

AMCANA NEWSLETTER



ANDHRA MEDICAL COLLEGE ALUMNI OF NORTH AMERICA

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SAVE THE DATE
EIGHTH AMCANA MEET
in Washington DC

Jul-31st to Aug-2nd, 2026

AMCANA

Message from the President



Dear AMCANA Family,

It is with pride and deep gratitude that I reflect on the remarkable journey of AMCANA over the past few years. What we have achieved together is a powerful expression of our shared bond with Andhra Medical College and our collective commitment to giving back with purpose.

From the inauguration of the landmark CAB Building to our continued support of academic programs, memorial seminars, and student-centered initiatives, AMCANA has steadily strengthened the foundations of education, research, and clinical excellence at AMC and KGH.

None of this progress would be possible without the generosity and dedication of our donors and members. I offer my heartfelt thanks to every alumnus and alumna who has contributed time, resources, leadership, and trust. I am equally grateful to our Executive Committee, Board members, and past leaders whose wisdom and stewardship continue to guide our path forward.

As we look ahead, AMCANA remains focused on initiatives that create meaningful, lasting impact. Among them are the Comprehensive Pain Management Initiative designed to advance multidisciplinary care, education and research, and the Human Breast Milk Project which aims to strengthen maternal and neonatal health for our most vulnerable patients. These efforts reflect our commitment to compassionate, holistic healthcare and the well-being of our community.

I encourage all AMC alumni to deepen their engagement by joining AMCANA and participating actively in our mission. Your involvement strengthens our collective voice and amplifies what we can achieve together.

I also warmly invite you to join us at the upcoming AMCANA Meeting in Washington, DC—a gathering that promises connection, collaboration, and renewed inspiration as we shape the future of our organization.

With gratitude for our past and confidence in what lies ahead, let us continue to honor the institution that shaped us and carry its legacy forward with unity and purpose.

With warm regards,

Dr Nirmala Pichika 1992
President Elect, AMCANA

Milk Banking & Lactation Management Center:

A Landmark futuristic Initiative at KGH & AMC by SUSHENA, AMCANA and AMCOSA

In an era when healthcare is often evaluated through statistics and service volumes, Sushena Health Foundation (SHF) stands out for placing compassion, dignity, and community at the center of health systems. Established in 2017 in Hyderabad, India, SHF is a not-for-profit public health organization committed to advancing affordable, accessible, and high-quality healthcare, with a particular focus on reproductive, maternal, newborn, child, and adolescent health (RMNCH+A).

Over the years, SHF has played a transformative role in strengthening lactation management services, human milk banking, Kangaroo Mother Care, and early newborn screening programs across various States in India including Andhra Pradesh, Telangana, Maharashtra, Uttar Pradesh, Odisha, etc.

With a strong focus on strengthening health systems - Dhaatri Chain of Mothers Milk Banks, the flagship project of SUSHENA reinforces government systems, academic institutions, and communities to ensure that everyone has equitable access to mother's milk especially for mothers and vulnerable newborns. Dhaatri Mothers Milk Banks' goal is to make our NICUs and hospitals formula free.

Dhaatri's branches across India improve clinical care and community awareness through capacity building, and policy advocacy. Founded under the visionary leadership of Dr. Santhosh Kumar Kraleti, an alumnus of the Andhra Medical College (AMC), a serial entrepreneur and a senior public health specialist, SHF has grown from a state-based initiative into a nationally recognized institution contributing to India's maternal and neonatal health reforms. While rooted in Telangana, its programs now extend across multiple states. Currently, SUSHENA runs a chain of 11 Human Milk Banks across the country and has helped multiple state governments initiate more than 25 Milk Banks.

King George Hospital (KGH) is the oldest, largest and busiest government hospital of Andhra Pradesh located in Visakhapatnam, India. AMC is one of the oldest and most prestigious medical institutions in India, the 6th oldest in India and oldest in A.P.

With a vision to make Andhra Pradesh and Vizag free of formula milk and to bring down the neonatal fatality rate and the newborn mortality rate in A.P, SUSHENA - SHF has recently signed an MoU with Government of Andhra Pradesh to establish Seven Comprehensive Lactation Management Centers (CLMCs)/ Mother's Milk Bank (MMB) across the State amongst which the one at KGH, Visakhapatnam will be the largest, first and also will be a Center of Excellence, for training and capacity building for A.P., Chhattisgarh and Odisha.

An MoU with Andhra Medical College Alumni of North America (AMCANA) and Andhra Medical College Old Students Association (AMCOSA) also has been inked for financial support for this prestigious and quintessential, life-saving project.

Through this crucial initiative of Milk Banking and Lactation Management Services, the Pediatrics Department will take a giant leap towards transforming newborn nutrition and survival in Vizag and the State.

The Milk Banking services will function through a Hub and Spoke Model, where KGH will serve as the Hub (CLMC), and a Lactation Management Unit (LMU) will be established at Government Victoria General Hospital (VGH) (that is attached to Andhra Medical College which specializes in Women and Child care since 1894 with more than 300 in-patient beds and serving as a major referral center) as a spoke, strengthening lactation counselling, breastfeeding support, and donor milk services across facilities. A human milk bank would be an invaluable resource for vulnerable infants, especially those in intensive care, supporting neonatal health and nutrition needs in conjunction with the advanced healthcare facilities at both KGH and VGH.

In Andhra Pradesh, while institutional births stand impressively at 96.5%, indicating a strong trend towards hospital deliveries and access to medical care, there remains a significant gap in early and exclusive breastfeeding rates, which currently hover around 52.0% and 68.0%, respectively (as per NFHS-5 data).

