

ANBAI Chronicle ²⁰²⁶

A N A N N U A L P U B L I C A T I O N - E D I T I O N 1



BENGALURU
29-30 AUGUST 2026

ANBAI NATIONAL CONCLAVE — 2026 —

Aspire. Elevate. Lead.



ANBAI (Association of National Board Accredited Institutions) is the national platform representing NBEMS-accredited institutions across India. Established in 2011, ANBAI was founded to provide a unified voice for accredited hospitals, strengthen collaboration, and advance excellence in postgraduate medical education.

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Message of Greetings and Good Wishes

It gives me immense pleasure to convey my warm greetings and best wishes on the launch of the inaugural issue of "ANBAI Chronicle 2026," the newsletter of the Association of National Board Accredited Institutions (ANBAI), to be unveiled during the ANBAI Annual Conclave in Bengaluru on 29th–30th August 2026.

ANBAI has emerged as an important platform for institutions committed to excellence in postgraduate medical education and training. Its efforts to foster academic collaboration, strengthen institutional standards, promote research, and facilitate professional development are closely aligned with the broader national vision of preparing competent, ethical, and future-ready medical professionals.

The National Board of Examinations in Medical Sciences (NBEMS) remains committed to continuously advancing the quality, accessibility, credibility, and standards of postgraduate medical education through competency-based training, robust assessment systems, academic innovation, and the integration of emerging technologies. Institutions and faculty play a pivotal role in translating these objectives into meaningful learning experiences for postgraduate trainees.

I am confident that "ANBAI Chronicle 2026" will provide a valuable forum for sharing academic achievements, innovative educational practices, research initiatives, institutional experiences, and the accomplishments of postgraduate trainees and young doctors. Such platforms not only document the collective journey of the medical education community but also inspire collaboration and a culture of continuous improvement.

I extend my sincere appreciation to the office bearers, member institutions, faculty, postgraduate trainees, and all contributors who have worked towards bringing this inaugural issue to fruition. I hope the Chronicle will grow into a vibrant academic platform that reflects the aspirations, achievements, and evolving vision of the National Board-accredited medical education community.

My best wishes to ANBAI for a successful Annual Conclave and for many more years of academic excellence, innovation, collaboration, and professional growth.

With warm greetings and best wishes for a successful launch of ANBAI Chronicle 2026.

Minu Bajpai

Dr. Minu Bajpai
Vice-President & Executive Director
National Board of Examinations in Medical Sciences (NBEMS)

Prof. (Dr.) Shiva Kant Misra

Vice President, Governing Body,
National Board of Examinations in Medical Sciences
MS, FRCS (Eng.), FACS, FCSS (Hon.)
FICS, FAIS, FALS (Hon.), FLCS (Hon.)
FIAGES (Hon.), FMAS (Hon.)



Message for ANBAI Chronicle 2026

It gives me immense pleasure to convey my warm greetings and heartfelt congratulations to the Association of National Board Accredited Institutes - ANBAI on the launch of its first-ever annual newsletter, "ANBAI Chronicle 2026."

The establishment of ANBAI and this landmark publication comes at a pivotal time for postgraduate medical education in our country. As we move toward competency-based training, outcome-driven assessments, and greater academic accountability, platforms like ANBAI play a vital role in bringing together accredited institutes under one umbrella to share best practices, address common challenges, and uphold the highest standards of teaching and patient care.

The National Board of Examinations in Medical Sciences has always believed that excellence in postgraduate education is a shared responsibility. NBEMS is committed to ensuring fair, transparent, and rigorous training and assessment, while ANBAI represents the collective voice and commitment of the institutions that are the bedrock of this training ecosystem. Together, we are shaping the future of specialists who will serve the healthcare needs of our nation.

I am particularly encouraged to see ANBAI's focus on academic development, research, faculty enrichment, and the holistic growth of postgraduate trainees. Your efforts to foster collaboration between DNB/FNB institutions, to promote research culture, and to mentor young doctors are truly commendable and fully aligned with the vision of NBEMS.

As "ANBAI Chronicle 2026" makes its debut at the ANBAI Annual Conclave in Bengaluru, I am confident that it will serve as a vibrant forum for ideas, achievements, and aspirations of the ANBAI community. May it inspire member institutions, guide trainees, and document the remarkable journey of postgraduate medical education in India.

I extend my best wishes to Dr. H.S. Chhabra, President ANBAI, the entire Executive Committee, all member institutes, faculty members, and our bright postgraduate trainees.

May ANBAI continue to grow from strength to strength, and may this first edition be the beginning of many more impactful chronicles in the years to come.

Jai Hind.

Prof. (Dr.) Shiva Kant Misra
Vice President
National Board of Examinations in Medical Sciences (NBEMS)



Dr. Alexander Thomas

D.Orth., M.S.(Orth.), M.Phil. (HHSM), PGDMLE
Founder & Patron, Association of National
Board Accredited Institutions (ANBAI)



The History, Vision and Evolution of ANBAI

The launch of the inaugural ANBAI Chronicle 2026 is a proud milestone in the journey of the Association of National Board Accredited Institutions (ANBAI). It is an opportunity to reflect on how a small group of committed institutions grew into a national movement that has significantly influenced postgraduate medical education in India.

ANBAI was conceived in 2010 during a period of major change in postgraduate medical education. A group of healthcare leaders, including Dr. Devi Shetty, Dr. S. Rajasekaran, many others and myself, shared the conviction that National Board accredited institutions required a common platform to represent their interests, exchange best practices, and work constructively with the National Board of Examinations (NBE). What started as a response to a common challenge soon evolved into an organization committed to strengthening postgraduate medical education and improving healthcare across the country.

From its inception, ANBAI was never intended to be merely an association of hospitals. Our vision was to create a community of teaching institutions that would collaborate rather than compete, learn from one another, and collectively influence national policy. By bringing together accredited institutions from across India, ANBAI provided a unified voice that enabled meaningful engagement mainly with the National Board of Examinations, and also the Ministry of Health and Family Welfare, the National Medical Commission, NITI Aayog, and state governments.

This collective strength resulted in several landmark policy achievements. Among the earliest and very significant was the recognition of the equivalence of DNB qualifications with MD/MS degrees under defined criteria. This enhanced the credibility of National Board qualifications, strengthened accredited institutions, and reassured thousands of postgraduate students that excellence, rather than the pathway of training, should define professional recognition.

Equally important was ANBAI's consistent advocacy for preserving the autonomy and academic independence of the National Board of Examinations. India needed a strong national institution dedicated exclusively to postgraduate medical education, and ANBAI believed that safeguarding this autonomy was essential for maintaining academic standards and innovation.

Perhaps the defining characteristic of ANBAI has been its partnership with the NBE. While representing the legitimate concerns of member institutions, ANBAI has always chosen collaboration over confrontation. This relationship has become a model of mutual trust and shared purpose, benefiting institutions, faculty, students, and ultimately the healthcare system. In this context, I would particularly like to acknowledge Dr. Abhijat Sheth, whose visionary leadership has further strengthened this partnership. His openness to dialogue, commitment to quality, and willingness to work collaboratively with stakeholders have helped elevate postgraduate medical education to new heights and reinforced the spirit of partnership between NBE and ANBAI. We had wonderful support from Dr. Vinod Paul, Member, NITI Aayog, whose openness to new ideas and encouragement of innovation greatly facilitated ANBAI's policy initiatives.

ANBAI has also demonstrated the value of public-private partnerships in medical education. One of our proudest achievements has been the Karnataka Public-Private Partnership model, in which government district hospitals partnered with experienced private teaching institutions to establish DNB postgraduate programmes. ANBAI worked closely with the National Board of Examinations, the Government of Karnataka, and participating institutions to mentor these hospitals through the accreditation process, enabling district hospitals to emerge as high-quality teaching centres. This initiative not only expanded postgraduate training opportunities and increased specialist availability but also strengthened government hospitals and improved healthcare services in underserved regions. The model was subsequently highlighted by the Indian Institute of Management Bangalore as an innovative example of healthcare management and public policy, demonstrating how collaboration between the public and private sectors can simultaneously strengthen medical education and healthcare delivery.

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Faculty development and recognition have always been central to ANBAI's mission. We have consistently believed that the quality of postgraduate education depends on the quality of teachers. Through faculty development programmes, communication skills workshops, bioethics initiatives, quality improvement training, webinars, academic conferences, and the National Teachers' Awards, ANBAI has sought to nurture outstanding educators who, in turn, shape future generations of healthcare professionals. Many of these initiatives have influenced national thinking on postgraduate medical education.

Another initiative that deserves special mention is the Uniform Learning Resource (ULR) project. ANBAI envisioned that every postgraduate student and teacher, irrespective of the institution in which they trained, should have equitable access to world-class medical journals and scientific literature through collective national negotiation. Although ambitious at the time, this concept laid the foundation for what has now evolved into the Government of India's "One Nation, One Subscription" initiative. It is gratifying to see an idea that originated within ANBAI grow into a national movement with the potential to democratize access to scientific knowledge for researchers, teachers, and students across India.

Over the years, ANBAI has also contributed to improving examination systems, increasing faculty participation as examiners and inspectors, strengthening research, promoting communication skills in medical education by bringing out the first book on Communication in the country and lobbying for the subject to be included in the curriculum, supporting faculty recognition, and advocating reforms that have benefited institutions and students alike. Throughout this journey, we have remained guided by evidence, dialogue, and partnership.

As healthcare continues to evolve through advances in artificial intelligence, digital health, simulation, genomics, precision medicine, and an ageing population, ANBAI must continue to evolve as well. India is emerging as a global leader in healthcare human resources, and our responsibility is not merely to produce more specialists but to produce clinicians who are competent, compassionate, ethical, research-oriented, and globally respected.

Looking back over the past fifteen years, I feel immense gratitude to every office bearer, Governing Council member, regional chapter, member institution, teacher, student, and partner who has contributed to ANBAI's remarkable journey. Together, we have demonstrated that collaboration can achieve what individual institutions cannot.

As we gather for the ANBAI Annual Conclave 2026 in Bengaluru, I extend my warm greetings and best wishes to all delegates, faculty members, postgraduate trainees, and distinguished guests. May this Conclave strengthen old friendships, inspire new ideas, foster meaningful collaborations, and reaffirm our collective commitment to excellence in postgraduate medical education.

The journey of ANBAI has always been guided by a shared vision of service, quality, innovation, and partnership. I am confident that its greatest contributions are yet to come.

Dr. Alexander Thomas
Founder & Patron, ANBAI



Dr. S Rajasekaran

M.S, DNB, F.R.C.S.(Ed), M.Ch(Liv),
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Founder & Past President, ANBAI



Message for ANBAI Chronicle 2026

My sincere greetings and best wishes to all members of ANBAI. Our Annual Conclave provides us with an invaluable opportunity not only to celebrate what has been achieved, but also to reflect collectively on what remains to be accomplished.

The National Board of Examinations (NBE), established in 1975, has played a remarkable role in fulfilling its vision of strengthening and advancing postgraduate medical education in India. To date, more than one lakh postgraduate doctors across over 80 specialties have been trained through the National Board and are successfully practising in different parts of the country.

