

e-Newsletter

*The Official Newsletter of the
Indian Society of Neuroanaesthesiology and Critical Care*



ISNACC e-News
December 2025

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President's Message

Dear ISNACC Members,

Warm greetings and heartfelt wishes for a fulfilling and successful New Year 2026. As we step forward together, it is both a privilege and a pleasure to reflect on ISNACC's remarkable journey and to look ahead with optimism and purpose.

From our modest beginnings in 1999 to our present stature as a nationally and internationally respected society, ISNACC has consistently evolved through academic excellence, innovation, and collective commitment. Our expanding membership, growing global engagement, and the steady advancement of our journal, JNACC, reflect our shared dedication to knowledge, research, and clinical excellence. Structured postdoctoral fellowships in Neuroanaesthesia and Neurocritical Care, along with thriving Acute Neurocare workshops and digital learning initiatives, continue to strengthen our academic foundation.

The vision and efforts of past leadership have laid strong pillars through initiatives such as A-NANC, transparent governance, and meaningful academic recognition.

Our focus remains on broadening access to high-quality education, standardizing neuroanaesthesia practice across the country, fostering impactful research, and embracing global collaborations.

Our greatest strength lies in our people. The enthusiasm, curiosity, and innovation of our younger members, guided by the wisdom of our seniors, inspire confidence in a future filled with progress and purpose.

Together, through shared values and selfless collaboration, we can elevate ISNACC to even greater heights and continue making a meaningful difference in patient care.

Long Live ISNACC!



Pragati Ganjoo, MD
GB Pant Hospital, New Delhi

SECRETARIAT'S DESK

Three new initiatives this year will help serve our fellows in their academic journey in Neuroanaesthesia and Neurocritical Care.



Radhakrishnan M, MD, DM
NIMHANS, Bengaluru
Secretary



Sriganesh K, MD, DM
NIMHANS, Bengaluru
Treasurer

Dear Members,

Greetings from the ISNACC Secretariat!

We are happy to share with members the activities undertaken by the ISNACC Secretariat after the publication of the previous edition of the ISNACC-E-Newsletter.

The secretariat initiated several programs during the period from April 2025 till date.

First, the secretariat organized a meeting with all the Program Directors of the ISNACC PDF (Neuroanaesthesia and Neurocritical Care) courses to *get their feedback and provide guidance* on the smooth conduct of these programs. We plan to continue this as a regular feature going forward.

Second, we have *now made available online educational materials* on the revamped ISNACC website, and this can be accessed by members using their login credentials.

Our website now serves as a repository of ISNACC academic modules, including case discussions, journal clubs, video presentations, and webinars, all accessible at any time on a single platform to benefit our members.

Third, the secretariat has *scheduled an online mock viva for the PDF trainees in Neuroanaesthesia and Neurocritical Care* on 7th December 2025.

Three eminent experts—Dr Ashish Bindra (AIIMS, New Delhi), Dr Unnikrishnan P (SCTIMST, Trivendrum), and Dr Kiran Jangra (PGIMER, Chandigarh).

The viva emphasized concept-oriented questions related to Equipment, Pharmacology, and Radiology.

The ISNACC website has been updated. The secretariat takes this opportunity to request that all life members log in to the members portal, update their contact information and educational qualifications, and upload the relevant documents. This is essential as the online elections will be announced shortly.

One important initiative: A step toward strengthening the training of students

The details on how to log in have already been circulated via email and WhatsApp. The same information will be uploaded shortly onto the ISNACC website home page. The members are requested to review the new content and provide feedback for further improvement.

ISNACC was requested by ISA to conduct a **session at ISACON**, Raipur, on 29th November 2025. Many ISNACC members participated in this session, and the scientific deliberations were appreciated by the attendees.



ISNACC representatives were also invited by the ISA National Office bearers for a meeting with various sister organizations, where strengthening this collaboration was discussed.

All new member applications are now made online with proposers and seconders approving this through website member login and finally approved by the secretariat to automatically provide membership number, card, and receipt. Digitization of other applications and forms (travel and research grant applications, nominations for awards, PDF admission and course accreditation, etc.) is also being undertaken.

ISNACC GC visited AIIMS, Nagpur, the venue of ISNACC 2026, in October. The conference preparations are going on with full enthusiasm and efforts by the organizers. We invite ISNACC members to participate in large numbers and benefit from scientific deliberations.

Long Live ISNACC!





Navneh Samagh, MD, DM
AIIMS, Bathinda



Sangeetha RP, MD, DM,
NIMHANS, Bangalore



Kiran Jangra, MD, DM, A-FAMS
PGIMER, Chandigarh

Dear Esteemed Members and Readers, Greetings from the e-Newsletter Team!

As we bring you the Last ISNACC e-newsletter of 2025, the Editorial team extends its heartfelt gratitude to all members for their continued engagement and enthusiasm. This year has been marked by meaningful academic exchanges, clinical innovations, and collaborative efforts that strengthen the foundations of neuroanaesthesiology and critical care across our community.

Each edition of the newsletter has reflected your dedication—through shared research, academic activities and updates from institutions across the country. We are proud to witness the steady growth of participation and the enriching diversity of ideas contributed by our members.

As we close the year, we encourage you to carry this momentum into the next, continuing to inspire one another and elevate our collective standards of care.

Thank you for your unwavering support.

We look forward to an even more engaging and vibrant year ahead.

Long Live ISNACC!



A. ISNACC e-Education Committee Report

JUNE BIRTHDAYS!

Aunt Susan | June 2

Dr. Anshu | June 5

Uncle Jonathan | June 27



Gyaninder Pal Singh, MD, DM
AIIMS, New Delhi
ISNACC e-Education Committee Chair

The Indian Society of Neuroanaesthesiology and Critical Care (ISNACC) continued its commitment to academic enrichment through a structured series of online learning activities from September to December 2025. This quarter's schedule included integration of webinars, clinical case discussions, and journal club sessions, providing valuable updates aligned with evolving clinical practice.

