



Silver Jubilee Celebrations Ramaiah College of Law Celebrates Twenty Five Years of it's existence



It is a historic day for all of us! Ramaiah College of Law proudly commemorated its momentous Silver Jubilee on 29th July, 2023, a day woven into the Birth Centenary Celebrations of our Founder Chairman Karmayogi Dr. M S Ramaiah.

The overwhelming pride of the occasion was taken to heights when distinguished members of the judiciary from the Supreme Court and High Court graced the occasion.

With a galaxy of gathering of lawyers, law students and staff, the silver jubilee celebrations goes into the

annals of history of the Ramaiah group of institutions. This occasion was yet another memorable event for the Ramaiah family.

The esteemed presence of Hon'ble Justice S. Abdul Nazeer, the Governor of Andhra Pradesh, as the Chief Guest has added glitter to the celebrations. Hon'ble Justice A. S. Bopanna, Judge, the Supreme Court of India, Hon'ble Justice B. V. Nagarathna, Judge, the Supreme Court of India, Hon'ble Justice Aravind Kumar, Judge, the Supreme Court of India, Hon'ble Justice Prasanna B. Varale, Chief Justice, the High Court of Karnataka & Patron-In-Chief, KSLSA, Hon'ble Justice G. Narendar, Judge, the High Court of Karnataka & Executive Chairman, KSLSA, , Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor of RUAS, M R Seetharam, Vice Chairman, Gokula Education Foundation, M R Anandaram, Director, Ramaiah College of Law, M R Ramaiah, Secretary, B. S Ramaprasad, CE, institution heads, family members and other dignitaries graced the occasion.



RAMAIAH

July 2023

The Outbreak of Eye Flu

ಜ್ಞಾನವಾಹಿನಿ
Jnana Vahini

Monthly Newsletter - Gokula Education Foundation (Medical)

Volume - 14 Issue - 7
July 2023

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

Editorial Team

**Chandru
Ragi Saggere
Ravi V**

Ravi C U, Photographer

Design and Printing

DIGITAL ART WORKS
info@dawindia.com

Contact

+91 2218 2822/3205
+91 2360 5190, Extn. 1315/3595
+91 88674 99288
gokulagnanavahini@gmail.com

www.ramaiah-india.org

In recent days, the world has faced numerous challenges from climate change that has affected not only our physical health but also our way of life. The seasonal infections are due to extreme rains & flood, humid conditions and lack of hygiene level.

One such concerning health issue, which is related to seasonal influenza that has emerged, is the Eye Flu. An outbreak has posed unique challenges to healthcare systems and individuals alike.

Eye Flu, also known as conjunctivitis or pink eye, is an inflammation of the conjunctiva, the clear tissue covering the white part of the eye and the inner surface of the eyelids. It is most commonly caused by viral or bacterial infections, but can also be triggered by allergies or irritants. The hallmark symptoms include redness, itchiness, excessive tearing, and a gritty sensation in the eyes. In severe cases, Eye Flu can lead to vision impairment, which demands swift medical intervention.

The Rise of Eye Flu Outbreaks-

Eye Flu outbreaks are not new, but in recent years, their frequency and intensity has increased, making them a significant public health concern. The reasons for this rise are multifactorial. Climate change may play a big role. Urbanization and population density facilitate the spread of viral and bacterial infections.

There has been a spike in the number of conjunctivitis cases over the last fortnight and some city hospitals are receiving nearly 30 cases a day. Doctors, who said an outbreak during monsoon is not unusual, pointed out that many patients are reporting with a virulent form of conjunctivitis.

"Prevention is better than cure" holds true for Eye Flu. Public awareness campaigns must emphasize the importance of basic hygiene practices, such as frequent hand washing and avoiding touching one's eyes. Additionally, encouraging the use of eye protection, particularly in crowded or dusty environments, can help reduce the transmission of pathogens.

Department of Ophthalmology, in Ramaiah Hospitals is making significant efforts to curb the spread of the infection. They are actively engaged in raising awareness on hygiene practices to the public.



In his inaugural address, Hon'ble Justice S. Abdul Nazeer, the Governor of Andhra Pradesh, emphasized the need and crucial role of legal clinics. He enhanced how they could serve as catalysts, by not only providing legal services, but also fostering inclusivity in the realm of justice.

In her keynote speech, Hon'ble Justice B.V. Nagarathna, Judge, Supreme Court of India, stated, " I am very happy to be a part of the silver jubilee celebrations of Ramaiah College of Law, by which it was an honour to me to launch Kanoonu Santhe, an initiative that provides legal aid to those who cannot access it."

Dr. M.R. Jayaram said, "There are more than 21 institutes in our campus. Six of these institutes are ranked in the National Institutional Ranking Framework (NIRF). Our target is to place 4-5 institutions

more to the NIRF ranking in the next 2-3 years." "Our aim is to be globally ranked," he added.

Extending a warm welcome to all, M.R. Anandaram, the Director of Ramaiah College of Law, graciously presided over the gathering and conducted the felicitation proceedings.

This Silver Jubilee celebration was truly a grand fair, with cultural performances and inspiring talks. A legal awareness skit was enacted by the law students showing the reality of thousands of underprivileged people who are not aware of their legal and constitutional rights. This momentous occasion

provided an impressive opportunity to look back and appreciate the remarkable achievements and growth of the college over the years.





A delegation of Education Promotion Society for India (EPSI) led by Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, met Shri Yogi Adityanath, Chief Minister, Uttar Pradesh, on 19th July, 2023.



Ramaiah Medical College celebrated Doctor's day on 3rd July, 2023. Prof. Umamahesh Sathyanarayan, Principal, Ramaiah College of Law was the chief guest for the programme. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Medha Y Rao, Dean Academics, Dr. Prathab A G, Registrar (Academics) and others were part of the programme.



Prof. Kuldeep K. Raina, Vice Chancellor of RUAS, addressed the gathering at the G20 Science-20 Summit in Coimbatore, Tamil Nadu on July 21st, 2023.

Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), was a special invited speaker organized by the Global Child Fund in collaboration with Kings College London and Harvard Dental School in Cambridge, Boston, USA. During this program, Prof. O P Kharbanda interacted with dental leaders from across the globe. He shared his experiences and knowledge on oral health and dental education, research & health economics.

