



KNACON 2025

Dr. TMA Pai International Convention Centre, Mangalore

4th - 6th April 2025



E-SOUVENIR

INDEX

Sl. No.	Topic	Page No.
1.	Welcome Message	1
2.	Message From Secretary's Desk	3
3.	Our Esteemed Speakers...Neurology	4-5
4.	Our Esteemed Speakers...Neurosurgery	6-7
5.	Neurology - Chairpersons & Moderators	8-9
6.	Neurosurgery - Chairpersons & Moderators	10
7.	The Silent Symphony of Pen	11-44
8.	Acknowledgements	49



WELCOME MESSAGE

THE SPARK OF CONNECTION: WELCOME TO KNACON 2025

Respected seniors...

Dear Colleagues and Friends,

As the organizing secretary, I've watched this conference take shape from a collection of ideas to the vibrant gathering you see before you.

But more than just an event, I see it as a moment – a moment where the collective passion for neurology ignites, where the spark of connection fuels innovation.

We've brought you to Mangaluru, Karnataka, and a place where the rhythm of the Arabian Sea meets the rich tapestry of ancient traditions. A place, much like the intricate workings of the brain we study, where complexity and beauty intertwine.

Let the energy of this coastal city inspire your exploration of the latest breakthroughs in our field.

This conference isn't just about presenting papers; it's about sharing stories, challenging assumptions, and forging the collaborations that will shape the future of neurological care. We've curated a program that reflects the dynamism of our discipline, with sessions designed to provoke thought and spark dialogue.

Look around you. You are among the brightest minds in neurology, Neurosurgery and neuropathology. Embrace the opportunities to learn, to question, and to connect. Let the conversations flow, let the ideas flourish, and let the spirit of discovery guide your experience.

My deepest gratitude to our speakers, sponsors, and the dedicated team who have made this possible. And to you, our attendees, thank you for being a part of this journey.

May your time in Mangaluru be filled with inspiration and the enduring spark of connection?

Warmly,



Dr. Arpita Shrivastava
Organizing Secretary
KNACON 2025



From Secretary's Desk

It is wonderful that coastal city of Mangalore is hosting KNAACON again in 2025, after a gap of 10yrs. Previous edition of KNAACON 2015 in Mangalore was a huge success and is remembered for great scientific deliberations, wonderful hospitality and networking opportunities for the attending faculty, delegates. I am very sure that the organizing committee of KNAACON 2025, Mangalore has made all the preparations for the successful conduct of the annual conference of Karnataka Neurosciences Academy.

On behalf of the executive committee of KNA, I would like to thank the local organizing committee formed by team of Neurologists, neurosurgeons from Mangalore, ably supported by their hospitals and medical colleges of the city, for accepting to host the meeting and putting in all the efforts to bring the neuroscientists from across the state and country for the annual conference. I take this opportunity to thank all the members of Executive committee for being generous in supporting all the scientific activities planned throughout the year including the efforts towards organizing the present annual conference at every stage.

I would like to appreciate the scientific committee for designing a well thought over 2 ½ day programme, with interesting sessions covering various topics in neurology and neurosurgery, with lectures being delivered by the wonderful speakers, engaging panel discussions, pre-conference workshops, etc. I am happy to know that more than 50 abstracts have been submitted for e-poster and free paper presentation. I am also happy to see the enthusiasm generated for the quiz programme planned during the conference. Mangalore and surrounding areas offer range of must visit places like serene beaches, popular and revered religious places, food joints, resorts and hill stations, etc. I hope that the attending delegates and faculty members will enjoy the hospitality, tour around the place, apart from participating in the scientific deliberations.

I look forward for the much awaited annual meeting at Mangalore and interacting with the participants from across the state.



DR. GURU PRASAD HOSURKAR

NEUROLOGY - SPEAKERS



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DR. SHARATH KUMAR G. G
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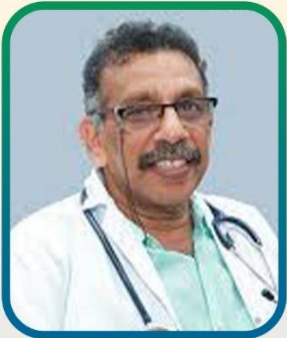
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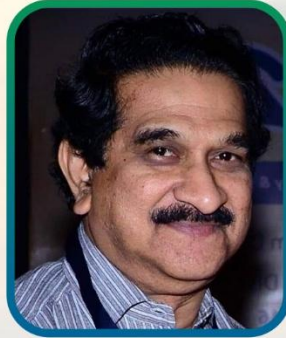
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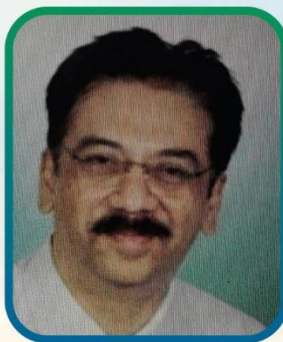
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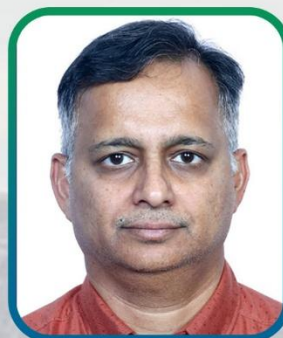
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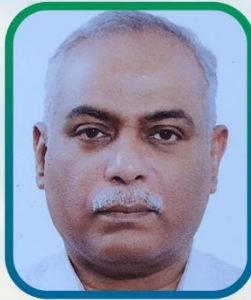
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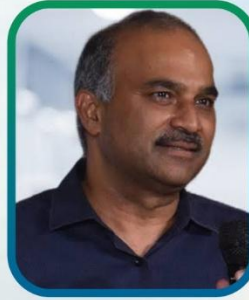
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The Silent Symphony of Pen

To peck or not to peck: Overcoming the Infinite Scroll

"You become what you give your attention to." Epictetus

Imagine, for a moment, that you are transported back in time, standing in the renowned laboratory of the esteemed behavioral theorist B.F. Skinner. As his trusted lab assistant, you watch with fascination as he begins his groundbreaking experiments with pigeons, trained to peck a lever in exchange for food. You are now part of a historic journey, witnessing firsthand the experiments that would revolutionize our understanding of animal behavior. The primary outcome measure is the number of pecks the pigeons made on the lever, a surrogate to quantify changes in pigeon behavior in response to various reinforcement schedules. You discover something profoundly interesting- random and unpredictable rewards elicit more pecks than fixed rewards. Moreover, the pigeons continue pecking even when the food dispenser is empty as long as they can hear the associated click. You have created a conditioned reinforcer, where secondary rewards like the click become appealing on their own because they are linked to primary rewards like food.

Thrilled with these discoveries and armed with these insights, you journey back to the present, eager to apply these revolutionary principles to human behavior and harness this knowledge into a billion-dollar business venture. You look around to identify which human behaviors to game. All around you, people are glued to their smartphones, moving around like zombies as they continue to stare. Some don't bother with earphones; you hear the familiar background sounds of reels- wheezy laughter, hook steps to a popular song. The noise gets louder, building to a crescendo, and then it hits you- Pigeons everywhere! A peck there, a click there. The opposable thumb reaching its pinnacle of evolutionary utility- scrolling away to glory in the infinite scroll!

