

AMCANA Andhra Medical College
Alumni of North America



ATLANTA MEET 2024

AMCANA

AUGUST 2-4

Atlanta Airport Marriott Gateway
2020 Convention Center Concourse,
Atlanta, GA 30337



AMC CENTENARY CELEBRATIONS



FRIDAY, AUGUST 2ND

4:00 - 9:00 PM	Welcome, Registrations and refreshments
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SATURDAY, AUGUST 3RD

7:00 - 7:00 PM	Alumni Registration
7:00 - 10:00 AM	Breakfast - Continental
7:00 - 9:00 AM	CME Registration
8:30 -12:30 PM	CME Program. Free to all registrants. Please see CME program for more details.
New this year	Dasaradha Ram Memorial Educational Seminar – Sponsored by Jayanthi Charitable Foundation and AMCANA
12:30 – 1:30 PM	Boxed lunch
2:00 - 3:00 PM	General Body meeting
3:00 – 4:00 PM	Tea with Shining stars – Unveiling” Shining stars of AMC”, meet some stars in attendance, meet the author, Dr. Seshu Sarma.
5:00 – 6:30 PM	Social hour and class and group photos
6:30 – 8:30 PM	Banquet Dinner
8:30 – 11:30 PM	Entertainment - Live music, DJ and dance.

SUNDAY, AUGUST 4TH

7:00 – 11:00 AM	Brunch – Indian
9:00 – 10:00 AM	Special lecture - 7 Common ways to lose a medical license and how to protect your license – Srini Gangasani, MD, FACC, Chairman, Medical Board of Georgia

CME SCHEDULE

AUGUST 3, 2024

8:30 to 12:30 PM US ET

8:30 to 8:55 AM	Registration and Coffee
8:55 to 9:00 AM	Raja Nandyal, MD - Opening Remarks
9:00 to 10:15 AM	Madhu Behera, MD - Healing with Models: The Transformative Role of AI in Medicine (VIRTUAL) LINK will be provided
10:15 to 10:30 AM	Break
10:30 to 11:10 AM	Anu Chirala, MD - "Heart Matters": Unveiling CAD in South Asians
11:10 to 11:50 AM	Ratnakiran Bhavaraju, MD - Long Covid Identification, work up, and management
11:50 to 12:30 PM	Ajay Nooka, MD - Hematology for PCP: past, present and future.
12: 30 PM	Malla Reddy Maddula-Closing Remarks

Accreditation Statement:

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Alabama Heersink School of Medicine and Andhra Medical College Alumni of North America (AMCANA). The University of Alabama Heersink School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Alabama Heersink School of Medicine designates this live activity for a maximum of 3.25 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Alabama Heersink School of Medicine is an equal opportunity/affirmative action institution.

Message from the President

Andhra Medical College is an integral part of my life. My journey at AMC was not simply an educational pursuit; it was a transformative experience that instilled a deep sense of purpose and commitment. My friendships, relationships and mentors at AMC cultivated who I am today. These roots forged through shared experiences, late-night study sessions, and moments of triumph and challenge, have remained steadfast over the years. Reminiscing about my education at AMC fills me with immense joy and gratitude.

As my tenure comes to a close, I find myself reflecting with pride on these past four years. Serving during the centennial celebrations of our esteemed alma mater, navigating the challenges posed by the COVID-19 pandemic, fundraising for Centennial Alumni Building and fostering stronger relationships with AMC and AMCOSA have been truly defining moments for our association. AMCANA has consistently demonstrated its commitment to advancing our alma maters mission of excellence in medical education and patient care through our fundraising campaigns and advocacy for healthcare initiatives. We also worked to engage our younger alumni here in the USA and integrate their perspectives and talents into the fabric of AMCANA. Through networking events, we have successfully connected with a new generation of alumni who are eager to contribute to our shared legacy.



Looking forward, I am excited about the vision for AMC/AMCANA to establish a dedicated research centre inside the KGH complex. This initiative aims to involve students to elevate our institutions' research capabilities, foster interdisciplinary collaboration, and drive innovation in healthcare solutions. With the support of our members and partners, I am confident that we can turn this vision into reality and make a lasting impact in the field of medical research.

I would like to extend my heartfelt gratitude to the Executive Committee and the Board of Trustees for their unwavering support and dedication over the past four years. I am forever grateful for the guidance of Dr. Prasad Chalasani and Dr. Malla Reddy Maddula. Your guidance, wisdom, and tireless efforts have been instrumental in navigating AMCANA through both triumphs and challenges. Together, we have strengthened our association and positioned it for continued success in the future. I am also thankful for the support AMCANA received from Dr. Butchi Raju, Principal, AMC, Dr. Ravi Raju, Dr. Radha and the leadership team in AMC, KGH and AMCOSA. It was truly a great partnership that got many things done. There are too many of our alumni to name here that I am appreciative for their support and dedication to AMCANA.

As I transition into the role of Immediate Past President, I am delighted to welcome our incoming President, Dr. Manikyam Muthyalu. Your enthusiasm, and fresh perspectives will undoubtedly contribute to the continued growth of AMCANA. I offer my full support and pledge to assist you in any way possible as you embark on this new chapter.

In closing, it has been an honor and privilege to serve as President of AMCANA during such a transformative period in our history. I am immensely proud of what we have accomplished together and am excited about the promising future that lies ahead for our association and our alma mater. Thank you all for your unwavering support and dedication to AMCANA.

Malla Reddy Maddula, MD, FASN. (87)

Chairman, Board of Trustees. AMCANA 2022-24.

It gives me a great pleasure to be able to serve as a Chairman of board of trustees of Andhra Medical College Alumni of North America (AMCANA) during the Historic Centenary year 2023.

I belong to the 1987 batch which is also a first batch of NTR University of Health sciences.

I came to know about AMCANA 10 years after I came to America in 2009. Now a days because of widespread Social Media current students know about AMCANA during their college days. I am proud to say AMCANA is supportive to fresh graduates with guidance and opportunities in the US to pursue their careers.



During my Presidency I advocated building a strong bridge between AMCOSA and AMCANA and trying to do the activities together for the College.

The AMC CAB project idea was born during that time and a CAB committee was formed under the leadership of Dr. Ravi Raju and other members in India and Dr. Prasad Chalasani and other committee members from AMCANA. I am hopeful that we will complete the construction of the CAB building before the end of 2024.

Our Centenary celebrations in Vizag was a great success and Alumni from all parts of the world came to be a part of the celebrations. I appreciate the hard work and dedication of the organizers to make it a memorable experience for all the Alumni.

My sincere request to AMC Administration is to collect and own the data of All Alumni and update it periodically, so Alumni can reach out to you for the information on their classmates and friends. Improve the verification process for practitioners living in the US and other countries.

My sincere request to AMCOSA is to make all Alumni graduating from AMC, automatic members of AMCOSA, so you can become One Global AMC Alumni Organization.

My sincere request to AMCANA members is to reach out to your classmates and friends to play an active role in AMCANA leadership and other activities.

I would like to congratulate current Executive Committee under the Presidency of Dr. Nagendra Myneni for your extraordinary work and dedication to AMCANA.

Finally I would like to welcome Dr. Manikyam Mutyala of 1987 batch as an incoming president of AMCANA and wish him best wishes.

EXECUTIVE COMMITTEE



Dr. Nagendra Myneni
President



Dr. Prasad Chalasani
Past President



Dr. Manikyam Mutyala
President Elect



Dr. Nirmala Pichika
Secretary



Dr. Sriram Sonty
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Dr. Malla Reddy Maddula
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Dr. Prasad Chalasani
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Member



Dr. Nirmala Pitchika
Member



Dr. Sriram Sonty
Member

AWARD COMMITTEE



Dr. Vijaya Voruganti
Chair



Dr. Ravi Siripurapu.
Member



Dr. Sriram Sonty
Member

NOMINATION COMMITTEE



Dr. Prasad Chalasani
Chair

UMAMAHESWARI JONNALAGADDA, MD

Convener, Atlanta AMCANA Biennial Meet 2024



Dear AMCANA Colleagues and Friends,

I am delighted to warmly welcome all members to the Biennial Meeting at the Atlanta Airport Gateway Hotel. We are honored to have Dr. Butchi Raju, Principal of Andhra Medical College, as our chief guest.

We have an exceptional meeting planned, featuring outstanding speakers for the CME sessions covering a variety of topics. This event presents a wonderful opportunity to network and learn from leading experts in our fields as we celebrate our achievements and diversity, continuing our commitment to the advancement of AMCANA.

Please make sure to visit the booths at the event. I extend my heartfelt gratitude to my dedicated team members and our sponsors, whose support has made this event possible.

Sincerely yours,

Umamaheswari Jonnalagadda, MD

Convener, Atlanta AMCANA Biennial Meet 2024

Prof. Dr. G Butchi Raju, MD, DM, FAAN, FIAN

Principal & Addl. DME, Andhra Medical College, VISAKHAPATNAM

From the Principal's Desk

Greetings to AMCANA from AMC.

At the outset, I must thank AMCANA for their unwavering support in the conduct of Centenary Celebrations in October 2023 and the upcoming AMC Centenary Alumni Building. AMC thanks all the Alumni, AMCANA and AMCOSA for their generous contributions to the AMC CAB which is in the final stages of completion.



AMCANA was the backbone for many projects, especially in the last two decades some of which included a complete renovation of Pathology Block, OBG and support to Cervical Cancer Project, renovation of Exam Hall, provision of much equipment like Mammogram, etc., renovation of toilets in Men's Hostel, AMCANA Education Centre in SS Block to name a few. The Shining Stars of AMC will be very motivating for the young medicos.

I have been associated with AMC as initially as a student since 1979 and as a faculty from 1993 and it's like my second mother. I am fortunate to be Principal during the historic occasion of the Centenary of AMC as what I am today is because of AMC. I could be able to contribute to AMC both academically and structurally as it is my mother institute. Initially with support from Prof Dr. K Venkateswarlu could create a significant corpus fund for the Department of Neurology, which could be able to create a good infrastructure for the Department of Neurology when it is shifted from Rajendra Prasad Ward to Superspeciality Block in 2011 immediately when I took over as Professor and HOD. Actually, with this fund, we could be able to maintain the upkeep of AMCANA Education Centre all these years. I am fortunate to be associated with organizing of National Conference of Indian Academy of Neurology (IANCON) in 2003 and again hosting in October 2024 which will be marked in the history of AMC. As a Principal of the institute, I am also fortunate of receive the Fellow of the Indian Academy of Neurology. The last two years of my tenure as Principal were fruitful in more than one way, which included the organisation of Centenary Celebrations, Centenary Foundation Day and the construction of AMC CAB with the support of the CAB Committee under the Chairmanship of Prof Ravi Raju.

