



IAPSM-KARCON 2025

5th Karnataka State Conference



Theme: Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity and Mental Well-being

Date: Conference on 12th & 13th September 2025, Pre-conference workshops on 11th September 2025

Venue: Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMSR), Muddenahalli

Organised by: Department of Community Medicine, SMSIMSR

Collaborations: Karnataka State Chapter-Indian Association of Preventive and Social Medicine (IAPSM-KSC)

Introductory note about conference

The **Department of Community Medicine**, Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), Muddenahalli, successfully hosted the 5th Karnataka State Conference of the Indian Association of Preventive and Social Medicine (IAPSM-KSC) on **12th and 13th September 2025**. The conference was organized in collaboration with the Karnataka Association of Preventive and Social Medicine (KAPSM)

In today's rapidly changing world, the burden of non-communicable diseases (NCDs), mental health disorders, and lifestyle-related illnesses is rising at an alarming rate, affecting individuals across all age groups and socioeconomic strata. Most of these conditions are preventable, stemming from unhealthy dietary patterns, sedentary lifestyles, chronic stress, and inadequate health awareness.

There is an urgent need to shift the focus of healthcare from disease treatment to health promotion and prevention. In line with this pressing public health priority, the theme of the conference—**"Lifestyle for Holistic Health"**—emphasized the integration of *nutrition, physical activity, and mental well-being* as the core determinants of a healthy life. The focus extended beyond individual behaviour change to include community participation, public health education, and system-level initiatives that enable healthier living environments.

The conference served as a vibrant platform for healthcare professionals, researchers, policymakers, and students to exchange knowledge and collaborate on promoting holistic health and preventive care. It provided an opportunity to explore evidence-based strategies for dietary diversity, accessible nutrition, physical activity, stress management, and the role of socio-cultural practices in improving metabolic health and well-being.

A total of **804 delegates** registered for the conference, and **248 abstracts** were received for scientific presentations. Of these, **436 delegates including 80 spot registration, from 91 medical colleges across 14 states** participated in person. The **pre-conference workshops** were also well attended, with **41 participants** in *"Vital Choices: Eating Right for All Ages"* and **38 participants** in *"Meta-analysis: Evidence Synthesis Skills."*

Preconference Workshops held on 11th September 2025

1. "Vital Choices: Eating Right for Every Age" by Dr Rupal Dalal and Dr Devaji Patil.

Venue: Sarala Conference Hall, SMSIMSR

This workshop helped the participants to unlearn and relearn the concepts of nutrition in metabolic health for a healthy beginning and hopeful future by understanding the lifestyle interventions for prevention, reversal/remission of metabolic health conditions and hands on skills on effective breast feeding and complementary feeding skills.

The preconference workshop focused on key aspects of nutrition and its impact across the life course. It began with an overview of the current nutritional challenges using NFHS and CNSS data, followed by insights into the Health Spoken Tutorials (HST) approach developed at IIT Bombay. Sessions covered the link between food and mitochondria, macronutrient counting, and the role of nutrition as a primary driving force for holistic health. Practical components included detailed training on effective breastfeeding, postnatal care (PNC) ward hands-on training, and complementary feeding techniques.

Outcome: Participants learned how to count macros, its importance and to integrate nutrition as a medical and lifestyle intervention for NCD prevention.

2. "Meta-Analysis-Evidence Synthesis Skills" by Dr. Sachin Mumbare

Venue: Atae Shaw Hall, SMSIMSR

This workshop empowers the participants with Evidence Synthesis Skills through hands on session on meta-analysis using open-source free website developed by Dr Sachin Mumbare. By the end of the session, participants were better prepared to critically appraise published literature for their dissertations and publications. It also equipped participants to independently undertake meta-analyses and apply it for evidence-based clinical decisions.

The workshop on Meta-analysis provided comprehensive training on the concepts, methods, and practical aspects of conducting meta-analyses. It began with an introduction to meta-analysis, followed by a session on building effective PubMed search strategies. Participants then explored fixed-effect and random-effects models and heterogeneity measures before moving on to practical applications. Sessions included detailed discussions on conducting meta-analyses for dichotomous outcomes, continuous outcomes, and prevalence data, with demonstrations and hands-on exercises to interpret forest plots, Galbraith plots, and Labbé plots. The workshop also addressed publication bias and provided training on subgroup analysis and meta-regression. Throughout the day, demonstrations were complemented by guided hands-on practice, ensuring participants could apply the concepts learned. The event concluded with a valedictory session, marking the end of a comprehensive and interactive learning experience.

Outcome: Participants gained hands-on experience in synthesizing research evidence, interpreting pooled data, and understanding the role of meta-analysis in evidence-based public health.

About the conference

The conference was attended by **436** delegates with representation from 14 states and 91 medical colleges across 12 states in India.

Objectives:

- To provide a platform for knowledge exchange among faculty, researchers, and students.
- To showcase recent advancements in public health and community medicine.
- To encourage young researchers through scientific paper and poster presentations.
- To build collaborations and strengthen public health networks in India.

Day 1

The conference started on 12th September 2025 at 09:00 am in the morning with three technical sessions at Atee Shaw hall. Immediately after tea break, scientific oral/ poster/ full paper presentations were presented by 110 delegates in nine different halls. After the scientific presentations, Postgraduate quiz preliminary round and final round were conducted at Atee Shaw hall.

Immediately after lunch, the technical sessions continued at Premamrutham hall till 4:00 pm. Following the technical sessions,

- **Dr. G. Gururaj**, Former Director, NIMHANS, Consultant & Advisor in Public health / Epidemiology - Road Safety - Mental Health was awarded the "**Bhagwan Sri Satya Sai Baba**" **Memorial Oration Award** after his oration.
- **Dr. Annarao G. Kulkarni**, Professor of Community Medicine at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) was awarded the **Lifetime Achievement Award**.
- **Dr Sumanth M M**, Assistant Professor of Community Medicine at Mysuru Medical College and Research Institute was awarded **Young Scientist Award**.

Inauguration of the 5th IAPSM Karnataka State Conference (KARCON 2025):

This was held in the **Divine presence of the Chief Patron, Sadguru Sri Madhusudan Sai**, and other esteemed patrons at Premamrutham Hall, Sri Madhusudan Sai Institute of Medical Sciences, Muddenahalli. The session celebrated holistic health and preventive medicine, bringing together 436 delegates from 14 states and 91 colleges, and embodied the spirit of academic exchange blended with service and compassion, in line with the teachings of Bhagavan Sri Sathya Sai Baba.

Dr. Deepa LN, Organising Chairperson, welcomed the gathering and provided an overview of the conference. She explained the rationale behind the chosen theme, the background of introducing three prestigious awards for the first time—which will now continue as an annual tradition—and expressed gratitude to the Management and Sadguru for their constant support in organising the conference and instituting these awards. The newly introduced Memorial Oration, Lifetime Achievement Award, and Young Scientist Award were envisioned to honour pioneers in the field and to inspire future generations.

Dr. Poonam Naik, President, IAPSM Karnataka Chapter, highlighted the chapter's growth and activities, including capacity-building programs, postgraduate courses, and quizzes, while emphasizing the importance of holistic health and community service.

The Guest of Honor, Major General (Prof) Atul Kotwal, President-Elect of IAPSM, addressed India's epidemiological challenges and underlined the role of the National Health Systems Resource Centre in supporting government initiatives such as Ayushman Bharat, wellness activities, and NCD prevention, stressing the need to prioritize preventive and promotive care.

In His address, **Sadguru Sri Madhusudan Sai** welcomed all delegates and lauded the role of community outreach programs in reducing maternal and child mortality locally. He assured that we would join hands with the government and encouraged other medical colleges to actively collaborate through initiatives such as adopting Ayushman Arogya Mandirs. He emphasized that preventive and promotive activities are essential to reduce the burden on tertiary care centres. He also called upon public health professionals to rise to meet the needs of the nation, while advocating for global outreach through the mission of "One World, One Family."

The program concluded with a universal prayer for health, well-being, and harmony in society.

Report on Postgraduate Quiz – IAPSM KARCON 2025

As part of the conference, the Karnataka Association of Preventive and Social Medicine (KAPSM) team conducted a *Postgraduate Quiz in Community Medicine* with the following faculty as Quiz Masters:

- Dr. Animesh Jain, Professor, Community Medicine, KMC Mangalore
- Dr. Asha B, Professor, Community Medicine, SSIMS & RC, Davangere
- Dr. Malatesh Undi, Assistant Professor, Community Medicine, KRIMS, Karwar
- Dr. Hamsa L, Associate Professor, Community Medicine, BMCRI, Bangalore

A total of 19 teams registered, of which 12 teams participated in the preliminary round. The prelims comprised 20 questions, with a scoring system of +4 for each correct answer and -1 for each incorrect answer.

The top four teams qualified for the finals, which consisted of five engaging rounds. Among the finalists, one team emerged as **Winners** and another as **Runners-up**, while the remaining two teams were awarded *Finalist Certificates*.

The session also witnessed the release of the book "*Public Health Management – Principles and Practice*" authored by Sunder Lal & Vikas (CBS Publishers). The Winners and Runners-up received this book along with prizes and certificates.