The proportion of children under six months who are exclusively breastfed decreases with age. Only one child in ten between 6-24 months is fed optimally as per the recommended practices in India. The Human (Mothers) Milk Bank and CLMC can help bridge this gap and improve early initiation of breastfeeding, enhance exclusive breastfeeding rates, and ensure life-saving nutritional support for vulnerable newborns in addition to reducing hospital based IMR and MMR rates as it provides essential nutrients and antibodies that help protect against infections and promote healthy growth.

KGH & VGH are catering to almost all the mandals in Visakhapatnam district covering a population of more than 2,331,000 people in 160 villages and nearby districts besides serving parts of Odisha, Chhattisgarh and large tracts of Coromandel belt. Establishing a mother's milk bank at KGH - VGH would significantly benefit maternal and child health, potentially serving about 15,000 families each year by direct interventions. This initiative aims to improve breastfeeding rates in labor room by 25%, early initiation of breastfeeding by 25%, increase of mother's own milk for NICU and SNCU babies by 20% and resolving mother's lactation issues by 60% at the end of 3rd year by significantly achieving increase in mother's own milk, donor human milk and issuance of pasteurized donor human milk (PDHM) for neonates.

With a proposed 3-month timeline of completion of the milk bank from renovation to inauguration, the site and building have been allotted, and initial plans are in progress.

If you are interested in supporting this project,

Please contact

Dr. Santhosh Kumar @ +9189788350 or

Dr. Shashank Kraleti @ +16013100201

<https://amcana.org/donate.html>



ఆరోగ్య సోపానానికి.....

ఆరోగ్య సోపానానికి
ఆరు సూత్రాల ప్రణాళిక !
ఏ రోగమూ నీ దరికి
చేరకూడదని నా కోరిక !!

జానెడు పొట్ట కోసం
నేల విడిచి ఏల సాము ?
ఆరు బద్దెల కడుపు
ఆరైల్లు పట్టిన నోము !!

ఆయుర్దాయం పెరుగు
ఆట తీరు మెరుగు !
దరి చేరదే ప్రమాదం
దేహ దారుడ్య ప్రమోదం !!

సల్మాన్, షారుక్, హైతిక్
జాన్ అబ్రహం, టైగర్ ప్రాఫ్
నెక్స్ట్ జెన్ కి లీడర్లు
సిక్స్ పేక్ అంబాసిడర్లు !

మితంగా ఆహారం
అమితంగా వ్యాయామం !
కేలరీలు ఖర్చు చెయ్యి
నేల మీదే సాము చెయ్యి !!

పొట్ట తగ్గించే క్రంచ్ లు
పట్టు విడువక స్లాంక్ లు
నడుము బలాన్ని పెంచేలా
కడు సార్లు కండల్ని వంచాలి !!

వే ప్రోటీన్, గ్లూటమిన్లు
ఒమేగా త్రీ, క్రీయాటిన్లు
తినే మాత్ర చేదైనా
తినడం మాత్రం తప్పనిసరి !

ఆరేడు గంటల పై బడి
నిరాఘటంగా నిద్ర ఒడి !
హార్మోనుల బెడద లేదు
నీరసం నీ దరికి రాదు !!

సిక్స్ పేక్ వచ్చే దాకా
లెక్చర్లైమీ చెవిన పెట్టకు !
ఎవరి మాటా వినకు
ఎవరి ఇంటా తినకు !!

ఆరు నెలలు నీకోసముంచు
ఆరు సూత్రాలు పాటించు !
ఊబకాయం మటుమాయం
ఆరు బద్దెల పొట్ట ఖాయం !!

నూతన సంవత్సర మరియు
సంక్రాంతి శుభాకాంక్షలతో
- డా. పెద వీరాజు

Dr. E Peddaveerraju
with Dr. PSRK Rao who
is 104 years old

వందేళ్ల గురువుకి వందనం 🙏



Professor PSRK Rao Sir:

A hundred years—not merely counted in time, but measured in lives touched, minds shaped, and standards set.

He walked the wards with quiet authority, where listening was as powerful and the bedside was a classroom without walls. A master clinician who taught us that medicine begins with observation and ends with compassion.

Always immaculately dressed, impeccably mannered, he reminded us how a doctor should appear.

His words—chosen with care, spoken with elegance—made English not just a language, but an instrument of clarity and conviction.

To us, he was more than a teacher. A benchmark of excellence and an elite professional of a rare quality.

On this centenary milestone, we bow in gratitude and admiration for the lessons he taught, the lives he healed, and the legacy he leaves behind and a life that will forever inspire.

With great humility and respect
Ravi Raju



1992 Batch 33-year reunion

Jan 2-4 2026, Munnar, Kerala



AMC Class of 1981 reunion 6-7 Dec 2025



CLASS OF 1966 DIAMOND JUBILEE REUNION



When Duty Meets Destiny: An AMC Doctor's Role in a High-Seas Rescue

AMC Alumnus Leads Lifesaving Rescue



It was a night to remember for Dr. Krishna Darsi (AMC, Class of 1988), who serves as a Medical Officer aboard the MSC Splendida cruise ship. While sailing in the Mediterranean Sea, the ship's crew spotted a small boat drifting helplessly — its engine had failed, leaving 19 refugees stranded en route to Spain.

The MSC Splendida's captain and crew immediately launched a rescue operation, bringing all 19 survivors aboard to safety. Among them was a diabetic patient in severe distress, who had not received insulin for several days. Dr. Darsi, who was on call that night, led the onboard medical team in providing urgent care and stabilizing the rescued individuals.

The dramatic rescue drew global attention and was covered by several international media outlets, including USA Today, People, and Express UK. The episode, captured on video and shared widely online, showcased the compassion and professionalism of seafarers and healthcare workers aboard cruise liners who respond to emergencies far from land.

