

Celebrating the Golden Jubilee of
ST. JOHN'S MEDICAL COLLEGE HOSPITAL

SURGICAL & NEURO INTENSIVE CARE UNIT
DEPARTMENT OF ANAESTHESIOLOGY
presents



TRACE 2025

TRAUMA ANALGESIA & CRITICAL CARE EDUCATION

**From the Trauma Bay to the ICU
and beyond...**

*Inviting all anaesthesiologists, surgeons,
orthopaedicians, physicians in Critical Care,
Emergency Medicine & Pain Management*

**REGISTRATION FEE
Rs. 3,000/-**

MASTER TRAUMA PAIN MANAGEMENT

- ★ Pain Strategies: Basics to Advanced
- ★ Live Video Demonstrations
- ★ Expert Panel Discussion
- ★ Pro-Con Debates on Hot Topics
- ★ Hands-on Regional Anaesthesia Workshop

7th Dec 2025

8:00 AM – 4:30 PM

Cardinal Gracias Hall,
St. John's Medical College,
Bengaluru – 34.



*Only limited seats available!
Registration closes **30th Nov***

Dr. Shruthi R.

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Scan to Register





PATRONS

Rev. Fr. Jesudoss Rajamanickam
Rev. Fr. Tony A. J.
Rev. Fr. Ajit Kerketta
Rev. Fr. Ajith B. Menezes
Dr. George Albert D'Souza
Dr. Varghese P. S.

ORGANIZING CHAIRMAN

Dr. Moses Charles D'Souza

ORGANIZING CO-CHAIRMAN

Dr. Vikram M. Shivappagoudar

ORGANIZING SECRETARY

Dr. Shruthi R.

TREASURER

Dr. Nathasha Olga Vas

ORGANIZING COMMITTEE

Dr. Mathangi Krishnakumar
Dr. Soumya Madhusudhan
Dr. Francis Joseph
Dr. Nayanthara Joachim



Message from the Organizing Team

Pain is one of the first things our patients feel, and somehow, one of the last to get our full attention. In the rush of trauma care, pain management often takes a back seat to airway stabilization, bleeding control, and life-saving procedures. We believe that effective pain management plays a vital role in transforming survival into recovery, chaos into calm, and trauma care into something truly humane. This CME was born out of that conviction: that pain deserves focus, innovation, and compassion at every step of the trauma journey.

From the trauma bay to the operating theatre, the ICU, and beyond, each phase of care presents its own challenges and opportunities. Yet once a patient is out of immediate danger, we rarely pause to consider the long road ahead – the multiple surgeries, the endless hours of rehabilitation, and the persistent pain that shadows recovery. Addressing acute pain before it evolves into a lifelong companion is not just important, it is essential – and that awareness needs to be ingrained in every member of the trauma team.

Through *TRACE 2025*, we hope to bring together clinicians who share our passion for doing better – revisiting the basics, exploring the latest updates, and discussing strategies that truly work in real-world trauma care. We are especially excited to shine a light on the evolving role of Regional Anaesthesia in trauma, a field that's redefining how we think about pain management in the acutely injured. With new techniques, tools, and emerging evidence, there has never been a better time to learn, share, and grow together!

We warmly invite you to join us – to listen, exchange, and learn as we reimagine pain care in trauma, from the first touch of resuscitation to the final steps of recovery.

Organizing Team
TRACE 2025

ST. JOHN'S MEDICAL COLLEGE HOSPITAL

TRACE 2025 – FACULTY



Dr. Mohammed Azam Danish
Academic Head, Senior Consultant
Anaesthesiologist & Critical Care,
Bhagwan Mahaveer Jain Hospital, Bengaluru



Dr. Sajeesh Gopalan
Medical Director & HOD,
Anaesthesiology, Neyyar Medicity,
Trivandrum



Dr. Lokesh Kumar K. S.
Professor & HOD, Anaesthesiology,
Sanjay Gandhi Institute of Trauma
and Orthopaedics, Bengaluru



Dr. G. Venkateswaran
Senior Consultant Anaesthesiologist,
Ganga Hospital,
Coimbatore



Dr. Sangadala Priyanka
Consultant & Head of Pain & Palliative
Medicine, Vydehi Institute of Medical
Sciences & Research Centre, Bengaluru



Dr. Madona Stephen
Consultant Anaesthesiologist &
Pain Physician, SPARSH Super
Specialty Hospital, Bengaluru



Dr. Shilpa Bhat
Asst. Professor, Anaesthesiology,
Yenepoya Medical College,
Mangalore



Dr. Manasa S. Seshadri
Asst. Professor, Emergency Medicine,
St. John's Medical College Hospital,
Bengaluru



Dr. M. Manjuladevi
Professor, Anaesthesiology,
St. John's Medical College
Hospital, Bengaluru



Dr. Deepa Baskaran
Professor, Anaesthesiology,
St. John's Medical College
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Dr. Arpana Kedlaya
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Dr. Shilpa Bhimasen Joshi
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Dr. Shankarnath S.
Trauma Surgeon,
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Hospital, Bengaluru

ORGANIZING COMMITTEE



ORGANIZING CHAIRMAN
Dr. Moses Charles D'Souza
Professor & HOD, Surgical & Neuro ICU,
St. John's Medical College Hospital, Bengaluru



ORGANIZING CO-CHAIRMAN
Dr. Vikram M. Shivappagoudar
Professor, Surgical & Neuro ICU,
St. John's Medical College Hospital, Bengaluru



ORGANIZING SECRETARY
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Dr. Mathangi Krishnakumar
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Dr. Soumya Madhusudhan
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Dr. Francis Joseph
Asst. Prof., Surgical & Neuro
ICU, St. John's Medical
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Dr. Nathasha Olga Vas
Asst. Prof., Surgical & Neuro
ICU, St. John's Medical
College Hospital, Bengaluru



