

ANACON 2025

ST. JOHN'S MEDICAL COLLEGE HOSPITAL, BENGALURU

EVENT REPORT

The Departments of Anaesthesiology and Anatomy at St. John's Medical College, Bangalore, successfully conducted ANACON 2025, a cadaver-based regional anaesthesia workshop held on May 10th and 11th, 2025. The event brought together leading experts and enthusiastic learners for a comprehensive educational experience that focused on ultrasound-guided regional anaesthesia and relevant anatomical correlations.

The workshop was organised under the leadership of Dr. M. Manjuladevi as the Organising Chairperson, Dr. Sandeep Diwan, a pioneer in cadaver-based regional anaesthesia education and consultant at Sancheti Hospital, Pune, as the Course Director, and Dr. Surbhi Gupta as the Organising Secretary. The faculty included nationally renowned experts from the Academy of Regional Anaesthesia (AORA), such as Dr. Amjad Maniar, President of AORA, and Dr. Murali Thondebhavi and Dr. Archana Areti, both members of the AORA Board of Studies. In addition, in-house faculty from the Departments of Anaesthesiology and Anatomy actively contributed to the academic and practical sessions, ensuring a strong collaborative effort.

Day one of the event was a half-day CME session that began with a formal inauguration. This was followed by a keynote address by Dr. Sandeep Diwan on the importance of cadaveric studies in the practice of regional anaesthesia. Dr. Shruthi, the AORA exam topper of January 2025, then delivered a well-received talk on the optimisation of ultrasound imaging and needling techniques. The academic session continued with live masterclasses by the expert faculty involving ultrasound scanning on volunteers. These covered upper limb, lower limb and truncal blocks, as well as spinal sonography, offering participants a dynamic start to the workshop and laying the foundation for the cadaveric hands-on training scheduled for the following day.

On the second day, the workshop shifted to the dissection hall, beginning with the cadaver oath administered by Dr. Yogita R, who is the head of the cadaver lab and training at St. John's Medical College. Delegates were divided into four groups that rotated through four stations: upper and lower limb blocks, anterior truncal blocks, posterior truncal blocks, and anatomical specimen demonstrations. At each station, participants engaged in ultrasound-guided scanning and needling on cadavers, allowing them to directly apply the concepts introduced the previous day. The participants were encouraged to explore dissected anatomical specimens to visualise relevant nerves, fascia, and muscle structures. The sessions also included teaching on cross-sectional anatomy, which helped reinforce spatial understanding and enhanced confidence in identifying anatomical landmarks. Detailed demonstrations of injection techniques were also provided.

The workshop was widely appreciated by the delegates, who described it as extremely informative, interactive, and valuable to their clinical practice. The integration of live scanning, hands-on cadaveric procedures, and anatomical demonstrations created a unique and immersive learning environment. Feedback was overwhelmingly positive, with participants expressing high levels of satisfaction with the organisation, content, and teaching. ANACON 2025 proved to be a highly successful academic initiative that highlighted the importance of anatomical understanding in regional anaesthesia and reinforced the value of collaborative, multidisciplinary training.