



# KASTURBA MEDICAL COLLEGE MANGALORE

(A constituent unit of MAHE, Manipal)



E-NEWSLETTER OF  
KASTURBA MEDICAL COLLEGE, MANGALORE  
ISSUE 2 : JUNE - DECEMBER 2021



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# C O N T E N T S

EPISTLE  
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# Editor's Message

**DR. ARCHITH BOLOOR**

**CHIEF EDITOR**



We've all had moments where our stories have come full circle. The first ward where I admitted my first patient as a postgraduate was the same ward where we were not allowed to attend rounds on our first day of clinics as an undergraduate (for carrying the wrong knee hammer). The circumstances under which most medical students find their first love, in the library right before the exams, is also the same place where you realize that this profession will always fasten its tightening grip on your social life. The same beach that you go to watch the sunrise in your first week of medical school is often the same beach where your seniors take you at midnight, on the last day of your internship. When we hear these, we can't help but smile. The twinkle in their eyes moving downwards and outwards, tracing the milestones in their journey from child to doctor with few words but a whole lot of heart. These aren't neurological symptoms. Just doctors with very relatable stories to share.

Neither Guyton nor the first book of Cunningham's will tell you that one of the cardinal skills needed to navigate medical school is storytelling. Let's face it, we're trained in the art from Day One: Explaining to the anatomy gatekeeper why you forgot to wear close-toed shoes into the dissection hall upto your last day where you're spinning a web as to why you didn't test sense of smell in the final exam. It's a rite of passage; everyone goes through it. Some are better than the others and some learn faster than the others. But ultimately, our stories, our ability to refurbish these stories later come back as fond, nostalgic memories that make us miss this arduous journey of becoming a doctor. Yes, as the years have gone by; I've found myself increasingly distant from the now. But I can say with full confidence that the heart of our experiences as students have largely remained untouched.

We have a lot of great achievements to share with you from the past year. Stories of doctors who are not only doctors, but so much more than that. Stories of doctors who have made it big, whether it's on the OT screen, silver screen or the academic screen. We always think that being a doctor is the end of all your other hobbies; but that's where our theory comes in. Medical college makes you a great story teller. I mean, whether you are from the Batch of 1998 , 2014 or 2021; you have almost definitely had a horrible autopsy story, minimum of two designated heartbreaks in the general vicinity of the library, some obscure dish that the canteen akka modified five years ago which is your ultimate bowl of comfort food and these memories live on in you as your "college life". If that does not make you the most interesting person in any room, I don't know what will. In this edition of Epistle, we pay tribute to these quintessentially KMC memories. Good stories, bad stories, happy stories, sad stories, but relatable stories. Tales that tie us together in this endlessly sanitizing circus that we call our lives now.

I dedicate this edition of Epistle to the fond memories that we all have of our KMC Mangalore college days. Penned down by students and doctors alike, every story I read made me reminisce, and in turn made me feel proud of the quality of humans we've churned out over the years. For precisely that reason, this one is special. I know as the editing team, we are expected to say that about every edition, but it's not always that we get to really mean it. We hope you enjoy this one as much as we did. A trip down the corridors of this college that we all know and love, hands held together with the thousands of doctors that came before you, knit together in stories that are as different as they can be; and yet deep down in your soul – You know exactly what it's like to be a KMCite.

## *The Stalwarts Who Came Before Us*

*Legacy.* A legacy left down to us by the same kindred souls that touched infinite lives, helped still more and more importantly, trained generations of future doctors into the path that they are on. When you look up in the sky, their smiles shine down on us, twinkling away like their golden spirits. In their absence, we remember them, we cherish their words and we honour their memories.



**Dr. M. Srinivasan**  
General Surgery



**Dr. H T Manorama Rao**  
Obstetrics and Gynaecology



**Dr. Kothandaraman**  
Neurosurgery



**Dr. C.N. Nagesh**  
Microbiology



**Dr. Venugopal Rao**  
Anatomy



**Dr. Mukta Chowta**  
Pharmacology



**Dr. E. Keshava Bhat**  
General Medicine



**Dr. T.A. Koshy**  
Anesthesiology

# GREAT THINGS WITH SMALL BEGINNINGS

## THE STORY OF "THE MANGALORE MEDICAL RELIEF SOCIETY"

### AND THE DEVELOPMENT OF HIGHER SPECIALITIES IN MANGALORE

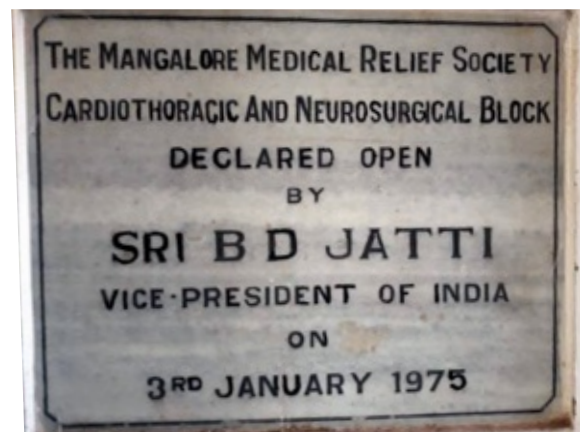


**DR C K BALLAL**  
**PROFESSOR EMERITUS**  
**DEPT OF NEUROSURGERY**  
**KMC MANGALORE**

It all started in 1970 when Dr K. R. Shetty returned from Britain after his training at one of the foremost neurological centres in the world, The National Hospital for Neurological Disorders, London. Those were the days before the CT scan. He surmised that whatever was being done in the UK could be done in Mangalore too at a basic level. He contacted three other specialists; Dr A V Shetty, a cardiologist, Dr S.R. Ullal, a cardiothoracic surgeon and Dr P. Kothandaram, a neurosurgeon. They were all competent doctors trained in some of the best centres in India and abroad. They approached the District Surgeon of Govt. Wenlock Hospital, Dr P. N. Ariga. He readily agreed to their proposal but said that Wenlock being only a district hospital, the government funds will not be available for higher specialities. The group discussed the matter with their colleagues and eminent citizens of Mangalore. They resolved to form the Mangalore Medical Relief Society and fund it through donations. The mission of the Society was to start the Higher Specialities at the basic level. The vision was to scale it up to become a premier institute with the support of the Karnataka State. This was to be the first such attempt in the country in a government district hospital.

They requested the young Sri Veerendra Heggade, Dharmadhikari of Dharmasthala to be the President of the society to which he readily agreed. Dr P.N. Ariga was nominated as the vice-president, Dr K R Shetty was nominated as the Founder Secretary and Dr C.R. Kamath, nominated as the treasurer. The collection of funds was a great success. Dr P.N. Krishnamurthy, Dr K.R. Ballal, Dr V.R. Kamath, Dr M.D. Adappa, Mr Ullal Ramakrishna Mallya, Ms Louella Lobo Prabhu and many others helped the society in this venture. The society was formally inaugurated by the Honourable President of India Sri V.V. Giri on 26 December 1971, and the function was presided over by the Governor of Karnataka, Sri Dharma Vira.

Ullal Srinivas Mallya trust represented by Sri Manel Srinivas Nayak partly funded the building project for the four super-speciality units in memory of the late U. Srinivas Mallya for this purpose. The Mangalore Medical Relief Society offered a sum of three lac rupees for the purpose of construction of a speciality floor over the two storey outpatient block of the Wenlock District Hospital. The government administration readily agreed and provided 80 beds and an operation theatre complex. The Honorary Secretary, Dr K.R. Shetty had to make nineteen visits to Bangalore, sometimes accompanied by the trustees to get the building project sanctioned and later on the speciality units sanctioned to function in a government hospital as it was an entirely unprecedented venture. As a pre-requisite to this the government referred the matter to two specialists, a neurosurgeon and a thoracic surgeon. Dr R.M. Varma an eminent neurosurgeon and the founder director of NIMHANS not only strongly recommended the project but added that similar basic level facilities should be provided in all district hospitals.



Dr P.N. Krishnamurthy took over as the secretary. A few years later the Urology unit with Dr A. Bhaskar Rao as in-charge and the Paediatric surgery unit with Dr Ganesh Pai as in-charge were added on as super-specialities. The society provided basic equipment to all the units. Mr Damodar Prabhu, father of the late Dr Vivekananda Prabhu, gave the first ventilator to Wenlock hospital. All the departments started functioning satisfactorily.

Dr S.R. Ullal performed even open heart surgery. A heart-lung machine was purchased at a cost of thirty five thousand rupees. A pump technician came from the Harefield hospital, London and trained the Clinical Pathologist Dr T.A. Bailur. He made himself

available for cardio-pulmonary bypass cases whenever required. Thus the establishment of Mangalore Medical Relief Society indirectly led to the availability of super-speciality services to the private patients in and around Mangalore including the neighbouring districts of Kerala.

Dr P.N. Krishnamurthy was succeeded as secretary of the society by Dr A. Divaker Rao, Dr Vivekananda Prabhu, Dr Shantharam Baliga, Dr C.K. Ballal and Dr Priya Ballal in that order.

