



Ramaiah University of Applied Sciences and University of Illinois introduce comprehensive courses



Ramaiah University of Applied Sciences (RUAS), in collaboration with University of Illinois, is introducing a comprehensive course aiming at nurturing skill development in cutting-edge fields of Engineering Sciences. These fields include Artificial Intelligence, Machine Learning, Cyber Security, Energy Conservation and other related areas.

Dr. M R Jayaram, Chairman, GEF & Chancellor, Ramaiah University of Applied Sciences, highlighted the enduring partnership between the University of Illinois and RUAS in fostering knowledge exchange between two prominent academic institutions. Dr. Jayaram emphasized the significant progress made over the past six years, noting the quicker growth and scale of collaboration. With the start of the national education policy, both institutions are keen on exploring roads to cater to the evolving needs of society and disseminate knowledge on an international scale.

Dr. Timothy Killeen, President of the University of Illinois System, emphasized the significance of researching deeper into the collaborative relationship, aiming for

long-term and impactful partnerships. Dr. Killeen highlighted the University of Illinois System's commitment in raising long-term collaborative initiatives for mutual growth and innovation with Ramaiah University.

Dr. Bellur Prabhakar, Professor and Senior Associate Dean of the Department of Microbiology and Immunology at the College of Medicine, University of Illinois Chicago, mentioned the collaboration as a transformative educational exchange initiative. Dr. Prabhakar highlighted the potential for healthy student exchange programs and said this collaboration will develop cross-cultural learning experiences and academic enrichment.

M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation, Prof. Kuldeep K Raina, Vice Chancellor, RUAS and other dignitaries were present.

The collaboration between Ramaiah University of Applied Sciences and the University of Illinois signifies a pivotal step towards advancing education and research in emerging fields of Engineering Sciences.



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Amidst an era of rapid technological progress and global interconnectedness, educational institutions grapple with the task of preparing students for an ever-changing workforce. Ramaiah University of Applied Sciences (RUAS), in partnership with the University of Illinois (UoI) - USA, has embraced this challenge by launching comprehensive courses in cutting-edge Engineering Sciences. This collaboration transcends mere academic cooperation; it signifies a dedication to international knowledge exchange and innovation. Dr. M R Jayaram, Chairman of GEF & Chancellor of RUAS, and Dr. Timothy Killeen, President of the University of Illinois System, emphasized the enduring partnership and shared commitment to meeting societal needs.

Beyond academia, RUAS serves as a center for intellectual dialogue and community involvement. Events like the Bangalore Metro ISA Monthly Meet and a guest lecture on the 'Constitution of India' by Prof. Dr. V Vijayakumar at Ramaiah Medical College underscore the institution's holistic approach to education and intellectual exchange. Additionally, initiatives like the interaction session with Sikyong, Tibetan Government-in-Exile, organized by the Centre for National Security Studies, demonstrate RUAS's engagement with global issues and promotion of dialogue on pressing geopolitical matters.

In the realm of healthcare education, RUAS continues to excel, with students and faculty receiving recognition for their contributions to medical research and practice. Achievements of individuals like Dr. Sanjana Raj, Manu Kaushik, and Dr. Priyanka Bai Patike reflect RUAS's commitment to nurturing talent and excellence in healthcare education.

As RUAS moves forward, it remains committed to pushing the boundaries of knowledge and fostering a culture of innovation and excellence. The partnership with the University of Illinois symbolizes not only a milestone but also underscores the institution's dedication to shaping the future of education and empowering students to become leaders and catalysts for change in their fields. The diverse range of activities in scientific and cultural domains highlights the vibrant ecosystem of the Ramaiah campus.

We invite scientific articles and blogs from students and faculty to feature in the subsequent issues.

Dr. M R Jayaram, Chairman, GEF & Chancellor, RUAS along with Dr. Timothy Killeen, President, University of Illinois System, met M C Sudhakar, Minister of Higher Education, Government of Karnataka.



The Centre for National Security Studies (CNSS) organised an interaction discussion session with Sikyong, Tibetan Government-in-Exile, on 8th February, 2024. Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. G S Venkatesh, Registrar, RUAS and others were present.

During the discussion, he spoke about the history of Tibet, on-going developments within the region, and strategies to enhance diplomatic relations with other countries involving Tibet. He also spoke about 'India-Tibet Relations: Cultural and Geographical Insights'

The Department of Anaesthesiology organised Bangalore Metro ISA Monthly Meet.



Ramaiah Medical College organised a guest lecture by Prof. Dr. V Vijayakumar, Advisor & Professor of Eminence School of Law, RUAS on the topic - 'Constitution of India' on 7th February, 2024.

The Department of Physiology organised an interactive and engaging presentation



Student corner

Dr. Sanjana Raj, 2nd year student got 2nd prize in poster competition at SPEEDCON- 24 at Delhi.

Manu Kaushik, final year Urology MCh resident was awarded the first prize in the Poster competition at the Annual conference of Urological Association of Asia at Dubai.