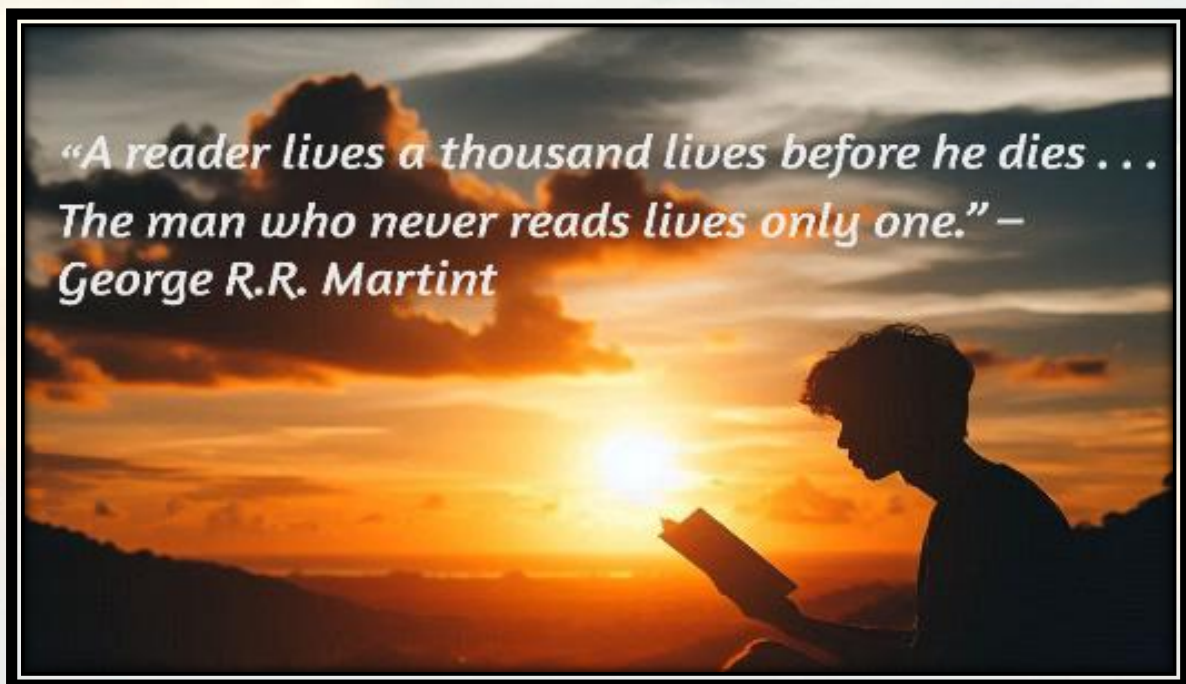
You are late to this party! We have already been gamed, surreptitiously lured into this trap, with enticements of cheap internet, free social media accounts and zero usage charges. We walked into this with eyes open, hardly suspecting this ambush on our attention. Behind the scenes, thousands of engineers, coders, and tech geeks work tirelessly to ensure you remain glued to your screens. They collect data on what makes you click and optimize algorithms so you cannot put that smartphone away. Every click, every scroll makes them richer, giving a new spin to the phrase 'paying attention.' We now call it the "Attention Economy"- a term coined by psychologist, economist, and Nobel Laureate Herbert A. Simon, referring to a trillion-dollar industry thriving on commodifying human attention as a key driver of economic value. While the adage, 'If you aren't paying for the product, then you are the product.' may be correct, Roger McNamee, early Facebook investor turned critic, takes it a step further—you are not merely the product; you are the raw material, the very fuel powering the colossal engine of this Attention Economy.

What does this mean for us? The attention network in animals evolved out of a need to recognize and respond to external stimuli, some of which were life-threatening. In humans, it is the very lifeblood of our thoughts and stream of consciousness, a core feature of human experience. Viewing it as a resource to be commodified is a dangerous idea. Our surveillance mechanisms have now been hijacked and bombarded with more ingenious distractions that affect our ability to focus. Our decreasing attention spans are almost a running joke now. Achieving "flow states" that require sustained focus is ever more difficult, affecting productivity and creativity. Worse, our eternally distracted state may be changing how we think and act- impairing judgment, making us angrier, more anxious, or hostile by tapping into our core tribal instincts. There is enough data now that points to a rise in attentional disorders globally. The effect of social media apps like Facebook, X, and Instagram on mental health, especially among young people, is now common knowledge.

The attention economy, however, has no use for the truth or your health; if something is compelling and can grab your attention, it will be thrust on you. When sustained over time and scaled up, we see the emergence of extreme and ungainly behaviors online and offline in an ever-worsening arms race for your attention. I often ponder the true value behind the meteoric rise of random influencers, mediocre podcasters, or viral chaitwallahs and what contributions they make that warrant such wealth and fame. Regardless, we continue to pay them with our attention and time. There is a sense of denial and helplessness as we ignore these intrusions and get on with life, taking things in our stride, hoping that things will sort themselves out. To paraphrase T.S. Eliot, "We are distracted from distraction by distraction."

What can we do about this? It may seem like an overwhelming task, akin to fighting a losing battle, but we owe it to ourselves to at least make the effort to push back. While no solution fits everyone, there have been some pointers to where the answer may lie.

Recognize & reclaim: The first step is to recognize the extent of the problem in your own life. Turn attention on itself- "Pay attention to what you are paying attention to" and ask, "Does this add value to my life?" Zealously protect what you think adds value and mercilessly weed out what doesn't. I deleted Facebook and Instagram apps from my mobile but continue to use them on my desktop. This has dramatically reduced the time I spend on these platforms. I have timers for my most used apps and track my screen time daily. More radical approaches, such as undertaking digital detoxes or implementing predetermined, strictly enforced digital downtime schedules, have emerged. What matters is a commitment to reclaim your focus.



Hobbies and Habits: Cultivating mindfulness and slowing down is widely prescribed to rein in our ever-distracted monkey mind and may work for some people. Long walks in nature are a proven way of boosting creativity. Reading is a great antidote to scrolling. In general, good books help us understand the complexity of life, dive into a problem with higher depth, help us think deeply, and build empathy. Unlike social media feeds and algorithms, which tap our innate biases and foment confirmation bias, books can help us have a more balanced view of things. There is some evidence to suggest that we process print more deeply than digital content. Choosing a printed book over an online version can further help avoid distractions. Crafting a diverse reading list that includes a blend of fiction, non-fiction, light reading, and more substantial works, as well as translations and poetry based on whatever sparks your interest, is a good approach. A well-rounded library can serve as a wonderful detox.

Curate your feed: Consciously re-curating news/ story feeds, carefully choosing the accounts one follows, and judiciously using the mute/ block button are ways to resist the algorithm and add value while decreasing junk. Just as maintaining a balanced diet with minimal junk food is crucial for physical health, observing what you feed your brain is equally important. Noticing the quality of mental intake can significantly impact your overall well-being. A newspaper may be the best way to consume news, devoid of shouty anchors and massification, where the focus is on newsworthy but not necessarily attention-grabbing issues.

Where do we go from here? An analogous epidemic has played out and can serve as a template. As access to food increased and people gravitated towards food with high-caloric but low nutritive value, we saw a burgeoning obesity epidemic. Over the years, increasing awareness has demonstrated a curious effect- the "socioeconomic gradient in obesity," where in developed countries, lower socioeconomic status is associated with higher obesity rates, while the opposite is true for developing countries. Clearly, awareness is the key. However, while obesity is easy for everyone to recognize, an attention crisis is not as apparent because the mechanisms we rely on to detect it are compromised.

We could foresee a division into two distinct groups of people: those who understand the importance of attentional hygiene and those who remain unaware. Pick a side, for in the grander scheme of things, your position in the pecking order may well be decided by whether you choose to peck or not to peck!

Sources:

