

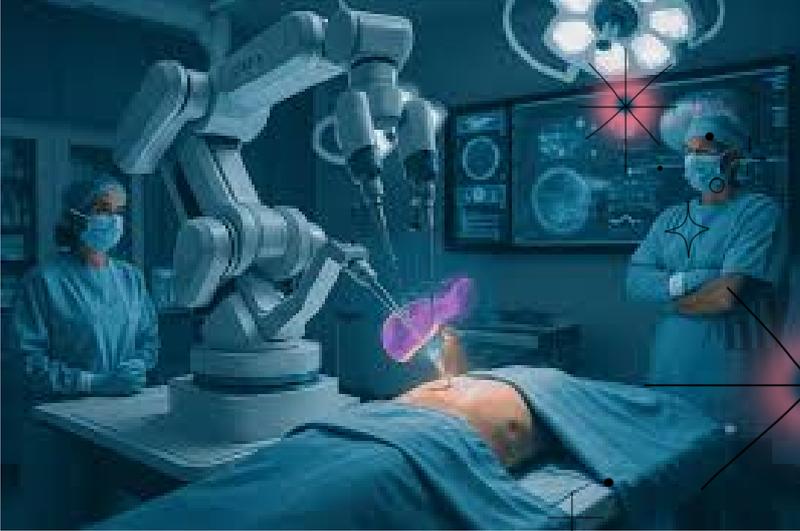
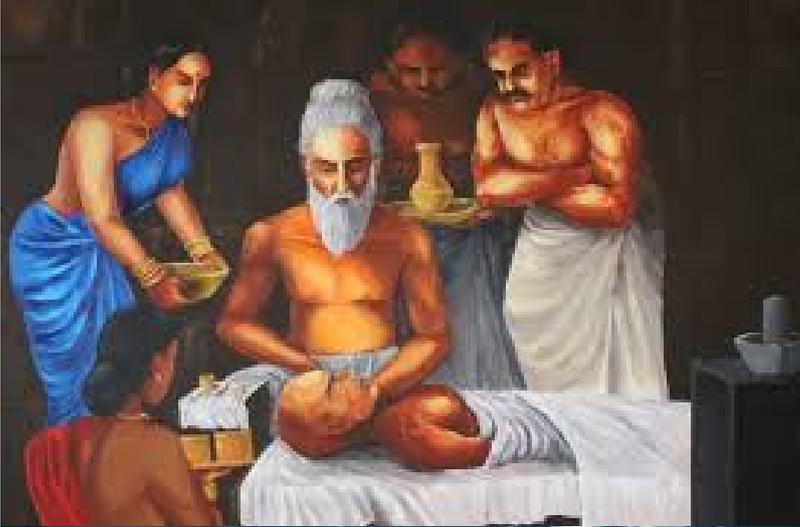


E-Shastra



JULY – SEPTEMBER

ISSUE 03/2025



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HIGHLIGHTS

MIDCON 2025



MAKE A WISH



WISE TRIPS

*Kailash- Man
Sarovar Parikrama:*





KSCASI NEWSLETTER

Shastra

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*FROM CHAIRMAN'S DESK
DR K RAJGOPAL SHENOY*





KSCASI NEWSLETTER

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*FROM SECRETARY'S DESK
DR SARVESHA RAJE URS A.S*





KSCASI NEWSLETTER

Shastra

July - September 2025



*FROM EDITORS'S DESK
DR SAVITHA KARLWAD*





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Shastra

July - September 2025



NATIONAL ASI MEMBERS 2025



**DR. PRAVIN R.
SURYAWANSHI
PRESIDENT ASI**



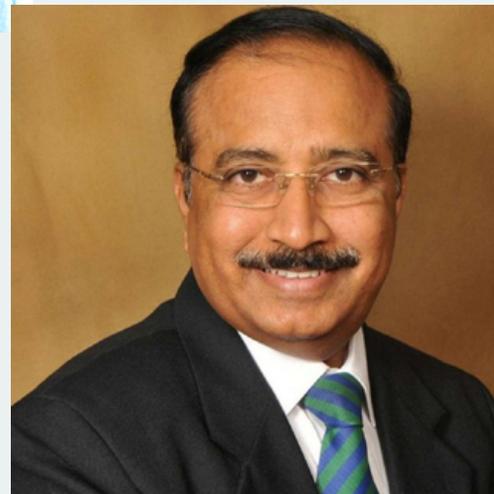
**DR. D. MARUTHU
PANDIAN
VICE PRESIDENT ASI**



**DR. GADDI DIWAKAR
HON. SECRETARY ASI
INDIA**



**DR. MADHUMITA
TREASURER ASI**



**DR. G. SIDDESH
DIRECTOR OF SOCIAL WELFARE ASI**



KSCASI NEWSLETTER

Shastra

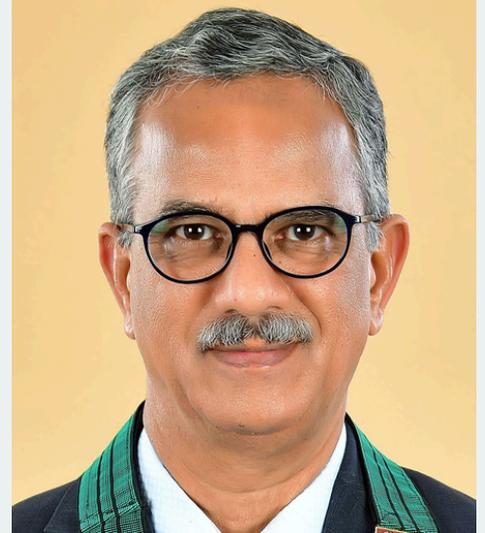
July - September 2025



NATIONAL EXECUTIVE COMMITTEE MEMBERS 2025



DR. ISHWAR R HOSAMANI



DR. H V SHIVARAM



**DR. GURUSHANTAPPA
YALAGACHIN**



**DR. K L VENKATESH
CHIEF EDITOR KJS**



KSCASI NEWSLETTER

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KSCASI OFFICE BEARERS 2025



**DR. RAJGOPAL SHENOY K
CHAIRMAN KSCASI**



**DR. SARVESHA RAJE URS
.A.S
HON. SECRETARY KSCASI**



**DR. GURUBASAVANA
GOUDA Y
HON. TREASURER KSCASI**



**DR. NAAZ JAHAN SHAIKH
CHAIRMAN ELECT KSCASI**



**DR. NARAYANACHANDRA I
HEBSUR
IMM. PAST CHAIRMAN
KSCASI**



**DR. CHANDRASHEKAR N
IMM. PAST HON.
SECRETARY**



STATE EXECUTIVE COMMITTEE MEMBERS 2025



DR. B. SRINIVAS PAI



DR. ANANDARAVI B N.



DR.V ANAND KUMAR



**DR.SHILPA
HUCHANNAVAR**



DR. PREETHI S P



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STATE EXECUTIVE COMMITTEE MEMBERS 2025



DR. SAVITHA KARLWAD



DR. HARSHA G V



**DR. SUNIL SUBHASH
JOSHI**



DR. SANGAMESH



DR. NAGARAJ BHALKI



Shastra

July - September 2025



Upcoming EVENTS

2026
KSCASICON
 Expertise, Experience, Excellence
 44th Annual Conference
 Karnataka State Chapter of
 Association of Surgeons of India

"Advancing with Techniques and Science, Continuing with Concepts and Conscience"

13th, 14th, 15th
February, 2026

VENUE:
Auditorium, RIMS Campus,
Hyderabad Road, Raichur - 584102

HOST:
Association of Surgeons of
India Raichur Branch in
association with Department of
General Surgery, RIMS, Raichur

REGISTRATION FEE

CATEGORY	EARLY BIRD FEB 1 -JULY 31	AUGUST 1 - DECEMBER 31	DECEMBER 31- SPOT REGISTRATION
PGS	₹5500	₹6000	₹6500
ASI MEMBERS	₹6000	₹7000	₹8000
RC MEMBERS	₹11000	₹11000	₹12000
Non - ASI MEMBERS	₹6500	₹7500	₹8500
Accompanying person	₹5000	₹5000	₹5000

NOTE: Fees include of GST

Bank Name: STATE BANK OF INDIA
 Branch: RIMS Branch
 Account Name: THE ASSOCIATION OF SURGEONS OF INDIA
 A/c. No. 00000043307696679
 IFSC: SBIN0021191

BHIM UPI

WWW.KSCASICON2026.COM

KINDLY REGISTER TO ALL THE UPCOMING EVENTS. DELEGATES PRESENCE ADDS TO THE SUCCESS OF THE EVENTS.



KSCASI ACADEMIC ACTIVITIES

KSC ASI WEBINARS

KSC INSIGHTFUL PG CLINICS was held on 11th JULY 2025 on Virtual platform zoom.

Examiners:

Prof. Kasa Somasekhar, HOD, BMCRC, Ballari.

Prof. M Shiva Prasad, BMCRC. Ballari.

Dr. Ishwaraprasad.G.D, AP, HIMS , Hassan.

Moderator:

Prof. Gurubasavana Gouda Y, Surgical Oncology , Treasurer KSCASI

Prof. B N Anandravi, EC MEMBER KSCASI

Presenters (PGs, HIMS, Hassan):

- **Dr. Aastha Arora**

Topic : PVD (Atherosclerosis)

- **Dr Sahera**

Topic : Patient with Abdominal Mass

KSC ASI SURGEONS TIME

KSC ASI conducted Academic activity Surgeons time on 25.5.25 on Virtual platform

Moderator:

Prof. B N Anandravi EC MEMBER KSCASI

Faculty:

- **Dr.Venkatachala K**

Topic: Breast conservation surgery with sentinel node biopsy/ axillary node dissection

- **Dr Krishna Rao**

Consultant Pediatric Surgeon MRMC, Kalaburagi,

Topic: Minimally Invasive Surgery in children



KSCASI ACADEMIC ACTIVITIES



KSC ASI SURGEONS TIME

KSC ASI conducted Academic activity
Surgeons time on 29.8.25 on Virtual platform

Moderators:

Dr. Shrishail Metgud

HOD, Surgery, JNMC , Belagavi

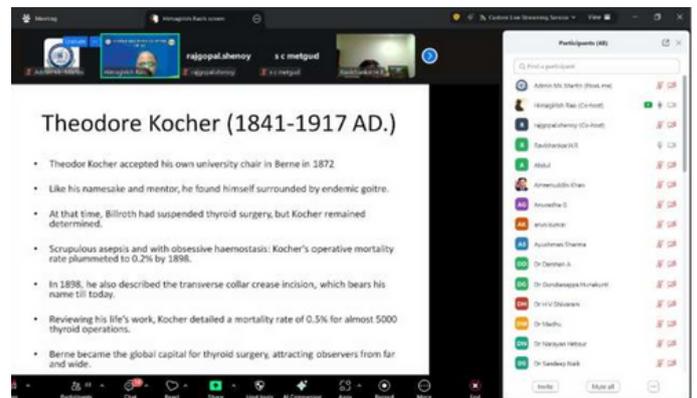
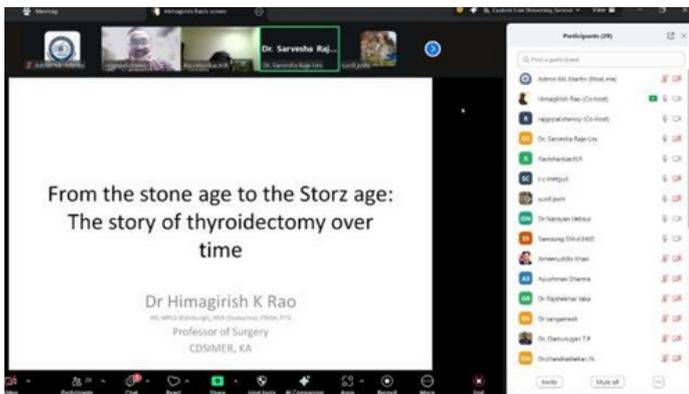
Dr. Harsha G.V.
EC member, KSC ASI

Faculty:

Dr. Himagirish K Rao

**Professor Depart. of General Surgery, CDSIMER,
Karnataka.**

**Topic: "Thyroid surgery over the ages: from Stone to
Storz."**





KSCASI ACADEMIC ACTIVITIES

KSC ASI WEBINARS

KSC INSIGHTFUL PG CLINICS was held on 11th september 2025 on Virtual platform zoom.

Examiners:

Dr. M.R.Sreevatsa

Dr. M.S.Kotennavar

Moderator:

Dr.Ashok S Godhi

Prof. B N Anandravi, EC MEMBER KSCASI

Presenters (PGs, HIMS, Hassan):

- **Dr.Shivmani,**
- **Case: Gastric outlet obstruction,**
- **Dr.Shreyas Ranganath,**
- **Case: Multinodular Goitre.**

KARNATAKA STATE CHAPTER OF ASSOCIATIONS OF SURGEONS OF INDIA INVITES YOU TO

KSC PG TIME

Thursday 11th, September 2025 Start At 08:00pm Onwards

MODERATOR
DR. ASHOK S. GODHI
Professor & Principal, JNMC Belgaum

EXAMINERS
DR. M.R. SREEVATHSA
Professor of Surgery, Sri Siddhartha Institute of medical sciences, Nelamangala.
DR. M.S. KOTENNAVAR
Professor & HOD, ELITE, Deemed to be University

PRESENTERS
DR. SHIVMANI
Topic: Gastric outlet obstruction
DR. SHREYAS RAGHUNATH
Topic: Multinodular Goitre

ACADEMIC CO-ORDINATOR
Dr. B Srinivas Pai Dr. Preethi S P
WARM REGARDS,

Dr. Rajgopal Shenoy K
Chairman KSC-ASI
Dr. Sarvesha Raja Itra A.S
Hon. Secretary KSC-ASI
Dr. Gurubasavanna Gouda Y
Treasurer KSC-ASI
Dr. Naaz Jahan Shaik
Chairman Elect KSC-ASI

Meeting ID: 882 183 0440
Passcode: kscasi

KSCASI - LIVE STREAM
YOUTUBE CHANNEL

KSC ASI SURGEONS TIME

KSC ASI conducted Academic activity Surgeons time on 25.09.25 on Virtual platform

Moderators:

Dr.Venkatesh K L

Chief Editor KJS,

Dr.Gurubasavan Gouda,

Treasurer KSCASI

Faculty:

Dr.Gaddi Divakar,

Pror & HOD dept. of Paediatric surgery,

Topic: Basic paediatric surgery - how to do it correctly

KARNATAKA STATE CHAPTER OF ASSOCIATIONS OF SURGEONS OF INDIA INVITES YOU TO

KSC SURGEONS TIME

Thursday 25th, September 2025 Start At 08:00pm Onwards

MODERATORS
DR. K.L. VENKATESH
Chief Editor - KJS
DR. GURUBASAVANNA GOUDA Y
Treasurer KSCASI

FACULTY
DR. GADDI DIVAKAR
Hon. Secretary - ASI

TOPIC
BASIC PEDIATRIC SURGERY- HOW TO DO IT CORRECTLY!

