

8TH BIENNIAL CONFERENCE



AMCANA 2026

ANDHRA MEDICAL COLLEGE
ALUMNI OF NORTH AMERICA

ONE HERITAGE.
ONE PURPOSE.
ONE GLOBAL FAMILY.



WASHINGTON, DC

JULY 31 – AUGUST 2, 2026

HYATT REGENCY DULLES

2300 DULLES CORNER BLVD, HERNDON, VA 20171, UNITED STATES

LEGACY

LEARNING

LEADERSHIP



8TH BIENNIAL CONFERENCE AMCANA 2026

ANDHRA MEDICAL COLLEGE
ALUMNI ASSOCIATION OF NORTH AMERICA

PROGRAM AT A GLANCE

FRIDAY, JULY 31, 2026



05:00 PM – 08:00 PM Welcome, Registration, and Light Snacks

SATURDAY, AUGUST 1, 2026



ALL DAY

07:30 AM – 09:30 AM Breakfast

08:00 AM – 12:30 PM CME

01:00 PM – 02:00 PM Lunch and Oration

01:00 PM – 02:00 PM Dr. Dasaradharam Memorial Oration

02:00 PM – 03:00 PM General Body Meeting

05:00 PM – 06:30 PM Cocktails, Snacks, Meet and Greet (Class Photos)

06:30 PM – 08:30 PM MAIN PROGRAM

- President's Speech
- Chief Guest: Lt. Gov. of Maryland Aruna Miller
- Guest of Honor: Dr. KVSM Sandhya Devi, Principal of AMC
- Chairman's Message
- Honoring Super Seniors
- Award Ceremony

08:30 PM Banquet Dinner

09:00 PM Fashion Show followed by Cultural Programs

SUNDAY, AUGUST 2, 2026



08:30 AM – 11:30 AM Brunch

09:00 AM – 10:00 AM Physician Financial planning by Sanjay Prasad

Reunite. Reconnect. Reignite.

CELEBRATING OUR HERITAGE | STRENGTHENING OUR COMMUNITY | SHAPING OUR FUTURE





A Message to AMCANA

LEADERSHIP ROOTED IN SERVICE,
COMMUNITY, AND SHARED HERITAGE.



Dear AMCANA,

It is a great pleasure to extend my warmest greetings to everyone attending the Andhra Medical College Alumni of North America (AMCANA) Annual Conference.

This gathering is especially meaningful to me. As an Andhra Pradesh native, I have a deep appreciation for the rich educational traditions, resilience, and spirit of service that have shaped generations of leaders from our region.

It is inspiring to see Andhra Medical College alumni carrying those values across the globe while remaining committed to giving back to the institution and communities that helped shape their journeys.

Your mission—advancing quality education and healthcare, meaningful fellowship, and medical research while supporting charitable healthcare initiatives in both India and the United States is a remarkable example of service without borders.

Your dedication to Andhra Medical College, King George Hospital, and underserved communities improves lives, strengthens institutions, and creates opportunities for future generations of physicians and healthcare professionals.

As Lieutenant Governor of Maryland, I am proud that our state is home to so many accomplished physicians, researchers, educators, and innovators whose work advances the health and well-being of our communities every day.

The Indian American community, including so many alumni of Andhra Medical College, has enriched Maryland through leadership, compassion, and an unwavering commitment to excellence.

Although many of you have built successful lives and careers in the United States, your continued investment in your alma mater and in the people of Andhra Pradesh demonstrates that true leadership is measured not only by professional achievement, but also by a willingness to lift others.

Your enduring commitment to service reflects the very best of both the medical profession and our shared heritage.

Thank you for all that you do to strengthen communities across continents. I wish you a memorable conference and continued success in your important mission.

Sincerely,

Aruna Miller

LIEUTENANT GOVERNOR OF MARYLAND



DR. K. V. S. M. SANDHYA DEVI

Principal & Additional Director
of Medical Education
Andhra Medical College,
Visakhapatnam

“As we embark into the next century of Andhra Medical College, Research plays a vital role.”

OUR LEGACY



Nearly a century of excellence in medical education and healthcare



Generations of dedicated physicians and healthcare leaders



A strong partnership with our alumni across the globe



Transforming today for a brighter tomorrow

A LEGACY OF EXCELLENCE. A VISION FOR THE FUTURE.

It gives me immense pleasure to extend my warm greetings to the members of the Andhra Medical College Alumni Association of North America (AMCANA) and all the esteemed alumni of Andhra Medical College on the occasion of this reunion and the release of the AMCANA Souvenir.

For nearly a century, Andhra Medical College has remained a beacon of excellence in medical education, patient care, research, and community service. As one of India's oldest and most respected medical institutions, it has nurtured generations of dedicated physicians, surgeons, academicians, researchers, and healthcare leaders who have served society with distinction, both in India and across the globe.

The true strength of any institution lies in the enduring bond it shares with its alumni. The relationship between Andhra Medical College and its alumni is one of deep pride, affection, and mutual commitment. Your unwavering support and generosity have played a transformative role in the continued growth and development of your alma mater.

The magnificent Centenary Alumni Building stands as a proud symbol of this extraordinary partnership. As we embark into the next century of Andhra Medical College, Research plays a vital role. AMCANA came forward establishing the clinical and biomedical research center at AMC. Beyond this landmark achievement, the collective efforts of AMCANA and our alumni have contributed immensely to the modernization of classrooms, improvement of student hostels, upgradation of the Ladies' Hostel kitchen, renovation of sanitation facilities, establishment of gyms in the Men's and Ladies' Hostels, strengthening of departmental infrastructure, and several other initiatives that have significantly enhanced the academic and residential environment of our students. The ongoing installation of a lift in the historic Panagal Building further reflects our shared commitment to making the campus more accessible and inclusive.

Medical education is evolving rapidly under the Competency-Based Medical Education (CBME) curriculum, demanding innovative teaching methodologies, technology-enabled learning environments, simulation-based training, and world-class infrastructure. As we look towards the future, one of our major aspirations is the establishment of a state-of-the-art Lecture Hall Complex that will provide modern, digitally enabled learning spaces befitting the aspirations of today's students and the stature of Andhra Medical College. I am confident that, with the continued support of the Government of Andhra Pradesh and the enduring partnership of our alumni across the world, this vision will soon become a reality.

As Andhra Medical College approaches its centenary, we reaffirm our commitment to preserving our rich heritage while embracing innovation, excellence, and global standards in medical education and healthcare. Together, let us continue to build an institution that inspires future generations and remains a source of pride for every alumnus.

I congratulate the editorial team on bringing out this wonderful souvenir, which celebrates the remarkable journey of our institution and the invaluable contributions of its alumni. May this publication further strengthen the lifelong bond between Andhra Medical College and its global family.

On behalf of the faculty, students, and staff of Andhra Medical College, I express my heartfelt gratitude to AMCANA and every alumnus for your unwavering commitment, generosity, and continued support.

I wish the reunion every success and look forward to many more years of meaningful collaboration in taking Andhra Medical College to even greater heights.

With warm regards,

R. V. S. M. Sandhya Devi

Dr. K. V. S. M. Sandhya Devi

Principal & Additional Director of Medical Education
Andhra Medical College, Visakhapatnam



AMCANA

ANDHRA MEDICAL COLLEGE
ALUMNI ASSOCIATION
OF NORTH AMERICA

PRESIDENT'S MESSAGE



DR. MANIKYAM MUTYALA

MBBS, MS, CLASS OF 1987
PRESIDENT AMCANA 2024 TO 2026

Dear AMCANA Family,

My journey at Andhra Medical College began in 1987 and continued through June 1999, culminating in my MBBS and MS in General Surgery. Those twelve years remain among the happiest and most memorable years of my life. It was during this time that I formed friendships that have lasted a lifetime.

AMC created a unique sense of community. Seniors five years ahead of us and juniors five years behind us became our friends, mentors, and extended family. Many distinguished teachers, mentors, seniors, and classmates played an important role in shaping the person and physician I became. Andhra Medical College will always hold a special place in my heart and soul.

While studying at AMC, many of us were not fully aware of the institution's rich history and past glory, including landmarks such as the dog research laboratory located next to the Emergency Room block. My father-in-law, the late Dr. Gavarsana Satyanarayana garu of the 1954 batch, frequently spoke with great pride about AMC and its distinguished legacy. He was also the first person to tell me about AMCANA. I attended my first AMCANA meeting in Orlando, Florida, in 2010. Today, it is both an honor and a privilege to lead this remarkable organization.

I fondly remember helping Dr. Rajagopal Nandyala and Dr. Sriram Sonty at the registration desk during the Florida meeting, as well as attending backyard meetings hosted by Dr. Ram Mohan Kairam with Dr. Pedaveera Raju, who was serving as AMCOSA President at the time. Over the years, I have been deeply impressed by the extraordinary dedication and personal time contributed by AMCANA's past presidents and executive committees.

Dr. Malla Reddy has become a true pillar of AMCANA through his work in developing the AMCANA website, strengthening global alumni connections, and creating a comprehensive membership registry.

The Andhra Medical College Centennial Academic Block project brought AMCANA and AMCOSA together in an unprecedented way. Dr. RaviRaju Tatapudi, Dr. Radha Tatapudi, Dr. Seetaramayya Nagula, Dr. Ravi Sarma, Dr. Prasad Chalasani, and the entire CAB Committee made tremendous sacrifices to transform this dream into reality.

The dedication of Dr. Ravi Sarma and Dr. Seshu Sarma garu in producing Stars of AMC and the AMC coffee-table book was equally remarkable. These publications are invaluable treasures that preserve the history, achievements, and spirit of our institution.

The vision shared by Dr. Ravi Sarma and Dr. Prasad Chalasani for a dedicated research building will create enormous opportunities for future generations of students, physicians, and researchers. Dr. G. Butchi Raju and Dr. S.N.R. Naveen are doing an incredible job of moving this project forward and ensuring its completion ahead of schedule.

Over the years, countless donors have generously supported projects at AMC and King George Hospital, helping AMCANA fulfill its mission. Every contribution, whether large or small, is meaningful and makes a lasting difference.

Our 8th AMCANA Conference, to be held in Washington, D.C., from July 31 through August 2, 2026, should mark a new beginning for the next generation. This year, we have introduced additional cultural programs designed to engage Millennials and Generation Z. For the first time, our CME program will feature six speakers covering a diverse range of timely and interesting medical topics.

I sincerely thank the Washington, D.C., Organizing Committee, my Executive Committee for its relentless support, and our Board of Trustees for its invaluable guidance. My humble request to all AMC alumni is to continue attending our meetings whenever possible and to help transform what was once a one-day gathering into a meaningful long-weekend experience. Please share your AMCANA experiences through your class social-media groups and encourage your classmates and fellow alumni to become active members of the organization.

Andhra Medical College was the first stepping stone that enabled each of us to reach the heights we have achieved. It is our collective responsibility and privilege to give back to our alma mater. I will remain forever indebted to Andhra Medical College and King George Hospital. I warmly welcome our incoming President, Dr. Nirmala Pichika and thank past president Dr. Myneni Nagendra for all the help and guidance. I assure her, the incoming Executive Committee, and the Board of Trustees of my continued and unwavering support.

Sarve Jana Sukhino Bhavantu.

May all people everywhere be happy and prosperous.

Manikyam Mutyala

CHAIRMAN'S MESSAGE



OUR STRENGTH
LIES IN OUR NUMBERS,
OUR SHARED BACKGROUNDS,
AND OUR COLLECTIVE DESIRE
TO RECONNECT,
BUILD NEW FRIENDSHIPS,
AND UPLIFT OUR
ALMA MATER.



It is a profound honor and privilege to serve as Chairman of this remarkable organization. Andhra Medical College holds a special and invaluable place in my life. My journey began in 1981 — a young medico filled with pride, excitement, and the joy of lifelong friendships. Like many of us who came from humble beginnings, we built successful careers through dedication, perseverance, and the opportunities that shaped our lives both in India and here in the United States.

My early involvement with AMCANA formally began in 2006 as an Executive Committee member, followed by organizing our first AMCANA convention in Orlando in 2010. Since then, I have had the privilege of serving in multiple roles — President, Chairman, and Chair of the AMCANA CAB Committee. Along the way, I have met some of the finest individuals of my life, and the inspiration I draw from this community continues to grow. Together, we have completed numerous impactful projects, including the major CAB initiative, and now we embark on the exciting development of a Research Center. The generosity of our alumni and their unwavering commitment to strengthening our alma mater is truly commendable.