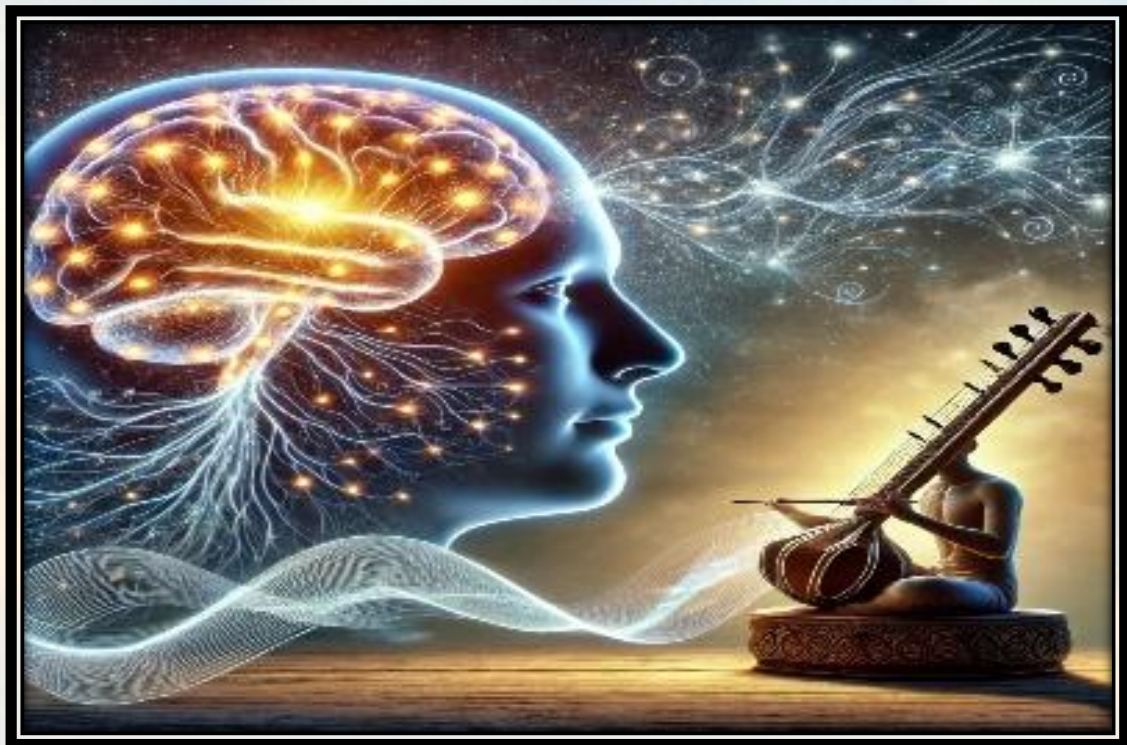
- Stolen Focus: Why you can't pay attention by *Johann Hari*
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- Deep Work: Rules for Focused Success in a Distracted World by *Cal Newport*
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DR. AJAY ASRANNA

Musical Meditation: Exploring Tanpura's Harmonic Healing Influence on Brainwaves, Mental Well-Being & Neurologic Music therapy

The ancient tradition of musical meditation finds its most sublime expression in the ethereal resonance of the **tanpura**, an instrument revered for its serene, droning sound. For centuries, the soft, continuous hum of the tanpura has been the melodic backbone of **Indian classical music**, gently weaving a sonic tapestry that calms the mind and nourishes the spirit. In recent times, modern **neuroscientific exploration** has illuminated the extraordinary capacity of the tanpura's harmonic vibrations to influence the **brain's neural pathways**, bringing profound **emotional balance**, **cognitive clarity**, and **neurological healing**. Its rich, sustained drone fosters an inner stillness, offering relief and rehabilitation to those grappling with **neurological conditions** such as **stroke**, **epilepsy**, **Parkinson's disease**, and **dementia**. By invoking a sense of deep relaxation and coherence, the tanpura becomes not just an instrument of music but a **celestial conduit** for mental rejuvenation and **cognitive restoration**.



The **science behind the tanpura's mesmerizing sound** lies in its continuous, harmoniously tuned overtones that create a gentle, resonant **auditory field**. This unbroken sound current induces a state of **meditative tranquillity**, where the brain begins to produce **alpha** and **theta brainwaves**. These delicate frequencies are intimately associated with **deep relaxation**, **creative inspiration**, and **heightened cognitive function**. As the mind bathes in this ocean of sound, the **alpha waves** encourage a sense of calm focus, soothing mental turbulence and fostering **mental clarity**, while **theta waves** invite profound introspection and **emotional healing**, unlocking the mind's deeper reservoirs of **memory and insight**. It has been observed that such sonic immersion activates the **prefrontal cortex**, sharpening higher-order thinking, and balances the **autonomic nervous system**, quietly diminishing stress hormones and bringing the body back to a natural state of **homeostasis**.



The **psychological and emotional benefits** of meditating with the tanpura are equally remarkable. The steady, unwavering drone becomes an **auditory anchor**, gently silencing the restless chatter of the mind and alleviating **anxiety and mental fatigue**. The repetitive, cyclical flow of sound enhances **attentional control**, enabling the brain to reorganize and strengthen its neural connections—an essential process for **learning and memory retention**. Those who suffer from **sleeplessness** often find solace in the tanpura's vibrations, which seem to synchronize effortlessly with the body's natural sleep rhythms, offering a gateway to **restful slumber and inner peace**.

For individuals enduring **neurological challenges**, the tanpura's therapeutic potential is profound. In **stroke rehabilitation**, the sustained drone stimulates **neural pathways**, aiding in the recovery of speech and motor coordination. For those battling **Parkinson's disease**, the rhythmic consistency of the tanpura's sound can help stabilize movement and reduce the tremors that disrupt daily life. In cases of **epilepsy**, specific tonal frequencies in the **theta range** have been observed to reduce the frequency and intensity of seizures. Moreover, for patients facing the heartbreak of **dementia and Alzheimer's**, the resonant tones of the tanpura awaken dormant memories, stimulating the **hippocampus**, and breathing life into fading recollections. Even children with **autism spectrum disorders** have shown improvements in **sensory integration** and **emotional regulation** through consistent exposure to tanpura music, finding in its purity a rare comfort and connection.

In conclusion, **musical meditation with the tanpura** stands as a powerful, **non-invasive therapeutic practice**, merging ancient musical wisdom with contemporary scientific understanding. Its capacity to harmonize the **body, mind, and soul** is unparalleled, offering **profound neurological and psychological benefits**. As the world seeks gentler and more holistic approaches to healing, the **tanpura's celestial drone** emerges as a timeless **sanctuary of sound**, nurturing the brain, calming the mind, and fostering an enduring sense of **well-being and inner balance**.



DR. ANIL SANGLI

Misinformation's Pernicious Grip: How Falsehoods Harm Public Health

In an age of instant information, the rapid spread of misinformation poses a significant threat to public health.

While the internet has democratized access to knowledge, it has also created fertile ground for falsehoods to flourish, particularly concerning health and diseases.

These inaccuracies can have devastating consequences, influencing individual choices, undermining public health initiatives, and eroding trust in credible medical sources.

Erosion of Trust in Medical Expertise:

One of the most damaging effects of health misinformation is the erosion of trust in established medical institutions and experts. When false narratives gain traction, individuals may become skeptical of evidence-based treatments and preventive measures.



This distrust can lead to:

- * Vaccine Hesitancy
- * Rejection of Proven Treatments
- * Disregard for Public Health Guidelines.
- * Impact on Individual Health Decisions

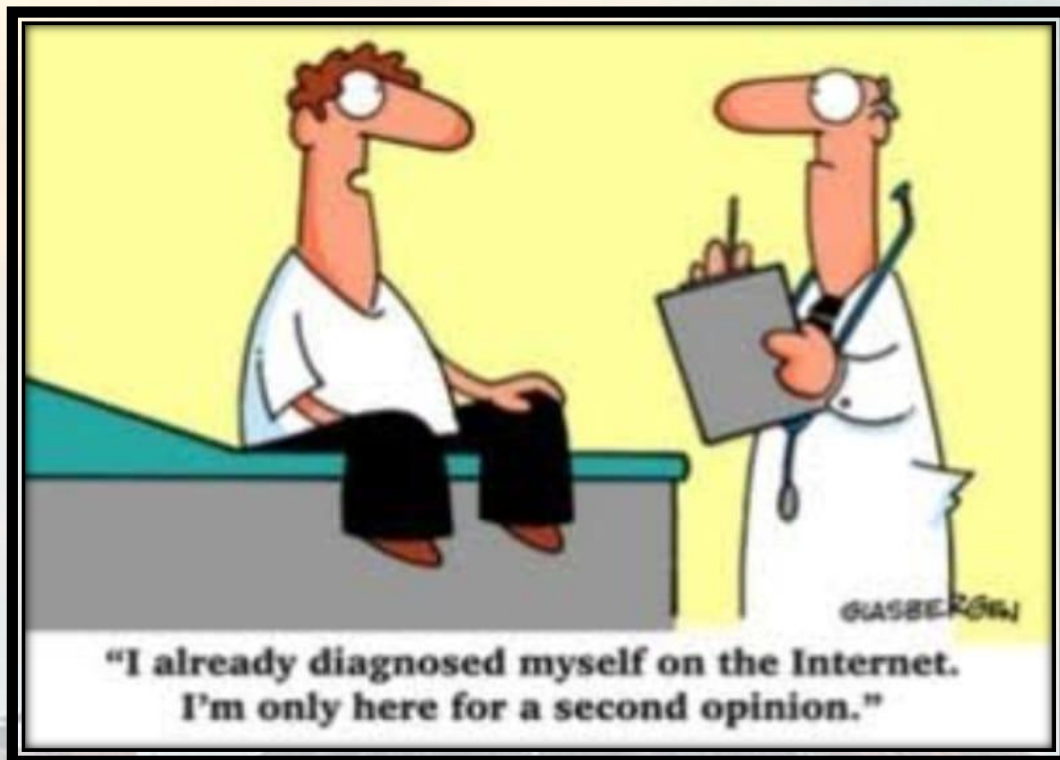
Misinformation can directly influence individual health decisions, leading to harmful behaviours and adverse health outcomes.