The achievement of the National Board, however, lies not merely in numbers. One of its greatest contributions has been the creation of opportunities for advanced training in niche specialties and super-specialties such as cardiology, neurosurgery, gastroenterology, nephrology, endocrinology, and oncology—an essential requirement for a country with a population of more than 1.3 billion.

Perhaps even more importantly, the National Board had the vision to harness the enormous clinical expertise available in India's private healthcare sector, where the quality, expertise, and impact in many areas matched, and at times exceeded, those available elsewhere. The private healthcare sector has traditionally carried a substantial proportion of the country's clinical and surgical workload, fulfilling an important need not only in urban centres but also across smaller cities and underserved regions. It has also played a major role in introducing state-of-the-art technology and cutting-edge expertise across various fields of medicine.

The private sector has been home to many eminent clinicians and teachers who have held important academic and professional positions nationally and internationally. Research, once considered predominantly the domain of public and university hospitals, has also become a major strength of several private institutions. Through vision, investment, and a sustained commitment to scientific enquiry, many of these institutions have achieved national and international recognition for their academic and research contributions. The fact that national leaders, policymakers, and even senior members of public institutions frequently seek medical care in private hospitals is itself testimony to the quality and expertise available within this sector.

One of the greatest achievements of the National Board was its ability to bring this vast reservoir of clinical expertise into the mainstream of postgraduate medical education. Private hospitals were accredited according to stringent criteria and expected to maintain high standards of training and assessment. Over the years, it is particularly gratifying that doctors graduating through the National Board pathway have earned recognition, respect, and professional opportunities comparable to those of postgraduate doctors trained through conventional medical colleges.

ANBAI—the Association of National Board Accredited Institutions—was established in 2010–11 under the leadership of eminent individuals such as Dr Devi Shetty, Dr Alexander Thomas, and several others among us. Its objective was to provide a common platform for National Board-accredited institutions to come together, exchange ideas and experiences, discuss common challenges, identify solutions, and collectively strive towards the highest standards of postgraduate medical education.

The central philosophy of ANBAI has always been one of collaboration rather than confrontation—to work alongside the National Board of Examinations towards our shared objective of achieving excellence in medical education. The organisation has grown considerably over the years, thanks to the untiring efforts and sustained commitment of its founders and members, as well as the recognition by the National Board of the constructive intentions and objectives of ANBAI. The continuing collaboration between the National Board and ANBAI is heartening and deserves our sincere appreciation.

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Dr. S Rajasekaran

M.S, DNB, F.R.C.S.(Ed), M.Ch(Liv),
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Founder & Past President, ANBAI



While much progress has been achieved, much more remains to be done, and this must define the future agenda of ANBAI.

An important priority should be to broaden the membership of ANBAI so that, eventually, every National Board-accredited institution becomes part of the Association. ANBAI should develop an effective mechanism to understand the genuine needs, concerns, and grievances of accredited institutions and provide a strong, constructive, and unified voice in addressing them.

In this context, representation of ANBAI in the Governing Council of the NBE would be both logical and valuable. Universities traditionally have Senates and Governing Councils that include representation from their affiliated colleges and institutions. In a similar spirit, representation of National Board-accredited institutions in the appropriate governing structures of the NBE would strengthen communication, improve mutual understanding, and facilitate more inclusive decision-making.

Another important issue that deserves attention is the continuing disparity between institutions governed by the National Medical Commission and those accredited through the National Board pathway. ANBAI should work towards a system in which there is not merely a common entrance examination, but progressively a common curriculum, comparable training standards, and ultimately a common exit examination across both pathways. If both pathways ultimately produce specialists serving the same patients and healthcare system, greater harmonisation is both logical and desirable.

I congratulate the organisers, particularly Dr. Carolin Elizabeth George and the entire team, for putting together an excellent programme for the Annual Conclave of ANBAI in Bengaluru.

I am confident that ANBAI will continue to grow from strength to strength and play an increasingly important role in shaping the future of postgraduate medical education in India.

With Best Wishes,

S Rajasekaran

Dr S Rajasekaran
Founder & Past President - ANBAI



Dr. H. S. Chhabra

President, ANBAI
Director, Department of Spine & Rehabilitation Centre,
Sri Balaji Action Medical Institute,
President, Spinal Cord Society
Chairman, Spine Wellness and Care Foundation
Immediate Past Editor-in-Chief, Journal of Clinical
Orthopaedics & Trauma (JCOT)
Past President, International Spinal Cord Society (ISCoS)
Past President, Association of Spine Surgeons of India (ASSI)



Message from the President's Desk

Dear Members, Colleagues, and Friends,

It gives me immense pleasure and a deep sense of responsibility to welcome you to the first newsletter of the Association of National Board Accredited Institutions (ANBAI).

The launch of this newsletter marks an important milestone in the journey of ANBAI. More than a publication, it represents the beginning of a platform for communication, collaboration, knowledge-sharing, and collective progress. It is an opportunity for us to come together as institutions and educators committed to one common purpose: strengthening postgraduate medical education and, through it, improving the quality of healthcare in our country. I would be failing in my duties if I don't compliment Dr Rupinder Chahal, Chairman Academic Committee, ANBAI for leading this initiative.

As President of ANBAI, I consider it both a privilege and a responsibility to lead this organization at a time when medical education is undergoing profound transformation. Healthcare is evolving rapidly, driven by advances in science and technology, artificial intelligence, simulation-based learning, changing patient expectations, and an increasing emphasis on quality, safety, ethics, and outcomes. In this changing environment, our educational institutions must not merely respond to change—we must anticipate it, shape it, and lead it.

A Vision for ANBAI

My vision for ANBAI is to see it emerge as a strong, credible, inclusive, and forward-looking voice for all institutions engaged in National Board postgraduate medical education.

Our institutions are not simply training centres. They are the environments in which future specialists develop their clinical competence, professional values, academic curiosity, leadership abilities, and commitment to patients and society. The quality of these institutions therefore has a direct bearing on the future of Indian healthcare.

ANBAI must work towards creating an ecosystem in which institutions can learn from one another, share best practices, address common challenges, and continuously improve the standards of education and training.

I firmly believe that no institution progresses in isolation. Our collective strength lies in our diversity of experience, expertise, geography, and institutional models. ANBAI should therefore become a bridge—connecting institutions, faculty, trainees, administrators, policymakers, and regulatory bodies in a spirit of constructive engagement.

Strengthening Academic Excellence

At the heart of our mission must be academic excellence.

We need to nurture a culture where postgraduate training goes beyond fulfilling curriculum requirements. Our trainees should be encouraged to ask questions, critically evaluate evidence, conduct meaningful research, communicate effectively, and develop the ability to continuously update their knowledge throughout their professional lives.

ANBAI will strive to promote faculty development, academic programmes, research collaboration, educational innovation, and opportunities for interaction among institutions. We should particularly encourage young faculty members and postgraduate trainees to participate actively in academic activities and leadership initiatives.

The future of medicine belongs to professionals who can integrate clinical expertise with scientific thinking, technology with humanism, and innovation with ethical responsibility.

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Dr. H. S. Chhabra

President, ANBAI
Director, Department of Spine & Rehabilitation Centre,
Sri Balaji Action Medical Institute,
President, Spinal Cord Society
Chairman, Spine Wellness and Care Foundation
Immediate Past Editor-in-Chief, Journal of Clinical
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From Competition to Collaboration

One of the most important principles that I would like ANBAI to champion is collaboration over competition. Every institution has something to contribute and something to learn. A successful innovation in one institution can become a valuable model for another. A challenge faced by one centre may already have a solution elsewhere. By sharing our experiences openly, we can accelerate improvement across the entire system.

ANBAI should become a forum where institutions can collectively discuss issues related to accreditation, curriculum implementation, faculty development, infrastructure, research, patient safety, quality improvement, and postgraduate training. Our collective voice will also be stronger when we engage constructively with the National Board of Examinations in Medical Sciences (NBEMS) and other relevant stakeholders. Our objective should always be to facilitate dialogue, communicate genuine concerns, and contribute solutions that strengthen the system while preserving the highest standards of postgraduate education.

Empowering the Next Generation

As we look ahead, I believe that ANBAI must place considerable emphasis on the next generation of doctors and educators. Medical education cannot be confined to classrooms, lecture halls, or examination preparation. We must prepare young doctors for a world in which medicine is increasingly multidisciplinary, technology-enabled, data-driven, and patient-centred. They must develop not only knowledge and technical skills, but also professionalism, empathy, resilience, leadership, communication, and ethical judgment.

I would particularly like ANBAI to create greater opportunities for postgraduate trainees and DNB alumni to remain connected with their institutions and with one another. A strong alumni network can become an extraordinary source of mentorship, collaboration, academic exchange, and professional development.

Embracing Innovation

The coming decade will fundamentally transform healthcare education. Artificial intelligence, digital health, virtual and augmented reality, simulation, robotics, precision medicine, telemedicine, and data analytics are rapidly becoming part of clinical practice. We must ensure that our postgraduate education system keeps pace with these developments.

However, technology should remain a means, not an end. The doctor of the future will need to know how to use technology without losing sight of the person behind the disease. Our greatest strength will continue to be the human connection between a doctor and a patient. ANBAI should therefore encourage innovation that is evidence-based, ethical, practical, and relevant to the needs of Indian healthcare.

Building a Culture of Leadership

Leadership, in my view, is not about position or authority. It is about responsibility, integrity, service, and the ability to bring people together around a shared purpose. Every institution has leaders, but we must create a culture in which leadership is developed at every level. Faculty members should be encouraged to lead academic initiatives; young doctors should be given opportunities to contribute; and institutions should be encouraged to develop systems that reward innovation, integrity, and excellence. I would like ANBAI to become an organization where members feel that their voice matters, their contribution is valued, and their participation can make a difference.

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Dr. H. S. Chhabra

President, ANBAI
Director, Department of Spine & Rehabilitation Centre,
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President, Spinal Cord Society
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Immediate Past Editor-in-Chief, Journal of Clinical
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The Road Ahead

The journey ahead will undoubtedly have challenges. There will be differences of opinion, regulatory complexities, resource constraints, and competing priorities. But progress has never been achieved by avoiding challenges. It comes from facing them collectively, constructively, and with perseverance.

I believe that ANBAI has the potential to become much more than an association. It can become a movement for excellence in postgraduate medical education.

Let us build an organization that is transparent in its functioning, inclusive in its approach, evidence-based in its advocacy, and uncompromising in its commitment to quality.

Let us create an environment where institutions do not merely meet standards but continuously strive to exceed them.

Let us ensure that every DNB trainee receives an educational experience that prepares them not simply to pass an examination, but to become a competent, compassionate, ethical, and lifelong-learning physician.

And above all, let us remember that the ultimate beneficiary of everything we do is the patient and society at large. Every improvement in medical education eventually translates into better clinical care, safer healthcare systems, and healthier communities.

A Collective Commitment

I invite every ANBAI member to participate actively in this journey. Share your ideas. Share your successes. Share your challenges. Mentor a young colleague. Collaborate with another institution. Encourage research. Promote academic excellence. And, whenever possible, contribute to improving the larger system rather than only our individual institutions.

The first newsletter is only the beginning. I hope that it becomes a living reflection of the achievements, aspirations, innovations, and collective wisdom of our members.

Our strength is not in the number of institutions we represent, but in what we can accomplish together.