Dr. Priyanka Bai Patike, a final year postgraduate student, Dept. of OBG, was honoured with the Dr. Indumathi Jhaveri Award for the best paper presentation on Sexual and Reproductive Health and Rights at the All India Congress of Obstetrics and Gynaecology (AICOG) 2024. Her paper, titled "Quality of Life in Postmenopausal Women in a Tertiary Care Centre," stood out among others. She conducted her research under the guidance of Dr. Jyothi G S, Professor, Dept. of OBG and Dr. Sujani B K, Prof. & Head Dept. of OBG.

The 51st annual national conference of Indian Association of Preventive and Social Medicine was organised on 8th – 10th February by the department of Community Medicine at Kasturba Medical College, Mangalore and Manipal Academy.

Fourth year medical students of MSU, International Medical School presented posters. Dinoe Syeshadh Rao Thinagaran presented on "Study of State of Oral Health associated with different forms of Tobacco usage among the population of Akkimangala, Bangalore". Proveen Krishnan and Ravi Krishanana presented on "Acceptability, Barriers, and enablers for

antenatal and postnatal services in select tribal hamlets of Karnataka - An exploratory study".



Congratulations Sir



Dr. Gurudev, Director, Dept. of Nephro-Urology is elected as chairperson of Indian society of Nephrology southern chapter.



Dr. Girish Chandra, Prof. & Head, Dept. of Forensic Medicine delivered a guest lecture on National Road Safety Month at 'Rasta' a Volvo company social initiative organisation.



Dr. Mangala Gouri, HoD, Dept. of Pathology received Faculty Achiever award on RUAS Innovation Day 2023.



Ramaiah Medical College Institution Innovation Council (IIC) organised a field visit for UG medical students at the Ramaiah technology business incubator on 14th February, 2024 in IIC RUAS.

The Department of Pathology conducted a CME as part of Pediatric Cancer Awareness Month on "Soft Tissue Tumors - An insight and update". The department also released a book written by Dr. Seema, senior resident, titled "Pathology gems - a Poetic Approach".



The Department of Nursing, Ramaiah Medical College Hospital was awarded first prize for best paper presentation during VAICON- 2024 (Annual Conference of Venous Association of India). Lima Mathews, Nursing Superintendent of Ramaiah Medical College Hospital presented the paper in the Annual Conference, representing the team. The paper was on 'CPIP: Application of Donabedians Model in Pressure Injury Prevention'.



Ramaiah Institute of Nursing Education and Research organised the Farewell Programme for the B.Sc, P.B.B.Sc, and M.Sc Nursing students at RINER Auditorium. Dr. Jadhav Sonali Tarachand, Dean, RINER delivered an inspiring address, reminiscing about the academic journey of the outgoing students.



The Department of Aerospace Engineering, Faculty of Engineering and Technology, RUAS inaugurated the International Symposium on Space Sciences and Technologies on 19th February 2024 at Ramaiah Medical College. Dr. V. K. Saraswat, Hon'ble Member, NITI Aayog, was the Chief Guest for the programme. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. G Kadambi, Pro-Vice Chancellor, RUAS and others were present.

Experts from India and abroad to identify the various challenges and opportunities that exist in developing and employing Space Sciences and Technologies of national interest. Further, Space Sciences and Technologies are identified as the thrust areas to be pursued for futuristic research by Space and Defence organizations in India. In particular, this High-end technology is one of the most challenging areas of R&D in Aerospace Engineering, with many unresolved issues kindling the research interests of Scientists, Engineers and Academicians.

The main aim of the Symposium is to bring together Students, Scientists, Academic Researchers and Industry

Ramaiah Medical College & Hospitals in association with Bengaluru Menopause Society organized the scientific session on 14th February, 2024 at Ramaiah Memorial Hospital. Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), & President, Ramaiah Memorial Hospital, Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College Hospital, Dr. Sujani B K, Prof. HoD, Dept. of OBG, Dr. Jyothi G S, Professor, Dept. of OBG and others were present.



Dr. Praveen Kumar S, Prof. Dept. of Dermatology was a panellist for a talk on 'Regional Itches' at Dermacon National conference, on 24th February, 2024.



Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), & President, Ramaiah Memorial Hospital was delivered 'Padma Bhushan Dr. M L Soni Oration' during the 58th annual conference and awards ceremony of the International College of Dentists on 24th February, 2024.



Dr. Manjula N V, Associate Professor, Dept. of OBG was the panellist for 'Reboot on Robot in Fortis Institute of Robotic Gynaecologist Endoscopy', at Fortis Banneraghatta on 24th February, 2024.



Faculty of Management and Commerce organised "National Management Day" at RUAS on 21st February, 2024. K S Narayanswamy, President, Bengaluru Management Association and Nagaraj Prakasam, Resident Mentor – NSR Cell IIM-Bengaluru were the chief guest for the programme. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. G Kadambi, Pro-Vice Chancellor, RUAS, Dr. Medha Y Rao, Dean Academics and others were present during the programme.



