEHI HOSPITAL - CARING FOR LIFE, EVERY STEP OF THE WAY

HEALING YOU

DEPARTMENT OF PEDIATRICS

“Nurturing Children, Strengthening Foundation”



We are a well-established department providing holistic paediatric care with advanced diagnostic and treatment facilities including NICU, PICU, special wards, OPD and Immunizations. Our department has the maximum number of AHA Trained Instructors for PALS, Stroke training, Trauma and IAP instructors for Asthma & NRP. We have also started Fellowship programs in 2024 PICU and Neonatology. The last year also marked the most number of CMEs and Workshops conducted by us. We provide free health camps to children in peripheries including orphanages and schools. Nearly >10,000 children have been offered the free health services by our department in the last year.

Faculty Achievement

Dr Harvinder Kaur Palaha,
Professor

Chairperson for session in First International Conference on -Rare diseases in Mumbai in February 2025
Gave a talk on “Rational Antibiotic Therapy” in CDE VIMS on 13th August 2025

Dr. Preeti Puranik,
Assistant Professor

Chairperson for session in IAP Bangalore PEDICON , Bangalore in June 2025

Dr. Nirmal Gautam,
Assistant Professor

Faculty and Panelist for UDAINEOCON held in Udaipur in June 2025

EVENTS CONDUCTED

AHA – BLS PALS WORKSHOP

BASIC ECHO WORKSHOP

ADVANCED ECHO WORKSHOP

FIRST INTERNATIONAL NEOHEMODYNAMICS CONFERENCE

BASIC VENTILATOR WORKSHOP WITH LUSI

PEDIA SUMMIT – AN ACADEMIC POTPOURRI

BASIC NRP WORKSHOP

ADVANCED NRP WORKSHOP

PERINATOLOGY CONFERENCE & WORKSHOP

Patient Testimonial - “Had a great experience with Department of Pediatrics. Great Care taken by doctors and nursing staff Pediatric doctors are very good and polite with us.”

“My child was admitted in Vydehi Hospital on Tuesday in Pediatric Department. They diagnosed and treated my child very well. We are very satisfied with the doctors and Nurses.”

DEPARTMENT OF ORTHOPAEDICS

“Precision care for every bone and joint”



The Vydehi Department of Orthopedics delivers comprehensive musculoskeletal care under one roof, blending state-of-the-art technology with compassionate expertise. Our level one 24/7 trauma centre provide services for fractures and complex injuries.

We also provide state of the art services like

- Navigation assisted advanced joint-replacement,
- Minimally invasive Endoscopic spine surgeries,
- Minimally invasive Arthroscopic knee and shoulder surgeries,
- Tumour excision and limb salvage surgeries.

Specialized clinics in Spine surgery, Paediatric orthopaedics, Sports medicine, Hand clinic, osteoarthritis, Bone tumours and osteoporosis provide targeted solutions for every age group. Our department provides free treatment for paediatric deformity correction surgeries. A fully integrated rehabilitation centre—staffed by physiotherapists, occupational therapists, and pain management specialists—supports each patient’s journey from initial consultation through post-operative therapy, ensuring seamless, personalized care that restores function and enhances quality of life.

EVENTS CONDUCTED

- 24-02-25 - Skill Development Program - navigation assisted total knee replacement
- 28-02-25 - Hands-on-workshop - spine drill and pedicle screw fixation on cadaver
- 11-07-25 - Hands-on-workshop - spine instrumentation
- 19-07-25 - Hands-on-workshop on casting and splinting techniques

DEPARTMENT OF PSYCHIATRY

"The place where mental health meets medical excellence"



Established in 2001, the Department of Psychiatry at VIMS & RC offers comprehensive, multidisciplinary mental health care for all ages through expert staff, providing inpatient and outpatient services, crisis care, and clinical training for undergraduate and postgraduate students

Events Conducted

- 10-10-24 World Mental health day celebrations
- 26-10-24 Guest lecture series by Dr.Raghavendra,- Child and adolescent Psychiatrist
- 21-01-25 Talk on stress management by Dr Kiran Kumar K and financial management by Dr Sudharshan R at Vydehi Law College
- 11-02-25 Online workshop - Transcranial Magnetic Stimulation (rTMS) by Dr Shubam
- 18-02-25 Online VIVA session for PG residents across India using the Abbott ACE Module
- 14-03-25 Alumni guest talk: Dr. Rakesh (UK) for PGs & staff

Faculty Achievement

Dr. Kiran Kumar K, Professor & HOD

Member of Organizing Committee of National Conference of Psychiatry on 16/11/24

Recognized for JOPSYS indexing (SCOPUS/DOAJ) by IPS on 05/03/25

Nominated as Co-Chair, UG Education, Indian Psychiatric Society on 18/03/25

Appointed as co-opted member of IPS PG Education Subcommittee on 07/05/25

Poster presentation at RCPsych International Congress (ICC Wales) on 23/06/25

Dr. Megha C N - participated and trained in Suicide prevention program at NIMHANS on 09/04/25

Our student artwork on Journal of Psychiatry Spectrum cover (IPS-KC) on 01/04/25

Paper presentation by our department team at ANCIPS Hyderabad on 22/01/25

Patient Testimonial

"Vydehi Hospital provided excellent care for my wife's pain symptoms. After five years without relief elsewhere, she improved here. We are grateful to Dr. Kiran, Dr. Sudharshan, Dr. Tanvi, Dr. Megha, Dr. Guna, the psychiatry department, and Mithu from the nursing staff." Thank you all

DEPARTMENT OF ANAESTHESIA

"We care, when you are not aware"



Anaesthesia care is essential for patient comfort and safety during procedures-both in the Operating Room (OR) and in Non Operating Room Anaesthesia (NORA) settings like endoscopy, radiology, psychiatry and cardiac catheterization labs. Our Anaesthesia team provides expert monitoring, pain control, and sedation tailored to each patient-whether for surgery or minimally invasive procedures. With the same high standards in every setting, we ensure safe, smooth and stress free experiences from start to finish.

Faculty Achievement

Dr Natesh S Rao, Professor & HOD

Panel member for scientific session in CME conducted by Karnataka chapter of Indian College of Anaesthesiologists - KICTA & ICA at Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bengaluru on 7th June 2025 .

Dr Swati Bisht, Professor

Delivered talks during scientific sessions at 2024 World Critical care & Anaesthesiology conference conducted at Osaka, Japan in October 2024

EVENTS CONDUCTED

18-07-25 - National AT & OTT Day – Poster making competition

DEPARTMENT OF DERMATOLOGY

"Your Skin, Our Specialty"



The Department of Dermatology, Venereology and Leprosy is a dynamic and patient centered specialty unit committed to excellence in clinical care, academics, and research. It offers comprehensive diagnostic and therapeutic services for a wide range of skin, hair, nail, and sexually transmitted diseases. Equipped with advanced diagnostic tools like dermoscopy, trichoscopy, and skin biopsy services, the department ensures accurate diagnosis and effective treatment. Special clinics such as the Psoriasis Clinic, Pigmentary Disorders Clinic, and Acne & Laser Clinic cater to specific dermatological needs. The department also provides various aesthetic services like chemical peels, laser for scar removal, tattoo removal, hair reduction and mole removal. Special services include phototherapy for chronic skin disorders, minor dermatological surgical procedures, and free health education on skin hygiene and disease prevention. Periodic screening camps and awareness programs are also conducted to promote community skin health.

EVENTS CONDUCTED

13-12-24, 27-02-24, 25-06-25	Botox Workshop
05-01-2024	IAL Conference
18-09-2024	Skin Booster Workshop
20-09-2024	Guest Lecture On Manuscript Writing
06-06-2025	Trichoscopy Workshop And Ear Lobe Repair
22-06-2025	BDS CME

Patient Testimonial

"I've been dealing with acne for several years, and visiting the dermatologist gave me hope that things could improve. I really appreciate how you took the time to explain the causes of my acne and the different treatment options. It made me feel more in control of my skin. The medications you prescribed have helped reduce breakouts significantly, and I've noticed fewer flare-ups. The skincare routine you suggested is also easy to follow, and I have seen improvements in my skin texture."

DEPARTMENT OF RADIOLOGY

“Our Vision, guiding your care”



Radiologists serve as the visual backbone of contemporary medicine, playing a critical role in guiding clinical decisions through advanced imaging techniques. These technologies enable the early detection of illnesses, leading to timely interventions and improved health outcomes. At Vydehi Institute of Medical Sciences & Research Centre, we are dedicated to utilizing imaging tools safely and effectively to enhance patient care. Our Department of Radiology, Imaging, and Interventional Radiology is outfitted with the latest advancements in diagnostic imaging. Beyond diagnostic excellence, the department also plays a key role in education and training. It offers top-tier academic support for students from all streams of the Vydehi Institute of Medical Sciences & Research Centre fostering skill development and clinical expertise in the field of radiology. The Department of Radiology at VIMS & RC stands at the forefront of diagnostic excellence, combining advanced imaging technology with skilled expertise to support accurate diagnosis and effective treatment. With a strong commitment to patient care, safety, and academic growth, the department continues to play a crucial role in shaping the future of healthcare. Through continuous innovation and dedicated training, we strive to empower both clinicians and students, reinforcing our mission to deliver quality healthcare and nurture the next generation of medical professionals.

EVENTS CONDUCTED

26-07-24	CT coronary imaging - A primer
17-11-24	Foetal medicine scientific conference
09-07-25	Contrast media updates

DEPARTMENT OF PLASTIC SURGERY

“Witness the power of self-love and transformation”



It's a common misconception that word plastic in plastic surgery means artificial well its not so! It is derived from Greek word “Plastikos” meaning “The art of moulding”. We are specialized not only in improving the function , restoration, reconstruction but also improving the patient's appearance which ultimately brings out the best of you with greater self - image and confidence.

Faculty Achievement

Dr. Subha Dhua participated in the Asia Pacific Burns Conference held in Goa from 21–24 August 2025. She chaired two major sessions and presented a competition paper, an original paper, and a poster. Her work on using Matriderm in an acid burn case was highly appreciated for restoring a patient's ability to smile, a significant achievement in facial burn recovery. Her original papers were also well received for their quality and contribution to burns care.



Patient Testimonial

“My sister suffered severe acid burn on her face and was in severe distress with serious disfigurement of the face. She was admitted in the plastic surgery Dept in Vydehi hospital under Dr. Subha Dhua. After stabilization a series of surgeries were carried out by latest techniques. We are happy to take her home which was beyond our imagination when she admitted. We are happy for she has got new life.”

DEPARTMENT OF MEDICAL AND SURGICAL GASTROENTEROLOGY

“Advancing Excellence in Gastrointestinal, Hepatic, and Pancreatico-biliary Sciences”



The Department of Medical and Surgical Gastroenterology is a comprehensive, multidisciplinary centre dedicated to the diagnosis, treatment, and research of disorders affecting the gastrointestinal tract, liver, pancreas, and biliary system. Equipped with advanced endoscopic and surgical facilities, the department provides cutting-edge care for both common and complex digestive diseases. Our integrated team of gastroenterologists, hepatologists, and gastrointestinal surgeons collaborates to offer individualized, evidence-based treatment across a wide spectrum of conditions. The department also serves as a centre for academic excellence, actively engaged in clinical research, education, and training of future specialists in the field of digestive sciences.

Patient Testimonial

“I am incredibly grateful to the Medical Gastroenterology Department for their exceptional care and support throughout my treatment. From my very first consultation, the doctors and staff were compassionate, thorough, and highly knowledgeable. They took the time to explain my condition clearly and involved me in every step of the treatment plan. Thanks to their expert medical and diagnostic services, my health has significantly improved. The team’s dedication and professionalism gave me confidence and peace of mind during a challenging time. I highly recommend this department to anyone seeking specialized and compassionate care for digestive health issues.”

DEPARTMENT OF NEUROLOGY

"Compassionate neurology care, driven by excellence"



The Neurology Department at Vydehi Institute of Medical Sciences offers comprehensive care for a wide spectrum of neurological disorders including epilepsy, stroke, movement disorders, headaches, neuromuscular diseases, paediatric neurological diseases and cognitive decline. The department is equipped with state-of-the-art neurodiagnostic facilities, including advanced EEG, video EEG monitoring, nerve conduction studies, and neuroimaging. A key highlight is the centre's advanced expertise in the pre surgical evaluation of drug-refractory epilepsy, including long-term video EEG, MRI, PET testing and neuropsychological testing, facilitating surgical candidacy assessment. Specialized epilepsy, stroke, and headache clinics, supported by trained faculty and technicians, ensure focused care. The department also offers free outpatient services and subsidized diagnostics for underprivileged patients, alongside regular outreach and awareness programs. With a multidisciplinary approach and commitment to academic excellence, the department provides quality neurology care, training, and research in a patient-centered environment.

