

Vapour

The official E-Newsletter of the
Indian Society of Anaesthesiologists

HIGHLIGHTS

ISA Activities

Exclusive Interviews For Women's Day

Dr. Premlatha, Dr. Aparna Budhakar, Dr. Girija Ballarapu

KALEIDOSCOPE

A chat with Dr. Maya Bhalerao

A tryst with Dr. Indrani Hemantkumar

Today's content female anaesthesiologist

Dr. Neeru Sahni

Balancing Act: The exceptional traits of women anaesthesiologists in perfect harmony with patient care

Dr. Raksha Kundal

Research in pregnant women: the ethical conundrum

Dr. Swati Jindal

Freelancer female anaesthesiologist: Balancing life and practice

Dr. Gaurita Shrivastava



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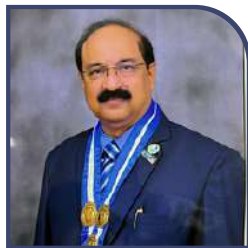
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EDITOR'S NOTE

Dear esteemed members,

Warm greetings from Indian Society of Anaesthesiologists (ISA)

National Headquarters!



March 8th is International Women's day and the February issue of our newsletter VAPOUR is a Women's day issue dedicated to the lady anaesthesiologists of our nation and the world.

Anaesthesiology is now not at all a man's domain. This is evident by the number of girls taking up anaesthesiology for postgraduation by choice. The 'Yuva Parnika' section of this issue of VAPOUR has articles by 'yuva' (young) anaesthesiologists advocating why and how the trend of picking up a career in anaesthesiology is swinging towards girls. Nevertheless, India's women anaesthesiologists have made remarkable progress in the past few years. They are working hard to achieve and are striding towards the pinnacles of professional growth, scientific epitome and leadership.[1] There has been a significant increase in the number of women participating in the workforce, and women have achieved high positions in various fields.[2] They have been great teachers, efficient practitioners, wise politicians, brilliant academicians, good researchers and able administrators in addition to their multiple positions in the family. The various articles, news of activities, awards and inspiring interviews with eminent and talented women anaesthesiologists of our nation that are being published in this issue of VAPOUR are a rich testimony to the progress that women anaesthesiologists in our nation have made. The increasing number of women in research, publications, on the award podiums of conferences, as faculty in workshops, continuing medical education (CME) programmes and conferences and in the governing council of our esteemed body, the ISA, speak for themselves about the progress that our lady anaesthesiologists are making in various fields.

However, women anaesthesiologists still face several challenges. Literature from high-income countries has reported barriers to their academic advancement including fewer opportunities, lack of female mentors and the traditional perspective about gender roles in child care.[3] Career-breaks for marriage, pregnancy, rearing young children, lack of part-time contracts in teaching hospitals, inflexible and competitive policies and trends including unequal pay in private practice, long working hours, night-shifts and taking care of the elderly members in the family, issues of personal safety and security and lack of available and safe public transport take a toll on the professional career of the women anaesthesiologists. [1,2,4] This is especially applicable to women anaesthesiologists working in South Asian countries with patriarchal societies such as Pakistan, India, Sri Lanka, Bangladesh, Nepal and Maldives. [4] A policy brief by the United Nations Educational, Scientific and Cultural Organization (UNESCO) on the representation of women in different academic positions reports that in many countries, the representation of women tends to reduce as academic ranks progress and few women reach senior and leadership positions in higher educational institutions.[5] Women are also vulnerable to mental health disorders because of biological, sociocultural and psychological reasons. [6]

Nevertheless, as mentioned recently by Hastie MJ et al, it is time that institutions must “lean in” to promote work environments where resources and opportunities are shared equitably and where individual strengths are recognised and amplified.[7] Female contribution in higher educational institutions can be improved by promoting policies that equally rely on quantitative and qualitative performance indicators.[5] As mentioned in two recent editorials, equity, diversity and inclusion has risen to the surface as a critical issue facing anaesthesia and critical care in recent years. [8,9] Diversity includes who is involved, inclusion means how individuals experience this involvement and equity refers to whether they are fairly treated. Diversity, inclusion and equity strengthen an organisation and improve the experiences of the stakeholders. Efforts are ongoing in research and medical publishing, health and education to improve diversity, inclusion, and equity.[9] Nonetheless, the onus of solving these issues and bringing in a change in our clinical practice/ hospital system/ academic institutions rests on us.[8] In fact, the campaign theme for this year’s Women’s Day is ‘Inspire Inclusion’, which means that we should inspire others to understand and value women’s inclusion to create a better world. Further, research focusing on women’s health, clinical management and outcomes in females has to improve. The author of an article in this issue has rightly touched upon research in pregnant women.

As quoted by GD Anderson, “Women are already strong. It is about changing the way the world perceives that strength”. If Sudha Murthy’s determination could shatter the barriers in the field of engineering that was dominated by men, our women anaesthesiologists too with their grace, intelligence, confidence, fearlessness and hard work can conquer all obstacles and move ahead in their profession. True enough, the new generation of contemporary, confident women anaesthesiologists are now asserting themselves in all fields, are a contented lot and are making their mark. Mae Jemison, the first African American female astronaut’s advice to women is “ Never limit yourself because of others’ limited imagination; never limit others because of your own limited imagination.” Certainly, with courage and determination there is no limit to what today’s women can achieve.

Wishing all our lady anaesthesiologists a very happy International Women’s Day!

Thank you and bye till we meet again with the March 2024 issue of ‘VAPOUR’.

Long live ISA!

Dr. Sukhminder Jit Singh Bajwa
Honorary Secretary, ISA National
Editor-in-Chief

‘VAPOUR’

(The official newsletter of the ISA National)

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ISA NOTICE BOARD

CONFERENCE & CME CALENDER OF ISA (2024)

Conference/CME (Coming up)	Location	Organised by	Dates
UP ISA Sponsored PG assembly	Jhansi	ISA Lucknow branch	12th to 16th March 2024
ISA Delhi YUVACON 2024	Maulana Azad Medical College, New Delhi	ISA Delhi YUVA Wing	6th to 7th April 2024
ISACON TELANGANA	SVS Medical College, Mahabubnagar	ISA Mahabubnagar city branch & SVS Medical College, Mahabubnagar	5th to 7th July 2024
ISACON KARNATAKA 2024	JN Tata Auditorium Complex, Malleshwaram, Bengaluru	ISA Bangalore Metro branch & Department of Anaesthesiology, BMCRI, Bangalore	9th to 11th August 2024
RAJISACON 2024	Jodhpur	Dr. SN Medical College, Jodhpur & ISA Jodhpur city branch	13th to 15th September 2024
ISACON North zone 2024	Jammu	Govt. Medical College, Jammu, Jammu & Kashmir (UT)	20th to 22nd September 2024
ISACON AP 2024	Tirupati	ISA Tirupati	26th to 28th September 2024
ISACON GUJARAT 2024	The Deltin, Daman	ISA Navsari city branch	28th to 29th September 2024
UPCZ ISACON 2024	Jhansi, Uttar Pradesh	MLB Medical College, Jhansi & ISA Jhansi city branch	25th to 27th October 2024
71st ISACON 2024 (National Conference of ISA)	Samrat Ashok Convention Center, Patna	Patna Society of Anaesthesiologists (PSA)	20th to 24th November 2024

Note: The dates mentioned in the above table are tentative & as per information received.
The list of upcoming conferences will be updated in subsequent issues.

Indian Journal of Anaesthesia
The ISA-IJA REAP academic
webinar series (fortnightly),
every Thursday between 5pm
to 6pm is being conducted.

ISA National PG online classes

These are being conducted regularly every
Monday between 6.30 to 8pm. Experienced
PG teachers are taking PG oriented classes
including exam-oriented topics.

ISA academic webinar series
The ISA conducts Clinical
Practice oriented webinar
series (CLIP) and Clinical
Reasoning and Problem Solving
webinar series (CRISP) on
Thursdays between 6.30pm to
8.30pm.

Today's content female anaesthesiologist

Dr. NEERU SAHNI

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ISA No. N-078



The Women's day reminds me of the female anaesthesiologists we meet often, who look happy and satisfied in their lives. Let us see the qualities and traits of today's female anaesthesiologists that make them look confident and strong.

The learned teachers and leaders

Surely, we all have met the learned and affectionate female anaesthesiologists who have been our great teachers, teaching us not only the subject but also compassion and meticulousness through their clinical work. We see so many female anaesthesiologists leading the way by holding top positions in many national societies. Their struggle and success are both admirable as well as inspiring.

Professional achievements

Whether the female anaesthesiologists are working in university hospitals, government institutes, corporate hospitals or as free lancers, they all seem to be rising in their career ladders gradually. The level of family and spouse support may vary for each one of them, however, they adjust or compensate and steadily move towards their career goals. Each small achievement is a source of confidence for the next one and today's female anaesthesiologists are a happy lot!

Work-life balance

They are constantly trying hard to achieve work-life balance and even if this balance is not too perfect, today's female anaesthesiologists are not blaming anyone. The planning ahead, financial independence and affordability to hire help has made it easier for them to tide over the "second shift" which starts after reaching home.

They are even handling the responsibilities of their dependent parents well.

Being a mother

Today's female anaesthesiologists are happily performing their roles as busy, working mothers and at the same time, accepting the difficulties coming their way. They are no more guilty of not being available to kids at certain times, rather take this as an opportunity for their kids to become independent. The biological struggles are manifold for a female, ranging from dealing with infertility to being an expectant mother to facing chronic diseases after child birth or being a single mother. We see so much strength in female anaesthesiologists around us who do not try to be pitiful, rather stand tall and deal with it all.

"ME" time

This trait of female anaesthesiologists is a very special one. We see many of our colleagues doing different things to not only de-stress after a day's hard work in the operating rooms and intensive care units but also, indulging in self-care. From following their passions of writing poems and stories to painting or actively participating in sports activities, the female anaesthesiologists are proving to be excellent time managers. They are conscious of their diet and fitness and preaching the same to their little ones.

It is important to mention that the cycle of inheriting these qualities and traits from each other and then imparting them to other female anaesthesiologists around us will go a long way in improving efficiency at the workplace, bringing happiness and good health to all.

Celebrating the Pioneering Contributions of Women Anaesthesiologists: A Tribute on International Women's Day

LT COL (Dr.) SHIBU SASIDHARAN

University of Cambridge

ISA No. S6152



Introduction

International Women's Day provides a meaningful opportunity to acknowledge the remarkable achievements and contributions of women across various fields, including medicine. Within the realm of anaesthesiology, women have played pivotal roles, breaking barriers, advancing research, and assuming leadership positions. This article aims to highlight the historical and contemporary pioneering contributions of women anaesthesiologists – both national and international, recognising their ground breaking research, exemplary leadership, and notable roles within international medical organisations.