The department of Physiology, inaugurated Autonomic Function Test (AFT) lab at the Ramaiah Memorial Hospital in the cardiology department for patient care on 21st February, 2024. Dr Shalini C Nooyi, Principal and Dean, Ramaiah Medical College, and Dr. Vinay Kumar Bahl, Director, Cardiac Sciences and others were present.



Department of Radiation Oncology Ramaiah Medical College conducted Stereotactic Body Radiotherapy (SBRT) symposium through Association of Radiation Oncologists of India Karnataka Chapter on 22nd February, 2024.

Dr. Lokesh Director of Kidwai graced the occasion. Dr Geeta Narayan from Vydehi Medical college delivered a talk on SBRT in Lung cancer and Dr.Sunil from Kidwai Memorial Hospital delivered a talk on SBRT in Liver Lesions. More than 120 Radiation oncologists and post graduates participated in the scientific meet.



Ramaiah Institute of Nursing Education and Research conducted student workshop for the risk factors of common non-communicable diseases. Total 71 participants of final year students (B.Sc Nursing, GNM , P.B.B.Sc Nursing) attended the workshop. The workshop unfolded through enlighten session by Vanindar Kumar B.C, Dr. Jadhav Sonali Tarachand, Arul Shanti, Ramya S.N , and Latha U.S.



School of Law, RUAS organized a Case Analysis Competition and a session on 27th February, 2024 to pay tribute to Shri. Fali S Nariman, a very renowned Indian jurist. School of Law students presented cases, which he dealt in his six decades of career and turned out to be set as landmark judgments today. Winners of the competition during the session were Adina Koshy, won 1st prize and Sheela MJ, won 2nd prize.



ಮಕ್ಕಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಮತ್ತು ಚಿಕ್ಕಿತ್ನ.

ನನ್ನ ಮಗ ಎರಡು ವರ್ಷಗಳ ಹಿಂದೆ ಇಷ್ಟೊಂದು ದಪ್ಪ ಇರಲಿಲ್ಲ, ಈಗ ನೋಡಿದರೆ ತುಂಬಾ ದಪ್ಪ ಹಾಗಿದ್ದಾನೆ. ದಪ್ಪ ಹೇಗಾದ ಅಂತಾನೆ ಗೊತ್ತಾಗುತ್ತಿಲ್ಲ. ಅವನು ತಿನ್ನೋದು ತುಂಬಾ ಕಡಿಮೇನೆ, ಆದರೂ ದಪ್ಪ ಏಕಾದ ಅಂತಾನೆ ಗೊತ್ತಾಗುತ್ತಿಲ್ಲ ಎಂದು ಹಲವರು ಮಾತನಾಡುವುದನ್ನು ನಾವು ನೋಡುತ್ತೇವೆ. ದೇಹದ ಅಗತ್ಯತೆಗಿಂತ ತೂಕ ಹೆಚ್ಚಿರುವುದು ಒಂದು ಸಮಸ್ಯೆಯೇ? ಅನ್ನುವುದು ಹಲವರಲ್ಲಿ ಕಾಡಬಹುದು. ಕೆಲವರು ನಮ್ಮ ಮಕ್ಕಳಂತೆ ಅಥವಾ ನಮ್ಮ ಮಕ್ಕಳಿಗಿಂತ ಎಷ್ಟು ಮಕ್ಕಳು ಇನ್ನೂ ದಪ್ಪವಾಗಿಲ್ಲ ಎಂದು ಉದಾಸೀನವನ್ನು ಮಾಡಬಹುದು. ದೇಹದ ತೂಕ ಹೆಚ್ಚಾದರೆ ಅದೊಂದು ಸಮಸ್ಯೆ ಮಾತ್ರವಲ್ಲ, ಬೊಜ್ಜಿನಿಂದ ಅನೇಕ ರೀತಿಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳು ತಲೆದೋರಬಹುದು. ಒಟ್ಟಾರೆ ದೇಹದ ಅಗತ್ಯತೆಗಿಂತ ದೇಹದ ತೂಕ ಹೆಚ್ಚಾದರೆ, ಅದನ್ನು ಬೊಜ್ಜು ಅಥವಾ ಸ್ಥೂಲಕಾಯ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ.

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಮಕ್ಕಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಾಗುತ್ತಿರುವುದು ಕಳವಳಕಾರಿಯಾದ ವಿಷಯವಾಗಿದೆ. ಭಾರತದಲ್ಲಿ 2003 ರಿಂದ 2023ರವರೆಗೆ ನಡೆದ ಸಂಶೋಧನೆಯಲ್ಲಿ, ಸುಮಾರು 186901 ಮಕ್ಕಳನ್ನು ಬೊಜ್ಜಿನ ಅಧ್ಯಯನಕ್ಕಾಗಿ ಬಳಸಲಾಗಿತ್ತು. ಈ

- 18.5 ರಿಂದ 25ರ ನಡುವೆ ಇದ್ದರೆ ಸಹಜ ತೂಕ
- 25 ರಿಂದ 30ರ ನಡುವೆ ಇದ್ದರೆ ಅಧಿಕ ತೂಕ
- 30.00 ಇಂದ 35.00 ರ ನಡುವೆ ಇದ್ದರೆ ಮೊದಲ ಹಂತದ ಸ್ಥೂಲಕಾಯ
- 35.00 ರಿಂದ 40.00 ರ ನಡುವೆ ಇದ್ದರೆ, ಎರಡನೇ ಹಂತದ ಸ್ಥೂಲಕಾಯ
- 40 ಕ್ಕಿಂತ ಹೆಚ್ಚಿದ್ದರೆ ಮೂರನೇ ಹಂತದ ಸ್ಥೂಲಕಾಯ ವೈದ್ಯರು ಗುರುತಿಸುತ್ತಾರೆ.