For Dr. Darsi, it was more than a duty — it was a defining moment:

“It was a high-drama night on the high seas — intense, humbling, and unforgettable. A lifetime experience for me.”

“ —

In every crisis at sea, the medical department plays a crucial role — not just in treating injuries but in restoring hope.

That night reminded me why we chose this profession — to serve humanity, wherever we are.

Dr. Krishna Darsi



With Deep Gratitude and Respect

AMCANA expresses its heartfelt gratitude to Dr. Rayudu Babu Polisetty (AMC '67) and his wife, Usha Polisetty (AMC '74) for their extraordinary generosity and unwavering commitment to service.

During the current year, Dr. Rayudu Babu Polisetty and his wife have donated USD 108,000 to AMCANA, and have further pledged continued support in the years ahead. This remarkable contribution reflects not only philanthropy, but a deep sense of responsibility toward the institution that shaped generations of physicians.

Dr. Rayudu Babu's giving is guided by compassion and purpose. His desire to uplift the disadvantaged—particularly students from economically challenged backgrounds and aspiring nursing students—embodies the highest ideals of the medical profession: service, empathy, and equity in healthcare education.

AMCANA is deeply honored by this gesture of trust and generosity. Such sustained support strengthens our mission and ensures that deserving students are empowered to pursue education, dignity, and meaningful careers in healthcare.

With profound appreciation,
AMCANA

Heartfelt Gratitude to our Donors

- ★ Prasad Chalasani
- ★ Gautamy Gondi
- ★ Narasimha Rao Gundamraj
- ★ Krishna Irrinki
- ★ Prudhvi Karumanchi
- ★ Shashank Kraleti
- ★ Padmaja Mouli
- ★ Ram Prasad Mouli
- ★ JV Subba Rao
- ★ Nagula Seetaramayya
- ★ Guruprasad
- ★ Harathi Bandaru
- ★ Nagendra Myneni
- ★ Seetaramayya Nagula
- ★ Rayudu Babu and Usha Polisetty
- ★ Mahendra Sanapati
- ★ Ravi and Seshu Sarma
- ★ Srinivasa and Sudha Thota
- ★ Saraschan Vadlamudi
- ★ Ravikumar Vipperla
- ★ Vijaya Voruganti
- ★ Ram Prasad Saladi
- ★ Supriya Ghanta

ANDHRA MEDICAL COLLEGE
ఆంధ్ర ప్రదేశ్ మహావిద్యాలయం
A.M.C. & K.G.H.
ALUMNI OF N.A.

EIGHTH AMCANA MEET
Washington, DC | July 31– Aug 2, 2026

Call for CME Speakers
Advancing Clinical Excellence Through CME

📍 Washington, DC
📅 CME Session: August 1, 2026 (Saturday Morning)

AMCANA invites its members to submit proposals for engaging, evidence-based CME topics across all medical specialties.

Proposal Submission Deadline: March 1, 2026

SEND PROPOSALS TO
cme.amcana@gmail.com

- Please include:
- Name
- Specialty / Area of Expertise
- Proposed CME Topic & Brief Outline
- Affiliation
- Contact Information

Dr. Suresh Kankanala
Chair – CME Committee, AMCANA

*Subject to University of Alabama Continuing Education Collaborative review and approval

SAVE THE DATE
EIGHTH AMCANA MEET
in Washington DC
Jul-31st to Aug-2nd, 2026

8th AMCANA Meet in DC

A team of volunteers met at the venue- Sarva Lakshmi, Manikyam, Sunita, Nirmala, Sireesha, Balu, Kalyani, Goutamy



Dr. S. V. Adinarayana Rao (1939–2026)

Padma Shri Awardee
Eminent Orthopaedic Surgeon
Distinguished Alumnus, AMC

Dr. Sunkara Venkata Adinarayana Rao, one of the most respected doctors of Andhra Medical College, passed away on 17 January 2026 in Visakhapatnam at the age of 86. A towering figure in orthopaedics and humanitarian service, his life was a testament to compassion, excellence, and unwavering dedication to the underserved.

Born on 30 June 1939 in Bhimavaram, he completed his M.B.B.S. (1966) and M.S. in Orthopaedic Surgery (1970) from Andhra Medical College, later training in Microvascular and Hand Surgery in Germany. He served AMC as Tutor and Professor and was Civil Surgeon at King George Hospital, leaving an indelible mark on generations of students and colleagues.



Dr. Rao was the Founder and Director-General of the Prema Group of Hospitals and Managing Trustee of the Free Polio Surgical and Research Foundation. Over four decades, he performed more than three lakh surgeries and conducted nearly 1,000 orthopaedic camps across India, transforming the lives of lakhs of polio-affected and underprivileged patients. His work earned him national acclaim and deep affection from patients across India and abroad.

In recognition of his extraordinary service, he received several prestigious honors, including the Padma Shri in 2022, national awards for welfare of the disabled and child welfare, and multiple humanitarian accolades.

Beyond medicine, he was known for his affable nature, humility, and commitment to community causes, including his long association with the Visakhapatnam District Football Association.

Dr. Adinarayana Rao's legacy is one of healing hands, compassionate service, and enduring inspiration. Andhra Medical College and the medical fraternity mourn the loss of a stalwart whose life embodied service above self.

May his noble soul rest in peace.



In Loving Memory of Dr. Sakuntala Sharma (Nee Surath)

A Life of Service, Grace, & Compassion

It is with profound sadness that we share the passing of Dr. Sakuntala Sharma on February 13, 2026, at the remarkable age of 102.

Dr. Sakuntala Sharma, an alumna of Andhra Medical College, Visakhapatnam, lived a life defined by dedication to medicine, devotion to family, and unwavering kindness toward all who crossed her path.

