



KSMDDAA

VARTHEGALU

1st Edition, September, 2023





KSMDDAA

VARTHEGALU

KSMDDAA is a Not-for-profit Organization

PRESIDENT'S MESSAGE

Dear Family and Friends,

I am delighted to proudly unveil the inaugural edition of our newsletter.



I want to express my heartfelt gratitude to all the dedicated individuals who have contributed to the creation of this newsletter. It is a testament to the hard work, commitment, and shared vision in bringing this project to fruition.

As we embark on this new venture, we aim to foster greater communication, transparency, and engagement. My vision for this newsletter extends beyond just delivering information; it aspires to be a source of inspiration, fostering unity, and a sense of belonging.

I encourage you all to actively engage with this publication. Share your ideas, your stories, and your suggestions. This newsletter belongs to each one of us, and your involvement will play a pivotal role in shaping its future.

Once again, thank you for your unwavering support and enthusiasm. I look forward to witnessing this newsletter become a powerful tool that unites us as we work toward a brighter future together.

With warm regards,

M.S. Krishna
President. KSMDDAA.

Without continual growth and progress, such words as improvement, achievement, and success have no meaning."
— Benjamin Franklin

NOTE FROM THE PRESIDENT ELECT

Dear friends,

As the president elect of KSMDAA, on the occasion of our newly launching magazine, I'm thrilled to embark on this creative journey.

Our vision is to craft a publication that transcends the ordinary, offering readers insightful, thought-provoking content.

I emphasize our commitment to quality, innovation, and engagement. We aim to curate captivating stories, exploring diverse perspectives, and celebrating the beauty of the human experience.

With a team of talented writers and photographers in KSMDAA we'll capture the essence of each topic, from our culture and science to art and lifestyle.

We invite our KSMDAA members to join us on this adventure, as we delve into the depths of knowledge, entertain, and inspire. KSMDAA magazine will be a source of enlightenment, fostering friendship connections and nurturing intellectual curiosity.

Together, we'll create a publication that leaves a lasting impact on our KSMDAA community.

Yours sincerely
Haravu Lokesh.

Delightful it is to know that KSMDAA is coming out with quarterly Newsletter. A valuable channel, a practical platform for all the KSMDA members to be in touch with each other, and a place to share pertinent news insights and stories with each other.

Novel idea it is to start a singular newsletter for KSMDAA group/
To keep each and every member near and far in the loop/
Encouraging to share their valued insights inputs and the wisdom/
For the evolution of everyone for years and years to come/

Congratulations to Dr. Krishna Dr. Lokesh HARAVU for launching
"KSMDAA VATRHEGALU"

ಯಶಸ್ಸಾಗಲಿ ಪ್ರಕಾಶವಾಗುತ್ತಿರುವ KSMDAA ಸಮಾಚಾರ ಪತ್ರಿಕೆ/
ಸ್ಪೂರ್ತಿಯಾಗಿರಲಿ ಮುಂಬರುವ ಮೊದಲನೆಯ ಸಂಚಿಕೆ/
ಪ್ರತಿಷ್ಠಾನವಾಗಿರಲಿ ಹೊರಬರಲಿರುವ ಪ್ರಪ್ರಥಮ ಸಂಚಿಕೆ/
ಓದುಗರ ಬೆಂಬಲದಿಂದ ಅಭಿವೃದ್ಧಿಸಲಿ ವರುಷ ವರುಷವು/
ಭಾವಪೂರಕ ಅಭಿನಂದನೆಗಳು ಅಭಿಮಾನಪೂರ್ವಕ ಶುಭಾಶಯಗಳು
ಹೃದಯ ಪೂರ್ವಕ ಶುಭಾಶಯಗಳು ಆತ್ಮಪೂರಕ ಅಭಿನಂದನೆಗಳು/

Mittur N Ramprasad

Dr H K Chandrashekar and Sreedevi Chandrashekar

Senior most active member



Dear Dr H K Chandrashekar,

Your commitment has been truly inspiring, and we appreciate your invaluable efforts in making our association thrive and to your contributions to our society.

Well done, Sir!