The webinar on perioperative coagulation management—an area of growing importance in neurosurgical anaesthesia brought together experts to discuss optimisation of patients on antiplatelet and anticoagulant therapy, alongside point-of-care hemostasis assessment. Led by Dr. Sapna Suresh and Dr. Siddharth Chavali, and moderated by Dr. Selvakumar Malleeswaran and Dr. Ponniah Vanamoorthy, this session underscored evidence-based approaches that enhance neurosurgical safety. Coordination by Dr. Sweetha Susanne Mohan ensured a seamless academic experience.

Epilepsy surgery is an area where anaesthetic contributions directly influence surgical success. Dr. Vivek Barun and Dr. Sagar Debbarmann, explored intraoperative EEG and ECoG interpretation and discussed the anaesthetic challenges unique to epilepsy surgery. Moderated by Dr. Ashish Bindra and Dr. Nitin Manohara, this session offered both theoretical insight and practical guidance to the audience. As a part of interactive case-based learning, a detailed clinical discussion was held focussing on

Banaesthetic management of a patient with a pineal region tumour scheduled in the supine position. Presented by Dr. Ashwin Ram SP S, and moderated by Dr. Priyanka Khurana and Dr. Ranganatha Praveen CS, this session highlighted perioperative planning and management for these intracranial tumours, benefiting trainees and senior clinicians alike. The coordination by Dr. Shwethashri KR contributed to lively participation.

Another clinical case discussion addressed anaesthetic management for craniosynostosis in children—a condition requiring meticulous attention to airway, fluid balance, and blood loss. Presented by Dr. Ipsita Priyadarshani, and moderated by Dr. Charu Mahajan and Dr. Nitasha Mishra, the session provided a valuable learning platform for both paediatric and general neuroanaesthesia practitioners, with capable facilitation by Dr. Soumya Madhusudhan.

The recent and highly relevant research articles were presented during journal club sessions. Dr. Nikila M presented evidence on early intravenous milrinone for cerebral vasospasm and delayed cerebral ischemia in aneurysmal subarachnoid haemorrhage. Moderated by Dr. Kirandeep Kaur and coordinated by Dr. Swati Chhabra, this discussion reinforced ISNACC's emphasis on integrating critical appraisal skills into everyday practice.

In another session of journal club, Dr. Prajna Pandit Khot presented the SEGA Trial evaluating sedation versus general anaesthesia for endovascular stroke therapy. Moderated by Dr. Md Ali Abu Taha and coordinated by Dr. Priya Thappa, the session synthesised emerging evidence that continues to influence stroke anaesthesia practices worldwide.

The e-Education initiative retained its momentum through a diverse range of webinars, journal clubs, and interactive case discussions that reflected a rich blend of clinical insight, evidence-based discussions, and multidisciplinary collaboration. The sustained participation of faculty and trainees across the country continues to strengthen ISNACC's mission of fostering continuous, high-quality academic engagement in Neuroanaesthesiology and Neurocritical Care.



Access the e-education videos

https://isnacc.org/administrator/user_videos.php



B. ISNACC Endorsed Programs:

i. Acute Neuro Care Courses

The Department of Anaesthesia, Teerthanker Mahaveer Medical College & Research Centre (TMMC&RC), Moradabad, successfully conducted the *Acute Neuro Care 2025* CME-cum-Workshop on 30–31 August under the aegis of the Neurocritical Care Society of India (NCSI) and the Indian Society of Neuroanaesthesiology and Critical Care (ISNACC).

The two-day academic event brought together renowned national experts from prestigious institutions, including AIIMS New Delhi, AIIMS Rishikesh, Medanta Noida, and Artemis Gurgaon. These distinguished faculty members shared valuable insights and provided hands-on training in managing neurological emergencies during the critical Golden Hour.

The inaugural ceremony was graced by eminent university dignitaries, including Prof. S. K. Jain (Dean, Faculty of Medical Sciences), Prof. N. K. Singh (Principal), Prof. Pritpal Singh Matreja (Vice Principal), and Prof. V. K. Singh (Additional Medical Superintendent). Their motivational addresses emphasized the need for continued academic engagement and skill enhancement in neurocritical care.



**Mukesh Kumar Prasad, MD
TMMC & RC, Moradabad**

The scientific programme comprised expert lectures, case discussions, and interactive workshops covering essential topics such as the management of comatose patients, traumatic brain and spinal injuries, stroke, sub-arachnoid haemorrhage, status epilepticus, meningitis, encephalitis, and non-traumatic neurological weakness. Nearly 70 delegates participated enthusiastically, with postgraduate students contributing significantly to the academic vibrancy of the workshop.



During the vote of thanks, Organizing Secretary Dr. Mukesh Kumar Prasad expressed heartfelt gratitude to the university leadership for their consistent support. He also acknowledged the contributions of Scientific Secretary Dr. Shahbaz Alam and Treasurer Dr. Payal Jain for their vital roles in ensuring the smooth execution of the event. Appreciation was extended to the organizing committee, faculty members, patrons, and all participants.

The event concluded with a quiz, feedback session, and certificate distribution. The success of *Acute Neuro Care 2025* reaffirmed TMMC & RC's commitment to advancing medical education, fostering clinical excellence, and strengthening skills in neurocritical care.

