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To Live is to Serve



Dear All,

As the pandemic has spread its tentacles gobbling up all the space, we endeavour to counter its spread. We have acted in the early instance and started helping the affected. As a mandate and philosophy, we are with the society and the government to fight the virus. I am happy our doctors, students, nurses, paramedics, and other staff members have

been working day and night to win this battle. We are aware of the deep impact of the virus which has de-stabilised the society. For us, as a responsible health provider, we were the first to offer 200 beds to Covid patients in Karnataka. Even though it was a very difficult task our frontline warriors made it possible and now we have 500 beds reserved for Covid treatment alone.

Ramaiah group of institutions, known for its well-established norm to join hands with the government in its efforts to control the spread has put all its might in its command to fight the virus. As always, at the forefront of service to mankind, Ramaiah Hospital geared up to help the affected population. The founders and promoters of Ramaiah are clear in their vision to stand tall in this hour of crisis.

I am proud of our doctors, paramedics, and other staff members who are fighting the virus to save hundreds of lives each day. I thank all of them for their great service to humanity.

Dr. MR Jayaram
Chairman
Gokula Education Foundation

Together we can!



It is important to give credit where it is due. Therefore, I congratulate Dr. Vibha and team for undertaking two very important and difficult activities which are communication and coordination. All the volunteers have risen to the occasion and proved their commitment towards their work and responsibilities.

The PR Team with Vasuki and Prakash, along with Madan have been of constant help. My colleagues Dr. Harish, Dr. Kamat, Dr. Alva, Dr. Gurudev, Dr. Savitha, Dr. Aruna, Dr. Shalini, Dr. Somashekar and many others have been the source of support during these trying times.

We have made several short videos to educate the public on the pandemic. When we started it was just a small contribution to the covid crisis effort. This could not have been possible without the support of our various teams and the management's constant encouragement.

A Sense of Fulfilment in Service

With the Covid-19 pandemic spreading rapidly in India during the months of March-April, 2020, the Ramaiah Team of Healthcare Professionals got together to make elaborate preparations for receiving the expected patient load. Our Management was among the first to offer to the Government a dedicated Isolation Ward with 200 beds for treating COVID-19 patients along with a cash donation of Rs.300 lakhs to fight the pandemic. Since the second half of June-2020, we have had a large number of COVID-19 cases being treated in our hospital requiring about 500 beds to be earmarked for the purpose, in excess of the capacity planned earlier.

Over the last few weeks, one sees a transformation in the attitudes of all concerned towards the people who have been affected by the disease. The initial apprehension in handling the COVID- 19 cases appears to have given way to a more ready acceptance of our duty towards patients. Irrespective of their specialties, Ramaiah doctors are participating in COVID ward related duties under the guidance of senior consultants. Many young doctors have expressed their sense of fulfillment for having had the opportunity of doing COVID ward duty and helping patients in distress. Some have expressed the feeling that it has been a rare opportunity to work in a pandemic situation.

The nursing staff of both the Ramaiah Medical College Hospital and the Ramaiah Memorial Hospital have worked as a team under the guidance of their Nursing Superintendents to provide the best possible care for the patients. The students and the Faculty of our Dental College, Nursing and Physiotherapy Colleges have also participated in supporting the hospital work. The housekeeping staff of both the hospitals have also risen to the occasion to provide supporting services.

We at the Ramaiah Group have reason to feel a sense of fulfilment that we are meeting the expectations of the society in terms of the dedicated service which has always distinguished our Group.

MR Sreenivasa Murthy
Chief Executive
Gokula Education Foundation (Medical)

I think we have done well so far but we need to step higher, faster and stronger as the challenges brought on by this virus are mounting each day. I express my sincere gratitude to each one of you and may God bless you all.

Dr. Naresh Shetty
President, Ramaiah Memorial Hospital



RAMAIAH

August - September 2020

We are a Team to fight the Virus

Ramaiah group of institutions continued the efforts for enhancing the quality of care to COVID19 patients. The institution worked relentlessly for increasing the bed strength available for COVID19 treatment to accommodate 500 patients. State of the art equipment and facilities with supportive infrastructure was put in place in record time. A strong multi-disciplinary team was set up for coordinating the activities in a timely manner. Ramaiah Hospitals were one of the first private hospitals to cater to such a large number of patients. Presently, the intensive care bed availability has been ramped up to 50 ICU beds equipped with ventilators and other equipment. Clinical protocols have been put in place through the efforts of the experts toiling day and night and optimised patient outcomes are being monitored.

The management has initiated an effort to capture the learnings of the COVID-19 response as a special project through the Division of Research and Patents of the medical college. The objective of the project is to document and capture the various challenges and innovative solutions in response at the institution towards the COVID19 pandemic. An intensive data-driven approach at creating world-class evidence is being undertaken to analyse the various components of the COVID-19 response in terms of infrastructure, resource mobilisation, capacity building, workflow optimisation, technology adoption, and implementation strategies.

The corporate communications team has documented the process of the efforts by making short films. The division of research and patents is working on capturing the experiences and learnings on the Ramaiah campus.

Ramaiah Medical College and hospital labs have been continuously striving to supplement and complement the clinical services through their exemplary testing facilities. Rt-PCR testing was introduced after a stringent quality assurance process and NABL accreditation at the hospital. This has helped enormously to reduce the waiting time for both COVID19 patients as well as treating doctors to optimise patient care.

Ramaiah group of institutions has worked closely with the governmental agencies in responding to the COVID19 pandemic. Several faculties have been nominated as committee members to advise the implementing agencies in responding to the challenges posed by the pandemic. Interns and postgraduate students have helped the COVID Care Centers and field-level training and other activities.

Several webinars and online symposia were conducted to build the capacity of health care personnel to meet the clinical and care challenges of COVID-19.

The patients getting discharged after successful treatment at the hospitals have shared their wonderful experiences and expressed gratitude to the hospital management and staff for their excellent care.

The doctors and ancillary support staff have led by example and truly upheld the ethos of the institution to serve humanity with love and compassion. May the spirit of Ramaiah grow eternally!

ಜ್ಞಾನವಾಹಿನಿ

Jnana Vahini

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Information Technology and Covid-19 Management

Technology cannot prevent the outbreak of the pandemics. However, it can help prevent its spread, educate, warn, and empower those on the ground to be aware of the situation, and noticeably lessen the impact.

Today, with technological convergence that enable different technologies to inter-operate efficiently like mobile, cloud, analytics, AI/ML, 4G, and high-speed internet, it has become possible to introduce several innovative approaches to the pandemic response.

Here, we have listed below such areas where technology played a vital role at Ramaiah to enable the doctor & front line worker to handle the situation in a much-informed manner:

Technology supported temperature monitoring

The infrared body temperature measuring devices are used as the most important medical equipment at entry points of the hospital. These devices helped in measuring the body temperature from a distance and turn out to be effective in isolating the individuals who might need further investigation.

Remote working technologies support social distancing and at the same time ensure business continuity and technological support.

As such a pandemic threatens the world; working from home ensures business continuity as well as encourages social distancing. In such a time, technologies that enable secure access to data, enterprise applications, virtual meetings, cloud conferencing, and constant technological support to the doctors are used to ensure that HIS systems are not impacted. Remote working is enabled due to technology and is of one the greatest enabler that helped IT teams in performing their duties whilst maintaining social distancing during the lockdowns.

The coronavirus pandemic is throwing new light on hospitals' IT strategy on how to proceed with current and future healthcare implementations. However, some forms of technology – particularly those that support Tele-Health services – are implemented as they proved their worth during the pandemic.

- Ramaiah is increasing investments in technology to help it deal with COVID-19 pressures. We invested in telemedicine capabilities, communication and collaboration platforms, such as Cisco WebEx, Microsoft Teams, and Zoom.
- For the team of doctors who are treating COVID patients, we have installed the CCTV cameras for monitoring patients inside the wards which enabled senior doctors to monitor patients and recommend treatments for individuals.

- Apps were developed to capture patient's vitals & treatment information.
- Doctors are provided with tabs and laptops to run the apps and enable seamless information sharing through real time reports and dashboards.
- Wi-Fi devices are installed in all wards & ICUs to ensure connectivity and information flow.
- Video Call facilities are provided for doctor & patient and patient & patient relative interactions.
- Technologies like Microsoft Lens are used by billing teams for sharing details of the patients with Health Insurance. Such technologies are helping in transmitting treatment sheet details and helping the billing teams to update the patient billing in near real-time basis.
- Flu Clinics are provisioned for initial screening of all patients. Mobile apps are used to capture patient details and transmit them to the screening doctors. Automation and queue management is done through the apps. CCTVs are installed for monitoring. Wireless access points are provided to have seamless connectivity and thermal scanners are in place to capture patients' body temperature.
- We are also getting additional applications developed using Microsoft power apps to improve the existing processes and coordination between the teams inside the isolation ward and in the war room.



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First in the line of Duty

The war against the coronavirus has kept all of us on our toes since early 2020. With the number of cases increasing every day, as doctors, we are under tremendous stress and anxiety to render the best care to all our patients. While we are working round the clock to attend to our patients, our hospital management has made every effort to tend to our needs.

