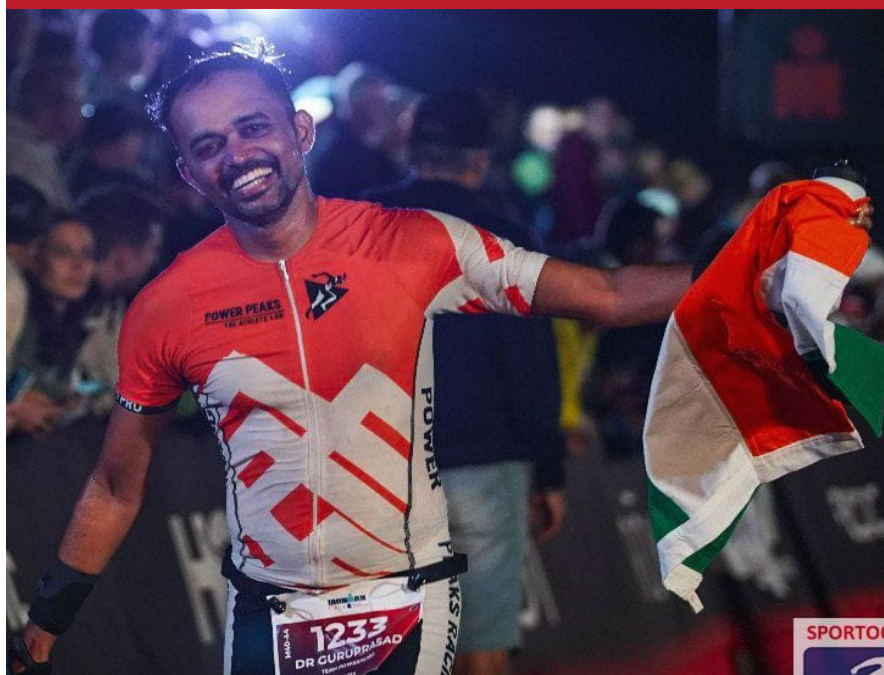


A triumphant journey: KIMS Oncologist Dr. Guruprasad Bhat conquers Ironman Italy



"Unfurling the national flag and completing the Ironman is one of the greatest moments of my life," averred Dr. Guruprasad Bhat, a medical oncologist at KIMS Mangaluru, who conquered the Ironman Italy Emilia Romagna triathlon in Cervia on September 21, 2024. The event attracted 2,439 participants from around the globe, including 28 from India.

Dr. Bhat completed the grueling triathlon — a challenge often dubbed one of the toughest one-day sporting events in the world — in an impressive 14 hours. The demanding course comprised a 3.8 km swim in the Adriatic Sea, a 180 km cycling leg, and a 42.2 km run, all to be finished within 16 hours.

To prepare for this monumental race, Dr. Bhat committed to an intense training regimen of 12-15 hours per week for an entire year. Under the guidance of his coach, Chaitanya, he engaged in a structured program that included three swim sessions weekly, long runs

on Saturdays, and long-distance cycling on Sundays. As the competition approached, he incorporated more sessions — simultaneous cycling and running — to build endurance.

A dedicated fitness enthusiast, Dr. Bhat has completed multiple ultra-marathons, earned an A grade in a mountaineering course, and has summited both Kilimanjaro and Mt. Elbrus. He is also passionate about nature, actively conserving butterflies and sparrows at home. With the unwavering support of his family and coach, Dr. Bhat completed the sea swim in 1 hour and 25 minutes, the 180 km cycling segment in 6 hours and 55 minutes, and the 42.2 km run in 5 hours and 10 minutes, finishing the entire event in 14 hours. His remarkable achievement stands as a testament to his dedication and resilience.

Dr. Remya Bharath awarded best paper at National Conference

Dr. Remya Bharath, Assistant Professor in the Department of Physiology, KIMS, has been recognised with the Best Paper award for her oral presentation titled "Cardiac Autonomic and Biochemical Stress Indices in Children with Autism Spectrum Disorder." The award was presented during the three-day National Conference, Skill Educon 2.0, held from September 19th to 21st, 2024, at Father Muller Medical College in Mangalore.

