



Childhood Cancer A Social Responsibility

Childhood cancer is a term used to describe various types of cancer that affect children and adolescents 18 years or younger. These cancers can manifest in different ways, such as leukaemia/ blood cancers, brain tumors, bone cancers, and many more. What makes childhood cancer particularly heart-breaking is that it strikes the most vulnerable members of our society – our children. Some childhood cancers, such as certain types of leukaemia, have high cure rates, while others may have lower cure rates depending on the circumstances.

India has one of the highest incidences of childhood cancer in the world with an estimated 40,000 – 50,000 new cases diagnosed each year. This means that, on average, more than 100 children are diagnosed with cancer every day in our country. The average 5-year survival rate for childhood cancer in India is currently at around 70% and has been improving over the years due to advancements in medical treatments, better healthcare infrastructure, and increased awareness. But in comparison to countries like the United States of America, where the survival rate is 86%, we still have a huge scope for improvement. Research plays a pivotal role in advancing the understanding of childhood cancer and improving treatment outcomes. Many Indian institutions are actively involved in research to find better therapies and increase survival rates among paediatric cancer patients in India.

Childhood cancer presents unique challenges. Diagnosing cancer in children can be complicated, as symptoms are often mistaken for common childhood illnesses. Additionally, accessing quality cancer care and treatment can be financially and emotionally overwhelming for many families. The emotional toll it

Congratulations Sir

Ramaiah family heartily congratulates Shri M R Seetharam, Vice Chairman, Gokula Education Foundation on being nominated as a Member of Karnataka Legislative Council (MLC).



Shri M R Seetharam was a minister of Planning, Statistics, Science, and Technology during 2016 to 2018. He was earlier elected from Malleshwaram constituency.

His political journey began back in his college days as the president of the Students Governing Council. He entered mainstream politics in 1986. Indeed this momentous occasion not only reflects his dedication and commitment to public service but also marks a remarkable milestone in his long and memorable political journey.

takes on both the child and their loved ones is immeasurable.

Childhood Cancer Awareness Month is a reminder that awareness and action can make a difference. Increased awareness can lead to early detection and prompt treatment, which can significantly improve a child's chances of survival. It's essential for parents, caregivers, and healthcare providers to be vigilant about recognizing potential signs and symptoms. Numerous organizations and foundations in India are dedicated to supporting children with cancer and their families. They provide financial assistance, emotional support, and access to specialized medical care. These organizations also



RAMAIAH

August - September 2023

Rising Awareness on Cancer care

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Jnana Vahini

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Cancer is a vicious enemy that has no bounds, affecting millions of lives globally. In India, the battle against this fatal disease is more critical than ever, as the burden of cancer continues to rise alarmingly. Recent statistics shed light on the urgent need to revamp cancer care in the country. While India has made significant steps in various fields, the state of cancer care remains a cause for concern.

According to recent data from the Indian Council of Medical Research (ICMR), cancer incidence in India has been steadily increasing over the years. In 2020, there were approximately 1.45 million new cancer cases reported in the country. These numbers are also projecting the rise of the cases in the coming years, with an estimated 1.73 million new cases in 2025. The numbers alone present an awful picture, and we must take immediate action to address this growing problem.

One of the major challenges faced by many families is the delay in diagnosis. The major proportion of cancer cases are detected at advanced stages, making treatment less effective and more expensive. Timely access to quality treatment, especially in rural areas remains a barrier.

A ground-level awareness campaign and education on preventive measures is the need of the hour. Tobacco consumption, unhealthy diets, and lifestyle choices play a significant role in the rising cancer incidence.

Ramaiah Cancer Centre is a ray of hope for those affected by cancer. This remarkable institution is dedicated in serving thousands of patients, providing them with a comprehensive range of cutting-edge medical services, including Radiation Oncology, Medical Oncology, Haemato Oncology and Bone Marrow Transplantation (BMT), Surgical Oncology, Nuclear Medicine, and Orthopaedic Oncology. Its multidisciplinary approach and advanced technology come together to offer patients a comprehensive journey towards healing and hope. A dedicated team of doctors and technicians are always ready to take care of the affected. A dedicated mobile unit "AAVYA" travels across the rural areas to detect cancer, it is a step ahead in the treatment of cancer.

advocate for policy changes to ensure better healthcare infrastructure for childhood cancer treatment.

September is a month dedicated to raising awareness about an issue that touches the lives of countless families across India – childhood cancer. Childhood Cancer Awareness Month provides an opportunity to shed light on the challenges faced by young cancer warriors and their families, as well as the efforts being made to combat this devastating disease.

Cancer care: A social responsibility

In the #ChildhoodCancerAwareness Month 2023, let us remember that childhood cancer is not only a medical issue but also a social responsibility. We can all contribute to this cause by supporting a local childhood cancer organization, spreading awareness on social

media, or by making a donation; every effort counts in the fight against childhood cancer. Together, we can work towards a future where no child has to battle cancer, and every child has the opportunity to grow up healthy and happy.

Let us join hands, raise awareness, and take action to make a positive impact in the lives of children and families affected by cancer in India.



Dr. Rasmi Palassery
Consultant
Department of Oncology

New OT Complex at Ramaiah Medical College Hospital



The new OT Complex at Ramaiah Medical College Hospital was inaugurated on 7th August, 2023, by Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, and Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital were present.



The Department of Community Medicine organised a Guest Lecture on 'Myth Busting about Breastfeeding' by Dr. Rajani, J D, Medical Department, Govt. of Karnataka, on 7th August, 2023.

Dr. B S Nandakumar, Associate Dean of Research and Innovation, was invited as a panellist at the ICMR-NIH, Indo-US workshop in Bengaluru on 7th and 8th August, 2023.



