

ALGOS NEWSLETTER 2025



TABLE OF CONTENTS

SECTION I | LEADERSHIP & OVERVIEW

Director's Message	01
Co-Founder's Message	02
Achievements	03

SECTION II | ALGOS Multispeciality Pain Clinic

Our Clinic Philosophy	06
Clinical Excellence & Innovations	06
Patient Voices – Stories of Relief & Recovery	07
Community Outreach & Charity Initiatives	09
Voice from the Field – Camp Organizers & Partners	11
Media Presence & Public Engagement	12

SECTION III | MULTIDISCIPLINARY CARE AT ALGOS

Nutritional Interventions in Chronic Pain	13
Physiotherapy Support in Chronic Pain	15

SECTION IV | ALGOS ACADEMY OF MEDICINE

Academic Vision & Growth	17
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WORKSHOPS

Ultrasound Dry Needling Workshop	18
Lower Limb (Hip, Knee, Ankle) MSK USG Hands-on Workshop	19
PRP Prolotherapy Workshop	20
Ozone Workshop	21
Arthritis Pain Management Workshop	22
What Makes ALGOS Workshops Unique	23
Testimonials from National & International Faculty	24



WEBINARS

International Webinars & Global Engagement	27
National Webinars & CME Programs	28
Exam-Oriented & Career Guidance Webinars	29
Case-Based Interactive Learning	30

ACADEMY CONFERENCES

CME on Pain & Palliative Care – HIMS, Hassan & ISSP Karnataka	31
ISSP Foundation Day Workshop	32
CIPM XVIII – MGM Medical College, Navi Mumbai	32
ICRA Pain 2025	33
CME on Anaesthesia & Pain Services – Sri Siddhartha Institute of Medical Sciences	33
Fellows' Experience – Fellows Speak	34
Fellowships & Exam Preparatory Programs	36
Participants' Feedback & Reflections	40
Academy Highlights	41

SECTION V | ALGOS ACADEMY OF MEDICINE

Editorial Team & Acknowledgement	42
Connect with ALGOS	43





ALGOS Multispecialty Pain Clinic & ALGOS Academy Of Medicine

DIRECTOR'S MESSAGE

ALGOS Pain Clinic and ALGOS Academy of Medicine

Dear Members of the ALGOS Community,

It is a pleasure to address you through this First edition of our Newsletter. ALGOS has always stood for progress, purpose, and patient centred care, and this year has been no exception. As Director, I have had the privilege of witnessing the remarkable evolution of both our clinical and academic arms, and I am proud to share the direction in which we are moving.

At ALGOS Multispeciality Pain Clinic, we continue to strengthen our commitment to delivering comprehensive and scientifically grounded pain care. Every day, we see how chronic pain impacts mobility, independence, mental well being, and overall quality of life.



DR. KHAJA JAVED KHAN

Our focus has therefore remained on creating a holistic system of treatment that goes beyond procedures. We have integrated modern diagnostics, targeted interventions, regenerative therapies, physiotherapy based rehabilitation, and long term monitoring to ensure our patients receive complete and personalised care.

What inspires me the most is the trust shown by our patients — trust that motivates us to keep upgrading our skills and embracing innovations. We have expanded our interventional capabilities, enhanced our ultrasound guided services, and improved our multidisciplinary care pathways to ensure that every patient receives the best we have to offer.

Alongside clinical growth, ALGOS Academy of Medicine continues to emerge as a strong academic pillar. From FIPP and EDPM preparatory courses, to specialised skill based workshops, case discussion clubs, and mentorship programs, our Academy has become a preferred learning destination for doctors aspiring to excel in Pain Medicine. The recognition through the FIAPM Fellowship and the introduction of our first one year Fellow — the first such structured Pain Fellowship in Bangalore — marks a new era of academic maturity for our institution.

As we step into the next phase, my vision is expansion with purpose. We aim to broaden our clinical services, strengthen collaborations with hospitals and specialists, introduce advanced regenerative and minimally invasive technologies, and bring more global experts into our academic ecosystem. Our goal is to lead Pain Medicine not only through excellence, but through consistency, innovation, and ethical practice.

I extend my heartfelt thanks to our faculty, clinicians, students, patients, and supporters who continue to believe in the mission of ALGOS. It is your encouragement that drives us to keep growing and keep improving.

Together, let us continue to build ALGOS into a centre of excellence that sets new benchmarks in Pain Care and Pain Education.

Warm regards,
Dr. Khaja Javed Khan

Director & Founder
ALGOS Pain Clinic and ALGOS Academy of Medicine

CO-FOUNDER'S MESSAGE

ALGOS Academy of Medicine

Dear Colleagues, Students, and Members of the ALGOS Community,

It is with great pleasure that I welcome you to the First edition of the ALGOS Newsletter. The past year has been a period of remarkable growth and meaningful milestones for ALGOS Academy of Medicine. Our mission to blend compassionate patient care with high quality medical education continues to strengthen, and I am delighted to share some proud achievements with you.

One of the highlights this year has been our Academy receiving the prestigious FIAPM Fellowship. This recognition reflects our commitment to excellence in pain medicine and stands as an important milestone in our journey.

We are also extremely happy to welcome our first one year Fellow who will be joining us in January 2026. This marks an exciting new chapter for us, and we are proud to be the first centre in Bangalore to offer such a structured and immersive fellowship program in Pain Medicine.

Our academic vertical continues to expand with strong participation in our FIPP preparatory programs and EDPM preparatory courses, which have helped candidates gain confidence and achieve success in these competitive international examinations. Along with these, our hands on workshops, ultrasound guided intervention trainings, and international expert led webinars have transformed ALGOS Academy into a vibrant, collaborative learning hub for clinicians from India and abroad.

Integrating real clinical experience into our teaching model remains at the heart of everything we do. Every patient encounter, every demonstration, and every clinical discussion contributes to a rich learning ecosystem that benefits both our students and our patients.

