



Birth Centenary Celebrations of our Founder Dr. M S Ramaiah

It was a moment of immense joy and unforgettable memories for all of us to have the privilege of being part of the Birth Centenary Celebrations of our beloved Founder Chairman Dr. M S Ramaiah. The event marked a milestone in the history of colleges across the nation, and we owe this grand celebration to the remarkable philanthropist and Karmayogi, Dr. M S Ramaiah. The Gokula Education Foundation, which spearheads these institutions, has established itself as a distinguished player in the growth of India's knowledge sector. Dr. M S Ramaiah was an education pioneer and a visionary who believed in creating institutions that could positively impact the lives of people. His contribution to the field of education is beyond measure and continues to shape the minds of generations of students.



In a glittering Ceremony on Wednesday of March 1st, 2023. with a mammoth gathering we celebrated the birth centenary of our beloved founder Dr. M S Ramaiah which goes into the annals of history. The occasion was a momentous one for the Ramaiah family, as the centenary celebrations was a joyous festival to all of us.

Hon'ble Vice-President Sri Jagdeep Dhankhar, was the Chief Guest for the program. Sri Thaawar Chand Gehlot, Governor of Karnataka, presided over the program, and J. C. Madhu Swamy, Minister of Law & Parliamentary Affairs, was the guest of honour. Other dignitaries, including Mrs. Sudesh Dhankhar, Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor RUAS, Sri. M R Seetharam, Vice Chairman, Gokula Education Foundation, and Sri M R Ramaiah, Secretary, Gokula Education Foundation and family members, staff, students, devotees from Kaiwara, judges, lawyers and people from all walks of society were part of the event.



RAMAIAH

March - April 2023

Is Covid a Rising Concern?

The COVID-19 pandemic continues to pose a threat to India, with the possibility of a fourth wave looming large. Despite the majority of India's population being fully vaccinated against COVID-19 infections the surge is , sparking concerns among the public.

In India, COVID-19 cases have been on the rise since February 2023, less than a year after the third wave of COVID-19 ended in March 2022. Experts believe that the probability of a fourth wave depends on several factors, including the emergence of new variants that are more transmissible or resistant to the current vaccines.

While some experts suggest that Indians need not worry about the recent surge in COVID-19 cases, others argue that the majority of the population being vaccinated does not necessarily reduce the risk of infection or transmission. The situation is further complicated by the rise in cases of the seasonal influenza subtype H3N2, which may worsen the spread of the virus.

COVID-19's potential to become endemic is uncertain. Some experts predict it could be similar to the flu, while others believe it may be eradicated through vaccination and other measures. The future route depends on vaccine effectiveness, new variants, and global efforts to control the virus.

The government has expressed concern over the gradual increase in COVID-19 positivity rates in some states, urging quick action to address the issue. Weather conditions and behavioural factors, such as inadequate personal hygiene, indoor gatherings, and coughing without proper protection, have contributed to the spread of various viral respiratory pathogens.

The Indian Medical Association (IMA) also shared the possible reasons behind this recent surge in Covid-19 cases, "The reasons behind the recent Covid surge in our country may be the relaxation of Covid-19 appropriate behaviour, low testing rate and the emergence of a new variant of Covid."

On April 18th, 0,753 new COVID-19 cases have been recorded, with the infection rate rising to 33%. Meanwhile, Ramaiah Hospitals is fully prepared to combat the new COVID-19 variant, equipped with a special ward and well-trained staff to care for COVID-19 patients. During the last three waves, Ramaiah Hospitals have treated more than 60 thousand Covid patients and vaccinated more than one lakh public. The Government of Karnataka has honoured the noble work of It is important to recollect that Ramaiah Hospitals were the only private hospitals to dedicate more than 1000 exclusive beds during the pandemic.

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Jnana Vahini

Monthly Newsletter - Gokula Education Foundation (Medical)

Volume - 14 Issue - 3 - 4
March - April 2023

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Hon'ble Vice-President Sri Jagdeep Dhankhar praised the Ramaiah Group of Institutions as an iconic educational institution that has been inspiring generations of students with Dr. M S Ramaiah's vision and legacy. He made an appeal to the youth of the country to use every medium to generate public opinion for impressing upon parliamentarians that their conduct must make every countryman proud. He also acknowledged the importance of education and health for the development of the country and appreciated the efforts of the Ramaiah family in providing significant contributions in these fields.

Speaking at the event, Sri Thaawar Chand Gehlot, Governor of Karnataka, said, "Dr. M S Ramaiah was a visionary who believed that education was the key to a better future. His contribution to the field of education is immeasurable, and it is a privilege to be a part of the birth centenary celebrations of this great man."

In his welcome speech, Dr. M R Jayaram expressed his admiration for his father's accomplishments and emphasized the importance of the growth of Ramaiah Institutions and its achievements.

On this occasion Mrs. Sudesh Dhankhar unveiled a coffee table book titled "M S Ramaiah Learning Exclusive" and J. C. Madhu Swamy, Minister of Law & Parliamentary Affairs, released a Kannada book on M S Ramaiah titled "Dheemantha Sahukhara," and the Governor of Karnataka, Sri Thaawar Chand Gehlot, released another book on M S Ramaiah titled "Apoorva Sadhaka."