Dr. Bharath's research highlights significant findings in the physiological responses of children with autism, contributing to a deeper understanding of their health needs. The conference brought together experts and scholars to share knowledge and advancements in various fields, making this recognition a notable achievement for Dr. Bharath and her department.



CME on 'Recent advances in lab oncology'

Health Beat



The Department of Biochemistry at Kanachur Institute of Medical Sciences, in collaboration with the Association of Medical Biochemists Karnataka Chapter, hosted a CME event on Sept 21 focusing on the latest advancements in laboratory oncology. The program was inaugurated by distinguished dignitaries, including Dr. Haji U. K. Monu, Chairman of KIET; Mr. Abdul Rahiman, Director of KIMS; Dr. Mohammed Ismail; Dr. Harish Shetty; Dr. Rohan Monis; Dr. Imaad Mohammed Ismail, KMC observer; and Dr. Vivian D'Souza, among others. Dr. Vivian D'Souza, a Senior Professor, was honored for his significant contributions to the field.

Dr. Mamatha B.V., Professor & HOD and Organizing Chairman, welcomed the attendees, while Dr. Bhagyajyothi M. Bhat, Organizing Secretary, proposed the vote of thanks. The CME featured insightful presentations from experts, including Dr. Najeeb Behzad Mohammed, who discussed the historical context of cancer and

tumor markers, and Dr. Anupama Hegde, who highlighted the importance of tumor markers in cancer detection. Dr. Madan K addressed advancements in molecular diagnostics relevant to clinical oncology.

The event concluded with an engaging panel discussion on "Vanishing Liver Lesions," led by Dr. Ravivarma K. The sessions were well-received, underscoring the critical role of clinical laboratories in early cancer detection to enhance treatment outcomes. Recognized by the Karnataka Medical Council (KMC), the CME awarded one credit hour and attracted around 130 participants from various medical and paramedical disciplines, fostering valuable knowledge exchange and professional development in the field of oncology.

KIMS PG Mediquiz 2024-25: A celebration of medical knowledge

The 3rd Edition of the Annual KIMS PG Mediquiz, a state-level inter-college quiz competition for MD General Medicine students, took place on August 3 at the KIMS Auditorium, Natekal, Mangaluru. The event saw an impressive participation of 26 teams from across Karnataka, showcasing the depth of medical knowledge among aspiring doctors. Utilizing the KAHOOT mobile app, the quiz was expertly conducted by Professor Dr. B. Devadas Rai, Head of the Department of General Medicine at KIMS. The competition was not only a test of knowledge but also an engaging experience for all participants.

Prizes were presented by Mr. Abdul Rahiman, Director of KIMS, alongside esteemed guests including Professor Dr. Shahnavaz Manipady (Dean, KIMS), Professor Dr. Mohammed Ismail (Chairman, KHSAC), Professor Dr. M. V. Prabhu, Professor Dr. Harish Shetty, and Dr. Rohan Monis (CAO, KIMS). Winners of the Competition:



- 1st Prize: Dr. Adithyan Shrihari and Dr. Eshan Taneja from KMC Manipal
- 2nd Prize: Dr. Sharan Christy and Dr. Ashank Gowda from Father Muller Medical Hospital
- 3rd Prize: Dr. Arfaz and Dr. Abbas from KIMS

Career guidance program at Kanachur Public School inspires Grade X students



Kanachur Public School hosted a Career Guidance Program in collaboration with the Lions Club Mangalagangothri, aimed at providing valuable insights for students of Grade X. The event commenced with a welcome from Principal Mrs. Karen D'Souza, who introduced esteemed guests, including Mr. Manjunath Alva, President of Lions Club Mangalagangothri, Secretary Mr. Ravindra Rai, and former president Mr. Prasad Rai.

Dr. Rohan S. Monis inspired the audience with a message about the importance of exploring diverse career

opportunities. Following this, Ms. Lynette D'Souza introduced the keynote speaker, Professor Ronald Pinto.

Professor Pinto addressed the students on how to identify their strengths, passions, and aptitudes. He stressed the importance of making informed decisions when selecting elective subjects in Grades 10 and 12. The session empowered students to explore their potential and take proactive steps toward a fulfilling career journey.