Born in Vijayawada, Andhra Pradesh, she pursued her medical education at Andhra Medical College, where she met her lifelong partner, Dr. Gyan Prakash Sharma. Their partnership in life and service spanned an extraordinary 75 years – a testament to shared purpose, resilience, and love.

During her early professional years, Dr. Sharma served as a Rural Health Officer in Simhachalam, exemplifying the spirit of service that AMC instills in its graduates. In 1968, she and her family immigrated to Canada, where she established a respected family medicine practice in Southdale, Winnipeg. She held privileges at Victoria Hospital and was widely regarded by patients and colleagues alike for her compassionate care and gentle demeanor. Her husband, Dr. Gyan Prakash Sharma, also built a distinguished medical career at St. Boniface Hospital.

For over five decades in Winnipeg, Dr. Sharma balanced professional excellence with a rich family life. She was a devoted wife, mother, grandmother, and great-grandmother. Her warmth extended beyond her family – to friends, colleagues, and generations of patients who remember her as a reassuring presence and a physician of rare empathy.



Her life beautifully reflects the eternal truth expressed in the Bhagavad Gita:

“ न जायते म्रियते वा कदाचिन्...”

The soul is never born, nor does it die.

Beyond medicine, she was a woman of many talents and joys. She had an artistic flair, enjoyed drawing in her younger years, and loved knitting and sewing. Family gatherings were filled with laughter, games, and her spirited enthusiasm. Her traditional Andhra cooking – especially her legendary chicken curry – remains a cherished memory among loved ones.

Dr. Sakuntala Sharma embodied the finest values of Andhra Medical College – service, humility, excellence, and humanity. She leaves behind a proud legacy through her children, grandchildren, and great-grandchildren, and through the countless lives she touched across continents.

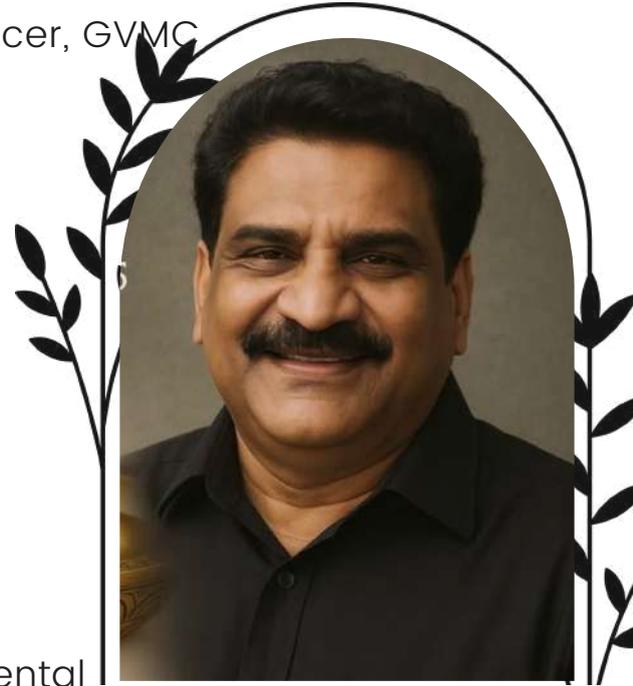
On behalf of the AMCANA community, we extend our heartfelt condolences to the Sharma family. May her noble soul attain eternal peace.

In Loving Memory of Dr. K. S. L. G. Sastry

AMC '84 | Chief Medical Officer, GVMC

With profound sadness, the AMC 1984 batch mourns the passing of Dr. K. S. L. G. Sastry, one of its gentlest and kindest souls. His untimely departure has dimmed the brightness of our batch and left an irreplaceable void in the hearts of all who knew him—as a friend, colleague, and public servant.

As Chief Medical Officer of the Greater Visakhapatnam Municipal Corporation (GVMC), Dr. Sastry was integral and instrumental



in placing Visakhapatnam consistently on the national map for excellence in sanitation and public health. His quiet leadership and unwavering commitment played a crucial role in the city's strong performance in national surveys, such as Swachh Survekshan, where Visakhapatnam consistently earned recognition for its clean beaches, public spaces, and citizen-focused sanitation initiatives.

Dr. Sastry was deeply involved in landmark cleanliness drives, including large-scale beach clean-up campaigns, Swachh Bharat initiatives, and citizen engagement efforts critical to Swachh Survekshan rankings. He worked tirelessly behind the scenes to ensure the continuity of essential sanitation services, even during challenging periods, always prioritizing public welfare over personal comfort. His efforts contributed to GVMC receiving multiple prestigious honors, including state-level and ministerial awards for urban cleanliness and innovation.

Above all, Dr. Sastry will be remembered as a humble public servant in the truest sense—soft-spoken, compassionate, approachable, and deeply committed to the wellbeing of the city and its people. His life exemplified service without self-promotion, leadership without ego, and professionalism anchored in kindness.

We will miss him.

కారని కన్నీరు

-రవి

బిళ్ళాకణ్ణలు, కబడ్డీలు, కోకోలు
తాటి మట్టతో రోడ్డు మీద క్రికెట్ ఆటలు
బీచ్ లో బాతాఖానీలు
ఎఱ్ఱమట్టి గుట్టల్లో తేనెపట్టుల వేటలు

ఇంటినుంచి బడికి కాళి నడకలు
జాలారి పేటలో చేపల వాసనలు
జోడు లేని కాళ్ళతో ఏమి తొక్కకుండా
కబుర్లతో కొట్లాటలతో ఉరుగులు పరుగులు

హెడ్ మాష్టరు గారు జండా ఎగరేయడం
“యాకుందేంద్ర తుషార హార ధవళా”
జయకుమార్ రోజూ పాడడం
సంస్కృత శ్లోకాలు కంఠస్థం పెట్టడం

పరీక్షలకు ముందు, తరువాత
కొండమీది శ్రీనివాసుని దర్శనం
ఎలా ప్రార్థించాలో తెలియక పోయినా
భగవంతునిపై తరగని నమ్మకం

SSLC, PUC ఎలా అయిపోయేయో!
చదువుకుంటూనే చదువు చెప్పడం
అయితే వాడికే ఎక్కువ మార్కులు
ఐదుగురు AMC మెడికోలు

ఎలా గడిచేయి ఐదు సంవత్సరాలు?