The quiz was well received and appreciated by both participants and the audience, making it one of the highlights of the conference.

Day 2

Day Two of the conference commenced on 13th September 2025 at 9:00 am with four technical sessions at the Atae Shaw Hall. Following the tea break, scientific oral, poster, and full paper presentations were delivered by 80 delegates across eight different halls. Before lunch, another technical session was held, and the sessions continued immediately after lunch until 5:00 pm.

The **Valedictory Session** was held at Premamrutham Hall in the Divine presence of Sadguru Sri Madhusudan Sai and other patrons. On behalf of the association, Dr. Sunilkumar, Secretary, IAPSM-KSC, expressed heartfelt gratitude to Sadguru Sri Madhusudan Sai for His boundless support, which enabled the conference to be made completely free for delegates, and lauded the institution's exemplary spirit of service and compassion.

With 436 delegates, over 170 oral presentations, 10 full paper presentations, and nearly 50 e-poster presentations, the conference showcased academic excellence and best practices in public health.

Dr. Sunilkumar also appreciated the major public health initiatives of the institute, including the Divine Mother and Child Health Program in collaboration with 13 colleges under RGUHS, the wide reach of the school breakfast program across states, and the potential extension of this initiative to vulnerable children, including those affected by HIV.

In His valedictory address, Sadguru emphasised the importance of active participation of medical colleges in strengthening Ayushman Arogya Mandirs, advancing preventive and social medicine, and implementing innovative public health initiatives. He also proposed the establishment of an exclusive Public Health Research Institute in the future, dedicated to evidence-based policy, cutting-edge research, and capacity building in India.

Outcomes of the Event:

- Knowledge enhancement in areas of nutrition for improving physical mental wellbeing
- Skill enhancement for breast feeding, complementary feeding and stress management
- Motivation for young researchers in areas of nutrition, sleep, effect of fasting.
- Networking among institutions like NIMHANS, S-VYASA
- Contribution to the academic profile of the university.

List of invited speakers and summary of the sessions

1. Dr. Annarao G. Kulkarni

Dr. Annarao G. Kulkarni is a Professor of Community Medicine at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR). He is the Immediate Past National President of the Indian Association of Preventive and Social Medicine (IAPSM) for 2024–25 and served as President of the IAPSM Karnataka State Chapter for six years, from 2017 to 2023. With over 45 years of experience, he has led several medical institutions in India and abroad and served as a Technical Advisory Group Member for India's Ministry of Health, contributing to guidelines for newborn and childcare. He has published more than 25 research papers, presented over 20 papers internationally, and mentored numerous postgraduate students. His leadership has been instrumental in nationwide initiatives, including Nutrition for Lifelong Health, One Million Screening Program, and training programs for postgraduate students in tribal and rural areas.

Topic: Holistic Health – A Life Course Approach

Holistic health integrates physical, mental, emotional, social, spiritual, and environmental well-being, focusing on addressing the root causes of chronic diseases rather than just treating symptoms. The life course approach emphasizes early and continuous interventions across all stages of life, shifting modern lifestyles and healthcare toward prevention and people-centred care. Natural living, exposure to sunlight, and regular movement are highlighted as essential for overall health. Policies must support lifelong wellness to build healthier communities. Spiritual practices like forgiveness and selfless service strengthen inner resilience, creating sustainable health for both current and future generations.

2. Dr. Neetinakumar Patil

Dr. Neetinakumar Patil is an Additional Professor at the Centre for Integrative Medicine and Research, MAHE, and a Fellow in Traditional Medicine and Integrative Health. With more than 19 years of experience in Yoga, Ayurveda, and Integrative Medicine research, he has guided eight Ph.D. scholars (three of whom have completed) and more than twenty-five postgraduate students. He has been Principal Investigator or Co-Investigator for projects funded by AYUSH, ICMR, and DST and has over thirty-five peer-reviewed publications, one international book, and four book chapters. Dr. Patil is a recipient of the Yoga Chikitsa Acharya Award by the Indian Yoga Association and was invited as a special guest for the Independence Day celebrations at the Red Fort in 2025 by the Ministry of Ayush, Government of India. He has delivered lectures in Singapore, Germany, and Italy, and is the founder of India's first Department of Integrative Medicine for MBBS at SDUAHER, Kolar. He has designed yoga electives for medical students and developed evidence-based yoga modules for chronic diseases such as diabetes, cancer, and low back pain.

Topic: Ancient Insights from Yoga and Ayurveda for Holistic Well-being

The talk focused on integrating Yoga and Ayurveda with modern medicine to address lifestyle disorders, aligning with national and global initiatives promoting integrative healthcare. It highlighted the importance of lifestyle modifications in preventing and managing chronic diseases while providing practical, evidence-based tools to enhance physical, mental, emotional, and spiritual well-being for holistic health.

3. Dr. Pradeep Banandur

Dr. Pradeep Banandur is a **Professor and Former Head of the Department of Epidemiology and Deputy Medical Superintendent at NIMHANS, Bengaluru**. He holds an MD in Community Medicine, an MSc in Epidemiology from the London School of Hygiene & Tropical Medicine, and an MPH in Global Health & Epidemiology from the University of Washington, Seattle. A Fellow of the Faculty of Public Health, UK, he has over 20 years of experience in infectious diseases, youth mental health promotion, and stroke epidemiology. He leads impactful initiatives, including the Yuva Spandana program and Life Skills Training & Counselling Services Program, and has served on Karnataka's COVID-19 State Technical Advisory Committee. Dr. Banandur has published over fifty papers with a high citation impact and leads the NIMHANS-NH-SKAN Stroke Project, the world's largest stroke risk factor cohort study.

Topic: Project SMILE-Empowering Teachers towards adolescent mental health

The SMILE (School Mental Health Initiative for Learning and Empowerment) project, led by Dr. Pradeep B S at NIMHANS, addresses the academic, behavioural, and social challenges faced by adolescents in grades 8–10. It aims to improve scholastic performance and reduce behavioural issues by developing a sustainable intervention model based on life skills, study skills, and mentoring. The program involves stakeholder and expert consultations, teacher training, and structured student sessions covering ten key life skills along with identified study, behavioural, and mentoring needs. Implementation follows a stepped-wedge design across ten BBMP schools, with mentoring cells led by trained teachers to ensure continuity. The approach emphasizes participatory methods, monitoring outcomes, and sustaining impact by embedding mentoring within school systems. Ultimately, SMILE promotes resilience, holistic growth, and a stigma-free culture of help-seeking, serving as a model for adolescent mental health promotion in India.

4. Dr. Rupal Dalal

Dr. Rupal Dalal is a U.S.-trained **Paediatrician and Adjunct Associate Professor at the Centre for Technology Alternatives in Rural Areas (CTARA)**, IIT Bombay. She leads the Health Spoken Tutorial team at IIT Bombay, creating more than one hundred multilingual tutorials on maternal, infant, and young child nutrition in 15 Indian constitutional languages and six tribal languages. She pioneered MIYCN clinics through partnerships with the Foundation for Mother & Child Health and the Shrimati Malati Dahanukar Trust and established the Human Milk Bank at Wadia Children's Hospital with community support. Dr. Dalal is a consultant to multiple

states and districts for malnutrition programs and is widely published, having contributed to research papers, books, and magazines.

Topic: Role of mitochondria in holistic health with special focus on mental health

This session covered the crucial role of mitochondria in overall and mental health. Mitochondria produce ATP through aerobic respiration, oxidative phosphorylation, and chemiosmosis while regulating calcium, ROS, cell growth, and apoptosis. Dysfunction causes oxidative stress and inflammation, leading to cell damage. In mental health, altered mitochondrial function is linked to major disorders like schizophrenia, bipolar disorder, and depression. Bipolar patients show higher rates of metabolic syndrome, insulin resistance, and hormonal imbalance, affecting mood and cognition. Chronic stress elevates cortisol and ROS, causing DNA damage, impaired neurotransmission, and systemic inflammation via circulating mitochondrial DNA.

Topic: Tools to Improve Mitochondrial Health

This session covered various lifestyle interventions to improve mitochondrial health. Key strategies include fasting and fasting-mimicking diets, which enhance mitochondrial function and reduce oxidative stress by increasing uncoupling proteins. Regular physical exercise and yoga improve insulin sensitivity, cardiovascular health, and mitochondrial biogenesis. Good sleep hygiene and circadian rhythm alignment boost mitochondrial repair and hormonal balance. Cold water immersion stimulates mitochondrial activity and brown fat activation. Infrared light therapy enhances ATP production, supports healing, and reduces inflammation. Sauna use promotes mitochondrial growth, detoxification, and resilience. A nutrient-rich diet with vitamins, minerals, and polyphenols further supports mitochondrial integrity and energy production.

5. Dr. Devaji V. Patil

Dr. Devaji V. Patil is a **Public Health Professional and Lifestyle Expert associated with the Health Spoken Tutorial Project at IIT Bombay and SMSIMSR**

. Over the past two decades, he has worked with organizations like UNICEF, Nutrition International, DFID-UK, and the Bihar Technical Support Program. His areas of expertise include nutrition, sexual and reproductive health, and digital health education through e-learning initiatives.

