



A walk down memory lane on the journey of the
Academy of Regional Anaesthesia of India

AORA India

*Celebrating a decade of
pioneering regional anaesthesia
in India*





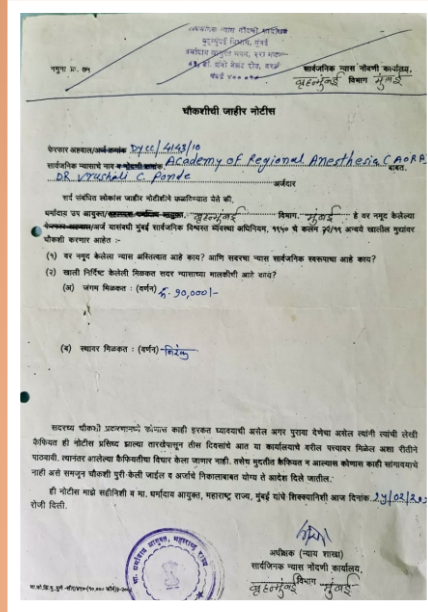
10 Dedicated years of Learning, Teaching and Sharing

The AORA Pledge

*“I hereby solemnly resolve that
I will wipe out the pain and suffering of
every patient and bring in brightness
and smiles to every surgical patient.”*



AORA- The Maiden Document



The Statistics

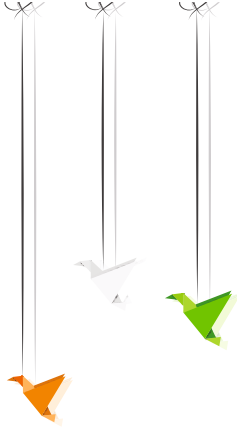
25000+ anaesthesiologists reached at various AORA events	1700 Members	150+ International faculty at AORA events	200+ Academic events conducted
35+ AORA Sonosite Inland Fellowships	22+ Live Workshops	6 Cadaver Workshops	25+ Hands-on Workshops
10 National Conferences	200+ Publications from members	10 AORA Fellowship graduates	250+ International delegates at events



“Each workshop and conference AORA conducts in India stands as a testament to the superlative standards of medicine and medical training, second to none in the world.”



A narrative from
the founding team...



Dr TVS Gopal
Founding Member,
Past President & Chairman
Hyderabad

How time flies!! It seems like yesterday when a bunch of close friends- Vrushali, Balavenkat, Sandeep Diwan, Satish Kulkarni, Ashit Mehta and I, with the common passion for regional anaesthesia, convened in Mumbai to discuss the exciting prospect of an organization dedicated to bringing pertinent advances and clinical benefits of regional anaesthesia to the doorstep of every anaesthesiologist in India, and neighbouring countries.

Behind this dream was an idea so pure and simple, it had to take off and work. A decade later, the unvarnished truth is that with the wholehearted patronage of like-minded professionals, who are the pillars of the burgeoning AORA INDIA family, we are well and truly on our way to realizing the goals we first envisaged.

Along this momentous journey, challenges were overcome, and the primacy of regional anaesthesia as a specialty to reckon with has been firmly established.

Today, after 10 fruitful years in existence, the baton must inevitably be handed over to younger, equally enthusiastic colleagues to spearhead the exalted mission, "to learn, teach, research and innovate regional anaesthesia throughout India and empower us to benefit our patients through this service."

After all, achievement is a perpetual process embedded in the human spirit. AORA INDIA salutes that spirit!!!

The AORA journey began in the year 2010. But the seeds for it were sown much earlier. In the minds of a small group of us who were practising the art and had a deep desire to increase the academic reach of the domain.

It was an intense desire to learn-together- the art of performing Peripheral Nerve blocks safely that led the 6-member team of TVS Gopal, Sandeep Diwan, Satish Kulkarni, Vrushali Ponde, Ashit Mehta and me to form the academic body of the Academy of Regional Anaesthesia of India in 2011, when we met in Mumbai. It was indeed a very humble beginning. It was a true passion to learn and teach appropriate administration of Regional Anaesthesia using the gadgets, Peripheral Nerve Stimulator and Ultrasound, that led to the growth of this body into a strong and vibrant academic organisation.

It boasts of a superlative Annual conference and several well - conducted Regional meets and workshops with the single notion of enabling every anaesthesiologist in India to become even more proficient in administering Regional Analgesia and Anaesthesia.

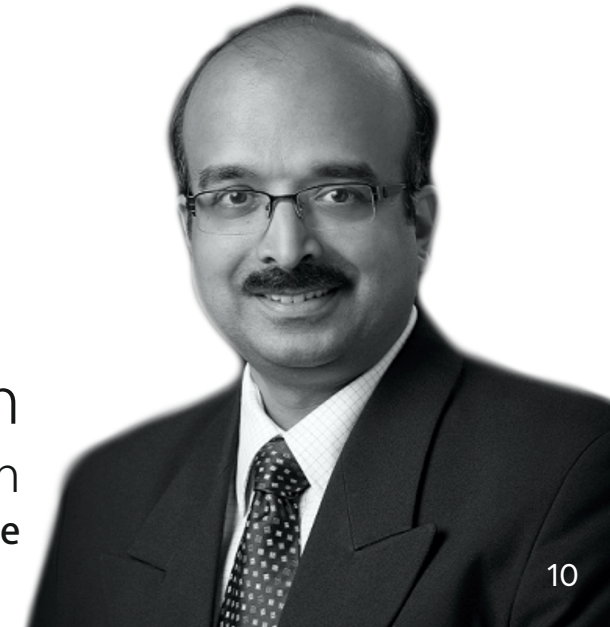
Arthur Ashe said, "Start where you are. Use what you have. Do what you can." A small team, a huge dream and a ten-year journey called AORA. As I look back, my heart is filled with pride at the

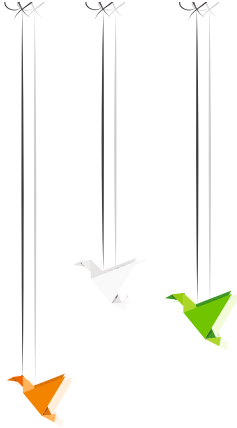
journey we have travelled, and the mind is filled with a vision of the future and the great strides we dream for AORA and Regional Anaesthesia in India and the Region.

All institutions associated with AORA have been contributing their might to the growth of regional anaesthesia. For example we at Ganga hospital have been conducting the Aesculap Academy Regional Anaesthesia Guidance Course and WFSA fellowship.

We envisage relentlessly continuing this journey together, seeking more, learning more and teaching more until we perfect the art and science of Regional Anaesthesia, the youngest subspecialty of Anaesthesia. Regional Anaesthesia will indeed be a part of every Anaesthesia administered in the future. Let every patient be given the opportunity to experience a painless surgery- and AORA is determined to make this happen.

Dr J Balavenkatasubramanian
Founding President & Chairman
Coimbatore





“When an idea exclusively occupies the mind,
it is transformed into an actual physical or mental state.”

Swami Vivekananda

The idea of forming an academy dedicated to regional anaesthesia was thought of a decade back. The journey of AORA can be summed up thus:

From small, focussed workshops, and national events to international conferences

From flash fellowships to full-fledged post-doctoral one-year fellowships conducted all over the country

Along the way, numerous inspired and enthusiastic anaesthesiologists poured their collective energy into shaping its mission. Today’s vibrant AORA office excos stand as proof.

The industry support for all the educational activities has been overwhelming and I must recognize it wholeheartedly., AORA remains inspired by patient care and fascinated by RA.

True to its mission, AORA has promised much and delivered even more!



Dr Vrushali Ponde

Managing Trustee, Founding Secretary & National President
Mumbai

When I reflect on this exciting journey called AORA, I feel immense pride and gratitude. Pride, that what started out as an almost too lofty dream has reached such beautiful fruition. Gratitude, that this dream of ours has been welcomed with enthusiasm and taken even further by our cohort.

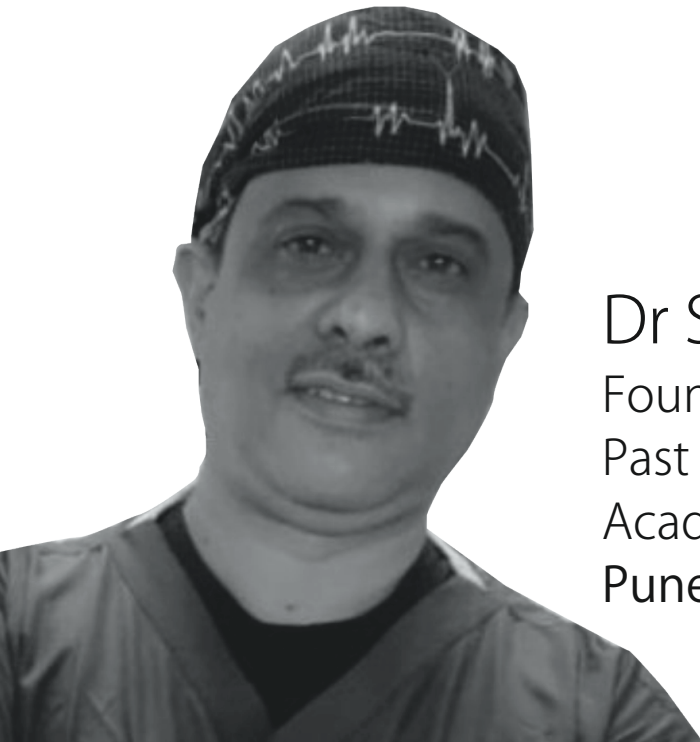
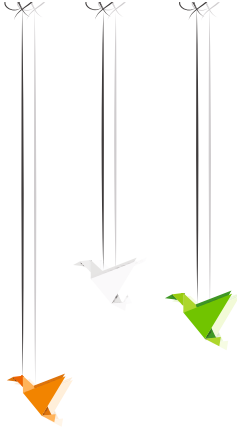
Regional anaesthesiology offers a safer, less painful option to patients in need. It should be taught, and learnt, and information pertaining to it must be disseminated far and wide.

AORA has ensured that doctors from across the length and breadth of the country- the Northeast, metros, small towns and Tier-II cities- are equipped with techniques; learn by practice and observation in the workshops and conferences; and from their interactions with fellow practitioners.

We complete ten years, and look forward to many, many more decades. Our gaze towards the future is filled with hope and anticipation.

Dr Satish Kulkarni
Founding Treasurer, Secretary
Mumbai





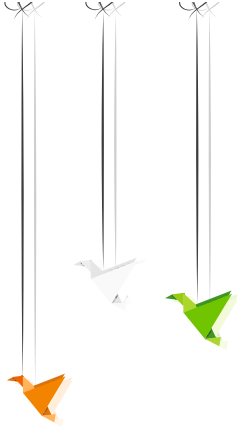
Dr Sandeep Diwan
Founding Member
Past President
Academic Director
Pune

A group of friends sat around and discussed how best to share knowledge, to promote a cause and to better serve our profession. This is the simple truth of a 10-year adventure called AORA.

Ever since it was introduced to the world over a century ago, the journey of regional anaesthesia has been nothing short of tremendously exciting. The discovery of new techniques, pain medication and clinical interventions, not to mention a dynamic healthcare space, offers anaesthesiologists umpteen opportunities to explore, to learn, and to grow.

AORA was established from this need to learn and to share learning. Regional anaesthesia has proven time and time again how safe, dependable, economical, and simple it is to administer. This means faster recovery times, less pain, and fewer side-effects for patients. In the hands of a well-trained, well-equipped doctor, regional anaesthesia is a powerful tool to ease the post-operative process.

To ensure training and equipping of skills is at the core of the AORA mission. It is always heartening to observe every workshop and conference filling up within a day or two of announcement. The participation and richness of debate and conversation that ensues in each event, reassures us that we are on the right track. Ten years is a long journey, especially in a field as ever-changing as regional anaesthesia. The lessons and experiences we have had in this past decade will hold us in good stead for what the future brings. I, for one, cannot wait to see how it unfolds.