We now look forward to our 8th Biannual Conference in Washington, D.C., where seniors, juniors, and friends from across the globe will come together. It promises to be a memorable weekend filled with nostalgia, learning, and celebration. I extend my heartfelt gratitude to our organizing committee, the dedicated chairpersons, and every volunteer who worked tirelessly to bring this event to life. I also thank our Executive Committee for their commitment and our Board of Trustees for their guidance. Ultimately, it is our delegates who make the conference vibrant, and your participation is deeply appreciated. We hope to exceed your expectations.





CHAIRMAN'S MESSAGE

We are honored to welcome the Lieutenant Governor of Maryland, Aruna Miller, as our Chief Guest, and Dr. Sandhya Devi, Principal of AMC, as our Guest of Honor. We are equally privileged to have Dr. Bobby Mukkamala, President of the American Medical Association, delivering the keynote address. Our distinguished super seniors, along with our esteemed partners Dr. Ravi Raju Garu and Radha Garu, add immense value to this gathering. This year's convention also features an exciting fashion show – “Walk Beyond the White Coat” - creatively organized by Dr. Malini Dasari.

Throughout my journey with AMCANA, countless individuals have guided, supported, and encouraged me. I am deeply grateful to all Executive Committee members, Board members, and especially my classmates from the 1981 batch, whose unwavering support and affection have been with me since the day we entered medical school. My family, and particularly my wife Mydhili, have been a constant source of strength and encouragement in my commitment to AMCANA.

I urge all alumni to continue attending future conventions, participating actively in our initiatives, and contributing generously to our alma mater. Andhra Medical College shaped who we are today – giving back is both a responsibility and a privilege.

Finally, I leave you with a thought: let us bring every AMC alumnus in the United States into the AMCANA family. Our strength lies in our numbers, our shared backgrounds, and our collective desire to reconnect, build new friendships, and uplift our alma mater. I am confident that AMCANA's future is bright under the vision and leadership of the next generation.

Sincerely,

Prasad Chalasi

Prasad Chalasi, MD (81)

Chairman of the Board of Trustees, AMCANA



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From The Editor's Desk

Dear **AMCANA** Family,
It has been a privilege to serve on the AMCANA Executive Committee and Editorial Board over the past two years. I am sincerely grateful for the opportunity to work alongside such a dedicated team, whose enthusiasm and commitment have made every initiative a shared success.



It has been a privilege to serve on the AMCANA Executive Committee and Editorial Board over the past two years. I am sincerely grateful for the opportunity to work alongside such a dedicated team, whose enthusiasm and commitment have made every initiative a shared success.

One of the highlights of this journey has been being part of the team that introduced our quarterly newsletter. It has been heartening to see it evolve into a meaningful way of sharing our alumni stories, achievements, and connections. Thank you to everyone who contributed their time, ideas, and encouragement to make it possible.

As we look forward to the AMCANA Convention in Washington, D.C., from **July 31 to August 2**, I wish everyone a wonderful reunion filled with learning, camaraderie, and cherished memories. May we continue to strengthen the bonds that unite us through our shared roots at Andhra Medical College.

Wishing you all a successful and memorable AMCANA 2026!

Warm regards,

Dr. Sudha N Thota (88)

*Executive Committee Member & Editorial Board
AMCANA*

AMCANA

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LEADERSHIP. SERVICE. LEGACY.



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Myneni**



**Vijaya
Voruganti**

TO OUR INCREDIBLE
DC MEET 2026
ORGANIZING TEAM

Thank You!

Your vision, leadership, and countless hours of dedication over the past few months have made the 8th AMCANA Biennial Meet 2026 in Washington, DC possible.



**Kusuma Kalyani
Nanduri**



Gautamy Gondi



Suneetha Budampati



Seetaramayya Nagula



Sarva Kurella



Sireesha Jalli



Balaji Vutla



Vimala Jayanthi

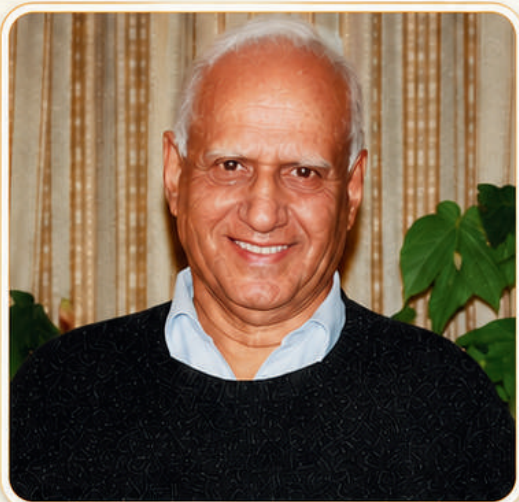
Thank you for your unwavering spirit,
tireless efforts and heartfelt commitment.



Reunite. Reconnect. Reignite.

LIFETIME ACHIEVEMENT AWARD

→ AMCANA 2026 HONOREE ←



“ Once you make a decision,
the universe conspires to make it happen.”

— Ralph Waldo Emerson

Honoring

Dr. Gyan Prakash Sharma (AMC '47)

AMCANA 2026 LIFETIME ACHIEVEMENT AWARD

Dr. Gyan Prakash Sharma (AMC '47), now 99 years old and remarkably active and independent, embodies a life shaped by destiny, discipline, and quiet humility. Born on July 18, 1927, in the hill station of Dalhousie, Himachal Pradesh, young Sharma grew up gazing at the Pir Panjal range and dreaming of what lay beyond it. Inspired by a cantonment surgeon who treated goiter patients free of charge, he chose surgery over his father's wish that he take over the family business. In 1944, against odds of 4,000 applicants for 55 seats, he won a scholarship to Balak Ram Medical College in Lahore.

After three years as an Indian Army medical officer, Dr. Sharma returned to AMC, earned his M.S. in General Surgery, and helped establish Andhra Pradesh's first Experimental Thoracic and Cardiovascular Surgery research unit. A 1963 USAID fellowship took him to the University of Kentucky, and later to the University of Manitoba in Canada, where he earned an M.Sc. in Physiology. He went on to lead the R.O. Burrell Surgical Laboratory at St. Boniface General Hospital in Winnipeg for more than two decades, mentoring generations of researchers and authoring 51 peer-reviewed papers.

Partition upended his plans. As Lahore fell within the newly drawn borders of Pakistan in August 1947, Sharma and his fellow Hindu students fled toward India on foot, hiding by day in sugarcane fields and traveling by night, crossing into Amritsar after six harrowing days. Thanks to transcripts forwarded ahead of him, he was able to continue his medical education at Andhra Medical College in Visakhapatnam, completing his MBBS and marrying his AMC classmate, Dr. Sakuntala, in 1951.

Despite a distinguished career, Dr. Sharma consistently and quietly declined formal honors, choosing instead to donate 34 anatomical specimens to AMC's Department of Anatomy and let his teaching and research speak for themselves.

He and Dr. Sakuntala raised two sons -including Dr. Satish Sharma, Professor Emeritus of Physics and Astronomy at the University of Manitoba - and the family has since grown to include five granddaughters and four great-grandchildren, several of whom have followed him into medicine.

He retired in 1989 at age 62 - and three weeks later flew to Dalhousie to hike, alone, over the Pir Panjal pass he had admired as a boy, finally fulfilling a childhood dream. An avid photographer, nature lover, and lifelong hiker.

Dr. Sharma still credits fate for shaping his extraordinary path from refugee medical student to internationally respected surgeon-scientist. Of his years at AMC, he says simply: "No one can dream of better gurus than we had."

Today, at 99, he remains active and independent - a living testament to the discipline, humility, and resilience that have defined his remarkable journey.



For his half-century of clinical leadership, institution-building, and tireless advocacy for the mental and emotional well-being of his community, AMCANA proudly honors Dr. Gyan Prakash Sharma with its Lifetime Achievement Award.

LIFETIME ACHIEVEMENT AWARD

AMCANA 2026 HONOREE



RVSS Muralikrishna, MD, DLFAPA

Distinguished Life Fellow,
American Psychiatric Association

Clinical Professor of Psychiatry
University of Oklahoma Health Sciences Center

Member, Board of Trustees
Casady School

Oklahoma City, Oklahoma

“Healing unites the mind, body, and spirit.”

A LEGACY OF LEADERSHIP

- Andhra Medical College Graduate, India
- Residency University of Oklahoma Health Sciences Center
- Chief of Staff St. Anthony Hospital
- President & COO INTEGRIS Mental Health
- Founding President James L. Hall Jr. Center for Mind, Body and Spirit
- Arcadia Trails INTEGRIS Center for Addiction Recovery
- Founder Health Alliance for the Uninsured
- President Oklahoma State Board of Health
- Distinguished Life Fellow American Psychiatric Association
- Author *Vibrant: To Heal and Be Whole, From India to Oklahoma City*
- AMCANA 2026 Lifetime Achievement Award

Dr. R.V.S.S. Murali Krishna has spent more than five decades *shaping mental health care* in Oklahoma and championing a vision of healing that unites mind, body, and spirit. Born in India and a graduate of Andhra Medical College, he traveled by way of London before settling in Oklahoma City, where he completed his psychiatry residency at the University of Oklahoma Health Sciences Center and began a career that would make him one of the city's most respected and enduring physicians.

Dr. Krishna built his reputation as a senior psychiatrist known for compassion and a holistic approach to emotional wellness. He served as Chief of Staff at St. Anthony Hospital, a role he had stepped into only months before the 1995 Oklahoma City bombing, an event he has called a defining moment that deepened his lifelong commitment to community healing.

His leadership has shaped many of the region's most important mental health institutions. He served as President and Chief Operating Officer of INTEGRIS Mental Health and is founding president of the James L. Hall Jr. Center for Mind, Body and Spirit, an organization devoted to advancing holistic approaches to wellness. He played a central role in the decade-long effort to open Arcadia Trails, the INTEGRIS center for addiction recovery, where he continues to serve as community ambassador and board member. His advocacy for accessible care led him to found the Health Alliance for the Uninsured and to serve as President of the Oklahoma State Board of Health.

In recognition of his contributions, the American Psychiatric Association named Dr. Krishna a Distinguished Life Fellow, DLFAPA, its highest honor. In 2010, he and his family established the Dr. R. Murali Krishna Family Eliminate the Stigma Award through the INTEGRIS Foundation, supporting individuals and organizations working to end the stigma surrounding mental illness.

Dr. Krishna is also a published author. With Kelly Dyer Fry, former editor of *The Oklahoman*, he wrote *Vibrant: To Heal and Be Whole, From India to Oklahoma City*, an account of his own journey that weaves personal history with reflections on resilience and healing. He remains a sought-after speaker and media commentator on emotional wellness and the mind-body-spirit connection.

Dr. Krishna's ties to this community run deep: he served as AMCANA's President in 1992 and was honored at the AMCOSA 2008 Global Meet.

For his half-century of clinical leadership, institution-building, and tireless advocacy for the mental and emotional well-being of his community, **AMCANA proudly honors Dr. RVSS Muralikrishna with its Lifetime Achievement Award.**

— Synopsis based on a profile compiled by Dr. Sesbu Sarma —



— AMCANA 2024 —

Profile of Legendary Surgeon Lifetime Achievement Award Recipient Honoring a Legend in Urological Surgery

DR. YALLA SUBBARAO (AMC '54)

“

Professor Emeritus of Surgery, Harvard Medical School

“It always seems impossible until it's done.” — Nelson Mandela

“I would rather have questions that can't be answered than answers that can't be questioned.” — Richard Feynman

”

Dr. Subbarao Yalla, born in Visakhapatnam on March 9, 1938, endured significant personal hardship at the peak of his career yet built one of the most distinguished academic records among Andhra Medical College graduates. He credits his success to mentors who shaped his lifelong commitment to discipline and inquiry: Professor of Surgery Dr. B. Sundararama Murthy and Dr. Gyan Prakash Sharma, who taught him never to accept a solution without finding it himself. Nobel laureate Richard Feynman's advice, that true understanding means being able to explain something simply, left an equally lasting impression on him as a teacher.

Though an outstanding mathematics student, Dr. Yalla chose biology to pursue medicine, earning top honors at Mrs. AVN College. He earned his M.B.B.S. and M.S. in General Surgery at Andhra Medical College, then served as Assistant Professor of Surgery and surgical registrar at King George Hospital. In 1967 he moved to the United States for further training in Urology at Emory University, followed by a fellowship as the Nathan Lewis Hatfield Research Fellow at Thomas Jefferson University, where he later became an instructor in urology.

