



RAMAIAH

ಜ್ಞಾನವಾಹಿನಿ Jnana Vahini

Monthly e- Newsletter - Gokula Education Foundation (Medical)



Volume - 08

Issue - 06

February 2020



Pay Revision for Employees

In a major impetus an agreement was signed between the Management of Ramaiah Group of Institutions and the Ramaiah Hospital Employees Union on January 8, 2020, for pay revision. This will benefit over 1500 non-supervisory staff of Ramaiah Hospitals.



Sri. M R Anandram-Director, Sri. M R Sreenivasa Murthy – CE-GEF(M), Sri. T S Venugopala Sastry -CFO-GEF(M), Sri. H G Srivara- Head HR&L, Dr. Medha Y Rao-Principal & Dean-RMC&H, Dr. Naresh Shetty- President-RMH, Dr. Harish K – AD-RMCH, Sri Jayaramappa-President, Sreenivasa M P-Secretary, Sri Kempaiah – Treasurer and others of M S Ramaiah Hospitals Employees Union were present.



ವೇತನ ಪರಿಷ್ಕರಣೆ ನೌಕರರ ಸಂಘ ಮತ್ತು ಆಸ್ಪತ್ರೆಯ ಎಲ್ಲಾ ಸಿಬ್ಬಂದಿಗೆ ತೃಪ್ತಿಕರವಾಗಿದೆ ಎಂದು ನಾವು ಆಶಿಸುತ್ತೇವೆ. ಹಲವಾರು ಬೇಡಿಕೆಗಳನ್ನು ನಾವು ಆಡಳಿತ ಮಂಡಳಿಯ ಮುಂದೆ ಇಟ್ಟಿದ್ದೆವು. ಅವುಗಳಲ್ಲಿ ಬಹುತೇಕ ಬೇಡಿಕೆಗಳು ಈಡೇರಿದ್ದು, ಉಳಿದವು ಮುಂದೆ ಈಡೇರಬಹುದೆಂಬ ಆಶಾಭಾವನೆಯಿದೆ. ಈ ವೇತನ ಪರಿಷ್ಕರಣೆ ಮಾಡಿರುವುದಕ್ಕೆ ಆಡಳಿತ ಮಂಡಳಿಗೆ ತುಂಬು ಹೃದಯದ ಕೃತಜ್ಞತೆ ಸಲ್ಲಿಸುತ್ತೇವೆ ಮತ್ತು ನಾವು ಸಂಸ್ಥೆಯ ಏಳಿಗೆಗಾಗಿ ಮುಂದೆಯೂ ಸಹ ಶ್ರಮಿಸಲು ಬದ್ಧರಾಗಿದ್ದೇವೆ ಎಂದು ತಿಳಿಸುತ್ತೇವೆ.



ಕೆಂಪಯ್ಯ ಖಜಾಂಚಿ
ಎಂ.ಎಸ್.ರಾಮಯ್ಯ
ಆಸ್ಪತ್ರೆಗಳ ನೌಕರರ ಸಂಘ

Uol Team Visits Ramaiah Institutions



ಜ್ಞಾನವಾಹಿನಿ
Jnana Vahini

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Chief Patron

Dr. M R Jayaram
Chairman, GEF

Editor in Chief

M R Sreenivasa Murthy
CE-GEF (M)

Editor

Kestur Vasuki

Associate Editor

Dr. B S Nandakumar

Production Team

Mulukunte N Prakash
Roopa V
B S Shashi Kiran
Ravi V
Chandra

Design and Printing

S3 Communication
Sri Venkateswara Printers

Contact

+91 2218 2822/3205/7
+91 2360 5190, Extn. 315
gokulagnanavahini@gmail.com

www.ramaiah-india.org

Editorial...

Jnana Vahini: Redefining the role to bring all our activities together

Newsletters are always meant to strengthen internal communication. All our activities, in one way or the other, are linked. We strongly believe Gnana Vahini needs to fulfill our desires and aspirations in sharing and disseminating our activities for a wider understanding. As you are all aware, this is a platform for us to record our activities each month to inform the fraternity about our achievements and happenings around us. We need your active participation in sharing your achievements to the wider Ramaiah Commune. As Chairman, Dr. M R Jayaram always says that the need to bring everyone closer with our activities and achievements is the need of the hour. Gnana Vahini is a vehicle for inclusive excellence and act as a platform to disseminate the activities of our institutions.

