



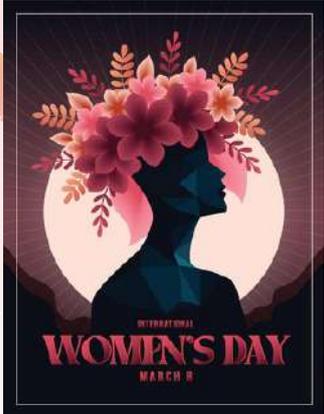
ON OCCASION OF INTERNATIONAL

WOMEN'S DAY

2026



A celebration of strength, resilience, and achievement.



“WOMENS DAY SPECIAL BULLETIN”

BY KSCASI KARNATAKA





WOMEN'S DAY

A celebration of strength, resilience, and achievement.



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**Dr. Savitha Krishna
Gowda Karlwad**



Dr. Harsha G. V.



Dr. Sangamesh B T



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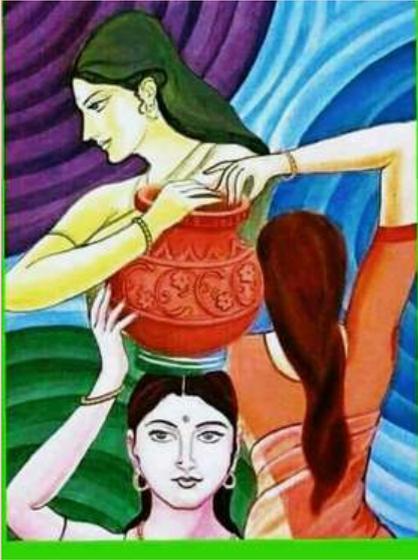


From Chairman's Desk

“Empowered women empower the world.”

Greetings to all from the Karnataka State Chapter of ASI. It is my proud privilege and honour to serve as the Chairman of our state chapter. As a woman Chairperson, it gives me immense joy to contribute to this special bulletin on the occasion of International Women's Day.

This day always evokes a special feeling within me. Each one of us is unique, yet deeply connected to those around us. The support we extend to one another and the encouragement we receive become the true driving forces behind our journey.



Picture credit Susanta Nanda

The picture we have depicted here, widely shared on social media, portrays individuals carrying pots symbolising responsibilities, in different ways. I would like to view it differently. As we carry our pots of responsibility, it is the steady support from colleagues, friends, and well-wishers that keeps us balanced and moving forward toward success.

This special bulletin is indeed a treasure. With contributions from colleagues across various states, it stands as a testimony to unity in diversity. The overwhelming and positive response to our call for participation truly reflects the spirit of togetherness and enthusiasm among us. We are pleased to receive messages from National ASI president Dr Maruthu Pandian, Secretary Dr Diwakar Gaddi and Treasurer Dr Madhumita Mukhyopadhaya. Our past chairman of KSC-ASI and Chairman elect have shared their views. An article on the resilience and strength of a mother are so well expressed by Dr H V Shivaram.



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From Chairman's Desk

No one is superior, nor is anyone lesser. Each of us moves at our own pace, striving to do our best in our own way. The theme for this year, "Give to Gain," beautifully reminds us that love and knowledge multiply when shared. Women's Day is not merely about celebrating what we have received, but about reflecting on what we can give, especially to uplift the lesser privileged women around us. Let us contribute to the society in whatever way we can, however we can, and wherever we can. Even small steps taken toward selfless service can lead to profound personal growth.

At the same time, let us never neglect our own well-being. Amid daily responsibilities and professional commitments, we must consciously set aside time for self-care. Exercise, relax, read, write, paint, or travel. Do something each day that rejuvenates your soul. Cherish the woman within you and love her deeply, for no one can nurture you as powerfully as you can nurture yourself.

"Give generously, live gracefully, and grow together."

I hope you will all enjoy reading and appreciate this special bulletin. My heartfelt thanks and sincere gratitude go to all the contributors who have made this issue truly special.

A special note of appreciation to Dr. Savitha Karlwad, Dr. Rekha, and Dr. Anupama for going the extra mile in bringing out this meaningful and inspiring edition.

JAI HIND

Long live KSC-ASI

Dr. Naaz Jahan Shaikh

Chairman KSC-ASI



WOMEN'S DAY



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From Hon Secretary's Desk



Dr. Sarvesh Raje Urs
Hon. Secretary KSCASI

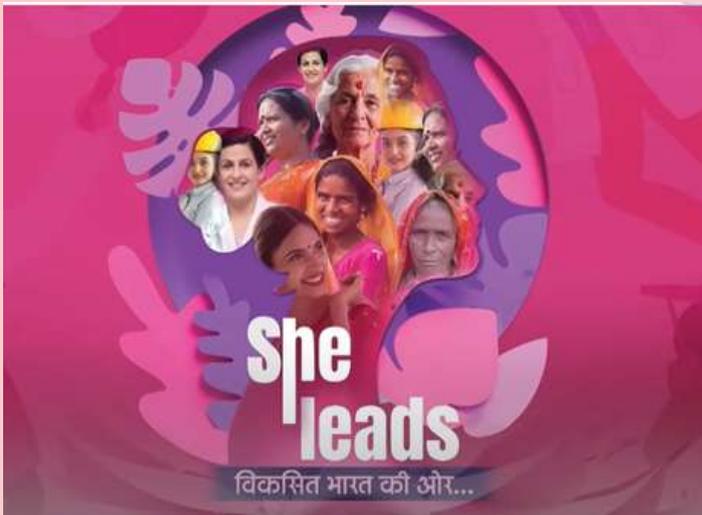
KSC ASI wishes everyone a very Happy Women's Day. International Women's Day, which began in 1911, was established to promote gender equality and to show the world that women can excel in every field just as men do. Today, women continue to make remarkable contributions across all sectors.

This year, the celebration is based on the theme "Give to Gain", with purple as the representative colour, symbolizing justice, dignity, and loyalty to the cause.

All city branches are requested to celebrate the occasion in association with other organisations by organizing programmes that benefit the public.

She leads, progress proceeds.

Long live ASI.





WOMEN'S DAY

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Editorial Team



**Dr. Naaz Jahan
Shaikh**



**Dr. Anupama Pujar
K**



**Dr. Savitha Krishna
Gowda Karlwad**



Dr Rekha V S

Dear esteemed Members of KSCASI

On International Women's Day 2025, we celebrate the strength, resilience, and remarkable contributions of women in surgery. From the operating room to classrooms, research, and leadership, women surgeons continue to inspire with dedication and excellence. Their journey reflects perseverance, compassion, and commitment to patient care and medical education. This special newsletter by the KSCASI is a tribute to their achievements

Dr Anupama Pujar K

On the occasion of International Women's Day, it is my privilege and honour to work as the editorial team of this special edition of our magazine dedicated to celebrate the spirit, strength and achievements of women. I am deeply grateful for the opportunity to serve as the editor for this Women's Day special edition of KSC ASI. Women in surgery represent dedication, resilience and compassion. While balancing demanding professional responsibilities with personal commitments, they continue to break barriers and contribute immensely to patient care and academic progress. Through this special issue, we celebrate the stories, voices and experiences of women who are shaping the future of surgery and healthcare. May these pages inspire many more to pursue their dreams with confidence and courage. Wishing all our readers a meaningful and empowering Women's day. With Gratitude

Dr. Rekha V S

This year's theme, "**Give to Gain**," carries profound wisdom. When we give knowledge, it grows. When we give support, it strengthens bonds. When we give love, it multiplies. Women's Day is not only about acknowledging what we have achieved, but also about asking ourselves—

Whose hand can I hold?

Whose path can I light?

Whose burden can I help lighten?

Even the smallest act of kindness can create ripples of transformation. When we uplift even one woman, we elevate families, communities, and ultimately, the world.

Today, let us reaffirm our commitment:

To stand tall.

To stand together.

To give generously.

To live gracefully.

And to grow—not alone, but as one powerful community.

Because when women rise, the world rises with them.

Dr Savitha Karlwad



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Pearls from luminaries



Dr. D. Maruthu Pandian
President

Association of Surgeons of India – 2026

On the occasion of International Women's Day, I extend my warm greetings and heartfelt appreciation to all the women surgeons of Karnataka who are part of the great fraternity of the Association of Surgeons of India.