In recent years the society financed a software project to the tune of eight lac rupees for monitoring and controlling Malaria by the Mangalore City Corporation. The society also upgraded a new ambulance acquired by the Wenlock Hospital by fitting it with a portable ventilator. The Mangalore Medical Relief Society has also been supporting the speciality services at the Wenlock Hospital by supplying smaller pieces of equipment as per the requirement of the various departments. Over the last few years the demand to finance the purchase and maintenance of equipment has decreased as the government has the benefit of utilising the student clinical fees fund. As is well known the hospital is in a private public partnership (PPP) with the Kasturba Medical College, the first one in the country since 1956.

The Mangalore Medical Relief Society has been a catalytic agent for the development of higher specialities in Mangalore. It galvanised the vast sluggish infrastructure of Wenlock and Lady Goschen Hospitals. The Kasturba Medical College complemented this effort. The KMC in turn benefited by the additional teaching beds and provided better quality education particularly at the postgraduate level. This would not have been possible without the generous support given by the public of Mangalore and its medical fraternity.



DR. K R SHETTY



DR. A V SHETTY



DR. S R ULLAL



DR. P N KRISHNAMURTHY



The 50 th year celebration of Mangalore Medical Relief Society was held recently where Dr. K R Shetty was felicitated

# SCROLL OF HONOUR



Dr. B M Hegde, former Professor of Medicine, was awarded the Padma Vibhushan award in medical category by the Government of India. Dr Hegde was the former Vice Chancellor of MAHE and Dean of KMC, Mangalore. He has been previously honored with the Padma Bhushan in 2010, B C Roy award in 1999, and Karnataka Rajyotsava award in 1997.



Dr. M V Prabhu, Dean KMC & Past President of IMA KSB, delivered the Dr. Nanjundiah Memorial Oration at the 87th IMA KSB Conference – Medicon 2020-21 held at Jindal Auditorium Thoranagallu on 30-10-2021. The topic of his oration was “Public Private Partnership – A journey of 65 years of KMC Mangalore.”



Dr. K . Ramachandra Kamath, Professor and head, Department of Orthopedics, has taken charge as the State Vice President of Indian Medical Council - Karnataka state branch (IMA- KSB).



# NEW TEAM OF OFFICE BEARERS



**Dr. M Venkatraya Prabhu**  
Pro Vice Chancellor - Health Sciences  
MAHE, Manipal



**Dr. B Unnikrishnan**  
Dean  
Kasturba Medical College, Mangalore



**Dr. Shrikala Baliga**  
Associate Dean  
Kasturba Medical College, Mangalore

# STUDENT ACHIEVEMENTS



Dr Chinmay Gunda & Dr Tejaswini L, Junior Residents, Dept of Medicine, secured First & Second prizes respectively in PG thesis presentation competition at the 7th Indo-German Convention of Lindau Alumni organized by KMC, Manipal from 24-26 Sep 2021.



MBBS students of 2017 batch, Mr. Dhruv Tuteja and Mr. Dhruv Indireshe Hejamady became finalist and semifinalist, respectively in the Elsevier ClinicalKey Student Global Challenge 2021. This challenge tested their medical knowledge on a global platform alongside 7500 medical students from over 100 countries.



Mr Prakar Srivastava & Mr Adit Arora won 3rd place in the UG Medi Quiz conducted by the department of General Medicine, Kanachur Institute of Medical Sciences, Mangalore.



Dr Nisanth Selvam and Dr Niteesh R N, Junior Residents, Department of Pediatrics, received the first prize in 15th National IAP Post Graduate Quiz organized by Indian Academy of Pediatrics.

# Achievements



Dr. Arvind N. and Dr. Murugaiyan E, Junior Residents, Department of Pathology emerged session toppers in oral paper and e-poster presentations, respectively in the 48th annual conference of the Karnataka Chapter of Indian Association of Pathologists and Microbiologists, KAPCON 2021, held virtually from the 1st to 3rd of October 2021.



Dr. Neneh Feren, Junior Resident, Department of Community Medicine, won the first prize for her oral presentation on the theme of NCD - Risk Factors in the 65th Annual National Conference of the Indian Public Health Association held between 24-26th Sept 2021.



Dr. Akshay Prabhu and Dr. Nagendra, Junior Resident, Department of Medicine won the first place in the Postgraduate Quiz competition held by Father Muller Medical College Alumni Association on 11.12.21



Dr. Pooja G, Junior Resident, Department of Pediatrics received First Prize in paper presentation title "Assessment of Video based educational intervention on Breastfeeding technique in Primigravida Mothers and its effect on early infant feeding pattern – A randomized controlled trial" at Vijayanagara KARPEDICON 2021 conducted at Hosapete organised by Karnataka State –IAP Chapter on 3rd to 5th December 2021.



Mr. Arjun P Nambiar and Ms. Rashmi Bhat, MBBS batch of 2017, won the Pediatrics Undergraduate Quiz held in RAPCC on 09.08.2021.

Dr. Mohammed Abdul Azeem, Junior Resident, Department of Pediatrics, received second prize in paper presentation titled "Stigma and Depression amongst Adolescent living with HIV/AIDS" at Vijayanagara KARPEDICON 2021 conducted at Hosapete organized by Karnataka State –IAP Chapter on 3rd to 05.12.2021.





MBBS batch 2018 students, Mr. Shreevatsa, Ms. Vrishali KS and Ms. Shreya Bhat won 1st prize in quiz competition and Mr. Shreevatsa and Ms. Shreya Bhat, won 2nd prize in Medical Crossword competition conducted as a part of Synergia '21, a national level UG Medical Conference held at KIMS Hubli on the 19th & 20th of November 2021.



MBBS Batch 2018 students, Ms. Shreya R, Mr. Shreevatsa Acharya, and Mr. Sourav V won the 1st, 2nd and 3rd prize, respectively, in the Gurucharan Memorial quiz conducted on 05.12.2021 by the Department of Urology, KMC Mangalore.



Dr. Geeta S and Dr. Rajat Choudhari, JRs in Surgery, bagged the best paper awards in ASICON 2021 held between 3rd and 5th of December, 2021.

Ms. Suzan Deenal Pinto, MASLP student, won the best paper in oral paper presentation in the national conference "The interdisciplinary conference on Healthcare and Technical Research (ICHTR) 2021" organised by MAHE Students Research forum under Director Research, MAHE, Manipal held from 11.11.21 to 13.11.21.

# Achievements



Dr. Prajwal MD, Dr. Shashwat, Dr. Ankush and Dr. Rakshith, Junior Residents, Department of Orthopedics, won prizes for paper presentation in the KOACON 2021 (Hassan) held online on 30.7.21 and 31.7.21

Dr. Prajwal MD and Dr. Shashwat Agrawal, Junior Residents, Department of Orthopedics, won the 2nd prize in Dr.H K Vishwanath Memorial PG Quiz held by Canara Orthopaedic Society on 21.11.21.



Dr Prajwal MD presented a paper in the international IMC JHAM 2021 virtual conference and was chosen for the final round among the six papers with the best potential.



Dr. Anshul Chandak, JR in Ophthalmology, won Postgraduate Debate on topic "Endoph Matters" organised by KMC, Manipal on 3.9.21.

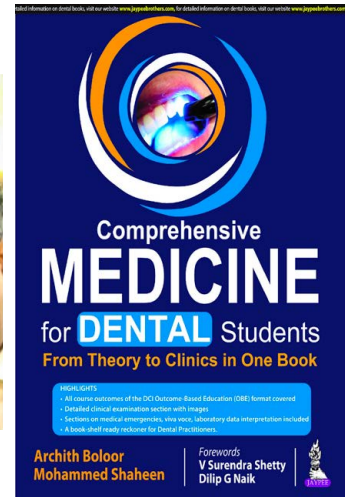
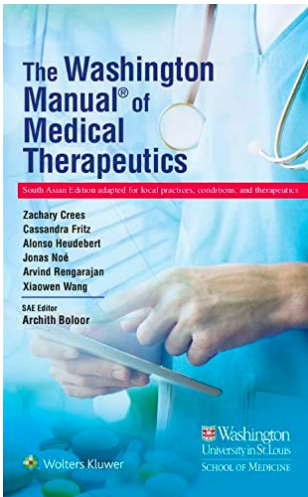


Dr. Varsha Sinha, Junior Resident, OBG won prize for paper presentation in the Tamil Nadu Federation of Obstetricians and Gynaecologists Conference held on 19.06.21.

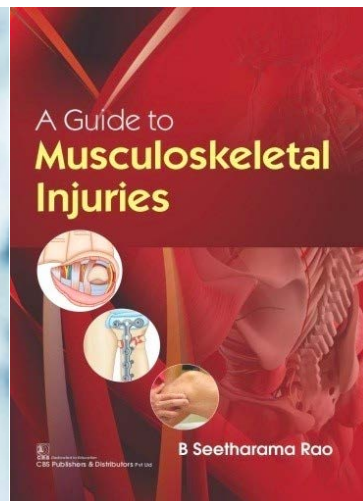


Dr. Smith Nath became the winner of the competitive examination in Medicine - Thoracic Medicine and Cardiology held on 03.12.2021 for Final Year Medicine postgraduates.