ACADEMIC CO-ORDINATOR
Dr. B Srinivas Pai Dr. Preethi S P
WARM REGARDS,

Dr. Rajgopal Shenoy K
Chairman KSC-ASI
Dr. Sarvesha Raja Itra A.S
Hon. Secretary KSC-ASI
Dr. Gurubasavanna Gouda Y
Treasurer KSC-ASI
Dr. Naaz Jahan Shaik
Chairman Elect KSC-ASI

Meeting ID: 882 183 0440
Passcode: kscasi

KSCASI - LIVE STREAM
YOUTUBE CHANNEL



KSCASI NEWSLETTER

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**KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025
CONFERENCE SUMMARY BY HON. SECRETARY**

Dates: 9–10 August 2025

Venue: Kanachur Institute of Medical Sciences, Mangaluru

Host: Association of Surgeons of India – South Canara City Branch (KSCASI)

Organising Committee: KSCASI Mid-CON 2025 Organising Team, KIMS The 8th

KSCASI Mid-CON 2025 convened an engaged assembly of practising surgeons, academic faculty, post-graduates and medical students for two days of high-quality academic exchange, practical demonstrations and multidisciplinary discussion. The programme balanced plenary lectures, short targeted presentations, video sessions, panel debates and case presentations to address both common surgical problems and complex subspecialty topics. Key themes included peri-operative infection control and antibiotic stewardship, practical management of acute surgical emergencies (notably perforative peritonitis), advances in minimally invasive surgery, endocrine and head-and-neck tips, trauma initial resuscitation, and oncological management pathways (pancreatic, retroperitoneal and breast). The conference also featured strong student and junior faculty participation through paper and poster presentations, culminating in a valedictory ceremony with awards.



KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025 CONFERENCE SUMMARY BY HON. SECRETARY

Day 1 – 9 August 2025:

Opening, Scientific Sessions & Video Demonstrations

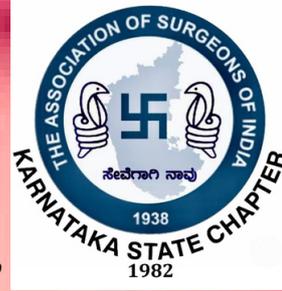
Opening & Inauguration

Day 1 opened with an inspiring prelude and formal inauguration. Anchors began with a surgeon's reflection on knowledge and practice, and delegates were welcomed to the Kanachur campus. The ceremonial invocation was rendered by Master Abdus Salam (3rd year MBBS) who recited verses from the Holy Quran, setting a solemn and respectful tone for the proceedings.

The Welcome Address was delivered by Dr. P. Sathyamoorthi Aithala, President of ASI South Canara City Branch. The lighting of the lamp followed, after which dignitaries on the dais included the Director Mr. Abdul Rahiman, Dean Dr. Shahnawaz Manipady, Founder Chairman Dr. Haji U.K. Monu, and notable guests from KSCASI and the region.

The Chief Guest, Dr. Prof. Niranjan Kumar (Hon'ble Vice-Chancellor, SDM University, Dharwad), was felicitated by the dignitaries on stage (with a special felicitation introduction by Dr. Vinay Alva, Organising Treasurer). The Chief Guest formally released the conference's publications and addressed the gathering. Dr. Haji U.K. Monu launched the digital initiative E-Shastra and also spoke as Guest of Honour. The Presidential Address was made by Dr. Rajagopal Shenoy K (Chairman, KSCASI). The ceremony closed with the release of KJS and a Vote of Thanks by Dr. Likith M. Rai, Organising Secretary & Secretary of ASI South Canara City Branch





KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025 CONFERENCE SUMMARY BY HON. SECRETARY

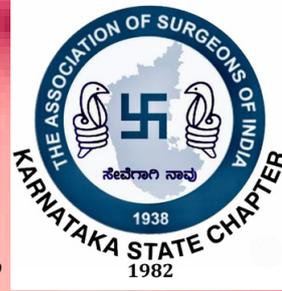
Morning Scientific Block (09:00 – 11:00)

- 09:00–09:40 – Panel Discussion: Perforative Peritonitis Moderated by Dr. Savitha Karlwad, the panel included Dr. Vishwanath Pattanshetty, Dr. Manjunath Kottannavar, Dr. Anupama Pujar K, and Dr. Suresh BP (Dr. Suresh Badiger). The panel addressed diagnostic algorithms, timing and indications for operative intervention, sepsis control, staged management strategies and postoperative monitoring. Practical pearls and local resource-sensitive approaches were emphasised. The session concluded with an interactive Q&A and the panel and moderator proceeded for photographs and certificates.
- 09:40–10:00 – Lecture: Surgical Site Infections & Antibiotic Stewardship Speaker: Dr. Chandrashekar N
This evidence-based lecture synthesised recent concepts in SSI prevention, peri-operative antimicrobial choices and stewardship principles: appropriate prophylaxis timing, de-escalation strategies, and institutional antibiotic policy development. A lively floor discussion followed.
- 10:00–10:15 – Lecture: Current Concepts in Wound Healing Speaker: Dr. Anand Peter Ignatius This short, practical talk explored cellular and molecular aspects relevant to clinical wound management, adjunctive therapies and when to escalate to specialized wound care.
- 10:15–10:30 – Lecture: Post-Operative Rounds – An Evidence-Based Approach Speaker: Dr. K. Rajagopal Shenoy
A structured approach to post-op rounds and early detection of complications was presented with checklists, documentation pointers and communication strategies.
- 10:30–10:45 – Lecture: Approach & Tips to Parathyroid Surgery Speaker: Dr. Santosh Chikkareddy Practical operative tips for exposure, identification of parathyroid tissue, and mitigation of recurrent laryngeal nerve injury were highlighted.
- 10:45–11:00 – Lecture: Trauma – Initial Resuscitation (The First Golden Hour) Speaker: Dr. Prof. Rahul Bhat A concentrated teaching session on priorities of airway, breathing, circulation, permissive hypotension, and rapid decision-making rounded off the morning block. Following the morning block, delegates moved between concurrent paper and poster presentation halls before reconvening for the afternoon programme.

Sessions & Panels (14:30 – 16:30)

The afternoon featured concise, high-quality video demonstrations and technical talks that emphasised operative technique and decision-making.

- 14:30–14:40 – Safe Laparoscopic Cholecystectomy (Video) Presenter: Prof. Dr. Sameer Ahmed Practical tips on safe dissection, critical view of safety and bailout strategies dominated the discussion.
- 14:40–14:50 – Lap TEP / TAPP (Video) Presenter: Dr. Rakesh Rai.
- 14:50–15:00 – Laparoscopic Appendicectomy: Tips & Tricks (Video) Presenter: Dr. Naaz Jahan Shaikh. Concise technical nuances for different presentations of appendicitis.
- 15:00–15:10 – Phyllodes (Video) Presenter: Dr. Venkatachala. Surgical approach, margin strategy and reconstructive options were discussed.
- 15:10–15:20 – Ilioinguinal Block Dissection (Video) Presenter: Dr. Ravivarma. A methodical anatomical dissection video emphasised anatomical landmarks and oncological principles.
- 15:20–15:30 – Thyroidectomy Basics (Video) Presenter: Dr. Gurushantappa Yalagachin. Classic steps, nerve preservation and hemostatic control.
- 15:30–15:40 – Fundoplication (Video) Presenter: Dr. L. Ramachandra.
- 15:40–15:50 – Lichtenstein Hernioplasty – Common Surgery Yet Not Easy (Video) Presenter: Dr. Shilpa Suresh Huchannanavar. Emphasis on anatomical dissection, tension-free repair and mesh fixation.
- 15:50–16:30 – Panel Discussion: Post-Operative Intestinal Fistula Moderator: Dr. K. Jayaram Shenoy A long, practical panel examined classification, timing of re-intervention, nutritional support, diversion vs definitive repair, and multidisciplinary care pathways. All speakers and chairs were invited to the photo-booth after their sessions for



KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025 CONFERENCE SUMMARY BY HON. SECRETARY

• Day 2 – 10 August 2025: Case Presentations, Advanced Lectures & Closing

Day 2 opened with warm greetings from the anchors and a recap of Day 1 highlights. Delegates returned energized for focused case discussions and advanced lectures. Morning Case Presentation Sessions (08:30 – 10:00)

- 08:30–09:15 – Case Presentation: Peripheral Arterial Occlusive Disease (PAOD) Moderator: Dr. Bhagavan K R. Clinical cases were presented demonstrating limb ischemia workup, revascularisation options and limb salvage algorithms. Multidisciplinary perspectives enriched the session.
- 09:15–10:00 – Case Presentation: Abdominal Mass / Thyroid Moderator: Dr. Kalaivani V. Complex diagnostic dilemmas in abdominal mass and thyroid pathology were discussed; peri-operative planning and individualized decision-making were emphasised. Delegates then dispersed for paper and poster sessions before reconvening for the late morning/early afternoon lectures.

Late Morning Lectures & Panel (11:45 – 13:15)

- 11:45–12:00 – Principles of Pancreatic Resection Speaker: Prof. S. S. Prasad A surgical roadmap for pancreatic resections, indications, vascular considerations and post-op care was presented.
- 12:15–12:30 – Common Paediatric Emergencies Speaker: Prof. Diwakar Gaddi Chairs: Dr. Tejaswini Vallabha, Dr. Madhu B S, Dr. Chandrashekhar S (Mysuru), Dr. Rajesh Ballal. Acute presentations in paediatric surgery were examined with emphasis on stabilization and timely referral.
- 12:30–13:15 – Panel Discussion: Carcinoma Breast Moderator: Prof. Dr. B. Srinivas Pai Panelists: Dr. Major Shashishekar (SDMC), Dr. Ayush Bansal (JNMC), Dr. Sanjana (MMC), Dr. Ayesha (MS Ramaiah). A multi-disciplinary exploration of staging, neo-adjuvant strategies, surgical margins, oncoplastic options and adjuvant care closed the scientific programme.

Valedictory Function & Awards The Valedictory Function formally concluded the Mid-CON.

- A concise conference summary was presented by the Organising Secretary/Scientific Chair, followed by distribution of Paper and Poster awards. As per programme protocol, Runner-Up and Winner prizes were presented by designated dignitaries (two different presenters for Runner-Up and Winner in each category).
- The awards for Paper Presentation and Poster Presentation were conferred (Winner / Runner-Up names to be filled as appropriate):
 - Paper Presentation – Runner-Up: Ramprashanth MP
 - Paper Presentation – Winner: Trupthi SM
 - Poster Presentation – Runner-Up: Akshatha Thaakre
 - Poster Presentation – Winner: Medikonda Eswar
- Following the awards, the Chairman of the Scientific Committee, Chairman-Elect, and Secretary offered closing reflections. A cheque of ₹25,000 was generously donated to the Poor Patient Fund of Kanachur Medical College as charity. This contribution was handed over by the President, Secretary, and Treasurer of MIDCON 2025 to Mr. Abdul Rehman, Director of Kanachur Institute of Medical Sciences, Mangalore. The formal Vote of Thanks was then delivered by Dr. Sarvesha Raje, Secretary of KSCASI, after which delegates were wished a safe journey home. The event concluded with warm acknowledgements and an invitation to future KSCASI events.

HIGHLIGHTS OF MIDCON 25

- HIGHEST NUMBER OF REGISTRATION 585, HIGHEST PAPERS 127, HIGHEST E-POSTERS 275.
- FACULTY FROM HIGHEST NUMBER OF DISTRICTS,
- FIRST TIME TRAUMA SESSIONS WERE INTRODUCED IN MEMORY OF LATE DR. MANJUNATH SHENOY, [LOST HIS LIFE IN A RTA ON THE WAY TO BALLARI AS SECRETARY KSC ASI]
- FIRST TIME CASH PRIZES AND BOOKS WERE GIVEN TO TRAUMA SESSION WINNERS,
- FIRST TIME CHARITABLE WORK WAS DONE.



KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025 PHOTO GALLERY



The Chief Guest, Dr. Prof. Niranjan Kumar (Hon'ble Vice-Chancellor, SDM University, Dharwad), was felicitated by the dignitaries on stage (with a special felicitation introduction by Dr. Vinay Alva, Organising Treasurer)

Dr. Haji U.K. Monu launched the digital initiative E-Shastra and Prestigious journal of Karnataka Surgeons "KJS"

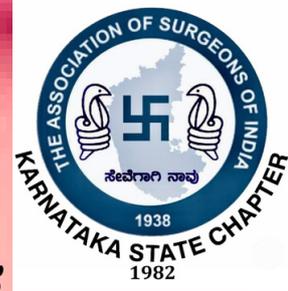




KSCASI NEWSLETTER

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KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025 PHOTO GALLERY



On 11th September (Chairman's birthday), the Chairman generously sponsored the wishes of three children undergoing cancer treatment. The total cost of the activity was ₹18,000. The children were given toys and a small celebration to brighten their day.



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KARNATAKA STATE CHAPTER (KSCASI), 8TH KSCASI MID-CON 2025 PHOTO GALLERY



TEAM BEHIND SUCCESS OF MIDCON - 2025

Rs25000 Cheque was given to poor patient fund of Kanchur medical college as charity. Cheque was handed over by Midcon - 2025 president secretary and treasurer to the Mr. Abdul Rehman director of Kanachur institute of medical sciences Mangalore.



KSCASI CHAIRMANS SOCIAL ACTIVITIES

Child with Cancer



Make A Wish

Chairman activity



close to Heart

MAKE A WISH PROJECT CONDUCTED ON 11/09/2025

On 11th September (Chairman's birthday), the Chairman generously sponsored the wishes of three children undergoing cancer treatment. The total cost of the activity was ₹18,000. The children were given toys and a small celebration to brighten their day.





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KSCASI CHAIRMANS SOCIAL ACTIVITIES

Child with Cancer



Make A Wish

Chairman activity

close to Heart



MAKE A WISH PROJECT CONDUCTED ON 11/09/2025



Mohammed Azaan 3 yr old boy from Karkal diagnosed with relapsed germ cell tumour



Harsha is a bright and cheerful 14-year-old boy from Chitradurga district. Recently, he was diagnosed with relapsed B-cell Acute Lymphoblastic Leukemia (B-ALL).