World Breastfeeding Week



The Department of Paediatrics, Ramaiah Medical College Hospital organized World Breastfeeding Week on 1st August, 2023. The theme for the year 2023 is "Enabling Breastfeeding: Making a Difference for Working Parents." Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College Hospital, Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital, Dr. Somashekar A R Prof. and HOD Dept. of Paediatrics, Dr. Nandini G, Prof. Dept. of OBG, and others inaugurated the programme.



Exhibition on the occasion of world breastfeeding week

Hands on Cadaveric Endoscopic Sinus Surgery and Anterior Skull Base Workshop

A hands on cadaveric workshop was organized with an aim of advancing best practices in endoscopic sinus surgery and anterior skull base in Ramaiah Advanced Learning Centre organized by department of ENT. The target group was practicing ENT consultants working in corporate settings, medical colleges and doing private practice and post-graduates. The two-day workshop was held on 28th and 29th September, 2023.

Dr. Chandrakiran C, Prof. & Head Dept. of ENT gave a talk on basic surgical anatomy of Nose & PNS and anatomy of the Sphenoid sinus and skull base, advanced endoscopic sinus surgery. Dr. Munishwara GB, external consultant and Dr. Chandrakiran demonstrated steps of basic FESS surgery, Hadad Bassegasteguy flap, and Rescue flap on the cadaver.



Breastfeeding is not a choice, its a responsibility

Breast milk is a unique source of food for babies, which contains all necessary nutrients that ensures the infant's health, growth and development. Milk production in mother is regulated by the hypothalamic-pituitary tract, and its associated hormones Oxytocin and prolactin. The first milk is colostrum and is available after labor, rich in protein, sodium, and immunoglobulins and low in lactose. Breastfeeding can be classified as foremilk and hindmilk. Foremilk contains higher levels of lactose, while hindmilk contains a higher proportion of proteins and fats.

Breast Milk: an ideal baby food

Breast milk provides a baby with ideal nutrition. It is safe, clean and contains antibodies predominant IgA (slgA), which help protect against many common childhood illnesses. Early rooming-in, where the neonate stays with the breastfeeding parent, is advised when possible.

Breastfeeding is also an important source of antioxidants, such as vitamin C and vitamin E, that prevent or reduce oxidative damages to various body tissues, also facilitates the synthesis of essential nutrients such as vitamins B12, B6, K, and folate. Early introduction of breastfeeding will colonize the neonatal gut with these safe micro-organisms. Lactoferrin in the breast milk confers immunoprotection. Breast milk contains higher levels of carnitine and is required for utilization of fatty acids as an energy source.

World Health Organization and United Nations Children's Fund, IAP (Indian Academy of Paediatrics), Breastfeeding network of India and Infant (BPNI) and young child feeding (IYCF) chapter of IAP recommends initiation of breastfeeding within an hour of birth, exclusive breastfeeding for the first 6 months of life, Continued breastfeeding beyond 6 months and at least up to 2 years of age or more along with the introduction of nutritionally adequate and safe complementary.



CHALLENGES FACED BY THE WORKING MOTHER:

Due to lack of skilled breastfeeding support during pregnancy and at birth, confusing and misleading marketing of commercial baby foods through social media, discrimination and exploitation at the work places, lack of creches, private and hygienic breastfeeding spaces, lack of support from family and friends, social stigma associated with breastfeeding in public places further complicates the situation.

Expression Breast Milk

To address various techniques of breast milk expression to working mothers to encourage breastfeeding practice at home, even at workplace.

Methods like manually expression of milk by hand is an effective, comfortable economical, helps to trigger the milk ejection reflex. The breast should be expressed from one side for at least 3-5 minutes until flow slows, then express the other and then repeat on both sides. Expression of breastmilk adequately takes 20-30 minutes.

The expressed milk can be stored for required duration depending on the temperature of storage.

At Room temperature (19- 26 degree) can be stored for 6-8 hours ,Refrigerator (<4 degree) for 72 hours to 8 days ,Freezer (-15 degree) for 2 weeks ,Deep freezer (-20 degree) for 6 to 12 months in a well fitted air tight tops, polypropylene plastics and glass containers, food grade plastic bags- long term storage ,steel containers for – short period.

Hence we encourage exclusive breastfeeding for all women for 6 months for nutritional, immunological, growth development of the baby ,also for benefits of the mother to strengthen the objective of "WORLD BREAST FEEDING WEEK 2023 -FOR WORKING WOMEN"

Breast feeding is not a one-woman job; it requires leadership and support from families, communities, workplaces and health system to really make it work.

Dr. Muskan Kataria
Department of Paediatrics



The Medical Education Unit, organised a sensitization programme of "Humanities in Medical Education". The objective of the programme was to sensitize participants about the broad role of the humanities and narrative medicine in medical education and to outline the practical methods of conducting narrative medicine sessions for students and analytical approaches to better understand reflective narrative by Dr. Mario Vaz, Professor, Ramaiah International Medical School, Bengaluru, Former Head, Health and Humanities, St. John's Research Institute, on 10th August 2023 at Ramaiah Medical College.

The Division of Research and Patents conducted a training programme on strategies for effective publication in association with BMJ on 9th August, 2023 at Ramaiah Medical College.



Dr. Nanda Kumar B S, Associate dean- Research and Innovations, RUAS and Associate Editor, Jnana Vahini, received the distinguished Australian Awards Fellowship from Asia Pacific Aged Care Hub, (APACH) which is an initiative by ARIIA and Flinders University College of Business, Government and Law. This

fellowship is funded by the Department of Foreign Affairs and Trade, Australian Government and has been established to improve aged care across Asia Pacific countries.