Dr. Nayanthara J.
Asst. Prof., Anaesthesiology,
St. John's Medical College
Hospital, Bengaluru

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TRACE 2025 – SCHEDULE



08:00 – 08:30	REGISTRATION	
08:30 – 08:45	Physiology of Pain in Trauma From Nociception to Neuroplasticity	Dr. Sangadala Priyanka
08:45 – 09:00	First Impressions Matter Pain Assessment & Monitoring Tools in the Trauma Bay	Dr. Manasa S. Seshadri
09:00 – 09:15	Breaking the Opioid Cycle Multimodal Analgesia in Trauma Patients	Dr. Madona Stephen
09:15 – 09:30	Blocks that Save Breaths Regional Analgesia for Thoracic Trauma	Dr. Sajeesh Gopalan
09:30 – 09:45	Relieving Pain, Preserving Function Analgesia for Limb Trauma	Dr. G. Venkateswaran
09:45 – 10:15	INAUGURATION & TEA	
10:15 – 11:15	Panel Discussion Regional Anaesthesia in Trauma — Magic Bullet or Mirage? MODERATOR: Dr. Mohammed Azam Danish	PANELISTS Dr. Sajeesh Gopalan Dr. Lokesh Kumar K. S. Dr. G. Venkateswaran Dr. M. Manjuladevi Dr. Deepa Baskaran Dr. Sangadala Priyanka Dr. Shilpa Bhat Dr. Shankarnath S.
11:15 – 11:30	Beyond Survival Preventing Chronic Pain in Trauma Patients	Dr. Madona Stephen
11:30 – 11:50	Pro-Con Debate: Regional Anaesthesia in the Trauma ICU — Game-Changer or Pandora's Box? MODERATOR: Dr. Lokesh Kumar K. S.	Dr. Arpana Kedlaya Dr. Shruthi R.

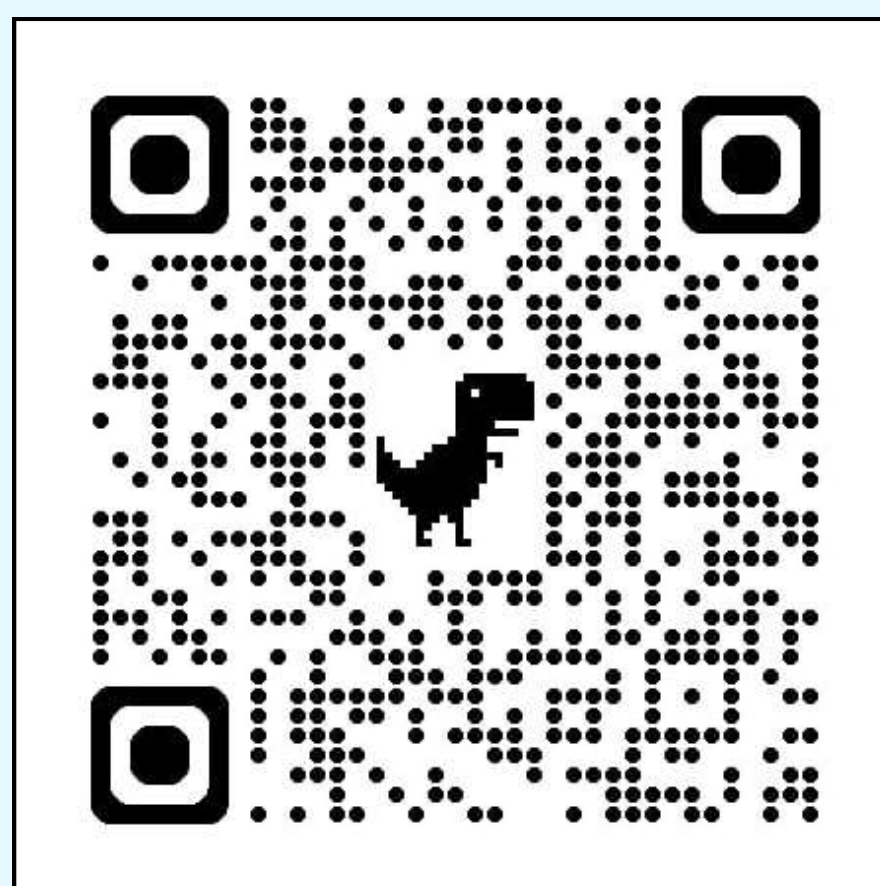
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11:50 – 12:10	Pro-Con Debate: NSAIDs in the Trauma ICU — Essential Tool or Dangerous Gamble? MODERATOR: Dr. Vikram M. Shivappagoudar	Dr. Soumya Madhusudhan Dr. Francis Joseph
12:10 – 13:00	How It's Done Video Demonstration of Regional Blocks in Trauma	Dr. Mohd Azam Danish Dr. Lokesh Kumar K. S. Dr. Deepa Baskaran
13:00 – 14:00	LUNCH	
14:00 – 16:00	REGIONAL ANAESTHESIA WORKSHOP (Volunteer Scanning)	
	Station 1: Upper Limb Blocks Dr. Mohammed Azam Danish, Dr. M. Manjuladevi, Dr. Shruthi R.	
	Station 2: Lower Limb Blocks Dr. Lokesh Kumar K. S., Dr. G. Venkateswaran, Dr. Shilpa Bhat, Dr. Shilpa Bhimasen Joshi	
	Station 3: Truncal Blocks Dr. Sajeesh Gopalan, Dr. Deepa Baskaran, Dr. Arpana Kedlaya, Dr. Nayanthara J.	
16:00 – 16:30	CLOSING CEREMONY	

Scan to register or click on the link below:



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