Historical Contributions

Throughout history, women anaesthesiologists have defied societal norms and made significant contributions to the field. One iconic figure is Dr. Virginia Apgar, renowned for developing the Apgar Score in 1952, a tool that revolutionised the assessment of newborns' health. Dr. Apgar's pioneering work continues to save countless lives worldwide, demonstrating the enduring impact of her contributions. [1]

Another trailblazer is Dr. Virginia Trotter, who became the first female president of the American Society of Anesthesiologists (ASA) in 1940. Dr. Trotter's presidency marked a historic milestone, highlighting the increasing recognition of women's capabilities and leadership within the field of anaesthesiology. [2]

Leadership in International Medical Organisations

Women anaesthesiologists have assumed prominent leadership roles in various international medical organisations, furthering the advancement of the speciality on a global scale. Dr. Jannicke Mellin-Olsen, former president of the European Society of Anaesthesiology (ESA), has been instrumental in promoting evidence-based practices and interdisciplinary collaboration across Europe. Her visionary leadership has contributed to the enhancement of perioperative care standards and patient outcomes. [5]

Dr. Linda J. Mason, former president of the World Federation of Societies of Anaesthesiologists (WFSA), has been a tireless advocate for improving access to safe anaesthesia and perioperative care in resource-limited settings. Dr. Mason's initiatives have facilitated capacity building and knowledge exchange, addressing disparities in global healthcare delivery and improving surgical outcomes in underserved communities. [6]

Contributions of Indian Anaesthesiologists

In India, women anaesthesiologists have made significant contributions to the field, addressing the unique healthcare challenges of the country. India's Rupa Bai Furdoonji became the world's first woman physician anaesthesiologist. She worked to administer chloroform in Hyderabad during the years 1889–1917. She worked under Edward Lawrie,

the Principal of Hyderabad Medical School. [7]

Dr. Jyotsna Pattnaik, a renowned researcher and educator, has played a vital role in advancing pain management and regional anaesthesia techniques in India. Her innovative research has reformed clinical practice and improved patient outcomes, addressing the country's pressing need for effective pain management strategies.[8]

Conclusion

On International Women's Day, it is imperative to recognise and celebrate the pioneering contributions of women anaesthesiologists, both past and present. From historical trailblazers who defied conventions to contemporary leaders driving innovation and excellence, women have been integral to the advancement of anaesthesiology. Their groundbreaking research, exemplary leadership, and dedication to patient care continue to inspire future generations, shaping the future of the speciality for the betterment of healthcare worldwide.

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Balancing Act: The Exceptional Traits of Women Anaesthesiologists in Perfect Harmony with Patient Care

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I get up at 5 am and do yoga, then run to the kitchen at 6 am to make tiffin for my son, breakfast, and lunch, then water the plants, take a bath, get ready at 8 am, serve and eat breakfast, then run to parking, drive the car to the hospital, which is 20 kilometres away, and while going, I make calls to my resident via Bluetooth to make sure of adherence to preoperative instructions. In the meantime, I receive calls from home to sort out domestic issues. In the operation theatre(OT), I have to handle the issues with patients, their attendants, technicians, surgeons, senior residents, post-graduates, equipment failures, etc. When I start my first case, I get a call for a procurement committee meeting in the afternoon. Also, I have to sort the teaching roaster, teach my students, and guide a thesis, and the following cases are difficult intubation or significant surgery. After a hectic day, I finish my OT around 5.30 pm. Again, I drive back and just reach home and start getting calls from residents to discuss following day cases; meanwhile, my son's study, my dog walk time, dealing with the maid and a lot of social obligations.....

But we all do everything with a calm, composed mind because we are WOMEN + ANAESTHETIST, and our brain is genetically made for multitasking. I would say, "Diverse roles, endless goals, a woman's mind masters the art of multitasking!"

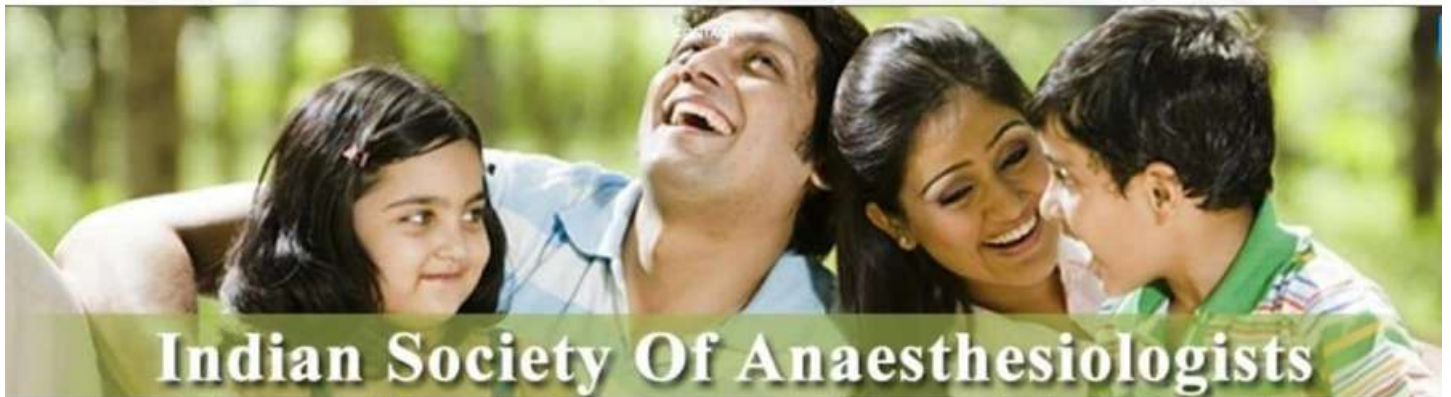
Women are rewriting the rule of one task at a time! We are connately compassionate and empathetic; we approach our patients with a nurturing demeanour.

We understand the vulnerability often accompanying medical procedures and surgeries; we create a supportive atmosphere, assuage fears, and build trust. Our ability to connect with patients emotionally enhances their preoperative experience, fostering a sense of comfort and reassurance. We have a quick sense of paying attention to details. As our subject demands a meticulous eye for detail, and we showcase a heightened sense of precision, be it vigilant monitoring of vital signs or intricacies in anaesthesia dosage adjustments, our methodical approach promises that all aspects of patient care are carefully considered. Our habit of attention to detail is a testament to our commitment to providing safe and effective anaesthesia administration. We are not only chit-chatters; we are masters of effective communication. Communication is essential in healthcare, and women anaesthetists excel in this area. Our ability to communicate complex medical information with clarity and empathy alleviates patient concerns and allows seamless collaboration across the healthcare team. We ensure that everyone is well-informed. We learned adaptability as we grew from tiny girls to women and applied it in our operating rooms. Operating rooms are dynamic areas where unforeseen challenges can develop. We show remarkable flexibility and multitasking abilities, gracefully negotiating challenging situations. Our ability to remain calm under pressure ensures that patient safety remains our priority, especially

when dealing with unexpected challenges during surgical procedures. We believe in collaboration: While performing procedures, we collaborate closely with nurses, surgeons, and other medical experts. We encourage teamwork for the patient's benefit by bringing a collaborative spirit. Our capacity to collaborate well with others improves patient outcomes overall and fosters an effective and pleasant healthcare environment.

I will conclude with the following lines:

From dawn yoga to the surgical stage,
Woman anaesthetist is a multitasking sage.
Compassion blooms, precision in the air,
In collaborative grace, she delivers patient care.



Indian Society Of Anaesthesiologists Family Benevolent Fund



Research in pregnant women: the ethical conundrum

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The well documented disasters of thalidomide and diethylstilbestrol (DES) led to default exclusion of pregnant women from clinical trials. It was not fully realised that this was not a consequence of clinical trials, but a failure of the available drugs that were not tested to be safe in pregnant women. Routine exclusion of pregnant women from clinical research is not only harmful but also unfair as this not only amplifies risks to pregnant women but heightens the risk to developing foetuses and also denies the benefits of a well researched drug or intervention to pregnant women.[1]

There have been very few drugs other than those used for obstetrical indications which have been well investigated for pharmacokinetics, pharmacodynamics, appropriate dosage, efficacy, and safety for both mothers and foetuses when used during pregnancy. One such example is absence of data on the effective dose of the anti-viral drug oseltamivir in pregnant women infected with the H1N1 virus. [2]

The need of hour is to conduct clinical research conforming to the highest ethical standards and with robust scientific rigour. A paradigm shift was ushered in with the Second Wave Initiative that laid the ethical framework for research in pregnant women. Pregnant women should no longer be considered vulnerable if able to give consent and capable of protecting their own interests. Rather they might be reclassified as a “medically and ethically complex” population. [3]

Bioethics in clinical research is based on pillars of autonomy, beneficence, non-maleficence,

and justice. Ethical issues associated with research in pregnancy involve informed consent, vulnerability of the foetus, enrolment and retention of pregnant women in clinical trials and a participant becoming pregnant during a clinical trial.

Informed consent (IC) should disclose risks involving the mother and her foetus. This might not always be possible owing to lack of complete scientific information. It is a good practice to obtain informed consent during the early stage of pregnancy rather than during labour. A two-stage analysis of acceptable risk to the foetus should be done. It is ethical to proceed if the risk is proportionate to the expected benefit of the intervention to the mother or the foetus. For any other research, risk to the foetus must be no more than minimal. Another ethical consideration is stoppage of the trial. If preliminary analysis reveals better performance of the control group or serious maternal or foetal adverse effects linked to medication exposure, the trial should be stopped.

A potential scenario requiring adequate pre-planning is a woman getting pregnant during a clinical trial. A risk-benefit analysis needs to be done and the research should be continued if benefits of the continued treatment are more than the risk of ongoing foetal exposure or discontinuation of treatment. A second informed consent process that reflects additional risk-benefit considerations with discussion of alternative therapies is essential. It is vitally important to collect and report the pregnancy outcome. [4,5]

To conclude, research in pregnant women should be encouraged by giving careful consideration to the available and evolving scientific data. The ethical challenges are formidable but not unsurmountable.

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“Nobody, but nobody, is going to stop breathing on me.”

– Virginia Apgar (American obstetric anaesthesiologist)

“If you know you are on the right track, if you have this inner knowledge, then nobody can turn you off... no matter what they say.”

– Barbara McClintock (American scientist, Cytogeneticist & winner of the 1983 Nobel Prize in Physiology)

Freelancer female anaesthesiologist: Balancing life and practice

Dr. GAURITA SHRIVASTAVA

Senior Consultant

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Balancing life and practice as a freelance female anaesthetist has distinct advantages and also poses unique challenges.