While building his research career at the University of Pennsylvania, Dr. Yalla's life was upended: he became a single father raising three daughters, all under age nine. Though he considered returning to India, friends urged him to stay for his children's future. On the advice of Dr. GVRK Sarma, he joined the VA system in Boston for steadier hours, and destiny intervened: the West Roxbury VA Medical Center's large spinal cord injury unit, where veterans faced complex voiding dysfunctions, became the foundation of a brilliant research career.

He raised his daughters alone for six years until Jamie Healy, a VA nurse caring for disabled veterans, became his wife and partner. Together they raised five children, three daughters and two sons, and have been married 46 years. “Jamie is the pillar of my life,” he says, crediting her broad outlook and selfless commitment.

At Harvard Medical School, Dr. Yalla advanced from instructor to Professor of Surgery (Urology), serving as Chief of Urology at the VA Boston Healthcare System and Director of the Urodynamics Laboratory at Brigham and Women's Hospital. His research illuminated the neuromuscular physiology of the upper and lower urinary tract and voiding dysfunction. As Primary or Co-Investigator on more than 20 studies funded by the NIH, the National Institute on Aging, the Veterans Administration, and several pharmaceutical and device companies, he published 116 original papers and three VA cooperative studies, and presented 123 abstracts at major medical platforms worldwide. He guided six graduate theses at MIT, contributed 44 chapters to urology textbooks and monographs, and authored three books, including a landmark text on Neurourology and Urodynamics. He served on editorial boards and as a reviewer for leading journals, including the New England Journal of Medicine.

Dr. Yalla trained generations of urologists who now lead academic programs at Harvard, Johns Hopkins, Stanford, and the University of California. He advised the FDA's medical devices division, reviewed grants for the NIH and the Department of Veterans Affairs, and served on the World Health Organization's Consensus Panel on Urinary Incontinence.

His many honors include the Urodynamics Society's Paul Zimskind Award (1981) and Lifetime Achievement Award (1996), Andhra Medical College's "Most Distinguished Student" citation (1983), the AUA's Yamanouchi Research Award (1998), Harvard's J. Hartwell Harrison Memorial Education Award (1998), an honorary Artium Magistrum from Harvard University (2000), and the AUA's Victor Politano Award (2012) for his contributions to bladder physiology research.

Now retired, Dr. Yalla lives with Jamie in Newburyport, Massachusetts, in her family's ancestral home built in 1809. A lifelong devotee of Western classical music, a passion sparked by surgeons playing Dvorak and Tchaikovsky in Atlanta operating rooms, he still listens during his daily drives. He has saved more than 7,000 articles on cosmology, physics, and the meaning of life for his children and grandchildren, and enjoys spirited discussions with his son Gopal, a Ph.D. in mathematics and computer science, and his other children on science and world affairs.



Dr. Yalla with his wife, Jamie

AMCANA honored this legendary surgeon, scholar, researcher, teacher and mentor with a Lifetime Achievement Award at its 2024 biennial meet in Atlanta.

His message to future generations: be humble, listen to others, be constructively self-critical, learn from failure, and never be judgmental. Nature, creation, and destruction dance together, he reflects, and one should simply get the best out of life.



Receiving the Victor Politano Award from the AUA, May 2012



With Buzz Aldrin, Apollo 11 astronaut, at an AUA meeting



AMCANA 2026 DISTINGUISHED SERVICE AWARD



“ *Every child deserves to see the world with clarity and purpose. Let’s join hands to eradicate childhood blindness and unlock a brighter future for generations to come.* ”

Dr. V.K. Raju is a Clinical Professor of Ophthalmology at West Virginia University and an Adjunct Professor at the Wilmer Eye Institute, Johns Hopkins University. He is the Founding President and Medical Director of the Eye Foundation of America (EFA), a humanitarian organization he established in 1977 to eliminate avoidable blindness worldwide.

Born in Rajahmundry, Andhra Pradesh, India, Dr. Raju earned his medical degree from Andhra Medical College before completing his ophthalmology residency and fellowship in the United Kingdom. He is a Fellow of the Royal College of Surgeons and a Fellow of the American College of Surgeons, and has lived and practiced in Morgantown, West Virginia, since 1976.

Under Dr. Raju’s leadership, the EFA has grown into a global force against preventable blindness, running eye camps and building hospitals across more than 30 developing countries. The Foundation helped establish two major eye hospitals in India, the Goutami Eye Institute and the Srikanth Eye Institute, and has served close to two million patients, performed over 300,000 sight-restoring surgeries, trained more than 200 ophthalmologists, and facilitated 600-plus physician exchanges since its founding.

A widely respected corneal transplant surgeon, Dr. Raju has authored hundreds of scientific papers and is co-author, with his daughter Dr. Leela Raju, of *Musings on Medicine, Myth, and History: India’s Legacy*. He often credits his London mentor’s guiding philosophy: that education is the first, second, and third solution to any problem.

In recognition of a lifetime devoted to medicine and humanitarian service, Dr. Raju has received more than two dozen distinguished awards and seventeen gold medals, including the AMA Foundation’s Nathan Davis Award, four honors from the American Academy of Ophthalmology, the Distinguished Community Service Award from AAPI, the Martin Luther King Jr. Achievement Award from WVU, and the President’s Lifetime Achievement Award, presented by President Barack Obama. In 2017, he was inducted into the University of Toledo’s Global Medical Missions Hall of Fame.

Closer to home, Dr. Raju is known for quietly treating uninsured West Virginia patients and performing uncovered procedures pro bono, helping them remain healthy, functional members of their communities.

Dr. Raju lives in Morgantown with his wife, Rani. Their decades of shared service reflect a singular conviction: that no child, anywhere in the world, should grow up without the gift of sight.



Dr. V.K. Raju, Goutami Eye Institute, Rajahmundry, AP, India — Children’s eye clinic, Generation Yuva, Visakhapatnam, May 2026

Synopsis based on a profile compiled by Dr. Seshu Sarma



Dr. Vasundhara Kalasapudi

Geriatric Psychiatrist

Founder & Executive Director, India Home



AMCANA 2026 HONOREES DISTINGUISHED SERVICE AWARD

Dr. Vasundhara Kalasapudi is a New York–based geriatric psychiatrist whose four-decade journey from a small village in Andhra Pradesh to the forefront of elder-care advocacy in America has touched thousands of lives. A graduate of Andhra Medical College, she came to the United States in 1988 to pursue her residency, later training in psychiatry at Brookdale University Hospital and completing her fellowship in geriatric psychiatry at Zucker Hillside Hospital, Northwell Health. She also conducted research at L'Hôpital Cochin in Paris and the Albert Einstein College of Medicine before building a clinical career caring for some of New York's most vulnerable elderly patients.

Dr. Kalasapudi's life's work took shape from a deeply personal moment. In 2003, her own father, a scholarly man from the village of Bangaramma Peta, was diagnosed with vascular dementia. As a trained geriatric psychiatrist, she understood the disease clinically — but found there was nowhere culturally appropriate to turn for his care in New York. Told repeatedly that senior facilities had no way to serve familiar food or community for South Asian elders, she realized that if a physician faced this barrier, ordinary families faced it many times over.

That realization led her, in 2008, to found India Home, a nonprofit dedicated to serving South Asian and Indo-Caribbean immigrant seniors in New York City. Under her leadership as Founder and Executive Director, India Home has grown from a single weekly gathering into a network of senior centers across Queens, offering culturally rooted meals, recreational and creative-aging programs, mental health support, and advocacy — while working toward its next milestone: affordable senior housing for the community it serves. Even amid recent funding setbacks, Dr. Kalasapudi has continued to lead India Home with the same resolve that built it, insisting that culturally sensitive care for aging immigrants is not a luxury, but a necessity.

Her contributions to the field have been recognized nationally, including her selection as one of Next Avenue's "Influencers in Aging." Known affectionately within her community as "Dr. K," she continues to practice psychiatry in Queens while steering India Home's mission forward, embodying the rare combination of clinical expertise and grassroots compassion.

AMCANA is proud to honor Dr. Vasundhara Kalasapudi with the 2026 Distinguished Service Award.

Synopsis based on a profile compiled by Dr. Seshu Sarma



AMCANA 2026 HONOREES

INAUGURAL
Dr. Sriram Sonty
Memorial

AMBASSADOR AWARD

Dr. Seetaramayya (Ram) Nagula

AMC Class of 1966

● Gastroenterologist ● Philanthropist ● Community Builder

Dr. Seetaramayya (Ram) Nagula, a member of Andhra Medical College's Class of 1966, has spent over five decades bridging two callings: clinical medicine and compassionate service to humanity. Born in a small hamlet in what is now Vizianagaram district, Andhra Pradesh, he lost his mother before his first birthday and was raised by his paternal grandparents. As a boy, he walked four miles each day to catch transportation to school, and watched fellow villagers endure similar treks just to reach the market. That early exposure to hardship planted the seeds of a lifelong commitment to service; by his teenage years, he and his friends were already running roadside water and lemonade stalls to ease the burden of thirsty travelers.

After earning his M.B.B.S. from AMC, Dr. Seetaramayya moved to Washington, D.C., where he completed an Internal Medicine residency and a Gastroenterology fellowship at Georgetown University. He launched his private practice in Maryland in 1979 and built a thriving clinical career spanning Maryland and Virginia for nearly four decades. Though retired from active practice, he continues to treat uninsured patients free of charge through a local health center.

Parallel to his medical career, Dr. Seetaramayya has devoted himself to community building on two continents. In the Washington, D.C. area, he is a Founding Trustee of the Sri Siva Vishnu Temple, co-founded UPAKAR, a scholarship program that has awarded over \$700,000 to Indian American students, and helped establish Hindu American Community Services Inc. (HACSI), whose "Food for the Needy" program has delivered 1.5 million meals to families regardless of race, religion, or ethnicity.

He currently serves as HACSI's President. He and his wife, Kamala, also lead weekly Swadhyaya sessions exploring Hindu philosophy from their home.

In India, Dr. Seetaramayya has led AMC Class of 1966 and AMCANA in transforming King George Hospital in Visakhapatnam, funding a neonatal ICU, cardiac and diagnostic equipment, a 3D-mammography breast cancer screening program, and cervical cancer screening services. In 2019, he and Kamala built the Matrusri Maternity Facility in honor of his mother and grandmother, a modern two-story unit that now supports roughly fifteen emergency cesarean deliveries daily alongside routine births. He also played a pivotal role in raising funds for the Centennial Alumni Building (CAB) at AMC, dedicated in 2024, and is currently leading the effort to build much-needed Maternal and Child Health (MCH) facilities at KGH.

An even-keeled consensus builder widely respected across the AMC alumni community, Dr. Seetaramayya lives in Virginia with his wife, Kamala. They have three sons and one granddaughter.

It is in this enduring spirit of service to patients, students, families, and strangers alike that AMCANA is proud to present Dr. Seetaramayya (Ram) Nagula with the inaugural Dr. Sriram Sonty Memorial Ambassador Award at the 2026 DC Meeting.

“

It is a privilege to serve mankind, for this is the worship of God. God is here, in all these human souls. He is the soul of man. –Swami Vivekananda

Synopsis based on a profile compiled by Dr. Seshu Sarma

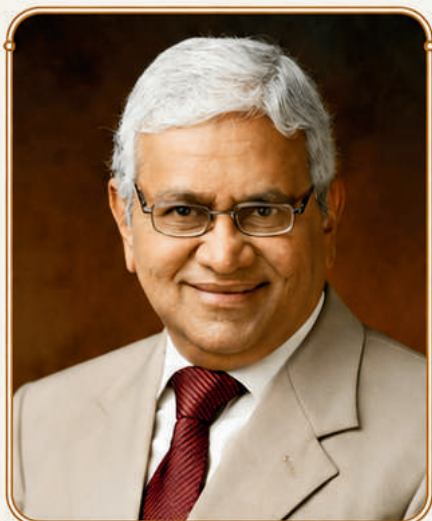
ACHARYA AWARD

Honoring Excellence in Medicine, Education & Public Service

Presented to

Prof. Ravi Raju Tatapudi

MD • DM • FRCP (London) • FISN • D.Sc. (Honoris Causa)



A LIFETIME DEDICATED TO ADVANCING MEDICINE

For over four decades, Prof. Ravi Raju Tatapudi has exemplified visionary leadership in clinical nephrology, medical education, healthcare administration, and academic research. His distinguished career has transformed patient care, strengthened medical institutions, and inspired generations of physicians across India and abroad.