Looking ahead, we are preparing to introduce advanced modules in regenerative medicine, ozone based pain interventions, collaborative workshops with orthopaedics and physiotherapy, and research oriented learning pathways. I am excited to welcome more clinicians into our growing academic community as we continue to expand our horizons.

I express my heartfelt gratitude to all our faculty members, guest experts, students and supporters for believing in the vision of ALGOS Academy. Your encouragement motivates us to keep striving for higher standards and to keep innovating for the future.

Together, let us continue to build a strong, compassionate, and academically rich future for Pain Medicine.

Warm regards,

Thalath Farheen Khanum

Co Founder
ALGOS Academy of Medicine



THALATH FARHEEN KHANUM

ACHIEVEMENTS

ALGOS at a Glance | 2025

-  Recognised FIAPM Fellowship Centre by the Indian Society for the Study of Pain (ISSP), Bangalore.
-  Fellowship in Pain Medicine in Bangalore, setting a new academic benchmark.
-  Excellence Award in Multispeciality Pain Care – Big Impact Awards 2025, Bengaluru.
-  EULAR Rheumatology Certification achieved, strengthening multidisciplinary pain expertise.
-  Active National & International Academic Presence, with faculty participation in global conferences, workshops, and webinars.



ALGOS Multispeciality Pain Clinic has been recognized by the **INDIAN SOCIETY FOR THE STUDY OF PAIN (ISSP)** as an exclusive FIAPM Fellowship centre in Bangalore. There was a formal inspection done by **(ISSP) INDIAN SOCIETY FOR THE STUDY OF PAIN** and one seat was granted for **FIAPM (FELLOWSHIP OF INDIAN ACADEMIC OF PAIN MEDICINE)** At ALGOS.



Dr. Khaja Javed Khan received for excellence in Multispeciality pain Clinic at **BIG IMPACT AWARDS 2025** Bengaluru.



Dr. Khaja Javed Khan cleared the EULAR Rheumatology Certification.



Fellowship in Pain Medicine in Bangalore, setting a new academic benchmark at ALGOS.



ALGOSTM
Multispeciality Pain Clinic
'Freedom from Pain'

www.algospainclinic.com

OUR CLINIC PHILOSOPHY



Holistic, Multidisciplinary & Patient-Centred Pain Care

At ALGOS Multispeciality Pain Clinic, we believe that pain is not merely a symptom but a complex condition that affects physical function, emotional well-being, and quality of life. Our clinical philosophy is rooted in a **holistic, patient-centred approach**, where every individual is evaluated beyond imaging and reports.

We integrate **medical, interventional, rehabilitative, psychological, and lifestyle-based strategies** to design personalised pain management plans. By combining expertise from pain medicine, physiotherapy, nutrition, and psychology, we aim to deliver sustainable pain relief while restoring function, confidence, and independence.

CLINICAL EXCELLENCE & INNOVATIONS



Interventional Pain, Regenerative Therapies & Ultrasound-Guided Care

ALGOS Pain Clinic is committed to delivering **evidence-based, minimally invasive pain solutions** using modern technology and advanced clinical protocols.

Our clinical services include:

- Ultrasound-guided diagnostic and interventional procedures
- Radiofrequency ablation for chronic musculoskeletal and neuropathic pain
- Regenerative therapies including PRP and prolotherapy
- Comprehensive management of spine, joint, cancer-related, and neuropathic pain

Precision, safety, and long-term outcomes remain central to every intervention we perform.

PATIENT VOICES – STORIES OF RELIEF & RECOVERY

Selected Patient Testimonials

The true measure of our success lies in the experiences of our patients. Individuals from diverse backgrounds have shared how timely diagnosis, personalised treatment, and compassionate care at ALGOS have helped them regain mobility, reduce pain, and return to daily life.

These patient stories reflect not only pain relief, but also restored hope, confidence, and quality of life.

Mr. JAI DEV

Hi, my name is Jai Dev. I am a **tennis player** and have been playing tennis all my life, from a very young age. I had a **slip disc at the age of 20** and underwent **lower back surgery**. After that, I developed many **trigger points, muscle tightness**, and general **muscle discomfort**.

Later, I also developed problems with my **cervical spine** and **cervical instability**. I visited many physiotherapists and tried different types of treatments, including **chiropractic care**, but I did not get **long-term or quality relief** from any of them.

Finally, I found **ALGOS Multispeciality Pain Clinic** and **Dr. Khaja Javed Khan**. I connected with him through **Instagram** and came down for consultation. He treated me with **PRP (Platelet-Rich Plasma) therapy** and **Prolotherapy**.

I saw an **instant change** immediately after the PRP session, which was amazing. It was a huge relief for me after suffering for so many years.

Finally, I am experiencing **pain-free days**.

This treatment is further supported by **physiotherapy sessions** and the **combination of PRP treatment and physiotherapy** is really helping me get back on track.

I am very thankful to **ALGOS Multispeciality Pain Clinic** for helping patients come out of pain.

Thank you.

Mrs. SUNITHA VIJAYENDRA SIMHA

My name is **Sunitha Vijayendra Simha**, and I am from **Bangalore**. For many years, I have been suffering from **ankle pain**, and I visited many hospitals, but I did not feel better. Later, I came to know about **ALGOS Multispeciality Pain Clinic**. I visited the clinic and consulted **Dr. Khaja Javed Khan**, sir. He recommended that I undergo a **right ankle joint steroid intervention** and **physiotherapy for one week**, wherever possible and nearby for me. I chose to take physiotherapy at **ALGOS Multispeciality Pain Clinic**, and within one week, I felt completely relieved. I would like to thank **Dr. Khaja Javed Khan**, sir, and I would recommend **anyone suffering from any kind of pain** to visit **ALGOS Multispeciality Pain Clinic**. You will get **100% relief**. Thank you.