Freelancing ensures an autonomy which allows an anaesthetist to control her schedule and choose her assignments. It allows her to choose a variety of assignments ranging from working in hospital settings, private clinics or ambulatory surgical centres. Freelancers contribute significantly to improved patient care by providing personalised anaesthesia services and optimising patient outcomes.

On the flip-side, freelancer female anaesthetists encounter erratic incomes which can pose challenges in their budgeting and financial planning. They have to actively market themselves and showcase their expertise to build a client base. There is a feeling of professional isolation which may impact their morale and development. They often need to negotiate their fees which requires assertiveness and negotiation skills. They lack access to employer sponsored benefits like health insurance and paid leave. They may face gender bias and discrimination at the workplace which may manifest as lower compensation or challenges in career advancement. Navigating these challenges and maintaining a perfect equilibrium between personal and professional life requires resilience, resourcefulness and a proactive approach to professional and personal development.

Here's how a freelancer can manage this balance-A freelancer lady anaesthetist must make self-care a priority by setting aside time for rest, relaxation, exercise and pursuing hobbies. This will promote physical and mental well-being and maintain overall health.

She should define specific work hours and designated spaces for work related tasks to delineate personal and professional domains. Efficient time management techniques and tools like calendars, task lists and time-tracking apps in order to prioritise tasks and set deadlines play a crucial role in maximising productivity. She should delegate non-essential tasks and responsibilities like household chores and childhood responsibilities to trusted individuals or professional services. She must embrace flexibility inherent to freelancing and be open to adjusting her schedule as per the requirements to maintain a balance. Freelancer female anaesthesiologists should set realistic expectations for themselves in terms of career and personal goals. Overcommitting themselves can be overwhelming and stressful. They must clearly communicate their availability, boundaries and preferences to their colleagues and family members to ensure mutual understanding and respect. They should not hesitate to seek support, guidance and advice from their professional network, family and friends. This will help them to navigate the challenges of balancing life and practice as a free lancer.

They can regularly reflect on their work-life symphony and make necessary adjustments to maintain equilibrium. They need to be willing to reassess priorities and refine strategies to achieve a sustainable balance over time.

By implementing these strategies and maintaining a proactive approach to balancing life and practice, freelancer female anaesthetists can aim to achieve harmony between their professional and personal lives while flourishing in their careers.

EXCLUSIVE INTERVIEWS FOR INTERNATIONAL WOMEN'S DAY

8

MARCH



An interview with....

Dr. Premlatha

Past President ISA National (1997)



Respected Madam,

Good afternoon!

A warm welcome to you from Indian Society of Anaesthesiologists (ISA) National Head Quarters and the editorial team of VAPOUR.

You were one of the few female past presidents of ISA National. It is an honour to have you with us today.

1) Was it your goal to become the President or did it happen by chance?

I can't remember now whether it was really a goal or whether it just happened. This question is difficult to answer now. It is difficult for me to remember what I had thought then. Maybe I wanted to be associated with the association (ISA) as a Governing Council (GC) member. That is why I must have become a member. Once you become a member and know how things are and serve one term in the GC, you automatically become eligible to serve a second term. You want to serve the association as much as possible. Maybe, I went spontaneously in that direction.

2) Did you have any political mentor, somebody who lured you into a political path as such?

No, there was nobody in particular. But, Dr. Dasgupta had persuaded me to take up the Organising Secretary work and responsibility of the national conference that was conducted in Vizag in 1986. So, maybe he was indirectly my mentor.

Also, my Professor Dr. Venkata Rao was my mentor anyway in Hyderabad. I must also not forget Dr. Vasumati Divekar madam who ably guided me when I was Organising Secretary of the national conference.

3) Tell us something about your professional life.

I took up anaesthesia because I liked surgery. I could not get into the surgical branch. As an anaesthesiologist, I could closely see surgery being done. I was an undergraduate student of Osmania Medical College, Hyderabad and I did my postgraduation under the guidance of Dr. Venkata Rao in the same college. Government service was a choice because of several reasons in those days. I was a faculty (Professor in Anaesthesiology) at Osmania Medical College, Hyderabad and also at Warangal and Vizag medical colleges. I was in England from 1972-77 and worked there as a registrar. I could not get a consultant's job there. I came back to India and rejoined government service. Basically, I was never interested in private practice. I superannuated at the age of 58 years.

4) Did you ever feel low or left out in political circles because you were a female?

No; not at all....The doctors who were with me were all very good; they all appreciated my work and sincerity. I never had a chance to feel left out.

5) Do you think that men dominate women in organising positions in conferences?

Not really; if women attend ISA meetings, they can get responsibilities in the organisation. If you take up posts of Vice President/ Secretary/ President, you can automatically get the important positions in conferences. As a lady, one has so many responsibilities and priorities. It depends on your family members, as to whether they want you to take up responsibilities of the organisation or stay at home. It depends on us ladies to decide how we must go about things.

6) Tell us a few of your achievements as President ISA National.

We had brought out a small booklet on the history of ISA that was released during the inauguration of the national conference at Vizag.

7) What difference do you observe in the ISA scenario of your times and now?

I have not been involved in seeing what is happening now because I am not in a great position to do so. Hence, from the academic point of view, I cannot say much.

But my observation is that the Indian Journal of Anaesthesia is doing well with good articles. Dr Chakra Rao is doing well in resuscitation. The Family Benevolent Fund is another good initiative.

8) What is your advice to the female anaesthesiologists of today?

They should be firm in their resolve, be determined and try to do their best in their chosen fields. This determination includes how they are able to manage their homes and other things. They should never feel that they will not be able to perform like men. If they want to achieve something, they should have faith in themselves, determination and belief in God. I wish all of them the very best.

9) What is your advice to the current and future ISA office bearers?

I would advise them to be honest and sincere and try to do things for the development and betterment of the ISA, keeping in mind the interests of the members.

Thank you madam for spending time with us and sharing with us your valuable thoughts. A big thank you from the editorial team of VAPOUR!

“Vision without action is merely a dream; action without vision is merely passing time; but vision and action together can change the world.”

- Sudha Murthy (Indian engineer, author & philanthropist)

“Be grateful for challenges because...had there been no difficulties & no thorns in the way, then each person, man or woman, would have been in the primitive state and no progress made in civilisation and mental culture.”

- Anandi Gopal Joshi (India's first lady doctor)

A interview with a Yoga & Meditation expert & trainer

Dr. Aparna Budhakar

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ISA No. B 1098



Dear Madam,

Warm Greetings to you from ISA National Head quarters and the editorial team of VAPOUR!

You are well-known for your educational initiatives on Yoga and Meditation. We are indeed happy to have you with us.

1) Tell us something in brief about your professional life.

I am a consultant anaesthesiologist. I have been working at Jaslok Hospital, Mumbai since last 22 years. Prior to that I was in the UK where I worked for 5 years.

2) When did you yourself start practising Yoga and Meditation?

As a kid I used to attend yoga classes in my building as my parents strongly believed in the benefits of yoga. Later in medical school, I stopped doing it because of the load of studies. In 2004, I did my Sudarshan Kriya course by Art of living. Since then I am regularly practising Yoga, Sudarshan Kriya and Meditation.

3) Who is your 'Guru' in Yoga and Meditation?

The Founder of Art of Living Organisation Sri Sri Ravishankar is my Guru. Now I have become a Faculty of the organisation and regularly conduct online Meditation and Breath workshops where I teach Sudarshan Kriya.

4) How do you think Yoga and Meditation can improve a woman anaesthesiologist's health?

Anaesthesia is an inherently stressful speciality. Anaesthesiologists work in high-stress environment, dealing with emergencies and life-threatening situations. We need to be vigilant all the time and take rapid decisions during anaesthesia to avoid any complications. Both yoga and meditation are effective in reducing stress levels. These practices activate the parasympathetic nervous system, which is responsible for the body's "rest and digest" response. This counters the sympathetic nervous system's "fight or flight" response, reducing stress levels. Yoga and Meditation also reduce the production of stress hormones like cortisol and adrenaline. This can be particularly beneficial for us anaesthesiologists as we often juggle multiple responsibilities and experience high levels of stress. Many of us struggle with sleep disturbances due to irregular work hours and high levels of stress. Both yoga and meditation have been shown to promote better sleep quality by calming the mind and relaxing the body. Practices such as yoga nidra (yogic sleep) are particularly effective for inducing deep relaxation and improving overall sleep hygiene.

5) Which particular type of 'asana' or pranayama practice do you advise for the young lady anaesthesiologists and for those in the perimenopausal period?

Anaesthesiologists often spend long hours on their feet during surgeries, which can take a toll on the body. Yoga helps to alleviate muscular tension, improve posture, and prevent musculoskeletal injuries.

Yogasanas and Pranayams help improve lung capacity and cardiovascular health, which are important for maintaining stamina during lengthy procedures. I am mentioning here some of the yoga asanas (poses) that can be beneficial for females of all age groups:

- a) Cobra Pose (Bhujangasana): Strengthens the back muscles, stretches the chest, and improves posture
- b) Warrior II (Virabhadrasana II): Builds strength in the legs and arms, improves balance, and opens the hips and chest
- c) Tree Pose (Vrukshasana): Enhances balance and concentration, strengthens the legs, and opens the hips and shoulders
- d) Bridge Pose (Setu Bandhasana): Strengthens the back, buttocks, and thighs, and improves flexibility in the spine
- e) Child's Pose (Balasana): Relaxes the body, stretches the spine, hips, and thighs, helps relieve menstrual cramps and tension in the lower back and calms the mind
- f) Camel Pose (Ustrasana): Improves spinal flexibility and supports thyroid health
- g) Butterfly Pose: (Baddhakonasana): Strengthens muscles and organs in pelvic region
- h) Seated Forward Bend: (Paschimottanasana): Stretches the spine, hamstrings, and calves,
- i) Corpse Pose (Shavasana): Promotes deep relaxation, reduces stress and anxiety, and helps alleviate symptoms of menopause such as hot flashes and insomnia

Pranayam practices like Nadi Shodhan (Alternate Nostril Breathing) or Sheetali Pranayama (Cooling Breath) can help calm the mind, regulate the nervous system, enhance lung function and reduce hot flashes and mood swings. Overall, integrating yoga and meditation into our lifestyle can empower us to take proactive steps towards maintaining our physical and mental health, ultimately supporting our ability to provide high-quality care to our patients while also prioritising self-care.

6) Which is the recommended form of Yoga? What is your take on Power yoga and aerobics?