This includes:

- * **Self-Diagnosis and Treatment:** The internet allows individuals to self-diagnose based on inaccurate information, leading to inappropriate self-treatment with potentially dangerous substances or therapies.
- * **Dietary Misconceptions:** False claims about nutrition and diet can lead to unhealthy eating habits, nutritional deficiencies, and chronic diseases.
- * **Misinformation Regarding Chronic Diseases:** People suffering from chronic diseases can be especially vulnerable to misinformation that promises miracle cures or downplays the importance of prescribed medications. This can lead to dangerous deviations from treatment plans.
- * **Mental Health Implications:** Misinformation can also significantly impact mental health, causing anxiety, fear, and even paranoia, particularly during public health crises.
- * **Spread of Fear and Panic:**

During disease outbreaks, misinformation can amplify fear and panic, leading to irrational behavior and social disruption. This leads to

- * **Hoarding of Supplies**
- * **Stigmatization and Discrimination**
- * **Overburdening of Healthcare Systems:**
- * **Fear-driven demand for unnecessary medical tests and treatments.**



Combating Health Misinformation:

Addressing the problem of health misinformation requires a multi-faceted approach:

- * **Promoting Media Literacy:** Educating individuals on how to critically evaluate information sources and identify misinformation is crucial.
- * **Strengthening Public Health Communication:** Public health agencies must provide clear, accurate, and timely information to the public, using accessible language and diverse communication channels.
- * **Collaborating with Social Media Platforms:** Social media companies have a responsibility to combat the spread of misinformation on their platforms, through measures such as fact-checking, content moderation, and algorithm adjustments.
- * **Building Trust in Scientific Institutions:** Scientists and medical professionals must actively engage with the public, addressing concerns and building trust through transparency and open communication.
- * **Supporting fact checking organizations:** these organizations play a vital role in debunking false claims.

By recognizing the dangers of health misinformation and taking proactive steps to combat it, we can protect public health and ensure that individuals have access to accurate and reliable information.



DR. ARPITA SHRIVASTAVA

TWISTED FATE

The doctor asked my name,
'Stay stoic'- my anhedonia muttered,
But I was a courteous man all my life!
Did he just ask me again - that doctor mad,
My daughter said otherwise - "this is my crazy dad!".

The other day my son came to rescue,
When I walked out without pant and shoe.
It's not despicable- said my disinhibited brain!
My dishavelled look repelled my friends greatly,
As I was known to maintain myself immaculately.

A lady bore an uncanny resemblance to someone I knew.

She hugged me only to be pushed away.
She sobbed endlessly then,
Alas, she was my wife and it was our shashtipurti.
Does it matter - my agnostic brain asked?
Yet all through these years, I was a passionate lover.

My sacred deity lived across,
The six am Aarti was an imperative ritual,
For my mind - spiritual.
One fine morning, I ended up in front of church,
I had no clue, but it was no Christmas.
My daily trail now seemed very much baffling.
That day I realised - 'my life's trajectory changing'!!

It's mind boggling to enter a different sphere.
New faces haunt and their dialect a jargon,
It's daunting when there is a celebration,
Am I lost? - my cluttered brain wonders,
For I have been quite an overseer!

My profane slang,
My usual rough and tumble,
My night strolls and running away,
My hoarding,
My stubbornness,
Often leaves my offsprings maddened,
And grand-children petrified.
Yet, "it's all good"- whispers and pats my dead grandmother!

I know my soul has darkened.
Strange is its vibe!
My senses seem foreign,
Some sombre force has started its reign.
I am overwhelmed by my twisted fate,
And perpetual melancholy.
I am all-Ready to knock heaven's gate.
Because I am certain of meeting,
My original ardent pious self!
Only when I transcend in to the other realm!!!



DR. ASHWINI HIREMATH

The Greatest Gift...

I was reflecting on what to write after accepting the request. I remembered a phrase quoted by Our Dr. Thimappa Hegde: The happiest person during felicitation is the one who is felicitating, not the one who is being felicitated. When a well-thought-out gift, words, or thoughts are given, the happiest person is the one who is gifting, for this has a more positive impact on the person than the one receiving and is capable of changing his life. I was thinking, what could be the greatest gift one can give?

A story in Mahabharata came to me, just before the Kurukshetra war, both Arjuna and Duryodhana approached Krishna. Lord gives Arjuna his support but will not fight, and Duryodhana his Army. It is said both went happy. The gift it is said should be appropriate, useful and timely. My friends reading this are perhaps rich, well-read and many are better placed than I am. What is it that I can give that will be appropriate whenever and wherever read?

In O Henry's short story, a young artist is severely depressed. As she peers through the window on a heavy rainy day, she says to her friend her life is like a lonely leaf on a plant lashed by rain, about to fall off. The artist's life was not as rosy as now. After the rain when she looked out the leaf was still there. She thinks When a poor leaf can withstand the lashing rain, she definitely and this makes her better. After recovering when she goes close to the plant, she realises that is a painted leaf. An artist Neighbour had overheard and He had painted it. And unfortunately, he had died in the rain. Before parting he gave his best masterpiece and greatest gift- Life. Friends, life is the best gift we can give.

In another story Gift of Magi, young poor couple were thinking what surprise gift to give each other on their anniversary. The man thought looking at his wife's long hair a comb set will be a nice one. He pawns his grandfather's watch. When he reaches home, he finds his wife wearing cap and gifts her. He opens her gift which is a beautiful chain for his watch and she had sold her long beautiful hair which would make Queen of Sheba pale to buy him the present. Both were left with presents they couldn't use. But had the greatest gift- Love.

Then there is this story "three questions by Leo Tolstoy". A king wanted to know- who is the most important person? When is the most important time? What is the most important work? He seeks answers from a wise man who refuses to answer but keeps digging King also joins him. A few minutes later an assassin tries to attack him, but is caught. The assassin tells him "O King hang me or if you spare me , I will be your eternal friend the choice is yours". The king thinks over and spares him. Then the wise man answers- The most important person is whoever you are dealing with- Give him your 100%. The most important time is Now. Past is dead, Future is not born, now is the only thing alive. We must be grateful every moment. And the most important duty is to save life wherever whenever possible.

Friends, though we are not kings, we are blessed with this noble profession. Noble duty of saving lives every day, of dealing with patients who are our most important persons to whom we can give our Present, the most precious gift. The greatest gift I can give you are these thoughts of Love, Life, forgiveness and being Present to the Now the most precious time. Thank you



DR. KIRAN M

GAYATRI MANTRA: A Universal Prayer

**Aum Bhur Bhuvah Svah Tat Savitur Varenyam Bhargo Devasya Dheemahi,
dhiyo yonaha prachodayat**

The Gāyatrī Mantra is a universal prayer deeply embedded in the Vedas. Also known as the Sāvitrī Mantra, it is addressed to the Divine Savitṛ, the radiant source from which all creation emerges. It was Brahmaṛṣi Viśvāmitra who widely propagated this sacred mantra.

Regarded as one of the most ancient and powerful Sanskrit mantras, the Gāyatrī Mantra is believed to bring immense spiritual and worldly benefits when chanted with devotion. By firmly establishing it in the mind and living in alignment with one's ordained duties, one attains inner peace and fulfilment.