ಸ್ಥೂಲಕಾಯಕ್ಕೆ ಕಾರಣಗಳು:

ಆಹಾರ ಸೇವನೆ.

ಮಕ್ಕಳ ಸ್ಥೂಲಕಾಯಕ್ಕೆ ಕಾರಣಗಳೇನು ಎಂದು ನೋಡಿದರೆ, ನಮ್ಮ ಕಾಣಿಸಿರುವ ಮೊದಲ ಕಾರಣ ಅವರು ಸೇವಿಸುವ ಆಹಾರ ಮತ್ತು ಆಹಾರ ಕ್ರಮಗಳು. ಪೋಷಕರು ಮಕ್ಕಳ ಮೇಲಿನ ಅತಿಯಾದ ಪ್ರೀತಿ ಅಥವಾ ಕಾಳಜಿಯಿಂದಾಗಿ ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಹೆಚ್ಚು ಆಹಾರವನ್ನು ಕೊಡುವುದನ್ನು ನೋಡುತ್ತೇವೆ. ಮಕ್ಕಳಿಗೆ ಹೆಚ್ಚು ಕ್ಯಾಲೋರಿಯುಕ್ತ ಆಹಾರವನ್ನು ನೀಡುವುದರಿಂದ, ಇದು ಅವರು ಸ್ಥೂಲಕಾಯರಾಗಲು ಕಾರಣವಾಗುತ್ತದೆ. ಇದರ ಜೊತೆಗೆ ಮಕ್ಕಳ ಕೈಗೆ ಸಿಗುವ ಜಂಕ್ ಫುಡ್‌ಗಳಾದ ಕೇಕ್, ಚಾಕೋಲೇಟ್, ತಂಪು ಪಾನೀಯಗಳು, ಐಸಕ್ರೀಂ ಮತ್ತಿತರ ಸಿಹಿ ಪದಾರ್ಥಗಳ ಸೇವನೆಯು ಮಕ್ಕಳ ಸ್ಥೂಲಕಾಯಕ್ಕೆ ಕಾರಣವಾಗಬಹುದು.

ದೈಹಿಕ ಚಟುವಟಿಕೆ ಮತ್ತು ಮೊಬೈಲ್:

ಇಂದಿನ ಕಾಲದ ಮಕ್ಕಳಲ್ಲಿ ಆಟವಾಡುವುದು ಕಡಿಮೆಯಾಗಿರುವುದು ಸಹಾ ಮಕ್ಕಳಲ್ಲಿ ಬೊಜ್ಜು ಅಥವಾ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಾಗಲು ಕಾರಣವಾಗಿದೆ. ಹಿಂದೆ ಮಕ್ಕಳು ಶಾಲೆಯಿಂದ ಮನೆಗೆ ಬಂದ ನಂತರ ಮತ್ತು ರಜಾ ದಿನಗಳಲ್ಲಿ ಇತರೆ ಮಕ್ಕಳೊಂದಿಗೆ ಬಯಲಿನಲ್ಲಿ ಆಟವಾಡುತ್ತಾ ಸಮಯವನ್ನು ಕಳೆಯುತ್ತಿದ್ದರು. ಇಂದು ಮೊಬೈಲ್‌ನಲ್ಲಿ, ತರೇವಾರಿ ರೀತಿಯ ಗೇಮ್‌ಗಳು ದೊರೆಯುವುದರಿಂದ ಮಕ್ಕಳು ಮೊಬೈಲ್‌ನಲ್ಲಿ ಹೆಚ್ಚು ಕಳೆಯುತ್ತಿದ್ದಾರೆ, ಇದರಿಂದಾಗಿ ಮಕ್ಕಳ ದೈಹಿಕ ಚಟುವಟಿಕೆ ಕಡಿಮೆಯಾಗಿದೆ ಎಂದು ಹೇಳಿದರೆ ತಪ್ಪಾಗಲಾರದು. ನಾವು ತಿಂದಂಹ ಆಹಾರ ನಮ್ಮ ದೇಹದಲ್ಲಿ ಕರಗಬೇಕಾದರೆ, ದೈಹಿಕ ಚಟುವಟಿಕೆ ಅತೀಮುಖ್ಯ. ಕಡಿಮೆ ದೈಹಿಕ ಚಟುವಟಿಕೆ, ಮೊಬೈಲ್ ಮತ್ತು ಟಿವಿ ಮುಂತಾದವುಗಳನ್ನು ಕುಂತಲೇ ಅತಿಹೆಚ್ಚಾಗಿ ಬಳಸುವುದರಿಂದ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಾಗಲು ಕಾರಣವಾಗುತ್ತದೆ.