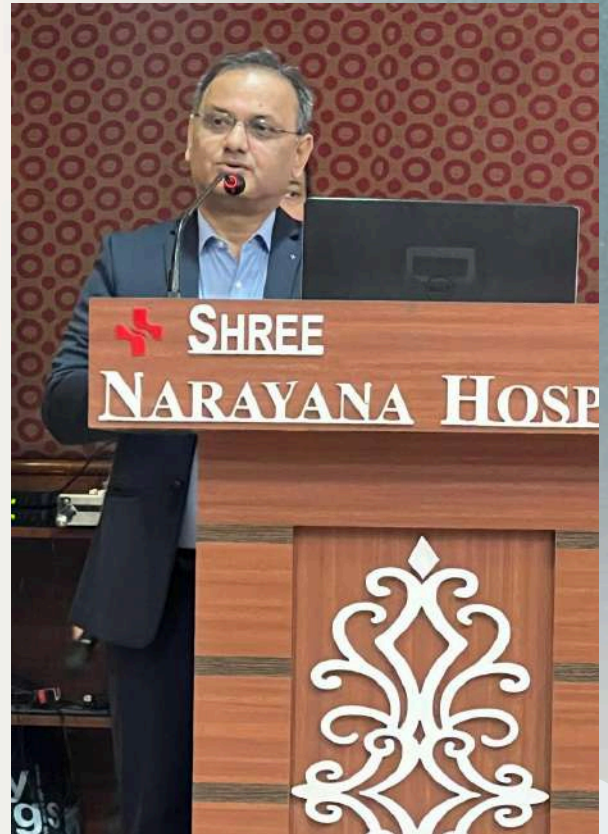


SOCIETY CORNER

Acute Neuro Care Course-ISACON Raipur

The Acute Neurocritical Care Workshop at ISACON Raipur on 26 November 2025 offered a robust blend of lectures and hands-on training, curated by an esteemed faculty team. Dr Girija Prasad Rath opened the session, followed by Dr Keshav Goyal on the Approach to a Coma Patient, Dr Ashish Bindra on Traumatic Brain Injury, and Dr Kiran Jangra on Traumatic Spine Injury.

After an interactive Q&A, Dr Manish Kumar simplified Neuroradiology Basics, while stroke management was expertly covered by Dr Pankaj Omar (Ischemic Stroke) and Dr Asish K. Sahoo (Hemorrhagic Stroke).



***Girija Prasad Rath, MD, DM
AIIMS, New Delhi***





Participants then engaged in rotating hands-on stations on trauma, stroke, and radiology with all faculty. The afternoon featured Dr. Shiv Soni on Status Epilepticus, Dr. Kiran Jangra on Non-Traumatic Weakness, and Dr. Mayank Massand on Meningitis & Encephalitis, followed by practical sessions in USG and neurological emergencies. The workshop concluded with a post-test and certificate distribution, delivering a well-structured, impactful learning experience for neuroanaesthesia professionals.



ii. Report of SNACC 53rd Annual Meeting

SNACC 2025 Annual Meeting: A Resounding Success in Atlanta, Georgia

The 53rd Annual Meeting of the Society for Neuroscience in Anesthesiology and Critical Care (SNACC) lit up Atlanta, Georgia, from September 12–14, 2025, continuing the exciting momentum of in-person events. Just steps from the city’s vibrant downtown, the gathering brought together leading clinicians, educators, and researchers in neuroanesthesia and neurocritical care.

Day 1 Highlights: “The ICPNT Master Class”

The meeting opened at the iconic Westin Peachtree Plaza Hotel, where attendees launched into a dynamic day of symposia. The flagship event began with an introduction to “the ICPNT Master Class” by Shobana Rajan, which offered participants the option to follow either Track A or Track B, each tailored to specific neuroanesthesiology skill sets such as POCUS, brain ultrasound, neuroanesthesia emergency crisis management, and neuromonitoring modalities, including transcranial Doppler, cerebral oximetry, and EEG. Alana Flexman and Martin Smith threw light on the interactive session on how to conduct effective research,” *Mysteries of research and academic publishing revealed*”.

Simultaneously, in the other hall, the “Neuroanesthesia Emergencies Crisis Ben Drs. Kiran Jangra, Nitasha Mishra and Siddharth Chavali led a dynamic session on Brain ultrasound, where participants also enjoyed hands-on scanning.

Ajay Hrishi for hands-on experience of transthoracic echocardiography (TTE) training on live models. “Perioperative neuromonitoring” workshop, moderated by Drs. Samuel Blacker, David Highton, Abhijit Lele, Kevin Luk, Sandra Machado, Shilpa Rao, Deepak Sharma and Sonal Sharma this session delivered essential practical tips during hands-on session.



Rubina Sharma, MD
Neuroanesthesia Fellow
Cleveland Clinic Foundation
Cleveland, Ohio, USA



Report of SNACC 53rd Annual Meeting

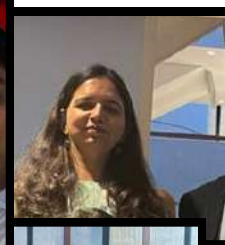
A thought-provoking **WINNER** Lecture, “**Observing, Modelling, and Humanising: Evolving Prognostic Science in Neurocritical Care,**” moderated by Drs. Maria Bustillo and Susanne Muehlschlegel, followed—highlighting the evolving landscape of prognostication and patient-centered care.

Scientific curiosity surged once again during the “Neuroscience Symposium: Brain- Organ Communication in Health and Disease”, led by Dr Tumul Chowdhury, Jacqueline Kraft, and Trisha Pasricha.

Global perspectives came to the forefront during “**Neuroanesthesia Practice in Low- and Middle-Income Countries**”, presented by Drs. Abhijit Lele, Faraz Shafiq, and Anana Abate Shiferaw highlighted challenges and innovations shaping patient care worldwide. This was followed by an insightful session on “Neurological Complications in the PACU”, facilitated by Drs. Adekemi Akano, Deepali Garg, and Nitin Manohara.

The formal program concluded with a session on “NINDS/NIH funding opportunities, providing attendees with the latest insights into resources” for advancing their research.

As the day transitioned into evening, SNACC leadership and members convened for the ICPNT Program Directors Meeting, and the Trainee Education Committee meeting—reflecting the society’s ongoing dedication to advancing education, training, and patient care.



Indian Delegation • SNACC 2025

ISNACC members from India and around the world actively participated in scientific discussions, presenting research on diverse topics. Their engagement underscored the global reach and collaborative spirit of the SNACC community.