Miss. NUHA JAFFER

Highly Recommended – Exceptional Care for Children

We had a wonderful experience at **ALGOS Multispeciality Pain Clinic** when **our 5-year-old daughter Nuha** was treated for a sprained ankle. From the moment we walked in, the team made her feel comfortable, calm, and safe — which means everything when it comes to a child.

The doctors were extremely patient, explained the condition clearly, and treated her with great care and expertise. What impressed us the most was how quickly she recovered and how confidently she was able to walk again, all without fear or discomfort.

ALGOS is not just about pain relief; it's about compassionate, child-friendly, and professional care. We are truly grateful to the entire team and would strongly recommend this clinic to any parent looking for reliable and effective pain management for their child. Thank you, Algos, for helping our little one get back on her feet with a smile.

COMMUNITY OUTREACH & CHARITY INITIATIVES

Medical Camps, Free Screenings & Social Responsibility

ALGOS Multispeciality Pain Clinic remains deeply committed to community service. Regular medical camps are conducted across Bengaluru, Mysuru, and Madanapalle, offering **free consultations, neuropathy screening, BMD scans, blood sugar testing, and medications**.

Through collaborations with NGOs and service organisations, we strive to make quality pain care accessible to underserved populations.



- Medical Camps:
- ALGOS Multispeciality Pain Clinic conduct multiple medical camps throughout the year where in patients are treated and free medical services are provided.
- Free Neuropathy screening, BMD scan is done
- Medicines, Blood Sugar testing are provided free of cost
- ALGOS Multispeciality Pain Clinic organizes regular medical camp BTM Layout Bengaluru were BMD, test and blood sugar test a provided free of cost.
- Dr. Khaja Javed Khan provided free consultation at BTM layout Bengaluru.



- ALGOS Multispeciality is Association with **LIONS CLUB** Madanapalle organized an awareness medical camp for patients.
- The event was covered by **MCTV NEWS Live**
- Every month second Tuesday at Madanapalle Consultations and Advanced pain procedures are performed at very affordable prices for patients.



- ALGOS Multispeciality Pain Clinic organized by medical camp at **SAMATHA BHAVAN** Mysuru consultation was offered and medicine we are provided free of cost.
- Patient suffering all kinds of chronic Back, Knee , Shoulder pain etc. availed pain field.

VOICES FROM THE FIELD – CAMP ORGANIZERS & PARTNERS

Testimonials from NGOs & Collaborating Institutions

Our outreach initiatives are strengthened by the support of dedicated NGOs, institutions, and local organisers. Their testimonials highlight ALGOS's professionalism, clinical commitment, and compassionate approach during community programs.

These partnerships continue to play a vital role in expanding our reach and impact.

SAMATHA BHAVAN, MYSURU

“The Jain community of Mysuru greatly benefited from the medical camp conducted by ALGOS Multispeciality Pain Clinic at Samatha Bhavan. Along with detailed medical evaluation, free medicines were provided to the beneficiaries, ensuring meaningful care for those in need. We value ALGOS's compassionate approach and sincere efforts towards community welfare.”

LIONS CLUB, MADANAPALLE

“The response to the pain management camps conducted by ALGOS Multispeciality Pain Clinic in Madanapalle has been overwhelming. In view of the significant benefit to patients, ALGOS has been visiting Madanapalle every month to provide ongoing chronic pain services to economically disadvantaged patients. We appreciate the clinic's sustained commitment, professionalism, and dedication to serving the community.”

MEDIA PRESENCE & PUBLIC ENGAGEMENT

Television Features, Public Talks & Awareness Programs

ALGOS actively engages with the public through television appearances, awareness programs, and invited talks. Our faculty has been featured on regional news channels and public platforms, addressing common pain conditions, preventive strategies, and advances in pain management.

These engagements reflect our mission to **educate, empower, and create awareness beyond the clinic walls.**



To further extend community outreach, ALGOS partnered with BIG FM for a targeted radio awareness campaign, focusing on educating the public about chronic pain conditions and encouraging early consultation. This initiative enabled us to reach a diverse audience across the city through a trusted and widely accessed medium.

Recognising the growing influence of digital platforms, ALGOS also collaborated with a healthcare influencer to create an educational social media reel. This initiative helped simplify pain-related concepts and expand our outreach to younger and digitally active audiences, reinforcing our commitment to modern, accessible health communication.



NUTRITIONAL INTERVENTIONS IN CHRONIC PAIN

Living with pain can be challenging, but there are ways to make it more manageable. One simple yet effective approach is to focus on what you eat. Certain foods can help reduce inflammation and promote healing, while others can exacerbate pain.

Include Anti-Inflammatory Foods-

- Omega-3 rich foods: Fatty fish like salmon, walnuts, and chia seeds can help reduce inflammation.
- Colourful fruits and veggies: Berries, leafy greens, and other fruits and veggies are rich in antioxidants.
- Ginger and turmeric: These spices have natural anti-inflammatory properties.

Stay Hydrated-

- Drink plenty of water throughout the day to help your body function properly.

Certain foods can trigger or worsen pain in some people. Here are some common culprits:

Inflammatory Foods-

- Processed meats: Hot dogs, sausages, and bacon can trigger inflammation
- Refined carbs: White bread, sugary snacks, and sweetened drinks can cause inflammation
- Dairy: Some people are sensitive to dairy, which can trigger pain
- Gluten: Those with gluten intolerance or celiac disease may experience pain

Other Potential Triggers-

- Nightshades: Tomatoes, peppers, and eggplants can trigger pain in some people.
- Citrus fruits: Oranges, lemons, and limes can be problematic for some people.
- Caffeine: Excessive caffeine can worsen pain and create anxiety.
- MSG: A flavour enhancer commonly used in processed foods.

Keep a Food Diary-

- Track your food intake and symptoms to identify potential triggers.