Let us move forward with vision in our thinking, excellence in our work, integrity in our leadership, and service at the heart of everything we do. I look forward to building this journey together.

With best wishes for a vibrant, academically enriching, and transformative future for ANBAI.

Dr. H. S. Chhabra

President, Association of National Board Accredited Institutions (ANBAI)



Dr. A. Lingaiah

Vice President, ANBAI
Medical Director of Yashoda Hospitals Group



Message from the Vice President

ANBAI has played a pivotal role in bringing together institutions conducting postgraduate medical programmes under NBEMS onto a common platform. It has provided an important forum for institutions to share experiences, address common challenges, and work collectively towards strengthening the quality of postgraduate medical education and training.

One of ANBAI's significant contributions has been the Annual Conclave, which brings together institutional heads, faculty members, postgraduate students, and officials of NBEMS. Over the years, these gatherings have fostered meaningful interaction, constructive dialogue, and collaborative problem-solving, enabling institutions to address and overcome several academic and administrative challenges.

ANBAI also recognizes that the quality of postgraduate medical education is ultimately shaped by the commitment and dedication of its teachers. Through its National and State-level Best Teacher Awards, ANBAI acknowledges and celebrates faculty members who go beyond their responsibilities to teach, mentor, inspire, and groom postgraduate students into competent, compassionate, and ethical medical professionals committed to serving society.

The Academic Wing of ANBAI continues to contribute through a range of educational and academic initiatives aimed at enhancing the knowledge, skills, and professional development of both faculty and students. At the same time, the Alumni Wing provides an important platform for strengthening alumni engagement, professional networking, and lifelong association.

Over the years, ANBAI has evolved into a strong, credible, and valued partner of NBEMS, making a meaningful contribution to the growth and advancement of postgraduate medical education in India.

As we look ahead, ANBAI remains committed to strengthening this collective endeavour and working with all stakeholders towards a shared vision—to take postgraduate medical education in India to newer heights of quality, excellence, innovation, and professionalism.

I look forward to working together with all members and stakeholders in carrying this vision forward.

With Warm Regards,

Dr. A. Lingaiah
Vice President - Central, ANBAI

Dr. Rahul Guhabiswas

MD Anesthesiology, Clinical Fellow
(Cardiac Anesthesia and Intensive Care),
Toronto University, Canada
National Secretary, ANBAI
Senior Consultant, Cardiac Anesthesia and
Intensive Care, RTIICS, Kolkata
Academic Co-Ordinator
(Narayana Health East)



Secretary's Report

Dear colleagues,

Greetings from ANBAI.

At the outset I want to congratulate the ANBAI Academic Wing under the visionary leadership of Dr. R.S. Chahal, Chair, for publishing the inaugural edition of ANBAI newsletter "ANBAICHRONICLE2026". This is an outstanding initiative and all of us from the ANBAI family cannot wait to be a part of the future journey of our association, recorded in the coming issues of the newsletter.

I want to congratulate ANBAI Karnataka State chapter under the strong leadership of Dr. Carolin E. George, ANBAI Jt. Secretary, National Treasurer and President of the chapter for working very hard to present an Annual Conclave rich in Academics, innovative sessions thereby providing a collaborative platform for all stakeholders in medical education.

I also want to express my sincere gratitude to the eminent leadership of National Board of Examinations in Medical Sciences (NBEMS) for their receptivity and constant guidance in all activities and programs of ANBAI.

2026 has been a very busy year for ANBAI. Our association embarked on an important project this year to usher in the largest healthcare groups of India as lifetime institutional members of ANBAI. We have received an impressive response to this initiative with multiple large corporate groups availing of this program, and we will continue to include more multi-hospital healthcare networks going forward. We believe the support and constructive cooperation of this large body of ANBAI members will help us carry forward our commitment to excellence in all aspects of medical education in India.

ANBAI continues to be the voice of NBEMS accredited institutions across the country. Towards this, a mid-term meeting with the President and Executive Director of NBEMS was conducted in virtual mode on 11th April 2026. This meeting gave an opportunity to ANBAI state chapter leaders across India for discussion of various daily operational challenges and constructive suggestions regarding academic programs for appropriate resolution by the National Board.

I want to take this opportunity to thank ANBAI state chapters for conducting state meetings throughout this year to recognize eminent NBEMS teachers and provide a platform for accredited institutions to come together and interact with senior NBEMS leadership.

ANBAI, under the Academic Wing, has recently initiated a regular series of national webinars on cross-disciplinary topics with an aim to benefit both trainees and practitioners in various specialties.

It is an exciting journey, and a lot remains to be done. Going forward ANBAI will focus on strengthening its alumni wing, bringing together the young generation of qualified professionals for advocacy and constant improvement in the quality of postgraduate medical education.

Please encourage more institutions to join ANBAI and be a part of our vision of promoting excellence in medical education in partnership with NBEMS.

Looking forward to meeting you all at the ANBAI Annual Conclave 2026 in Bengaluru.

Dr. Rahul Guhabiswas
Secretary, ANBAI



ANBAI NATIONAL CONCLAVE — 2026 —



Aspire. Elevate. Lead.

ASPIRE – Discovering Who You Can Become

Vision

Every resident enters training with immense potential waiting to be discovered. ASPIRE is founded on the belief that postgraduate medical education should do more than produce competent specialists. It should help young doctors discover their strengths, broaden their horizons and explore the many ways in which they can contribute to the future of healthcare as leaders, innovators, educators, researchers, entrepreneurs and compassionate professionals.

The Heart of ASPIRE

ASPIRE is not simply about preparing residents for an examination. It is about creating opportunities for them to discover who they can become.

Every experience within ASPIRE is designed to help residents explore possibilities they may never have imagined from artificial intelligence and research to leadership, innovation, entrepreneurship and advocacy.

The programme deliberately extends beyond the traditional curriculum, integrating clinical excellence with leadership, artificial intelligence, innovation, research, ethics, communication, entrepreneurship, career development, wellbeing and professional identity.

A Curation Philosophy

ASPIRE is where residents discover who they can become.

Every resident carries potential that may not be visible within the conventional curriculum. Residency should not simply train doctors to practise medicine; it should also create opportunities to broaden perspectives, challenge assumptions and explore new possibilities.

Every experience within ASPIRE is intentionally curated to expand perspectives rather than simply transfer knowledge. Residents learn from distinguished clinicians, psychologists, entrepreneurs, innovators, AI pioneers, healthcare leaders and accomplished peers.

The invitation is to ask not only:

“How do I become a better resident?”

but:

“Who can I become?”

ASPIRE Experiences

Cracking the Exit Examination – Learning from examiners, psychologists and gold medallists to approach examinations with confidence and perspective.

NextGen Healthcare: Enter the Matrix – Exploring artificial intelligence, precision medicine, digital health, bioengineering, One Health and the future of healthcare.

Research Beyond the Thesis – Building a culture of scholarship, publication and lifelong academic curiosity.

The Hidden Curriculum of Residency – Navigating ethical dilemmas, trust, professionalism, accountability and compassionate decision-making.

Innovation Challenge – Encouraging residents to identify real healthcare problems, think boldly and develop solutions.

Career Beyond Residency – Understanding recruitment, leadership and the choices that shape the first five years of professional practice.

The Voice of Residents – Creating a platform for residents to share their aspirations, challenges and ideas for change.

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ANBAI NATIONAL CONCLAVE — 2026 —



Aspire. Elevate. Lead.

A Roadmap, Not a Lecture Series

The sequence is intentional:

1. Pass the exam.
2. Get hired.
3. See the future.
4. Stay human.
5. Do meaningful research.
6. Navigate difficult decisions.
7. Ask the leaders.
8. Build the future yourself.

Together, these experiences create a roadmap from residency to professional life.

ASPIRE does not attempt to replace the clinical curriculum. Instead, it seeks to create a space around it, a space in which residents can explore possibilities, question assumptions and develop dimensions of professional identity that are difficult to capture through conventional teaching and assessment.

The Premise

ASPIRE begins with a simple premise: every resident has more potential than the curriculum may reveal. Its purpose is to help them discover, explore and realise what they can become.

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Aspire. Elevate. Lead.

ELEVATE: Bridging the Generational Gap in Medical Education

Vision

Medical education is changing. Teachers and learners may belong to different generations, with different educational experiences, communication styles, expectations and relationships with technology. Yet they meet every day in the same classroom, ward, operating theatre and examination hall.

The challenge is not to lower standards or ask one generation to become like the other. It is to understand the changing relationship between teacher and learner and develop faculty who can teach, assess and mentor effectively within this new environment.

ELEVATE is built on the belief that being an excellent clinician does not automatically make someone an excellent teacher or assessor. These are competencies that need to be developed.

The Heart of ELEVATE

ELEVATE creates a practical space for faculty to strengthen the competencies needed for contemporary postgraduate medical education.

It focuses on four questions:

Who are today's learners?

How can I teach more effectively?

How can I assess fairly and use assessment to promote learning?

How can I use AI intelligently in education and academic work?

The intention is not to change what we expect from residents. It is to help faculty become more intentional about how they teach, assess, give feedback and support learning.

Curation Philosophy

ELEVATE is about expressing the enduring values of medical education in ways that resonate with today's learners. Competence, professionalism, accountability, patient safety and academic rigour remain central. What is evolving is how these values are communicated and experienced by a new generation of learners. ELEVATE explores greater dialogue, clearer relevance, timely feedback, opportunities to question and explain reasoning, and thoughtful use of technology to strengthen teaching, assessment and learning.

ELEVATE Experiences

Understanding Gen Z Learners explores how today's residents learn, think, communicate and stay engaged, while recognising that the standard of competence does not change.

Teaching Competencies focuses on practical strategies for effective clinical teaching that can be used within real clinical settings.

Feedback and Assessment Competencies examines how faculty can provide feedback that residents can actually use to improve.

Workplace Based Assessment introduces practical approaches to using assessment tools to observe competence, provide meaningful feedback and support resident development.

Becoming a Fair, Reliable and Competent DNB/DrNB Examiner focuses on what examiners need to assess, how to use examination methods effectively and how to distinguish failing, competent and exceptional performance.

The Psychology of Assessment explores how bias can influence examination decisions, including situations involving nervous candidates, confident but unsafe candidates, quiet but competent candidates, incomplete answers and disagreement between examiners.

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ELEVATE recognises that one of the emerging challenges in medical education is not simply how we teach, but how teachers and learners from different generations learn to work and learn together.



ANBAI NATIONAL CONCLAVE — 2026 —



Aspire. Elevate. Lead.

The Premise

At its heart, ELEVATE recognises that the relationship between teacher and learner is changing. The challenge is not to choose between the generations, but to build a learning environment where the experience of the teacher and the expectations of the learner can work together.

ELEVATE recognises that one of the emerging challenges in medical education is not simply how we teach, but how teachers and learners from different generations learn to work and learn together.



ANBAI NATIONAL CONCLAVE — 2026 —



Aspire. Elevate. Lead.

LEAD: Building the Future of Medical Education

Medical education is an ecosystem. It brings together residents, faculty, accredited institutions, professional bodies and leaders who shape the systems in which doctors are trained. Each sees different challenges and opportunities. Progress therefore depends on bringing these perspectives together. LEAD was conceived as a space for this ecosystem to meet, listen and work together.