The field of surgery demands dedication, courage, precision, and perseverance. It is truly inspiring to see women surgeons across Karnataka contributing with exceptional commitment in patient care, academic excellence, surgical training, and leadership. Your role in strengthening surgical services and inspiring the next generation of surgeons is immensely valuable.

Over the years, women surgeons have steadily expanded their presence in operating rooms, teaching institutions, research activities, and professional organizations. Your achievements demonstrate that determination and skill know no boundaries.

As President of the Association of Surgeons of India, I take great pride in the increasing participation and leadership of women within our association. It is our collective responsibility to continue creating a supportive academic environment that encourages mentorship, professional growth, and equal opportunities.

On this special day, I salute your dedication, resilience, and remarkable contributions to the surgical profession. May you continue to achieve greater heights and inspire many more young doctors to pursue surgery with confidence.

Wishing you all a very Happy International Women's Day.

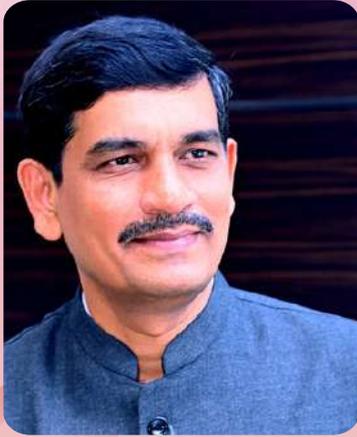


WOMEN'S DAY

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Pearls from luminaries



On this International Women's Day, The Association of Surgeons honour the extraordinary resilience, intellect, and unwavering spirit of women who drive innovation, nurture communities, and lead with compassion. From scientists breaking barriers to everyday heroes fostering change, their contributions illuminate our path forward. Let us commit to empowering every woman, shattering glass ceilings, and building a world of true equality and shared prosperity. Together, we rise!

Dr. Gaddi Diwakar

ASI HONARARY SECRETARY - 2026

Dear all,

"As we celebrate Women's Day, I believe every day is a woman's day – a day to recognize the strength, resilience, and dedication of women in surgery. Warm greetings to all KSC ASI members for making it a thriving chapter of ASI.

Men and women surgeons face different challenges, and lady surgeons often navigate unique hurdles that make them stronger and more determined. I'm heartened to see the growing number of female surgical trainees across the country, now equaling or even surpassing their male counterparts.

Our strength lies in unity and association. Let's strive to grow our membership and make ASI the largest surgical association globally. If each of us adds one new member, we can achieve this goal.

Long live ASI! 🌟"

Dr Madhumita Mukhopadhyay

Hon Treasurer ASI



Women's day celebration is just a formal way to express gratitude & remind us the importance of women in our life, but it's beyond that. The very existence of any life is because of her creation. The love & care they give to others, and the sacrifices they make are beyond words to explain. Time has come for all men to take care of the health of women in their life. There is no better time than this, when our state Chairman is a woman. On this day and ever, I salute women with gratitude.

Dr. Rajshekhar C Jaka

Chairman Elect KSCASI



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Pearls from luminaries



Women's day celebrations remind us the power we have. The power of compassion, empathy, altruism with inner strength to grow, succeed and sustain. We encourage, guide, walk the talk and nurture each other, opening and walking the unexplored areas, paths and destinations. Love you all wonderful women in surgery 🙏🙏

Dr Tejaswini Vallabha
Past President KSCASI

Dear Fellow Surgeons,

On the occasion of International Women's Day, I extend my warmest greetings to all the remarkable women surgeons of Karnataka.

This year holds special significance for our Association – we are privileged to have Dr. Naaz Shaikh as our KSCASI Chairman, a distinction that reflects both her outstanding merit and the growing strength of women's leadership in our surgical community.

As Past Chairman of the Karnataka State Chapter of the Association of Surgeons of India, I have had the privilege of witnessing firsthand the extraordinary contributions of women in our fraternity – in the operating theatre, in academics, in research, and in leadership. Each of these roles has been shaped with dedication and distinction.

You are not merely surgeons. You are pioneers – breaking barriers, setting benchmarks, and inspiring the next generation of healers. Your precision, resilience, and compassion represent the very finest of our profession.

Karnataka's surgical community is stronger, wiser, and more complete because of you. On this special day, I salute your commitment and celebrate your achievements with deep admiration. Wishing every woman surgeon continued strength, success, and the recognition you so richly deserve.

Special Greetings to our E Shastra Editor, Dr Savitha for covering the Women's Day Special Edition. With warmest regards.



Dr Narayan Hebsur
Past Chairman KSCASI



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Pearls from luminaries



Fly, the eagle's flight
See, the eagle's sight
Possess confidence, to be the elite
And never hesitate to reach a new height.

Dr. Naaz Jahan Shaikh
Chairman KSC ASI

Today, as we celebrate women's day, let us reaffirm our shared commitment—to stand tall in the face of challenges, to stand together in strength and solidarity, and to lift one another with generosity and kindness.

Let us choose to live with grace, courage, and purpose, knowing that every step we take forward inspires another woman to believe in her own potential.

This is more than a moment of celebration; it is a reminder of the power of community. When women support women, barriers fall, voices grow stronger, and possibilities expand.



Dr G Siddesh
Past President ASI
Director Social & Welfare Council



As we commemorate women's day, I take this opportunity to thank the lovely and great men in my life, The first man in my life is my Father because of whom I exist and his love, care and encouragement has taken me to where I am. The magical word 'Brother', who can identify that little tear at the corner of your eye. 'Husband', who quietly loves, cares and admires and finally the mystical word "Son", the bond is beyond any explanation, The great "Teacher" with no biological bond, what is it that makes him love you like his own daughter and who selflessly shares his knowledge.

Dr Kalaivani V
Professor of Surgery
Sapthagiri Institute of Medical Sciences



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Pearls from luminaries



Women's Day is a reminder of the strength, compassion, and resilience that women bring to every role they take on. As a surgeon, I have had the privilege of witnessing extraordinary courage in many women fighting their battles with grace and determination. Being a doctor, a daughter, and a mother has taught me that women constantly balance responsibility with empathy and strength. Today, I celebrate every woman who heals, leads, nurtures, and inspires. May we continue to support one another and create a world where every woman thrives.

Dr Shilpa. H

EC KSCASI, Past President KSC ASI-HD City branch

As a Diabetic foot and wound care surgeon, I have seen how healing begins with patience and hope. Every wound I treat reminds me that healing takes time, strength, and belief.

Women carry that same power within them – to restore, rebuild and rise again.

This Women's Day, I celebrate every woman who quietly rebuilds lives – at work, at home and within herself.

Dr Sangeetha Kalabhairav



MATHRUDEVOBHAVA

Mother is the first God for any human being.

Apart from being the first and best teacher for her kid, these days she plays a pivotal role in nation building. Health service sector is known for women empowerment. Woman's empathetic words and touch can miraculously cure any deadly disease

Dr Manjunath Kottennavar
HOD, Department Of General Surgery
BLDE Institute of Medical Sciences.



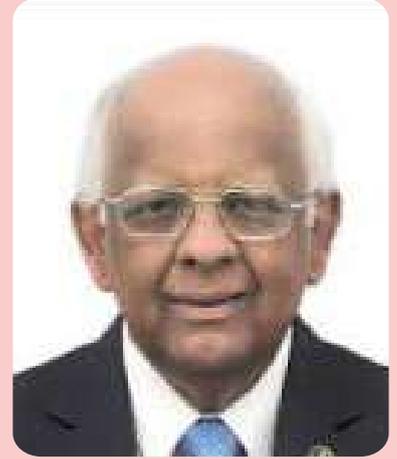


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A 'C S' on LADY SURGEONS



Dr C S Rajan
Emeritus Consultant Surgeon
at St. Martha's Hospital.
Senior Consultant Surgeon
at AMGH

The **C**alling **S**calpel is a **C**hallenge **S**pecial
To the **C**areer **S**lant of the young lady medico.
Known for the **C**limb **S**low into **C**apable **S**kills,
The period of **C**oaching **S**urgery crosses her biological reproductive years.