The Meaning and Significance

- **Om (Aum):** The syllable Om̐ is highly revered in the scriptures and is considered a purifying mantra. Among the countless names of the Divine, Om̐ is regarded as the most sacred. The phrase Om̐ Tat Sat represents the ultimate reality—Brahman. Om̐kāra thus serves as an ideal invocation of the Supreme.
- **Bhuḥ, Bhuvah, Svah:** These three words, often interpreted as “Earth,” “Atmosphere,” and “Heavens,” also signify the past, present, and future—encompassing the totality of existence. By chanting these words, the devotee contemplates the all-pervading Divine Light that illumines the three worlds of experience. Simply put, it is a remembrance of OM̐, the Lord who manifests as the three lokas (realms).
- **The Gāyatrī Verse:** The mantra itself is a profound meditation on the divine radiance of Savitṛ (the Sun God), which awakens and illumines the intellect. The energy of the Sun is but a direct manifestation of Bhagavān. Therefore, gazing upon the morning sunlight is a tangible way to connect with the divine presence. Through this mantra, we meditate upon the Sat-Cit-Ānanda (Existence-Consciousness-Bliss) nature of the Lord—the effulgent force that dispels darkness and ignorance.

The Gāyatrī Mantra is not merely a set of words; it is a call to enlightenment, guiding us toward clarity of thought, wisdom, and ultimate self-realization.

OM SAHANAVAVATU:

A Prayer for Knowledge and Harmony

**sahana vavathu, sahanaubhunakthu, saha vīryam karavāvahai tejasvi nau
adhītamastu vidviśāvahai om śāntiḥ śāntiḥ śāntiḥ**

Om Sahanavavatu is a Śānti mantra from the Kṛṣṇa Yajurveda (Taittirīya and Kaṭha Upaniṣads). Śānti mantras are traditionally chanted to bring peace to the mind and surroundings, removing obstacles before the commencement of any significant endeavor. This particular Śāntipāṭha holds special significance in the pursuit of knowledge. Unlike other Śānti mantras that seek blessings for health, longevity, or prosperity, this one is a prayer specifically for learning and wisdom.

While commonly recited at the beginning of an auspicious event, this mantra is equally significant at the conclusion of teachings, ensuring that the wisdom imparted is internalized and guides us forward in life. It symbolizes the sacred bond between the guru and śiṣya—the teacher and student—who come together in the pursuit of knowledge. Through this prayer, we seek:

- Protection for both teacher and student, guarding against ignorance, distractions, and misinterpretations. With humility, the student surrenders to receive true knowledge.
- Unhindered learning and transformation, allowing the teachings to be assimilated and reflected in one’s character.
- Mutual effort in the learning process, recognizing that success depends on both divine grace (Īśvara-anugraha) and personal effort (Ātma-anugraha). Knowledge alone does not transform; the student must be willing to change.
- Retention and clarity of learning, ensuring that the acquired wisdom is not only received but also retained with brilliance (tejas), bringing clarity rather than confusion.
- A relationship of respect and harmony, where the teacher nurtures with love, and the student approaches with reverence. As knowledge expands, one must remain vigilant against ego inflation, ensuring that discussions lead to deeper understanding rather than discord. True learning should illuminate, not divide.

The mantra concludes with Om Śāntiḥ Śāntiḥ Śāntiḥ—a prayer for peace in the self, the environment, and the universe.



DR. NETRAVATI M

Health for doctors

The health of doctors-our health- is a crucial but often overlooked issue. While doctors spend their lives to caring for others, many doctors face significant physical and mental health challenges. The challenges range from looking after parents and family to dealing with the daily medical and surgical complications of patients. The constant thought of foreseeing the anticipated problems apart from existing patient ailment keeps the doctor on the toes always. In our practice patient's problems are never ending. The practice curriculum involves managing the disease, the patient relatives as well as third party, tailoring investigations as per patient finances, going beyond our boundaries to provide comprehensive care to the patient under our care. In the middle of daily chaos, we attend calls beyond the duty hours for reasons which are either relevant or unnecessary.

Common Health Issues Among Doctors

- ❖ Burnout & Mental Health Issues – Long hours, high stress, and emotional strain contribute to burnout, anxiety, and depression.
- ❖ Sleep Deprivation – Irregular shifts and long working hours often lead to chronic sleep deprivation, increasing the risk of cardiovascular disease and cognitive decline.
- ❖ Cardiovascular Problems – Sedentary lifestyles, high stress, and irregular eating habits make doctors susceptible to heart disease and hypertension.
- ❖ Musculoskeletal Issues – Surgeons, dentists, and other specialists who perform repetitive movements or stand for long periods often suffer from back and joint problems.
- ❖ Weakened Immune System – Frequent exposure to sick patients increases the risk of infections, despite protective measures.

We need to take our health seriously in the background of raising fatalities.

From the physiological standpoint our autonomic nervous system consists of sympathetic system and parasympathetic. The flight to fight reaction is the output of sympathetic system activation- when encountering the enemy. As humans have evolved, we are encountering new format of problems related to modern civilisation. The constant thought of perceived threat (examples like uncertain future, complications related to the disease in a patient under our care) – tilts our autonomic system towards the sympathetic overactivity. The physiological reflection is our higher baseline heart rate and respiratory rate. The increased sympathetic tone brings about certain changes in vascular endothelium leading to increased atherogenesis and cardiovascular risk.

Our medical training is looking at the individual from the disease perspective. However, we are hardly aware to maintain normal physiology behind our wellbeing in the absence of the disease.

Our medical curriculum is deficient in dietary practice, exercise program and stress management. This is the need of the hour to incorporate these entities in our daily life for better living.

Six pillars of wellbeing are: a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections

Nutrition consists of fibre-filled, nutrient-dense, antioxidant-rich eating pattern based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds. Avoid skipping meals and rely on healthy, balanced diets rather than fast food.

We should engage in regular and consistent physical activity. For doctors, maintaining a regular exercise routine is essential to counteract the physical and mental strain of their demanding profession. Given long hours, irregular shifts, and stress, a well-rounded fitness plan should focus on strength training, cardio, endurance and flexibility.

We need to incorporate stress-reducing behaviours which may be difficult in modern society but is essential for whole-person health. This involves our traditional breathing practices – pranayama and yoga.

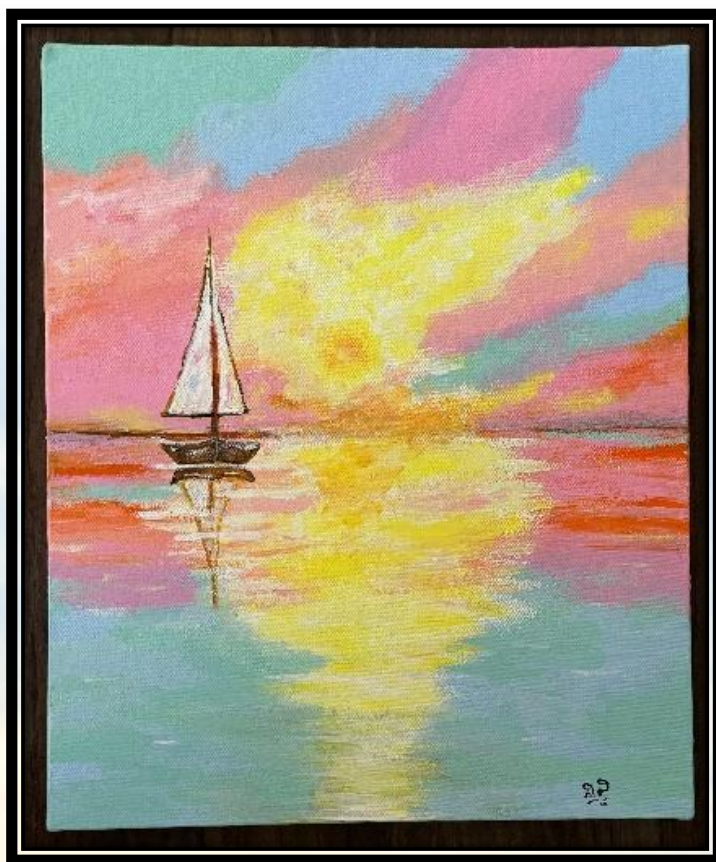
We need to strive for 7-9 hours of high-quality sleep, allowing the body to reset and recover.

Strengthening and maintaining relationships and connections with others bring meaning and purpose to life.



DR. NIKHIL HIREMATH

The Never- Retiring Sailing Boats



"Painting my dreams with the colours i love,
Clad in a **white** coat, I flew like a Dove.