Dr Ashit Mehta
Founding Member,
Vice President
Sholapur

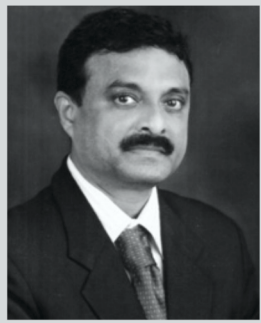
Ten years. It looks like it was just yesterday that we met at Mumbai and ideated creating an academy that could promote best practices in Regional Anesthesia.

I feel exceptionally proud to see how that one vision/idea has grown into a truly respected organisation, not only in India, but, the world over.

We are especially proud of the fact that thanks to AORA, the field of Regional Anaesthesia has made deep inroads into smaller towns and cities. It has impacted millions of patients by alleviating their pain and bringing smiles to their faces.

I recommend that you to read further to see the beautiful story of AORA and to come, be a part our family.

AORA Leadership team



Dr T V S Gopal
CHAIRMAN
Hyderabad



Dr J Balavenkatasubramanian
CHAIRMAN
Coimbatore



Dr Sandeep Diwan
ACADEMIC DIRECTOR
Pune



Dr Vrushali Ponde
PRESIDENT
Mumbai



Dr Sudhakar Koppad
VICE PRESIDENT
Bangalore



Dr Ashit Mehta
VICE PRESIDENT
Sholapur



Dr Satish Kulkarni
SECRETARY & TREASURER
Mumbai



Dr Javed Khan
ASSOCIATE SECRETARY
Indore

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Dr Himjyoti Das
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Kochi



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Nagpur



Dr Sanjay Verma
Ranchi



Dr Sudhir Tichkule
Raipur

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Bangalore



Dr Deep Arora
New Delhi



Dr Kapil Gupta
New Delhi



Dr Rammurthy Kulkarni
Bangalore



Dr Jesto Kurian
Kochi



Dr Neha Singh
Bhubaneshwar

Website, Social Media and Publicity



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Coimbatore



Dr Murali Thondebhavi
Bangalore



Dr Javed Khan
Indore



Dr Sachin George
Kochi



Dr Amjad Maniar
Bangalore



Dr Mohammed Azam Danish
Bangalore

AORA Fellowship & Research



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Pondicherry



Dr Subramanyam Mahankali
Bangalore



Dr Amit Dixit
Pune



Dr TVS Gopal
Hyderabad



Dr Vandana Mangal
Jaipur

Journal & Newsletter



Dr Amjad Maniar
Bangalore



Dr Rammurthy Kulkarni
Bangalore



Dr Jesto Kurian
Kochi



Dr Chaithannya NS
Bangalore



Dr Archana Areti
Pondicherry



Felicitations from Global Leaders in Anaesthesia



Dr Muralidhar Joshi

India

President,
ISA- Indian Society of Anaesthesiologists
(2019-21)

Dear AORA team,

We congratulate your team for successful completion of 10 years of establishing Academy of Regional Anaesthesia of India. All of us know how difficult it is to get like minded people together and aim for a common goal. It appears the dream has come true for all the founding members of your august body.

Everyone is aware, the amount of effort put by all members of AORA in developing innovative and evolving concepts in regard to regional anaesthesia. It has been a great journey for all of you in this regard. Your efforts are worth emulating all the time.

We wish you to accomplish many more milestones and achievements in your cherished path. Every opportunity comes with a challenge and we are proud to say that you have come out every time with flying colours.

Keep up the spirit. Best Wishes.



Dr Wayne Morriss

New Zealand

President Elect

WFSA - World Federation of Societies of Anaesthesiologists

I am writing to congratulate the Academy of Regional Anaesthesia on the occasion of AORA's tenth birthday. Congratulations and Happy Birthday! The mission of AORA is to "learn, teach, research and innovate regional anaesthesia throughout India and empower us to benefit our patients through this service." This mission emphasizes the vital role of education and the centrality of patient care.

The World Federation of Societies of Anaesthesiologists (WFSA), like AORA, is dedicated to providing the best possible care for our patients. Members of AORA have worked closely with the WFSA to provide excellent training opportunities for young anaesthesiologists, including fellowships and short training courses. The WFSA is very grateful for the dedication and hard work of our AORA colleagues.

As I write this short message, the world is still in the midst of the COVID-19 crisis. The need for excellent anaesthesia and surgical care has not gone away because of the pandemic and we know that, globally, 5 billion out of the world's 7 billion people do not have access to safe, affordable anaesthesia and surgical care. Education and training are key parts of our response and I applaud the work that AORA has been doing to strengthen the workforce and improve anaesthesia care.

Once again, congratulations to AORA and thank you for all the work you are doing. It is essential that we continue to share, learn and collaborate so that we can provide the best possible care for our patients.



Dr Miodrag Milenovic, MD, PhD Serbia

Member, WFSA Professional Wellbeing Committee,
Educational Committee Chair, WFSA, 2016 to 2020
University of Belgrade, Faculty of Medicine
Assistant Professor, Head of Anaesthesiology section in OR
Dept. Anaesthesiology & Resuscitation
Emergency Center, Clinical Center of Serbia

Dear AORA friends, I am grateful that even in this challenging time for humanity and our profession, my personal message will be delivered to you on the occasion of the 10-year anniversary, in such an original form.

Just as the Holy Festival is celebrated every year to welcome positive energy in life, AORA- 'the scientific twin- brings welcome change, dedicated as it is , to honouring and celebrating regional anaesthesia and pain therapy, scientific, professional and industrial novelties.

This AORA meeting once again will provide the highest selection of the best scientific performances and state of the art regional anaesthesia achievements.

Congratulations to all. I hope that we will be able to celebrate the next anniversary together.

Best wishes, Happy AORA!



Prof William Harrop-Griffiths United Kingdom

Consultant Anaesthetist, Imperial College Healthcare
NHS, London. Past President, Association of
Anaesthetists of Great Britain and Ireland (AAGBI)

It is with great pleasure that I provide a few words to support the celebration of the tenth anniversary of AORA. I had the honour to be invited to deliver the Dr. Ravindra Bhat oration in 2019 in Coimbatore. My time in India and my attendance at the meeting leaves me with very fond memories and lasting, positive impressions of the work being done by the leaders and members of AORA.

I was struck not only by the size of the meeting but more importantly, by the exceptionally high quality of the academic and educational material presented. It was also a revelation to experience the energy and enthusiasm of all those around me for regional anaesthesia and the good that it can do for our patients. AORA should be proud of what it has achieved in ten years. I look forward with excitement to what the next ten years bring!



Dr Narinder Rawal,
MD, PhD, FRCA(Hon), EDRA
Sweden

Chair EDRA Part 1 Examination
Past Secretary-General European
Society of Regional Anaesthesia (ESRA)

It has been my great pleasure to be associated with AORA since its inception ten years ago. I remember fondly the honour given me to deliver the Inaugural AORA Oration back in 2011. I have watched with great interest and pride as AORA has grown steadily to become one of the largest national regional anaesthesia societies in the world. The high quality of annual AORA meetings attract large numbers of delegates, the last live meeting in 2019 had over 1600 delegates from more than 40 countries - a truly remarkable feat. The quality of RA workshop activities, including paediatric RA workshops, is second to none. AORA has made significant contributions in advancing regional anaesthesia in India and beyond. The rising interest in RA is also reflected in the steadily increasing number of Indian candidates taking the European Diploma in Regional Anaesthesia (EDRA) exams, with well over 100 candidates expected to take the Covid pandemic-induced remote exam in July, 2021.

I would like to extend my compliments to the major officers of AORA for their outstanding job of taking AORA to a top international level, in a rather short period.

I wish AORA continued success in taking its well-deserved and rightful place in the international RA community.



Dr Jannicke Mellin-Olsen
United Kingdom

Past President,
World Federation of Societies of
Anaesthesiologists

I would like to send my warmest wishes to AORA and all its members to celebrate your 10th anniversary. Regional anaesthesia is such an important field of our speciality, a safe and cheap option for our patients when indicated. Particularly when the patient is frail and has other underlying diseases, or when an awake patient is desired, no anaesthesia technique can beat regional anaesthesia as a method.

Personally, I have been fortunate, as in my culture and tradition, regional anaesthesia has for years been a cornerstone of all the methods we possess to treat our patients, be it for anaesthesia and/or for pain relief. We used to rely on surface anatomic marks and blind techniques. Now, when ultrasound is becoming more widely available, it is even safer and has been expanded to more possible blocks.

This would not have happened were it not for a scientific approach and proper education. Once the barrier to identify anatomic structures with the ultrasound machine is overcome, we have a magic tool in our hands to help our patients. I salute AORA for what you are doing to spread the use of safe regional anaesthesia.



Dr Hari Kalagara, USA

Chair
ASRA POCUS courses

My hearty congratulations to all the founding members of AORA for enabling this valuable regional anaesthesia society and completing a decade, successfully.

It is so gratifying to see the major accomplishments of AORA in education, teaching and research over these years along with great collaborations with many regional anesthesia experts across the world.

I am honored to expand Point of Care Ultrasound (POCUS) on the AORA platform along with regional and acute pain missions with our ASRA society members.

I look forward to many wonderful partnerships with AORA in the future. I wish the AORA leadership and the members all the best in their future endeavors.



Dr Gonzalo Barreiro Czech Republic

Anesthesiologist and Intensive Care Specialist.
President of the WFSA (2016-2018)

It is my great pleasure to send greetings and congratulations to you and all your colleagues who have developed this amazing project throughout these last 10 years. Regional anesthesia is an impressive resource, and I am sure that this academic center has made a huge difference, both in the training of colleagues and in the best anesthetic and surgical treatment for thousands of patients.

An organization like the AORA requires first the idea, second the instrumentation, and then the sustainability, which is the most difficult point to achieve.

And a period of 10 years demonstrates that you have got it, based on solidarity, effort and knowledge.

The world is suffering a pandemic attack almost without precedent in modern history. In spite of that, I am sure that the path you have traced will continue to develop your important goals.

As we all know, there is no predetermined path. The path is made just by walking. All the best.



Dr Carolina Haylock-Loor

Honduras

Director Programs
WFSA

There are moments of high inspiration in the human being. We allow ourselves to dream big without fully realizing that it is the Supreme Goodness that guides us to an extraordinary gift for all. And that happened ten years ago when visionary anesthesiologists founded AORA, an academic organization that has highlighted the importance of Regional Anesthesia in our specialty throughout India.

Dr. Balavenkat and collaborators, please receive my congratulations for AORA's achievements and best wishes for the upcoming future.



Dr Manoj Karmakar

Hong Kong

Director - Paediatric Anaesthesia, Chinese University of Hong Kong. Scientific Convenor - Asian and Oceanic Society of Regional Anaesthesia - Pain Medicine AOSRA-PM

Hello, I bring you greetings from Hong Kong and trust you and your loved ones are well and in good health during these unprecedented times. On the occasion of the 10th anniversary celebration of AORA I would like to extend my congratulations to you all. I have been fortunate to have been associated with AORA from its very humble beginnings and I have seen it grow in stature both as an organization and as an educational portal.

Special mention must be made to the efforts of Dr. Balavenkatasubramanian, Dr. TVS Gopal, Dr. Vrushali Ponde, Dr. Sandeep Diwan and other members of the board of directors of AORA your efforts at bringing quality education for the anesthesiologist of India is truly exemplary and commendable before I sign out I would like to take this opportunity to wish you all well and that AORA continues to grow to new heights in the years to come stay safe and see you all soon.



Dr Faye Evans, MD,
USA

Chair,
WFSA Education Committee

On behalf of the World Federations Societies of Anaesthesiologists Education Committee, I would like to congratulate the Academy of Regional Anaesthesia of India for their efforts and accomplishments over the past 10 years. With the help of its over 1700 members, they have been able to bring the clinical practice of Regional Anaesthesia to every Indian Anaesthesiologist through their annual meeting and workshops. Congratulations on a job well done!