And she has to accommodate this **C**aring and **S**upporting of her young,
Into the **C**omfortless **S**earing of **C**ramped and **S**marting ways of Residency,
That involves being **C**hained and **S**hackled into a **C**omplex **S**ystem,
While **C**laims and **S**tipulations of the family
Pull **C**onvincingly and **S**everely on the other end of the line.

How the lady **C**ub **S**urgeons balance this **C**ombo **S**pecial
Is a testament to their **C**learly **S**uperior **C**onstitutional **S**tructure.
A **C**herished **S**alute is given to all **C**alm and **S**pecial lady surgeons,
Who have **C**rossed this **S**torm in their lives
With **C**omposure and **S**elf Confidence.



WOMEN'S DAY

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WOMAN IN THE MIRROR



Dr Naaz Jahaan Shaikh
Chairman KSCASI

Listen to the woman who is in the mirror
For she is your friend, now and forever
She is always there whenever she wants you
And at any given time will prove her fidelity too.
She has watched you grow
And peeped into your mind as you silently did so
She laughs with you and even cries
She is there whenever you desire to share your sighs.
You Pat on your back or smile at her
Exactly the same she would do and reflect your colour
She deserves an applause and she is eager to hear
How much you love her you must make it clear.
Keep her on the wall or hide her in your bag
A glimpse of her when you are alone will stop your nag
Talk to her , smile at her or even snarl
Cool she is and will not hide even your gnarl!!
Praise her often for nobody else would
Spending some time with her is a must and should
Admire her face with all that charm
For the smile that is sly will make her feel warm!!



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ನೀವೊಂದು ಬೆರಗು..

ನಿಮ್ಮನ್ನು ಕಂಡು ಅಚ್ಚರಿಪಡುತ್ತೇನೆ
ನೋಡ ನೋಡುವುದರಲ್ಲಿ
ರೂಪಾಂತರಗೊಳ್ಳುವ ನಿಮ್ಮ
ಅದ್ಭುತ ಶಕ್ತಿಗೆ ಬೆರಗಾಗುತ್ತೇನೆ..

ಹುಟ್ಟಿದ ಮನೆ ತೊರೆದು ಕೊಟ್ಟ ಮನೆಯಲ್ಲಿ
ನಗು ನಗುತ್ತಲೇ ಅನಾಯಾಸವಾಗಿ
ಹೊಂದಿ ಒಂದಾಗುವ ನಿಮ್ಮ
ತಾಕತ್ತಿಗೆ ಆಶ್ಚರ್ಯಪಡುತ್ತೇನೆ..

ಏನೊಂದೂ ಗೊತ್ತಿರದ ಜನರೆಲ್ಲರನೂ
ಅಲ್ಪ ಕಾಲದಲೇ ಅರಿತು ಬೆರೆತು
ಎಲ್ಲರೊಡನೊಂದಾಗುತ್ತ
ಮನೆ ಕಟ್ಟುವ ಕಲೆಗೆ ಶರಣೆನ್ನುತ್ತೇನೆ..

ಮನೆ ತೊರೆದು ಹೆಸರು ತೊರೆದು
ಹೆತ್ತವರ ತೊರೆದು ಗೆಲತಿಯರನಗಲಿ
ಹೊಸ ಹೆಸರಲಿ ಬೆಲಗಿ ಬೀಗುತ
ನವ ಜೀವಕೆ ಕಾರಣರಾಗುವ ನೀವು
ಜನ್ಮದಾತೆಯರು ಎನ್ನದಿರಲಾದೀತೆ..!!



ಡಾ|| ಶಿವಾನಂದ ಕುಬಸದ
ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ತಜ್ಞರು
ಕುಬಸದ ಆಸ್ಪತ್ರೆ,
ಮುಧೋಳ. ಬಾಗಲಕೋಟೆ



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



A Tribute to a Village Mother – The Silent Strength of India

In the mist-covered Maland villages near the sacred town of Sringeri, nestled in the lush hills of Chikmagalur district, lived a woman who never went to school, never held a degree, and never stood on a public stage – yet embodied the very spirit of womanhood that International Women's Day seeks to honour.

In the mist-covered Maland villages near the sacred town of Sringeri, nestled in the lush hills of Chikmagalur district, lived a woman who never went to school, never held a degree, and never stood on a public stage – yet embodied the very spirit of womanhood that International Women's Day seeks to honour.

She was a mother of five when she conceived her sixth child. Fate, however, placed her in a deeply distressing situation. Her eldest son's wife – her own daughter-in-law – was pregnant at the same time. The rigid social norms of that era weighed heavily upon her. Shame engulfed her. In desperation, she tried everything to terminate the pregnancy – prayers at temples, vows, village remedies, native herbs, consultations with homeopathic and Ayurvedic practitioners, and finally even an allopathic doctor. Nothing worked. The child in the womb was determined to live!

A healthy baby boy was born.

Within a year, tragedy struck. Her husband passed away. In a society quick to assign blame, whispers began.



Dr H V Shivaram
National EC member

The newborn was labelled a bearer of ill fate. For her, the loss was immeasurable. Her husband had been her anchor, her companion, her world. Now she stood alone – a widow around forty, with six children and crushing poverty.

What followed is almost unimaginable to the present generation.

In accordance with the harsh customs imposed on widows at the time, widowhood descended upon her not just as grief, but as social erasure – shaved head, removal of jewellery, no bindi, no blouse, only a plain red saree. Identity stripped. Dignity tested.

The humiliation was public. The suffering was private.

Yet she did not collapse.



WOMEN'S DAY



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A Tribute to a Village Mother – The Silent Strength of India

She worked tirelessly – at home and in the fields. She tilled land, reared cattle, cooked, cleaned, and stretched every grain of rice to feed the growing children. Poverty was constant. But surrender was never an option.

And in the midst of her own grief, she chose service.



(AI generated image for representation only)

In those days, rural healthcare infrastructure was nearly non-existent. There were no antenatal clinics, no trained midwives within easy reach, no specialists accessible to village women. Childbirth happened at home – often in fear, often without support. She stepped forward. Through observation, experience, and courage, she learned. Soon, families sought her presence during labour. She helped deliver babies. She reassured mothers. She cared for newborns. Compassion personified.

Silently, she nurtured a dream – that one of her children might one day become a doctor. She never voiced it loudly. But she carried it within her.

Her hands, hardened by farm work, became instruments of life.

Service became her therapy. Helping others helped her heal.

With the steadfast support of her eldest son and daughter in law, she ensured that all her children were educated. One by one, they married and settled. The same society that once whispered about her slowly came to respect her. Not because she demanded it – but because she earned it.

She lived to the age of eighty-five.

By then, she was surrounded by grandchildren and great-grandchildren – a living testimony to the life she once hesitated to bring into this world, yet fiercely protected thereafter. When she passed away, the entire village felt orphaned.

Not because she was wealthy. Not because she was powerful. But because she had quietly become the moral centre of her community.

This International Women's Day, as we speak of empowerment, equality, and progress, let us also remember women like her – the unsung architects of families, the silent stabilizers of villages, the unrecognized healthcare workers, the widows who endured social injustice yet chose compassion over bitterness.

She had no podium. No platform. No applause.

But she had strength. And sometimes, that is the greatest revolution of all.

**And I am proud that the brave lady is.....
none other than my mother.**





WOMEN'S DAY

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My Hobbies

Thinking about my hobbies makes me feel like a butterfly – going from one flower to another and finally settling on one. Hobbies are defined as activities that one does in spare time to relax. I think hobbies are not only for relaxation but we learn a lot from them.

I started learning Bharatnatyam when I was 8 yrs and continued till I entered medical college. I did give a couple of performances but what I gained was grace, rhythm and a liking for music. It stimulated me to learn percussion instrument – Tabla, I enjoyed that, gave two exams but sad demise of my Guru marked end of that hobby. I still enjoy listening to percussionists and musicians and appreciate as I understand the principles and science involved.