Kanachur Public School triumphs at India K-12 Awards 2024

Kanachur Public School has emerged victorious at the esteemed India K-12 Awards 2024, held on September 25-26 at KTPO, Whitefield, Bengaluru. The school was honored for its innovative approach to education, clinching the top spot in the "Excellence in Life Skills and Activity-Based Learning" category.

Among 11 distinguished schools from the Dakshina Kannada (DK) and Udupi districts, Kanachur Public School shone brightly for its unwavering commitment to providing holistic education.



Dr. Rohan S. Monis re-elected VP of CASK

Dr. Rohan S. Monis, a prominent faculty member, has been re-elected as the Vice-President of the Catholic Association of South Kanara (CASK) for the term 2024-2026. CASK, a prominent organization founded in Mangaluru in 1914, plays a pivotal role in serving the social, cultural, and educational needs of the Catholic community in the region.

First eye harvesting and donation held at KIMS



Kanachur Institute of Medical Sciences (KIMS) recently achieved a significant milestone with the successful harvesting and donation of eyes from a cadaver, marking its first such initiative. This procedure, conducted in strict adherence to ethical guidelines, was carried out with the consent of the deceased's family, ensuring respect and dignity for the donor. The

eye donation was made possible through a collaboration with Prasad Nethralaya, Mangalore, under the guidance of Sevashram, alongside the Department of Ophthalmology at Kanachur Institute. Special appreciation goes to Dr. Shivaram, Professor of Anatomy, and Dr. Rohan Monis for their invaluable contributions and support.

Case Report

Classical Hodgkin Lymphoma presented as tuberculosis

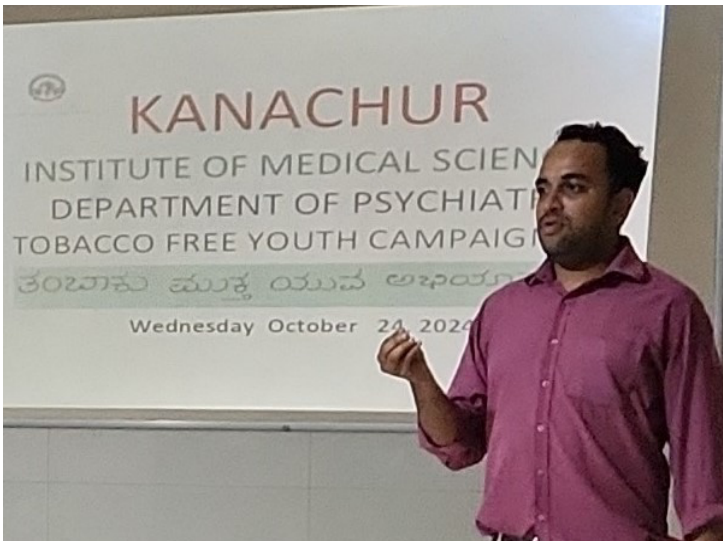
Authors: Dr. Taqiya Nuzhath, Dr. Mridula Kamath, Dr. Suchithra A. Shetty, Dr. Nazran Akbar Hussain
Institution: Kanachur Institute of Medical Sciences, RGUHS

Introduction: Hodgkin lymphoma is a lymphoid neoplasm. Global data from 2020 show that 0.4% of all newly reported cancer-related cases and 0.2% of cancer-related deaths were due to Hodgkin lymphoma. The typical presentation of lymphomas includes cervical lymphadenopathy, fever, night sweats, and unexplained weight loss. In India, tuberculosis is the most common cause of lymphadenopathy, and its clinical symptoms overlap with the presentation of Hodgkin lymphoma, often leading to misdiagnosis. Various case reports have been published, yet diagnostic difficulties persist. We discuss a case of classical Hodgkin lymphoma (HL) treated as tuberculosis, highlighting the diagnostic challenges.