Dr. Nanda Kumar was chosen to participate in this inaugural and innovative fellowship program and was part of an elite group of high achievers and leaders, renowned for their outstanding track record in strengthening health systems, along with demonstrated commitment and dedication to enhancing aged care. He participated in an immersive three-week residential program in Australia (Adelaide, Canberra and Sydney) with other fellows from India, Bangladesh, Nepal, Malaysia, Indonesia, and the Philippines. The group experienced first-hand, Australian models of best practice in aged care, and learn about the requirements for workforce capability along with the adoption of technology based on evidenced practice from the Australian context.



The Department of Urology invited Dr. Badrinath Konety, an alumnus of Ramaiah Medical College, internationally renowned Uro-oncologist and robotic surgeon, and ex-dean of Rush University, Chicago, USA to demonstrate 3 robotic surgeries. He also interacted with the faculty and residents and shared valuable inputs regarding the surgical and medical management of urological malignancies.





Rajeev Prasad, Asst. Prof. FMC and Kruthik O.S. MBA student, FMC, have been selected to represent Karnataka in the National Level Citizen Youth Parliament in Delhi. Their outstanding performance was recognised during the State Level Citizen Youth Parliament in Vidhana Soudha. Rajeev Prasad was elected as Deputy Speaker and Kruthik as Water and Irrigation Minister during these sessions.



PGs from the Department of Anaesthesia, Dr. Ayesha Khavas won 1st prize in the Trainee Talent competition and Dr. Sonika Won 1st prize in BLDE free paper presentation at Southzone conference 2023.



The football team from Ramaiah Institute of Nursing Education & Research won the trophy at Symbiosis Institute of Business Management, Bengaluru.

RGUHS Bangalore Zone Inter Collegiate Basketball Tournament for Men 2023-24 was organised at Ramaiah Medical College from 30th – 31st August, 2023.



Dr. Shah Nawaz and Dr. Sreya secured first place PG Memorial Quiz in Kapicon.



Bladder Rehab Clinic

For many people going to the bathroom may not be as simple as it seems. These patients may have lost control over their bladder function resulting in either increased frequency, inability to empty their bladder causing urinary retention or weakness of pelvic floor muscles resulting in urine leakage. Following are some of the cases we have encountered:

- 1) A 35 year old, mother of 2, gym instructor suffering from urine leak with even minimal physical exertion resulting in her contemplating change of profession.
- 2) A 60 year old school principle, with frequent urination at night causing disturbed sleep resulting in day time drowsiness and loss of productivity.
- 3) A 14 year old boy with repeated episodes of bed wetting.
- 4) A 55 year old real estate agent, who had earlier recovered from a stroke, is now suffering from increased urinary frequency with need to empty his bladder almost every hour preventing him from even stepping out of the house for the fear of not finding a toilet, resulting in social isolation and depression.
- 5) A 40 year old paraplegic patient on long term urinary catheter facing recurrent urinary infections.
- 6) A 60 year old chartered accountant with Parkinsons disease with poor urinary stream.

These are just a few of the vast array of patients which we see at the **BLADDER REHAB** clinic in the **Urology department at Ramaiah Memorial Hospital**.

This is a unique, one-stop solution for all patients with urinary issues. Equipped with advanced investigative techniques like Video urodynamics it provides multidisciplinary care and a wide range of treatment options ranging from: tailored medications;

pelvic floor training with biofeedback; care of patients on long term catheters; botulinum toxin injections into the bladder for refractory cases of bladder overactivity; sling surgeries for women with stress urinary incontinence; artificial urinary sphincter; and "Bladder pacemaker" (sacral neuromodulator).



Dr. Tarun Dilip Javali
Prof and HOD
Urology, Andrology,
Renal Transplant and Robotic Surgery



The Department of Medical Oncology organized a program for Childhood Cancer Awareness Month with the theme "Better Survival is Achievable #ThroughYourHands - End Childhood Cancer" on September 25, 2023. The nursing staff organized a flash mob in order to raise awareness among the public.



Rotaract Club of RUAS and Rotaract Club of MSRCASC in collaboration with Rotaract Clubs across Bengaluru, organized the "Vishwa Shanti – India's Contribution to World Peace" event on 23rd September 2023 at Ramaiah College of Arts, Science and Commerce. Rtr. Apeksha Hegde, President Rotaract RUAS, Rtr. Krishna, President, Rotaract MSRCASC, Ms. Sunitha N Gurukar, Asst. Prof. the faculty Coordinator and others were part of the event.

Independence Day Celebrations



77th Independence Day was celebrated at Ramaiah Medical College. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, and others were part of the celebrations.



Ramaiah Medical College & Hospital in collaboration with Dept. of Justice, Ministry of Law & Justice, Govt. of India, Centre for Environmental Law Education, Research & Advocacy (CEERA), and National Law School of India University (NLSIU), organized Doctor Centric Approaches to Medical Negligence & Malpractice programme on August 12th, 2023 at Ramaiah Medical College. H G Srivara, Head HR & Legal, Gokula Education Foundation (Medical) and Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital were present during the event.



INSIGHT 2023 was organised from 11th August to 13th August 2023 at Ramaiah Medical College.



Dr. Sreekar Pai, Assoc. Professor, Dept. of Surgery was invited as faculty for KSC - MIDCON Surgical state conference

for a talk on documentation in hospital records and chairing as judge for paper and clinic presentations on 12th and 13th August, 2023 at Dev Raj Urs Medical College.



Dr. Sunil Furtado, Prof and Head, Dept. of Neurosurgery was invited as faculty at the 6th super specialty CME on Endovascular Neurosurgery organized by the Neurological Society of India at Alleppey, Kerala.



Dr. Murali Thyloth, Prof. & Head, Dept. of Psychiatry was elected as president of the Indian Psychiatric Society Karnataka Chapter on 12th, August, 2023.