I wish AORA and its team a bright future and I am convinced that they will continue to succeed in their endeavours.



Prof Vincent Chan
Canada

Professor
Department of Anesthesia, University of Toronto
Past President, American Society of Regional
Anesthesia - ASRA

Instructional, educational, and impactful. These are the words I would use to describe the Academy of Regional Anesthesia (AORA) of India as I witness its rapid growth in stature and in membership over the past 10 years.

Now standing 1,737 membership strong, AORA provides the regional anesthesia and pain community with an abundance of teaching resources and best practice guidelines online, learning and networking opportunities at its annual conferences and exciting training fellowships for members recently graduated. Beyond medicine, physician wellness, work life balance, and communication through a global essay contest (Covid-19: Lessons Learnt and the New Normal as I see it) are other refreshing initiatives AORA has championed.

Thanks to its amazing board of Directors, Committee Members and dedicated staff who led with passion, purpose and vision, AORA has reached an important milestone as it celebrates a decade of achievement and success in advancing the knowledge and safe practice of regional anesthesia and pain management. Congratulations.



Dr Alexandra Torborg

South Africa

Chairperson
South African Society of Regional Anaesthesia

In the first newsletter of the Academy of Regional Anaesthesia (AORA) of India published in April 2011, Dr J Balavenkatasubramanian, Founder and then President of AORA India wrote: "...in a decade from now we need to be a power to reckon in Regional Anaesthesia." A decade later, and that goal has definitely been reached. AORA India has grown tremendously with multiple committees focussing on many different projects to promote training and research in regional anaesthesia.

On behalf of the South African Society of Regional Anaesthesia(SASRA), I would like to congratulate all the members and supporters of AORA India on a decade of so many remarkable achievements. You certainly can be very proud of everything you have accomplished. May you continue to grow and develop as a society.

Thank you for everything you do to promote regional anaesthesia globally. I hope that our societies can continue to collaborate and share our regional anaesthesia knowledge and skills in the future.



Prof Thomas Volk

President
European Society of Regional Anaesthesia
and Pain Therapy

Dear colleagues and friends,

congratulations to AORA for your 10th anniversary. It is a pleasure and an honour to celebrate this very occasion.

Diamonds symbolize the 10th-year anniversary and represent the enduring strength of love. A love for regional anaesthesia that we all share.

Embedded in a spirit of international cooperation, ESRA wishes AORA prosperity and a bright future.



Professor André Van Zundert

MD, PhD, FRCA, EDRA, FANZCA

Australia

Honorary Fellow Royal College of Anaesthetists - London UK

Professor & Chairman Discipline of Anesthesiology

The University of Queensland - Faculty of Medicine & Biomedical Sciences

Past President & Secretary-General of the European Society of Regional Anaesthesia and Pain Medicine

Regional anaesthesia (RA) is rapidly expanding its horizons in an effort to improve patient safety in the face of ever-increasing demand of treating older, sicker patients with multiple comorbidities and surgery that is more complex. Nevertheless, patients expect to get superb service from a skilled and experienced anaesthetist in a wide range of regional anaesthesia techniques with profound knowledge in applied anatomy, pharmacology, toxicology, monitoring, and expect no less than a perfect, pain-free technique without complications and a quick recovery.

Nowadays, RA has become a science, which needs to be mastered by systematic teaching and permanent practice by many anaesthetists and not remain an act in the hands of few. AORA took up the role to support the above values in action, ten years ago. It is now an established society, with annual meetings, and an international journal on regional anaesthesia (IJORA). I was privileged to attend several of the annual AORA meetings, which were always perfectly organised, offering a wide range of scientific topics, combined with hands-on workshops, including the popular ultrasonography (US).

US-guided RA provides bedside imaging and dynamic assessment for nerve localisation and target-specific injections, visualising needle advancement in real time and observing local anaesthetic spread around nerve structures. US-guided RA is now the start of an unprecedented renaissance, widening clinical application, in particular for precision application in peripheral nerve blocks.

I wish AORA and its team a bright future and I am convinced that they will continue to succeed in their endeavours.



The
Journey

"The future depends on
what steps you take today."

- Mahatma Gandhi

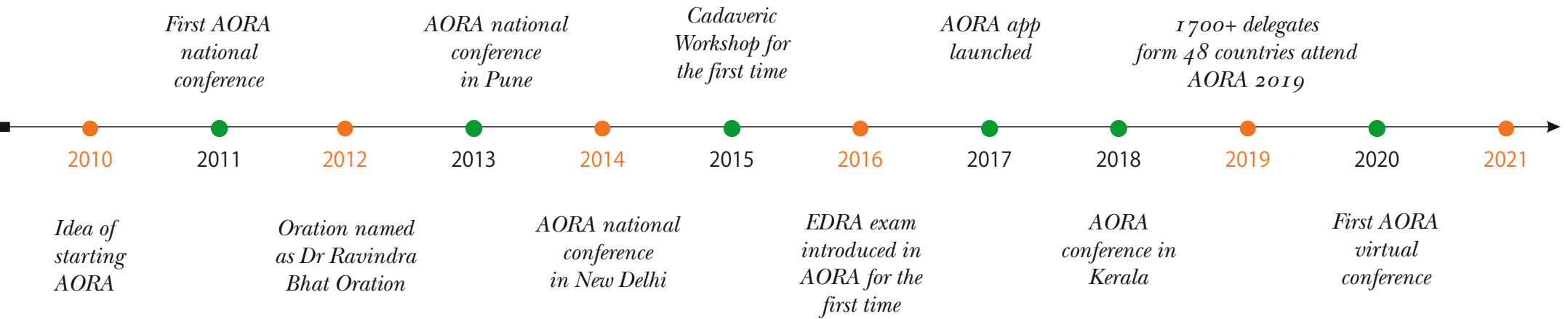


The Journey of AORA

Pain-free world ahead



Milestones



AORA is now the largest Regional Anaesthesia Association in Asia in terms of membership and is highly respected across the globe, on par with some of the largest associations.



Professor Vasumathi Diwekar launching the AORA logo along with Dr Satish Kulkarni

The Story of how it all started

*“The world needs dreamers and the world needs doers.
But above all, the world needs dreamers who do.”*

Sarah Ban Breathnach



The meal was long done. A delicious lunch where each bite was interspersed with conversation, laughter, and stories from the leading hospitals the friends worked in. This was not new; every meal they had shared in the years they had known each other had been pretty much the same. But this one was different. Very, very different.

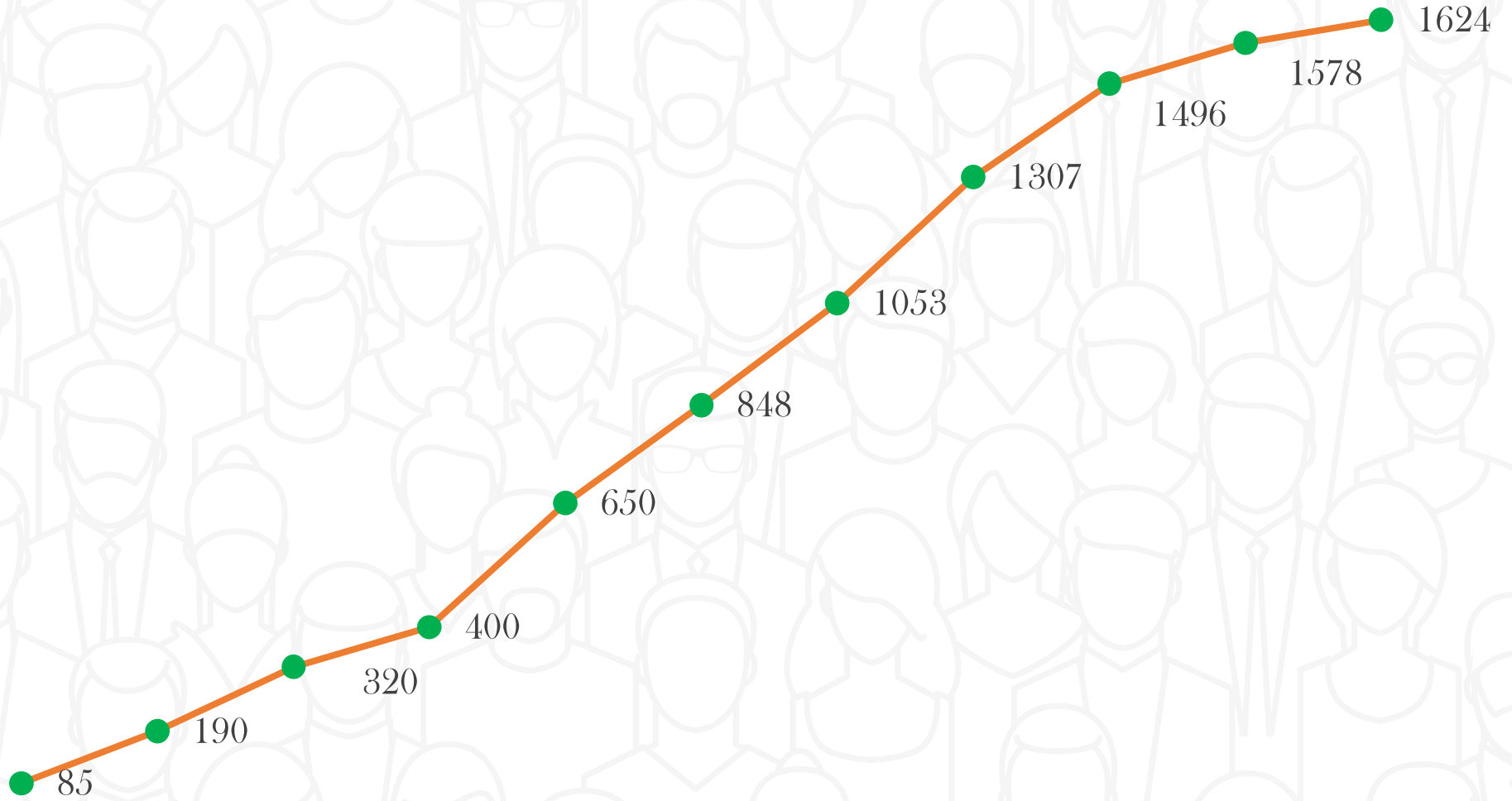
The seed of an idea that had been mooted years ago, that had captured their hearts and minds, that had spread its delicate wings to their thought and deed was back to centre stage at this lunch. It was a powerful idea- to create a one-of-a-kind association dedicated to regional anaesthesia in India. While regional anaesthesiology was widely practised in the world, it had not enough inroads in India and this was a lacuna felt deeply by the doctors. The idea of an association that worked exclusively for the cause of regional anaesthesia had been on their minds for many years before its formal launch.

Once the decision was taken, it took a mere three months for the plan to take flight. The ‘Academy Of Regional Anaesthesia’ of India (AORA) was established on 25-02-2011. At the heart of the AORA mission is education and training, to equip regional anesthesiologists with the tools of the trade so as to help those in need.