Original yoga encompasses a holistic approach to health and well-being, aiming to harmonise the body, mind, and spirit. It includes various practices such as Asanas (yoga pose), Pranayama (breath control), Meditation (dhyana) and much more. Hot yoga, power yoga, dog yoga are not yoga at all, in fact they demean this great path. Normally when we think of yoga only asanas comes in mind, but asanas are only one component of yoga. If you compare asanas with other form of exercises like running, gym workout or aerobics they all stimulate the sympathetic nervous system while yogasanas work on the body by activating the parasympathetic nervous system. In the traditional form of yoga, there is no risk of injury.

7) It is a common observation that many people attend yoga and meditation classes, but very few practise them independently once the classes are completed. What is your take on this?

The role of Yoga and Meditation in stress management is underestimated, underutilised and at a time was discarded as myth in spite of huge scientific evidence. The sad part is that these practices originated in India thousands of years ago and have now reached different corners of the world. But the country of the birth of these practices failed to recognise their importance. I think lack of awareness is the most important reason. Once you understand its importance you automatically prioritise it and make time for it in your busy schedule. Another reason is that people are looking for instant results. These techniques take weeks of practice before you see actual benefits.

8) You keep taking classes for yoga and meditation. This is in addition to your professional work. We always see you with a smiling face. Tell us how you keep yourself so active and motivated. I feel that the knowledge and technique which helped me tremendously should reach to maximum people. This has become my goal and passion in life. It is my social responsibility to

bring change in people's life. The reason for my higher energy levels, enthusiasm and unwavering smile lies in the daily practice of Sudarshan Kriya and maintaining work-life balance.

9) Tell us something about the practical benefits of yoga & meditation that you have observed in real life scenarios.

I have been practising Yoga and Sudarshan Kriya (combination of breathwork and meditation) for 20 years now. In 2004, I was suffering from repeated attacks of tonsillitis. A senior ENT surgeon advised me to undergo tonsillectomy as a final resort of which I was a bit reluctant. After I began practising Sudarshan Kriya, the attacks of tonsillitis stopped completely. I was surprised and the only change in my lifestyle was the addition of 20 minutes of breathing technique. I realised then that I was suffering from psychosomatic disorder which manifested as tonsillitis in me. I was under extreme stress in my new job as a consultant in a big private hospital. Treating high-risk patients coming for supra-major procedures had its own challenges. Stress is known to affect your immune system and that was what was happening in my case. I came across many research papers confirming the benefits of Sudarshan Kriya in psychosomatic disorders. Over the years, the benefits of this technique were apparent in other areas of my life as well. I found myself to be substantially happy and joyful throughout the day. My communication skills had improved many fold. I felt more confident in handling difficult cases. My energy levels had enhanced.

With regular meditation, we become aware of our own emotions which helps us to respond instead of reacting to challenging situations in our life.



10) What is your advice to the younger generation of anaesthesiologists?

I think the time has come now for these practices to be adopted at an earlier age. Typically, the young generation is at higher stress due to academic pressures, relationship issues and economic uncertainty. Juggling these responsibilities lead to feelings of overwhelm and stress. Yoga and Meditation will definitely help them handle this stress. Also, these techniques have been proven beyond doubt to upgrade and enhance our soft skills. We all are aware that soft skills like communication, focus, leadership qualities, time management, decision-making in complex situations, teamwork and working under pressure are very important for us in our daily life. We have been focusing on the physical health but physical fitness is not wellness. That is the reason why Yoga which integrates Asanas, Pranayamas and Meditation is recommended for our overall wellbeing. It is the way forward for physical, emotional and spiritual health.

Thank you madam for sharing with us your views and experiences about Yoga and Meditation.

A big thank you from the editorial team of VAPOUR!



A interview with a Health & Nutrition coach & Fitness expert

Dr. Ballarapu Girija Kumari

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ISA No. G1094



Dear Madam,

Warm Greetings to you from ISA National Headquarters and the editorial team of VAPOUR!

You are popular as a health and fitness coach in addition to being an anaesthesiologist. We are happy to have you with us.

1. You have your YouTube channel named Dr GK Healthy Lifestyle. Tell us in brief about all the social activities that you do to motivate and educate our anaesthesia fraternity regarding a healthy lifestyle.

Yes! This YouTube channel Dr GK Healthy Lifestyle is created to spread awareness in the public regarding health and wellness i.e diet, nutrition and fitness. This channel provides valuable information to our anaesthesia fraternity on how to lead a healthy lifestyle.

I am an Impact certified Motivational trainer, NLP (Neuro Linguistic Program) Master Practitioner, Certified Health & Nutrition Coach.

2. What motivated you to take up these health fitness activities?

From my childhood I have seen my father regularly doing yogasanas. Occasionally we used to join with him in doing this. He is a very disciplined person.

His daily routines are fixed. He continues with same routine till today even at the age of 76. That has inspired me a lot. His way of living has motivated me to walk in his path and thus take up health and fitness activities.

Being a girl child I was not allowed to participate in sports or cultural activities in my childhood. It is only after my marriage that I could step with with these activities.

I am thankful to my husband Dr. Ananta Kiran (Neurosurgeon, Tirupati) and my kids Harshith and Mokshith for supporting me in my endeavours.

3. Do you feel that our current lifestyle is less stressful than that of yesteryears? For women anaesthesiologists, there are crèches to take care of babies. Then, there are apps such as 'Zomato' and 'Swiggy' that can bring in cooked food at the doorstep. The tension of cooking on emergency duty days does not exist. There is 'WhatsApp' to communicate easily. Are these not the best assets for today's busy women anaesthesiologists?

I feel that our current lifestyle is more stressful than that of yesteryears. The various recent developments like creches to take care of babies of women anaesthesiologists, apps such as 'Zomato' and 'Swiggy' that can bring in cooked food at the doorstep, 'WhatsApp' to

communicate easily are definitely a boon for everyone. But I feel that these are making our lifestyle very easy and lazy too. We have stopped moving and started eating unnecessarily as everything is available with one click.

And moreover, stress is subjective and depends on individual circumstances. It cannot be correlated to these resources. This stress could be due to various factors like work-life balance, financial pressure, health concerns, environmental concerns, pressure to succeed and many more. Overall, modern conveniences have improved many aspects of daily life, but they have not eliminated the various stressors that come with living in a fast paced, interconnected world.

4. What is your idea of a 'healthy diet'?

The diet which is rich in nutrients and has all essential components like carbohydrates, proteins, fats, vitamins, minerals, fibre and water is a healthy diet.

5. Why is diet important for women? Which food is good for a woman's health?

Diet is important for everyone. Diet plays a key role in health and well being. In the present world where a woman has to perform multiple tasks, her health stands as a priority for which a balanced diet is a must. She needs to stand first in queue with respect to health in the family .

A balanced diet and especially food rich in protein, fibre and vegetables is important for women. It is quite important for women to take good fat like pure cow ghee on a daily basis atleast 2 to 3 spoons for proper hormonal balance.

6. Should one have protein drinks? Which is the best kind of protein drink?

Human body requires 0.8 to 1gm/kg of protein/day and if this cannot be supplied in food, it is important to take it from other sources like protein drinks/protein powders/protein chocolates. All plant proteins are better. If one is particular about taste, then whey protein or whey isolate can be taken.

It is important to check the ingredients before purchasing any protein products. Avoid sugar containing protein drinks.

The best protein drink for women is one that fits correctly into their lifestyle, tastes good, and helps them to meet their nutritional and fitness goals.

7. How much of physical exercise should women do? Which exercises do you advocate?

Each one of us needs at least 150 minutes of exercise per week. It is better to do exercise on a daily basis for atleast 20min or 40min on alternate days. This exercise should aim at improving muscle strength, endurance, flexibility and cardio. It is better to have an exercise schedule in advance. My suggested workout plan is as follows-

3 days -muscle strengthening exercise

It is important to strengthen lower limb and back muscles as lifestyle of most of us includes continuous sitting.

2 days – total body workouts (cardio)

A day yoga and

to involve Breathing exercise like Pranayama daily for 10 minutes.

I do yoga on my stressful days and during premenstrual period, as it gives me lot of relief. I do dance or aerobics when I rest well or when I am fresh. Strengthening and cardio on other days.

8. What are the ways of losing accumulated fat?

There are many ways of losing accumulated fat. Fat loss is 80% diet and 20% exercise. It is better to focus on fat loss through holistic health measures rather than focusing on only diet and exercise. Food tracking is important for fat loss.

9. Give us some nice tips on maintaining holistic health.

It is important to lead a healthy lifestyle. People are obsessed towards weight and exercise. We need to balance 6 pillars to lead a

healthy life, which include - what to eat, how to eat, activity and exercise, sleep, emotions and the environment in which we stay.

10. How can one age in a healthy way? What are your tips for healthy ageing?

Ageing is natural and inevitable. Graceful ageing or classy ageing is what everyone of us want.

Tips for healthy ageing are-

1. Mindful eating of the right food in the right quantity at the right time
2. Disciplined daily routine and sleeping habits
3. Exercising regularly and keeping active throughout the day
4. Having good emotional and spiritual quotient
5. Spending some time with friends and family members and being with like-minded people.
6. Happy, pure and contented living

11. What is your advice to the young women anaesthesiologists of today regarding health and fitness...especially the postgraduate students?

Women anaesthesiologists need to take care of their health and fitness levels for maintaining peak performance and in providing optimal care to patients. Postgraduate students need stress relief in their continuous working schedule.

Here are a few tips-

1. Prioritise self care- Make time for self care activities such as exercise, meditation, or hobbies that help you to relax and recharge.
2. Exercise daily- Do some quick exercises. This not only improves physical health but also elevates mood and reduces stress.
3. Eat balanced food- Whenever possible, have food rich in fruits, vegetables, proteins and whole grains. Avoid fast foods, junk foods and foods with high refined sugars.
4. Hydration – Have adequate water, especially during long shifts in the operating room. Try taking water frequently.
5. Manage stress- Have few trusted friends who support you. Do mindful meditation, mindful

eating. Do yoga and breathing exercises on your stressful days.

6. Sleep- Prioritise quality sleep whenever possible. Gadgets have taken away quality and quantity of our sleep. Make bedtime routines to have quality sleep.

7. Seek support from near and dear in burnout situations or in doubtful decisions.

8. Work-life balance- Make time for activities outside of work schedule that bring you joy and fulfillment.

Remember all anaesthesia colleagues, my piece of advice for you- nothing is permanent in life, bad days are followed by good days, do not stress yourself, develop your own skills and talents, always prioritise yourself. You can't buy exercise, I mean others doing exercise for you will not keep you fit. Prioritise self-care and make choices that improve your physical, mental and emotional health as you navigate your career.