ఎవ్వరికి చెప్పకుండా ఆర్మీలో చేరటమో
అందునా తీవ్రమైన యుద్ధ సమయంలో
ఆర్మీ తర్వాత భార్యా పిల్లల భాద్యతలతో
Agency ప్రాంతాల్లో కష్టాల మధ్యలో

అమెరికా వలసలో మరొక అధ్యాయము
మానసిక వైద్యములో నైపుణ్యము
Corpus Christie లో స్థిర పడటము
త్రిమూర్తులుగా పేరు పొందడము



Dr Umamaheswara
Rao Maruvada,

1966 batch.

Psychiatrist,
Corpus Christie, TX.

6/20/1949-1/28/2026

ఎలా గడిచేయో ఈ దశాబ్దాలు
చెరగని తరగని స్నేహానుబంధాలు
తలచుకుంటే మనసులో
పైకిరాని ఆనంద భాషావులు

ఎన్ని కష్టాల్లో ఉన్నా చెరగని నవ్వు
మనవడు ఆరూప్ ఆరో ప్రాణం
ఎంత శోకం రెండేళ్ళ వాడి మరణం
ఇప్పుడు క్రియా శక్తి గర్వ కారణం

ఆరోగ్యానికి ఎన్నో అడ్డంకులు
చివరకు కాన్సరుతో కుస్తీ పట్టులు
నీ కాలమైపోయిందని హెచ్చరికలు
ఐతే దేనికి భయమని ఆలోచనలు

మహా సాధ్య శ్యామలతో ప్రయాణం
ఏది ఏమైనా జన్మభూమిని చేరడం
స్నేహితుల కలయికలో పాల్గొనడం
ఒక రోజులో భగవత్ సన్నిధి చేరడం

మొండివాడు ఎవరికీ లొంగడు
మృత్యువుకన్నా బలవంతుడు
స్నేహామంటే ప్రాణం
స్నేహమే జీవితం

మనసులో వెక్కివెక్కి ఏడ్చినా
పైకి రావెందుకు కన్నీళ్లు?
నీకింకో జన్మ వద్దు
ఉంటే నా స్నేహితుడిగా రా ఉమా 🙏

"అనాయాసిన మరణం
వినా దైన్యేన జీవనమ్!
దేహంతే తవ సాయుజ్యం
దేహిమే పార్వతీపతే!!

రవి

1/30/2026

A dear friend of 64 years passed away in Visakhapatnam.

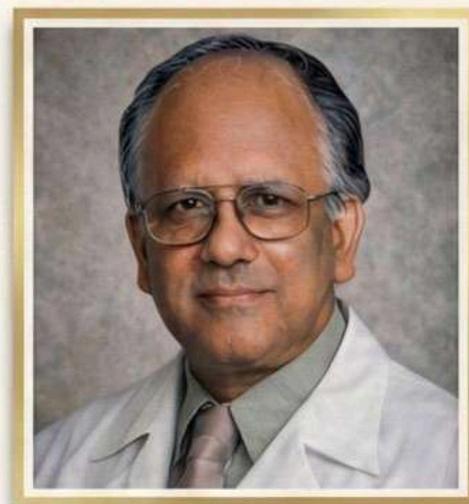
A courageous man, he battled aggressive prostate cancer. Was being treated at the MD Anderson Cancer Center for the past four years. He loved Vizag, AMC and his classmates. He was determined to attend our 60th year reunion and traveled to Vizag. He fully participated in the two day reunion and enjoyed every minute of it. He became acutely ill and was admitted to the ICU of Apollo hospital on 26th and passed away one day later. Hard to find a more gregarious man who cared deeply about friends and friendship. He and his partners, all from the 1966 batch, provided great psychiatric care to underserved patients, covering a vast area in SE Texas.

Ravi Sarma

Tribute to **Dr. Seshagiri Rao Mallampati, MD**

1941 – 2026

AMC Batch of 1963



“It is the close observation of little things that is the secret of **success in business**, in art, in science, and in every pursuit of life.” — Samuel Smiles

Few physicians leave behind a legacy so enduring that their name becomes part of everyday medical language. **Dr. Seshagiri Rao Mallampati** was one such visionary.

Born in 1941 in Patchalatadiparru near Guntur, he carried from a young age a curious and logical mind that would later transform the field of anesthesiology.

After beginning his Medical education at Guntur Medical College and completing his MBBS at Andhra University, he ultimately served for over three decades as an Assistant Professor of Anaesthesiology at **Harvard Medical School**.

In 1975, a near-miss episode during a difficult emergency intubation profoundly shaped his career. What followed was eight years of meticulous observation and systematic study. In 1985, his findings were published, introducing what the world now knows as the **Mallampati Score** — a simple yet revolutionary airway assessment tool. Today, his scoring system is a routine part of preoperative evaluation across the globe, guiding anesthesiologists daily and improving patient safety in countless operating rooms.