Some of the changes I could envisage is the renovation of the Anatomy Museum with the support of the 1971 batch, the Anatomy Histology Lab, the provision of Digital Boards to Anatomy Lecture Hall, Oncology and Centenary Exam Hall, laying of roads around Panagal Building and the road to Anatomy Block, Yoga Unit in Physiology Department, CAL Lab in Pharmacology, Microbiology Museum and Practical Hall Renovation, Pathology Reporting Room, Renovation of Modern Mortuary, new OBG gallery in Gynaec Institute, contribution to Surgical Gallery in CSR Block, minor infrastructure changes in Physiology, SPM and Biochemistry, Centenary Selfie Point and Centenary Arch. The last two years have also seen a significant transformation of the AMC UG girl's hostel along with the provisions of new rooms with the support of MP LADS from Dr B V Satyavathi Garu and a few alumni. AMCANA also supported in renovation of restrooms in AMC UG Men's Hostel and Dining Area.

The other major development which happened in my tenure was the inspection with nearly 40 National Medical Commission Inspectors on a single day on 12-01-23 and with all the help of support from the faculty and government, I was able to create new 131 PG seats in nearly 26 specialities both in broad and super specialities. This paved the way for the construction of new hostels which include 200 rooms for men and nearly 100 rooms for women which are in progress with central assistance. These are very essential in view of increase in both UG and PG seats. AMC also will not forget the benevolent Alumni from AMCANA who have supported the idea of the creation of the Clinical and Biomedical Research Institute for which the foundation stone was laid during the AMC Centenary, fulfilling the ambitions of many Alumni for improving the standards of research in their mother institute. The dream of the Research Block will be initiated at the earliest upon receiving the Government support which is expected in few days.

To conclude, I owe all my teachers for shaping me into whatever I am today. I need to thank all my faculty and students for their continuous support and motivation in all their achievements in the last two years. Last but not least, all the Alumni especially AMCANA and AMCOSA for their contributions to the AMC in all its endeavors.

**Au revoir,
Dr. G. Butchi Raju.**



BEST WISHES TO AMCANA

**Aruna Pitchika (87 batch) and
Nirmala Pitchika (92 batch)**

BEST WISHES TO AMCANA



Mydhili and Prasad Chalasani (81)

Retracing The Roots:

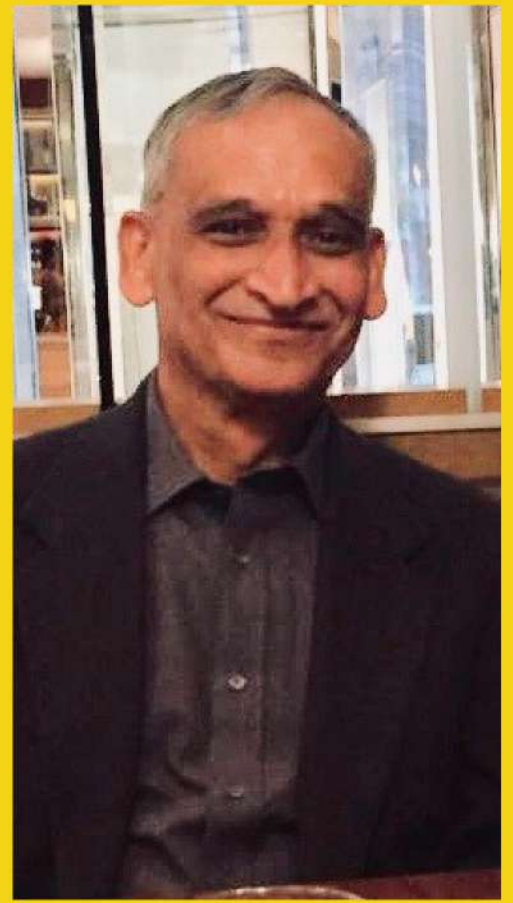
Retooling For Research At AMC: A Second Century Renaissance

P. Ravi Sarma

During the October 2023 Centenary Celebrations, a seminal event occurred when the Vice President of India, Sri Jagdeep Dhankhar, laid the foundation stone for the “Andhra Medical College Clinical and Biomedical Research Center.” The leaders of the centenary celebrations and the dignitaries who attended the events echoed the sentiment of the alumni that during the second century, AMC should focus on developing a strong base to support both clinical and basic research. This requires improving the existing facilities with better infrastructure and putting in place a dedicated team of professionals experienced in planning and conducting research. We all returned with a sense of optimism. Why this optimism? To start with, it is the

tradition of scholarship and leadership during the first 25 years of AMC. This foundational strength and excellence led to well-rounded graduates who excelled in the next 25-40 years in many fields of endeavour, both at home and abroad. Clinicians, epidemiologists, basic sciences professors and bench researchers identified areas that needed attention, understanding, clarification and solutions. That spirit of scientific enquiry has taken a back seat in recent years due to rapid changes in healthcare delivery, and the emergence of corporate healthcare.

Still there are academically minded graduates and faculty who have been keeping the spirit of enquiry alive. What is needed is a catalyst to rekindle that critical thinking and creativity. Several pieces of the puzzle are falling in place. Two examples of clinical research at AMC include the work being done at the Medical Research Unit (MRU) which receives funding from the Indian Council of Medical Research (ICMR) and the “Women’s Health Initiative and Cancer Screening and Treatment Project” focusing on cervical cancer screening and digital mammography, supported by private philanthropy. Due to increased funding for healthcare provided by the Central and State Governments, the private healthcare sector is expanding rapidly. Multinational corporations are also investing in India, setting up operations and funding research and clinical trials. Because Visakhapatnam already attracts businesses and industries, the healthcare sector is also expected to grow substantially there. Being the state’s oldest and most prestigious medical school, Andhra Medical College is anticipated to be a key player in this healthcare expansion. AMC now admits 250 students annually, and there are about 500 post graduate students in different specialties as well. These bright students need guidance and direction in design and conduct of various types of research. What types of research can be done at AMC? King George Hospital has a wealth of clinical content, best suited for clinical and epidemiological studies. This type of work will be of immediate benefit to the patients who seek medical care, and to the policymakers who can assign resources to address a problem that has been identified. Recognition of a cluster of cases in Srikakulam district, now called Uddanam Nephropathy, is a great example of such hypothesis-generating clinical work that led to greater allocation of resources and



attracted international collaboration to find out the cause(s) and possibly prevention and cure. Extramural funding can be obtained from the parent university, state govt and central government agencies that will support both laboratory and clinical work. These funds will also support teaching graduate students and faculty basics of research including statistical methods, informed consent, protection of experimental subjects, design and conduct of clinical trials. Phase III clinical trials of treatments will be of benefit to patients suffering from various difficult-to-treat illnesses. They need to be conducted with great care to protect the participants from unexpected complications. These trials do provide funds to support other areas of investigative work. Pure bench research is something that AMC will not be able to undertake. That type of work is better left to well-funded institutions. Where do we go from here? The first step will be to take an inventory of the resources currently available, including space, equipment and personnel. The next step will be to catalogue the projects currently being undertaken. Simultaneously, funding sources need to be identified--governmental, private sector and philanthropic. This will allow investigators to apply for funding for their work. A well-trained and experienced director of biomedical research with energy and enthusiasm needs to be recruited to provide effective leadership. An academically inclined student body and faculty are as essential as the director. Collaboration with research centres in India and abroad is pivotal. All this will require a very concerted effort and buy-in from all the participants and decision-makers. The support of alumni is crucial. It is very fortunate that many alumni are willing to support and fund research at AMC. Let us hope that the leadership of AMC and the government will support the growth and development of research at the premier medical institution in the state.

P. Ravi Sarma, MD; FACP, AMC class of 1966-71, is an associate professor of medicine (hematology-oncology) at Howard University College of Medicine, Washington, DC. He was the editor of "Centennial: AMC, 1923-2023, the story and history of Andhra Medical College."



AMC ALUMNI OF TRINIDAD AND TOBAGO



Wishing Manikyam Mutyala as an incoming President

**Hariprasad Sadineni
Kalichand Myneni
Victor Terapalli
Vijaya Rani Choppala
Kiran Penumala
Lakshmipathi Peram**

Alma Mater- AMCANA (AMMA)- Opportunities and Challenges- Collaboration Beyond The Horizon

Raja Nandyal, MD 1965 MBBS Batch



Just a few days back, when Nagendra asked me to write an article for the 2024 Conference Souvenir, I felt like sharing my personal experience and vision for the future of AMCANA and its relation with our Alma Mater (Latin-nourishing mother). I had to put in an effort that is different from writing medical articles. To find the material for this article, I walked through the memory lanes that existed even prior to the inception of AMCANA (1981). I remember experiencing AMCANA's early childhood growing pains along with stalwarts like Sriram and Rammohan. After a few decades of going through the conduit of

AMCANA, witnessing the slow progress emerging from their extreme effort and sacrifice, but still enjoying the fruits of the hard work of various presidents, their EC teams, chairmen and their board members, I am very ecstatic and euphoric to see AMCANA's progress and growth in the past decade by leaps and bounds. Now, AMC alumni are all grown and flourishing even with 2nd generation grads, doing exceptionally well. I tried to remember those piers or docks that helped us but unfortunately did not get much recognition in due course.

Now, I am organizing my thoughts into 3 main groups, which are further divided into 3 sub-groups. Depending on your interest, the importance of each group might vary. As much as possible, in this article, I have decided not to dwell on the past. I will start with the suggestion 'RESEARCH' as the number one opportunity. I believe that the time has come for us (AMCANA) to focus on this. I believe despite having excellent resources for more than 4 decades, our AMCANA has paid only nominal attention to this topic. As many already suggested at our recent Centenary Celebrations, we need funds for this. Raising funds for research is a definite challenge with inherent moral and ethical issues. At first, we need to explore available options. We may (or may not) need to get financial help from the pharmaceutical/formula companies. We have resourceful faculty members from the US (such as Konduri, or Ajay), India (such as Ravi Raju), or other countries with a proven track record, and have interest in mentoring junior docs in research and QI projects. Academicians can provide a helping hand and build an academic-private practice collaboration bridge. I won't be surprised if somebody like Peda Veerraju has been doing it already. Personally in my 18 years of private practice, I struggled to maintain semi-academic environment. Only later, I found help in a University setting and got a CATCH (Community Access to Child Health Grant). I should share another experience with you all. When I moved from my private practice/semi-academic world to the fully academic/University world (another 18 years),

I noticed the existence of 'academic arrogance'. Many academicians are not aware that private practitioners are extremely smart and also top-notch clinicians. The collaboration of both teams is mutually beneficial. Ample opportunities exist for several practical research projects. I can bet many practitioners will be glad to participate in them. They want their patients to know that their docs are 'up to date' Sub-group based in INDIA (AMC/KGH/AMCOSA): To be fair to all of the branches of medicine, based on the availability of the funds and the needs assessment, I humbly suggest forming research groups such as Pediatrics, Obstetrics/Gynecology, Surgery, Surgical specialities, Anesthesiology, Internal Medicine, Medical sub-specialities (Cardiology, Infectious diseases, Hematology- Oncology) etc. Then share your research interests and QI studies that you want to collaborate with. As much as possible, the topics need to be interesting to both academic and private practice worlds. My humble request- please DO NOT go by hierarchy.