Aryan is a cheerful 7-year-old boy from Bhatkal. Recently, he was diagnosed with B-cell Acute Lymphoblastic Leukemia (B-ALL)



Shastra

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KSCASI CHAIRMANS SOCIAL ACTIVITIES

FELICITATION OF SAMARTH J. RAO - CHESS CHAMPION

24-year-old Samarth J. Rao, on a wheelchair and handicapped due to cerebral palsy, was felicitated at his residence in Honnavar, Karnataka on September 12th, 2025 by KSC ASI Chairman and senior surgeon from Udupi City branch for his remarkable achievements, including winning international gold medals in the game of chess.

KSC ASI congratulated him and wished him the best of success in the future.

ಚೆಸ್ ಆಟಗಾರ ಸಮರ್ಥಗೆ ಸನ್ಮಾನ



ಹೊನ್ನಾವರ: ರಾಜ್ಯ ಸರ್ಕಾರದ ಸಂಘಟನೆ ಮತ್ತು ಮನವರಿಕೆ ಇಲಾಖೆಯ ಅಧ್ಯಕ್ಷರು ಮತ್ತು ಸರ್ಕಾರದ ಅಧಿಕಾರಿಗಳು ಸಮರ್ಥ ಜಿ ರಾವ್ ಅವರನ್ನು ಸನ್ಮಾನಿಸಿದರು.

■ ಉದಯವಾಣಿ ಸಮಾಚಾರ ಹೊನ್ನಾವರ: ಇಲ್ಲಿಗೆ ಅಂಚೆ ಕೆಲಸಿ ಉದ್ಯೋಗಿ ಹಾಗೂ ಅಂತರಾಷ್ಟ್ರೀಯ ಚೆಸ್ ಆಟಗಾರ ಸಮರ್ಥ ಜಗದೀಶ್ ರಾವ್ ಸಾಧನೆ ಪರಿಗಣಿಸಿ ಅವರನ್ನು ರಾಜ್ಯ ಸರ್ಕಾರದ ಸಂಘಟನೆ ಮತ್ತು ಮನವರಿಕೆ ಇಲಾಖೆಯ ಅಧ್ಯಕ್ಷರು ರಾಜ್ಯ ಸರ್ಕಾರದ ಅಂಚೆ ಕೆಲಸಿ ಸಿಬ್ಬಂದಿ ಇದ್ದರು.

ಸಮರ್ಥರಿಗೆ ಅಂಚೆ ಕೆಲಸಿ ನಿರೀಕ್ಷೆ ಅಭಿನಂದಿಸಿದರು. ರಾಜ್ಯ ಸರ್ಕಾರದ ಅಧಿಕಾರಿಗಳು ಸಮರ್ಥ ಜಗದೀಶ್ ರಾವ್ ಅವರನ್ನು ಸನ್ಮಾನಿಸಿದರು.





Shastra

July - September 2025



KSCASI CHAIRMAN VISIT

On 9th JULY 2025 KARNATAKA STATE CHAPTER CHAIRMAN'S & HON SECRETARY visited SSB ASI BANGALORE CITY BRANCH @ CRYSTAL HALL CAPITOL HOTEL

Grand release of *Karnataka Journal of Surgery* was done by Dr Rajagopal Shenoy , Chairman KSCASI & Dr. Sarvesha Raj Urs. A.S, Hon Secretary KSCASI. Dr C S Rajan – Past Chairman KSCASI, Dr H V Shivaram – National ASI E C Member & Past Chairman- KSC ASI, Dr Sunil Joshi – State E C member were present. Followed by felicitations to the dignitaries.





BANGALORE CITY BRANCH

MONTHLY CLINICAL MEETING

Held on 16th JULY 2025 hosted by **SAGAR HOSPITAL at API BHAVANA**, Bengaluru.

6:00PM to 7:00PM - Postgraduate Teaching Programme :

1. **BRIDGING THE GAP: PROPER TRANSPORT OF HISTOPATHOLOGY SPECIMEN - DR. ASHOK MARATHE**
2. **INTRODUCTION TO ONCOPATHOLOGY REPORTING - DR. BIJI K.A**

7:00PM to 7:30PM - POSTERS

7:30PM to 8:30PM - SCIENTIFIC PAPERS



HEALTH AWARENESS PROGRAMME

On 6.8.25 KSC ASI SSB Bangalore city branch conducted Health awareness program

at MTRDC a highly specialized centre of DRDO under the Ministry of defense

Prof. Dr. Premkumar spoke on Obesity and life style modification,

Dr. Himagirish Rao .K.

Spoke on Thyroid disorders,

Dr.Sunil Kumar, spoke on Common health Myths and facts.





BANGALORE CITY BRANCH

MONTHLY CLINICAL MEETING

On 20.8.25 KSC ASI SSB city branch conducted Monthly Clinical meet at API bhavan by St. Johns Medical college hospital,

6:00pm to 7:00pm CASE PRESENTATION:

"HORMONAL HIJINKS: DIAGNOSING AND MANAGING FUNCTIONAL ADRENAL TUMORS"

DR. VIKRAM SHARANAPPA - MBBS, MS, FNB, MCh

Endocrine and Breast Surgery, Department of Surgery

7:00PM to 7:30PM - POSTERS

7:30PM to 8:30PM: SCIENTIFIC PAPERS



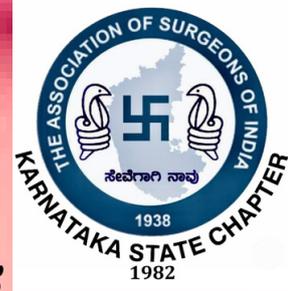
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BANGALORE CITY BRANCH

TRIBAL HEALTH CAMP

On 11.09.25 KSCASI in association with SSB Bangalore city branch conducted Tribal Health awareness program and Health checkup camp in association with Vivekananda Girija kalyana kendra institute of public health and community Health centre at Gumbale, B.R.hills. Also did health awareness program through house to house visit.



MONTHLY CME PROGRAMME

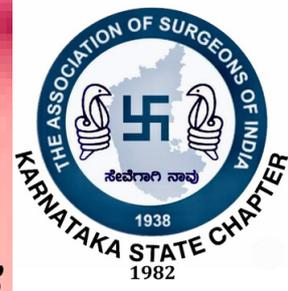
On 17.09.25 SSB Bangalore city branch conducted Monthly Clinical meet at API bhavan hosted by BMCRI, Bangalore.

JOIN US FOR AN INSIGHTFUL EVENT
MONTHLY CLINICAL MEETING
 17 SEPTEMBER 2025. API BHAVAN, VESANTHANNAGAR

HOSTED BY
 BANGALORE MEDICAL COLLEGE & RESEARCH INSTITUTE

PG teaching session- OSCE	6-7 PM
Poster presentations	7-7.30 PM
A Case Of Dermatofibrosarcoma Protuberans	Dr. Divya D
Littré's Hernia Presenting As Intestinal Obstruction	Dr. Narendra Prasad B
Laparoscopic Cholectomy In Situs Inversus Totalis	Dr. Sagar Prakash
A Case Of Traumatic Right Diaphragmatic Hernia With Hemothorax	Dr. Sangamesh
Torsional Hernia Masquerading As Obstructed Inguinal Hernia	Dr. Supreeth HB
Unknown Primary - Pheochromocytoma Peritoneal	Dr. Yamase Krishna Y
Mesenchymal Sarcoma Of intestine Presenting With Perforation	Dr. Vignesh V
Aj/Obturator Hernia Causing Intestinal Obstruction	Dr. Thirugathi SM
Primary Intestinal Lymphoma Presenting With Intussusception	Dr. Dhakshith
The Curious Case Of The Carrot That Wanted To Be Cancer	Dr. KJ Karthik
Paper presentations	7.30- 8.30 PM
A prospective study of bundle of minimalist steps in laparoscopic fundoplication	Dr. Budeela Sreevalya
A Cross-Sectional Study On Learning Modalities For Surgical Procedures Among General Surgery Residents in Bangalore	Dr. Yamase Krishna Y
A retrospective study of Non-traumatic major upper limb amputations in a tertiary care centre	Dr. Spoorthy S
Role of Artificial Intelligence in Critical Appraisal of Surgical Trials: A Cross-sectional, Rater-blinded Pilot study	Dr. Abhishek Kumar Singh





BALLARI CITY BRANCH

► CPR WORKSHOP

On 18.8.25 KSC ASI Ballari city branch in association with BMCRC & VV Sangh under the guidance of **Dr. Aravind Patel and Dr. Gaddi Divakar** conducted CPR workshop for students of ASM College. 400 students participated.





HUBLI DHARWAD CITY BRANCH

➔ KSC ASI-HD CITY BRANCH CONDUCTED 2 SEPA PROGRAMME ON 26/7/25 & 27/7/25

- On "Coloproctology" in association with Skill Enhancement Programme of Association of Surgeons of India on Coloproctology.

Dr Ishwar Hosamani, National EC ASI, State lead for SEPA actively organised the function. 10 FL ASI members from various Taluqa places of North Karnataka participated, witnessed, and assisted various procedures viz stapled haemorrhoidectomy, laser haemorrhoidopexy, VAAFT procedures for fistula in ano, seton insertions for high transphincteric fistulas, laser circumcison, etc, excellently demonstrated by guest faculty **Dr. Rajeev Premnath** from Bangalore.



- On "Laser Proctology Workshop" in association with ACRSI (Association of Colorectal Surgeons of India) at Hebsur Hospital.

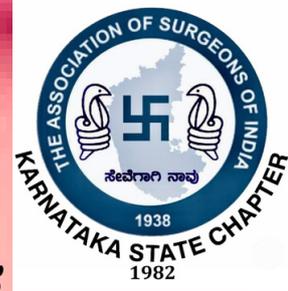
15 FL members of ASI attended the programme. **Dr. Pradeep Sharma (President of ACRSI)** and the chief faculty demonstrated series of live surgeries viz Laser Haemorrhoidoplasty, closed and open internal sphincterotomy, laser sphincterotomy and FILAC procedures. From technique to theory, every moment brimmed with learning and leadership.





Shastra

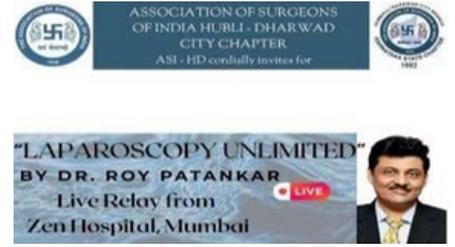
July - September 2025



HUBLI DHARWAD CITY BRANCH

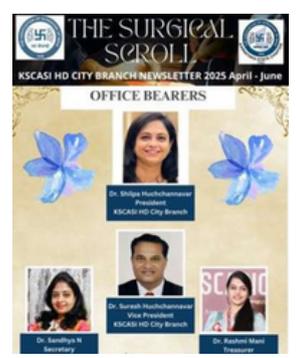
LIVE LAPAROSCOPY WORKSHOP ON 03/8/25

- On 3.8.25 KSC ASI Hubli Dharwad branch conducted Live relay program of Laparoscopy Unlimited from Zen hospital Mumbai.

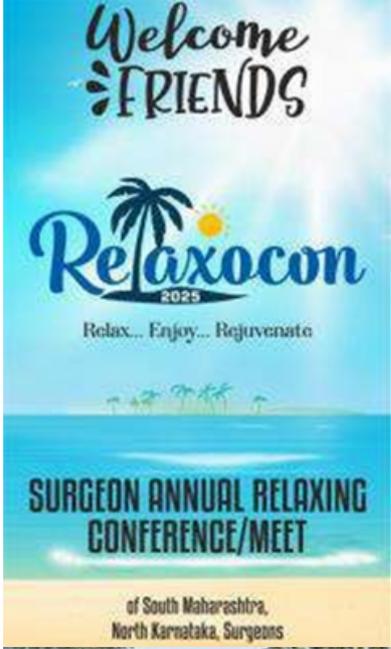


RELEASE OF 2ND NEWS LETTER

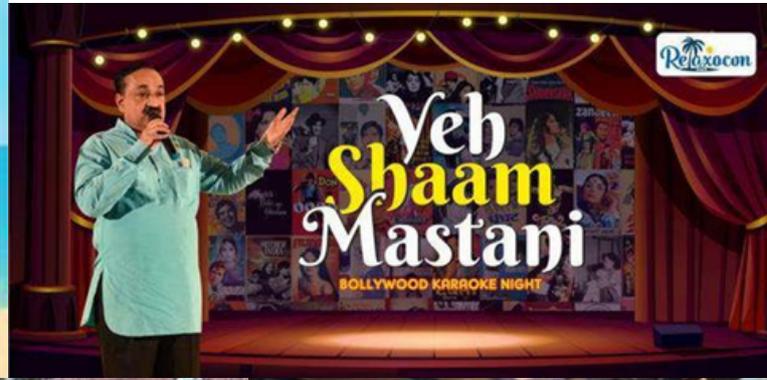
- KSC ASI H D city branch released Surgical Scroll it's second news letter covering activities from April to June 25.



ANNUAL RELAXATION CONFERENCE



- KSC ASI Hubballi Dharwad branch conducted Annual Relaxation conference of North Karnataka and South Maharashtra Surgeons at Goa.





MANDYA CITY BRANCH

► CME PROGRAMME ON 4-8-2025

KSC ASI Mandya city branch in association with MIMS dept. of Surgery and Apollo hospital Mysore at Mandy institute of Medical science conducted **CME on organ donation.**

- Topic: **Diagnosis of Brain death**
- Speakers: **Dr. Ramakrishna .M.N.** "An over view of Liver transplantation"
Dr. Jayanth Reddy

P G clinics was also conducted.





MYSORE CITY BRANCH

CME PROGRAMME

KSC ASI SSM Mysore city branch conducted CME program on 29.7.25 at Hotel Le Ruchi, Hunsur road, Mysore.

TOPIC : **POST SURGICAL WOUND HEALING AND INFLAMMATION,**

SPEAKER: **DR.SREEHARSHA**, CONSULTANT SURGEON, MANIPAL HOSPITAL, MYSORE.



CME PROGRAMME

KSC ASI SSM Mysore city branch 3.8.25 conducted **"Live streaming of Laparoscopy Unlimited"** at Hotel Sandesh the Prince from 9am to 5pm.

Moderators: **Dr. G. Siddesh,**

Past President ASI,

Director Social activities,

Dr. H.M. Lokesh

Surgical Gastroenterologist





MYSORE CITY BRANCH

► BLOOD DONATION CAMP ON 14,15,16/08/25

- KSC ASI SSM Mysore city branch in association with NSS MMCRI conducted Blood donation camp at K.R. hospital, Blood bank, Mysore. 68 units of blood were collected.