Soon I realised, shades do vary,
Contrasting between fresh and weary.

Lonely night shifts - left me in deep **blues** of Regret,
Violent mobs spread scary **red hues** of Scarlet.

Not all days shone bright as beautiful **yellows**,
But I trudged through struggles to keep my Ardent vows.

Deserted I feel, in ***brown*** dunes of sand,
Lost in the dark ***grey*** storms, dauntless I stand.

Filling the lives of sick with hopes of seeing ***crimson*** horizon,
Shaping and sculpting their health, I am a trained medical artisan.

I heal their wounds and calm their souls that scream in pain,
Admiring serene skies, shining in dusky ***pink*** or roaring ***black*** in Rain.

Embracing colours of life beyond the ***white*** coats,
I relish this journey - I am one among the Never-retiring sailing boats.



DR. NIVEDITA SAI CHANDRA

A Doctor's Heartfelt Review of 'Premam Poojyam: Love Revisited'

For those in the medical field who've navigated the demanding path of the profession, "Premam Poojyam" offers a beautiful reflection on your journey. This recently released Kannada film stands as an ode to medical professionals, celebrating their lifelong dedication to study, sacrifice, and service.



A unique highlight of the movie is its writer and director – a neurologist, a first in Kannada cinema. This medical professional's inherent dedication and discipline shine through in the film's finesse. The storyline is touching, and the script, while potentially benefiting from conciseness, is of commendable quality. The cinematography is superb, complemented by music and lyrics that resonate with the story's gentle nature.

As a doctor, watching "Premam Poojyam" was a nostalgic treat. It transported me back to the days of CET preparation, anatomy dissection classes with Cunningham's manual, and the first encounters with cadavers. The mention of the palmar arch, the foramen rotundum, anatomy vivas, class socials, and the epistyle book triggered a wave of nostalgia. Seeing familiar places like Vani Vilas hospital and our Microbio teacher Dr. Asima Banu further deepened this connection. It was a revisit to college within the theater, an experience I'm sure many doctors will relate to.

Beyond the medical backdrop, the love story is sweetly portrayed by Prem and Brinda Acharya. Prem delivers a convincing performance as both the devoted lover and the heartbroken, estranged one. While some situations felt unrealistic, such as the protagonist's desire to attend his lover's wedding, and his perpetual bachelorhood, movies often embrace idealism and drama for entertainment. "Premam Poojyam" delivers on this front, evoking emotions ranging from joy and relief to prayerful hope and heartfelt sorrow.

The comedy track blends well with the narrative, and the climax, though predictable, is touching.

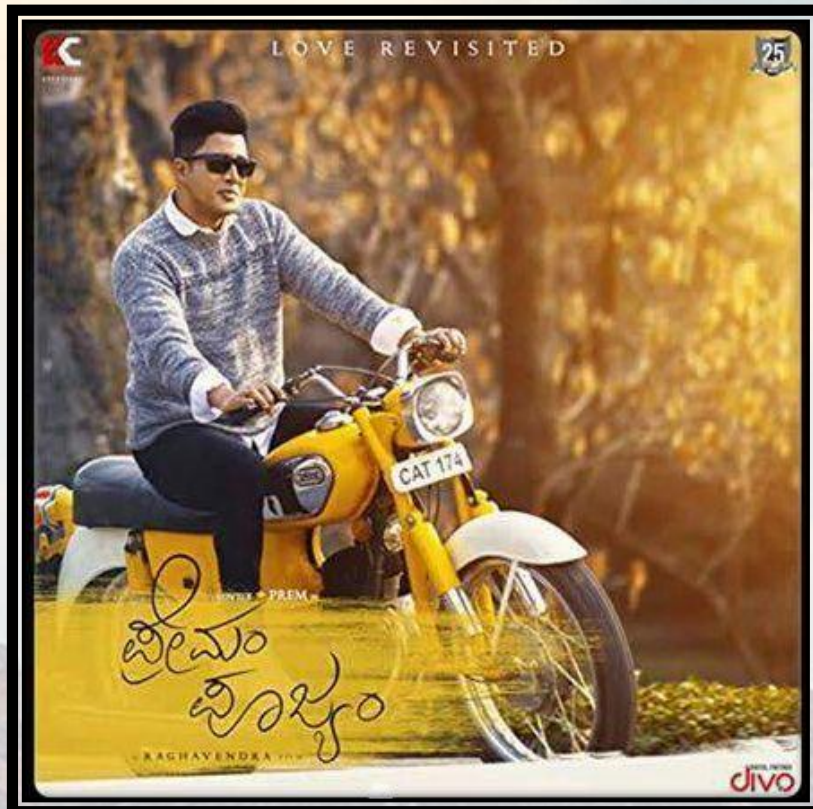


Premam Poojyam Movie Review: A Refreshingly Sentimental Love Story

"Premam Poojyam," directed by Raghavendra and starring Prem and Brinda, is a refreshingly sentimental love story elevated by its actors' superb performances, the technical brilliance of the camerawork, and the scintillating melodies that linger long after the credits roll.



Growing up in the 90s, the golden age of love stories, romances were often grand affairs. Love either conquered all obstacles (like "Dilwale Dulhania Le Jayenge") or consumed its protagonists in tragedy (like "Devdas" or "Kabir Singh"). "Premam Poojyam," in contrast, presents a pure, naive love in its first half, transitioning into a bittersweet canvas of memories in the second – mirroring the lifecycle of a modern love story. This exploration of unrequited love echoes through literature across time.



The Canvas, the Colours, the Brush

The story centers on Sri Hari, a successful hero in 2020, and then journeys back to his humble beginnings, his pursuit of higher education, and his college and hostel life. We witness a transformation from a simple village boy into a respectable professional. Then, love enters, and Sri Hari is consumed by a pure, prayer-like affection. This depiction is believable and unique, deviating from typical rom-com tropes. The yearning, care, smiles, and comfortable silences are visualized in a way that makes you believe in true love. The film's midpoint marks a shift into unfamiliar territory.

Director Raghavendra masterfully crafts this narrative, making it both exquisite and tasteful. Resisting the temptation of melodrama or physical romance, he opts for a "no-touch" policy, emphasizing tacit emotions over verbalization. The chemistry between the leads transcends melodrama, aiming for the audience to feel rather than simply cry. Humor, provided by the couple's friends, lightens the mood.

It's remarkable that a first-time director can craft such an intense story. In the second half, the plot shifts, the music embodies the feelings, and the hero lives his life with conviction, setting the stage for a bittersweet reunion.



DR. ARCHITH BOLOOR



DR. MRIDULA A.M

Why does life exist? Where did the materials which make up living beings come about?

Can Jupiter and Saturn influence life on earth? These are a few of the numerous fundamental questions which mankind has been contemplating for thousands of years.

For many of us the obvious answer is God!

But for many humans, contemplating these questions, has left the answer even more curious about the nature of things we see around us.

Astronomy, physics, mathematics has shown the possibility that the universe was born in an enormous explosion 13.8 billion years ago. Edwin Hubble discovered that distant galaxies are moving away from each other at a constant rate-the Hubble constant. That means, calculating backwards, all the matter in the universe was compressed together 13.8 billion years ago and famous “Big Bang” explosion created the universe. In the early universe there was enormous amount of energy and no atoms and matter. The Big bang also released four fundamental laws of physics-gravity, electromagnetism, weak nuclear force and strong nuclear force.

Einstein’s famous equation $E=mc^2$ proved that energy and matter is interconvertible. The energy released in the Big Bang, converted into atoms, as the universe cooled and created hydrogen and Helium-known as big bang nucleosynthesis. The water we drink, the water in the oceans is created from this ancient hydrogen!

Enormous clumps of hydrogen coalesced into the first star’s due gravity. The first stars created were enormous consumed their hydrogen and exploded in supernova fusing hydrogen with protons to create sequentially heavier elements like sodium, potassium, calcium, carbon, nitrogen, oxygen till Iron! The explosion distributed these elements widely in the universe subsequently reaching the planets around other stars.

The oxygen we breathe, the calcium in our bones, the iron in our hemoglobin is created in the furnace of the star’s cores and released in the explosive death of stars.

The supernovae also created neutron stars and when neutron stars merged, they created elements heavier than Iron like gold and platinum. Since these kinds of explosions are rare the amount of material like gold is less in the universe making them very precious in our world!