AMCANA, AMC, AMCMGR and several such organizations come under Sub-group B and C, based on their location in the USA and Other Countries. They need to identify volunteers for this purpose. They can be potential moderators and monitors. A template can be used for the team structure. The team members can formulate their final details. I suggest using common guidelines, including SMART aims (specific, measurable, achievable, relevant, and time-bound), PDSA cycles (Plan Do Study Act (PDSA) etc. We have several alumni that also have MBA, M.Ph. and Epidemiology degrees; valuable assets for the research and QI projects; can train us in using various QI tools, LEAN Six Sigma principles (DMAIC- define, measure, analyze, improve, control) etc. Service Model Area is my 2nd in the line. AMCANA has been doing a superb job in its collaboration with AMC, and KGH. Please refer to AMCANA.Org for details. For decades, Seetharamayya has led his 1966 batch of friends in several service related projects. Sriram and Rammohan during their terms as AMCANA presidents did a phenomenal job with the help of Peda Veerraju as our AMC liaison. This area still can take more help, especially in paediatrics. To start with, using multifaceted assessment let us all take a step back, evaluate our needs first, prioritize, show firm commitment to our actions, without losing focus on the future, reestablish our liaison and proceed cautiously. In this ever-changing political environment, we need to think about not only starting of a project but also maintaining it well for at least another 10 years. I suggest a 3-member NEEDS ASSESSMENT and OVERSIGHT Committee (preferably independent of BOT) to assess our past commitments, investments, progress and future projects. I suggest developing a system where some of the current actively practising US/UK/Australia-based top-notch AMC alumni can get admitting privileges at KGH, and share and exchange their ideas with local docs at KGH. Of course, there is a potential for a long-drawn process of credentialing and legal issues. Once the process is figured out, it can go faster. GMC might be doing it, already. In the area of EDUCATION (3rd in line), my observation tells me that AMCANA's progress with AMC Collaboration is periodically okay, and frequently sub-optimal. For a couple of decades, several of us went to Vizag and gave prepared lectures. At best, our experience was varied. Some positive or mixed. I am not sure that many of us were effective. We received silk shawls but never received any feedback. Fortunately, I had a couple of opportunities to talk with GI fellows, when Dr. GI Murali Krishna was alive. It was a very humbling experience for me.

I believe that if AMC PG students and faculty and AMCANA members converse, it can be very useful to both. Kudos to the exemplary COVID-19 Zoom sessions moderated by Sudhakar, Rammohan and Sridhar. They were perfect examples of an ideal collaboration between AMCANA and AMC. I am not sure that we still have webinars going on, even though they are excellent bilateral conduits for learning. There are several other opportunities that tech-savvy docs can participate in such as Slide Share, IAP WhatsApp groups(Dermatology, Pediatric Pearls, PPT etc. In addition to Social media, I am sure that many of us including young docs are overwhelmed with the educational tech stuff too. I conclude with suggestions to start an Online Directory of Academic AMC Alumni, to be available on AMCANA.ORG. I know fully well, that the list can be misused. At least, if the name and the area of expertise is available, a new alumnus can also refer to Doximity or Google Scholar or ResearchGate for more help. It is also very important to make a follow-up phone call or repeat phone calls when you get help from one of the alumni. Then try to become one of the helping alumnus. Please don't forget that many of AMC Alumni are retired or close to that age. Also, other alumni can help you, too.

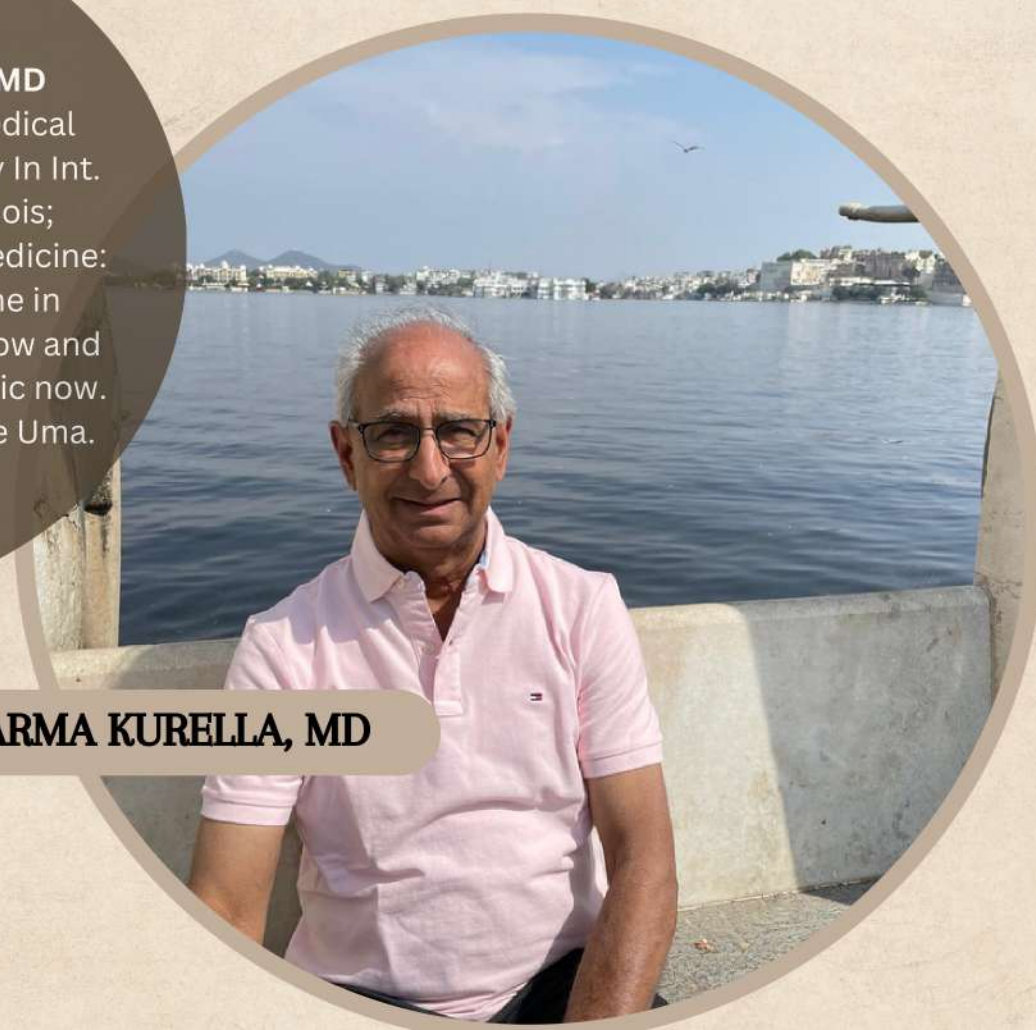
Last but not least, we should pay attention to the emotional needs of the new alumnus and his or her family, and when needed, have one of our Alumni with Psych training assess and help. Thanks for giving me this opportunity.

Please send suggestions or questions to **RajNandyal@AOL.COM**.

Sri Rama Sarma Kurella, MD

graduated from Andhra Medical College(1968); did Residency In Int. Medicine at Evanston, Illinois; Board certified in Internal Medicine: Practiced Internal Medicine in Jerseyville, Illinois; Retired now and volunteering in a Charity Clinic now. Residing In St.Louis, Mo; wife Uma.

SRI RAMA SARMA KURELLA, MD





MY LOVE FOR AMC

Class of 1981 and Emory

PRASAD CHALASANI, MD

AMC

When I entered the campus of Andhra Medical College, I was jubilant, naive, a little pig-headed as my friend called me but scared as well. The excitement of being a Medico, tasting the freedom, hostel life plus late evening movies and late-night table tennis games etc. was exhilarating.

Initial impressions were quite scary about ragging but once freshers' day was done, I really enjoyed it. Honestly, I thoroughly enjoyed it with friends, My Grandmother used to live five minutes from the Men's hostel, so frequent visits for food with friends were a big part of my hostel days. Medal exams, final exam postponements etc were routine. Night outs during the last month on the hostel terrace were routine for many of us. Anatomy dissections, osteology, and embryology were my nightmares! I used to move dissection tables to avoid Professor Narasinga Rao Garu (our Baldie). Physiology Venkata Reddy Garu, it was a lot of fun to hear his English. Overall, pre-clinicals ended with real excitement about starting clinicals and moving over the hill to the other side was a prideful time.

Then Diamond Jubilee year started during our third year, the best year of my AMC years. Started to become prominent in sports, organizing events etc. A good friend contested for sports secretary and lost the election. But that made a group of us become too close and may be first time started real medical college experience outside the studies. We went to the movies and hung out a lot. We changed the culture of the college in many ways. Boys and girls gotten very close friends, went to movies, picnics etc. Our principal at that time, Dr. Sita Devi garu was not really happy and called us to her office many times.

Life was beautiful, no worries, lot of fun, laughter, the best friends' groups formed, and they continue till now. Every picnic lunch menu was like a big debate which looks silly now. Many of us skipped a respectable number of classes but managed quite well. Restaurant dining was frequent. Our mess was at the best mediocre but one dosa for breakfast after long waiting was unique. We invented egg omelet to supplement our appetite.

On a serious note, the teachers were great, and dedicated and some of the post-graduate classes were so popular. The learning experience, the competitive spirit, and walking in the hallways of eminent clinicians is a treasure and will never be the same. The amount of enthusiastic teachers were so many to name. When I visit the college now, the culture is so different. During our time, no private nursing homes except American nursing homes. Teachers had more time to spend on the campus and teaching. AMC prepared me for a bright future with a sentiment of service to needy patients.

I am always grateful to our alma mater for what it did for me and thousands and thousands across the world to build careers that are unparalleled. I was able to climb the ladder with an admission to PGI, then Residency at Emory working along with giants in the field. The credit goes to my medical college, my teachers and my colleagues who truly molded me.

MY CLASS OF 1981

During the centenary celebrations, many classes had titles like Trail Blazers, Gems, Goldies and Diamonds, our class was called Miss Andhra class. I don't think our class used any superlatives but our seniors and our juniors who were in campus in those years can attest. Class of 1981 was very popular in every field, music, academic placements, sports and service. We were the envy of the campus. We went on a South India tour with boys and girls and a dedicated train bogie for us. The friendships we cultivated in those days have become so deep and still kept us very tight. My closest friends in life are from my medical school class, my life coaches are my classmates. Everyone deserves a big salute for what they are today and for being successful in every field.

I look forward to our class reunions and we carry the same home coming spirit. Our class deserves the accolades for donating the largest amount of money for our CAB building. Every single AMCANA 1981 alumni donated in a big way. I am so blessed to be among a very good group of people. They are a phone away for any help. Leaving family back home in India in the hands of my class friends is so reassuring.

Life during those 5 1/2 years at AMC and the friends during medical college days are life changing for me. I cherish those times, memories, and lifelong friends!

EMORY

I cannot finish my article without at least a couple sentences about Emory and what it did for me. Beyond anyone's belief, I was matched at Emory. Those were very tough times to get into residency. It was a true dream come true. When I was in medical school, the names I heard of authors and scientists were my mentors at Emory. I am ever grateful to the time at Emory and my faculty who made me who I am today.

PS: The names of my great teachers, friends and classmates were too many to mention in this article.



Best

Wishes from

**Nagendra Myneni (86) and
Kali Chand Myneni (90)**



Best

Wishes from

**AMCANA members from
class of 1986.**

Congratulations to Andhra Medical College Alumni for a Historic Centenary Celebrations.