EVENTS CONDUCTED

29-10-24	World Stroke Day
10-02-25	International Epilepsy Day
04-04-25	World Parkinson's day

Faculty Achievement

Dr. Divya Nagabushana, Associate Professor

Conducted the first electrocorticography Procedure in Vydehi Institute of Medical Sciences and Research Centre to record the intraoperative cortical EEG for the tailored resection of an epilepsy associated tumor in the left frontal lobe of a 14-year-old girl on September 4th, 2025.

Invited as speaker at the International Symposium on Cross-Domain AI Application and Impact, Academy of Pediatric Neurology (AOPN) Karnataka Chapter and Indian Academy of Pediatrics Pediatric Neurology CME.

DEPARTMENT OF NEUROSURGERY

“Rewiring Hope one Neuron at a Time”



The Department of Neurosurgery offers comprehensive, multidisciplinary care for brain, spine and peripheral nerve disorders. Key areas include neuro-oncology, cerebrovascular, epilepsy surgery, skull base, pediatric neurosurgery, complex spine, and peripheral nerve surgery. Equipped with cutting-edge technology like the Kinevo 900 microscope, neuronavigation, intraoperative monitoring and minimally invasive platforms. The department ensures advanced surgical care. Academic excellence is central, with active research, publications, and participation in global conferences, reflecting a strong commitment to innovation, education, and clinical leadership.

EVENTS CONDUCTED

29-10-2024 World Stroke Day-Awareness

28-2-2025 Midas Rex Hands On Workshop (MHROW) in collaboration with Medtronic

Faculty Achievement

Dr. Ananth G, Professor - International Fellowship Program in Endoscopic Spine surgery, AIN Hospital -South Korea May 2025

Dr. Preetham. Dange, Assistant Professor

- Limited Dorsal Myeloschisis with Type I Split Cord Malformation and Chiari II Malformation
- Presented at the Indian Society of Paediatric Neurosurgery Conference, March 2025.
- Decision-Making in Paediatric Neurosurgery – Presented at the International Conference on Complications in Neurosurgery, Goa- March 2025.

Dr. Raghavendra. G. Pattar, Assistant Professor

- Travel Fellowship and Grant for Asian-Australian Congress of Neurosurgeons AACNS on November 2024 at Taiwan by Baxter International.
Avoidance of Postoperative CSF Leak Using Hemopatch presented at the AACNS Taiwan on November 2024.
- Hypertension Causing Tension in Neurosurgery – Presented at the International Conference on Complications in Neurosurgery (ICCN) Goa on March 2025.

DEPARTMENT OF UROLOGY

“Urology care that restores comfort & health”



The Department of Urology at Vydehi Institute of Medical Sciences & Research Centre, Bengaluru (Bangalore), is a comprehensive center of excellence dedicated to advanced urological care, education, and research. Our department offers a wide spectrum of services ranging from endourology, laparoscopic and open surgeries, to highly specialized robot-assisted procedures and renal transplantation. With infrastructure including modular operation theatres, state-of-the-art robotic platforms and dedicated transplant facilities, we strive to deliver world-class care to our patients. The department is also actively involved in postgraduate training, fostering academic excellence, surgical skills, and research aptitude among residents. Regular CME programs, workshops, and clinical discussions are organized to encourage knowledge exchange and innovation. Our holistic approach ensures compassionate care while maintaining the highest standards of surgical precision and patient safety, making the department a regional referral center for complex urological diseases

Patient Testimonial

“Recently my father admitted to Vydehi hospital in Urology department for bladder blockage. After operation, my father is fully recovered. Hats off to the Urology HOD Dr.Sanjay sir, Dr. Santhosh Kumar M Sir and other Doctors. I don`t know their names. And all the Nursing officers in the Male Surgical ward in 3rd floor of Vydehi hospital for their excellent work. Excellent Urology service in Vydehi Hospital. Thank you all.”

DEPARTMENT OF NEPHROLOGY

“Comprehensive kidney care powered by knowledge and compassion”



Established in 2005 with a vision of providing comprehensive nephrology services at an affordable cost to needy patients. Our Haemodialysis unit runs in association with Fresenius Medical Care and is well equipped with state of the art Fresenius machines including those for CRRT and a separate machine dedicated to those infected with Hepatitis C infection. We provide 24/7 inpatient haemodialysis including various ICUs. Our department is recognized by Government of Karnataka for kidney transplantation and we have successfully conducted multiple kidney transplants with patients being on regular follow-up.

Faculty Achievement:

Dr Girish Vakrani Professor & HOD :

Free paper session Judge at ISNSC CON 2024

Moderator at Vydehi Criticon 2024

Chairperson for a scientific session at ISNSCCON 2025

Patient Testimonial

“Very well behaved team of doctors and always ready to help and serve patients. I feel the best facilities are being provided in the hospital in this Department. I am grateful for the exceptional care I have received during my dialysis sessions. The compassion and the expertise of the Nephrologists are outstanding and the department’s use of advanced technology ensures top-notch treatment in a warm, patient-centric environment.”

DEPARTMENT OF CARDIOLOGY

“Pioneering Cardiology - Precision, Purpose- From Our Heart to Yours”



The Institute of Cardiology at VIMS is a state-of-the-art centre offering comprehensive cardiac evaluation and advanced treatment. Led by expert cardiologists, the department provides a wide array of services including coronary angiography (CAG), complex angioplasties, balloon valvuloplasty, and treatment for valvular heart disease. Specialised procedures such as temporary and permanent pacemaker implantation, peripheral and renal angioplasty, device closures for septal defects, and catheterization studies for congenital heart disease are routinely performed. The Vydehi Institute of Cardiology stands as a beacon of clinical excellence, compassion, and innovation in heart care

EVENTS CONDUCTED

05-09-24 - Teachers day poster presentation

17-05-25 - World hypertension day

Faculty Achievement:

Dr. Lalitha S, Associate Professor - Fellowship from Indian college of Cardiology

Patient Testimonial

“We had a great experience from Dr.Vijay Sai and had good treatment from the cardiac department. Highly recommended as Dr.Vijay Sai is a specialist in Cardiology and has great knowledge”

“Recently I got discharged from Cardiology. About Dr. Lalitha Amma. I call her Amma because apart from medical treatment, her care, love and compassion towards me is treating like her own son. Whatever her busy schedule, she never missed attending me. I am deeply indebted for this soulful bonding. Thanks Amma for giving me rebirth every time. Next, take a bow to the humbleness of Dr. Vijay Sai sir in attending the patients.”



The Cardiothoracic and Vascular Surgery (CTVS) Department is a specialized unit dedicated to the surgical management of diseases involving the heart, lungs, chest wall, great vessels, and peripheral arteries and veins. We successfully conduct major cardiac surgeries including Heart lung transplantations, congenital heart defect corrections.

Faculty Achievement

Dr. B Durgaprasad Reddy, Professor & HOD

- Aryabhata International Award 2024
- National Achievers Recognition Forum International Gold Star Award for Health Excellence 2024
- In honour of his achievements video displayed at Times Square, New York on July 2024
- Indian iconic brands & leaders awards winner 2024

Patient Testimonial

“Durga Sir is extremely confident and too efficient. He takes care of each and every detail. The care provided by him pre and post-surgery were outstanding.”

ORGANS ON THE METRO



Source: The New Indian Express, Aug 18, 2025

In a groundbreaking moment for Karnataka, the Namma Metro played a vital role in the city's first-ever organ transport via metro service, becoming only the second metro system in India to achieve such a feat. On August 2, 2025, a donated liver from a 24-year-old accident victim was urgently transported from Vydehi Hospital to Sparsh Hospital for a patient suffering from severe hepatitis-related liver failure. The recipient had been waiting for over two months, making the operation especially critical. The organ was first moved through a 5.5-kilometre green corridor to Whitefield Metro Station, arriving at 8:38 pm with a team of doctors and seven medical staff. Demonstrating remarkable coordination, the Bangalore Metro Rail Corporation Limited (BMRCL) dedicated the last coach of a regular service train exclusively for the mission, ensuring a swift and uninterrupted journey.

Dr. Mahesh Gopasetty, The Head of Liver Transplant, emphasized:

"This metro journey was the difference between life and death. If we had taken the road, the organ could have been lost in Friday evening traffic."

This event not only saved a life but also showcased how urban infrastructure can be repurposed for critical healthcare needs.

DEPARTMENT OF MEDICAL ONCOLOGY

"Cancer care with compassion and expertise"



The Department of Medical Oncology at Vydehi Cancer Centre offers dedicated, compassionate care through a team of super-specialists practicing evidence-based treatment for solid and hematological malignancies in children and adults. Since 2007, the department has provided comprehensive cancer care across divisions including Breast, Gastrointestinal, Head & Neck, Lung, Bone, Sarcomas, Gynae-oncology, Uro-oncology, Leukemia, Lymphoma, and Pediatric tumors. Recognized as one of South India's most cost-effective centers, the department offers specialized inpatient and day care services. Treatments include Autologous Stem Cell Transplant, HIPEC (Hyperthermic Intraperitoneal Chemotherapy), Intravesical and Intrathecal Chemotherapy, alongside conventional chemotherapy. Vydehi Medical Oncology is committed to combining advanced therapies with compassionate patient care

Patient Testimonial

"My child Mustafizur Baidya has been diagnosed with ALL in 2022 at vydehi. We got immediate treatment from medical oncology department and my son is very good now. I am very happy with treatment overall and the doctors and every staff. Special thanks to Dr Shashidhar sir, Manjunath sir, Veerendra sir, Dr Vishnupriya, Dr Asther, Dr Nitesh, Dr Subha, Dr Sachet, Dr Praneetha I was treated in cancer centre in 2013 for blood cancer. I am on follow up since 9 years. I would like to thank medical oncology team for their support. I would like to thank Dr. Shashidhar sir, manjunath sir, Veerendra sir for excellent service. I would like to recommend the centre for others who would like to take chemotherapy."

DEPARTMENT OF SURGICAL ONCOLOGY

"Fighting cancer with skill, strength, and surgical excellence."



The Surgical Oncology Department at Vydehi Medical College is a center of excellence dedicated to the comprehensive treatment of cancer through advanced surgical interventions. Staffed by a team of highly skilled oncologists and surgeons, the department specializes in a wide range of procedures, including surgeries for head and neck, breast, thoracic, gastrointestinal, gynecological, and soft tissue cancers. Equipped with state-of-the-art facilities, including the Da Vinci X robotic surgical system, the department offers minimally invasive options that enhance precision and reduce recovery time. Its operation theatres are modern and supported by 24/7 ICU and blood bank services, ensuring optimal patient safety and care. What sets the department apart is its holistic approach to cancer treatment. Beyond surgery, the team provides emotional support, rehabilitation, and personalized care plans tailored to each patient's unique condition. From limb-salvage procedures for sarcomas to complex reconstructive surgeries, the focus remains on restoring quality of life.

Patient Testimonial

"I want to express my heartfelt gratitude to the excellent team of doctors at Vydehi Hospitals, Bangalore, for the quality care they provided to my father, S. Seetha Rami Reddy, during his oral cancer surgery this month. I am especially thankful to Dr. Ganesh, Dr. Harish Ravoori, Dr. Rahul, the other doctors, and the supporting team members, Ms. Padma Sister and Ms. Selvi Sister from the Oncology Surgical Ward. I am particularly grateful to Dr. Harish Ravoori for his guidance and counseling. From day one, he provided empathetic support to my father and me, helping to build our confidence before the surgery. He kept us informed throughout the surgical process and has been regularly following up post-surgery to guide us through the recovery process. We deeply appreciate his service and care during this critical phase."

DEPARTMENT OF RADIATION ONCOLOGY

“Team Photon: Precision, Passion, Power”



Vydehi Cancer Center offers advanced radiation therapy with state-of-the-art Versa HD Stereotactic Precision Radiotherapy technology for comprehensive cancer treatment. Advanced Treatment Techniques: Our Radiation Oncology department provides complete cancer care through external beam radiation (EBRT) including IMRT, VMAT, and IGRT, advanced stereotactic techniques (SBRT, SRS, SRT), TSET (Total Skin Electron Therapy), and specialized brachytherapy treatments including ICBT, ISBT, ILRT, and Surface Mould Therapy. We offer primary treatment, adjuvant therapy, organ preservation, and palliative care with real-time monitoring for enhanced patient safety.

Patient Testimonial

“Vydehi Cancer Center Whitefield is undoubtedly a centre of excellence when it comes to its oncology services providing top-notch care at every step of the treatment process, A special mention must be made of the talented team of doctors led by Dr. Geeta Narayan. Their expertise and dedication were evident in every interaction. Dr. Geeta’s leadership and the cohesive work of her team comprising of Dr. Veda, Dr. Kashyap and others was just truly inspiring. They listen to the patient’s concerns with empathy and tailor treatment plans as needed. The coordination among the staff was seamless. From the reception desk to the nursing staff and doctors, everyone worked together like a well-oiled machine.”