Thank you,
KSMDAA



Dental Student to A Director: **An Inspiring Life Story:**

Dr K.S. Nagesh



Founder, Principal, R V Dental College,
Bangalore

Former Director, Rajiv Gandhi Institute of
Public Health & Centre for Disease Control

Few Achievements

- 1) 47 + years of Dental Services and ongoing...
- 2) Received Vincent's gold medal for securing the overall highest in BDS.
- 3) He has done his Master of Dental Surgery in oral medicine and radiology, and Bachelor of Dental Surgery from Bangalore University in 1975 and 1969 respectively.
- 4) Dr. Nagesh has been conferred with the prestigious award Doctor of Science honoris causa by the Rajiv Gandhi University of Health Sciences Karnataka in 2019.
- 5) He has also been conferred with the highest civilian Award of Karnataka which is the Karnataka Rajyotsava Award in Medicine in 2005.
- 6) He served as director of Rajiv Gandhi Institute of Public Health and Center for Disease Control RDHS Karnataka.
- 7) Professor and HOD for the Department of Oral Medicine and Radiology and Principal for RV Dental College Bangalore
- 8) Dr.Nagesh also led Bangalore Health City Initiative a tri-sector partnership between the government private sector and Civil Society to provide preventive Cardiology care to 6000 sanitary workers of the Bangalore City Corporation and 16,000 employees of KRCTC.

EXECUTIVE COMMITTEE



M. S. Krishna, M.D.
President



Laxman Prasad, DDS.
Vice President



Ramesh Gowda, DDS
Vice President



Renuka Ramappa, M.D.
Vice President



Lakshmi Prasad, M.D.
Secretary



Haravu Lokesh, M.D.
President Elect



Rajeswari Sonni, M.D.
Past President

ಬುದ್ಧ

ಜಗವೆಲ್ಲಾ ಮಲಗಿರಲು
ತಾನೊಬ್ಬನೆದ್ದಿದ್ದ
ವ್ಯಥಿಸಿ ಚಿಂತಿಸಿ ತೊಳಲಿ
ಅವ ಬಳಲಿದ್ದ.
ಹಸುಗೂಸಿನ ಚರ್ಮಕೆ ಸುಕ್ಕಿಂದರೇನು ?
ಸುಂದರಾಂಗ - ನೆಯರಿಗೆ
ಮುಪ್ಪಿಂದರೇನು ?
ತಾನೇ ಎಲ್ಲಾ ಎಲ್ಲವೂ ತನ್ನದೆಂಬ
ಅಹಂಗೆಲ್ಲಿ ಅಂತ್ಯ ?
ರೋಗ ರುಜಿನ ಬಡವ ಶ್ರೀಮಂತರ
ಅಸ್ತಿತ್ವದ ಹಿಂದೇನು ರಹಸ್ಯ ?
ಕಾಲ ಚಕ್ರ ಮಹಿಮೆಯಲಿ
ಜ್ಞಾನ ಬೆಳಕು ಕಂಡವನು
ಜಗಕೆ ಸಾರಿದಾ ಸತ್ಯ
ಇಹ ರೂಪ-ಇಹ ಲೋಕ
ಎಂದಿಗೂ ಮಿಥ್ಯ
ಕರುಣೆ ಅನುಕಂಪ ಪ್ರೀತಿ
ಎರವ ಸುಖವಷ್ಟೇ ನಿತ್ಯ.

- ಡಾ. ಹರವು ಲೋಕೇಶ್.





Dr. Swarna Lokesh - Mt Kilimanjaro

As published in Times of India,
August 1st, 2023, Bengaluru



Age is just a number for Dr Swarnamba Lokesh. The 63-year-old wanted to prove this to herself and others when she planned to climb Mount Kilimanjaro in Tanzania. The US-based woman from Hassan climbed to the peak in eight days to send a message to senior citizens on maintaining fitness and staying active. She was accompanied by her daughter Sneha Palegar, Dr Shivaram HV from Bengaluru and his daughter Chandana.

An alumni of Mysuru Medical College and Research Institute, she said: "Five years ago, I trekked to Mount Kailash. This was the first such task in these five years. Even though trekking, mountaineering are not new to me, climbing Mount Kilimanjaro was very challenging. I took up mountaineering to show the world age is just a number and one should not feel age is a constraint to take up trekking or mountaineering".

Dr Swarnamba, a gold medalist, is married to Dr Lokesh from Mandya. After serving in several countries, she settled in the US and retired after 20 years of service in Florida. On the Kilimanjaro expedition, she said she started preparations six months ago for the trek that began on July 11 and ended on July 18. "Our crew had 25 people, including the four of us. I worked out for nearly six hours a day, which included yoga, gym, walking, etc," she said.

"The day before our last leg of mountaineering towards Uhuru peak, we slept at 5pm and got up at 11pm. We reached Stella point around 6am and after another one-and-a-half hours we reached the peak. We were not allowed to spend more time there. While returning, we reached the base camp in two days," she said.

"What surprised me was the ease with which locals climb the mountains with difficult terrains. I wanted to send a message to all that if we maintain fitness, any task will not become difficult for senior citizens," she said.