**Malla Reddy Maddula (87), Lakshmi,
Kailash & Abhilash**

Lifetime Achievement Award

Dr. Subbarao Yalla-Urology AMC'54



"It always seems impossible until it's done"- Nelson Mandela

Dr. Subbarao Yalla (AMC '54), is a Professor Emeritus of Surgery at Harvard Medical School with a stellar academic record as a surgeon, researcher, and teacher. In the early 1970s, his life went out of control while building his career as a surgical researcher at the University of Pennsylvania. He became a single father with three daughters under the age of 9. He was about to return to India, as raising 3 young children as a single father with a challenging profession was daunting, but his friends advised him to stay in the US for a better life for his children. He joined the VA system in Boston for less gruelling work and better hours.

The West Roxbury VA Medical Center of Boston has a large spinal cord injury center, and most of the veterans are afflicted with varied types of voiding dysfunctions, both neurogenic and non-neurogenic. It became the basis for the research projects Dr. Subbarao conducted, studied, and published. That was the beginning of a brilliant career that gradually unfolded for him.

Dr. Yalla was bestowed with an "Artium Magistrum" (an Honorary Master's degree in Higher Education) from Harvard University. He received the coveted Victor Politano Award for Outstanding Research from the American Urological Association and the Lifetime Achievement Award from the Urodynamics Society. He served as the Chief of Urology at the VA Boston Healthcare System, and the Director of the Urodynamics Laboratory at Brigham and Women's Hospital in Boston. He was a consultant/panel member for the Food and Drug Administration, the National Institute of Health, and the World Health Organization. He was an editorial board member and reviewer for many journals, including the famous New England Journal of Medicine. He was the Primary Investigator for original research projects and published hundreds of articles in peer-reviewed national and international journals. He also contributed chapters in textbooks and wrote textbooks in urology. An excellent teacher, he was invited as a speaker at national and international urology conferences and also had the honor of being a visiting professor at many universities.

Dr. Yalla lives with his wife, Jamie in Newburyport in the ancestral house of Jamie's forefathers which was built in 1809. They have 3 daughters, 2 sons, and 4 grandchildren.

VICTOR A. POLITANO AWARD



Subbarao V. Yalla, MD

The AUA recognizes Dr. Yalla for outstanding research in the basic understanding of bladder physiology, enhancing the diagnosis of voiding disorders and lighting the path for many young investigators. Dr. Yalla is professor of urology Surgery at Harvard Medical School and chief of Urology at Brockton/West Roxbury VA Medical Center. He received his MBBS and master of surgery degrees from Andhra Medical College in India, and completed his urology training at Emory University in Atlanta and the Graduate Hospital of the University of Pennsylvania. During the last 40 years

Dr. Yalla's research interest has focused on lower urinary tract dysfunction. He has conducted several clinical studies on neuropathic and non-neuropathic populations, and used theoretical, bench and animal models in collaboration with the biomedical engineering section of MIT, Cambridge. Dr. Yalla has received numerous awards, including the Lifetime Achievement Award from the Urodynamics Society, and was co-recipient/sponsor of the Jack Lapidus Award five times. He has published more than 160 scientific articles and book chapters.



Lifetime Achievement Award

Dr. P. Ravi Sarma - Oncology AMC'66



**"If you want others to be happy, practice compassion.
If you want to be happy, practice compassion."- the Dalai Lama**

Dr. P. Ravi Sarma, MD; FACP is an Associate Professor of Medicine, Hematology-Oncology, Howard University College of Medicine in Washington DC. He is a man of knowledge and immense wisdom. People flock to him for advice on matters not just medical but financial, spiritual, and organizational. Kind and gentle in spirit, he is a friend to everyone. A philanthropist and social activist, he contributed to major projects in Atlanta and India. His superb leadership skills earned him top positions in every institution he worked for. He served as the president of the Hindu Temple of Atlanta, the Telugu Association of Metro Atlanta, Chairman of the Board of Directors of the Indian American Cultural Association, founder of the Indian American Scholarship Fund, and founder of the Bhutanese Empowerment Project (along with SEWA International) which helped the Bhutanese refugees in Atlanta and the US.

Dr. Sarma is an exemplary clinician who drew cancer patients from other countries to be cared for. His patients adore him for his unharried and comprehensive approach and thorough counseling. Once, a young breast cancer patient wanted to felicitate him with the highest honor and nominated him to carry the Olympic Torch at the time of the Centennial Olympics in Atlanta. He was selected and had the unique privilege of being the only Indian physician to do so in 1996 in Atlanta.

He excelled as a teacher and continues to be recognized for his exceptional teaching skills. He is known for his expertise in writing. He published several articles in various journals and edited local literary magazines in Atlanta. He has great oratory skills with clarity of thought and effective delivery. His talks are well received, often with a standing ovation. His lecture series, "Focus on Faith: The Hindu Dharma" was aired on Public Television in Atlanta and received wide acclaim. He is much sought after as an editor of magazines because of his depth of knowledge of editing and presentation. He was chosen to edit the souvenir memento for the Centenary Celebrations of AMC in 2023.

His altruism and magnanimous gestures define Dr. Sarma's core personality. He always gives, whether it's to his family, co-workers, strangers, institutions, or the community. The beneficiary projects are countless, and his generosity is boundless. Some of his major contributions, undertaken along with his wife, Seshu Sarma, are:

- Complete renovation of the Pathology Department of AMC
- Restoration of vision through free cataract surgeries in several villages in South India through Sankara Netralaya and Mohsin Eye Bank in Vizag
- Built schools and vocational centers near Yelamanchili through Bhagavatula Charitable Trust
- Donation to Ved Bhavan: Veda pathasala in Secunderabad: ongoing
- Donations to Old Age homes
- Education of orphan children; ongoing
- Brahmarpanam Project: free meals for patients of KGH for one year, during the AMC Centenary Year from October 2022-October 2023

Lifetime Achievement Award

He has been working with several alumni to rejuvenate clinical, and epidemiological research and committed funds to support a Biomedical Research center at AMC. This center is dedicated to the memory of Dr. Yellapragada Subbarow, one of the greatest scientists the world has ever seen. The foundation stone for the Research Center was laid by the Vice President of India on October 28, 2023 during the Centenary Celebrations.

Dr. Sarma won numerous awards, including Lifetime Achievement awards from several institutions in Atlanta. He was recognized as one of the 25 most influential Asian Americans in Georgia by the Georgia Asian Times in 2016.

He lives in Washington DC with his wife Seshu (AMC' 69). They have two sons, one daughter, and four grandchildren.



At the 2016 awards ceremony, Georgia Asian Times, One of the 25 most influential Asian Americans in Georgia

Dr. Ravi Sarma with his wife Seshu

Award for service above and beyond the ordinary - Philanthropy:

DR. VASU PANDRANGI **(AMC'64)**



Dr. Vasu Pandrangi (AMC '64), is a renowned board-certified plastic surgeon, a visionary, and a great philanthropist from Ohio. In a career spanning over four decades, he performed over 30,000 major reconstructive surgeries and plastic surgery procedures. He also made significant contributions to society through his leadership and magnanimity.

Dr. Pandrangi did a year of M.S. training at AMC and moved to England in 1971 where he obtained additional training in surgery, orthopaedics, and trauma. He subsequently began a general surgery residency at St. Joseph Mercy Hospital in Pontiac, Michigan, in 1974, and completed specialized training in plastic and reconstructive surgery at Saint Louis University in Missouri. He joined the staff of Southwest General Hospital in Cleveland, Ohio in 1981, where he had a long and remarkable career until he retired in 2022. He gained a reputation as an outstanding surgeon and leader. He held several high-ranking positions in many professional institutions.

Dr. Pandrangi had the honor of being recognized as the Fellow of the Maliniac Circle of the Plastic Surgery Foundation, which is the research arm of the American Society of Plastic Surgery, an internationally acclaimed organization. Over the years, Dr. Pandrangi made significant monetary contributions to the research and development in the field of plastic and reconstructive surgery.

Giving back to society and helping those in need is paramount to Dr. Pandrangi and his wife, Lisa. She is a magnanimous woman and a perfect match for her generous husband. In 1992, they supported the Burn Unit at KGH in Visakhapatnam with their large donation. Over the years, they felt the need to extend their help to various institutions through capacity building for clinical care and research capabilities. Dr. Pandrangi dreams big, and the couple donates magnanimously to achieve his goals. Their philanthropic endeavors are innumerable both in the US and India. Some of the major ones are listed below.

1. Pandrangi Tower: "Touch the Future" is one of the largest privately funded projects at Southwest General's Main Campus in Middleburg Heights, Ohio. It includes a new patient bed tower with 96 patient rooms, which was named Pandrangi Tower in recognition of the Pandrangi family's generous gift of 3 million dollars to the project in 2013.
2. Endowed Professorship at Saint Louis University: The Pandrangi family's \$500,000 gift funded an endowed professorship in 2015 to promote the translation of clinical and basic research into patient care in the division of plastic and reconstructive surgery.
3. Endowed Chair in Plastic Surgery at University Hospitals in Cleveland: The Pandrangi family pledged \$1.5 M to establish an Endowed Chair in Plastic Surgery in Cleveland in 2019.
4. Vasu Pandrangi Oration in Plastic Surgery: An Annual Event organized for the benefit of students and faculty of AMC, was established in 2020.

The meaning of life is to find your gift. The purpose of life is to give it away. -Pablo Picasso

5. AMC Centenary Alumni Building: The Pandrangi family donated Rs/- 1 Crore toward the construction of CAB in 2022.

6. Locally, they are involved in several projects like food delivery for the needy in the Cleveland area.

7. Currently, he lives with his wife, Lisa, in Westlake, Ohio. They have two sons, two daughters, and six grandchildren.

Philanthropic Spirit

LIFE-LONG PASSION LEADS TO NEW ENDOWED CHAIR



Lisa and Vasu S. Pandrangi, MD

"Plastic and reconstructive surgery is fascinating and incredibly meaningful to me," shared Vasu S. Pandrangi, MD, Chief of Plastic Surgery at UH St. John Medical Center. "Patients come to us with issues that affect them medically and physically, but often times they've been impacted emotionally as well. As plastic and reconstructive surgeons, we have the chance to change the trajectory of our patients' lives by providing them with the opportunity and hope to live their lives to the fullest."

Dr. Pandrangi's interest is not limited to clinical care, however. "Vasu and I both believe strongly in the importance of research and education," shared his wife, Lisa. "The pursuit of knowledge leads to discovery and innovation, both of which are critical for advancing plastic and reconstructive surgery at UH and beyond."

Championing their cause, the couple made a generous gift to establish the Dr. Vasu and Lisa Pandrangi Family Endowed Chair in Plastic Surgery. Funding from the new position will support a visiting scholars program, welcoming physicians from around the world to help educate the current and future generations of plastic and reconstructive surgeons.

"In the last seven years, I have seen the UH Department of Plastic and Reconstructive Surgery emerge as a leader in its field," said Dr. Pandrangi, crediting the success to quality research and the recruitment of talented surgeons like Anand R. Kumar, MD, Chief of Pediatric Plastic Surgery at UH Rainbow Babies & Children's Hospital and the inaugural Pandrangi Family Chair. "We hope this gift will further elevate UH on the national and global stage."