Gentle Movement-

- Gentle exercises like yoga or short walks can help reduce pain and improve mood.

Mind-Body Connection-

- Practice deep breathing, meditation, or guided imagery to help manage stress and pain.

By incorporating these simple strategies, you can take a proactive approach to managing your pain and improving your overall well-being.

Myth Vs Fact:

The Hydration Factor

- The Myth: Water only matters for kidney health, not pain.
- The Fact: Dehydration causes the cartilage in your joints to lose its "cushioning" (as it's mostly water) and increases the concentration of pain-signaling chemicals in the blood. Even mild dehydration can make you more sensitive to pain.

The Sugar Connection

- The Myth: Natural sugar in fruit is just as bad for pain as refined sugar.
- The Fact: Refined sugars (sucrose and high-fructose corn syrup) cause spikes in insulin and cytokines, which are pro-inflammatory messengers. The fiber in whole fruit slows sugar absorption, preventing these spikes and providing antioxidants that actually lower pain.

The Weight-Pain Loop

- The Myth: Diet only helps pain because it helps you lose weight.
- The Fact: While weight loss reduces mechanical stress on joints, certain foods act like "natural ibuprofen." For example, extra virgin olive oil contains oleocanthal, which inhibits the same inflammatory enzymes (COX-1 and COX-2) as NSAID medications.

Dt. Anuradha Arisetty.

Medical Nutrition Therapist.

ALGOS Multispeciality Pain Clinic

PHYSIOTHERAPY SUPPORT IN CHRONIC PAIN

IMPORTANCE OF PHYSIOTHERAPY IN CHRONIC PAIN.

• INTRODUCTION

Chronic pain is defined as pain persisting for more than three months and extending beyond the expected period of tissue healing. It is now recognized as a complex health condition rather than mere symptom.

Globally chronic pain affects nearly 20-30% of adult population making it one of the leading causes of disability and reduced quality of life.

Physiotherapy plays a vital role in the pain management.

Physiotherapy addresses chronic pain through movement based rehabilitation, pain modulation techniques, therapeutic exercise and patient education.

Physiotherapy not only helps in pain reduction but also restores movement, reduce disability and improve quality of life.

• ROLE AND IMPORTANCE OF PHYSIOTHERAPY IN CHRONIC PAIN.

1. Restoration of movement & function.

Physiotherapy restores joint stability, muscle strength and endurance & Co-ordination.
Improves the ability to perform activities of daily living (ADLS).

2. Modulation Pain Mechanism

Addresses peripheral and central sensitization.
Techniques like graded exercise & manual therapy help retrain the nervous system.

3. Pain reduction without dependence on medication.

Uses non pharmacological techniques to reduce pain.
Safer pain management.

4. Improvement in quality of life.

Encourage independence.
Reduces disability & improve work participation

5. Patient Education.

Educes patient about the posture and Ergonomics.

- **Physiotherapy Interventions in Chronic Pain**

(I) Therapeutic Exercise

- Strengthening exercise
- Stretching exercise
- Aerobic exercise

(II) Manual Therapy

- Joint mobilization & manipulation
- Soft Tissue mobilization
- Myofascial release

(III) Electrotherapy Modalities

- TENS
- Interferential Therapy (IFT)
- Ultrasound
- Heat & cold Therapy

Dr. Nivedhita S (PT)

ALGOS Multispeciality Pain Clinic



ALGOS

ACADEMY OF MEDICINE

www.algospainclinic.com

ACADEMIC VISION & GROWTH

Building a Centre of Excellence in Pain Education

ALGOS Academy of Medicine was established with a clear vision—to create a structured, ethical, and clinically relevant ecosystem for pain education. The Academy focuses on bridging the gap between theoretical knowledge and real-world pain practice through carefully designed academic programs.

Our educational philosophy emphasises strong fundamentals, clinical reasoning, procedural precision, and mentorship-based learning. Training at ALGOS is built around live patient interactions, hands-on skill development, and case-based discussions, ensuring that learners gain confidence in both decision-making and execution.

Over the past year, the Academy has witnessed steady growth through fellowships, workshops, webinars, and exam-oriented preparatory courses, with participation from doctors across India and abroad. Collaboration with national and international faculty has further enriched the academic environment and learning experience.

ALGOS Academy remains committed to nurturing competent, compassionate, and ethically grounded pain physicians—professionals equipped to deliver evidence-based pain care while continually evolving with advances in pain medicine.



WORKSHOPS

Where Knowledge Meets Practice

ALGOS Academy of Medicine conducts focused, skill-based workshops designed to bridge the gap between theory and real-world clinical application. Each workshop emphasizes **hands-on training**, **live demonstrations**, and **direct faculty interaction**, enabling participants to confidently translate learning into patient care.

ULTRASOUND DRY NEEDLING WORKSHOP

- First-of-its-kind workshop in South India
- Hands-on ultrasound scanning on volunteers
- USG-guided dry needling practice models
- Live case demonstrations
- Expert Faculty: **Dr. Ankush Wasnik**
- Organising Chairman: **Dr. Khaja Javed Khan**



LOWER LIMB (HIP, KNEE & ANKLE) MSK USG HANDS ON WORKSHOP

- Detailed ultrasound anatomy of hip, knee, and ankle
- Live demonstrations of RFA and interventional procedures
- High faculty–participant interaction
- Expert Faculty: **Dr. Satish Kumar, Dr. Ashwini**
- Organising Chairman: **Dr. Khaja Javed Khan**



PRP PROLOTHERAPY WORKSHOP

- Integrated teaching by Orthopaedics, Anatomy, and Pain Medicine faculty
- Identification of prolotherapy targets
- Live demonstrations of PRP and prolotherapy procedures
- Emphasis on clinical decision-making
- Expert Faculty: **Dr. Vikram A Rajguru, Dr. Sarala H S**
- Organising Chairman: **Dr. Khaja Javed Khan**