The rocks, mountains, rivers, oceans, planets, living beings including us are created from STAR DUST. Life evolved on earth from a single cell making all living beings on earth related to each other however distant the relation maybe.

Carl Sagan looked at the picture of earth taken from billions of kms away from the Voyager probe. The earth was seen as a pale blue dot and every sinner, saint, philosopher, king, artist, commoner lived and died on this pale blue dot. Sagan’s lesson in the face of this is “to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we have ever known”!



DR. RAVI MOHAN RAO

MEDICAL NEGLIGENCE IN INDIA: A NEUROLOGIST'S PERSPECTIVE

We are living in the age of consumerism that is the age of protection and promotion of consumers. The service provider actively sought individual consumer demands. Though Consumer protection act (CPA) was passed in 1986, Medical practice became a “service provider” in the true sense in India in 1995 when the Supreme court passed a judgment in favor of including medical profession in CPA in the VP Shanta vs IMA case. The 1986 act was replaced by another act in 2019 which focuses on giving consumer more power by taking transparency to another level. Medical negligence means and includes negligence on the part of the doctor to act in accordance with medical standards in vogue being practiced ordinarily by reasonably competent man practicing the same profession.

What are the grounds for liability of neurologists in common practice.

- Diagnostic error, where adequate diagnosis was not made based on available clinical and investigation findings.
- Improperly performed procedures like lumbar puncture
- Failure to monitor cases
- Procedure not performed is a common grievance .Thrombolysis not performed would be considered as negligence
- Performed when contraindicated. Stroke thrombolysis done when on anticoagulation could be a problem if appropriate medical history is not taken.
- Failure to instruct the patient.

Among the various neurological conditions liability is focused on three conditions

- Headache-Most patients with brain tumor have a headache which resembles primary headache. Failure to pick up warning signs like age, signs of raised intracranial tension results in misdiagnosis. If neck stiffness is not picked up a diagnosis of subarachnoid hemorrhage or meningitis may be missed. Medical malpractice may occur with medication errors for example using triptans in coronary heart disease. Taking proper history and use of MRI will principally help in misdiagnosis
- Cerebrovascular disease- Malpractice disputes may arise if there is failure to thrombolyse on time, administering antiplatelets or anticoagulants with the thrombolytics and failure to obtain a written consent where all the complications of thrombolytics like intracerebral bleed is explained. Anticoagulation related claims may arise if there is underdosing or overdosing.

Patients with high grade stenosis if not diagnosed on time will result in recurrent stroke hence such patients should be promptly referred for endarterectomy or stenting. Stenting procedures have its own set of problems like stroke worsening due to dislodgment of clot and intracerebral bleed due to hyperperfusion injury. In a recent case District consumer disputes redressal commission, Kanchipuram directed a private hospital to pay compensation to a patient who developed paralytic stroke after M1 stenting.

The complainant's claimed that the treating doctor could have suggested a noninvasive treatment and hastily carried out stenting procedure which deteriorated the patient's condition.

- Epilepsy – Driving in epileptics have malpractice claims mainly in the west. In India Motor vehicles act, 1939 empowers transport authorities to deny license to epileptics. People with epilepsy drive merrily without disclosing their condition causing considerable risk to their own safety and others'. Teratogenesis in babies of epileptic mothers could be a potential claim if preconception counselling is not done adequately with drugs like sodium valproate. Detailed counselling with risks and usage of folic acid helps in alleviating this problem.

A basic knowledge of how judicial forums deal with cases of negligence is of absolute necessity for doctors. The law does not prescribe high standards but the minimum standards below which the patient should not be dealt with. The Supreme court in one case noted broadly the precautions to be taken by doctors

- Current practices, hygiene and sterility should be followed strictly
- No prescription should be given without actual examination
- A doctor should not by the version of the patient but must be able to formulate a diagnosis with good clinical acumen or investigations.
- A doctor should not experiment unless necessary with informed consent
- An expert should be consulted in case of doubt
- Full record of diagnosis, consent and treatment should be maintained.

Judicial forums have advised an increased need for doctors to engage with patients during treatment especially when the line of treatment has serious side effects.



DR. ROHIT PAI

Attitude of gratitude!!

let's develop an attitude of gratitude
reasons to be thankful in life are in thousand multitudes
for desires of humans are in high altitudes
greediness has not spared even the destitutes
as it has spread its wings across the latitudes
but for finding happiness in contentment there is no substitute
beware! for humans' greed at times can troubleshoot
such things cannot be taught in an institute
now it's time to execute every day the principles of gratitude
for such heart filled with gratitude truly looks cute cute
irrespective of the gender this law suits
when the time arrives, this attitude makes you fly higher like a parachute
learn to quit your habits of platitude
though at times they may persecute
but there is no substitute for gratitude & you will surely find the joy in multitudes
The only Supreme Path to Joy is gratitude
Let this be our daily attitude



DR. ROOPA KG

For instance, a patient with epilepsy may feel isolated due to the stigma associated with their condition. A neurologist who listens attentively and acknowledges the patient's concerns can help alleviate feelings of alienation. Similarly, empathetic communication can ease the fears of patients undergoing invasive procedures like lumbar punctures or brain surgeries.

Empathy also plays a crucial role in breaking bad news. Neurological diagnoses are often life-altering, and delivering such news requires sensitivity. A doctor must convey the information in a manner that is honest yet compassionate, providing emotional support while helping the patient and their family process the diagnosis.

Building Trust and Communication

Trust is a fundamental element of the doctor-patient relationship, particularly in neurology, where patients may need to discuss deeply personal and sensitive issues. Effective communication is the key to building this trust.

Clear and honest communication helps patients understand their diagnosis, treatment options, and prognosis. For example, a patient with Parkinson's disease may have questions about medication side effects or the potential benefits of physical therapy. A neurologist who provides detailed explanations and encourages questions can empower the patient to make informed decisions about their care.

Active listening is another vital aspect of communication. Neurological patients often feel overwhelmed by their symptoms and may struggle to articulate their experiences. A neurologist who listens without interruption and seeks clarification demonstrates respect and understanding, fostering a stronger doctor-patient bond.

The Emotional Challenges for Neurologists

While the focus is often o



DR. SHIVANANDA PAI

Trekking and Spine surgery – A journey of team spirit and character building



At first glance, trekking and spine surgery may seem worlds apart – one an adventurous pursuit amidst nature and the other a meticulous surgical discipline. But upon a closer look, one can observe a lot of similarities and connections.

Both require a certain degree of planning and preparation commensurate to the complexity of the surgical case or difficulty of the trekking path. A spine surgeon evaluates risks, intra-operative challenges and outcomes just as a trekker evaluates unpredictable weather, rocky terrains and physical fatigue.

Both journeys test resilience and determination. A trekker pushes through exhaustion to reach the summit, much like a surgeon stands through long hours to successfully complete the surgical procedure. Mental strength and adaptability are crucial in both settings – a sudden lapse in concentration can be costly in both fields and a sudden change in weather or a storm on a trek is similar to an unexpected surgical complication, both needing quick thinking and experience to manage.



Trekking can also help a surgeon to improve upon himself. It improves physical and mental endurance and trains one to overcome fatigue and stay sharp, especially in the last leg of the trek or the final step in surgery (which is usually more crucial and tiring); it also reduces stress and improves mental clarity. The challenges faced on rugged trails test an individual's patience, perseverance and grit, ultimately molding them into a stronger and more disciplined person.