Topic: Nutrition- A Path to Wellness & Recovery and Skeletal Muscle Resistance

Dr. Devaji's presentation journeys through NFHS data to contextualize child and adult nutrition globally, in India, and Karnataka, highlighting stunting, wasting, and overweight in children under five, with thresholds based on WHO standards. Globally, stunting affects regions like Africa and South Asia severely, while India shows high prevalence, including age-wise severe wasting in infants; Karnataka data reveals low minimum acceptable diet adherence among 6–23-month-olds, with dietary diversity and meal frequency as key metrics. Adult nutrition focuses on waist circumferences indicating metabolic risks, higher in women, and

food consumption patterns, contrasting with cultural ideals. Shifting to "Nutrition: A Path to Wellness & Recovery," it differentiates illness (treatable by medicine) from wellness (via lifestyle), referencing historical famines and holistic approaches like Unani medicine's ten principles emphasizing balance, moderation, and digestion. Principles of healthy eating, stress, understanding metabolism, recognizing insulin resistance, managing stress, and youth-focused interventions amid ultra-processed foods. The path to wellness includes carbohydrate counting, high-quality protein (DIAAS >0.9), good fats, avoiding refined oils, sleep, sunlight, skeletal muscle resistance, millets, greens, fasting, starting young to prevent declines in collagen, VO2 max, etc. Exercise-induced metabolites like lactate, ketones, and myokines support metabolic homeostasis, brain health, and muscle preservation, warning against muscle loss from GLP-1 agonists and UPF intake linked to sarcopenia. Finally, it integrates community efforts involving health, education, and development sectors for critical thinking, compassion, and collaboration in nutrition.

6. Dr. Santhosh H

Dr. Santhosh H is a **Clinical Rasa Aushadhi Ayurveda practitioner and Founder of Arogyam Natural**, a holistic wellness centre. He has over four years of experience in Ayurveda, Naturopathy, and Nutrition, with expertise in Panchakarma therapies such as raktamokshana, virechana, nasya, kati basti, and leech therapy. He has treated a wide variety of conditions, including diabetes, arthritis, IBS, obesity, and diabetic wounds. He has earned multiple diplomas in Ayurveda Pharmacy, Panchabhautik Chikitsa, and Hospital Management and is a registered member of Vishwa Ayurveda Parishad and other professional health councils.

Topic: The Inner Ecosystem-Role of Gut Flora in holistic health

Gut flora, or the microbiome, plays a vital role in holistic health, influencing digestion, metabolism, immunity, and mental well-being. Trillions of microbes in the gut help break down food, produce vitamins, and protect against harmful pathogens. An imbalance, known as dysbiosis, is linked to conditions like IBS, obesity, diabetes, and autoimmune diseases. Biotics such as probiotics, prebiotics, synbiotics, postbiotics, and psychobiotics restore balance and strengthen gut health. Natural remedies, fermented foods, and supplements further support this ecosystem and prevent chronic issues. The gut-brain axis highlights how gut health affects mood, cognition, and inflammation. Antibiotics, while useful, damage beneficial microbes, making probiotic replenishment essential. Overall, nurturing gut flora through diet and lifestyle is key to achieving physical, metabolic, and emotional well-being.

7. Dr. Gopalkrishna Gururaj

Dr. Gopalkrishna Gururaj is a renowned public health leader and **former Director and Senior Professor at NIMHANS, Bangalore**, where he also headed the WHO Collaborating Centre for Injury Prevention and Safety Promotion. With over four decades of experience, he has played a pivotal role in shaping India's public health landscape through his work in epidemiology, health systems strengthening, road safety, mental health, and

injury prevention. He has been instrumental in developing national health policies and strategies, including road safety frameworks, suicide prevention programs, drowning prevention initiatives, and trauma care guidelines.

As the Chair of the Karnataka Health Vision Group, he led the state's long-term health reform strategy. Dr. Gururaj has also advised international organizations such as WHO, World Bank, and UNICEF, as well as governments across Asia and Africa, on diverse health challenges, including non-communicable diseases and emergency care systems. His pioneering contributions include leading the National Mental Health Survey of India and establishing national-level injury surveillance systems, providing a strong evidence base for policy decisions. A prolific researcher, he has published extensively in peer-reviewed journals and directed multiple large-scale multi-sectoral studies.

His exceptional contributions to research have earned him prestigious honours, including the World Bank VPU Team Award (2024) and the Dr. Raja Ramanna State Award (2017), along with recognition among the top 2% of scientists globally by Stanford University. As a global representative, Dr. Gururaj has participated in international conferences and expert panels, fostering collaboration in public health and safety worldwide. A passionate mentor, he is committed to capacity building, nurturing the next generation of public health professionals. His leadership has been particularly impactful in road traffic injury prevention, trauma care systems, and integrating mental health within broader public health programs, ensuring sustainable, community-driven solutions for population health.

Bhagwan Sri Satya Sai Baba Memorial Oration

Topic: Strengthening Health Systems for Integrated & Sustainable Health Care Delivery to Advance People's Health

The session focused on building integrated and responsive health systems to improve people's health. It highlighted the transition in India's health challenges—from infectious and nutritional disorders to the growing burden of non-communicable diseases (NCDs), injuries, aging populations, and emerging threats like pandemics and climate change. The talk emphasized Universal Health Coverage (UHC) and Primary Health Care (PHC) as essential to ensure equitable, quality services without financial hardship.

Dr. Gururaj stressed the urgent need for integrated, evidence-based, cost-effective, and sustainable health interventions, backed by robust policies, data systems, and inter-sectoral collaboration. He highlighted gaps such as inadequate surveillance, fragmented programs, and rising disparities in access and outcomes. The oration called for stronger public health infrastructure, preventive and promotive care, technology-enabled solutions, and community participation. Ultimately, advancing health requires people-centric, coordinated actions across sectors to improve quality of life and ensure that every life matter.

8. Mrs. Vidhya R

Mrs. Vidhya R is **Head of the Nutrition and Dietetics Department** at SMSIMSR, with over 25 years of experience in multi-specialty healthcare. She has co-authored papers on specialized diets and serves as a trustee for the Each One Educate One Foundation, contributing to rural education and healthcare programs.

9. Mrs. Vidhya Balakrishnan

Mrs. Vidhya Balakrishnan, **Senior Nutritionist and Yoga Therapist** at SMSIMSR, has over two decades of experience in nutrition, yoga, and psychological counselling. She holds a master's degree in yoga & naturopathy, has trained extensively at Krishnamachari Yoga Mandiram, and focuses on holistic wellness practices.

10. Ms. Varsha M

Ms. Varsha M is a **Nutritionist at SMSIMSR** and holds a master's degree in food science & nutrition. She has collaborated with NIN-ICMR for nutrition programs through ICDS and schools. With expertise in public outreach, she has also worked as a radio host to promote health awareness.

Topic: The “Fast” Track to Better Health

The presentation “The Fast Track to Better Health” explores **fasting** as a voluntary, time-bound practice distinct from starvation, highlighting its ancient roots and modern health benefits. Fasting methods, especially intermittent fasting, trigger adaptive cellular responses like improved mitochondrial health, DNA repair, autophagy, and reduced oxidative stress. Evidence suggests benefits in preventing obesity, diabetes, cardiovascular diseases, neurological disorders, and inflammation, while also supporting metabolic flexibility and gut health. However, fasting is not recommended for certain groups such as children, pregnant women, underweight individuals, and those with chronic illnesses. Safe fasting practices include hydration, balanced nutrition before and after fasting, and gradual adaptation. Indian dietary options like fruits, millets, pulses, and porridge are suitable for 12–16-hour fasts. Fasting aligns with traditional Ayurvedic principles by balancing doshas and modern science by enhancing resilience and longevity. Overall, fasting is presented not as a trend but as a lifestyle tool to promote holistic well-being.

11. Dr. Krishna Dwivedi

Dr. Krishna Dwivedi, **Assistant Professor at S-VYASA University and Head of the Sleep & Cognitive Neuroscience Lab**, specializes in neurophysiology of yoga. He has over 15 years of yoga expertise, seven years of neuroscience research experience, and has published over thirty papers.

Topic: Sleep and Mental Health: Unpacking the Bidirectional Relationship with solutions

This talk explored the bidirectional relationship between sleep and mental health, emphasizing yogic and integrative solutions. Sleep is regulated by circadian rhythms, influencing hormone levels like melatonin and

cortisol, and involves brain waves such as sleep spindles, K-complexes, and slow-wave sleep linked to specific brain regions. Adequate sleep restores energy, consolidates memory, maintains emotional balance, regulates metabolism, supports immunity, and rejuvenates the body, while insomnia leads to symptoms like mood swings, fatigue, cognitive decline, obesity risk, diabetes, infertility, and stress. The presentation highlights holistic health through concepts like PanchaKosha (five sheaths: physical, life force, mental, wisdom, bliss) and traditional yogic texts on sleep's restorative nature. Scientific studies demonstrate yoga's benefits, including improved sleep quality, reduced stress and anxiety, enhanced cognitive function, and better well-being in groups like women in climacteric syndrome, breast cancer survivors, students, adolescents, healthcare professionals, and those with chronic conditions. Factors impairing sleep include stress and screen time, while promoters involve regular timings and relaxation techniques. Yoga Nidra is described as a state between sleep and samadhi for deep restoration, concluding that good sleep and mental health are interconnected, with yoga as a low-cost, effective intervention akin to turning a "monkey mind" into a "monk" via DOSE (dopamine, oxytocin, serotonin, endorphins).