Dr. Shraavan, Asst. Prof. Dept. of Orthopaedics was invited as a faculty member for the Karnataka Orthopaedic Association - Instructional Course Lectures (KOA-ICL) in Hassan. Four of his original research papers were presented at the state-level conference by PGs Dr. Harshitha, Dr. Santhan, Dr. Nithin, Dr. Suraj, and Dr. Subhash. Dr. Harshitha won the first prize in the gold medal paper presentation on "A Practical Guide for Diagnosing Angular Knee Deformities in Children."



Department of Endocrinology organized an awareness programme on World Pre-diabetes Day at Ramaiah Memorial Hospital on August 16th, 2023. The residents performed a skit and conducted a poster presentation competition on Pre-diabetes.



The Department of Vascular Surgery organised an awareness walkathon on 'Amputation Free India' on 6th August, 2023.



Celebrating World Physiotherapy Day The Healing Power of Movement

On September 8th, we celebrate World Physiotherapy Day, honouring physiotherapists' vital role in improving global well-being through movement and rehabilitation.

The Origin

World Physiotherapy Day was established by the World Confederation for Physical Therapy (WCPT) in 1996. The date, September 8th, was chosen to commemorate the founding of WCPT in 1951.

The Role of Physiotherapists

Physiotherapists are healthcare professionals who specialise in helping individuals regain and improve their physical function. They work with people of all ages and backgrounds, from athletes recovering from sports injuries to elderly individuals seeking to maintain their mobility. The core principles of physiotherapy include: rehabilitation, pain management, prevention of injuries, improving mobility in various ailments and wellness promotion.

The Global Impact

Physiotherapists make a global impact by providing essential healthcare services. They work in hospitals, clinics, sports teams, schools, and various other settings. Their expertise extends to diverse areas, including paediatrics, orthopaedics, neurology, and cardiopulmonary rehabilitation.

Theme of the year: Arthritis

Focus of this year's World Physiotherapy Day is arthritis. Arthritis is a group of over 100 medical conditions causing joint inflammation, pain, and stiffness. It can affect people of all ages and at all levels of physical fitness. Treatment depends on the specific type and may include medication, therapy, or surgery.

Regular physical activity and exercises are of utmost importance for individuals with inflammatory arthritis like rheumatoid arthritis or axial spondylarthritis and offers numerous health benefits.

Exercise – a must

Arthritis is a condition that degrades a person's quality of life significantly. Thankfully there are plenty of ways in which we can address this issue. Exercises are one of the key tools that can be used to combat this problem. Current

evidence puts exercises as one of the most effective means of protecting the joints from the onslaught of arthritis. Activities involving walking, running and floor activities that use all the joints have been shown to improve the condition as well as prevent future problems. Targeted exercise programs have also been shown to reduce the overall inflammation in the body. As the inflammatory responses in the body subside patients feel more energetic as well as an improvement in the quality of life.

Physiotherapists are acknowledged experts in the area of prescriptive exercises which can help with the disease. Physiotherapists play a vital role in the multidisciplinary medical team treating arthritis. They will assess your condition and guide you on how to exercise safely, improve activity levels, set a goal and maintain a correct balance between exercise and rest.

It is important to note that arthritis is a very generic term that suggests inflammation of the joints and manifests differently in each individual. It is paramount that each individual is independently assessed, diagnosed and treated, rather than a protocol-based approach where a one size fits all treatment is delivered.

Our team of highly trained specialist physiotherapists can deliver therapy personalised to the specific needs of the patient. The Department of Physiotherapy in Ramaiah Memorial and Teaching Hospital is dedicated to achieving relief from pain and improving the quality of life.

Being one of the biggest Centres for Rehabilitation in the country with a motto "happy to serve", we are amongst the most well-equipped centres with a multidisciplinary team in the country. We are uniquely positioned to help analyse, quantify, treat and rehabilitate, delivering the best care possible. We, in Ramaiah, believe in taking care of the individual and not just a disease.



Adrija Mukhopadhyay
Centre for Rehabilitation

Introspection 2023 - స్థైర్యం

In a mesmerizing combination of intellect, creativity, and passion, Ramaiah Medical College organized the annual college fest, "Introspection 2023 – Sthairya," from 17th to 19th August 2023. This three-day extravaganza was an immersive journey for the students into a world where innovation meets creativity.

With the theme "Sthairya," the essence of strength and stability was woven throughout the event, symbolizing the substance with which these budding medical professionals approach every aspect of their education and extracurricular hobbies. The festival provided a vibrant platform to showcase their talents that often remain overshadowed by medical students. The fest was a harmonious blend of medicine and creativity, creating a holistic environment for students to flourish.



Dr. Razdan awarded honorary doctorate

In the 14th Convocation of Dr. D. Y. Patil Vidyapeeth, Pune, The Degree of Doctor of Science (Honoris causa) was conferred on Dr. P. N. Razdan (Principal Advisor, Quality Assurance & Excellence Cell, Ramaiah Group) on 14th August 2023, by Distinguished Chief Guest Shri. Ramesh Bais, Hon'ble Governor of Maharashtra.



Dr. Sunil Furtado, Prof. & Head Dept. of Neurosurgery, delivered a talk on 'Retro Sigmoid Approaches to Posterior Skull Base' at the World Lateral Skull Base fellowship course organised by the World Skull Base Foundation at the Ramaiah advanced learning centre.



The Department of Medical Education organized an Interpersonal Skills sensitization talk on Acknowledging the "I" in "You" by Impact Kathas on 22nd August, 2023. The speakers were Mr. Vivek Vashist & Mr. Badari Narayan.



The Department of General Surgery, in association with the Surgical Society, Bengaluru ASICC organized a Live Workshop on 'Lasers in Proctology' by Dr. Rajashekhar M R, Chairman, Chirag Global Hospitals, on 22nd August 2023 at Ramaiah Memorial Hospital.

Dr. Shalini. S Associate Dean, IMS along with students of IV Year MBBS had visited Vivekananda Girija Kalyana Kendra (VGKK), BR Hills, Chamarajanagara District, Mysore on 26th August, 2023.



