



AKMG REPORTER SPRING 2024

Newsletter of the Association of Kerala Medical Graduates

45TH AKMG ANNUAL CONVENTION

HILTON BAYFRONT

SAN DIEGO

CALIFORNIA

AUG 29-31, 2024





Sindu Pillai MD
President, AKMG

PRESIDENT'S MESSAGE

Dear AKMG Family,

Beautiful Spring season is here with vibrant colors and sweet fragrances of new plants and blooming flowers. Spring is all about new beginnings and it is the time to get excited for the future, hopeful for good times to come. This year Spring is a very special one to me as I am honored and privileged to invite my dearest AKMG family to our 45th Convention being held in one of the finest cities of Southern California, San Diego, close to my hometown, from August 29th to 31st, 2024. San Diego is also special and is known for its gorgeous weather and stunning beaches and parks and is one of the most beautiful cities in all of California with world class family attractions.

Our Convention team, Convention Chair Dr Ravi Raghavan and Co-Chairs Dr Geetha Ashok, Dr Anoop Karippot and Dr Ruby Koshy with our various Convention Committees are working tirelessly to present one of the most spectacular conventions to all of you in August 2024.

Convention will kick off with our preconvention event, Admiral Hornblower Dinner Cruise on August 29th, which is a great trip around the North and South Bays of San Diego. Hospitality, fine dining and creative beverage services are offered on board with great commentary in a really comfortable boat. You get to enjoy a great view of the city and naval vessels with superb scenery during the 2-hour cruise.

After a relaxing Yoga Session and delicious Kerala breakfast, we start Friday, August 30th, with our state of the art cutting edge CME presentations by the most eminent speakers on current and advanced topics in various specialties. This is followed by a sumptuous traditional Onasadhya, a multi-course vegetarian meal on a banana leaf. We will have Onam festivities throughout the day with procession, chenda melam, thalappoli etc. followed by various cultural entertainments by AKMG members. Our Campus Talent Night is going to be one of the highlights of our convention that everyone is looking forward to and it is definitely a venue to showcase your talents and extracurricular activities. Let us keep our surprise element until the end and appreciate and enjoy the hard work and sincere efforts our members have put in to bring out the best Campus Talent Night ever!!.

Our last day of the Convention, GALA NIGHT Day will start again with Yoga and breakfast followed by another 4 hours of CME and lunch. Business seminar, Women's forum seminar, Kids's forum activities, Art workshop, Literary Seminar, Musical entertainments etc. will add colors to our convention. We are looking forward to our magnificent Fashion Show, a dreamy one that will highlight 3 authentic silks of India, a must-see program. Our Gala Night will start with a cocktail hour followed by keynote activities and a sumptuous gala dinner. Dinner will be followed by a beautiful dance performance by the popular Indian former actress and a classical dancer Divyaa Unni and "Tharotsavam", an assembly of highly talented artists and singers from Kerala with their enchanting, thrilling performances.

We will make sure that we cater to your needs, keep you entertained and educated and help you create memories that can be cherished for many years to come. I humbly request each and every member of AKMG Family to register and attend this convention. Let me express my sincere words of gratitude to every one of you who has already registered.

Looking forward to seeing everyone here in August.

Best regards,

Sindu Pillai MD, FAAP
President, AKMG



Ravi Raghavan MD
Convention Chair

All right, folks it's just 3 months away !!

Hope you have already registered and are eagerly looking forward to meeting old friends and celebrating Labor day weekend with us - or - you are still pondering when to take the plunge and complete your registration. Either way, the much-awaited 2024 AKMG Convention is almost here, and we, in the core team are working very hard to give you a memorable experience in San Diego!!

To those who are unsure, let me remind you once again that AKMG is the only American association we have, as physicians & dental professionals of Kerala origin. It is our own family of docs -showcasing the best of everything we have - with pride and nostalgia !! A wonderful opportunity to get together in a lovely location and forget your troubles for one long weekend. There are great entertainment, food, and learning opportunities waiting for you. And not to forget - a chance to make many new friends and associates on the West coast. Why would you forfeit this opportunity to enjoy a long break with family, and visit local attractions in the Southern California weather – a literal playground for all, with the ocean, sunshine, and natural beauty of the California coast accentuating your experience ??

A highlight of the event is our CME program, and you already are aware of the quality of online talks that our team has presented over the past few months. More high-octane topics and speakers are being finalized at this point, and you can be rest assured that some cutting-edge material will be discussed on both Days 2 & 3 of the event. We have also invited research papers and reports from our younger faculty and trainees, some of whom will have a chance to share their scholarly activities on stage and even win awards. Those of you who have presentable abstracts or have mentored trainees who wish to submit material are requested to submit the items as soon as possible. The details have already been shared via e-mail and social media, but please go to the website for further information (<https://www.akmg.org/convention2024/cme2024.php>).

Another reminder is to come forward and submit your thoughts, articles, stories, poems, and scientific work in our Souvenir (go to: <https://www.akmg.org/convention2024/souvenir2024.php>). Many of you have interesting memoirs from your medical school and residency days, which should be shared with our members, families and trainees. Send us a write-up that can strike a chord amongst our peers. Make it thought-provoking, educative, and even funny ! In addition, we are also requesting your family photos & compliments that can be published in the magazine for a reasonable fee – financial support that will help us meet the costs of printing.