12. Dr. Prathima Kini

Dr. Prathima Kini is a **Consultant Pathologist, Lifestyle Medicine Physician, and Chairperson of the Bengaluru Chapter of PAN India**. She has been a strong advocate for ethical, evidence-based medical practices and health education across India.

Topic: Whole Food Plant-Based Nutrition: The Power of Food as Medicine.

The presentation focused on wholefood, plant-based diet as a powerful, evidence-based tool for health and disease prevention. It outlines the principles behind plant-based eating—emphasizing minimally processed foods, legumes, whole grains, vegetables, fruits, nuts and seeds—and contrasts these with animal-based and ultra-processed diets. Key benefits highlighted include improvements in metabolic health markers (e.g., blood sugar, lipids, weight), reduction in chronic disease risk, and support for longevity. The talk also addresses common concerns—such as protein adequacy and nutrient completeness—and provides practical guidance for adopting and sustaining a plant-based lifestyle.

13. Dr. Veena Acharya

Dr. Veena Acharya is a **Senior Gynaecologist** specializing in high-risk pregnancy and foetal medicine. She is part of the pioneering team that performed India's first laser-guided procedure for Twin-to-Twin Transfusion Syndrome, emphasizing advanced maternal and foetal care.

Topic: Evidence-Based Nutrition, with a Special Lens on Women's Hormonal and Reproductive Health.

Dr. Veena Acharya highlights the role of evidence-based lifestyle medicine—featuring a whole food plant-predominant diet, exercise, sleep, stress management, substance avoidance, and social connection—in preventing and reversing chronic diseases in women's health. She advocates for fibre-rich foods like fruits,

vegetables, and legumes while avoiding salt, oil, sugar, refined grains, and animal products, addressing key stages: adolescence with PCOS (affecting 3-10% with symptoms like irregular cycles and obesity, managed by weight loss and plant-based diets), pregnancy (where a curated plant-based diet meets increased nutritional needs, reducing risks like gestational diabetes), and menopause (where vegan diets and phytoestrogens from soy and flaxseeds alleviate symptoms and lower risks of CVD and osteoporosis). Evidence shows weight loss and plant-based diets improve PCOS recovery, pregnancy outcomes, and menopausal health, minimizing disorders across a woman's life for optimal well-being.

14. Dr. Sharang Wartikar

Dr. Sharang Wartikar is a **Senior Consultant Ophthalmologist** and Vitreo-Retinal Surgeon trained internationally in Japan and Switzerland. He is a published researcher and has contributed extensively to global conferences on diabetic retinopathy and retina care innovations.

Topic: The Peculiar Protein Problem: Building Health without Harm, Understanding protein requirements, benefits, harm & recommended sources.

The talk addresses common misconceptions about protein, especially in the context of plant-based diets. Proteins are made of amino acids and are vital for bodily functions but cannot be stored, unlike carbs and fats. Daily protein needs are based on ideal body weight (around 0.8–1 g/kg/day), not activity level, age, or gender. Most people, including those in India, consume adequate protein through whole foods, but overconsumption—especially animal protein—can harm health, increasing risks of diabetes, cancer, kidney disease, and heart issues.

Plant foods contain all essential amino acids; combining foods like grains and legumes ensures complete protein intake. While meat provides higher quantities of protein, it also brings harmful elements like saturated fats, cholesterol, and toxins, and has a far greater environmental cost. Studies show plant-based diets are nutritionally sufficient, sustainable, and protective against lifestyle diseases. The speaker concludes that plant proteins are healthier, environmentally friendly, and ethically preferable, encouraging a shift toward whole food, plant-based eating for long-term well-being.

15. Dr. M. R. Seetharam

Dr. M. R. Seetharam, a **Veteran Orthopaedic Surgeon and public health leader**, has over 30 years of experience in community healthcare at **SVYM**. He directs V-LEAD and DISHA Foundation, leading initiatives in WASH, microfinance, and tribal development.

Topic: From Stress to Mental wellbeing

This talk addressed burnout prevention and wellness promotion for physicians, emphasizing the profession's nobility alongside its high stress levels leading to mental health issues like depression, anxiety, and substance

abuse. It defines stress as an imbalance between demands and resources, distinguishing it from burnout characterized by disengagement, cynicism, and reduced efficacy per ICD-11, with causes including work overload, role ambiguity, poor relationships, and work-life imbalance. The presentation explores stress impacts across physical, emotional, cognitive, and social domains, advocating for building resilience through healthy lifestyles influenced by personal, interpersonal, institutional, and macro factors. It critiques education and health systems for focusing on IQ and physical health while neglecting EQ, mental, emotional, and spiritual dimensions, proposing emotional intelligence enhancement via self-awareness, management, and social skills. Spiritual health is framed in personal, communal, environmental, and transcendental domains for self-evolution and transcendence. Practical steps include recognizing stress symptoms, setting boundaries, seeking support, diversifying interests, and spiritualizing life, with a "GAME PLAN" acronym guiding gratitude, acceptance, mindfulness, exercise, positivity, learning, articulation, and nurturing. Drawing from Bhagavad Gita and Upanishads, it urges holistic self-evolution to handle adversities bravely, concluding with a call to nurture relationships and seek help proactively.

16. Dr. Kumar G. S

Dr. Kumar G. S. is a **Paediatrician and public health expert at SVYM**, leading maternal and child health programs and disaster response strategies. He is a principal investigator in international cohort studies and has contributed to national technical advisory groups.

Topic: "Building Health from the Very Beginning"

The presentation "Building Health from the Very Beginning" highlights the Healthy Life Trajectories Initiative (HeLTI), which adopts a life-course and intergenerational approach to prevent early childhood obesity and promote cognitive development. Rooted in the DOHaD (Developmental Origins of Health and Disease) concept, it emphasizes how maternal nutrition, birth size, and early-life exposures influence long-term risks of diabetes, obesity, and cardiovascular disease. Indian cohort studies, such as Mysuru and Pune, reveal the "thin fat" phenotype and links between maternal deficiencies (B12, vitamin D) and adverse child outcomes. HeLTI India (EINSTEIN trial) engages rural Mysuru communities, recruiting 6000+ women preconceptionally, and testing multifaceted interventions across preconception, pregnancy, and postnatal periods. With high retention and extensive data collection, the study aims to evaluate integrated interventions on reducing adiposity, improving neurodevelopment, and enhancing parental health. Findings will inform national and global policies, emphasizing early, sustained interventions to break intergenerational cycles of non-communicable diseases.

17. Dr. Sachin Mumbare

Dr. Sachin Mumbare, MD (Community Medicine) and Diploma in Radiodiagnosis, is **Professor and Head of the Department of Community Medicine at Ashwini Rural Medical College, Solapur**. He is a member of the

Management and Academic Councils of MUHS, serving as Chair of the Board of Studies (Medicine and Allied). Dr. Mumbare is also part of the Executive and Academic Councils of five deemed universities and a core committee member of the National Commission of Homeopathy. With collaborations across 20+ national and international universities, he has published 50+ research papers and received the Best Paper Award (IJCM) for his work on trends in terminal contraception.

18. Dr. Asha B

Dr. Asha B, MBBS, MD, is a **Professor of Community Medicine at SS Institute of Medical Sciences and Research Centre, Davanagere**, with over 12 years of teaching experience at both undergraduate and postgraduate levels. She has thirty publications and has authored two books on biostatistics, childhood obesity, and maternal health schemes. A sought-after resource person for 25+ CMEs on research methodology and statistics, she currently serves as Vice President of IAPSM Karnataka, having previously been Joint Secretary and Organizing Secretary for the 4th State Conference. Dr. Asha has also been recognized with three Best Paper Awards at state conferences for her contributions to public health research and education.