Usha Bai, Lactation Nurse from Ramaiah Medical College Hospital gave a guest lecture on "Challenges Faced by Primi Mothers in Successful Establishment of Breastfeeding" on August 7th, 2023, at Ramaiah Institute of Nursing Education and Research.



Dr. Krishnamurthy Jayanna, Prof. and Dean Ramaiah University of Applied Sciences was invited as a keynote speaker at a conference Organized by the Department of Medical Humanities, AIIMS, New Delhi. He discussed "Integrative Lifestyle for Holistic Health and Wellbeing- Implications for Policy & Research in the SDG Context".



Prof. O P Kharbanda, Pro-Vice Chancellor, RUAS, was invited as a panelist at the Indian Society for Cleft Lip Palate and Craniofacial Anomalies. During the panel discussion, he presented a paper and discussed the formulation of strategies to tackle the challenges associated with cleft care in India.



The Department of Urology, in association with the Urological Society of India, conducted a hands-on Cadaver Workshop on Inflatable Penile Prosthesis and Artificial Urinary Sphincter on 8th August, 2023. This workshop was the first of its kind in the country, focusing on the cadaveric urinary sphincter.

World Breastfeeding Week -2023 was celebrated on 4th August, 2023, by Ramaiah Institute of Nursing Education and Research (RINER) at Sanjaynagar Urban Primary Health Centre, collaborating with Rotary International. Dr. Nayana Tara Patil, Medical Officer of Health East Zone, BBMP, Dr. Usha Rani, Medical Officer, Dr. Sonali Jadhav Tharachand, Principal, RINER and Mr. Pranjit Dutta, President, Rotary international, inaugurated the programme. Dr. Radha. M S, Vice-Principal, RINER, Usha Bai, Lactation Nurse, Ramaiah Hospital and Priyanka.G. K, Asst. Lecturer, RINER were also part of the programme.



The Ramaiah University of Applied Sciences celebrated Teachers' Day on 5th September, 2023 at Ramaiah Medical College. Prof. H.S. Lakshminarayana Bhatta, Retd. Principal, V.V. Puram College of Science & Kannada Literary Luminar was the Chief Guest. Dr. M R Jayaram, Chairman, GEF & Chancellor, RUAS, Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Rajdhan, Advisor, GEF (Medical), Prof. O P Kharbanda, Pro-Vice Chancellor RUAS, Dr. Govind Kadambi, Pro-Vice Chancellor, RUAS and other dignitaries took part in the celebrations.



World Suicide Prevention Day Creating Hope through Action

World Suicide Prevention day (WSPD) is observed on 10th September every year. This was started in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). This day focuses on bringing awareness on suicide among individuals and organizations and in reducing stigma over the immense suffering and upheaval that suicide causes.

The theme of "Creating Hope Through Action" serves as a reminder that every action counts, and even small gestures can be supportive and encouraging to people who are struggling with thoughts of suicide and that suicides are preventable. WSPD has been an initiative that has encouraged campaigns against suicide that are carried out at various local and national levels, and starting conversations on suicide which are important to prevention and reducing stigma. World Suicide Prevention Day reminds governments and local organizations that suicide prevention must be an important part of their policy.

WSPD is especially important in India as we had the 41st highest suicide rate globally as per WHO estimates in 2019. 12% of the deaths in 2021 were due to suicide. The rates of death by suicide are particularly alarming in the student population. According to a 2020 report by the National Crime Records Bureau, around 8.2% of the student population died by suicide and 64,114 people under the age of 30 took their own lives.

So how can we help?

There are a number of steps we, as a community can take to reduce these numbers. These steps can help reduce distress in individuals, distress which is unbearable to that person, and show them a path of hope and healing.

As an individual you can:

- Ask them if they are doing okay, if they are having thoughts of hopelessness, worthlessness and/or helplessness. If these themes are noticeable in how they speak, it would be best to ask if they are having suicidal thoughts, thoughts of harming themselves, or even wishing they were dead. If they have a plan, intent and/or means to harm/kill themselves, the situation is more dire.
- Remember to lend them a listening ear. The act of being there for them can go a long way; that simple gesture can really make the biggest difference. Don't interrupt them; let them talk about their thoughts and feelings.
- Express your concern for them. Let them know that you are worried for them, and that seeking help is necessary and normal. There might be a lot of stigma around seeking help for mental health issues, hence being understanding about the person's apprehension

is important as well. Patience and understanding is key.

- If the person is very apprehensive or very unmotivated to seek help themselves, offer to stay by their side till they have another trusted person with them, or accompany them to a mental health professional where they can receive primary crisis intervention. It is crucial that they should not be left with their own thoughts for too long.
- Let them know that it is a judgment free space and that they are not alone.

As a community/institution

- Raise awareness about mental health and prevalence of mental illness. This will help clear doubts, reduce fear of judgment, reduce stigma, and be a source of comfort for those who really need to seek help.
- Having support groups within the college students will provide a safe space and opportunity for youngsters to confide in, and help each other regarding challenges they face every day.
- Improving college infrastructure to make sure the students are not put into uncomfortable spaces. Having a college environment which nurtures learning and growth is important.
- Educating teachers about common challenges faced by students would go a long way in increasing understanding and empathy.
- Making mental health accessible to students is crucial. Having a student counseling center would really make it convenient for students to avail this service; which is free of charge and right at their fingertips. These counselors would need to be culturally sensitive and informed about challenges faced by students, and even faculty. Fortunately, this service has been implemented in Ramaiah University of Arts & Sciences, and can be availed by students and faculty of Ramaiah at the Student Wellness Centre.