I loved acting and elocution since primary school and received encouragement from teachers too. This bloomed into participation in dramatics in school, medical college and some films in Film and television Institute of India. While in second MBBS I was invited to join an amateur drama group – Theater Academy which had significant number of medicos from my college – B.J. Medical, Pune. I acted in multiple one-act plays, about 70 performances of Ghashiram Kotwal – a landmark drama in Marathi and 40 performances of Mahanirvan – another very popular play which still attracts full house even after 50 years. I gained friends from various fields for lifetime during this period and observed and imbibed valuable



Dr. Madhuri Gore
Consultant General Surgeon
and Phlebologist
Mumbai

qualities such as team building, communication skills, stage presence. These qualities are extremely essential for all medical professionals in my opinion



Top – Ghashiram Kotwal
Down – Mahanirvan



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My Hobbies

Acting in diploma films of FTII and educational films of WHO was an enriching experience. After joining the surgical residency, it was not possible to accept new roles, so acting got restricted to college festivals. But recently I have started giving voiceover to documentaries and some advertisements. It's thoroughly enjoyable

Doing hand embroidery has been my longtime hobby – very non-demanding and extremely creative. I usually draw my own designs. I did shadow work on sarees and gifted those to my mother, sister, sister in law. It was so satisfying to see the love and affection in their expressions. . Embroidered sarees, bedcovers, napkins, anything gives such lovely personal touch to the gift. This activity is wonderful for improving dexterity, focused attention-concentration and is not dependent on anyone else. It doesn't demand much and can be done without continuity. I also tend to add tatting, patchwork to make it a group. This group has been my all-time hobby.



Another rather unusual hobby I enjoy is to prepare thin, long, clean sticks by shaving the midrib of coconut leaf. My husband ties nice, useful brooms of a bunch of these sticks.

I do this when we visit our plantation in Konkan and carry some to work on in Mumbai. I find this as another excellent activity to improve concentration and it keeps your mind calm and quiet without any thoughts.



Hobbies are usually not used for commercial purpose. But one of mine is giving good returns. We had open land in out property at Konkan. I thought of creating a spice garden there for fun. I planted cloves, cinnamon, nutmeg and pepper as a trial. All of them did so well with tender loving care that now the spice garden has become a commercial venture though experiment with cardamom failed miserably. More about this some other time.



Clockwise - Cloves, clove tree, Nutmegs, Pepper, Cinnamon tree, Nutmeg tree with nutmegs

So the moral of the story – have not just one but as many hobbies as you wish and enjoy and feel enriched!



WOMEN'S DAY



A celebration of strength, resilience, and achievement.

A Woman Who Redefined Love, Strength, and Grace

On the occasion of International Women's Day, I extend my heartfelt gratitude 🙏 to KSCASI for inviting an article.✍️

I dedicate this piece to my late, beloved mother-in-law, Mrs. Kusumben Padamsi Khona, a woman who was a constant source of inspiration in my life and a living embodiment of strength 💪 wisdom, and compassion.

Many may find the words beloved mother-in-law surprising. Society often portrays a mother-in-law as dominating, interfering, or harsh toward her daughter-in-law. However, my experience was entirely different. My mother-in-law shattered 🚫💣 these stereotypes and redefined this relationship with love ❤️ understanding, and grace.

She was born on 17 November 1947 in Mumbai into the Mehta family and was brought up in a disciplined Jain household. A B.A. graduate, she was associated with the "Swadhyay Parivar" and worked as a teacher at the school 🏫 founded by the eminent educationist Shri Pandurangshastri Athavale. Naturally, discipline, punctuality, regularity, cleanliness, and a deep respect for education were deeply ingrained in her personality.

Though educated in Mumbai, she adapted effortlessly to rural life after marriage 🏡 as she truly loved my father in law. When I entered my in-laws' home 🏠 in Karanja Lad village for the first time after marriage,



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she took an impression of my footsteps 👣 on paper, imprinted with kumkum. 🟠 The happiness on her face at that moment was beyond words. She preserved that paper with great care throughout her life—a silent yet powerful symbol of her acceptance and affection.❤️

Mine was an inter-caste marriage, yet she moulded me into her family 🏡 so gently and effortlessly, naturally I never even realized when the transformation occurred. My etiquette, manners, eating habits—everything adjusted seamlessly, without discomfort or resistance. At a time when daughters-in-law were not permitted to wear salwar suits, 👗 she encouraged me to wear whatever I felt comfortable in 👗. Such was her modern outlook and her remarkable ability to adapt to changing times.



WOMEN'S DAY



A celebration of strength, resilience, and achievement.

A Woman Who Redefined Love, Strength, and Grace

She was caring, loving, 🥰 sincere, affectionate, and blessed with a warm, friendly personality. Education was very close to her heart, and she firmly believed in discipline and self-reliance. Her philosophy of life was simple yet profound—to face every challenge with courage and faith.

Her selflessness was extraordinary. To ensure that my professional responsibilities were not disturbed, she kept my children with her and took exceptional care of them. Even during times of immense personal loss, she displayed remarkable emotional strength 🙌. She lost her twenty-four-year-old son—an MBBS graduate—to illness, and later her grandson in a tragic car accident. Despite her own grief and physical suffering, she stood by me emotionally and encouraged me to resume my work, believing that dedication and purpose help ease pain. ❤️💊

During the epidemic of chikungunya, she once again fought a battle 🦠 with death. She suffered from a diabetic coma, maxillary abscess, and mucormycosis, yet recovered successfully. I witnessed her astonishing power of tolerance and resilience—qualities from which one can truly learn.

During that period, she shifted to our home in Mangrupir. Once she had fully recovered, she took complete charge of the household, lovingly attending to everyone's food habits and individual tastes. She would often say, "You focus on

your hospital and your work. Do not worry about the household or the kitchen." She was truly like a friend to me. We shared a deep bond, marked by mutual understanding, harmony, and trust. ❤️❤️

In the last three years of her life, she suffered from diabetes, heart disease ❤️🔥 and kidney failure. Yet she faced every hardship with determination and unwavering courage. 🙏 With firm faith in God and constant remembrance of His name ॐ she passed away peacefully, attaining her heavenly abode on 26 November 2019.

What moved me most was her selflessness even in her final moments. As she took her last breath, she said to me, "Forgive me. I will no longer be there to help you." Such nobility of spirit 🙏🙏 and depth of love ❤️ are beyond words.

To have a mother-in-law like her was truly my greatest blessing. 🙏🙏 I am eternally grateful to the Almighty for granting me the opportunity to live my life with her as a daughter-in-law. She has left an irreplaceable void in my heart, yet her memories remain vivid, and the fragrance 🌸🌸 of her teachings will continue to guide me forever.

On this International Women's Day, I remember her not only as my mother-in-law but as a woman of exceptional strength, 🙌 compassion, wisdom, and grace—a woman who quietly empowered everyone around her.....

!!



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Skilled with the Scalpel, Shy with the Spreadsheet

Scenario 1: “Dr. W is a surgical specialist who joined her husband’s family-run hospital soon after marriage. Eight years later, she generates the highest revenue in the institution. Yet she draws no personal salary. For even small personal expenses, she must seek the family’s permission. She holds no stake in the hospital. She has no investments in her own name. Any attempt to formalise her role or alter the arrangement is viewed as disruptive – even disloyal – and met with resistance. She is indispensable to the hospital’s growth. But financially, she remains invisible.”

Scenario 2: “Dr. X is one of the top surgeons in the city. She is called in by her colleagues for the most complex cases. She has balanced home and work for years with remarkable discipline. When asked how she manages her finances, she immediately pointed to her husband. She didn’t even know how to log into her own net banking account. For years, he has handled her investments. Now, if she begins asking questions, it may seem as though she has developed trust issues with him. Her surgical decisions affect lives. But her own financial life remains outsourced to her husband.”

Scenario 3: “Dr. Y and her husband routed all their income into joint accounts. Over time, her husband began taking all financial decisions independently. Investments were made, properties were bought, funds were shifted – all without prior discussion. The investments performed well and assets grew.



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But she was rarely consulted. was neither informed, nor involved. Despite contributing equally to the income, she had little clarity about where the money was allocated or what long-term risks were being taken. The accounts were shared. The authority wasn’t.”

Scenario 4: “Dr. Z is financially savvy. She manages her own investments, taxes, and property decisions confidently. She once asked a male colleague for a simple review of a financial advisor. Instead of answering, he assumed that she needed guidance and offered to “teach” her. She had asked for feedback – not a lesson. This wasn’t an isolated incident. It happened almost every time she initiated a conversation about money with male colleagues. Her competence in medicine was never questioned. But in finance, it was always downgraded. Patronisation often arrives disguised as help – and that is what makes it so persistent.”