We, the Covid Team one members- Dr Sumanth (ENT), Dr. Harsha (Gen surgery), myself along with our residents Dr. Ujjwala, Dr. Preetham, Dr. Balaji & Dr. Ujwal were looking after around 160-180 patients.

We believe that the opportunity to improve the health of the patients assigned to us was a great gift. Each one of us has chosen to work in health care for different reasons, yet we all share the similar desire to serve our community.

We have seen our patients at their happiest moments when they were getting discharged and we have also seen their most vulnerable and anxious looks when they were shifted to Acute Medical Ward (AMU) /Intensive Care Unit (ICU).

Our Covid duty days were filled with little moments which had tremendous impact on us. We instilled confidence in our patients because we were confident enough to take care of them.

We would like to thank the Medicine department in-charge of our team and our management for taking good care of all our logistical needs and requirements.

Special thanks to our HOD, Dr Anil Kumar who personally counsels each of us and relieves us of any anxiety which may cloud us before we enter the Covid wards.

I would also like to thank our entire Medicine department for tirelessly working to resolve every issue and meeting all our needs and requirements during this pandemic.

Having personally done covid war room night duty, which entails giving admissions to covid ward, answering covid admissions hot line calls, tracing the patient inside the covid ward and updating the family members about patients' current condition, it is a thrilling experience to say the least.

Finally, I am thankful for all the leaders in various teams for making this possible. The management is ever cooperative and the authorities constantly strive to make to our work smooth sailing.

Covid Team 1

Ramaiah Medical College and Hospital

Convalescent Covid Plasma Bank Inaugurated



With plasma therapy being recognised as an effective means to treat mild and moderate covid patients, a Convalescent Covid Plasma Bank was inaugurated at Ramaiah Memorial Hospital. It was inaugurated by Bhaskar Rao, ADGP Internal Security, Govt of Karnataka on 24 August, 2020 in the presence of Dr. M.R Jayaram, Chairman, Gokula Education Foundation, M.R. Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Medha Y. Rao, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Naresh Sehtty, President, Ramaiah Memorial Hospital, Dr. Harish K., Associate Dean, Ramaiah Medical College & Hospital, and others.

Dr. NK Alva, Head of Ramaiah Blood Bank, noted that plasma therapy has been regarded as one of the important treatment procedures for mild and moderate covid cases. Plasma of those patients who have recovered from covid is transfused with the patients who are currently suffering from the disease. He also explained that all patients who have recovered from covid and completed a 14 day symptom-free period are eligible to donate plasma. A specialised equipment known as apheresis machine in which the donor's blood is separated from their plasma and the remaining blood is transfused back into their body. Dr. Alva also said that those not infected by the disease can also be donors provided they meet the required criteria and help save lives.

Convalescent Covid Plasma Bank Emergency number is 40503100

Captain Anesthesiologist

The novel coronavirus has become a serious game changer in the present day global scenario. The pandemic which has stung its tentacles in all parts of the world has caused a significant change in our day to day functioning, pushing us away from our comfort zone and forcing us to accept the inevitable.

The Department of Anesthesiology at Ramaiah Medical College and Hospital has been in the forefront of planning and executing activities related to the care of COVID positive patients with emergency and elective surgical needs. Care also had to be taken so as to avoid cross contamination and at the same time to provide quality care to patients afflicted by the infection.

A separate operation theatre in the RMCH Accident and Emergency was earmarked to perform surgeries on COVID 19 patients. The OT is self-sufficient with respect to Anesthetic and surgical needs and has separate PPE donning and doffing facilities as well as shower facilities. A weekly roster has also been drawn out for Anesthesia faculty, residents and nursing staff who will be available round the clock. We also ensured that COVID suspect patients would also undergo surgeries in this OT.

Operative Care on COVID positive/ suspect patients is extremely challenging. Firstly, the Personal Protective Equipment to be worn is a task as we have to ensure that we are fully protected without any breach. The air conditioner in the OT is kept off and therefore it gets very hot inside the OT, more so with the PPE on. Very soon the mask and the goggles start fogging, impairing our vision and then having to perform procedures with fine skills like spinal / epidural anesthesia and even surgeries is a heinous task. Being an anesthesiologist is akin to being the Captain of a ship. We have to ensure that everything in the OT runs smoothly apart from monitoring patients during the surgery.

Thus far we have done close to 50 surgeries in the COVID OT, most of them being elective/emergency

caesarian sections apart from some surgical, orthopedic and ophthalmological emergencies. Many of these cases were done at night and would take about 2-3 hours and would leave us exhausted by the end. There was an occasion when we had to perform six caesarian sections over a 24 hour period and this was only possible due to the extremely committed and dedicated nature of the doctors and nursing staff posted there week after week and proving that we stand with the institution to fight this pandemic with all sincerity and putting our best foot forward.

With regard to the facilities available to us, we are indeed privileged to be a part of an institution which leaves no stone unturned in ensuring our safety. We are provided with excellent Personal Protective Equipment kit, N95 masks, gloves for every case making us feel secured and protected. We were also provided with world class facilities of stay during our postings in RISA and even during our quarantine period. Excellent quality food was served along with refreshments and the staff in-charge of RISA ensured that we were in a home away from home.

From the bottom of our hearts we would like to thank the administrators, coordinators, and the management for all the help provided. Every feedback is taken seriously and immediate corrective action is taken. As medical staff, we are just as apprehensive or more so, about the health of our near and dear ones, particularly children, but the efforts taken by the hospital does constantly reassure us. During these difficult times, a mind without fear is the most essential weapon we need to have to fight this war and we shall emerge victorious.



Dr Sadasivan S Iyer
Assistant Professor
Anesthesia and Pain Management

Team Work makes the Dream Work



The entry and exit corridors to covid blocks lack the usual bustling atmosphere of a hospital, with hardly anybody in sight. This initially gave off quite an eerie vibe but has eventually settled down to a feeling of pride and satisfaction.

I did my part in taking care of the covid afflicted patients along with five residents (Indhraj/ Kishore/ Harshita/ Kartteek and Vivek) from Team Four. I was fortunate to work with these residents who have put a tremendous effort to maintain the workflow.

Our team, which in addition to being very responsive and cohesive had seniors like Dr. Gurudev, Dr. Ramesh and Dr. Harish who helped make our jobs easier despite the daily mounting challenges. All our needs and feedback was addressed swiftly. Special thanks to our team coordinator Dr. Vinayak who helped to put the right combination for each team.

The most important concern for anybody who is going into the wards would be the risk of infection while doffing. This section of donning and doffing being managed by Dr. Sunil and team has been the backbone of the safety and protection for all the health care workers. The effort taken to educate others to protect themselves and others is truly inspiring. Dr. Karthik and the medicine team were very supportive in overall management of patients. Dr. Aravind and team did a great job in the war room helped get the message of our efforts across to patients' relatives.

Next important concerns, food and accommodation were also addressed well. Dr. Chitra and the food committee along with Dr. Ravikumar and his team handling accommodation left no stone unturned to help us.

At the end I was ecstatic when I hit the hat trick with my third negative report of PCR test done after Covid duty. Every staff member is doing their part to fight the crisis and that the manpower has been stretched to meet the necessary requirement.

To conclude, though it is a risk which all of us have to accept as part of our profession, I thank the whole team and our wonderful hospital management for taking every precaution to make our place of work safe for us all.

Covid Team 4

Ramaiah Medical College and Hospital

New Life; New Needs; Same Vision

In the eerie silence of the otherwise bustling Ramaiah hospital, the only sound that causes a sigh of relief is the first cry a newborn baby. The short and heavy breaths under multiple face masks, the discomfort of being inside a PPE and the excessive perspiration are all settled with this shrill but ever welcome cry.

The department of OBG, with the support and constant backup from the management, and under the guidance of Professor and HoD Dr Sujani B. K, has been relentlessly working round the clock, treating all covid or non covid and high risk pregnancies with the same competence, enthusiasm and responsibility as they used to before the pandemic. Patients from different states and cities with a high case load of Covid 19, who previously visited many other hospitals only to be denied admission (in view of being suspects), were admitted here. After careful evaluation and case work up, they were delivered either normally or by emergency caesarean delivery, many a times even before their covid status was known. With the most negative word of 2020 being positive, here are a few cases which brought genuine positivity to our team.

A 36 year old school teacher, second gravida with previous lscs was admitted at 29 weeks with respiratory symptoms;

chest X-ray suggested pulmonary edema and a high suspicion of Covid. She was operated upon and delivered a live baby of 1.4 kg with both mother and child recovering shortly after.

A 32 year old police constable, third Gravida with two previous lscs and one living child, was diagnosed with placenta percreta, a life threatening condition. Despite the high surge of positive cases and increased workload, she was given the utmost priority and after explaining to her the high risk condition, she underwent caesarean hysterectomy with massive transfusion. She was in the ICU for three days and was discharged 12 days after her surgery along with her newborn.

A 30 year old resident of Mysore, 6th Gravida with history of 4 miscarriages and one LSCS and no children and a known case of peripartum cardiomyopathy was admitted at 35 weeks pregnant, with a history of breathlessness and features of SARI. She was taken up for an emergency caesarean and a live girl baby of 2.9 kg was delivered. The baby was in ICU for a week and discharged later. Meanwhile patient tested negative for covid. She was refused admission in four hospitals before being admitted here.