This year we are also arranging some fascinating Non-CME / spousal & family sessions and workshops that will be open to kids & youth. These include Women's & Kids forums, Business talks, and a Literary forum showcasing some of the authors within the group on Day 2. Of special note is a unique Art Workshop on Day 3, under the guidance of one of our own talented physician-artists, Dr Meera Menon from Arizona. I am using this opportunity to invite all talented members (of all ages) to register for a Mural Art on-site course during our convention. The details and invites have already been sent out, but more info is available or request, or by connecting with Dr Meera Menon (tel: 602 903 0640)

Lastly, as you may have gathered from the many videos and flyers that have been shared, we have a vibrant and colorful evening program schedule on Day 2 & 3 evenings, culminating in a Fashion Show and Gala event with stellar performances from the likes of movie-star and singer Manoj K Jayan, Manjari, comedian Ramesh Pisharody, to mention just a few. Also, the actress-dancer Divya Unni will be performing as well. But, of course, what we are all really looking forward to, are the musical, dance, and other items from our own talented AKMG families on Campus Talent Night, some of whom have already started preparing for the big day!! Those who have not yet registered their talents are requested to kindly contact our Cultural Committee lead, Chino Manikorattu 518 488 9871.

Therefore, fasten your seat belts and get ready for the "Event Of The Year". Great company, talks, delicious food, and entertainment await you.

See you all in San Diego, August 29-31!!

Ravi Raghavan MD, MRCPATH
Convention Chair, AKMG 2024

YEVVA
EMBRACING THE DIVINE DANCE OF LIFE

AT HILTON BAYFRONT / SAN DIEGO
FRIDAY AUGUST 30TH 2024

STAY TUNED FOR AN UNFORGETTABLE EXPERIENCE!



Krishna. R Prasad MD
Editor

Hello, my dear AKMG members and families,

The **45th Annual AKMG Convention in San Diego** is approaching fast. The meet is scheduled to take place at the **Hilton Bayfront Hotel, San Diego, California from August 29th through August 31st, 2024**. I hope that most of you have registered for the Convention. If you have not, please do so ASAP. The registration process and booking the hotel room will take only a few clicks on your laptop or smart device.

Remember that AKMG Annual Conventions provide excellent opportunities to refresh and rejuvenate old friendships while opening the avenue to making new friendships. I liken these conventions to annual pilgrimages.

Our AKMG President Dr.Sindu Pillai, the Convention Chair Dr. Ravi Raghavan and the members of the various committees and sub committees are working very hard to ensure an unforgettable experience in San Diego for all of us. Let us all plan on being in San Diego to meet our friends and the families to enjoy the fruits of the hard work and dedication put in by the Convention team.

I am very much encouraged with the recent and upcoming young leaders of AKMG, including a slew of women Presidents. I will mention a few names, well known to us all, who have led AKMG as women Presidents – Drs. Shakuntala, Parvathy Mohan, Radha Menon, Raji Menon, Geetha Nair, Usha Mohandas, Sindu Pillai. Quite a few more eminent AKMG women leaders are in the pipeline.

AKMG Membership

Every organization is measured by its number of members – I used to qualify my report as AKMG Membership Committee Chair years ago with the slogan, “Strength in numbers, strength in members”. We all owe it to AKMG to recruit young blood so as to build up the organization and groom the future leaders. Whether it be in settings like academic institutions, private clinics and hospitals, local community gatherings including Onam and Christmas celebrations, let us all encourage MSYPRF {Medical Students, Young Physicians, Residents and Fellows} to join AKMG as members and participate in the annual conventions. It is very important to emphasize that membership in AKMG is open to persons of Kerala origin or connection by blood or marriage, in the USA and Canada, irrespective of the place of birth, location of medical/dental training anywhere in the world.

AKMG Global

Every organization is measured by its number of members – I used to qualify my report as AKMG Membership Committee Chair years ago with the slogan, “Strength in numbers, strength in members”. We all owe it to AKMG to recruit young blood so as to build up the organization and groom the future leaders. Whether it be in settings like academic institutions, private clinics and hospitals, local community gatherings including Onam and Christmas celebrations, let us all encourage MSYPRF {Medical Students, Young Physicians, Residents and Fellows} to join AKMG as members and participate in the annual conventions. **It is very important to emphasize that membership in AKMG is open to persons of Kerala origin or connection by blood or marriage, in the USA and Canada, irrespective of the place of birth, location of medical/dental training anywhere in the world.**

AKMG- HS {Humanitarian Services}

We all have done well overall, professionally and financially, in our adopted countries, the USA and Canada. It is time for us all to consider opening up our wallets and contributing to the charitable causes in Nort America and India initiated by AKMG-HS over the past few decades. Please note that your contributions to AKMG-HS are tax deductible/tax exempt.

Once again, looking forward to seeing you all in San Diego!!!

Respectfully submitted,
Krishna. R Prasad MD
Editor, AKMG



Deepu Sudhakaran MD President Elect

Dear AKMG Family,

I am filled with immense joy and gratitude as I welcome you to this blossoming season with open arms and an open heart.