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A celebration of strength, resilience, and achievement.

Skilled with the Scalpel, Shy with the Spreadsheet

These stories are different and yet, the pattern is unmistakable. Highly accomplished women – surgeons, specialists, hospital leaders – can still find themselves disinterested, disengaged, disrespected, excluded, or dependent when it comes to handling money. Financial disempowerment tends to hide behind convenience, trust and, subtle patronisation. Many women recognise themselves in this pattern. It's not because they lack intelligence. It's because of conditioning.

After a full day of clinical work, the last thing one wants is to decode financial jargon. Deciphering three-letter terms like PAN, TAN, or GST can feel tedious and exhausting. To the extent that some of us even take pride in “not having financial knowledge.” We proudly wear the badge of “financial illiteracy”. It makes us uncomfortable whenever discussions turn to taxation, investments, or compliance. We instinctively tend to redirect the conversation to our fathers or husbands.

And gradually without even realizing, this convenience turns into disengagement. Unfortunately, delegation is informed but disengagement is ignorance. Avoidance begins to masquerade as convenience. And mind you, in most cases no one forces this arrangement. There is trust. There is goodwill. There is comfort.

But there is also silence. And silence around money perpetuates itself.

The encouraging truth is that conditioning can be unlearned.

Financial literacy does not require brilliance in mathematics. It requires awareness, curiosity and participation

Start asking questions.

What investments are in your name?

What insurance policies do you hold?

What is your retirement plan?

What happens financially if your income pauses?

Understanding compounding, emergency funds, taxation basics, and asset allocation is certainly not beyond the grasp of women who routinely make life-and-death decisions.

Learning can be structured and non-overwhelming. Regulators and national bodies in India actively promote financial education and inclusion initiatives, and there are credible frameworks available to build awareness step-by-step. One good book, one reliable workshop, one fee-only planner, one weekend of understanding taxes—small steps compound.

Normalise these conversations. Discuss investments the way you discuss surgical techniques. Financial independence is not about accumulation. It is about autonomy.

It is about being able to negotiate fairly. To make career decisions without financial fear.

Money may not buy happiness. But it undoubtedly buys choices.

It buys time.

It buys freedom.

And— **Freedom is not a luxury. It is power.**



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Give to gain ...the true celebration of womanhood

Dear all, warm greetings for 8th March 2026@global festive month which is incomplete without he and she rising together!!!

2026 ,8th March, International women's day theme is -give to gain.

Highlights an inspiring truth ,when we invest in women, society as a whole thrives.

No doubt female gender has been blessed with superpower which is invisible divine power to strengthen family, communities and nation. In every era and every corner of the world ,women have stood at the forefront of change.

Career, family and proving herself while doing this if supported by male partner and complete family, no doubt rainbow of high intensity is the resultant effect.

We as a lady surgeons have definitive challenges day in and day out like its physically demanding, mentally exhausting and emotionally intense field.

In this modern era of year 2026 how we are different from our mother and grandmothers, to say this our generation has to give constant battle where technology has blessed and at times ruins career ,if appropriate dose is not withheld.

Technosavy mother has more challenges like school PTM'S online,homework online,

Class teacher drops a message online ,principle sends appreciation certificate with reward online ,,school trip details



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online ,what not in addition to this we as a surgeon have to be updated with recent modern equipment's and operative methodology from laparoscopy to robotics.in this constant battle we can not loose temper, empathy, balance.

Commitment to our patients and colleagues of departments how to cope up with this.

We need to streamline the priorities and divide them with respect to each family member. our child has to be made understood he can help himself with small tiny little steps from uniform handling to yearly schedule of school and plans for vacation.we need to make them aware though they are sweet angels but each small step can make life easy as they will grow from responsible citizen to senior citizens.



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Give to gain ...the true celebration of womanhood

Today women continue to enter into complex speciality fields of surgery once it was considered too tough for them -now proving that , their capability is based on training and skills with determination and not gender .

Research published in respected medical journals has shown that patient outcomes from female surgeons are as good as-and in some cases slightly better than -those of male surgeons .this evidence clearly proves that performance in surgery depends on competence not gender. skill, endurance ,intelligence and compassion runs hand in hand to perform better. Although historically dominated by men but over a period successfully broken barriers and stereotypes, from neurosurgery to cardiac surgery, from emergency trauma care to organ transplants women are performing complex procedures with outstanding success.

In this surgical battle and familial battle its not about which gender is more superior to whom but definitely till today in many corners many are not getting the support of other male colleagues to excel ahead.Although there are significant male surgeons who have been nurtured so well by their parents to help each other and respect other gender too.

If such male colleagues are there with us in making decisions on table during complex surgeries, during postnatal period and when she is emotional at times, times have

done miracles and at every step, females highly appreciate such gesture without fail

Through this KARNATAKA STATE CHAPTER MAGAZINE ON INTERNATIONAL WOMENS DAY 2026 ,WE ARE GOING TO WITNESS VARIOUS ANGLES views On HOW TO BALANCE EACH OTHER TO MAKE US COMFORTABLE,will definitely tell us that two wheels have to move equally to make the run successful.

Looking ahead with present scenarios of various associations across world very few females get the opportunity to lead the team but with proud I can say there are many brave ladies who have given tough fight which is worth remembering. we don't need one gender to rise above the other but we need both to rise together ,a balanced world is built not on competition but on cooperation. when men support women and women uplifts men ,



AI Generated Image



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Give to gain ...the true celebration of womanhood

Harmony replaces hierarchy.

My small lines on how we can balance this gender gap...

BALANCE...

We need both to rise together as
Today is women's day &
Tomorrow will be men's day.
Is dominance a empowerment?
No,
The partnership is true empowerment.
So we need to rise together
Where respect is the foundation
There gender balance begins.
We need to rise together becoz
Balance is not as to wheather she is stronger
Or
He is more stronger,
But to act upon how to get more stronger ,together.
We need to rise together becoz
If men and women competes
Society divides
But
When they collaborate society thrives....
Yes ,society thrives..
So,
We need to rise and rise
High and high
And ofcourse
Together and together with hand in hand





WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Scalpel in Her Hand, the World on Her Shoulders

She walks into the hospital with quiet determination. She has a steady gait with a calm expression and a dazzling smile.

To the world, she is a surgeon— elegant, skilled, decisive, dependable. But beneath the crisp white coat and those scrubs is a woman already halfway through her day.

Her morning began long before the first incision with Alarm ringing. Waking her children, cooking and packing school bags. A quick check on the groceries, the day to do list running constantly in the back of her mind. By the time she steps into the operation theatre, she has already been a mother, a daughter, a wife, a problem-solver, a comforter.

Inside the operation theatre , none of that shows up. Her hands are steady. Her voice is firm. A life lies on the table, and there is no space for distraction. Years of training guides her fingers. Experience sharpens her decisions. In this room, her competence is assumed, not applauded. She carries the weight of responsibility with utmost elegance and grace.

What few see is what she has left behind to stand there.

Guilt walks beside her more often than she admits. The school function missed because an emergency case could not wait. The birthday cake cut over a video call. Reaching home when the house is asleep and leaving before it wakes. Even on days off, her mind is divided—part of her with her family, part of her replaying a difficult surgery.



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No matter where she stands, she feels pulled elsewhere.

If she stays longer at the hospital, she worries about home. If she chooses home, she wonders about her patients. The guilt is quiet but persistent, folded neatly into her routine like something she has learned to carry without complaint.

And then there are expectations—endless and often contradictory.

Be compassionate, but not emotional. Be confident, but not intimidating. Be devoted to your profession, but never let it overshadow your family. Society applauds her achievements, yet questions her choices. She is admired as a surgeon, but scrutinised as a mother.



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A celebration of strength, resilience, and achievement.

Scalpel in Her Hand, the World on Her Shoulders

She is proof of courage, and can wear mascara at dusk and a surgical mask in the dawn

At work, she often feels the need to prove herself twice over her colleagues. Her decisions are questioned more quickly. Her mistakes linger longer in memory. Sometimes she is mistaken for a nurse. Sometimes a patient asks if a “male doctor” is available. The words are subtle, but they sting.