Vision

LEAD brings together representatives of NBEMS accredited institutions, academic and healthcare leaders, faculty and residents to reflect on the present and consider the future of postgraduate medical education. Leadership here is not only about authority or position. It is about listening, recognising change, bringing people together and creating the conditions for meaningful progress.

The Heart of LEAD

At its heart, LEAD is about conversation, connection and collective action.

Leaders need to hear from institutions. Institutions need to hear from faculty. Faculty need to hear from residents. Residents need an opportunity to be heard by those who shape the systems in which they learn.

The programme therefore brings together celebration, reflection and dialogue. The Voice of the Residents, Archive of Excellence, Thesis Awards, Annual Oration, Leadership interactions and ANBAI Annual Teacher's Awards create different spaces for these voices to come together.

Curation Philosophy

LEAD is curated around the belief that meaningful change happens when the people within an ecosystem understand one another and work together.

Excellence is celebrated, but celebration also becomes an opportunity to reflect on what can be learnt and carried forward. Residents are given a voice. Faculty and institutions are recognised. Leaders are invited to listen and engage. The aim is to bring experience, achievement, aspiration and leadership into the same conversation.

LEAD Experiences

- ✓ **The Lifetime Achievement Award, Annual Oration and Leadership Panel** create space to recognise excellence and reflect on the direction of medical education.
- ✓ **ANBAI Annual Teachers' Awards** recognise teachers who contribute to excellence in medical education.
- ✓ **Thesis Awards** celebrate scholarship, inquiry and academic achievement.
- ✓ **Archive of Excellence** recognises and preserves contributions that have shaped postgraduate medical education.
- ✓ **Voice of the Residents** brings resident experiences, aspirations and ideas into the wider conversation.

Interaction with NBEMS Leadership and Accredited Institutes creates direct dialogue between national leadership and the institutions responsible for postgraduate training.

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ANBAI NATIONAL CONCLAVE — 2026 —



Aspire. Elevate. Lead.

The Premise

The future of medical education cannot be shaped by leaders alone. It needs the experience of institutions, the insight of faculty and the voices of residents. LEAD creates a space to celebrate what has been achieved, listen to what is being experienced, reflect on where medical education is moving and consider what we can do together.

LEAD is a conversation across the medical education ecosystem, with the intention of turning shared understanding into shared action.

Carolin George

Dr. Carolin Elizabeth George
Joint Secretary & Treasurer, ANBAI



Academic Report – ANBAI 2026

It gives me immense pleasure to begin this academic report by expressing my sincere gratitude to the ANBAI Core Committee for considering me for the responsibility of Academic Chair. I assumed this responsibility in March 2026 with a clear conviction that education and academic development of our students must remain at the heart of ANBAI's mission.

My roadmap was shaped by my previous experience as Education Officer for AO Spine Asia Pacific, my long association with the Association of Spine Surgeons of India in various leadership positions including Joint Secretary and Secretary, and my association with the Spine Society Delhi Chapter, where I had the opportunity to initiate and develop regular academic webinars. These experiences reinforced my belief that education should be accessible, multidisciplinary, contemporary and relevant to the young doctor.

Academic Initiatives

From day one, our focus was therefore to create a platform where trainees and young doctors from different institutions and specialties could learn from experts across disciplines.

We initiated a series of multidisciplinary academic webinars, beginning with a programme on Back Pain, addressing this common clinical problem from different perspectives. The programme brought together experts from rheumatology, spine surgery, physiotherapy and acupuncture/acupressure. We were privileged to have Dr. Aman Sharma, Professor at PGI; Dr. H. S. Chhabra; Dr. Ajit Kumar, senior physiotherapist at AIIMS; and Dr. Raman Kapoor, who provided valuable insights into different approaches to the management of back pain. The programme was very well received.

This was followed by a webinar on Artificial Intelligence in Medical Science, where Dr. Anshuman Kaushal and Dr. Mayank Sharma provided an excellent overview of the current applications of AI and its potential to transform learning, clinical practice and research for young doctors.

We subsequently ventured into a relatively unconventional and rarely discussed topic—Tendinopathies in Spine Practice. This programme highlighted pain generators that can mimic spinal pathology and are often overlooked in routine spine and orthopaedic practice. We were fortunate to have experts such as Dr. Harun Gupta from Leeds and Dr. Saumyajit Basu, Past President of ASSI, along with myself, discuss this intriguing subject. The programme demonstrated the value of bringing specialised and multidisciplinary perspectives to our academic platform.

Recognising that doctors are trained extensively to look after the health of their patients but receive very little formal education about their own financial well-being, we organised "Beyond the White Coat – Secure Today, Prosper Tomorrow." This programme focused on personal finance, goal-based investing and financial planning for young doctors. Dr. Harpal Singh Selhi and Dr. Anupam Mahajan, both highly experienced in this field, guided our young colleagues on developing a sound financial foundation early in their professional lives.

ANBAI Best Thesis Award

Another major academic initiative this year was the expansion of the ANBAI Best Thesis Award to include trainees across specialties. The response was overwhelming, with 376 theses submitted from 40 different disciplines. Managing such a large number of submissions and ensuring a fair, transparent and academically robust evaluation process was a major challenge.

One of the most important requirements was the creation of a strong and independent jury. We reached out extensively to teachers and faculty members across medical institutions and were fortunate to receive the support of a highly respected panel of academicians. Given the scale of the exercise, conventional methods of thesis distribution and evaluation were not practical. We therefore took up the challenge of developing our own software-based system within a very short period to facilitate blinding, allocation and evaluation of the theses. This was a significant undertaking and represents an important step towards creating a more systematic and transparent academic evaluation process within ANBAI.

contd...

Dr. R. S. Chahal

Vice Chairman, Department of Spine Surgery
Sir Ganga Ram Hospital, New Delhi.
Spine Fellow QMC, Nottingham
Spine Fellow Dartmouth Hitchcock, USA
Ex-Secretary: Association of Spine Surgeons of India (ASSI)
Past President : Delhi Spine Society
Education Officer Ortho (AOSIN 2019-2022)
Secretary Delhi Chapter & Academic Chair ANBAI



Contribution of State Chapters

The academic journey has not been limited to the National level. Several state chapters have also made valuable contributions by organising academic programmes and engaging their trainees and faculty. Their enthusiasm and initiative have strengthened the academic network of ANBAI and demonstrated the tremendous potential that exists across the organisation.

ANBAI Chronicles 2026

Another important initiative this year has been the creation of our first annual newsletter, "ANBAI Chronicles 2026." The newsletter is intended not merely as a publication but as a reflection of the vision, activities, achievements and academic journey of ANBAI. It will bring together contributions from our different chapters and showcase the work being undertaken across the organisation.

We are looking forward to launching ANBAI Chronicles 2026 at the ANBAI National Conclave in Bengaluru on 29–30 August 2026.

Looking Ahead

These initiatives have been possible because of the encouragement, guidance and support of our patrons and the present ANBAI Council. I would also like to acknowledge the dedicated efforts of the Academic Committee and the State Academic Coordinators, whose collective contribution has been instrumental in translating our academic vision into action.

As we move forward, our objective will be to further strengthen the academic ecosystem of ANBAI, expand multidisciplinary learning, encourage research and innovation, recognise excellence among our trainees, and create meaningful opportunities for continuous professional development.

The journey has only begun. I hope that, together, we can build an academic platform that not only benefits our present generation of trainees but also contributes meaningfully to the advancement of medical education in the country.

Rupinder

Dr. R. S. Chahal
Academic Chair, ANBAI

Dr. Carolin Elizabeth George

Deputy Director
Head, Community Health Palliative care &
Research Division
Member Secretary, IRB BBH: Chair IBSC BBH
Bangalore Baptist Hospital
Hebbal, Bangalore



Voice of the Residents: Listening, Understanding and Moving Towards Designing Together

Medical education is shaped by many voices: regulators who set standards, institutions that create learning environments, faculty who teach and mentor, administrators who make systems work, and residents who experience postgraduate training every day. Each sees a different part of the same system. Voice of the Residents was created to bring these perspectives into conversation.

Vision

The initiative creates a space where residents can speak openly about their experiences and where those experiences can contribute constructively to postgraduate medical education. Residency is more than examinations, clinical responsibilities and academic requirements. It is also a period of professional growth shaped by mentorship, relationships, teamwork, responsibility and uncertainty. The aim is to understand residency from the resident's perspective while also helping residents understand the realities and responsibilities of those who teach, administer and lead.

The Heart of Voice of the Residents

At its heart, the initiative is about listening to one another. Residents share the experiences that made residency meaningful, the challenges they encountered, their aspirations and their anxieties about the future. They are also encouraged to step into the shoes of faculty, administrators and institutional leaders and consider the constraints and responsibilities they face.

Curation Philosophy

Voice of the Residents is curated as a space for constructive dialogue and shared understanding. It begins with listening to residents and creating a safe space for their experiences to be heard, while encouraging them to see the system through the eyes of others. The process moves from listening and understanding to reflection, shared problem solving and co designing solutions. The aim is not simply to identify what needs to change, but to understand one another better and discover what can be built together.

Method

The initiative followed a progressive approach, beginning with residents known to the team at Bangalore Baptist Hospital, creating a familiar setting for safe conversations. This was followed by a Bangalore wide workshop, where experiences and ideas were explored and emerging themes identified.

These themes informed a national survey, followed by qualitative interviews with residents from all 15 states represented among the participants. Findings were brought together through data triangulation, with interviews continuing until data saturation.

Creating a safe and trusted environment for residents to express their perspectives was central throughout the process. The intention was not simply to collect opinions, but to bring resident perspectives into a wider and constructive conversation.

contd...

Dr. Carolin Elizabeth George

Deputy Director
Head, Community Health Palliative care &
Research Division
Member Secretary, IRB BBH: Chair IBSC BBH
Bangalore Baptist Hospital
Hebbal, Bangalore



What We Explored

The exploration captured both the reality of residency and possibilities for its future.

- ✓ Sunshine Moments explored the people, relationships and experiences that made residency meaningful.
- ✓ Challenges explored the difficulties residents encounter during training.
- ✓ Thesis and Scholarship explored research, thesis work and academic mentorship.
- ✓ Aspirations and Anxieties about the Future explored what residents hope for and what concerns them about their careers and changing healthcare.
- ✓ Quick Wins used a design workshop to identify practical improvements that could be implemented in the near term.
- ✓ The "If I Were the Director" exercises invited residents to step into leadership perspectives and consider what they would prioritise if they were responsible for institutional or national postgraduate medical education.

The progression was intentional:

What makes residency meaningful? What challenges do we experience? What do we hope for? What concerns us? What do others see? What can we design together?

From Voice to Dialogue

The value of listening lies in what it makes possible.

A resident may see an experience differently from a faculty member. An administrator may work within constraints that are not visible to the learner. A regulator may see the same issue from a national perspective.

Bringing these perspectives together allows the medical education community to ask better questions: What is working and should be preserved? What could be strengthened? What can institutions realistically change? What support do faculty need? What do residents need? Where can we work together?

The design exercises are important because they move the process from describing experiences to imagining practical responses.

From Experience to Possibility

The initiative is designed to move from experience to reflection, and from reflection towards action.