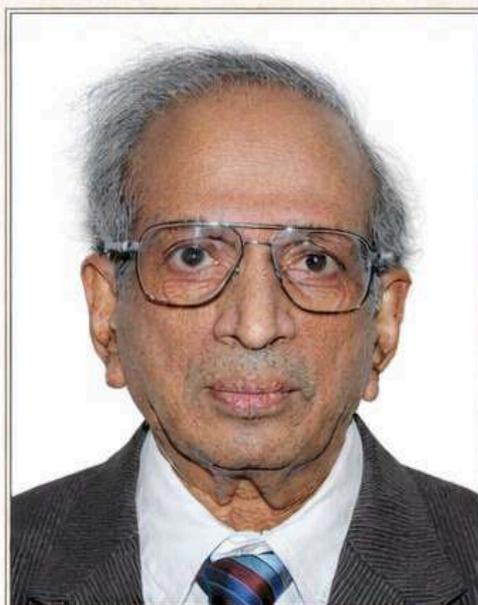
His work did not end there. The Mallampati Score later found broader applications, including in assessing risk for obstructive sleep apnea, further expanding its clinical relevance.

Through careful reasoning, disciplined study, and unwavering dedication to patient safety, Dr. Mallampati demonstrated how thoughtful clinical observation can reshape medicine.

Dr. Mallampati’s name will continue to be spoken daily in medical schools, operating rooms, and examination halls around the world. His legacy is not only scientific — it is inspirational.

AMCANA and the global AMC fraternity honor his life, celebrate his achievements, and remain profoundly proud of his enduring impact on medicine.

Om Shanti.



Dr. Venkata Ratnam Mullapudi, MD
(1937 – 2026)

Distinguished Alumnus
Andhra Medical College (*Class of 1962*)
Pioneer in Cardiothoracic Surgery

With profound sorrow and deep respect, the Andhra Medical College fraternity pays tribute to one of its most illustrious sons,

Dr. Venkata Ratnam Mullapudi.

From the historic halls of AMC to becoming one of India's most respected cardiothoracic surgeons, his journey reflected excellence, integrity, and unwavering dedication to patient care.

A master surgeon and compassionate healer, he devoted his life to advancing cardiac surgery and making heart care accessible and affordable to countless patients. Through the founding of the Usha Mullapudi Cardiac Centre, he transformed personal loss into a lifelong mission of service.

His hands healed hearts.

His vision restored hope.

His legacy will continue to inspire generations of physicians.

Dr. Srinivas Muvvala, 96 batch, will serve as CMO of the prestigious CMHC as part of the Yale system



Dr. Srinivas Muvvala, graduate of Andhra Medical College (96 batch) will transition into his new role as the next Medical Director of the Connecticut Mental Health Center (CMHC) effective July 1, 2026.

Dr. Muvvala is an Associate Professor of Psychiatry and currently serves as the Associate Program Director for the Addiction Psychiatry Fellowship at the Yale School of Medicine, as well as the Medical Director of the Substance use & Addiction Treatment Unit (SATU) at CMHC. In this role, he oversees SATU's educational, clinical, and research programs. Dr. Muvvala has received many awards in recognition of his teaching and professional accomplishments including the American Psychiatric Association's Ima Bland award for his contribution to resident education in Psychiatry, Stephen Fleck Faculty Awards at Yale School of Medicine and the Yale Psychiatry Residents Association Teaching Award. Prior to joining CMHC, Dr. Muvvala served as the Associate Medical Director of the Yale New Haven Psychiatric Hospital

Dr. Muvvala's clinical and research interests focus on developing and disseminating optimal pharmacotherapies for the treatment of substance use disorders, as well as providing integrated treatment for individuals with comorbid substance use, medical and psychiatric disorders. He has led multiple nationally funded research projects and clinical trials, as both investigator and study physician. He has also served as consultant and advisor to the Connecticut Department of Mental Health and Addiction Services and the Massachusetts Department of Mental Health. In addition, he chairs the Data and Research Subcommittee of Connecticut's Opioid Settlement Advisory Committee.

Dr. Muvvala was co-chair of the Yale School of Medicine committee responsible for creating a comprehensive addiction curriculum across four years of medical school training. He is an active member of several national organizations including the American Board of Psychiatry and Neurology and the American Academy of Addiction Psychiatry where he serves as a member on key committees. His international work includes an ongoing collaboration between the Yale School of Medicine and Public Health and the University of Jordan School of Pharmacy that established the Yale-UJ Joint Training Program in Addiction Medicine.

We wish Dr. Muvvala the very best as he takes on this important role in July 2026.

The Role of Complementary Therapies in Modern Medicine

Dr. Srinivas Vinjamuri (AMC '88)

Consultant in Medicine & Geriatrics

The concept of integrative medicine is not new; it dates back nearly two millennia and has evolved alongside modern evidence-based medicine (EBM). Today, complementary therapies are increasingly viewed as supportive approaches that aim to enhance overall wellbeing, rather than as substitutes for conventional treatment. Their primary goal is to promote a more **personalized and holistic care plan**, improving quality of life while respecting scientific rigor.

Historically, holistic medicine finds its roots in the teachings of Hippocrates and parallels long-standing practices in Ayurveda and Chinese medicine. In more recent centuries, the emergence of pharmacology and technological advances shifted focus toward disease-centric models of care. However, from the latter half of the 20th century onwards, growing patient interest in wellness, stress reduction, and non-pharmacological interventions led to renewed attention on complementary approaches.

It is important to clearly distinguish between **complementary** and **alternative** medicine. Complementary therapies are used alongside evidence-based treatments, whereas alternative therapies are used instead of conventional medicine. This distinction is essential to ensure patient safety and informed decision-making. Commonly used complementary therapies include yoga, meditation, acupuncture, massage, aromatherapy, music therapy, and certain herbal or nutritional supplements.