► HEALTH AWARENESS CAMP ON 19/8/25

KSC ASI SSM Mysore city branch in association with NSS MMCRI Mysore conducted Health awareness and Health checkup camp at Chiguru Ashrama, Hootagalli, Mysore taluk.

Inaugurated by Dr. Dinesh.H.N. Prof. Dept.of Surgery, MMCRI. Health awareness of preventive and promotive health practices, Non-communicable diseases was given.

Free health checkup done for 172 people

42 eye checkup 17 Psychiatry,

29 cases were referred to K.R. hospital for further investigation and needful.



► BASIC SURGICAL SKILL WORKSHOP

KSC ASI SSM Mysore city branch in association with MMCRI conducted Basic Surgical skill workshop on 22.8.25, 23.8.25 at MMC anatomy hall,

Workshop aimed to provide Hands on exposure to Fundamental Surgical skills, Pre operative procedures, strengthening the confidence and competence of young Medical professionals.

240 delegates participated, BSS: Suturing and Knotting, Pre operative procedures,

Laparoscopic hand eye coordination was taught.





SHIVAMOGGA CITY BRANCH

CME PROGRAMME

On 28.8.25 Shivamogga city branch conducted CME IMA hall
Topic: **Laparoscopic management of Dunbar syndrome**
Speaker: **Dr. Arjun Rao.**



CME PROGRAMME

On 26.09.25 KSC ASI
Shivamogga city branch
conducted CME program at
Shivamogga city club elite.
Speaker: **Dr. Harish .C.**
Consultant Neurosurgeon
and Neurointensivist
Topic: " **Intresting cases in
Neurosurgery and
Neurointervention** "





TUMKUR CITY BRANCH

MONTHLY CLINICAL MEETING

On 13.8.25 KSC ASI Tumkur city branch conducted CME at Urban resort Tumkur,

• Topic:

1. **Medical management of FD and GERD**

Speaker: **Dr. Prashanth B Nirvani,**

2. **Management of GERD**

Speaker: **Dr. Sanjana Gopal.**

Abbott GI Optima Team Cordially Invites You To 'FD GERD Overlap CME'

Date : 13th Aug 2025 Time : 8.00 PM Onwards
Venue : Tumkur Urban Resort
Speaker 1: Dr. Prashanth B Nirvani Rao
Speaker 2: Dr. Sanjana Gopal

Session	Time
Introduction	5 min
1. Introduction to GERD, Dyspepsia and GERD Dyspepsia Overlap - Etiopathogenesis and Clinical presentation	
2. Management of GERD - Guideline recommendations and treatment options	20 min
3. Role of Prokinetics in Dyspepsia - selection of right prokinetic based on efficacy and safety profile	
4. Challenges and recent advances in management of GERD Dyspepsia overlap	
5. Surgical Management of GERD	25 min
Q & A	15 min
Closing Remark	5 min

BRINGING BETTER HEALTH SOLUTIONS FOR GI DYSMOTILITY MANAGEMENT

FD GERD Overlap CME Invitation





VIJAYNAGAR CITY BRANCH

HEALTH AWARENESS PROGRAMMES



On 19.09.25 KSC ASI Vijayanagar city branch conducted Free Rural health checkup camp at Kamalapura



On 25.09.25 Vijayanagar city branch conducted Health awareness programme at Kushtagi





GOOD TEACHER STATE LEVEL AWARD (IMA KARNATAKA)

Three eminent surgeons and senior academicians of KSC-ASI were honoured with the prestigious Good Teacher – State Level Award by IMA Karnataka, recognising their exceptional contributions to surgical education and mentorship.

Award Recipients:

- **Dr. Vidyadhar Kinhal – Past Chairman**
- **Dr. K. Rajgopal Shenoy – Chairman**
- **Dr. Ariff Muhammed**

Their dedication, commitment, and passion for teaching have shaped generations of surgeons across Karnataka.

Message: KSC-ASI proudly congratulates the awardees for their remarkable service in the field of surgical education. We present here the photographs from the felicitation.





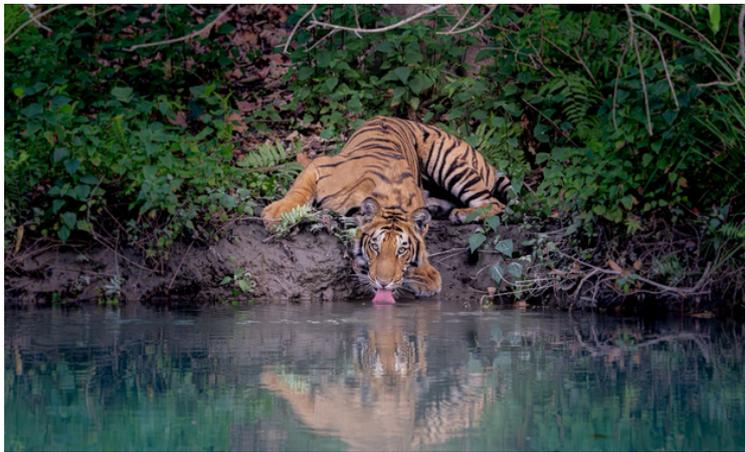
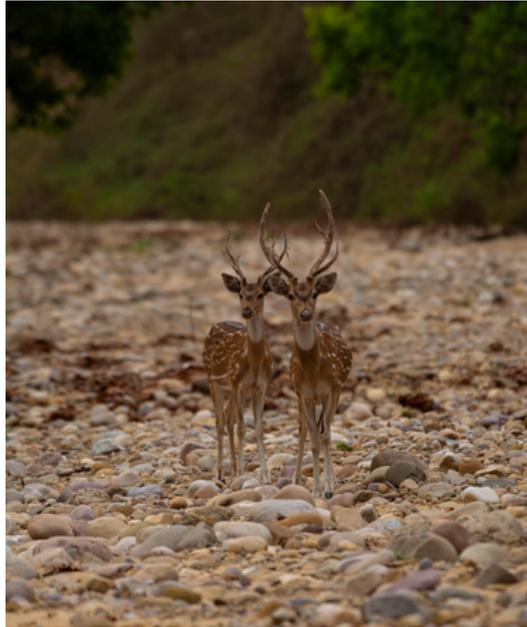
KSCASI NEWSLETTER

Shastra

July - September 2025



Dr Srinivas Pai
EC member KSCASI



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KSCASI NEWSLETTER

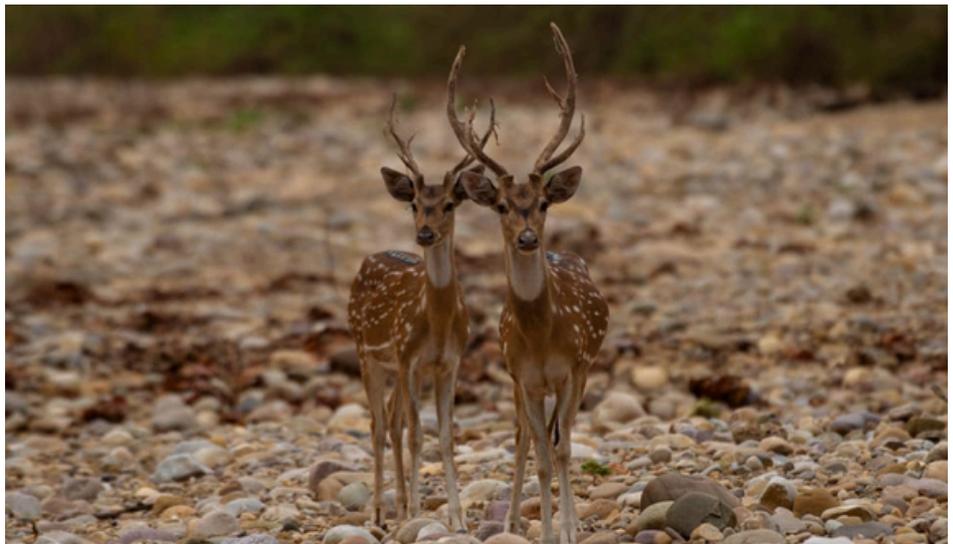
Shastra

July - September 2025



WILDLIFE
Whispers

Dr. Himagirish K Rao
Professor Depart.of General Surgery,
CDSIMER,





KSCASI NEWSLETTER

Shastra

July - September 2025



THERE WAS SPRING, THERE WAS SUMMER AND THEN
DROPPED THE RAINS.

JUST AS A MELODIOUS BIRD YOU KEPT SINGING
YOUR STRAIN.

EVEN WHEN YOU BROKE LIKE THAT ROCKS HIT BY
STORM YOU HAD AMPLE STRENGTH TO LOOK LIKE A
PRINCESS OF THE NIGHT WITH THOSE BEAUTIFUL
HUES.

SO LUSTROUS OVER THE CLOUDS BUT WHEN
SOMEONE TRIED TO FIDGET YOU , I BID GOOD BYE.
WHEN THE DOCTOR SAID THE RUSTY NAILS WERE A
GIFT OF CHEMO, YOU HID HERE AND THERE IN
THOSE AWKWARD ANGLES.

I THOUGHT OF CUTTING YOU OFF AND ESCAPE BUT
HOW COULD I SEVERE YOU OFF AS YOU ALWAYS
WERE MY PRICED POSSESSION AND SO WILL YOU BE
UNTIL I GET BURIED...

--- DR. SANGEETHA KALABHAIRAV



KSCASI NEWSLETTER

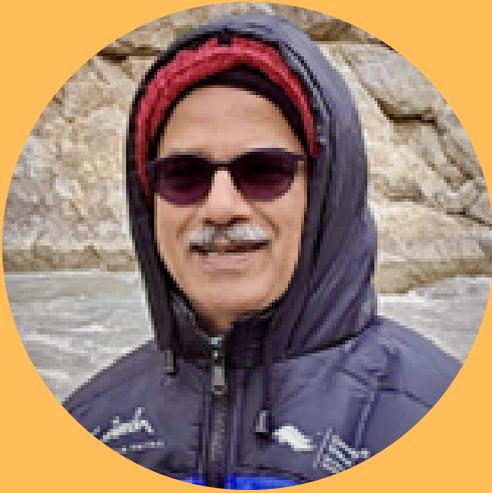
Shastra

July - September 2025



Kailash- Man Sarovar Parikrama:

**A Surgeon's Journey -
Where faith climbs
mountains and silence
becomes the prayer!**



Dr H V Shivaram



It was July 2023 – I was trekking on the highest peak in Africa, the majestic Mount Kilimanjaro (19,341 ft) in Tanzania – the world’s tallest free-standing mountain. As I huffed and puffed through the thin air of that barren yet beautiful peak, a thought crossed my mind: why are so many of us drawn to Kilimanjaro, a desert mountain, when we have the magnificent Himalayas right here in our part of the world?

The Himalayas – world-famous, timeless, and divine – are heaven for trekkers and mountaineers alike. My co-trekker, Dr. Swarna Lokesh from the USA (and my MBBS classmate), smiled and said, “Both are different experiences – Kilimanjaro and Kailash each test you in their own way.” Then she asked, almost casually, “Have you done the Kailash Man Sarovar Parikrama?”

Her question caught me off guard. I had heard of Kailash Man Sarovar, of course – but always imagined it as a pilgrimage reserved for deeply spiritual devotees, much like the Amarnath Yatra. But Swarna offered a different perspective. She described how the Parikrama is both a physical and spiritual odyssey – a test of endurance and faith, set amidst the mystical beauty of snow-covered mountains and the rhythmic music of glacier streams. That conversation planted a seed deep within me – a desire to experience Kailash Man Sarovar myself, to walk that sacred circle around the abode of Lord Shiva.

Upon returning from Kilimanjaro, I began reading more about Mount Kailash and exploring tour options. I reached out to friends and relatives to see who might be interested. Gradually, a small group of twelve like-minded souls came together, and on 2nd September 2023, we formed a

WhatsApp group to plan our pilgrimage. We chose Comfort My Travel, Lucknow, as our tour operator

It was soon after the COVID pandemic and the Galwan skirmishes with China, and few operators were active then. Unfortunately, Tibet permits and Chinese visas for Indian passport holders were still suspended. Our tour operator, however, reassured us that the borders might reopen anytime and advised us to pay an advance of ₹15,000 to reserve our spots – or risk missing the chance altogether. In our eagerness and faith, we agreed and waited.

That wait turned into a long and testing pause – nearly two years! Finally, in June 2025, after a hiatus of five years, China reopened the border for the Kailash Man Sarovar Yatra. Our joy knew no bounds! We began preparing ourselves, both physically and mentally, for the sacred journey.

By August 2025, all formalities – health certificates, documentation, and the total payment of about ₹3 lakhs – were complete. We chose to begin our journey on 3rd September 2025, aligning with the auspicious full moon. But uncertainty lingered – permits were delayed, and our excitement was mixed with anxiety. It was only on 1st September that we finally received confirmation of our Tibet permits. The group visa, we were told, would reach Nepal en route.

By then, a few members had dropped out, leaving nine of us – Shivaram, Jaggi, Latha, Ramesh, Nataraj, Sudha, Vasanthi, Maiya, and Ananthesh – bound together by faith and anticipation. We booked the 4:55 AM flight from Bengaluru to Lucknow for 3rd September

When we finally met at the airport, the excitement was palpable – like schoolchildren setting off on their first excursion. The long months of waiting and uncertainty melted away. As we stood there with folded hands and hopeful hearts, we silently prayed for a successful Kailash Man Sarovar Yatra – one that had finally taken shape through divine grace and the blessings of Lord Shiva himself.

The Kailash Man Sarovar Yatra is one of the most revered spiritual pilgrimages in the world. Hidden deep in the remote expanse of the Tibetan plateau, the majestic Mount Kailash and the tranquil Lake Man Sarovar hold immense religious, cultural, and spiritual significance for Hindus, Buddhists, Jains, and followers of the ancient Bon faith.

Undertaking this pilgrimage is regarded as both a blessing and a test of endurance – a journey that blends devotion, adventure, and self-discovery.

For Hindus, Mount Kailash is believed to be the divine abode of Lord Shiva and Goddess Parvati. Circumambulation of this sacred peak – the Parikrama or outer Kora (a gruelling 52 km trek completed in about 2½ days) – is said to cleanse one of a lifetime of sins and lead to moksha (liberation).

To Buddhists, Mount Kailash is venerated as Mount Meru, the cosmic center of the universe, and is associated with Demchok, the deity symbolizing supreme bliss.