These are just a few of the innumerable high risk cases that were managed successfully by the undeterred spirit of the senior faculty members and their team of associate professors, assistant professors, senior and junior residents and house surgeons. These successes could not have been possible if not for the unconditional contributions by the nursing faculties and the group D workers.

At Ramaiah Group, which has been a safe haven for millions of patients, the obstetricians/ gynaecologists have stayed true to the objective of "Safe Motherhood" in these times

even if it means operating on unregistered cases, a couple of whom later tested positive for corona, or doing emergency/elective caesarean surgeries for covid positive patients round the clock. Our team has handled more than 60 covid positive cases successfully and is still continuing to do so. With a separate ward and operating theatre for covid positive patients, the non covid pregnant ladies are prevented from getting exposed; even the newborn infants of covid positive ladies are kept separately in the NICU to prevent them from being primary contacts. A resident posted in the covid ward is always available in case of emergencies or complications with these patients.

Currently as a part of routine test, all ante natal cases nearing their expected date of delivery and patients requiring gynaecologic surgeries are required to undergo a swab test to screen for Covid 19, and based on the reports, are managed accordingly after admission.

The above mentioned feats and achievements were all possible only with the undaunted support and commitment from the Anaesthesia and Paediatrics teams.

No pandemic can weaken our workmanship. Lighting candles, clapping hands or showering flowers does not lift up our spirits. Our morale is boosted when we see a patient go home happily, with a smile on her lips and her bundle of joy cuddled in her arms.



Dr. Sujani B. K. and Team
Dept. of OBG
Ramaiah Medical College and Hospitals



Dr. Jessica, Dr. Sukriti and team successfully did 7 caesarean sections in the Covid ward



Our Covid Warriors

The war against an invisible enemy

A frantic call by a friend, back in January of 2020, was my first exposure to a Covid related concern. He enquired on the type of mask he needed to wear as he had planned to travel to India. I replied, rather nonchalantly then, wondering what the fuss over a mask was.

Little did I know 7 months down the line, that I would be in the middle of that same crisis, here in Bengaluru, needed to perform a week's duty at our Covid hospital.

I muscled up my knowledge on this deadly virus, through the innumerable webinars that were being organised to help us be more prepared when we encountered this microbe first-hand. However this knowledge base was no match to the air of paranoia that was circulating, perpetuated by the incorrigible WhatsApp University.

I put on my PPE kit, ready to go round the ward with high dependency unit assigned to me. With great discomfort in breathing and constant perspiration, I finished my shift which typically lasts around three to four hours and headed to doff, after giving necessary instructions to the residents in-charge. I did feel a sense of fear knowing that a potential breach could render me infected, notwithstanding that this was the routine through my posting, while also answering queries telephonically.

As I reflect, contrary to what knowledge I had acquired, I found 70 year olds with multiple co morbidities recovering satisfactorily while 30 year old otherwise healthy individuals deteriorate rather rapidly even to death. As a Pulmonologist the scene of multiple oxygen dependent patients was home ground. However this trend worried me greatly, fearing for myself as much as I did for the patient. Having said that, the visuals of recovered patients who formed the majority, enthusiastic and motivated residents and nurses juggling work tirelessly in their gruesome PPE was heart-warming, not to mention the immense support given by the institution.

In these uncertain times, in a quest against this almost invisible enemy, it was great to see our community rise up to the occasion and work together to fight this common enemy, I feel proud to be a doctor as I am personally able to help during this war like situation.



Dr. Prasanna Kumar T.
Associate Professor
Dept. of Respiratory Medicine
Ramaiah Medical College & Hospitals

We are a Team fighting the Pandemic



I got involved in Covid-19 co ordination and received good support from our consultants, residents and management.

In our college, all workers, from staff nurses and helper staff, to residents and consultants, all employees are involved in covid work. Each of us has worked tirelessly for months together giving it our all, so as to treat our patients and restore them to the best of health.

I am happy to work at Ramaiah, especially during this time of a national health emergency. The hospital is rendering great service to society during this trying time.

Dr. Selva Kumar S
Resident, Dept. of Medicine
Ramaiah Medical College and Hospital



ನಾನು ದಿನಾಂಕ 05.07.2020ರಿಂದ 11.07.2020 ರವರೆಗೆ ಕೋವಿಡ್ ವಾರ್ಡ್‌ನಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸಿದ್ದೇನೆ ಹಾಗೂ 12.07.2020ರಿಂದ 19.07.2020 ರವರೆಗೆ ಕ್ವಾರಂಟೈನ್ ಅವಧಿಯನ್ನು ಮುಗಿಸಿದ್ದೇನೆ.

ಕೋವಿಡ್ ಡ್ಯೂಟಿ ಮಾಡಲು ಯಾವುದೇ ಭಯವಿಲ್ಲದೆ ಆಸಕ್ತಿಯಿಂದ ಮಾಡಿದ್ದೇನೆ, ಆಡಳಿತ ವರ್ಗದವರು ಕೆಲಸ ಮಾಡಲು ಉತ್ತಮ ವಾತಾವರಣ ಮತ್ತು ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿಕೊಟ್ಟಿದ್ದರು. ಕ್ವಾರಂಟೈನ್‌ನಲ್ಲಿ ಉಳಿದುಕೊಳ್ಳಲು ಜಾಗ, ಊಟದ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿದ್ದರು. ನಾನು ಕೋವಿಡ್ ಡ್ಯೂಟಿಗೆ ಹೋಗುತ್ತೇನೆ ಎಂದಾಗ ಮನೆಯವರು ಹೆದರಿಕೊಳ್ಳದೆ ನನ್ನನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಿದ್ದರಿಂದ ನಾನು ಯಶಸ್ವಿಯಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸಲು ಸಾಧ್ಯವಾಯಿತು.

ನನ್ನ ಅನುಭವದ ಪ್ರಕಾರ ಪಿಪಿಇ ಕಿಟ್‌ನ್ನು ಸರಿಯಾಗಿ ಧರಿಸುವುದರಿಂದ ನಮಗೆ ಯಾವುದೇ ರೀತಿಯ ತೊಂದರೆ ಆಗುವುದಿಲ್ಲ ಹಾಗೂ ಸಹೋದ್ಯೋಗಿಗಳಿಗೆ ಹೇಳುವುದೇನೆಂದರೆ ಯಾರೂ ಕೋವಿಡ್ ರೋಗದ ಬಗ್ಗೆ ಭಯಪಡಬೇಕಾಗಿಲ್ಲ. ನಾವೆಲ್ಲರೂ ಕೋವಿಡ್ ರೋಗದ ವಿರುದ್ಧ ಹೋರಾಡೋಣ.

ರಾಘವೇಂದ್ರ ಸಿ

ಕ್ಷ-ಕಿರಣ ತಂತ್ರಜ್ಞ

ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ

ನಾನು ಹತ್ತು ದಿನಗಳ ಕಾಲ ಚಿಕಿತ್ಸೆಗಾಗಿ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಇದ್ದೆ. ನನ್ನ ಅನಿಸಿಕೆ ಹೇಳುವುದಾದರೆ ತೃಪ್ತಿಕರವಾಗಿತ್ತು ಮತ್ತು ಆಸ್ಪತ್ರೆಯ ವಾಸ ಸುಖಕರವೆನಿಸಿತು.

ನಾನು ಆಸ್ಪತ್ರೆಗೆ ಸೇರುವ ಮೊದಲು ಸ್ವಲ್ಪ ಭಯ ಮತ್ತು ಆತಂಕವಿತ್ತು ಆದರೆ ಆಸ್ಪತ್ರೆಯ ವೈದ್ಯರು ಮತ್ತು ನರ್ಸ್‌ಗಳು ನನಗೆ ತುಂಬಾ ಆತ್ಮವಿಶ್ವಾಸ ಮತ್ತು ಧೈರ್ಯ ತುಂಬಿದರು. ನಾನು ಆಸ್ಪತ್ರೆಗೆ ಸೇರಿದಾಗಿನಿಂದ ಅಲ್ಲಿದ್ದ ವೈದ್ಯರು ಹಾಗೂ ನರ್ಸ್‌ಗಳು ನನಗೆ ತುಂಬಾ ಸಹಾಯ ಮಾಡಿದರು. ಆಸ್ಪತ್ರೆ ಸೇರಿದ ಕೂಡಲೇ ನನ್ನ ವೈದ್ಯಕೀಯ ತಪಾಸಣೆ ಪ್ರಾರಂಭಿಸಿದರು. ರಕ್ತ, ಮೂತ್ರ, ಇಸಿಜಿ, ಎಕ್ಸ್‌ರೇ ಹಾಗೂ ಆಮ್ಲಜನಕ ಪ್ರಮಾಣವನ್ನು ಕೂಲಂಕಷವಾಗಿ ಪರೀಕ್ಷಿಸಲಾಯಿತು.