Dr. Vasu and Lisa Pandrangi

*Award for
Academic leadership excellence*

DR. SHASHANK KRALETI
(AMC' 98)



Dr. Shashank Kraleti (AMC' 98) is a perfect example of how perseverance with the right attitude gets the results one wants. Currently, he is the Algernon Sidney Garnett Endowed Chair of Family Medicine at the University of Arkansas for Medical Sciences. From Chief Resident to Program Director and Chairman of the Department of Family Medicine, he rose to the top of the academic ladder quickly at the very young age of 42. He is also the Senior Vice President of the UAMS Health Network, Director of Primary Care and Population Health Service Line, and Clinical Informaticist.

Dr. Kraleti gained national recognition for his work in enhancing the Family Medicine Residency program at UAMS. He joined UAMS as a resident in 2009 and served as the chief resident in the final year of his training. He completed the National Institute for Program Director Development Fellowship in 2013-14, a Practice Pathway Clinical Informatics Fellowship at UAMS in 2022, and the Association of Departments of Family Medicine Leadership Education for Academic Development and Success (LEADS) fellowship in 2023. A Fellow of the American Academy of Family Physicians since 2017, he is active in several National professional organizations such as the Society of Teachers in Family Medicine. He is also a Board Member of the Arkansas Academy of Family Physicians.

Dr. Kraleti is an educationalist, and administrator par excellence. He developed several teaching modules for resident training and protocols for smooth operations in clinics and hospital settings. He published many articles in peer-reviewed journals; several of them related to resident training, clinic and hospital management. He also presented abstracts and posters at National and International meetings.

Dr. Kraleti received numerous awards. Some of the major ones are:

- Jack W. Kennedy Chair in Family and Preventive Medicine
- AFMRD Residency Program Director Recognition Award-Silver
- ACGME Parker J. Palmer Courage to Teach Award
- STFM New Faculty Scholar Award
- AAPI Leadership Award
- UAMS Residency Educator Award
- Arkansas Telugu Samithi Leadership Award
- UAMS DFPM Outstand Teaching Award
- UAMS DFPM Professionalism Award

Dr. Kraleti is a man of social conscience. He and his wife, Dr. Aruna Malladi, also a family physician, took up many social projects in his local community as well as in India. They have a son and a daughter. Currently, they live in Little Rock, Arkansas.



Dr. Kraleti receives the 2019 Academic Excellence Award from AAPI



Dr. Shashank Kraleti with his wife Aruna, and children

AMCANA PRESIDENTIAL AWARDS

UMAMAHESWARI JONNALAGADDA, MD CONVENER AMCANA MEET 2024

- Family Physician
- CEO Hazlehurst Family Clinic LLC.
- CFO Southern Gastroenterology
- President of GAPI - 2022-2023
- Chair-Women's Forum AAPI Convention 2021
- Medical Association of Georgia Foundation Board 2022 - Present
- Coffee County Association of Physician Board Member
- Co Trustee Hindu Temple, Atlanta
- Co Trustee Saibaba Temple, Atlanta
- Co Trustee Sri Shirdi Sai Society of NE Florida

Umamaheswari Jonnalagadda, a member of the Class of 1981, rose from humble beginnings with a strong foundation in self-sufficiency and independence, values instilled by her father who encouraged her to pursue a career in medicine.

She graduated from Andhra Medical College (AMC) and earned a Diploma in Obstetrics and Gynecology from Guntur Medical College. In 1991, after getting married, she moved to the United States, completed her residency in Family Practice at McKeesport UPMC, and eventually settled in Douglas, Georgia.

Dr. Jonnalagadda firmly believes in remembering her roots and giving back to her alma mater and community. She is deeply grateful to Andhra Medical College and is honored to have contributed to the AMC CAB project.



“As a Woman physician I believe Women should perceive their own strength and potential

Take the opportunity that's come your way in leadership, built confidence and help others in need.”



AMCANA PRESIDENTIAL AWARDS

VIJAYA VORUGANTI, MD

Dr. Vijaya Voruganti completed medical school in India before moving to the United States for further training. She completed her residency in Internal Medicine at Wayne State University in Detroit, MI, followed by a fellowship in gastroenterology at the University of California, San Diego (UCSD). After her fellowship, she remained at UCSD as a faculty member for seven years before starting her own practice in 2002.

Dr. Voruganti's clinical interest in Inflammatory Bowel Disease (IBD) began around 1997 during her time at UCSD, driven by the pain and suffering she observed in patients during the pre-biologic era. She recalls being inspired by Dr. Targan's presentation on Remicade in 1997, which showcased transformative before-and-after pictures of patients.



Her involvement with the local chapter of the Crohn's & Colitis Foundation of America (CCFA) began around this time, thanks to an invitation that was initially extended to her mentor at UCSD. As she started speaking about IBD, she naturally attracted more patients with the condition, expanding her experience in the field.

Around the turn of the millennium, Dr. Voruganti's interest in alternative medicine began to flourish. Despite the lack of "scientific data," her curiosity led her to explore various modalities, always ensuring they would not harm her patients. She began using probiotics in the early 2000s, well before the current interest in the gut microbiome, and learned through experience when and how to use them effectively.

Dr. Voruganti's understanding of alternative medicine has been shaped by a series of personal experiences. Her most significant contribution to her knowledge came from a two-year fellowship in Endobiogenic Medicine, which she completed in 2014. This fellowship taught her to view the body as a whole and understand chronic illnesses through a systems biology approach.

Positioning herself as a "middle of the road" practitioner, Dr. Voruganti integrates both western medicine and holistic approaches to help her patients on their journey from sickness to health. She uses a combination of medications, herbs, natural supplements, and various healing modalities, emphasizing the importance of emotional well-being and patient empowerment.

A growing passion for Dr. Voruganti is exploring the interface between science and spirituality, facilitating healing by deepening her connection to God.

AMCANA PRESIDENTIAL AWARDS

DR. MALLA REDDY MADDULA

Dr. Malla Reddy Maddula was born in Ondutla village, Bestawarapeta Mandal, Prakasam District. He completed his elementary education in Guntur District, attended high school at Bestawarapeta ZPH School, and studied at SSN College in Narsaraopet, Guntur. He joined Andhra Medical College (AMC) in 1987 and, after earning his MBBS, moved to the United States. Dr. Maddula completed his residency in Internal Medicine and a Fellowship in Nephrology at Brookdale University Hospital in Brooklyn, NY. He has been practicing Nephrology in California for 15 years and is also involved in teaching Internal Medicine residents.

Dr. Maddula has been associated with AMCANA for the past 14 years, serving as its President and currently holding the position of Chairman of the Board of Directors. He is married to Lakshmi, and they have two sons, Kailash and Abhilash.

He is passionate about networking and bringing people together and is actively involved in activities at the Shiva Vishnu Temple in Stockton, CA, as well as being a board member of the Indian Association of San Joaquin County. Dr. Maddula is also engaged in fundraising efforts for the Centennial Alumni Building.

Dedicated to his family and friends, Dr. Maddula is always willing to go the extra mile for them. His hobbies include music, movies, and traveling.

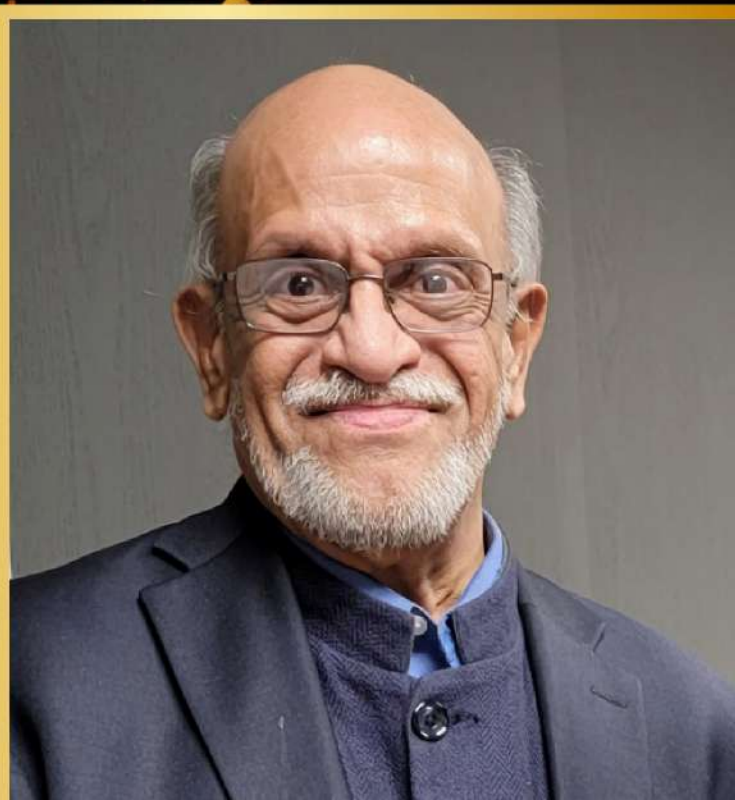


AMCANA PRESIDENTIAL AWARDS

SRIRAM SONTY, MD, FACS

CLINICAL ASSOCIATE PROFESSOR OF OPHTHALMOLOGY

University of Illinois @ Chicago Born in Ramachandrapuram East Godavari District AP India on August 27, 1947. After completing Medicine at **Andhra Medical College** (1963-69), Visakhapatnam and Internship at King George Hospital, Visakhapatnam Dr Sriram Sonty finished his Post Graduation/ Residency in Ophthalmology from the **All India Institute of Medical Sciences** in 1974 and moved to USA in May 1975. Married Susarla Saradapurna February 27, 1975 Dr Sonty had further training in Ophthalmology at Tufts New England Medical Center, Boston Children Medical Center (Harvard University) and University of Pittsburgh Eye and Ear Infirmary. He worked as Faculty at Tufts New England Medical Center and later moved to Chicago and became Faculty at the University of Illinois @ Chicago eye Center and is currently a **Clinical Associate Professor** at the University in the Glaucoma Service.