We have redesigned Jnana Vahini to optimize readability and convenience. The new format is to make the newsletter more user friendly and comprehensive. The team requests your active participation in developing Jnana Vahini as a platform to share knowledge and encourage valuable discussions. Jnana Vahini redefines its role to bring ideas and thoughts together to give shape to your achievements. This process will also help the Ramaiah community to understand happenings around for a positive change.

In a major decision the management has signed an agreement with the Ramaiah Employees Union to hike their pay. This will benefit more than 1500 non-supervisory staff of Ramaiah Hospitals.

Among other achievements, what stands out significantly is the discussions our Chairman Dr. Jayaram, trustees and other heads of the institution held with a high power committee from the University of Illinois to expand our academic activities and research. The delegation was led by Dr. Timothy Killeen, president of Uol.

Chairman's address to UoI team

It is my privilege to welcome President Dr. Timothy Killeen, Vice President Dr. Edward Seidel, and other distinguished members of the high level team from the University of Illinois, USA. For us, it is particularly gratifying that such a high-level delegation from the University of Illinois is visiting us for the second time in a span of about one year.

The Illinois delegation is visiting India on their mission to build a network of universities and businesses to further the cause of higher education and research. We are happy that we are being associated with this initiative which has the potential to enhance the quality of academic cooperation between the two countries and become an example for many such collaborations in the future.

We are indeed privileged to have been associated with University of Illinois which has three major campuses, fifty colleges, over 6000 faculty and about 90000 students. It is one of the world renowned Public Universities in



Dr. M R Jayaram felicitated Dr. Timothy L Killeen

the USA. As a part of our collaboration with them, our faculty are taking up important research projects in association with their counterparts in Illinois. Many of our students are seeking opportunities for their Post Graduate studies on their campuses. Our engagement with the University of Illinois is yielding much anticipated results, and it is my earnest belief that our collaboration will be expanded through more intense research in medical, engineering and social sciences.

As a philosophy, we always believe in acquiring knowledge from all sides, keeping our values intact. It is my dream that the Ramaiah Group of Institutions should become part of the global movement for building strong and beneficial knowledge

partnerships of this kind. I therefore look forward to our continued and growing engagement with the University of Illinois.

Before I conclude, I would also like to recall the warmth and affection with which our senior management representatives and myself have been received while we visited the University of Illinois campuses at Chicago and Urbana Champaign.

On behalf of the Trustees and colleagues of the Ramaiah Group of Institutions, I heartily welcome President Dr. Timothy Killeen, Vice President Dr. Edward Seidel, eminent academics Dr. Ravi Iyer, Dr. Mark Rosenblatt, Dr. T. Kesh Keshavdas, Dr. Bellur S Prabhakar, Dr. Rohit Bhargava, Dr. Narendra Ahuja, Dr. Ken Mullikan and Mr. Pradeep Khanna.



UoI team also met Dr. C. N. Ashwarthanarayana, Deputy Chief Minister, Govt. of Karnataka, facilitated by Dr. M R Jayaram



Department of Paediatrics conducted CME on Paediatric Rheumatology on January 30, 2020.

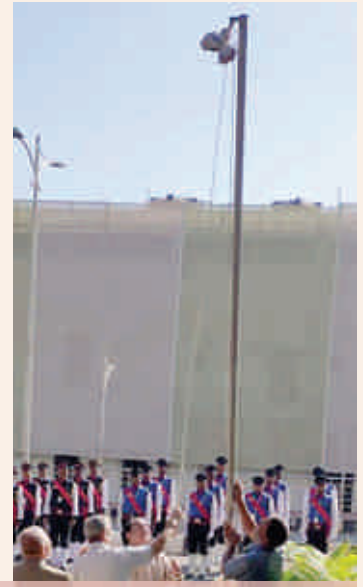


Dr. Arkalgud Ramaprasad, Director, Ramaiah Public Policy Center gave a talk on 'Industry 4.0' Organized by M Visvesvaraya Economic Research Center, Federation of Karnataka Chamber of Commerce on January 29, 2020.



Republic Day Celebrations

Sri. M R Sreenivasa Murthy, CE-GEF (M), unfurled the tricolour on January 26, 2020 on the campus.



Ramaiah Roundtable "Urban Governance in India": "The Bright, Light, Blind, and Blank Pathways" a round table was organised by Ramaiah Public Policy Center on January 24, 2020.