It is truly inspiring to witness the growth of AKMG under the leadership of President Sindu Pillai. Her efforts have been instrumental in establishing new chapters in North Carolina, and New Jersey. It is heartening to see our community flourish both

culturally and professionally, with events celebrating Kerala's rich heritage and conducting CME programs. **Our mentorship initiative, Rising Star, led by the dynamic Neena Thomas, has been pivotal in guiding many young doctors toward achieving their goals.** I am equally inspired by the personal and professional growth of our individual members.

Recently, I had the pleasure of attending the annual Florida Chapter meeting on May 18th. It was a remarkable event, attended by many distinguished past presidents and our current president, Sindu Pillai. The event was meticulously organized by **Florida Chapter President Reena Kavilaveetil** and her dedicated team. During this gathering, I had the distinct honor of announcing the **2025 Convention. This special event will be a cruise convention, taking place from June 30th to July 4th, 2025, sailing to the Bahamas from Cape Canaveral.** Reena Kavilaveetil will serve as the Chairperson, with Ben Tharian as the Co-chair for this exciting event. So, after our San Diego convention, get ready to pack your bags for this voyage of a lifetime, filled with grand entertainment and memorable experiences.

Now, it's time for all of us to gather in San Diego for our convention in August 2024. I am eagerly looking forward to meeting each one of you there. The convention team has been working tirelessly to ensure that all arrangements are in place to welcome you warmly. If you haven't registered yet, please do so, and let's look forward to an incredible time together in San Diego from August 29th to 31st 2024.

With warm regards,

Deepu Sudhakaran MD, MBA, FACS, FASMBS
President Elect



AKMG RISING STAR

Mentorship Program

Register Now

www.akmg.org



Elizabeth Mammen Prasad MD
Vice President

Greeting's AKMG family,
Hope your transition from winter to spring has been smooth. Hopefully, all the mothers had a wonderful Mother's Day. This time of the year, we begin to celebrate graduations from high school, colleges, professional schools, residency programs, to name a few. I have to give a shout out to the AKMG mentorship program under the leadership of (Chair) Dr Neena Thomas and others, who provided invaluable guidance to IMG mentees to transition to US residency programs. It is truly outstanding collectively we can accomplish a lot. I hope you will join the Mentorship program to assist the incoming graduates. Check out the mentorship program at AKMG. org.

This spring, the Match results indicated that our AKMG IMG mentees were placed into residency programs in high numbers again.

On a sombre note, these past 5 months has been very changeling time for me to say the least. Having to address loss of colleagues in my specialty as well as friends has been difficult. It was a shock to hear the passing of friends and colleagues in their 40's, 50's, and 60.s. In disbelief we tend to question what happened, was it preventable, what could have been done differently. I want to mention the importance of preventive health. Every month we are reminded by public health ads on various health awareness and prevention tools. Do we take it seriously and schedule our check-ups? We know early detection saves lives. At my hospital, two ID physicians passed away in a short time frame. One of them who passed away was from MI, even though he looked healthy and slim. The 2nd colleague lost his battle to colon cancer, which was detected very late unfortunately. As I provided coverage for his patients over the past year, when he needed some time off due to his intolerable side effects from the chemotherapy, he was remorseful that he never went for colonoscopy due to busy practice. This clearly was an important reminder, "prevention is better than cure". I hope we take time to pay attention to health awareness campaigns as a gentle reminder. As such, May is HTN and STROKE awareness month, followed by June Men's health awareness month. Keep the screenings going. Happy Father's Day!!

On a positive note, I encourage everyone to attend the AKMG convention in San Diego under the leadership of Dr Sindu Pillai, President of AKMG and her team. Without a doubt, it's going to be a dynamic convention which will meet your social and educational needs and much more. Can't wait see you all in San Diego!

Elizabeth Mammen-Prasad MD
Vice President, AKMG 2023-2024



Thomas Rajan MD
Secretary

Dear AKMG Family,
Spring is in the air as we are looking forward to another excellent year of fun and networking with our AKMG family. I am filled with gratitude and admiration for the visionary leaders who started AKMG and are the reason that we have this wonderful family.

To every active member of our organization, your unwavering support and dedication have been the driving force behind our success. Many of you have spent countless hours and efforts to keep this organization tightly knit, making it a true family that cares for and cherishes each other's company.

Under the exemplary guidance of Neena Thomas, our recent mentorship program has been a beacon of hope and support for aspiring medical students of Kerala origin, paving their way to residency and beyond. As we foster this program, our hope is that the new generation will join our AKMG family, spearheading the spirit of camaraderie and promoting our culture and heritage.

I am really proud of the remarkable achievements of our members, both in academia and philanthropic work nationally and internationally. Under the excellent leadership of Dr. Sindu Pillai, our current President, has been tirelessly organizing exceptional programs, including Kerala Piravi and timely CME sessions, enriching our collective educational experience and strengthening our bond.

As we eagerly await the much anticipated annual convention, hosted by the California chapter under the able guidance of our President in beautiful San Diego, California, I strongly invite you all to register in large numbers. Bring family and friends to help make this a grand convention that we will remember for many years.

From your Secretary's desk.

Thomas Rajan, MD, FCCP, FAASM
Secretary, AKMG

AKMG HUMANITARIAN SERVICES (AKMGHS)

You can donate online through www.akmg.org website or by sending a check to AKMGHS, c/o Sunil Kumar, 7420 NW 5th street, #103, Plantation, FL 33317. We would like to thank you in advance of your support!