Case Details:
We report the case of a 37-year-old male presenting with left cervical lymphadenopathy for two years. On FNAC, the diagnosis was tuberculosis, and the patient was treated with ATT for eight months. Initially, the size of the lymph node decreased, but the swelling persisted, and new swellings developed. The patient presented to our hospital after completing tuberculosis treatment. On examination, multiple left cervical lymph nodes (upper, middle, and lower) were palpable, but no other lymph nodes were enlarged. Based on this history, the clinician considered the differential diagnosis of treatment failure or reactivation of Mycobacterium tuberculosis, MDR-TB, and lymphoma. CECT of the neck showed multiple

enlarged cervical lymph nodes (1A, 1B, and 2A), with the left supraclavicular lymph nodes showing non-enhancing necrosis. CECT of the thorax and abdomen revealed multiple, variable-sized lymph nodes in the bilateral upper paratracheal and right lower paratracheal regions, some of which showed central necrotic areas. Mild splenomegaly with perihilar lymph nodes was observed, and the spleen showed multiple ill-defined, variable-sized, non-enhancing hypodense areas, likely granulomas. Laboratory parameters were within normal limits. We received an excision biopsy of three cervical lymph nodes. The largest node measured 3.6 x 2.5 x 1.3 cm, and the smallest measured 0.5 cm. The outer surface was capsulated and pale white in appearance, while the cut surface was homogenous and pale white. Microscopic examination revealed effaced architecture with an intact capsule and the replacement of the lymph node by groups of cells with monolobated, bilobated, and multilobated nuclei, vesicular chromatin, prominent eosinophilic nucleoli, and amphophilic cytoplasm, consistent with Hodgkin and Reed-Sternberg cells in a polymorphous population composed of lymphocytes, plasma cells, and eosinophils. Immunohistochemistry was strongly positive for CD30 and MUM1 in Reed-Sternberg cells, negative for CD45, and showed dim positivity for PAX5. The diagnosis was confirmed as classical Hodgkin lymphoma, mixed cellularity type. Later, a CBNAAT test was sent, which came back negative. Therefore, the diagnosis of Hodgkin lymphoma was confirmed.

Campaign to curb tobacco



The Department of Psychiatry at Kanachur Hospital and Research Centre organized the Tobacco Free Youth Campaign 2.0 on October 23 and 24, 2024, specifically for the housekeeping staff of the hospital. The program aimed to raise awareness about the dangers of tobacco use and promote healthier lifestyles.

The event began with a warm welcome to the guests by Dr. Jayanth Kumar, Professor and Head of the Department of Psychiatry. Distinguished speakers included Dr. Harish Shetty, Medical Superintendent of Kanachur Hospital, Dr. Anjan Kumar, Deputy Medical Superintendent, and Dr. Srivastava D. N., Professor of the Department of Community Medicine. Dr. Shetty delivered an informative speech on the importance of the campaign and its goals. The session also featured Mrs. Vidyashree P, a Psychiatry social worker, who spoke in-depth about the health effects of tobacco use, emphasizing the long-term risks it poses to both physical and mental well-being.

Kanachur basketball team excels



The Kanachur College basketball team made waves at the RGUHS State-Level Basketball Championship 2024, securing a remarkable runner-up finish. Hosted by Aditya Bangalore Institute of Pharmacy Education and Research, the tournament showcased the team's exceptional teamwork, resilience, and sportsmanship. The journey to the finals was marked by impressive victories over formidable opponents, including Rajarajeshwari Dental College, Hassan Institute of Medical Sciences, and Vyedhi Institute of Medical Sciences. In the championship match, Kanachur faced SSIMS Davangere, demonstrating their skill and determination.

Standout performances included Dr. Ateeb Ahmed, who was honored as Best Player and Highest Scorer of the tournament. The dynamic duo of Captain Mr. Sanjay Reddy and Dr. Abbas Ali were also recognized as the Best Playing Pair. Additionally, the team's prowess was highlighted with a runner-up title at the RGUHS Mangalore Zonal Level Basketball Championship, further cementing their reputation in the competitive basketball landscape.



Innovating the pathway to nursing excellence

Kanachur College of Nursing Sciences (KCONS), a unit of the Kanachur Islamic Education Trust, was established in 2016 under the leadership of Dr. Haji U.K. Monu in Mangalore. With a deep commitment to nursing excellence and community health, KCONS consistently raises the standards of nursing education and practice. Prof. Molly Saldanha, Principal of KCONS, discusses the college's vision, academic milestones, and its role in shaping the future of healthcare through nursing education.



Can you share an overview of the college's journey, detailing its establishment, major achievements, and guiding values?