More importantly – trekking is a team game, much like how surgery is. A trekker is hardly alone and sharing the journey takes away a bit of exhaustion, propels you a step further than you would have done alone. The mountains not just test you- but transform you into a better version of yourself, both as an individual and as a team player. And the rewards are enthralling: The happiness and satisfaction that the trekker experiences upon reaching the summit or the spine surgeon's smile upon seeing his patient pain free and mobile are worth the effort. Whether on the mountain trail or in the operating room, both pursuits celebrate human perseverance and quest for excellence



DR. UMESH SHRIKANT

ಏಳು ಸುತ್ತಿನ ಕೋಟೆ

ಗರ್ವದಿ ತಾ ಮೆರೆಯಲ್
ಕಣ್ಣು ಕಮಲವಾಗಿರಲ್
ಸುಗಂಧಿತ ಕನಸ ಕಾಣುವ
ಕಾತರ ಮನಸ್ಸೊ

ಸ್ವರ್ಣದ ಹರ್ಷದೊಳಗಣ
ತೊಡಕಾದ ರಚನೆಯೊಳಗಣ
ರಿಂಗಣ, ಮಸ್ತಿಕ್ಷದ ಮೌನ

ಕೈಗೆಟುಕದ, ಬರಿಗಣ್ಣಿನ ಮಾಯೆ
ತಾಳ್ಮೆ ತಾ ತಳೆದು
ಅಂತ್ರಾತ್ಮಕೆ ಬುದ್ಧಿಯ ಭ್ರಮಣ

ಗ್ರಹಣದೊಳಗಣ ಕಾಂತಿ
ನಿರ್ಭಯಾ ಪ್ರಕರಣ
ನಿಗೂಢವಿದು
ಈ ಏಳು ಸುತ್ತಿನ ಕೋಟೆ ಅರಿತವನ್ನಾರೂ ಸಿದ್ಧ ಶಿವ

ವಿರೂಪಾಕ್ಷ



DR. VIRUPAXAPPA BIRADAR

BIRD BRAINS

As it has happened too many of us, I was once deeply into photography. For ten years, I had explored digital photography as an amateur, capturing anything that intrigued me.

One fateful day, a friend invited me to go "birding"—a term entirely new to me. Essentially, it meant watching birds, much like an ornithologist, though without the academic rigor. It intrigued me, and I saw it as an opportunity to take photographs of birds.

The Sight: The Indian Paradise Flycatcher



That day turned out to be much more than just another photography session. Armed with my 300mm camera lens, I joined my friend, a veteran birder of over 15 years, who carried only a pair of binoculars. He even brought a spare pair for me.

The field of view through binoculars was astonishing, vastly different from a camera's zoom. I quickly got the hang of it and managed to spot my first few birds. My friend was impressed, saying I had a talent for it. While I wasn't seeking flattery, I wondered why I was able to pick out birds so easily on my first attempt.

Being a neurosurgeon, I had spent years staring at the same red field, differentiating structures with precision. Perhaps my brain had been trained to recognize patterns and subtle differences—skills that now helped me identify birds.

Towards the end of our walk, we spotted a stunning bird with brown wings, white underparts, and an incredibly long tail. Luckily, I captured it on my camera. My friend informed me that it was the Indian Paradise Flycatcher—a rare sighting that many birders wait years to witness. And I had seen it on my very first day.

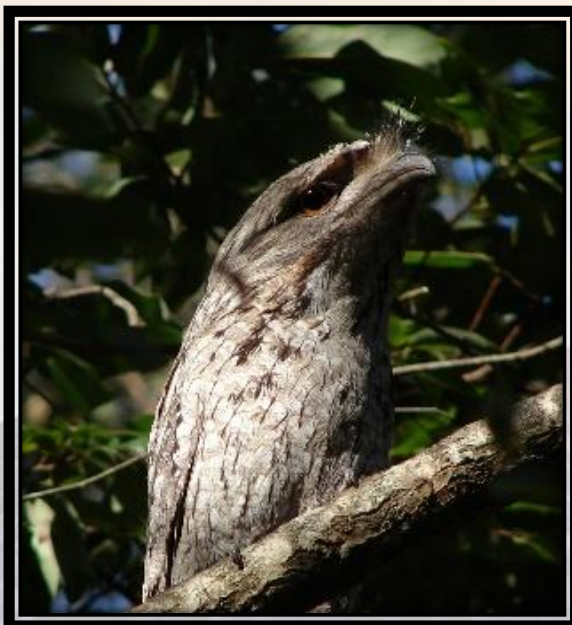
The Sound: The Coppersmith Barbet

Despite my excitement, I struggled to convince my wife that birding was a worthwhile pursuit. Fortunately, we lived beside a lake, a natural habitat for many bird species. Watching them flit around with the naked eye was one thing but seeing them through binoculars was a completely different experience.



I borrowed a pair and took to our rooftop to observe the birds. As we struggled to adjust the focus, a rhythmic almost metallic clanging sound caught our attention. The sound came from tiny green birds with striking red patches on their head and necks. Aptly named as Coppersmith barbets as due to their metallic call. That was the first bird my wife saw through the binoculars—and she was instantly hooked.

The Camouflage: The Frogmouth Owl



With interest comes the lingo. Birders learn to describe bird parts, use clock positions to point out locations, and even describe trees they'd never paid attention to before.

During a safari at a jungle lodge, we asked our driver to show us birds along with the usual wildlife. As we drove past a scenic lake with a dried-up tree beside it, he suddenly stopped and asked, "Can you see the owl there?"

None of us could. Then, he guided us: "Look at the branch starting at the 2 o'clock position. Follow it upwards until it splits into three. Take the lowest branch, follow it towards the end, and see the small branch sticking up towards the sky." We nodded.

"That branch, my friends, is the owl."

The Behavior: Loten's Sunbird



After watching a bird for long enough, you start recognizing its uniqueness. Birding isn't just about identification—it's about understanding behavior.

A Pied Kingfisher changes its flight pattern before diving for a catch. A kestrel hovers over its prey. During courtship, the Loten's Sunbird, usually hidden within foliage, suddenly perches on the highest branch and sings loudly. A male Kingfisher presents a fish to a female as a courtship gift—the bigger the fish, the better the chances.

Observing these nuances allows us to appreciate the simplicity and brilliance of nature.

The Migration: The Verditer Flycatcher

India's lush evergreen forests serve as pit stops for migratory birds escaping the harsh winters of Europe and the Himalayas. These seasonal visitors provide birders with the chance to spot rare species.



Among India's many blue birds, the Verditer Flycatcher is one of my favorites. It breeds in the Himalayan foothills and migrates south during the non-breeding season. This bird has a peculiar habit—after each flight, it perches on the same branch. If a birder misses it on the first attempt, unlike our treacherous life, there's always a second chance.

Welcome to a stress-free lifestyle...

We are all constantly stressed, and we're advised to take up hobbies to alleviate it. But many hobbies require extensive planning, equipment, and effort—sometimes causing even more stress.

That's where birding is different. These little creatures take on the responsibility of relieving our stress with their antics. All we have to do is watch and enjoy.

P.S. If anyone is inclined towards birding and wants to discuss it, I'm always open!



DR. VISHWAS H V.



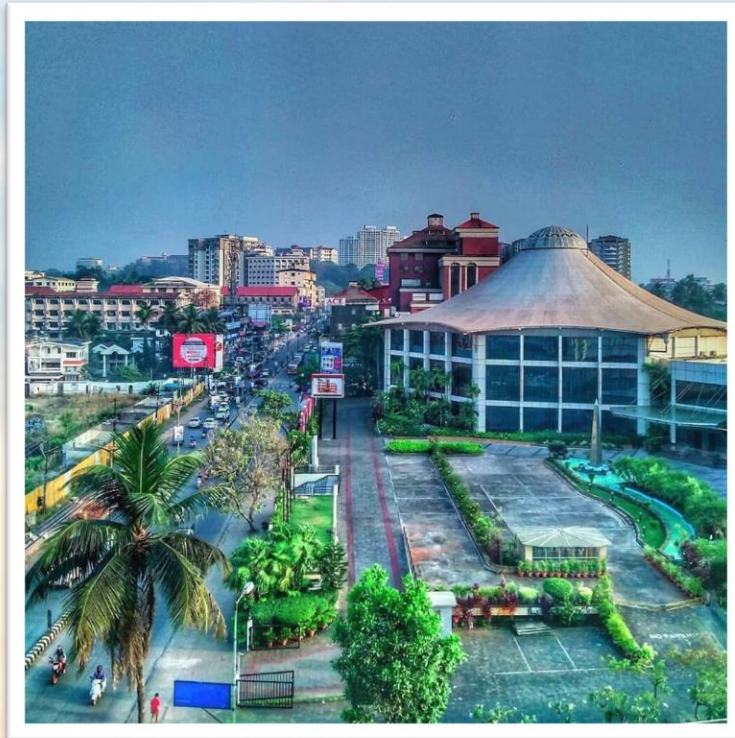
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