



Dr. R.S.K Murthy & Dr. M.Arundhathi
FOUNDERS

NEWS LETTER

Director's Message

Greetings from A.V. Hospital!



Dr. M. Ramesh

In this moment of challenges to the whole world, we are committed to bring out this third newsletter. This quarter has been as eventful to us as always.

The greatest pride to us has been the recognition of our founder Dr. M. Arundhathi, by the Karnataka Arya Vysya Mahasabha and being conferred the "Vasavi

Excellence Award" in the field of "Professional Excellence". Another feather in our cap is A.V. Hospital having been awarded the "ET Excellence Award" in the field of Laparoscopic Surgery. We have relentlessly worked to educate the public about COVID 19 infection. I have delivered a series of lectures on the topic "**A to I about fighting Corona Virus infection**". Thousands have watched these lectures online, on Facebook, YouTube and on our website. We have created a separate section for all the information about this infection on our website which includes the lectures, FAQs and blogs. I also did a "Facebook

Live session" to clear doubts where we had more than 1200 people participating.

We organized this year's Professor R.H.N. Shenoi Memorial Workshop. The response to the skills training course for surgical post-graduate students was overwhelming. We are proud to be given the responsibility of hosting the forthcoming Annual National Conference of the Hernia Society of India.

In spite of the present turmoil, we have not shirked from our responsibility for professional education at the BEST Institute & Research Centre. We have undauntedly continued all our activities with the media for public education about common ailments and their treatments. January and February happen to be the months when many national conferences are organized and I have been busy contributing academically in many of these events throughout the country. We are proud to share with you that Dr. Ganesh Shenoy was awarded the F.A.L.S degree (Fellowship of Advanced Laparoscopic Surgery) at Guwahati during the Annual National Conference of the Indian Association of Gastrointestinal Endosurgeons.

COVID-19 pandemic is going to stay for some more time. Please feel free to call us or communicate with us for any help and guidance.

Vasavi Excellence Award Honouring Dr. M Arundhathi

Karnataka Arya Vysya Mahasabha organised their Third Annual National "Vasavi Excellence Award" ceremony on the 1st of March 2020. There were 14 sections in which the Mahasabha had selected eminent persons for the Excellence Award. Dr. M. Arundhathi was conferred "Professional Excellence Award" at the ceremony.



Our Founder - Dr. M. Arundhathi



Dr. M. Arundhathi

Born in Chittoor of Andhra Pradesh in 1934, Dr. M. Arundhathi has had a meritorious journey in her career. A topper in matriculation examination and a gold medalist both in undergraduate and post-graduate studies, Dr. Arundhathi is the first lady to graduate from Guntur Medical College. Having completed her DGO and MD in Obstetrics and Gynaecology, Dr. Arundhathi joined Karnataka State Medical Service in 1961. Serving the needy in various designations at four esteemed Medical Colleges of Bangalore, Mysore, Hubli, and Bellary, Dr. Arundhathi continued her service to the medical field as a professor from 1966. During the Indo-Pakistani War of 1971, she contributed to her mother nation by volunteering to serve the front line of the army and offered medical aid to people who were critically ill and in need of care. A noble medical professional and a great patriot that she is, Dr. Arundhathi has helped many patients facing life-threatening illness. A sincere medical practitioner, Dr. Arundhathi has never missed an opportunity when it came to lending her helping hand to the needy. She has served in many medical camps all

over the state coordinated by several organizations including Bihar Blind Relief Camp in 1956, the Lions Club, Rotary Club, Inner-wheel club, and Institute of World Culture. During her days as a professor at Bellary Medical College, she spent most of the weekends serving in the neighboring villages and agricultural Camps that were deprived of medical facilities.

The firsts of Dr. Arundhathi:

Coming to the aid of the underprivileged, she herself has organized several medical camps and has been actively involved in various social organizations. For her industrious work with an aptitude to research, Dr. Arundhathi was honored as the president of the Inner-wheel Club at Bellary in 1971-72. Adored by her students for her ingenuity she was selected as an undergraduate and post-graduate examiner at several medical colleges across South India. Her undaunted care and affection to her patients made her one of the most sought after doctors during her time. Dr. Arundhathi is the first to perform Radical Hysterectomy and other radical surgeries for Cancer during days when people were unaware of diathermy. During her time as the professor of gynecology at the Kidwai Memorial Institute of Oncology, she established a strong Department of Gynaecological Oncology that served infinite patients.