Dr Shivaram, the 65-year-old surgeon, who was also part of the trek, hails from Basarikatte near Sringeri in Chikkamagaluru district. I spent my school days in the difficult terrain of Chikkamagaluru, so, I don't find trekking or mountaineering difficult, he said. "In my childhood, I walked 3-4 kms to reach my school every day. In May 2023, I trekked to Deo Tibba in the Himalayas. I go mountaineering regularly," he said.

Dr Swarnamba's friends and family say they are proud about her achievement. "She takes life's challenges very positively. Even today she is actively engaged in activities like yoga, dance," said her sister Nagamani Prasad.

KSMDAA Convention Photos

Held on April 21st and 22nd, 2023, Clearwater, Florida

Recently concluded (April 21st and 22nd of 2023) KSMDAA Bi-annual conference in Wyndham Grand Hotel of Clearwater Beach, Florida was a grand success under the leadership of President Dr Krishna and the team, by all measures.

Nearly 300 delegates from all over the country attended the conference. We had an excellent CME, conducted by Dr. Sathish Babu, who had assembled outstanding speakers from different faculties of medicine, which included speakers from India as well.

Yoga, Zumba on the beach, Cultural events, Food, and entertainment(by local talents and Artists from India) on both days were the talk of the town!

Highlight of the event was the active participation, radiant smile, and the pure joy that was ever so obvious among participants when they mingled with their good old friends, made all our months of efforts worth it.

We take this opportunity to thank each, and everyone of the office bearers, volunteers who worked very hard for the success of the conference, and the attendees for having made the event a success.

We look forward to see you all and many more of our comrades who are here in USA, at the future KSMDAA conferences.