As Vice Chancellor of Dr. NTR University of Health Sciences, Director of Medical Education for Andhra Pradesh, Professor of Nephrology at Andhra Medical College, and Superintendent of King George Hospital, he introduced landmark reforms that elevated standards of medical education and healthcare delivery.

His unwavering commitment to academic excellence continues today through his leadership at The Apollo University, his work as Chief Consultant Nephrologist at Apollo Hospitals, and his international collaborations with Harvard Medical School.



Pro Chancellor
The Apollo University,
Chittoor, AP



Chief Consultant Nephrologist
Apollo Hospitals



Visiting Professor
Brigham and Women's Hospital,
Harvard University, USA

LANDMARK CONTRIBUTIONS



HEALTHCARE INNOVATION

- Established India's first Government-supported Free Hemodialysis Program (2009)
- Pioneered Jeevandaan Cadaveric Organ Transplant Program (2010)



RESEARCH LEADERSHIP

- First to identify and describe Chronic Kidney Disease of Unknown Etiology in India – christened it "Uddanam Nephropathy"
- Principal Investigator for ongoing ICMR research projects on etiological and epidemiological studies of CKD in India since 2018



ACADEMIC LEADERSHIP

- Vice Chancellor, Dr. NTR University of Health Sciences
- Director of Medical Education, A.P
- Professor of Nephrology, AMC
- Principal, AMC
- Superintendent, KGH
- President, Indian Society of Nephrology
- Member, Governing Body, National Board of Examinations, New Delhi
- Distinguished Professor, GITAM Deemed To Be University, Visakhapatnam
- President, Indian Society of Nephrology Southern Chapter

DISTINGUISHED HONORS & POSITIONS HELD



NATIONAL RECOGNITION

Sardar Vallabhbhai Patel
National Award for
Distinguished Service
to the Nation 2021

Lifetime Achievement Award,
Indian Society of Nephrology



INTERNATIONAL RECOGNITION

Fellow of Royal College
of Physicians, London
D. Sc. (Honoris Causa)
Sri Chandrasekharendra
Saraswati University,
Kanchipuram

Fellow of International
Society of Nephrology (FISN)

Fellow of Transplant Immunology,
Weill Cornell Medical College,
New York

Fellow, AP Akademi of Sciences



LEADERSHIP ROLES

Visiting Professor,
Brigham and Women's Hospital,
Harvard University, USA

Chief Consultant Nephrologist,
Apollo Hospitals

Chair, Scientific Committee,
Indian Society of Nephrology

Trustee, Board of Trustees,
Sankara Deva Nethralaya,
Guwahati



NATIONAL LEADERSHIP & SERVICE

Selection Committee,
B C Roy National Awards, India

Selection Committee,
ICMR National Awards, Govt. of India

Expert Panel, University Grants
Commission, Govt. of India

Honors from Hon'ble Governor,
Telangana State and Puducherry



Presented by
Chairman, Board of Trustees

AMCANA

at the

8TH BIENNIAL MEET

Washington, DC

Saturday, August 1, 2026

*A visionary leader.
A compassionate healer.
An inspiring teacher.
A legacy that continues
to transform lives.* ”



DR. SURESH KANKANALA

Associate Professor of Internal Medicine
Burnett School of Medicine,
Texas Christian University

*A physician. Educator. Leader. Mentor.
AMCANA Servant.*



PRESIDENT'S AWARD 2026

HONORING DISTINGUISHED SERVICE TO AMCANA

“ In recognition of his exceptional leadership, unwavering commitment, and outstanding service to AMCANA, particularly for his instrumental contributions to the Bylaws Committee and the scientific planning of the 8th Biennial Conference, AMCANA proudly presents the President's Award to

Dr. Suresh Kankanala.

”



AMCANA LEADERSHIP

- ✓ Secretary, AMCANA
- ✓ Key contributor to the AMCANA Bylaws Committee
- ✓ Played a pivotal role in organizing the Continuing Medical Education (CME) program for the 8th AMCANA Biennial Meet
- ✓ Consistently supports organizational growth through thoughtful planning, collaboration and leadership



ACADEMIC LEADERSHIP

- Associate Professor of Internal Medicine
- Burnett School of Medicine, Texas Christian University
- Clerkship Director, Department of Internal Medicine
- Core Faculty & Medical Educator
- Mentor to medical students and residents



CLINICAL LEADERSHIP

- Co-Founder, Medical Associates of North Texas
- Board-Certified Internist
- Hospitalist, Baylor All Saints
- Dedicated clinician committed to excellence in patient care, quality improvement and physician education.

CAREER HIGHLIGHTS



Physician of the Year
Baylor All Saints Hospital

2019 & 2024



Best Postgraduate
Guntur Medical College

2002



Multiple Research
Presentation Awards

2008 & 2023



Published investigator
in Internal Medicine

2025



Mentor to medical
students and residents

Ongoing

JOURNEY OF EXCELLENCE



1998

MBBS
Andhra Medical
College



2002

MS
General Surgery
Guntur Medical College



2009

Board Certified
American Board of
Internal Medicine



2015

Co-founded
Medical Associates
of North Texas



2025

Associate Professor
Burnett School of Medicine,
TCU

“ Leadership is measured not only by academic achievement, but by a willingness to serve one's profession, colleagues, and alma mater. Dr. Kankanala exemplifies this spirit.

”



PRESIDENT'S AWARD RECIPIENT
AMCANA 8TH BIENNIAL MEET

WASHINGTON, D.C. | AUGUST 2026



PRESIDENTIAL AWARDEE 2026

*For Commitment and dedication to
AMCANA activities*

DR. SUDHA N. THOTA
MD, FRCR, DABR

Radiologist • Educator • Mentor • Lifelong Learner



CERTIFICATION / LICENSURE

- American Board of Radiology – Board certified



EDUCATION & TRAINING

- MBBS, Andhra Medical College, Andhra Pradesh, India
- Postgraduate training, MD Radiology, Andhra Medical College
- Senior Resident, Nizams Institute of Medical Sciences, Hyderabad, India
- Fellowships in Thoracic, Cardiothoracic and Neuroradiology, University of Miami / Jackson Memorial Hospital, Miami, Florida



PROFESSIONAL HIGHLIGHTS

- Over 20 years of experience in Radiology across India, the UK, and the USA
- Academic faculty roles at the University of Miami and SUNY Upstate Medical University, New York
- Currently serving as a Radiologist at Irving Radiology, Inc., Florida and University Radiology Group Teleradiology, LLC, New Jersey



PROFESSIONAL AFFILIATIONS

- American College of Radiology (ACR)
- American Society of Emergency Radiology (ASER)
- Fellow of the Royal College of Radiologists (FRCR), UK



HONORS & AWARDS

- Smt. Rajakishori Bhatia Memorial Medal
- Vemuri Sivaji Rao Memorial Medal
- Bhamidipati Kamala Devi Memorial Prize
- Smt. Kalyanan Sitamana Memorial Endowment Prize

On Saturday, August 1, 2026, at the 8th
BIENNIAL AMCANA MEET, WASHINGTON, DC.





Jayanthi Charitable Foundation

Dr. J.V.S. Subbarao and family started Jayanthy Charitable Foundation (JCF) a 501-c not-for-profit organization. Registered in Illinois in 1998. This Foundation was established in memory of Dr. Subbarao's, Parents and his younger brother.



Late J.L.N. Sastry & Late Mrs. Suryakantam



Late. S.V.S. Prasad.

Jayanthy Charitable Foundation Collaborations with AMCANA AND A.M.C./K.G.H.

- Professor C. Vyaghreswarudu garu, memorial Electronic Library in K.G.H for Orthopedic residents, -2010
- Dr. J.V.S. Subbarao and Mrs. Lakshmi along with Late Dr. S.V. Adinarayana Rao garu and Dr. Sasiprabha Garu, Funded AMC outdoor auditorium, "VENNELA."
- Dr. Dasaradha Ram Memorial Educational seminar and Oration were established in 2022.
- Donated funds for Comprehensive Chronic Pain Program in AMC-2025
- Donated funds for Mothers Milk Bank in K.G.H.-2026

A Life of Service. A Legacy of Impact.



**J.V.S. Subbarao M.D. M.S.
(Ortho) (1960 Batch)**

*President,
Jayanthy Charitable Foundation*

**We wish the 8th AMCANA BIENNIAL MEET
2026-JUL31 ST-AUG 2 grand success.**



AMCANA
ANDHRA MEDICAL COLLEGE
ALUMNI ASSOCIATION
OF NORTH AMERICA



BUILDING A LEGACY

AMCANA PROJECTS (2023–2026)

“
*More than donations...
We are building the future
of Andhra Medical College.*
”

Since 2023, AMCANA has continued its mission of giving back to Andhra Medical College through transformational projects that strengthen medical education, improve patient care, support research, and enhance student welfare.

These initiatives reflect the collective generosity of AMC Alumni across North America and the unwavering commitment to advancing the institution that shaped generations of physicians.

Together, these projects represent not only infrastructure development but also an enduring investment in the future of healthcare, education, and innovation.

OUR PROJECTS

01

**Andhra Medical
College centenary
Alumni Building
(AMCCAB)**

02

**Centenary Hall
Pangal Building**

03

**CBRC Clinical &
Biomedical
Research Centre**

04

**Comprehensive
Pain
Management
Centre**

05

**Dathri
Human Milk
Bank**

06

**Traneseophageal
Echocardiography
Equipment**

07

**Men's Hostel
Gym Upgrade
and Equipment**

08

**Women's Hostel
Gym Upgrade
and Equipment**

09

**Women's Hostel
Kitchen
Upgrade**

10

**Community
Medicine Museum
Renovation**

11

**Surgical
Instruments for
Plastic Surgery
Department**

12

**Ventilators for
NICU at KGH, &
Elevator for
Pangal Building**

Every project tells a story. Every contribution changes lives.

TRANSFORMING HEALTHCARE

KING GEORGE HOSPITAL VISAKHAPATNAM

COMPREHENSIVE PAIN MANAGEMENT CENTRE

One of AMCANA's most impactful healthcare initiatives has been the establishment of the Comprehensive Pain Management Centre at King George Hospital, Visakhapatnam.

Through generous alumni support, AMCANA funded the procurement of advanced medical equipment, including a C-arm imaging system, radiofrequency ablation (RFA) equipment, and a high-resolution ultrasound scanner, enabling the introduction of modern interventional pain management services.



EQUIPMENT DONATED

-  C-arm Imaging System
-  Radiofrequency Ablation (RFA) Equipment
-  Ultrasound Scanner

“*Delivering advanced pain care
where it is needed most.*”



KEY HIGHLIGHTS

-  Clinic Introduced: February 2026
-  Hands-on Training Workshop: February 2026
Conducted by visiting pain physicians from the USA
-  Certificate Program in Pain Medicine: Launched Nov 2025
Year-long program for postgraduate students & faculty
Sessions held twice monthly on Saturdays
-  Enthusiastic Response: The program continues to be very well attended by participants.

VENTILATORS FOR NICU AT KGH, & ELEVATOR FOR PANGAL BUILDING





AMCANA
ANDHRA MEDICAL COLLEGE
ALUMNI ASSOCIATION
OF NORTH AMERICA

LOOKING AHEAD

*Investing Today.
Impacting Generations.*

*Together, we are not simply
preserving a legacy—we are
building the future.*



AMCANA's vision extends beyond buildings and equipment. Every initiative reflects a commitment to strengthening education, fostering innovation, empowering future physicians, and improving patient care.

As Andhra Medical College enters its next century, AMCANA remains dedicated to supporting transformative projects that create lasting impact for students, faculty, clinicians, researchers, and the communities they serve.