Dr. Arundhathi - A true optimist!!

Her contributions to the medical community earned her a W.H.O Fellowship in 1974 to visit several European countries and establish the practice of MTP in India. At the age of 45, when she had reached the pinnacle of her career, Dr. Arundhathi met with a frightful accident in 1979 that left her shattered with a head and cervical spine injury causing quadriplegia.

However, this mishap didn't deter her sheer strong will. She surprised the best of medical experts by getting back on her feet and was able to use her left hand in a span of 6 months. She rejoined the work at Kidwai institute and started seeing about 50 outpatients every day. However a few days later, due to the medical reasons she was compelled to voluntarily retire as a medical practitioner at Kidwai. Dr. Arundhathi, unaffected by the series of unfavourable situations has always been a person of strong will. She continued to teach as an Honorary Professor at Kempe Gowda Medical College till the college got recognised by the MCI. She actively indulged herself in lecturing and tutored several undergraduate and post-graduate students at her home.

Recognitions and Honor:

An author of several mythological and spiritual books, Dr. Arundhathi is a recipient

of several awards including Dr. B.C. Roy Doctor's Day award. Along with her husband Dr. R.S.K. Murthy she established A.V. Hospital at Basavanagudi, Bangalore in 1980 where she continued to treat patients for several decades. She made sure a temple was constructed in the hospital premises and from the time of her service till today, the patients swear by her and trust her methods and techniques as a doctor. Her idea of an ethical and cost-effective hospital helps common people afford medical assistance. Despite health issues, Dr. Arundhathi chooses to be active. She is a great disciplinarian who starts her day at 3 am with meditation and continues to write "Ramanamas" with her left hand. She is not only an inspiration to her family, but an eminent personality to be recognized, appreciated, and acknowledged by the society for her innumerable contributions to the medical world.

Pavgada PrakashRao Testimonial

Extracts from the message sent to Dr.M.Ramesh by Pavgada Prakash Rao

ನಮಸ್ಕಾರ, ಕೋಟ್ಯಾಧಿಪತಿಗಳನ್ನು ಕಂಡಿದ್ದೇನೆ. ಎದುರಾದರೆ ಎದ್ದು ನಿಲ್ಲುವ ಮಂತ್ರಿಗಳನ್ನು ಕಂಡಿದ್ದೇನೆ. ನನ್ನ ಮಗ ಎಂಜಿನಿಯರ್ ಪ್ರವೇಶವ ಮಾಡುವಾಗ 5 ಲಕ್ಷಗಳ ಡೋನೇಷನ್ ಬಿಟ್ಟು ಸುತ್ತೂರು ಸ್ವಾಮಿಗಳನ್ನು ಕಂಡಿದ್ದೇನೆ. ಹೀಗೆ ಈ ಬಿಳಿ ಗಡ್ಡ ಎಷ್ಟೆಷ್ಟೋ ದೊಡ್ಡವರನ್ನು ನೋಡಿದೆ.

ಆದರೆ ನಿಮ್ಮೊತಹ ಸರಳರನ್ನು, ಹೃದಯ ಶ್ರೀಮಂತರನ್ನು, ಬೂಟಾಟಿಕೆ ಇಲ್ಲದ ಶುದ್ಧರನ್ನು ನಾನು ಭೇಟಿಯಾಗಿರಲಿಲ್ಲ. ನಿಮ್ಮ ಸಜ್ಜನಿಕೆಯ ಮುಂದೆ ನಾನು ನೋತು ಹೋಗಿದ್ದೇನೆ. ನೀವು ಕಡಿಮೆ ಮಾಡಿದ್ದೀರಿ. ನಾನು ಏನೋ ಕೊಡುತ್ತೇನೆ. ಅದು ನಿಜಕ್ಕೂ ಅಂತಹ ದೊಡ್ಡ ವಿಷಯವಲ್ಲ! ಆದರೆ ನೀವು ಇಷ್ಟು ಒಳ್ಳೆಯವರಾಗಿರುವುದು ಹೇಗೆ ಸಾಧ್ಯ? ನಿಮಗೆ ದೇವರು ತನ್ನ ಸಾಮ್ರಾಜ್ಯದಲ್ಲಿ ಸ್ವರ್ಣ ಸಂಹಾಸನವನ್ನಿತ್ತು ಗೌರವಿಸಲಿ ಎಂದು ಪ್ರಾರ್ಥಿಸುತ್ತೇನೆ.