For Jains, it is the hallowed site where their first Tirthankara, Rishabha Deva (Rishabhanatha), attained liberation

Followers of the Bon tradition revere Kailash as the seat of spiritual power and the soul of their ancient wisdom.

KAILASH MANSAROVAR – ACROSS RELIGIONS & MYTHS			
Religion / Text	Significance of Mount Kailash	Significance of Lake Mansarovar	Mythological References
 Hinduism	Abode of Lord Shiva and Parvati; considered the center of the universe (Meru Parvat)	Created from Brahma's mind (Manas); home of Demchok/Chakrasamvara (bliss deity)	Shiva Purana, Skanda Purana, Ramayana, Mahabharata
 Buddhism	Kang Rinpoche (Precious Jewel of Snow), abode of Demchok/Chakrasamvara (bliss deity)	Sacred lake symbolizing purity and self-realization; circumambulation believed to lead to enlightenment	Buddhist cosmology of Mount Meru
 Jainism	Yungdrung Gutseg (Nine-Storey Swastika Mountain) seat of the first	Symbol of life-giving essence; water used in rituals	Jain scriptures on Tirthankaras
 Mahabharat	The Pandavas passed near Kailash on their Mahaprasthan (final)	Symbol of life-giving essence; water used in rituals	Valmiki Ramayana (and later traditions)
 Puranic Legends	Shiva consumed the Halahala poison here after Samudra Manthan (churning of the ocean)	Purifies all pilgrims; brings divine consciousness	Ramayana

At the mountain's base lies Lake Man Sarovar, one of the holiest lakes in the world. Its pristine waters, believed to have originated from the mind (manas) of Lord Brahma, are said to purify the soul and awaken higher consciousness. Bathing in or sipping its waters is considered deeply sanctifying.

The region also features other sacred sites of immense spiritual value – Rakshas Tal, Yam Dwar, Ashtpada, Nandi Parvat, and Gauri Kund – each woven with divine legend and symbolism.

The Mystery of the Twin Lakes:

The neighbouring lakes – Man Sarovar and Rakshas Tal – are a study in contrasts, both mystical and scientific.

According to legend, Rakshas Tal was created by Ravana, the demon king, as a site for penance to Lord Shiva, while Man Sarovar was formed from the mind of Lord Brahma. Despite being connected by an underground channel known as the Ganga Chhu, their natures are strikingly different: Man Sarovar is a serene freshwater lake symbolizing purity and divinity, whereas Rakshas Tal is a salty, desolate lake representing darkness and unrest.

Scientifically, this difference arises from their distinct geological formations and hydrological isolation. Rakshas Tal's lack of freshwater inflow and high rate of evaporation concentrate its salts and minerals, rendering its waters unfit for consumption or vegetation.

In Hindu and Buddhist belief, this duality mirrors the eternal balance of light and shadow, purity and impurity, and positive and negative energies.

Spiritual Landmarks of Kailash:

Yam Dwar – the Gateway to the God of Death – marks the beginning of the sacred Parikrama. Passing through it

symbolizes leaving behind worldly attachments and entering the realm of the divine. It is believed that crossing Yam Dwar cleanses one's soul and prepares the pilgrim for the spiritual challenges ahead.

Ashtpada, meaning Eight Steps, is a mountain peak located on the southern face of Mount Kailash. It is said to be the place where Lord Rishabha Deva, the first Jain Tirthankara, attained Nirvana (liberation)

A spine-like ridge called the Meru Danda runs through the heart of Mount Kailash and is most visible from this southern side. Legend also holds that Ashtpada once featured a grand memorial palace built by King Bharat, Rishabha Deva's son, in honour of his father's enlightenment.

Nandi Parvat is a prominent mountain peak near Mount Kailash, named after the sacred bull Nandi, the vehicle of Lord Shiva, owing to its distinctive bull-like shape and hump. The peak holds deep spiritual significance for devotees, symbolizing unwavering devotion and serving as a divine messenger to Lord Shiva.





Gaurikund is a sacred high-altitude lake, situated at approximately 5,600 meters (18,400 feet) along the descent from the highest point of the Parikrama, Dolma La Pass (5,630 meters / 18,471 feet). It is considered an integral part of the Kailash Man Sarovar Yatra and the Parvathi Sarovar circuit. According to Hindu mythology, Gaurikund is the site where Goddess Parvati bathed and where Lord Ganesha was created, adding profound spiritual significance to this serene and mystical location



The Kailash Parikrama is far more than a pilgrimage; it is a physically and spiritually demanding expedition. Harsh high-altitude conditions — including sub-zero temperatures, snowfall, rain, strong winds, and steep trails — combined with limited facilities, make it a test of endurance. Physical fitness, proper

acclimatization, and mental resilience are essential for anyone attempting this sacred journey.

Yet, beyond the physical challenges, the Parikrama is often described as a journey inward. The serene landscapes, the silence of snow-covered mountains, the musical murmur of glacial streams, and the imposing sight of Mount Kailash inspire reflection, humility, and surrender

During the Parikrama, I was struck by the realization of how small and insignificant human beings are in the vastness of nature. Here, the elements — mountains, rivers, rocks, wind, and flora — seem to merge and dissolve, leaving only the indescribable experience of primordial oneness and eternal emptiness. It is a journey on a plane beyond the ordinary world

How to Reach Kailash Man Sarovar from India or Abroad?

Travellers (age criteria- 10 yrs. to 70yrs.) can access Kailash Man Sarovar via several routes, depending on physical fitness, budget, and time. Options include government-organized journeys through Uttarakhand or Sikkim or privately organized tours via Nepal.

A. Routes Organized by the Indian Government:

The Ministry of External Affairs (MEA) organizes Kailash Man Sarovar Yatra for Indian citizens from June to September. Participation is often selected via a lucky draw and requires medical fitness.

Via Lipulekh Pass (Uttarakhand)

- Duration: 23–25 days
- Route: Delhi → Dharchula (by road) → Trek to Lipulekh Pass → Enter Tibet
- Difficulty: High (extensive trekking in high altitude)

Via Nathu La Pass (Sikkim)

- Duration: 21 days
- Route: Delhi → Gangtok (by road) → Nathu La Pass → Enter Tibet
- Difficulty: Moderate (less trekking, more road travel)

B. Routes Organized by Private Tour Operators

Private operators offer faster, more flexible routes, typically via Nepal, with varying levels of difficulty and duration.

Overland via Kathmandu

- Duration: ~14 days
- Route: Kathmandu → Kyirong border → Man Sarovar / Mount Kailash (Tibet)
- Difficulty: Moderate (road travel plus some trekking)

By Helicopter via Lucknow/Nepalgunj

- Duration: 8–11 days
- Route: Lucknow → Nepalgunj → Simikot (flight) → Hilsa (helicopter) → Taklakot/Purang → Mount Kailash
- Difficulty: Easy to moderate, minimal trekking

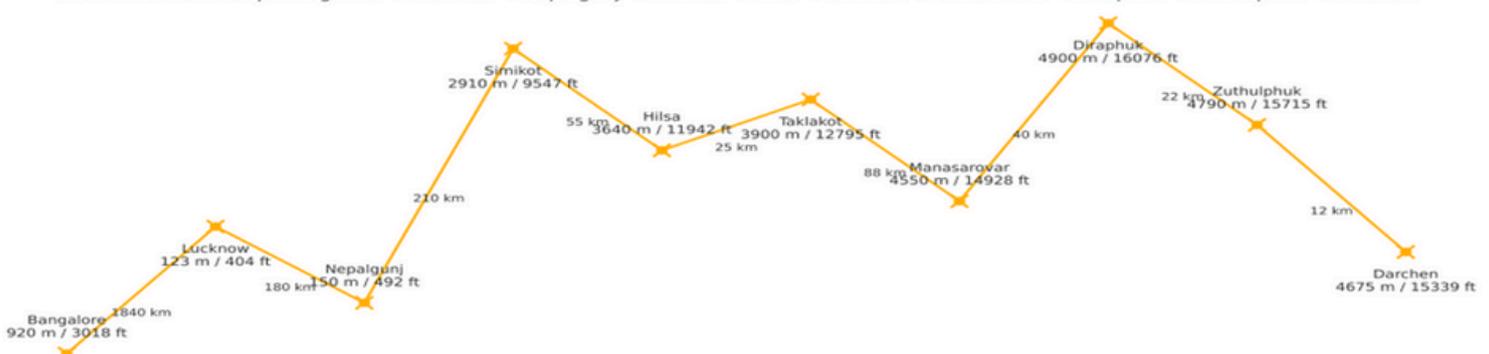
Aerial Darshan via Nepal

- Duration: ~3 days
- Route: Lucknow → Nepalgunj → Chartered flight over Mount Kailash and Lake Man Sarovar
- Difficulty: Very easy, no trekking
- Ideal for: Individuals with mobility challenges or severe health limitations

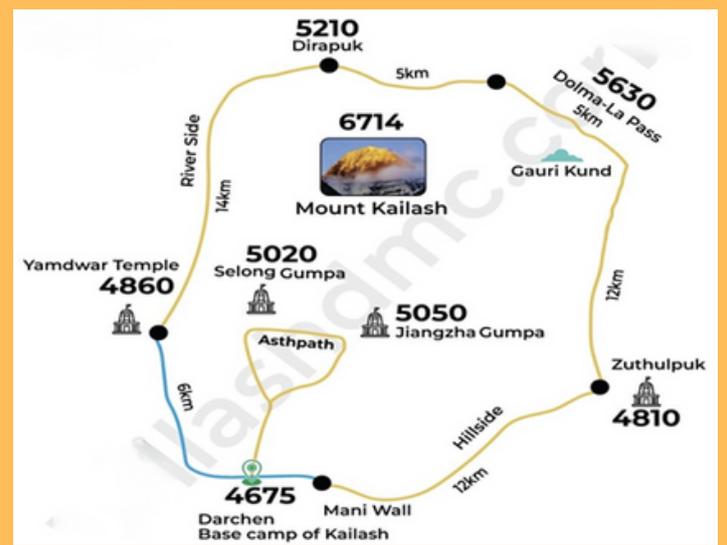
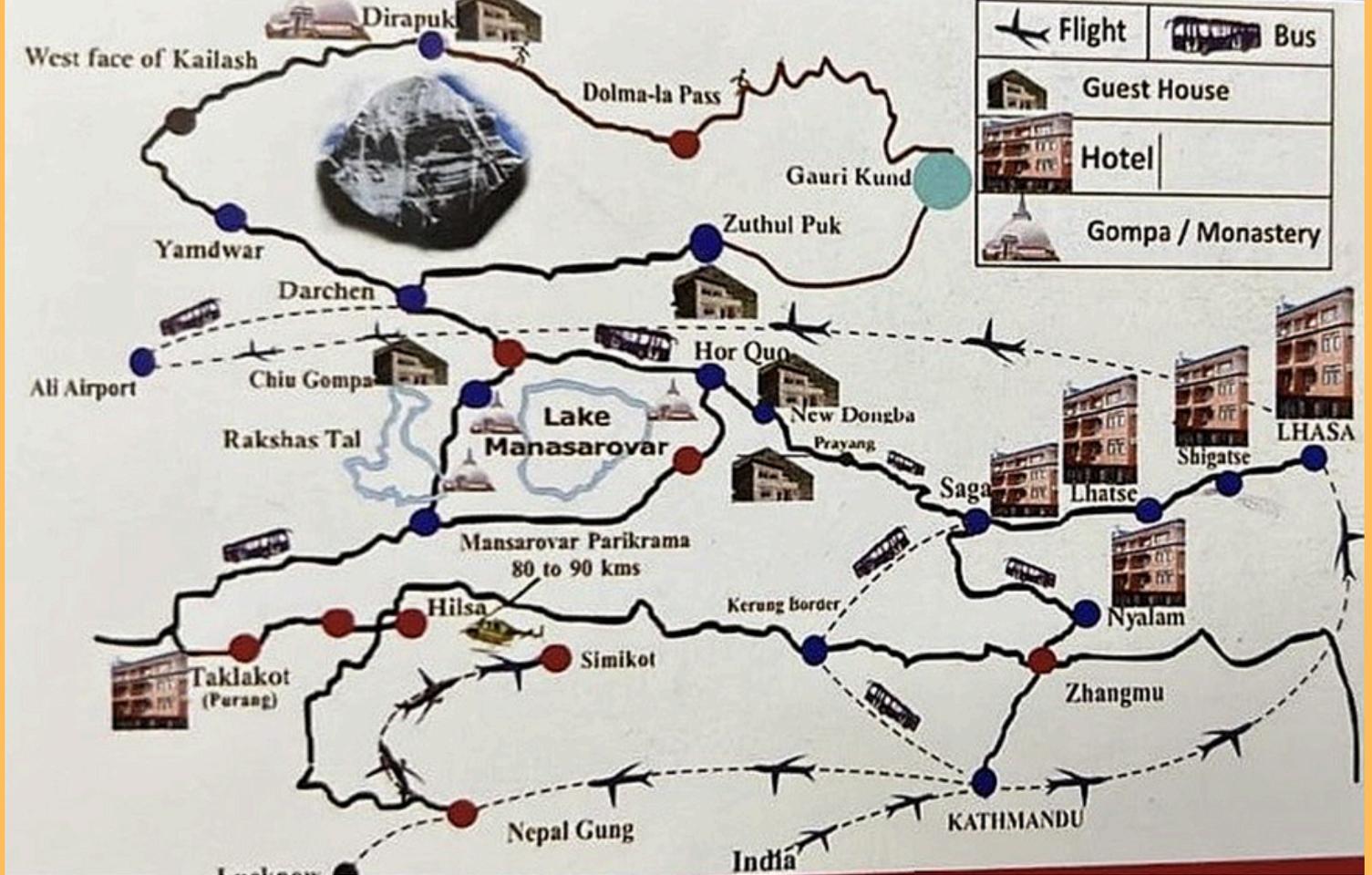
Key Factors to Consider:

- Access to this region in Tibet (China) is strictly regulated and requires government permission. Political conditions may affect routes.
- Chinese Group Visa and Tibetan Permit are mandatory, typically arranged by tour operators.
- Due to high altitude, this journey is physically demanding, and medical fitness and acclimatization are essential.
- Himalayan weather can be a spoiler, holding you up on the way for more days!

Schematic Route Map: Bangalore → Lucknow → Nepalgunj → Simikot → Hilsa → Taklakot → Mansarovar → Diraphuk → Zuthulphuk → Darchen



Diraphuk– 1st night stay. Zuthulphuk– 2nd night stay. Dolma La Pass– highest point 5630mtrs. or 18471 ft.