He also deliberated on the dental industry and how to better oral health masses with integrating health.

Congratulations to Prof. O P Kharbanda who has been elected as the council member of the esteemed National Academy of Medical Sciences (NAMS) in New Delhi.





On the occasion of Doctor's day, Dr. Pramila Kalra, Prof. HOD, Dept. of Endocrinology was awarded "Endocrinologists of India" by ECONOMIC TIMES EDGE (ET EDGE).



Ramaiah Memorial Hospital organized a guest lecture on 'Development of Liver Transplant Anesthesia Programme' by Dr. Sanjeev Aneja, Senior Consultant Anesthesia & Intensive Care, Apollo Hospitals, New Delhi and 'Living Donor Liver Transplantation' by Dr. Neerav Goel, Head-Liver Transplant & HBP Surgery Department Indraprastha Apollo Hospital New Delhi on 1st July, 2023 at Ramaiah Memorial Hospital.



Department of Neurology in collaboration with Division of Research & Patents organized guest lecture on essential oil related to neurological disorders by Dr. Thomas Mathew, Professor, Dept. of Neurology St. John's Medical College & Hospital on 28th June, 2023.



Dr. Pramila Kalra, Prof & HOD, Endocrinology was invited as a panelist and poster judge at SLENDOS organised by Srilanka College of Endocrinologists and Society of Endocrinology at Colombo on 28th July, 2023.



Ramaiah Medical College and Ramaiah College of Physiotherapy organized Guest Lecture by Dr. Madhan Balasubramanian, Senior Lecturer in Health and Aged Care Management, University of Sydney, on 11th July, 2023.



Department of Anesthesiology celebrated National Anaesthesia and Operation Theatre Technologists Day.



Department of Critical care organised soft skills training program on Empathy and Breaking Bad News. Dr. Rooparani K, Dr. Radha M G, students and staff took part in the programme.



Dr. Somashekar A R Prof. and HOD Dept. of Paediatrics, conducted Adolescent health education at Ramaiah polytechnic on 11th July, 2023 in Association with Bengaluru Adolescent health Academy and Adolescent health Academy of Karnataka.



Dr. Murali Thyloth, Prof. & HOD, dept. of Psychiatry received the Dr. Indira Rajagopal Memeorial Award- Doctor of the year 2023.



Dr. Ramya D M, Assistant Professor, Department of Critical Care, received fellowship "International Diploma in ECMO" in Paris, France. She has also presented 2 posters in the international congress named 'ECOS TCS'.



Department of Physiology, Ramaiah Medical College in association with APPI Bengaluru Chapter organized Guest Lecture by Dr. Nageshwar Rao Komarraju, Technical Expert (Aviation Medicine), International Civil Aviation Organization, Montreal, Canada on 21st July, 2023.



On the occasion of World Plastic Surgery Day the Department of Plastic Surgery along with Department of General Surgery organised an awareness programme on 15th July, 2023 at Ramaiah Memorial Hospital. The CME was on "Pressure Sore – Pathophysiology, Prevention and Wearable's".



The Department of Pharmacology conducted a training programme on "Strategies for implementing Materiovigilance" on 27th July 2023.

This interdisciplinary programme was conducted in collaboration with the MvPI, IPC Ministry of Health and family welfare. Mrs Sindu M.G, the National Co-ordinator for MvPI emphasised the importance of reporting the

adverse events occurring due to medical devices and Mr Hari haran V, emphasised on how to report medical device adverse events. More than 175 faculties and students from various streams of medical, dental, pharmacy, nursing and engineering college, RUAS were sensitized on reporting of adverse events to medical devices.

World Hepatitis day

Department of Microbiology & Department of Gastroenterology organized CME on World Hepatitis Day on 28th July, 2023 at Ramaiah



Medical College. The theme for this year World Hepatitis Day 2023 is "One life, one liver," focusing on creating awareness about viral hepatitis. Poster presentation, Rangoli competition and Quiz Competition was organised for students and staff.



Miracle Cure: 11-Year-old beats Blood Cancer

An 11-year-old boy was cured of blood cancer at Ramaiah Medical College & Hospital. This treatment was made possible under the Ayushman Bharath Health Scheme for the first time in Karnataka.

In a remarkable medical journey, 11-year-old Master P, who was diagnosed with beta thalassemia major shortly after birth, has won over his condition through a groundbreaking Haplo-identical Bone Marrow Transplantation (BMT) procedure at Ramaiah Medical College and Hospital, Bengaluru.

Master P's battle with severe anaemia led to a challenging case, as he required blood transfusions every 3-4 weeks. His parents noticed that the chronic anaemia hindered his growth, affecting his confidence and school life. Aware of the potential healing effects of BMT, Master P's family searched for a suitable donor, only to discover that neither of the parents nor his older brother was a full match.

Dr. Rasmi Palassery, Paediatric bone marrow transplant physician and haematologist, introduced them to the possibility of utilizing haplo-identical stem cell transplantation from a half-matched donor – in this case, Master P's older brother.

After thorough counselling and consideration, Master P's family made the courageous decision to proceed with the Haplo-identical transplant using stem cells from his brother. However, another significant hurdle remained was the financial burden associated with the complex procedure and post-transplant care.

Ramaiah Medical College & Hospital after identifying the financial status of the family, provided them information about government schemes as it was a complex and long-term treatment procedure as bone marrow transplant requires the patient to stay in the hospital for about 6 to 12 months and the cost of this treatment would be 15 to 20 lakhs. The hospital treated the boy under the Suvarna Arogya Suraksha Trust, a government scheme that covered all the expenses of the boy's treatment until discharge. The utilization of the Suvarna Arogya Suraksha Trust for treatment at Ramaiah Medical College Hospital marks a proud milestone as it was the first time this scheme was used in Karnataka.

Master P's journey towards recovery began with a haplo-identical bone marrow transplant from his half-matched brother. The bone marrow transplant treatment was successful and Master P will not need any kind of blood transfusion in the future. He demonstrated incredible results during the month-long hospital stay.