OZONE WORKSHOP

- Practical understanding of ozone equipment and safety
- Ultrasound-guided Ozone injections
- Live procedural demonstrations
- Launched “A Comprehensive Handbook”
- Guest Faculty: **Mr. Kiran S. Gadre (Universal Ozone Systems)**
- Our Fellowship doctor gave a lecture on Basics of Ozone therapy
- Organising Chairman: **Dr. Khaja Javed Khan**



ARTHRITIS PAIN MANAGEMENT WORKSHOP

- Comprehensive, multidisciplinary arthritis-focused pain workshop
- Applied anatomy of commonly involved joints in arthritis
- Understanding joint dysfunction: science, pain signals & solutions
- Interventional pain approaches for arthritic joints
- Biomechanics and rehabilitation planning in arthritis
- Hands-on ultrasound-guided scanning of joints
- Live procedures and demonstrations

Faculty:

- Rheumatology: **Dr. Gaurang Deshpande**
- Applied Anatomy: **Dr. Sarala**
- Biomechanics & Rehabilitation: **Dr. Sunil**

Organising Chairman: **Dr. Khaja Javed Khan**



WHAT MAKES ALGOS WORKSHOPS UNIQUE

- Small group, hands-on focused training
- Real patient case exposure
- Evidence-based protocols
- Direct mentorship by experienced pain specialists

ALGOS workshops are designed not just to teach techniques, but to build **confidence, clinical judgement, and procedural precision.**



TESTIMONIALS FROM NATIONAL & INTERNATIONAL FACULTY

30



Dr Gaurang Sudhir Deshpande Consultant Rheumatologist

It was a real pleasure visiting the ALGOS Academy of Medicine on 7th December 2025 for the workshop on Pain Management in Arthritis. My sincere thanks to the founder, director, and chief consultant, Dr. Khaja Javed Khan, for inviting me and for creating such an engaging academic space.

I had the opportunity to speak on the clinical approach to arthritis and its management, and I truly enjoyed the energy in the room. The audience was enthusiastic, asked sharp questions, and brought in practical experiences that made the discussions genuinely fruitful.

The sessions through the day were excellent — especially the detailed walkthrough of the musculoskeletal anatomy, which set a strong foundation for the later modules. The live demonstration of ultrasound-guided joint injections was another highlight, giving everyone a clear, hands-on understanding of precision-based pain interventions.

Overall, it was an insightful and well-crafted workshop. I'm grateful for the invitation and wish the ALGOS Academy continued success in advancing scientific, patient-centred pain care.



Dr Ankush Wasnik Consultant Pain Physician

Bridging Technology and Technique: A Workshop Reflection

I recently had the opportunity to teach a workshop on Ultrasound-guided dry needling at Algos Pain Academy. While the lecture allowed us to dive into the science, the highlight for me was the hands-on workshop that followed. The move toward image-guided interventions is a crucial step for our field, as it brings a level of accuracy and safety that manual techniques simply can't match. The clinicians in attendance were incredibly focused, showing a real dedication to mastering the technical side of needle visualization.

I'd like to thank Dr. Javed Khan for organizing such a high-quality event. It's clear that Algos is doing important work in elevating pain management standards, and I was happy to be a part of it.



Dr. JAN KERSCHOT

Belgium, Europe

In July 2025, I was kindly invited to teach about Glucopuncture and Prolotherapy for ALGOS Academy. While explaining the application of both injection techniques, I noticed that the attending physicians were motivated to improve their outcome in a safe and practical manner for their pain patients.



Dr. SARALA H S

Professor of Anatomy

Greetings to all!!

Myself Dr.Sarala , Professor of Anatomy, from Rajarajeswari medical college and hospital, Bengaluru. I would like to extend my heartfelt gratitude to Dr. Khaja Javed Khan, Founder and director of Algos multispeciality clinic, Bengaluru, for giving me an opportunity to serve Algos academy as a faculty member for the workshops conducted on Prolotherapy and Arthritis.

I wholeheartedly appreciate Javed sir for organizing such brilliant workshops in his academy. His innovative ideas in planning the workshops were excellent. The highlight of the workshops was equal importance and time slot was given to fundamentals, clinical implications and hands-on training sessions related to the topic. The sessions were interactive and informative. Each workshop was systematically planned and executed. Overall, it was a comprehensive academic feast for all the participants and even the faculty members. The hospitality and teamwork added glory to the sessions. It was a wonderful learning experience. I would like to congratulate the Algos Academy on the successful completion of workshops, and I wish Dr. Javed sir and his team an incredible journey ahead too. Hope Algos Academy reaches greater heights and sets a benchmark in the field of pain medicine.



Mr. KIRAN S GADRE

I attended Dr. Javed's workshop on ozone application in pain medicine, and I found it to be very interesting and extremely useful. Dr. Javed clearly explained to all the participants how ozone therapy can be effectively used in the treatment of musculoskeletal conditions.

I would like to mention that ozone therapy is a safe and effective modality for managing musculoskeletal disorders, and many patients experienced immediate relief. Ozone therapy has wide applications in medicine, and several diseases affecting different parts of the body can be treated safely and effectively using ozone. It acts very fast and works complementary to conventional medicine, thereby reducing the requirement of long-term medications. It is also a highly cost-effective treatment option, with applications in the management of more than 250 disorders.

My experience at Dr. Javed's workshop was extremely positive. He showed great care towards patients and explained every aspect of ozone therapy in detail, especially its use in ultrasound-guided injections for musculoskeletal disorders.

I wish Dr. Javed all the very best in his endeavor to train doctors in this promising and advanced modality of treating diseases.

Thank You



Dr. ASHWINI G S

Hello everyone,

My name is Dr. Ashwini G. S. I was invited to attend this workshop by Dr. Javed, organized by the ALGOS Academy of Medicine.