M R Seetharam, Vice Chairman, expressed his special thanks in his concluding remarks for the grand success of the program to all who made it possible.

The event was about the life and legacy of Dr. M S Ramaiah, a visionary who transformed the field of education in India. The dignitaries present at the event acknowledged his contribution and emphasized the importance of education in the growth and development of the country.



As a mark of respect the family members gathered at the statue of Dr. M S Ramaiah and paid their obeisance.

ABHINANDANA - 2023

To celebrate the generous act of Voluntary Body Donation Programme and to appreciate voluntary body donors, Department of Anatomy organised 'ABHINANDANA -2023' an annual programme to honour voluntary body donors on 26 March, 2023 at Ramaiah Medical College.

M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospitals, Dr. Shailaja Shetty, Prof. & HOD, Dept. of Anatomy, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, and others took part in the programme.

The ABHINANDANA programme is conducted with the aim of honouring and appreciating the selfless contributions made by the body donors, who have come forward to donate their bodies for medical education and research. Over 200 voluntary body donors attended this programme.

The programme included several activities and events such as a felicitation ceremony for the donors and cultural programmes. The donors were presented certificates of appreciation and mementoes, as a token of gratitude for their selfless contributions.



Prof. K K Raina, Vice Chancellor, RUAS, attended India Digital Fest at New Delhi on 28th March 2023. During the event K K Raina interacted with Union Minister of Sports, Youth Affairs and Information and Broadcasting, Mr. Anurag Thakur. They discussed on the challenges and opportunities of the Digital Revolution in Higher Education, career opportunities for students, entrepreneurship possibilities in the AI industry. He also briefed the minister about RUAS and its achievements.



D. Manjula N V, Associate Professor Dept. of OBG gave a talk in Mysore OBG society on "Robotic in gynaecology".

Milestone Achievement: Ramaiah Cancer Center completes 125 BMT



give impetus to Bone Marrow Transplant at Ramaiah Memorial Hospital also inaugurated a highly sophisticated and dedicated state of the art Ramaiah Stem Cell Facility unit on 17th March, 2023.

Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Damiano Rondelli, Director, Blood and Marrow Transplant Program University of Illinois (UIC), College of Medicine, Illinois USA, Dr. Lokesh Vishwanath, Director, Kidwai, Memorial Institute of Oncology, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, and others took part in the programme.

Ramaiah Stem Cell Facility is first of its kind in Karnataka. The stem cell facilities at Ramaiah Memorial Hospital are equipped with the latest technology and with highly skilled professionals. This is an upgraded collection & processing facility with state of the art infrastructure, which meets national & international accreditation requirements.

Ramaiah Cancer Center of 125 Bone Marrow Transplants achieved a milestone by completing and on this occasion the Ramaiah Stem Cell Facility was inaugurated to augment BMT.

In a major milestone, achievement of the department of Haematology and Bone Marrow Transplant under the Ramaiah Cancer Center has completed 125th Bone Marrow Transplant. To



Dr. D Ramesh, Prof. Dept. of Urology was felicitated on being awarded the 'Presidents Gold Medal' by the Urological Society

Prof. O P Kharbanda, Pro-Vice Chancellor, RUAS delivered a talk on Squadron Leader A B Devayya Memorial at The first India-International Orthodontic Symposium 2023.

He was also the Chief Guest on the Institute Day 2023 at Sri Balaji Vidyapeeth College, Bengaluru.



DEAD AWAKE

I couldn't breathe I couldn't move I wanted to call for help But my tongue was asleep I felt unsafe in my own bed I felt their touch upon my skin my heart was pounding I was sure they could hear it these minutes felt like hours - Ari.R

Sleep paralysis is a feeling of being conscious but unable to move which occurs during sleep onset or upon awakening. It affects millions of people worldwide. The condition can be terrifying because the individual often experiences vivid hallucinations and an intense sense of fear. The most common presentation is inability to move or speak. Apart from this, the individual may also feel pressure on the chest, difficulty in breathing, palpitations and sweating. There are three main factors related to sleep paralysis. The first factor is associated with the intruder linked with sensed presence, fear, and auditory and visual hallucinations. It is presumed to originate in a hyper vigilant state initiated in the midbrain. The second factor, called "Incubus" is associated with pressure on the chest, breathing difficulties, and chest pain. During REM sleep, there is a reduction in respiratory muscle activity,

which is caused by inhibition of motor neurons; this could be attributed to the effects seen in Incubus. The third factor is the vestibular-motor experience, which is typically associated with unusual out of bodily experiences, consisting of floating/flying sensations, and is related to body position, orientation, and movement. Sleep paralysis is not harmful and it typically resolves on its own. The best way to deal is to focus on improving sleep hygiene, which includes maintaining a regular sleep schedule, avoiding caffeine and alcohol before bedtime, and turning off electronic devices before sleeping, keeping the bedroom quiet, cool and dark, and practicing relaxation techniques like meditation or breathing exercises.