For more information on health and fitness subscribe to Youtube channel 'Dr GK Healthy Lifestyle' / Instagram- 'dr_ballarapu_girija' / Facebook- "Dr GK's Holistic Health hub community" / WhatsApp number- 8096061626.

Thank you madam for those elaborate and nice tips regarding health and fitness.

Thank you from the Editorial team of VAPOUR!



Plank challenge winner(8min.10sec)



Few YouTube videos on health awareness



Doing heartfulness meditation



Merit certificate and silver medal for second in 400 metres running competition at AP state master athletic championship



Receiving prize at TTD sports & games for fast walking



YouTube presentation on heartfulness meditation with Daaji Garu who inspired Dr. Girija to do meditation

71st Annual Conference of Indian Society of Anaesthesiologists

20th 21st 22nd 23rd 24th November 2024
Venue: Samrat Ashok Convention Center, Patna

REGISTRATION TARIFF

Slabs	ISA Member			Non ISA Member			Indian Accompanying Person	Overseas Delegate	Overseas Accompanying Person
	Conf	Conf + CME	PG Conf + CME	Conf	Conf + CME	PG Conf + CME			
Regular 01st Mar to 31st Jul 2024	₹ 12500	₹ 14000	₹ 11000	₹ 25000	₹ 28000	₹ 21000	₹ 8500	\$ 160	\$ 130
Late 01st Aug to 31st Oct 2024	₹ 15500	₹ 17000	₹ 13000	₹ 31000	₹ 34000	₹ 24000	₹ 9500	\$ 190	\$ 150
Spot Registration 01 Nov onwards	₹ 18000	₹ 19500	₹ 15000	₹ 36000	₹ 39000	₹ 29000	₹ 11000	\$ 220	\$ 160

**above rates are inclusive of GST 18%.*

Conference Workshops

Workshop Name	Course Director	Fees	Date
Comprehensive Cardiac Life Support	Dr. SSC Chakra Rao	5000	19 th & 20 th Nov 2024
Hemodynamic Monitoring	Dr. J. V. Divatia	3000	20 th Nov 2024
Practitioners Module: Managing the Common Crisis	Dr. Sukhminder Jit Singh Bajwa	2500	20 th Nov 2024
Regional Anaesthesia	Dr. J Balavenkata Subramanian	3000	20 th Nov 2024
Research and Publication	Dr. Rakesh Garg	2500	20 th Nov 2024
Interventions in Chronic Pain	Dr. Murlidhar Joshi	3000	20 th Nov 2024
Airway Management	Dr. Sheila Nainan Myatra	3000	20 th Nov 2024
TIVA and TCI	Dr. G.D. Puri	3000	20 th Nov 2024
Mechanical Ventilation	Dr. Pradip K. Bhattacharya	3000	20 th Nov 2024
ITLS- Immediate Trauma Life Support	Dr. Kajal Jain	3000	20 th Nov 2024
Leadership and Communication Skills	Dr. P. L. Gautam	2500	20 th Nov 2024
Simulation Based Perioperative Crisis Management	Dr. Vivek Chakole	3000	20 th Nov 2024
POCUS	Dr. Pankaj Kundra	3000	20 th Nov 2024



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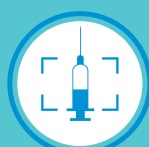
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ISA Branch activities

ISA Ahmedabad city branch

ISA AHMEDABAD city branch organised an **ADVANCED AIRWAY SKILL CME cum WORKSHOP** at Hotel Radisson blue (Ahmedabad) on 12th February 2024, wherein 7 national faculties from across Delhi, Jaipur, Patna under the leadership of course director Dr. Amit Kohli, course coordinator Dr. Abhijeet Kumar and team delivered lectures and gave hands on training to all delegates on latest airway equipment and modalities. A total of 52 delegates from all across Gujarat state attended the workshop that was accredited with GMC credit hours. The workshop was appreciated by one and all.

**ISA**
Indian Society of
Anaesthesiologists

AIRWAY SEEDS WORKSHOP 2023

National Airway Team:

Dr. Amit Kohli
Prof. Anesthesiology
MAMC, New Delhi

Dr. Abhijeet Kumar
Senior Consultant
Apollo Hospital, New Delhi

Organizing Team:

Dr. Hitendra Bhavsar
ISA President
Gujarat State

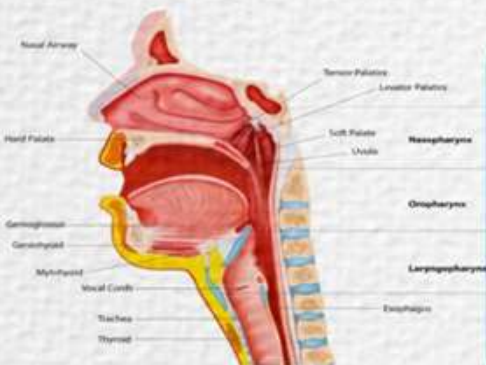
Dr. Atul Gandhi
ISA Secretary
Gujarat State

Dr. Alpa Gandhi
Senior consultant,
Ahmedabad

Dr. Rekha Solanki
Senior consultant, GCRI
Ahmedabad

Dr. Heena Chanwal
(Prof. & Medical Superintendent)
GCS MCH & RC

Dr. Divya Kheskani
(Asso. Prof. Dept. of
Anesthesiology)



Date:
10th - 11th Feb 2024
Saturday - Sunday

Venue:
Radisson Blu Hotel,
Ahmedabad

Contact:
Dr. Meet Shah - 90999 81997
Dr. Vipul Chaudhary - 75670 64602
Dr. Aayushi - 90164 92069

WORKSHOP ON ABG, VASCULAR ACCESS, &
CAPNOGRAPHY
BY ISA VIZAG CITY BRANCH
AT NRIIMS, THAGARAPUVALSA
25/02/2024



ISA Hubballi-Dharwad City branch

Dr. P.N. Viswanathan Memorial Oration (3rd February 2024)

Organised by Hubli-Dharwad city branch & Delivered by

Dr. Shobha Mudaraddi

Topic: “The struggles & evolution of a lady freelancer anaesthesiologist”

It was attended by about 100 members of ISA. ISA National office bearers including Chairman Academic Committee, Dr. MV Bhimeshwar, Hon. Secretary, Dr. Sukhminder Jit Singh Bajwa and Hon. Treasurer Dr. Manoj Kumar graced the event online for some time and spoke on the occasion.



ISA Palanpur (Gujarat) city branch

04-02-2024, Venue – Sabarmati Riverfront, Ahmedabad

ISA branch members took part in Half Marathon organised by K.D. Hospital, Ahmedabad under FIT Anaesthesiologist Campaign and finished 21 km in 3 hours and also spread awareness about Organ Donation.

અંગદાન જાગૃતિ અભિયાન અંતર્ગત અમદાવાદ ખાતે
યોજાયેલી મેરેથોન દોડમાં ડીસાના તબીબો જોડાયા



(દિવ્યોગ સંપર્ક) ડીસા અમદાવાદ ખાતે કે.ડી. હોસ્પિટલ દ્વારા અંગદાન જાગૃતિ અભિયાન અંતર્ગત મેરેથોન દોડનું આયોજન કરવામાં આવ્યું હતું. અંગદાન મહાદાન જાગૃતિ અંગે સક્રિય અભિયાન ચલાવવાનાર ડીસાના ડૉ. દિપક પરમાર અને એમની ટીમે આ અભિયાનમાં ભાગ લીધો હતો જેમાં દીપકભાઈ પરમારે ૨૧ કિમી લાંબા મેરેથોન દોડ ૩ કલાકમાં પૂર્ણ કરી હતી. આ મેરેથોન દોડમાં આશરે ૫૦૦૦ થી વધુ લોકોએ ભાગ લઈ લોકોને અંગદાન માટે જાગૃત થવા અપીલ કરી હતી.



10-02-2024, Venue – Inner Wheel Club Palanpur City

COLS Training was given to female members of Inner Wheel Club, Palanpur. Around 150 people were trained.

22-02-2024, Venue – Swami Lilasha Sankul, Shaktinagar, Palanpur

20 members were given COLS Training.



Lady anaesthesiologists of ISA shining at Tata Mumbai Marathon (21st January 2024)

Full Marathon



Dr. Aarti Patwa - Zanwar
Consulting Anaesthesiologist
Vivekanand Hospital, Latur,

Half Marathon



Dr. Sangeeta Deshpande
Aurangabad
DO WHAT YOU LOVE MORE is her tagline.
She ran with the ISA flag at the finishline and
dedicated her run to ISA.

AWARDS

Dr Ajita Suhrid Annachhatre was honoured as the 'Icon of Cardiac Anaesthesia in the world' in the Valedictory and Accolades Ceremony of Multispeciality International Consensus on Heart Failure in Women on 25th February 2024 at Hotel Taj Mansingh, New Delhi, India.



Yuva Parnika (Youth Zone)



Yuva essays on 'Is the trend of picking a career in anaesthesiology swinging towards girls?'

Dr. R Aishwarya

Associate Professor

Department of Anaesthesia

Bhaarith Medical College and Hospital

Chennai

ISA No. A2874



Gender inequality in all work fields has existed since time immemorial and our medical field is no exception to that general rule. As the percentage of women entering the medical school started increasing in the early 1990's, it was naturally postulated that this increasing trend would equate to similar equalisation at the administrative level in the healthcare industry. But still, three decades later, underrepresentation of women in academic awards, leadership summits, administrative positions, role as speakers in eminent conferences and workshops or even as private practitioners reinforces this gender disparity. For years together, anaesthesiology as a speciality was also not immune to this practice. But definitely in the last decade there has been a paradigm shift in this trend. More number of women are embracing this speciality and fulfilling multiple roles professionally and personally. With the diversification of the working portfolio of anaesthetists, the gender gap that has existed for so long is closing even more.

Anaesthesia brings together the best of both the worlds, medical and surgical specialities. Women who are natural multitaskers are no doubt adept in delivering the best in this field which calls for being patient, compassionate, alert and swift during periods of crisis. In fact many studies done in the last few years have brought forth this fact,

that women are much better care givers and patient care improves a lot under the leadership of women. This could be attributed to their natural empathy and better perception of others suffering. Similarly, women are meticulous planners and executors even for doing their daily chores. This natural organisational ability plays a big role in them being adapted for difficult or emergency situations arising in the operating room or critical areas where preparedness is the key.