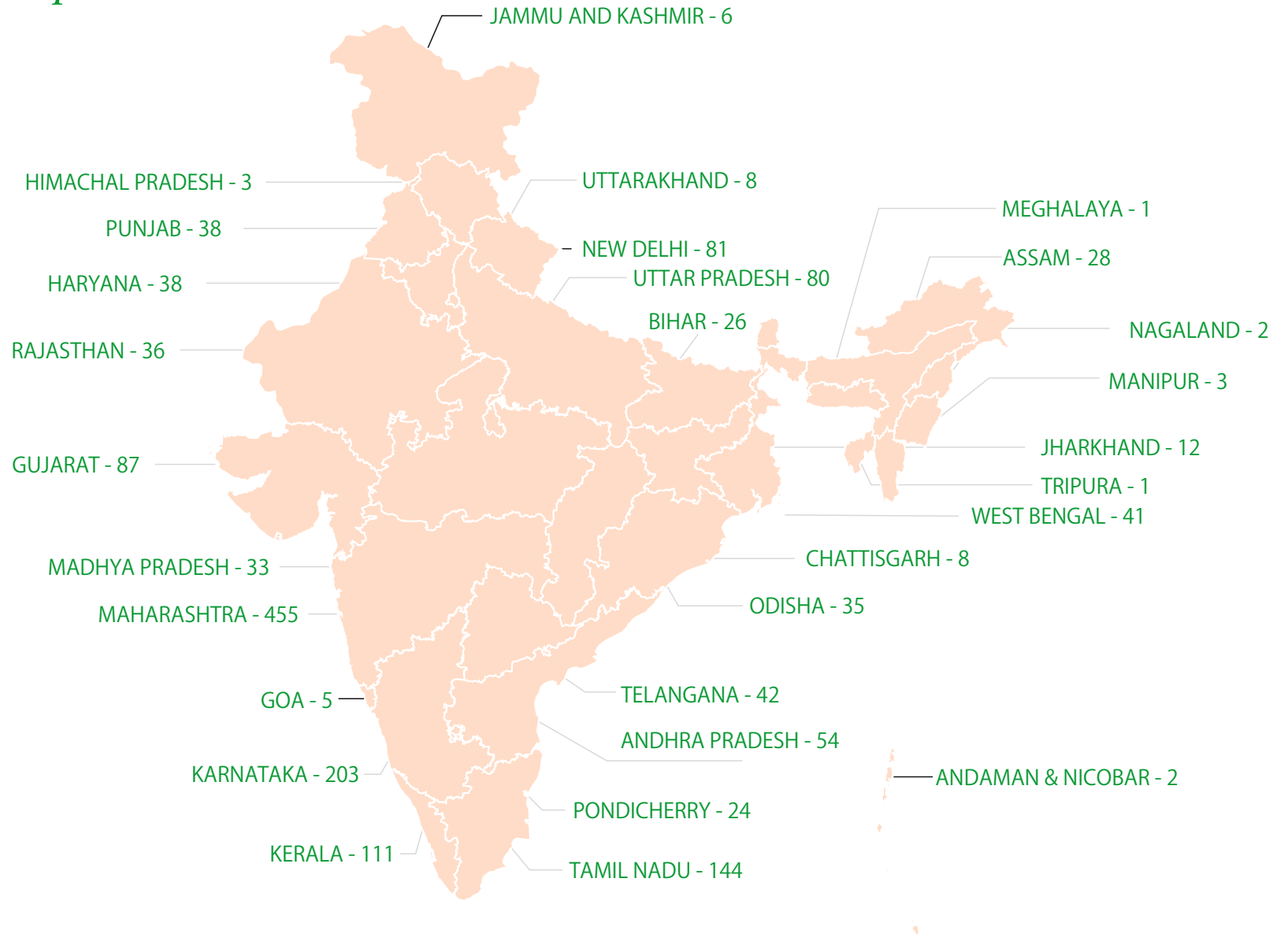
That conversation over a leisurely lunch is the start of a 10-year journey called AORA.

Read on to know more about this wonderful journey called AORA

A Growing family (2011-2021)



State wise membership

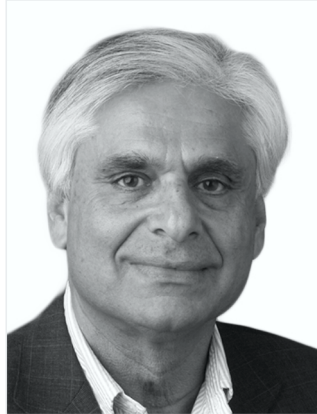


Dr Ravindra Bhat Oration - The orators



Dr Ravindra Bhat

Dr Bhat the HoD of Anaesthesia, Ganga Hospital, Coimbatore (1993-2012). He was a towering personality inside the hospital. He was extremely competent, knowledgeable, skillful, affable, soft spoken, hard working and above all a great human being. He lent his hand wherever and whenever anyone needed help. We still feel he is living amidst us and will continue to live with us. He was a source of strength to all of us.



*2012: Prof Narinder Rawal
Sweden*



*2013: Prof Vincent Chan
Canada*



*2014: Prof Sugantha Ganapathy
Canada*



*2015: Prof P Prithvi Raj
USA*



*2016: Prof Manoj Karmakar
Hong Kong*



*2017: Prof Sanjay Sinha
USA*

Dr Ravindra Bhat Oration - The orators



*2018: Prof Philippe Macaire
Vietnam*



*2019: Dr William Harrop Griffiths
United Kingdom*



*2021: Dr Radha Sukhani
USA*

AORA Prof RAJANI SUNDAR COMMENDATION LECTURE

*Instituted by Prof V R Ravikumar
Professor of Paediatric Surgery
Coimbatore*



The Tribute of a Surgeon to his Anaesthesiologist:

"I am the consultant Paediatric surgeon in GKNM hospital from 1975. Dr. Rajani Joined in 1983 and till 2020 she has been our chief anaesthetist for pediatric surgical cases. She is one of the pioneers in pediatric anaesthesia. Highly dedicated, Knowledgeable, committed to pediatric anaesthesia with abundant love and affection for children. She has trained, in the last 35 years, innumerable younger anaesthetists in general and in particular, pediatric anaesthesia. She was also responsible for starting a fellowship in Paediatric anaesthesia by the MGR Medical University. I am proud to say that there was no death on the table in the last 37 years. We have a lot of dedicated medical men who are exemplary in their work, but work without adequate recognition since they are silent workers who do not blow their trumpets. We need to honour them." - Dr V R Ravikumar

The Awardees



*2020: Dr Agnes Ng
Singapore*



*2021: Dr Wayne Morriss
New Zealand*



Annual National Conferences



Organising Chairman
Dr Satish Kulkari



Organising Secretary
Dr Vrushali Ponde

AORA 2011 MUMBAI

350

Delegates

15

National
Faculty

5

International
Faculty

1

Workshop





“What AORA offers in training should be practical, as well as deep into the theory and research. It had to be everything inclusive and only a dedicated body could do that, that too at an APEX level.” These words by Dr Vrushali Ponde set the context for the genesis of this 10-year old organisation. In her own words, it had to be an organisation that had people who, “would be many but work as one.” And because of the fervent desire that it be apolitical and non-partisan, it was called an academy, and not an association.



The distance between when AORA was registered to the first national conference, was a mere three months. And of course, there were challenges. Raising funds, for example. Dr Vrushali points out that partners like Sonosite and Neon were ever-helpful, and stood by them. As did the industry, whose support was and is invaluable. 500 delegates showed up to the first-ever AORA National Conference. The magnificent Tata Institute played host, filled to the brim with eager and expectant attendees.



For Dr Vrushali, the large numbers make two things clear. It spoke of the need for regional anaesthesia, and it spoke volumes of the credibility of the teachers who were handling the sessions. The second factor was yet another indication that they were on the right track with their academy.

She speaks highly of her colleague, Dr Satish Kulkarni. His being a senior professional colleague has never been a factor in their interactions. Dr Vrushali recalls a particular incident where Dr Kulkarni travelled all the way to a nursing home where she was, to show her the stoles that were to be gifts for the women participants of the 2011 conference. Such is his commitment to the cause and his nature. It is no surprise that when it came to selecting someone with a transparent and structured approach to be the Treasurer for AORA, the team looked no further than him.



Welcome
to

2nd National
Academy
Anaesthesia India



Organising Chairman
Dr Ravindra Bhat



Organising Secretary
Dr J Balavenkatasubramanian



AORA 2012 COIMBATORE

500+

Delegates

59

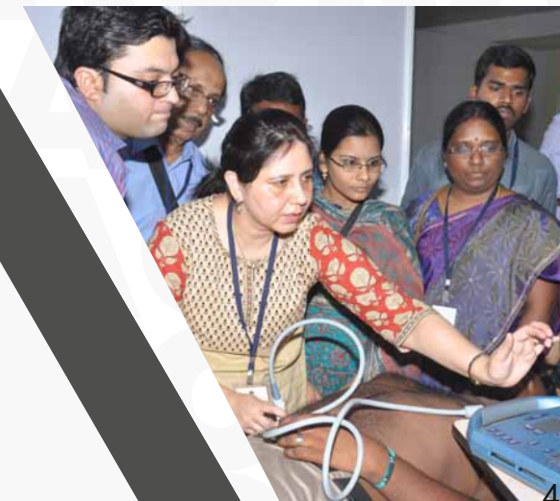
National
Faculty

5

International
Faculty

7

Workshops



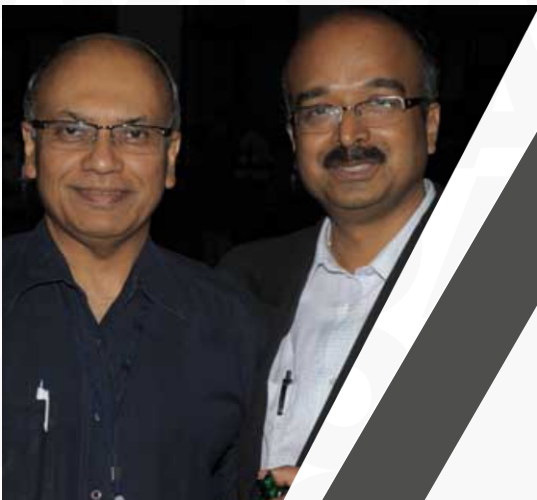


There is a lot to be said about word of mouth; when colleagues from across the world call to commend the high standards of events conducted by you, you know you're on to something truly special.

This has been Dr Balavenkat's experience as well. He speaks of doctors who are delighted to inform him about the sterling reputation of AORA events. Delegates request organisers to take a leaf out of the AORA handbook to conduct events of exemplary standard.

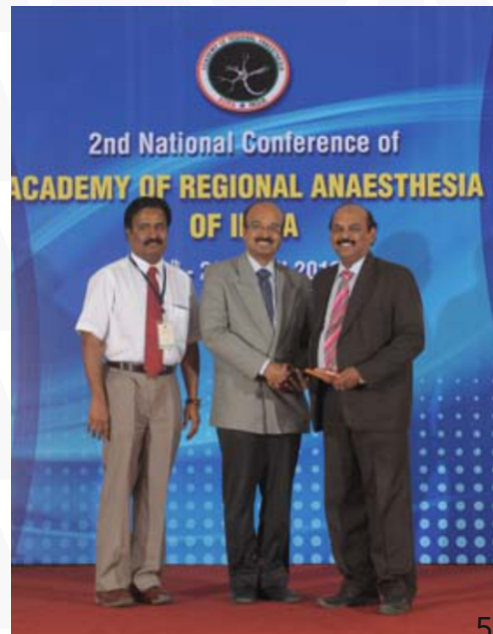


Ever since its inception in 2011, AORA has gone above and beyond in its mission to impart education and training in regional anaesthesia. 2012 was its first organised event, with over 500 registrations. Prof. Dr. Narinder Rawal, Professor in Anaesthesiology, Örebro University delivered the first AORA Oration.



Dr Balavenkat has a poignant memory of the event. AORA 2012 was driven by the passion and vision of Dr V Ravindra Bhat. His untimely demise just a week later was a huge blow to everyone, an irreplaceable loss. In his honour, the oration is known as AORA - DR BHAT ORATION.

In 2012, as an extension of the promotional activities for regional anaesthesia the organising team of AORA2012 began a postdoc fellowship at Ganga Hospital, the first of its kind, in India.