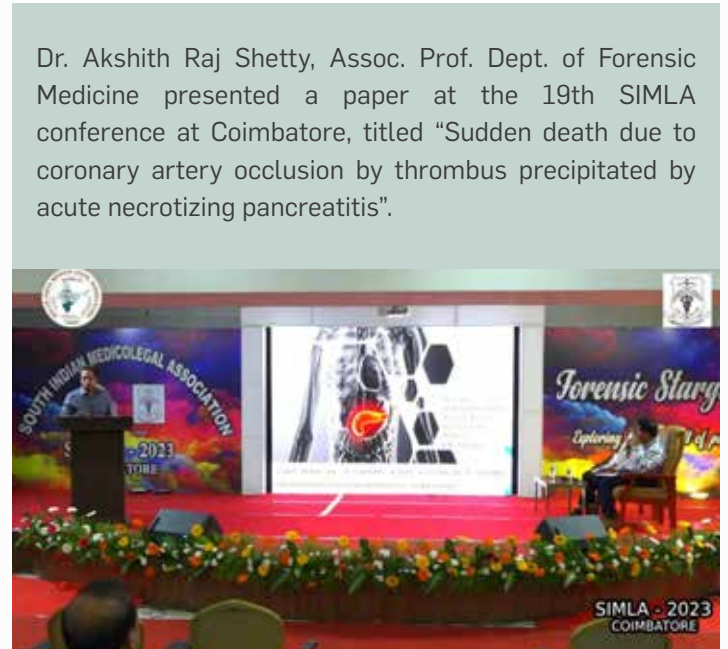
With your help, they can take the first steps needed to heal, find hope, better their lives, and really appreciate life. These are just a few ways you can "light" for someone who really needs it.



Dr. Murali T
Prof. & HoD
Department of Psychiatry



The Department of Physiotherapy celebrated World Physiotherapy Day on 8th September, 2023 at Ramaiah Memorial Hospital.



Dr. Akshith Raj Shetty, Assoc. Prof. Dept. of Forensic Medicine presented a paper at the 19th SIMLA conference at Coimbatore, titled "Sudden death due to coronary artery occlusion by thrombus precipitated by acute necrotizing pancreatitis".



Dr. Geetha C R, Prof. & HOD, Anaesthesiology, Ramaiah Medical College delivered a talk on "Simulation Learning in Airway Management" at the 14th National Airway Conference in Srinagar, Kashmir on 9th September, 2023.



An orientation programme was organised for the UG students batch of 2023 – 24 MBBS Phase on 12th September, 2023 at Ramaiah Medical College. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. G Kadambi, Pro-Vice Chancellor, RUAS, Dr. Medha Y Rao, Dean Academics, Dr. Hemanth T, Registrar (Administration) and Dr. Prathab A G, Registrar (Academics) took part in the programme.

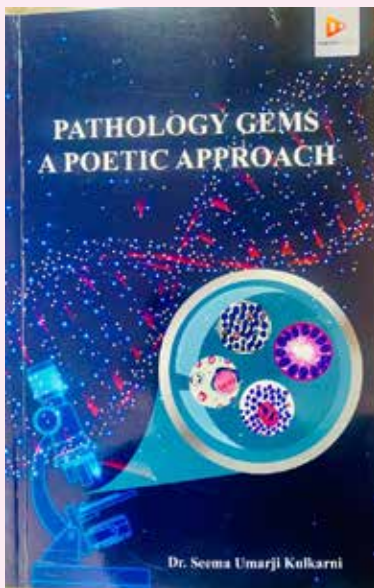
Dr. Mahesh E, Prof. & Head, Dept. of Nephrology and Dr. Pramila Kalra, Prof. & Head, Dept. of Endocrinology, were awarded traditional roll signing ceremony at Calicut on 10th September, 2023 for FRCP (EDINBURGH).



World Suicide Prevention Day



World Suicide Prevention Day 2023 & Inauguration of Student Wellness Centre programme was organised on 11th September, 2023 at Ramaiah Medical College. Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS, Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital, Dr. Medha Y Rao, Dean Academics, Dr. Murali Thyloth, Prof. & HOD, Dept. of Psychiatry and others were part of the programme.



Dr. Seema Umarji Kulkarni senior resident from Dept. of Pathology published a book on "Pathology Gems A Poetic Approach".



International Democracy Day 2023 was celebrated by reading the Preamble of the Indian Constitution at Ramaiah Medical College on 15th September, 2023.



Dr. Umesh K, HOD Dept. of Radio Diagnosis gave a talk on "Shortage of Radiologist in Indian set up" at Korean Society of Radiology in Korea.

Ramaiah Medical College Hospital and Ramaiah Institute of Nursing Education & Research organized the "ADVITIYA" Nursing Workshop on Central Venous Practice on 15th September, 2023 at Ramaiah Medical College. H G Srivara, Head HR and Legal, Gokula Education Foundation (Medical), Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital, D K Singh, Administrator, Ramaiah Medical College Hospital, Dr. Sonali Jadhav, Principal, RINER, and others took part in the programme.





World Patient Safety Day was celebrated by Ramaiah Medical College in association with CAHO on 17th September, 2023. The theme for this year was "Engaging Patients with Patient Safety" to emphasize patient-centric care. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital and others took part in the programme.



Dr. Dhananjaya G, Prof, Dept. of Pedodontics, Faculty of Dental Sciences, successfully completed 72 kilometers of Mega Marathon at the Khardung La Challenge.

Arun Ram Ramakrishnan and Vignesh Prakash 4th year MBBS students won first place in the 14th Annual Undergraduate State level KCIAPM Pathology quiz conducted by the Dept. of Pathology at Kaher's JGMM Medical College.



Dr. Sunil Furtado, HOD, Dept. of Neurosurgery was a faculty member during 'The 23 Annual Conference of the Cerebrovascular Society of India' at New Delhi. He spoke on the scope and benefits of a dual-trained endovascular neurosurgeon.