Guest Lecture : Prof. Monique Van Hoek, School of Systems Biology, George Mason University Manassas, USA delivered a lecture on "Wound Infections and Peptides promoting wound healing in mixed biofilm infected wounds" January 24, 2020, at the Sushruta Hall, MC.



Ramaiah – Rotary Free Wheel Mega Project:

The Free Wheelchair Mega Project of Ramaiah Hospitals and Rotary Bengaluru, Sadashivanagar was launched on January 20, 2020. In the first phase, 550 wheelchairs were donated to the beneficiaries. Seen are Sri. M R Sreenivasa Murthy, CE - GEF(M), Dr. Sameer Hariani, Rotary District Governor (3190), Dr. Naresh Shetty, President - MH and others.



Dr. Kirthana Kunikullaya, Assistant Professor, Physiology delivered Keynote address in the International Conference on "Rhythm in Speech and Music from Neuro-Cognitive Perspectives" (ICRSM 2020), held at Jadavpur University, Kolkata on January 16 -18, 2020.

Pulmokarn 2020

The Department of Respiratory Medicine organised a state level conference for the Karnataka Pulmonologist association in Ramaiah Medical College, Bengaluru, on January 18-19 2020.

Pre-conference workshops were held in the Advanced Learning Centre and Council Hall of Ramaiah Medical College on January 17, 2020. Six workstations consisted of PFT, ABG, sleep study, inhalers, Radiology and NIV. It was attended by 45 post graduate students

and 7 Interns. Additional Bronchoscopy workstation for hands on training was provided.

Radiology workstation was conducted by Dr. Gayathri Devi H.J, Dr. Prasanna Kumar T and Dr Akash . R.

Medico Legal and End of Life Care workshop was attended by 18 consultants, 10 staff nurses, 2 postgraduate students and 3 administrators from Ramaiah Narayana Heart Centre. Neuro-Sculptor workshop was attended by 40 faculties from various departments.





Youth Day Celebrations: Celebrated Swami Vivekananda Jayanthi on January 14, 2020 at Ramaiah Vidyaniketan in association with Department of Paediatrics, MC and Bangalore Adolescent Health Academy.



Dr. Naresh Shetty, President, Memorial Hospital, with Cricketer, Jhonty Rhodes and Bollywood actor Sunil Shetty at the **Inauguration of Global Sports Injury Conclave** in January 2020.



Our Pride...
The Advanced Learning Center (ALC) is recognised as a Center of Excellence for flatfoot corrective surgery by the Graham Institute, USA on January 12, 2020. The ALC team had performed India's first surgery using the Extraosseus Talo Tarsal Stabilization Stent in April 2018.

5th Annual Conference:

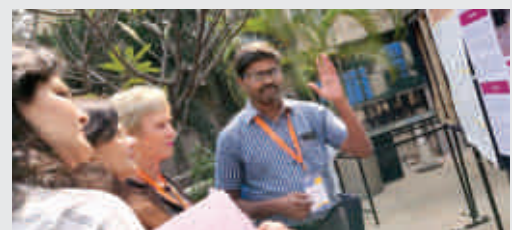
The Faculty and students from the Department of Physiotherapy, attended the 5th Annual Conference organised by the Society of Indian Physiotherapists (SIP) held at Mumbai on January 10-12, 2020.

Awards and Accolades -

Ms.Veena Kiran Nambiar received the Manik Shahani Award for the Best paper in Senior Category. The paper was titled "Evaluation of Respiratory Muscle Strength in Patients With Heart Failure" which was co-authored by Dr. U M Nagamalesh and Mukta Pitambare.



Dr. Sharath, Associate Professor, Department of Orthopaedics, MC, was invited as faculty for joint replacement on January 11, 2020, at **Ranawat Orthopaedic Conference-Mumbai**. He had also moderated a session on hip replacement.



Mr. Sundar Kumar received the Jayant Joshi Award for the Best paper in Poster Category. The paper was titled "Are western population based reference values of physical fitness applicable for Indian children and youth? A comparative study" and was co-authored by Rajitha Alva and Ridhi Verma.

Department of Vascular & Endovascular Surgery:



Dr. Sanjay C Desai, Prof & Head, Department of Vascular & Endovascular Surgery, was invited as faculty at the LINC meeting in Germany. This meeting is the foremost meeting for Endovascular surgeries and recognises the contribution of the faculty

in the field of Vascular Surgery.

Dr. Ashwini G, Post Graduate, Department of Vascular Surgery, has won the Best Paper Award at the recently held National Venous Conference in Mumbai.