So she responds the only way she knows how—by excelling in her work.

She prepares thoroughly. She works harder. She tries to finish off her work with utmost efforts. She lets her results speak. Over time, trust replaces doubt. Patients return. Families thank her with folded hands and tearful smiles. Those moments matter more than any title.

The world loves to praise women who “do it all,” but rarely acknowledges the cost. Trying to be perfect everywhere is exhausting. There are days she performs a complex surgery flawlessly but forgets to sign a school diary. She has missed her kids performances be it sports or a cultural day, award winning ceremony of her kids. Days she attends a parent-teacher meeting but feels physically drained. Days when survival itself feels like an achievement.

Slowly, she learns something freeing: perfection is not the goal. Presence is. Her children do not need a flawless mother—they need a loving one. Her patients do not need a superhuman doctor—they need

a skilled, caring one. She begins to allow herself rest. She asks for help. She forgives herself for the days that feel uneven

Behind the surgical mask is a woman who feels deeply. She celebrates successful outcomes quietly. She carries difficult losses home in silence. She questions herself more than anyone else ever could. And yet, every morning, she shows up again.

Not because it is easy.
But because it matters.

“Her strength is not loud. It is the quiet decision to show up again — even when she is exhausted.”

Her victories are not always loud. They are found in healed wounds, in steady footsteps regained, in children who grow up watching resilience in action. She becomes a role model without intending to be—proof that strength does not have to shout.

A female surgeon is not extraordinary because she balances many roles. She is extraordinary because she does so with compassion, courage, and honesty about the struggle.

Every day she walks into the hospital—scalpel in hand, world on her shoulders—she reminds us that strength is sometimes quiet.

And sometimes, it simply shows up.

“Behind every steady incision is a woman who has already stitched together a thousand invisible responsibilities.”



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“Under the OT lights” - Reflection of the life of a female surgeon

She stands steady in the operating theatre. Her hands do not tremble. Her voice is calm. Her decisions are sharp, life-saving, precise. To the world, she is a surgeon at the height of her career. But inside, she is negotiating a crisis that no textbook ever prepared her for

This is the midlife crisis of a female surgeon – quiet, layered, and deeply personal.

1. The Career That Began Late

Unlike many professions, surgery demands youth as an investment and middle age as a harvest.

Her twenties were spent studying while others were earning.

Her thirties were consumed by residency – sleepless nights, emergency calls, missed festivals, postponed vacations. While friends built homes and memories, she built credentials and calluses.

By the time she “started” her real career – independent practice, reputation building, academic contributions – she was already in her late thirties or early forties.

And just when professional stability began, life asked new questions:

Am I too late to slow down?

Have I given too much already?

Is this success enough?

Midlife arrives not as a dramatic breakdown – but as a whisper of fatigue

2. Motherhood in the Middle

She is not just a surgeon. She is a mother – perhaps to a six-year-old who still needs



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bedtime stories and school-day hugs

She is not just a surgeon. She is a mother – perhaps to a six-year-old who still needs bedtime stories and school-day hugs.

Her day begins before sunrise:

Packing lunch boxes

Reviewing patient files Answering hospital calls

Her evening ends after:

Homework supervision

Surgical planning

Quiet guilt

She operates on strangers with unwavering focus.

Yet she worries if she missed Sports Day.

There is a constant internal negotiation: A child with fever versus a booked surgery A school annual day versus a conference presentation

A bedtime story versus a night emergency.

The guilt is relentless



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“Under the OT lights” – Reflection of the life of a female surgeon

– not because she is absent, but because she wants to be fully present in two worlds that demand exclusivity.

3. Marriage Under Surgical Lights

Marriage in a surgeon's life is rarely conventional.

Late dinners.

Interrupted conversations.

Vacations that depend on OT schedules.

Her spouse may be supportive – yet even support has limits.

Resentment sometimes hides beneath routine

4. The Ache of Missing Home

For many women, “home” is not just a house.

It is parents aging in another town.

It is childhood streets.

It is festivals where she is now a visitor, not a daughter.

She left home to chase excellence.

She visits as a guest.

When her mother's voice trembles on a phone call, she feels the distance like a wound.

When family gatherings happen without her, she sees the photos later.

Success demanded migration – emotionally and geographically. And sometimes she asks: Was ambition worth the quiet loneliness?

5. The Unique Midlife Question

A male surgeon may question career satisfaction

A female surgeon questions identity itself.

Am I a good mother?

Am I a good wife?

Am I still a good daughter?

Beyond surgery, who am I?

Her body also reminds her of time – hormonal shifts, fatigue, changing energy.

Yet the hospital expects her to function as if nothing changes.

Midlife crisis for her is not reckless behavior.

It is emotional exhaustion mixed with invisible expectations

6. The Strength Beneath the Struggle

And yet – she continues.

Because she loves surgery.

She loves healing.

She loves the quiet gratitude in a patient's eyes.

She also loves her child's laughter.

Her family's warmth.

Her crisis is not about quitting.

It is about integration.

Learning that: Perfection is impossible

Guilt is natural but not permanent

Success is multidimensional

Midlife becomes not a collapse – but a recalibration.

7. The Unspoken Truth

A female surgeon's midlife crisis is not dramatic.

It is dignified.

It lives between OT lights and school notebooks.

Between academic achievements and aging parents

Between independence and longing.

She does not need sympathy. She needs acknowledgment.

Because behind the sterile gloves is a woman balancing scalpel and soul – and both are equally delicate



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Accomplishments and self care for female surgeons

Redefining Accomplishment in Surgery

Historically, surgery has been shaped by pioneering figures like William Halsted, whose training models emphasized endurance, hierarchy, and total immersion. That model built technical excellence—but it also normalized self-neglect. For many of us, especially women, entering this culture meant adapting to systems that were not originally designed with us in mind.

Being a woman in a branch like surgery is not a limitation—it can be an asset. One of the biggest advantages for women as surgeons is that they have delicate hands but apart from that, what does it take for a woman to become a good surgeon?

1. Strong Academic Foundation :

Deep understanding of anatomy, physiology, and pathology by repeated information consumption through books, lectures, youtube videos of surgeries etc.

2. Technical Skill & Precision :

Surgery is hands-on. Master your suturing techniques, surgical dissection skills & observe when your seniors are performing surgeries. You need:

- * Excellent hand-eye coordination
- * Fine motor skills
- * Ability to work under pressure
- * Stamina for long procedures

These skills are developed through repetition, simulation labs, and supervised operating time.



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3. Mental & physical toughness & Resilience

Surgery is demanding:

- * Long hours
- * Night shifts
- * High-stakes decisions
- * Complications and unexpected outcomes
- * Emotional intensity

You must be able to stay calm in emergencies, accept feedback and criticism & recover from mistakes and learn quickly

4. Confidence Without Arrogance :

Patients and operating teams must trust you. You need:

- * Clear communication
- * Decisiveness
- * Leadership in the OR

But also humility — good surgeons constantly improve.



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Accomplishments and self care for female surgeons

5. Emotional Endurance :

Surgical careers can involve:

- * Balancing personal life with training
- * Dealing with mentors - Always respect your seniors & colleagues. Never argue with their knowledge. It's a skill learnt through practice.
- * Never go after the race - The only person you have to better than, is the person you were yesterday.
- * Always prioritise sleep & never underestimate the power of a good diet.

6. Navigating Gender-Specific Challenges :

Although surgery is increasingly diverse, women may still face:

- * Implicit bias
- * Under-representation in certain specialties
- * Assumptions about commitment (especially around family planning)

What helps:

- * Mentorship (especially female mentors in surgery)
- * Strong professional networks
- * Advocating for yourself
- * Setting boundaries

The Hidden Labor Behind Success

Female surgeons often carry dual—and sometimes triple—roles: clinician, academic, caregiver, partner, parent, daughter. The invisible labor can be substantial. Burnout is not a personal failure; it is often a predictable outcome of chronic overextension. In surgical culture, stoicism is admired. Yet I have learned that silence about stress does not make us

stronger—it isolates us. When we openly discuss fatigue, impostor syndrome, or work-life integration, we dismantle the myth that competence requires self-sacrifice.