Dr. Prasanna Kumar T
Dept. of Respiratory Medicine
Ramaiah Medical College and Hospitals



Dr. Shabari Girishan, Associate Prof. Dept. of Neurosurgery delivered a talk on drug resistance epilepsy as a guest lecturer at Saptagiri Medical College and Hospital, Bengaluru.

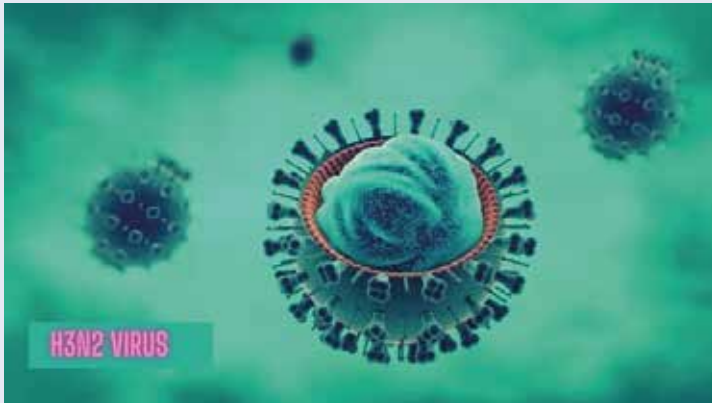


Dr. Pramila Kalra, Prof. & HOD, Endocrinology was awarded an oration on 3rd March, 2023 at CARDIABCON held at Varanasi.



The Department of Nephrology, Ramaiah Medical College organized World Kidney Day programme on 9th March, 2023 at Ramaiah Memorial Hospital. The chief guest for the program was Dr. Vishal Ravi, IAS, Commissioner for Public Instructions. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital and Dr. Mahesh E Prof. & Head of Dept. Nephrology and others took part in the programme

Influenza A subtype H3N2 Virus



T There has been a sharp increase in upper respiratory infections being reported across the country. According to reports the H3N2 variant of the Influenza virus is reportedly responsible for the surge. Around 90 cases of the H3N2 virus have been reported in the country. The influenza virus like the covid virus is known to spread via respiratory droplets aerosols and rarely by touching a surface or object that has flu virus on it. Apart from the H3N2 variant the other variant detected is the H1N1 variant. The current viral surge maybe due to the lack of immunity in the susceptible population as the virus is known to exhibit antigenic drifts that help evade our defence mechanisms.

What are the most common flu symptoms?

All forms of the flu including H3N2 can cause:

- Body aches and pains
- Fever chills
- Fatigue
- Diarrhoea
- Vomiting
- Cough
- Runny or congested nose
- Sore throat
- Headache

Is this variant dangerous?

Current statistics have reported only 2 deaths due to the H3N2 variant. Those at risk for severe COVID are also at risk of viral pneumonia due to the flu virus. People at higher risk of getting very sick from the flu include:

- People above 65 years
- Young children under the age of 2
- Pregnant individuals
- People with other medical ailments (Chronic lung disease, heart disease, uncontrolled diabetes etc.)

Is testing necessary?

In most instances, the symptoms mentioned above may be related to the flu virus or several other viruses which cause flu-like symptoms. Routine testing for flu is generally not recommended. But in some cases – for example, if you are at risk for having other problems caused by the flu – a doctor might do a test for flu.

Is isolation necessary if you contract flu like symptoms?

There are no specific guidelines recommending isolation if one has flu-like symptoms. Avoiding close contact with those at risk over severe infections is advisable and covid like precautions including masking is advisable. Prevention strategies include frequent hand washing, masking and avoiding congested and crowded areas.

What is the treatment for H3N2?

In most cases symptoms will be self-remitting. However symptomatic therapy including paracetamol for fever, headache and body ache, home remedies like hot water gargling (for sore throat) and plenty of fluids can be taken for symptom relief. Those at risk of complications and severe infection should consult and remain in touch with health professionals. Antibiotics do not work against influenza or other viral infections hence unnecessary & over the counter consumption should be strictly avoided.

We, at Ramaiah Memorial Hospital, are equipped to handle these cases and bring you back to health.



Dr Bharath Chhabria / Dr Harshith Rao
Pulmonary & Critical Care Medicine
Ramaiah Medical College & Hospitals

Student writes exams from Ramaiah PICU

A 15-year-old boy was brought to Ramaiah Leena Hospital after being electrocuted. Our doctors provided initial resuscitation, and he was then brought to Ramaiah Hospital PICU for further management. With the concerted efforts of the PICU faculties, PGs, CMO, and the child's school authorities, he was able to take the ICSE 10th board exam from the PICU. The child and his parents expressed their gratitude to entire team and management for this initiative.



Department of Orthopaedics conducted an annual Bangalore Orthopaedic Society meet on 11th and 12th March. Dr. Ashok, was invited as the chairperson for a scientific session, Dr. Mahesh, was an EC member and gave a thought-provoking talk on "Back pain in spondylosis". Dr. Shravan, delivered a captivating presentation on "missed monteggia fractures in children." The post-graduates from the department also made a substantial contribution to the conference, with Dr. Dev, Dr. Aanchal, and Dr Santhan presenting three free papers. Dr. Harshita Reddy, junior resident won the first prize in Poster presentation on Muller Weiss syndrome.