Dr. Vivek Vardhan and Dr.Luv Luthra, Assistant Professors of Vascular Surgery have been selected for the International Fellowship in Vascular Surgery, one in Singapore and other in UK.



21st INDO-US Flow Cytometry Workshop on Clinical Applications of Flow Cytometry jointly organized by Dept of Pathology, MC, TETC & LETF ISAC- January 29-30, 2020 at MC Auditorium.

Health Check up Camp :

Ramaiah Hospital conducted a Health Check up Camp for the employees of BTV Kannada TV Channel on January 3, 2020 and Public TV on January 27, 2020.

MCH also conducted a Health Camp at Madavara, near Nelamagala was conducted on January 19, 2020.

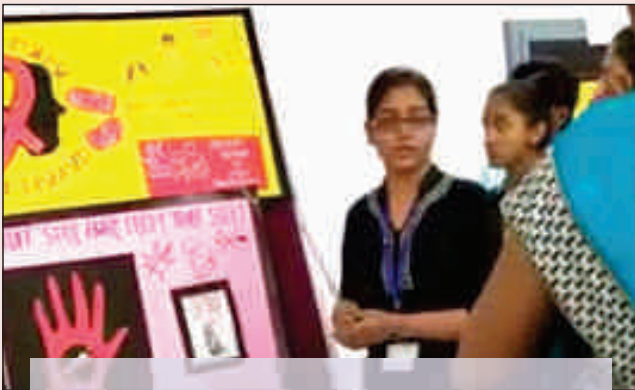
Blood Donation Camp:

Ramaiah Harsha Hospital, Nelamangala had organised a blood donation Camp on January 29, 2020.





School health Programme: School Health Assessment programme was conducted for 40 students studying at Government Lower Primary School, Billamaranahalli, Bengaluru North Zone on 18th January 2020. The screening programme included monitoring of Height, Weight, head to foot assessment and vision test.



Poster Competition: Poster competition on "Common Social Problems" was conducted for II year B.Sc. (N) students on 10th January 2020. The posters were displayed at college lobby for creating awareness about issues among student and public.



Interactive session: Exploring Collaborative Research with Prof. Metin Ajay and Prof. Chandramohan from university of Houston, USA held on January 7, 2020 at Ramaiah Institute of Technology(RIT).



Sri K.G.Vasuki
Chief Corporate Communications
GEF(M)

Welcome to...



Ms. Ashwini H.Y.
Public Health Nurse,
Community Medicine, MC



A Manual on "PEDIATRIC INTENSIVE CARE" by **Dr. Karunakara B P**, Professor & Paediatric Intensivist, was released at PEDICON 2020, A National Conference of Paediatrics, held at Indore. He also moderated a panel discussion on antibiotic stewardship in PICU and has attended a ToT on Tuberculosis.

Dr. Karunakara B P, along with Dr. Shruthi Patil, Associate Professor, has contributed a chapter on Paediatric Cardiology to the short textbook of Paediatrics by Dr. Suraj Gupte, in its 13th edition.



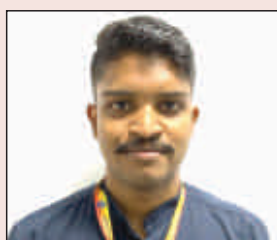
Ms Sejal Jain, 4th Term student was one of the 'Top 30 Winners' of the Elsevier Basic Sciences Olympiad 2019.



Dr. T. Murali received the prestigious Galfi Bela Award at the Hungarian Association of Psychiatry Conference, 2020.



Dr. Mala Dharmalingam, Sr. Prof & HOD, Department of Endocrinology, MC, was been invited as member of ICMR-NCDIR Institutional Ethics Committee. She has also been conferred with Bharat Jyothi Puraskar. She is an invited member of the research area panel of diabetes for India from ICMR.



Mr. Tarun Raj T. 1st year MBBS student of RMC won the silver medal at the 37th State Sub Junior - Junior & Senior Taekwondo Championships 2019 & gold medal at the Open National Taekwondo Championship 2020.



Dr. Abhijnya K Renukprasad, Post Graduate General Medicine, got the prize for platform presentation in the National conference of Medicine, on January 9, 2020.



Dr. Shaikh Mohammed Aslam S, Prof., General Medicine, was awarded the prestigious Fellowship of Indian college of physicians (FICP) in recognition and appreciation for the outstanding contribution towards the Association of physicians of India at the 75th Annual conference of Association of physicians of India, APICON 2020 at Agra.