Dr. Rasmi Palassery
Department of Oncology

PRIDE CLINIC conducted a camp at ASHANKURA BEL School for special children on Tuesday, 25th July 2023. The camp aimed to provide multi-specialty consultations for the special children in a single venue, and it saw active participation from both parents and teachers of the school. A total of 50 children received counselling, and their parents were also counselled, following which a system for implementing the suggested interventions was set up at Ramaiah Hospitals.

The participating faculty included Dr. Divya Nagabushana (Paediatric Neurologist), Dr. Prarthana (Developmental Paediatrician), Dr. Kirti Joshi, and Dr. Rajitha (Paediatric Physiotherapy), along with Dr. Shravan (Paediatric Orthopaedic).



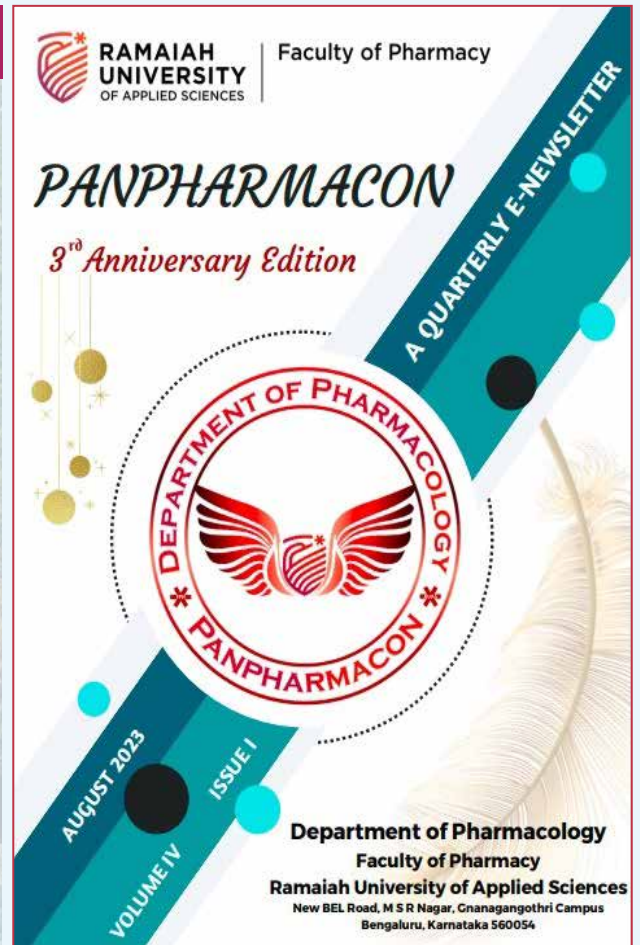
Dept. of Anatomy organised a guest lecture on "Newer Domains Shaping Clinical Practice an Overview" by Dr. Narayana Subramaniam. The objective of the lecture was to create awareness regarding the newer innovation in the fields of clinical practice and medical research.

Meeting an Evolved Soul

Destiny's child roaming in circles through the lanes of life,
 Stumbling over life's uneven rocks and rough edges.
 Sipping and gobbling, to maintain a timely ritual for the body.
 Soul in slumber.
 Suddenly seems to cross heaven's gate on earth.
 Slowly...the breath becomes deep and a tickle from the soul,
 Lips mutter an unknown page from a book, in the past never
 existed,
 An awakening of the sixth sense.
 Making him vulnerable, but more focused on the goodness of this
 soul.
 Cursing the years gone by, for not crossing this gate early.
 Blaming the Eye and the 'I'
 The peace, the smile, the laughter echoing in every conversation
 they have.
 A soul which put him to ease and made him confident of his own
 words and lines.
 This soul knows no time or place, but appreciates all things his
 eyes failed to even notice.
 Seeing a positive ray in every dark cloud.
 Praise this soul which would have gone down the same lane,
 loaded with traffic of travellers, with deadliest sins, to cross the
 gate much too early than him.



Dr. S. Ananth Bhandary
 Prof. & HOD
 Dept. of Ophthalmology



RAMAIAH UNIVERSITY OF APPLIED SCIENCES | Faculty of Pharmacy

PANPHARMACON
3rd Anniversary Edition

A QUARTERLY E-NEWSLETTER

DEPARTMENT OF PHARMACOLOGY
 PANPHARMACON

AUGUST 2023
 VOLUME IV
 ISSUE I

Department of Pharmacology
Faculty of Pharmacy
Ramaiah University of Applied Sciences
 New BEL Road, M S R Nagar, Gnanagangothri Campus
 Bengaluru, Karnataka 560054

Call for submission of articles for the upcoming edition of Panpharmacon. Interested authors are requested to send the articles to fphpanpharmacon@gmail.com.



Department of Emergency Medicine in association with American Heart Association organized BLS, ACLS and PALS Training Centre Faculty (TCF) course. The training programme was led by Dr. Aruna Ramesh, HOD Dept. of Accident & Emergency.

AAVYA - Cancer Detection



Lighting a lamp of hope

Rotary Club of Bangalore Junction organised a function to Handover "AAVYA - Cancer Detection Mobile Van" to Ramaiah Medical College & Hospital on July 24th, 2023, at Ramaiah Medical College.

AAVYA (meaning the first rays or the gift of god) Cancer Detection Mobile Van's initiative was started when Rotary Club and Ramaiah collaborated eight months back.

The main intention of this initiative was to address the under privileged and to make health care, especially the oncological and geriatric health care, available to all sections of the society.



Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS, and Rtn. Srinivas Murthy, District Governor- RI Dist. 3192, launched the mobile van AAVYA.



Hope for millions



Mobile Van: A Ray of Hope

This comprehensive mobile unit consist of ECG, X-ray facility, Mammography unit, Colposcopy unit and Laryngoscopy unit. Medical professionals provide provisions for examination of benign and malignant lesions of oral cavity, dental evaluation, breast examination and head and neck evaluation. Facilities like tele-reporting of the investigations done, like PAP smear and other screening test can be accomplished with ease and thus prevent or catch the cancers at the earliest.