**Dr. Sachin Mumbare and Dr. Asha B led the Meta-Analysis-Evidence Synthesis Skills"-
Preconference workshop on 11th Sep 2025**

Annexures

Day 01 Conference Schedule

Timings	DAY 1- Friday -12 th Sep 2025	Speakers
08:15 AM -09:00 AM	<i>Registration</i>	
09:00 AM -09:30 AM	Holistic health-A lifecycle approach	Dr Annarao Kulkarni , Senior Professor, Community Medicine, SMSIMSR
09:30 AM -10:15 AM	Ancient Insights from Yoga and Ayurveda for Holistic Well-being	Dr. Nitin Kumar J. Patil , Additional Professor, Centre for Integrative Medicine and Research (CIMR), MAHE
10:15 AM -10:45 AM	Project SMILE: Empowering Teachers towards adolescent mental health	Dr. Pradeep B.S. Deputy Medical Superintendent and Professor of Epidemiology, NIMHANS, Bengaluru
10:45 AM -11:00 AM	<i>Tea Break</i>	
11:00 AM -12:30 PM	Presentation - Full paper/Oral/Poster at respective halls	
12:15 PM -01:00 PM	Quiz Prelims at Atae Shaw lecture hall	
12:30 PM -01:30 PM	<i>Lunch</i>	
01:30 PM -02:00 PM	Role of mitochondria in holistic health with special focus on mental health	Dr. Rupal Dalal , Adjunct Associate Professor, CTARA, IIT Bombay
02:00 PM -02:50 PM	Nutrition: A Path to Wellness & Recovery	Dr. Devaji Patil , Public Health Consultant, SMSIMSR & Consultant, Health Spoken Tutorials, IIT Bombay
02:50 PM -03:20 PM	The Inner Ecosystem-Role of Gut Flora in holistic health	Dr. Santhosh Hanumanthappa Ayurvedic Practitioner, Bengaluru
03:20 PM -03:35 PM	<i>Tea Break</i>	
03:35 PM -04:00 PM	" Bhagwan Sri Satya Sai Baba" Memorial Oration -Topic: Strengthening Health Systems for Integrated & Sustainable Health Care Delivery to Advance People's Health	Dr. G. Gururaj , Former Director, NIMHANS, Consultant & Advisor in Public health / Epidemiology - Road Safety - Mental Health
04:05 PM -04:35 PM	Lifetime achievement award & Young Scientist Award	IAPSM Karnataka State Chapter Team
04:35 PM -05:45 PM	Inauguration in presence of Sri Sadguru Madhusudan Sai	

Day 02 Conference Schedule

Timings	DAY 2- Saturday -13 th Sep 2025	Speakers
09:00 AM -09:30 AM	The Science Behind Fasting: Metabolic Reset and Longevity	Dr. Vidya & Team , SMSIMSR
09:30 AM -10:00 AM	Sleep and Mental Health: Unpacking the Bidirectional Relationship with solutions	Dr. Krishna Dwivedi , Assistant Professor, Yoga and Life Sciences, S-VYASA, Bengaluru
10:00 AM -10:30 AM	Whole Food Plant-Based Nutrition: The Power of Food as Medicine.	Dr. Prathima Kini , Consultant Pathologist & Lifestyle Medicine Physician
10:30 AM -10:50 AM	“Evidence-Based Nutrition, with a Special Lens on Women’s Hormonal and Reproductive Health.	Dr. Veena Acharya , Senior Leading Gynaecologist & Obstetrician – Lifestyle Medicine Physician
10:50 AM -11:00 AM	<i>Tea Break</i>	
11:00 AM -12:30 PM	Presentation - Full paper/Oral/Poster	
12:30 PM -01:30 PM	<i>Lunch</i>	
01:30 PM -02:10 PM	The Peculiar Protein Problem: Building Health without Harm, Understanding protein requirements, benefits, harm & recommended sources.	Dr. Sharang Wartikar , Senior Consultant Ophthalmologist & Vitreo-Retinal Surgeon
02:10 PM -02:40 PM	Tools for improving mitochondrial health	Dr. Rupal Dalal , Adjunct Associate Professor, CTARA, IIT Bombay
02:40 PM -03:10 PM	From Stress to Mental wellbeing	Dr. Seetharam , Advisor & Member, Swami Vivekananda Youth Movement (SVYM)
03:10 PM -03:30 PM	Skeletal Muscle Resistance for holistic health	Dr. Devaji Patil , Public Health Consultant, SMSIMSR & Consultant, Health Spoken Tutorials, IIT Bombay
03:30 PM -03:40 PM	<i>Tea Break</i>	
03:40 PM -04:10 PM	Building Health from the Very Beginning	Dr. Kumar G S , Head – Health Sector, Swami Vivekananda Youth Movement (SVYM)
04:10 PM -04:30 PM	Way forward	Dr. Annarao Kulkarni , Senior Professor, Community Medicine, SMSIMSR
04:30 PM -05:45 PM	Valedictory in presence of Sri Sadguru Madhusudan Sai	

Preconference workshop 1

“Vital Choices: Eating Right for Every Age”- schedule for 11th Sep 2025

Timings	Topic	Resource person*
08:15 AM -08:45 AM	Registration+ Pretest	
08:45 AM -09:00 AM	Inauguration	
09:00 AM -09:15 AM	NFHS & CNSS data-based Problem statement	Dr Devaji Patil
09:15 AM -09:35 AM	Evidence from IITB HST approach-Evolution & current status	Dr Rupal Dalal
09:35 AM -10:25 AM	Bridging food and mitochondria	Dr Rupal Dalal
10:25 AM -10:40 AM	Tea break	
10:40 AM -11:40 AM	Macronutrient counting	Dr Devaji Patil
11:40 AM -12:55 PM	Nutrition- the primary driving force of holistic health	Dr Devaji Patil
12:55 PM -01:40 PM	Lunch break	
01:40 PM -02:40 PM	Effective breast feeding-45 points	Dr Rupal Dalal
02:40 PM -03:25 PM	PNC ward hands on training	Dr Rupal Dalal, Dr Devaji Patil
03:25 PM -03:40 PM	Tea break	
03:40 PM -04:40 PM	Effective complementary feeding	Dr Rupal Dalal
04:40 PM -05:00 PM	Valedictory+ Post-test	
<p>*Dr. Rupal Dalal, Adjunct Associate Professor, Centre for Technology Alternatives for Rural Areas (CTARA), IIT Bombay Dr. Devaji Patil, Public Health Consultant, SMSIMSR & Consultant, Health Spoken Tutorials, IIT Bombay</p>		

Preconference workshop 2

“Meta-Analysis-Evidence Synthesis Skills”- schedule for 11th Sep 2025

Timings	Topic	Resource person
09:30 AM - 10:00 AM	Introduction to meta-analysis	Dr Annarao Kulkarni
10:00 AM - 10:40 AM	Building PubMed Search Strategy	Dr Asha B
10:40 AM - 11:00 AM	Fixed effect and Random effects model, Heterogeneity measures	Dr Sachin Mumbare
11:00 AM - 11:15 AM	Tea break	
11:15 AM - 11:45 AM	Meta-analysis:(Dichotomous outcome), interpreting forest plot, Galbraith plot, L'abbe plot	Dr Sachin Mumbare
11:45 AM - 12:00 PM	Demonstration	Dr Sachin Mumbare
12:00 PM - 12:15 PM	Hands-on	Dr Asha, Dr. Spoorthi & Ms Lavanya
12:15 PM - 12:40 PM	Publication bias	Dr Asha
12:40 PM - 1:00 PM	Meta-analysis: (Continuous outcome) Demonstration, interpreting forest plot, Galbraith plot, L'abbe plot	Dr Sachin Mumbare
1:00 PM - 1:20 PM	Demonstration	Dr. Sachin Mumbare
1:20 PM - 2:00 PM	Lunch break	
2:00 PM - 2:20 PM	Hands-on	Dr Asha, Dr. Spoorthi & Ms Lavanya
2:20 PM - 2:40 PM	Meta-analysis: (Prevalence), interpreting forest plot, Galbraith plot, L'abbe plot	Dr Sachin Mumbare
2:40 PM - 3:00 PM	Demonstration	Dr Sachin Mumbare
3:00 PM - 3:30 PM	Hands-on	Dr Asha, Dr. Spoorthi & Ms Lavanya
3:30 PM - 3:45 PM	Hands-on	Dr Asha, Dr. Spoorthi & Ms Lavanya
3:45 PM - 4:00 PM	Tea break	
4:00 PM - 4:45 PM	Subgroup Analysis and Meta Regression	Dr Sachin Mumbare
4:45 PM - 5:15 PM	Hands-on	Dr Asha, Dr. Spoorthi & Ms Lavanya
5:15PM - 5:30 PM	Valedictory	

Dr Sachin Mumbare, Professor and Head, Community Medicine, Ashwini Rural Medical College, Solapur (Maharashtra). Creator of web based free software for statistical tests, meta-analysis, survival analysis, and other complex models (available on <https://drsm.in>)

Dr Asha B, Professor, Community Medicine, SSIMS& RC, Davangere

Dr Spoorthi Rekha, Assistant Professor, Pathology, Sri Madhusudan Sai Institute of Medical Sciences and Research

Winners of the Oral / Full Paper / E- Poster presentation

Full Paper						
S.No	Abstract ID	Category	Title of the study	Presenting author	Institute	Theme
1	174	Faculty	Understanding The Use Of Reheated Cooking Oil At Home: A Study Among Parents Of Future Doctors	Dr Asha B	S S Institute of Medical Sciences and Research Centre, Davanagere	Thematic
2	75	PG	Burden And Determinants Of Perceived Stress And Burnout Among Accredited Social Health Activists In Kolhapur District: A Mixed-Method Study	Dr Sivasai Madhuri Kongi	R.C.S.M Government Medical College, Kolhapur	Thematic
3	148	UG	A Randomized Control Trial To Assess The Effectiveness Of Health Education And Provision Of Resources For Safe Sputum Disposal Practices Among The Pulmonary Tuberculosis Patients.	Ms Shubhangi Mishra	Karwar Institute of Medical Sciences	Thematic
Oral presentation						
S. No	Abstract ID	Category	Title of the study	Presenting author	Institute	Theme
1	509	Faculty	Nutritional, Functional and Mental Health Determinants of Anemia among Urban Elderly: A Community-based Study	Dr Saranya K	PES University Institute of Medical Sciences and Research, Bangalore	Thematic
2	471	Faculty	Diabetic peripheral neuropathy among Type-2 diabetics in urban slum of Bangalore	Dr Arunkumar V	M.S. Ramaiah Medical College, Bangalore	Non Thematic
3	480	Faculty	Knowledge and practice assessment on universal precautions among health care workers of a tertiary care centre in North Karnataka	Dr Ashok Dorle	S Nijalingappa Medical College, Bagalkote	Non Thematic
4	51	Faculty	Prevalence of Early Childhood Developmental Delay and Maternal Awareness of Developmental Milestones in Rural Karnataka	Dr Kadambari Nanmaran	M.S. Ramaiah Medical College, Bangalore	Thematic
5	646	Faculty	Identifying High-Risk TB Cases: Implementation of a Programmatic Screening Tool in Bengaluru	Dr Sreenath Menon P K	ESIC MC & PGIMSR	Non Thematic