ನಿದ್ರೆ:

ನಿದ್ರೆ ಕೊರತೆಯು ಸಹಾ ಮಕ್ಕಳ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಾಗಲು ಒಂದು ಕಾರಣವಾಗಿದೆ. ನಿದ್ರೆ ಸರಿಯಾಗಿ ಮಾಡದಿರುವುದರಿಂದ, ದೇಹದಲ್ಲಿ



**Is Your
Child
Overweight?**

ಸಂಶೋಧನೆಯಿಂದ ತಿಳಿದ ವಿಷಯವೇನೆಂದರೆ ಸುಮಾರು 12.4% ಮಕ್ಕಳು ಬಾಲ್ಯದಲ್ಲೇ ಸ್ಥೂಲಕಾಯಕ್ಕೆ ತುತ್ತಾಗಿರುವುದು ಕಂಡುಬಂದಿದೆ.

ಸ್ಥೂಲಕಾಯ ಅಂದರೇನು?

ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಬಾಡಿ ಮಾಸ್ ಇಂಡೆಕ್ಸ್ ಅಥವಾ ಬಿಎಂಬಿ ನೋಡಿ ವೈದ್ಯರು, ಆ ವ್ಯಕ್ತಿಯು ಬೊಜ್ಜು ಹೊಂದಿದ್ದಾರೆಯೇ ಇಲ್ಲವೇ ಎಂದು ಹೇಳುತ್ತಾರೆ. ಸಾಮಾನ್ಯವಾಗಿ ಬಾಡಿ ಮಾಸ್ ಇಂಡೆಕ್ಸ್

- 18ಕ್ಕಿಂತ ಕಡಿಮೆ ಇದ್ದರೆ ಕಡಿಮೆ ತೂಕ

ಹಾರ್ಮೋನ್‌ಗಳ ವ್ಯತ್ಯಾಸವಾಗಿ, ದೇಹದ ತೂಕ ಹೆಚ್ಚಾಗಲು ಕಾರಣವಾಗುತ್ತದೆ. ನಿದ್ರೆಯ ಕೊರತೆಯಿಂದ ಕೆಲವೊಮ್ಮೆ ಮಕ್ಕಳಲ್ಲಿ ಒತ್ತಡ ಹೆಚ್ಚಾಗುವುದು, ಇಂತಹ ಸಂದರ್ಭದಲ್ಲಿ ಮಕ್ಕಳು ಆಹಾರ ಸೇವನೆ, ಹೆಚ್ಚು ಸೇವಿಸುವುದರಿಂದ ಬೊಜ್ಜು ಹೆಚ್ಚಾಗಲು ಕಾರಣವಾಗುತ್ತದೆ.

ವಂಶವಾಹಿನಿ:

ಮಕ್ಕಳ ಹಿರಿಯರಲ್ಲಿ ಯಾರಿಗಾದರೂ ಬೊಜ್ಜು ಅಥವಾ ಸ್ಥೂಲಕಾಯವಿದ್ದರೆ, ಇದು ಮುಂದೆ ಮಕ್ಕಳಲ್ಲಿ ಬರುವ ಸಂಭವವಿರುತ್ತದೆ.

ಸ್ಥೂಲಕಾಯದ ಪರಿಣಾಮಗಳು:

ಅತಿಯಾದ ಬೊಜ್ಜಿನ ಪರಿಣಾಮವಾಗಿ ಮಕ್ಕಳಲ್ಲಿ, ಕೆಳಕಂಡ ಸಮಸ್ಯೆಗಳು ಕಂಡುಬರುವವು.

- ಟೈಪ್ 2 ಮಧುಮೇಹ
- ಹೃದಯ ಸಂಬಂಧಿ ಕಾಯಿಲೆಗಳು
- ಹಾರ್ಮೋನ್‌ನಲ್ಲಿ ವ್ಯತ್ಯಾಸ
- ಆಸ್ತಮಾ
- ನಿದ್ರೆ ಸಮಸ್ಯೆ
- ಮೂಳೆ ಮತ್ತು ಮಂಡಿ ನೋವು ಬರುವ ಸಂಭವವಿರುತ್ತದೆ.

ಮಕ್ಕಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ನಿಯಂತ್ರಣ ಮಾಡುವುದು ಹೇಗೆ.