From the very beginning, I was highly impressed with the setup and infrastructure. The facility is well-equipped with RF equipment, a dedicated pain and operation theatre, and all necessary instruments. The staff was extremely supportive, and we also had a good number of patients, which made the workshop very practical and hands-on.

We performed several live procedures, including knee and shoulder injections and radiofrequency ablation of knee joints. The workshop was conducted in a small-batch format with only 12 delegates, divided into three groups, ensuring excellent hands-on training for everyone. The sessions mainly focused on the lower limb — hip, knee, and ankle joints.

Video demonstrations at the beginning helped in better understanding, and every delegate got adequate opportunity to perform procedures. Overall, it was a very well-organized and enriching experience. I would highly recommend Dr. Javed and the ALGOS Academy of Medicine for such excellent workshops.

Thank you.

WEBINARS

Sharing Knowledge | Connecting Globally | Advancing Pain Practice

ALGOS Academy of Medicine actively contributes to continuous medical education through a wide range of **national and international webinars**, addressing both foundational and advanced concepts in Pain and Palliative Medicine.

INTERNATIONAL WEBINARS & GLOBAL ENGAGEMENT

Dr Khaja Javed Khan represented India on global academic platforms, sharing clinical expertise on:

- Radiofrequency Ablation (RFA) in chronic and cancer pain
- Regenerative medicine and evolving pain therapies
- Multidisciplinary approaches to cancer pain and end-of-life care

These interactions fostered meaningful academic exchange and strengthened international collaborations.

REGISTER NOW bit.ly/webinar_cancer • Admin 1: 081214477725 • Admin 2: 081319424408

NATIONAL WEBINARS & CME PROGRAMS

Through collaborations with **Clirnet**, **Medvarsity**, **ISSP**, **SSPP**, and **KISSL**, ALGOS Academy delivered highly attended webinars on:

- Diabetic and peripheral neuropathy
- Fibromyalgia and chronic widespread pain
- Trigeminal neuralgia
- High-tone pelvic floor dysfunction
- Safer alternatives in pain management
- Advances in shoulder and spine interventions

These sessions were widely appreciated for their **practical, clinic-oriented approach**.

Advancements in Diabetic Neuropathy Management:
From Symptom Relief to Disease Modification

Fibromyalgia:
Diagnosing the Invisible Pain

Trigeminal Neuralgia

SESSION 8
10TH BATCH PRECURSOR 2025
(Comprehensive Course in Monotherapy, Pain Intervention and Regeneration)

KARNATAKA ISSP (KISSP)
INVITES YOU FOR
WEBINAR ON PROLOTOHERAPY & USGDN

A Case of Cervical Facet Arthropathy

Safer Alternatives in Pain Management



EXAM-ORIENTED & CAREER GUIDANCE WEBINARS

Dedicated webinars were conducted to support doctors preparing for:

- **EDPM (European Diploma in Pain Medicine)** – Parts I & II
- International pain fellowships in the **USA and Europe**

Participants benefited from structured guidance, exam strategies, and mentorship insights.

**Navigating Pain Fellowship Exams:
Expert Guidance for USA & Europe**

Dr. Neeraj Jain
MBBS, MD, MChS, DIPS
Diplomate, American Board of Pain
Principal, Comprehensive Spine &
Pain Specialist
Institute of Pain & Spine
Yashoda Multispeciality & Yashoda
Superspeciality Hospitals

Dr. Khaja Javed Khan
MB, FIPPUSA, FCPM (EUROPE),
FOPM (EUROPE), D-OBIALE, CCEP-
CIPW
Director & Civil Consultant
Aigas Multispeciality Pain Clinic
Aigas Academy of Medicine

Moderator: Dr. Medha Phadke

Monday, 12 May 2025, @ 8pm to 9pm

Dr. Pradnya Bhalerao
President SSPP

Dr. Sanjog Mekewar
Secretary SSPP

Dr. Anmol Maindarker
Treasurer SSPP

dr. Agung Malinda Wijaya
Narasumber:
Ultrasound Interventional
Pain Management

Prof. Tolga Ergonenc
Narasumber:
Ozone Therapy
for Pain Management

dr. Alif N Rahman
Narasumber:
RF Ablation USG Guiding:
How to do it

Dr. Jan Kersschot, MD
Narasumber:
Glucopuncture

dr. Rollando Erric Manibuy,
Narasumber:
How to Pass International
Certification Exam

dr. Joko Santoso
Narasumber:
Bagaimana Menjadi
Praktisi Intervensi
Nyeri (PIN) dan
Apakah Bergelar?

Dr. Khaja Javed Khan.,
Narasumber:
How to pass EDPM
(European Diploma
in Pain Medicine) Exam?

CASE-BASED INTERACTIVE LEARNING

ALGOS Academy introduced “Pain Puzzle – Solving Complex Cases”, a case-based webinar series featuring:

- Real clinical cases presented by fellowship doctors
- Expert-moderated discussions
- Emphasis on diagnostic reasoning and decision-making

This initiative reinforces ALGOS's commitment to **practical, experience-driven learning**.

ACADEMY CONFERENCE

Invited Conferences & Faculty Engagements | National & International Academic Participation

ALGOS Academy of Medicine actively contributes to the academic pain community through invited faculty participation at national and international conferences. Dr. Khaja Javed Khan has been invited as a speaker and faculty member at multiple scientific meetings, delivering expert lectures and participating in academic discussions on contemporary topics in pain medicine.

These invited engagements reflect recognition of ALGOS's clinical expertise and academic contributions in areas such as interventional pain management, regenerative therapies, ultrasound-guided procedures, and multidisciplinary pain care.

Participation in conferences also facilitates knowledge exchange, collaboration with peers, and continuous academic growth, allowing insights from global pain platforms to be translated into everyday clinical practice and training at ALGOS Academy.