AORA 2013 PUNE



Organising Chairman
Dr Sandeep Diwan



Organising Secretary
Dr Sandeep Mutha

725

Delegates

59

National
Faculty

59

International
Faculty

7

Workshops





The police at a banquet for regional anaesthesiologists? It sounds unreal, and yet it did happen in 2013, when the police showed up (well before curfew time) to enquire at the gala banquet and orchestra that was part of the national conference in Pune. We've always said it- medical events are fun too!

Another fun element that was also extremely practical was the coloured caps. Delegates who registered for workshops were given colour-coded caps for each. This helped the organisers keep track of participation. A glance at the heads was enough to know if the delegate was in the right workshop. The cap, printed with the AORA label, was a souvenir too. It cost only 30 rupees, much to Dr Sandeep Mutha's delight.

Economy was very much on his mind, back then. And rightly so. The organiser of the National Conference in Pune in 2013 had ambitious plans. A cadaveric workshop that needed 28 cadavers was no small task. He procured two from Mumbai, a difficult and expensive task. For the rest, he turned to Pune's Smt. Kashibai Navale Medical College and General Hospital. There was also the question of registrations. Dr Mutha was expecting around 500 registrations, a little above the previous year. To his surprise, there were 800 registrations, a massive jump. "But we were prepared for everything," he says of his team. For months before the event, the team had weekly meetings at Dr Mutha's house, to go through every nuance of the event. There were 8 workshops and the event needed 28 ultrasound machines.

An unusual aspect of the conference was that there were no coffee breaks or even a lunch break. A round-the-clock coffee counter was put in place for anaesthesiologists to grab a cup whenever they wanted. Lunch was served in the mess hall, with many TVs set up to ensure that the delegates did not miss a moment of the programme that continued parallelly. This, Dr Mutha believes, is a time-saving practice. He recalls with amusement an incident at the faculty dinner where butter chicken was served. The sweet-spicy flavour greatly appealed to the foreign faculty members, who asked that it be served at each dinner! A taste of India, in more ways than one- this was AORA's National Conference in 2013.



4th
NATIONAL CONFERENCE
OF ACADEMY OF
REGIONAL ANAESTHESIA OF INDIA

AORA14
SEPTEMBER 19-21, 2014



Fortis MEMORIAL
RESEARCH INSTITUTE
The Next Generation Hospital



AORA 2014 NEW DELHI



Organising Chairman
Dr Deep Arora



Organising Secretary
Dr Om Prakash

562

Delegates

80

National
Faculties

12

International
Faculties

7

Workshops





The challenge was huge; to successfully conduct a conference that was bigger and better than the previous one. Dr Om Prakash, the organiser of the 3-day AORA 14 - the 4th National Conference of the Academy of Regional Anaesthesia of India, did just that.

The first and only Regional Anaesthesia conference to be conducted in North India was not without its own issues. For starters, the challenge of seven stations for the hands-on workshop. The PNDT Act disallows the use of ultrasound machines outside hospital premises.

In addition, getting the necessary permission at a corporate hospital was not easy. With much convincing, the Civil Surgeon permitted the use of the machines and Fortis Memorial Research Institute, Gurgaon hosted all seven hands-on workshops. The Civil Surgeon, who was invited to be part of the entire workshop, did attend the inaugural ceremony. Of special note, is the presence of the Chief Guest, Dr HL Kaul, HOD, Department of Anaesthesiology, AIIMS, an honour that Dr Om Prakash takes great pride in.

The Programme Highlights are: Didactic lectures, Dr. Ravindra Bhat Oration, Panel Discussions, E- Poster session, Free Paper presentation and Live Demonstration of Nerve Blocks.





AORA

2015, BENGALURU

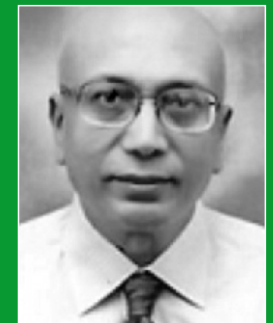
5th National Conference of
Academy of Regional Anaesthesia of India
25th - 27th September, 2015



AORA 2015 BENGALURU



Organising Chairman
Dr Medha Hulgol



Organising Secretary
Dr M V Kumar

400

Delegates

28

National
Faculty

13

International
Faculty

7

Workshops





Dr Kumar, the Organising Secretary of the 2015 AORA National Conference had to deal with some difficult times. Companies who were set to sponsor the event were cutting down on their own spending, making this year one of challenging financial times. Indeed, Dr Kumar found himself to be short of the required amount by quite a bit.

But the show must go on, as they say, and Dr Kumar did just that; by focussing on the academic and training side of things. Delegates were informed much before the event that there would be no entertainment or the much-anticipated gala dinner that they were used to with AORA events. Of course, that did not stop registrations, and the event was booked well in advance.



The biggest highlight of the event was the presence of Dr P Prithvi Raj, a doyen of Regional Anaesthesia who came down from the USA in spite of being wheelchair-bound.



The focus continued to be on training doctors on the nuances of regional anaesthesia. But there was a problem; the food! The venue of the conference disallowed food preparation, permitting only reheating of food. The Chinese food that had been ordered for the delegates was a 'huge failure,' Dr Kumar says, and his team and he had to face many complaints. But all's well that ends well- they rectified the menu in time, and the next day was smooth, and complaint-free. All in a day's work in the exciting world of AORA events!



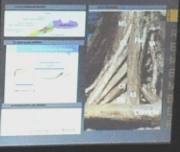
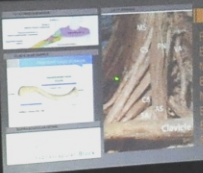




AORA
2015 BENGALURU

5th National Conference of
Academy of Regional Anesthesia of India
25th - 27th September, 2015

COLUMBIA ASIA SonaSite BEE-PO

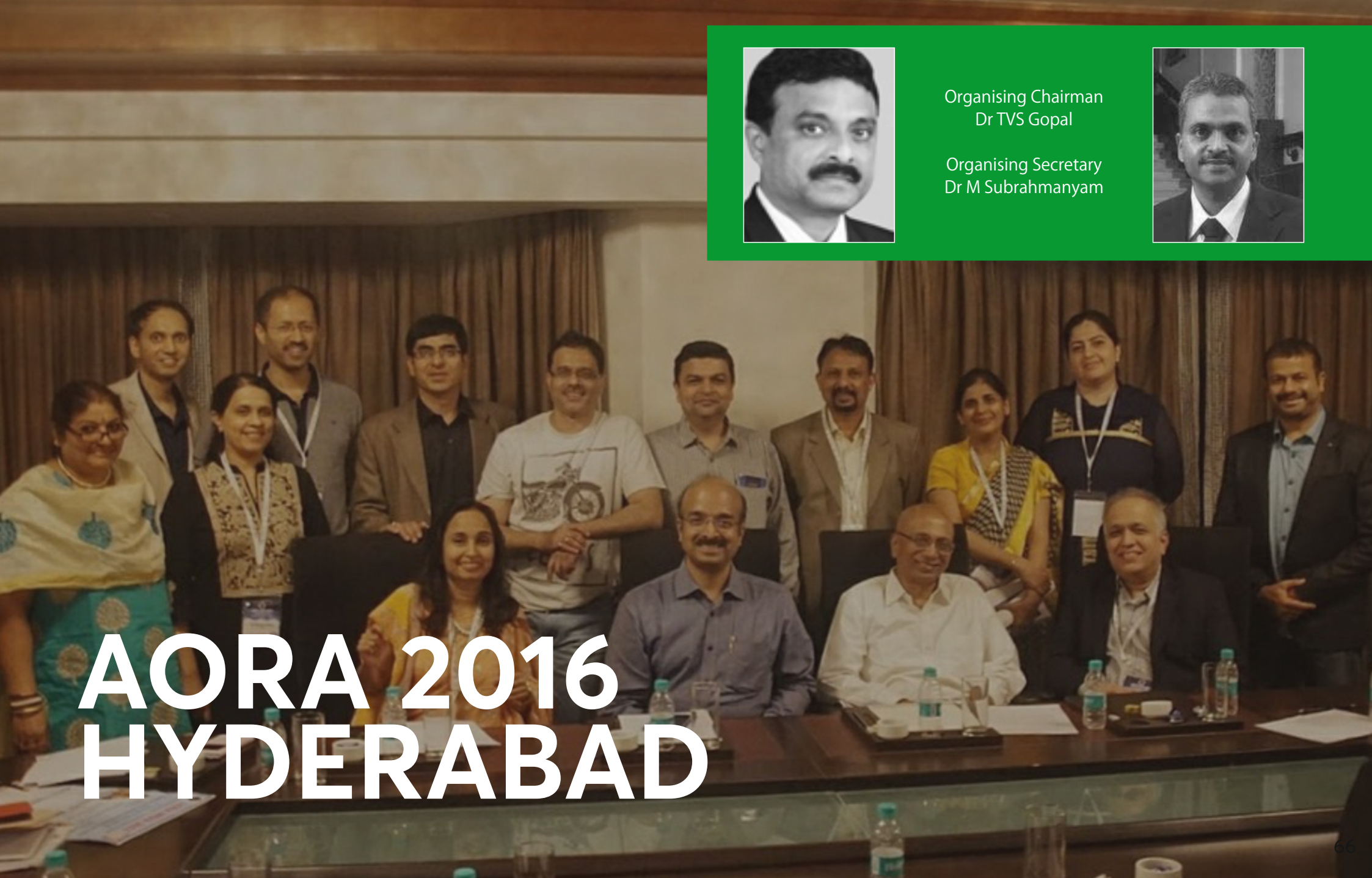




Organising Chairman
Dr TVS Gopal



Organising Secretary
Dr M Subrahmanyam



AORA 2016 HYDERABAD

625

Delegates

42

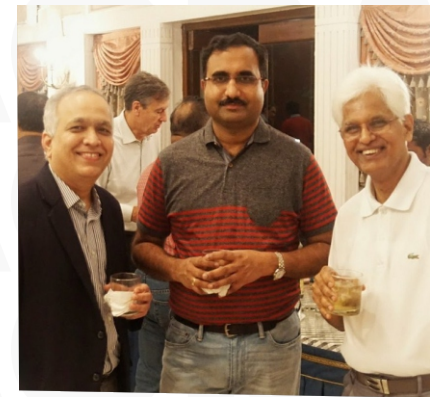
National
Faculty

10

International
Faculty

6

Workshops





The cosmopolitan city of Hyderabad played host to the Sixth National AORA INDIA Conference in September 2016. Like all AORA national conferences, this one too had impressive numbers- 625 delegates observed and learnt the intricacies of regional anaesthesia from 10 foreign faculty, and 42 national faculty. Delegates had an opportunity to show their creativity thanks to poster & podium presentations. The 2-day CME saw 6 hands-on workshops too.



2016 was also when the European Diploma in Regional Anaesthesia & Acute Pain Management (EDRA) Part I was conducted for the first time in India, in Hyderabad, adding its own sheen to the glimmering lights of Hussain Sagar Lake.



Dr Gopal has been an integral part of the Advanced Regional Anaesthesia and Ultrasound (ARAU) Workshop, having conducted every one of them from edition Eight to Eleven. Edition 11, conducted in January 2020, was the first time that an Ultrascan Contest for Faculty was conducted in India.

One of many firsts for the forward-thinking AORA.



INDIA 2017

sthesia : Towards Precision & Safety
ce of Academy of Regional Anaesthesia of India

NT CONVENTION CENTRE, INDORE

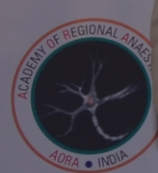
h - 9th Sept. 2017 Workshops 10th Sept. 2017

AORA
INDIA
2017

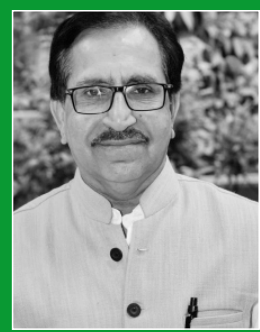
Regional Anaesthesia
Towards Precision & Safety

7th National Conference
of Academy of Regional
Anaesthesia of India

10th Sept. 2017, Indore



AORA 2017 INDORE



Organising Chairman
Dr K. K. Arora
Dr Sadhana Samvatsarkar

Organising Secretary
Dr Javed Khan



725

Delegates

59

National
Faculties

5

International
Faculties

7

Workshops





2017 was a momentous year for Indore. It was first declared as India's Cleanest City- a position it has bagged for four consecutive years- and the 7th National Conference of Academy of Regional Anaesthesia of India, a landmark event was conducted too.