Anaesthesia as a profession even till the beginning of the millennium was associated with erroneous working hours, night time calls and travel to unfamiliar remote areas for conducting cases. Similarly it was mandatory to build and maintain a rapport with the surgeons because ultimately they would be the ones giving us cases. Gender roles were always a hindrance to these rigorous demands that were warranted from this speciality because ultimately the onus of sharing the family responsibility largely fell on the shoulders of the female population. In the words of many, the biological clock and the career clock are in total conflict with each other. This is more so applicable to females who are expected to get married, have a child and raise it at appropriate times in their life. With inadequate

family support many of them had to take career breaks to fulfill these roles which were big impediments to the career graph especially in freelancing or even big corporate set ups. The enormous increase in the number of medical colleges across the country over the last few years has paved a way for more female doctors to choose this specialty. The job security, leave policies and fixed working hours of medical colleges definitely make it a more appealing option to the women who find it a great platform to utilise their clinical skills, to hone their academic achievements by publishing papers and improve their teaching-learning methods by imparting their knowledge to students. The camaraderie at these places ensures that in case of difficult scenarios they always have skilled help and when in case of personal emergency their shifts are covered. All

these factors definitely help in creating a calm and conducive environment for professional growth. To conclude, in Michelle Obama's words, no country can ever truly progress if it stifles the potential of its women and deprives itself of the contribution of half of its citizens. As a society, it is our responsibility to ensure women anesthesiologists are treated with the respect they deserve. Acceptance by the patients and surgeons of their clinical expertise and skills would go a long way in empowering them with a sense of independence and encourage more medical students to choose this speciality in the future. As for the women folk in anaesthesia and those planning to go for it in the future, I wind up my article by citing the following quote-

"Until you spread your wings, you will have no idea how far you can fly".

Dr. Mrinalini Singh

Senior Resident

Department of Anaesthesiology

School of Medical Sciences and Research,

Sharda Hospital

Greater Noida, Uttar Pradesh

ISA No. 3515/A



Anaesthesiology is a critical medical speciality that plays a significant role in ensuring patient comfort and safety during surgical procedures. In recent years, there has been an observable shift in the demographics of those pursuing a career in anaesthesiology. From the time of Dr Rupa Bai Furdoonji, this field has seen an increasing number of women choosing to specialise in anaesthesiology. Historically, medicine has been a male-dominated field, with certain specialities such as surgery and anaesthesiology having even fewer female representation. However, attitudes towards gender

roles in the workplace have evolved over the years, leading to greater opportunities and acceptance for women in traditionally male-dominated professions. This shift is reflected in the increasing number of women entering anaesthesiology training programmes and pursuing careers in this specialised field.

One factor that may contribute to the growing interest of women in anaesthesiology is the emphasis on work-life balance. Anaesthesiology offers a diverse range of practice settings, including hospitals, surgical

centres, and academic institutions, allowing flexibility in work hours and schedules. This flexibility is particularly appealing to women who may be balancing demanding careers with family responsibilities.

Furthermore, the evolving nature of anaesthesiology as a speciality also appeals to a diverse range of individuals, including women. With advancements in technology and medical practices, anaesthesiology has become a dynamic and intellectually stimulating field that requires critical thinking, problem-solving skills, and the ability to adapt to new situations quickly. Such characteristics may attract women who are looking for challenging and rewarding career opportunities.

Additionally, the growing recognition of the importance of diversity and inclusion in healthcare settings has also played a role in encouraging more women to pursue careers in anaesthesiology. Diversity in the workforce brings different perspectives, experiences, and ideas to the table, ultimately benefitting patient care and outcomes. The increasing representation of women in anaesthesiology not only promotes gender equality but also enriches the field with a variety of talents and perspectives. While the trend of more women

choosing anaesthesiology as a career is apparent, it is essential to acknowledge that gender disparities still exist within the field. Women continue to face challenges such as unconscious bias, unequal opportunities for leadership positions, and wage gaps. Efforts to address these disparities and create a more inclusive and equitable environment for all anaesthesiologists are crucial in fostering a diverse and thriving workforce.

In conclusion, the trend of more women choosing a career in anaesthesiology is indeed visible in recent years. Factors such as work-life balance, the evolving nature of the speciality, and the emphasis on diversity and inclusion have contributed to this shift. While progress has been made towards gender equality in anaesthesiology, there is still work to be done to ensure equal opportunities and representation for all. By promoting a supportive and inclusive environment, the field of anaesthesiology can continue to attract talented individuals, regardless of gender, and ultimately provide high-quality care to patients around the world.

Dr. Nimi Sreedhar S A

IGH, New Delhi

ISA No. N 1809



Caring for patients under anaesthesia is not defined by gender; it's defined by skill, compassion, and dedication. Our own Dr. Roopa Bai Furdoonji [1] who became the world's first woman physician anaesthesiologist, exemplifies the essence of this quote through her unwavering

commitment to excellence in anaesthesiology, demonstrating that proficiency knows no gender bounds. Her distinguished career stands as a testament to the universal principles of skill, compassion, and dedication in patient care. [2]

Traditionally, anaesthesiology has been considered a male-dominated field, with a majority of practitioners being men. However, the trend seems to be swinging towards girls in India. In order to understand this trend better, it is important to delve into the factors that might be contributing to this shift. One possible factor is the changing attitude towards gender roles in Indian society. Over the years, there has been a significant progress in gender equality and women empowerment in India. Women today have access to better education and career opportunities, enabling them to pursue their passions and break free from societal stereotypes. This has opened up avenues for women to explore diverse career options, including fields that were traditionally dominated by men.[3] According to recent statistics, the number of women pursuing a career in anaesthesiology has been steadily increasing. A quick look into the most recent issues of the Indian Journal of Anaesthesia (IJA) showed that nearly all of the articles had female first authors. Moreover, the fact that women anaesthesiologists won numerous awards at the most recent ISA national conference in 2023 indicates that the number of women choosing anaesthesiology as a career is steadily rising.

Anaesthesia administration requires balance. It is a far difficult job for a woman anaesthesiologist who juggles several roles in her home and professional life. Women are frequently forced to take time out from their work to support their spouses' careers and to deal with concerns like pregnancy and childrearing.

Notwithstanding the challenges women face, the following factors may be contributing to the steadily rising number of women selecting anaesthesia.

First of all, this area of expertise offers a manageable lifestyle and a respectable work-life balance, which is the most important factor for any woman anaesthesia practitioner as she is also a doting mother, loving wife, and a perfect daughter-in-law in the house. [4]

Secondly, she can work in a variety of departments, such as research, organ transplant unit, pain and palliative clinics, cardiology, paediatrics, ambulatory anaesthesia, obstetrics, and critical care, unless she narrows herself down to a super speciality. The majority of female anaesthesiologists are capable of working in any hospital without having to practise there. For example, independent anaesthesiologists can work without physical offices.

They do not have to complete a lot of administrative paperwork after the shift is ended. The lesser patient responsibility and exposure to cutting-edge technology and devices stand out as two other significant factors driving the women's preference for anaesthesiology. Women also enjoy a good level of job security in this speciality because all hospitals and surgical centres need anaesthesiology experts to manage and monitor procedures. As a satisfying stepping stone, the junior anaesthesiologists find jobs quickly and easily anywhere in the length and breadth of the country. The fact that anaesthesiologists are paid well and can quickly assess whether they have met their patients' expectations after a procedure may be the final and most significant factors drawing women to the field of anaesthesiology.

“Empowered women empower others. As anaesthesiologists, let us continue to break barriers, excel in our profession, and uplift each other along the way.”

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Dr. Chayan Bhowmik

MD Anaesthesiology

Medical Officer, Tripura Health Service

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ISA No. C1006



Anaesthesiologists are optimally trained doctors engaged in the planning and administration of anaesthesia. They are also known as perioperative physicians known for managing multiple situations. The road to becoming an anaesthesiologist is full of hardships and for a woman anaesthesiologist, balancing multiple roles on the professional as well as personal fronts, makes the job tougher.

The World Federation of Societies of Anaesthesiologists (WFSA) states that India has only 1.27 anaesthesiologists for every 100,000 people.[1] This shortage enhances more burnout. Other reasons like incompetence, production pressure, long working hours, night calls, fatigue, fear of litigation, economic uncertainty, interpersonal relationships, dependency on surgeons, less public recognition and so called 'unsung heroes' etc. make this speciality a tough call to choose as a career. But the scenario is changing now a days especially in the coronavirus disease (COVID) and post COVID era when the whole world recognised the role of anaesthesiologists as frontline warriors. Across

the globe, there have been studies regarding career choice and representation in the field of anaesthesia depicting some gender inequity and pointing significantly towards fewer women than men in leadership and management positions.[2] Moreover, choosing a speciality in post graduate entrance examinations is usually guided by the 'prestige' associated with the speciality. Often the marks or ranks achieved in post graduate entrance examinations lead the choice.

Despite all this, the current global data suggest a gradually increasing trend amongst both, male and female doctors in choosing this career.[3] Conflict between the career and family responsibilities, post-marital childbearing issues, other lifestyle issues and conflict in the workplace may make lady doctors distressed in their everyday life. Hillary Clinton once said, "Women are the largest untapped reservoir of talent in the world" and thus it is really amazing to see an increasing number of girls taking up this career and putting in their finest skills and knowledge in patient care.

Anaesthesiologists are now widely considered as holistic professionals who are involved in emergency and trauma care, critical care, acute and chronic pain management and all these make them frontline heroes with enhanced doctor-patient relationship. Moreover, the competency based medical education (CBME) curriculum has given due weightage to the subject of anaesthesiology in the undergraduate curriculum. All this will definitely enhance the familiarity with this subject amongst undergraduate medical students which can later influence them while choosing a career in the post graduate period.[4]

Nowadays, girls are successful in almost every field and our nation's motto of woman empowerment is approaching its target. It can be said that girls are now more fearless and independent and they often choose a career in a stressful and subject like anaesthesiology. But it is still difficult to say so early that the trend is swinging towards the girls; only time will confirm the clarity of this scenario in the coming days.

A survey conducted by the European Society of Anaesthesiology confirms that despite the many barriers noted by women, they are as eager as men to assume leadership positions.[5] A rising trend in female medical undergraduates choosing anaesthesiology as their speciality for post graduate training has been noted.[6] Recent conferences have depicted an increase in successful female participants in various award categories. According to an article published in the August 2018 issue of *Anesthesia & Analgesia*, the number of women anaesthesiology residents/faculty has increased from 32%/29% in 2006 to 35%/ 36% in 2016.[7]

Another article published in the May 2023 issue of *Canadian Journal of Anesthesia* depicted that despite prevalence of some gender disparity in higher leadership posts in the field of Anaesthesiology, there is a steady increase in the number of female anaesthesiologists in private and academic practices over the last two decades.[8]

India is considered as a pioneer in almost every field. The first woman anaesthesiologist of the world was Dr. Rupa Bai Furdoonji from India. The scriptures say, “Nārī samājasya kusālavāstukārā” meaning “Woman is the skilled architect of the society,” and thus if the swing of choosing a career in anaesthesiology is towards the girls in a so-called male dominated field, it is quite encouraging and pleasurable.