Dr. Rakshith Srinivas, Assoc. Prof. Dept. of Neurosurgery, presented an endoscopic surgery that was performed in Ramaiah Memorial Hospital during the 9th Annual Meeting of the Neuroendoscopy Society, India.



Dr. Ananth Bhandary, Prof. & HOD, Dept. of Ophthalmology, participated as a panellist and spoke on private eye sector contribution in VISION 2020 a state level program on 18th March 2023



Vignesh Prakash and Arun Ram Ramakrishnan final year students of Ramaiah Medical College won the 1st and 2nd place respectively in the CBR Neuroscience quiz organised by the Centre for Brain Research on IISc Open day on 4th March, 2023.

International Women's Day Celebrations



Ramaiah Memorial Hospital organized International Women's Day 2023 on 13th March, 2023 at Ramaiah Memorial Hospital. Mrs. Shubha Harish, Mrs. Rupa Kumar, Mrs. Mamatha Gurudev and Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, and others took part on this occasion.



Ramaiah Medical College organized International Women's Day celebration 2023 on 14th March, 2023. Ms. Reena Suvarna, ACP, Crime Branch, and Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital jointly inaugurated the programme.



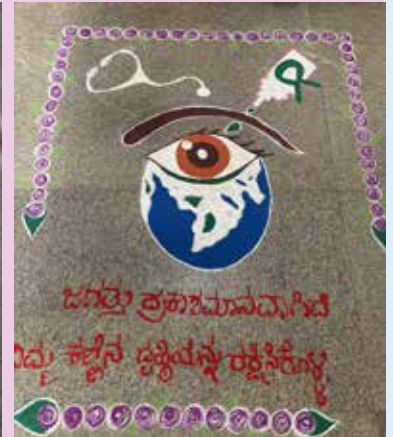
Ramaiah Memorial Hospital organised a talk at KRide, Rail Infrastructure Development Company (Karnataka) Limited, by Dr. Manjula N V, Associate Professor Dept. of OBG on 8th March, 2023 to mark the celebration of International Women's Day. She discussed common health issues of women and gave tips on how women can prevent themselves from getting diseases such as Cervical Cancer, Breast Cancer, Polycystic Ovarian Syndrome (PCOS), Premature Menopause etc.

Ms. Marleen Bracke, a student from UMCG Groningen University, gave a presentation on 10th March, 2023.



World Glaucoma Week

As a part of World Glaucoma Week, the Department of Ophthalmology organised several events.



Highlighting the theme for this year 'The World is bright save your sight' the event started off with a street play performed by enthusiastic postgraduate students on 15th March, 2023 in RMCH entrance area for the public to educate them about glaucoma. Rangoli competition and walkathon were also conducted to spread the awareness.



Breast Cancer Screening Camp



Breast cancer affects around 2 million women globally, with 1.7 million cases in India alone. As the incidence of breast cancer continues to rise, the radiation oncology team at Ramaiah is committed to provide high-quality care to women. To mark Women's Day, they conducted a week-long "Free Breast Cancer Screening" event in collaboration with the Indian Cancer Society and with the support of senior officials. The event included clinical examinations and imaging as needed. Women of all ages and backgrounds participated and 55 women were enrolled in this campaign.



RUAS DENTCON 2023, 1st National Dental Conference 2023 was held on 3rd March, 2023. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. Silju Mathew, Prof. & Dean, Faculty of Dental Sciences, Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital and others took part in the programme.

The Hands-on cadaveric workshop was organized by the Department of ENT at Ramaiah Advanced Learning Centre in collaboration with Cipla Pharmaceuticals. The workshop aimed to advance best practices in endoscopic sinus surgery and anterior skull base and was targeted towards practicing ENT consultants, medical college professors, private practitioners, and post-graduates. Dr. Chandrakiran C, HOD Dept. of ENT was the chief demonstrator for the workshop.



Department of Community Medicine organised, World TB Day CME along with Department of Respiratory Medicine and Microbiology, on 24th March, 2023 at Ramaiah Memorial Hospital. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital and others took part in the programme.



Ramaiah Memorial Hospital organized program on Cardiopulmonary resuscitation (CPR) & ABC for the employees of SLK Software. Dr. Aruna C Ramesh, Professor & HOD, Department of Emergency Medicine conducted the sessions.



Medical Education Unit, conducted OSCE / OSPE workshop for setting objective structured clinical/practical examination stations on 23rd March, 2023

39th Graduation Day at RMC



Ramaiah Medical College, celebrated its 39th graduation day on Friday, 31st March 2023. The graduation day was a grand success and well attended by dignitaries, faculty members, and proud parents. The function took place in the decorated auditorium with a formal ceremony.