FEATURED PROJECT IMPACT AT A GLANCE

INITIATIVE	IMPACT
AMCCAB Alumni Building	Strengthening alumni engagement and providing a dedicated space for collaboration, meetings, and institutional development.
Clinical & Biomedical Research Centre (CBRC)	Advancing research & scientific collaboration through modern infrastructure that supports clinical innovation and evidence-based practice.
Comprehensive Pain Management Centre	Expanding access to specialized pain care through advanced equipment, clinical training, and academic programs that improve patient outcomes.
Dathri Human Milk Bank	Supporting neonatal nutrition through safe donor milk for vulnerable newborns, improving survival and long-term health outcomes.
Transesophageal Echocardiography (TEE) Equipment	Strengthening perioperative cardiac monitoring and enhancing diagnostic capabilities for complex cardiovascular and surgical procedures.
Student Welfare Projects (Men's Gym, Women's Gym, Women's Kitchen)	Improving campus life, promoting physical well-being, and ensuring hygienic, modern facilities that support the overall development of students.
Community Medicine Museum Renovation	Creating an engaging educational environment that enhances learning in public health, epidemiology, and preventive medicine.
Plastic Surgery Instruments	Enhancing reconstructive surgical services and expanding resident training opportunities.
NICU Ventilators at KGH	Improving intensive neonatal care through high-performance ventilators for critically ill and premature infants.
Elevator for Pangal Building	Improving accessibility and mobility for patients, students, faculty, and visitors while preserving one of AMC's iconic heritage buildings.



*The true measure of an alumni association
is not only in the memories it preserves,
but in the future it helps create.*



A New Century, A New Vision:

The Rise of the Clinical & Biomedical Research Center at Andhra Medical College

As Andhra Medical College (AMC) steps confidently into its second century, the institution stands at a defining moment. The future of medical education and healthcare delivery increasingly depends on research, data-driven clinical practice, and evidence-based medicine. AMC's leadership, alumni, and the Government of Andhra Pradesh have embraced this challenge with clarity and ambition: to build a worldclass Clinical and Biomedical Research Center (CBRC) that will transform the research ecosystem of the college and serve as a model for medical schools across India.

“—
As we embark the next century of Andhra Medical College, research, evidencebased medical management and collection of data should be a top priority.

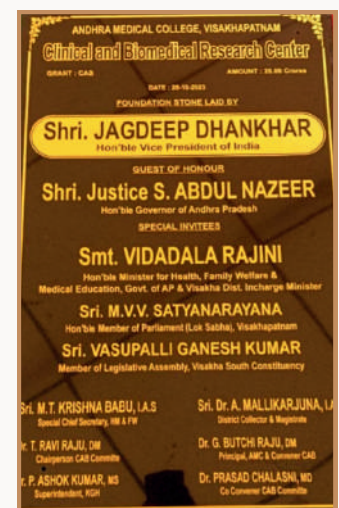
AMCANA's Vision and Philanthropic Leadership

The Andhra Medical College Alumni of North America (AMCANA) has played a pivotal role in conceptualizing and driving this mission. During the AMC Centenary Celebrations, Drs. Ravi and Seshu Sarma announced a landmark donation of ₹10 crores to initiate the project and set the tone for global alumni participation.

This philanthropic momentum continued at the 8th AMCANA Biannual Meeting in Washington, DC, where additional fundraising efforts were launched to support the CBRC's longterm sustainability.

A Historic Foundation: National Leadership at AMC

The CBRC project received national attention when the Hon'ble Vice President of India, Shri Jagdeep Dhankhar, laid the foundation stone at AMC, Visakhapatnam.



GOVERNMENT APPROVAL AND THE MOU: A LANDMARK PARTNERSHIP

The Government of Andhra Pradesh formalized the establishment of the CBRC through G.O.RT No. 524 (14 August 2024), authorizing AMCANA to construct and maintain the research institute.

A legally binding Memorandum of Understanding (MoU) was executed between:

- Government of Andhra Pradesh, represented by the Director of Medical Education
- AMCANA, represented by its President

KEY PROVISIONS OF THE MOU INCLUDE:

1. FINANCIAL COMMITMENT

AMCANA will contribute ₹20 crores:

- ₹10 crores for construction
- ₹3 crores for equipment
- ₹7 crores as a corpus fund for maintenance and human resources

2. LAND ALLOCATION

The Government allotted 1386 sq. yards opposite the Nursing College for the CBRC building.

3. GOVERNANCE STRUCTURE

A Research Advancement Committee (RAC) was formed, comprising AMCANA members and AMC faculty.

Leadership roles include:

- Advisor: Dr. T. Ravi Raju
- Chairman: Dr. G. Butchi Raju
- CoChairman: Dr. Prasad Chalasani
- Convener: Principal, AMC
- CoConvener: President, AMCANA
- Treasurer: Dr. A. Krishna Veni

4. CONSTRUCTION OVERSIGHT

AMCANA and RAC will engage a reputed architect and construction agency, guided technically by APMSIDC, to build a facility of not less than 20,000 sq. ft.

5. OWNERSHIP AND PURPOSE

The completed building will be the sole property of Andhra Medical College, with no financial gain to AMCANA or RAC.

6. NAMING RIGHTS

AMCANA and RAC retain exclusive naming rights for donor recognition.



**Construction Progress:
A Modern Research Facility Takes Shape**

A Catalyst for Research Excellence

The CBRC is envisioned as a transformative hub that will:

- Enable clinical trials, biomedical innovation, and data-driven research
- Support faculty and student research projects
- Attract national and international collaborations
- Serve as a model for other medical colleges in India

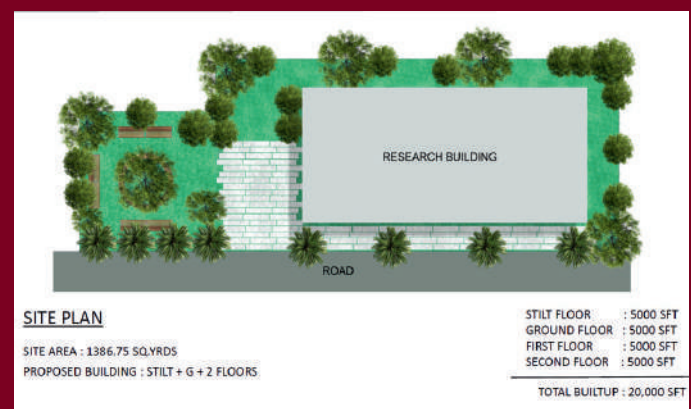
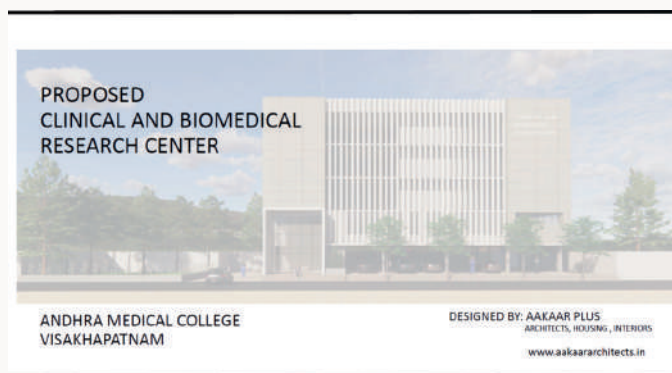
“—
| This should become a role model for many other medical schools in the state and country.

With AMCANA's leadership, government partnership, and AMC's academic strength, the CBRC is poised to redefine the future of medical research in Andhra Pradesh.

CONCLUSION: A LEGACY FOR THE NEXT HUNDRED YEARS

The Clinical and Biomedical Research Center is more than a building—it is a commitment to scientific excellence, a bridge between AMC's heritage and its future, and a testament to the power of alumni engagement.

As construction progresses and the institute nears completion, AMC stands ready to enter a new era—one where innovation, discovery, and evidencebased medicine define its next century.



Written by:
Prasad Chalasani, MD
Co-chairman,
Research Advancement
Committee, CBRC.



WOMEN'S HOSTEL IMPROVEMENTS

ENHANCING STUDENT LIFE AT ANDHRA MEDICAL COLLEGE

This June, AMCANA completed two meaningful projects that have significantly enhanced the living experience of the women students at Andhra Medical College.



LADIES HOSTEL KITCHEN RENOVATION



PROJECT SPONSOR

Drs. Rayadu & Usha Sree Polisetty
(AMC Class of 1974)



PROJECT VALUE

₹15 Lakhs



INAUGURATED

June 11, 2026



CHIEF GUEST

Dr. K.V.S.M. Sandhya Devi
Principal, Andhra Medical College

RENOVATION HIGHLIGHTS

- Complete kitchen modernization
- New stainless-steel work counters
- New sinks and upgraded plumbing
- Dedicated cleaning & washing area
- Improved hygiene, safety and workflow



Modernized Kitchen Inauguration



Kitchen Equipments



WOMEN'S HOSTEL GYM UPGRADE



PROJECT SPONSOR

Dr. Vijaya Voruganti
(AMC Class of 1981)

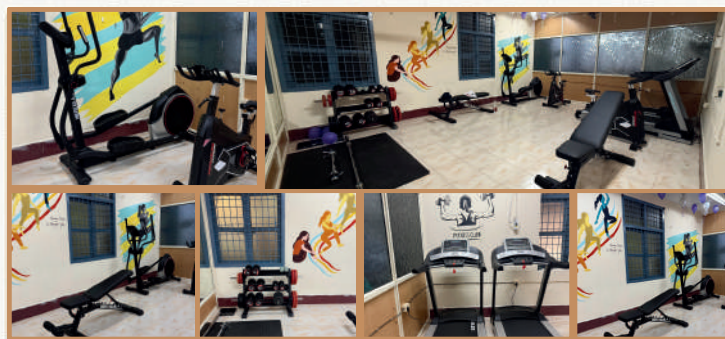


PROJECT VALUE

₹4 Lakhs

NEW FITNESS EQUIPMENT

- Treadmills
- Elliptical Trainer
- Exercise Bikes
- Free Weights
- Weight Bench
- Interlocking Safety Mats



Gym Inauguration & Equipments



PROJECT IMPACT

*Supporting Student Wellness
Through Alumni Giving*

AMCANA continues to invest in meaningful infrastructure that improves everyday life for Andhra Medical College students.



Student
Health



Safety &
Hygiene



Physical
Fitness



Better Learning
Environment



Long-term
Institutional
Development

QUICK FACTS



PROJECTS
COMPLETED

2



TOTAL
INVESTMENT

₹19 LAKHS



SPONSORS

3

DISTINGUISHED
ALUMNI



BENEFICIARIES

Women Students,
AMC



COMPLETED

JUNE 2026

“Alma Mater is *ALL that Matters*”



I want to express my sincere gratitude to Dr. Sriram Sonty for inspiring this thought-provoking quote, especially as I find myself reflecting on my journey and growth through my years at Andhra Medical College. Revisiting these cherished memories allows me to contemplate the essence of our humanity—how we change and evolve as individuals while looking back on our past, living in the present, and anticipating the future.

MANGADHARA R. MADINEEDI, MD, FACP (1975)

Assistant Professor of Medicine - Harvard Medical School

I realize now how much depth and significance the concept of Alma Mater holds. It is not just an institution but an embodiment of collective experience, wisdom, and growth. The breath, the pulse, the mind, the body—who I am, and my relationships, and my sense of purpose—all seem to be shaped by my time at Andhra Medical College. Our Alma Mater has been an integral part of my personal and professional development, and its influence continues to resonate throughout my life.

I am thankful for everyone for organizing our upcoming gathering in Washington, DC, in 2026! Such reunions are more than social events; they are opportunities to reconnect, reflect, and rekindle the bonds we share.

With gratitude,

Mangadhara R. Madineedi, MD, FACP

Assistant Professor of Medicine, Harvard Medical School
Staff, Primary Care Medicine, VA Boston Healthcare System
mmadineedi@hms.harvard.edu

My special gratitude to Dr. Malla Reddy for encouraging us to share our stories—and for the "last call" reminder in the group chat! I am also reminded of Ida Rolf's profound and provocative question:

“What conditions must be fulfilled in order for the human organism to function optimally?”

— IDA ROLF

This question continues to inspire me to look deeper—both within myself and in my relationships with others—while honoring the foundational role our Alma Mater has played in shaping our outlook and contributions.