ಮಕ್ಕಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಾದರೆ, ಅದಕ್ಕೆ ಅವರನ್ನು ದೂರಲು ಆಗುವುದಿಲ್ಲ. ಏಕೆಂದರೆ ಮಕ್ಕಳ ಸ್ಥೂಲಕಾಯಕ್ಕೆ ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಇಲ್ಲವೇ ಪರೋಕ್ಷವಾಗಿ ಪೋಷಕರೇ ಜವಾಬ್ದಾರರಾಗಿರುತ್ತಾರೆ. ಉದಾಹರಣೆಗೆ ಮಕ್ಕಳು ಅಳುತ್ತಾರೆಂದು ಅವರು ಕೇಳಿದಾಗ ಬೇಕರಿ ಮತ್ತು ಸಕ್ಕರೆಪೂರಿತ ತಿನಿಸುಗಳನ್ನು ಕೊಡಿಸುವುದರಿಂದ, ಮಕ್ಕಳ



ದೇಹದಲ್ಲಿ ಅತಿಯಾದ ಕ್ಯಾಲೋರಿ ಸೇರುವುದರಿಂದ ಮಕ್ಕಳ ಸ್ಥೂಲಕಾಯಕ್ಕೆ ಕಾರಣವಾಗುತ್ತಿದೆ. ಇದರ ಜೊತೆಗೆ ತಮ್ಮ ಕೆಲಸದ ಒತ್ತಡದಿಂದಲೋ ಮಕ್ಕಳೊಂದಿಗೆ ಹೆಚ್ಚು ಬೆರೆಯಲು ಸಾಧ್ಯವಾಗದೆ, ಅವರ ಕೈಗೆ ಮೊಬೈಲ್ ಮತ್ತು ಸಮಯವನ್ನು ಕಳೆಯಲು ಟಿ.ವಿ ನೋಡಲು ಬಿಡುವುದರಿಂದ, ಅವರ ದೈಹಿಕ ಚಟುವಟಿಕೆ ಕುಂಠಿತವಾಗಿ, ಅವರಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಾಗಲು ಪೋಷಕರು ಪರೋಕ್ಷವಾಗಿ ಕಾರಣವಾಗುತ್ತಿದ್ದಾರೆ. ಹಾಗಾಗಿ ಮಕ್ಕಳು ಚಿಕ್ಕವರಾಗಿದ್ದರೂ ಹಿಡಿದು ದೊಡ್ಡವರಾಗುವವರೆಗೂ, ಪೋಷಕರೇ ಮಕ್ಕಳ ಆಹಾರ ಕ್ರಮದ ಬಗ್ಗೆ ಕಾಳಜಿವಹಿಸಬೇಕಾದ ಅಗತ್ಯತೆ ಇದೆ. ಈ ಕೆಳಕಂಡ ಕ್ರಮಗಳನ್ನು ರೂಢಿಸಿಕೊಳ್ಳುವುದರಿಂದ, ಮಕ್ಕಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯನ್ನು ದೂರವಾಗಿಸಬಹುದು.

- ಮಕ್ಕಳೊಂದಿಗೆ ಆಟದಲ್ಲಿ ಪಾಲ್ಗೊಂಡು, ಅವರು ಬಯಲಿನಲ್ಲಿ ಆಟವಾಡಲು ಉತ್ತೇಜಿಸುವುದು. ಹಾಗೂ ಹೊರಾಂಗಣ ಕ್ರೀಡೆಗಳಾದ ಫುಟ್‌ಬಾಲ್, ವಾಲಿಬಾಲ್, ಕ್ರಿಕೆಟ್ ಆಡಲು ಪ್ರೋತ್ಸಾಹಿಸುವುದು.
- ಆಹಾರದಲ್ಲಿ ಜಂಕ್‌ಫುಡ್ ಕಡಿಮೆ ಮಾಡಿ, ಮಕ್ಕಳಿಗೆ ಪೌಷ್ಟಿಕಾಂಶಭರಿತ ಹಾಗೂ ಕಡಿಮೆ ಕ್ಯಾಲೋರಿ ಆಹಾರವನ್ನು ಮನೆಯಲ್ಲೇ ತಯಾರಿಸಿ ನೀಡುವುದು.
- ಮಕ್ಕಳು ಅತಿಯಾಗಿ ತಿನ್ನುವುದರ ಕಡೆ ಗಮನ ನೀಡಿ, ಅದನ್ನು ಕಡಿಮೆ ಮಾಡಿಸುವುದು.
- ಮಕ್ಕಳೊಂದಿಗೆ ಸಮಯ ಸಿಕ್ಕಾಗ ಅವರೊಂದಿಗೆ ನಡೆಯುವುದು. ಕನಿಷ್ಠ 30 ನಿಮಿಷ ಅವರು ನಡೆಯುವಂತೆ ನೋಡಿಕೊಳ್ಳುವುದು.
- ಯಾವುದೇ ಕ್ರಮಗಳನ್ನು ಅನುಸರಿಸಿದರೂ ಸಹಾ ಮಕ್ಕಳಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಹತೋಟಿಗೆ ಬರುತ್ತಿಲ್ಲದಿದ್ದರೆ, ಮಕ್ಕಳ ತಜ್ಞರನ್ನು ಅಥವಾ ಪೌಷ್ಟಿಕಾಂಶ ತಜ್ಞರನ್ನು ಭೇಟಿ ಮಾಡಿ, ಅವರಿಂದ ಪಥ್ಯಾಹಾರ ಕ್ರಮ ಪಡೆದು, ಅದನ್ನು ಅನುಸರಿಸುವುದು.
- ಮಕ್ಕಳು ಮೊಬೈಲ್ ಮತ್ತು ಟಿ.ವಿ ಯನ್ನು ಹೆಚ್ಚಾಗಿ ನೋಡದಂತೆ ಮಾಡುವುದು ಹಾಗೂ ಅವರು ಇತರೇ ಚಟುವಟಿಕೆಯಲ್ಲಿ ತೊಡಗಿಕೊಳ್ಳುವಂತೆ ಪ್ರೋತ್ಸಾಹಿಸುವುದು ಅಥವಾ ನೋಡಿಕೊಳ್ಳುವುದು.