The entire cost of this unit sums approximately to 2 crores. Housed under Ramaiah Sahaya Kendra (RSK), this van will function on every Sunday and these camps will cover all the surrounding rural areas on rotation basis.

Rtn. Srinivas Murthy, District Governor - RI Dist 3192, was the chief guest for the programme. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Rtn. Jeetendra Aneja, IPDG-RI Dist 3190, Rtn. Dr. Milind Deshpande, Managing Director of Vishal Infrastructure Ltd and others were part of the function.



AAVYA mobile van: is equipped with cutting-edge technology to provide care to patients on the go.

Pink Eye Alert !!

In India, conjunctivitis frequently emerges during the monsoon season when high humidity and moisture provide an ideal environment for the causal agents to increase. Although the term 'pink eye' may sound light-hearted, it arises from a combination of factors that require careful consideration. But fear not, as our ophthalmologist Dr. S. Ananth Bhandary, Prof. & HOD Dept. of Ophthalmology, shares some valuable information and effective care to be taken this season!

What is pink eye or Conjunctivitis?

Pink eye, also known as conjunctivitis, is a common viral infection that is prevalent nowadays. It is caused by the adenovirus, a type of virus. This infection is highly contagious and can be transmitted through direct contact with infected individuals, such as touching their eyes, hands or even touching the surface or things they have used.

What is the most crucial preventive measure to control the spread of this viral infection in public places?

The most crucial preventive measure to control the spread of this viral infection in public areas is frequent hand sanitization. Additionally, individuals infected with pink eye should be given medical leave for the first three days, as this is the period when the virus is highly contagious and can easily spread to others. Places like malls and schools are particularly susceptible to spreading the infection.

Why are school-going children more susceptible to this viral infection?

School-going children are more susceptible to this viral infection because they often touch their face and eyes frequently and may not use hand sanitizers regularly. To reduce the frequency of touching their eyes, school-going children are advised to wear protective glasses.

Why is this particular season of the viral infection considered a little more



contagious than usual?

This particular season of the viral infection is considered a little more contagious than usual due to changes in the strains of the adenovirus. This seasonal increase in infections is more common during the rainy season.

Why is it important to get a doctor's prescription before using eye drops or medicines for this viral infection?

Obtaining a doctor's prescription before using eye drops or medicines for this viral infection is important because some drops may contain steroids that can worsen the viral infection. Sharing eye drops between family members can also be dangerous as different individuals may require specific antibiotics, and sharing can lead to cross-contamination. It is crucial to use eye drops only in the eye diagnosed with pink eye (viral conjunctivitis) and avoid using them in the healthy eye.

How frequently should eye drops be used during the early stages of viral conjunctivitis?

During the early stages of viral conjunctivitis, eye drops should be used at least six times a day. Artificial tears or lubricating eye drops can work wonders in providing relief. Keep those eyes hydrated and happy! Over-the-counter artificial tears can help alleviate dryness and provide lubrication to your eyes. They are preservative-free and can be used as needed to soothe discomfort.

Why is prevention considered the best method of curing this viral infection?

Prevention is considered the best method of curing this viral infection because once the infection spreads; it can be challenging to treat and may require medical intervention. Taking preventive measures can help stop the spread of the virus and reduce the severity and duration of the infection.

Why is it essential for patients, especially students, to restrain from school or office for at least two to three days?

Restraint from school or office for at least two to three days is essential because during this period, the viral load is high, and the infection is highly contagious. Taking necessary precautions and rest during this time can help prevent further spread of the infection.

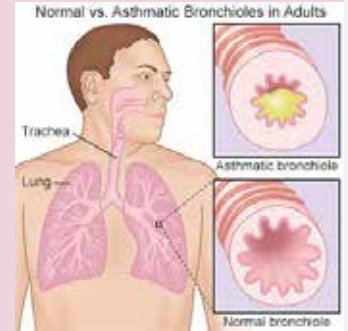


Dr. S. Ananth Bhandary
Prof. & HOD
Dept. of Ophthalmology

Advancing Asthma Management

Millions of people around the world live with asthma, which is chronic and inflamed respiratory ailment. Its prevalence has recently increased, needing effective management techniques.

Asthma refers to an inflammatory condition of the lungs and airways that can cause breathing difficulties, coughing, wheezing, and chest tightness. Asthma management aims at controlling symptoms, preventing exacerbations, and optimizing lung function to improve the quality of life of affected individuals. This article explores the latest evidence-based guidelines on the management of asthma, including pharmacologic and non-pharmacologic treatment options.



Medication

Pharmacologic therapies are the cornerstone of asthma management. The Global Initiative for Asthma (GINA) guidelines recommend stepwise therapy based on the severity of symptoms and frequency of exacerbations. Short-acting β 2-agonists (SABAs) are the first-line reliever medications for acute symptoms, and are usually combined with inhaled corticosteroids (ICSs) for maintenance therapy. For patients with moderate or severe asthma, long-acting β 2-agonists (LABAs) may be added to ICSs, either as separate inhalers or as fixed-dose combinations (FDCs). Furthermore, leukotriene receptor antagonists (LTRAs) and theophylline can be added to ICSs and LABAs or used as alternative therapies in specific cases. Systemic corticosteroids may be required for severe exacerbations, but their long-term use should be avoided due to the risk of adverse effects.

Personal management & care

In addition to pharmacologic therapies, non-pharmacologic interventions play an essential role in asthma management. These include patient education, self-monitoring, environmental control, and physical activity. Patient education involves providing information on asthma triggers, symptoms, medications, and self-management techniques to improve disease awareness and self-efficacy. Self-monitoring involves the use of devices such as peak flow meters and symptom diaries to track lung function and symptoms and adjust medications accordingly. Environmental control involves minimizing exposure to allergens and irritants that can trigger asthma symptoms, such as dust mites, pollen, and tobacco smoke. Physical activity is encouraged as part of asthma management, as it can improve lung function and overall health, but precautions should be

taken to avoid exacerbations.

Emerging therapies for asthma management include biologic agents that target specific inflammatory pathways. These include monoclonal antibodies against interleukin-5 (IL-5), such as mepolizumab, reslizumab, and benralizumab, which are indicated for severe eosinophilic asthma. Other biologic agents, such as dupilumab, target IL-4 and IL-13 and are indicated for moderate-to-severe asthma with type 2 inflammation. These agents have shown promising results in clinical trials and may offer additional treatment options for patients with refractory asthma.