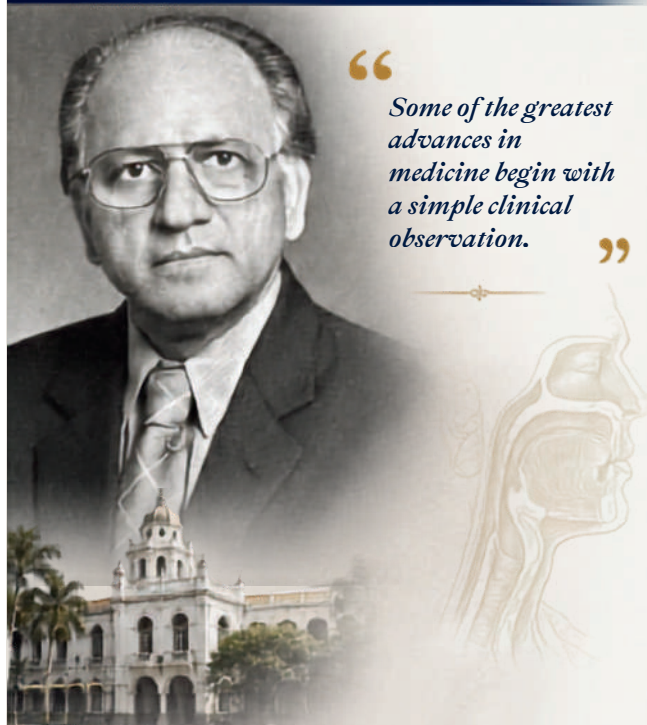
Let us all come together to celebrate our shared history, honor our mentors, and look forward to a future enriched by the enduring legacy of Andhra Medical College.

The BREATHLESS HEART

Sleep, Breathing, and Cardiovascular Health:

Uncovering the Hidden Origins of Cardiovascular Disease

Remembering Dr. Seshagiri Rao Mallampati (1941–2026),
Distinguished Alumnus of Andhra Medical College



“
*Some of the greatest
advances in
medicine begin with
a simple clinical
observation.*”

Every physician carries certain lessons throughout a lifetime. Some are learned from teachers at the bedside; others come from remarkable individuals whose discoveries quietly shape the way we practice medicine every day. For me, one such enduring influence has been the work of **Dr. Seshagiri Rao Mallampati**, whose elegant airway classification has guided physicians around the world for four decades. Originally developed to predict difficult intubation, the Mallampati classification has also become an invaluable bedside tool for recognizing patients at risk for **obstructive sleep apnea**.

Every night, while the body is meant to restore itself, millions of individuals experience repeated airway collapse, falling oxygen levels, surges in blood pressure, and sympathetic activation. These silent events may occur dozens, sometimes hundreds, of times during sleep, often for years before symptoms become obvious. What begins as **obstructive sleep apnea** can quietly contribute to hypertension, atrial fibrillation, heart failure, pulmonary hypertension, coronary artery disease, stroke, ventricular arrhythmias, and progressive vascular disease.

Despite affecting hundreds of millions of people worldwide, **obstructive sleep apnea** remains one of the most underdiagnosed chronic diseases in medicine. Once regarded primarily as a disorder of snoring and daytime fatigue, it is now increasingly recognized as an important upstream driver of cardiovascular disease. If hypertension is among the world's most prevalent chronic conditions, then obstructive sleep apnea may well be one of its most overlooked contributors.

Over nearly three decades in cardiovascular practice, this understanding has transformed my own clinical practice. Inspired by Dr. Mallampati's work, **Mallampati airway assessment has become a routine part of cardiovascular risk evaluation in my clinic. In just a few seconds, this simple bedside examination can flag patients who may otherwise remain unrecognized and prompt appropriate evaluation for obstructive sleep apnea.** My experience has also challenged the traditional stereotype of sleep apnea, revealing significant disease not only in overweight men, but also in women and non-obese patients who are frequently overlooked. Looking upstream for the hidden origins of cardiovascular disease has become one of the most rewarding aspects of my practice and continues to shape my passion for research, education, and prevention.

Today, home sleep testing, wearable technologies, artificial intelligence, and digital health are making earlier diagnosis of **obstructive sleep apnea** more accessible than ever before. Yet the most powerful tool still begins at the bedside—with a physician willing to look, ask, and screen.

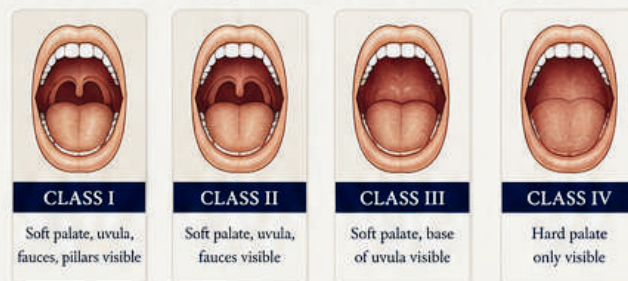
As we remember **Dr. Seshagiri Rao Mallampati**, we celebrate a legacy that reminds us that some of the greatest advances in medicine begin with a simple clinical observation. My hope is that *The Breathless Heart* encourages physicians of every specialty to recognize the profound relationship between sleep, breathing, and cardiovascular health, and inspires greater awareness, earlier screening, collaborative research, and preventive cardiovascular care.

THE HIDDEN PATH FROM SLEEP APNEA TO CARDIOVASCULAR DISEASE



THE MALLAMPATI CLASSIFICATION

A simple bedside assessment. A global standard. Originally developed to predict difficult intubation, it is now valuable bedside clue to increased risk patients at risk for obstructive sleep apnea.



DR. ANU CHIRALA, MD, FACC
Andhra Medical College, Class of 1982
Clinical Assistant Professor, Cardiovascular Medicine
Stanford University School of Medicine
Medical Director
South Bay Cardiovascular Center
Morgan Hill, California

Every healthy heart deserves a peaceful night's sleep. Recognizing obstructive sleep apnea before cardiovascular disease takes hold may prove to be one of the simplest—and most powerful—acts of preventive medicine.

యుద్ధం

విరిగిన కొమ్మలా వాలిన
తండ్రి చేతిని తన గుప్పెటలో బంధించి
ఘనీభవించిన కన్నీళ్ళ నావై
వేదనల తెరచాపలెత్తి
ఆ వైపు నిశ్శబ్దంగా నిలచిన ఆమె .

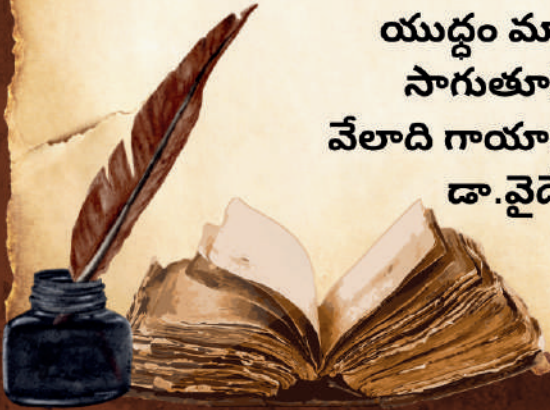
కదిలే కారుణ్య వీచికనై
చార్టులో రిపోర్టులను మధించి
కరిగి పోతున్న కాలంతో
ఏకదీక్ష గా పోరాడుతూ
ఈ వైపు కర్తవ్య నిమగ్ననై నేను .

నివురు గప్పిన గాండీవాలై
మా మధ్య రెప్ప వేయక చూస్తూ
రెప్పిరేటర్లు , డీఫిబ్రిలేటర్లూ .

ప్రతి రోజూ అమ్ములపొదిసర్దుకుని
రుగ్మతలపై యుద్ధానికి
సన్నద్ధమవుతూనే ఉంటాను.

కాలం గడచినా, వ్యక్తులు మారినా
యుద్ధం మాత్రం నిరంతరం
సాగుతూనే ఉంటుంది ,
వేలాది గాయాలను మాన్పుతూ
డా.వైదేహి శశిధర్

Poem by Vaidehi Sasidhar



Amateurs Hike Kilimanjaro: A Journey of Grit, Friendship, and Rediscovery

The idea to climb Mount Kilimanjaro began with a simple phone call from a former classmate who had developed a passion for high-altitude trekking over the years. She reached out to a handful of AMC batchmates who shared a similar spirit for adventure. Some of us had not spoken since graduating from medical school nearly twenty-five years earlier, yet the connection felt immediate and effortless. This trip offered a once-in-a-lifetime opportunity to step outside our comfort zones and attempt something extraordinary.

There were plenty of limitations. Our fitness levels were far from ideal; rusted bodies that had not been physically challenged in years made committing to this endeavor intimidating. Still, enthusiasm triumphed over hesitation. Ultimately, twelve medicos from AMC signed up for the expedition. After multiple Zoom meetings discussing training plans, gear, clothing, and travel logistics, we identified the essentials. Most started endurance and strength training 3 months prior.

Setting the Stage

We entrusted the logistics to Altezza Travel, whose professionalism and organization were exemplary throughout the journey. Nearly fifty staff members: guides, porters, camp managers, and sanitation attendants, supported our climb. From carrying equipment and setting up tents to preparing meals and maintaining hygiene facilities, they allowed us to focus entirely on the physical and mental challenges ahead. The role of porters is profoundly underappreciated; without them, there is neither the hike, nor the success to talk about.

After landing at Kilimanjaro International Airport, we drove to Arusha, a small town that serves as the gateway to the mountain. A rest day there helped us recover from over twenty-four hours of travel across multiple time zones, inspect our gear, and rent essentials.

The following morning, we headed toward Kilimanjaro National Park's western entrance, the Londorosi Gate. The four-hour drive through the countryside was striking in its simplicity. Lush green valleys, mango trees and banana groves, calm, and timeless landscapes. Giraffes grazing in the distance, monkeys darted through trees, and children waved as our bus passed through small hamlets. The scenery evoked quite a nostalgia, reminiscent of childhood memories from India.

Start of the Ascent: Pole Pole

We chose the Lemosho Route, known for its scenic beauty and higher summit success rate. Beginning at approximately 11,500 feet, the mountain started testing us. Rain greeted us as soon as we stepped off the bus, and ponchos became constant companions. It rained almost daily, with snow reserved for summit night.

Our guides repeatedly reminded us of two Swahili phrases: "Hakuna Matata" (no worries) and "Pole pole" (slowly, slowly). Other chants, such as "One team, one dream," helped keep morale high. The first day's hike to Shira 1 Camp lasted about three hours and was intentionally kept short to aid acclimatization.

Altitude, Adaptation, and Fellowship

Over the next few days, we moved through Shira 2 Camp, past Lava Tower, and on to Barranco Camp. The landscape grew increasingly surreal, with vast valleys dotted with giant prehistoric plants often referred to as “Dr. Seuss trees.”

Day four brought the ascent of the Barranco Wall, a near-vertical rock scramble rising almost 1,000 feet from the valley. While exhilarating, it was equally intimidating, especially when glancing down at the drop below. We were at an elevation, nearing 14,000 feet, symptoms of altitude sickness became apparent. Headaches, nausea, fatigue, and loss of appetite affected many of us. We were encouraged to increase our hydration and take daily Diamox to reduce symptoms.

Evenings brought comfort in simple forms. Warm squash soups, served with white rice accompanied by Indian pickles and spices, created a sense of home. Jokes, childhood memories, and soft music filled our tents, fostering laughter and warmth amid the cold and fatigue.

Summit Night

On day five, we reached Kosovo Camp at nearly 16,000 feet by noon. Freezing temperatures, strong winds, and intermittent snow/sleet tested our resolve. Dinner was served at 2 p.m., followed by instructions to sleep early. Our summit attempt was scheduled for midnight. Few of us slept as questions lingered: Was our gear sufficient? Would our bodies endure the cold and altitude?

At 10 p.m., the porters’ wake-up call jolted us into action. We layered up in merino wool, insulated down jackets, double gloved and double socks. Most wore at least five layers. One of the teammate withdrew at this stage, further dampened spirits. At midnight, under pitch-dark skies, we lined up to begin the final ascent. Glowing LED headlamps from other hikers lit up the path like firefly’s in that darkness, quite a scene.

Reaching Uhuru Peak

The climb was relentless; nine hours of steep ascent over snow-covered terrain in subzero temperatures. Fatigue was overwhelming, stops were brief, for sips of water. Unexpectedly, music became our lifeline. Familiar Telugu classics by Ilaiyaraaja played from our phones, in the background, renewing our energy and lifting our spirits. As dawn broke, we realized the scale of what we had climbed. We were in alpine winter wonderland, snow blanketed the entire mountain top, and sunlight reflecting intensely off the surface, causing snow blindness. Wearing snow goggles, we hurried towards the summit.