CME ON PAIN & PALLIATIVE CARE - HIMS, HASSAN AND ISSP KARNATAKA

Dr. Khaja Javed Khan invited as a faculty for CME on pain and palliative care conducted at HIMS Hassan HE delivered a talk on Pharmacotherapy in pain and palliative care.



ISSP FOUNDATION DAY WORKSHOP

Dr. Khaja Javed Khan was invited as a faculty for a ISSP Foundation Day **FLUOROSCOPY AND ULTRASOUND GUIDED CADAVERIC WORKSHOP** conducted at **JSS MEDICAL COLLEGE, MYSURU** and he handled the knee ultrasound station and demonstrated all the structures which was well received by the participants.



CIPM XVIII - MGM MEDICAL COLLEGE, NAVI MUMBAI

Dr. Khaja Javed Khan was invited to the **18th CIPM workshop at MGM MEDICAL COLLEGE, NAVI MUMBAI** and he demonstrated Ultrasound scanning of Upper Limb Musculoskeletal structures which was well received by the audience.



ICRA-PAIN 2025

Dr. Khaja Javed Khan gave a Faculty Talk on “Cooled Radiofrequency Ablation of Shoulder Joint - Video Demonstration”



CME ON ANAESTHESIA AND PAIN SERVICES AT SRI SIDDHARTHA INSTITUTE OF MEDICAL SCIENCES

Dr. Khaja Javed Khan was invited to Sri Siddhartha Institute of Medical Sciences for a CME on Anaesthesia And Pain Services. He delivered a talk on “Acute Pain Services”



FELLOWSHIP EXPERIENCE – FELLOWS SPEAK



Dr. SUNIL B K

My three-month Pain Medicine fellowship at Algos MultiSpeciality Pain Clinic under **Dr. Khaja Javed Khan sir** was truly enriching. Training included thorough history taking, examination, evidence-based management, and hands-on interventional procedures. Academics were strong, with case discussions, seminars, and a case report now accepted in the IJP journal. The clinic conducts workshops every two months, and I had the valuable opportunity to participate both as a learner and as faculty. Dr. Khan is a friendly, knowledgeable, and enthusiastic teacher who fosters an excellent learning environment. Overall, the experience greatly enhanced my skills and understanding of running a pain clinic.



Dr. SHRISHMA H S

My Pain Medicine fellowship at Algos pain clinic was immensely enriching. **Dr Khaja Javed Khan sir** was incredibly kind, supportive, and deeply knowledgeable. The best part about the fellowship was the hands-on training I received and clear clinical guidance helped me grow immensely in both skill and confidence. Truly grateful for the learning opportunity.



Dr. SYED MANAZIR HUSSAIN

The FIPM Fellowship in Interventional Pain Management is an exceptional, well-structured program that offers deep clinical insight and hands-on expertise in diagnosing and treating complex musculoskeletal pain conditions. It was a good learning experience with practical exposure, enabling to gain confidence in performing advanced interventional procedures safely and effectively under the mentorship of **Dr. Khaja Javed khan**. This fellowship significantly strengthens diagnostic accuracy, procedural skills, and patient-centered management. Overall, FIPM provides outstanding value for clinicians aiming to excel in interventional pain practice and elevate the standard of patient care.



Dr. VANITHA CHELLAMUTHU

I am Dr. Vanitha, pain and regenerative physician practising in Coimbatore, I had an excellent learning experience at Algos Pain Clinic. The courses were well structured with a perfect balance of theory and hands-on training. Dr.khaja Javid khan sir, explained pain concepts and procedures in a very practical, easy-to-understand manner. Highly recommended for doctors who want confidence in interventional pain management.

FELLOWSHIPS & EXAM PREPARATORY PROGRAMS

FIAPM | FIPM | EDPM & FIPP PREPARATORY COURSES

ALGOS Academy of Medicine offers a **comprehensive range of fellowship and exam-oriented training programs**, supporting doctors at different stages of their pain medicine journey. Our academic model integrates **structured teaching, focused mentorship, and intensive hands-on clinical exposure** within an active pain practice.

FIPM – FELLOWSHIP IN PAIN MEDICINE (IN-HOUSE, ONE YEAR)

The **FIPM Fellowship** is ALGOS Academy's flagship **one-year, in-house program**, designed to provide in-depth exposure to clinical pain practice, interventional techniques, and evidence-based decision-making.

Fellows completing the **one-year FIPM Fellowship at ALGOS** are **eligible to appear directly for the FIAPM examination**, subject to prevailing guidelines—offering a structured pathway from training to formal academic certification.

FIAPM FELLOWSHIP

ALGOS provides structured training aligned with the **FIAPM curriculum**, with emphasis on:

- Comprehensive pain assessment
- Evidence-based management strategies
- Procedural skill development
- Case-based academic discussions

SHORT-TERM FELLOWSHIP PROGRAMS

To accommodate varying learning goals and time commitments, ALGOS Academy also offers:

- **2-Week Observership Fellowship**
- **1-Month Fellowship**
- **3-Month Fellowship**
- **6-Month Fellowship**