ಆಸ್ಪತ್ರೆಯ ಸಿಬ್ಬಂದಿಗಳು ಅದರಲ್ಲೂ ಮುಖ್ಯವಾಗಿ ನರ್ಸ್‌ಗಳು ಮಾನವೀಯತೆ ಮತ್ತು ಸ್ನೇಹದಿಂದ ನನಗೆ ಬೇಕಾದಾಗ ಸಹಾಯ ಮಾಡುತ್ತಿದ್ದರು. ವೈದ್ಯರ ಸಲಹೆಯಂತೆ ನನ್ನ ಬಿಸಿ ಹಾಗೂ ಆಮ್ಲಜನಕದ ತಪಾಸಣೆ ಮಾಡಿ ಸೂಕ್ತವಾದ ಔಷಧಿಗಳನ್ನು ನೀಡುತ್ತಿದ್ದರು. ಅವರಿಗೆ ನನ್ನ ಹೃತ್ಪೂರ್ವಕ ನಮನಗಳು. ಅದರಲ್ಲೂ ವಿಶೇಷವಾಗಿ ನನಗೆ ಸಹಾಯ ಮತ್ತು ಮಾರ್ಗದರ್ಶನ ನೀಡಿದ ರಾಮಯ್ಯ ಕಾಲೇಜಿನ ಪ್ರೊಫೆಸರ್ ಡಾ. ಚಿದಂಬರ ಮೂರ್ತಿರವರಿಗೆ ನನ್ನ ಹೃದಯಪೂರ್ವಕ ತುಂಬು ನಮನಗಳು.

ಆಸ್ಪತ್ರೆಯ ಸೇವೆ ಮತ್ತು ಅನುಕೂಲಗಳು ತುಂಬಾ ಚೆನ್ನಾಗಿತ್ತು. ಇಲ್ಲ ಸೇವಾ ಮನೋಭಾವನೆ ಇತ್ತು. ಮುಖ್ಯವಾಗಿ ಶುಚಿತ್ವದ ಬಗ್ಗೆ ಹೆಚ್ಚಿನ ಗಮನ ಕೊಡುತ್ತಿದ್ದರು. ಎಲ್ಲಕ್ಕಿಂತ ಮುಖ್ಯವಾಗಿ ಬಾತ್ ರೂಮುಗಳು ಅತ್ಯಂತ ಶುಚಿಯಾಗಿರುತ್ತಿತ್ತು. ಶೌಚಾಲಯದಲ್ಲೂ ಜನಿ ನೀರಿನ ವ್ಯವಸ್ಥೆ ಯಾವಾಗಲೂ ಇರುತ್ತಿತ್ತು.

ಆಹಾರ ತಜ್ಞರ ಆದೇಶದ ಮೇರೆಗೆ ಆಹಾರ ನೀಡುತ್ತಿದ್ದರು. ಬೆಳಿಗ್ಗೆ ಏಳು ಗಂಟೆಗೆ ಕಾಫಿ ಅಥವಾ ಟೀ ಕೂಡುತ್ತಿದ್ದರು. ಉಪಾಹಾರಕ್ಕೆ ಇಡ್ಲಿ, ದೋಸೆ.

ಉಪ್ಪಿಟ್ಟು ಇಲ್ಲವೇ ಪೊಂಗಲ್ ಇರುತ್ತಿತ್ತು. ಎಲ್ಲದಕ್ಕೂ ಹಿತಮಿತವಾಗಿ ಜಡ್ಡಿನಾಂಶ ಇರುತ್ತಿತ್ತು. ದಿನದ 24 ಗಂಟೆಯೂ ಕುಡಿಯಲು ಜನಿ ನೀರಿನ ವ್ಯವಸ್ಥೆ ಇತ್ತು. ಮಧ್ಯಾಹ್ನ 12 ಗಂಟೆಗೆ ತರಕಾರಿ ಸೂಪ್ ಹಾಗೂ ಪಪಾಯಿ ಹಣ್ಣು ಅಥವಾ ಕಲ್ಲಂಗಡಿ ಹಣ್ಣು ಕೊಡುತ್ತಿದ್ದರು. ಮಧ್ಯಾಹ್ನ ಒಂದೂವರೆಗೆ ಊಟಕ್ಕೆ ವಿವಿಧ ತರಕಾರಿಗಳ ಪಲ್ಯ, ಸೊಪ್ಪು, ಚಪಾತಿ, ಅನ್ನ ಸಾಂಬಾರ್ ಹಾಗೂ ಮೊಸರು ನೀಡುತ್ತಿದ್ದರು. ಒಟ್ಟಾಗಿ ಹೇಳುವುದಾದರೆ ಊಟ ತುಂಬಾ ಪೌಷ್ಟಿಕರವಾಗಿತ್ತು. ರಾತ್ರಿ ಊಟಕ್ಕೆ ಕೂಡ ಇದೇ ರೀತಿ ಇರುತ್ತಿತ್ತು. ರಾತ್ರಿ 10 ಗಂಟೆಗೆ ಜನಿ ಬಾದಾಮಿ ಹಾಲು ಕೊಡುತ್ತಿದ್ದರು.

ಒಟ್ಟಾರೆ ಹೇಳುವುದಾದರೆ ನನಗೆ ಇಲ್ಲದ ಅನುಭವ ತೃಪ್ತಿಕರವಾಗಿತ್ತು ಎಲ್ಲರಿಗೂ ವಂದನೆಗಳು. ನನ್ನ ಅನುಭವದ ಪ್ರಕಾರ ಕೊರೋನಾ ರೋಗವೊಂದು ಸಾಮಾನ್ಯ ವೈರಲ್ ಕಾಯಿಲೆ ಇದ್ದಹಾಗೆ, ಇದಕ್ಕೆ ಗಾಬರಿ ಅಥವಾ ಆತಂಕ ಪಡುವುದು ಖಂಡಿತ ಬೇಡ. ಮೊದಲಿಗೆ ಕೊರೋನಾದ ಬಗ್ಗೆ ಭಯಪಡುವುದನ್ನು ಬಿಡಿರಿ, ವೈರಸ್‌ನ್ನು ತಡೆ ಹಿಡಿಯಲು ಅನುಸರಿಸಬೇಕಾದ ವಿಧಾನಗಳನ್ನು ಪಾಲಿಸಿ. ಮಾಸ್ಕ್ ಧರಿಸಿ ಓಡಾಡಿ, ಅಂತರವನ್ನು ಕಾಪಾಡಿ, ಅವಶ್ಯಕತೆ ಇದ್ದರೆ ಮಾತ್ರ ಹೊರಗಡೆ ಹೋಗಿ. ಊಟಕ್ಕೆ ಮೊದಲು ಸ್ಯಾನಿಟೈಸರ್ ಅಥವಾ ಸೋಪು ಬಳಸಿ ಶುಚಿತ್ವವನ್ನು ಕಾಪಾಡಿ.

ದಯಮಾಡಿ ಶುಭ ಚಿಂತನೆ ಮಾಡಿ, ಯಾವುದೇ ಕೆಟ್ಟ ಆಲೋಚನೆಗಳಿಗೆ ಜಾಗ ಕೊಡಬೇಡಿ. ನಿಮ್ಮ ಮನಸ್ಸಿಗೆ ಹತ್ತಿರವಾದ ವ್ಯಕ್ತಿಗಳೊಂದಿಗೆ ನಾಲ್ಕಾರು ಮತನಾಡಿ ಹಾಗೂ ಭಗವಂತನಲ್ಲಿ ನಂಬಿಕೆ ಇಡಿ.

ವಂದನೆಗಳೊಂದಿಗೆ,

ಡಾ. ಮಲ್ಲಕಾರ್ಜುನ್ ಗೌಡ ಕೆ.ಜಿ

ಕೋವಿಡ್ ಪೇಷೆಂಟ್ ಆಗಿ ಒಳಗೆ ಕಾಲಾಟಗಾಗಿ ಏನೋ ಒಂದು ತರಹ ಆತಂಕ. ಇಲ್ಲ ಹೇಗಪ್ಪಾ ಇರೋದು? ನಮ್ಮನ್ನು ಸರಿಯಾಗಿ ನೋಡೋತಾರೋ ಇಲ್ಲವೋ.. ಇಷ್ಟೊಂದು ಜನರ ನಡುವೆ ನಮ್ಮನ್ನು ಕೇರ್ ಮಾಡ್ತಾರಾ? ಅಂತಾ ಚಿಂತೆಯಾಗಿತ್ತು. ಆದರೆ, ಈ ಚಿಂತೆ ಹೆಚ್ಚು ಹೊತ್ತು ನಿಲ್ಲಲಿಲ್ಲ. ಯಾಕೆಂದರೆ, ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ನಮಗೆ ಯಾವುದಕ್ಕೂ ಕೊರತೆಯಾಗದಂತೆ ನೋಡಿಕೊಂಡರು. ಶುಚಿತ್ವದಿಂದ ಹಿಡಿದು ಡಾಕ್ಟರ್ಸ್‌ವರೆಗೂ ಅಚ್ಚುಕಟ್ಟು ಎದ್ದುಕಾಣುತ್ತಿತ್ತು.

ದಿನವೂ 3 ಹೊತ್ತು ಆರೋಗ್ಯ ತಪಾಸಣೆ, ಮೂರು ಹೊತ್ತು ಸರಿಯಾದ ಸಮಯಕ್ಕೆ ಊಟ ತಿಂಡಿ, ಕಾಫಿ, ಬಿಸ್ಕಿಟ್, ನಿರಂತರ ಜನಿ ನೀರು ಸಿಗುತ್ತಿತ್ತು.