Kanachur College of Nursing Sciences, located on University Road in Natekal, Deralakatte, Mangalore, began its journey with the inauguration of the 4-year Basic B.Sc. Nursing course on October 1, 2016, initially enrolling 60 students. In 2019, we expanded our capacity to 100 students, and today we proudly support 400 students actively pursuing their nursing education. Our vision is to deliver high-quality education while fostering values of excellence in nursing education, practice, and research. Our mission is to prepare compassionate, dedicated, and skilled nurses who can serve effectively in both hospital and community settings. We aim to achieve global standards in nursing education through innovative teaching methods and excel in research, empowering future nurse leaders to advance the healthcare system. Moving forward, we plan to enhance the intake capacity of the B.Sc. Nursing program in accordance with new regulatory guidelines.

How has the institution grown in the areas of academic progress, research excellence, and its role in community service over the years?

KCONS has evolved into a centre of academic and clinical excellence, producing graduates who excel both academically and in practical nursing skills. Collaborations with Parent hospitals provide invaluable hands-on experience, while our evolving curriculum, which includes simulation labs and digital learning, prepares students for a dynamic healthcare environment. We are also committed to community outreach, with students participating in health camps, sensitization programs, surveys, and vaccination drives. Each year, our students and faculty actively engage in

high-quality research, consistently securing grants from Rajiv Gandhi University of Health Sciences for their projects, which are showcased through numerous scientific publications and presentations.

What state-of-the-art facilities and resources does the college offer to support student learning and development?

Kanachur College of Nursing Sciences boasts state-of-the-art facilities, including four spacious, well-ventilated classrooms equipped with advanced projection technologies. Our fully equipped laboratories for nursing skills practice include the Nursing Foundation Lab, OBG Lab, Community Health Lab, Nutrition Lab, and a simulation lab—all designed to enhance hands-on learning. Additionally, there is a multipurpose hall for hosting various college functions, educational conferences, and continuing nursing education programs. The Kanachur Nursing Library serves as a central resource center, divided into five sections to support both staff and students in their academic pursuits. Students also benefit from clinical training at Kanachur Hospital & Research Centre, a tertiary healthcare unit with 1,200 beds, committed to providing high-tech, holistic care around the clock.

In what ways do faculty members at the college facilitate the holistic growth of nursing students?

Faculty members play a crucial role in supporting the overall development of nursing students through personalized mentorship, guided clinical experiences, and encouragement of professional growth. They create a collaborative and inclusive learning environment that nurtures both academic and interpersonal skills. Additionally, faculty members empower students by introducing

Charting new directions ...

From page 5

them to recent advancements in nursing and involving them in community service initiatives, promoting a sense of responsibility and leadership.

What remarkable milestones have the college and its nursing students achieved that demonstrate the effective outcomes of their academic and extracurricular initiatives?

Our nursing students consistently excel in RGUHS examinations, showcasing their academic prowess. Ms. Ashitha Joseph secured the 5th rank in the 2023 RGUHS 4th-year examination, competing against 400 colleges. The first batch (2016-2020) achieved 19 subject ranks, while the second batch (2017-2018) added ten ranks. The third batch (2018-2019) further contributed with 15 subject ranks, reflecting the effectiveness of our educational programs. Notably, Ms. Krishnapriya from the second year won first prize in a national-level e-poster competition organized by BLDE Association's College of Nursing, Jamkhandi, on International Nurses Day, and Mr. Alvin Joby earned a silver medal in the 20 km walking race at the RGUHS Annual Sports Meet 2023.

What role do college activities play in shaping the personal and professional growth of nursing students?

The Youth Red Cross (YRC) unit at the college, inaugurated on January 1, 2023, has actively engaged students in various initiatives aimed at promoting health awareness and enhancing their skills. The Emergency Nursing Life Support Course (ENLS) is a key component of our curriculum, allowing students to develop essential skills in emergency management. Through hands-on



training sessions, students learn critical techniques such as cardiopulmonary resuscitation (CPR), wound management, and basic life support, ensuring they are prepared for real-world emergencies. The college also promotes cultural and sports activities, providing students with opportunities to showcase their talents and foster teamwork through various competitions and events throughout the academic year.