Place	Altitude (m)	Altitude (ft)
Bangalore	920	3018
Lucknow	123	404
Nepalgunj	150	492
Simikot	2910	9547
Hilsa	3640	11942
Taklakot	3900	12795
Manasarovar	4550	14928
Diraphuk	4900	16076
Zuthulpuk	4790	15715
Darchen	4675	15339

C. Routes via Mainland China for Foreigners and Indians Abroad:

For foreign passport holders or Indians holding a foreign visa who wish to travel through mainland China to reach Tibet, there are two primary options:

1. Flight to Ngari via Lhasa

- Duration: ~9 days
- Description: This is the faster option but requires careful acclimatization due to rapid ascent.
- Route: Fly from your home country to a major Chinese city (e.g., Beijing or Chengdu), then take a connecting flight to Lhasa. From Lhasa, fly to Ngari Gunsa Airport, the closest airport to Mount Kailash, and continue by road to Man Sarovar / Mount Kailash.

Overland via Lhasa

- Duration: ~15 days
- Description: Involves extensive road travel, allowing for gradual acclimatization and more sightseeing.
- Route: Fly to a Chinese city and then connect to Lhasa via flight or train. From Lhasa, travel overland by bus through various Tibetan towns to reach Man Sarovar / Mount Kailash.

Physical Preparation for Mount Kailash Parikrama:

The best season to undertake the Yatra is April to October. The entire Parikrama is at high altitude, making it physically and mentally demanding. The complete Parikrama takes 2½ days on foot, covering steep trails and challenging terrain.

Use of ponies and porters:

- Ponies can carry pilgrims up to the Dolma La Pass, after which the descent must be completed on foot.

- Porters are available for hire to carry backpacks.
- Many unprepared pilgrims struggle to even complete one-day Parikrama from Yam Dwar to Diraphuk.

Training Recommendations (3–6 months prior)

1. Cardiovascular training: Running, cycling, or stair climbing with a backpack.
2. Strength training: Focus on core, legs, and back.
3. Hiking practice: Gradually increase distance and altitude.
4. Breathing exercises: Daily pranayama or deep-breathing routines.
5. Medical fitness: Comprehensive check-up, cardiologist consultation, and attention to altitude tolerance.
6. Weight and nutrition: Reach ideal body weight, maintain a balanced diet with proteins and multivitamins, and stay well-hydrated.
7. Personal trainer: Highly recommended for serious pilgrims aiming to complete the full Parikrama.

Difficulty Level in Practice

In our group of 22 yatris:

- Some walked only a few kilometres from Yam Dwar before returning.
- Most completed one-day Parikrama to Diraphuk, rested overnight, had Darshan at Mount Kailash the next day, and returned to Darchen.
- Only three people completed the full Parikrama on foot, while one used a pony and porter for assistance

Our Planned Itinerary: Our journey was designed as a 9-day pilgrimage:

- India: Lucknow
- Nepal: Nepalgunj → Simikot → Hilsa
- Tibet / China: Taklakot → Mansarovar → Darchen → Diraphuk → Zuthulphuk
- Return along the same route.

Yet, as the Bhagavad Gita reminds us: “Man proposes, God disposes.” While we plan and desire, the ultimate fulfilment depends on the supreme will. Every traveller must surrender to this divine guidance and be prepared for the unpredictable nature of the mountains and the pilgrimage.

Day 01 – Bangalore to Lucknow to Nepalgunj (03.09.2025)

After landing at Lucknow airport, our group was picked up by the travel agency in a flashy Urbania minibus. En route, we were joined by Mr. Saravanan and his three friends from Chennai- Palraj, Dinesh Kumar and Kumaraguru. Breakfast was served along the way, after which we stopped at the Comfort My Travel office for a short briefing and currency exchange to Chinese Yuan. Here, the rest of our group joined us, bringing the total to 22 travellers

Our journey continued by bus towards Nepalgunj, with lunch on the way. Nearing Nepalgunj, we crossed the Indo-Nepal border, completing baggage checks smoothly. Upon arrival, we were welcomed warmly at the luxury five-star Soaltee Hotel, where a sumptuous dinner awaited us, followed by a comfortable overnight stay.

During a short briefing session, we met our tour guide, Mr. Tachi Tamang, a seasoned Sherpa with extensive Himalayan expedition experience

Though his English and Hindi were not fluent, his kind-hearted and pragmatic approach instilled confidence in the group. He briefed us only on what was necessary at the time, never overpromising, and was well-versed in handling the uncertainties of high-altitude travel.

Here, we received our jerkins, repacked our luggage into the backpacks and duffle bags provided by the tour operators, and left the remaining suitcases in the hotel’s storage. Due to the weight and space restrictions of small aircraft and helicopters, each traveller was allowed 5 kg in the backpack and less than 10 kg in the duffle bag. For easier group identification during the journey, each team was assigned distinctively coloured bags and jerkins – ours were blue and black, marked with Make My Comfort.

Day 02 – Nepalgunj to Simikot to Hilsa (04.09.2025)

After a refreshing morning and a sumptuous breakfast, we proceeded by bus to Nepalgunj airport. After a brief wait, we boarded our scheduled flight to Simikot, a 14-seater fixed-wing aircraft operated by Tara Airlines. The small aircraft added a sense of adventure, giving us our first taste of high-altitude flying.

On arrival at Simikot, a chartered helicopter ferried our group in batches of four to Hilsa, a quaint border town surrounded by stunning mountains, with the Karnali River flowing gracefully through the valley. From Hilsa, we were to cross the Nepal-Tibet border on foot, armed with our group China visas – or so we thought. To our surprise and mild shock, our visas had not yet arrived!



Before retiring for the night, our group enjoyed a moment of camaraderie and devotion. We played Antakshari and were charmed by bhajans and keerthans performed by Mrs. Sudha Nataraj, a talented musician from Hassan. Her melodious voice filled the guest house, creating a sense of warmth, joy, and spiritual connection amidst the rugged Himalayan setting.



We had lunch and settled into our dormitory-style guest house, Hotel Snow Lion, where the Nepalese staff, both men and women, were exceptionally kind, attentive, and hospitable.

In the afternoon, we attempted a short walk to stretch our legs and acclimatize. At 11,942 ft above sea level, the air was noticeably thin, making each step a reminder of the altitude. We crossed metallic bridge over the Karnali River, paused to take photos, and returned via a hanging footbridge, all while observing the Chinese border posts just beside us — still with no visa in hand.

That evening, we began taking Diamox tablets to help prevent high-altitude sickness. Staying overnight in Hilsa offered a valuable opportunity to acclimatize before the challenging journey ahead. The limited accommodations were shared with other tour groups, and though the common toilets were basic, they were regularly cleaned and hygienic.



Day 03 – Hilsa (05.09.2025)

Another day in Hilsa gave us a chance to rest, acclimatize, and recharge. The thin mountain air felt a little easier to breathe, and we enjoyed a good night's sleep followed by hearty breakfast, lunch, and dinner, with hot tea served intermittently throughout the day.

From Hilsa onwards, hot water became reliably available for drinking, and we filled our flasks, sometimes adding electrolyte powders or tablets to stay hydrated. At these altitudes, it is crucial to drink at least two litres of water daily to prevent dehydration and aid acclimatization.

The day passed lazily but purposefully, allowing our bodies to adjust to the high altitude. By evening, the long-awaited group visas arrived, finally clearing the way for our next destination: Taklakot in Tibet. Spirits were high, and excitement rippled through the group as we prepared for the next leg of our journey.



Day 04 – Hilsa (Nepal) to Taklakot (Tibet, China) (06.09.2025)

With our group visas for China finally in hand, we were ready to cross the border. After a leisurely lunch, we walked towards the Tibet border for immigration formalities, while our duffle bags were transported by vehicle. As a precaution we deleted all photos related to China, Tibet, and army from our mobile. The Chinese authorities were efficient, quickly checking passports, backpacks, and duffle bags. After waiting for another group to complete their formalities, we boarded a bus and journeyed to Taklakot, reaching by evening.

Taklakot (also called Purang, Pulan, or Burang) lies in the valley of the Sarayu Karnali River and serves as the administrative centre of Burang County in the Tibet Autonomous Region. It is a bustling trading hub for Nepalis and an important gateway for the Kailash Man Sarovar Yatra, offering good hotels, shops, and essential facilities. At an altitude of 12,795 ft, acclimatization is crucial to avoid altitude sickness

We checked into the Himalaya Pulan Hotel, the last hotel with full facilities until we return from the remainder of our journey. After a refreshing shower and a well-prepared dinner by our tour organizers, we spent a peaceful night resting and recuperating. Throughout the journey, only vegetarian food is served, with Jain food available upon request – a thoughtful touch for the pilgrims



Day 05- Taklakot to Man Sarovar (07.09.25)

After breakfast, we took a leisurely walk along the streets of Taklakot, soaking in the early morning calm. Soon, our bus journey began toward Man Sarovar, with our first stop at Rakshas Tal – the “Lake of the Rakshasa” or Ravan Tal. This vast, crescent-shaped saline lake appears lifeless and ghostly, representing darkness and negativity in stark contrast to the sacred Man Sarovar nearby

On the way to our accommodation in the Man Sarovar area, we stopped for lunch at a local hotel. Later, we reached our lodging – a hut/dormitory-style hostel with basic facilities and filthy common toilets. The conditions were surprising, given China’s overall development, and open defecation was common nearby. Public toilets were simple squatting pits with no running water, making wet wipes, tissues, and hand sanitizer essential.

Some of us reflected philosophically: if Lord Shiva can dwell in cremation grounds to welcome souls, who were we to complain? His presence in such places reminds us of his role as the liberator of souls, master of time and destruction, and that true existence transcends birth and death. As the mantra goes: “Jagatah Pitarow Vande Parvati Parameshwara” – Shiva and Parvati are the parents of all life. In moments like these, accepting karma and the flow of circumstances seemed the wisest approach.

In the afternoon, we visited the holy and world-renowned high-altitude freshwater lake, Man Sarovar. The lake’s vastness, tranquillity, and sapphire-blue waters are truly indescribable. Situated at an altitude of 4,583 meters and spreading across approximately 412 square kilometres,

COMPARISON: RAKSHAS TAL VS. MANASAROVAR LAKE

FEATURE	Rakshas Tal	Manasarovar aer
Meaning of Name	“Lake of the Demon	Manasarovar means Lake born from the Mind
Mythological Significance	Ravana, King of Lanka who performed penance here to please Lord Shiva	Considered sacred to Lord Shiva and Goddess Parvati, believed to have
Spiritual Nature	Symbolizes darkness, ego, and negative energies	Symbolizes purity, peace, and divine consciousness
Water Type	Saline (saltwater)	Freshwater
Physical Appearance	Dark blue color, barren surroundings	Clear blue-green water surrounded by snow-clad
Connection Between Lakes	Linked ‘Manasarovar by a natural channe	Receives water inflow from Rakshas Tal through
Religious Practices	No ritual bathing considered inauspicious	Holy dip is believed to cleanse sins and purify soul
Location	West of Manasarovar near Mount Kailash	Round shape representing the sun
Shape (as per belief)	Crescent shaped representing of nat	Round shape representing the sun
Symbolism	Altitude 15,010 feet	Altitude 15,060 feet

Dr H V Shivaram

it is one of the highest freshwater lakes in the world. A parikrama of the lake spans about 90 km, usually undertaken by bus.

Many pilgrims took a holy bath, drank the pure water, or collected some in bottles to take home. Some were busy collecting beautiful pebbles and small stones. Everyone was eager to take a bit Kailash & Man Sarovar to their faraway home! Every member of our group spent a moment in prayer to Lord Mahadeva, remembering elders and ancestors. We concluded the visit with a group photo on the serene banks of Man Sarovar, capturing a memory that would last a lifetime.

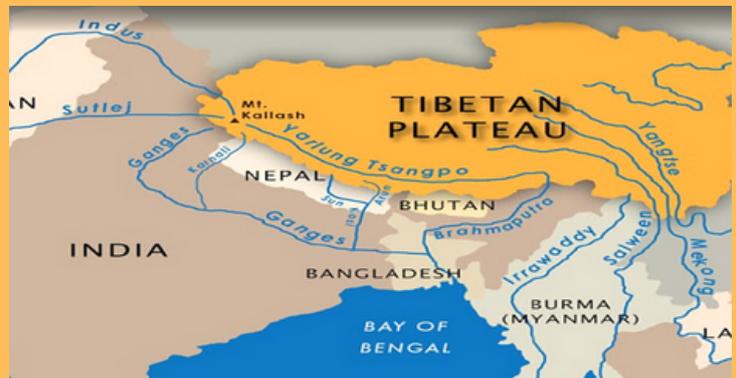




Gradually, as the clouds parted, we were gifted with our first view of Mount Kailash towering behind the tranquil Man Sarovar. Excitement and awe swept through the group – this was the sacred darshan we had journeyed all the way from Bengaluru for, and waited two long years to experience!

On the drive back to our hostel accommodation, we were treated to even more breathtaking views from the western side. We requested the driver to pause, and he kindly obliged, giving us the perfect opportunity to capture countless photographs of the magnificent mountain.

Later, we strolled around the area, and some of us visited the nearby Chiu Gompa, an ancient monastery perched atop the steep, reddish Santok Perli Mountain. The day concluded with a simple but satisfying dinner, hot water, and a restful night under warm razais and blankets, hearts still filled with the wonder of Kailash.



Day 06- Man Sarovar to Darchen (08.09.2025)

In the early morning, we freshened up with whatever little water was available and had a light breakfast. The real challenge of the journey was about to begin. At these altitudes, appetite is often suppressed, but it was important to eat enough to maintain energy for the demanding trek ahead. Continuous hydration with warm water or tea was essential.

Some travelers felt breathless and required medical attention. At altitudes above 10,000 feet, oxygen is sparse, and without proper acclimatization, one may experience Acute Mountain Sickness (AMS) – symptoms can include shortness of breath, dizziness, headache, nausea, fatigue, or confusion. Severe conditions include:

- HAPE (High Altitude Pulmonary Edema): Increasing shortness of breath requiring oxygen and descent to lower altitude.
- HACE (High Altitude Cerebral Edema): Brain swelling, a medical emergency.

To mitigate risks, travelers must:

- Undergo mandatory pre-trip medical checks
- Acclimatize gradually; take one step at a time; listen to your body; slow is fast!
- Stay well-hydrated and avoid alcohol or sedatives
- Carry a pulse oximeter to monitor oxygen saturation daily

In emergencies, evacuation may be required, which can involve significant personal expense, as tour operators typically are not liable for medical costs.

By afternoon, we reached Darchen by bus. After lunch, we visited Ashtapad, paying an additional fee in Yuan for transport and the permit. The journey took about 30–40 minutes, winding through beautiful landscapes with glacial streams flowing toward Man Sarovar.