AKMG SAN DIEGO

CONVENTION COMMITTEE



SINDU PILLAI MD
President, AKMG



RAVI RAGHAVAN MD
Convention Chair



RUBY KOSHY MD
Convention Co-chair



ANOOP KARIPPOT MD
Convention Co-chair



GEETHA ASHOK MD
Convention Co-chair



RAJU PILLAI MD
CME chair



CHINO MANNIKAROTTU MD
Cultural Chair



ANILA THAMPY MD
Hospitality & Fundraing Chair

AKMG OFFICE BEARERS

2023-2024

EXECUTIVE COMMITTEE



Dr. Sindu Pillai
President



Dr. Deepu Sudhakaran
President Elect



Dr. Elizabeth Mammen
Vice President



Dr. Thomas Rajan
Secretary



Dr. Shelby Kutty
Treasurer



Dr. Geetha Nair
Immediate Past President

BOARD OF GOVERNORS



Dr. Sreekanth Viswanathan



Dr. Vinay Prabhakaran



Dr. Anila Thampy



Dr. Liza Prostasis



Dr. Anil Joseph



Dr. Rojymon Jacob



Dr. Oormila Kovilam



Dr. Nisha Nigil



Dr. Neena Thomas



Dr. Urath Suresh



Dr. Ravi Raghavan



Dr. Deepthi Nair



Dr. Ranjini Pillai



Dr. Joji Varghese



Dr. Biju Paulose

AKMG OFFICE BEARERS

2023-2024

BOARD OF TRUSTEES



Dr. Majeed Paduvana
President 2016 - 2017



Dr. Subrahmanya Bhat
President 2020 - 2021



Dr. Raji Menon
President 2017 - 2018



Dr. Geetha Nair
President 2022 - 2023

SUB COMMITTEES



Dr. Krishna R. Prasad
Publications



Dr. Neena Thomas-Eapen
Mentorship



Dr. Susan Thomas
Entertainment



Dr. Thomas P. Mathew
Humanitarian Services



Dr. Nisha Nigil
Membership & Communications



Dr. Chandra Venugopal
Constitution and Bylaws



Dr. Sunil Kumar
Humanitarian Services



Mr. Velluva Mohandas
Website & Directory



Dr. Teresa Varghese
Young AKMG



Dr. Anoop Mohamed Iqbal
Communications



Raju Pillai MD
CME Chair

AKMG is delighted to invite all healthcare professionals to our upcoming Continuing Medical Education (CME) Conference, which promises a robust agenda filled with the latest advancements and innovations in cutting edge topics in medicine. The CME committee is engaging with a distinguished panel of speakers who will join us for an enriching experience that aims to enhance your expertise and improve patient outcomes.

The conference sessions include:

Stem Cells and Cellular Therapy: Applications and Innovations - Dive into the cutting-edge developments in the use of stem cells and cellular therapies across various medical disciplines.

Recent Advances in Oncology - Explore the latest breakthroughs and treatment modalities that are setting new standards in cancer care.

Management of Headache and Stroke: Modern Strategies and Treatment - Gain insights into the current best practices and emerging techniques in the diagnosis and management of stroke.

Recent Advances in the Management of Diabetes and Metabolic Disorders - Update your knowledge on the latest therapeutic strategies and diagnostic tools in managing diabetes and associated metabolic disorders.

We are excited to host two distinguished keynote speakers who will share their insights and experiences gained from decades of practice on how medical practice will evolve going forward. We look forward to your participation in what promises to be a highly informative and engaging event.

Call for Abstracts/ Posters

To all young, aspiring physicians, residents in training, and faculty members: AKMG is committed to supporting your research efforts. We invite medical students, residents, and faculty to submit abstracts featuring their research projects and interesting case series. The abstracts will be reviewed by the AKMG CME Review Subcommittee and selected for platform or poster presentation. They will also be published in the AKMG Souvenir as part of the CME Proceedings.

A few selected abstracts will be chosen for platform presentation and cash awards, which will be presented at the convention. To assist medical trainees attending the Convention in San Diego, AKMG has subsidized the registration fees. This is an excellent opportunity for the AKMG community to present their research projects, highlight their contributions to the medical field, and for fellow members to become aware of their work.

Raju Pillai, MD
CME Chair 2024






AKMG SAN DIEGO CONVENTION 2024

CALL FOR ABSTRACT



AKMG inviting trainees and junior faculty members (faculty who graduated in the last 5 years) to submit abstracts relating to their research, systematic reviews or meta-analyses to the AKMG 2024 CME program in San Diego, CA, USA. Larger case series are acceptable. Informative Case series will also be considered. Project proposals without data or results will not be accepted.

All submissions must be submitted via email to office@akmg.org

-  **The deadline for submission is June 30th, 2024**
-  **All abstract presenters will be provided with certificates**
-  **Cash awards will be offered to the best 3 abstracts**

If any mentors or your friends and colleagues wish to support the hotel room for trainees, please reach out to us. This will encourage and help more trainees to attend our convention. Thank you for continuing to support the growth of this organization.