Events of such magnitude were always conducted in metros, but in 2017, for the first time, the non-metro city of Indore hosted an event of such magnitude. Dr Javed Khan says, "We are family, here at AORA," and so, it was imperative to do a brilliant job of the event. And the numbers tell of the success- 725 delegates participated in the 3 day event, 59 faculty members taking them through the nuances of regional anaesthesia. All the workshops took place in a single hospital, another first for Indore.

A clear case of early bird catches the worm, the slots filled up very fast, with localities asking to be allowed to be part of the event. Dr Khan believes his six years in academics, conducting a meeting or 2 monthly meeting has a lot to do with the success of the event.

Each workshop is a, "pathway of learning," for Dr Khan, an invaluable opportunity to every attendee. His colleagues often enquire, asking him when the next event is, requesting longer workshops. Dr Javed Khan sums it up beautifully: "This is the aura of AORA."



AORA 2018

AORA 2018 THIRUVANANTHAPURAM



Organising Chairman
Dr Davies Varghese



Organising Secretary
Dr Sajeesh G

700

Delegates

24

National
Faculty

4

International
Faculty

6

Workshops





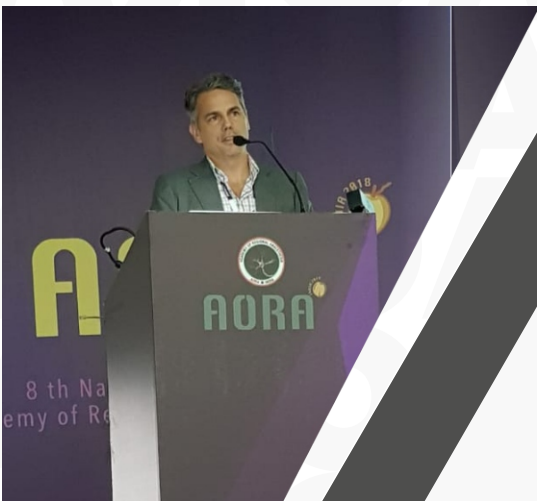
Man proposes, god disposes, it is said. And in God's own country, Dr Sajeesh, the Organising Secretary of AORA 2018, learnt just how true this was.

Everything was put in place. A large convention hall in Trivandrum was all set to receive the 1000 delegates expected to attend. Food, conveyance, all of it had been handled by Dr Sajeesh and team. After all, they had done it for a few years now and knew how things worked.



And then the heavens burst open. Kerala saw rains like it had rarely seen before. Whole districts were flooded, communication was cut off, and roads lay under water. Delegates travelling by road found Trivandrum unreachable. Those who could make it, did so because they flew into the city. Even then, conveyance was an issue. But once the conference was underway, things went smoothly. There were many no-shows, understandably so, and yet, 700 delegates did the event proud.

Despite it all, Dr Sajeesh considers himself to be lucky. Trivandrum was not badly affected, and they were actually able to conduct an event. And a mere few days after the completion of the AORA conference, the government called off most large events. According to Dr Sajeesh, even a week later, and they'd have been unable to do the event. Every cloud does have a silver lining.





AORA 2019 COIMBATORE



Organising Chairman
Dr J Balavenkatasubramanian



Organising Secretary
Dr Maheshwari S Kumar

1700

Delegates

110

National
Faculty

38

International
Faculty

12

Workshops





In 2019, the annual conference moved to Coimbatore. The event saw 1700 registrations from 42 countries. With 38 international faculty, the event received global attention. Over a100 volunteers helped keep things smoothly running

AORA truly transformed into an international event. The magnitude of the event was compared by many international faculty/delegates as being equal to that of a World Congress.

A 5-star hotel 'Le Meridien' was the perfect venue and ambience for such a large meeting. The hotel built 3 additional halls to accommodate the various parallel sessions. 900 Delegates were taken in 30 buses to Isha Yoga Center.

Of special note is the 15 minutes allotted to the AORA in the meeting of the European Association of Anaesthesiologists.

AORA is now seen as the largest in Asia and among the top 10 Regional Anaesthesia Associations in the world. Dr Balavenkat gently reveals a thought close to his heart- that each workshop and conference AORA conducts in India stands as a testament to the superlative standards of medicine and medical training, second to none in the world. It would not be a stretch to say that AORA has done exactly that.



Dr Kishor Gandhi
Director, Acute Pain Management
Anesthesiologist, Department of Anesthesia & Critical Care, Jefferson University Hospital All Star Medical Center, New Jersey.

Academic Qualification: M.D., M.P.H., CPE

Awards:

- Dean's Award for Excellence in Education
- Jefferson University Hospital All Star Award

Publications:

- Gandhi, K.: Maintaining Central venous catheter patency: Outpatient pain pump success.
- Vaghani B, Baratta JJ, Garavito J, et al. Opioid Abuse and Tolerance.









Organising Chairman
Prof G D Puri



Organising Secretary
Dr Kajal Jain

of Regional Anaesthesia of India



AORA 2020 CHANDIGARH

1600+

Delegates

15

National
Faculty

04

International
Faculty

01

Workshop





Dr Kajal Jain was battling a formidable foe. A virus that had brought the entire world to its knees was not one to be taken lightly. But AORA is devoted to the cause of training and education, and the show, like they say, must go on.

For the first time in the young life of the Academy, the National Conference went completely online. Instead of photographs of delegates being greeted at the venue, the event has a series of screen grabs. But, while the format changed, the intent and the interest stayed pretty much the same.



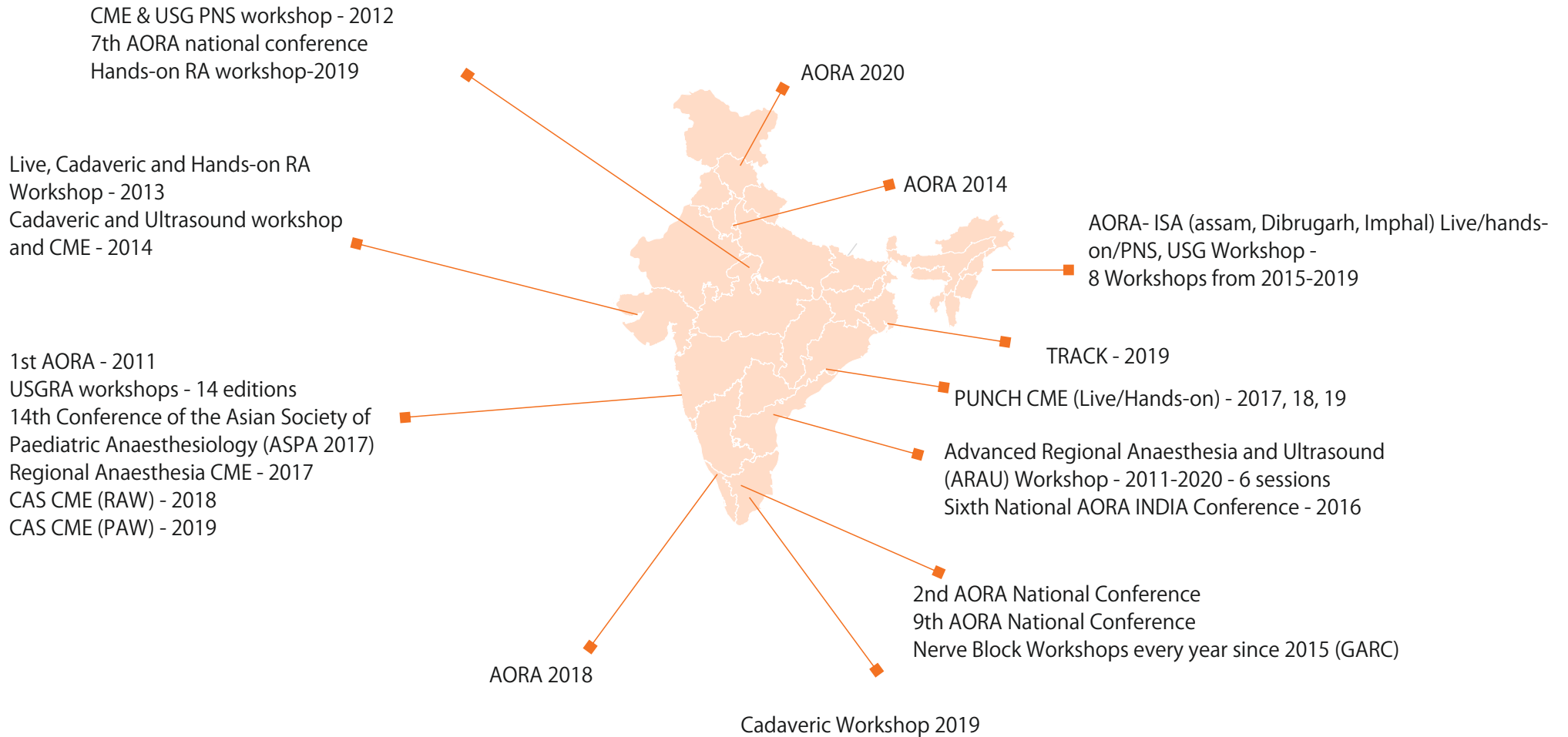
The timely discussion on the role of anaesthesiologists in an increasingly complex world generated much food for thought. The panel discussion on the use of regional anaesthesia in a COVID 19 world offered practical life lessons and experiences, and made for great learning. A dedicated chat box ensured that the questions kept coming. Among Dr Kajal's challenges was a steady Internet connection, and ensuring that the delegates were kept in the loop of information. Her timely reminders via WhatsApp were much appreciated, as can be seen by the many messages of congratulations she received. Organising an event in testing times tells us a lot about the person involved. AORA 2020 clearly demonstrated the will and the can-do spirit of Dr Kajal Jain and her team.





Academic Events

Workshops and Academic events across India



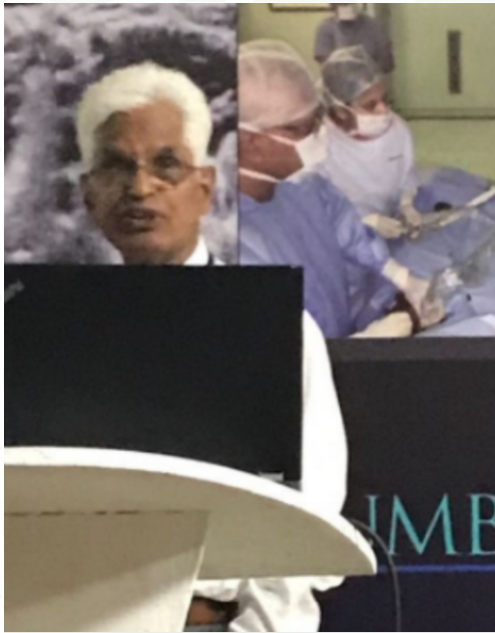


JUBILEE ANAESTHESIA INSIGHT 2015



CAUSE 2017





CAD WORKSHOP DYP PUNE







PUNCH

PNS & ULTRASOUND NERVEBLOCK COURSE

'PUNCH' is not only a catchy and handy name for a workshop, but also makes a strong point for patient care. PUNCH- PNS & Ultrasound Guided Nerve Blocks Hands-on- highlights the essence of the programme, and serves to act as a, "punch to patient pain."