DEPARTMENT OF CRITICAL CARE MEDICINE

“We cure with care and compassion”



The Critical Care Department at Vydehi Institute of Medical Sciences works with the motto to “Cure with Care and Compassion”. Under the guidance of Dr. Anil Kumar, Head of the Department of Critical Care, a multidisciplinary team works round the clock to provide highest level of care by following Evidence based treatment protocols. Involves specialized, individualized care, high-risk patient monitoring, and rapid responses to complications. Emphasizes early detection, prevention of infection, and collaborative practice between doctors and nurses. Well equipped with cutting-edge machines that make it possible to monitor and sustain vital organ functions. From ventilators and dialysis machines to advanced monitoring systems, it enables doctors to respond quickly to changes in a patient’s condition. Designed for patients who need constant monitoring, advanced life-support equipment, and rapid medical interventions. The 7 Cs of Critical Care are the guiding principles for better improvement and outcome , focusing on Compassion, Communication, Consideration, Comfort, Carefulness, Consistency, and Closure, emphasizing a patient-centered approach beyond just technology to include empathy, clear dialogue, conflict avoidance and patient well-being.

Patient Testimonial

“My sister was admitted in MICU for acute gastroenteritis. Dr Menaka Mam was very kind and considerate. She and team explained every step of the treatment. My sister improved very well under her. We also didn’t have to wait or worry all day to get updates on her health. Whatever we needed were at once explained during our daily visit and we were given regular updates on her improvement. Thank you very much Dr Menaka mam & team”. “I want to express my heartfelt gratitude to Dr. Darshan the love, compassion, and dedication he shows, even after tirelessly working round the clock, simply cannot go unmentioned. His presence and care made a tremendous difference during a difficult time for our family.”

“A big thank you also to the entire nursing staff and the team of doctors. It wasn’t just their medical treatment, but also their constant support and empathy that helped my mother recover from the ICU. We are forever grateful for the kindness and professionalism shown throughout her stay.”

DEPARTMENT OF RESPIRATORY MEDICINE

“Breathing Life into Every Breath”



At Vydehi, our Department of Respiratory Medicine combines over 20 years of clinical excellence with cutting-edge technology to deliver holistic care for all respiratory conditions. From everyday breathing issues to complex lung diseases, our expert team ensures personalized treatment in a compassionate environment. Our Key services include: Outpatient & Inpatient Care, Advanced Diagnostics & Procedures, Sleep Medicine, Pulmonary Rehabilitation, TB Services (NTEP Center). We also have a level 1 sleep study facility & sleep lab.

EVENTS CONDUCTED

14-03-25

World sleep day awareness programme conducted by department of respiratory medicine.

24-03-25

TB awareness programme conducted by department of respiratory medicine department with help of UG students to all attenders of patients.

Patient Testimonial

“I was diagnosed with TB and feared the worst. The NTEP center ,and respiratory medicine team at Vydehi provided free expert treatment with constant care and encouragement. The treatment was tough but effective. Thanks to the dedicated team, I am now TB-free and healthy.”

“The Respiratory Medicine team helped me understand and manage my sleep apnea. The polysomnography study was thorough, and the treatment plan improved my quality of life drastically. The entire experience was professional and reassuring.”

DEPARTMENT OF NUCLEAR MEDICINE AND MOLECULAR IMAGING

"Precision in diagnosis, innovation in therapy"



Vydehi Hospital Nuclear Medicine Department offers advanced diagnostic and therapeutic services, including PET/CT scans for cancer detection and monitoring (such as FDG PET CT, F18 PSMA PET CT, F18 NOTANOC and more), SPECT Imaging for detailed 3D views, and Bone Scans for identifying cancer spread. We also offer various Radioisotope Therapies using isotopes like I-131 and Lutetium-177, Bone pain palliation and more. The department also utilizes Theranostics, which combines diagnostic imaging and targeted therapy. Our department is equipped with cutting-edge technology and a team of specialists dedicated to providing comprehensive and personalized care.

EVENTS CONDUCTED

Precision Interventions in Oncology and Beyond: PET/CT-Guided Techniques with Robotic Assistance on 09/08/25.

Faculty Achievement

Dr. D Anitha, Professor & HOD

- Lead specialist in the department of Nuclear Medicine.
- Reviewer in Indian Journal of Nuclear Medicine.
- Speaker at NATCON IASO 2024, SNMICON 2024, SNMISC 2024, Bangalore Neurological Society and Society of Nuclear Medicine, India.
- Speaker at ESI Focus: Endocrine Imaging on Functional Thyroid Imaging.

Patient Testimonial

"Hello, I'm Pooja. My dad has prostate cancer, and we've tried a number of medications, but nothing has really helped. His PSA levels kept going up, and at one point, the pain was too much for him to handle. A friend of mine suggested Vydehi Hospital, where we saw Dr. D. Anitha from the nuclear medicine department. She reviewed all of his prior reports, and based on his PSA levels, she recommended LU-177 PSMA therapy. The team was always available for any questions or concerns about this treatment, and after the therapy. After treatment, they have been keeping an eye on my dad's blood test results and he is feeling much better. Dr. D. Anitha has also been giving him advice on what to eat, how to take precautions, and what drugs he should take. I have expressed my gratitude to the Nuclear Medicine Department for their assistance. Gratitude to Dr D. Anitha."

DEPARTMENT OF EMERGENCY MEDICINE

“Skilled hands in critical moments”



Vydehi Institute of Medical Sciences and Research Centre, Bengaluru, is a designated Level 1 Trauma Centre providing 24x7 emergency and trauma care. The Emergency Medicine Department is equipped with advanced facilities and a skilled multidisciplinary team to handle a wide range of critical cases with precision and care.

EVENTS CONDUCTED

28-06-25 - E-RENAL

Patient Testimonial

“I was brought to Vydehi Hospital’s Emergency Department with severe chest pain and breathlessness. The team acted swiftly—within minutes, doctors assessed me, explained everything clearly, and began treatment. The emergency staff was not only technically sound but also extremely kind and compassionate. Their prompt action and care saved my life. I am deeply grateful to the doctors, nurses, and staff who went above and beyond to ensure I received the best care. I would recommend Vydehi’s Emergency Medicine Department to anyone in need. Thank you for being a pillar of strength in critical times.”

DEPARTMENT OF ENDOCRINOLOGY

“अन्तःसावः समत्वं जीवनस्य।”



The Department of Endocrinology is a leading center for the diagnosis and management of hormonal and metabolic disorders. It offers comprehensive care for conditions such as diabetes, thyroid diseases, obesity, osteoporosis, PCOS, pituitary and adrenal disorders and pediatric endocrine problems. The department is led by Dr. Vijaya Sarathi, a renowned expert in the field, and supported by a skilled team of endocrinologists. State-of-the-art diagnostic tools, including DEXA scan, Podoscan, and Neurotouch, enable precise evaluation and management. Special clinics for diabetic foot care, endocrine tumors, and pediatric endocrinology are offered. The department works closely with other specialties for integrated care and is actively involved in teaching and research. With a patient centric approach, evidence-based protocols, and a focus on long-term outcomes, the department stands out as a center of excellence for endocrinology in South India.

EVENTS CONDUCTED

13-07-25 - ESI FOCUS CME ON ENDOCRINE IMAGING

02-08-25 & 03-08-25 - PEAK CONFERENCE

Faculty Achievement

Dr. Vijaya Sarathi H A, Professor & HOD:

- Best Reviewer of the year 2025 Indian Journal of Endocrinology and Metabolism
- Selected for Dr Prassana Kumar oration by Karnataka Endocrine Society to be presented in Hormone Rhythm 2025

Dr. Shruthi R, Assistant Professor

- Grant: 5 lakhs from endocrine society of India- for “Normative data for igf1 and igfbp3 in healthy infants and preschool children from India
- Vellore Endocrinology International Congress 2025: Poster presentations 3rd prize - Hba1c may be slightly underestimated in type 2 DM with the thrombocytopenia Harris platelet syndrome.
- Kendocon 2024, Oral presentation - 2nd prize & International pediatric endocrine and diabetes symposium: Poster presentation - 2nd prize “Viriling ovarian tumors in children and adolescence: A systematic review.

DEPARTMENT OF HOSPITAL ADMINISTRATION

“Operational Strength behind Patient-Centred Excellence”



The Department of Hospital Administration serves as the operational backbone of Vydehi Institute, ensuring that quality care reaches every patient efficiently and ethically. From managing patient flow and streamlining support services to ensuring compliance with safety and accreditation standards, the department plays a crucial role in day-to-day hospital functioning. It coordinates with clinical teams, nursing, diagnostics, and support staff to maintain seamless services across all units. Patient-centric initiatives like grievance redressal systems, infection control audits, and feedback mechanisms are driven by the department, ensuring that every voice is heard and care is continuously improved. Resident doctors benefit from the systems and processes maintained by the department, allowing them to train in a structured, well-functioning environment. Be it during emergencies, policy upgrades, or technology rollouts, the department stands at the front lines, quietly ensuring that the hospital never misses a beat.

Faculty Achievement

Dr. K Ravi Babu, Chief Administrative Officer

Awarded the “101 fabulous global healthcare leader’s” on 14th February 2020 by World Health & Wellness Congress in association with Economic Times Now

Awarded as “ Most Influential Healthcare Leader” on 3rd March 2024 by Golden Aim Conference

Awarded “Leading Healthcare Sustainably” on 26th September 2024 by SEEM NATIONAL ENERGY MANAGEMENT AWARDS GOLD

Awarded as “ TOP 10 Chief Administrative Officers of INDIA - 2025” on December 2025 by CEO Insights and featured as cover story”

Patient Testimonial

“Dear Administration Team & Ravi Babu Sir, I am writing to express my satisfaction with the Administration department at Vydehi hospital. I recently visited the hospital and interacted with head of Administrative department Mr. Ravi Babu Sir and he was very cooperative and supportive. Also had an experience with the Administration department and was impressed with the quality of service, professionalism and care towards the patients and their families. Thank you for the support and care.”

OUR VYDEHI FAMILY

FIRST YEAR MBBS STUDENTS



SECOND YEAR MBBS STUDENTS



THIRD YEAR MBBS STUDENTS



FINAL YEAR MBBS STUDENTS



INTERNS



Towards the Future of Healthcare



VYDEHI SUPPORT STAFF



HAPPINESS IN VYDEHI



COLLEGE HIGHLIGHTS

FOUNDER'S DAY: VYBRANCE 2024

Where tradition meets celebration



ANANTHA CULTURAL & SPORTS FEST SEPTEMBER 2024

Vydehi Group of Institutions celebrated the annual College Day, Anantha on 21st September 2024. A vibrant celebration of energy, teamwork and determination, where students showcased their athletic talents with great enthusiasm. The event fostered a spirit of unity and healthy competition, leaving everyone inspired and proud.



SEEM NATIONAL ENERGY MANAGEMENT AWARD GOLD - 26-09-2024

Vydehi Hospital has been awarded the Gold Award at the SEEM National Energy Management Awards on 26th September 2024, recognizing its commitment to sustainability and energy efficiency in healthcare. This prestigious honor highlights the hospital's dedication to eco-friendly practices and responsible energy management.



FRESHERS' DAY 2024

Freshers' Day for the undergraduate medical students was celebrated with great enthusiasm, warmly welcoming the new batch into the medical fraternity.



MEET & GREET WITH DR. YAGNA SHUKLA

CHAIRPERSON, NATIONAL COMMISSION FOR ALLIED AND HEALTHCARE PROFESSIONS

26-10-2024

On 26th October 2024, Vydehi Institute of Medical Sciences & Research Centre, in collaboration with the Karnataka State Allied & Healthcare Council, hosted an inspiring Meet and Greet with Dr. Yagna Unmesh Shukla, Chairperson of the National Commission for Allied and Healthcare Professions. This impactful event brought together healthcare leaders, fostering discussions and collaborations for the future of allied health.



STROKE WALKATHON - 26-10-2024



On 26th October 2024, Vydehi Institute of Medical Sciences & Research Centre held a CME on World Stroke Day, led by the Department of Neurology. With insights from experts, the event reinforced that stroke is preventable, treatable, and beatable when we come together in awareness and action.

On 29th October 2024, We proudly hosted a Walkathon on World Stroke Day, together, we walked for a stroke-free world, spreading awareness that stroke is preventable, treatable and beatable.



VISIT BY DR. SHARAN PRAKASH PATIL

HONOURABLE MINISTER OF MEDICAL EDUCATION, KARNATAKA
22-01-2025

Vydehi Institute of Medical Sciences and Research Centre had the honour of welcoming the Hon'ble Minister for Medical Education and Skill Development, Dr. Sharan Prakash Patil, on 22 January 2025. The visit marked a significant occasion for the institution, highlighting its continued commitment to advancing medical education and healthcare training.