ನಮ್ಮನ್ನು ದಿನದ 24 ಗಂಟೆಯೂ ಪಿಪಿಇ ಕಿಟ್ ಧರಿಸಿದ ನರ್ಸ್, ಸಿಬ್ಬಂದಿ ಚೆನ್ನಾಗಿ ನೋಡಿಕೊಂಡರು. ಅದ್ಯಾವ ಜನ್ಮದ ಋಣಾನುಬಂಧವೋ ಏನೋ ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆಯವರು ಮತ್ತು ಎಲ್ಲ ಸಿಬ್ಬಂದಿಯವರು ನಮ್ಮನ್ನು ಮನೆಯವರಂತೆಯೇ ಭಾವಿಸಿದರು. ನಾನು ಬೇಗ ಗುಣಮುಖನಾಗಲು ಇದೂ ಕೂಡ ಒಂದು ಕಾರಣ

ಫೋನ್ ಮಾಡಿ ದಿನವೂ ನಮ್ಮ ಆರೋಗ್ಯದ ಬಗ್ಗೆ ವಿಚಾರಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದರು. ಊಟ ಸರಿಯಾಗಿದೆಯಾ? ಮೆಡಿಸಿನ್ ಸರಿಯಾಗಿ ತಂದು ಕೊಡುತ್ತಾರೆಯೆ? ಈಗ ನೀವು ಹೇಗಿದ್ದೀರಿ? ಎಂದೆಲ್ಲ ಕೇಳುವ ಮೂಲಕ ಹೆಚ್ಚಿನ ಕಾಳಜಿ ತೋರುತ್ತಿದ್ದರು ನಮಗೆ ಧೈರ್ಯ ಬರುವಂತೆ ಮಾಡಿತು. ನಾನು ಇಲ್ಲಗೆ ಬಂದ ಕೇವಲ 6 ದಿನಕ್ಕೆ ಡಿಸ್ಚಾರ್ಜ್ ಆಗುವಂತಾಯಿತು, ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆ ಮತ್ತು ಸಿಬ್ಬಂದಿಗೆ ನಾನು ಋಣಿಯಾಗಿದ್ದೇನೆ.

ಚೆನ್ನವೀರ ಸಗರನಾಥ

ಪತ್ರಕರ್ತ, ವಿಜಯನಗರ, ಬೆಂಗಳೂರು



A Curriculum Implementation Support Program (CISP II) workshop was conducted by Medical Education Unit, Ramaiah Medical College on August 25, 2020 in the presence of an observer, Dr. Suneetha from Nodal Centre, St. John's Medical Hospital. 27 faculty members from various departments of RMC attended the program and were awarded MCI recognised certificates for CISP.



Dr. Ananth Bhandary, Prof. and Head, Ophthalmology has been elected as the Vice President for the years 2020-2022 for Karnataka State Chapter of International Society for Manual Small Incision Cataract Surgeons (ISMSICS)

Patients' Feedback

From one doctor to another

Dear Sir/ Madam

I am very thankful and grateful for the treatment and care rendered by you and your team with regard to my mother, Smt. M. B. Mangalagowramma, aged 84 years at (expand RMCH) Ramaiah Medical College Hospital. I was happy that the entire team took good care of her in spite of her age, ailment and handicaps (hard of hearing & poor sight).

I am indebted to you and your entire team. My appreciations are due to the selfless and untiring service all of you are rendering to COVID patients in particular and mankind in general. Please keep up the good work. Stay safe. Stay healthy.

Regards,

Dr. S. Sacchidanand
Vice Chancellor
Rajiv Gandhi University of Health Sciences

From Dharmavaram to Bengaluru

My 72 year old mother and I were tested Corona positive in Dharmavaram. We tried for two days but were unable to get admitted in any hospital there. Hence through my relatives in Bengaluru who contacted Dr. D. Ramesh, Senior Urologist at Ramaiah Hospital, we were able to get two beds here. It was a difficult time, beds were scarce and without Dr. Ramesh's help, my mother and I would have found it very difficult to get admission in any hospital in Bengaluru. In Ramaiah Medical College Hospital, we were looked after very well.

My symptoms were mild and I did not need much care and was discharged soon. However, my mother needed Oxygen and stayed in hospital even after my discharge. The doctors took good care of us and we are both back at home slowly recovering from the illness. We are grateful to all the doctors who took care of us patiently. Special thanks to Dr. Nithin, PG in Medicine who updated my family regularly.

Thank you,

C R Ramachandra
Dharmavaram

Dear Doctor,

Thank you- A message from our patient

S.R. MANJUNATH a 49 year old patient was admitted in Covid ward at Ramaiah in June and discharged a few days later. He appreciated the treatment and care he received and expressed his gratitude to Dr. Balaji for his professionalism and caring nature.

"Thank you very much for your wonderful care Dr. Balaji. Doctor you have a lovely combination of professionalism & caring" said Manjunath.

Here are some other messages our patients have left for their doctors:

- Thank you for taking such good care & we all felt blessed to have such a great doctor like you.
- We all appreciate your bravery; your experience & excellence played a big role in boosting up our confidence.
- My very sincere appreciation & compliments to your entire team for serving so selflessly in these tough times. We all appreciate it very much.
- I have conveyed this positive experience of excellent medical facilities and care provided MSRH by during a meeting with senior officers in Vidhana Soudha.

-Regards

Dr. P. R. S. Chetan, Commanding Officer (Head Quarters & Operations), Civil Defence, office of Director General of Police, Chairman- Corona Sainika Task Force – GoK

My 77 year old mother and 53 year old brother were tested Corona positive. Even before the swab reports came in, the Public Health Department had promised us beds in hospitals but failed to follow through on their word. However, Dr. Bhargavi of Ramaiah Hospital provided us two beds within an hour of us contacting her. We were able to contact her through a former student, Dr. Dhananjay. I am thankful to the hospital for aiding us in our time of need.

Practical exam conducted Online

We are happy to inform that the **Department of Emergency Medicine** coordinated the first online Post Graduate practical exam in the country for MD Emergency Medicine students from Ramachandra medical College Chennai. Dr. Aruna was one of the external examiners along with Dr Babu from Calicut. The exam was coordinated by the faculty of the Department of Emergency Medicine. We can proudly say that we are now fully capable of conducting all practical university exams online. We thank the Department of Urology for allowing us to use their departmental space and infrastructure to conduct our exams. We are proud to put our institution and department in the forefront of this activity. We would also be happy to help other departments conduct similar activity.



Dr. G. Balamurugan, Registrar (Administration), RINER was invited as a resource person for a webinar on "Using Emotional Intelligence for Effective Work Environment" organised by College of Nursing, SAM Global University, Bhopal, Madhya Pradesh on June 20, 2020

Contribution of Faculty from Ramaiah Medical College & Hospital for Covid-19 Pandemic



Dr. Virupaksha H S
Assistant Professor
Department of Psychiatry

- Appointed as consultant counsellor for UNICEF/UN staffs – India
- Speaker - International Corona genomic conference - 7th -10th June (Topic- Psychosocial aspects of COVID 19)
- Webinar Speaker - Presidency University faculty and students - 2nd May
- Webinar speaker - UNICEF - (Topic -Impactful parenting) - May 4th
- Webinar Speaker - UNICEF KIDS (TOPIC - understanding COVID 19)
- Speaker - United Nations CISMU- (Topic- Peer helper training in Psychosocial aspects of COVID 19) - 21st May
- Webinar Speaker - Chettinad Academy of research and education (Topic - gender dysphoria) - 28th May



400 face shields were distributed to Nurses, Technicians and Security people by Department of Nephrology at Ramaiah Hospital.



Dr. Sunil Furtado and team have been doing wonderful work in educating and training the nurses and doctors going in for covid duty, the most important task being the donning and doffing techniques of the PPE kits.

Webinars organized at Ramaiah

- Setting up of digital War-room for managing COVID-19 by BBMP; conducted on May 20, 2020 by Chrishma Violla D'Souza, Lecturer Dept. of Mental Health Nursing, RINER.
- The Department of Research and Patents conducted an e-workshop on Publications on July 9th and 10th was attended by 50 faculty members of Ramaiah Medical College and Ramaiah University of Applied Sciences. Various topics covering the methodologies to be followed while writing a research paper were dealt with in detail. The interactive sessions addressed various aspects which the audience expressed were hurdles in publishing their research. Many participants felt motivated by the workshop to improve the number and quality of their publications. It has been decided to provide mentoring support to those faculties having unpublished manuscript.
- Nursing Care of Covid-19 Patient at Royal Free Hospital, London; conducted on June 8, 2020 by Jennifer Belsher, Deputy Team Leader of Royal Free Hospital, London, UK.
- Caring for COVID19 - Patients at Victoria Hospital, Bengaluru; conducted on June 12, 2020 by Jagadeesh Kumbar, Nursing Officer, Trauma Care Center, Victoria Hospital, Bangalore Medical College and Research Institution, Bengaluru.
- Ramaiah Public Policy Centre (RPPC) in collaboration with Narayana Hrudayalaya Ltd. is organized a webinar on 'Health Systems during Covid-19' on 20 August, 2020. The webinar is an effort to systematically share, document, and analyse knowledge on health systems management during Covid-19 through a structured brainstorming among diverse stakeholders of healthcare
- Use of personal protective equipments (PPE); conducted on June 17, 2020 by Vanindar Kumar. B.C, Asst. Lecturer, RINER.