ನಾನು ಮಾನ್ಯ ಮಾಡುವ ಕೆಲವೇ ಸಜ್ಜನರಲ್ಲಿ ತಾವೊಬ್ಬರಾಗಿರುವುದು, ನಿದಾನವಾಗಿ ನನ್ನ ಬದುಕಿನಲ್ಲಿ ಬಂದರೂ ನಾನು ತಮಗೆ ಚಿರ ಋಣಿಯಾಗಿದ್ದೇನೆ. ಹಾಗೂ ತಮ್ಮ ಸ್ನೇಹವನ್ನು ಬದುಕಿರುವವರಿಗೆ ಜತನ ಮಾಡುತ್ತೇನೆ. ನಮಸ್ಕಾರ, ಪಾವಗಡ ಪ್ರಕಾಶರಾವ್



ಪಾವಗಡ ಪ್ರಕಾಶರಾವ್

Ayudha Pooja in AV Hospital

Ayudha pooja was celebrated in AV Hospital on 7th October 2019 in a grand way.

Founders Dr.RSK Murthy & Dr. M. Arundhathi, Directors, Partners along with the whole staff of AV Hospital took part in the celebrations.



Our contribution for Public Education

A.V. Hospital has pioneered and excelled in the field of Laparoscopic Hernia surgery. They are committed to train surgeons from different parts of the country. This institute has been recognised as a Centre of Excellence in the field of Endohernia by the Hernia Society of India as well as Asia Pacific Hernia Society

A hernia is a general term that refers to a protrusion of a body tissue through a wall of a cavity in which it is normally contained. Dr.M.Ramesh spoke about Hernia, treatment, post surgery instructions etc. on a Chandana TV show on 23/10/19. **Topic: Problems with Hernia**

This can be viewed at <https://youtu.be/UA7NYD5VoNc>



Gallstones are best treated by surgery that involves removal of the gall bladder. Dr.M.Ramesh has remained a leader in performing Laparoscopic surgery since 1993. He spoke about Gall bladder, galbladder stones, available treatments and surgery for Gall bladder on a Chandana TV show on 24/11/19 **Topic: Gall Bladder Stones**

This can be viewed at https://youtu.be/_Q8nGAbmblo

Laparoscopic procedures have replaced open surgeries for most ailments. There is decreased hospitalization and a better cosmetic effect with Laparoscopy. Dr. Saraswathi Ramesh spoke about this and the advantages it poses to women on Chandana TV on 21/12/19

Topic: Advantages of Laparoscopic procedures to women

This can be viewed at https://youtu.be/2FPt4GX__jc



UTI, also known as Urinary tract infection is common in women. What causes it, symptoms, and treatment is discussed by Dr. Saraswathi Ramesh on Chandana TV on 28/12/19 **Topic: Urinary Tract Infection in women.**

This can be viewed at <https://youtu.be/ye4Y4FYQc2o>

AV Hospital is committed to propagate holistic care & natural pregnancy ever since its inception 39 years ago. In a fast paced world, where information is freely available from different sources, a doctor's take on women, and the care that needs to be taken during pregnancy is important information that every expectant mother needs. Normal delivery through a natural process is possible only by proper care during pregnancy. Dr.Saraswathi Ramesh spoke on Chandana tv about this topic on 2/10/19

Topic: Pregnancy care.

Gastro-esophageal reflux disease is a backflow of acid from the stomach into the food pipe. This causes heart burn, which has become a common problem for many. It is most often secondary to gastroesophageal reflux disease. Dr.M.Ramesh spoke about GERD, treatment, complications and symptoms of GERD and permanent solutions to eradicate this problem on Chandana TV on 30th/11/2019. **Topic: GERD**

APHS Conference(Bali)

Dr. M. Ramesh, was invited by the Asia Pacific Hernia Society Conference that was conducted in Bali on October 3rd to 5th 2019. The cream of surgeons from across the Asia Pacific Region meet in this Annual Event to discuss & further the science of Hernia Surgery.