The Museum of Residency Experience seeks to preserve the human story of residency: the moments of joy, challenge, uncertainty, growth, friendship, achievement and aspiration that are often invisible in conventional measures of postgraduate education.

The Residents' Charter seeks to bring together the ideas emerging from these experiences and articulate what residents believe a meaningful, supportive and future ready postgraduate training environment should aspire to be.

contd...

Dr. Carolin Elizabeth George

Deputy Director
Head, Community Health Palliative care &
Research Division
Member Secretary, IRB BBH: Chair IBSC BBH
Bangalore Baptist Hospital
Hebbal, Bangalore



Together, they represent two dimensions of the resident experience:

The Museum captures the heart of residency.

The Residents' Charter captures what residents want us to think about.

The next step is to bring these perspectives into conversation with residents, faculty, administrators and educational leaders, creating a foundation for constructive dialogue and, ultimately, designing together.

The Premise

The future of postgraduate medical education belongs to the whole ecosystem.

Voice of the Residents creates a space where residents can be heard, while also inviting them to listen, understand and see the system through the eyes of those who teach, administer and lead it.

It is not a conversation between residents and the system. It is a conversation within the system, with the shared aim of understanding better, learning from one another and designing the future of postgraduate medical education together.

Carolin George

Dr. Carolin Elizabeth George
Joint Secretary & Treasurer, ANBAI

STATE CHAPTER REPORTS

ANBAI – Andhra Pradesh & Telangana Chapter



Dr. Tirumala Prasad
President, Telangana and
Andhra Pradesh

The ANBAI Andhra Pradesh & Telangana Chapter has continued to demonstrate a strong commitment to academic excellence, research, professional development and member engagement. Since becoming part of ANBAI in 2015, the chapter has evolved into an active platform connecting DNB institutions, faculty, trainees and alumni across Andhra Pradesh and Telangana. Under the leadership of Dr. Tirumala Prasad, President; Dr. Khubchand Jhakhota, General Secretary; and Mr. Srinivas Bala, Coordinator, with the support of Dr. Lingaiah V.P. and Prof. B. Balaraju, the chapter has maintained a consistent programme of academic and professional activities.

During 2025–26, the chapter conducted 10 academic and research-oriented programmes covering Research Methodology, Orthopaedics, General Medicine, General Surgery, Anaesthesia, Paediatrics, Respiratory Medicine, OBG and Radiology. These initiatives strengthened clinical knowledge, academic preparedness and research capabilities among DNB trainees, while dedicated Research Methodology sessions encouraged a stronger culture of scientific enquiry.

Research remained a major area of achievement, with 28 thesis protocols submitted for the ANBAI Thesis Competition 2026 across diverse specialities, reflecting growing trainee participation in scholarly activities.

The chapter also celebrated professional excellence, with 10 faculty members receiving national awards across various specialities. Seven State Chapter Faculty Events and alumni meets further strengthened professional networking, placement opportunities, fellowship guidance and academic collaboration. The seventh faculty event, held in Hyderabad in December 2025, provided an important forum for interaction with Central ANBAI leadership and NBEMS dignitaries.

The chapter recorded 28 new annual memberships, 43 new life memberships, 10 renewals and an alumni network of 682 members, reflecting healthy organisational growth.

The chapter sincerely thanks its advisors, Central ANBAI leadership and NBEMS officials for their continued guidance, support and encouragement, which remain instrumental to its progress and achievements.



ANBAI – Gujarat Chapter



Dr. Parth Desai
President, Gujarat Chapter

The ANBAI Gujarat Chapter continues to play an active role in strengthening postgraduate medical education, academic collaboration, innovation and professional development across Gujarat. Under the leadership of Dr. Parth Desai, President, and Dr. Rajesh Desai, Secretary, the chapter has focused on creating meaningful academic platforms that promote knowledge exchange, innovative pedagogy and continuous improvement in DNB/DrNB education.

A major highlight of the reporting period was EDUCONFLUENCE 2026, organised on 7 June 2026 at KD Hospital, Ahmedabad, under the theme “Advancing DNB/DrNB Education in Gujarat: Innovate. Educate. Elevate.” The initiative sought to explore new approaches to teaching and learning while fostering a stronger, future-ready postgraduate medical education ecosystem.

The programme brought together distinguished national leaders, medical educators and DNB/DrNB residents. Dr. Abhijat Sheth, Chairman, National Medical Commission and President, National Board of Examinations in Medical Sciences, graced the occasion as Chief Guest, while Dr. Anilkumar Nayak, National President, Indian Medical Association, was the Guest of Honour. The event was also attended by Dr. H. S. Chhabra, President, ANBAI; Dr. Lingaiah A., Vice-President, ANBAI; and Dr. Carolin E. George, Joint Secretary & Treasurer, ANBAI.

A key attraction was the panel discussion, “The Teaching Reset: Next-Gen Learning, Innovative Pedagogy and Career Pathways,” which explored emerging trends in medical education. Learner-led innovation was encouraged through ConceptX: The Innovative Learning Challenge and Shark Tank: The Academic Innovation Arena, giving residents a platform to present creative educational and healthcare solutions.

The Luminaries Award Ceremony further celebrated excellence through recognitions for Young Achievers, Academic Leadership, Research Excellence and Best Academic Coordinator.

Overall, EDUCONFLUENCE 2026 demonstrated the Gujarat Chapter’s commitment to innovation, learner-centred education, research, collaboration and academic excellence, while strengthening the foundation for continued advancement of DNB/DrNB education across Gujarat.



Dr. Rajesh Desai
Secretary, Gujarat Chapter

STATE CHAPTER REPORTS



Dr. Janani Shankar
President, Tamil Nadu Chapter

ANBAI – Tamil Nadu Chapter

Dear Sirs,

I was appointed as President of Tamilnadu Chapter of ANBAI for the year 2026. I took over this post from Dr. Ganeshan who had done great work during his tenure.

I had organised a meeting for the ANBAI members and “to be” members of various DNB institutions in Tamilnadu on February 21st at Meenakshi Mission Hospital Madurai.

It was a hybrid meeting and there were 20 members offline and 10 online.

After a brief overview about ANBAI and its activities we had Sharing of good practices by 5 institutions which was followed by an hour long interactive session during which all queries related to Accreditation, Inspection Theory and Practical exams Counselling were discussed in length.

Dr. Ganeshan was guiding me throughout and I wish to place on record my sincere appreciation to his continued contribution to ANBAI. The feedback was excellent.

Subsequently we have been interacting with the DNB accredited institutions through a dedicated WhatsApp group where we try to solve issues faced by coordinators of various institutions. I have also been attending the online meetings every month and I get inspired by the work done by senior office bearers of the ANBAI Governing Council. I am looking forward to be part of the Annual Conclave at Bangalore where my students are taking active part in the Shark tank and other events. Looking forward to do more useful work during the rest of my tenure.



Dr. Babu Narayan
Secretary, Tamil Nadu Chapter



Maj. Gen. (Dr.) S. C. Pareek
President, Rajasthan Chapter

ANBAI – Rajasthan Chapter

The Rajasthan State Chapter of the Association of National Board Accredited Institutions (ANBAI) remains committed to strengthening postgraduate medical education through collaboration, academic excellence, and institutional development.

The state chapter started working closely with accredited teaching hospitals across Rajasthan to promote quality DNB training, facilitate exchange of best practices, and represent the interests of accredited institutions. The chapter has also introduced a thesis award in DNB Medicine which will be accorded from AY 2026.

Rajasthan has witnessed steady growth in NBE-accredited institutions and specialties, reflecting the increasing commitment of hospitals in the state towards structured, high-quality postgraduate medical education. The chapter has helped 5+ hospitals across the state to start NBE programs through handholding.

As we look ahead, the Rajasthan State Chapter reaffirms its commitment to advancing excellence in postgraduate medical education through innovation, mentorship, academic collaboration, and constructive engagement with the National Board of Examinations in Medical Sciences (NBEMS) and ANBAI.



Dr. Sarvesh Agarwal
Secretary, Rajasthan Chapter

STATE CHAPTER REPORTS

ANBAI – Delhi & North Zone Chapter

Advancing Academic Excellence, Collaboration & Professional Engagement

The Delhi Chapter of ANBAI, under the leadership of President Lt Gen (Dr) Bipin Puri and Secretary Dr R. S. Chahal, continues to strengthen its commitment to academic excellence, postgraduate medical education, professional engagement, and the development of young doctors.

A Vibrant Academic Calendar

The Chapter has actively promoted multidisciplinary learning through a series of academic webinars and programmes in 2026, covering contemporary and clinically relevant themes:

- ✓ **Back Pain – A Multidisciplinary Perspective**, bringing together expertise from rheumatology, spine surgery, physiotherapy, and complementary medicine.
- ✓ **Artificial Intelligence in Medical Science**, exploring the evolving role of AI in medical education, clinical practice, and research.
- ✓ **Tendinopathies in Spine Practice – The Hidden Pain Generator**, featuring experts from India and the UK and highlighting an often-overlooked cause of spinal pain.
- ✓ **Beyond the White Coat – Secure Today, Prosper Tomorrow**, focusing on financial literacy and planning for young doctors.

The Chapter also supported the ANBAI CME “Advancing Clinical Excellence: From Research to Real-World Practice,” held at Apollo Hospitals on 24 January 2026, along with focused academic initiatives on clinical and medico-legal aspects of back pain.

Nurturing the Next Generation

Encouraging young doctors and postgraduate trainees remains a key priority. The Chapter continues to promote participation in academic activities, thesis development, research initiatives, and academic competitions, while also supporting the identification and resolution of NBMS-related academic issues to facilitate a more enriching training experience.

Celebrating Excellence

The Delhi Chapter takes pride in recognising outstanding contributions to medical education and mentorship. Dr P. N. Renjen, Senior Consultant – Neurology, was honoured with the Lifetime Achievement Award last year in recognition of his distinguished contribution to medicine and education. Continuing this tradition, Dr Arun Prasad, Consultant – General Surgery, will be conferred the prestigious Distinguished Teacher’s Award 2026, recognising his exceptional contribution to teaching, mentorship, and nurturing future clinicians.

Connecting, Collaborating & Looking Ahead

Through active participation in the ANBAI Annual Conclave, Governing Council meetings, and chapter-level outreach initiatives, the Delhi Chapter remains closely connected with the wider ANBAI community. Looking ahead, the Chapter



General Bipin Puri
President, Delhi & North
Zone Chapter



Dr. R. S. Chahal
Secretary, Delhi & North
Zone Chapter

STATE CHAPTER REPORTS



Dr. Saffia P.M
President, Kerala Chapter

ANBAI – Kerala Chapter

The ANBAI Kerala Chapter has made meaningful progress during the year, particularly in strengthening its membership base and creating greater awareness of ANBAI's purpose, activities and opportunities for professional engagement. While the chapter's activities have been focused and targeted, its efforts demonstrate an important commitment to building a stronger and more connected ANBAI community across Kerala.

Expanding the ANBAI Family

One of the chapter's notable achievements under the Chapter President Dr. Saffia P.M. has been its continued focus on bringing new members into the ANBAI network. Recognising that an active membership is central to the strength of any professional association, the Kerala Chapter has worked consistently towards encouraging more institutions and professionals to become part of ANBAI. This focus on membership growth is not merely numerical; it represents an effort to bring more DNB institutions, faculty and professionals into a common platform where they can exchange ideas, participate in academic initiatives and contribute to the development of postgraduate medical education. The chapter's approach has helped create greater visibility for ANBAI and has encouraged professionals who may previously have had limited engagement with the Association to understand the wider opportunities available through its network.