In conclusion, asthma is a chronic inflammatory condition that requires a comprehensive management plan that includes both pharmacologic and non-pharmacologic interventions. The latest evidence-based guidelines recommend stepwise therapy based on the severity of symptoms and frequency of exacerbations, with a focus on inhaled corticosteroids as first-line controller medications. Patient education, self-monitoring, environmental control, and physical activity are essential components of asthma management, and emerging biologic agents offer new treatment options for severe and refractory cases. By working collaboratively with healthcare professionals and adhering to an individualized treatment plan, individuals with asthma can achieve optimal control of their symptoms and improve their quality of life.



Dr. Prasanna Kumar T
Associate Professor
Department of Pulmonology

Be conscious! Dengue on the Rise

Dengue fever, a rapidly spreading mosquito-borne viral infection, poses a significant health threat in the country. Often referred to as "break-bone fever" due to the severe joint and muscle pain it inflicts, dengue fever has become a growing concern, with its various forms affecting individuals differently. This article, talks about distinct types of dengue, its symptoms, transmission, and essential self-care measures to mitigate its effects.

Types of Dengue & Symptoms

Dengue fever can have three spectrums of the disease. Classical dengue fever, Dengue hemorrhagic fever and Dengue shock syndrome. Most people with dengue have mild illness (Classical dengue fever) and will get better in 1-2 weeks. Rarely, dengue can be severe and lead to death. The symptoms usually begin 4 -10 days after infection and last for 2-7 days. Common symptoms of Dengue fever are high fever (40°C/104°F), severe headache, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands, rash. Individuals who are infected for the second time are at greater risk of severe dengue. Severe dengue symptoms are severe abdominal pain, persistent vomiting, difficulty in breathing, bleeding gums or nose, fatigue, restlessness, blood in vomit or stool, being very thirsty, pale, and cold skin.

How Dengue Happens

The virus is transmitted to humans through the bites of infected female mosquitoes, primarily the *Aedes aegypti* mosquito. Other species within the *Aedes* genus can also act as vectors, but their contribution is secondary to *Aedes aegypti*.

Mosquitoes can become infected by people who are viremic with Dengue virus. Human-to-mosquito transmission can occur up to 2 days before someone shows symptoms of the illness, and up to 2 days after the fever has resolved. The risk of mosquito infection is positively associated with high viremia and high fever in the patient; conversely, high levels of DENV-specific antibodies are associated with a decreased risk of mosquito infection. Most people are viremic for about 4–5 days, but viremia can last as long as 12 days

How Dengue Spreads

Aedes aegypti mosquitoes breed in fresh and stagnant water. It is a day biting mosquito. Most common collections of the breeding areas like artificial collection of water in houses like flower vases, coconut shells, aquariums etc. Community's risks to dengue also depend on population's knowledge, attitude, and practice towards dengue, as well as the implementation of routine sustainable vector control activities in the community. Consequently, disease risks may change and shift with climate change in tropical and subtropical areas, and vectors might adapt to new environment and climate.

How to protect yourself

The mosquitoes that spread dengue are active during the day. Lower the risk of getting dengue by protecting yourself from mosquito bites by using clothes that cover as much of your body as possible. Mosquito nets if sleeping during the day, ideally nets sprayed with insect repellent, window

screens, mosquito repellents (containing DEET, Picaridin or IR3535), coils and vaporizers.

Treatable at Home

Patients who are diagnosed to be having Dengue fever can be managed at home. They should consume plenty of water, fluids, use acetaminophen (paracetamol) for pain, avoid non-steroidal anti-inflammatory drugs, like ibuprofen and aspirin. They should watch for severe symptoms and contact the doctor as soon as possible if they notice any. There is no specific treatment for dengue. The focus is on treating pain symptoms. Acetaminophen (paracetamol) is often used to control pain. Non-steroidal anti-inflammatory drugs like ibuprofen and aspirin are avoided as they can increase the risk of bleeding. For people having severe symptoms can be admitted. Packed cell volume and platelet count should be monitored regularly. Low platelet count is often seen in many patients. Platelet transfusion is recommended only if platelet count is less than 10,000/dL or in presence of bleeding manifestations.

At Ramaiah Memorial Hospital we treat patients with dengue and monitor their health 24/7 if admitted with severe symptoms. All facilities like blood platelets are available in the hospital itself.



Dr. Aswin Kulkarni
Associate Professor
Department of General Medicine

Sarcoma: A bone and soft tissue malignancy!

Sarcomas, a diverse group of cancers originating in bones and soft tissues, hold a unique place in the stream of oncology.

Sarcomas are cancers that start in bones or the soft tissues (muscle, tendons, fat, lymph and blood vessels, and nerves) anywhere in the body but most commonly in the arms, legs, chest, and abdomen. There are many types of sarcomas based on the type of tissue from which the cancer began. Both bone and soft tissue sarcomas can happen at any age. Certain types of bone and muscle sarcomas are seen more in childhood where the majority of the other soft tissue sarcomas happen in adulthood. Certain individuals are at a higher risk of getting sarcomas due to (1) a genetic change/ mutation that increases the risk of cancer development or (2) exposure to cancer causing agents, (also called carcinogens) like radiation, chemicals, and certain infections like HIV.

SYMPTOMS

A sarcoma usually presents as a painless lump under the skin, often on an arm or a leg. Rarely they can happen in the abdominal cavity and in the internal organs. Sarcomas may not cause signs or symptoms until they get very big. As it grows and presses on nearby organs, nerves, muscles, or blood vessels, patients can have pain, trouble breathing, difficulty passing urine and deteriorating kidney function, and weight loss. Depending on the type of sarcoma, it can spread from its primary site of origin to the nearby lymph nodes, other muscles and bones, bone marrow, lungs, and brain.

The diagnosis of sarcoma is done after doing a biopsy of the lump/lesion. The pathologist who studies the biopsy specimen may perform special tests like immunohistochemistry and cytogenetics to find out the type of sarcoma. Following this, scans are done to find out the stage of the sarcoma by finding out whether the disease is localized or has spread to other parts of the body.