The chief guest for the programme was Padmashri Dr. Balram Bhargava, Prof. & Head, Cardiology; Chief, Cardiothoracic Sciences Center, AIIMS, New Delhi & Former Director General, ICMR & Secretary, Department of Health Research. Justice Ahsanuddin Amanullah, Judge of Supreme Court, India, was the guest of honour.

Total number of 335 graduates received their medical degree and 31 graduates were awarded medals for their exceptional academic performance.

Padmashri Dr. Balram Bhargava in his inspiring speech has emphasized the critical role that young minds play in

shaping the world's future for the next 25 years. He highlighted India's achievements and urged the youth to glorify their land.

He also shared valuable advice for young doctors, urging them to prioritize empathy, excellent communication skills, and good touch (sparsh) while treating patients. He emphasized the importance of punctuality, integrity, professional commitment, and social commitment as qualities that young doctors must adopt to excel in their profession.

Dr. M R Jayaram, Chairman, Gokula Education Foundation who presided over the function said, "This is the time for introspection. You should decide who you are, what you want to be, and program yourself to implement the knowledge you have gained. You are part of a generation where knowledge is shared with each other."





Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sampangairamaiah, Trustee, Gokula Education Foundation, Shri M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. K K Raina, Vice Chancellor, RUAS, Dr. O P Kharbanda, Pro- Vice Chancellor, Dr. Venkatesh G S, Registrar, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Dr. Govind R Kadambi, Pro-Vice Chancellor, RUAS, Dr. Hemanth T, Registrar, Administration, Dr. Prathab A G, Registrar, Academics and all the faculty members were present during the graduation day.



Department of Paediatrics in association with BPNI - BPNI's Certificate Course programme organised a 7 Days IYCF Training and Workshop on "Breastfeeding & Infant and Young Child Feeding Counsellors" on 17th April, 2023 at Ramaiah Medical College. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Somashekar A R, Prof. & Hod Dept. of Paediatrics, Dr. Sujani B. K, Hod & consultant, Dept. of OBG and others took part in the programme.



Dr. Somashekar A R, Prof. & HoD Dept. of Paediatric participated in Dr. Sridhar memorial lecture series at Sri Venkateswara College of engineering Bengaluru. He spoke on "Impact of Environmental hazards on health. He also participated in the International Paediatric Congress held at Ahemedabad as a Panellist in Environmental Chapter Symposium on Green campus initiative.



Departments of Community Medicine, Paediatrics and Pharmacology in association with WHO, organised a workshop on AEFI and VPD Surveillance Learning from Covid-19 vaccination / Measles Elimination Road Map-2023 on 29th March, 2023 at Ramaiah Medical College.



Ramaiah Medical College and Hospital in association with Samanvaya organised a free Medical camp.

Ramaiah Memorial Hospital conducted a health Awareness Program at Ramki Utsav Apartments. Dr. Manjula N.V Assoc. Prof. Dept. of OBG, delivered a talk on women's Health during the programme.





Dr. Shravan, Asst. Prof., Dept. of Orthopaedics attended an advanced two-deformity correction workshop at Cochin. The Training was on 6-axis, Computer assisted Deft Fix/Hexapod fixators which gives high precision and ease of correction of complex limb deformities

AHA delegation led by Ms. Puja Patel, the Vice President of International Quality & Accreditation Programs-AHA/ASA visited Department of Emergency Medicine. The delegation also included Dr. D P Suresh, the Executive Medical Director of the Heart & Vascular Institute under St. Elizabeth Healthcare at Cincinnati, Ohio's Edgewood Kentucky, Dr. Sachin Menon, Consultant Regional Director at the American Heart Association, and Mr. Sameer Sharieff, the Founder and CEO of Impelsys. Dr. K C Gurudev, President, Ramaiah Memorial Hospital and Dr. Aruna C Ramesh, HOD, Dept. of Accident & Emergency welcomed them.



Medical Education Unit, Ramaiah Medical College organized Revised Basic Course Workshop (RBCW) on 1st March, 2023. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Prathab A G, Registrar (Academics) and others were present.



Department of Anaesthesiology, Ramaiah Medical College organised CME & Hands on training of "Total Intravenous Anaesthesia-Target Controlled Infusion TIVA-TCI" on 5th March, 2023. Resource persons for the programme were Dr. Subramaniam MS, Dr. Shishir Chandrashekar, Dr. Arun B G and Dr. Vivek Rayadurg.



ROBOTIC SURGERY : A BOON TO SURGEONS



Ramaiah Memorial Hospital - Robotic Surgery Department is equipped with cutting edge technology with well qualified and experienced Clinical Teams. We have been making surgeries more accurate and simpler with the help of robots for the past five years.

Robotic surgery is a trained skill and not all surgeons can perform the procedure. The surgeon operates a robot which invades those areas which are hard to reach and the surgery is controlled by the surgeon at the console and is quick and effective. The robot helps the surgeon guide tiny surgical instruments to the affected part of the body and surgery becomes simple with very tiny incisions. This surgery is a quick, safe procedure with little or no side effects.

The patient walks out and goes about his normal life without any complications. This surgery is now being recognized as safer and more effective than traditional surgeries.