Oral presentation						
S. No	Abstract ID	Category	Title of the study	Presenting author	Institute	Theme
1	747	PG	Quality Improvement intervention to strengthen delivery of maternal nutrition services in primary health care facilities, in rural Ballabgarh.	Dr Shreeraksha A Naik	All India Institute of Medical Sciences, New Delhi	Thematic
2	859	PG	Morbidity Pattern & Healthcare Seeking Behaviour among Female Domestic Workers: Cross-Sectional Study from Indian Metropolis.	Dr Subhasri Subhadarsini	T.N. Medical College and BYL Nair Charitable Hospital, Mumbai	Non Thematic
3	618	PG	Comparison of Service Preference Patterns and their Determinants among PMSMA Beneficiaries Opting for Public versus Private Care - a Three Year Retrospective Cohort Study	Dr M Keerthana	Hassan Institute of Medical Science	Non Thematic
4	407	PG	Screen Distracted Eating And Its Association With Emotional Well Being And Self-Reported Metabolic Health Among Professional College Students In Mysuru – A Cross-Sectional Study	Dr Akruti Dash	JSS Academy of Higher Education and Research, Mysore	Thematic
5	454	PG	Association between physical activity, fitness tracker use, and general health of young adults in urban Bengaluru	Dr Suraj N	ESIC MC & PGIMSR, Rajajinagar, Bangalore	Thematic
6	627	PG	Risk-prediction And Forecasting Of Cardiovascular Disease Among Type2 Diabetic Patients Using Common Risk Prediction Tools: An Epidemiological Study	Dr Aarthi S	Shri Atal Bihari Vajpayee Medical College and Research Institution, Bangalore	Non Thematic
7	639	PG	Assessment of Preparedness for Old age among 40 to 59 years old Health care workers – A cross sectional study	Dr Rathi L	Hassan Institute of Medical Science	Non Thematic
8	834	PG	Postnatal newborn care practices and knowledge of newborn danger signs among Among Tribal Married Reproductive Women in Chamarajanagar district, Karnataka: A cross sectional study	Dr. Bhagyalakshmi N	Chamarajanagar Institute of Medical Sciences, Yadapura	Non Thematic
9	594	UG	Determination of Treated sewage water bacteriological index	Ms Poorvi Kanthi	Karwar Institute of Medical Sciences	Non Thematic

E - Poster

S. No	Abstract ID	Category	Title of the study	Presenting author	Institute	Theme
1	512	Faculty	A Community Based Cross Sectional Study Of Indoor Air Pollution And Its Mental Health Implications Among Rural Households	Dr Pradeep T S	Sri Devaraj Urs Medical College, SDUAHER, Kolar	Thematic
2	424	PG	Prevalence And Determinants Of Dyslipidemia In Urban And Rural Areas Of Belagavi - A Community Based Comparitive Study	Dr Amrutha K	Jawaharlal Nehru Medical College, Belagavi	Non Thematic
3	34	PG	Beyond The Classic: A Narrative Review Of Atypical Clinical Presentation Of SSPE	Dr Amritha P S	All India Institute of Medical Sciences	Non Thematic
4	163	PG	Perceived Social Support And Mental Well-Being Among Medical Students In Bengaluru – A Cross-Sectional Study	Dr Anjushree H M	Aakash Institute of Medical Sciences and Research Centre	Thematic
5	779	PG	Exclusive Breast Feeding Among Tribal Mothers: A Cross-Sectional Study In Selected Taluks Of Chamarajanagar District	Dr Lavanya T	Chamarajanagar Institute of Medical Sciences, Yadapura	Non Thematic
6	580	PG	Happiness and Social Support Among the Elderly in Coastal Ernakulam	Dr Manjusha V Nair	Amrita Institute of Medical sciences, Kochi	Non Thematic

PG Quiz Winner List

S. No	Reg ID	Name	Institute	Prize
1	454	Dr Suraj N	ESIC MC & PGIMSR, Rajajinagar, Bengaluru	Winner
2	597	Dr Shree Lakshmi K N	ESIC MC & PGIMSR, Rajajinagar, Bengaluru	Winner
3	683	Dr Shesha Charan B S	Dr Chandramma Dayananda Sagar Institute of Medical Education and Research	Runner
4	686	Dr Vasanth Harshavardhan Yennamani	Dr Chandramma Dayananda Sagar Institute of Medical Education and Research	Runner
5	188	Dr Aswin P R	Akash Institute of Medical Sciences and Research Centre Devanahalli	Finalist
6	836	Dr Ravina Rathod	Akash Institute of Medical Sciences and Research Centre Devanahalli	Finalist
7	306	Dr Kodeeswaran M	JSS Medical College, Mysuru	Finalist
8	357	Dr Manirsha P V	JSS Medical College, Mysuru	Finalist

Photo Gallery

Preconference workshop- “Vital Choices: Eating Right for Every Age” on 11th Sep 2025



Figure 1: Inauguration of “Vital Choices: Eating Right for Every Age”.



Figure 2: Group photo of the dignitaries inaugurating the workshop.



Figure 3: Dr Rupal Dalal and Dr Devaji Patil handling the scientific sessions.



Figure 4: Hands on experience provided to participants by the team.



Figure 5: Participants of the workshop.



Figure 6: Participants of the workshop.



Figure 7: Dr. Vasudeva Upadhyaya K. S addressing the participants of the workshop.



Figure 8: Group photo of the workshop.

Preconference workshop- “Meta-Analysis-Evidence Synthesis Skills” on 11th Sep 2025

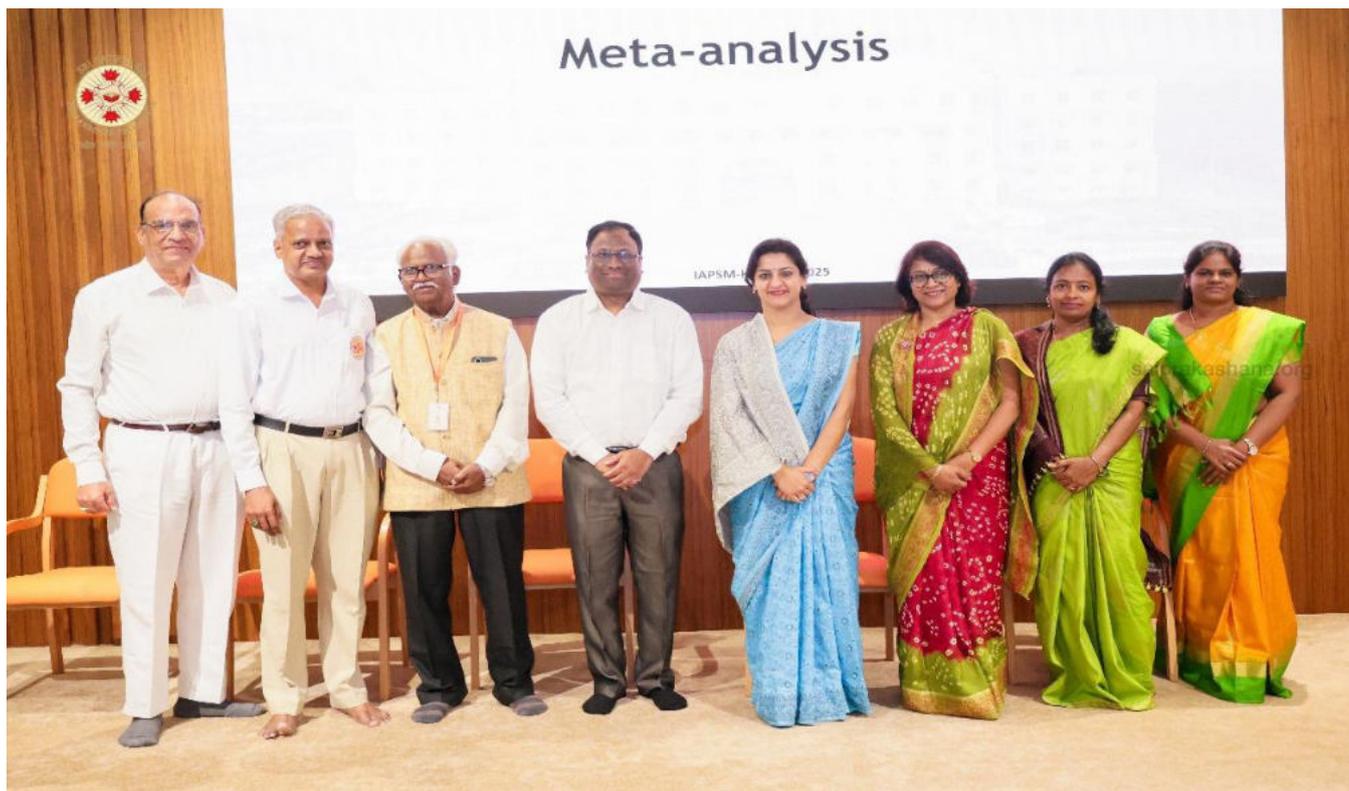


Figure 9: Group photo of the dignitaries inaugurating the workshop.