During his visit, the Minister toured the state-of-the-art facilities of the Vydehi Advanced Simulation Academy, where he observed the innovative use of simulation, augmented reality, and virtual reality technologies for hands-on medical training. He appreciated the academy's role in strengthening clinical skills and bridging the gap between theoretical learning and real-world medical practice.



A key highlight of the visit was the inauguration of the War Trophy - the iconic T-55 Main Battle Tank, installed on the Vydehi campus as a symbol of national pride and inspiration for students. The Minister also interacted with faculty members and students, commending the institution's efforts in promoting skill-based education and excellence in healthcare training. The visit served as an encouragement to Vydehi's ongoing mission of nurturing competent and compassionate healthcare professionals.

I-ROPE INAUGURATION - 24-02-2025



Vydehi Institute of Medical Sciences & Research Centre launched I-ROPE (Innovative Robotic Program for Excellence) on Feb 24, 2025, becoming the first private medical college in India to offer robotic surgery training and certification. Developed with INTUITIVE, maker of the da Vinci Robotic System, the program provides hands-on experience in robotic-assisted procedures. With 275 successful robotic surgeries already performed, VIMS & RC is advancing medical education and patient care through innovation.

BESCOM LINEMEN SAFETY PROGRAMME - 04-03-2025



Vydehi Hospital held a training session for BESCOM linemen on 4th March 2025, focusing on emergency preparedness and workplace safety. Dr. D.A. Kalpaja, Chairperson, distributed PPE kits and life-saving equipment. The program also marked BESCOM Powermen Day, honoring their service, and participants received certificates on National Safety Day, reinforcing safety awareness.

ADMINISTRATIVE BLOCK INAUGRATION 24-04-2025



The inauguration of the new Administrative Block was a proud moment for our institution. The new block is equipped with modern offices and dedicated spaces to improve administrative efficiency and student services.

The ceremony was graced by our esteemed chairperson, advisor, management and faculty. Ms Vydehi formally inaugurated the new area by cutting the ribbon.



GRADUATION DAY 2025

Graduation marks the culmination of years of dedication, perseverance, and learning for the graduating class. The journey through medical school has shaped them into doctors ready to serve with knowledge, compassion, and integrity. As they step into the next phase of their careers, they carry not only a degree but also a lifelong commitment to care, learning and the values of the medical profession.



INTERNATIONAL WOMEN'S DAY CELEBRATION 03-03-2025 TO 08-03-2025

The Vydehi Group of Institutions celebrated International Women's Day with an inspiring event honoring women in healthcare and education. Gp Capt Shahla Yazdani, OB-GYN from Command Hospital, Bengaluru, delivered a powerful keynote on women's empowerment in healthcare, leadership, and society. The program featured a Ganesh Vandana, lamp-lighting ceremony, and vibrant cultural performances by students, creating a memorable celebration of inclusivity and progress.



MANDUR CLINIC INAUGURATION 24-04-2025

On 24th April 2025, Vydehi Institute of Medical Sciences celebrated the grand opening of the Vydehi Clinic - Mandur, reaffirming its commitment to community-centered healthcare. The inauguration, led by Ms. Vydehi with Dr. Mahesh B. Kottapalli and other dignitaries, highlighted the clinic's focus on specialties including orthopedics, general medicine, surgery, OBG, and lab services. Local residents, healthcare professionals and leaders joined in, marking a new chapter in accessible, high-quality medical care for Mandur.



WORLD HYPERTENSION DAY - 17-05-2025

In June, our institution marked World Hypertension Day with a month-long awareness campaign. Free blood pressure screenings were held across camps, while volunteers performed skits to highlight healthy lifestyle choices. Educational workshops on diet, exercise, stress management, and self-monitoring, supported by posters on hypertension, further engaged the public. The initiative fostered community support and emphasized the importance of regular check-ups in combating hypertension.



INTERNATIONAL YOGA DAY - 21-06-2025

International Yoga Day was celebrated with enthusiasm, with students and staff actively participating in various yoga asanas and breathing exercises under expert guidance. The program highlighted the importance of yoga in maintaining physical health and mental well-being. The institution received a certificate from the Government of India in recognition of successfully conducting the event, making the celebration both meaningful and memorable.



INDEPENDENCE DAY CELEBRATION

Vydehi celebrated Independence Day with patriotic fervor, showcasing cultural performances and flag hoisting. Students and staff united to honor the spirit of freedom and national pride.



THE POWER OF DUAL EXPERTISE MEDICINE + UPSC

A First-of-its-Kind Program at Vydehi
Dual Edge: Where Medicine Meets Leadership

Vydehi Institute proudly launches **DualEdge**, a pioneering Academia-to-Career Fast Track Program - the first of its kind in India- designed to shape future doctors into leaders of tomorrow. This unique initiative blends a professional **medical degree with UPSC preparation**, empowering students to simultaneously pursue careers in medicine & civil or defence services.

The vision behind **DualEdge** is simple yet powerful; to equip aspiring doctors not only with stethoscopes but also with the skills, strategy & confidence to serve the nation at the highest levels. Whether it is **Civil Services, Defence, State PSCs, Railways, Banking or PSUs**, this integrated pathway ensures students are future-ready for both healing lives & leading change.

With structured mentorship, curated study material, flexible learning schedules & access to seasoned UPSC officers as guides, students gain an unmatched edge. The program nurtures holistic development, discipline & a spirit of service, creating professionals who can wear both the **white coat & the uniform** with pride.

At Vydehi, **DualEdge** is not just an academic program-it is a movement to redefine possibilities, inspire ambition & carve extraordinary journeys where passion for medicine meets the power of leadership.

Jai Hind!

Major Ushashree Kumar,
Chief Operating Officer,
Vydehi Group of Institutions



Bembala Foundation

Supporting women and children facing abuse

You are not alone. Reach out, have a conversation.



Did you know that 1 in 3 of all crimes against women are cases of domestic violence. 1 in 3 women in India are likely to face intimate partner violence. But only 1 in 10 women facing abuse in India formally report the incident.

In 2018, Bembala Foundation was born out of a deep sense of community and compassion, nurtured by the citizens' movement Whitefield Rising in Bangalore. Whitefield Rising began as a collective of concerned residents tackling visible civic issues—traffic congestion, waste management, water scarcity and urban greening.

These were problems that affected everyone, and the group assumed that solving them would uplift the entire community. But as they worked, a quieter, more urgent need began to surface. Occasionally, the calls for help weren't about roads or garbage. They were about safety. About dignity. About healing. A woman or child would reach out—not for infrastructure, but for support, protection, and someone to stand beside them.

These moments revealed a deeper truth: not all suffering is visible. And not all voices are equally heard. Bembala Foundation was created to respond to those voices. To offer a safe space, a listening ear, and a helping hand to women and children facing trauma, abuse, or violence. It was a shift from fixing what's broken in the streets to mending what's hurting in hearts and homes.

We believe that healing begins with connection. And that every woman and child deserves to be seen, heard, and supported.

VISION AND MISSION

Bembala's Vision is a community with zero tolerance towards violence; a community that supports survivors of all forms of abuse or distress regardless of socio-economic, cultural or religious background. We aspire to create an easily accessible network of support services across Bangalore. Bembala Foundation runs a support center for women and child survivors of violence and abuse. We provide help from our physical space at the OBG OPD of Vydehi Hospital from 9.30 am to 4.30 pm, as well as over a pan-India Helpline (18001039548). Our services are free and confidential. So if any one among our dear readers is suffering silently, or knows someone who is, then do not hesitate to reach out to us. We are available for you always

You are not alone. Reach out, have a conversation
Helpline Number (9:30am - 4:30pm) - [18001039548](tel:18001039548)

COLLABORATION WITH KAISER FOUNDATION ATTENTION USMLE ASPIRANTS!



We are proud to inform the agreement between Vydehi Institute of Medical Sciences & Research Centre (VIMS & RC) and Kaiser Hospital Foundation, which is a California non profit public benefit corporation (KHF) and the Permanente Medical Group, INC California Professional Medical Corporation (TPMG) for Medical Student Training Program from 2019. Many of our Alumni have benefitted from this training program. The students who wish to enrol in the above training program can visit their website during the new academic year in the month of April.

(<https://residency-ncal.kaiserpermanente.org/program-admins/visiting-student-learning-opportunities-vslo/>)

This agreement includes the following Kaiser Permanente Training Facilities
Kaiser Permanente Medical Centers

1. Kaiser Foundation Hospital, Antioch
2. Kaiser Foundation Hospital, Fremont
3. Kaiser Foundation Hospital, Fresno
4. Kaiser Foundation Hospital, Oakland
5. Kaiser Foundation Hospital, Manteca
6. Kaiser Foundation Hospital, Redwood City
7. Kaiser Foundation Hospital, at Watsonville Community Hospital
8. Kaiser Foundation Hospital, Richmond
9. Kaiser Foundation Hospital, Roseville
10. Kaiser Foundation Hospital, Sacramento
11. Kaiser Foundation Hospital, San Francisco
12. Kaiser Foundation Hospital, San Rafael
13. Kaiser Foundation Hospital, Santa Clara
14. Kaiser Foundation Hospital, Santa Rosa
15. Kaiser Foundation Hospital, San Jose
16. Kaiser Foundation Hospital, San Leandro
17. Kaiser Foundation Hospital, South Sacramento
18. Kaiser Foundation Hospital, South San Francisco
19. Kaiser Foundation Hospital, Vacaville
20. Kaiser Foundation Hospital, Vallejo
21. Kaiser Foundation Hospital, Walnut Creek

Kaiser Permanente Medical Offices within the following service areas

- | | |
|--------------------------------------|------------------|
| Central Valley | North Valley |
| Diablo | San Francisco |
| East Bay | San Jose |
| Fresno | San Mateo |
| GSAA (Greater Southern Alameda Area) | Santa Clara |
| Marin/Sonoma | Santa Cruz |
| Napa/Solano | South Sacramento |

A LIFE SAVED ON THE METRO

It was just another metro ride, until it wasn't. A middle-aged man in front of me suddenly collapsed. For a moment, time froze. I rushed to him, felt for a pulse, and there was none. My training took over before fear could. I began CPR right there, in the moving train, with dozens of anxious eyes on us. After four tense cycles, his pulse returned. Relief swept through me as he gasped back to life.



Source: The Week, September 07, 2025

With the help of a few bystanders, we carried him out at KR Puram station and placed him safely in recovery position. Station incharge Mr. Ajay acted swiftly, arranging for his immediate transfer within 8 minutes to Sree Lakshmi Hospital, where he made a full recovery. That day taught me the true value of preparedness. Thanks to the BLS and ACLS training by Dr. Javed and the VASA team, I felt ready to act when it mattered most. I truly believe everyone should learn these lifesaving skills, because you never know when you might be someone's only hope - **By Dr. Karthik Venkatesh U, Intern Medical Officer**

A LIFE SAVED AT 35,000 FEET



While flying from Bangalore to Kolkata, I encountered one of the most humbling moments of my medical career. Midway through the flight, a middle-aged passenger suddenly collapsed, presenting with signs of hypotension and hypoxia. The cabin crew promptly called for medical assistance, and I stepped forward without hesitation. I quickly assessed his vitals and provided supplemental oxygen available on board. For his hypotension, I administered an oral rehydration mix using water, salt, and sugar - a simple yet effective measure in such a setting.

Gradually, his condition began to stabilize, and color returned to his face. The flight attendants and fellow passengers expressed their heartfelt gratitude, and the patient's family members wept in relief. In that brief moment above the clouds, I was reminded of why I chose this path. Being a doctor is not just about prescriptions or diagnoses - it's about being present when it matters most. Saving a life in the sky was an overwhelming experience that left me deeply thankful for the skills I've been entrusted with.

By Dr. Samyapran Biswas, 1st year Post Graduate Pharmacology

CONGRATULATIONS!