Day 2: A Full Spectrum of Scientific Exchange

The second day of SNACC 2025 began with an impressive slate of Problem-Based Learning Discussions (PBLDs), offering participants a rich and interactive learning environment. Moderators and attendees engaged in lively dialogue, sharing practical tips and strategies that could be directly applied to clinical practice.

Momentum continued with a compelling keynote lecture by Drs. Meredith Adams and Susana Vacas titled “**AI-Enhanced Perioperative Management: Transforming Outcomes in Neurosurgical Patients.**” Their insights into emerging technological innovations set an energizing tone for the remainder of the day.

Report of SNACC 53rd Annual Meeting

Day 3: Unveiling Insights and Celebrating Achievements

The third day commenced with Committee meetings and cascade of in person abstract presentations on “Translational and clinical neuroanesthesia”, “Neuromonitoring” and, “Medically Challenging cases”, offering a platform for global research dissemination. The afternoon Lunch, Business Meeting and Awards session graced the day with interactive conversations and honouring the award winners from a lot of participants in the Conference Hall.

During the business meeting, the introduction of new board members marked a transition in leadership. Dr. Girija Rath assumed the presidency, symbolized by the traditional gavel exchange from Dr. Ines Koerner. Dr. Shobana Rajan took on the role of Secretary/Treasurer, succeeding Dr. Marie Angele Theard.

SNACC: Secretary/Treasurer & President



*Proud ISANCC Members
Shobana Rajan & Girija Prasad Rath*

The meeting concluded with closing remarks from Dr. Girija Rath, the newly appointed president of SNACC. Dr. Rath adjourned the session, extending a warm welcome to everyone for the next SNACC Annual Meeting scheduled to take place in Raleigh, North Carolina, from September 10th to 12th, 2026.

The awards ceremony commenced with Dr. David Schreier, honoured with the prestigious **William L. Young Neurosciences Research Award** for his groundbreaking research project on "Recovery from DEXmedetomidine-induced Unresponsiveness (REDEX): a Single Center, Parallel Arm, Non-randomized, Controlled Pilot Trial in Healthy Volunteers". Other prestigious awards were included 2025 Patient safety award to Dr. Shiram Mahabal, Joint Abstract awards; ISANCC/SNACC to Dr. Thomas Francis, Canadian Anesthesiologists award to Jelena Tanic (MD, PhD), Japanese Society of Anesthesiologists to Akira Mukai (MD, PhD).

In summary, SNACC 2025 emerged as a testament to resilience, collaboration, and academic excellence. The meeting not only provided a platform for the exchange of knowledge but also celebrated the rich history of SNACC while embracing a future full of promise and innovation.

Gavel Exchange



Girija Prasad Rath & Ines Koerner



iii. NCSI 2025 – 6th Annual Conference Report

Venue: Taj Hotel & PGIMER, Chandigarh

The 6th Annual Conference of the Neurocritical Care Society of India (NCSI 2025) held from September 5th to 7th, 2025, with pre-conference workshops on September 4th, NCSI 2025 brought together over 450 delegates from across the country. Set against the scenic backdrop and rich cultural heritage of Chandigarh, the conference provided an ideal environment for learning, collaboration, and professional networking.

The conference was ceremoniously inaugurated by the **Chief Guest, Prof. Sanjay Behari, Director, SCTIMST.** The occasion was further dignified by the presence of Prof. R. K. Ratho (Dean, Academics) and Prof. Sanjay Jain (Dean, Research), PGIMER, along with the office bearers of NCSI: Prof. V. J. Ramesh (President), Prof. Saurabh Anand (Secretary), and Prof. Keshav Goyal (Treasurer).



Workshops
TCD



Felicitation of Orator



Brain Death Certification Course



Mechanical Ventilation



EEG



Nursing Symposium



Scientific Program & Academic Ambience

The main conference featured an enriching blend of keynote lectures, panel discussions, six workshops, and original research presentations. The sessions highlighted recent advances in neuroanesthesia, precision medicine, and collaborative care models, fostering dynamic academic engagement throughout the conference.

Scientific Highlights

Day 1: Comprehensive discussions on stroke and subarachnoid hemorrhage, a keynote lecture on traumatic brain injury by Dr. Lori Shutter (UPMC Pittsburgh), panel debates, and case-based learning.

Day 2: Focus on the gut-brain axis, neurogenic pulmonary edema, precision medicine, sepsis, and evolving strategies in the management of status epilepticus.

Day 3: Sessions dedicated to special populations including pregnancy and pediatrics, post-cardiac arrest care, rehabilitation strategies, and procedural workshops. Distinguished national and international faculty delivered high-quality, evidence-based insights, ensuring a rich learning experience for all attendees.

Gala Night Dinner – A Celebration to Remember

The Gala Night Dinner emerged as a highlight of NCSI 2025, blending elegance with exuberance. Set in a beautifully decorated venue, the evening featured cocktails, gourmet cuisine, and lively musical entertainment.

A faculty-led fashion show captivated the audience and became the talk of the conference. The night concluded with energetic dancing to an electrifying DJ, creating cherished memories for residents and faculty alike.



Wonder Women



Graceful Kathak by Kids



Elegant Durgas



Men in Masti

Organizational Excellence

The resounding success of NCSI 2025 was made possible by the dedicated efforts of the organizing committee led by Prof. Nidhi Panda (Organizing Chairperson), Prof. Hemant Bhagat (Organizing Co-Chairperson), Dr Kiran Jangra (Organizing Secretary), and Dr Shiv Lal Soni (Treasurer), with committed support from the organizing faculty; Dr Shalvi Mahajan, Dr Narendra Kalaria, Dr Amiya Barik, Dr Ashwini Reddy, and Resident Dr Prudhvi Raj. Their commitment and meticulous planning significantly contributed to the conference's grand success.

The conference concluded with a vibrant cultural evening, celebrating fellowship and shared purpose, and reaffirming the society's vision of advancing excellence, collaboration, and innovation in neurocritical care across India.