From a scientific perspective, emerging research suggests that complementary therapies may influence specific brain networks involved in stress, mood, cognition, and emotional regulation. Practices such as meditation, yoga, and music therapy have been associated with beneficial effects on neural circuits linked to anxiety, memory, sleep, and self-regulation. While robust randomized trials remain challenging due to lack of standardization, there is growing acceptance of these therapies as adjuncts that support mental and physical wellbeing.

In the UK, complementary therapies are used by a significant minority of the population, though availability within the National Health Service remains limited to select indications recommended by NICE. Patient preference for these therapies often reflects a desire for non-invasive, “high-touch” approaches that emphasize therapeutic relationships, autonomy, and holistic care.

In conclusion, complementary therapies occupy a nuanced space in modern medicine. When used responsibly, transparently, and alongside evidence-based treatment, they can play a valuable supportive role—particularly in chronic disease management, rehabilitation, and geriatric care. An open, non-judgmental dialogue between clinicians and patients is essential to integrate these approaches safely and effectively.

Poster Presentation: Addressing Loneliness in Elderly Inpatients

Dr. Vinjamuri recently presented a poster titled “Screening for Loneliness in Geriatric Inpatients Using the UCLA Loneliness Scale (Version 3)” at a professional forum in the UK. The study evaluated the feasibility of using the brief UCLA-3 tool for rapid screening of loneliness among hospitalized older adults. Conducted on geriatric wards, the study demonstrated that the tool could be completed in under five minutes in the majority of patients and revealed a significant prevalence of loneliness, particularly among those with moderate to severe frailty.

The findings highlighted loneliness as a modifiable risk factor with important implications for physical health, mental wellbeing, and recovery outcomes in elderly patients. Dr. Vinjamuri emphasized the need to incorporate routine loneliness screening into comprehensive geriatric assessments and to link identified patients with appropriate social and community support services.

Community Initiative: Elderly Care in Visakhapatnam

Extending his commitment beyond hospital practice, Dr. Vinjamuri is actively involved in developing organized, compassionate care for the elderly in Visakhapatnam through Hospital at Homes (www.hospitalathomes.in). The initiative focuses on providing home-based medical care, nursing support, and coordinated services for older adults who require ongoing assistance but wish to remain in familiar surroundings.

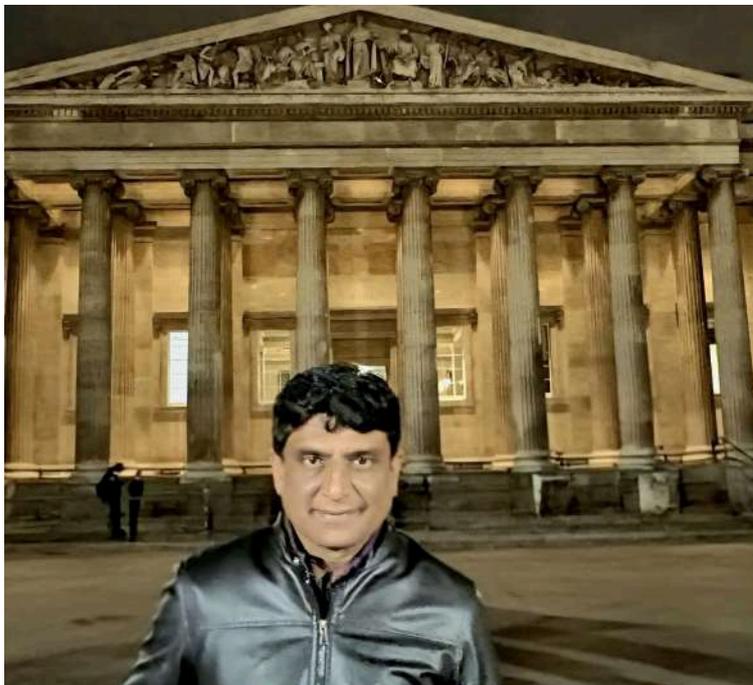
The organization addresses a growing and often under-served need—support for aging individuals and their families navigating chronic illness, frailty, and limited access to institutional care. By combining medical oversight with personalized home-based services, the initiative reflects Dr. Vinjamuri’s broader philosophy of patient-centered, dignified, and holistic geriatric care.



Contact Info

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Dr. Srinivas Vinjamuri (AMC '88)
 Consultant in Medicine & Geriatrics

Screening for Loneliness in Geriatric Inpatients Using the UCLA Loneliness Scale (Version 3)

Study Snapshot

- Setting: Geriatric wards, UK acute hospital
- Participants: 50 inpatients aged ≥65 years
- Tool Used: UCLA Loneliness Scale – 3 item version (UCLA-3)
- Assessment Time: <5 minutes in most patients

Key Results (At a Glance)

- 32% of elderly inpatients were found to be lonely
- 48% had moderate to severe frailty
- Among lonely patients, 50% were also frail
- 82% completed the screening in under 5 minutes

Clinical Insight

Loneliness is common, under-recognized, and closely linked to frailty in older adults—but it is also a potentially modifiable risk factor.

Practice Implications

- Screen elderly inpatients routinely for loneliness
- Integrate UCLA-3 into Comprehensive Geriatric Assessment (CGA)
- Refer identified patients to social and community support services

Why This Matters

Addressing loneliness can improve recovery, mental well-being, and overall outcomes in geriatric care—at minimal cost and time.



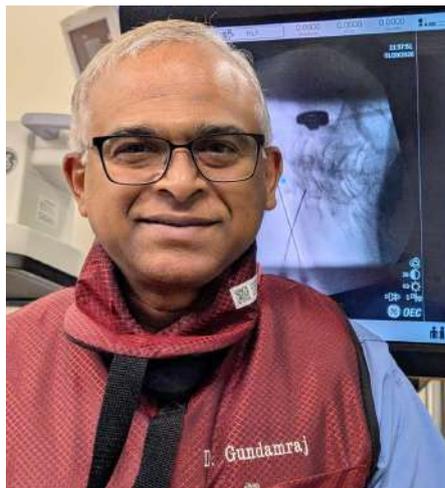
Comprehensive Pain clinic at King George Hospital, Visakhapatnam, India.