The treatment and the chances of cure from a sarcoma depends on:

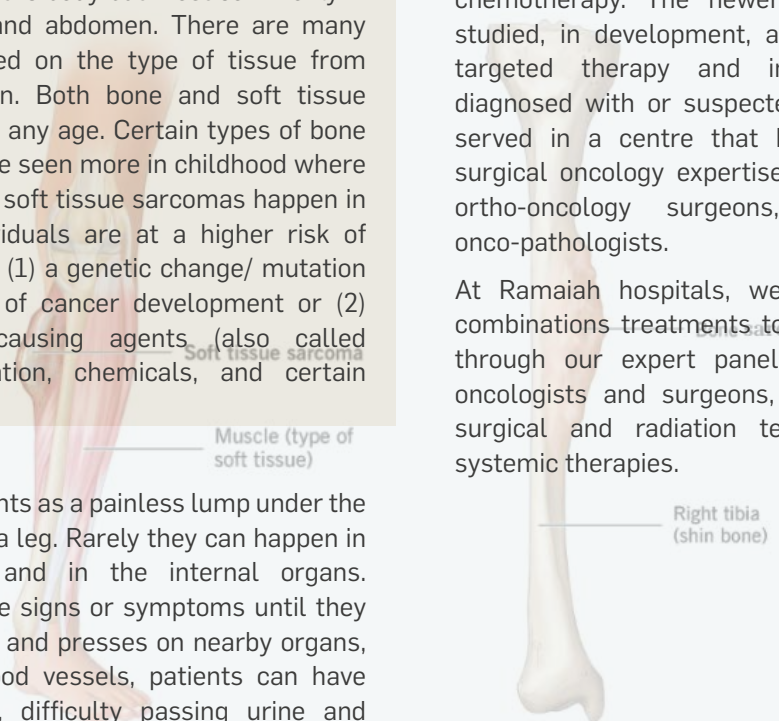
1. The type and grade of the sarcoma.
2. The location, size, and stage of the tumor.
3. Whether the tumor can be removed by surgery.

4. The patient's age and general condition.
5. Whether the cancer has recurred (come back).

TREATMENT

Sarcomas are treated by a combination of various treatment modalities like surgery, radiation therapy, and chemotherapy. The newer therapies that are being studied, in development, and in use for sarcoma are targeted therapy and immunotherapy. A patient diagnosed with or suspected to have sarcoma is best served in a centre that has medical, radiation and surgical oncology expertise along with specialists like ortho-oncology surgeons, plastic surgeons and onco-pathologists.

At Ramaiah hospitals, we provide state of the art combinations treatments to our patients with sarcoma through our expert panel of medical and radiation oncologists and surgeons, with access to the latest surgical and radiation techniques, diagnostics and systemic therapies.



Dr. Rasmi Palassery
Department of Oncology



Department of Health and Family Welfare, Ramanagara district invited RICPHI and Ramaiah Medical College to conduct a one-day workshop for 65 Community health officers of the district on 27th July, 2023. Dr. Ananth Ram and Mr. Kumar led the session on primary care medications, Dr. Mohan from Radiation Oncology gave a lecture on common cancers - clinical manifestation, screening, diagnosis and treatment modalities, Dr. Lohith from Anaesthesia Pain and Palliative care spoke about pain management and Palliative care and Dr. Priyanka, Radiation Oncology spoke about nutrition and personal hygiene.



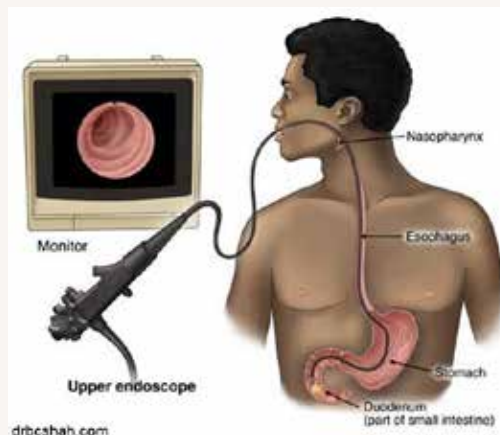
Role of Upper Endoscopy and its Importance in Gastrointestinal Health

The human digestive system is a complex responsibility for nourishment and well-being. Medical experts need exceptional visions through the lens to examine the digestive tract. Upper endoscopy is one such fascinating surgery that reveals the inner workings of the upper digestive tract.

What is an Endoscopy?

Endoscopy is a non-surgical procedure that enables visual examination of the digestive tract of the patient. Your doctor can view a magnified video capture of the digestive tract on a display monitor using an endoscope, a flexible tube equipped with a light source and a camera.

An endoscope is introduced with care through the mouth and neck and into the oesophagus during an upper endoscopy, allowing the doctor to examine the oesophagus, stomach, and upper part of the small intestine.



Upper endoscopy

As mentioned earlier, Upper endoscopy is a procedure that is used to diagnose and, in some cases, cure disorders that affect the upper part of the digestive system, such as the oesophagus, stomach, and small intestine (duodenum).

Why do you need an upper endoscopy?

An upper endoscopy can help with the following:

1. Diagnose conditions like ulcers, gastritis and gastro-oesophageal reflux which will have characteristic signs during endoscopy. In addition it can visualize any mass lesions in the upper GI tract which can suggest cancer.
2. Take biopsy of any suspicious areas of the upper GI tract to obtain definitive diagnosis and plan management
3. Therapeutic options: Upper endoscopy is a versatile

modality that has an important therapeutic potential and can be used to arrest bleeding from vessels, remove small mass lesions that are early cancers and dilate/widen areas of the GI tract that are narrowed due to disease. In addition, metal tubes called stents can be placed at areas of narrowing to help widen the tract and prevent obstruction.

Endoscopies are frequently combined with other procedures, such as ultrasound scan, CT scan abdomen, etc. to get more information on the disease and plan management. In addition, special cases may require the use of Endoscopic Ultrasound (EUS) which is a specialized upper endoscope that can perform an ultrasound scan from inside the GI tract. This is useful to visualize the biliary tract and pancreas.