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Women's Day Quiz (Multiple Choice Questions)



Dr. M Rama Krishna Reddy

Professor of Anaesthesia
PMRIMS, Hyderabad
GC Member, ISA



Dr. Abhyuday Kumar

Associate Professor, Anaesthesia
AIIMS, Patna

1. Rupa Bai Furdoonji, who is regarded as the world's first female anaesthetist, worked in which city of India?

- A. Bombay
- B. Calcutta
- C. Hyderabad
- D. Lucknow

Answer: C. Hyderabad

Facts: Dr. (Miss) Rupa Bai Furdoonji was the first lady anaesthetist of the world. She administered anaesthesia in the British residency hospital (present Sultan Bazaar hospital), Afzalgunz Hospital, and Zenana Hospital, Hyderabad, in the years 1889-1917. She was also part of the second Hyderabad Chloroform Commission.

2. The first name of the obstetrical anaesthesiologist who developed the APGAR score for the assessment of newborns is

- A. Catherine
- B. Virginia
- C. Emmy
- D. Alicia

Answer: B. Virginia

Facts: In 1952, Virginia Apgar (1909-1974) developed the 10-point Apgar score to assist physicians and nurses in assessing the status of newborns. Apgar also published a book named "Is My Baby All Right?"

3. Who was the first Indian to win Oscar award?

- A. Bhanu Athaiya
- B. Satyajit Ray
- C. Kartiki Gonsalves
- D. A R Rahman

Answer: A. Bhanu Athaiya

Facts: Bhanu Athaiya won the Oscar award for the "Best Costume Design" in the movie "Gandhi" (1982)

4. Who was the first woman to be awarded a Nobel prize?

- A. Marie Curie
- B. Gerty Radnitz-Cori
- C. Selma Lagerlöf
- D. Bertha von Suttner

Answer: A. Marie Curie

Facts: Marie Curie was awarded the Nobel Prize in recognition of her contributions to the advancement of chemistry by the discovery of the elements radium and polonium and by the isolation of radium. She has been honoured twice, with the Nobel Prize in Physics 1903 and the Nobel Prize in Chemistry 1911.

5. Among the Indians, who is ranked highest in the Forbes World's 100 Most Powerful Women 2023 list?

- A. Nirmala Sitharaman
- B. Roshni Nadar Malhotra
- C. Kiran Mazumdar Shaw
- D. Priyanka Chopra

Answer: A. Nirmala Sitharaman

Facts: The Forbes World's 100 Most Powerful Women 2023 list lists three women from India. Nirmala Sitharaman is ranked 32, followed by Roshni Nadar Malhotra (60) and Kiran Mazumdar Shaw (76). Nirmala is India's first full-time female finance minister.

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medicine



Dr.A

Dr. Ankita Saini

DNB Anaesthesia Resident

Max Super speciality Hospital, Delhi

ISA No. A5124/A



ART & LITERATURE PAGES

“The arts are not just a nice thing to have or to do if there is free time or if one can afford it. Rather, paintings or poetry, music, fashion, design and dialogue, they all define who we are as a people and provide an account of our history for the next generation.”

- Michelle Obama (Lawyer, writer, first African-American First Lady of the United States)



Kaleidoscope: *A chat with Dr. Maya Bhalerao*

Dr. MAYA BHALERAO

ISA PIMPRI-CHINCHWAD, PUNE

ISA No.M1208

Consultant anaesthesiologist

Popular water colour artist



Dear Madam,

Namaskar! Warm greetings to you from ISA National Head Quarters and the editorial team of VAPOUR!

We have seen your paintings and you are popular amongst our Anaesthesiology fraternity as the 'lady with gifted fingers'. We are blessed to have you with us.

1) Can you tell us something in brief about yourself.about where you studied and graduated? Also, about your Anaesthesia practice?

Namaskar! I am a consultant anaesthesiologist. I graduated from GMC Nagpur and completed my post graduation from LTMGH, Sion Hospital Mumbai. I am also the director of 'Bhalerao ENT Hospital'. I am a freelancing anaesthesiologist since last 28 years.

2)When did you start painting? Have you taken any formal training for painting?

Ten years ago, as my daughter entered her 12th grade, I shifted my focus to supporting her, temporarily setting aside my professional career. During this period, I found solace and way of self-expression through simple sketches and doodles, dabbling in the world of art. While I initially found joy in painting, my lack of formal training left me dissatisfied with my work, leading me to discontinue.

However, the turning point came on my 50th birthday in 2019, when my husband organised a surprise exhibition featuring my old artwork. The appreciation and recognition from guests reignited my passion for painting, prompting me to pick up my brushes once again. I have dedicated myself to honing my skills as a self-taught artist and I haven't looked back since that pivotal exhibition.

3) What inspired you to take up this painting work?

My inclination towards art might have been from childhood but I did not find any opportunity to learn painting while studying medicine. In the demanding field of Anaesthesia where stress can be prevalent, finding healthy ways to vent out the stress becomes essential. Painting emerged as a therapeutic avenue for allowing me to channel my emotions and find calmness in creativity. I believe that inspiration can be found in the people, situations and circumstances around you. It is about listening to the inner voice that motivates you to take action.

I have a strong positive outlook towards life even in any sorts of twists and turbulences. Appreciation, compliments, critics from my art lovers gives me incredible inspiration. Ultimately, it is the combination of external encouragement and internal drive that fuels my passion for painting and keeps me committed to this art form.

4) Who is your teacher ('Guru') in paintings?

My artistic journey has been influenced by a variety of sources rather than a single teacher or "Guru." I've drawn inspiration from books by Indian artists, online classes during COVID-19 and workshops led by both Indian and international masters. Additionally, serving as a platform admin for the India West Zone for the largest global organisation for watercolour artists named Fabriano-in Aquarello, Italy has been instrumental in my growth as an artist.

5) How do you choose a 'topic' or 'concept' for painting? Do you prepare yourself mentally for painting or do you start doing it spontaneously? Do the 'strokes' of the brush come very easily or do they have to be well-planned?

I typically start my paintings by planning what I want to portray, using reference photos as a guide. While painting outdoors is ideal, my busy schedule limits my time for plein air work. Mental preparation is important, I emotionally connect myself with each piece, organising my thoughts and envisioning perspective, colours, tones, and composition. Painting is a process that combines careful planning and spontaneous creativity simultaneously. In watercolour, speed is crucial during washes, often putting planning on hold to embrace spontaneity. This allows me to go for dynamic and expressive results through my artwork.

6) What tools do you use for your painting work? Do you use any particular brand of water colours or specific brushes?

The requirement is a very simple and affordable affair. It doesn't need much investment in the initial stages. Handmade papers, colours, easel and few brushes are sufficient to start with. I started with these simple tools and after gaining grip and confidence, I dared to use imported colours and papers. Many international brands like Daniel Smith, Sennelier and Schimke are my favourite. Good quality brushes and papers make a lot of difference.

7) What is your favourite concept of painting? Which do you think is your best painting?

Landscapes and Florals in Watercolour are my favorite topics! I prefer watercolours over other mediums like oil, acrylic, pastels, or poster colours because of their transparency, fluidity, vibrancy, and ethereal effects, which add a mysterious element to my artwork. It allows me to express myself boldly while using gentle colour application. Though challenging, watercolour painting is uniquely versatile, making it perfect for capturing the delicate nuances of both flowers and landscapes. Watercolours excel at bringing these subjects to life, with their ability to capture light and shadow, fluidity, and subtle colour variations. Painting landscapes of Antarctica, where I've been on an expedition, hold a special place in my heart as they reflect unforgettable memories and emotions.

8) How many times have you made a painting and discarded it because you were not happy with it?

Yes, it still happens frequently! Watercolour painting is similar to our postgraduate studies; as we tackle more challenges, we gain more experience. In watercolour, the more we practice and overcome obstacles, the better we get at it. With each discarded canvas, knowledge deepens and colours bloom brighter. In the beginning, my artwork often failed to meet expectations, but I was persistent. For me, the journey holds more value than the end result. I take pleasure in the creative process, seeing painting as a form of meditation that fosters a connection with something divine.

9) You have participated in many exhibitions and your paintings have been put up in several art galleries, both national and international. Can you share with us some choice compliments that you have received in these exhibitions?

Certainly! My feedback book is full of compliments. One of the highest honours that I have received was that of gifting a painting of

my alma mater, GMC Nagpur, to the Hon'ble President of India, Smt Draupadi Murmu, during the institute's Platinum Jubilee Celebration. This painting was also chosen for the front cover of the GMC Nagpur souvenir.

At ISACON 2024 Maharashtra, my paintings of iconic Pune Monuments adorned the backdrop on LED screens. They also presented my painting frames as souvenirs to faculties that attended the conference. Additionally, my paintings featured on banners, posters, and lanyards garnered praise from all attendees. Thanks to the organisers' innovative idea, my paintings were also chosen to be gifted to faculties and delegates at the national ENT conference and national neuroanaesthesia conference, thus opening the doors for other fellow doctor-artists to showcase their work.

During an exhibition at one conference, a delegate from Singapore approached me expressing interest in purchasing my painting of Sakura flowers. He intended to gift it to his terminally sick friend, aiming to bring cheer during a difficult time. Knowing that my painting was deemed worthy of spreading positivity and happiness brought me immense satisfaction.

The gesture reminded me that nothing is more rewarding than knowing that my art can bring comfort and joy to others. These experiences go beyond mere compliments.

10) We wonder how you must be transporting your paintings to far-off conference and exhibition venues to display your art. The paintings have to be delicately handled. Can you share with us some of your memorable experiences?

Yes, transporting my paintings to distant conferences and exhibition venues can indeed be a delicate yet herculean task. When transporting them to conferences, I cover them in bubble wrap and place in a protective case. Special attention is required for glass frames to avoid any damage.

One memorable experience I had was during a state conference ISACON exhibition in Pune.

After setting up the gallery, I discovered that a couple of paintings were missing next day. I was absolutely disturbed and was almost on the verge of tears. Later, I found that they had fallen from the panels and the hotel management had kept them safely in their custody. The paintings hold significant sentimental values for me as they are like a piece of my heart and I handle them with utmost care.

Per se, each exhibition and conference brings new opportunities for me to connect with fellow enthusiasts, making these experiences and efforts truly memorable and worthy of hardship.

11) How do you keep yourself motivated to do this painting work? We always see you smiling with your paintings.