He was a **Senior Academic Consultant** at the King Khalid Eye Specialist Hospital Riyadh KSA. Dr Sonty has **165** Presentations at various National (**American Academy of Ophthalmology, All India Ophthalmic Society, Glaucoma Society of India**) and International Meetings (**International Congress of Ophthalmology, Asia Pacific Academy of ophthalmology, World Glaucoma Congress, ARVO, Asia ARVO, International Glaucoma Society**) and **125** publications in both peer reviewed and non peer reviewed journals, Book chapters and Abstracts. Sriram Sonty MD FACS has done many Research projects including the Landmark **Advanced Glaucoma Intervention Study (AGIS)** sponsored by the **National Eye Institute** (1991-2003), Pharmaceutical Drug Research for GlaucomaTherapy at **\$500,000 Grants** from various research projects over 12 Years. Dr. Sonty was honored by the **American Academy of Ophthalmology, Indian Glaucoma Society**, The American Telugu Association (ATA) , Telugu Association of North America (TANA) Telugu Association of Greater Chicago, Tristate Telugu Association. Vamsee Arts International Lifetime Achievement Award Dr P Sivareddy Oration. Vanguri Foundation, Congressman Danny K.Davis Advisory Task Force, The President of India Shri Pranab Mukherjee. Sriram served as **the Founder-trustee, LV Prasad Eye Institute**, Hyderabad, **President** and Chairman, Board of Trustees, AMCANA Dr Sonty was on the **Presidents Council of the University of Illinois**, Chicago, **Illinois Eye Fund Board**, and is a Clinical Associate Professor of Ophthalmology, University of Illinois- Chicago, **Governor State University Foundation Board** , **Past President** Matteson Rotary Club **President** SRI Foundation and SAPNA. On the Indian Cultural Heritage activities Dr Sriram is on the Advisory capacity /Trustee Gandhi Memorial Trust Skokie Illinois. Founder Chairman Sri Annamacharya Project of North America(SAPNA), Sonty Renaissance International (SRI) Foundation.

and with Dr Sarada Purna Sonty completed 32 Years of service to Indian Classical Music, Dance and Literature. SAPNA's mission is" *to preserve, promote, propagate & perpetuate Indic Classic Traditions*". Dr Sriram presented about 1000 Gandhiji's Life and Legacy presentations, India @ 50 Exhibition, He started Dr Sriram Sonty Glaucoma Lecture series in 2016 Drs Sriram & Sarada Purna Sonty donated significantly to the Following Major institutions: Sri Annamacharya Project of North America, LV Prasad Eye Institute, SVS Temple of Aurora, UIC Foundation, Chicago Symphony Center, Governor State University Scholarship Fund, Matteson Rotary Club Special Kids' Fund, Gandhi Memorial Trust, Sonty Kasulamma Rotary Centenary Park, Rotary International Foundation, NIMHANS Brain Bank, Dr Sonty Sriram Glaucoma Lecture Fund, Vegesna Foundation

Wife: Sarada Purna Sonty PhD (Tel) PhD(Sanskrit) D.Litt (Music) Two Children Dr Sreepadma Priya(Siri) Sonty A Paediatric NeurologistMs. Sreelakshmi Sita (Sita) Sonty – CEO Space Tango
Two Grand Children : Jairam Aidan Taggart , Ananda Skylar Taggart



Names Right to Left: Krishnamohan 87, Gautham 05, Nagendra 86, Guru Prasad 66, Prasad 81, Uma 81, Ravindra 93, Soujanya 94, Padma 87, Subbarao JVS 60, Dinesh 04, Mithilesh 04, Sateesh D 97

Wishing a great success for Biennial AMCANA Meet 2024



Umamaheswari Jonnalagadda, MD
Convener



Venkata Ravindra Kakarla, MD
Co - Convener

Ravi Siripurapu, MD

My reflections on giving back to school



Alumni donations to medical schools are crucial for various reasons, benefiting both the institution and future generations of medical professionals. Here are some compelling reasons for alumni to donate back to their medical school:

1. Supporting Future Medical Professionals

Financial Aid and Scholarships: Reducing the financial burden on students allows them to focus more on their education and less on financial stress, leading to better academic performance and well-being.

Access to Resources: Donations can fund modern resources, ensuring students have access to the latest technology, equipment, and facilities essential for comprehensive medical training.

2. Enhancing Educational Quality

Curriculum Development: Funds can support the development of innovative and up-to-date curricula, ensuring that students receive cutting-edge medical education.

Faculty Development: Donations can help attract and retain top-tier faculty by providing resources for research, professional development, and competitive salaries.

3. Advancing Medical Research

Funding Research Projects: Alumni contributions can support groundbreaking research initiatives, leading to medical advancements and innovations that benefit society as a whole.

Research Facilities: Enhancing research infrastructure with state-of-the-art laboratories and equipment enables significant scientific discoveries and clinical advancements.

4. Strengthening the Medical Community

Building Networks: Alumni donations can support networking events, mentorship programs, and professional development opportunities that help students and young professionals build connections and advance their careers.

Community Outreach: Contributions can fund programs that serve the local community, such as free clinics, health education workshops, and public health initiatives, fostering a sense of social responsibility among students.

5. Personal Fulfillment and Legacy

Giving Back: Donating is a way to express gratitude for the education and opportunities received, ensuring that future students have the same or better experiences.

Creating a Legacy: Establishing scholarships, endowed funds, or named facilities allows alumni to leave a lasting legacy that reflects their values and commitment to the field of medicine.

Paying it Forward: By supporting the next generation of medical professionals, alumni can ensure that their contributions have a lasting impact on the healthcare industry.

6. Institutional Growth and Reputation

National and Global Standing: Financial support can help medical schools achieve higher rankings and greater recognition, which in turn attracts high-quality students and faculty.

Accreditation and Compliance: Donations can assist schools in meeting and exceeding accreditation standards, ensuring the continued excellence of medical education programs.

7. Promoting Diversity and Inclusion

Diverse Student Body: Financial contributions can support initiatives aimed at increasing diversity within the student body, fostering an inclusive environment that enriches the educational experience for all.

Support Services: Donations can fund programs that provide academic, emotional, and social support to students from underrepresented backgrounds, helping them succeed in medical school and beyond.

8. Innovation and Technological Advancement

Cutting-Edge Technology: Funding new technology and innovative teaching methods ensures that students are well-prepared to meet the demands of modern medicine.

Telemedicine and Digital Health: Donations can support the integration of telemedicine and digital health education, preparing students for the future of healthcare delivery.

9. Strengthening Alumni Relations

Alumni Engagement: Financial contributions can enhance alumni relations programs, fostering a strong sense of community and continuous engagement among graduates.

Recognition and Appreciation: Donors are often recognized through various channels, including newsletters, plaques, and special events, creating a sense of pride and accomplishment.

By donating back to their medical school, alumni not only invest in the future of medicine but also contribute to the ongoing legacy of their alma mater, ensuring it continues to thrive and provide excellent education for generations to come.

Wishing the AMCANA and the EC all the best
Manikyam Mutyala



- Service- To eliminate avoidable blindness, prevention being of paramount importance.
- Education- To educate the public on eye care and injury prevention, the local teachers are taught how to screen for early eye problems in children & train the next generation of Ophthalmologists.
- Research - to find new therapies for diseases hitherto untreatable.

Combating childhood blindness has been identified by the World bank as the most cost-effective of health intervention.



Mobile Eye Clinic for Rural Screening camps.



Patients ready to come to Base Hospital for Surgery



Goutami

Best Hospital award from Govt. of Andhra Pradesh



Cataract Pre & Post OP



Strabismus Pre & Post OP

Retinopathy Of Prematurity



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Stay Safe, Stay Healthy, Stay Connected

V.K. Raju, MD, FRCS, FACS

Ophthalmologist, Regional Eye Associates

President and Founder, Eye Foundation of America

President and Founder, Goutami Eye Institute

Clinical Professor, West Virginia University

Director, International Ocular Surface Society

Adjunct Professor, GSL Medical School

Adjunct Professor, Wilmer Eye Institute, Johns Hopkins University

Author: Musings on Medicine, Myth, and History-India's Legacy

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Eyefoundationofamerica.org



Vijayalakshmi (Voruganti) Pratha, MD

Class of 1981

The Body Beautiful

The human being is unquestionably the most complex of God's creations. In the early 2000s, a traveling exhibition called "Body Worlds" brought this complexity to life. Gunther von Hagens' preservation process, known as plastination, "uniting subtle anatomy and modern polymer chemistry," allowed viewers to see the most intricate parts of the human anatomy in a surreal and detailed manner far beyond what traditional dissection could offer. Walking through the exhibits with my teenager, marveling at the millions of miles of blood vessels, capillaries, nerves, lymphatics, and organs, all preserved to perfection, I could not help but be in awe of the magnificence of the human body. Yet, as complex as the human body is, its function remains even more fascinating and less understood.

We study physiology and pathophysiology with increasing complexity as we specialize in our respective fields. However, often overlooked in our medical training is the intelligence that runs the body. This intelligence allows the body, with its different organ systems, to function as a cohesive whole, interacting continuously with the external environment. Scientific advances have enabled us to transplant various organs into those in need, but the longevity and vitality of these transplanted organs vary greatly. The function of a transplanted organ is largely determined by the host, and sometimes, the newly transplanted organ fails over time, acquiring the same disease that afflicted the part it replaced. This suggests that its workings inside the host are governed by the new intelligence running it. Hence, even though there is a cohesive intelligence that runs the entire body, uniting the different organ systems, no part carries this intelligence independently of the whole. If this were not true, transplant medicine would not be possible.

What if this intelligence arises outside of the body, and the body merely manifests it?

To understand this further, we would need to delve into spirituality and multidimensional existence, fields where there is even less known and no consensus on who we are outside of this physical body. The concept of the "atma" in our culture, and the "soul" or "spirit" in the Western world, remains outside the domain of medicine. However, life outside of this body is suggested by examples such as near-death experiences, accounts of people seeing and feeling spirits, and communications with them, often termed "Divya dhrishti" in scriptures.

Albert Einstein's words come to mind here. He famously said, "God does not play dice with the Universe." This is easier for a physics major, who spends their life studying the laws of the physical universe, to comprehend and accept than it is for the average person. Yet, living in this world, we continuously rely on the constancy and reliability of the laws of the universe.

Scientific endeavor is possible because of the various laws governing the field of study. Medical science has evolved, with outdated practices discarded as new truths are discovered. We, as medical professionals, share a common pursuit of understanding the physical body in health and disease. Whether a clinician or a researcher, we are all scientists involved in the discovery of new truths. Equipped with knowledge at the completion of our training, we spend the rest of our lives developing the wisdom to use this knowledge in "the practice of medicine." Every patient we see is a potential teacher, and every outcome helps fuel our understanding of what works and what doesn't. However, we often lose sight of the basic aspects of the body beautiful, the instrument that allows us to inhabit and experience this physical dimension.

What if the atma or soul is the seat of this intelligence that runs the human body? And the human body is a mere instrument that allows the atma (the real you) to experience this dimension through the various senses you have while in turn what happens to it is meant to inform you of your choices? In such a model, pain and disease would be an important feedback mechanism by which God/ and the Laws of the Universe communicate with you about your choices. Seeing disease as the effect of the law of compensation or 'karma' is an age-old concept – yet there is much confusion in the interpretation of this as well.

What if we are limiting our potential to help patients?

Instead of focusing solely on eradicating disease, what if we considered the body as our best friend and helped patients understand why the disease manifested in the first place and how they alone can rise above it?

Numerous clues suggest we are missing the mark regarding chronic disease. Global disease burden rates, initially reduced by advances in infection control, have plateaued due to the rise of chronic illnesses. Human genetics has revolutionized our understanding of health and disease, but it has become clear that genetic defects alone do not explain chronic illness. Epigenetic factors, the interaction with the environment, determine gene expression.

If laws govern everything around us, and we know this about the workings of the body, there must be laws governing the interaction of this intelligence within the body. Understanding the universe better might point us in the right direction.