## STAFF ACHIEVEMENTS



Dr. Archith Bolor , Additional Professor of Medicine is the editor of the newly released South Asian edition of The Washington manual of Medical Therapeutics. Dr. Sheetal Raj M, Associate professor of Medicine has contributed 4 chapters for this book  
 Dr. Archith & Dr. Mohammed Shaheen have published the book on Comprehensive Medicine for Dental students.



The book titled “A Guide to Musculoskeletal Injuries” by Dr B Seetharam Rao, Professor of Orthopedics, KMC, Mangalore was released by the Dean Dr M Venkatraya Prabhu in July 2021.



“Recognition of Excellence in service of KMC Non-Teaching staff: Dr. K R Shetty – MAHE Endowment: Kasturba Medical College, Mangalore and Associated Hospitals Non-teaching staff welfare fund”. The awardees were:

1. Mrs. Bhanukala Uday, Jr. Management Executive / PA to Dean KMC Mangalore
  2. Mrs. Lizy Pinto, Ward Sister, KMC Hospital, Attavar
  3. Ms. Chithra K.P, Ward Incharge, KMC Hospital Ambedkar Circle.
- These awards were presented by Dr. Dilip G. Naik, Pro Vice Chancellor, MAHE Mangalore Campus on Independence Day 15.08.2021

# Achievements



Dr Prateek Rastogi, Professor and Head, Department of Forensic Medicine and Toxicology, authored a Chapter titled “ Negative and Obscure Autopsy- Medicolegal Implications” in the book Recent Advances in Forensic Medicine and Toxicology, Vol.3 published by JayPee Brothers Medical Publishers.

He was also elected as Executive Committee member for Indo -Pacific Academy of Forensic Nursing Sciences (2021-22)



Dr. Radish Kumar, Mr. Rahul K, Department of Audiology and Speech Language Pathology and Dr. Chakrapani, Professor of Medicine in collaboration with IISc, Bengaluru and MSIS, Manipal have received BIRAC-BIG grant worth 32 lakhs INR.



Dr. Padmanabha Kamath, HOD Cardiology was awarded Vishwa Konkani Award for his meritorious service.

Dr. Nithin Kumar, Associate Professor, Department of Community Medicine won the first prize for oral presentation on the theme COVID Vaccine in the 65th Annual National Conference of the Indian Public Health Association held on 24-26 Sept 2021.



Dr. Dattatreya Prabhu, Department of Anesthesiology, won the Hansraj Nayyar award for best paper at national conference CRITICARE 2021.

Dr. Ashok Shenoy, Pharmacology, has been appointed as the coordinator from KMC, Mangalore in the Pharmacopoeia Commission, Ministry of Health & Family Welfare Govt. of India. The Commission has agreed to designate our institute as one of the Medical Device Adverse Event Monitoring Centres (MDMC) under Materiovigilance Programme of India.





Dr. Stephen Rajan Samuel, Assistant Professor of Physiotherapy received grant for Fulbright Nehru Post – Doctoral Research Fellowship to pursue post – doctoral research at the University of Rochester, Medical Center, New York, USA.

Dr. Pavanchand Shetty, Associate Professor of Forensic Medicine secured second position for paper presentation at the South India Medico-legal Association (SIMLA-2021) conference conducted online by AIIMS Bibinagar Hyderabad on 5th and 6th of October 2021.



Dr. Sudhin K and Dr. Jayashree Bhat from Department of Audiology and Speech Language Pathology edited a book titled “Assessment of Language development: A Manipal Manual”



Dr. Somashekara HS from Department of Audiology and Speech Language Pathology received NCERT grant worth 5,25,000 INR for the project titled “Efficacy of Phonological awareness kit in reading development during foundational stage”.

Dr. Rekha D Kini and Dr. Nayanatara Arun Kumar, Associate Professors Department of Physiology secured Third prize for oral paper presentation in the 7 th Annual National Conference of Association of Physiologist of India (ASSOPICON -2021).



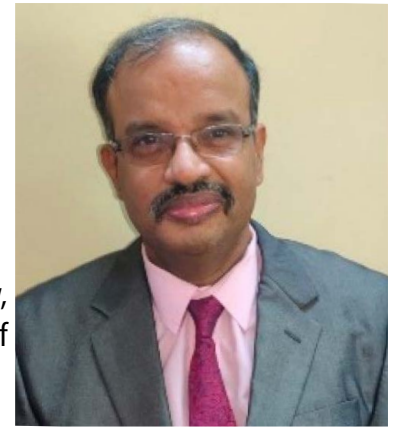
Dr. Sudhin Karuppali , Department of Audiology, received an International grant from IEEE Humanitarian Activities Committee (HAC) and IEEE Special Interest Group on Humanitarian Technology (SIGHT) worth 3945 dollars for the project titled “Tele-based speech therapy for children with language disabilities during COVID19 pandemic”.



# Achievements



Dr. Rohit Ravi, Assistant Professor, Department of Audiology and Speech Language Pathology, KMC Mangalore has been accepted in AUDIOLOGY EARLY CAREER PROFESSIONAL PROGRAM by American Speech Language Hearing Association, USA.



Dr. Sriram Bhat, Head of Department, General Surgery, has been awarded Fellowship by the Royal College of Surgeons, Glasgow



Dr. Animesh Jain, Professor, Community Medicine, won the Gold Medal in Philately Exhibition in FILANANIAS 2021 Level I Open Exhibition, Brazil on 3.9.21



Mr. Mahesh BS, Dept of Psychiatry, won the Prof. Mehdi Hasan Award For Best Research Presentation in the 3rd International Conference Healthcare Well-being: Current Trends & Challenges on 30.10.21.



Dr. Pradeep Nayak, Dept of Physiotherapy, won 3rd prize in the platform presentation in the XI Asia Pacific Stroke Congress held on 11.12.21.



Ms Megha Gokul, Tutor in Physiology was awarded best oral paper presentation award (Cash prize of 500MYR) by International Brain Research Organization (IBRO) - APRC Association School on Neuromics 2021 : The Yin-Yang Aspect in Translational Neuroscience Confirmation, held from 20th - 24th Sept, 2021 in Kuala Lumpur, Malaysia, via virtual mode.



Mr. Lakshmisha Y Rao, Tutor and PhD scholar secured 1st position in research at the 7th Indo German Convention of Lindau Alumni (IGCLA), held virtually between September 24th to 26th September 2021 at Kasturba Medical College, Manipal.



Dr. Esha Mallik, Junior Resident, Department of Respiratory Medicine secured third position in the Intercollegiate Poster Competition held by the Department of General Surgery, KS Hegde Medical College in October 2021. The topic of the poster was - 'Coming together for Breast Cancer - A holistic Approach In the Treatment'.

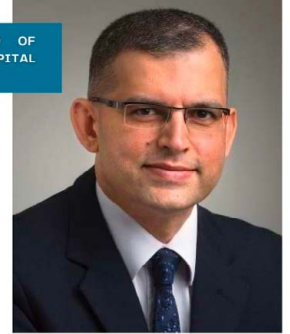
# ALUMNI ACHIEVEMENTS



Dr Pangal Seetharam Nayak , Alumni Batch of 1957 visited our Campus this December 2021. On behalf of office of Alumni Relations, Dr. M. V Prabhu felicitated him

## GLOBAL INDIAN PHYSICIANS IN THE NEWS

**DR HARISH PILLAI APPOINTED AS CEO OF PHILIPPINES-BASED METRO PACIFIC HOSPITAL HOLDINGS**



*Dr Harish Pillai: An Indian doctor has been appointed as the Chief Executive Officer of Metro Pacific Hospital Holdings (MPHH), which manages the largest private hospital network in the Philippines with 19 hospitals and 3750 beds, two allied healthcare colleges, a growing primary care network, oncology centres and a central laboratory. Dr Harish has helped in strategising and managing large-scale healthcare organisations that have helped deliver consistent results in clinical, service and business excellence in countries like India, Egypt and the UAE. He was previously the CEO of Aster India a unit of Aster DM Healthcare and was responsible for the network of 14 hospitals across five states, stand-alone laboratory chains, retail pharmacy and home care.*

[Source: Biospectrum India, 1st December 2021  
Link: <https://www.biospectrumindia.com/news/06/20094/philippines-based-metro-pacific-hospital-holdings-appoints-dr-harish-pillai-as-ceo.html>]

Dr. Harish Pillai, Alumni Batch of 1988 was appointed as the CEO of Philippines based Metro Pacific Hospital Holdings.