MORE INFORMATION

www.akmg.org 

office@akmg.org 



AKMG San Diego



Nisha Nigil MD
Chair, Membership Committee

**Membership Drive Update
from the Association of
Kerala Medical Graduates**

As any other professional organization our main strength is derived from members. They are the driving force behind our mission, and the soul of the AKMG family. We take immense pride in our growing family, and today, we're thrilled to share an update on our membership drive in the past decade.

Since our last membership tally in 2014, our organization has seen significant growth, with a total of 780 members now contributing to our vibrant community. Among them are medical students, medical residents, physicians, and even families.

Total Members since 2014 : 780

Resident/Fellows Medical Residents: 127

Joint Annual Membership: 2

Joint Life Membership: 134

Life Membership:425

Medical Students: 59

Student Membership: 33

Our membership roster paints a picture of diversity, both in terms of professional backgrounds and geographical spread. Here's a snapshot of our state-wise distribution:

USA	Missouri:9	CANADA
Alabama: 6	Montana:1	Alberta: 4
Arizona:10	Nebraska:1	British Columbia:3
Arkansas:13	Nevada:7	Manitoba: 3
California:42	New Hampshire:3	Nova Scotia: 1
Colorado:2	New Jersey:24	Ontario: 46
Connecticut:8	New York: 60	
Florida:55	North Carolina:15	INDIA
Georgia:54	Ohio:19	Andhra pradesh: 1
Idaho:1	Oklahoma:8	Gurgaon: 1
Illinois:29	Pennsylvania:30	Karnataka: 5
Indiana:5	Rhode Island:1	Kerala: 61
Iowa:2	South Carolina:4	Maharashtra:1
Kansas:5	South Dakota:1	Tamilnadu: 1
Kentucky:11	Tennessee:9	Uttar Pradesh: 1
Louisiana:5	Texas: 66	
Maine:2	Utah:1	
Maryland:16	Vermont:2	
Massachusetts:17	Virginia:11	
Michigan: 21	Washington:4	
Minnesota:7	West Virginia:1	
Mississippi:5	Wisconsin:9	

While our numbers soar, our commitment to promote member engagement remains a challenge. We recognize that true growth lies not just in numbers but in the depth of connections formed within our community. We will continue to try and engage our membership through annual conventions and local meetings. In addition we have created AKMG whatsapp group for real time communication and networking. Our LINKEDIN, Twitter, Instagram and Facebook pages are also active in disseminating information about the achievements of members and activities of AKMG. Other programs include virtual networking events and cultural programs organised nationally and through local chapters, AKMG mentorship program, INGRA research forum, AKMG Women's forum and AKMG kids club.

We invite all members, both old and new, to join us in shaping the future of the Association of Kerala Medical Graduates. Together, let's build a community where every voice is heard, every friendship nurtured, and every member empowered to succeed and thrive.

Join us, and together, let's make a difference that echoes through generations to come.

Nisha Nigil Haroon MD, DipNB,MSc, DM
Chair, AKMG Membership Committee

THE RISING STAR MENTORSHIP PROGRAM

The Rising Star Mentorship program is AKMG's premier mentorship program for those applying for residency spots in the United States of America. This program has been going on for a few years but has strengthened in the previous two years. In the 2023-2024 match cycle, our group had around 26 to 30 mentees. More than half of our mentees matched into different specialty spots, most in internal medicine. Our activities are mainly online through Zoom meetings. In January 2024, we started a new model. With the current format, the Rising Star Mentorship program accepts registration only twice a year, in January and June of each year, for four weeks. Interested candidates can go to the Rising Star tab under our website, review the frequently asked questions (FAQ), and read what we offer through the program and what is not. They can apply in January or June to join the program. When the application process is open, the applicants can fill out the application form and upload a CV and a personal statement. The personal statement should include their qualification to be an AKMG member, relation to Kerala by education or heritage, interest in training in America, and the reasons. What specialty are they applying for, and what are the reasons for it? What preliminary preparations have they made, what is the USMLE exam status, and what is the number of attempts to pass each step of the exam?

Once we receive all the applications at the end of four weeks, the core mentorship committee meets, reviews them, and approves the applicants to join if they meet the criteria. There is a \$100 administrative fee for each 12 months the mentees are in the program. Our secretary will inform the applicants about the acceptance by the second week of February or July. Then, the applicants will pay the administrative fee to complete the registration process.

All the mentors volunteer their time for this program. We offer at least two Zoom meetings monthly to discuss many aspects of the ECFMG certification and residency application process. If you come across a person interested in the Rising Star mentorship program, please direct them to the AKMG website and the link to the Rising Star tab and encourage them to read through the FAQ.

All the mentors volunteer their time out of their commitment to help and serve future generations of doctors of Kerala origin. We require many more mentors from different specialties who are willing to do at least one part of the program, which can include Zoom meetings, details of observation and clinical experience, reviewing CVs, commenting on a personal statement, editing them, giving mock interviews on Zoom as a group or individually, talking to them one-on-one, etc.



Neena E. Thomas-Eapen, MD, FAAFP
Chair, Mentorship committee

Many mentees have benefitted from this program. We include the list of mentees matched into different residencies in March 2024.