Webinar being conducted on Research Writing



- Setting up and management of COVID-19 patients at Ramaiah Hospitals; conducted on May 30, 2020 by Lissy John, Nursing Superintendent, Ramaiah Medical College Hospitals.



Dr. Ananth Bhandary, HOD of Ophthalmology department has been selected as national member of TPA and CASHLESS committee in All India Ophthalmological Society.

Ramesh, a technician at Ramaiah Blood Bank celebrated his birthday in a unique way by distributing N95 Masks and sanitisers to all the staff members at the blood bank.

Independence Day celebrations at Ramaiah



Independence Day Celebration: Chief Guest M.R. Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical) hoists the flag



Our Covid Warriors celebrate Independence Day



Dr. Anil Kumar, HoD, Dept of Medicine, participated in a national debate on NDTV on the topic "Living with Covid-19".



Dr. Gayatri Devi HJ, Prof. and Head, Department of Respiratory Medicine, Ramaiah Medical College Hospital, presented an e-poster on Clinical Spectrum of Extrapulmonary Tuberculosis in a Tertiary Care Centre, South India, in a virtual conference of American Thoracic Society held in August, 2020.

ಈ ಮಾಸದ ಹೆಮ್ಮೆಯ ಉದ್ಯೋಗಿಗಳು



ಸುನೀತ ಕೆ. ಸಿ

2005ರಲ್ಲಿ ಶುಶ್ರೂಷಕಿಯಾಗಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ ಸುನೀತರವರು ಪ್ರಸ್ತುತ ವಾರ್ಡ್ ಉಸ್ತುವಾರಿಯನ್ನು ನೋಡಿಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ. ಪಿಬಿಬಿಎಸ್ ಪದವೀಧರರಾಗಿರುವ ಇವರು ಅನೇಕ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಹಾಗೂ ಕಾರ್ಯಾಗಾರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ತಮ್ಮ ಸೇವೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರಿಗೆ ಉತ್ತಮ ಶುಶ್ರೂಷಕಿ ಪ್ರಶಸ್ತಿ ದೊರೆತಿದೆ. ಇವರ ಪತಿ ಸೇನೆಯಿಂದ ನಿವೃತ್ತಿ ಹೊಂದಿದ್ದು, ಪ್ರಸ್ತುತ ಖಾಸಗಿ ಸಂಸ್ಥೆಯಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದು ಇವರಿಗೆ ಇಬ್ಬರು ಮಕ್ಕಳಿದ್ದಾರೆ. ಮಗಳು ಎಂಟನೇ ತರಗತಿಯಲ್ಲಿ ಹಾಗೂ ಮಗ ಮೂರನೇ ತರಗತಿಯಲ್ಲಿ ಓದುತ್ತಿದ್ದಾರೆ. ಸಂಗೀತ ಕೇಳುವುದು ಇವರ ಹವ್ಯಾಸ.



ಧನಲಕ್ಷ್ಮಿ ಬಿ ಸಿ

2007ರಲ್ಲಿ ಶುಶ್ರೂಷಕಿಯಾಗಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ ಧನಲಕ್ಷ್ಮೀಯವರು ಪ್ರಸ್ತುತ ವೈದ್ಯಕೀಯ ತುರ್ತುಚಿಕಿತ್ಸಾ ವಿಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಪಿಬಿಬಿಎಸ್ ಪದವೀಧರರಾಗಿರುವ ಇವರು ಅನೇಕ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಹಾಗೂ ಕಾರ್ಯಾಗಾರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ತಮ್ಮ ಸೇವೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರ ಪತಿ ಸೇನೆಯಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದು ಇವರಿಗೆ ಇಬ್ಬರು ಮಕ್ಕಳಿದ್ದಾರೆ. ಮಗ ಏಳನೇ ತರಗತಿಯಲ್ಲಿ ಹಾಗೂ ಮಗಳು ಎರಡನೇ ತರಗತಿಯಲ್ಲಿ ಓದುತ್ತಿದ್ದಾರೆ.



ನೇತ್ರಾವತಿ ಟಿ ಜಿ

2007ರಲ್ಲಿ ಶುಶ್ರೂಷಕಿಯಾಗಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ ನೇತ್ರಾವತಿಯವರು ಪ್ರಸ್ತುತ ವೈದ್ಯಕೀಯ ತುರ್ತುಚಿಕಿತ್ಸಾ ವಿಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಜಿಎನ್‌ಎಂ ಪದವೀಧರರಾಗಿರುವ ಇವರು ಅನೇಕ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಹಾಗೂ ಕಾರ್ಯಾಗಾರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ತಮ್ಮ ಸೇವೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರ ಪತಿ ಬೃಹತ್ ಬೆಂಗಳೂರು ಮಹಾನಗರ ಪಾಲಿಕೆಯಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದು ಇವರಿಗೆ ಇಬ್ಬರು ಮಕ್ಕಳಿದ್ದಾರೆ. ಮಗಳು ಎರಡನೇ ತರಗತಿಯಲ್ಲಿ ಓದುತ್ತಿದ್ದು ಮತ್ತು ಇವರ ಮಗನಿಗೆ ಎರಡು ವರ್ಷತುಂಬಿದೆ. ಟೈಲರಿಂಗ್‌ನಲ್ಲಿ ಇವರಿಗೆ ಆಸಕ್ತಿ.

Success Story: A Bloody Affair

Harshini's mother had noticed that she was looking a little pale since June but attributed it to her being inside the house all the time due to lockdown. So, when suddenly one evening, her daughter started complaining of severe headache and began vomiting, she rushed her to a nearby hospital where they told her that she had very low blood counts and referred her to Ramaiah. While they were going to the hospital, her daughter started becoming drowsy and upon reaching the Hospital, she was directly admitted to the paediatric ICU. There the doctor told her that her daughter had extremely low platelet count and that she had bled into her brain. Soon, she had to be put on a ventilator and was given platelets and blood. She was diagnosed as ITP (Immune Thrombocytopenic Purpura) and started on IV immunoglobulins (IVIg) and steroids. However, her platelets remained dangerously low. "ITP is a condition where your immune system erroneously destroys your own platelets. The platelets are destroyed inside the spleen. Most patients respond well to steroids and IVIg, but unfortunately, our patient had minimal response", says Dr Rasmi Palassery, paediatric hemato-oncologist at Ramaiah Hospital. At the same time, the bleed in her brain was becoming life-threatening. "We attempted conservative management with platelets, ventilator support and other measures to decrease her brain swelling, but her condition was deteriorating. We had to drain the blood as soon as possible, but her low platelet count made it extremely risky", says Dr Shabari Girishan, neurosurgeon. At this point, the medical team taking care of Harshini decided to perform an extreme and rare procedure- to remove her spleen and to drain her brain bleed in the same sitting. The team of 5 surgeons led by Dr. Shabari Girishan from Neurosurgery and Dr. Padmalatha from Paediatric Surgery operated simultaneously with Dr. Geetha from Neuroanaesthesia managing this 5 hour long and challenging surgery on July

4, 2020. "We operated on the head and abdomen simultaneously with the on-going transfusion of platelets. As soon as the spleen was removed, her blood started clotting better and the brain surgery was continued, and the hematoma was evacuated. It was a complex scenario to operate the brain with the bleeding tendency in addition for a need to operate simultaneously with an abdominal surgery during this COVID times. It took us several hours to complete both the surgeries but the treatment was successful," Dr. Shabari added. After the surgery the paediatric ICU team consisting of Dr. Karunakara and Dr. Somsekhar continued to monitor her in the ICU, where she was soon taken off the ventilator and returned to her full normal in a few days. "She has a normal platelet count now and she is able to carry out all her daily normal activities. The treatment was successful, and we are really happy to see her alive and happy like before" said Harshini's mother, a single parent, who falls short of words as she expressed her gratitude towards the team of doctors and the hospital.



Dr. Shabari Girishan and his team performing the complicated surgery

Dr. Shabari Girishan B. K.
Dept of Neurosurgery
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WELCOME



Dr. Sanjeev Vikram Shetty
Assistant Professor
General Surgery



Dr. Adithya Rajendra M.
Senior Resident
Radio Diagnosis



Dr. Varuna S.
Senior Resident
Surgical Oncology



Dr. Anusha J. Yadav
Senior Resident
General Medicine.