UNDERGRADUATE ACHIEVERS

SL NO.	Name	Achievement
1	Dr. Nitya Naga Josyula	Dr. D.K. Audikesavulu award for best outgoing student 2025 Overall institutional MBBS topper Institutional topper (Final year) Highest score in Anatomy and Pathology in the Institute Second institutional topper (II year) RGUHS 5 th Rank (Physiology) RGUHS 9 th rank (OBG)
2	Dr. Nagapriya N	Institutional topper (I year & III year) RGUHS 5 th Rank & Institutional topper (Physiology) RGUHS 9 th Rank (Ophthalmology)
3	Dr. GV Rakshitha	Institutional topper (II year) RGUHS 5 th Rank (Pharmacology)
4	Dr. Aishwarya Manoj	RGUHS 10 th Rank & Institutional topper (Biochemistry)
5	Dr. Anushka Shringi	Institutional topper (Community Medicine) RGUHS 8 th Rank (Paediatrics)
6	Dr. Shashank L	Institutional topper (Forensic Medicine)
7	Dr. Rashmitha U	RGUHS 8 th Rank (Paediatrics)
8	Dr. G Ajay Kumar	Institutional topper (Forensic Medicine)

POSTGRADUATE ACHIEVERS

SL NO.	Name	Achievement
1	Dr. Sunil Mulgund	Gold medallist (MD Paediatrics)
2	Dr. Madhu Priya V	Gold medallist (MS OBG)
3	Dr. Sidharth Sofat	RGUHS 7 th Rank (MS OBG)
4	Dr. Kruthi A	RGUHS 10 th Rank (MS OBG)
5	Dr. Sarath K V	RGUHS 7 th Rank (MD Radiation Oncology)
6	Dr. Shreya Arun Kulkarni	RGUHS 9 th Rank (MD Radiation Oncology)
7	Dr. Nishanth Reddy J	RGUHS 2 nd Rank (MS Orthopaedics)
8	Dr. Apoorva B Kelgar	RGUHS 5 th Rank (MS Ophthalmology)

CONGRATULATIONS TO THE ACADEMIC ACHIEVERS



CELEBRATING CO-SCHOLASTIC EXCELLENCE



Dr. Kruti Gangadkar
2nd Place in AIU SOUTH ZONE
INTER-UNIVERSITY, WOMEN CHESS
TOURNAMENT 2024-25



Mr. Varun and Miss Preetha
Winners of Case presentation at
4th EDITION COGNITAIRE
UG MEDICAL CONFERENCE, BGS INSTITUTE

INNOVATE TO EDUCATE

Shaping Minds and Spreading Awareness

PUBLICATIONS

Vydehi Institute of Medical Sciences and Research Centre has demonstrated remarkable academic vigor, achieving over **170 Medical Publications** in the past year alone. This prolific output reflects the institution's deep commitment to advancing medical knowledge and fostering a culture of research among faculty and students. Covering a wide spectrum of disciplines—from pathology and oncology to clinical diagnostics—these publications have appeared in both national and international journals, many of which are indexed in reputed databases like PubMed, Scopus and others. Such a robust research portfolio not only enhances Vydehi's academic reputation but also contributes meaningfully to the evolving landscape of healthcare in India.

STUDENT PROJECTS

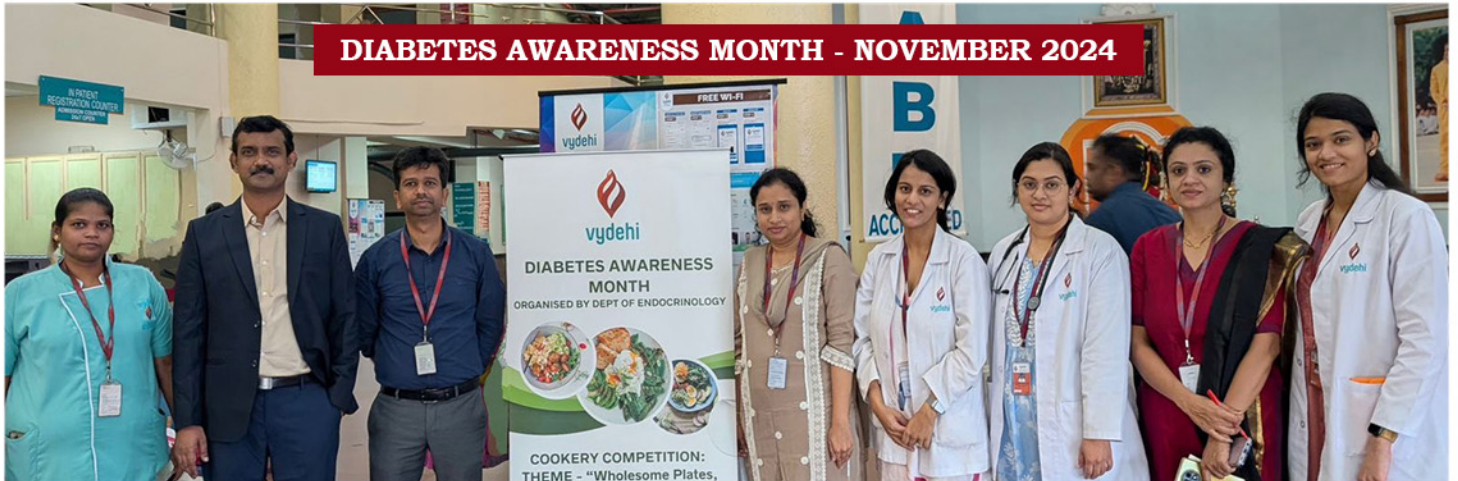
In the past year, Vydehi Medical College showcased **27 Undergraduate student projects** covering clinical research, public health, and biomedical innovation. These initiatives reflect the students' commitment and focus on practical learning and its commitment to shaping future healthcare leaders through hands-on experience and community impact.

CMES, WORKSHOPS & EVENTS

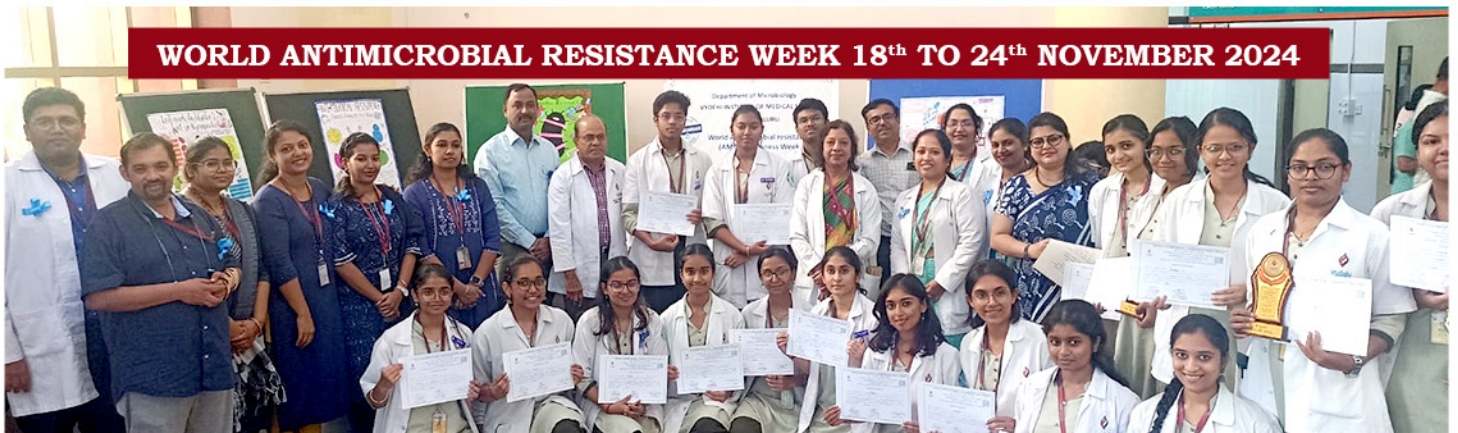
Our Institution has conducted **more than 65 CMEs, Workshops and events** over the last one year which include National days on which event specific care, knowledge and awareness was spread to the entire Vydehi organization and general public to bring innovation to medical practice and help tackle global health challenges. Vydehi continues to be a hub for various National conferences and public awareness programmes with active participation from our very own students, both in organizing and taking part in these events.

A GLIMPSE INTO INSTITUTIONAL EVENTS

DIABETES AWARENESS MONTH - NOVEMBER 2024



WORLD ANTIMICROBIAL RESISTANCE WEEK 18th TO 24th NOVEMBER 2024



EAR LOBE REPAIR WORKSHOP - JUNE 2025



NATIONAL DOCTOR'S DAY - 1st JULY 2025



CME ON CONTRAST MEDIA UPDATES 9th JULY 2025

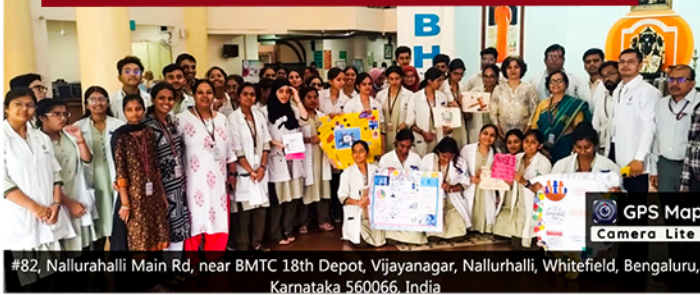


A GLIMPSE INTO INSTITUTIONAL EVENTS

INTERNATIONAL NEO - HEMODYNAMICS CONFERENCE & WORKSHOP 15th TO 19th APRIL 2025



INTERNATIONAL CLINICAL TRIALS DAY CELEBRATIONS - 21st MAY 2025



WORLD BLOOD DONOR DAY - 14th JUNE 2025



WORLD HEALTH DAY - 7th APRIL 2025



WORLD EPILEPSY DAY - 10th FEBRUARY 2025



PHARMACOVIGILANCE WEEK - 17th TO 23rd SEPTEMBER 2025



A GLIMPSE INTO INSTITUTIONAL EVENTS

WORLD MENTAL HEALTH DAY 10th OCTOBER 2024



BANGALORE SURGICAL SOCIETY MEET - JUNE 2025



WORLD ENVIRONMENT DAY CELEBRATIONS - 17th JUNE 2025



WORLD BREAST FEEDING WEEK - AUGUST 2025



UVEA UPDATE - 28th AUGUST 2025



VASA & VIDA

VASA: Where Skill Meets Simulation, and Learning Comes ALive

As the first light touches Bengaluru, Vydehi Advanced Simulation Academy (VASA) is already a hive of focused energy. Within its expansive 31,500 square feet, learners step into scrubs, answer simulated emergency calls, and navigate clinical scenarios that are as real as they come—minus the risk. The tension is real. The sweat is real. The learning is transformational.

This is no ordinary training space. VASA houses a full spectrum of simulation tools—from essential task trainers to advanced, high-fidelity patient simulators—designed to mirror the complexity of real-life healthcare settings. But it's the visionary team of expert educators and researchers that sets VASA apart. Their carefully crafted workshops blend clinical accuracy with dynamic teaching, turning every session into a high-impact learning experience.

Backed by a strong research foundation, VASA is more than just a training centre—it's a launchpad for the future of healthcare. Here, skills are honed, decisions are tested, and confidence is built—all in rhythm with the realities of modern medicine.



VASA: Where Numbers Reflect Impact, and Every Session Counts

At VASA, the rhythm of learning is constant, and the impact is measurable. With 472+ certified workshops held across 819+ days, the academy averages an impressive 23 training sessions each month. Over 24,000 healthcare professionals have been certified, contributing to a total footfall of 32,810+ participants in workshops alone.

Beyond structured courses, 1,162 hours of skill-focused sessions have been delivered, reaching more than 9,000 hands-on learners. With close to 39,000 visitors walking its halls, VASA has grown into more than a simulation centre-it's a thriving ecosystem of clinical excellence, innovation, and transformation.

VASA: Stepping Into the Virtual Future of Healthcare

At Vydehi Advanced Simulation Academy (VASA), learning goes beyond mannequins and monitors-it enters a new dimension. With HoloLens-powered virtual reality, learners step into a world where 3D anatomy unfolds before their eyes, procedures come alive in augmented space, and complex concepts become truly tangible.

But the innovation doesn't end in the headset. Training flows from prehospital trauma zones, featuring the realistic human cut suit, to apartment-style simulations, ICU and ED bays, and high-intensity OT and anaesthesia scenarios. Specialized spaces for maternal-neonatal emergencies, ultrasound techniques, IVF and lung simulation, and even Botox and dermatology procedures make VASA a complete clinical ecosystem.

Blending virtual immersion with hands-on precision, VASA is where the future of healthcare education isn't imagined-it's experienced.



VASA: Where Skills Get Real and Knowledge Takes Flight

At VASA, the learning isn't quiet-it pulses. In high-stakes simulations and hands-on workshops, learners don't just study-they respond, revive and lead.

From mastering Critical Care protocols and Ultrasound precision to earning AHA-certified BLS, ACLS, and PALS credentials, every course is crafted for real-world impact. Add to that Neo-Hemodynamics and SEMI-certified procedural skills, and the training hits clinical depth few can match.

But VASA doesn't only train-it transforms. Foundation courses for PGs, nurses, dental and CCEM trainees ignite readiness from the ground up. It's where practice sweats before real patients bleed.

Every code simulated, every skill sharpened, every idea published-at VASA, the future of healthcare is in motion. Bold. Brilliant. And just getting started

VIDA: A Living Chronicle of Medical Discovery

Step into Vydehi Discovery Museum (VIDA)-a breathtaking 11,000 sq. ft. realm where medicine, history, and innovation converge.

Home to over 3,432 exhibits, VIDA brings the human body to life through a stunning collection of wet and dry specimens, wax models, poisons, charts, photographs, X-rays, bones, and even weapons. It's not just a museum-it's a sensory experience.