A Successful State Chapter Meet

A significant milestone for the Kerala Chapter was the ANBAI State Chapter Meet held on 6 February, which brought members together for an engaging interaction focused on understanding ANBAI's larger vision and purpose. The meeting was further strengthened by the participation of Dr. Alexander Thomas and Dr. Rahul Guha Biswas from ANBAI, who joined the programme and interacted with the chapter members.

Their participation provided an opportunity to communicate, at the grassroots level, what ANBAI stands for, its broader objectives and the value of active participation within the Association. Rather than being limited to a formal chapter gathering, the meeting served as an important platform for strengthening the connection between the state chapter and the national organisation.

The interaction also helped members gain a clearer understanding of how their individual and institutional participation can contribute to ANBAI's wider objectives. This renewed sense of purpose encouraged the Kerala Chapter to become more actively engaged and to look beyond membership growth towards building a more participatory professional community.

Looking Ahead

The Kerala Chapter's recent progress demonstrates that strong membership, meaningful interaction and effective communication can provide the foundation for sustained chapter development. Its efforts to expand the ANBAI family, combined with the successful State Chapter Meet, have created positive momentum for the year ahead. Going forward, the chapter can build on this momentum by encouraging greater participation in ANBAI's academic programmes, research initiatives, professional discussions and national activities. With an increasingly engaged membership and stronger connection with the national leadership, the ANBAI Kerala Chapter is well positioned to develop into an even more active platform for collaboration, academic exchange and professional growth.

STATE CHAPTER REPORTS

ANBAI – Punjab State Chapter

Strengthening Membership, Collaboration & Academic Engagement



Dr. Amandeep Kaur
President, Punjab Chapter

During the past year, the ANBAI Punjab State Chapter has remained actively engaged in strengthening the ANBAI network and promoting academic and professional collaboration across the state.

A key achievement of the chapter has been the expansion of ANBAI membership, including onboarding of alumni members, private hospitals, and government hospitals. These efforts have helped broaden the representation of postgraduate medical institutions and professionals within the ANBAI platform.

The Punjab Chapter has maintained regular and active participation in ANBAI meetings and organizational activities, ensuring continuous engagement with the national leadership and contributing to discussions on issues related to postgraduate medical education and trainee development.

The chapter also successfully organized an ANBAI academic conclave in 2023 providing a platform for faculty, residents,

and members to interact, exchange knowledge, and discuss important aspects of postgraduate medical education. The event further strengthened professional networking and collaboration among ANBAI members. In addition to organizational activities, the chapter has supported initiatives aimed at resident engagement, academic development, research, and addressing challenges faced by NBEMS trainees and accredited institutions.

The Punjab Chapter has consistently worked towards ensuring that the concerns and suggestions from the state reach the appropriate national forums.

With its growing membership, active institutional participation, regular engagement in ANBAI activities, and successful academic initiatives, the ANBAI Punjab State Chapter continues to contribute actively to the organization's vision of strengthening postgraduate medical education and building a collaborative academic community.

The chapter looks forward to further expanding its membership, increasing participation from government and private institutions, and organizing more academic and professional initiatives in the coming year.



ANBAI – North East Chapter

The ANBAI North East Chapter has continued its mission of strengthening NBEMS-accredited institutions across the North East region through active engagement, academic collaboration, and professional networking. Under the leadership of Dr. Udayan Barua, President, and Dr. Atanu Barthakur, Secretary, the chapter has witnessed significant growth and participation during the past year.

One of the notable achievements of the chapter has been the successful outreach to NBEMS-accredited institutions across the North Eastern states. Through sustained communication and membership drives, the chapter has worked towards bringing almost all eligible NBEMS-accredited institutions in the region into the ANBAI fold, currently 21 numbers, thereby creating a stronger and more representative academic community.

The chapter has maintained regular interaction with member institutions through periodic General Body Meetings, virtual discussions, official communications, and WhatsApp-based coordination. These interactions have facilitated the sharing of institutional concerns, dissemination of NBEMS and ANBAI updates, and collective discussion on matters affecting postgraduate medical education and training.

A major focus area during the year has been academic development. Under the guidance of the Chapter Academic Coordinator, Dr. Chandana Sarma, new academic initiatives have been launched to encourage inter-institutional academic collaboration. These activities are aimed at enhancing the quality of NBEMS training programs by organizing online classes for the trainees of member organizations.

The chapter played an active role in the successful co-hosting of the ANBAI National Conclave 2025 in Kolkata in collaboration with the West Bengal & Odisha Chapter. Member institutions from the North East contributed through participation, sponsorship support, academic submissions, award nominations, and representation in conclave activities.

The North East Chapter also actively represented the concerns and viewpoints of member institutions at the national level. Suggestions relating to postgraduate training, trainee welfare, institutional responsibilities, faculty development, and NBEMS regulations were consolidated from member organizations and submitted for discussion with NBEMS and the ANBAI Governing Council.



Dr. Udayan Barua
President, North East
Zone Chapter



Dr. Atanu Barthakur
Secretary, North East
Zone Chapter

STATE CHAPTER REPORTS



Dr. Upasana Arora

Managing Director and CEO,
Yashoda Group of Hospitals
and
President,
Uttar Pradesh Chapter
of ANBAI

ANBAI – Uttar Pradesh Chapter

Building a Culture of Excellence in Postgraduate Medical Education

Advancing postgraduate medical education through competency-based training, research, innovation, and academic collaboration.

The quality of postgraduate medical education is a defining factor in shaping the future of healthcare. Beyond imparting clinical knowledge, modern medical training must cultivate professionalism, patient safety, research aptitude, communication skills, ethical practice, and a commitment to lifelong learning. Yashoda Super Speciality Hospital, Kaushambi, has embraced this philosophy by creating an academic ecosystem where excellence in patient care, education, research, and quality improvement is seamlessly integrated.

This transformation is supported by the visionary leadership of Dr. P.N. Arora, Chairman, Yashoda Group of Hospitals, whose commitment to ethical healthcare, academic excellence, innovation and patient-centered care has created a strong institutional foundation. Dr. Upasana Arora, Managing Director & CEO, Yashoda Group of Hospitals and President, Uttar Pradesh Chapter of ANBAI, has complemented this vision through her emphasis on learning, research, digital innovation, quality and multidisciplinary collaboration.



Dr. (Brigadier)

Chander Mohan

Secretary, SM, Group
Principal Director,
Radiodiagnosis &
Interventional Radiology
and Academics & Research

Dr. (Brigadier) Chander Mohan, SM, Group Principal Director, Radiodiagnosis & Interventional Radiology and Academics & Research, has led important initiatives to strengthen postgraduate education, faculty development and research.

As the academic leader overseeing DNB/DrNB training and institutional academic programmes, he has promoted innovative educational models designed to prepare residents for safe, competent and compassionate clinical practice.

A major initiative is the Comprehensive Competency-Based Induction Programme for newly admitted DNB and DrNB residents. The structured two-to-three-day programme prepares residents before they assume clinical responsibilities, covering HIS, EMR, BLS, communication skills, patient safety, infection prevention and control, quality management, documentation, good clinical practice, ethics, biomedical waste management, research orientation, institutional policies & NBEMS guidelines and emergency preparedness. Simulations, hands-on workshops and competency assessments help residents begin training with confidence and a patient-centered approach.

The commitment also extends to postgraduate education nationally through NBEMS. As Convenor, DrNB Interventional Radiology, and National Webinar Coordinator for Interventional Radiology, Dr. Chander Mohan conceptualized and established the NBEMS National Weekly Webinar Programme. With more than 200 webinars, all personally moderated by him, featuring eminent faculty from India and abroad, this curriculum-based platform has strengthened standardized learning, expanded access to expert teaching and encouraged national academic collaboration. The high quality, content and usefulness of this programme have received appreciations from both DNB/ DrNB candidates and faculty.

The Chapter also proposes to organize an ANBAI Uttar Pradesh State Conference in the coming year, creating a platform for educators, administrators, postgraduate teachers and residents to exchange best practices and discuss innovations in education, research, quality, accreditation and patient safety. Through these efforts, the Uttar Pradesh Chapter aims to contribute meaningfully to ANBAI's national mission of excellence in postgraduate medical education.

Recognising Excellence, Celebrating Success



Dr. Rupinder Pal Singh Chahal

Senior Orthopedic and Spine Surgeon,
Sir Ganga Ram Hospital, New Delhi

**ANBAI Distinguished
Teachers Award 2026 (Male)**



Dr. Arun Prasad

Surgical Gastroenterologist,
Indraprastha Apollo Hospitals, New Delhi

**ANBAI Distinguished
Teachers Award 2026 (Male)**



Dr. Venkat Raman Kola

Consultant Intensivist (Critical Care),
Yashoda Hospitals, Hitec City, Telangana

**ANBAI Distinguished
Teachers Award 2026 (Male)**



Dr. Venkata Nagarjuna Maturu

Clinical and Interventional Pulmonology,
Yashoda Hospitals

**ANBAI Distinguished
Teachers Award 2026 (Male)**



Dr. Shashi Bansal

Director & HOD of Department of Hematology,
Bhagwan Mahaveer Cancer Hospital & Research Centre

**ANBAI Distinguished
Teachers Award 2026 (Female)**



Dr. Indrani Roy

Senior Obstetrics & Gynaecologist,
Nazareth Hospital, Shillong, Meghalaya

**ANBAI Distinguished
Teachers Award 2026 (Female)**



Dr. Lakshmi V

Neonatologist, Dr Mehta Multispeciality
Hospitals India Pvt Ltd Chennai

**ANBAI Distinguished
Teachers Award 2026 (Female)**



Dr. Mabel Vasnaik

Emergency Medicine,
Manipal Hospitals, Bangalore

**ANBAI Distinguished
Teachers Award 2026 (Female)**



Dr. Anita Ganger

Ophthalmologist, Sir Gangaram Hospital,
New Delhi

**ANBAI Distinguished
Teachers Award 2026 (Female)**

Recognising Excellence, Celebrating Success



Dr. Deepak Gupta

Cancer Specialist, Bhagwan Mahaveer Cancer Hospital and Research Centre, Jaipur

ANBAI Young Achiever Award 2026



Dr. Arijit Nag

Clinical Hematology and BMT, Tata Medical Center, Kolkata

ANBAI Young Achiever Award 2026



Dr. Basumita Chakraborti

Gynaecological Oncology, Tata Medical Center, Kolkata

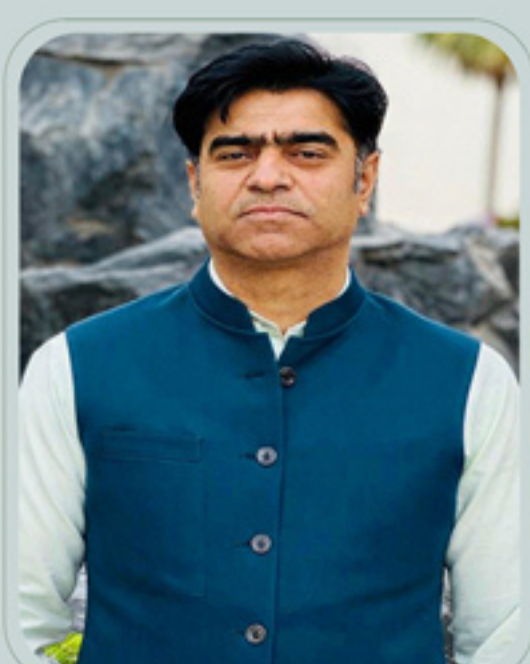
ANBAI Young Achiever Award 2026



Dr. C. Aparna

Neonatology and Head of Neonatal Intensive Care, KIMS Hospitals, Kondapur

ANBAI Young Achiever Award 2026



Mr. Rituraj Sevak

Senior Nurse, BMCHRC, Jaipur

ANBAI Distinguished Nurses Award 2026



J. Leborinviji

Nurse, Amandeep Group of Hospitals

ANBAI Distinguished Nurses Award 2026



Ms Thilagavathy Vasudevan

Nursing, Dr Mehta's Hospital, Chennai

ANBAI Distinguished Nurses Award 2026



Dr. Nomal Chandra Borah

Founder, Chairman, and Managing Director of GNRC Hospitals

ANBAI Life-time Award 2026

The Benchmarks of Medical Excellence: Unveiling the 2026 Award-Winning National Thesis