M. Chandra
Attender
Anatomy



C. Mallikarjuna
Clerk cum Typist
Administration

Farewell

ಕೊರೋನ ಮತ್ತು ಕಣ್ಣಿನ ರಕ್ಷಣೆ

ಕೊರೋನ ಎಂಬ ಹೆಮ್ಮಾರಿ ಬಲು ಸೂಕ್ಷ್ಮ ಜೀವಿ. ಆದರೆ ಇಡೀ ಪ್ರಪಂಚವನ್ನೇ ಅಲುಗಾಡಿಸುತ್ತಿದೆ. ನಾನೇ ಎಲ್ಲಾ ಎಂದು ಮೆರೆದ ರಾಷ್ಟ್ರಗಳೂ ಇದರ ಮುಂದೆ ತಲೆ ತಗ್ಗಿಸಿ ನಿಂತಿವೆ. ಭಾರತದ ಪುರಾತನ ಪದ್ಧತಿಗಳನ್ನು ಅವಹೇಳನ ಮಾಡಿ, ಮೂಢನಂಬಿಕೆಗಳು ಎಂದು ಹಣಿಪಟ್ಟ ಅಂಟಿಸಿಕೊಂಡಿದ್ದ ಅದೆಷ್ಟೋ ಆಚರಣೆಗಳನ್ನು ಇಂದು ಇಡೀ ವಿಶ್ವವೇ ಹೊಸ ಹೆಸರಿನೊಂದಿಗೆ ಪಾಲಿಸಲು ಪ್ರಾರಂಭಿಸಿವೆ. ಭಾರತದ ಮೌಲ್ಯಗಳು, ಶಾಸ್ತ್ರಗಳು ಅದೆಷ್ಟು ವೈಜ್ಞಾನಿಕ ಎಂಬುದಕ್ಕೆ ಇದಕ್ಕಿಂತ ಸಾಕ್ಷಿ ಬೇಕೇ?

ಮಾತು ಬೆಳ್ಳಿ ಮೌನ ಬಂಗಾರ ಎನ್ನುವ ನಾಣ್ಣುಡಿ ಈ ದಿನ ಎಷ್ಟು ಅರ್ಥಪೂರ್ಣವಾಗಿದೆಯಲ್ಲವೆ? ಮಾತನಾಡಿ ಅದರಿಂದ ಹೊರಬರುವ ವೈರಾಣುಗಳನ್ನು ತಡೆಯಲು ಮುಖವಸ್ತ್ರ ಬಳಸುವ ಬದಲು, ಮಾತೇಆಡದೆ ಬಾಯಿ ತೆರೆಯದೆ ಇರುವುದೇ ಸೂಕ್ತವಲ್ಲವೆ? ಹಾಗೆಂದು ಕರೋನಾ ಎಂಬ ರಾಕ್ಷಸ ಸುಮ್ಮನೆ ಅಂತು ಕೂರುವುದಿಲ್ಲ. ಎಲ್ಲೆಂದರೆ ಅಲ್ಲ, ಹೇಗೆಂದರೆ ಹಾಗೆ ಹರಡಲು ಹೊಂಚು ಹಾಕುತ್ತಿರುತ್ತದೆ. ಶುದ್ಧತೆ, ಶುಚಿತ್ವ, ಸಾಮಾಜಿಕ ಅಂತರ, ಮುಖವಸ್ತ್ರ ಬಳಕೆ, ಇವುಗಳೇ ಇದನ್ನು ಹರಡದಂತೆ ತಡೆ ಹಿಡಿಯುವ ಪ್ರಮುಖ ಅಸ್ತ್ರಗಳು.

ಕೇವಲ ಮೂಗು, ಬಾಯಿ, ಗಂಟಲು ಮತ್ತು ಶ್ವಾಸಕೋಶಕ್ಕೆ ಮಾತ್ರ ಸೀಮಿತವಾದ ಸೂಕ್ಷ್ಮಜೀವಿ ಅಲ್ಲ. ಮಾನವರ ಬಹುದೊಡ್ಡ ಉಪಯುಕ್ತ ಹಾಗೂ ಪೂರ್ಣವಾಗಿ ಅವಲಂಬಿತ ಅಂಗವಾದ ಕಣ್ಣು ಕೂಡ ಕರೋನಾದ ಹಿಡಿತದಿಂದ ತಪ್ಪಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಿಲ್ಲ. ಅದರ ಯೋಗಕ್ಷೇಮವು ಅತ್ಯಂತ ಮಹತ್ವವುಳ್ಳದ್ದಾಗಿದೆ.

ಕಣ್ಣಿನ ಲೋಕಿಯ ಪೊರೆ (mucus membrane/conjunctiva)ಅತಿ ಸೂಕ್ಷ್ಮವಾದ ಭಾಗ. ಇದು ಕಣ್ಣನ್ನು ಎಲ್ಲಾರೀತಿಯ ಸೋಂಕುಗಳಿಂದ ರಕ್ಷಿಸುತ್ತದೆ. ದೂಳು, ಸೂಕ್ಷ್ಮಜೀವಿ ಮುಂತಾದವುಗಳಿಂದ ಪ್ರತಿಕ್ಷಣ ರಕ್ಷಿಸುತ್ತದೆ. ಹಾಗೆಯೇ ಇವುಗಳಿಂದ ಬಾಧಿತಕ್ಕೂ ಒಳಗಾಗುತ್ತದೆ. ಸೋಂಕಿತ ವ್ಯಕ್ತಿಯಿಂದ ವೈರಾಣುಗಳು ಗಾಳಿಯ ಮುಖಾಂತರ ಕಣ್ಣಿಗೆ ಹರಡಿ, ಈ ಪದರವನ್ನು ದಾಳಿ ಮಾಡುತ್ತದೆ. ಇದರೊಂದಿಗೆ ಕಣ್ಣು ಕಲುಷಿತಗೊಂಡು, ಕೆಲವು ಲಕ್ಷಣಗಳನ್ನು ಹೊರಗೆಡಲು ಪ್ರಾರಂಭಿಸುತ್ತದೆ. ಕೇವಲ ಮೂಗು, ಬಾಯಿಯ ಮುಖಾಂತರವಷ್ಟೇ ಸ್ಪಷ್ಟ ವ್ಯಕ್ತಿಯ ದೇಹಕ್ಕೆ ಹರಡುವುದಿಲ್ಲ. ಸೋಂಕಿತ ಕಣ್ಣಿನ ದ್ರವಗಳಿಂದಲೂ ವೈರಾಣು ಸುಲಭವಾಗಿ ಹರಡಬಲ್ಲದು.

ಸೋಂಕು ಹರಡಿದ ನಂತರ ಕಣ್ಣಿನಲ್ಲಿ ವೈರಾಣುಜನಿತ ಕೆಂಗಣ್ಣು ಬೇನೆ (viral conjunctivitis) ರೋಗ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ. ಕೆಂಪು ಕಣ್ಣು, ಹಳದಿ ಬಣ್ಣದ ಸಾಂದ್ರ ಸ್ರಾವ, ಕಣ್ಣು ನೋವು, ಬೆಳಕಿನಂಜಿಕೆ ಮುಂತಾದ ಲಕ್ಷಣಗಳು ಕಾಣಿಸುತ್ತವೆ. ಒಬ್ಬರಿಂದ ಒಬ್ಬರಿಗೆ ಇದು ಹರಡುವಂತಹ ರೋಗ. ಪದೇ ಪದೇಕಣ್ಣು ಮುಟ್ಟಿಕೊಂಡು, ಅದೇಕೈಯಿಯಲ್ಲಿ ಇತರ ವಸ್ತುಗಳನ್ನು ಮುಟ್ಟುವುದು, ಒರಿಸಿಕೊಳ್ಳಲು ಬಳಸಿದ ಕರವಸ್ತ್ರ ಇತ್ಯಾದಿಗಳ ಸಂಪರ್ಕಕ್ಕೆ ಇತರರು ಬರುವುದರಿಂದ ವೈರಾಣು ಅತಿವೇಗವಾಗಿ ಪ್ರಸರಿಸಲು ಅನುಕೂಲವಾಗುತ್ತದೆ. ಸರಿಯಾದ ಚಿಕಿತ್ಸೆ, ಆರೈಕೆಯಿಲ್ಲದೇ ಹೋದರೆ, ಸೋಂಕು ಇಡೀ ಕಣ್ಣಿಗೆ ಹರಡಿ, ಅಂಧತ್ವವನ್ನು ಕೂಡ ಉಂಟುಮಾಡಬಲ್ಲದು.

ಚಿಕಿತ್ಸೆ:

- ಆಗಾಗ ಕಣ್ಣುಗಳನ್ನು ಉಗುರು ಬೆಚ್ಚಗಿನ ನೀರಿನಿಂದ ತೊಳೆದುಕೊಳ್ಳುವುದು
- ವೈರಾಣುಗಳ ಮೇಲೆ ದಾಳಿ ಮಾಡುವ ಕಣ್ಣಿನ ಡ್ರಾಪ್ಸ್ ಮತ್ತು ಮುಲಾಮು ಬಳಕೆ
- ಮಾತ್ರ ಮತ್ತು ಚುಚ್ಚುಮದ್ದು ಬಳಕೆ (ರೋಗದ ಅವಸ್ಥೆಯನ್ನು ಅವಲಂಬಿತವಾಗಿರುತ್ತದೆ).
- ಕಷ್ಟ ಕನ್ನಡಕದ ಬಳಕೆ.

ಕರೋನದ ಹಿಡಿತಕ್ಕೆ ಆಯುರ್ವೇದದ ರಕ್ಷಾಕವಚ:

ಆಯುರ್ವೇದದಲ್ಲಿ ಸೋಂಕು ಹರಡುವ ಬಗೆಯನ್ನು ಬಹು ಸುಂದರವಾಗಿ ಆಚಾರ್ಯ ಶುಶ್ರುತರು ಬಣ್ಣಿಸಿದ್ದಾರೆ.