We extend our sincere gratitude to all faculty members, delegates, sponsors, and partners whose collective efforts contributed to the success of this prestigious academic gathering.



iv. Society Awards

ISNACC Travel grant

Dr Chandini Amar

AIIMS, New Delhi

Dr Thomas Francis

NIMHANS, Bengaluru,

Dr Stuti Bhamri

NIMHANS, Bengaluru

ISNACC Research Grant

Dr Mitlesh Kumar

PGIMER, Chandigarh

ISNACC CME grant

Dr Smita Musti

Yenepoya Medical College, Mangaluru

AWARDS AND ACHIEVEMENTS OF ISNACC MEMBERS



AWARDS AND ACHIEVEMENTS OF ISNACC MEMBERS



Brig (Dr) Rahul Yadav
159 General Hospital, Ferozepur

Received the **ISA National Gallantry Award 2025** at **ISACON Raipur** for exemplary services during **"Operation Sindoor"**.

Dr Parna Thakkar
Sir H.N. Reliance Foundation
Hospital, Mumbai



Won the **ISA National President's Special Award 2025** at **ISACON Raipur**.



Dr Kiran Jangra
PGIMER Chandigarh

Awarded **"Dr SM Bose Award"** for Best Systematic Review & Meta-analysis & **Best Reviewer Award** at **ISACON-2025, Raipur**.

Dr Nitasha Mishra
AIIMS Bhubaneswar

Awarded **'Dr SM Bose Award'** for Best Systematic Review & Meta-analysis at **ISACON-2025, Raipur**.



Sangeetha RP
NIMHANS, Bengaluru

Awarded the prestigious '**KPR Young Anesthesiologist award**' at the 49th annual ISACON-Kerala conference, conducted in Calicut, October 2025.



Navdeep Sokhal
AIIMS, New Delhi

Received the **first prize in research presentation** at the 24th ASEAN Congress of Anaesthesiologists, Philippines, October 2025

Dr Seham Syeda
MSRMC, Bengaluru

Received the **first prize in e-poster** presentation at the World Critical Care and Anaesthesiology conference, Singapore, October 2025



Dr Thomas Francis,
NIMHANS, Bengaluru

Won the **joint society award from SNACC and ISNACC**, presenting his work at the SNACC conference, September 2025.

New Members

Membership no	Name	Membership no	Name
LMA - 45	Sucheta Anvari	LMD-62	Pooja Sudhir Damle
LMA - 46	Anchu Abraham	LMG-91	Manish Gupta
LMA -47	Raksha Anand	LMG-92	Asmita Gupta
LMA-48	Mayank Arora	LMG-93	Arpit Gupta
LMA-49	Aarcha KS	LMG- 94	Swati Gupta
LMB-91	Bhavna	LMH-15	Isra Hasnain
LMB-92	Bharti Chauhan	LMI-7	SK Ahadul Islam
LMB-93	Bharath Thamodharan	LMJ-35	Saniya Jaiswal
LMC-49	Sankho Choudhury	LMJ-36	Anivesh Jain
LMC-50	Gajanan Namdeorao Chavan	LMK-120	Nivedita RK
LMD-60	Ritika Dhurwe	LMM-96	Srirupa Mandal
LMD-61	Shreosee Das	LMM-97	Maheshvaran M
LMS-217	Pragya Sharma	LMM-98	Kratika Sanjay Mittal
LMS-218	Kotlo Rukmini Seshadri	LMM-99	Krishnaben Sureshbhai Monapara
LMS-219	Sanjana Shailendar	LMM-100	Saransh Mishra
LMS-220	Renukadevi Shilimkar	LMN-40	Nayana Krishnan
LMS-221	Shereen Sultana	LMP-109	Vaibhav Pandey
LMS-222	Harshitha Shekar	LMR-80	Debolina Mallick Roy
LMS-214	Ikjot Singh	LMR-81	Sujith Chickjajur Raju

New Members

LMS-215	Akhil M S	Akhil M S	Amrita Roy
LMS-216	Poornachanthar Selvaraju	LMR-83	Sneha R
LMS-213	Meena Singh	LMR-84	Bhishwar Ramesh
LMB-95	Vidagdhamay Biswas	LMT-27	Aparna Tamaskar
LMC-51	Gaurav Chaudhary	LMD-64	Dhanalakshmi R
LMD-63	Harshvardhan Deusecar	LMD-65	Rashmi Dubey
LMF-01	Thomas Francis	LMH-16	Aamir Huda
LMF-02	Shivani Fotedar	LMJ-37	Sunil Joe Jacob
LMI-1	Mohd Jahirul Islam	LMK-121	Arun G Keelara
LMI-2	Indu Kapoor	LMK-122	Nirupa E Koshy
LMI-3	Prasad P Ingley	LMK-123	Aymen M Khan
LMI-4	Albin Immanuel	LMK-124	Dilip K. Kumawat
LMI-5	Swathy S Iyengar	LMK-125	Amardeep Kaur
LMI-6	Eloo Issac	LMK-126	Netraj N. Kawale
LMI-7	SK Ahadul Islam	LMK-127	Prajna Khot
LMK-129	Rohan Khandelwal	LMK-128	Jerome Kumar R
LMM-101	John Mammen	LMM-102	Monica Malhotra
LMS-223	Srishti Setiya	LMP-110	Sagar K Pradhan
LMS-224	Kavita Singh	LMS-225	Nilanjana Sethi
		LMV-30	R M Viswanathan