Einstein also said, "I think the most important question facing humanity is, 'Is the universe a friendly place?' This is the first and most basic question all people must answer for themselves." For if we decide that the universe is unfriendly, we will use our technology, scientific discoveries, and natural resources to achieve safety and power by creating bigger walls and weapons. If we see the universe as neither friendly nor unfriendly, we become victims of random events with no real purpose.

But if we decide that the universe is friendly, we will use our knowledge to create tools and models for understanding the universe, achieving power and safety through understanding its workings. Einstein concluded, "God does not play dice with the universe."

How does this apply to medicine?

We see God's laws in effect everywhere. The concept that healing is built into the human body's design is evident every time a cut heals. What if disease manifestation is the body's attempt to heal itself given the aberration in the intelligence that governs it? This suggests that seeing the disease as the problem confuses cause and effect. In my practice, I adopted an integrative and holistic approach decades ago because the standard Western approach did not help most chronic symptoms in Gastroenterology. Restoring quality of life and health, I realized, was very different from treating disease. I noticed the connection between a patient's perception of their life and the course of illness. Similar underlying responses to adversity and internal dialogues often correlated with specific conditions. Over years of developing my skills I see now how my physician training blended with the holistic understanding and approach to the patient allows me to better serve the changing needs of the patient from acute or chronic illness to health.

The key to curing chronic ailments lies not in treatments but in empowering patients to change their perception of life. The traditional approach to medicine is reactive and effect driven. The cause of disease lies outside the body, and seeing the disease as the problem will not solve human suffering. Health is the norm and disease the aberration every time. Every aspect of the body's function is geared for survival and for the human being to thrive. We as physicians would be far more effective if we recognized the intelligence inherent within the human body and worked with it rather than take over its functioning as most of our modern treatments do.

We recognize the conundrums in medicine, particularly in chronic diseases, where the separation of symptoms from disease load and the rising placebo response highlights the limitations of our current methods. Preventive medicine, driven by public health policies, has made significant advances in human health but its effectiveness is limited by the public's willingness to take responsibility for their lives. The economics of medicine faces a perilous future with rising costs and limited resources.

Are we truly helping people live better lives? And what is our stake in this? Is this a career driven by personal gain or are we there for what could be a true calling where the patient's needs are balanced by our own as their physician?

To be effective, physicians must ask themselves:

1. Do I feel responsible for alleviating my patient's suffering?
2. Do I see death as a failure in my attempt to save the patient?

Hyper productivity, excess time on the job, and physician burnout are deeply linked to these questions. Misplaced responsibility causes intense stress and takes a toll on physicians throughout their careers. Is there a better way to practice medicine that offers balance and effectiveness?

If ever there was a need for a paradigm shift in how we live our lives and help others live theirs, the time is now. And the answers will only come when we are honest with the limitations of what we do currently.









AMCANA & JAYANTHI CHARITABLE FOUNDATION (JCF) ANNOUNCE THE INAUGURAL DR. M. RAM MEMORIAL EDUCATIONAL SEMINAR



M. Dasaradha Ram, M.D., PhD. Memorial Medical Educational Seminar- (RMES)

Dasaradha Ram, Madhira MD, Ph.D. (1935-1988; AMC 1952) was a genius. A multi gold medalist in college, a skilled and innovative surgeon, excellent teacher, medical writer, researcher, and great administrator, he had a stellar career in the United Kingdom and the United States of America.

"Healing with Models: The Transformative Role of AI in Medicine"

Location: **Atlanta, GA, USA**

Date and Time: **3rd August 2024, 0900-1015 hours (EST)**

Speaker: **Madhusmita Behera, PhD**

Chief Research Informatics Officer, Emory healthcare and Emory University

Madhu Behera, PhD, a nationally recognized leader in cancer informatics and data science, is Emory University's inaugural chief research informatics officer (CRIO). Dr. Behera will establish strategic direction and lead the prioritization of research-related informatics, data analytics, data science and AI initiatives across Emory University and Emory Healthcare, driving research growth and transformation through state-of-the-art technology and data solutions.

This event is sponsored by

Jayanthi Charitable Foundation (<https://www.jayanthifoundation.org/>) in collaboration with
Andhra Medical College Alumni of North America (AMCANA. <https://amcana.org>).

Free for all AMCANA members and for all students, faculty and alumni of Andhra Medical College
as well as medical schools in Visakhapatnam.

(CME credit available through AMCANA. Zoom link for virtual attendance to be posted prior to the event)

Visionary-**Sage-Seer-Rishi**

Sriram **Sonty**.

Visionary – a person who sees visions, a person who is given to audacious, highly speculative, or impractical ideas or schemes, dreamer.- Webster.

Sage- a profoundly wiseman; a man famed for wisdom,
A man venerated for his wisdom, judgment, and experience – Webster

Seer – a person who prophesies future events; prophet - Webster

Rsi – Rishi - an inspired sage or poet, one of seven of these to whom Vedas supposedly were revealed. - Webster/ Monier-williams. Any person who alone or with others invokes deities in rhythmical speech or song of a sacred character. – **Monier Williams**.

Root Word: **rs** – to go, **arsa** – to flow **rsa** – to pierce: **dris** – See

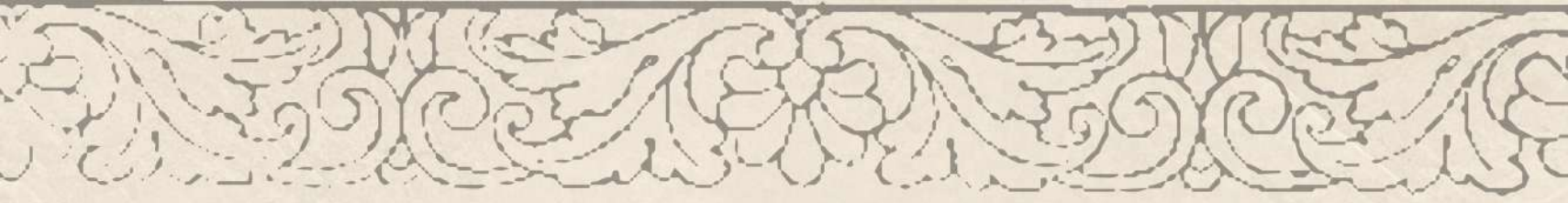
Two types of ascetics Rsi Type , representative of vedic Aryan thought, which sponsored the Indra worship, recited prayers and performed homa. The Muni type which sponsored Rudra-Siva Worship considered pre-aryan- indigenous , practiced yoga, austerities, and glorified life of renunciation. - VG Rahurkar

Hinduism, the Sanatana Dharma is considered to have existed from all eternity. Its scriptures were revealed through the Rishis “ Seers” who received them by “ Visual Intuition”(drishti) from God. - V. Raghavan.

We may surmise that cosmic processes such as are divined
The **rsis** in a state of ecstasy or perhaps even enstasis which is the nearest equivalent of **Samadhi** in European culture. -G. Feuerstein.

There are several traditions associated with the **Rishis** . according to one tradition there are seven ranks of rishis. – **Devarishi, Brahmarishi, Rajarishi, Maharishi, Paramarishi, Srutarishi and Kandarishi**.





I. **Devarishis** are eternal beings who have simultaneous awareness of all the worlds and have unhindered access to each of them. They have their abode in brahmaloka and do not belong to the human world. Narada is an example of a devarishi.

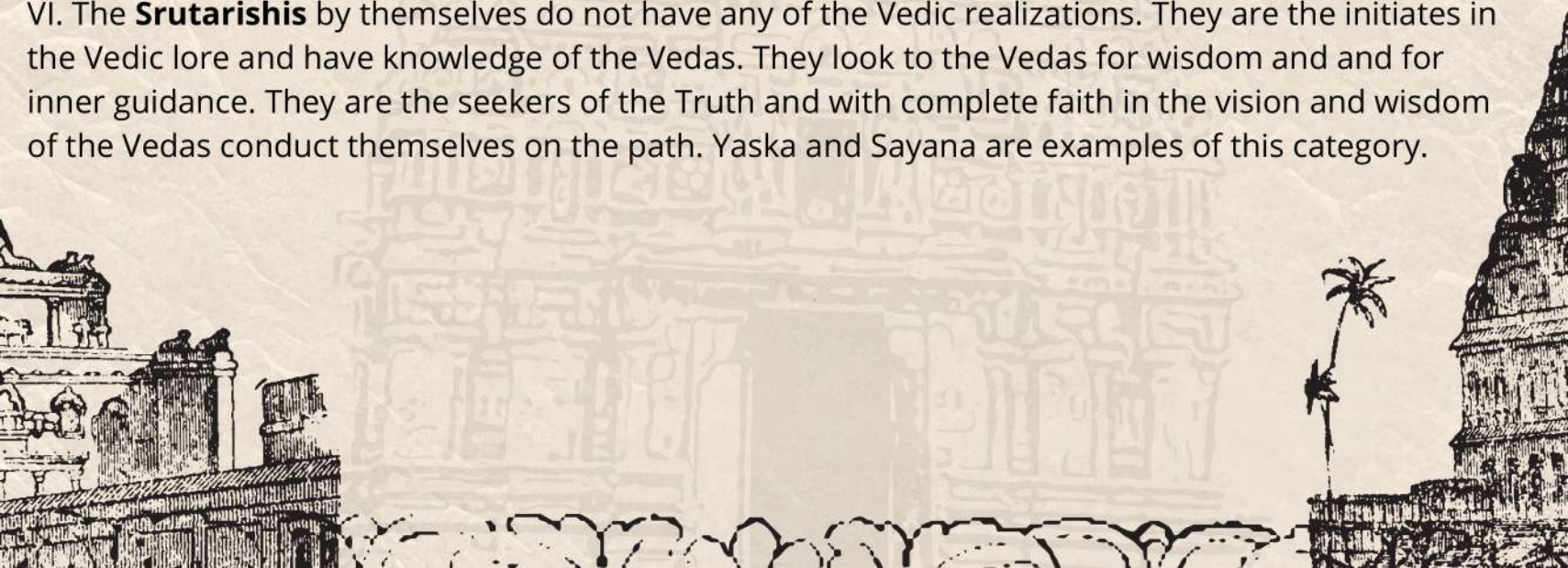
II. **Brahmarishis** are those God-realised souls who utilize their intimate knowledge and consciousness of Brahman for the spiritual welfare of the humanity. Among these are Vyasa, Vasistha, Valmiki and Viswamitra.

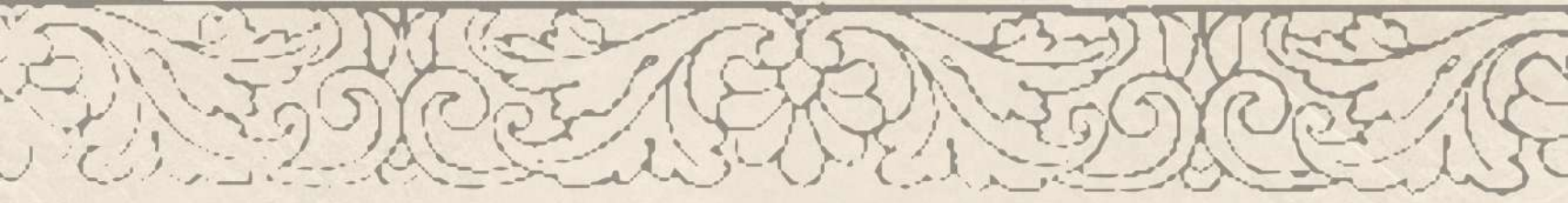
III. **Rajarishis** are seers with an integral realization of both the nirguna and saguna Brahman. – the static and dynamic aspects of the Divine. These are the ones who are conscious instruments and loving channels for the working of the Divine consciousness and energy upon earth. They are close to and conscious of the teleological process of creation and uphold and fulfil the truth of the cosmos. The great king Janaka is a unique example.