Visitors are immersed in interactive displays, audio-visual storytelling, and software-driven explorations, with both e-catalogues and hard-copy references ensuring seamless learning.

Whether you're a budding medical student, a seasoned healthcare professional, or simply curious about the marvel that is the human body, VIDA offers an unforgettable journey through anatomy, pathology and progress.



FROM BURNOUT TO BALANCE: FOSTERING FLOURISHING MINDS & ENHANCING MENTAL WELLBEING IN MEDICAL ACADEMIA

An epidemic of mental health crisis has been witnessed lately following the Covid pandemic, which has also engulfed the medical academia. Today, medical academia stands at a critical juncture where the pursuit of excellence and innovation in healthcare education and research increasingly collides with the mental health crisis affecting students, residents, and faculty alike.

The demanding nature of medical training, characterized by intense academic pressure, long hours, and emotional exposure to human suffering, has created an environment where burnout has become endemic rather than exceptional. Burnout, manifesting as emotional exhaustion, depersonalization, and a decline in personal accomplishment is witnessed in more than half of the physicians and medical students surpassing rates seen in the general population.

The consequences ripple beyond individual suffering: burnout impairs job satisfaction, increases medical errors, and undermines the quality of both patient care and academic productivity.

Unfortunately, this pathological outcome of stress in the form of Burnout, has been 'normalized' in the medical institutions as a rite of passage towards becoming a successful professional. To transform this crisis into an opportunity for flourishing minds and enhanced wellbeing, medical institutions must adopt a holistic, system-wide approach that tackles both individual resilience and organizational culture.

Crucially, fostering flourishing minds means destigmatizing mental health concerns and cultivating an environment where seeking help is normalized. Instituting clubs, peer support networks, and access to personal mentors can provide ongoing social support and help students recognize and address symptoms early. Faculty and staff also need systemic support; academic physicians, in particular, face complex pressures from simultaneous clinical, research, and educational obligations. Cultivating a workplace culture that prioritizes psychological safety, work-life integration, and equity for marginalized groups is essential for organizational health.

We the 'Vydehi Family' have long realized this delicate equilibrium and have incorporated various activities holistically to enhance positive mental health & wellbeing both at individual & organizational levels. Mentorship Programme, Post Graduate Wellness Workshop's, Peer Support System, Capacity building activities, Remedial Training, Sports & Cultural Days & Group insurance policies are few psycho-social initiatives at Vydehi Group of Institutions.

Finally, transforming medical academia's approach to burnout requires sustained commitment and cultural evolution. The journey from burnout to balance depends on recognizing that caring for the minds of those who will care for others is not just an ethical imperative but a professional necessity. By implementing evidence-based interventions, fostering supportive communities, and maintaining unwavering focus on systemic change, medical academia can evolve from a culture of endurance to one of flourishing. This requires all stake holders to join hands to 'Fostering Flourishing Minds'.

"No Health Without Mental Health - It's Time to Act"

Dr. Kiran Kumar K,

Professor & HOD, Psychiatry

KIDNEY HEALTH: A CORNERSTONE OF WELLBEING – EARLY DETECTION, PREVENTION, AND TIMELY INTERVENTION

Dr. Girish P Vakrani, Professor & HOD Nephrology

Kidneys are vital organs that maintain the body's internal balance by regulating fluid levels, blood pressure, acid-base balance, red blood cell production, and bone health. Despite their critical role, kidney diseases often progress silently, making awareness and early detection essential.

Conditions like diabetes, hypertension, obesity, smoking, and frequent use of painkillers can increase the risk of kidney damage. Warning signs such as fatigue, swelling, changes in urine colour or output, and high blood pressure should not be ignored.

For care of kidneys, the following are important:

- ▶ Routine health screenings for serum creatinine, urine proteins
- ▶ Recognizing early symptoms
- ▶ Consulting a nephrologist when needed
- ▶ Understanding major kidney-related conditions like Acute Kidney Injury, Chronic Kidney Disease, Nephrotic Syndrome, Diabetic Kidney Disease, and hereditary disorders like Polycystic Kidney Disease

Public education, lifestyle modifications, and timely medical care are key to reducing the burden of kidney disease and promoting a healthier future

MATERIOVIGILANCE PROGRAM IN VIMS & RC



Vydehi Institute of Medical Sciences and Research Centre is a part of the Pharmacovigilance program and now also the Materiovigilance program under the Government of India.

**Please report any cases to 080 49069 000,
Extension no: 1161, 1241**

AGE GRACEFULLY

Protect. Repair. Rejuvenate

Aging is a natural process, but maintaining radiant, healthy skin at every stage of life is achievable. At Vydehi DVL, we focus on scientific, preventive, and personalized skincare strategies to help you age gracefully and confidently. Skin ageing occurs due to a combination of intrinsic factors such as genetics, hormones, and cellular metabolism, as well as extrinsic factors including sun exposure, pollution, stress, and lifestyle habits. While no routine can stop the clock, consistent, evidence-based care can significantly reduce fine lines, wrinkles, pigmentation, and loss of elasticity. Our guiding principle is simple: Protect. Repair. Stimulate.

The morning routine emphasizes protection against environmental aggressors, particularly ultraviolet (UV) radiation, the leading cause of premature ageing. Start with a gentle cleanser that preserves the skin's natural barrier, followed by a Vitamin C serum to neutralize free radicals, brighten the skin, and stimulate collagen production. Hydration is essential for all skin types, so a moisturizer with ingredients such as hyaluronic acid, ceramides, or niacinamide is recommended. Finally, a broad-spectrum sunscreen with SPF 30 or higher is crucial to prevent wrinkles, pigmentation, and photoaging, even on cloudy days.

Evening skincare focuses on repair and rejuvenation. Nighttime is when skin regeneration is most active, so cleansing should be thorough, especially if makeup or sunscreen was applied during the day. Retinoids, clinically proven to improve texture, reduce fine lines, and stimulate collagen, form the cornerstone of anti-ageing therapy, while targeted eye care can help address early signs of aging around the delicate periorbital area. A nourishing night moisturizer supports barrier repair and mitigates dryness often associated with retinoid use. Weekly chemical exfoliation with gentle acids can enhance brightness and texture without compromising skin health.

Skincare is incomplete without a healthy lifestyle. Adequate hydration, a balanced diet rich in antioxidants, 7–9 hours of restful sleep, and stress management are foundational to maintaining healthy, resilient skin. These lifestyle measures, combined with a consistent skincare regimen, ensure long-term skin health and vitality.

For those seeking advanced rejuvenation, Vydehi DVL offers a comprehensive range of dermatological procedures. Injectable treatments like Botox relax dynamic facial wrinkles, while hyaluronic acid fillers restore volume and soften deep folds. Laser therapies such as Fractional CO₂ and Q-Switched Nd:YAG address fine lines, scars, pigmentation, and uneven texture. Chemical peels and microdermabrasion further enhance skin radiance and clarity. Regenerative therapies including platelet-rich plasma (PRP) and microneedling stimulate collagen production, improve scars, and refine skin texture, often producing remarkable rejuvenation when combined.

At Vydehi DVL, we are committed to evidence-based practice, patient safety, ethical dermatology, and natural-looking results. Glowing skin is not about reversing age; it is about embracing confidence, health, and radiance at every stage of life. With professional guidance, a consistent routine, and a holistic approach, aging gracefully is not just possible—it is empowering.

Dr S.B Murugesh – Professor & HOD

Dr Mamatha P – Professor,

Department of Dermatology

YOGA - THE WAY OF LIFE

Mr. Anadi Narayan, Yoga Instructor, VIMS & RC

Yoga is not merely a set of physical exercises; it is a **complete way of life that** harmonizes the body, mind, and spirit. Through disciplined practice, yoga becomes a path to inner peace, physical wellbeing, and spiritual awakening.

1. Physical Postures: Asanas

The practice of asanas improves flexibility, strengthens joints, and enhances muscular endurance. Regular postures also help in burning excess fat, reducing cholesterol, and maintaining overall vitality.

2. Breathing Exercises: Pranayama

Pranayama energizes the nervous system and improves circulation. It sharpens memory, enhances balance, boosts the immune system, and acts as a powerful remedy against stress and pain. With every conscious breath, life force (prana) flows freely, revitalizing body and mind.

3. Meditation: Dhyana

Meditation cools and calms the mind, centering thoughts and emotions. It awakens the life force energy within body, mind, and soul, guiding the practitioner towards higher consciousness. In stillness, one experiences clarity, inner peace, and connection with the divine.

The Six Natural Enemies of Human Beings

Yoga also teaches mastery over the six natural enemies that disturb human life like **Kāma** (Intense desire), **Krodha** (Anger), **Lobha** (Greed or miserliness), **Moha** (Infatuation or delusion), **Mada** (Arrogance or pride), and **Mātsarya** (Jealousy).

Through consistent practice of asana, pranayama, and meditation, these weaknesses gradually diminish. Their hold on the individual lessens, transforming him from a **slave of emotions** into a **master of the self**. This marks the true growth process—one that aligns perfectly with spiritual evolution.

Yoga is the key to balance **body, mind, and soul in harmony**. It liberates one from inner enemies and leads to spiritual progress. Thus, yoga is not just exercise, but a divine journey to self-realization.

We Can Grow Through Yoga to Spiritual Life

CREATIVE CORNER - STUDENTS



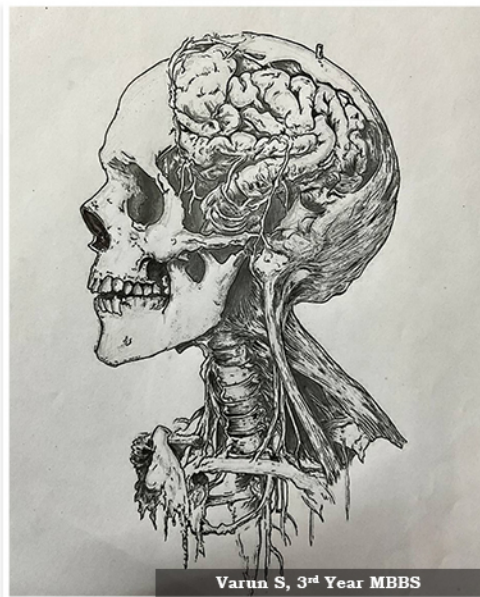
Sruthi Nune 4th Year MBBS



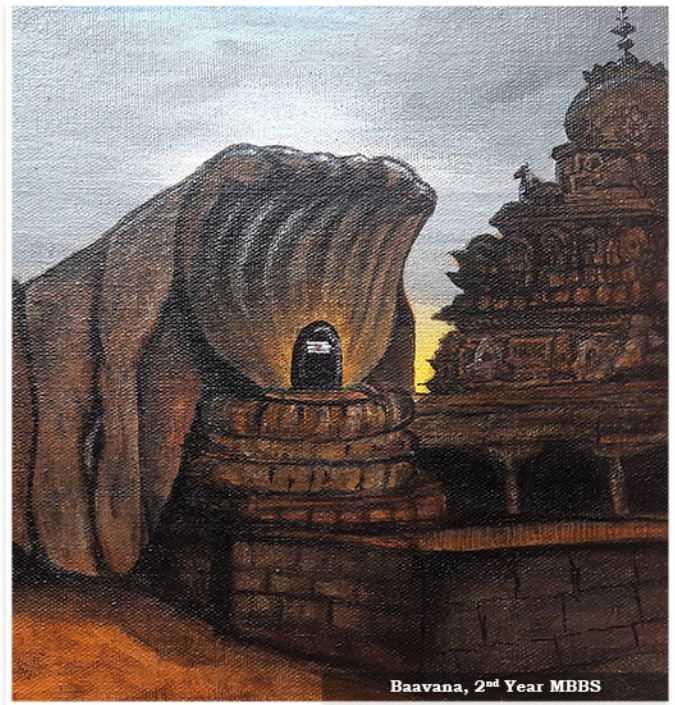
Bhumika R, 1st Year MBBS



Aarushi Chaudhuri 1st Year MBBS

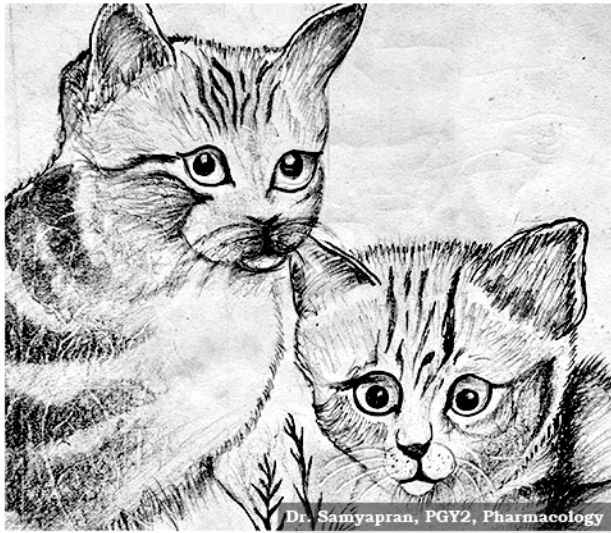


Varun S, 3rd Year MBBS



Baavana, 2nd Year MBBS

CREATIVE CORNER - STAFF



Dr. Samyapran, PGY2, Pharmacology



Dr. Deedepya, SR Hosp. Admin



Agar Art

Dr. Joel Chelsea PGY2 Microbiology



Dr. Yamini, Assoc. Prof., Psychiatry



Dr. Azeem, Asst. Prof., Pharmacology

ALUMNI INTERACTION

Dr. Raj Swaroop Lavadi, a distinguished alumnus of Vydehi Institute of Medical Sciences and Research Centre, has made notable strides in the field of neurosurgery. After earning his medical degree from Vydehi, he pursued research fellowships at Washington University in St. Louis and the University of Pittsburgh, where he contributed significantly to spine disease and traumatic brain injury research



His recent visit on 23rd April 2025 to Vydehi Institute of Medical Sciences was a heartfelt homecoming filled with reflection and inspiration. In an engaging session with current students, he shared his journey of securing a residency in one of the most competitive specialties in the United States, crediting Vydehi's passionate faculty—especially in pharmacology—for shaping his professional path. Dr. Lavadi expressed deep gratitude to the college management for the opportunity to reconnect and emphasized to his juniors that “anything is possible when you work hard.” His visit was marked by meaningful dialogue and a strong sense of nostalgia for the formative years spent at his alma mater.