Robotic assisted surgeries at Ramaiah Memorial Hospital have successfully treated patients suffering from gastrointestinal, gynaecology, urology and neurology issues. General surgeries like hernia repair and appendectomy have also been successfully performed through the robotic procedure.

A robotic machine has hi definition 3D vision, endowrist instrumentation, intuitive motion that helps in easy and precise manoeuvrability.

Benefits of Robotic Surgery

- The high precision and accuracy made possible by robotic arms that are able to bend and rotate freely results in surgeries being safer and far more effective
- Very small incisions, minimal blood loss, quicker return to normal Activity
- Reduced risk of post-operative complications
- Shorter Hospitalization Time, Lower risk of Advance side effects.

Our surgeons have seen many success stories to tell and we have seen many a patient walk out with a smile after having undergone a robotic procedure.

Outreach Programme

Ramaiah Memorial Hospital organized a Urology Camp at Bosch Company to spread health awareness among the employees.



WHOCON 2023



Ramaiah Medical College organised WHOCON'2 a Model World Health Assembly on 29th April, 2023. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Lalitha K Prof. & HOD, Department of Community Medicine, Dr. Suman, Prof. Community Medicine, Dr. Nandakumar B S, Deputy Director Research and others were part of the event.



on 11th April, 2023. Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. K C Gurudev, President, Ramaiah Memorial Hospital, Dr. Prathab A G, Registrar (Academics), medical students, faculty members and others took part in the event. They also organized a CME program on 'Health For All' on 12th April, 2023. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Lalitha K Prof. & HOD, Department of Community Medicine, and others took part in the CME. A street play on "A Game on the Street is Worth a Thousand Tweets" was organised by the medical students to spread the awareness on health care.

As part of the World Health Day celebrations, the Department of Community Medicine organized a walking competition having a on the theme - "Stride For Health"

Department of Community Medicine in association with District TB Office and BBMP - ICMR organized workshop on TB Preventive treatment (TPT) for NTEP staff of BBMP on 19th April, 2023 at Ramaiah Medical College. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Lalitha K Prof. & HOD, Department of Community Medicine and others inaugurated the programme



RUAS Academic Council Meeting was held on the 3rd April, 2023. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Rajdhan, Advisor, Gokula Education Foundation (Medical), Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. G Kadambi, Pro-Vice Chancellor, RUAS, Dr. Venkatesh G S, Registrar and others were present at the meeting.

Harsha R, 2nd year MBBS student won 11 Gold and 6 Silver medals in swimming competitions in Manipal Invictus 2023.



Swasti Shandilya, 3rd Year MBBS and Yashine S, 2nd Year MBBS student have won 3rd place in Debate at Manipal Invictus 2023.

Department of Microbiology organized Poster presentation, Quiz Competition and Awareness programme on World Malaria Day on the theme - 'Invest - innovative - implement - time to deliver zero Malaria' on 25th April, 2023.



Departments of Biochemistry & Microbiology organized Quality 'Control in Clinical Microbiology and Biochemistry Laboratory workshop' by Quidel Ortho Clinical Diagnostics for Technicians on 25th April, 2023.



Mana Patel, a professional swimmer from Ahmedabad, Gujarat, who made history as the first Indian female athlete to represent India in the Tokyo Olympics, visited Ramaiah Memorial Hospital to meet Dr. Sanjay Desai, HOD & Consultant, Vascular and Endovascular Surgery.



Ramaiah Memorial Hospital participated in Advantage Health care exhibition, a global conference at New Delhi on 26th and 27th April. D K Singh, Vice President, Ramaiah Memorial Hospital, K G Vasuki, Chief Corporate Communications, Dr. Krishna, Medical Superintendent, RISA and Mr. Anoop, Marketing Head, took part in this two day event.



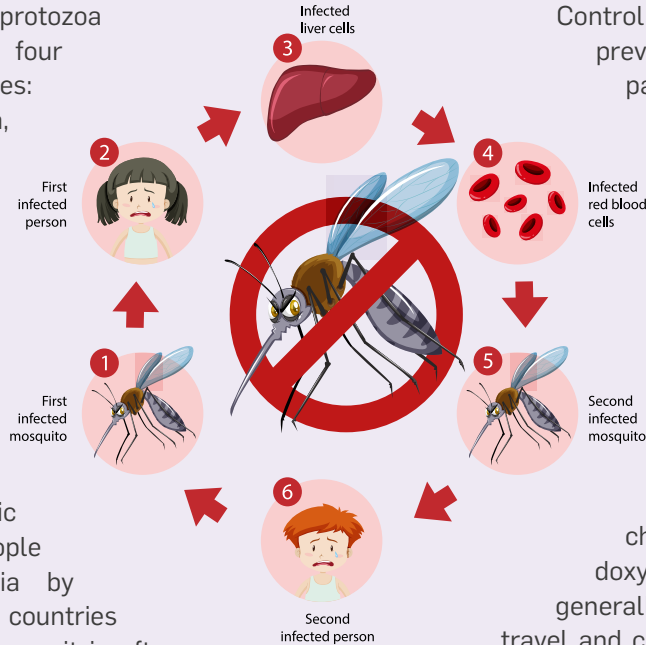
Dr. Sunil Furtado, HoD, Dept. of Neurosurgery, delivered a talk on 'Recent Advances on the Endovascular Management of Stroke' at the annual conference of the Karnataka Neuroscience Association at Shivamogga

MALARIA

Malaria is an acute infectious disease caused by a protozoa "Plasmodium". It has four important species:

Plasmodium- Vivax, falciparum, ovale and malariae. Malaria is an important cause of fever in India and in many tropical countries.