We express our deep gratitude to our Chairman, Dr. Haji U.K. Monu, for his unwavering support in our academic endeavors. We also appreciate the dedicated assistance of our Director, Mr. Abdul Rahiman, in the institution's ongoing activities. Special thanks go to Mrs. Zohara Monu, Trustee of the Kanachur Islamic Education Trust, and all other Trust members for their continuous support of our initiatives.

KIMS' doctors nominated to Surgeons' Panel



Dr. Sathya Moorthy Aithala

Kanachur Institute of Medical Sciences (KIMS) is celebrating significant achievement as two of its esteemed doctors have been nominated as office-bearers of the Association of Surgeons India (ASI), South Kanara Chapter, for the 2024-25 term.

Dr. Sathya Moorthy Aithala, Professor in the Department of Surgery, KIMS, has been nominated as President, while



Dr. Likith Rai

and Head of the Department of Surgery, KIMS, will serve as Secretary.

Additionally, Dr. Vinay Alva, Consultant Surgeon at Alva's Health Centre in Moodbidri, has been appointed as the new Treasurer.

This recognition highlights the commitment and expertise of KIMS' medical professionals. Congratulations to all!

KIMS shines at state-level microbiology quiz



In yet another feather in its cap, the Kanachur Institute of Medical Sciences (KIMS) secured second place at the State-Level Microbiology Quiz, titled "Microcombat 2024." The event took place on October 24, 2024, organised by the Department of Microbiology at Yenepoya Medical College. This year's 4th Annual State Level Quiz on Microbiology and Infectious Diseases saw fierce competition, with 46 teams from across the state vying for top honors.

KIMS participants Abhishek Bhat and Nirup, both MBBS IV year students, demonstrated outstanding knowledge and determination throughout the event, ultimately achieving an impressive second-place finish. The quiz covered a wide array of challenging topics in microbiology and infectious diseases, testing the participants' critical thinking and in-depth understanding.



In observance of World Heart Day 2024, the Departments of Medical Surgical Nursing and Medicine at Kanachur Hospital & Research Centre organised an enlightening e-poster competition for students from various institutions, including Kanachur Institute of Medical Sciences, Kanachur College of Nursing Sciences, Kanachur College of Physiotherapy, Kanachur Institute of Allied Health Sciences, and the Department of Optometry.

The event took place on October 1 at the Kanachur Hospital auditorium. A total of eight groups participated, showcasing their creativity and understanding of heart health. The program opened with a prayer led by Mr. Safwan, invoking blessings for the event. The theme for this year, "Use Heart for Action," was prominently displayed, emphasizing the importance of heart health awareness.

Abdul Rahiman, Director of KIMS, addressed the audience, highlighting the significance of heart health and encour-

aging proactive measures for maintaining it. Prizes were awarded to the winners of both the e-poster competition and a quiz conducted in honor of World Organ Donation Day.

The welcome address was delivered by Mrs. Rashmi, while Ms. Rabiya expressed gratitude in her vote of thanks. The program was seamlessly compared by Ms. Ann Maria Binoy.

Following the awards ceremony, Dr. Preetham K., Senior Resident at Kanachur Institute of Medical Sciences, conducted a session on World Heart Day. The session proved to be informative and engaging, attended by third-year B.Sc Nursing students and staff from Kanachur Hospital & Research Centre.

With over 150 participants, the World Heart Day event was a resounding success.

Focus on mental health to curb suicides



The Department of Psychiatric Nursing at Kanachur College of Nursing Sciences on Sept 10 observed World Suicide Prevention Day, aiming to raise awareness and foster dialogue surrounding suicide prevention. The event was centered on the theme "Changing the Narrative on Suicide."

Dr. Rojina Anna Roy delivered a compelling talk that engaged first-year BSc nursing students in discussions about the critical need to shift perspectives on suicide. Her presentation highlighted key prevention strategies, underscored the

importance of understanding the underlying causes, and emphasized the need for creating supportive environments for individuals at risk.

In addition to the educational session, the department organized an e-poster competition, encouraging students to creatively express their understanding of mental health issues. Prizes were awarded to the most impactful entries, further promoting student involvement in the cause.