We invite both mentees and mentors to the program. The next registration for mentees will open on June 1, 2024. Mentors can register anytime. The application for mentors is also under the Rising Star link. If you have questions, please contact our administrative assistant, Preetha. She will either answer them or redirect them to the core mentors.

We are excited to announce that we have planned two half-day dedicated sessions for our mentorship activities at the upcoming San Diego convention on Friday and Saturday afternoons. Please encourage young mentees to attend the conference and these sessions. This is an excellent opportunity for our mentees, mentors, and those considering to be mentors to come together, participate, and meet the future generation of doctors.

We look forward to your active involvement in these enriching sessions.

RESIDENCY MATCH RESULT OF YOUNG AKMG 2024



DR. SUBRAHMANYAM VR
INTERNAL MEDICINE
UNIVERSITY OF HAWAII, HI



DR. JISMARIA ANTONY
FAMILY MEDICINE,
HOUSTON HEALTHCARE, GA



DR. RANJINI VENGILOTE
INTERNAL MEDICINE
ROCHESTER GENERAL HOSPITAL, NY



DR. ARCHY ROY
INTERNAL MEDICINE
MAIMONIDES MEDICAL CENTER
BROOKLYN, NY



DR. SUMESH MENON
DIAGNOSTIC RADIOLOGY
UNIVERSITY OF TORONTO, CANADA



DR. NANDINI NAIR
PEDIATRICS
THE BROOKLYN HOSPITAL
CENTER, NY



DR. SESIL MARIYA VARGHESE
FAMILY MEDICINE
GADSDEN REGIONAL MEDICAL
CENTER, AL



DR. DILJA MARY DAVID
INTERNAL MEDICINE
NASSAU UNIVERSITY
MEDICAL CENTER, NY



DR. NAVEEN K TENCY
INTERNAL MEDICINE
CARLE FOUNDATION HOSPITAL
CHICAGO, IL



DR. SUMEDHA
INTERNAL MEDICINE
TEXAS TECH UNIVERSITY
ELPASO, TX



DR. AISWARYA RAJ
NEUROLOGY
WESTCHESTER MEDICAL
CENTER, NY



DR. MABEL MARY JAMES
NEUROLOGY
CARILION CLINIC VIRGINIA
SCHOOL OF MEDICINE, VI



DR. MERIN PHILIPS
PATHOLOGY
BARNABAS COOPERMAN HOSPITAL, NJ



DR. ANJALI DAVICHAN
INTERNAL MEDICINE
MARY WASHINGTON HEALTHCARE,
FREDERICKSBURG, VA



DR. MEENAKSHI SATHISH
FAMILY MEDICINE
KADLEC REGIONAL MEDICAL
CENTER, WA



DR. AMRITA SURESH
PEDIATRICS
ICHAN SCHOOL OF MEDICINE AT
MT. SINAI, NY



DR. SANDRA KUNNEL
INTERNAL MEDICINE
BAYONNE MEDICAL CENTER, NJ

MENTORS 2023-2024



DEEPU SUDHAKARAN
MD, MBA, FACS, FASMB
Advanced Laparoscopic Robotic and
Bariatric Surgeon, MO



**ELIZABETH MAMMEN-
PRASAD, MD**
Infectious Diseases
Newark Beth Israel Medical center, NJ



THOMAS RAJAN
MD, FCCP, FAASM
Pulmonary, Critical Care
and Sleep Medicine, Maine



THOMAS P MATHEW
MD,FACP
Internal Medicine
(Private Practice) NY



SUBRAHMANYA BHAT
MD, FCCP, FACP, DAAFM, DNBPAS
Pulmonary Medicine
Stockbridge, GA



VENKIT S. IYER
MS-Surgery, FACS, FRCS-C, FICS
Retired General Surgeon and Author



GOPALKUMAR RAKESH MD
Academic Psychiatry
University of Kentucky, Kentucky



RAJESH RAMACHANDRAN NAIR
MD, DM, DNB, FRCPCH, FRCP, FRCP, FAES
Neurologist & Epileptologist
McMaster Children's Hospital, Hamilton, Canada



RAVI RAGHAVAN
MD, MRCPATH
Pathology
Loma Linda University Medical Center, CA



SHEEJA PULLARKAT MD
Hematopathology
University of California, Los Angeles



SINDU PILLAI MD, FAAP
Pediatrics,
Private Practice, CA



ANUPAM KUMAR MD, FCCP
Pulmonary, Critical Care & Sleep Medicine
University of Minnesota Medical Center, MN



AZIF SAFARULLA MD
NEONATOLOGY
Augusta University Medical Center, GA



DILIP UNNIKRISHNAN MD
NEPHROLOGY
ASCENSION ST. VINCENT IN EVANSVILLE, IN



AJIT K. THARAKAN
MD, MS, MCH, FACS
Cardiothoracic & Vascular surgery
Oklahoma Heart Institute, OK



GEETHA NAIR
MD, FAAP
Pediatrics
Trinity Health IHA Medical Group, MI



NISHA NIGIL HAROON
MD, DIPNB, MSC, DM
Internal medicine and Endocrinology
Northern Ontario School of Medicine, ON



RENJINI CHANDRA MD
Physical Medicine and Rehabilitation
Mid America Pain Clinic, KS