ಡಾ. ಎ.ಆರ್. ಸೋಮಶೇಖರ್
ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಮುಖ್ಯಸ್ಥರು
ಮಕ್ಕಳ ವಿಭಾಗ, ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆಗಳು

RHYTHM OF REST...DO YOU HAVE SLEEP APNEA?

What is sleep Apnea?

Sleep apnea is a potentially a serious sleep disorder characterized by interrupted breathing during sleep. These pauses during the breathing can last from a few seconds to minutes and may occur multiple times throughout the night. Sleep apnea disrupts normal sleep patterns, leading to poor sleep quality and daytime fatigue. It can lead to various health complications if left untreated.

To know more in detail about this let us hear from **Dr. Prasanna Kumar T, Associate professor, Respiratory Medicine, Consultant, Sleep Medicine.**

What are the types of sleep apnea?

There are three primary types of sleep apnea:

Obstructive Sleep Apnea: Caused by physical blockage of the airway during sleep.

Central Sleep Apnea: Involves a lack of effort to breathe during sleep due to instability in the brain's respiratory control center.

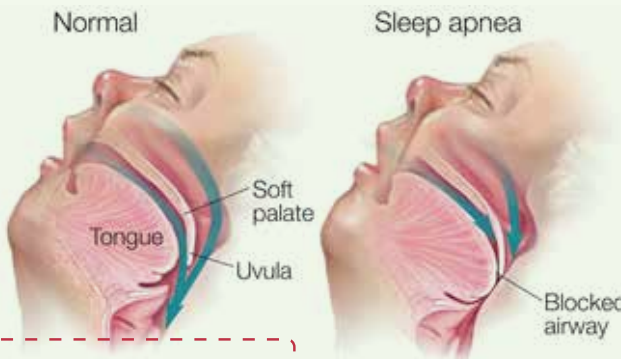
Complex Sleep Apnea Syndrome: A combination of obstructive and central sleep apnea.

What are the risk factors, which leads to sleep apnea?

Several factors increase the risk of developing sleep apnea:

Narrow Airways: Individuals with naturally narrow airways face a higher risk of airway obstruction during sleep.

Impaired Muscle Activity during Sleep: Weak muscles, especially in the throat area, can contribute to airway collapse during sleep.



Unstable Breathing Control: Instability in the body's breathing control mechanisms can lead to disruptions in normal breathing patterns during sleep.

Low Arousal Threshold: Individuals with a low threshold for waking up from sleep may experience more frequent interruptions in breathing.

What are the symptoms associated with it?

Recognizing the symptoms of sleep apnea is essential for early diagnosis and treatment:

Loud Snoring: Persistent and loud snoring is a common symptom of sleep apnea.

Episodes of Breathing Interruption: These episodes, often noticed by a bed partner, involve pauses in breathing during sleep.

Gasping for Air: Sudden gasping or choking sensations during sleep indicate interrupted breathing patterns.

Dry Mouth and Morning Headaches: Waking up with a dry mouth or headache can be indicative of disturbed sleep.

Insomnia and Hypersomnia: Difficulty staying asleep or excessive daytime sleepiness may signal sleep apnea.

Difficulty Concentrating and Irritability: Sleep disruptions can lead to cognitive difficulties and mood changes.

Sleep Paralysis: Some individuals may experience temporary paralysis upon waking up or falling asleep.

Frequent Night-time Urination: Interrupted sleep can lead to frequent trips to the bathroom during the night.

What are the potential health complications?

Untreated sleep apnea can contribute to various health issues, including:

Stroke and Cardiac Failure: Disrupted breathing patterns can strain the cardiovascular system, increasing the risk of stroke and heart problems.

Poor Sleep Quality and Forgetfulness: Sleep fragmentation affects overall sleep quality and cognitive function, leading to forgetfulness and cognitive impairment.

Non-Alcoholic Fatty Liver and Diabetes Mellitus: Sleep apnea is associated with metabolic disorders, including non-alcoholic fatty liver disease and diabetes mellitus.

Gastroesophageal Gastric Diseases: The disruption of normal sleep patterns can contribute to gastrointestinal issues.

Sexual Dysfunction and Obesity: Sleep apnea is linked to sexual dysfunction and can exacerbate obesity due to its impact on metabolism and energy regulation.

What are the strategies for optimal sleep?

