YEN-CORE 2026: Yenepoya Core Orientation in Regional Anaesthesia Education

Dates:

31st January & 1st February 2026

Venue:

EMD Auditorium, Yenepoya Medical College – Masterclass

ASSEND, Yenepoya (Deemed to be University) – Cadaveric Workshop

Overview

The Department of Anaesthesiology, Yenepoya Medical College, Mangaluru, in academic collaboration with the Cadaveric Research Academic Board (CRAB) – AORA, successfully conducted YEN-CORE 2026 (Yenepoya Core Orientation in Regional Anaesthesia Education) — a two-day ultrasound-guided cadaveric regional anaesthesia workshop on 31st January and 1st February 2026.

YEN-CORE 2026 marked a significant academic milestone as the first comprehensive cadaveric regional anaesthesia workshop in Mangaluru, reinforcing Yenepoya's commitment to structured, skill-based regional anaesthesia education and CRAB-AORA's mission of anatomy-driven learning.

Academic Leadership and Organisation

The programme was conducted under the academic leadership of:

- Dr. Sandeep Diwan, Chairman, CRAB-AORA
- Dr. Shilpa Bhat, Course Director, YEN-CORE 2026

The organising committee comprised:

- Dr. Harish Hegde B, Organising Chairman
- Dr. Habib Rahaman A.A., Organising Co-Chairman
- Dr. Mitalee Pareek & Dr. Mukhtar Abdulla, Organising Secretaries
- Dr. Sandeep Shankar, Treasurer

The programme was presided over by Dr. Kishan Shetty, President, ISA Mangaluru City Branch.

The Chief Guest for the inaugural session was Dr. Abhay Nirgude, Dean, Faculty of Medicine, Yenepoya (Deemed to be University)

Programme Structure

Day 1 – Masterclass (31st January 2026)

A focused live demonstration masterclass was conducted by Dr. Sandeep Diwan, covering ultrasound-guided basic and advanced regional anaesthesia blocks.

The session emphasised:

- Practical sono-anatomy
- Needle visualisation strategies
- Block selection and optimization
- Troubleshooting common technical errors

The masterclass was open to ISA Mangaluru members and served as a strong academic prelude to the cadaveric workshop.

The session, conducted from 2:00 PM to 5:00 PM, was attended by approximately 120 anaesthesiologists and was widely appreciated for its clarity, interactivity, and clinical relevance.

The blocks demonstrated included brachial plexus blocks, truncal & abdominal fascial plane blocks, and lumbar plexus techniques. The interactive format encouraged audience participation and practical discussion.

Day 2 – Cadaveric Hands-On Workshop (1st February 2026)

The second day was designed as an intensive, station-based hands-on learning experience, integrating cadaveric ultrasound-guided needling with volunteer ultrasound scanning.

Cadaveric Stations

- Brachial Plexus Blocks
- Truncal Blocks
- Anterior Lumbar Plexus
- Posterior Sciatic Blocks

Volunteer Scanning Stations

- Quadratus Lumborum, TAP, Erector Spinae Plane & Rectus Sheath Blocks
- Ultrasound-guided Spine
- Lumbar and Sacral Plexus
- Rescue Blocks – Forearm and Ankle

Delegates rotated through small-group stations, ensuring individualised attention, real-time feedback, and closely supervised skill acquisition, in alignment with CRAB-AORA teaching standards.

The cadavers used for the workshop were fresh frozen specimens. Meticulous preservation and scientifically standardised thawing protocols ensured excellent tissue integrity and consistently high-quality ultrasound visualisation of neural structures and fascial planes, significantly enhancing the learning experience.

Faculty and Participation

A distinguished CRAB-AORA faculty panel from leading institutions across India guided the CAD sessions, ensuring high-quality mentorship and standardised teaching methodology:

- Dr. Sunil Vijay Bapat
- Dr. G. Venkateshwaran
- Dr. K. Venkatesh
- Dr. Shruthi R.
- Dr. Himanshu Dongre
- Dr. Shreya J. Modi

Volunteer Scanning sessions were lead by local faculty : Dr Mitalee Pareek, Dr Sandeep Shankar, Dr Athmika, Dr Haripriya, Dr Manisha.

The workshop witnessed enthusiastic participation from postgraduate trainees and practising anaesthesiologists, with strong representation from Karnataka and neighbouring states.

Educational Highlights

Key academic strengths of YEN-CORE 2026 included:

- Live ultrasound-guided needling on cadavers
- Direct correlation of sono-anatomy with real anatomy
- Hands-on scanning on human volunteers
- Faculty-guided small-group learning
- Emphasis on safe needle techniques and block ergonomics

Live Injection Technique Demonstrations

A key highlight of the workshop was the live demonstration of injection techniques on cadavers by the CRAB-AORA faculty. These demonstrations focused on correct needle positioning, real-time visualisation of injectate spread, understanding fascial plane dynamics, and safe, reproducible injection strategies. This component significantly enhanced delegates' understanding of drug spread patterns and block efficacy, bridging the gap between theory, ultrasound imaging, and anatomical reality.

Dissected Cadaver Demonstrations

Specially prepared dissected cadavers of the brachial plexus and lumbar plexus were utilised to reinforce anatomical concepts. These dissections allowed participants to visualise neural structures and surrounding tissue planes, correlate ultrasound images with actual anatomy, and better understand needle trajectories and target zones. The combination of dissected anatomy and live ultrasound guidance provided unmatched clarity and depth to the learning experience.

Institutional Support and Acknowledgements

The organisers gratefully acknowledge the support and encouragement of the Yenepoya (Deemed to be University) administration, patrons, and institutional leadership for facilitating this landmark academic initiative.

Special appreciation is extended to:

- **CRAB-AORA for academic collaboration and faculty guidance**
- The Department of Anatomy for cadaveric support and meticulous dissections

- The organising team and volunteers for seamless scientific and logistical execution

The organising committee places on record its sincere appreciation to ASSEND, Yenepoya (Deemed to be University), for providing high-quality fresh frozen cadavers. The excellent ultrasound visibility of nerves and fascial planes achieved through precise thawing techniques played a crucial role in ensuring optimal sono-anatomical clarity, needle visualisation, and injectate spread during hands-on training and live demonstrations.

Feedback and Impact

Participant feedback highlighted:

- Exceptional value of cadaver-based learning
- High satisfaction with faculty accessibility and teaching quality
- Improved confidence in ultrasound-guided regional techniques
- Strong demand for continuation of CRAB- AORA workshops as a recurring academic programme

YEN-CORE 2026 was widely acknowledged as a high-impact, practice-changing educational experience.

Conclusion

YEN-CORE 2026 successfully established Yenepoya Medical College as one of the hubs for structured regional anaesthesia training. Through its emphasis on real anatomy, real scanning, and real needling, the programme aligned seamlessly with CRAB-AORA's vision of advancing regional anaesthesia education in India.

The organising committee looks forward to building on this momentum through continued collaboration, expanded curricula, and regular cadaveric training initiatives.