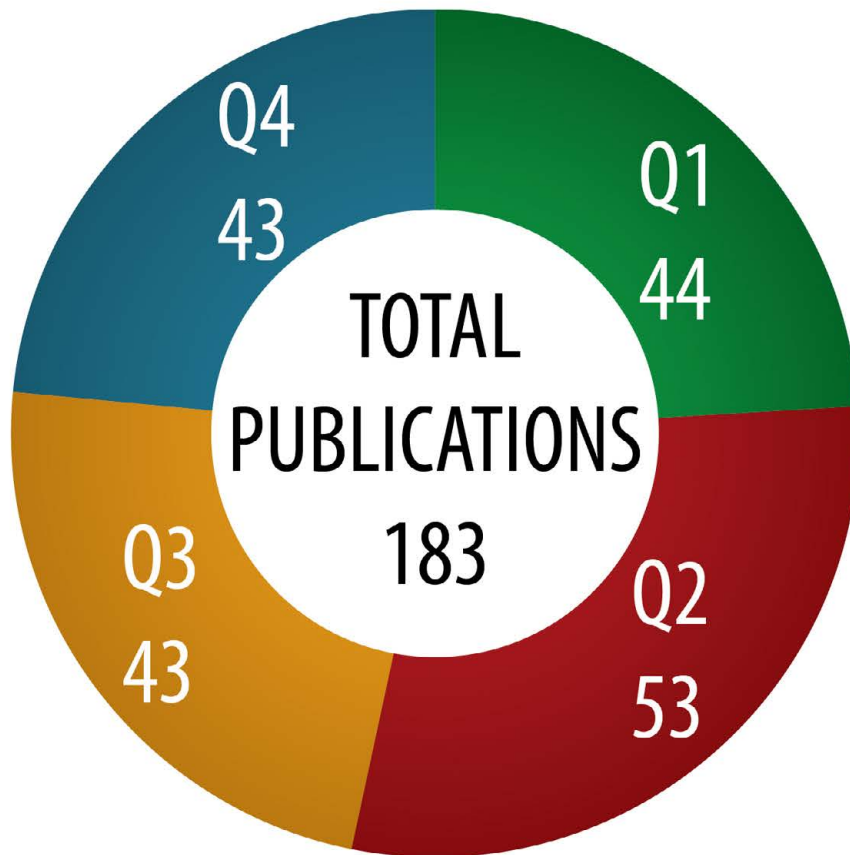
Dr Sachin Pai, Alumni Batch of 1998 batch featured in Nasdaq and Times Square. He is oncologist in the US, currently working in oncology drug developing company Erasca.



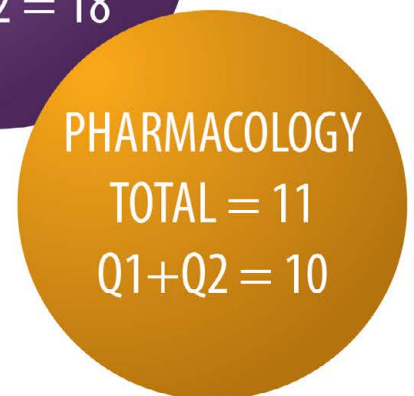
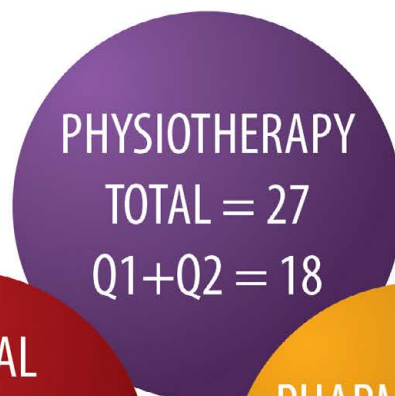
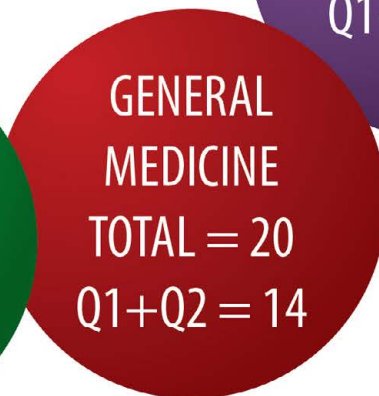
Dr. Bhaskar Somani, Alumni Batch of 1994 gave the Prof Venugopal Oration for the KUAKON 2021 (Karnataka Urological Association) and won several awards including BAUS Golden Cystoscope (2021), World Endo Society Arthur Smith award (2020), Zenith Global award 2021

# Research Statistics

Jul - Dec 2021



## TOP DEPARTMENTS



# Events



MAHE – Felicitation programme to Dr. Suresh S. Rao (Founder of Sanjeevani Charitable Trust & Prestigious Karnataka Rajyotsava Awardee, Philanthropist) on 27.11.2021 at the Durga Sanjeevani Hospital Kateel, presided by: Dr. H.S. Ballal Pro Chancellor MAHE Manipal. Chief Guests: Lt. Gen (Dr.) M D Venkatesh, Vice Chancellor MAHE, Dr. Dilip Naik, Pro VC MAHE Mangalore Campus, Dr. Anand Venugopal, MS KMC Hospital Ambedkar Circle, Dean and Additional Dean.



Manipal Logo release at TMA Pai Auditorium. KMC Hospitals - The new Manipal/KMC Hospital logo launch program on 13.10.2021 at Dr. TMA Pai International Convention Centre.



Dr. TMA Pai Arogya Sevak Award 2021 was awarded to Shri. Chandrashekhar Shetty Gurupura at KMC Hospital Mangalore for his selfless service towards community health development.

The award was presented by Dr. Anand Venugopal, Medical Superintendent and Regional Chief of clinical services KMC Hospital Dr. B.R. Ambedkar Circle Mangalore.



Fit India freedom run 2.0' on 10.10.2021 at MARENA sports complex, Mangalore. Fit India Freedom Run was conceived in 2020, when the entire nation started following social distancing as a "new normal" lifestyle. This year a rebooted version of Freedom Run was launched by the Ministry of Youth affairs and sports, on 13.08.2021 as Azadi ka Amrit Mahotsav- Freedom Run 2.0.



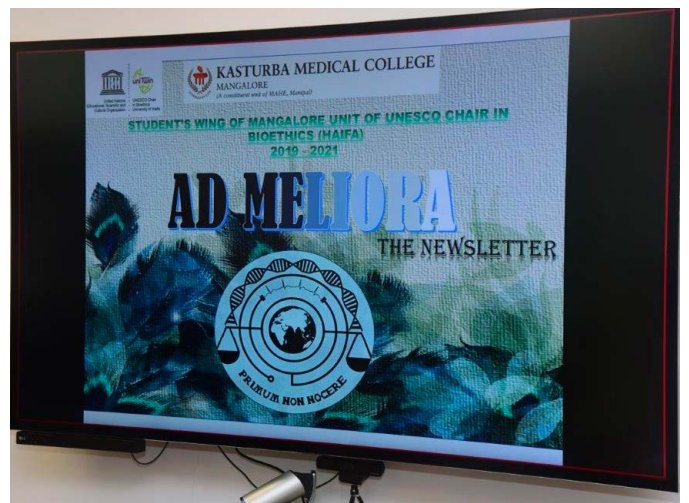
Release of First issue of Epistle on 29.7.21 at Dean's annexe



Ganesh Chaturthi Celebration on 10.09.2021 in the Centre for Basic Sciences Bejai. Morning Ganahoma and Pooja conducted.



Investiture & Annual Sports Award Ceremony on 08.09.2021 at Marena Sports Complex Mangalore. Chief Guest – Dr. Shrikanth Rai, Member of DK Cricket Association and Dr. Anand Venugopal, MS, KMC Hospital, Ambedkar Circle.



'Ad Meliora-The Newsletter' of the Students' Wing of the International Chair in Bioethics, Kasturba Medical College, Mangalore showcasing the activities conducted, was released by the honorable Dean, Dr M V Prabhu on 16 July 2021



MAHE 29th e-Convocation on 9th & 10th October 2021. Dr. Jane Mendonca and Dr. Anjana Bhumi Shenoy recieved the "Batch of 1994 MBBS Alumni Endowment Prize" Gold Medal for the best outgoing student in MBBS, KMC, Mangalore for the year 2019 and 2020 respectively.

# TOM, DICK AND HARRY

**DR. SAFAL SHETTY**

**CONSULTANT NEUROLOGIST, MANIPAL HOSPITALS, GOA  
EX-PRESIDENT STUDENTS' COUNCIL, MBBS BATCH OF 2007**



It is a bright sunny winter morning in Bangalore at half past ten. Mr. Mathias, a retired colonel is sitting with his son Derrick in waiting hall of a busy OPD in Synapse Institute. Derrick had to cancel a meeting to accompany his father for consultation. Derrick was continuously texting on his smartphone, his father was only gazing at a picture on the wall without saying a word and sometimes even trying to use soft ball with his left hand gifted by his granddaughter Samantha. They finally get called in after waiting for an hour.

"Hi, Good Morning" Please have a seat, Says Dr. Mirza, a young neurologist as Mr. Mathias walks slowly with cane in his right hand.

"Hi doctor" replies Derrick and helps Mr. Mathias sit on a cushioned chair and also takes a seat along with all the documents including fancy black and white films appropriately placed in a white file in chronological order.

Dr. Mirza leans forward on his table filled with neurological tools and looks inquisitively at Mr. Mathias. "Hello there" says Dr. Mirza. "Good morning Doc" says Mr. Mathias with very heavy voice without much interest.

How are you doing today? Questions Dr. Mirza

"Not bad" says colonel

"Did you have breakfast colonel?" Asks Doctor quickly as soon as Mr. Mathias finishes.

"Yes, with struggle" replies looking down.