In the past few months, Dr.M.Ramesh has been in and out of the hospital, flights, cities in a whirlwind of conferences held around the world. Some of the highlights

- Dr.M.Ramesh gave a lecture on Weight Loss in the Physical Education & Research League (PEARL)
- Dr.M.Ramesh delivered 2 lectures in the AMASI skills course on Sept 27th to 29th 2019. One on “Laparoscopic Suturing & Knotting Techniques” & “ Video documentation and Editing”
- He was the Chairman for “Challenging Cases in Gastroenterology” in the GI Symposium on 2nd Nov 2019 conducted at Sheraton Grand.
- He gave a talk on “Metabolic Surgery” in a CME conducted at Fortis Hospital, BG Road conducted on 22nd November 2019
- He gave a Teleconferencing lecture to a CME in Ludhiana on 23rd November 2019 on the topic “ Recent Advances in Hernia Repair”
- In the Annual Conference of IAGES, held in Gudgaon, from 7th to 9th February 2020, he spoke on the “SCOLA Techniques”
- In the KASICON Annual Conference, he chaired scientific session in the CME Program held from 14th to 16th February 2020
- He was Chair-person for the Scientific Session at the Annual National Conference of Obesity & Metabolic Surgery Society of India at Delhi. This was conducted from 27th to 29th February 2020



HSICON 2020



BEST Institute has the privilege to host this year's National Conference of the Hernia Society Of India HSICON 2020 under the leadership of Dr. M. Ramesh as the Organising secretary & Dr.Ganesh as the co-organising secretary from 27th to 29th of August 2020. This is being organised at Hotel Lalit Ashok. About 800- 1000 surgeons are expected to participate. Delegates from different parts of the world will be attending the conference. Live surgical demonstrations and training will also be conducted in this conference.

Dr. RHN Sheno Memorial Surgical Workshop & Skills Course 2019

Professor RHN Sheno Memorial workshop & surgical skills course was organised in Bangalore Medical College by Bangalore Endoscopic Surgery Training Institute & Research Centre and Bangalore Surgical Trust in association with the Department of Surgery, Bangalore Medical College, on the 7th and 8th of December 2019.

The Surgical Workshop was a full day programme organised on 7th December, starting from 9:00AM to 6:00 PM, at Dr. Basavarajendra BMC Alumni Auditorium. Various advanced surgeries were demonstrated, some of them being live & some being virtual. Senior accomplished surgeons from across the country demonstrated surgeries using Video conferencing technology.

Laparoscopic Right Hemicolectomy - Dr.Randeep Wadhawan, Delhi

Hemiglossectomy with Neck Dissection - Dr.Vijay Kumar, Mangalore

Laparoscopic Low Anterior Resection - Dr.Pradeep Jain, Delhi

Laparoscopic Adrenelectomy - Dr.Abhay Dalvi, Mumbai

Laparoscopic E-TEP Mesh Repair -ventral hernia - Dr.Ravishankar Bhat, Bangalore

Transoral Thyroidectomy - Dr.Sameer Rege, Mumbai

Laparoscopic Nissens Fundoplication - Dr Sunil Popat, Ahmedabad

Laparoscopic Roux-en-Y Gastric Bypass - Dr.Tulip, Bangalore

Video Assisted Thymectomy - Dr.Arvind Kumar, Delhi

Laparoscopic TAPP Mesh Repair - Dr.M.Ramesh, Bangalore

Laparoscopic Hellers Cardiomyotomy - Dr Ganesh Shenoy, Bangalore



Dr. B.M. Agadi, Medical Director of Agadi Hospital and Secretary, Bangalore Surgical Trust, was awarded the “Life Time Achievement Award” in recognition of his services, by BEST Institute & Research Centre



On the 8th of December we had 108 post graduate students registered for the surgical skills course, which was organised at the Surgical Skills Centre of Bangalore Medical College. They were trained in intestinal suturing, vascular suturing, extra corporeal knot applications, stapling techniques, use of energy sources, laparoscopic suturing & laparoscopic intra corporeal knotting. Senior professors and consultants who were faculty for the various training sessions include Dr.BD Manjunath, Dr.BS Ramesh, Dr.Sathyakrishna,

Dr.Vinay Jadav, Dr Sreevathsa, Dr.Ganesh Shenoy, Dr Mallikarjun, Dr.M.Ramesh, Dr. Harinath KS, Dr Muralidhar, Dr.Srinivas Murthy.