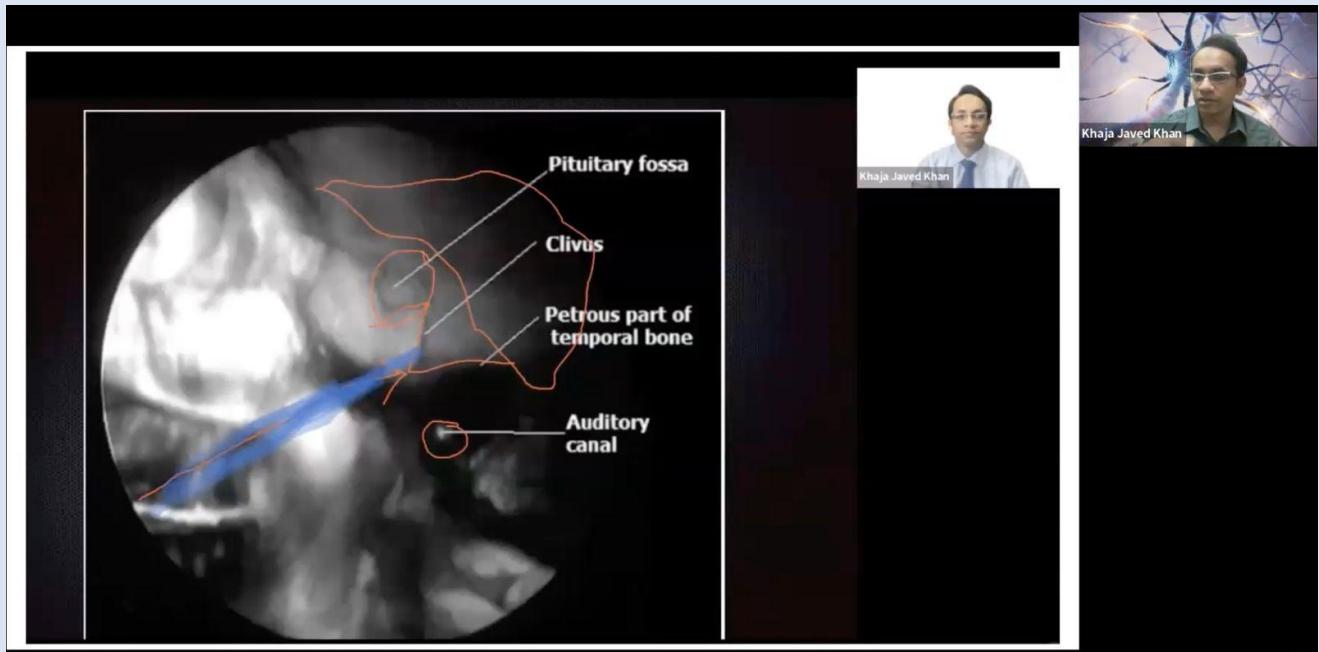
These programs focus on **clinical exposure, procedural observation, and focused skill acquisition**, tailored to the duration of training.

EDPM & FIPP PREPARATORY COURSES

Dedicated preparatory courses are conducted for **EDPM (Part I & Part II)** and **FIPP** examinations.

Academic Outcomes (2024–2025):

- >90% pass percentage in EDPM & FIPP examinations



HANDS-ON FLUOROSCOPY TRAINING MODULE

ALGOS Academy offers **intensive hands-on fluoroscopy training programs** spanning **2–4 days**, designed to ensure maximum individual learning.

- One-to-one or **maximum two candidates per session**
- Step-by-step fluoroscopy-guided procedural training
- Training conducted on **anatomical mannequins made from real bones**
- Emphasis on **needle placement, image interpretation, radiation safety, and procedural confidence**



HANDS-ON ULTRASOUND-GUIDED PAIN INTERVENTIONS

ALGOS Academy also conducts **focused hands-on ultrasound training courses** for pain physicians, covering **diagnostic scanning and interventional procedures**.

- Small-group training with **one or two candidates per faculty**
- Live ultrasound scanning on volunteers and models
- Ultrasound-guided joint, nerve, and soft-tissue interventions
- Emphasis on **sono-anatomy, probe handling, needle visualisation, and real-time safety**

These courses are designed to help participants develop **practical confidence and procedural accuracy** in ultrasound-guided pain management.



PARTICIPANT FEEDBACK & REFLECTIONS

Dr. HARSHA EDPM PREPARATORY COURSE CANDIDATE

Algos Pain Academy played a major role in helping me clear the EDPM Part 1 exam. Sir's classes were clear, precise, and exam-focused, which made the preparation feel manageable. The material was very easy to revise and saved a lot of time. It gave me exactly what I needed for EDPM prep without any unnecessary overload. Truly grateful for sir's guidance and support. Would highly recommend for anyone appearing for the exam.

Dr. NAMRATA EDPM & FIPP PREPARATORY COURSE CANDIDATE

I had a good experience with Dr.Javed at Algos Academy. Their guidance has been instrumental in helping me prepare for my FIPP exams and EDPM Part 1. The regular classes ensured that the entire curriculum is covered, and the consistent support boosted my confidence. I particularly appreciated the regular tests and discussions, which helped me identify areas for improvement. Dr.Javed is always approachable and available to help, making it a supportive learning environment. I'm grateful for their expertise and encouragement. Highly recommend!

Dr. MAHESH EDDULA (UK) EDPM & FIPP PREPARATORY COURSE CANDIDATE

Dear Dr Javed

I would like to extend my sincere thanks for your support and for providing the valuable insights in my EDPM preparation.

I also would encourage everyone to consider this online course whoever is planning to give the exams in future.

The course is well organised and covers the curriculum in detail.

I wish best of luck to the academy and to the doctors who are going to take the exams.

‘HIGHLIGHTS’

Why Train at ALGOS Academy?

- ✓ In-house FIPM Fellowship with FIAPM eligibility
- ✓ >90% Pass Rate – EDPM & FIPP
- ✓ Low trainee-to-faculty ratio
- ✓ True hands-on fluoroscopy & ultrasound training

EDITORIAL TEAM & ACKNOWLEDGEMENT

This newsletter is made possible by the dedicated efforts of the ALGOS clinical and academic teams, collaborating faculty, partners, and support staff. We thank our patients and learners for placing their trust in us.

THALATH FARHEEN KHANUM

WAHIDUZZAMA

CONNECT WITH ALGOS

ALGOS welcomes clinicians, students, patients, and collaborators to connect with us for clinical care, academic programs, and professional engagement.

ALGOS Multispeciality Pain Clinic

ALGOS Academy of Medicine

Fellowships | Workshops | Webinars | Exam Preparatory Programs

Contact Information

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We welcome any questions, suggestions you might have.
please send us your feedback

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