"Why do you say so sir?" asks Doctor

Mr. Mathias thinks for a while and looks at Dr. Mirza. "Since that incident, I am unable to chew properly especially my toast, It keeps coming out from left side of my mouth. It's little better than before though. Doctors also told me to restrict on pan cakes which I loved so much. So I eat something pathetic without even able to eat it properly.

Oh! May I know about the incident? Dr. Mirza sensing the likely diagnosis.

"Six months ago, It was late in the evening, I was with an old

friend of mine in my house. I suddenly felt like my left hand was becoming numb and within half hour, I could not speak clearly and could not walk and needed support. Two weeks later I started to walk on my own but people say i can't smile well and my left hand seems like has given up on me."

"That's really disappointing colonel. Anything else you would like to say?"

"Hmm. That's pretty much it Doc". replied Mr. Mathias.

"Shall I talk to your son about your health?" Dr. Mirza asks politely

"You can" replies Mr. Mathias.

Good Morning!. wishes warmly looking at Derrick.

"Hello Doctor, Myself Derrick. Son of Mr. Mathias." Derrick says with pride.

"I did get some hint of his problems. Anything else would you like to add?" questions Dr. Mirza

Derrick thinks for a while and speaks with little anxiety. "Incident six months was an eye opener for us. Doctors told us he had a minor stroke which would improve gradually. Along with the diagnosis of stroke came the uncontrolled diabetes and hypertension. Though he had diabetes and hypertension for a decade now, he never bothered to keep it in check, neither he controlled on what he ate nor he quit smoking but he took medication regularly. Thanks to forces for discipline! Anyways, I am grateful to god that it is only minor stroke, probably because he has been very active physically through out as long as I remember."

Dr. Mirza leans back on chair after listening to Derrick and nods. Mr. Mathias keeps looking down and stares at Dr. Mirza once in a while.

"Ok. Is he on medications for all these?" asks Neurologist.

"Yes" replies Derrick and opens the file to show the medication.

"I shall go through the documents later Derrick". Says Dr. Mirza politely.

"How s check on sugar and hypertension off late?" questions

Doctor.

"It's better since last two months as he is been put on diet and has quit smoking," says with relief.

"That's wonderful" replies the doctor and leans forward.

"I see that he is recovering from stroke and on decent lifestyle now plus he is on all medication. Then what brings you to a neurologist?" Doubting there is more to the history.

"Doc I have been told by our family physician to meet a neurologist" says Derrick.

Ok. Why is that? Asks inquisitively Dr. Mirza

"He was suspecting somekind of dementia and suggested to meet you for an opinion and advice." Derrick looks at Dr. Mirza with hope.

"Is it? Let me have a look". Dr. Mirza straightens up.

Dr. Mirza looks towards colonel and requests "Sir, Shall I ask you few questions?"

"Please Doc" replies Mr. Mathias with low voice.

Do you think you forget stuff? Asks doctor.

"No, but small things such as the place I kept my specs. That's the only thing I remember as of now".

"Ok. Do you like to indulge in family activities? I mean spending time with your children?" asks Dr. Mirza.

"I don't know, nothing interests me off late, may be because of stroke. I wish to stay in my room most of the time gazing at Martha's photograph" replies as Mr. Mathias looks down at his cane again.

Dr. Mirza tries to cheer up colonel and asks "what Pan Cakes do you like colonel?"

"Colonel looks up at doctor and replies. "Pineapple pancake served with THAT syrup at Koshy's." replies with a smile.

Which Syrup? asks Dr. Mirza

Colonel looks at his son. "The syrup which has name of a leaf. What's that called?"

Derrick replies with doubt. "Maple???"

"Yes that's the one doc" concludes the colonel with content.

Derrick interferences here." Doc, he has been having difficulty in finding words recently. We need to suggest. Sometimes it's as if we are playing TOM, DICK and HARRY"

"That's about it Mr. Mathias" tells doc and looks at Derrick and asks. "Anything you would like to tell Derrick?"

"Dad has been emotionally strong ever since I know but since last few months there were tears in his eyes looking at my mother's photo occasionally. He used to love my daughter Samantha and would play with her but off late he is mostly up

to himself and does not seem to be interested".

"Ok. I understand" Dr. Mirza empathises with Derrick.

"Does my father have dementia doc?" asks Derrick with anxiety.

"There are few hints about it. Let me examine him first" says Dr. Mirza and instructs Mr. Mathias to sit on the examination table.

After neurological examination, Mr. Mathias assisted by Derrick and Dr. Mirza sit back in their chairs.

Dr. Mirza asks for documents and looks at the fancy black and white films on view box.

"There are few signs of dementia which needs to be monitored. On the other hand, The good thing is he is recovering from the stroke. He is on right medication for preventing another one. He is also following all the suggestions appropriately. We are on right track right now. I think he will recover faster if physiotherapy is continued regularly. Importantly, family need to indulge him in activities which he liked or make him meet people whom he likes." Dr. Mirza counsels Derrick.

Dr. Mirza gives a second or two of silence and adds. "I am open for any questions. Anything you would like to ask?"

"Ok I understand. It's great that he is improving, Dementia as I know progresses right. Will he forget us also in future.? Is it Alzheimer's disease Doc? asks Derrick Anxiously.

"Dementia in Mr. Mathias is due to small strokes happening in brain because of long duration of uncontrolled diabetes and hypertension which may be evident after one large stroke which occurred six months ago. It is not Alzheimer's disease. It can be controlled provided Diabetes and hypertension are take care of" Speaks Dr. Mirza.

Derrick takes a sigh of relief and asks "Ok. I understand. Any medication to be given for this condition?"

I am going to write for few tests and I shall start a new medication for him. Replies Dr. Mirza

Dr. Mirza explains regarding the medication and side effects Finally, Derrick Says, "It's been nice meeting you doc. We shall get back with reports next month"

Dr. Mirza says. "My pleasure" looks at colonel and adds "I shall try the pineapple pan cake at Koshy's in mean time and give you feed back next month"

Colonel and Derrick leave the room with the smile and Dr. Mirza remembers playing TOM, DICK and HARRY with his sisters during childhood and smiles.



**RASHA ZAYNAB**  
MBBS BATCH OF 2020

# Bittersoft

I was in love with this guy called Leo. There was social hierarchy trying to separate us since he was from a middle-class family, but the force of true love could not repel us. I believed we could have a future someday and he was going to be prosperous. Such was the power of true love guiding to the right way of destiny. Perhaps, there was a rich and powerful businessman of the country called Abel who was madly in love with me. I did not like him at all since he was haughty and cruel. Our family was on the verge of going bankrupt and he promised my parents to save us if I agreed to marry him. My parents tried convincing me to marry but I rejected. Hence, Abel came up with a trap in which my brother had apparently murdered a girl. My brother was an innocent boy who suffered from some myopathy. He believed he was the murderer and Abel was

the witness. Abel insisted he would cover up the murder scene and keep silent if I marry him. My brother is not capable of surviving in jail, so I was left with no choice but to marry Abel. Next day, I had to go breakup with Leo and did not know how to persuade him. I had to lie that I had fallen in love with Abel and was going to marry him. Leo was devastated and furious at the same time for betraying him.

Few months later, Leo got a job in a distant city and left. By then, I was already married living an imprisoned life lacking true love and replenishing myself with thoughts of my old love. People envied my luxurious life with such an affluent man, but no one knew what was behind the veil. I was hoping Abel gives up on me and sets me free, but he was addicted to me. It was as if I was living a bitter life immersed in sweet memories with Leo that kept me alive. Five years later, Leo returned to the city as a rich businessman and had become business partner with Abel. His promotion was due to his virtue and humble nature. His prosperity was what I had foreseen years ago. He still believed I had married Abel by my own will. Over time he discovered that I was forced to marry Abel and further discoveries also led him to the reason. Leo and I teamed up to find evidence to prove that my brother was innocent but whenever we near to finding an evidence, Abel destroys it. We had to sadly relinquish and accept our fate. Few days later, I realized I was pregnant with Leo's child and only me and Abel knew about it since we never had intercourse. Everyone else including Leo thought Abel was the father. Abel had set up plots to send my brother and Leo to jail. I later discovered that he was the master planner behind these plots. In the meantime, my brother passed away in jail and my father also passed away due to heart failure. I lost two loved ones on the same day. I had only my mother then to cling on. I went to meet Leo in jail to confess that the child was his, but he refused to meet me out of anger thinking the child was Abel's.

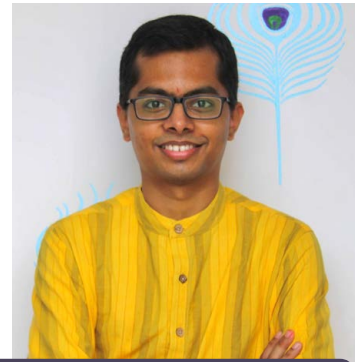
I left Abel, flew to another country, and started a life there. A year and a half later, when my daughter Ann was almost a year, I returned from work to find that she was abducted, and Abel was behind that. I had to fly back and the very same day, Leo was released after reduced sentence. Abel threatened to kill Ann if I told Leo the truth about Ann. So, we went on pretending Abel was Ann's father. Leo used to get dreams that he was Ann's father and thus grew suspicious. He managed to a DNA test secretly after many failed attempts of getting caught and got 99.9% match result with Ann. He tried taking away Ann, but Abel was so powerful that Leo was almost arrested under the act of abducting other's child, ironically indeed!