Mini Medical Orientation Program was conducted on December 21, 2019 at Small Auditorium, MH. Didactic Lecture on Symptoms of Heart & Stroke was given. Collage based on the same was done by the students. Faculties involved for this training program – Dr. Keshava Murthy MR, Dr. Hariprasad KV, Dr. HariKrishna Y, Dr. Shruthi Deshpande, Dr. Divya VM.



A **Continuing Nursing Education(CNE)** on “Legal Aspects in Mental Health Nursing” was presented by Mrs.Chrishma Violla D’Souza, Lecturer for the faculty of INER on December 12, 2019.



Basic Life Support Course was conducted on December 14, 2019 to 50 MBBS Students of IMS, Staff nurses of EMD-MH & MCH at Dwaraka Hall.



Code Blue Training was conducted on December 11 & 12, 2019 to the doctors, staff nurses and technicians. Prof. & HOD, EMD, RMC Dr. Aruna C Ramesh along with Dr. Keshava Murthy MR and Dr. Hariprasad KV gave lecture and conducted practical work stations on Hands-only CPR, Mega Coding etc. This was held at Memorial Hospital – Emergency Training Center.

Dr. Aruna C Ramesh, Dr. Keshava Murthy MR, Dr. Hariprasad KV, Dr. Harish KS and team from Emergency Medicine co-ordinated the programmes.

"The Heart Rescue India First Responders" of the Emergency Department, supported a "Walkathon" on "Growing crisis of depleting water resources across India" commemorating the "World Disability Day" organized by the Samarthanam Trust at Kittur Rani Chennamma Stadium, Jayanagar, Bengaluru on December 07, 2019.



The EMD-MH conducted the **Cardiovascular Diseases Screening** on December 2, 2019, for all PGs & Consultants of Department of Orthopaedics. Hands-Only Cardiopulmonary Resuscitation (CPR) training was given.



Community Orientation Program was conducted on December 3, 2019, to the doctors, staff nurses and technicians of about 150 in number, about Basic Medical Concepts like First Aid, Bandaging, Bleeding Control, Extrication & transportation. Hands only CPR training was also taught. This was held at MC.

Certified Professionals in Healthcare Quality (CPHQ), was organised on December 6-8, 2019, at ALC, by Memorial Hospital jointly with CAHO which basically prepares candidate to prepare for the exams conducted by National association for healthcare Quality – United states. Dr Devi Bala, International faculty was the key speaker and well attended by participants from different states.



ಮೊದಲ ಕವನ...

ಬರೆಯಬೇಕೆಂದಿರುವ ಒಂದು ಕವನ,
ಸೆಳೆಯುವೆನೇ ನಾ ಎಲ್ಲರ ಗಮನ,
ಮುಟ್ಟುವೆನೇ ಎಲ್ಲರ ಮನ.

ಮಾಡಬೇಕಾಗಿದೆ ಕನ್ನಡ ಭಾಷೆಯ
ಪ್ರಯೋಗ,

ಆದರೆ ಇರಬೇಕಲ್ಲವೇ ಎಲ್ಲರಿಗೂ ಆ
ಯೋಗ.

ಕವನ ಬರೆಯಲು ಬೇಕು ಪ್ರಾಸ,
ಈ ಕೆಲಸ ಕೊಡುತ್ತಿದೆ ಬಲು ತ್ರಾಸ,
ಬಿಡುವಂತಾಗಿದೆ ವೇಗದ ಶ್ವಾಸ.

ಹೀಗೆ ಮಾಡುತ್ತಿದ್ದೆ ಯೋಚನೆ,
ತಲೆಗೆ ಬರಲಿಲ್ಲ ಯಾವ ಸೂಚನೆ.

ಬುದ್ಧಿ ಹೇಳಿತು ಕಾಗೆಯನ್ನು ಕೋಗಿಲೆ
ಮಾಡಲು ಹೊರಟಿರುವೆಯಾ,
ಮನಸ್ಸು ನುಡಿಯಿತು ಮರಳಿ ಯತ್ನವ
ಮಾಡು,
ಮರಳಿ ಯತ್ನವ ಮಾಡು.

ಇದೇ ನನ್ನ ಕವನ, ಹನಿಗವನ,
ಎಲ್ಲರಿಗೂ ನನ್ನ ನಮನ.