Resident's Corner



Trainee's Talent

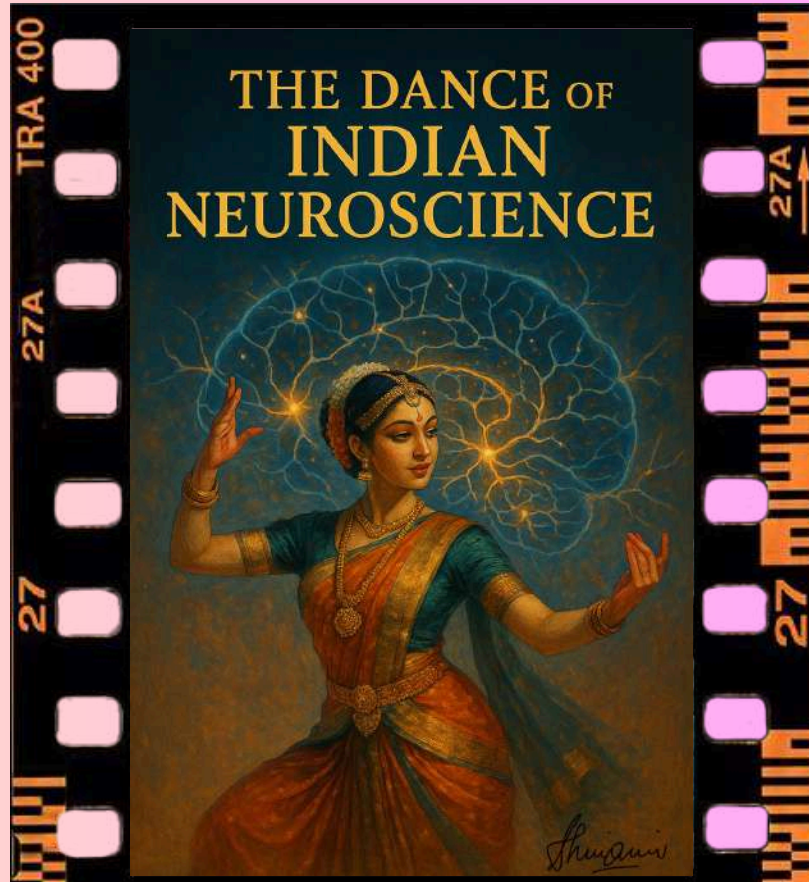


Shivani Fotedar, MD
DrNB Trainee,
Artemis, Gurugram

Natyashastra and the Neural Code

The stage is dimly lit. A dancer enters, her eyes tracing unseen horizons, her hands sculpting the air into symbols older than language. The audience feels the stirrings of joy, fear, love, laughter — the spectrum of emotion that Bharata, the sage of the Natyashastra, once called rasas.

What the ancient seer articulated in Sanskrit verse more than two millennia ago, neuroscience is only now beginning to decode in circuits, neurotransmitters, and brain rhythms. The Natyashastra is not merely a manual of performance. It is, in many ways, an early textbook of cognition — a treatise on how emotion, memory, and empathy can be externalized, shared, and transformed.



RASA AS NEUROCHEMISTRY

Bharata's framework of navarasa describes nine essential emotional flavors — joy (hasya), sorrow (karuna), anger (raudra), compassion (karuna), fear (bhayanaka), courage (veera), wonder (adbhuta), disgust (bibhatsa), and peace (shanta).

In modern neuroscience, these correspond to networks of neurotransmitters and hormones:

- Joy → dopamine release in the nucleus accumbens.
- Fear → cortisol surge mediated by the amygdala.
- Compassion → oxytocin and vagal tone increase social bonding.
- Wonder → dopaminergic bursts in the prefrontal cortex.

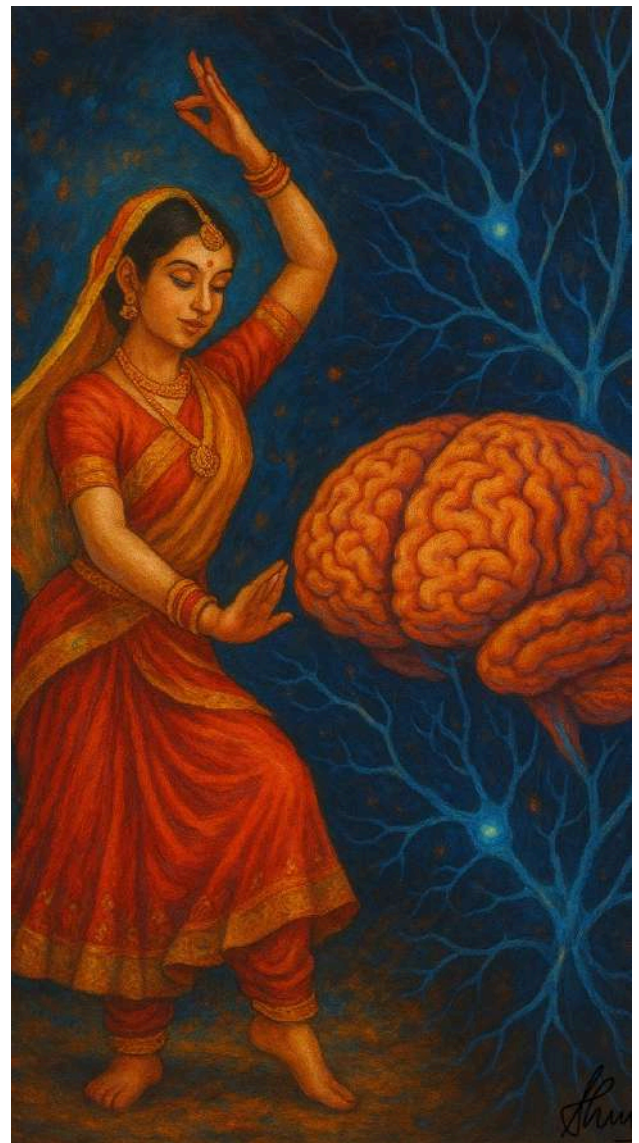
Yet Bharata insisted that rasa is not merely individual. It is contagious, it flows. This insight aligns with what we now know as emotional contagion — the audience's limbic system firing in resonance with the performer's.

A Kathakali actor's widened eyes in terror activate not only his own amygdala but also those of his viewers. Neuroscience confirms what the Natyashastra proclaimed: emotions are not private; they are shared states of the nervous system.

