

Dr Anirudh Panemangalore Pai

MBBS, MD (Anaesthesiology) | DM Pain Medicine trainee

Email: anirudhpai@pm.me / anirudpai@live.co.uk | Phone: +91 9482513447 / +91 7676694929

Website: www.anirudhpaipain.com | LinkedIn: www.linkedin.com/in/anirudh-pai-pain

Professional profile

Anaesthesiologist currently undertaking DM Pain Medicine training at AIIMS Rishikesh. Clinical experience spans anaesthesiology, critical care, emergency medicine and pain medicine training, with academic work in regional analgesia, psychosocial aspects of chronic pain and regenerative therapies. Interests include image-guided interventions, cancer pain and multidisciplinary chronic pain care.

Education and specialist training

DM Pain Medicine — All India Institute of Medical Sciences Rishikesh

2026–present | Current specialty training.

Pain Medicine Fellowship training — Daradia The Pain Clinic, Kolkata

January–June 2026 | On-site training; entry through the FIAPM entrance examination under ISSP.

MD Anaesthesiology — Kasturba Medical College, Manipal

2020–2023 | Manipal Academy of Higher Education; degree issued 18 November 2023.

MBBS — Kasturba Medical College, Mangaluru

2014–2020 | Manipal Academy of Higher Education; degree issued 6 November 2020. Compulsory rotating internship: 20 March 2019–19 March 2020.

Clinical appointments

Senior Resident — K S Hegde Medical Academy, Mangaluru, Nitte University

Anaesthesiology and Critical Care: 1 January 2024–13 September 2025.

Emergency Medicine: 1 September–31 December 2023. Full-time appointments.

Visiting Consultant Anaesthesiologist — Puttur City Hospital, Karnataka

September 2023–December 2025.

Freelance Anaesthesiologist — Mangaluru and Puttur, Karnataka

2023–2025.

Junior Resident in Anaesthesiology — Kasturba Medical College, Manipal

July 2020–August 2023.

Clinical and pain medicine experience

- Anaesthesia for adult, paediatric and complex surgical cases, including maxillofacial, neurosurgical, oncological, thoracoscopy-assisted and robotic procedures.
- Ultrasound-guided regional anaesthesia and vascular access in adults and children; difficult airway management.
- Pain medicine training at Daradia, supplemented by hands-on and cadaveric workshops in fluoroscopy-guided and ultrasound-guided interventions.
- Volunteer anaesthesia for cleft lip and cleft palate surgery with Mission Smile India.

Published journal articles

1. Comparison of pre-spinal regional analgesic techniques for positioning in proximal femur fractures

Pai AP, Bhat RRK, Kulkarni M, Shenoy L, Kanakalakshmi ST. Anaesthesia, Pain & Intensive Care. 2025;29(9):1164–1170.

DOI: 10.35975/apic.v29i9.3047

2. Beyond Pain Duration: Depressive Symptom Burden and Its Clinical Correlates in a Tertiary Pain Clinic

Pai AP, Das G, Vaddi V. Journal on Musculoskeletal Ultrasound and Pain Medicine. 2026;11:48–55. DOI:

10.4103/Jmupm.Jmupm_23_26

Accepted for publication

Psychiatric Screening and Initial Management in Interventional Pain Practice: A Narrative Review and the Daradia Protocol

Das G, Nayak A, Pai A, Das S. The Korean Journal of Pain. Accepted for publication.

Published handbook

Handbook of Pain Biologics: Regenerative Therapy in Pain Practice – A Practical Guide

Authors: Anirudh Pai, Suzen Sumeet Kaur, Vindu Yadav.

Editors: Gautam Das, Samarjit Dey, Ravi Shankar Sharma.

Daradia Pain Foundation; released during ICRAPAIN 2026.

Research and academic supervision

Undergraduate Community Medicine research — Kasturba Medical College, Mangalore, 2016

Investigator: Knowledge, Perception and Practice Regarding Energy Drink Consumption Among Medical Students of Mangalore. Supervised by Dr Avinash Kumar; Institutional Ethics Committee-approved project.

Thesis guide for an MSc Anaesthesia and OT Technology student: Audit of Preoperative Testing Practices.

Conference posters and presentations

The 'Desire Path' Model: An Educational Communication Framework for Nociceptive Pain

Accepted for poster presentation — IASP 2026 World Congress on Pain, Bangkok, 26–30 October 2026.