Dr Ritesh Roy, whose brainchild the workshop is, organised the first PUNCH workshop, back in 2017. This was a first for Orissa state, too, and went a long way in the dissemination of information about regional anesthesia.

All his fears were put to rest when senior committee members expressed their complete support for the programme and willingness to be faculty members at the event. In a day or two of the announcement, PUNCH 2017 was fully booked. Dr Roy fondly remembers the warm encouragement in the form of the feedback he received from AORA faculty- that PUNCH 2017 could challenge any international workshop.

In 2018 and 2019, Dr Roy approached the IFA for sponsorship; the repute of PUNCH in the preceding years made the process easier, and the workshop took place with the support of AORA. The then-President of IFA was part of the workshop in 2018, a point of pride for Dr Roy.

For him, the conferences have done tremendous work to ensure that through ultrasound guided regional anesthesia to do nerve blocks, patients in Orissa have pain-free treatments. No wonder then, that for Dr Balavenkat, Dr Ritesh Roy is the, "King of Regional Anesthesia of Orissa."



STATISTICS of PUNCH

2017	11	2018	25	2019	24
PUNCH	Trainers / Faculty	PUNCH	Trainers / Faculty	PUNCH	Trainers / Faculty
75	6	115	6	85	6
No of Delegates	CME	No of Delegates	CME	No of Delegates	CME





TRACK2019

TATA REGIONAL ANAESTHESIA COURSE, KOLKATA 2019

The first ever AORA event in East India, the first for Kolkata, TRACK2019 (Tata Regional Anaesthesia Course, Kolkata), in January, 2019 is special in so many ways to Dr Arunangshu Chakraborty. He believes that the seed of regional anaesthesia in this part of the country was planted here, with this event.



As with all AORA events, senior members travelled long distances to be part of the event. Dr Giri who did an epic 28-hour journey, changing buses and flights from Shivsagar, Dr Himjyoti from Shillong, Dr Javed Khan who travelled from Indore, Dr Ritesh and Dr Gopal who ensured that they were part of the event.



This kind of commitment, to further the cause of regional anaesthesia in the country became a source of deep inspiration for practitioners in the city. It is of special significance to note that apart from stay and local transport, none of the senior AORA faculty were reimbursed for travel, and travelled on their own dime.

Dr Arunangshu Chakraborty succeeded in doing what he had set out to with the event- to act as a bridge between the central body of AORA and senior anaesthesiology professors in the eight medical colleges in the city. To this end, he ensured that for every single session, a faculty member of AORA was blended with local senior faculty.

The workshop was conducted in the auditorium of the satellite centre of Tata Medical Centre,

Premashrya. There was a strict cap of no more than 20 students per institution, and 2 months before the event was held, the registrations were at 200, a massive departure from the 30-40 per workshop that was the norm for other events.

The event was held on a Sunday, allowing the attendees-post-graduate students- to make full use of the expertise. Delegates from not only the 8 medical schools, but as far as Jharkhand, Manipur, Assam, Orissa, Bokaro, Jamshedpur attended the event. The live volunteer scanning, where delegates had an opportunity to hold the probe and understand the anatomy in volunteers, was a huge hit as well.

The very fact that the Face book page set up for the 2019 event still receives queries about when the next one will be held, speaks volumes of the standard of the event. There is a difference between seeing and doing, as Dr Chakraborty points out.

“Unlike many other platforms where scientific content often takes a backseat to socialising, at AORA, academics comes in the forefront always. This is how we hold the flag of AORA high.” says Dr Arunangshu Chakraborty.



DUE EAST



There are many memorable firsts in the events conducted by Dr Surajit Giri. Every single workshop has helped popularise the use of regional anesthesia in the north east. Like with most places, it takes a while for even cutting-edge medical breakthroughs to reach far and wide. For Dr Giri, the 2015 workshop was a breakthrough point.

He believed it was vital for an event of this nature, because there was a necessity to popularise the methods, because they led to better pain management. He was concerned about whether he would find patients for the live workshops, but his fears were unfounded. The event put regional anaesthesia on the map.

By his own reckoning, while earlier perhaps 2% of doctors knew about regional anaesthesia, now the number is anywhere between 60- 70%. While nerve blocks and other gadgets were not available in 2015, today about 10 % of doctors, use ultrasound machines, and nerve stimulation machines- pns- are used by 90 % of doctors. Another first was the e-talk model used in the AORA PNS/USG guided hands even in 2018 at Izal, Mizoram. For difficult to access places, an etalk model makes more sense, and that's the model that Dr Giri experimented with. The etalk, delivered from Mumbai by Dr Vrushali Ponde, was a huge success, watched by doctors in remote parts of the country.

For Dr Giri, it is the support of the AORA committee which is a game changer. He says, "when the committee supports, there is more credibility to practise the procedures spoken about."







A CADAVER WORKSHOP WITH A DIFFERENCE

Dr Sivashanmugam & Dr Archana Areti

The last AORA event before COVID struck is definitely one for the books. To start with, unlike most one-day workshops that cover all body parts, this workshop focussed only on brachial plexus blocks. The aim was simple- to not rush delegates, to teach not only anatomy in minute detail (the arm was divided into 5 sections) but also to know how to troubleshoot when complications arise. The second aim was basic science correlation. When one reaches a specialisation, one may miss basic anatomy. However, this and its variations are essential for regional anaesthesiologists. A good way to reduce failure rates is to not only see how a procedure is done but to do it, to get better at clinical skills. In a bid to avoid information overload, Dr Archana says, instead of a tsunami, there was a tidal wave of information."

The demographic that attended the workshop was surprising too. While you are most likely to see postgraduate or novice residents, a few experienced consultants showed up as well. Of special note is Dr Palaniappan from ortho1, who was a delegate and shared his valuable inputs. His feedback was especially encouraging. Despite his initial scepticism at an entire day's event devoted to brachial plexus (he had planned to leave post the morning session), doctor Palaniappan stayed for the entire duration of the workshop (8 a.m to 5 p.m), amazed at how exhaustive the session was. Of special note is how well the team worked well together, communicating and coordinating every step of the way. Government Medical College, Coimbatore was the home team for this event. Dissection videos were followed carefully, going a long way in creating an event that catered to everyone- from the novice to the experienced.

If there was a theme to the event, it was certainly, "Sharing is caring." The materials and contact details were all shared with the delegates. Even the recipe used to create the phantom- a simple mixture of corn flour and water- was shared with the delegates. This is important because the traditional phantoms used are expensive, and the others, made of paneer or tofu, cause food wastage. Dr Archana believes that with the establishing of separate committees at AORA, makes it easier to do more workshops that focus on one limb at a time. She believes that in order to revolutionise regional anesthesia in the country, it is more important to use the Indian demographic model, to get a better understanding of what needs to be done.

"The culmination of experiences across the nation- all of us contribute to it," she says.

37TH ANNUAL ESRA CONGRESS EDUCATIONAL VIDEO COMPETITION & BRACHIAL PLEXUS BLOCKS REDEFINED

Dr. Archana presented an educational video titled - 'Corroboration of sonoanatomy with gross anatomy of brachial plexus elements above the clavicle' - which won 3rd place. The award-winning video works on an AORA principle- how can knowledge transfer be simplified?





REGIONAL ANAESTHESIA WORKSHOP & CADAVERIC AND ULTRASOUND WORKSHOP AND CME

It was 2013, early days yet for AORA, when Dr Hetalkumar Vadera organised the workshop- the first of its kind in Saurashtra. He believes that the need for regional anaesthesia comes from the high-risk cases he sees, especially in corporate hospitals. In addition, it is not enough to know, it is essential to teach it as well.

The 2019 workshop was fully booked in 24 hours. Dr Sandeep Diwan and his team came a day prior to perform dissections in the cadaveric lab, allowing them to show the techniques directly to delegates. The workshop went on from 8 a.m. to 9.30 pm, and was met with rapt attention and learning.

For Dr Vadera, "teaching all members is a motto," an act that gives him a sense of achievement and satisfaction.







Academic Activities & Fellowships

In 2012, as an extension of the promotional activities for regional anaesthesia, AORA began a postdoc fellowship, the first of its kind, in India. In 2014, AORA opened up the fellowship to the world. It now boasts of candidates from Asia-Pacific and Africa, all ambassadors for the excellence of training in regional anaesthesia in this part of the world.

AORA Sonosite Fellowship

The AORA-Sonosite fellowship was initiated in 2018, as a project to inspire promising anesthesiologists. The week-long mentorship program starts with a written exam. Six successful candidates are selected to spend a week at top regional anesthesia hospitals across the country, being guided by experienced faculty. The AORA-Sonosite partnership takes care of all the expenses of these candidates.

The hospitals and mentors involved in this project are:

1. Care Hospitals, Hyderabad
with Dr TVS Gopal
2. Ganga Medical Centre and Hospital, Coimbatore
with Dr Balavenkatasubramanian
3. Children's Anesthesia Services, Mumbai
with Dr Vrushali Ponde
4. Sancheti Hospital, Pune
with Dr Sandeep Diwan
5. Mahatma Gandhi Medical College and Research Institute, Pondicherry
with Dr Sivashanmugam T
6. People Tree Hospital, Bengaluru
with Dr Amjad Maniar



The program facilitated the following candidates to visit these centers for a week, for the years 2018 and 2019.

1. Dr Salman Mohammed Kutty
2. Dr Nithin Jayan
3. Dr Saheer Chinda
4. Dr Kumar BG
5. Dr Ramineedi Azaresh
6. Dr Arnold Plazid
7. Dr Reesha Joshi
8. Dr Jhanvi Vora
9. Dr Anila Basheer
10. Dr Shiny Priyadarshini
11. Dr Madhanmohan C
12. Dr Pooja Bhojraj

Fellowship of AORA

This is a major and discrete step towards shaping our future generations in this fascinating subject, and a bold step to improve patient care. This will be a post-doctoral one-year in-house fellowship conducted at different AORA accredited regional anaesthesia institutions under various AORA- accredited teachers. This would not have been possible without the constant support of all AORA life members and we are grateful for it.

Name of the Institution	Institute Course Coordinators	List of accredited faculty from the same institution
Ruby Hall Clinic, Pune	Dr Amit Dikshit	Dr Nita D'souza, Dr Sachin Arbhi
Ganga Medical Centre and Hospital , Coimbatore	Dr J Balavenkatasubramanian	
Care Institute of Medical Sciences, Hyderabad	Dr T V S Gopal	Dr Kapila Sriprakash, Dr Somita Christopher, Dr Kamala Devi Anagani, Dr Saadat Ali Khan
Kokilaben Ambani Hospital, Mumbai	Dr Harshal D Wagh	Dr Shyam Gaonkar, Dr Minal Zambre, Dr Chetan Salunkhe, Dr Navin Pajai, Dr Manjusha Sawale
Sterling Hospital, Rajkot	Dr Hetal Kumar Vadera	
Life Care Anesthesia Associates, Bangalore	Dr Ramkumar M M	Dr Kumar M V, Dr Deepak C. J, Dr Renita M Pinto, Dr Chandrashekhar M Uppin
Apollo Hospitals, Bangalore	Dr Muralidhar Thondebhavi	
Department of Anaesthesia, DMC, Ludhiana	Dr Rupinder Singh	Dr Dinesh Sood, Dr Anju Grewal, Dr Sandeep Kundra, Dr Richa Jain, Dr Tanveer
Care Hospitals, Bhubaneshwar	Prof Dr Ritesh Roy	Dr Gaurav Agarwal, Dr Chandrashekhar Pradhan
Aster R V Hospital, Bangalore	Dr Subramanyam S Mahankali	Dr Deepak KM
Bhagwan Mahaveer Jain Hospital	Dr Sudhakar Koppad	Dr Mohammed Azam Danish, Dr Jacob Anand, Dr Jagdish N
Childrens Anaesthesia Services , Mumbai	Dr Vrushali Ponde	Dr Dilip Chavan, Dr Ankit Desai

Fellowship of AORA

Aims and Objectives

On successful completion of the course, the fellow should be able to demonstrate competency in terms of skill, knowledge and attitude in delivering safe and effective regional anesthesia for better patient care.