BHAVA AS NEURAL EXPRESSION

If rasa is flavor, bhava is seed — the expression that generates emotion. Bharata described dozens of bhavas: subtle eyebrow raises, shifts in posture, hand gestures. Today, neurology recognizes these as outputs of the motor cortex and basal ganglia, tightly linked to the limbic system.

For clinicians, this mapping is striking. In Parkinson's disease, where dopaminergic pathways falter, facial expression becomes masked, reducing emotional resonance. In autism, deficits in interpreting bhava hinder empathy. What Bharata codified as essential to performance, medicine now sees as essential to communication and human connection.



PERFORMANCE AS EMBODIED COGNITION

The Natyashastra insists that drama is not imitation but creation — an evocation of inner states that allows the audience to experience them as their own. Neuroscience calls this embodied cognition.

When a dancer performs the lotus mudra, the meaning is not abstract. The motor cortex fires to shape the hand, the sensory cortex registers the stretch, the parietal lobe situates the hand in space, and the prefrontal cortex binds it into a symbol of purity. For the viewer, mirror neurons activate, creating a silent echo — their brain “dances along.”

This mechanism has clinical implications. Neurorehabilitation increasingly uses motor imagery — asking patients to imagine movement to activate circuits even when muscles fail. Dance, with its embodied symbols, may be the oldest version of this therapy.

THE BRAIN AS A STAGE

Imagine the brain itself as a theater. The limbic system sets the emotional backdrop, the prefrontal cortex directs attention, the basal ganglia keeps rhythm, and the cerebellum ensures timing and grace. Just as a performance requires choreography and synchrony, so does every act of perception and recall.

The philosopher Zeami once wrote: “The actor must disappear, leaving only the flower.” Neuroscience might phrase it differently: when networks synchronise in flow states, the ego dissolves, and only experience remains. The stage is both external and internal.



CASE STUDIES: DANCERS AS NEUROPLASTICITY IN ACTION

Longitudinal studies of classical dancers reveal measurable structural changes in the brain:

- Hippocampus enlargement → improved spatial memory.
- Thicker corpus callosum → better left-right hemisphere integration.
- Cerebellar refinement → superior balance and timing.

One Bharatanatyam student explained: “My body remembers even when my mind hesitates.” Neuroscience refers to this as the shift from declarative to procedural memory, with the basal ganglia facilitating action when cortical recall is impaired. For clinicians working with stroke or neurodegenerative conditions, this is a reminder of the brain’s resilience — memory is not one system but many, and movement can keep memory alive.

IMPLICATIONS FOR NEUROANESTHESIA AND CRITICAL CARE

Why does this matter to neuroanesthesiologists and intensivists? Because the language of rasa and bhava is also the language of patients:

A comatose patient's tiny facial contraction may be the only bhava left to interpret.

A recovering stroke patient may respond to rhythm before words return.

Families experience rasa — fear, sorrow, hope — that colors their decisions in the ICU.

Understanding the neural basis of expression and resonance is not only academic — it is clinical. Dance reminds us that the nervous system is not mechanical but relational, a performer on a stage shared with others.



CLOSING SCENE

As the dancer concludes, her final pose freezes in stillness. The audience exhales. The performance ends, yet the emotions linger. Somewhere in their neural circuits, dopamine and oxytocin still hum, mirror neurons still echo the gestures they witnessed.

The Natyashastra gave India a language for art. Neuroscience gives us a language for the brain. Both describe the same truth: that to be human is to move, to feel, to resonate — to dance.

And perhaps this is the lesson for medicine too: healing is not just intervention, but rhythm restored; not only survival, but rasa reawakened.

Answers for the criss-cross puzzle published in the previous issue (Sept 2025)

Across

- 3. Concussion
- 5. BESS
- 6. IMPACT
- 10. Wisconsin
- 11. Decerebrate
- 13. Bolt
- 14. Marshall
- 15. Hippus

Down

- 1. Contusion
- 2. Hematocrit
- 4. ClayShovelers
- 7. Contrecoup
- 8. LockedIn
- 9. Jefferson
- 12. Apathy

Congratulations

The winners of Puzzle-8



1) Dr Prathap Gunasekaran

Neuroanaesthesia and Neurocritical Care
Gleneagles Health City, Chennai

2) Dr Vaibhav Pandey

Neuroanaesthesia and Neurocritical Care
PGL, Chandigarh

3) Dr Rhea Thotungal

Neuroanaesthesia and Neurocritical Care
AIIMS Bhopal



The Researcher's Riddle Grid

Puzzle 9

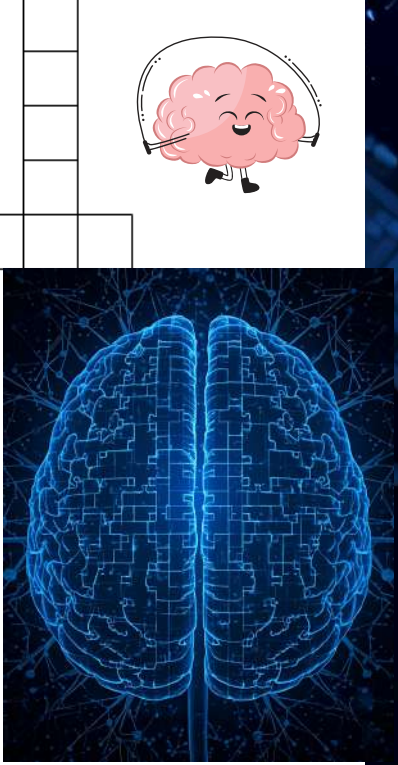
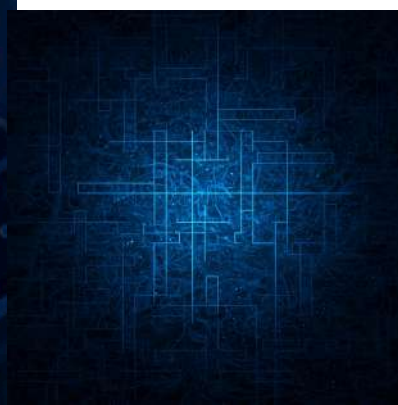
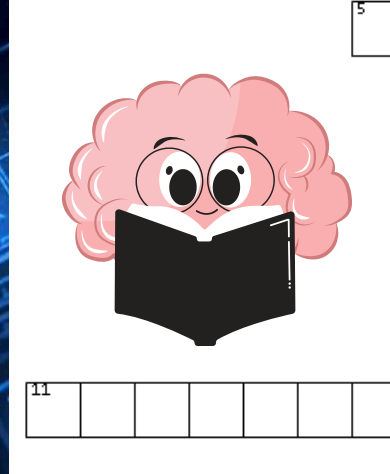
Theme: Decode the Data!
Research basics Crossword Challenge