Dr. Jyothi G S, Prof. Dept. of OBG, was the faculty member for 'The Asia Oceania Conference for Genital Infections and Neoplasia' at AIIMS Rishikesh on 17th September, 2023. She was also the Master Trainer for the Colposcopy and LEEP workshops and chaired a session in the HPV Diagnostic workshop.



Dr. Somashekar A R, HOD, Dept. of Paediatrics was invited as a faculty member for the 'National IAP Respiratory Chapter' at Siliguri for "Updates on Asthma Training Module".

Patient Safety a priority at Ramaiah Memorial Hospital

Ramaiah Memorial Hospital proudly holds accreditation from the National Accreditation Board for Hospitals & Healthcare Providers (NABH) 5th Edition. This prestigious accreditation underscores our unwavering commitment to upholding the highest standards of patient care and safety.

Compliance with the NABH 5th Edition standards is a testament to our dedication to providing exceptional healthcare services while prioritizing patient safety at every step. Patients can have full confidence that they are receiving care at an institution that adheres to the most stringent quality and safety standards in the industry

With a commitment to providing top-notch healthcare services, the hospital has implemented a comprehensive strategy to ensure the safety of its patients at every level.

1. Health Check-ups for Food Handlers and Kitchen Sanitation:

One of the first lines of defense against foodborne illnesses is ensuring the health of food handlers and maintaining impeccable kitchen hygiene. Ramaiah Memorial Hospital conducts regular health check-ups for its food handlers, ensuring that they are free from any contagious diseases. Additionally, the hospital places a strong emphasis on kitchen sanitation, implementing rigorous cleaning and disinfection protocols to prevent contamination.

2. Inspection of Raw Materials and Food Tasting:

To guarantee the safety of patients' food, the hospital takes meticulous care in inspecting raw materials. Only high-quality ingredients are selected for meal preparation. Moreover, food tasting is conducted by trained personnel to ensure that every meal meets the hospital's stringent quality standards.

3. Dozee Monitors for Constant Patient Vitals Monitoring:

Patient monitoring is taken to the next level at Ramaiah Memorial Hospital with the use of advanced Dozee monitors. These monitors constantly track patients' vital signs, such as heart rate and respiration, and immediately

alert healthcare providers in the event of any irregularities. This real-time monitoring ensures timely interventions and enhances patient safety.

4. Pest Control:

The hospital maintains a robust pest control program to prevent any infestations that could compromise patient safety. Regular inspections and preventive measures are in place to keep pests at bay.

5. Infection Control Committee:

Ramaiah Memorial Hospital has an infection control committee dedicated to overseeing the cleanliness and sterility of the hospital's environment. They monitor water quality, air filtration systems, and surface disinfection to prevent contamination and the spread of infections within the hospital.

6. Linen Manager Ensures Proper Disinfection:

The hospital's linen manager plays a pivotal role in maintaining patient safety. They ensure that all linens, including beddings and towels, are properly disinfected and free from pathogens. This is crucial in preventing healthcare-associated infections.

7. Clinical Pharmacists for Medication Safety:

To minimize medication errors, the hospital employs clinical pharmacists who work closely with healthcare teams. They review prescriptions, check for potential drug interactions, and provide valuable guidance to ensure patients receive the correct medications in the right doses.

8. Antimicrobial Stewardship Team:

Inappropriate use of antibiotics can lead to antibiotic resistance. The antimicrobial stewardship team is responsible for ensuring judicious and correct prescription of antibiotics, thus helping in the fight against antibiotic resistance.

9. The Crucial Role of Nurses:

Nurses are the backbone of patient safety at the hospital. They provide round-the-clock care, administer

treatments, and offer emotional support. Their presence ensures that patients feel safe and well-cared for during their hospital stay.

10. Healthcare Workers' Commitment to Hand Hygiene:

Hand hygiene is a fundamental aspect of patient safety, and the healthcare workers at Ramaiah Memorial Hospital are unwavering in their commitment to it. Strict hand hygiene protocols are adhered to by all staff members, including doctors, nurses, and support personnel. Regular handwashing and the use of hand sanitizers are part of their daily routine to prevent the spread of infections within the hospital premises.

11. Patient Care Coordinator:

Patient care coordinators play pivotal roles in ensuring patient safety and well-being. They work in tandem with nurses and the quality department to provide seamless care coordination, monitor patient progress, and implement quality improvement initiatives, further enhancing the overall patient experience and safety at Ramaiah Memorial

12. Quality Department's Commitment to NABH Standards:

Our quality department is unwavering in its commitment to ensuring that we not only meet but consistently exceed all NABH standards. They serve as the guardians of excellence, tirelessly working to maintain our hospital's reputation for superior patient care and safety.

13. Supportive Departments for Seamless Operations:

Behind the scenes, departments like Hospital Administration, Engineering, Biomedical engineering, Maintenance, CSSD, Medical Records Department,

Housekeeping, Billing, Finance, Accounts, and PR play crucial roles in ensuring the seamless operation of Ramaiah Memorial Hospital.

Multidisciplinary Committees for Continuous Improvement:

Commitment to continuous improvement and learning from mistakes is part of the hospital's culture. To ensure that every aspect of patient safety is continually refined, the hospital has established multidisciplinary committees. These committees comprise experts from various healthcare disciplines, including doctors, nurses, administrators, and quality assurance specialists.

When an issue or incident occurs, these committees swing into action. They perform a thorough root cause analysis that goes beyond merely identifying the immediate cause; it delves deep into systemic issues and processes that may have contributed to the incident.

Once the root causes are identified, the committees work collaboratively to develop and implement sustainable solutions.

Ramaiah Memorial Hospital's commitment to patient safety is unwavering. With a dedicated team and advanced technology committed to safety and quality, patients can rest assured that their well-being is the hospital's top priority.