Malaria is transmitted by the bite of female anopheles mosquito. Malaria is endemic in certain areas in India, especially in the places of water bodies and in areas of poor sanitation. It is also endemic in certain African countries. People can get infected by Malaria by travelling to the places and countries where it is highly prevalent. Hence, it is often considered as a cause of fever if the patient has undertaken a recent travel. Malaria causes high grade fever, chills, rigors, headache, body pains, vomiting. Often, these symptoms are like the symptoms of other febrile illness like Dengue, typhoid, and other viral fever. However, malaria has severe shivering and intense sweating. Malaria can cause severe illness in pregnant women and can cause complications like pre-term delivery and growth retardation in babies. Malaria caused by Falciparum species can cause a severe and complicated infection leading to kidney, liver, lungs injury and anemia and can lead to mortality. Sometime, malaria can relapse in the same person after few months and years. Malaria is diagnosed by certain blood tests like smear examination and antigen tests in the blood. Most of the times, uncomplicated malaria does not require admission. However, admission is required if the patient is sick, has severe weakness and complications. There is an effective cure of Malaria, provided the patient presents to the hospital early and it is possible to prevent its complications and relapse. Drugs used in treatment of malaria are chloroquine, quinine, artesunate, artemether, lumefantrine, mefloquine. However, currently there is growing resistance to chloroquine. Hence, artemisinin-based combination therapies are recommended.



Best way to combat malaria is its prevention. Control of breeding of mosquitoes and preventing mosquito bite is of paramount importance. Keep the surroundings of your home clean, avoid clogging of water, cover the drains to prevent breeding of mosquitoes. People who are planning to visit endemic places of malaria especially a few of the African countries can take prophylactic medications to prevent malarial illness. The drugs used in prophylaxis are chloroquine, mefloquine and doxycycline. These medications are generally started two weeks prior to the travel and continues up to four weeks after

the travel. Currently, the vaccine used is prevention of malaria is still under development and not used routinely. Use appropriate clothing to prevent bites, mosquito repellents as and when required. The malaria control programme and other Vector Borne Diseases namely Kala-azar, Dengue, Lymphatic Filariasis, Japanese Encephalitis and Chikungunya are integrated into the National Vector Borne Disease Control Programme (NVBDCP) in 2002. New tools for malaria prevention and control were introduced under NVBDCP i.e., monovalent Rapid Detection kits for P. falciparum detection in 2005; Artemisinin combination therapy in 2006; antigen detecting bi-valent RDTs for detection of both P. falciparum and P. vivax in 2013; and newer insecticides and larvicides in 2014- 15. Early consultation with doctor is necessary and this will facilitate timely diagnosis and treatment to prevent complications



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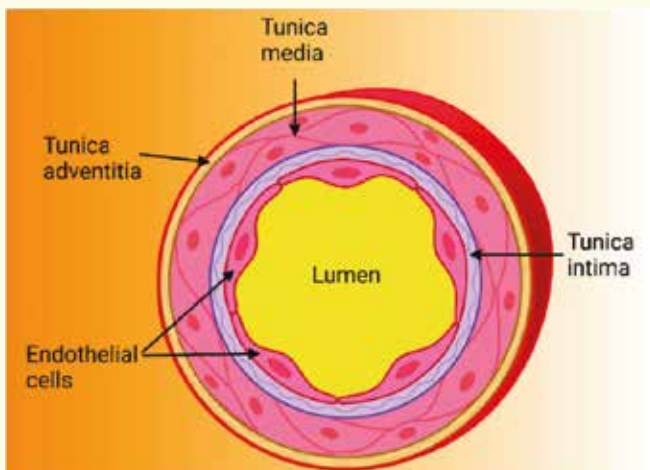
Arteries Health is Key to Life

Many years ago, the great English physician Thomas Sydenham concluded, "A man is as old as his arteries." More than 300 years later and this still holds true since these blood vessels carry vital oxygen-rich blood to all your body's tissues. Today we also know how important regular exercise is to maintain artery health.

Your arteries

A regular exercise program works a long way for health of your arteries. In our battle to keep cardiovascular diseases at bay, arteries are at the front line of the battle.

Every artery has three layers in its wall (see figure below). The inner layer, or intima, is composed of a thin layer of endothelial cells that are in direct contact with the bloodstream. The middle layer, or media, is composed chiefly of smooth muscle cells and elastic fibres. The outermost layer, or adventitia, is made up of supporting tissues that are dense and strong in larger arteries but nearly absent in the delicate blood vessels of the brain.