IV. **Maharishis** are seers of eternal truth and an impersonal knowledge embodied in phenomenal existence. They are pilgrim souls on the path of dynamic Truth. As they advance and ascend to the summit of the Spirit they enlarge the spiritual possessions of the earth. They may not be God-realized, but certainly are God-intoxicated and God-possessed. And effectuate his will through their constant effort at the progressive formation of the Truth-Consciousness in man. Kanva belongs to this category.

V. **Paramarishis** are who enjoy the status of the greatest Gods in the areas of their special pursuits. Their realizations are not necessarily integral and wholesome and yet they are helpful to those who are engaged in enriching the cosmos with the wealth of Sachidananda. These men of vision are inspired by the essential Truth and sustain earth with the power of the realized Truth. The prajapatis – Daksha, Pulastya, Pulaha, Atri, Marichi, Kartee, Angira, Gautama, Cyavana, Kadru , Kashyapa and Dadhici belong to this rank.

VI. The **Srutarishis** by themselves do not have any of the Vedic realizations. They are the initiates in the Vedic lore and have knowledge of the Vedas. They look to the Vedas for wisdom and for inner guidance. They are the seekers of the Truth and with complete faith in the vision and wisdom of the Vedas conduct themselves on the path. Yaska and Sayana are examples of this category.





VII. The **Kandarishis** are those who do not have any inner realization or a mental knowledge of the findings of the Vedas. Being drawn towards them they practise severe austerities and survive on fruits and roots. These are the ones who put themselves to hard physical penance and suffering with a view to tame their bodies into allowing them eventually to have a taste of the secret of the Vedas from within, These are the beginners and novices to Vedic lore preparing themselves on the Spiritual path in a physical way.

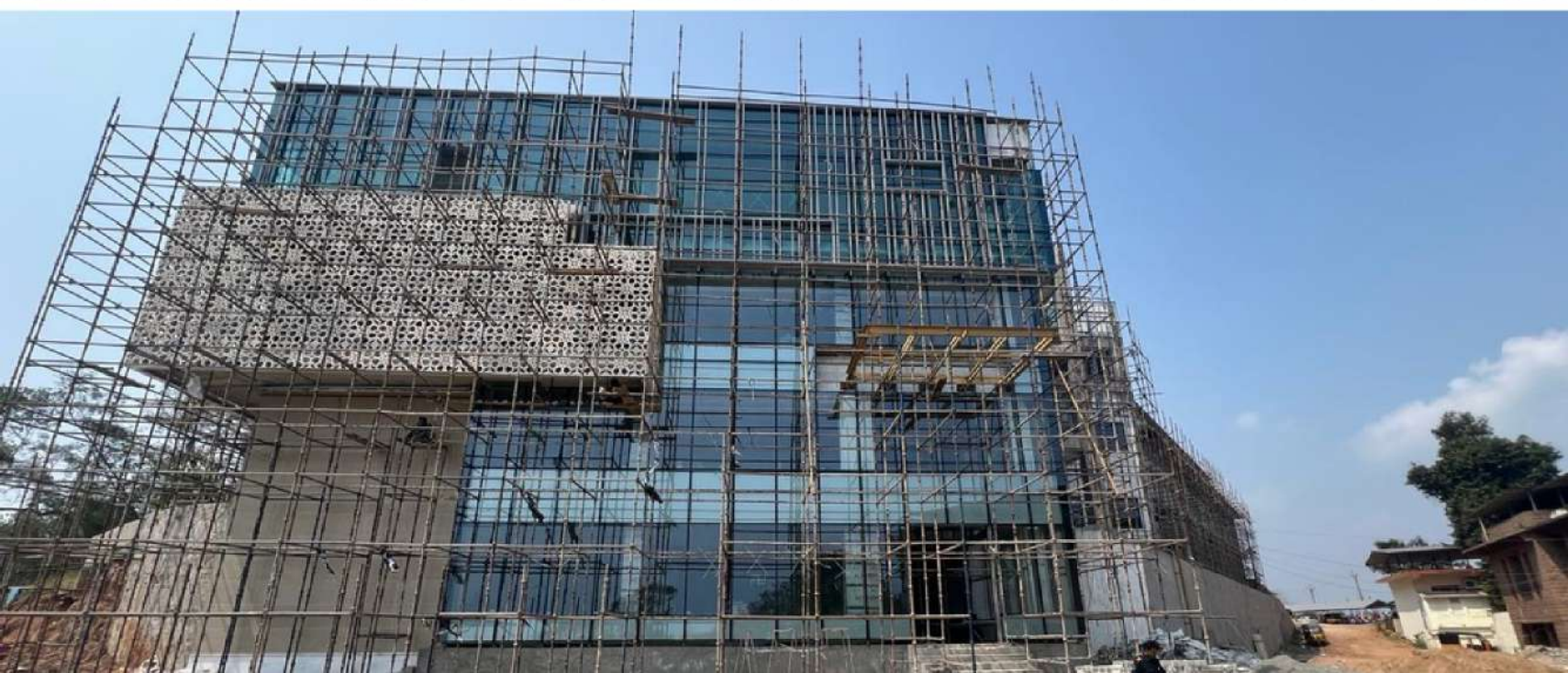
The Vedas, the Puranas and the Epics also speak of Seven Rishis. The Seven that appear in Vedas the original " Maharsayah Sapta Purva" . "The seven Ancients of the World" the seven powers of intelligence , sempiternal, the illumined representatives of the Supreme Wisdom – prajna purani, the seven principles of the Divine's own self realizing and self effectuating essence. These rishis embody the all-illuminating,all-manifesting seven thoughts of the Veda – the Seven streams of consciousness into which the Supreme cast forth. They are Viswamitra, Vasistha, Gautama, Bharadvaja, Jamadagni, Kasyapa and Atri. Among the other seer-composers are Agastya, Angirasa, Atharvan, Bhrigu, Dhirgatamas, Kutsa, Medhatithi Kanwa, Parasara, Sunahashepa, and Ushanas.

The Rig-veda refers to rishis as God-born, devaja. The Atharva-veda states that the Seventh is born by himself , while others were twins.

"Saptaham ekajam, salidyama rsayo devajah". The Satapatha Brahmana and Brihadaranyaka Upanishad demonstrate the identity of the Seven Rishis as the Pranas:

"These two ears are Gautama and Bharadvaja, these Two eyes are Viswamitra and Jamadagni , these two nostrils are Vasistha and Kasyap and the mouth is Atri"





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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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- Comprehensive practice sales process

- **Retirement Planning**

- Customized qualified combination plans
- Non-qualified deferred compensation plans

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- Portfolio review with tax mitigation strategies

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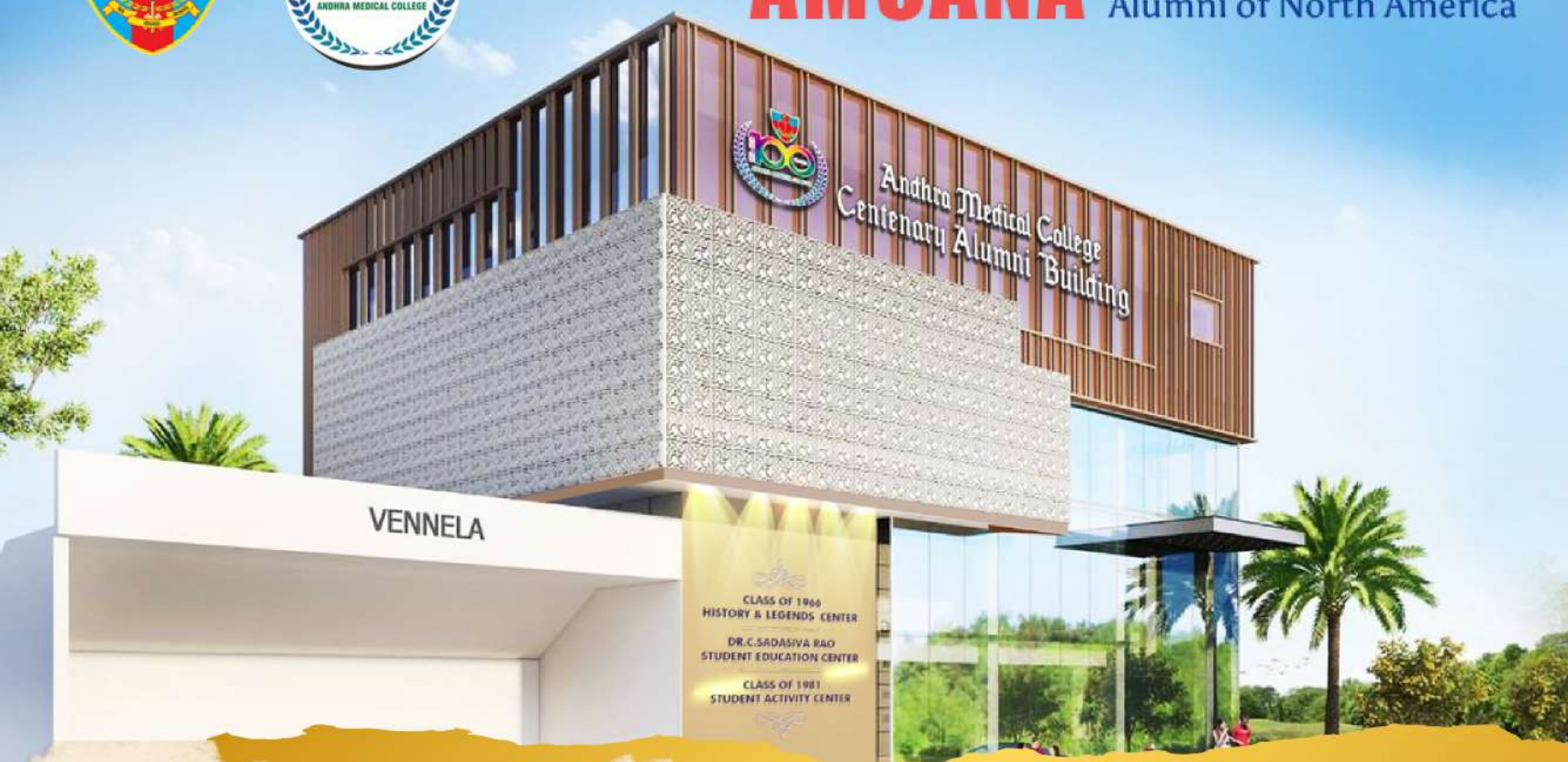
- Minimizing taxable income
- Tax harvesting investment strategies
- Deferring capital gains on real estate sales
- Deferring capital gains on the sale of a business



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