Dr. Parinitha

Hospital Infection Control Committee

The Rotaract Club, RUAS, in collaboration with Rotary District 3192, hosted "Synergycon" on September 17, 2023, at Ramaiah University of Applied Sciences. This Youth Service Inter City General Forum (ICGF) brought together over 800 delegates to share ideas, connect, collaborate, and inspire youth leaders to contribute to society. Dr. Srinivas Murthy, District Governor, emphasized youth's potential as nation builders





On the occasion of Childhood Cancer Awareness Month, the Department of Pathology conducted CME on 'Pediatric Sarcomas'.



UROFUSION - 2023 workshop was conducted on 23rd and 24th September, 2023. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Prof. O P Kharbanda, Pro-Vice-Chancellor (RUAS), Dr. D Ramesh, Dept. of Urology, Dr. Prasad Mylarappa, Prof. Dept. of Urology and others took part in the event. A live operative Urology workshop was also organised for the students and staff.

Dr. Shruthi Deshpande Senior Resident, Dept. of Emergency Medicine secured "Best Case presented by Faculty " award at CPC (Clinicopathological Case) Competition in EM Karnataka Conference on 24th September, 2023.



The Division of Research & Patents organized a Training programme on "How to write a dissertation" on 25th September, 2023 at Ramaiah Medical College.



Dr. Thilak won second place in poster presentation at 'EM Karnataka Conference' at Vydehi Institute of Medical Science on 24th September, 2023.



WELCOME



Dr. Nandita S
Assistant Professor
Anaesthesiology
(Cardiac Anaesthesia)



Dr. Aditi Venkatesh
Senior Resident
Radio Diagnosis



Dr. Varsha Rakshitha P
Assistant Professor
Cardiology



Dr. Akshatha A. Prakash
Senior Resident
Ophthalmology



Dr. K. Pramod
Assistant Professor
Anaesthesiology
posted to MSRINS



Ajay Kumar C.N
Gardener
Administration



Dr. Blessy Babu
Senior Resident
Community Medicine



Dr. Amruthvarshini A. Inamadar
Senior Resident
Paediatrics



Dr. Sowmya Chikatla
Senior Resident
Radio Diagnosis



Dr. Vinay Kumar Bahl
Professor
Cardiology



Dr. Sushmitha M
Senior Resident
Paediatrics



Dr. Sanjana Ann Abraham
Senior Resident
Psychiatry



Dr. Hemanth J
Senior Resident
General Medicine



Dr. Veena V.T
Senior Resident
Dermatology



Dr. Rutva Harish Fatnani
Senior Resident
General Medicine



Dr. Shekha Tufayl Ahmed Mohammed
Senior Resident
General Medicine



Dr. Shridevi Gudi
Senior Resident
Anaesthesiology



Dr. Tapan S.B
Senior Resident
General Surgery



Dr. Prajwal Gowda P.R
Senior Resident
ENT



Dr. Cukku Sara Benny
Assistant Professor
Biochemistry



Dr. Rutva Harish Fatnani
Senior Resident
General Medicine



Dr. Appuraj Tandale
Senior Resident
General Medicine



Dr. Anisha P. Bindagi
Senior Resident
Dermatology



Dr. Chitra R.S
Senior Resident
ENT

WELCOME



Dr. Keshav Murthy M.R.
Assistant Professor
Surgical Oncology



Dr. Vadaga Vijayalakshmi Rao
Senior Resident
Community Medicine



Dr. Asmita Mukund Toro
Senior Resident
Psychiatry



Dr. Guru Prasad R
Senior Resident
Critical Care Medicine

SEPARATED



Dr. Dhanya S
Senior Resident
Community Medicine



Ms. Prajisha P
Senior Resident
Physiology



Dr. Alankrita Chari
Senior Resident
Anaesthesiology



Dr. Radhika Pandya
Senior Resident
Radio Diagnosis



Dr. H. Gowthami
Senior Resident
Dermatology



Shobha Rani N
Alumni Co-Ordinator
Administration



Dr. Vignesh Narayan R
Senior Resident
Dermatology



Dr. Sharanya S
Senior Resident
Pathology



Dr. Vineetha J. Malayil
Senior Resident
ENT



Dr. Vidya K
Senior Resident
OB&G



Dr. Nafasat Tasneem Abroo
Senior Resident
Anaesthesiology

Thank You HCG



In a cordial gesture, the Ramaiah Memorial Hospital organized a thanksgiving program to express their deep gratitude to the dedicated team of HCG. A function was organised on 4th September, 2023 to mark a new beginning for the Ramaiah Oncology Center.

The event was a tribute to the HCG team for their outstanding contributions to the field of healthcare and their firm commitment to patient care. Ramaiah Memorial Hospital had a longstanding partnership with HCG, and this occasion was a perfect opportunity to acknowledge the pivotal role that HCG had played in advancing medical services.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, said, "Our partnership between Ramaiah and HCG is fundamentally rooted in a people-centric approach. We recognize that technology & knowledge play a pivotal role in driving the growth. To ensure our institution's sustainability and the well-being of our people, we placed our trust in experienced doctors who have provided remarkable leadership. "This collaboration has not only given our institution a significant boost but has also contributed to the growth of oncology, an area of great potential, he added."

Dr. Ajai Kumar, Executive Chairman, HCG, expressed his gratitude, to Ramaiah Memorial Hospital and said, "I extend my heartfelt thanks to the entire Ramaiah team for transforming this journey into a memorable one. I

recall the challenges we faced at the beginning. Our guiding principle has always been a patient-centric legacy, which we have consistently upheld throughout the establishment of this institution. Our passion was to serve people by using the best and most advanced technology available."



M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, Dr. Harish, Associate Dean, Ramaiah Medical College Hospital and others took part in the programme.