ಡಾ. ಜ್ಯೋತಿ. ಕೆ.ಸಿ

ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು
ಅಂಗರಚನಾ ಶಾಸ್ತ್ರ ವಿಭಾಗ
ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ

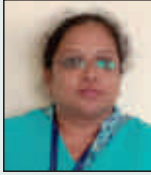
ಈ ಮಾಸದ ಹೆಮ್ಮೆಯ ಉದ್ಯೋಗಿಗಳು



2003ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯ ಸಿಎಸ್‌ಎಸ್‌ಡಿ ವಿಭಾಗದಲ್ಲಿ ಟೆಕ್ನೀಷಿಯನ್ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಯಾಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ಯುವರಾಜ್** ರವರು ಪ್ರಸ್ತುತ ಸಿಎಸ್‌ಎಸ್‌ಡಿ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥರಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಇವರು ವಿವಿಧ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ಪ್ರಶಂಸಾ ಪತ್ರವನ್ನು ಪಡೆದಿರುತ್ತಾರೆ. ಇವರು ಕ್ರಿಕೆಟ್, ಕಬಡ್ಡಿ, ವಾಲಿಬಾಲ್ ಕ್ರೀಡೆಗಳಲ್ಲಿ ಆಸಕ್ತಿಯಿದ್ದು ಹಲವಾರು ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿ ಪ್ರಶಸ್ತಿ ಪಡೆದಿರುತ್ತಾರೆ.



2004ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯ ಸಿಎಸ್‌ಎಸ್‌ಡಿ ವಿಭಾಗದಲ್ಲಿ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಯಾಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ಮಹೇಶ್** ರವರು ಪ್ರಸ್ತುತ ಸಿಎಸ್‌ಎಸ್‌ಡಿ ವಿಭಾಗದ ಹಿರಿಯ ಟೆಕ್ನೀಷಿಯನ್ ಆಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಇವರು ವಿವಿಧ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ಪ್ರಶಂಸಾ ಪತ್ರವನ್ನು ಪಡೆದಿರುತ್ತಾರೆ. ಇವರ ಪತ್ನಿ ಎಂಡೋಸ್ಕೋಪಿ ಟೆಕ್ನೀಷಿಯನ್ ಆಗಿದ್ದು, ಇವರಿಗೆ ಇಬ್ಬರು ಮಕ್ಕಳಿದ್ದು, ಮಗ ಯುಜೇಶ್‌ಯಲ್ಲಿ ಓದುತ್ತಿದ್ದಾನೆ. ಇವರಿಗೆ ಓಟದ ಕ್ರೀಡೆಗಳಲ್ಲಿ ಆಸಕ್ತಿಯಿದ್ದು ಹಲವಾರು ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿ ಪ್ರಶಸ್ತಿ ಪಡೆದಿರುತ್ತಾರೆ.



2006ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ವಾರ್ಡ್ ಸಹಾಯಕರಾಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ರೂಪಿಣಿ** ರವರು ಪ್ರಸ್ತುತ ಆಸ್ಪತ್ರೆಯ ವಿವಾ ವಿಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣವನ್ನು ಮುಗಿಸಿರುವ ಇವರು ವಿವಿಧ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ಉತ್ತಮ ಕೆಲಸ ನಿರ್ವಹಣೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಓದುವುದು ಹಾಗೂ ಸಂಗೀತ ಕೇಳುವುದು ಇವರ ಹವ್ಯಾಸ.



2006ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಡಯಾಲಿಸಿಸ್ ಟೆಕ್ನೀಷಿಯನ್ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ಅನುರಾಗ್** ರವರು ಪ್ರಸ್ತುತ ಹಿರಿಯ ಡಯಾಲಿಸಿಸ್ ಟೆಕ್ನೀಷಿಯನ್ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣವನ್ನು ಮುಗಿಸಿರುವ ಇವರು ವಿವಿಧ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ಉತ್ತಮ ಕೆಲಸ ನಿರ್ವಹಣೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರ ಪತಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯ ಬಿಲ್ಡಿಂಗ್ ವಿಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ, ಇವರಿಗೆ ಒಬ್ಬ ಮಗ ಮತ್ತು ಮಗಳಿದ್ದು, ಇಬ್ಬರು ಇಂಜಿನಿಯರಿಂಗ್ ಪದವಿ ಓದುತ್ತಿದ್ದಾರೆ. ಸಂಗೀತ ಕೇಳುವುದು ಇವರ ಹವ್ಯಾಸ.