ISAAC P. THOMAS MD, MRCP
Nephrology
The Kidney and
Hypertension Center, Kentucky



ADARSH VIJAY, MD, FACS
Paediatric Liver Transplant
Children's Hospital, New Orleans



ANOOP MOHAMED IQBAL MD
Pediatric - Endocrinology
University of Wisconsin, WI



DR. DEEPTHY NAIR
Oral and Maxillofacial Surgery
University of Michigan, MI



OORMILA KOVILAM, MD
Maternal & Fetal Medicine
University of Illinois School of medicine, IL



SUNITHA SANTHAKUMAR MD
Vascular Neurology
Associate Professor, Oakland University
William Beaumont School of Medicine, MI



MADHURI J. SETTY MD
Psychiatry
Texas Tech University Health
Science Center, TX



AMMU SUSHEELA MD
Internal Medicine Residency
Loyola University Medical Center, IL



TERESA VARGHESE MD
Internal Medicine Residency
Spalding Regional Hospital, GA



HRIDYA HARIMOHAN MD
Internal Medicine Residency
Kern Medical Center, CA



SHEILA RAJAN MD
Internal Medicine Residency
Lahey Hospital and Medical Center,
Burlington, MA



NEENA THOMAS EAPEN MD, FAAFP
Academic Family Medicine
University of Kentucky, Kentucky

A RETURN TO THE MOTHERLAND

Last March, amidst the chaos of my second year of Internal Medicine residency, an unexpected call beckoned me to the Motherland. It was my mother, extending an invitation to return to our roots in Kochi, Kerala, to help furnish our new apartment. At that point, I was at a nadir in my training—bruised, battered, and battling against the relentless waves of criticism and self-doubt that had become my daily companions.

But my mother's call was a lifeline, a beacon of hope cutting through the darkness of my despair. I was reminded of Michaelangelo's iconic painting, *The Creation of Adam*—where God and Adam are nearly touching hands across the heavens and skies. Her voice reached out across the vast expanse, offering solace and sanctuary in a land where my ancestors had once roamed.

Without hesitation, I boarded a flight to India, seeking refuge in the embrace of my homeland. What followed was a journey of rediscovery—a pilgrimage to the sacred sites of my childhood memories and the untold stories of my forebears.

In the churches of Kochi, I found solace in prayer, seeking guidance and strength from a higher power. I savored the simple pleasures of home-cooked meals—banana fry, appam and stew, and spices dancing on my tongue like forgotten melodies.

Venturing into the mist-shrouded mountains, I unearthed the secrets of my family's past—tales of resilience, perseverance, and the indomitable spirit that course through our veins. In the yellowed pages of my great-grandfather's letters, I glimpsed the echoes of my own struggles, reassured that the flame of determination burns brightly within me.

But perhaps the most profound moments were the quiet conversations with my mother, nestled in our new flat overlooking the tranquil waters of Kochi. In her eyes, I saw the reflections of unwavering love and support that had buoyed me through the darkest days of residency.



Teresa Varghese MD
Young AKMG

As I stood on the threshold of a new dawn, gazing out at the shimmering cityscape below, I felt a renewed sense of purpose and resilience coursing through my veins. The trials of residency no longer seemed insurmountable, for I carried with me the wisdom of generations past and the unwavering belief that, like the river that carves its path through the mountains, I too would find my way.

Armed with newfound strength and clarity, I returned to residency with a heart full of gratitude and a spirit fortified by the lessons of the Motherland. Though the road ahead may be fraught with challenges, I walk it with my head held high, knowing that I am stronger, wiser, and more resilient because of the journey I undertook.

For NRIs like myself, who have been raised outside of Kerala, it is essential to honor our roots and reconnect with the motherland. Returning to Kerala is not merely a journey of physical return, but a reclamation of identity and strength, reminding us of the deep-seated values and traditions that shape our character and guide us in navigating foreign lands.

I will forever hold gratitude in my heart for my mother's ability to rescue me from moments of darkness, fortifying me to return with renewed vigor and resilience.

Teresa Varghese MD
Internal Medicine PGY 2

In Loving Memory of



John Chirayil MD

November 9, 2023
Westbury, New York



C. Thomas Peter MD

April 12, 2024
California

AKMG Arts Forum

*invites your
participation in
a workshop on
Kerala Mural Art*



Where:
*AKMG Convention
Hilton Bayfront
San Diego*

When:
8 -11 am, Aug 31st, 2024

Contact:
*Dr Meera Menon
602 903 0640*



- Hands-on workshop
- Open to all age groups
- Rare opportunity to learn an ancient Kerala art form
- More details to follow in group meetings
- Register by **June 1st, 2024**