All the delegates appreciated the skills course very much and they have been asking for more such programmes by us

MEGA PUBLIC HEALTH CAMP & BLOOD DONATION CAMP

INTERNATIONAL WOMEN'S DAY CELEBRATIONS - 2020**ಉಚಿತ ಸಾರ್ವಜನಿಕ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರ
ಮತ್ತು ರಕ್ತದಾನ ಶಿಬಿರ****FREE MEGA PUBLIC HEALTH CAMP &
BLOOD DONATION CAMP****On Sunday 08th March 2020, From 9.00 am to 4.00 pm**Venue: Someshwara Sabha Bhavana, RBI Layout,
J.P. Nagar 7th Phase, Bangalore - 560 078

A V Hospital participated in a Mega Health Checkup and Blood Donation Programme on the International Women's Day. This was an event organised by Trained Nurses Association of India, Karnataka State Branch along with other social organisations. More than 500 people participated in this event which was a Free Mega Public Health and Blood Donation Camp.

WOMENS' DAY CELEBRATION & WALKATHON



On the occasion of International Womens Day Celebrations on 8th March. Dr. Saraswathi Ramesh was invited as Chief Guest in a walkathon programme at Lalbagh along with Padma Shri Saalumara Thimmakka, where she addresses more than a thousand participants. A V Hospital participated in a Mega Health Checkup and Blood Donation programme on the same day.

ET Excellence Award in Laparoscopic Surgery



Dr. Makam Ramesh has the distinction of having established the first video laparoscopic surgery centre in a private setup in Karnataka State almost three decades ago, at A.V. Hospital, Bangalore. Almost 40 different types of advanced laparoscopic surgeries were performed by him for the first time in the State. Dr. Saraswathi Ramesh has established the finest Minimal Invasive Gynaecological surgery Centre. Thousands of patients with infertility, fibroids, endometriosis and other gynaecological ailments including cancer have been successfully treated here.

A.V. Hospital is the only hospital in South India to be recognised by both Hernia Society of India as well as Asia Pacific Hernia Society as a 'Centre of Excellence'. It has remained the premiere centre in the field of laparoscopic surgery with more

than 30,000 minimal invasive surgeries being performed here. Over 1500 surgeons and gynaecologists from all parts of India as well as from 5 continents have been trained in laparoscopic surgical skills here.

Certificate Course for Laparoscopic Training Course



*Dr. Saraswathi Ramesh & Dr. Harinath KS
with the Trainees of January 2020 batch*

A.V. Hospital & BEST Institute conducted 3 more batches of its popular Certificate Course for Laparoscopic Training Course. A total of 22 doctors were trained in these 3 batches. Both national and international doctors took part in this training batches. Trainees had a hands on training around 50 hours in the skills lab and performed various tasks on the Institute developed Pelvitrainer.

Endoscopic suturing sessions were also included. Weekly assessment of

improvement in laparoscopy skills were assessed by pelvitrainer tests. A total of 88 cases were demonstrated during these training sessions. All the trainees were given hands on experience in assisting and performing surgical procedures from basic diagnostic to operative procedures. They witnessed a variety of cases like Diagnostic Hysteroscopy, Hysteroscopic Myomectomy, Total Laparoscopic Hysterectomy, Lap Myomectomy, Lap Ovarian Cystectomy, Lap Ectopic surgery, Lap Cholecystectomy, TEP and TAPP for Inguinal hernia, Lap IPOM Plus for Ventral hernia, Adhesiolysis, Lap orchidopexy for Undescended testis, Lap Appendicectomy. A total of 88 cases were demonstrated during these training sessions.

Laparoscopic Hernia Training Course



*Dr. M. Ramesh & Dr. Ganesh Shenoy
with the Trainees in the live operative session*

A.V. Hospital & BEST Institute conducted its 3rd & 4th Laparoscopic Hernia Training Course of this year on September 20th to 22nd 2019 & March 13th to 15th 2020 respectively. This training course of 3 days was endorsed by Hernia Society of India. It was attended by a total of 10 surgeons across India. The training course included Live Operative demonstrations, Endotrainer sessions on different modules, & Didactic sessions.

Internationally renowned faculty were part

of this didactic sessions, which was transmitted through teleconferencing which was conducted flawlessly. Dr. Ajay Kriplani, Dr. Rajesh Khullar & Dr. Anil Sharma from Delhi, Dr. Ramesh Agarwalla & Dr Sarfaraz Baig from Calcutta, Dr. Sandeep Dave from Raipur, Dr. Deepraj Bhandarkar & Dr. Ramesh Punjani from Mumbai, Dr. T. Sivakumar from Kanyakumari, Dr. Pramod Shinde from Nashik, and Dr. Ashwin Tangavelu from Coimbatore were the external faculty for this course.

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