Movement means artery health improvement

Exercising muscles need more blood, in response to regular exercise, they actually grow more blood vessels by expanding the network of capillaries. In

turn, muscle cells boost levels of the enzymes that allow them to use oxygen to generate energy. More oxygen-rich blood and more efficient metabolism: It's the formula that explains why people who exercise regularly are able to improve their endurance and strength.

It has been observed that health of arteries declines with age. In people who exercise regularly, age had a much smaller effect; endothelial function still declined over the years, but there was a much smaller and more gradual drop in nitric oxide production. Indeed, exercise helped keep arteries young.

People who are 19–64 years of age should aim to get 150 minutes of moderate aerobic activity each week. Younger children should be physically active as well.

A person may choose swimming over another form of exercise for a range of reasons. It gives the body a thorough workout and has many advantages for people of all ages and fitness levels. It increases heart rate without putting stress on the body, improves strength, tones muscle, enhances fitness and helps manage weight.

Swimming does not put excess strain on a person's joints. So, it is especially helpful in individuals with arthritis or a joint injury, as the buoyancy of water reduces stress on weight bearing joints.

It has been observed in scientific studies that swimmers have a lower all-cause mortality risk than did men who are sedentary, walkers or runners. Swimming can also help lower blood pressure levels.



Dr. Sanjay Desai

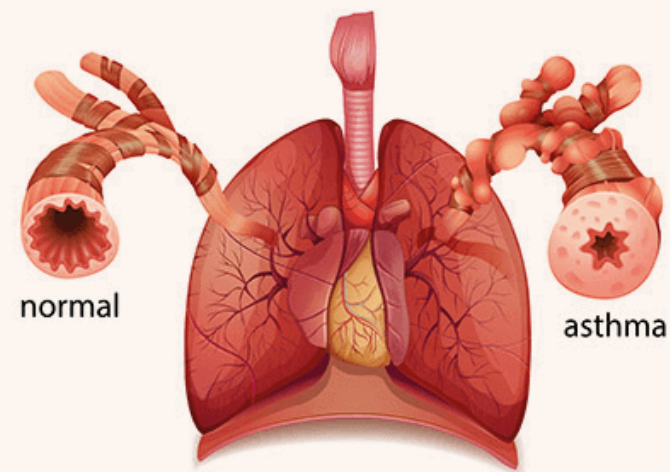
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Asthma and Care

World Asthma Day is observed on the first Tuesday of May every year. The primary objective is raising awareness about asthma, the causes and symptoms and effective ways of managing the condition. This year, it will be observed on the 2nd of May and the theme is - "Asthma care for All" Asthma is a chronic respiratory condition that affects millions of people across the globe. It is a condition which causes narrowing of the airways, making it difficult to breathe. Though Asthma does not have a cure, it can be controlled by effective and timely management The aim of World Asthma Day 2023 is to encourage individuals, families, healthcare professionals and governments worldwide to join hands to promote asthma control and in the prevention of asthma attacks.

It also promotes teamwork among healthcare professionals, researchers, the patient population and their families to enhance asthma care and to reduce the burden of asthma in the general population Awareness can be brought about by organizing various activities which include conducting camps, seminars, workshops for healthcare professionals and the general public. These platforms provide an opportunity to discuss the latest developments in the management and treatment of asthma, best practices in asthma care and ways to prevent asthma attacks Individual initiatives can be undertaken to promote asthma control and prevention like promoting awareness among the target population and the general public about the asthma triggers such as tobacco smoke, air pollution, dust mites and pets.

Emphasis is to be laid on the importance of use of asthma medications as prescribed by the healthcare professional and to follow an asthma action plan which outlines the plan of action in case of an asthma attack play a vital role In a nutshell, World Asthma Day 2023 is an important occasion for the global community to join hands and promote awareness about Asthma as well as effective ways of managing the condition. The theme 'Asthma care for all' emphasizes the importance of collaboration among the stakeholders, individuals, healthcare professionals and organizations to work together to improve the quality of life for people with asthma. While there is no cure for asthma, strategies involving effective management and prevention can go a long way in reducing the burden of this condition on individuals and communities.



It is a great opportunity to bring together all the individuals and organizations to a common platform and raise awareness about the impact of Asthma and effective ways of management and control of the condition The theme for the World Asthma day 2023 - "Asthma care for All" underlines the importance of collaboration and cooperation among the various stakeholders to bring about better outcomes in managing the disease.



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Dr. Swaratika Majumdar
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**Dr. Annanyaa Raya
Reddy**
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RINER - LAMP LIGHTING CEREMONY AND GRADUATION DAY



Ramaiah Institute of Nursing Education & Research celebrated the graduation day of the 28th batch of B.Sc (Nursing), 20th batch of P.B.B.Sc (Nursing), and 29th batch of MSc nursing students of RINER. They also organised lamp lighting ceremony for the fresher's of the 30th batch of GNM and 32nd Batch of B.Sc (N) students.

The chief guest for the programme was Ms. Thankam Gomez, NursePreneur and CEO of CYGNIA Health Care. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. Sonali Jadhav, Principal RINER, and other faculty members, students, parents and others were part of the celebrations.