ಸೋಂಕಿತ ವ್ಯಕ್ತಿಯೊಂದಿಗೆ ಸಹಜ ಒಡನಾಟ, ಲಘುಸ್ಪರ್ಶ, ವ್ಯಕ್ತಿಯ ಅತಿ ಸಮೀಪದಲ್ಲೇ ಉಸಿರಾಡುವಿಕೆ, ಒಂದೆತ್ತಿ ಪಾತ್ರೆಗಳ ಬಳಕೆ ಹಾಗೂ ಒಟ್ಟಿಗೆ ಊಟ ಮಾಡುವುದು, ಹಾಸಿಗೆ ಹೊದಿಕೆಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುವುದು, ಬಟ್ಟೆ ಕರವಸ್ತ್ರಗಳನ್ನು ಬಳಸುವುದು ಮಾಡಿದರೆ ಕುಷ್ಠ (ಚರ್ಮದ ಬಾಯಿಲೆಗಳು), ಜ್ವರ, ಶೋಷ (ಕ್ಷಯರೋಗ), ಕೆಂಗಣ್ಣು ಬೇನೆಯಂತಹ ಔಪನರ್ಗಿಕ (ಅಂಟುರೋಗ/ ಸಾಂಕ್ರಾಮಿಕ) ರೋಗಗಳು ಬಹು ಬೇಗ ಹರಡುತ್ತವೆ.

ಇದರಲ್ಲೇ ಕರೋನ ಹರಡದಂತೆ ತಡೆಹಿಡಿಯುವ ವಿಧಾನವೂ ಉಂಟು. “ನಿಧಾನ ಪರಿವರ್ಜನೆ” ಎಂಬ ಪರಿಕಲ್ಪನೆ ಅತ್ಯದ್ಭುತವಾದದ್ದು. ಯಾವುದರಿಂದ ರೋಗ ಉದ್ಭವಿಸುವುದೋ ಆ ಕಾರಣಗಳನ್ನು ದೂರ ಮಾಡಿದರೆ ರೋಗ ಜನನವಾಗುವುದೇ ಇಲ್ಲ ಹಾಗೂ ಬಂದರೂ ಬಹುಬೇಗ ಗುಣವಾಗುವುದು. ಅದರಂತೆ ಆದಷ್ಟು ಆ ವ್ಯಕ್ತಿಯ ಸಂಪರ್ಕಕ್ಕೆ ಒಳಗಾಗದಂತೆ ಸೂಕ್ತ ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮಗಳ ಪಾಲನೆ ಮಾಡಬೇಕು.

ಪ್ರತಿದಿನವೂ ಪಾಲಿಸಬಹುದಾದ ಕೆಲವು ಕ್ರಿಯೆಗಳನ್ನು ತಪ್ಪದೆ ದಿನಚರಿಯಂತೆ ಅಳವಡಿಸಿಕೊಂಡರೆ, ಕರೋನದಿಂದ ನಮ್ಮ ಕಣ್ಣುಗಳನ್ನು ರಕ್ಷಿಸಿಕೊಳ್ಳಬಹುದು:

- ಬೆಳಗ್ಗೆ ಎದ್ದ ತಕ್ಷಣ ಕೈಗಳಿಂದ ಕಣ್ಣಿಗೆ ಶಾಖ ಕೊಟ್ಟುಕೊಳ್ಳುವುದು.
- ಮುಖ ಪ್ರಕ್ಷಾಲನದ ಸಮಯದಲ್ಲಿ ಉಗುರು ಬೆಚ್ಚಗಿನ ನೀರು ಅಥವಾ ತ್ರಿಫಲದಂತಹ ಕಷಾಯಗಳಿಂದ ಕಣ್ಣುಗಳನ್ನು ತೊಳೆದುಕೊಳ್ಳುವುದು ಅಥವಾ ಒರಿಸಿಕೊಳ್ಳುವುದು.
- ನೋವು ನಿವಾರಕ, ಊತಕಡಿಮೆ ಮಾಡುವ ಮೂಲಕಗಳ ಲೇಪಗಳನ್ನು ಹಾಕಿಕೊಳ್ಳುವುದು.
- ಕಾಡಿಗೆ ಹಚ್ಚಿಕೊಳ್ಳುವ ಅಭ್ಯಾಸವಿರುವವರು, ಚಿಕ್ಕುಶ್ಯ ಮೂಲಕಗಳಿಂದ ತಯಾರಿಸಲ್ಪಟ್ಟ ಕಾಡಿಗೆಗಳನ್ನು ಉಪಯೋಗಿಸಬಹುದು.
- ಆಶ್ವಿನ್ಯತನ (ಡ್ರಾಪ್ಸ್) (ಸೋಂಕು ನಿವಾರಕ ಮೂಲಕಗಳಿಂದ ತಯಾರಿತ) ಬಳಕೆ ಮಾಡುವುದು.
- ಆಗಾಗ ತರ್ಪಣಕರ್ಮ(ಕಣ್ಣಿನ ಮೇಲೆ ಔಷಧಯುಕ್ತ ತುಪ್ಪದ ಬಳಕೆ) ಮಾಡಿಸುವುದು.
- ಮನೆಯಿಂದ ಹೊರಡುವ ಮುನ್ನ ಹಾಗೂ ಮನೆಗೆ ಬಂದತಕ್ಷಣ ಪ್ರತಿಮರ್ಶ ನಸ್ಯ (ಎರಡು ಹನಿ ಔಷಧಯುಕ್ತ ತೈಲವನ್ನು ಮೂಗಿಗೆ ಹಾಕುವುದು)
- ರಾತ್ರಿ ಮಲಗುವ ಮುನ್ನ ಪಾದಾಭ್ಯಂಗ (ಅಂಗಾಲುಗಳ ಮಸಾಜ್) ಮಾಡಿಕೊಳ್ಳುವುದು.
- ನೆಲ್ಲಕಾಯಿ, ಅಮೃತಬಳ್ಳಿ, ಅರಿಷಿಣ, ಅಶ್ವಗಂಧ, ಬೇವು, ಭೃಂಗರಾಜ ಮುಂತಾದವುಗಳ ನಿಯಮಿತ ಸೇವನೆಯಿಂದ ಕಣ್ಣುಗಳ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬಹುದು.

ನೆನಪಿಡಿ: ಮೇಲೆ ಸೂಚಿಸಲಾದ ಕ್ರಮಗಳನ್ನು ತಪ್ಪು ಆಯುರ್ವೇದ ಕಣ್ಣಿನ ಚಿಕಿತ್ಸಕರ ಸಲಹೆಯನ್ನು ಪಡೆದು ನಂತರ ಪಾಲಿಸಬೇಕು



ಡಾ. ಸುಮ ಶಾಸ್ತ್ರಿ

ಎಂ.ಎಸ್. ಆಯುರ್ವೇದ (ಶಾಲಾಕ್ಯ ತಂತ್ರ)
ರಾಮಯ್ಯ ಇಂಡಿಕ್ ಸ್ಪೆಷಿಯಲಿಟಿ ಆಯುರ್ವೇದ
ರಿಸೋಲೋರೇಷನ್ ಆಸ್ಟ್ರೇ.

Deputy Chief Minister C N Ashwath Narayan handing over ventilators and other equipments



National Education Policy: Game Changer for Higher Education

National Education Policy (NEP) 2020 envisages a new and forward-looking vision for India's higher education system. The NEP-2020 emphasizes on moving towards a more holistic and research-based undergraduate education and a higher education ecosystem consisting of large, multidisciplinary universities and colleges. It also aims to enable faculty and institutional autonomy and revamp curriculum, pedagogy, assessment and student support. In addition to setting-up more number of higher educational institutions (HEIs), the NEP-2020 identifies the importance of technology and distance education in order to increase the Gross Enrolment Ratio (GER) to 50 per cent.

In order to make India as the preferred destination for higher education, the NEP-2020 recommends the strategy of internationalisation at home – 'study in India' programme, which is further linked with reforms in the regulatory system and infusing substantial autonomy to HEIs. The policy reaffirms the integrity of faculty positions and institutional leadership. To promote research and innovation across disciplines and HEIs, the NEP-2020 recommends the establishment of a National Research Foundation (NRF) and the State Research and Innovation Councils (SRIC). At the institutional level, the NEP-2020 recommends for the governance of HEIs by independent boards substantial autonomy while ensuring appropriate checks and balances.

The NEP-2020 recommends autonomy at the institutional level by ensuring 'light but tight' regulatory mechanisms at the systemic level. Going forward, every HEI will prepare their Institutional Development Plan (IDPs), which will be

the blueprint for its vision/mission and governance. With autonomy at the institutional level, HEIs could prioritise their core functions into teaching, research and service. The National Research Foundation (NRF) will provide a dedicated annual grant for research with unbiased selection and mentoring for the sciences and the social sciences in the public and private institutions.

Translating the vision of the NEP-2020 to action is dependent on the successful execution of this policy which calls for dramatic simplification of decision-making structures and re-prioritisation of budgetary resources in the months and years to come. Some of the immediate challenges for implementation relate to appropriate funding; overcoming decade-old silos and departmentalisation; need to create a large pool of trained teachers and to ensure effective centre-state relations.

The National Education Policy 2020 augurs a new era in Indian higher education. It is an outstanding vision statement and an inspiring policy document that seeks a fundamental transformation in the landscape of higher education. To realise the dreams it contains, we must overcome substantial execution challenges in a sustained manner in the decades to come.



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