National Ayurveda Day celebrated

Kanachur Ayurveda Hospital on the eve of the National Ayurveda Day organised a free medical camp for police personnel at the District Jail in Mangalore on October 28, 2024. A dedicated medical team, including Dr. Suresh Neglaguli, Dr. Karthikeya Prasad, Dr. Keshavaraj, and Dr. Charan, along with support staff, attended to a total of 105 patients. Participants received free medications, and the newly introduced 'Ayur Raksha Kawach' health card was explained to the police personnel, outlining its benefits. The following day, on October 29, Kanachur Ayurveda Hospital celebrated the 9th National Ayurveda Day. The event commenced with a welcome address by Medical Superintendent Dr. Karthikeya Prasad, who delivered a compelling speech on the significance of National Ayurveda Day and the vital role of Ayurvedic practices in healthcare.

The Director, Mr. Abdul Rahiman, followed with a presidential address that reaffirmed the hospital's commitment to promoting Ayurveda. The celebration also included prize distribution for a drawing competition organized for the students of Kanachur PU



College for Women, showcasing their creativity and engagement with Ayurvedic themes.

The event concluded with a vote of thanks from Dr. Suresh Neglaguli. Overall, the celebrations were a resounding success, fostering greater awareness and appreciation for the holistic benefits of Ayurveda.

A dependable person when in pain



In a vibrant celebration of World Physiotherapy Day, Kanachur College of Physiotherapy, in collaboration with The Indian Association of Physiotherapists, Karnataka Branch, hosted an event at the 3rd Floor Auditorium of Kanachur Hospital & Research Centre. This year's focus was on low back pain (LBP) and the critical role of physiotherapy in its management and prevention.

The event featured a "One Day Free Workshop" on the "Identification and Correction of Work-Related Musculoskeletal Injuries (Ergonomic Correction)," led by Dr. Sajeesh Reghunathan, Principal of P A Institute of Physiotherapy. Attendees also participated in an allocation competition and poster presentation, judged by Dr. Jabir from Yenepoya College of Physiotherapy and Dr. Sruthi Sathyan P from P A Institute of Physiotherapy.

The inauguration was done by Dr. Riyaz Basha S, Registrar Evaluation of Rajiv Gandhi University of Health Sciences, Bengaluru. In his address, Dr. Sajeesh Reghunathan emphasized the importance of physiotherapists and the vital role physiotherapy plays in society.

The event was attended by Dr. Haji U.K Monu, Chairman, Kanachur Islamic Education Trust (R); Mr. Abdul Rahiman, Director, Kanachur Institute of Medical Sciences; Dr. Mohammed Ismail Hejamady, Chairman of the Kanachur Health Science Advisory Council; Dr. Harish Shetty, Medical Superintendent, Kanachur Hospital & Research Centre; Dr. Rohan Monis, Chief Administrative Medical Officer, Kanachur Hospital & Research Centre; and Prof. Mrs. Molly Saldanha, Principal, Kanachur College of Nursing Sciences. The welcome address was delivered by Dr. Mohammad Suhail, Principal & Dean of Kanachur College of Physiotherapy & Kanachur Institute of Allied Health Sciences, while the keynote address was presented by Dr. Shanavaz Manipady, Dean of Kanachur Institute of Medical Sciences. The presidential address was given by Dr. Haji U K Monu, followed by a vote of thanks from Dr. Priyanka Nayak, Lecturer at Kanachur College of Physiotherapy.

Towards a holistic understanding of mental health



Kanachur Hospital and Research Centre, in collaboration with the National Service Scheme (NSS) of Kanachur Institute of Management and Science, observed World Mental Health Day on October 15, 2024, with a special event aimed at raising awareness about mental health. The event featured a series of insightful talks on the importance of mental health, stress management, and self-care. Dr. Ramila Shekar, a renowned mental health professional, delivered the keynote address, emphasizing the significance of maintaining a positive mindset, fostering strong social support systems, and prioritizing activities like exercise and meditation to improve overall mental well-being.

Faculty, students, and healthcare professionals actively participated in the discussions, with a focus on advocating for mental health and seeking help when needed. The program concluded with the presentation of a memento to Dr. Shekar in recognition of her valuable contributions to the field. The event was organized by Dr. Alfiya Inamdar and her team, and the program closed on a positive note with the singing of the National Anthem.