While my guides whispered “Pole Pole”, I replied, Haraka, Haraka (fast, fast), and off I went racing to Stella point at 18,885 feet, and finally to the Summit, Uhuru Peak at 19,341 ft, Africa’s highest point and the tallest free-standing mountain in the world. As I welcomed my teammates to the summit, my emotions ran wild, euphoric, and crying in joy. I can see the relief in everyone’s face. We finally did it. Self-doubts were casted away. Confidence gleamed at success. It was 9:15am, at the sunbathed summit peak. Tired, sleepless, inflated and deflated at the same time. After a few photo clicks and handshakes, my fellow hiker pulled up a banner reading “Grandma I made it at 65”, we were just in awe, a truly humbling moment for the entire team. No one thought he was 65. It was his second attempt at summiting; he did it so gracefully. He showed us how age is not an obstacle.

Descent and Reflection

The celebration was brief. The descent to Millennium Camp was equally punishing, nearly fourteen hours of continuous trekking, with close to 10,000 feet of elevation loss. After a night halt we started another 8 hours of hurried down stroll through lush tropical rainforest heading towards Mweke gate, the exit from Kilimanjaro National Park at 5381 feet. Although this was the most scenic part of the trip, no one is in a mood to enjoy it, as each one of us is tired and longing for a shower and sleep. Another record, (not to be proud of) 7 days of no shower.



- Geetha Devi Vallabhaneni (1994)
- Vamsi Ponnaganti (1994)
- Nagendra V Myneni (1986)
- Satti Reddy Velagal (1986)
- Vinay Kumar Godena (1994)
- Saikrishna V Aleti (1994)

What We Took Home

This journey rekindled old friendships and forged new ones. It reminded us that despite demanding careers and aging bodies, we remain capable of challenge, growth, and transformation. This was a shared experience that restored belief in ourselves, and in the power of collective purpose, and those memories will last a lifetime.

Author: Saikrishna V Aleti (1994)



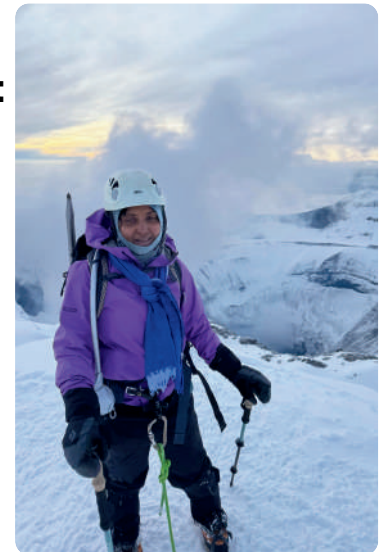
Kilimanjaro

From Kilimanjaro to Cotopaxi: A Continuing Journey of Strength and Summit

Following the inspiring Kilimanjaro expedition, Dr. Radha (Batch of 1999) continues to exemplify the spirit of adventure and resilience that defines the AMC alumni community.

After successfully summiting Mount Kilimanjaro in 2023 as part of a remarkable group of nine women physicians, Dr. Radha has taken her passion for high-altitude trekking even further. In January 2025, she achieved yet another extraordinary milestone by summiting Cotopaxi in Ecuador, one of the world's tallest active volcanoes, rising to nearly 19,000 feet.

Dr. Radha's journey reflects not only personal determination but also a commitment to empowering others. Each year, she leads hiking expeditions for women, creating spaces for strength, confidence, and camaraderie beyond the clinical world.



MALLAMPATI

ప్రపంచం పలికే పేరు - మల్లంపాటి

పల్లెటూరి నేల నుంచి ప్రపంచ వైద్య రంగం వరకు
ప్రకాశించిన ఒక మహానుభావుడు -
డా. శేషగిరి రావు మల్లంపాటి గారు.

1923లో స్థాపించబడిన ఆంధ్ర మెడికల్ కాలేజీ
ఆయనకు విద్య ఇచ్చింది.
అదే 1923లో స్థాపించబడిన లాహే ఆసుపత్రి
ఆయన ప్రతిభకు రూపు ఇచ్చింది.

ఆ రెండు సంస్థల ఆశీర్వాదంతో
ప్రపంచానికి ఒక అమూల్యమైన వరం లభించింది -
"మల్లంపాటి స్కోర్".

1985లో వెలిగిన ఆ ఆలోచన
ఈ రోజు ప్రపంచంలోని ప్రతి ఆసుపత్రిలో వినిపిస్తోంది.
ప్రతి శస్త్రచికిత్స ముందు
ఆయన పేరు గుర్తుకొస్తోంది.

విశాఖ నేల నుంచి హార్వర్డ్ వరకు
ఆయన ప్రయాణం మా గర్వకారణం.
ఆయన కృషి, ఆయన వినయం,
ఆయన స్ఫూర్తి ఎప్పటికీ నిలిచిపోతాయి.

మల్లంపాటి గారూ,
మీరు మాకు చూపిన మార్గం
ఇంకా తరతరాలకు వెలుగిస్తుంది.

Suresh Kankanala



Walk Beyond the White Coat:

My Journey of Purpose, Resilience, and Reinvention

By Dr. Malini Dasari, MD



"You can do anything you want to."

— Late Dasari Appa Rao

Women are often handed a blueprint of limitations long before they are given the freedom to dream.

From the moment we are born, we are told what we cannot do, where we do not belong, how much space we should occupy, and how high we should aspire. Too often, dreams are reshaped to fit society's expectations before they are ever given the chance to take flight.

Yet amid all those voices saying no, there was one voice that forever changed the course of my life.

My grandfather, Late Dasari Appa Rao

He never asked me to dream smaller. He never expected me to fit into someone else's definition of who I should become. Instead, he looked at me with unwavering confidence and said, 'You can do anything you want to.' Those were never just words. He lived them.

His life was a masterclass in discipline, integrity, resilience, and quiet strength. As a little girl, I watched him lead not through speeches but through example. He taught me that the character is built in the choices no one applauds and that greatness is earned through consistency—not circumstance.

Have you ever stopped to think about what one simple 'yes' can do? One person who believes in you can become louder than a hundred people who doubt you.

That single 'yes' became the voice I carried through every season of uncertainty. It walked beside me during the bitterly cold nights in New Jersey when I had no car and walked miles just to get where I needed to be. It stayed with me during the nights I found shelter in a train station or a hospital lobby because I had nowhere else to go. It reminded me not to quit when everything around me suggested that I should.

When life stripped away comfort, it revealed something infinitely more valuable—resilience. Every meal I wore was borne a lesson. Every lonely night became preparation. Every hardship became proof that circumstances do not determine destiny.



Looking back, I realize my journey did not begin when I became a physician. It did not begin when I wore a crown, wearing a golden medal before thousands of people. It began the day one man believed in a little girl before the world ever did.

I was born into a loving middle-class family in Visakhapatnam, India, to my late father, Dasari Appala Raju, and my mother, Dasari Lakshmi Kumari. They gave me the priceless gifts of love, humility, and strong values. My grandfather gave me something equally invaluable—the courage to dream without limits.

That colleague carried me through Andhra Medical College, where I learned my medical depres and the met man who would become my life partner. Dr. Venkata Satish Gadi, my senior in medical school. We married in May 2001, just as an entirely new chapter of our lives was about to begin.

In 2001, I stepped onto American soil with just \$2,000 in my pocket—a loan from the Government of India. Financially, that was all I had. But I arrived carrying something far more valuable: hope, courage, and an unwavering belief in what was possible.

People often ask me what gave me the confidence to leave everything familiar behind. The truth is, I never wasted my energy asking, 'What if I don't make it?' Instead, I chose a different question: 'What if I do?'

As I found my footing, my husband joined me, and together we transformed those early sacrifices into a transcending shared purpose, and I respect and unwavering commitment. Together, we blessed each other and became daughters, Samakhya Gadi and Samaira Gadi. They remind me every day that one courageous leap of faith has the power to change the destiny of generations that follow.

People often see the crown. The runway. The white coat. The spotlight. What they do not see are the years of uncertainty, sacrifice, rejection, and resilience that shaped the woman standing before them today.

Medicine became far more than my profession. It became my purpose. As a physician specializing in Rheumatology and Obesity Medicine, I have had the privilege of caring for patients during some of the most vulnerable moments of their lives. Every consultation reminded me that healing extends far beyond prescriptions. True healing begins when people feel seen. Heard. Empowered.

Yet somewhere along the way, I realized something else. Many physicians unconsciously confine themselves within the walls of the clinic. We wear our white coats proudly, yet too often silence our creativity, our leadership, our advocacy, and our dreams.

I refused to believe I had to choose. I could be a physician and an advocate. A scientist and an artist. A healer and a storyteller.

That belief led me into the world of pageantry—not in pursuit of beauty, but in pursuit of influence. Being crowned Mrs. India USA, Mrs. Louisiana Universe, becoming the Top 6 Finalist at Mrs. India World, earning the titles of Mrs. Goodwill Ambassador and Mrs. Personality, and making history as the first-ever Mrs. Tengigu USA were never the destination. They became platforms. Platforms to inspire others to embrace every part of who they are.

“Our white coat is where our journey begins, not where it ends.”

That vision eventually gave birth to Walk Beyond the White Coat—a movement built on one simple belief: Our white coat is where our journey begins, not where it ends. Doctors are innovators. Doctors are artists. Doctors are entrepreneurs. Doctors are mentors. Doctors are advocates. Doctors are storytellers. Doctors are leaders.

Walk Beyond the White Coat is more than a message - it is a movement inviting physicians to lead beyond labels and live beyond limits.



Launching this movement at one of America's largest physician conventions became one of the proudest moments of my life—not because physicians walked a runway, but because they walked with permission to embrace every dimension of who they are.



Today, I wear many titles: Physician, Educator, Advocate, Mentor, Entrepreneur, Speaker, Model, Paige queen. Yet none of those titles define me. What defines me is service.



TAX-SMART GIVING: STRATEGIES FOR CHARITABLE GIVING

— P. RAVI SARMA, CLASS OF 1966 —

Recent federal tax changes make it more important than ever to think strategically about how you give. Below are the main strategies and rule changes worth highlighting for charitable donors, along with a few additional considerations.

1. Donor-Advised Funds (DAFs)



- Contribute cash or appreciated securities now and take an immediate tax deduction — then recommend grants to the causes you care about whenever you choose, even years later.
- Donating appreciated stock avoids capital gains tax entirely while still allowing a deduction for the full fair market value of the stock at the time of donation.
- Ideal for “bunching” several years of giving into a single tax year, which helps clear both the standard deduction and the new itemizer floor described below.
- Note: gifts to a DAF do not qualify for the new non-itemizer deduction, and a DAF cannot be the destination of a QCD (see below).

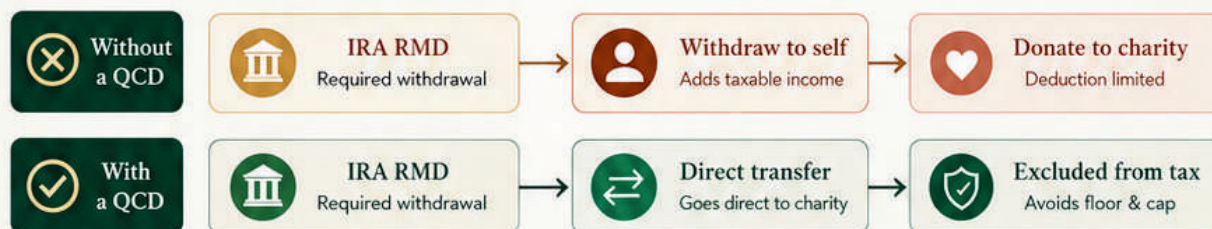


The deduction happens once, at the time of contribution to the DAF.
Grants made later get no extra deduction, whether immediate or years away.

2. Qualified Charitable Distributions (QCDs) from IRA RMDs



- Donors age 70½ or older can transfer funds directly from a traditional IRA to a qualified charity. The gift is excluded from taxable income entirely — not just deducted.
- For 2026, up to \$11,000 per individual (\$22,000 per couple, each from their own IRA) can be given this way, and it counts toward the donor's Required Minimum Distribution.
- Because a QCD reduces income directly rather than relying on an itemized deduction, it sidesteps both the new Adjusted Gross Income (AGI) floor and the deduction cap described below — making it one of the most tax-efficient ways to give for donors already taking RMDs.
- QCDs must go directly to the charity from the IRA custodian and cannot be directed to a donor-advised fund or private foundation.
- The receiving charity must acknowledge the gift in writing and state that “no goods or services of any value were provided to the donor in exchange for this donation” (or similar language) — this is required to substantiate the QCD.