Abel's cruelty, plots and rivalry with many others led him to a gunshot and gets killed. Leo was wrongly accused of murder and was assassinated by Abel's men since he was the main rival of Abel. I indeed felt like my chains were let free and I could finally breathe in air, but the air was stale because I also lost the one I loved the most, the one who kept me alive all these years and the father of Ann. I kept wondering where I went wrong. I realized I should not have let anyone take away my life and dreams. Either way, I had to lose my brother because of that vile Abel. I could have found a way to stop the marriage that time. I could have stood strong. It is too late now, and I am filled with nothing but remorse. I will ensure Ann will not be a victim for the same. I will guide her to be courageous and how to make right choices in life. I did not just lose my brother, but my father and lover too because of Abel. He took advantage of my weakness and engulfed me from within. I carried on living my life of bitter past with my sweet Ann.



# Ganesh Chaturthi

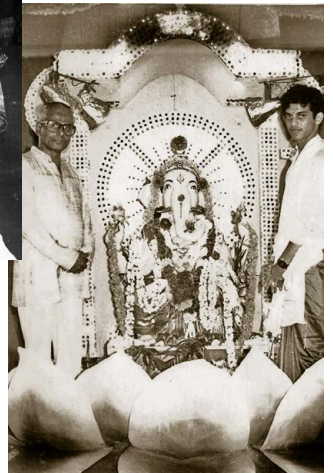
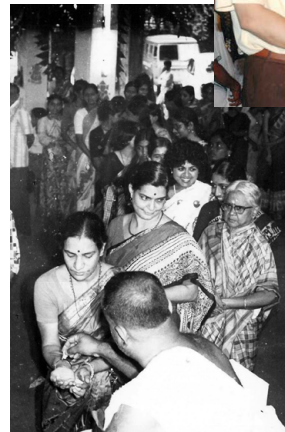
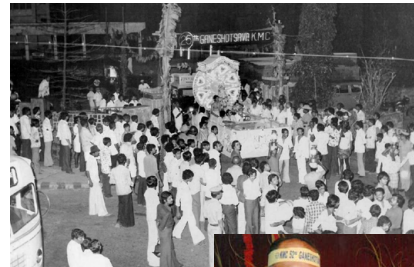
not just a festival, but an emotion



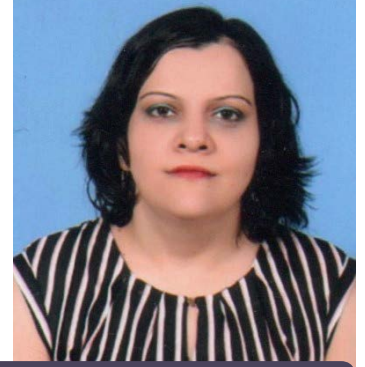
**DR. RAMAKRISHNAN D N**  
MBBS BATCH OF OH-TEN!

This September, Google Photos sent me a notification asking me to look back at 18th September 2015. When I opened the notification, I was instantly transported back to the lanes of Kodialbail as I re-lived my last KMC Ganesh Chaturthi Visarjan. Every year in Mangalore, when our Ganpathi set out from the gates of college, the whole city knew! The grandeur of KMC's Visarjan has and will always remain unmatched in Mangalore. The sheer glee as our college took over the streets of Kudla, often late into the night, will remain forever etched in my memory.

Also etched in my memory is the work that went behind organising it. Along with members of the student council, batchmates, seniors and juniors, every single person in KMC would be infected with the spirit of the festival. From obtaining permissions, co-ordinating stage rehearsals, getting banners printed, headbands ready, stage decor in place, the magnanimity of tasks seemed to somehow fade away as every person pitched in their 100% to make this celebration come to life. I will always remain indebted to college for giving us memories for a lifetime and making Ganesh Chaturthi indelible. KMC for life!



# August of 1998



**DR. RUCHI KAPOOR**

**MBBS BATCH OF 1998**

**MD ANAESTHESIOLOGY BATCH OF 2004**

Comes August and along comes monsoon

Reminds me of Mangalore rain

When in 1998 August on first we saw a new terrain

When the train touched the southwest sea shore ,

Yes we landed in KMC Mangalore!

Climbing up the dissection hall on 7th floor

Amazing teachers and seniors' uproar

The clouds that would appear any time

Umbrella was our only lifeline

Scenic beauty at galore, we saw the sea uproar

Yes we were blossoming in KMC Mangalore!

The cadaver was now our daily routine

The histology slides were Greek & Latin

The physiology practical tested our dare

Biochemistry was no less than a nightmare

Yet there was excitement and funfare

Yes we were growing in KMC Mangalore

Each August monsoon morning mist

Reminds me of my medical journey

From student to doctor to anesthetist

Memories fresh like the greens of Mangalore

Yes we belong to KMC Mangalore!





**DR. PRAJWAL K P**  
JUNIOR RESIDENT  
DEPARTMENT OF MEDICINE

## *Tumultuous Thoughts*

I was falling, accelerating as I fell. I saw around and it was total darkness. There was nothing to halt my fall and hoped something would cushion it at the bottom. I kept at it, free falling into oblivion and saw a pair of hands with open palms reach out toward me. I stretched to grab it but in vain, I saw the hands get smaller and smaller as I fell, deep down into the everlasting darkness.

## *What's in the name*

It began with the rain  
Blown by gusts of wind in every which direction  
Until it hit the earth and met its maker  
Only to be separated over and over  
And return anew without a trace of memory.

An ode to nature and its mysterious ways  
A tribute to love and those who choose to play.

She came into sight from the beyond  
Like the guiding star in the night sky  
Always a constant; never deterrent  
Lighting up my world  
And charting my future.

The shooting star vanishes across the sky  
Does the wish too?

The forces of the tide too powerful  
Disturbs the calm seas and the mind alike  
Rising, falling and failing  
Always just short of the star  
The unattainable, most distant; untouched  
The Celestial.

The mortal adrift, sailing away into the abyss  
Farther and farther, only to never return.

A small tear in the fabric of time  
Its ripples stretching far across space  
An anomaly that never corrects  
The annihilation that creates.

Not one knows to uncover the veil  
To behold the event behind the horizon.

She lives on forever inside  
Connecting the past to the future  
Silent and latent  
Where even time stands still.

The ultimate truth, the omniscient  
The only constant  
The answer to all my weaknesses

My singularity.



**DR. MAITREYI PATWARDHAN**

**JUNIOR RESIDENT  
DEPT OF PATHOLOGY**

# HOPE

And it was all that I could think of  
 All I could see  
 The pain  
 The grief  
 The cries  
 The despair  
 The helpless stares  
 And that was all everybody was seeing  
 But,  
 There was also  
 Birds chirping  
 New flowers blooming  
 New sunrise  
 New sunsets  
 New day  
 New laughter  
 New joys  
 New acts of kindness  
 New acts of bravery  
 New stories of inspiration  
 New breath of life  
 New HOPE  
 So, I decided let's stick to that  
 Let's stick to HOPE...



**ELIZABETH ROSE VARGHESE**

**BASLP, BATCH OF 2020**

# Someone in need is Someone indeed

Someone who runs before you,  
 not to become a winner,  
 but to catch, before you fall.

Someone who lends you a shoulder,  
 not to gossip behind,  
 but for you to cry down tears of lost happiness.

Someone who fails to endorse your mistakes,  
 not to let you down,  
 but to make sure you reach for the stars.

Someone to whom you whisper your secrets,  
 not to let them out,  
 but to keep them safe.

Someone who says that you are brave,  
 not to flatter you,  
 but to realize the inner strength.

Someone who loves you the most,  
 not to showcase it,  
 but to cement you within the soul.