How to prepare for an Upper Endoscopy?

Preparation of the gut by fasting for 6-8 hours before the procedure is all that is required to examine the upper digestive tract (upper endoscopy or ERCP).

A sedative can be given for endoscopic exams. This type of sedation is called conscious sedation that only blunts your consciousness mildly and creates a relaxed atmosphere during the procedure. These medications are injected into the bloodstream with IV access, a few minutes before the procedure. The effects will last for 45 minutes to 1 hour depending on the dosage used and the patient build.

Risks of Upper Endoscopy

Overall, upper endoscopy is a highly safe modality. However, there are potential issues that can rarely arise during the procedure:

- Perforation – Very rare, usually seen in GI tracts that are diseased/surgically altered. It refers to a

tear/defect in the GI tract secondary to scope instrumentation

- Side effects of sedation – Cardio-respiratory complications. This is why a thorough cardiac and respiratory evaluation is done prior to the procedure. It is generally a good idea to disclose all pre-existing medical conditions to your Gastroenterologist prior to the procedure
- Infection – Infection is an exceedingly rare complication that has been described. This is usually due to inadequate cleaning of the endoscope prior to the procedure. This is why endoscopy should be preferred in tertiary care centers which are accredited and follow validated standard precautions during the procedure.

Recovery period post an endoscopy

After an upper endoscopy, the patient will be monitored for 45 minutes if sedation was used.

Because of the sedative effect of the drug used to avoid the pain, the person should avoid operating heavy machinery or drive for the rest of the day. Any symptoms/ issues should be reported to a doctor as soon as possible so as to institute corrective measures and treat complications early.

There may be some discomfort in the throat lasting for a few hours. Bloating is also temporary and usually non-distressing.

At Ramaiah Memorial Hospital we are equipped to handle any gastro issues. Our team of experienced doctors will keep you comfortable and our care givers will nurse you back to health in a short period of time.



Dr. Harshavardhan Rao
Department of Gastroenterology



Urology residents, Dr. Vishal Balan and Dr. Ameya Sangle secured first prize and third prize in poster presentation at the Urological Society of India Youth Conclave.

Dr. Eram Jawaid final year PG of Obstetrics and Gynaecology presented a paper on "Spectrum of SLE in pregnancy" - guided by Dr. Jyothi G S , at the National Conference of Gestosis Summit under the aegis of FOGSI and Indian Gestosis Foundation and won second prize in paper presentation.



Presentation by Ghent University Students was organised on 14th July, 2023 at Ramaiah Medical College.

Managing Allergies: Diagnose it! Treat it & Prevent it!

An allergy is defined as an immediate type I hypersensitivity reaction to the allergen. Allergy can have an impact on various organs, particularly the respiratory system, releasing chemicals that cause inflammation, swelling and other symptoms. Allergic diseases are a major health concern worldwide. Allergy is a common health condition that affects a significant portion of the population worldwide. Allergic rhinitis and asthma are most common pollen-associated allergic respiratory diseases. Pollen sensitization in India varies across different parts because of varied geo-climatic conditions. Estimated prevalence of rhinitis in general population is 10%-30% worldwide and 20%-30% of the Indian population suffers from allergic rhinitis. Pulmonologists play an essential role in managing allergy patients by diagnosing, treating, and preventing respiratory-related allergy symptoms.

Symptoms

Allergy symptoms can manifest in various ways, and it is essential to identify the specific triggers that cause a patient's allergic reaction. Symptoms are typically paroxysmal and include wheezing, cough, breathlessness, chest tightness, running nose, nose block and sneezing. Pulmonologists use a combination of physical examinations, medical history, and diagnostic tests such as skin prick tests, blood tests, and lung function tests to determine the type of allergy and the severity of the condition. In vivo tests (performed in a whole living organism) and In vitro tests (in an artificial environment) for the diagnosis of respiratory allergic diseases determine the allergy causes for treatment.

A broader knowledge of indoor and outdoor allergens with detailed history taking of allergic patients can help in selecting appropriate allergen for testing either by skin prick test (SPT) or specific immunoglobulin-E (IgE) against a particular allergen, which in turn, will help in allergen avoidance and designing allergen specific immunotherapy. Pulmonologists can also advise patients on preventive measures to avoid exposure to allergens.

For instance, patients with pollen allergies may be advised to stay indoors during high pollen count periods, while those with animal allergies may be advised to avoid pet dander. Pollen calendar is important in respiratory allergic diseases for taking personal preventive measures and diagnostic and therapeutic considerations. It also helps public health officials to assess the impact of exposure and to develop early warning systems.

Treatment

Once the allergy is diagnosed, pulmonologists can plan medical treatment based on the patient's symptoms and triggers. The treatment plan may include medication and immunotherapy. Medication such as antihistamines, decongestants, and steroids can help reduce inflammation, block histamines, and relieve symptoms such as sneezing, coughing, and wheezing. Pulmonologists may also recommend immunotherapy, which involves gradually introducing small amounts of the allergen into the patient's body to help the immune system build resistance and reduce the severity of allergic reactions.

The role of pulmonologists in managing allergy patients is crucial in ensuring patients receive the correct diagnosis, effective treatment, and preventative measures to manage their symptoms. They also advise patients on preventative measures and collaborate with other healthcare professionals such as allergists, immunologists and respiratory therapists to manage more complex cases.

We, at Ramaiah Memorial Hospital, have a strong team of specialists who will help you manage your allergies and keep you healthy and comfortable.



Dr. Tanisha F. Saleem
Consultant
Department of Pulmonology

ಪ್ರತಿಕ್ಷಮೆ ದೀಪಕನ ಅಧ್ಯಾತ್ಮ ಮಾರ್ಗದರ್ಶಕ
ಮಲ್ಲಾರ
ಜಂದಾ ಪತ್ರಕ

ನೀವು ಜಂದಾದಾರರಾಗಿ !
 ನಿಮ್ಮ ಖಂಧು ಮಿತ್ರರನ್ನು
 ಜಂದಾದಾರರನ್ನಾಗಿ ಮಾಡಿ !