AKMG CA CHAPTER
/ ISCOPI SPRING
MEET



AKMG SAN DIEGO CONVENTION PLAN-
NING MEETING , ORANGE , CA





AKMG FLORIDA
CHAPTER
MEETING
MAY 18, 2024



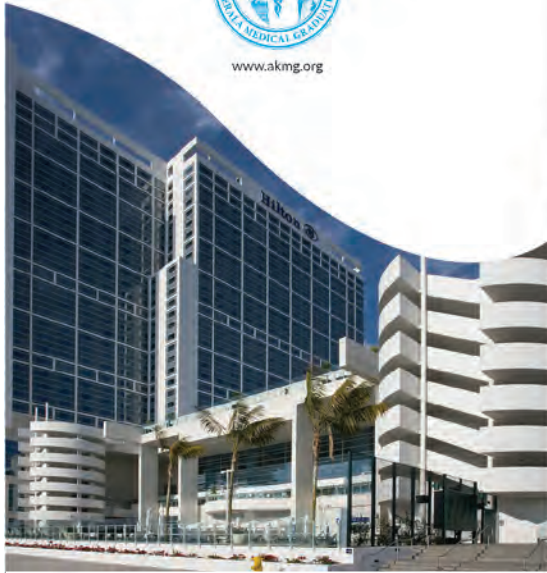
AKMG NEW YORK CHAPTER MEETING



**45th Annual
AKMG Convention**
Aug 29th to 31st, 2024
Hilton Bayfront, San Diego, CA



www.akmg.org



1 AKMG PATRON \$ 5,000

- ★ 4 conference registrations
- ★ 4 Pre-Conference Day registrations
- ★ 3 Room Nights (suite/club level upgrade)
- ★ Four banquet tickets for Aug 31, 2024
- ★ Full page Ad in Souvenir
- ★ Recognition at event

2 AKMG CHAMPION \$ 3,000

- ★ 2 conference registrations
- ★ 3 Room Nights
- ★ Two banquet tickets for Aug 31, 2024
- ★ 1/2 page Ad in Souvenir

3 Souvenir advertisement pricing

- ★ Back Cover Page: \$4,000
- ★ Front inside Page: \$2,000
- ★ Back inside Page: \$2,000
- ★ Prime Pages: \$1,500
- ★ Full page: \$1,000
- ★ Half page: \$500

**We are delighted to welcome
our AKMG family!**

We are honored to request your esteemed presence at the 45th AKMG Convention to be held at the Hilton Bayfront, San Diego, CA on Aug 29th to 31st, 2024.

Please mark your Calendar!

Looking forward to your valuable support and participation during the coming year.

Warm Regards,

Sindu Pillai MD
President, AKMG 2023-2024.

Members of AKMG 2024
Convention Committee.



**Association of Kerala
Medical Graduates (AKMG)**

- ★ Founded in 1981 as a social and non-profit organization
- ★ Has grown to become one of the largest physician organizations in North America
- ★ Over 6500 physicians & dentists with ties to the beautiful state of Kerala in India.
- ★ Members of AKMG have received several honors including the Order of Canada.

Among our numerous initiatives we would like to point out a few here:

- ★ AKMG Humanitarian Services
- ★ AKMG Rising Star Mentorship Program
- ★ AKMG Health Education Initiative
- ★ AKMG Launchpad (leadership training)

AKMG SPONSORSHIPS

1 Diamond (\$50,000)

- Tabletop display booth
- Four representatives complimentary registration
- Four banquet tickets for Aug 31, 2024
- Additional attendees: \$1000 per person
- Opportunity to bring a lunch hour speaker
- Recognition on stage and in souvenir
- Recognition on website and in emails

2 Platinum (\$25,000)

- Small display opportunity
- Two representatives complimentary registration
- Two banquet tickets for Aug 31, 2024
- Additional attendees: \$1000 per person
- Recognition in souvenir
- Recognition on website and emails

3 Gold (\$10,000)

- Exclusive standing banner can be displayed
- Two banquet tickets for Aug 31, 2024
- Recognition in souvenir
- Recognition on website and in emails

Other partnership opportunities

- Sponsorships of:
- Lunch / Afternoon symposiums
 - Awards & recognitions
 - Travel grants for trainees

Contact INFO

There are several other avenues for partnership.
Request more details and contact us at
Email: president@akmg.org, Website: www.akmg.org

- | | |
|---|--|
| ✓ Convention chair
Dr. Ravi Raghavan | ✓ Co Chairs
Dr. Geetha Ashok
Dr. Ruby Koshy
Dr. Anoop Karipput |
| ✓ Cultural Chair
Dr. Chino Mannikarottu | ✓ CME Chair
Dr. Raju K Pillai |

Welcome to San Diego !!

We are gearing up to host over 500 participants in this global event. Apart from Canada and USA, we will have participants from overseas, including UAE, India and UK.

The event will showcase:

Advances in Medicine

- ★ Innovations in patient care and management
- ★ Accredited CME event
- ★ Health innovation and business design workshop

Trainee activities

- ★ Poster Sessions
- ★ Mentoring and Mock Interviews
- ★ Programs by & for young AKMG members

Cultural Programs

- ★ Onam Celebrations
- ★ Literary Events
- ★ Open mike event for campus talents
- ★ Gala led by eminent entertainers

City sights, Food & Drink

- ★ San Diego Sea World
- ★ Dinners Cruise
- ★ Sea port village
- ★ Coronado & La Jolla beaches
- ★ Balboa Park
- ★ Lego land & many more

Vendors

- ★ Exhibit and Sale Arena





45th AKMG Annual Convention

PRESENTS

August 29-31 | Hilton Bayfront | San Diego, CA

MANJARI

RAMESH PISHARODY

VIVEKANANDAN

PRADEEP BABU

MANOJ K JAYAN

SUMI ARAVIND



THAROLSAVAM

താരോത്സവം

www.taraarts.net