2006ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಡಯಾಲಿಸಿಸ್ ಟೆಕ್ನೀಷಿಯನ್ ಆಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ದೀಪತ್ರಿಕೆ** ರವರು ಪ್ರಸ್ತುತ ಹಿರಿಯ ಡಯಾಲಿಸಿಸ್ ಟೆಕ್ನೀಷಿಯನ್ ಆಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣವನ್ನು ಮುಗಿಸಿರುವ ಇವರು ವಿವಿಧ ತರಬೇತಿ ಶಿಬಿರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು ಉತ್ತಮ ಕೆಲಸ ನಿರ್ವಹಣೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರ ಪತಿ ಸ್ವಂತ ಉದ್ಯಮ ಹೊಂದಿದ್ದು, ಇವರಿಗೆ ಒಬ್ಬ ಮಗಳು ಮತ್ತು ಮಗ ಇದ್ದಾರೆ. ಮಗಳು ಏಳನೇ ತರಗತಿ ಮತ್ತು ಮಗ 3ನೇ ತರಗತಿಯಲ್ಲಿ ಓದುತ್ತಿದ್ದಾರೆ. ಸಂಗೀತ ಕೇಳುವುದು ಇವರ ಹವ್ಯಾಸ.

ಅನಿಸಿಕೆ ಮತ್ತು ಅಭಿಪ್ರಾಯ

“ಹನ್ನೊಂದು ದಿನಗಳ ಹಿಂದೆ ಆಯಾತಪ್ಪಿ ಬಿದ್ದು ಲಿಗಮೆಂಟ್ ಟೇರ್ ಆಗಿ ಮೂಳೆ ವಿಭಾಗದ ವೈದ್ಯರಾದ ಡಾ.ರಾಹುಲ್‌ರವರಿಂದ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಮಾಡಿಸಿಕೊಂಡು ಗುಣಮುಖವಾಗಿ ನಗುಮುಖದಿಂದ ಹಿಂದಿರುಗುತ್ತಿದ್ದೇನೆ, ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆ ನನಗೆ ಒಂದು ರೀತಿ ಮನೆಯಿದ್ದಂತೆ ಏಕೆಂದರೆ ಇಲ್ಲಿ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಸೌಲಭ್ಯಗಳು ಬಹಳ ತುಂಬಾ ಉತ್ತಮವಾಗಿದ್ದು, ವೈದ್ಯರು, ಶುಶ್ರುಷಕರು ಮತ್ತು ಇತರ ಸಿಬ್ಬಂದಿ ಬಹಳ ಕಾಳಜಿವಹಿಸಿ ನಮ್ಮನ್ನು ನೋಡಿಕೊಳ್ಳುತ್ತಾರೆ” ಎಂದು ಶ್ರೀಮತಿ.ಗಂಗಾಂಬಿಕಾರವರು (54 ವರ್ಷ) ತಿಳಿಸಿದರು. ತುಮಕೂರಿನಲ್ಲಿ ವಾಸವಾಗಿರುವ ಇವರು ಕಳೆದ ಹತ್ತು ವರ್ಷಗಳಿಂದ ಥೈರಾಯ್ಡ್ ಸಮಸ್ಯೆಗಾಗಿ ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಡಾ.ಪ್ರಜ್ವಳಾ ಕಾಲ್ತಾರವರ ಬಳಿ ಚಿಕಿತ್ಸೆಯನ್ನು ಪಡೆಯುತ್ತಿರುತ್ತಾರೆ. ನಂತರ ಹೆಮರಾಯ್ಡ್ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯನ್ನೂ ಇದೇ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಮಾಡಿಸಿಕೊಂಡಿರುತ್ತಾರೆ.

ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಉತ್ತಮ ಚಿಕಿತ್ಸೆ ದೊರೆಯುವುದೆಂಬ ನಂಬಿಕೆ ಮತ್ತು ವಿಶ್ವಾಸವಿರುವುದರಿಂದ ನಾವು ಮತ್ತು ನಮ್ಮ ಕುಟುಂಬವರು ಯಾವಾಗಲೂ ಇಲ್ಲಿಗೆ ಚಿಕಿತ್ಸೆ ಪಡೆಯಲು ಇಚ್ಛಿಸುತ್ತೇವೆ ಆದರೇ ಕ್ಷ-ಕಿರಣ ಮತ್ತು ಪ್ರಯೋಗಾಲಯದಲ್ಲಿ ಕಾಯುವುದು ಬಹಳ ಕಷ್ಟಕರ. ಈ ಎರಡು ವಿಭಾಗಗಳಲ್ಲಿ ಕಾಯುವಿಕೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಿ ತೀವ್ರಗತಿಯಲ್ಲಿ ರೋಗಿಗಳಿಗೆ ಸೇವೆ ದೊರೆಯುವಂತೆ ಮಾಡಿದರೆ ಉತ್ತಮವಾಗಿರುತ್ತದೆ ಎಂದು ಅವರ ಮಗಳಾದ ಕುಮಾರಿ.ಶ್ವೇತಾರವರು ತಿಳಿಸಿದರು.