मेडिकल विज्ञान और मैं

करनी हैं मुद्राको ढेर सारी पढ़ाई। क्योंकि जीतनी है मुझको 1st MBBS को लड़ाई ॥

नहीं है ये पथ उतना आसान। देना पड़ता है एक बहुत ही कठिन इम्तिहान ॥ पाना है मुझको एक अच्छे विद्यार्थी होने का सम्मान। ये तभी मुमकिन है जब मैं प्राप्त कर लूँ सौ फीसदी जान ही जान ॥

जब मैं दे सकूँ किसी और को अपना अर्पण किया हुआ जान।

तभी कर सकती हूँ मैं अपने ऊपर गर्व से अभिमान में भी हूँ ओरों की तरह एक सीधा-साधा इन्सान। जो चाहता है अपनी ज़िन्दगी में आनु, वान और शान ॥

करते हैं हम मेडिकल विद्यार्थी अपने जीवन को अर्पण। उन बीमार लोगों को जिनके दिल में है हमको जाँच, परखने का दर्पण ॥ करते हैं हम अपना जीवन जिस पर वलिदान।

कहते हैं उसे मेडिकल विज्ञान ॥

नहीं है ये पथ उतना आसान। क्योंकि लगा देनी पड़ती है हर विद्यार्थी को उसके ऊपर अपनी जान कर्तव्य के पथ पर आँगी बहुत सारी रुकावट।

लेकिन हमें अपने मन को शान्त रखना है, नहीं करनी है किसी भी प्रकार की बगावत। क्योंकि कुछ दुष्ट लोग करेंगे हमारे पीछे शरारतः ॥

हमें नहीं देनी है उन्हें इस चीज़ को करने की इजाज़त। क्योंकि वो लोग चाहेंगे हमारे जीवन में भर देना सिर्फ कड़वाहट ही कड़वाहट।

मेडिकल कालेज में घुस पाना है भगवान की दी हुई अमानत। जो नहीं मिलती है हर किसी बन्दे को विना उसकी इजाज़त ॥

Dr. Subha Dhua
Professor, Plastic Surgery

LOSING

Losing was the part of life
But didn't go down without giving a fight
Even though Defeat was at the sight
Didn't fear to face it with delight

Adrenals were pumping, heart was pacing
Pupils was dilated and respiration was racing
Brain was in mode of flight
But heart told to face and fight

Legs and hand shook
Adrenaline was culprit to look
All fights may not end well
some may show the route to the hell

But Losing was the part of life
But didn't go down without giving a fight

Phoenix gave the inspiration
To raise from the ashes was its aspiration
The bird led to the light
Eastern horizon was lit and bright

New day started
Fresh challenges were accepted
Failing in exam was not a sin
But not in case if you have not tried to win

Winnig or losing are faces of coin
Only 50% is probability of seeing the Lion (Head)
Today if I lose tomorrow same challenge I again choose
If luck is the decider
Everybody is a winner

Where hard work matter for fight
Will be on duty from morning to night
Losing was the part of life
But I will always be ready to give a fight

Dr. Dhananjaya M S
Associate Professor, Endocrinology

THE ETERNAL HANDKERCHIEF

A TRIBUTE TO INDIA'S HISTORY AND SACRIFICE

A faded cloth, so worn, so thin,
Still holding whispers once woven in
A silent witness in our trembling hands,
Of fleeting joys and sorrowed strands

A handkerchief, soft yet bold,
Stained by stories, crimson told.
It first fluttered in the rebels grasp,
A cry of strife, a silent clasp.

Dipped in sweat on midnight's eve,
The chains were broken! Hearts believed.
Bhagat's flame, Gandhi's penance,
All in the name of our independence.

From the poignant Jallianwala's cries,
To INA's thundering roar beneath the skies,
It bore the weight of our untold tears,
Folded tight through shattered years.

It wrapped the wounds of war once more,
As soldiers marched to distant shores.
Kargil's snow, Pulwama's dust,
Bathed in courage, bound in trust.

When her Sindoor faded, washed in red,
This cloth remained, though lives were shed.
An oath of love, a warrior's thread-
Forever waving, never dead.

Dr. Surabhi.K, Assistant Professor
General Surgery

ROAD BENEATH MY PATIENCE

I sit in my car, patience wearing thin,
As Bangalore traffic begins to spin.
A signal waits - eternal red,
While chaos dances just ahead

Four-wheelers crawl packed tight and near,
Two-wheelers weave now there, now here.
They twist through gaps not meant to be,
Navigating like fish in a crowded sea.

A school van stalls mid-lane with flair,
Bringing every moving thing to stare.
Around it, cars start swirling wild,
Each horn a tantrum, loud and riled.

A group of girls darts through the mess,
My driver slams the brake no less.
Screeching wheels, a ripple of sound,
As honks erupt from all around.

I close my eyes, attempt to breathe,
But reason slips beneath the seat.
Bangalore roads - a daily test,
Of nerves, of time, and patience stretch!

Dr. Swati Bisht

Professor, Anaesthesia

A BUG STORY

I am a tiny bug
I can tinker with your lungs;
Swim fast and fine
Through your bloody pipeline!
Here, I come, your cells I meet
Devour them, am hungry to eat!
I shake hands with your liver and spleen
Pus filled, they swell having lost their sheen!
I slowly slide to your meninges,
The protective covering of your brain;
I then glide down to your renal filter house
And kill them off the drain!
Man, you think you are super power
Building arsenals of drugs to kill
But they fail to answer my evading skill!
I mutate, I recombine
I know the games of Darwin's rule
So, Survival of the fittest is my tool!
It's high time to choose
And antibiotics you use
Else, demise of mankind
Will be the latest news!

Dr. Ranjini

Professor & HOD, Microbiology

ನಿಲ್ಲು ಓ ಚಿತ್ತವೆ, ಚಿತೆಯಿಲ್ಲ ದೂರ
ಗೆಲ್ಲು ನಾಲ್ಕು ಮನಗಳ, ತೊರೆದು ನಿನ್ನ ತಿಮಿರ

ಗೆಲ್ಲುವ ಛಲದಲಿ, ಏರುತಿಹೆ ಗೌರೀಶಂಕರ
ಬುನಾದಿಯಿಲ್ಲದೆ ನಿಖರ, ಏರಬಹುದೇ ಶಿಖರ?
ಊಹೆಗೂ ನಿಲುಕದು, ನಿನ್ನ ಮನದಾಲೋಚನೆ
ಬೀಜವೇ ಬಿತ್ತದೆ. ಬೆಳೆ ತೆಗೆವ ಯೋಜನೆ

ಮಾನವತೆಯ ಮರೆತು, ಮೆರೆಯಬೇಡ ಮನವೆ
ಮಣ್ಣಾಗುವ ಮುನ್ನ ಉಣಬಡಿಸು ಒಲವ
ನಾನೆಂಬ ತಾಮಸದಿಂ ತೆರಳು ಬಹು ದೂರ
ಸ್ನೇಹದುವೆ ಸ್ವಾಗತಿಸು ಬದುಕು ರಸಪೂರ

ನಿಲ್ಲು ಓ ಚಿತ್ತವೆ. ಚಿತೆಯಿಲ್ಲ ದೂರ
ಗೆಲ್ಲು ನಾಲ್ಕು ಮನಗಳ, ತೊರೆದು ನಿನ್ನ ತಿಮಿರ

Dr. Vijay Sarathi,
Professor & HOD, Endocrinology

ಜಗತ್ತಿನವರೆಲ್ಲ ತನ್ನವರೆನ್ನುವ ಮುಗ್ಧ ಮನಸ್ಸು,
ಮೊಗದಲ್ಲಿ 'ಹೂವಂತೆ' ಮೂಡುವ ಮಂದಹಾಸದ ಹುಮ್ಮಸ್ಸು,
ಮನದಲ್ಲಿ ಸದಾ ಅರಳುವ ನೂರಾರು ಕನಸು,
ಅದು ನನಸಾಗದಾಗ ಕಾಡುವ 'ಅಂತರಾಳದ' ಮುನಿಸು.

ಕಣ್ಣಿನ ಅಂಚಿನಲ್ಲೊಂದು ನೀರು ಹನಿ,
ಭಾವನೆ ಹೊರಹಾಕಲಾರದೆ ಕಟ್ಟಿದ ಧ್ವನಿ,
ಕಣ್ಣು ಹನಿ ಇಂಗಿಹೋಗಿ, ಧ್ವನಿ ಮೂಕವಾಗಿ,
ಭಾವನೆಗಳು ಉಳಿಯುವವು ಇತರರ ಕಣ್ಣಿಗೆ ಕಾಣದಾಗಿ.

ಇಂಗುವ ಕಣ್ಣು ಹನಿ, ಬಿಗಿಸಿ ಹೋಗುವ ಧ್ವನಿ,
ಕಟ್ಟುವವು ಮನದಲ್ಲಿ ಭಾವನೆಗಳ ಜ್ವಾಲಾಮುಖಿಯ ಸರಣಿ,
ಅಂತಹ 'ಅವಿತ' ಭಾವನೆಗಳನ್ನು ಹೊರಹಾಕದ ಮನ,
ನರಳುವುದು ಭಯಾನಕ ಸಂಕಟದ ಮೌನ.

ಈ ಸುಂದರ ಜೀವನವೆಂಬ 'ಒಗಟಿನ' ನಡುವೆ,
ಪ್ರತಿಯೊಬ್ಬರ ಮನದಲ್ಲಿ ಮೂಡಬೇಕು ಅರ್ಥೈಸುವ ಕಣಿವೆ,
ಮನದ ಮಾತು ಮನ ಮುಟ್ಟಿದಾಗ ಮಾತ್ರ,
ಆಗುವುದು ಜೀವನ ಒಂದು ಸುಂದರ ಯಾನ.

Dr. Megha CN
Senior Resident, Psychiatry

ವೈದೇಹಿ ಮಹಾವಿದ್ಯಾಲಯ

ವೈದೇಹಿ ವಿದ್ಯಾಲಯಕ್ಕೆ ಬೆಳ್ಳಿ ಹಬ್ಬದ ಸಂಭ್ರಮ
ಸಾಧನೆಗಳ ಮೆಟ್ಟಿಲೊಳು 25ರ ಆಯಾಮ

ವಿದ್ಯೆ ಕಲಿಯಲು ಮೇರುತಾಣ
ಸಂಶೋಧಕರಿಗೆ ಸಮೃದ್ಧ ವಾತಾವರಣ
ಉನ್ನತ ಅತ್ಯುನ್ನತ ಪಠ್ಯವಿಗಳ ಅನಾವರಣ
ಕಲಿಕೆ, ಗಳಿಕೆ, ಗೌರವಕ್ಕೆ ಪ್ರಧಾನ ಶಿಕ್ಷಣ

ಸಹಸ್ರ ಕುಟುಂಬಗಳ ಉದ್ಯೋಗ ತಾಣ
ದೇಹಿ ಎಂದು ಬಂದವರಿಗೆ ಆದರದ ಔತಣ
ಬದುಕು ಕಟ್ಟಿಕೊಂಡಿದೆ ವೈದೇಹಿ ಹೆಸರಲ್ಲಿ ಅದೆಷ್ಟೋ ಜನ
ಸಮಾಜಮುಖಿಯಾಗಿ ವೈದೇಹಿ ಗಳಿಸಿದೆ ಜನಮನ್ನಣೆ

ಓದುಗರಿಗೆ ಲಭ್ಯವಿದೆ ವಿದ್ಯಾರ್ಥಿ ನಿಲಯ
ಸಿಬ್ಬಂದಿಗೆ ಸುಲಭವಿದೆ ವಸತಿ ವ್ಯವಸ್ಥೆ
ಸಕಲ ಸೌಕರ್ಯಗಳ ನಿರ್ಭೀತ ವಲಯ
ದೇಶದೆಲ್ಲೆಡೆ ಹೆಸರು ಮಾಡಿದೆ ವೈದೇಹಿ ಸಂಸ್ಥೆ

ರೋಗಿಗಳ ಸೇವೆಗೆ ನಿಷ್ಠೆ ವೈದ್ಯರ ದಂಡು
ಆಪ್ತ ಸಮಾಲೋಚಿಸಿ ನೀಡುವರು ನಿಖರ ಚಿಕಿತ್ಸೆ
ಸಕಲ ಸೇವೆಗಳ ಬಹುದೊಡ್ಡ ದವಾಖಾನೆ
ಮಾನ್ಯತೆ ಪಡೆದು ಬೆಳೆಯುತ್ತಿದೆ ವೈದೇಹಿ ಮಹಾ ವಿದ್ಯಾಲಯ.