Figure 10: Dr Annarao Kulkarni's scientific session.



Figure 11: Dr. Vasudeva Upadhyaya K. S addressing the participants of the workshop.



Figure 12: Scientific session by Dr Sachin Mumbare



Figure 13: Participants of the workshop.



Figure 14:Scientific session by Dr Asha B



Figure 15: Group photo of the participants and the resource persons.



Figure 16: Group photo of the participants and the resource persons.

Conference Day 1



Figure 17: Inauguration of the conference.



Figure 18: Audience photo during the inauguration.



Figure 19: Sdguru Sri Madhusudan Sai addressing the audience during inauguration.



Figure 20: Felicitation of Dr Gururaj with the Bhagwan Sri Satya Sai Baba Memorial Oration award.



Figure 21: Felicitation of Dr Annarao Kulkarni with the Lifetime achievement award



Figure 22: Felicitation of Dr Sumanth M M with the Young scientist award

Scientific sessions



Figure 23: Scientific session By Dr Annarao Kulkarni



Figure 24: Handing over a memento of gratitude to Dr Annarao Kulkarni by the chairpersons.



Figure 26: Scientific session by Dr. Nitin Kumar J. Patil



Figure 25 : Handing over a memento of gratitude to Dr. Nitin Kumar J. Patil by the chairpersons.



Figure 27: Scientific session by Dr. Pradeep B.S.



Figure 28: Handing over a memento of gratitude to Dr. Pradeep B.S. by the chairpersons.



Figure 29: Interaction with the audience during session.



Figure 30: Scientific session by Dr. Santhosh Hanumanthappa

Oral / Full Paper / E Poster Presentations



Figure 32: Poster presentation by delegates.



Figure 31: Oral presentation by delegates.



Figure 33: Poster presentation by delegates.





Stalls & Exhibition



Figure 34: Stalls set up by not-for-profit entities/ Cooperative societies.



Figure 35: Stalls set up by not-for-profit entities/ Cooperative societies.



Figure 36 : Stalls set up by not-for-profit entities/ Cooperative societies.

Conference Day 2

Scientific sessions



Figure 37: Scientific session by Mrs Vidya and team.



Figure 38: Handing over a memento of gratitude to Mrs Vidya and team by the chairpersons.



Figure 39: Scientific session by Dr. Krishna Dwivedi



Figure 40: Scientific session by Dr. Krishna Dwivedi



Figure 42: Scientific session by Dr. Prathima Kini



Figure 41: Handing over a memento of gratitude to Dr. Prathima Kini by the chairpersons.



Figure 43: Scientific session by Dr. Veena Acharya



Figure 44: Handing over a memento of gratitude to Dr. Veena Acharya by the chairpersons.



Figure 46: Audience asking questions to the resource persons.

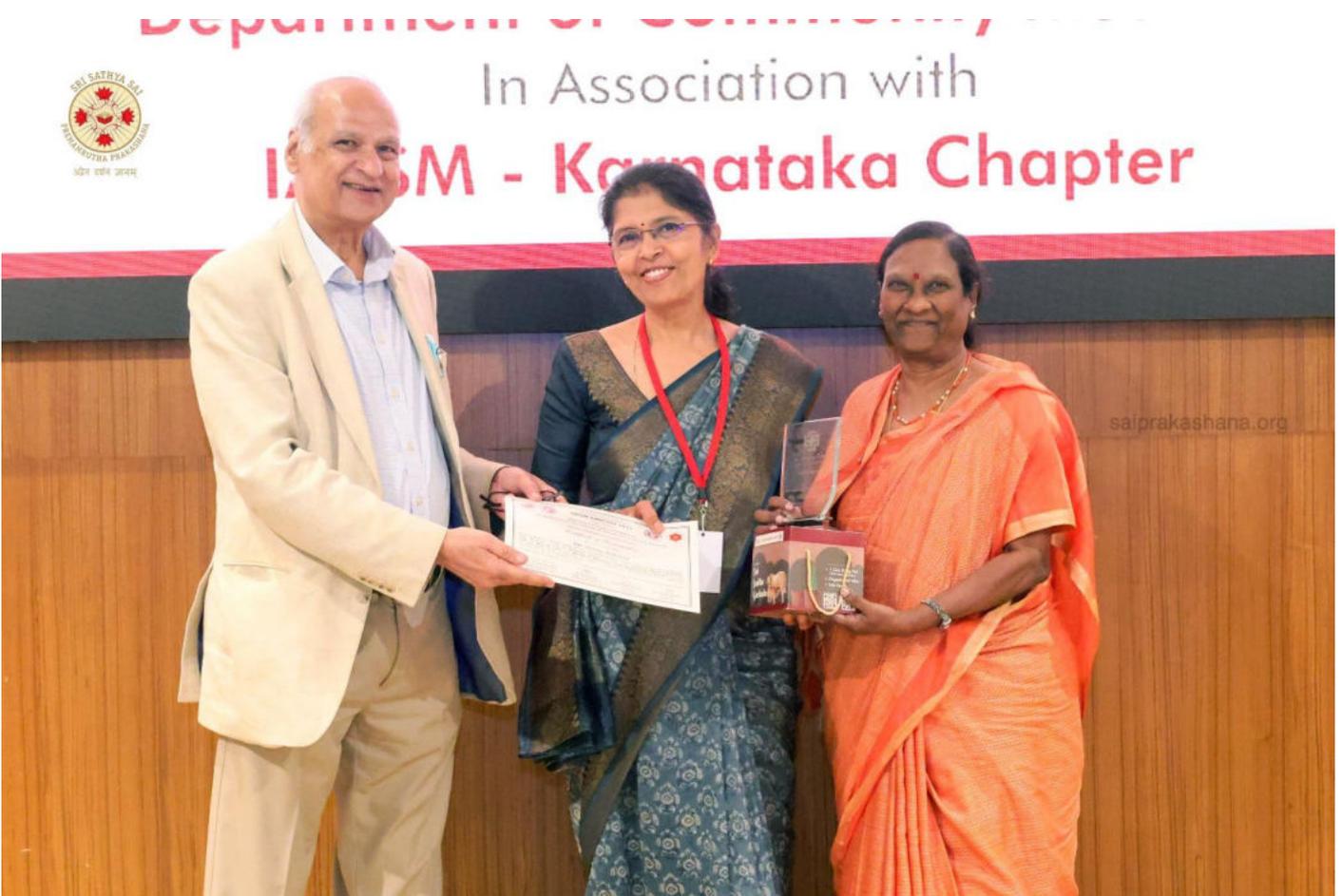


Figure 45:: Handing over a memento of gratitude to Dr. Veena Acharya by the chairpersons.



Figure 48: Scientific session by Dr. Sharang Wartikar



Figure 47: Handing over a memento of gratitude to Dr. Sharang Wartikar by the chairpersons.



Figure 49: Scientific session by Dr MR Seetharam



Figure 50: Scientific session Dr Kumar GS

IAPSM KARCON 2025 - Post Graduate Quiz Competition



Figure 51: Final round of PG quiz.



Figure 52: Quiz Masters for PG quiz.