Foreign Body Removal by Fibreoptic Bronchoscope

- By Dr. Prasanna Kumar T, Associate Professor, Department of Respiratory Medicine



Foreign body aspiration is a serious and potentially fatal condition. It is more commonly observed in children. Its removal by rigid bronchoscopy has been the gold standard for many years, from the time it was introduced by Gustav Killian in 1897. It was not until 1974 when the use of flexible bronchoscopy for foreign body removal was demonstrated by Zavala and Rhodes in animals, did it gain mileage on its potential. To date flexible bronchoscopy for foreign body removal

is performed sparingly. We report the case of a previously healthy, 52 year old male, a peon by occupation who came with complaints of cough with expectoration and right sided chest pain since 1 month. He was evaluated and treated elsewhere, however he found no relief in symptoms. A chest xray done revealed a metallic object in the right mid zone, paracardiac in location. Patient denied awareness on any event of aspiration. He was referred to Ramaiah hospital for further management. Upon arrival here, on examination his vitals were stable, physical examination revealed coarse crepitations in the right infrascapular area on auscultation, other systems were normal. His blood work up revealed neutrophilic leukocytosis, which was otherwise normal. A Computed tomography of the lung demonstrated the presence of a metallic object in the right

intermediate bronchus with an areas of patchy consolidation in the right middle lobe. Sputum culture had no growth. We performed a fiberoptic bronchoscopy under monitored anesthesia care, which revealed an endobronchial metallic screw obstructing the right intermediate bronchus partially. It was removed successfully using fenestrated crocodile forceps. Patient tolerated the procedure well and was stable during the post procedure period. He was discharged the following day on request for personal reasons. He was advised a course of oral antibiotics. His followup is awaited.



ರಾಮಯ್ಯ ಹಬ್ಬ
2ನೇ ವರ್ಷದ ಸಂಭ್ರಮಾಚರಣೆ



Novel Corona Virus **Breathe Easy!**

The air is thick with fear, as the news of deaths from China is sweeping across the world. The new variant of the corona viruses that was detected at Wuhan, China outbreak in December is referred to as the novel corona virus. The common symptoms due to n-corona infection includes runny nose, sore throat, cough and fever. Rarely, it can lead to more severe complications including pneumonia. Elderly and those with co-morbidities such as diabetes, hypertension, and heart diseases are more likely to experience severe illness. The mode of transmission has been reported to be from person to person contact, through respiratory droplets from the infected person. It is strongly

recommended that individuals wash their hands with alcohol based hand cleanser or soap and water. It is also desirable to maintain social distance of at least one meter (3 feet) so as to avoid direct exposure to droplets.

It is important to seek immediate medical attention at the nearest health care provider if one has cough, fever and difficulty breathing; with sharing of relevant travel history. Though the specific survival of the virus in external environment is not specifically determined, it may remain viable for few hours. Simple disinfectants are effective in killing the virus. There are no specific medications to treat the novel corona virus. However, supportive treatment and antibiotics may be

prescribed to prevent secondary bacterial or co-infections. Avoiding visits to places where the viral confirmation is reported as advised by international health agencies such as WHO (World Health Organization).

Certain myths such as taking vitamin C, drinking herbal preparations, wearing multiple masks and self-medications are not specifically effective in avoiding infections with novel corona virus.

Dr. B S Nanda Kumar
Associate Professor
Community Medicine, RMC

(Source of information from the World Health Organization- Advisory 2020)



Announcement

Ramaiah T-10 Women's Cricket Tournament

An Intra Ramaiah Women's T-10 Tennis Ball Cricket Tournament will be held in March 2020. Exact date and other modalities will be announced later. Faculty, Staff, Students and Family members can form their own teams of 11 members. For Further details please contact Dr. Nivedita, Coordinator on 74111 65531.



UoI Delegation @ Ramaiah Campus