Redefining Self-Care

Self-care, for me, is not indulgence—it is survival. It means:

1. Protecting boundaries: Saying no when my schedule threatens to overwhelm me.
2. Prioritizing health: Exercise, nutrition, and sleep are not luxuries; they are the foundation of surgical precision.
3. Mental resilience: Journaling, meditation, or even a quiet walk help me process the emotional weight of patient care.
4. Community support: Leaning on peers, mentors, and family reminds me that strength is not solitary.
5. Celebrating Accomplishments Without Guilt : One of the hardest lessons has been learning to celebrate achievements without diminishing them. Each patient saved, each student inspired, each barrier broken deserves recognition.

The Balance We Strive For

Ultimately, the journey of a female surgeon is about balance: between ambition and rest, between professional duty and personal joy. Our accomplishments shine brightest when paired with the courage to care for ourselves. Because a surgeon who nurtures her own well-being is not only stronger in the operating room but also more compassionate, more enduring, and more human





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A celebration of strength, resilience, and achievement.



Women in Bharat

International women's day is celebrated on March 8th every year since 1922 which was declared by Vladimir Lenin to honor women's role in Russian Revolution in 1917. Since then this day is celebrated globally to honor women's social, cultural, economic and political achievements while advocating for gender equality, reproductive rights and end violence against women. While the whole world was busy fighting for gender equality and women's rights, our country Bharat had revered Women as Devi and is worshipped as a protector.

Women contributors to Bharat dates back to Rigveda where a vedic sheer, Ghosha had composed two entire hymns in the 10th book in praise of Ashwins. Lopamudra, a revered philosopher and poet who is featured in a famous dialogue with her husband, Sage Agastya in the Rigveda. Avvaiyar, a prominent Tamil poet, philosopher and social commentator was active during the Sangam period(1st-2nd century CE) and was known for her moral teachings. Gargi Vachaknavi had challenged Sage Yajnavalkya in a philosophical debate. Bharat is very rich with such philosophers and intellectuals including Maitreyi, Ubhayabharathi, Queen Chudala and Visvasadevi to name a few. Akkamahadevi, a 12th century Kannada mystic poet was known for her Vachana poems and Gangadevi, a 14th century Telugu princess was also a poet.



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Kannagi, the protagonist of the Tamil epic Silapathigaram, representing moral strength and justice, Kuyili was the commander in chief to Queen, Nachiyar of Sivagangai, Kittur Chennamma who led armed revolt against the British in the 18th century and the list goes on.

The theme for IWD 2026 is "GIVE TO GAIN" which is not a new concept for our great country, let us give knowledge, love and care to the whole world.





WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Smt Kallya Jaya Devaraya Shenoy – My mother

I felt happy when Dr. Savita Karlwad called me and said "Sir, can you write an article for KSC- ASI e

Shastra on the occasion of women's day?". "Yes", was my answer. I wondered about what to write and about whom to write? We all respect our parents, our family members and our teachers too.

Should I write about my teachers? Should I write about my wife who has played a very crucial role in supporting me and standing by me for the last 40 years in all my professional and personal activities?

I am a surgeon, a teacher first, educator, and former chairman of KSC -ASI. Finally, I thought it most appropriate to write about a woman who has been a major influence on my life, my mother Late

Kallya Jaya Devaraya Shenoy.

Preamble: Post-independence, India faced several challenges such as poverty, lack of education and healthcare. All 3 affected millions of citizens of India including my mother's family. When my mother was 15-year-old, she lost her father to typhoid fever. She was the eldest of five children. Elders got her married to Kallya Devaraya Shenoy (my father) who was a clerk in Canara Bank, in 1955. It is ironic that my grandfather (mother's father) was the first Headmaster of Govt Primary School in Karkala (place I was born) but his daughter (my mother) could



Dr. Rajgopal Shenoy K
Past Chairman
KSCASI

not study beyond 9 th class. She was brilliant, first in the class and studies, but could not continue her studies.

Home-maker:

Home-maker: Getting into a new joint family after marriage, understanding the family and their members, managing the house, looking after elders are very challenging responsibilities. She did it very elegantly and efficiently. I am the third of her five children. Often when we ask a woman what work does she do, a common answer is, "I am a housewife". Today this word is replaced by the word "home-maker". My mother is a true example of a typical Indian home-maker. She managed our small, rented home efficiently. Like any other typical housewife, she was the first to get up and the last to go to bed. Getting us ready to go to school, getting tiffin boxes ready, giving us time to play, telling few stories. She could do everything because of



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Smt Kallya Jaya Devaraya Shenoy – My mother

perfect management of time and discipline, a valuable lesson she passed on to her children.



Communication and people-skills:

She might not have been well educated but she was literate and well-informed. I still remember my father reading newspaper and telling her the information about what was happening in and around states. This was at a time when there was no radio or television available. One of her many strengths was communication skills. She could articulate well with everyone because she was up-to-date about everything. She taught us communication skills.

There is a saying that a house is built by bricks but a home is built by hearts. Being the eldest family member, my parents organized so many family meets in the house, each of them well-planned and executed by my mother (every item was made in the house, hardly any hotels and hotel orders). She was very generous too in feeding everyone who came home. She taught us people-skills, multitasking and leadership skills.



Leadership:

As surgeons, we are leaders. We not only operate and teach but we do take care of our family, children and to a certain extent, the society also. Society expects a lot more from surgeons, not just surgeries. My mother was a natural leader. She also showed us the importance of dedication and determination to achieve goal.

Decision-making:

For more than two decades, we lived in coastal Karnataka, in the land of temples, educational institutions, lush green coconut plantations all washed clean with good monsoon. I had secured a merit seat at KMC, Manipal and I could be a day scholar but had to pay Rs 10,000 per year. Subsequently, I got a free seat at Ballari too (Rs 400 per year). Our financial condition at that time made my parents take the decision to send me to Government Medical College, Ballari. Although the living conditions there were far from optimal, I have no regrets. I got the best teachers during this period 1977-1983 period and was fortunate to have secured ranks and distinctions. I also met my life partner, Dr. Anitha Nileshwar there.



WOMEN'S DAY

A celebration of strength, resilience, and achievement.



Smt Kallya Jaya Devaraya Shenoy – My mother

A great mother-in-law:

After our marriage, we were a joint family. My mother turned out to be a great mother in law to my wife, not only sparing her any cooking or household work, but also strongly supported her in every way while she was doing postgraduation in anaesthesia. When she got an opportunity to go to UK for higher studies, leaving both children (Ranjan and Rachana) at home, my mother assisted by my in-laws took care of them. Often we underestimate the role played by our elders, we take it for granted but their love and support are like a big banyan tree beneath which we can rest safely and comfortably. We realise this only when such supports are not available in modern days.



My mother as a nurse at home:

My father had many debilitating health issues in early sixties and he developed paralytic stroke in 1986. He was bedridden and had multiple problems including tracheostomy and nasogastric feeding. The main reason why joined KMC Manipal was because of his problems. He passed away in 1998. His bedroom was a mini hospital room with IV stand, foot suction, tracheostomy tubes, injections and dressings, sputum cup and what not? My

mother, assisted by my sister Dr Shobha Kamath and other family members, gave him the best possible care without any bed sore and thus gave a quality of life till his death. She taught us compassion, care and empathy.



Social groups:

My mother was a very social person. She had many, many friends and she could nurture and maintain all of those friendships well. Joining any non-government organization gives us opportunity to talk to different people, to understand each other, to appreciate everyone's actions, service and their work. She was familiar with Lions club (my Dad was a Lions club member).





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Smt Kallya Jaya Devaraya Shenoy – My mother

Social groups:

In addition, she also got exposed to Rotary club, Mahila Samaj etc. She was very fondly called as Amma by some and Jayamma by others. Such was her popularity that even when we were out of station or were occupied due to professional commitments, people would pick her up for meetings and drop her back home. All that she did was talk to people, like their activities and share their enjoyment. She celebrated life!



Remarks/reflections:

On the occasion of Women's day, I pay my respects to my mother, who may not have taught in schools or colleges but taught us great values of life. She taught us to show empathy towards people, irrespective of their social status. She taught us generosity and contribution for a good cause. She loved and respected everyone and earned respect from all. She was an epitome of love and respect. She encouraged everyone to come up in life including nonfamily members. She lived all of her 80 years to the fullest ('thumbu jeevana'). My saashtaanga pranams to this great woman, my mother, who gave me this life!