Sangeetha RP, MD, DM,
NIMHANS, Bengaluru



Use the clues to fill in the words.
Words can go across or down.
Letters are shared when the words intersect.





CLUES

ACROSS

3. The type of error with a probability of rejecting a true null hypothesis
4. An external factor that may influence both independent and dependent variables
5. The process of repeating a study to verify results
8. The ability of a test to correctly identify those with a condition
10. A detailed review of existing studies using statistical methods
11. The detailed plan describing how a study will be conducted
12. Non-numerical research approach focusing on meaning and experience
13. Study that observes participants over a long period
15. Ethical document ensuring participants' autonomy
18. Statistical test used to compare means of two groups
19. The tendency of results to differ systematically from the truth
20. Sampling method involving participant selection without a predefined sequence

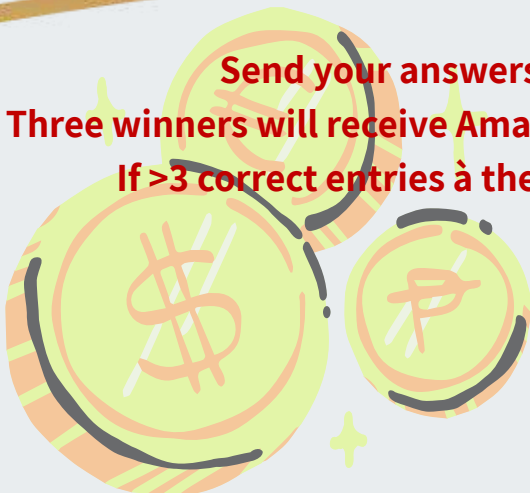
DOWN

1. A variable/factor manipulated by the researcher
2. Logical reasoning that moves from general to specific
6. A measure of how well results can be generalised to other settings
7. A summary of all the steps and findings of a research project
9. Statement predicting no difference or effect
14. A variable that modifies the strength or direction of an effect
16. Statistical method used to estimate the relationship between variables
17. Bias caused by studying only a subset of a population

Send your answers to isnaccenews@gmail.com within a week.

Three winners will receive Amazon gift vouchers and be acknowledged in the next issue!

If >3 correct entries à the first 3 respondents will be announced as winners!



Announcements & Upcoming Events



27th Annual Conference of

INDIAN SOCIETY OF NEUROANAESTHESIOLOGY AND CRITICAL CARE

Theme "Brain, Bots and Beyond: Forging Neuroanesthesia for Tomorrow"

**CALL FOR
ABSTRACTS**



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LAST DATE 15TH DECEMBER 2025

SUBMISSION

abstractisnacc2026@gmail.com



Welcome to ISNACC 2026

Dear Colleagues,

With great excitement and a sense of rapidly building momentum, the Organising Committee of ISNACC 2026 warmly welcomes you to the upcoming Annual Conference, hosted this year at AIIMS Nagpur. As we stand just 2 months away from this landmark scientific gathering, preparations are in full swing—and the energy on campus is electric.

Our theme, “Brain, Bots & Beyond...”, captures the essence of where neuroanesthesia and neurocritical care are headed. From cutting-edge neuromonitoring and AI-integrated decision support to precision neuro-ICU workflows, this conference promises to open doors to the future, while staying grounded in the wisdom of clinical practice.

You will experience a power-packed blend of lectures, simulation sessions, hands-on skill workshops, pro-con debates, futuristic panels, and interactions with global experts who are redefining the boundaries of our specialty. AIIMS Nagpur is ready to welcome you with its state-of-the-art facilities, vibrant academic community, and the warmth of central India’s hospitality.

As the countdown begins, we invite you to register, submit your research, and join us in shaping the next era of neuroanesthesia and neurocritical care. Let us come together to explore not just the brain, not just the bots—but the boundless beyond that lies ahead.

We look forward to hosting you at ISNACC 2026.

Warm regards,
Organising Committee
ISNACC 2026, AIIMS Nagpur



Ashutosh Kumar
Organising Secretary



Announcements
& Upcoming
Events



naccs

Neuro Anaesthesia & Critical Care Society
of Great Britain and Ireland

Annual Meeting

6-8 May 2026

Location

Edinburgh – Scotland

Registration will open soon



Announcements & Upcoming Events



9th Congress of the Asian Society for Neuroanesthesia & Critical Care

8th NeuroAnaesthesia Symposium

*Neuro Synergy:
Together Towards Excellence in Care*

6-9 May (Thursday- Sunday), 2027
Borneo Convention Centre, Kuching, Malaysia

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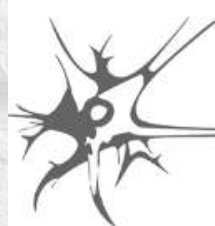


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Announcements
& Upcoming
Events



SNACC

SOCIETY FOR NEUROSCIENCE
IN ANESTHESIOLOGY AND CRITICAL CARE



Annual Meeting

September 10-12, 2026
Raleigh, North Carolina





SECRETARIAT



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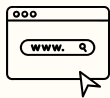


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