The ANBAI National Competition for Best DNB / DrNB Thesis 2026 marked a historic milestone in the society's commitment to academic excellence and institutional integrity. Driven by the core mandate to eliminate evaluation bias, a bespoke software solution was engineered to automate the ingestion, blinding, and allocation of all competing submissions. Upon entry into the system, candidate names and institutional affiliations were completely stripped from the database records, replacing them with a standardized, anonymous nomenclature: "ANBAI–Year of Acceptance–Thesis Number."

This rigorous masking pipeline ensured that every thesis was judged purely on its scientific merit, methodology, and contribution to patient care. To secure operational resilience, the system's allocation engine dynamically assigned each blinded thesis to two or three independent jury members.

This strategic distribution served as a vital fail-safe, guaranteeing that a verified, objective evaluation was secured for every paper despite any unexpected juror unavailability. While the committee noted a minor real-world limitation—where a few candidates inadvertently embedded institutional references within their prose research protocols—the software maintained absolute uniform processing of the numerical scores.

Following the conclusion of the evaluation cycle, the system automatically generated the comprehensive results with a single click. Initially, the framework accounted for eight broad specialty groups with a plan to distribute the six national awards proportionately based on submission volume.

However, the data revealed an overwhelming concentration in dominant fields, such as Surgical Specialties, which commanded 35.84% of the total pool. To protect fair representation, the organizing committee implemented a strategic pivot: rather than allowing high-volume categories to sweep the board, the system extracted the single highest score within each of the six active participating groups.

This adjusted operational model perfectly preserved the total budget of six national awards while establishing a levelled playing field. By awarding exactly one national prize per active specialty group, ANBAI successfully celebrated elite-tier research across the entire medical landscape and set a new benchmark for future academic competitions.



Dr. Thiagarajan NR

Category: Paediatric Specialties

Winner: Dr. Thiagarajan NR

Institute: Kanchi Kamakoti CHILDS Trust Hospital, Chennai

Thesis Topic: Predictive Value of Optic Nerve Sheath Diameter Measurement in Detecting Intracranial Hypertension in Neurocritically Ill Children- A Prospective Observational Study

Co-Authors: Dr. Bala Ramachandran, Dr. Ravikumar K, Dr. Sudeep Kumar, Dr. Kanimozhi



Dr. Maithreyi S

Category: Anaesthesia, Critical Care & Perioperative Sciences

Winner: Dr. Maithreyi S

Institute: Bangalore Baptist Hospital, Bengaluru

Thesis Topic: Correlation between effect site concentration of propofol at induction and recovery of anaesthesia using target controlled infusion

Co-Authors: Dr Pramod Giri P

CELEBRATING EXCELLENCE IN THESIS & RESEARCH



Category: Diagnostic & Imaging Sciences

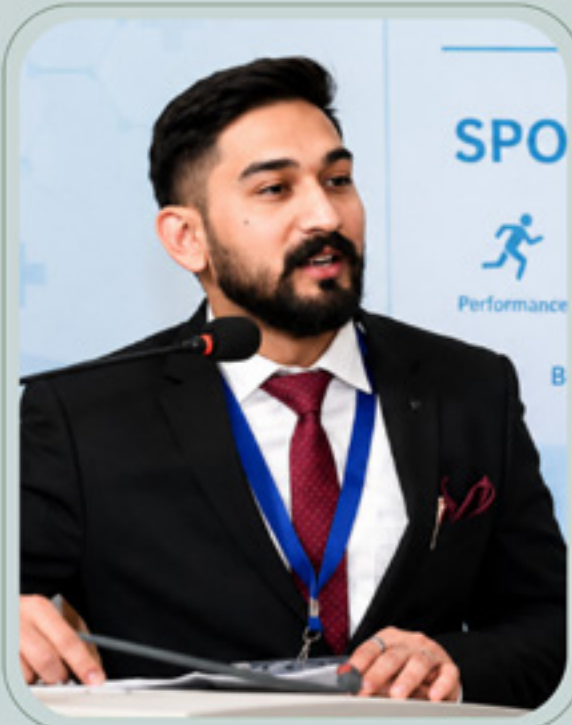
Winner: Dr. Sourabh Prakash Kulkarni

Institute: Narayana Health City, Bangalore

Thesis Topic: Comparison of diagnostic accuracy of prostate specific membrane antigen PET/CT with multiparametric MRI in detecting prostate cancer in patients with prostate specific antigen level of 4-20ng/ml before the initial biopsy

Co-Authors: Dr. Karthik GA, Dr Girish

Dr. Sourabh Prakash Kulkarni



Category: Surgical Specialties

Winner: Dr. Akash Tripathi

Institute: Sir Ganga Ram Hospital, New Delhi

Thesis Topic: Factors associated with patient satisfaction after surgery for lumbar canal stenosis: A prospective observational study

Co-Authors: Dr. V. B. Bhasin, Dr. Shankar Acharya, Dr. R. S. Chahal

Dr. Akash Tripathi



Category: Medical Specialties

Winner: Dr. Remya C R

Institute: Yashoda Hospital, Secunderabad

Thesis Topic: A prospective observational study based on combined use of lactate and base deficits in prediction of need of massive blood transfusion in patients with major trauma

Co-Authors: Dr. Naveen Reddy, Dr. CH Santosh Kumar

Dr. Remya C R



Category: Palliative medicine -Minor Specialty Grouped (10 Thesis from Small Categories)

Winner: Dr. R Manoj

Institute: Aster CMI Hospital, Bangalore

Thesis Topic: A Qualitative Study Exploring the Views Among Pulmonologists Towards Referring Patients with Non-Oncological Chronic Respiratory Disease for Palliative Care

Co-Authors: Dr Raghavendra, Dr. Sunil Kumar

Dr. R Manoj



Dea Navtej Singh

A New Generation. An Enduring Calling. She knows medicine is demanding. She knows it will take years of hard work. Yet she chooses it—not for an easier life, but for a meaningful one.



The Future of The White Coat

For a long time there has been a perception that medicine is less appealing amongst the youth. The career which requires the most rigorous academic drive and has one of the best overall perceptions has now been replaced with pathways which are more flexible, balanced and the paths which have a so called “work life balance”. Our generation wants to travel, we want to finish work on time and still have a life after hours. Medicine however comes with years of training, great responsibility and demanding schedules which is the exact opposite of our priorities.

But, saying “kids your age don’t want to be doctors anymore” is a phrase I find difficult to accept. Maybe the desire has not disappeared but it has simply evolved. Our generation has been brought up in an era where discussions about mental health, burnout and societal pressure has never been a private conversation. Doctors have openly discussed the level of exhaustion and the emotional gravity which follows with their occupation. The healthcare sector has adopted artificial intelligence but we are continuously reminded that AI cannot completely replace the human relationship at the centre of medicine. That dilemma is what makes the future of medicine so intriguing.

Being exposed to the healthcare sector has taught me to appreciate medicine as a science and medicine as an experience. Investing time in the hospital setting fascinated me about the equipment’s, experiments and the difficult case studies. But the moments which stayed with me were a lot more tranquil. When the doctor takes their time to explain a difficult situation to an anxious family or when the patient gets overtly more comfortable after feeling understood.

These interactions are barely heard of and don’t appear on medical textbooks, but they are the ones which matter the most. It is easy to say that medicine has all of our answers and maybe in many ways it does. Several years are committed to learning the human anatomy, localizing diseases and encouraging their treatment. But diagnostics is not the answer as it is given to a person who comes with baggage’s of fears, problems and expectations. And this is where my generation could be of significant value towards medicine.

Our generation has grown up in an atmosphere where asking questions is not seen as rude and where people are more likely to talk about subjects that were once considered controversial. This atmosphere would have the ability to make medicine catered towards one’s needs but challenges some traditional values about it.

I have always been deeply rooted in science and therefore my interest in medicine. I don’t usually go the traditional route and I like to understand why something happens rather than simply memorizing that it does. Biology and research has taught me the extent of the human anatomy and physiology and the various undiscovered aspects of the same. But nowadays experiences with healthcare have made it difficult for one to see the science in isolation.

One needs a broad perspective to understand that behind every diagnosis is a person, behind every statistic is a life and behind every treatment is a person having an enormous amount of trust in another. Even after understanding how demanding the career pathway is this level of responsibility is the reason that I am still drawn to medicine.

Medicine requires the same humility any sport would. About how improvement barely happens through one dramatic breakthrough but it comes from repetition, patience and the willingness to improve. There is always something to learn, a new mistake to reflect on and a new development to be made. One never stops learning and that is the greatest challenge and the greatest attractions about medicine.

contd...



Dea Navtej Singh

A New Generation. An Enduring Calling. She knows medicine is demanding. She knows it will take years of hard work. Yet she chooses it—not for an easier life, but for a meaningful one.



Although, one does not become less suited to medicine just because they want to maintain a work life balance. There is an outdated saying that “dedication must be measured by exhaustion” and how the people who work the longest hours, sacrificed the most and placed everything second are somehow the most committed. This is not the mentality that the future of medicine should aspire to be.

Doctors are people before they are professionals. They have families, interests, friendships and lives outside the hospital. Their loyalty to their patients is not compromised by keeping their priorities. A medical institution that encourages its physicians to maintain their well-being, curiosity, and feelings may eventually result in better physicians. Perhaps this is what has been misunderstood about my generation.

Our generations search is for a meaningful life rather than just an easier one. We like to understand the reason behind what our time is spent doing and critique systems that look too complicated. We demand change instead of routine, humanity instead of isolation, and communication instead of silence. These expectations may seem unsettling but they could be exactly what our generation needs to pursue medicine.

Even after knowing that this degree comes with years of studies and great responsibilities it is still a career path I’m willing to take. I am mindful that there will be stressful days, complex patients, and circumstances where science is unable to offer an easy fix. Also, I am aware that the career I choose will differ from what I see today. That doesn't scare me. That is one of the reasons I want to be there.