ದುಡಿಮೆ ನಂಬಿದ ಮನದೊಳು ನೆಮ್ಮದಿಯ ನಿಟ್ಟುಸಿರು
ಅವರೆಲ್ಲರ ಮನೆಯೊಳು ಮಾರ್ದನಿಸಿದೆ ವೈದೇಹಿ ಹೆಸರು

Mr. Srinivas
Head Librarian

“ಒಂದು ಕ್ಷಣ... ಒಂದು ಹೊಸ ಬದುಕು”

ಆ ಒಂದು ಕ್ಷಣ ಆಲೋಚಿಸು, ಬದುಕು ಬದಲಾಯಿಸು...
ಹುಟ್ಟು ಖಚಿತ, ಸಾವು ನಿಶ್ಚಿತ.
ಆದರೆ ಆತ್ಮಹತ್ಯೆ ಘೋರ ದುರಂತ.

ಬದುಕು ಎಂಬ ಸಾಗರದಲ್ಲಿ ಮಿಂದೆ ಈಜಿ ದಡ ಸೇರಲೇಬೇಕು..
ಕತ್ತಲು ತುಂಬಿದ ಬದುಕಿಗೆ ಬೆಳಕು ಮರುಕಿಸಲೇಬೇಕು
ಬದುಕಿನಲ್ಲಿ ಎದುರಾಗುವ ಸವಾಲುಗಳು ನಮ್ಮ ಕೈ ಮೀರಿದ್ದು
ಆದರೆ ಒದ್ದಾಟ ನಮ್ಮ ಆಯ್ಕೆಗೆ ಬಿಟ್ಟಿದ್ದು

ಏಕಾಂಗಿಯಾಗಿ ಮುನ್ನಡಿ.. ದಾರಿಯಲ್ಲಿ ಯಾರಾದರೂ ಸಿಗಬಹುದು...
ಏನನ್ನೂ ಬಯಸದೆ ಮುಂದೆ ಸಾಗು
ನೀ ಬಯಸಿದ್ದು ನಿನ್ನನ್ನೇ ಹುಡುಕಿ ಬರುವುದು.....

ಪ್ರತಿಯೊಂದು ಬದುಕಿಗೂ ಅರ್ಥವಿದೆ,
ಪ್ರತಿಯೊಂದು ಹೆಜ್ಜೆಗೂ ದಾರಿಯಿದೆ...
ನಮ್ಮ ಆತ್ಮಬಲ ನಮ್ಮೊಂದಿಗಿದ್ದರೆ,
ಆಕಾಶವೇ ಅಂಗೈಯಲ್ಲಿದೆ...
ಆ ಒಂದು ಕ್ಷಣ ಆಲೋಚಿಸು, ಬದುಕು ಬದಲಾಯಿಸು....

Dr. Gauthami. V
2nd Year Post Graduate, Psychiatry

IT'S A BOY SAID THE DOCTOR

Much to the cheer of an anxious family,
pride and glee be to the father and
mother, blessed the priest,
Celebrations announced at home,
kith and kin from all over flocked home
for the prince must be welcomed
Years passed, the boy grew ten and
soft, expressive and creative, and more
artistry
Life grew jealous of him so did some
boys.
Be a man he was told, men don't do
these things, they mocked at him to the
laughter of mediocrity
The boy teared, "don't bother what they
say you are a prince, said his mother
as she wept those tears.
His momma's boy did what he was told,
don't respond, don't react but this time
the boys did not stop,
They chose abuse and torment, for the
more the animal you are the more the
man you can be, would one disagree?
Glory and praises be to all men
A man is born
Kith and kin flocked yet again
Priests called to bless
family walks in tears
To see him lay cold and blue.
The boy is dead said the doctor

THE CHAOS OF THE FLU

Running countless times in a day for
thermometer,
Temperature rising high like the bar of a
speedometer.
Fever with body pains which doctors call
myalgia.
Definitely not going to be a moment of
nostalgia.

My red nose makes me look like a
joker,
Bizarre that the doctors ask if I am a
smoker.
The bittersweet medicines I'd always
want to skip,
But cannot afford to deal with the post-
nasal drip.

Noise from the top of my lungs is not a
scream but it's a cough,
I'm sent for an X-ray, I guess it's time to
doff.
The syrup makes sure that I fall asleep
on time,
Was asked not to drive for it can cause a
scene of crime.

Experiencing all of it at once! Why?
A mere flu is bleeding me financially dry.
Rest and care is what I need for the next
few days,
Said the doctor labelling me as a good
case

Dr. Guna
1st Year Post Graduate, Psychiatry

G. Swetha
3rd Year MBBS Student

दो अनुभूतियां

पहली अनुभूति

तब देखा कि,

निज आलय को त्याग एक पपीहा इठला रहा है,
अकेला ही अपने सुंदर पंख फैला रहा है
मटक मटक कर मानो आसमान को दिखला रहा है
कि

तूफान तू जितना भी डराये,

मैं तब भी नाँच दिखाऊंगा

नित निज पंखों को फैलाकर

नए अदाएं दिखाऊंगा

मोहित-सा हुआ मेरा वह मन अब साफ हो गया

कि अकेलापन अब दिल से माफ हो गया...

और मुस्कुराते हम चल दिए क्यूँकी -

वह तूफानी रात,

एक मयूर के साथ,

एक नया राह दिखा गया।

कवि अकेलेपन से परेशान है। उनका मन बड़ा बेचैन है।
कवि कहते हैं -

टूटे हुए शीथों पर खुद की प्रतिबिम्ब देख
इठलाता, मचलता, घूमता और इतराता है।
मैं अकेला नहीं हूँ, देखो इतने लोगों को
खुद को यूँ बतलाता है।
हाथ हिला हवा में खुद को यकीन दिलाता है...
मैं अकेला नहीं हूँ।

तालाब में आटा फेक, मछलियों को देख
बार बाट मुस्काता है
पूरे दिन की कहानी न जाने कितनी बार उन्हें सुनाता है।
तालाब की मछलियों को देख, फिर खुद को बताता है।
मैं अकेला नहीं हूँ।

भरे हुए आंखों से, जब निज निवास लौट कर,
कंधे से बसता उतार कर...

ज्यों खिड़की से बाहर,

उस भीड़ को निहारता है

खुद को उस भीड़ में होते हुए भी अकेला पाता है।

समेटे हुए अपने आप को,

अपने भावों को

अपने जज़्बातों को,

नजरअंदाज कर एक और दिन फिर से सो जाता है

हां, अकेला हूँ मैं, स्वीकार कर ही जाता है।

परिस्थिति बदली

मन:स्थिति बदली

कवि लिखता है-

दूसरी अनुभूति

बादल काले छाए थे, गरज गरज मंडराए थे,
तूफानो को आता देख सब पंछी भी घबराए थे।

Vaibhav Aditya

4th Year MBBS Student

THE NIGHT BEFORE

The night before the exam, I sit with weary eyes,
facing a mountain of pages,
endless chapters that I must journey through
in a few short hours.

Panic grips my heart, tears stain the text,
and a friend's words echo,
"Just don't fall asleep. Finish reading everything,
then sleep."
"So I press on through the night.

Three in the morning arrives.
Three hours of sleep, a luxury,
but still too little time.
A mountain of coffee cups surrounds me,
caffeine and adrenaline my only fuel.

Dark circles mark my face,
my scalp oily and tired,
appetite lost, nerves frayed.
I walk to the exam hall,
silently praying for the exam to be canceled,
knowing deep down it won't be.

At my seat, the question paper arrives,
answers start to flow automatically,
the hours pass in a blur,
three hours slip away.

I step out with a smile, knowing I did my best,
yet a shadow of doubt lingers,
disappointment in my heart,
for I know I could have done better.

Chaithanya Nagraj
3rd year MBBS Student

MORNING AFFIRMATIONS OF A DOCTOR

Do no harm and spare no efforts.
Here, there can be no quitters.
In this race, the pursuit of life,
there is never a path not with strife.

Wake every morning without complaint.
People depend on you, selfless saint
to achieve miracles, and fuel Hope's flames.
This is not for one in pursuit of fame.

Medicine is filled with dualities.
Hope and laughter, but also hard realities.
A second chance at life one morning,
by evening, another family in mourning.

You must not falter, you cannot stop.
In this noble quest, you cannot drop.
You may face trials and tests aplenty,
the whole day your stomach may go empty.

You are surrounded, chaos everywhere.
People scold, people shout, people swear.
You stand stoic and bear the brunt, the fall
regardless of the unfairness of it all.

Take heart! For once you take on this mantle,
You are another force in humanity's battle.
We do not stop, we will not falter.
We grow stronger every day as a doctor.

Ananya Vinod G
3rd year MBBS Student

THE BAG OF MEDICINES

It was the beginning of the year, during our community medicine postings in a village. My friends and I were going from house to house, inviting people for the health camp, when suddenly a man's urgent voice cut through the air: "**Doctor, please come help.**"

For a moment, we froze. He was a stranger, calling us into his home, and since we were all girls, hesitation crept in. But something in his tone carried desperation. I set my worries aside and stepped inside. What I saw changed me. On a cot lay an elderly woman, struggling for breath. She could not speak, could not even sit up. Her son, the man who had called us, explained: "She's 50 years old, a known asthmatic... she has been suffering for five years."

She looked exhausted, her frail body almost surrendering. Her son had been caring for her all along-feeding, bathing, tending to her needs. Then he held up a plastic bag, filled to the brim with prescriptions and medicines. In their tiny house, just a hall and a narrow kitchen with a bathroom, that bag seemed to occupy more space than anything else. It was as if their life revolved around her illness.

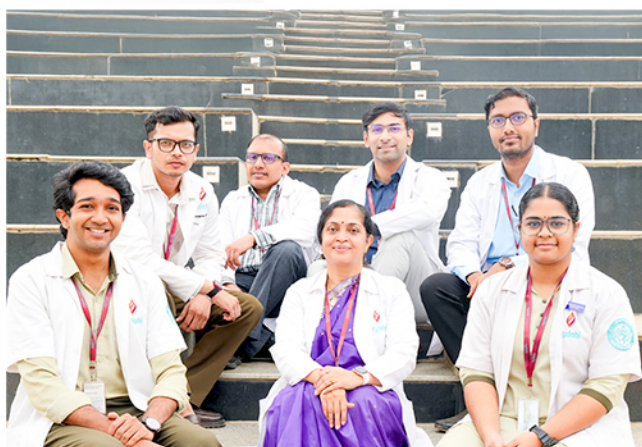
I did a quick clinical examination. My mind drew on fragments of physiology and general medicine I had learned in the first year. For a moment, I didn't even recognize myself-I felt transformed. She had severe pitting oedema, and my mind immediately leapt to congestive heart failure. My blood ran cold. Outside, my friends called for the doctors at the camp. Over the phone, I explained the findings to the general medicine doctor. His reply was grave:

"It's a cardiac event. Let's send her to Vydehi immediately."

I felt helpless. Her son's eyes, full of despair, told me this wasn't their first hospital journey. They had been to so many before. They didn't want to wait for the ambulance. She was lifted gently into an auto. On the bus back to college, I cried. I thought of my grandmother, who had died in front of me from a pulmonary embolism. The memory and the moment blended into one overwhelming realization: this is why I wanted to become a doctor. That day, in a small village house with a bag full of medicines, I was reminded of the fragility of human life, the weight of suffering, and the privilege of being there-even briefly-for someone in their most vulnerable moment. It was an experience I will carry with me always.

Ananya Vinod G,
3rd year MBBS Student

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