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Self care is not Selfishness

Love thyself first



Dr Preeti S P
Prof and Unit Head
JSS Medical College
Mysuru



*“Caring for myself is not self indulgence, it is self-preservation”
- Audre Lorde*



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ಅವಳು...

ಅವಳೆಂದರೆ...
ಒಂದು ಮಾಯೆ...
ಒಂದು ಮುಗುಳ್ಳಗೆ..

ಲತೆಯಂತೆ ಮೃದು, ಆದರೆ ಮುರಿಯಳು..
ಬಂಡೆಯನ್ನೂ ಆಲಂಗಿಸುವ ಬಳ್ಳಿಯಂತೆ ಬೆಳೆಯುವಳು...
ಎಳೆ ಎಲೆ ಚಿಗುರಿನ ಹಚ್ಚ ಹಸಿರು ಅವಳು..
ಕಾನನದ ನಿಶಬ್ದವೇ ಅವಳಾಗುವಳು..

ಪರ್ವತದ ಅಚಲ ಸಂಕಲ್ಪ...
ಬಿರುಗಾಳಿಗೂ ತಲೆಬಾಗದ ಧೈರ್ಯ..
ಗುಡ್ಡದ ಮೌನದಲ್ಲಿರುವ ಗಂಭೀರತೆ ಅವಳು...

ನಾಗರದ ಆಳದಲ್ಲಿರುವ ರಹಸ್ಯತೆ...
ಅಣತಿಗೆ ಮೀರಿ ಹೋಗುವ ಅಲೆಗಳಷ್ಟು ಕನಸುಗಳು...

ಜೀವನದ ನಾಲ್ಕು ಹಂತಗಳಲ್ಲಿ, ನಾಕು ತಂತಿಗಳಾಗಿ-
ಮಗಳಾಗಿ, ಮಡದಿಯಾಗಿ, ತಾಯಿಯಾಗಿ,
ಮನೆಯ ಹಿರಿಯಳಾಗಿ...

ಪ್ರತಿಯೊಂದು ತಂತಿಯಲ್ಲೂ, ಸುಸ್ವರಗಳ ಶ್ರುತಿಯಾಗಿ...
ಇಂಪು ಚೆಲ್ಲುತ ಮರೆಯಾಗುವಳು
ಅವಳು...!!



ರೇಖಾ ವಿ ಎಸ್
ಶಸ್ತ್ರಚಿಕಿತ್ಸಕರು
ಹೊಸಪೇಟೆ



WOMEN'S DAY

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ಅಮ್ಮ

ಅಮ್ಮ,
ಹರಿವ ನದಿಯ ಹಾಗೆ
ನಿನ್ನ ಮನಸ್ಸು!
ಬೆಟ್ಟದ ಮೇಲಿಂದ ಇಳಿದು
ಕಾಡು ಮೇಡಿನಲ್ಲಿ
ಕಲ್ಲು ಬಂಡೆಗಳನ್ನು ಕೊರೆದು
ಜಗಕ್ಕೆ ಅಮೃತಧಾರೆ ಸಮರ್ಪಿಸುವ
ಮಮತಾಮಯಿಯಂತೆ ನೀನು

ಅಮ್ಮ,
ಬೃಹದಾಕಾರದ ಮರದಂತೆ
ನಿನ್ನ ಮನಸ್ಸು!
ಬಿಸಿಲು ಭಳಿ ಮಳೆ ಗಾಳಿಗೆ
ಛಲದಿ ನಿಂತು
ಕೊಡಲಿ ಕೈಗಳಿಗೆ ಉಸಿರ ಕೊಟ್ಟು
ನೆರಳಾಗಿ ನಿಲ್ಲುವ ಕ್ಷಮಯಾಧರಿತ್ರಿ ನೀನು

ಅಮ್ಮ,
ಸದಾ ಪ್ರಕಾಶಿಸುವ ದೀಪದಂತೆ
ನಿನ್ನ ಮನಸ್ಸು!
ಧಗಧಗನೆ ಸುಡುವಾಗ್ನಿ ಒಡಲಲ್ಲಿ
ಹೊತ್ತು ನಿಂತು
ತನ್ನ ದಹಿಸುತ್ತ ಜಗಕ್ಕೆ ಬೆಳಕು ಕೊಟ್ಟು
ದಾರಿ ತೋರುವ ಮಕ್ಕಳ ಸೂರ್ಯ ನೀನು.

ಅಮ್ಮ,
ಸದಾ ಕಾಯುವ ದೇವರ ಹಾಗೆ
ನಿನ್ನ ಮನಸ್ಸು!
ಮಕ್ಕಳ ತಿದ್ದೀತೀಡಿ
ಅವರ ತಪ್ಪುಗಳ ಹೃದಯಸಾಗರದಲ್ಲಿ ಕರಗಿಸಿ
ನೋವನ್ನು ಒಡಲಲ್ಲಿ ಮುಚ್ಚಿಟ್ಟು
ಸದಾ ಮಕ್ಕಳ ಒಳಿತನ್ನೇ ಬಯಸುವ
ಕಣ್ಣು ಕಾಣುವ ಸಾಕ್ಷಾತ್ ನಾರಾಯಣಿ ನೀನು.



ಡಾ. ಅನುಪಮ ಪೂಜಾರ
ಶಸ್ತ್ರಚಿಕಿತ್ಸಕರು
ಬೆಂಗಳೂರು



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Art work



Dr. Srinivas Yadav
Senior Resident
Sapthagiri Institute of Medical college
and Research institute

This artwork stands as a resplendent ode to the timeless majesty of womanhood—an embodiment of grace tempered by strength, and tenderness refined by purpose. At its heart stands the healer: serene, composed, and luminous. Crowned with vibrant blossoms that whisper of renewal and life, she wears her mask not as a barrier, but as a quiet symbol of sacrifice and service. Draped in a gentle saree beneath the dignified white coat, with the stethoscope resting like an insignia of honor upon her chest, she harmonizes compassion and

competence with effortless elegance.

Behind her, the magnificent azure wings unfold in celestial grandeur. They are not mere adornments, but chronicles of her journey. The long, firm feathers that stretch outward—aged, resilient, and unwavering—symbolize experience, endurance, and the hard-earned strength forged through trials and time. They speak of sleepless nights, demanding responsibilities, and lessons etched deeply into the soul. Closer to her shoulders, the softer, newly blossomed feathers glow with youthful delicacy.



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These tender plumes represent openness—the humility to learn, the patience to grow, and the grace to welcome new beginnings. They signify that even in mastery, there remains curiosity; even in strength, there remains gentleness. Together, the old and the new feathers narrate a beautiful truth: that wisdom and wonder can coexist within the same spirit.

The background, too, carries profound symbolism. It journeys from the depth of black to the intensity of red, and finally to the radiance of bright yellow. The dark undertones reflect the unseen struggles—the silent battles, the fatigue, the sacrifices often hidden from the world. From this darkness emerges red: the color of courage, passion, and relentless determination; the very pulse of life she protects and preserves. And rising above all is the luminous yellow—a triumphant glow of hope, enlightenment, and positivity.

It is the dawn after hardship, the golden promise that perseverance births brilliance

Encircling her are the subtle emblems of daughter, friend, student, partner, mother, colleague—each role delicately acknowledged, yet none diminishing the other. She is not divided by these identities; she is enriched by them.

Through your hands—as a surgeon who understands the anatomy of resilience and as an artist who perceives the poetry of existence—you have crafted not merely an illustration, but a regal proclamation. It is aesthetic yet powerful, gentle yet commanding—a celebration of women who rise from darkness into light, who grow new wings even as they stand firmly upon the strength of the old, and who heal the world while carrying its weight with divine elegance.

"Every woman is a force of nature. Today, we celebrate the positive energy and strength that women bring to the world."

Personal Chic





WOMEN'S DAY

A celebration of strength, resilience, and achievement.



**Cherished are those scars of the stretched skin
As a new life shapes and dwells within
A gift of nature so incredible, so supreme
Nullifies the pain and kindles a priceless gleam**

Dr. Naaz Shaikh

HAPPY
Women's Day

8 March 2026