Future doctors need to understand science deeply but they mainly have to understand the person behind that science. Doctors who encourage new technology without replacing human connection, ones who can ask and answer their queries without fear and the ones who know that caring for patients requires them to care for themselves.

Maybe the question shouldn't be whether my generation still wants to be doctors but it should be what kind of doctors we want to be. Hopefully we become doctors who are communicative, ambitious and compassionate. I hope we inherit the best parts of medicine and are not afraid to make a difference to the parts which no longer serve it. And maybe this is not us rejecting a profession but choosing what medicine would look like for our generations.

Dea Singh

Dea Navtej Singh
Student, Pathways World School



Dr. Anita Ganger

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Beyond the White Coat: *Celebrating the Human Side of Medicine*

Doctors devote their lives to caring for others, often placing the needs of their patients before their own. Yet, behind every white coat is a human being who, too, needs time to pause, connect, celebrate, express and rejuvenate.

At Sir Ganga Ram Hospital, the journey of a doctor extends beyond clinical responsibilities and academic excellence. Over the years, the institution has created meaningful opportunities for faculty members and residents to come together beyond the formal boundaries of medicine. Sports, cultural celebrations, creative competitions and the hospital newsletter provide avenues for recreation, self-expression and camaraderie.

Why a Life Beyond Medicine Matters?

The demanding nature of medical practice can leave little time for recreation and personal expression. Maintaining a healthy work-life balance is therefore important not only for the well-being of doctors but also for their ability to continue caring for others with energy, compassion and empathy. Extracurricular activities provide opportunities to remain physically active, reduce stress and build meaningful relationships. They encourage teamwork, creativity and social interaction while bringing together people from different departments and levels of seniority.

The Spirit of Sport

One of the most vibrant expressions of this philosophy is the Annual Sports Meet, organised separately for faculty and residents as two annual events. The Faculty Sports Meet takes doctors out of consultation rooms and operation theatres and onto the playing field. Here, professional designations take a back seat as colleagues compete, cheer one another on and enjoy the lighter side of life. The event promotes physical fitness while creating opportunities for interaction among doctors who may otherwise meet only within formal professional settings. The Residents' Sports Meet provides an opportunity to step away from routine responsibilities and showcase talents beyond medicine. It strengthens friendships, encourages teamwork and creates memories that often remain long after the completion of residency.



Teachers' Day: Celebrating Mentorship Beyond the Classroom

Teachers' Day at Sir Ganga Ram Hospital provides an opportunity to express gratitude to the mentors who guide and inspire generations of doctors. The celebration brings faculty and residents together in an atmosphere of warmth, respect and joy. Cultural performances and informal interactions create moments that are refreshingly different from the usual academic environment. Beyond lectures, clinical demonstrations and examinations, mentors influence generations through their guidance, encouragement and example. Teachers' Day provides an opportunity to celebrate these enduring bonds and acknowledge those who have helped shape the doctors of today and tomorrow.



Founder's Day: Celebrating a Shared Legacy

Founder's Day is another occasion that brings the Sir Ganga Ram Hospital family together. It is a time to reflect upon the institution's rich legacy, enduring values and remarkable journey. While celebrating the vision upon which the hospital was built, the occasion also reminds doctors and residents that they are part of something larger than their individual departments or professional roles. Collective celebrations, cultural programmes and shared participation foster a sense of pride, belonging and connection to the institution's heritage.



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The Importance of Celebrating Small Moments

Workplace well-being is often built through simple gestures. Monthly birthday celebrations create warmth and connection within an otherwise demanding work environment. Taking a few moments to celebrate colleagues allows us to recognise the person behind the professional designation. These informal gatherings encourage friendship and help create a sense of community and belonging. Sometimes, it is these seemingly small pauses in a demanding routine that create the strongest bonds.



Beyond Medicine: The Hospital Newsletter

The GRIPMER newsletter represents another creative dimension of life at Sir Ganga Ram Hospital. Unlike a conventional scientific journal, it serves as a chronicle of the people, experiences and stories that contribute to the life of the institution. It provides a platform for doctors to express themselves beyond academic writing. Through reflections, personal experiences, stories, creative contributions and accounts of institutional life, the newsletter captures the many personalities and perspectives behind the white coats. Doctors can be writers, storytellers, artists, photographers and keen observers of life. The newsletter celebrates this diversity while preserving memories and milestones that become part of the hospital's collective history.



Creativity with a Cause

The poster competition organised during Eye Donation Fortnight is an excellent example of how extracurricular activities can combine creativity with social responsibility. Through art and visual expression, doctors and residents communicate the important message of eye donation in ways that are engaging, accessible and thought-provoking. Such initiatives demonstrate that advocacy need not always take the form of lectures or formal campaigns. Creativity can also become a powerful medium for raising awareness, inspiring conversations and encouraging meaningful social change.



Caring for the Caregivers

Sports, celebrations, cultural events, creative competitions and the hospital newsletter may appear to be very different activities, but they share a common purpose—to nurture the doctor as a complete human being. They foster friendships, strengthen a sense of belonging and contribute to a more connected and supportive medical community.

At Sir Ganga Ram Hospital, these non-academic and extracurricular activities are therefore much more than events on an annual calendar. They represent a meaningful investment in the people behind the profession and reflect an institutional culture that recognises the importance of balance, connection and human expression.

Anita Ganger

Dr. Anita Ganger
Consultant, Associate Professor (GRIPMER)



Dr. Rishi Kanna

MS ORTHO, MRCS, FNB SPINE, FRCS ED
AO Spine India, Research Officer
AO Spine Knowledge Forum, Trauma Member
ANBAI Joint Secretary & Treasurer
Deputy Editor, Indian Spine Journal
ASSI Executive Committee Member
Reviewer - Editorial Board, European Spine Journal



Being a Doctor

Recently, one of my neighbors, a young boy in his teens asked me a tough question, "Uncle, please convince me to become a doctor. There is a lot of pessimism around, which deters my dream of becoming a part of the medical profession. Kindly help me out." I did not know where to start. Often children get motivated to become doctors, smitten by the aura around the profession, while the adults adore it for the glamour around it. But, of late, due to multiple reasons, doctors have become a dime a dozen and the charm of being a doctor has come down. Added to this, the apathy of the society towards the health care professional is on the high now.

Should I encourage him? I thought for a while and started with the concept of Ikigai. "Ikigai says that if you are going to do something daily, in which you are exceptional, which you love so much, which the society needs very much, and which pays you well, then it is what you need in life. Being a doctor is one of the best Ikigai, one can aspire for."

I did not want to explain him about the nobility and the grandeur of the profession. Rather I explained its versatility. "Apart from respect and rewards of the profession, being a doctor can satisfy multiple other social, emotional, intellectual, artistic and philosophical needs of a human being."

Chronicler - if you are interested in listening to people's stories, you would love this profession. You would get a chance to sit across a table and listen to people's varied stories. Though the premise of an illness remains the same, the set-up is different for different patients. Every story is diverse and you have the freedom and power to change the course of their sad stories.

Detective - You are always looking at clues, observing the patient's walking, talking and gestures, and examining the crime scene, to zero in on the culprit (disease). If you are interested in puzzles, you will have a hundred new puzzles to crack every week. If you enjoy solving puzzles, Sudoku, logistical reasoning questions and riddles, you will be in for a treat every day.

Counselor - While the disease is taken care of by the medications, 50% of doctors' time is spent on counseling about the disease, assuaging the patient and being supportive to the family. Sometimes the family gives you the right to scold, be strict, when the patient doesn't give up some vices or skips your advice. You become a guide and counselor to them.

Artist - If you are an artist, sculptor or a creative personality, you are lucky. The surgical field and interventional specialty allows you to follow this passion every day in your work. You can perform the surgeries with an artistic elegance. It's like painting your dreams on a huge canvas every day in life. What else can be more interesting than your daily job being your passionate hobby?

Fitness - Most doctors run around to earn their bread, day in and day out. You don't need to hit the gym every day. You would be walking in the hospital corridors for hours and miles together. You stand in the out-patient clinic for long hours, and if you are a surgeon, some of the surgeries even run for 5 to 6 hours on the trot. So, you become fit while earning your pie. Cool, isn't it?

Social service - Though a doctor charges for his service, it is the only profession, where a private enterpriser would take into consideration the affordability of the customer. Right from consultation fee, ordering investigations, prescribing medicines to treatment offered, most doctors look out for various options to reduce the financial burden for poor patients. This does not happen in any other profession. Many doctors do free consultations and free surgeries as a way of giving back to the society.

contd...

Dr. Rishi Kanna

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Reviewer - Editorial Board, European Spine Journal



Philosophical platter – Every day you see people with different patterns of suffering and you keep asking the eternal question “Why? Why?” A 45 year old ambitious rich man who just landed with a massive heart attack - a 6 year old playful boy suddenly diagnosed with blood cancer - a distant relative, out of the blue calling you for his urgent medical problem – the list is endless, and this will keep you thinking about the fickleness of life and poses questions about the permanency of love, affection, money, ambitions, jealousy, targets etc.

Tech savvy - Doctors are experts in computer applications like word, power-points and excel sheets as they keep preparing for meetings and conferences very often. Further most investigations and interventions have become technologically advanced and gadgety these days. Like playing in a video console, you have to deftly maneuver the scopes, instruments through narrow portals aided by cameras. If you are an avid video gamer, you would love these interventions.

I looked into his bright eyes, and said, “Son, being a doctor is a gifted opportunity. But to enjoy the multiple facets and benefits of this gift, the efforts required are humongous. An inadequately trained or a doctor lacking in knowledge would be unable to enjoy these gifts fully. Don’t worry about the negativism, and think about the ways how you can make a positive ding in the lives of people around you. The current healthcare scenario does not look very appealing but I wish things change for the better in the future.” He looked very convinced and I started my car to attend the hospital.



Rishi Kanna

Dr. Rishi Kanna
Consultant Spine Surgeon, Ganga Hospital, Coimbatore

LEADERSHIP & LEGACY

Patrons



Dr. Devi Prasad Shetty



Dr. Alexander Thomas



Dr. Rajasekharan

The visionaries who shaped and continue to inspire ANBAI

Past Presidents



Dr. Alexander Thomas

“ANBAI is more than an association of institutions — it is a collective commitment to shaping the future of postgraduate medical education.”

Honouring the legacy of those who built it. Empowering the educators and institutions who will shape what comes next.



Dr. Rajasekharan



Dr. H. S. Chhabra
President



Dr. A. Lingaiah
Vice President



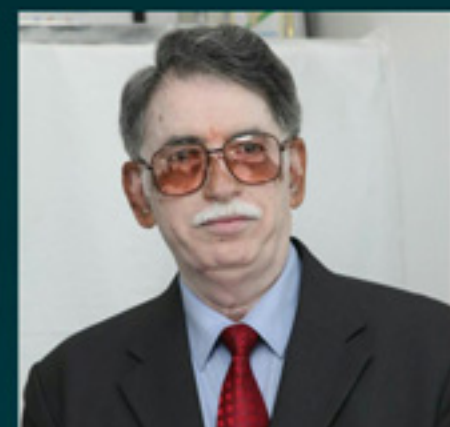
Dr. Rahul
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Chair Alumni
Committee

Building on a strong legacy. Shaping the future of postgraduate medical education.