Reaching the Ashtpada base, we were awestruck by the close-up view of Mount Kailash, Nandi Parvat, and Ashtpada Mountain. Luckily, there were fewer clouds at that moment, offering clear views, though the peaks were soon shrouded again. The sound of glacial waters flowing from the mountains lent the surroundings a sense of divine serenity

Near Ashtpada lies a monastery, marking the starting point of the inner Kora (inner Parikrama), a far more challenging trek requiring special permits. From the mountains around Mount Kailash, water finally gives rise to four great rivers: Ganga, Brahmaputra, Indus, and Sutlej, highlighting the sacred and life-giving significance of this region.

After this short spiritual excursion, we returned to the Darshan base camp, had dinner, and slept, preparing for the main event – the Kailash Parikrama starting from Yam Dwar the next morning.

Pilgrims have several options for full or partial parikrama:

- Full parikrama on foot carrying a backpack – a physically demanding option at high altitude, doable with proper preparation

- Hire a pony and porter (extra cost) – the pony carries you to the highest point, Dolma La Pass, but the steep descent must be done on foot.
- Hire only a porter for the entire 2½-day parikrama to carry your backpack/luggage.
- Partial parikrama – walk a few kilometres from Yam Dwar and return to base camp, waiting for others over the next two days.
- One-day parikrama to Diraphuk – walk from Yam Dwar to Diraphuk, stay overnight, enjoy a good darshan of Mount Kailash, and return to base camp by vehicle, re-joining the main parikrama group the following day
- Travellers who return to base camp have to pay for their accommodation; food is provided by the travel company.

Important preparation:

- Leave your duffle bag at Darchen; carry only essential items –2 liters of warm water, medicines, some clothing, and minimal personal items in your backpack.
- Public toilets along the route are extremely basic and unhygienic. It is strongly recommended to practice squatting before starting the Yatra. Mentally prepare for strong odors and unpleasant conditions. Most toilets:
 - Lack running water and trash bins
 - Have open pits or ditches where toilet paper must be discarded
 - Feature half walls, making conversations with neighbors unavoidable
- Require careful hygiene: use wet wipes, dry tissue, and hand sanitizer after use



Think of it as part of the pilgrimage – a ritual of endurance and mental preparation that tests patience and resilience, just as much as the physical trek itself. A mask, deep breaths, and a sense of humor can make this one of the more memorable (if challenging) experiences of your journey!



Mount Kailash Yatra - Inner vs Outer Kora Comparison

Feature	Outer Kora (Barkha Parikrama)	Inner Kora (Nandi Parikrama)
Meaning	Outer circumambulation around Mt. Kailash	Inner circle near Nandi Hill & base
Distance	~52 km	~34 km (trekking ~15-20 km)
Duration	3 days	1-2 days (special permit)
Route	Darchen -> Dirapuk -> Dolma La -> Zutulpuk -> Darchen	Darchen -> Ashtapad -> Atmalingam -> return
Altitude Range	4,670 m - 5,630 m	5,000 m - ~5,800 m
Main Sacred Sites	Yam Dwar, Dirapuk, Dolma La, Gauri Kund, Zutulpuk	Ashtapad, Atmalingam, Saptarishi Cave, Gaurikund
Difficulty Level	High - steep climb at Dolma La	Very High - technical, icy terrain
Fitness Required	Good trekking fitness	Excellent endurance & mountaineering
Permission	Open to most yatis	Special Chinese permit required
Spiritual Belief	Removes sins of one lifetime	Equal to 12-108 Outer Koras - highest merit
Best Season	May - September	May - September (weather dependent)
Night Halts	Dirapuk & Zutulpuk monasteries	Ashtapad or Nandi Base area
Who Can Attempt	Most fit pilgrims	Only experienced yatis with prior
Highest Point	Dolma La - 5,630 m	Nandi Ridge - ~5,700 m
Average Altitude	~5,000 m	~5,300-5,400 m
Terrain	Wide valleys, glacial passes	Narrow ridges, rocks, ice slopes
Visual View	Full majestic view of Kailash	Close-up of south face & Nandi

Day 07: Darchen to YamDwar to Diraphuk (09.09.25)

After breakfast, we packed our lunch and essentials, left our duffle bags at Darchen base camp, and drove a short distance to Tarboche, the site of Yam Dwar – the symbolic gateway to the Kingdom of Gods and the official start of our Kailash Parikrama. Pilgrims wishing to hire ponies or porters for the next three days did so here.

The trek from Yam Dwar to Diraphuk marks the first day of the inner Kailash Parikrama. Covering approximately 10–12 km over 5–8 hours, the route rises from 4,675 m to 5,080 m. It is physically demanding due to the high altitude and sparse oxygen, though achievable on foot or by pony for those prepared. The journey is spiritually profound, offering breathtaking views of Mount Kailash's north face, with flowing glacial rivers and waterfalls alongside the trail.

Many pilgrims pause frequently, both to soak in the scenery and to connect with the mountain's divinity, while others turn back if the altitude becomes overwhelming.



The parikrama from Yam Dwar to Diraphuk is the first day of the Kailash Parikrama, a trek of approximately 10–12 km but takes 5–8 hours. It covers an elevation gain from 4,675 m to 5,080 m. Pilgrims should be physically fit as the altitude is demanding, though the route can be done on foot or by pony. The trek offers iconic, stunning views of Mount Kailash's north face and is considered a spiritually significant part of the pilgrimage. One side the gigantic mountain range and on the other side the flowing water with waterfalls makes this route incredibly special and many stops while trekking to absorb the nature and to experience the divinity is worth it. The altitude and the sparse oxygen make many travellers to return halfway.



As I walked, the musical whisper of the river became a constant companion. It was more than the sound of water — it felt like the mountain itself speaking. Over ancient, worn stones, the glacial waters tumbled like a liquid melody, a natural harp strumming notes of serenity. In the thin, sacred air, the collective symphony of flowing water seemed to chant mantras, cleansing the spirit with each step.

We paused for lunch on the trail, frequently sipping warm electrolyte water from our flasks and taking countless photographs. Midway, rain and hailstorms forced us to wrap ourselves in ponchos and raincoats, continuing our trek in cold, damp conditions.

By the time we reached Diraphuk guesthouse, it was dark — around 8 PM. Exhausted and partially drenched, we ate dinner to replenish energy and then retired under warm blankets, letting the stillness of the mountains soothe our tired bodies.

Day 08 – Diraphuk to Dolma La Pass to Gauri Kund to Zuthulphuk (10.09.2025)

Today was the most important and challenging day of the parikrama — a gruelling uphill trek to the highest point, followed by a steep descent along a long 22-kilometer trail.

We rose early in the morning, stepping out into the pre-dawn cold, and were stunned by Mount Kailash in its full glory, looming at a surprisingly short distance. Pilgrims quietly prayed, whispering mantras, and describing Lord Shiva granting darshan in his divine abode. The north face of Kailash is visually striking, and under certain light, it appears to resemble Lord Shiva's face, with eyes, nose, and even the third eye clearly visible.

As the first rays of the sun touched the snow-clad peak, the mountain seemed to ignite in a golden glow, transforming into the "Golden Kailash." In that brief, sacred moment, the rock itself appeared transfigured into Lord Shiva, radiating celestial energy. The biting cold and physical exhaustion melted away as every weary soul felt the profound spiritual presence of the deity — a shared, humbling experience that left everyone in silent awe. It was transformative, a moment that transcended physical hardship and touched the soul.

For pilgrims who chose not to undertake the full Kailash Parikrama, this was the point to return to Darchen and await the arrival of the rest of the group, while others continued their trek toward Dolma La Pass, Gauri Kund, and Zuthulphuk, prepared for the highest and toughest stretch of the journey.

Different views of North face of Mount Kailash:



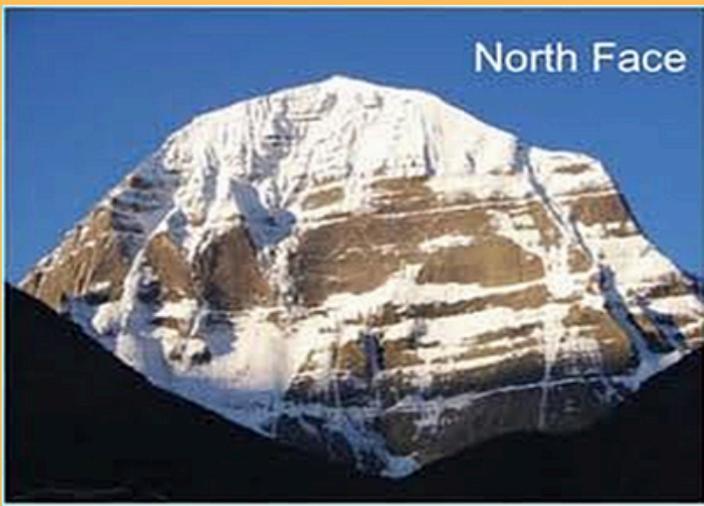
The Four Faces of Mount Kailash

- South Face: Best viewed from Ashtapad and also visible during the Manasarovar visit.
- West Face: Clearly visible on the first day of the Parikrama, from Yam Dwar to Diraphuk
- North Face: Offers the closest and most magnificent view from Diraphuk, especially early in the morning when the light enhances its spiritual aura.
- East Face: Seen during the beginning of the second day of Parikrama, till Dolma La Pass or Gaurikund.

Today was undoubtedly the most important and toughest day of the parikrama – an all-uphill climb to the highest point, followed by a steep descent, covering a total of 22 kilometres. After a quick breakfast and tea, we began our trek, leaving behind the celestial experience and darshan of Lord Shiva at Diraphuk.

From our group of 22, only three of us decided to push ahead on foot, while one continued on horseback. The rest of the group returned to Darchen by vehicle in the afternoon.

The biting cold, thin air, and challenging terrain forced us to move slowly and steadily. Each step required careful attention to breathing – in this high-altitude journey, slow truly is fast. Every small step felt like a victory, while rushing would leave one breathless and exhausted. Near Dolma La Pass, we paused to sip water, rest, and gather strength. Reaching the summit brought a profound sense of accomplishment, along with panoramic views of Mount Kailash that were as spiritually uplifting as they were visually stunning. My companions, Vasanthi and Ananthesh, were a constant source of motivation and support, helping me overcome the toughest stretches.



North Face



South Face



West Face



East Face

The trail was covered with snow and ice, making the path slippery in places. After descending about half a kilometre, we arrived at Gaurikund, a lake set amidst snow-covered peaks – a sight so breathtaking it almost paused time. The descent from here was steep, requiring careful attention to avoid knee injuries.

As we reached the plains, there was a resting spot offering hot water and tea, a small but much-needed reprieve. From the valley onward, the terrain became gentler, with grassy slopes and meadows guiding us toward Zuthulphuk guesthouse. By the time we arrived, it was 8 PM, and we had no strength left even to stand.

A simple dinner of soup and dhal rice replenished us enough to crawl into bed. Exhausted beyond words, we slept deeply, yet our hearts were overflowing with satisfaction – we had successfully completed the longest, most arduous, and spiritually profound stretch of the Kailash Parikrama



Day 09 – Zuthulphuk to Darchen (11.09.25)

The final leg of the parikrama was comparatively easier, yet deeply meaningful – a chance for reflection and gratitude after the gruelling climb over Dolma La Pass the previous day. The trek covered about 10 km and took roughly 4–5 hours.

After an early breakfast, we set off, walking along gentle slopes and rocky stretches, accompanied by the Karnali River flowing alongside a breath-taking valley. The morning sun bathed the mountains in a warm, golden hue, illuminating the rugged peaks and casting a serene glow over the landscape. Every step felt contemplative, as if the mountains themselves were quietly acknowledging our journey.

As we approached Darchen, the endpoint of the parikrama, emotions overwhelmed us. We bowed to the earth, our eyes lingering on the final view of Mount Kailash, hearts filled with awe and reverence. The feeling was a blend of joy, gratitude, and deep humility – a profound sense of being fortunate and blessed to complete this pilgrimage. At my age of 68 years, achieving such a feat felt nothing short of miraculous.

Remarkably, after the 52-km high-altitude trek, our legs bore no pain, and our bodies had no injuries – only tiredness and fatigue, a testament to preparation, perseverance, and the indomitable spirit of the pilgrims.



What truly touched our hearts was witnessing the Tibetan devotees, both men and women, performing full-body prostrations at every step of the parikrama. This incredible practice – completing a full prostration at each step around Mount Kailash – takes 25 to 30 days to finish. I had seen similar devotion during Govardhan Parikrama and other sacred journeys, but never imagined such dedication could be sustained at high altitude.

The stamina, flexibility, and unwavering faith required are simply astounding. Altitude, rough terrain, harsh weather, rain or snowfall, limited food, and shelter — none of these deter them. Their sincerity and devotion are a profound reminder that faith can move mountains, and that divinity can accomplish what seems impossible. I salute their spirit and dedication from the bottom of my heart.



After completing our parikrama, we boarded a vehicle and were driven back to Darchen guesthouse, where we enjoyed a hearty lunch and reunited with the rest of our group who were not fortunate to do full parikrama. They took some time to believe that we have returned safely and have completed the parikrama! We collected our duffle bags and continued the journey to Taklakot, finishing the remaining stretch of the Man Sarovar parikrama.

Upon reaching our hotel in Taklakot, we savored a refreshing shower, changed into fresh clothes, and had dinner, allowing ourselves to fully relax. Throughout the evening, we reflected in awe on how sheer devotion, determination, and faith had carried us through the challenging parikrama, transforming both our bodies and spirits.

Day 09 – Taklakot to Hilsa (11.09.25)

After a restful night and a refreshing hot bath, we stepped out to a delightful surprise — it was Mr. Maiya's birthday! We all wished him warmly, clicked photos, and shared a few cheerful moments before beginning our day.

After an early breakfast in Taklakot, we were driven toward the China–Nepal border. Once the immigration formalities were completed, we continued toward Hilsa in Nepal. The plan was to take a 25-minute helicopter ride from Hilsa to Simikot, catch a connecting flight to Nepalgunj, and then drive to Lucknow before returning to Bangalore. Everyone was thrilled at the thought of nearing the end of this extraordinary journey.

However, fate had other plans. We reached Hilsa had lunch and waited for helicopters. But all were full and we had to stay put overnight unable to travel to Simikot.