My constant desire to improve continuously motivates me to paint more.

Devoting an hour each morning at 5 am to painting sets a cheerful tone for my day. Engaging in this hobby releases serotonin, the happy hormone, which leaves a lasting positive impact on my mood and outlook. It is this combination of joy, energy, and the beneficial effects of painting that keep me motivated and smiling with my artwork. Smile is a contagious phenomenon and I always remember these lines...

'Smile a while....

When you smile, others too smile....

Soon after, there are smiles miles after miles !

Only because you smile!'

12) What are your future plans regarding this hobby of painting? Does the hobby give you happiness? How do your family members help you to pursue this hobby?

My artistic journey between Stethoscopes to Brushes will continue improving my skills in the coming years, hoping to use my passion to make a positive impact on society.

I am planning a Solo Exhibition at the Nehru Centre Art Gallery in Mumbai in May 2024. My family, especially my husband Dr. Sudhir and daughter Ishwari, play a vital role in supporting me. Their feedback, both constructive and

encouraging, keeps me grounded and motivated. I am also excited to share that I have my own 1600 sq feet ART GALLERY called 'RANGABHRAMANTI' (www.rangabhramanti.com) where I have displayed over 70 of my paintings. It is a special place for visitors to find inspiration in art and life.

13) What is your advice to the younger generation of anaesthesiologists? Can they also take up this hobby?

Absolutely! My advice to individuals of all ages is that they can certainly pursue this hobby. Anyone can embrace the passion for painting to add vibrancy and interest to their lives. If someone like me, who never formally studied art in school or college, can create paintings, so can others. As an anaesthesiologist, we navigate challenges and difficult situations with our techniques and soft skills, which can also be applied to watercolour painting. Art and anaesthesia complement each other as both a passion and profession, sharing many similarities. Anaesthesia demands meticulous planning, punctuality, patience, and vigilance, just like watercolour art. In anaesthesia, uncertainty often surrounds a patient's recovery outcome, similarly, in this medium, predicting the final product is not always certain. Both disciplines require adaptability and the ability to work with uncertainty.

This hobby brings me immense fulfillment, providing me with identity, respect, confidence, and a connection with society for social causes. I have donated all the proceeds from the sale of my paintings under my project "ART FOR GOOD" to tribal communities in Maharashtra as a humanity and my social responsibility.

I believe art should play an important role of connecting people, establishing the bonds, beyond the boundaries of gender, religion, or nation.

I am grateful to the VAPOUR team for inviting me on this prestigious platform.

Thank you, madam, for sharing with us some of your thoughts and experiences. You are a real inspiration. Many, many thanks from the editorial team of VAPOUR!



Pune monuments
(By Dr. Maya Bhalerao)



Flowers
(By Dr. Maya Bhalerao)



Antarctica Landscape
(By Dr. Maya Bhalerao)



Rangabhramanti Art Gallery

VARIOUS SHADES OF WOMEN

From the serene grace of Saraswati to the fierce strength of Durga, Indian Goddess paintings celebrate the various shades of women, embodying empowerment, wisdom, and resilience.

Medium: Acrylic.



Submitted by: Lt Col Shibu Sasidharan, MD, DNB, MRCA, MNAMS / ISA No: S6152 / University of Cambridge

Kaleidoscope: *A tryst with Dr Indrani Hemantkumar*

Dr. Indrani Hemantkumar

Professor, Department of Paediatric anaesthesia
Seth GSMC & KEM Hospital, Mumbai
ISA No. I 0078

Postgraduate teacher in Anaesthesiology
Governing Council member, ISA National
Bharatanatyam dancer



Dear Madam,

Warm Greetings to you from ISA National Head Quarters and the editorial team of VAPOUR!

You are well-known as an academician, postgraduate teacher and a Governing Council member of ISA National. You also have another facet to your personality. You excel in the performing art form of 'Dance'. We are happy to have you with us on the forum of 'Kaleidoscope'.

1) Tell us first about when you took up dancing and who inspired you to take up dance. Were you formally trained in it?

I started my formal training in Bharata Natyam from the age of 5. My first show on stage was when I was in 3rd standard in a very prestigious Sabha called Vani Mahal in Chennai. It is my mother who inducted me to this dance form under the tutelage of two famous Gurus: Karaikudi Rajalakshmi and Injikkudi Govindarajan under whom my Arangetram or "Ascending the Stage" took place. It also was the culmination of the extensive complete training and my first solo dance debut with performance of a full presentation format. I later refined and enhanced my proficiency in Bharat Natyam under the famous Swamimalai Rajaratnam Pillai of Vazhuvur style. I am also proud to say that I learnt Kuchipudi for a brief period under the great maestro Vempatti Chinna Ratnam Garu.

2) Can you enlighten us on the importance of dance as a form of art? What are the benefits of dance to health?

Dance or any art for that matter transcends cultural boundaries and enriches human experience in numerous ways. Dance serves as a powerful medium for individuals to express and communicate emotions, thoughts, and stories. It promotes physical fitness, agility, and coordination thus improving physical health. Dance has therapeutic effects, offering stress relief, boosting mood, and enhancing mental health. It illuminates the human experience, enriches lives, fosters creativity and connections between the audience (Rasika) and the dancer.

3) There are so many types of dance. Which kind of dance do you advocate as good for health?

All dance forms, whether Salsa, Zumba, Hip hop, Bollywood dance, Odissi, Kathak or Bharatanatyam will provide health benefits.

4) Do the body steps in dance always convey meaning? What is your take on modern types of dance such as contemporary dance, break dance, Salsa, Swing and Belly dancing?

Pure dance or just body steps is called 'Nritta' and expressions/emotions is 'Nritya' and a combination of both is 'Natya'. Pure dance has no scope to convey meaning and has pure aesthetic value.

5) Research highlights that dance heals mental anxiety. One can dance one's way to happiness. Does dance make one happier and help to overcome negativity? How does dance boost happiness? Have you experienced this happiness?

It is 100% true that dance, music and art forms heal mental anxiety. Dance triggers release of endorphins, allows you to focus on the present and serve as a form of meditation promoting relaxation and mental clarity. It provides a creative outlet for expressing emotions. The mind-body connection promotes a sense of harmony and integration. It helps your soul or Jeevatma, to connect with the ultimate soul, i.e. Paramatma. I have experienced this spiritual hand-shake with God during my performances.

6) There is a quote 'Dancing with the feet is one thing, but dancing with the heart is another.' What is your take on this quote?

A dance without involvement of your heart is mere work out and will not connect you with the audience. Your super-flexible body will only exhibit your endurance. However, when you dance with your heart, you cherish every aspect of your movement. Your dance will be unique and special when you dance with passion. This aspect of dance cannot be taught and will come naturally as the dancer matures her skills.

7) Can dance promote healthy ageing?

Yes. Dance stimulates the brain and facilitates cognitive and motor skills. It increases your aerobic strength, endurance and balance. Dance improves cardiovascular and bone health and also helps in weight management. It improves depression, anxiety, quality of life, interpersonal skills and delays physical and mental aging process with effective prolongation of life.

8) As a busy anaesthesiologist, teacher and mother, how did you nurture this hobby of dance? What difficulties did you face?

As a busy anaesthesiologist, teacher, and mother, nurturing a hobby like dance can

indeed be challenging, but it's certainly possible with effective time management and dedication. I did balance all of this till my children reached mid-school. I used to perform every month for an organisation called "Vaitalik" which intended to promote Indian heritage and culture and was attended by many foreigners. I performed through Indian embassy for the Indian Art and Food festival in Dubai and other places in UAE in the year 1989. I have performed all over USA and Canada in programmes organised by various Indian associations and Spic Macay. However, I have to submit that work and family commitments did turn my priorities away from dancing. It is not easy to balance aging parents or in-laws, emergency duties in the hospital, attending to children's curricular and extra-curricular activities, cooking and cleaning even if there is a maid. You can't have it all. Unlike music, it is my personal view that dance is a performing art and best appreciated when you are young and more beautiful. A good family support can help incorporate dance in your everyday life. I am proud to say that I tutored Dr. Palak Popat, presently a radiology consultant at Tata Memorial Centre, in Bharat Natyam despite my busy schedule in Cardiac Operation theatre and conducted her Arangetram in Mumbai.

9) Can you recall any performance which helped in your personal growth as a dancer?

I vividly remember winning the most prestigious All India Dance Competition conducted by the famous "Tamil Isai Sangam" which was held for a full week and judged by 10 eminent artists. This win gave me a good exposure as my photo and write up was in the cover page of Times Of India, Hindu, Indian Express and many Tamil papers and magazines. I won the first prize in All India Inter Medics Competition (AIIMFEST). Another performance which I vividly remember was when the then Chief minister Dr. M G Ramachandran suddenly turned up to see my performance unannounced. Tamil Nadu Government gave me "Natya Kalaimani Award" in the hands of the eminent minister

Mr. Bhatavatsalam. I also performed for the Pakistan Cricket team and surprisingly the entire team came home to wish during my birthday party the next day!!!!

10) What is your message to women anaesthesiologists on the occasion of International Women's Day 2024?

As we celebrate International Women's Day, let us showcase our place as leaders, innovators, and caregivers. Let us support, uplift and empower each other. We should believe in our abilities, pursue our passion and lead by example!

Thank you madam for your inspiring inputs.
Thank you from the editorial team of VAPOUR!



At daughter's Sangeet



With Pakistan Cricket Team

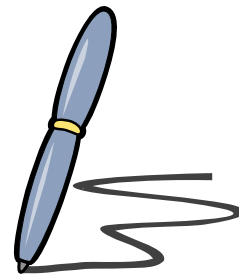


Cover Page & Role of Gurujji



On Pebble Beach, California

INVITATION TO CONTRIBUTE



‘Vapour’, the official newsletter of the Indian Society of Anaesthesiologists invites contribution of articles originally written by ISA members (Life and associate). The articles can be in the form of interesting case reports for discussion, articles on topics of current clinical relevance, photo-essays, articles on medicolegal /health/ financial/extracurricular issues of interest to the anaesthesiologists. Original literary works such as poems, funny cartoons or paintings on topics of anaesthesia are also welcome. Information about extraordinary achievements /experiences of ISA members, book publication can be sent.

The articles should be brief and written in font Times New Roman 12-14 size and presented in Microsoft office word document (rtf/doc files). Plagiarism and violation of copyrights should be strictly avoided. The articles should be e-mailed to isanhqvapour@yahoo.com with a covering letter addressed to the Honorary Secretary ISA National.

Dr Sukhminder Jit Singh Bajwa

Honorary Secretary ISA National & Editor-in-Chief

VAPOUR

(The official newsletter of the ISA National)

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