Chronic pain is a pervasive and debilitating condition that affects millions of people worldwide. In Andhra Pradesh and Telangana, where access to specialized pain management is often limited, the establishment of dedicated pain clinics within public hospitals can significantly improve the quality of life for patients suffering from chronic pain. King George Hospital in Visakhapatnam, as a major tertiary care institution, is uniquely positioned to lead this transformation by introducing a comprehensive pain clinic that addresses the unmet needs of its community.

KGH, known for its extensive clinical services and large patient load, routinely encounters individuals with pain-related disorders ranging from chronic post-surgical pain to cancer related pain, chronic low back pain, head and neck pain and neuropathic conditions. Despite this high prevalence, pain management at the hospital is currently embedded within general department, often resulting in fragmented care. A dedicated pain clinic would consolidate expertise and resources, enabling more effective, evidence-based treatment pathways tailored to individual patient needs. Implementing a pain clinic at KGH would also foster interdisciplinary collaboration among anesthesiologists, neurologists, orthopedic surgeons, physiotherapists, psychiatrists, and nursing staff.



Dr. Srinivasa Sarvabhouna Thota 1988



Dr. Narasimha Rao Gundamraj 1988



Dr. Ram Mahendra Sanapati 1981

AMCANA has identified a team of interventional pain physicians in USA who are helping set up a state of art pain clinic at King George hospital. Dr. Srinivasa Sarvabhouna Thota, Chair (1988 alumnus), Dr. Mahendra Sanapati, Vice Chair (1981 alumnus) and Dr. Narasimha Rao Gundamraj, Vice Co-chair (1988 alumnus) have been working diligently with Principal of Andhra Medical College Dr. K V S M Sandhya Devi, Superintendent of KGH Dr. I Vani, Professor of Anesthesia Dr. K Aparanji, towards this lofty goal. The team has raised funds to acquire equipment for the pain clinic. Scientific sessions are held remotely since early November 2025. Each of these weekend sessions are attended by at least 60 physicians from Andhra Pradesh and Telangana. Attending the yearlong educational course and participation in quiz will lead to certification in Pain management.

A dedicated pain clinic and procedure suite was recently inaugurated by Sri Satya Kumar Yadav, honorable minister of health, family welfare and medical education, government of Andhra Pradesh and a hands-on cadaver course is being conducted by the visiting AMCANA pain physicians in February 2026. This initiative represents a significant step toward elevating the standard of healthcare in the region and reaffirming KGH's commitment to compassionate, high-quality medical care.



A Landmark Philanthropic Contribution to Pediatric Care

AMCANA & AMC 1966 Alumni Donate Advanced Pediatric Equipment Worth ₹80 Lakhs

In a moment of pride and purpose, the Department of Pediatrics, Andhra Medical College & King George Hospital, Visakhapatnam witnessed a landmark philanthropic contribution from AMCANA and the AMC 1966 Alumni Batch – a generous donation of advanced pediatric equipment worth ₹80 Lakhs.

This noble initiative reflects the enduring commitment of AMC alumni toward strengthening public healthcare and advancing medical education for future generations.

Strengthening Pediatric & Neonatal Care

The donation directly enhances:

- Pediatric ICU (PICU)
- Neonatal ICU (NICU)
- Pediatric Surgical ICU

A total of ₹48 Lakhs worth of ventilators with humidifiers have already been delivered and installed across critical care units. An additional ₹32 Lakhs worth of essential pediatric equipment is scheduled for delivery within the next two weeks – completing the full ₹80 Lakh commitment.

This advanced equipment will:

- Strengthen life-saving interventions
- Improve neonatal and pediatric critical care outcomes
- Enhance hands-on training for undergraduate and postgraduate students
- Build long-term institutional capacity

Chief Guest

- Shri Harendra Prasad Garu
- District Collector – Visakhapatnam
- Chairman – HDC KGH & CDC AMC

Guests of Honour

- Dr. K.S.V.M. Sandhya Devi Garu, Principal – Andhra Medical College
- Dr. I. Vani Garu, Superintendent – King George Hospital
- Dr. Ravi Raju Garu, Former DME, Former Vice Chancellor – Dr. NTR University of Health Sciences
- Dr. Radha Madam, Former Principal – AMC, Former Additional DME

Distinguished Alumni Representatives

- Dr. Nagula Seetaramayya Garu, Representative – AMCANA & AMC 1966 Batch
- Dr. Guruprasad Garu, Representative – AMCANA & AMC 1966 Alumni Batch

Host

- Dr. B. S. Chakravarthy, Professor & Head, Department of Pediatrics, Andhra Medical College & King George Hospital
- Team Pediatrics – AMC & KGH

The Generous Contributors

This milestone was made possible through the heartfelt contributions of distinguished alumni:

- Dr. Nagula Seetaramayya – Class of 1966
- Dr. Ravi Sarma – Class of 1966
- Dr. Guruprasad – Class of 1966
- Dr. Supriya Ghanta – Class of 1967
- Dr. Seshu Sarma – Class of 1969
- Dr. Padmaja Mouli – Class of 1974
- Dr. Ram Prasad Saladi – Class of 1984

Their collective vision and generosity stand as a testament to the deep-rooted bond between alumni and alma mater.

A Message from AMCANA

Dr. SNR Naveen, MD AMCANA Liaison to AMC & KGH, shared that this initiative symbolizes more than equipment delivery – it represents global alumni unity translating into tangible healthcare impact back home.