A QCD lowers taxable income directly — a regular withdrawal does not.

TAX-SMART GIVING: STRATEGIES FOR CHARITABLE GIVING

— P. RAVI SARMA, CLASS OF 1966 —

3. What Changed Under the 2025 Tax Law (“One Big Beautiful Bill”)



- Starting in 2026, itemized charitable deductions count only above 0.5% of your Adjusted Gross Income (AGI) — for example, the first \$500 of giving on a \$100,000 AGI is not deductible.
- For donors in the top 37% bracket, the value of itemized deductions — including charitable gifts — is now capped at 35 cents per dollar, down from 37.
- The 60%-of-AGI limit on deducting cash gifts to public charities is now permanent, giving high-capacity donors more room to give in a single year.
- Taxpayers who use the standard deduction can newly deduct up to \$1,000 (\$2,000 for joint filers) for cash gifts made directly to charities — this does not apply to DAF contributions.

4. A few more things donors should know



- Estate and gift tax exemption is now permanently higher: \$15 million per person (\$30 million per married couple) in 2026, indexed for inflation thereafter. This is good news for anyone planning a bequest or other legacy gift — far fewer estates will owe federal estate tax at all.
- Many private universities now face a new tiered excise tax (1.4%–8%) on endowment investment income, applying to schools with 3,000 or more tuition-paying students and at least \$500,000 of endowment per student. If you support a university affected by this, it's worth knowing that endowment earnings are now taxed more heavily at the institutional level. That's one more reason current-use gifts matter: money given for immediate use — rather than added to the endowment — is spent right away instead of invested, so it is not subject to this new tax.
- State tax rules don't always mirror federal rules — some states haven't adopted the new floor, cap, or non-itemizer deduction. Donors should confirm their own state's treatment before assuming a benefit applies equally on their state return.
- Documentation still matters: IRA custodians now code QCDs on Form 1099-R, but donors should still keep the written acknowledgement letter from the charity — that's what the IRS will ask for if a QCD is ever questioned.



Bottom line

The new floor and deduction cap make QCDs and DAF gifts of appreciated assets more valuable than ever for maximizing impact while minimizing tax cost. These are general tax concepts. Please consult your tax adviser when planning a gift/donation to a charitable institution.



SANJAY PRASAD, CFP®

Executive Vice President

sprasada@fortislux.com | (772) 285-2589

420 Lexington Ave, Suite 2510, New York, NY 10170

Sanjay Prasad has been a CERTIFIED FINANCIAL PLANNER (CFP) practitioner for twenty years, but has been working in the financial services industry for over thirty years. Sanjay services clients all along the East Coast, including FL, GA, NJ, NY, NM, TX. Although the consultative services he offers are not limited to a single business sector, his practice is mainly focused in the healthcare industry. He assists healthcare institutions and individual practices to integrate business planning with their personal financial planning by employing unique and complex customizable strategies.

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- Portfolio review with tax mitigation strategies

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- Generational wealth building and transfer
- Charitable giving using private foundations and charitable trusts

- **Tax Planning Strategies**

- Minimizing taxable income
- Tax harvesting investment strategies
- Deferring capital gains on real estate sales
- Deferring capital gains on the sale of a business



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PHYSICIAN FINANCIAL PLANNING

Executive Summary

OVERVIEW

This presentation outlines a comprehensive financial planning framework tailored exclusively to physicians - addressing the unique wealth-building challenges arising from delayed career start, high student loan burdens, complex compensation structures, and elevated tax exposure. The goal is to provide a clear, actionable roadmap from residency through retirement.

THE PHYSICIAN FINANCIAL CHALLENGE

Physicians face a compressed wealth-accumulation window: training delays career earnings by 7-12 years, average medical school debt exceeds \$200,000, and marginal tax rates frequently reach 37-45% when state taxes are included. Without proactive planning, high income alone does not translate into long-term financial security.

CORE PLANNING PILLARS

Debt Strategy	Evaluate PSLF eligibility vs. aggressive private refinancing based on practice setting.
Tax Optimization	Maximize pre-tax vehicles: 401(k)/403(b), HSA, defined-benefit plans, and backdoor Roth.
Income Protection	Own-occupation disability insurance with 90-day elimination period; adequate life coverage.
Investment Policy	Diversified, low-cost portfolio aligned to risk tolerance and a multi-decade time horizon.
Practice Transitions	Structured approach to employment, partnership buy-in, independent practice, and exit.
Estate Planning	Beneficiary designations, irrevocable trusts, and asset-protection strategies by state.

RECOMMENDED MILESTONES BY CAREER STAGE

Residency / Fellowship	Enroll in income-driven repayment; secure disability policy; build 3-month emergency fund.
Early Attending (Yrs 1-5)	Maximize all tax-deferred accounts; establish investment policy; refinance if not pursuing PSLF.
Mid-Career (Yrs 6-15)	Accelerate net worth growth; evaluate partnership equity; review estate documents.
Late Career (Yrs 15+)	Shift to wealth preservation; optimize Social Security timing; plan practice transition.

ILLUSTRATIVE PLANNING BENCHMARKS

Savings Rate Target:	20-25% of gross income annually from first attending year
Emergency Fund:	3-6 months of fixed expenses in liquid, FDIC-insured accounts
Disability Coverage:	60-70% of pre-disability income; own-occupation definition required
Retirement Target:	25x projected annual expenses (4% withdrawal rule baseline)
Tax-Deferred Max:	Solo 401(k) up to \$70,000/yr (2025); HSA \$8,300 family (2025)



A LEGACY OF SERVICE, COMPASSION & LEADERSHIP

“ I strongly believe no one is too small to matter.
Everyone has a purpose and value in this alumni family.

— Dr. Sireesha Jalli

DR. J. NARAYANA MURTHY

MBBS, D.A., M.D. (ANAESTHESIOLOGY)

Born on 10 November 1940, Dr. J. Narayana Murthy is a distinguished anaesthesiologist, educator, administrator and humanitarian whose contributions have transformed patient care, medical education and the lives of thousands.

A respected Professor of Anaesthesiology, researcher and leader, he has mentored generations of physicians and held numerous key positions in professional and administrative organizations.

One of his most remarkable contributions was his dedicated service to children affected by poliomyelitis. He pioneered the use of intravenous Ketamine anaesthesia and administered anaesthesia for more than 100,000 polio surgeries, enabling life-changing corrective procedures for thousands of patients.

In recognition of his extraordinary humanitarian service, he was honored with the Dr. D. G. Babu Rao Memorial Award for meritorious service to polio patients.

Dr. J Narayana Murthy embodied these values through his dedicated work with polio patients alongside Dr. Adinarayana Rao, his longstanding service as the men's hostel warden, and his pioneering role in establishing the pain clinic, contributions that continue to inspire generations of physicians and students.

Their values continue through their children:

DR. SIREESHA JALLI

ROY GURIJALA

AJAY KUMAR JALLI, IPS (RETD.)

Their collective legacy reflects the very spirit of Andhra Medical College, where knowledge meets service, leadership is rooted in compassion, and every individual has the power to make a meaningful difference.

DR. PARAMESWARI

MBBS, DCP, MD (PATHOLOGY)

Born on 6 August 1947, Dr. Parameswari is a distinguished pathologist whose career has been marked by academic excellence, research, mentorship and compassionate service.

She completed her advanced pathology training and research under the guidance of Dr. C.R.R.M. Reddy, contributing meaningfully to the field of diagnostic medicine and medical education.

Known for her warmth, generosity and dedication to helping others, she has touched countless lives through her work and continues to be an inspiration to students, colleagues and the community.

A FAMILY BUILT ON VALUES

Beyond their remarkable professional accomplishments, Dr. Narayana Murthy and Dr. Parameswari built a life centered on integrity, compassion, humility and service to others.

“

No one is too small to matter.
Every member has a purpose, a voice, and a place within our alumni family.

”

Congratulations

TO

AMCANA

on another remarkable convention. May this gathering celebrate our shared legacy, strengthen lifelong friendships, and inspire continued excellence in medicine, service, and alumni fellowship.

Wishing everyone a memorable and successful AMCANA 2026.

Best Wishes

FROM

PRASAD CHALASANI,
M.D., F.A.C.C., F.S.C.A.I.



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BEST WISHES TO AMCANA

MEMBERS AND FAMILIES

*Wishing all AMCANA members
and families continued good health,
happiness and success.
May our bond grow stronger
as we celebrate our shared
heritage and look forward
to a brighter future together.*

**Kali Chand
Myneni**

(90)

Port of Spain, Trinidad
and Tobago

**Nagendra
Myneni**

(86)

Des Moines,
Iowa

Lord Dhanvantari, the divine physician and revered originator of Ayurveda, stands serenely upon a fully bloomed lotus, radiating wisdom, compassion, and healing. In His four sacred hands, He bears the Shankha (conch), symbolizing divine protection; the Chakra (discus), representing righteousness and the destruction of disease; the Jalauka (medicinal leech), signifying the ancient healing practices of purification; and the Amrit Kalash (pot of nectar), embodying immortality, vitality, and the gift of life. A subtle monochromatic depiction of the Samudra Manthan (Churning of the Ocean) serving as a timeless narrative backdrop that commemorates His divine emergence bearing the nectar of immortality.

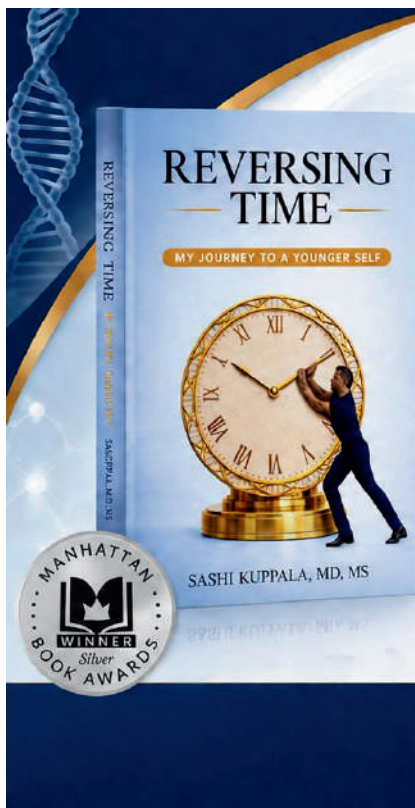


Best Wishes from

DR. SRINIVASA SARVABHOUMA THOTA 1988

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SASHI KUPPALA, MD, MS

- Neonatologist
- Anti-aging medicine specialist
- Author



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to our **AMCANA** meet

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AMCANA DC Meet 2026



— *From* —

**Aruna Pitchika 1987 batch and
Nirmala Pichika 1992 batch**

AMC 1987

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A CENTURY OF
SERVICE & EXCELLENCE

FRIENDSHIPS FOR LIFE



THE AMC CLASS OF 1987

A LEGACY OF EXCELLENCE, FRIENDSHIP & SERVICE



“
From the classrooms of AMC to every corner of the world,
we carry the values that shaped us,
the friendships that bind us,
and the commitment to heal and serve.
”

1987 — 39 YEARS OF FRIENDSHIP & MEMORIES — 2026

Wishing **AMCA NA**

A VERY SUCCESSFUL
Biennial Celebration!

Celebrating our shared legacy,
strengthening our bond, and
building a brighter future for
generations to come.

**KUSUMA KALYANI NANDURI
SUBHASH NANDURI**



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GRAND SUCCESS
FOR

8TH BI-ANNUAL MEET
IN HERNDON, VIRGINIA

*Celebrating our legacy.
Strengthening our bond.
Building our future.*

**SEETARAMAYYA &
KAMALA NAGULA**

WITH GRATITUDE

AMCANA EXTENDS ITS HEARTFELT APPRECIATION TO OUR SPONSORS, SUPPORTERS & WELL-WISHERS

The success of the 8th AMCANA Biennial Meet would not have been possible without the generosity, encouragement, and unwavering support of our sponsors, donors, and well-wishers.

Your commitment to Andhra Medical College, King George Hospital, and the global AMC alumni community continues to strengthen our shared mission of advancing medical education, patient care, research, and alumni engagement.

We are deeply grateful for your partnership and confidence in AMCANA.

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"Together, we celebrate our heritage, strengthen our community,
and invest in the future of Andhra Medical College."

THANK YOU

FOR BEING A PART OF THE AMCANA FAMILY.





ANDHRA MEDICAL COLLEGE ALUMNI OF NORTH AMERICA (AMCANA)



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