Yours sincerely,
Haravu Lokesh

















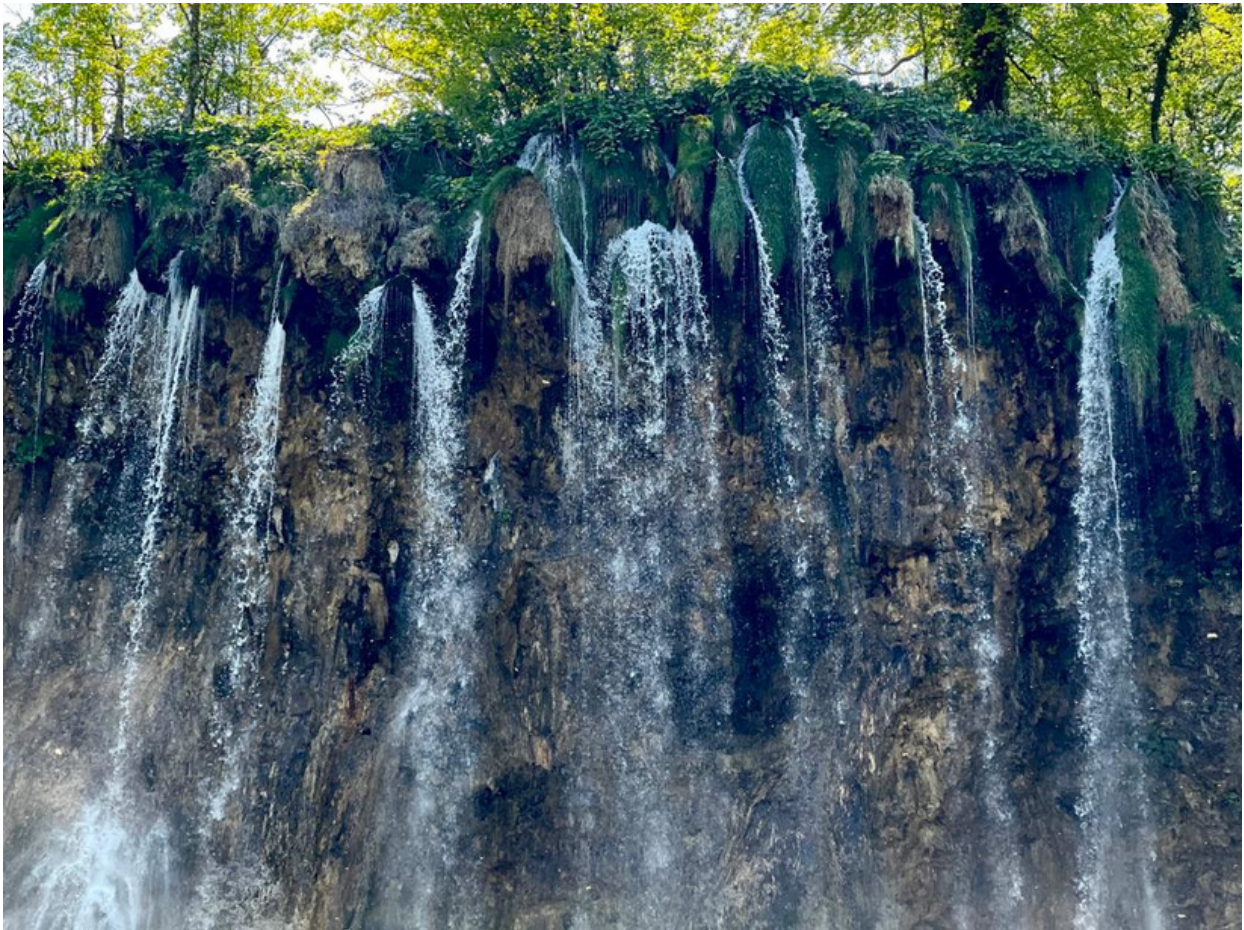


Please visit our website for more convention photos:
<https://www.ksmdusa.org/2023-convention-photos>



BALKAN TOUR - MAY, 2022





KSMDAA President's Message for Navika Event held on September 1st to 3rd, 2023 in Austin Texas

Dear KSMDAA Family and Friends,

I hope this message finds you all in good health and spirits. I am pleased to share that our team has been working diligently on various fronts:

- Contract with I.T. signed. We have a dedicated person working for KSMDAA.
- Bylaws are updated and on our website.
- The centenary celebration of Mysore Medical College is tentatively scheduled for September 23 and 24, 2024. KSMDAA will participate. Working on details.
- M.M.C. Alumnus is working on several different activities, get-togethers, donations, etc. For all details please contact or join the M.M.C. Blog. [KSMDAA will participate and do like what we did during the BMC celebration]
- Need volunteers to serve on the following committees [starting January 2024] four regional directors representing different geographical parts of the us and youth directors.
- .Four directors one of each representing the alumni members of Bangalore Medical College, Mysore Medical College: [Dr.Sathya kanagal], Government Dental college GDC: [Dr.Rammohan] and one representing the rest of the Karnataka state medical and dental colleges.
- Will have a general body, B.O.T, and Executive Committee meeting in October.

Let us come together to share, celebrate achievements, and pave the way to make our KSMDAA better.

“Alone we can do so little: Together we can do so much”

Thank you, best wishes.

M.S. Krishna



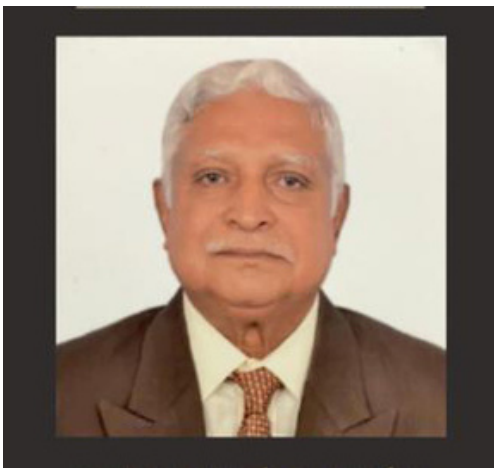
OBITUARIES



Dr. M.L. Narayan



Dr. Jayaram



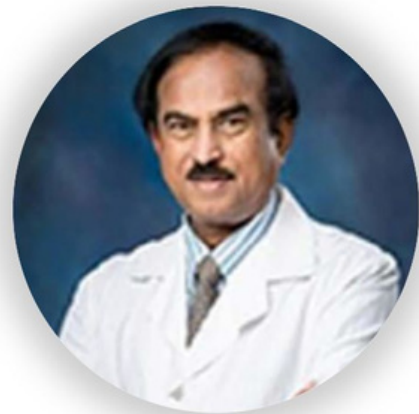
Dr. K.M. Srinivas Gowda



Dr. Venu gopal



Dr. Nagu B. Krishnappa



Ram Krishna



Note for Members

Dear KSMDAA Members,

We encourage our talented members to contribute and to share your insights, expertise, and creativity with short articles, poems, stories.

Special recognition awards from your Medical or Dental society. Your unique perspectives make our magazine truly special.

Submission Guidelines:

- Article Length: maximum one page.
- Submission Deadline: December 1st, 2023
- Format: Word document or PDF

To submit your article or if you have any questions, please email us at **ksmd.communication@gmail.com**

We look forward to reading your contributions and making our next issue a memorable one.

Best regards,
KSMDAA Committee

ನಗುವು ಸಹಜದ ಧರ್ಮ; ನಗಿಸುವುದು ಪರಧರ್ಮ |
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ಬೇಡಿಕೊಳೊ - ಮಂಕುತಿಮ್ಮ
- ಡಿವಿಜಿ

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