Implementing certain lifestyle changes can help manage sleep apnea:

Establish a Night-time Routine: Consistent bedtime habits can promote better sleep quality.

Create a Healthy Sleep Environment: Ensure your bedroom is conducive to sleep, with comfortable bedding and minimal distractions.

Avoid Large Meals and Caffeine Before Bedtime: Heavy meals and stimulants can disrupt sleep patterns.

Turn off Electronic Devices: Limit screen time before bed to promote relaxation and reduce stimulation.

Reduce Stress: Practice stress-reduction techniques such as meditation or deep breathing exercises.

How can it be diagnosed and what is the treatment for it?

Clinical Examination: Healthcare providers assess symptoms and medical history.

Sleep Screening Questionnaire: Helps identify potential sleep disturbances.

Physical Examination: May include measurements of body weight, neck circumference, and examination of the airway.

Polysomnography: A comprehensive sleep study conducted in a sleep clinic to monitor various physiological parameters during sleep.

Continuous Positive Airway Pressure (CPAP) Therapy: A machine that delivers a continuous flow of air to keep the airway open during sleep.

Oral Appliances: Devices that help reposition the jaw and tongue to prevent airway obstruction.

Lifestyle Modifications: Weight loss, regular exercise, and quitting smoking can improve sleep apnea symptoms.

Upper Airway Exercises: Techniques aimed at strengthening muscles in the throat and mouth.

Surgery: In cases of severe obstruction, surgical interventions may be necessary to correct anatomical issues.

In conclusion, sleep apnea is a prevalent sleep disorder with significant health implications if left untreated. Recognizing the risk factors, symptoms, and available treatment options is essential for effectively managing this condition and improving overall sleep quality and health. If you suspect yourself or others who have sleep apnea, consult a healthcare professional for proper evaluation and treatment guidance.



Dr. Prasanna Kumar T
Associate professor,
Department of Pulmonology

Launch of New Nursing Course for Working Nurses

Ramaiah Medical College Hospital introduced a nursing course focused on IDCCN (Indian Diploma in Critical Care Nursing) in collaboration with ISCCM (Indian Society of Critical Care Medicine), in 2024. This program has received approval for 8 seats per year, divided into two intakes. Each intake will accommodate registration for up to four candidates.

Dr. Sumathy, Prof. & HoD, Dermatology was conferred FIAD (Fellow of IADVL Academy of Dermatology) award during the IADVL Day program at DERMACON 2024 in Hyderabad, on 24th February, 2024.



Ramaiah Institute of Nursing Education and Research organised a workshop on "Global Pandemic of Non-communicable Disease Burden: The Nurses Make the Differences." The workshop was unfolded through enlightening sessions led by esteemed speakers such as Dr. Venkata Lakshmi Narasimha and Dr. Vinayak V. Maka and others. Engaging practice sessions facilitated hands-on learning, empowering healthcare professionals to confront the challenges posed by the global burden of non-communicable diseases (NCDs).

UG and PG Students of Ramaiah Institute of Nursing Education and Research participated in Jnana – Vijnana Tantrajana Mela organized by Adichunchanagiri University and Sri Adichunchanagiri Mahasamsthana Math on 19 & 20 February 2024. The students and staff participated in various competitions like Quiz, Powerpoint presentation and exhibition on various themes.



The department of Medical Surgical Nursing organized a guest lecture on "Assessment, prevention and management of pressure injury" on 21st February, 2024 at Ramaiah Institute of Nursing Education and Research. Lima Mathews, Nursing Superintendent, Ramaiah Medical College Hospital delivered the Lecture. She shared her expertise and insights on effective assessment techniques, proven prevention strategies and evidence-based management approaches for pressure injuries.

National Science Day Celebrations 2024



The Faculty of Mathematical and Physical Sciences celebrated National Science Day 2024 at the Ramaiah Technology Campus on 28th February, 2024. Prof. G U Kulkarni, President, Jawaharlal Nehru Centre for Advanced Scientific Research was the chief guest for the event. Prof. Kuldeep Kumar Raina, Vice Chancellor, RUAS, Prof. Govind Kadambi, Pro-Vice Chancellor, RUAS and others were present. Prof. Kulkarni delivered in his inaugural address shedding light on the life and contributions of Sir C V Raman, followed by a keynote address on Functional Glasses.

WELCOME



Bestha Sushma
Co-ordinator, Ethics Committee

SEPARATED



Dr. Chaitra L
Senior Resident, Pathology



Dr. Lalitha C.
Assistant Professor,
Microbiology



Dr. Sriram Manchikanti
Assistant Professor,
Vascular Surgery



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



Dr. Appuraj Tandale
Senior Resident, General Medicine



Dr. Subhasree N
Senior Resident, Anaesthesiology

Inauguration of Cath Lab, CT, MRI facility at RMH



Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), & President, Ramaiah Memorial Hospital, Dr. Vinay Kumar Bahl, Director, Cardiac Sciences, Dr. Umesh, HoD, Dept. of Radio Diagnosis and other dignitaries inaugurated the Cath lab, CT & MRI facility at Ramaiah Memorial Hospital.