# THROUGH THE STROKES



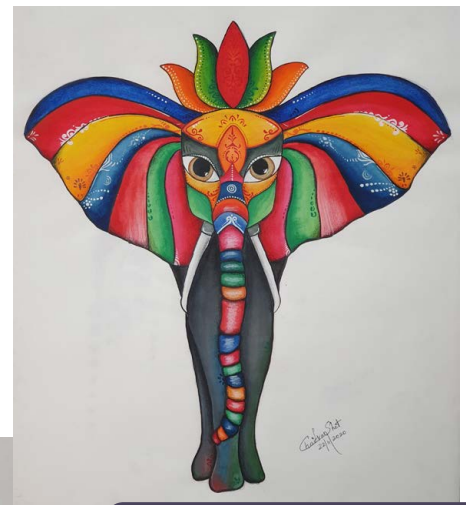
**MS. SWATHI HOLLA V R**  
M. SC MICROBIOLOGY



**DR. SHEBNA A KHADER**  
MD PEDIATRICS BATCH OF 2005



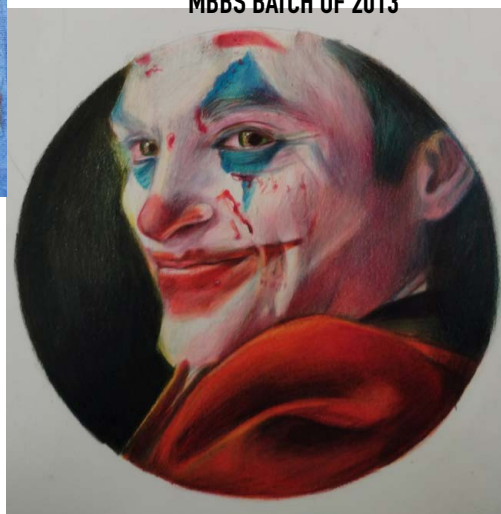
**DR. DUPLIX N**  
MBBS BATCH OF 2013



**MS. CHAITRA SHET C**  
MBBS BATCH OF 2020



**DR. PURNIMA S RAO**  
MD PATHOLOGY BATCH OF 1999



# SNAPPED



**1. DR NIKHIL VICTOR D'SOUZA**  
ASST PROFESSOR, DEPT OF MEDICINE



**2. DR JAGRUT UDESHI**  
JUNIOR RESIDENT, DEPT OF PATHOLOGY



**3. MS SHREYA BERA**  
MBBS BATCH OF 2020



**5. DR SOUNDARYA PL**  
SENIOR RESIDENT, DEPT OF SURGERY



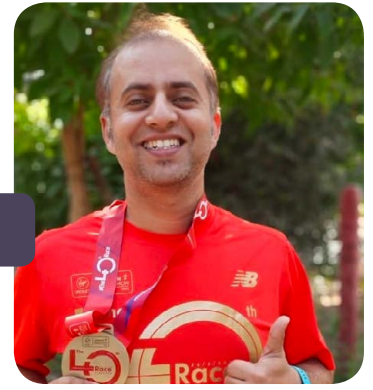
**4. MR SHREEKANTH KARNAD**  
ASST PROFESSOR, DEPT OF PHYSIOTHERAPY



**6. DR NEELAM M PAWAR**  
ASST. PROFESSOR, DEPT OF BIOCHEMISTRY

## Going back to the time

**DR. SUPREET VERMA**  
MBBS '08 BATCH



Going back to the time, August 2009, gushing through the corridors of Wenlock hospital to meet our Surgery unit chief & start the proceedings. Finally, after 30 minutes toiling around, we met our unit chief sir Mr B M Nayak, tall well-built sir in t shirt jeans fluorescent watch and thumb ring but the most striking feature was his never fading smile. Then we came to know that sir stood third in his category in the recently concluded Boston marathon

That was the first time I came to know of the word marathon and it comprises of 42.1 kms. We all were shell shocked that at this age he ran so long and that too for fun.

Cut back to 2020 where I decided to run the same distance hosted by London marathon.

After One and half years of consistent running at the Beach Road, Pondicherry I decided to take my running to the next level.

It was Post registration, the date was set for 4th October 2020, Sunday.

"After a month of hard training and running long distances (30 to 35kms a day) finally came the day.

The route was decided and finalised by my friend as 21 km stretch of road at nearby district. I started at 4 am along with a team of ten people. I finished my first 21 kms in 2 hours but the next 21 kms was a mammoth task.

I slowed down @ 32 kms and in the last lag every metre felt a kilometre away. After a long 5 hours finally finished my run.

The adrenaline rush post the run was amazing and the very "fact of achieving conquering such a difficult task gave an immense feel of pride and self-confidence. Our mind creates its own boundary and when we manage to go beyond that and push our limits, it gives belief that anything and everything is possible; not just in running but in every sphere of life. As the great marathoner Eliud Kipchoge says "No human is limited".

Certainly, when a person like me who hardly used to run during college days, anyone can run, it's just a matter of time and mindset.



# -Alma Mater Spotlight-

## Premam Poojyam -The Docs Do It All

**DR. ARCHITH BOLOOR**

**ADDL. PROFESSOR, DEPT OF MEDICINE**

The Alumni of KMC, Mangalore have stepped aside of from the routine , ventured into a new territory and have successfully created a visual treat that's appealing all audience. A dream project helmed by Dr. Raghavendra BS ( Batch of 2000), ably supported by production by Dr. Rakshith Kedambadi( Batch of 1996), Dr. Archith Bloor( Batch of 1998), Dr. Anjan Kumar( Batch of 2000),and more than 50 doctors of Mangalore including Dr. Abul Fazal( Batch Of 94) Dr. Priya Ballal ( Batch of 1991)Dr. Rohit Pai, Dr Basti Ram Shenoy, Dr. Manish Rai ( Batch of 2000) released on November 12th, 2021, and is running successfully.

Having grown up through the 90s, the golden era of love stories: Every romance was its own magnum opus. You either end up loving something so dearly, that everything in the world will transpire to make it happen (like Dilwale Dulhania Le Jaayenge) or you let the love so strong rage in you, until you succumb to it and eventually to the vices of the world like Devdas or the more recent Kabir Singh; love by definition had no in between. In contrast, this film, by showing a pure and naive love in the first half transitions quickly into a bitter-sweet canvas of memories in the second – inadvertently internalizing in itself the life cycle of a new-age love story.

Even literature is no stranger to these tales. The haunting ellipses of an unrequited love have been written and rewritten from time immemorial.

### THE CANVAS, THE COLOURS, THE BRUSH

The story takes its helm from a successful hero Sri Hari in 2020 and moves back years as we get to see his humble beginnings, his ambition for a higher education, his college and hostel life. We get to see the simple, young village boy transform into a respectable professional. And then the angel enters and in a split-second, the hero is head over heels in the purest form of love that can only be described as a prayer. Its depiction is believable and unique, unlike the typical rom-com trope. The yearning, the care, the smiles, the comfort in silence, all of which are visualized in a way to make you wonder that if true love exists, this is what it should look like. The mid-point of the film begins when the story takes its turn towards the unfamiliar.

The director masterfully weaves this story – making it both exquisite and tasteful. How convenient it would have been to veer into melodrama if the lead character would have asked the lead female to step out of her decision? How tempting it could have been to stage the usual physical romance to give the viewers what they want? The director resists it with a simple, yet effective no-touch policy. The chemistry between the two leads tread into a space that is far beyond mere melodrama; emotions presented in a taciturn fashion. The director doesn't want to verbalize but instead wants you to feel. He doesn't want you to cry, but your tears will find their way out. A welcome dash of humour comes with the friends around the couple who keep tossing off crisp one-liners that lighten the mood.

It's pragmatic to believe that a first-time director doesn't have the experience to craft a story this intense, but in the second half, he takes it up a notch. The plot goes into a completely different terrain, the music becomes the feelings themselves, the hero carries the task of living life to his best and moving forward with great conviction, all while setting the stage for the bittersweet reunion scene. The pay-off is indeed heartwarming, a scene laced with happiness, anxiety, concern and above all: Love.

Where exactly is the giant declaration of love in this movie? There is no dry-cut proposal scene or a larger-than-life romantic gesture. There's no saving the heroine from a bad guy or a meet-cute moment where all other people fade away. It's all in the subtleties. A playback melody promising a happy ever after. Intangible and ambiguous – a mere moment in which something clicks. Perhaps it's much more than the character's feeling, maybe our own perception of their feelings too. The same remains for all their interactions till the end. The whole experience carries with you even after you've left the cinema theatre.

### THE ACTING

In a film about a love that is as pure as worship, one needs to imbibe the character themselves, and not just play the role. Stepping





up as the protagonist in the most challenging role of his career, Prem is Srihari. He walks like him, talks like him, reacts like him and is him. His emotions, the dialogue delivery, the pauses are just exceptional. Prem's approach towards emotional scenes was phenomenal and his proficiency in maintaining the rawness of the character really resonates with the plot. He is exceptional in his monologues with his father in law and the almighty. Prem dials down his signature intensity and becomes the low-key in sequences that demands them, serving silence at places, an enduring smile, emoting with just his eyes: all a testament to the wonderful actor



he is. Even in the absence of dialogues, two scenes that particularly come to mind are the College Farewell scene and the Marriage scene: Prem speaks volumes through his expressions alone. The film truly belongs to him: with a layered and shaded performance he depicts a journey both physically and emotionally just proving how no one else could have portrayed Srihari better.

To cast a fresh face for the lead lady was a necessary decision, especially when it was the perfect Brinda Acharya with her innate coolness. She looks angelic, she acts beautifully and behaves elegantly. She masterfully depicts angst and uncertainty in one scene and cuts to her lively, fun filled self in

the next. The film respects both its leads; their interactions picturized so beautifully that you'd think you weren't just watching them, you were present when it happened. Incredibly, Brinda stands the test paired against a seasoned actor. It is hard to believe that it is her debut as she is convincing in every frame. She is definitely here to stay.