ಶ್ರೀವಾರ ಶ್ರೀ ಯೋಗಿ ನಾರಾಯಣರ ಅಧ್ಯಯನ ಕೇಂದ್ರ
 ಶ್ರೀರೇಕೆ ನರೇದು, ಭಾರತೀಯ ಸರ್ಕಾರದ ವ್ಯವಸ್ಥೆ, ಸಂಸ್ಕೃತಿ,
 ಪರಂಪರೆಯನ್ನು ಕುರಿತು ಅನೇಕವು ಮಾಹಿತಿಯನ್ನು
 ಸಮಗ್ರವಾಗಿ ಜನಪ್ರಿಯ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಮಲ್ಲಾರ ನೂರನೇ
 ಸೆರೆಯ ನಮ್ಮ ಸಾಹಿತ್ಯದ ರೂಪರೇಖೆ **ಮಲ್ಲಾರ**.
 ಮಲ್ಲಾರ ಜಂದಾದಾರರು ಕೆಲವು ವರ್ಷಗಳಿಂದ
Sri Yogi Narayana Study Centre ಕೆನರವು ಈ ಅಧಿಕಾರ
 ಕೆಲವು ಮಾಹಿತಿ ಕೆಲವು ರೂಪರೇಖೆ ಜಂದಾದಾರರು

For Subscription - Bank Transfer/ RTGS:
BANK OF BARODA MSRIT Branch
Sri Yogi Narayana Study Centre
SB A/c No. 89250100019784,
IFSC Code: BARB0VJMSRI
 After Transfer Please Contact No. 94480 85975

ಮಲ್ಲಾರ ಕಟುಕನವೇಶಾದ ನನ್ನ ವಿಳಾಸ
 ಹೆಸರು.....
 ವಿಳಾಸ.....
 ಸಿನ್ ಸಿಬಿಎನ್ ನಂಬರ್.....
 ಮೊಬೈಲ್/ವಿಳಾಸ.....

ಅನೇಕ ಜಂದಾ ರೂ. 1500/-
 ಕೆ ಪತ್ರಗಳ ಜಂದಾ ರೂ. 500/-
 ವಾರ್ಷಿಕ ಜಂದಾ ರೂ. 140/-

ನಾಮ ಅತಿ/ವೆಬ್/ನರದು/ಮನಿಯಾರ್ಡರ್ ಮೂಲಕ
 (ವೆಬ್/ಇತಿ ನಂ.....)
 ಬ್ಯಾಂಕ್.....
 ಜಂದಾ ಹಣವನ್ನು ಕಟುಕನವೇಶಾನೆ.
 ಸಹಿ/-

ವಿಳಾಸ : ಶ್ರೀ ಯೋಗಿ ನಾರಾಯಣ ಅಧ್ಯಯನ ಕೇಂದ್ರ
 ಎಂ.ಎ. ರಾಮಯ್ಯ ಅಧ್ಯಯನ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ ಸಂಕೀರ್ಣ
 ಬಂಗಳೂರು ಅರಸೀಕೆರೆ, ಮೈಸೂರು, ಕೆ.ಆರ್. ನಗರ, ಬೆಂಗಳೂರು ರಸ್ತೆ,
 ಬೆಂಗಳೂರು-560 054. ಫೋನ್: 080-40502965, 7204095848
 E-mail : mallaramagazine@hotmail.com

ವಾರ್ಷಿಕವಾಗಿ ನೀಡಲು ಮತ್ತು
 ಜಂದಾದಾರರಾಗಲು ಸಂಪರ್ಕಿಸಿ
 ಮೊ: 9916854885

WELCOME



Dr. Abhishek M.U
Senior Resident
Emergency Medicine



Dr. Harshith Gopinath A
Senior Resident
Emergency Medicine



Dr. Priyanka Sangurmath
Senior Resident
Radiation Oncology



Dr. K. Lakshitha Niyatee Rao
Senior Resident
Pharmacology



Dr. Manjunatha R
Senior Resident
Emergency Medicine



Dr. Agam Roop Singh Randhawa
Senior Resident
Radio Diagnosis



Dr. Aditya Jayan
Research Associate
DRP

SEPARATED



Dr. Sudhir Rao S
Assistant Professor
Anaesthesiology
Posted to MSR, CARE



Dr. A. Madhu Kumar
Senior Resident
Orthopaedics



Dr. Ayesha
Senior Resident
Pathology



Dr. Sadhwini M. H
Senior Resident
Ophthalmology



Dr. Annapurna V.T
Assistant Professor
Pharmacology



Ms. Preetiparna Pattanayak
Research Assistant
DRP



Mr. Narayana H
Attender
Library &
Information Centre



Dr. Chiranjeevi S. Gowda
Senior Resident
Orthopaedics

PUNARMILANA

Ramaiah Medical College has been nurturing the dreams of medical aspirants and shaping them into professionals who hold their head high thanking the foundation, which has been priceless in shaping their career.

It was a long cherished dream for the batch of Y2K to get together and reconnect to the memories of our beloved institution. This tiny seed of longing sprouted into celebrating a memorable homecoming after a gap of 23 years on the 8th of July 2023.

About 64 alumni from the batch of Y2K assembled in the College Council Hall for the meeting and greeting which was high on emotions. This was followed by talks from the Alumni who have made their mark in various disciplines like Civil Services, Interventional Procedures in various specialities like Cardiology, Gastroenterology, Vascular Surgery, Pulmonology and Ophthalmology to name a few.

However, the icing on the cake was penning a poem and dedicating it to our beloved Chairman Dr. M R Jayaram by an Alumnus by which he was overwhelmed. An inspiring talk about the past, present and future vision of Ramaiah Medical College by the Chairman was appreciated by all.

Guruvandana - a sincere and heartfelt gesture of honouring the Teachers and Mentors who have been instrumental in making our path an enlightening one was observed with utmost reverence.

Our heartfelt gratitude to Dr. S. Kumar, Dr. Ashok A C and Dr. Medha. Y. Rao who spent their precious time with us to make this event a memorable one. Ramaiah Medical College Alumni association's unconditional support was very instrumental for this reunion to be successful.