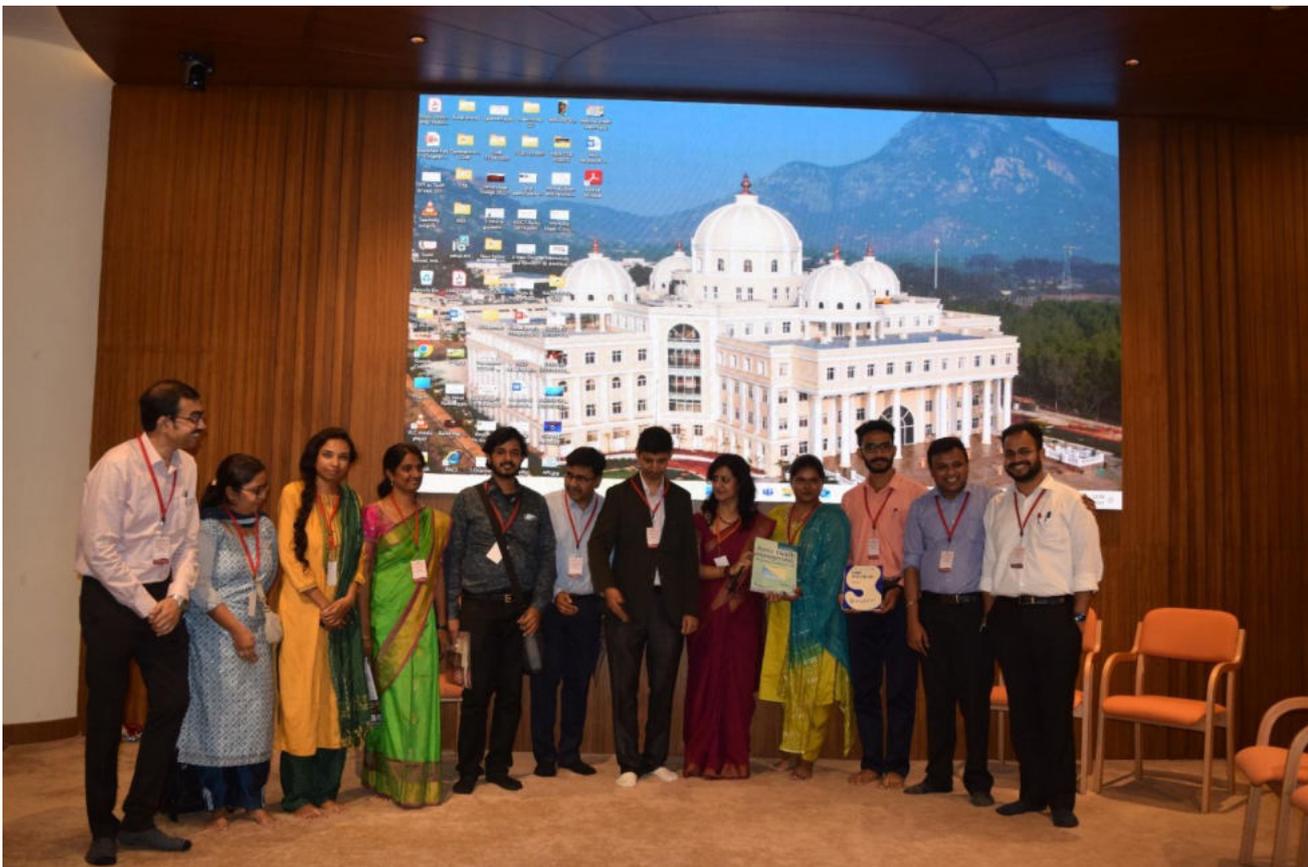


Figure 52: All Quiz finalists.



Figure 533: Book release during PG Quiz



Figure 544: Winners of PG Quiz



Figure 555: Winners of PG Quiz

Acknowledgements:

The Organizing Committee extends heartfelt gratitude to the Management, Directors, Medical Superintendent, COO, CFO, and CSR team of SMSIMSR, the IAPSM-KSC leadership, resource persons, delegates, volunteers, and all supporting departments for their constant support, guidance and invaluable contributions to the success of IAPSM KARCON 2025.

Report of Inaugural Function of IAPSM KARCON 2025 in Kannadaprabha:



ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ ಸತ್ಯ ಸಾಯಿ ಗ್ರಾಮದಲ್ಲಿ ನಡೆದ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಶ್ರೀ ಸಾಯಿ ಸಲಹೆ | ವಿವಿಧ ಕ್ಷೇತ್ರಗಳ ಸಾಧಕರಿಗೆ ಪುರಸ್ಕಾರ

ಯುವಜನತೆ ಆರೋಗ್ಯ ರಕ್ಷಣೆಗೆ ಒತ್ತು ನೀಡಬೇಕು

• ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಬೆಳ್ತೂಳಾಪುರ
ಬದಲಾದ ಜೀವನಶೈಲಿಯಿಂದಾಗಿ ಮಧು ಮೇಹ ಮತ್ತು ಬೊಟ್ಟು ಮುಂತಾದ ಕಾಯಿಲೆಗಳು ಮನುಷ್ಯನ ಸಾಮಾನ್ಯ ಜೀವನದಲ್ಲಿ ಕಾರಣವಾಗುವ ಸಾಧ್ಯತೆಯಿದೆ ಎಂದು ಸದ್ಗುರು ಶ್ರೀ ಮಧುಸೂದನ ಸಾಯಿ ಆತಂಕ ವ್ಯಕ್ತಪಡಿಸಿದರು.
ತಾಲ್ಲೂಕಿನ ಮುದ್ದೇನಹಳ್ಳಿಯ ಸತ್ಯ ಸಾಯಿ ಗ್ರಾಮದಲ್ಲಿ ನಡೆಯುತ್ತಿರುವ 'ಒಂದು ಜಗತ್ತು ಒಂದು ಕುಟುಂಬ' ವಿಶ್ವ ಸಾಂಸ್ಕೃತಿಕ ಮಹೋತ್ಸವ'ದ 28ನೇ ದಿನದಂದು ಇವಿಎಸ್‌ಎಂ-ಕರ್ನಾಟಕ 2025 ಕರ್ನಾಟಕ ಚಾರ್ಟರ್ಡ್ 5ನೇ ಸಮಾವೇಶಕ್ಕೆ ಚಾಲನೆ ನೀಡಿ ಮಾತನಾಡಿದರು.
ದೈಹಿಕ, ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮುಖ್ಯ: ದೇಶದ ಉತ್ಪಾದಕತೆಯನ್ನು ಹೆಚ್ಚಿಸಬೇಕಾದರೆ



ಬೆಳ್ತೂಳಾಪುರ ತಾಲ್ಲೂಕಿನ ಮುದ್ದೇನಹಳ್ಳಿಯ ಸತ್ಯ ಸಾಯಿ ಗ್ರಾಮದಲ್ಲಿ ನಡೆದ ಸಮಾವೇಶದಲ್ಲಿ ಸದ್ಗುರು ಶ್ರೀ ಮಧುಸೂದನ ಸಾಯಿ ಮಾತನಾಡಿದರು.

ಯುವಜನರು ಆರೋಗ್ಯವಾಗಿರಬೇಕು. ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಯೋಗಕ್ಷೇಮವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬೇಕು. ಇದು ಉತ್ಪಾದನೆಗೆ ಉತ್ತೇಜನ ನೀಡುತ್ತದೆ. ಆಯುರ್ವೇದವು ಕೇವಲ ದೈಹಿಕ ಸಮಸ್ಯೆಯಗಳನ್ನಷ್ಟೇ ಪರಿಹರಿಸುವುದಿಲ್ಲ.

ಅದು ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಆಯಾ ಮನವನ್ನೂ ಒಳಗೊಂಡಿದೆ. ಉತ್ಪಾದಕ ಕಡಿಮೆಯಾದರೆ ದೇಶದ ಜಿಡಿಪಿಯು ಶೇ 1 ರಿಂದ 2 ರಷ್ಟು ಕುಟುಂಬವು ಕೇಂದ್ರ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸಚಿವಾಲಯವು

ಅನೇಕಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಜಾರಿಗೊಳಿಸುತ್ತಿವೆ ಎಂದು ಏನು ಹೇಳಿದರು.
ಸಾಧಕರಿಗೆ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕಾರ: ಈ ವೇಳೆ ಮೈಸೂರಿನ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಸಂಶೋಧನಾ ಸಂಸ್ಥೆಯ ಕಮ್ಯೂನಿಟಿ ಮೆಡಿಸಿನ್

ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರೊಫೆಸರ್‌ಡಾ ಸುಮಂತ್ ಅವರಿಗೆ 'ಯುವ ವಿಜ್ಞಾನಿ' ಪುರಸ್ಕಾರ, ನಿಮ್ಮನ್ ನ ಮಾಜಿ ನಿರ್ದೇಶಕ ಡಾ.ಗೋಪಾಲಕೃಷ್ಣ ಗುರುರಾಜು ಅವರಿಗೆ ಭಗವಾನ್ ಸತ್ಯ ಸಾಯಿ ಬಾಬಾ ಮೆಮೋರಿಯಲ್ ಒರೇಷನ್ ಪುರಸ್ಕಾರ ಹಾಗೂ ಶ್ರೀ ಮಧುಸೂದನ ಸಾಯಿ ವೈದ್ಯಕೀಯ ವಿಜ್ಞಾನ ಮತ್ತು ಸಂಶೋಧನಾ ಸಂಸ್ಥೆಯ ಪ್ರೊಫೆಸರ್‌ಆಕ್ಟೋರಾವ್ ಜಿ ಕುಲಕರ್ಣಿ ಅವರಿಗೆ ಜೀವಮಾನ ಸಾಧನ ಪುರಸ್ಕಾರ ನೀಡಿ ಗೌರವಿಸಲಾಯಿತು.
ಭಾರತಕ್ಕೆ ಒಂದು ದೇಶದ ರಾಯಭಾರಿ ಆಗಿರುವ ಅಲಾಯ್ ಬಜಿಂದಾಪಿ, ದಕ್ಷಿಣ ಆಫ್ರಿಕಾಗೆ ಒಂದು ರಾಯಭಾರಿ ಅಲೆಕ್ಸಿಸ್ ಬುಕುರು ಸೇರಿದಂತೆ ಒಂದು ದೇಶದ ಪ್ರತಿನಿಧಿಗಳು ತಮ್ಮ ಅನುಕಂಪನೆ ಹಂಚಿಕೊಂಡರು.