Day 10 – Hilsa to Simikot (12.09.25)

From Hilsa, we reached Simikot by helicopter in the evening, only to be informed that all small aircraft were fully booked, and we would need to stay overnight. We were taken to a hotel perched atop the town, where we had dormitory-style accommodation with reasonably good food and toilet facilities. Despite the slight delay, spirits remained high, as we reminisced about the journey and the miraculous experiences of the past days.

Situated at 9,500 ft above sea level, Simikot is a picturesque Himalayan town, with a serene valley and a small Shiva temple near the Karnali River. Although it serves as a district headquarters, facilities are limited. Being nestled deep in the mountains, the only reliable transport is by air. The town has a small metallic airstrip where helicopters and small fixed-wing aircraft connect it to Nepalgunj or Hilsa. The road route to Nepalgunj is exceptionally long, narrow, and often blocked by landslides, taking 4–5 days or more. Accommodation, food, and basic amenities are minimal.

This was the plan promised by our tour operator in their brochure: After an early breakfast at Taklakot, we would be driven 22 km to the China–Nepal border, cross on foot, proceed to Hilsa, take a 25-minute helicopter ride back to Simikot, catch a connecting flight to Nepalgunj, and drive straight to Lucknow – completing our Kailash Man Sarovar Yatra.

After breakfast, we were ready and eager to depart, but no updates came from the tour organizers. We had lunch and waited, observing some helicopters flying to Hilsa and a few small flights operating to Nepalgunj. Still, there was no information about our onward journey

Late in the evening, we were informed that our Tara Airlines flight from Nepalgunj would arrive only the next day. We resigned ourselves to stay another night in the same modest accommodation, reflecting on the adventure and patience required at every step of this extraordinary pilgrimage.

Day 11 – Simikot (13.09.25)

We woke up early in the morning and took a walk through this enchanting, picturesque town, soaking in the crisp mountain air and serene valley views. Expecting to depart for Nepalgunj today, we had breakfast and headed down to the airport office for updates. Unfortunately, we were informed that Nepalgunj was receiving heavy rains, and small aircraft would not be able to fly to Simikot.

With no travel possible, the day stretched long and idle. Some of us visited the ancient Shiva temple on the banks of the Sarayu–Karnali River valley, which was well-maintained and provided a moment of calm and prayer. To keep ourselves engaged, we walked around town, did some light exercise, listened to music, and kept a watchful eye on the small airstrip visible from our dormitory window – though there was no activity at all.

Meanwhile, other pilgrims returning from the yatra by helicopter via Hilsa began to join the waiting list, and Simikot gradually swelled with people. For the local shopkeepers, this was a welcome sight – clients, window shoppers, and curious travellers brought a rare liveliness to the quiet mountain town. Despite the frustration and delay, we tried to stay positive, knowing that patience is as much a part of the pilgrimage as the journey itself.



Day 12 – Simikot (14.09.25)

By now, the mountain town was bustling with more stranded tourists from Hilsa, some of whom were growing restless. Minor arguments and skirmishes broke out among travellers frustrated by the delay. Meanwhile, we continued to pay Rs 2,000 daily for our stay and meals, as these were not included in our package.



Despite clear skies and good weather on both sides, our hopes of flying to Nepalgunj were dashed. By afternoon, the Air Traffic Controller ruled out any small aircraft landing or taking off from Simikot, citing dangerously strong wind currents. We had never imagined such a delay – our tour operator had never briefed us on these possibilities, and we had been carried away by the assurance that this was a 9-day tour, one of the shortest routes among all options.



The day tested our patience and endurance, reinforcing that in the mountains, nature has its own timetable, and no human plan is ever absolute

Day 13 – Simikot (15.09.25)

By now, morning walks, breakfast, gossip, and the routine of going down to the airport to check for flights had become the rhythm of our days in Simikot. Many travellers were exploring alternate options, but the road routes were far too dangerous and long, and the airstrip was too narrow for larger aircraft or helicopters.



Several members of our group contacted the Indian Embassy in Kathmandu, who listened with empathy, while businessmen and bureaucrats in the group reached out to their counterparts in India to explore a possible evacuation. Everyone was eager to leave, hoping for a mission from India to rescue the stranded pilgrims.

By lunchtime, we finally received encouraging news: a Tara aircraft had taken off from Nepalgunj, and 12 of us could travel today. Boarding passes were issued, and the group was checked in and seated, hearts pounding with anticipation.

But then, in a cruel twist of fate, the pilot inspected the aircraft, walked along the wings, and declared there were technical issues – the flight would not depart. The passengers disembarked, their luggage remained at the airport, and the group returned, fully disappointed, to the hotel.

To calm our minds and spirits, we gathered for bhajan and prayers, surrendering to the forces beyond our control. In those moments, it became clear that faith, patience, and acceptance were as vital a part of the pilgrimage as the journey itself

Day 14 – Simikot (16.09.25)

Another day of hope and anxious expectation dawned in Simikot. We were informed that mechanics needed to come from Kathmandu to Nepalgunj and then to Simikot to repair the aircraft. Once the work was complete, an expert would certify the plane as airworthy – a process that would take at least two days.

With no alternative, we resigned ourselves to the wait. We continued our morning walks, breakfast routines, and casual gossip, and tried to make the most of the situation. Some of us explored the surrounding areas, did a little shopping, and engaged with the friendly residents, whose calm acceptance of the harsh Himalayan life was a quiet lesson in patience and resilience.

In that waiting, we slowly realized that the pilgrimage was not just about reaching Kailash, but also about learning surrender, endurance, and faith in the face of circumstances beyond our control.



Day 15 – Simikot (17.09.25)

There was still no news of the mechanics arriving, so we continued exploring the sleepy town of Simikot. It became evident how heavily the town depended on supplies from Nepalgunj – milk, fresh fruits, and vegetables were scarce, and even tissue papers were running out. Gradually, we noticed the quality and variety of food in our hotel declining, a subtle reminder of the remote location we were in.

Some of us did a little research and realized that getting stranded in Simikot is not uncommon for Kailash pilgrims due to adverse weather, limited airport infrastructure, and overbooking by tour operators. The town simply does not have the capacity to accommodate large numbers of visitors. Historical incidents were eye-opening: in July 2018, heavy monsoon rains left over 1,500 pilgrims stranded, with around 500 stuck in Simikot, requiring commercial and army helicopters for evacuation. In June 2019, similar situations occurred at both Hilsa and Simikot. Many had health issues and suffered a lot. Unfortunately, such possibilities are rarely communicated by tour operators, leaving travellers unprepared mentally, financially, and logistically.

By evening, while sipping a cup of tea, we spotted a helicopter arriving from Nepalgunj. Some people disembarked and began inspecting the aircraft, raising our hopes. By dinner, we were informed that the Tara aircraft had been repaired, certified as fit to fly, and we could depart the next morning. Yet, the rain poured throughout the night, and our optimism remained cautious – we knew the final leg of our journey could still be uncertain.

Day 16: Simikot (16.09.25)

When we woke up in the morning, the rain had reduced, but clouds still hung low over the area. Morale was low; most of us doubted the flight would take off. Over tea, we exchanged casual conversations, trying to keep spirits up. Suddenly, Mr. Saravanan came running with excitement, announcing that we must rush to the airport immediately – the flight would depart once the weather improved! The news was exhilarating, though a bit hard to believe



We quickly collected our luggage and ran to the airport office, skipping breakfast at the hotel. Later, some parathas and toast were provided at the airport facility. By around 10 AM, the weather cleared enough for the flight to take off. The first batch of passengers departed, and by 12 noon, it returned for the next 12 of us.

Flying over the region, thick clouds obscured large areas, and rivers and canals swelled with rainwater. Anxiety ran high as the pilots skilfully navigated the tiny aircraft through these conditions. At several moments, I closed my eyes and silently prayed, "Om Namaha Shivaya," feeling that this could be our last day in the mountains. Their expertise and calm precision left us immensely grateful upon safely landing in Nepalgunj.

The last to return were Mr. Ananthesh, Dr. Vimal Kumar Gupta, and our guide, Tashi Tamang, who were diverted to Surket airport due to bad weather at Nepalgunj. From there, they travelled to Lucknow separately.

Throughout these stressful days, Mr. Ananthesh proved to be a pillar of strength. His chivalry, leadership, and tireless efforts — running between hotel and airport offices, liaising with officials, and keeping everyone informed — ensured our safety and peace of mind. We owe him three cheers! Similarly, Mr. Saravanan was another gem, always offering guidance, support, and encouragement. Dr. Jagadish, my friend and classmate — his wit and humour kept us grounded through the testing times of the journey.

Once in Nepalgunj, we checked into Hotel Soaltee, collected our suitcases, changed into fresh clothes, and enjoyed a hearty lunch. Mr. Saravanan surprised Mr. Maiya with a belated birthday cake and celebration, bringing joy to the group.

Crossing the Indo-Nepal border by bus, we felt a profound sense of relief, pride, and safety — standing on our own land after 15 days of adventure and uncertainty. The journey to Lucknow airport began, and we booked our return flight to Bengaluru at 22:45 hours — fortunately, we had waited to book return air ticket

. On the way, Mr. Vipin Kumar Mishra and Mr. Avadhesh Kumar Gupta treated us to hot pakodas, bonda, and coffee at a highway dhaba, adding warmth and camaraderie to the trip.

We reached Chaudhary Charan Singh International Airport, Lucknow, around 8 PM. Some friends — Mr. Vipin Mishra, Mr. Avadhesh, Mr. Srivastava, and Geetha Devi — got down to reach their homes in Lucknow and Gorakhpur. Despite a half-hour flight delay, we did not mind, given our ordeal in Simikot. Finally, we reached Bengaluru at 3 AM on 17.09.25 and slept peacefully, grateful for a safe return and memories of an unforgettable journey.

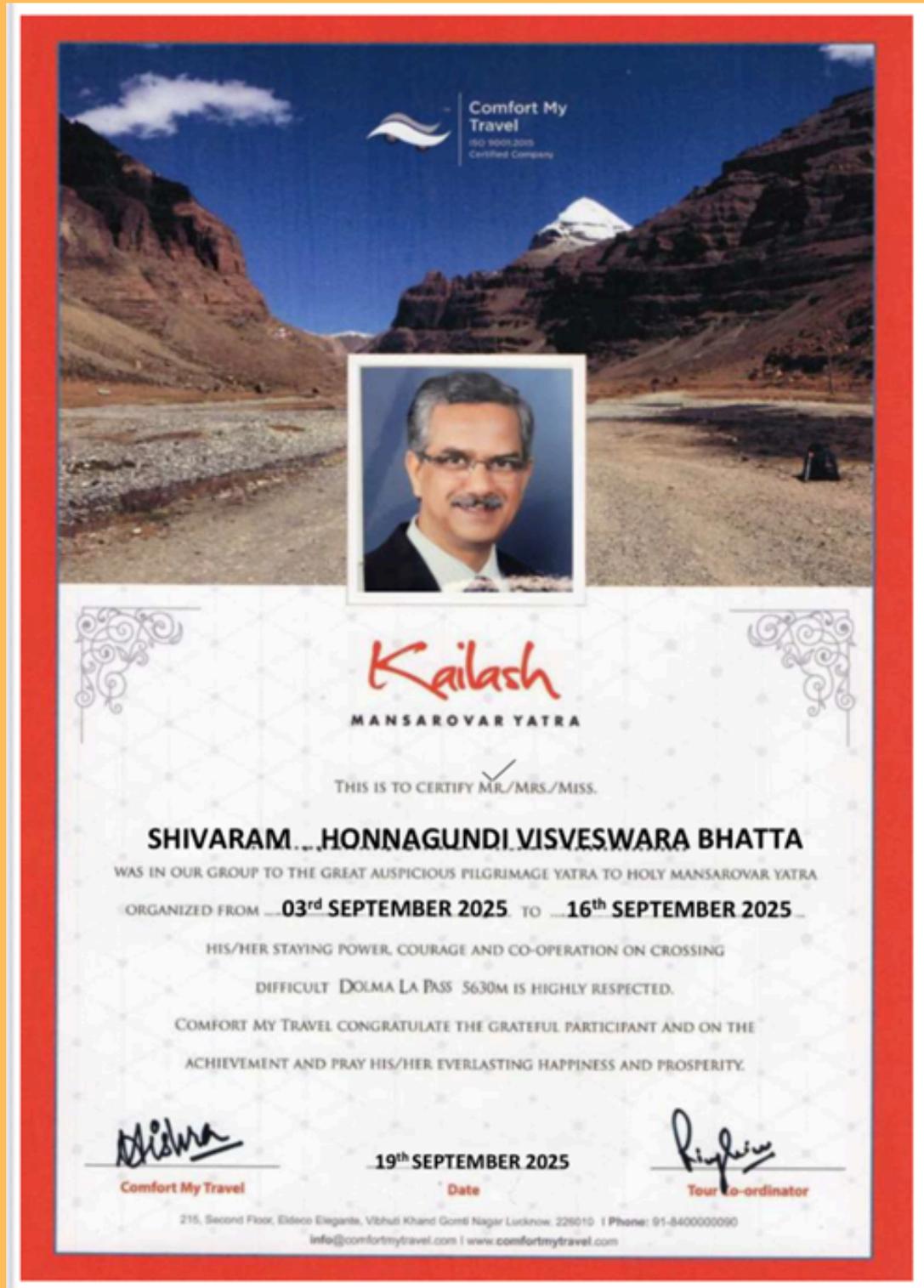
Reflecting on the events that unravelled, the Kailash journey feels less like travel and more like a sacred calling — a pilgrimage written in the language of faith, endurance, and grace. Two years of waiting only deepened the yearning. Crossing three countries to finally stand before the majestic Mount Kailash was like stepping into the heart of silence itself.

The parikrama tested both body and spirit — every breath at that altitude was a reminder of human fragility, every step a whisper of surrender. Amidst the snow-clad peaks and unending winds, I discovered that the real journey was not around the mountain, but within. There were moments of beauty and awe, but also of pain, anger, and helplessness — being stranded in the middle of nowhere, with only faith to guide us. Yet, even in those moments, the mountains seemed to speak — urging patience, humility, and trust.

My heartfelt gratitude to all the fellow travellers who shared this sacred path, supporting and uplifting one another when words often failed

We wished for a guide to accompany us from Lucknow to the end and for clearer guidance from our tour operator about the unpredictable moods of the Himalayas. But perhaps, in that very uncertainty, the mountain revealed its deepest lesson – that not everything can be planned, and not every path is meant to be smooth.

When the certificate finally arrived, promptly and without delay, it felt like a divine acknowledgment – a simple token of a journey that changed us forever. Mount Kailash remains, not just a destination, but a silent teacher – one that continues to echo within long after the journey ends. So, friends how about one more trip again to Kailash ?!



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Shastra

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