Master Anand proves yet again that he's one of our best actors. If you were to divide screen time, you'd probably feel the leads got the lion's share, but it is proof of Anand's ability that we never feel this. Seeing his performance in the climax, I realise he has made me cry more times this year than the Corona lockdown has! His one liners, his good news-bad news sequences, his sharp dialogues, his physical comedy, all of this is impeccable. Surely one of the most underutilised actors of our generation. King of Comedy, Sadhu Kokila, makes his appearance as a vintage senior, with scenes that will tickle your ribs. His scenes will definitely tickle the right bones. But it's Aindrita Ray who delivers a real surprise. The other characters also hit the right notes – be it the heroine's domineering mother, played by Malavika, her doting father, played by Avinash, Naveen D Padil as the hostel warden. A lot of veteran cameos (T S Nagabharana, Suman, Satyajith) and cameos from real doctors add the warmth of familiar faces to the ensemble, while a large number of newcomers pitch in to small but significant roles. It is remarkable to note that there is not a moment in the movie where you feel like these are actors who are acting, instead they are reacting. For that every single one of them deserves notice and praise.

## THE STORY, SCREENPLAY, DIALOGUES AND DIRECTION.

A great way to understand a director's aptitude is to watch his debut. Filling a two-and-a-half-to-three hour visual canvas with a narrative that does not leave room for conflict shows a built-in talent for storytelling. Director debutante Raghavendra does this effortlessly, carrying the pace of his vision with ease. He uses a non-linear screenplay to cut between the motions in a way that one would not expect. That perfectionism is probably because Raghavendra has lived with Premam Poojyam for more than 3 years before the film went into production. Carefully crafting the back-stories of all his characters, hand-picking the locations, sometimes even writing his own music: this project is the brainchild of a countless creative voices inside his head. His command over the emotional quotient of the movie translates into the dialogues and the scripting, the music and the visuals and he carries this out with pin-point precision. A director to watch out for, in more ways than one.

The film's strength though, lies in the way in which the two main characters and their interactions are penned. It is a difficult task to create two characters where we do not feel emotionally manipulated to pick a side, even if the wrong-doer is apparent. For that, the filmmaker takes credit: The composition is so effortless that even long, drawn out sequences are a joy to watch. Every meeting, every farewell, every moment spent on screen together is a painting in motion and even tiny scenes leaves an indelible impression. One particular scene that comes to mind is the moment where Sadhu Kokila's character realises his bike has been damaged. His comic timing and his reactions are hilarious. The director has interspersed moments like these throughout the movie like roses in a garden, to leave the aftertaste both fresh and delightful.

In the hands of anyone else, the film could have probable veered out of control into a tear-fest of emotional carnage. But with the first half of the film being a series of finely nuanced sequences, the second half reaches a depth of emotion and self-awareness that truly makes the storytelling stand out. The director once again comes out on top; not confused, not perplexed with the kind of world that he wants to create, and he does it perfectly.

## THE TECHNICIANS

There is a visual grammar that is quite arresting. The setting itself is picturesque that you actually wonder where these locations are. The beautiful sun-clad mountains, the serene valleys, the plantains, the work premise, the church and even the cemetery, a major part of the narrative, are all so artistic that one can easily mistake them for artificial sets. But the fact that they are all real locations shows a sense of dedication to the craft that one can only hope for. Ace cinematographer Naveen Kumar yet again delivers a beautiful amalgamation of Vietnam, Dharamshala and Munnar.

The technical teams boasts a proficiency that is seldom seen in productions these days. The costume designers, lighting, camerawork all pitch in with the editor Harish Komme to put forth a masterpiece in filmography.

## THE MUSIC

The music is probably the biggest winner in the whole transaction. With their inexplicably soothing lyrics, the songs in true Kannada are a real bliss to hear. Dr. Raghavendra, the director of the movie, debuting into both these territories leaves you wanting for more. The album boasts of an ensemble of technicians and singers from all over India. Whether it's Sonu Nigam crooning the soulful "O Baana Modagale" or Mohit Chauhan voicing "Hariya Preetiya Swweekarisu", the songs are pleasing to every sense a multimedia platform can offer. The ode to the lover, the title track "Premam Poojyam" comes from the vocals of Hariharan, while Vijay Prakash takes "Vaidyo Narayano Hari" to a different octave. 'Yeradu Dashakada nantara', "Sneham Poojyam", 'Niina Kannina anchina' tracks just make you reminisce your college days : the friendships , the goodbyes. . . .



My pick is "Ninanu Bittu Na Hegirali" by Shabaz Aman, which is a unique blend of Eastern and Sufi styles. The only duet in the album is "Amara Madhura" sung beautifully by newbie Vihan Arya and Anuradha Bhat. Stand alone, all the songs have the gravitational pull to make you press the replay button, but the true power of the music comes with the narrative. With subtle manipulations and their undeniable presence in the background, many of the songs though relegated to the background, prove their worth by truly elevating the movie-watcher's experience. More than ten songs and innumerable variations later, I was left speechless by even the most ordinary scenes that felt genuine and impactful because of the BGM (Again by Dr. Raghavendra ably aided by Thyagaraja MS). The violins, the flutes, the piano, the chorus, the symphonies, the Konkani prayer adding to a feel that hand-leads you into emoting with the characters on screen and airlifting you to truly empathize with the plotline. A whole gamut of new instruments from around the world adds to the symphony. Raghavendra himself voices the rustic "Yare Bandaru" in the end credits, a track that summarises the entirety of the movie. Lastly, there is the love anthem "Ambari": The picturization and the feel of which is just ethereal. Adding to the meaningful lyrics is the sweet voice of Armaan Malik. This song is nothing short of a chartbuster. The female version by Mridula Warrior is equally enchanting. Overall, the album strikes all the right chords.

## WHAT MIGHT NOT WORK

The only problem is the length of the movie (At a length of 150+ minutes, the film feels a bit bloated). But it would be very difficult to justify the journey of the characters in a lesser duration. This length was needed to get the feel imbibed into the audience. Also captivating premise keeps us at the edge of our seats. If anything, I'd be interested to know if the film was forced to be drastically chopped on the edit table. At places, one can sense the filmmaker's struggle to give justice to certain sub-plots and characters. The time they deserved and the attention the topics demanded felt a tad unfulfilled. Also I wonder what the audience will make of the medical jargon, which is understandable given that we're dealing with medical professionals, but perhaps too technical for the layman. And the climax may not go all that well with the 'happy ending' liking Indian audience .

## THE CONCLUSION

Premam Poojyam is a homage, a monologue and a reminder of the individualism of love – The need to protect it from the claws of this new culture. There's no reason for a film to exist, but only to correct or at least make an impression on the society and its viewers. Moments are what makes any artform work. Premam Poojyam is a barrage of so many such wonderful moments culminating in a moving and emotional climax. What's needed for a film to work well, is its plot and people behind the plot who take their craft seriously. This movie combines sincere acting, pristine visuals and lingering music to give a simple yet effective message: "Love as prose is a beautiful concept, but love as poetry is what works best."

# Jaison

*this is where it started*



**DR. SHUBHAM D KRISHAN**  
**MBBS BATCH OF 2014**



“Bhaiya Do ‘special’ Chai kar dena”

I asked one of the less known but an iconic character in my college life - the owner of this small home of joy, as we both advanced into this little place by the main road in the heart of the city.

I know, when you ask someone about Mangalore, there are so many places people hang out at. There are lavish restaurants, fancy eat outs, and what not. But I would like to differ in choosing my favourite.

It has to be - Jaison.

Undoubtedly, unapologetically.

Jaison is a cloud of memories. We only discovered this place after we left bejai, but as we moved on towards the end of our internship, this had become the most wonderful place to sit and sip the best tea with a bestie. (Pardon my uncontrollable urge to rhyme sometimes)

How do I spread it out for you? And how do I tell you that if you are starting your tenure at KMC Mangalore, you cannot miss this?

Guess what. I won't, because you will eventually end up here after exploring all the shiny areas.

Be it a after posting quick bite when it's too early for lunch, or be it the post afternoon lecture time, where you know that the mess does not have a great deal to offer.

Whether it be an early morning starving rush to the postings, or the post dinner, night craving for some lime soda.

Whether it be some 'I am full but I still need to eat something' kind of vibe, or 'I am not hungry but I'll just sit around with you guys' kind of time.

The answer is universal - Jaison.

It started here and it ended here. A full circle of fooding, chatting, laughing, confiding, making friends, expanding groups and I'm sure, for some, even taking their love lives an extra mile.

If Jaison's walls could record, you would have the most precious conversations and half of them would be from KMC.

The rant about the record completion, and the fear of the upcoming university exams, the laughter post a funny embarrassing viva, a sad end to someone's practical examination, the recounting of memories of years gone by, and the over ambitious planning of future, Jaison has witnessed it all.

Well, for me, I have even handed over my first ever poetry book to two of the most special people at Jaison amidst a cup of tea.

And as I write this all down, I am brimming with emotions and flashbacks so I guess I'll stop because that would just make my article extra long and you won't read it till the end.

My favourite order was - Chicken cheese sandwich and Special Chai.

What was yours?



# INVITING ENTRIES FOR THE NEXT ISSUE

Showcase your original artwork, photography, poems, articles, travelogues, cartoons, reviews, cover designs in our e-newsletter.

Mail in your entries to ***newsletter.kmcmlr@manipal.edu*** with your name, course, batch and photo by ***31 May 2022.***

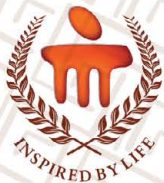
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