Image-Guided Intercostal Cryoneurolysis for Thoracic Neuropathic Pain: Case Series

Accepted for poster presentation — IASP 2026 World Congress on Pain, Bangkok, 26–30 October 2026.

Dorsal Ramus Cryoneurolysis in Refractory Paraspinal Myofascial Pain

Accepted for e-poster presentation — AORA 2026.

Disaster-response and anaesthesiologist safety case report — accepted for e-poster presentation, AORA–GARC 2026.

Poster abstract accepted — World Congress of Anaesthesiologists 2026; not presented because of travel constraints.

Paper presentation — Ganga Anaesthesia Refresher Course 2023; awarded first prize.

Poster presentations — National Airway Conference 2022 and KMC Research Day 2017.

CME lectures and teaching

Adipose-Derived Regenerative Therapies in Pain Medicine

Daradia CME — 4 June 2026.

Allogeneic Bone Marrow-Derived MSCs in Knee Osteoarthritis

Daradia CME — 16 June 2026.

Serratus Anterior Plane Hydrodissection

Fascial Plane Blocks in Chronic Pain series, Daradia CME — 16 June 2026.

Co-Quiz Master — ISACON Karnataka 2025 and ISACON South Zone 2024.

Honours and awards

- First prize, Pain Medicine Quiz — ISSPCON 2026, Hyderabad.
- Second prize, Young Innovators Forum — ISSPCON 2026, Hyderabad.
- Third prize, Pain Medicine Quiz — 10th SARPS Congress on Pain, Delhi, 2025.
- First prize, Paper Presentation — Ganga Anaesthesia Refresher Course, 2023.
- Winner, Fujio Cup Quiz, NCRM Niche — stem cell and regenerative medicine, Tokyo, 2017.
- Certificate of Merit — top 5% of class, MBBS second year, KMC Mangalore.
- SARPS 2025 Educational Grant and INTAS-sponsored congress participation.
- Appreciation certificates for Montepadav Rain Tragedy relief — ISA Mangaluru, KSHEMA and Government of Karnataka, 2025.

Selected professional development

- Daradia–GE Basic Fellowship in Pain Medicine — three-month online programme.
- Essential Pain Management — ANZCA via Praxhub; e-PAIN modules — Faculty of Pain Medicine, Royal College of Anaesthetists, UK.
- Scope of Pain: Safer Opioid Prescribing — Boston University.
- Good Clinical Practice — NIDA Clinical Trials Network; recertified 1 September 2025, valid to 1 September 2028.
- Medical Imaging Anatomy Course — Radiopaedia; Acute Critical Care Course provider, 2020.
- Daradia cadaveric workshops on interventional pain procedures — October 2025 and April 2026; Daradia GE-Healthcare hands-on C-arm and ultrasound-guided interventions workshop — February 2026.
- Fluoroscopy and Ultrasound Cadaveric Pain Workshop — ISSP Foundation Day, Mysuru, 2025; Chronic Pain Management Workshop — ISACON Karnataka 2025.
- Radiofrequency Ablation for Chronic Pain Management Workshop — SARPS 2025.
- International Symposium on Spine and Paravertebral Sonography for Anaesthesia and Pain Medicine — Hong Kong, November 2025.
- 18th NYSORA Anesthesia Symposium, 2025 — 14.5 CME credits.
- Awake intubation and cricothyroidotomy workshops — National Airway Conference, 2022.

Medical registration

Karnataka Medical Council — 137129. Issued 16 June 2020; renewed 11 July 2025, valid to 11 July 2030. Certificate of Good Standing issued 30 August 2025.

West Bengal Medical Council — 104001. Issued 30 January 2026.

Professional affiliations

International Association for the Study of Pain — member, 189960

Indian Society for Study of Pain — member, 3252

European Pain Federation — trainee member

Academy of Regional Anaesthesia of India — member, LM 2438

Indian Society of Anaesthesiologists — member, P3540

All India Difficult Airway Association — member, 22/P–81

Indian College of Anaesthesiologists — member, 2074

Indian Association of Palliative Care — member, IAPC-2017-90976716

Languages and additional activities

English, Kannada and Hindi: fluent. Konkani: native. Japanese: JLPT N5 passed.

Represented Manipal Academy of Higher Education in the All India Inter-University 10 m Air Pistol Shooting Competition. NCC Army Wing: A and B certificates; National Integration Camp and Thal Sainik Camp.