Eligibility criteria for admission

MCI recognized MD / DA / DNB degree in Anesthesiology / any equivalent Anaesthesiology degree from their home country (for NRI candidates).

Selection process

Candidates need to apply directly to the recognized institute of their choice. Selection will be done by the AORA recognized teacher of the respective institute based on candidate's eligibility which should be confirmed by the individual teachers & institutes.

The selection process may vary from institute to institute: it is at the sole discretion of teacher and institution. AORA is not involved in the selection process directly or indirectly.

Candidates will be paid a salary/stipend as per the rules of the institute where they are appointed.

The graduates of the AORA
fellowship exam 2020-21

1. Dr Sanjay S
2. Dr Priyanka Burde
3. Dr Maitreyi Kulkari
4. Dr Milin R Shah
5. Dr Aashinee Mehta
6. Dr Senthilkumar
7. Dr Kavana G
8. Dr Pushpa A
9. Dr Ankita Mohta
10. Dr Anamika Patel

EDRA Exams

European Diploma in Regional Anaesthesia & Acute Pain Management (EDRA)



The European Diploma in Regional Anaesthesia & Acute Pain Management was created in 2005 with the goal of establishing high standards for regional anaesthesia in Europe.

The Diploma intends to widen the activity spectrum of those anaesthesia specialists who are already in clinical practice and are interested in acquiring additional knowledge encompassing the entire field of regional anaesthesia and acute pain management.

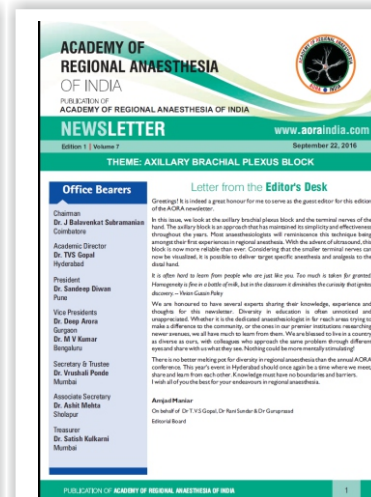
The concept of ESRA- and CME / CDP-approved courses and workshops takes into account the knowledge level of reasonably experienced clinicians. The salient points of different techniques, the overall strategies for their use, as well as their advantages and risks, are stressed in each of the courses and workshops candidates attend. Regional techniques are integral components of anaesthesia and are frequently administered to high-risk patients, ranging from newborns to the frail elderly. Therefore, the objective of the examination is to treat defined subjects in an encompassing way, with sound knowledge of anatomy, physiology, and pharmacology related to regional anaesthesia, as well as skills in block performance in a holistic context. A proper approach to acute pain management is mandatory in the clinical practice of anaesthesia and its knowledge is part of the content of the EDRA examination.

Since 2016, Indian candidates are able to attend the EDRA examination at the AORA annual conference.

AORA Newsletter

To increase knowledge sharing and best practices sharing, AORA comes out with an annual newsletter.

Over the years the design has changed, but what has remained constant is the immensely rich educational content.





AORA4U – A REGIONAL ANAESTHESIA APP FOR AORA MEMBERS

What can AORA4U do for you?

The smartphone in our pocket is a tool with many roles to play in our lives. It has replaced the humble PC for many of our day-to-day needs. The regional anaesthesia (RA) expert needed an app to record the logs, follow-up patients, enhance the knowledge and aid in audit/research activities. AORA embarked on a mission to develop an app for the above purposes in 2017.

AORA4U is primarily a resource/logbook app developed specifically for RA. In India, a significant proportion of the surgical cases are done in small nursing homes by freelance anaesthetists. They do many cases under RA. This app can help freelance anaesthetists and anaesthetists working in private institutes to maintain their log book and publish data. Ready reference videos on in the app can aid continuous refinement of knowledge.

The app was developed in six months and was launched officially during the annual scientific meeting of AORA in Indore in September 2017. The app is available for all AORA members to use without any added expense. It is available on both the Android and iOS platforms.

← Anaesthesia Log

New

Surgery

Surgery Date
Fri, Aug 7, 2020

Surgery Start & End Time
08:44 AM to 10:44 AM

Hospital
Apollo Hospitals, BG Road

Surgeries
List of surgeries performed

Specialty
Orthopaedics

Operation
General List
Arscopic Meniscal Repair

My Custom List

Enter operation details...

← Anaesthesia Log

Edit

Patient

Hospital Reference
12345

Gender
Male Female Other

Age Weight
50 yrs 72 kg

Enter patient details...

Please enter known details about the patient

Co-morbidity Factors
List of existing ailments

Common Co-morbidity factors
Rheumatoid Arthritis

Enter alternate name for co-morb

Years of presence

← RA/Rescue Block

RA Block

General Procedure List
Adductor Canal

My Procedure List

LOCATION

Landmark used to locate...
Please select a Landmark...

Ultrasound Probe
Linear HF 0.2 mA

NEEDLE

Needle Type
Echogenic

Gauge Length
22 Gauge 100 mm

DRUG

Drug
List of Drugs used
At least one drug required...

Click (+) button to add

Adjustment Dosage

← Anaesthesia Log

New

Click to select...

Complications
Post-operative complications

Potential Cause
Other sources

Complication
General Complication List
Select complication...

My Custom List

Enter post-operative notes...

Click to attach a Template Name to this Anaesthesia Log

You can attach a Template Name to a Anaesthesia Log for easy search. You can clone any Log into a new Log, edit and save.

Discard Save

It has the following features:

1. Logbook:

This is designed keeping in mind the various parameters needed to be captured for RA procedures. It has a user-friendly interface (Fig 1, 2, 3) to capture all details. The closure of a procedure is done after noting the occurrence of any complications or catheter related issues (Fig 4).

A useful cloning function is provided to minimise data entry and hence save time for commonly performed operations/procedures (Fig 5). The data of the logbook will be stored locally on your phone and backed up on a secure server. There is no patient identifiable data that is captured in the process.

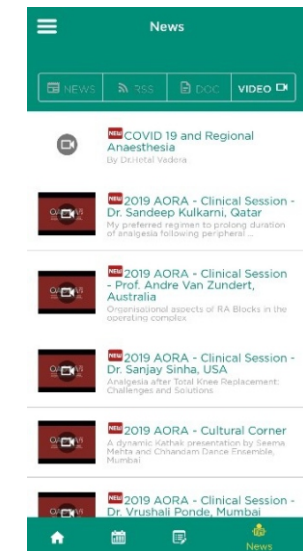
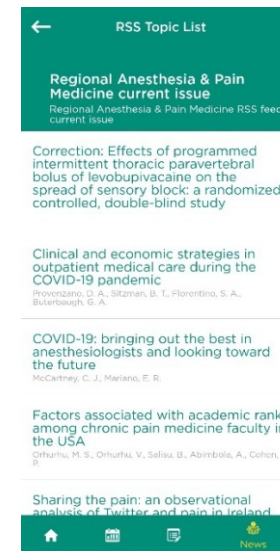
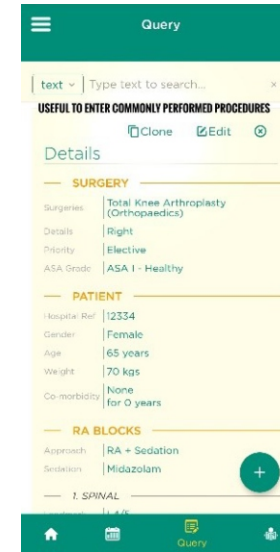
2. Review of cases:

A query function is provided to review all the logs (Fig 6). A monthly report mailed to the registered email will be sent starting from September 2020 (following the next update).

3. Knowledge portal:

The latest journal articles from leading anaesthesia journals can be accessed from a single point. Videos of the latest AORA webinars, talks from AORA scientific meetings and block procedures can be accessed from this portal

At present, there are 525 active users and they have been accessing the resources regularly. Continuous refinement of the app is needed going forward to ensure that it serves all members in the best way. This is possible with more members using it and giving their constant feedback (aora4uindia@gmail.com).





Messages
from our
well-wishers



Dr Soonnu Balsara
Mumbai

Dedication, passion & excitement define the office bearers of AORA. Their brilliant expertise have raised the bar of regional anesthesia in India & globally, inspiring all of us into learning & embracing newer techniques.

Congratulations team AORA in achieving this amazing milestone & wish you good luck & greater strides in the years to come.



Dr Laxmi Vas
Mumbai

Regional Anaesthesia is a vital aspect of anaesthesia training which spares the patient not just pain but also the negative metabolic / catabolic effects of surgery . My congratulations to AORA for consistently bringing together exemplary teachers and enthusiastic learners to the ultimate benefit of society.



Dr Dasgupta

Mumbai
ISA

1864, cocaine, Dr. Carl Koller and AORA today add dignity to the science of Regional Anesthesiology. One who does not move forward, automatically falls behind. I wish AORA to March forward and reach the zenith.

Heartiest congratulations and best wishes for Dr. Satish Kulkarni and his team.



Dr Vasumathi Divekar

Past President - ISA
Mumbai

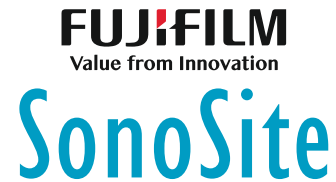
It gives me great pleasure in being a part of the 11th national conference of AORA India I had the honour & privilege of attending the inaugural conference of AORA India held in Mumbai a decade ago. I congratulate the organisers Dr Balavenkat, Satish Kulkarni & Vrushali Ponde for the initiative & execution. Specially this being a Virtual conference in these Covid times, which has humbled us all.

Regional Anaesthesia has a long history in India. Simplicity & economics Made it quite popular in the early years. With the publication of 400 cases of lumbar epidurals by Dr. Kokatnur of Belgaum & Dr. Hari Rao of Vishakkapatnam of 600 cases of caudal epidurals in 1924 were epoch making. The British also manufactured some Local Anaesthetics in Tamilnadu (Madras Presidency}. I am proud to mention that some of our ex- residents are highly rated abroad for their proficiency.

The association has grown by leaps & bounds especially in Paediatric, Pain relief & Labour Analgesia. It has benefited the speciality, young anaesthesiologists & of course.. the patients. I wish the conference great success.

THANK YOU, INDUSTRY PARTNERS

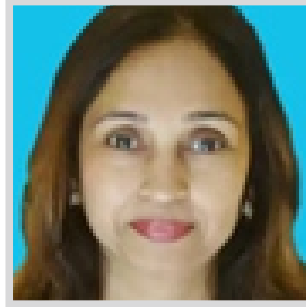
AORA has been lucky to have exceptional well-wishers and supporters from the trade and industry. In fact, a few of them played an active role in the formation of the organisation. From opening up their office spaces to help set up AORA, to writing out financial sponsorships at critical times, these leaders and their companies have stood with us. We thank them profusely from the bottom of our hearts.



TRUSTEES



Dr Chandrasekhar Ponde
HoD. Interventional Cardiology
P. D..Hinduja Hospital Mumbai



Dr Vrushali Ponde
Mumbai



Dr Satish Kulkarni
Mumbai



Dr Shailesh Mulgaonkar
Mumbai



Dr J S Bapat
Mumbai

THANK YOU TO OUR EXTENDED FAMILY



Santhosh Kumar
Webmaster



Asha
AORA Secretariat



...and the journey continues...



AORA Mission Statement :

To learn, teach, research and innovate regional anaesthesia throughout India and empower us to benefit our patients through this service.

Book Design Team

Creative Director: Pradeep Yuvaraj

Lead - Copy: Dr Srividya Sivakumar, Ph. D

Layout Design: Veera Singa Perumal

Research & Data: Darsak VS, Aryan Shah, Chinthana V

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