



Inauguration of Ramaiah Hospital @ Brigade Orchards



Ramaiah Group proudly celebrates a new milestone with the inauguration of Ramaiah Hospitals @ Brigade Orchards in Devanahalli, Bengaluru. This hospital marks a significant step to provide top-tier healthcare services to the communities and surrounding areas. Featuring a state-of-the-art facility equipped with cutting-edge medical technology and staffed by dedicated healthcare professionals, this hospital is set to deliver exceptional patient care.

The facility will also have dedicated specialty clinics like Elders Health & Women's Health Clinic, Epilepsy & Movement Disorders Clinic, Spine & Back Pain Clinic, Arrhythmia & Heart Failure Clinic, Arthritis & Osteoporosis Clinic. The support functions will include a well-equipped laboratory, radiology services wherein both individuals, families and corporate employees can undergo routine check ups.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical) Dr. Jaishankar M R, Executive Chairman, Brigade Group, Dr. S C Nagendra Swamy, President, Ramaiah Memorial Hospital, Venugopal Sastry, Chief Finance Officer, Gokula Education Foundation (Medical), Dr. Dattatreya, Director, Ramaiah Network Hospital and other dignitaries were present at the inaugural function.



RAMAIAH

May 2024

Pioneering Excellence: Milestones and Innovations at Ramaiah Group

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Jnana Vahini

Monthly Newsletter - Gokula Education Foundation (Medical)

Volume - 15 Issue - 5
May - 2024

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In this edition, we celebrate a series of remarkable achievements and initiatives by the Ramaiah Group, demonstrating our unwavering commitment to advancing healthcare services and medical education. The inauguration of Ramaiah Hospitals at Brigade Orchards in Devanahalli, Bengaluru, marks a significant milestone. This state-of-the-art facility, equipped with cutting-edge medical technology and staffed by dedicated healthcare professionals, is poised to provide top-tier healthcare services to the communities of Bengaluru and Karnataka. Esteemed dignitaries like Dr. M R Jayaram, Chairman of Gokula Education Foundation, graced the inauguration, underscoring its importance in the region's healthcare landscape.

Ramaiah Memorial Hospital has achieved a significant milestone in cancer care by successfully performing breast conservation surgeries using Intra-Operative Radiation Therapy (IORT). Led by Dr. Kirthi Koushik and Dr. Aravind S Kapali, this advanced technique offers a single-dose radiation therapy directly at the tumor site during surgery, minimizing radiation exposure to healthy tissues and reducing the need for prolonged post-surgery radiation therapy. This breakthrough not only enhances treatment efficacy but also significantly improves the quality of life for cancer patients.

Our students continue to shine, showcasing their talents and achievements across various competitions. From success at 'INVICTUS' and 'EREVNA 2024' to triumphs in endocrinology at 'Hormone Rhythm 2024,' our students exemplify excellence and dedication. Their accomplishments reflect the high standards of education and mentorship provided at Ramaiah Medical College. We also celebrate the accolades received by our esteemed faculty members. Dr. Ashwin Kulkarni's FAIMER fellowship and Dr. Pramila Kalra's prestigious K M Prasanna Kumar Oration highlight their contributions to medical education and research, underscoring the caliber of professionals who are part of the Ramaiah family.

The Asia-Pacific Ageing Consortium for Health (APACH) International Policy Forum on Aged Care, hosted in collaboration with Flinders University and ARIIA, coordinated by Dr. Nanda Kumar, exemplifies Ramaiah Medical College's commitment to addressing global healthcare challenges. This forum brought together experts across six countries to discuss and innovate solutions for elderly care, reinforcing our role as a leader in healthcare collaboration and policy-making. Our community engagement initiatives, such as the awareness program on World Thyroid Day and the celebration of International Nurses Day, reflect our dedication to holistic healthcare, educating and supporting our community while honoring the invaluable contributions of our healthcare professionals.

Advancements at Ramaiah Memorial Hospital include the adoption of technologies like robotic urology surgery and CAR-T Cell Therapy. Robotic surgery offers unparalleled precision and recovery benefits, while stem cell and CAR-T therapies represent the forefront of cancer treatment, offering hope to patients with challenging conditions.

As we reflect on these achievements, we are filled with pride and gratitude for the relentless efforts of our healthcare professionals, educators, and students. Their dedication to excellence and innovation drives the Ramaiah Group forward, ensuring that we remain at the forefront of medical advancements and patient care. We look forward to many more milestones and successes in the years to come, celebrating these accomplishments and continuing our journey towards a healthier, brighter future for all.

Ramaiah Memorial Hospital Achieves Milestone in Cancer Care with Intra-Operative Radiation Therapy

Ramaiah Memorial Hospital announced a major feat in cancer care by successfully conducting two breast conservation cancer surgeries and using Intra-Operative Radiation Therapy (IORT) with an IORT X-Ray Device that delivers precision Intra-Operative Radiation Therapy (IORT) to tumors and tumors beds following surgical resection in a single sitting.

IORT as a radiation therapy aids in replacing multiple weeks of post-surgery traditional radiation therapy. IORT is administered in a single dose directly at the tumor site – and given at the same time as the surgery after excision of the tumor and before wound closure.

Unlike traditional radiation therapy, which is delivered after a patient has recovered from surgery, IORT as a procedure involves delivering radiation to the tumor bed while the area is exposed during surgery. This helps in minimizing radiation exposure to surrounding healthy tissues. IORT is also helpful in treating cancers that are difficult to remove during surgery and when there is a concern that minimal amounts of unseen cancer might still remain post-surgical excision of a tumor.

Led by Dr. Kirthi Koushik A.S, HOD & Senior Consultant –



Department of Radiation Oncology and Dr. Aravind S Kapali, Consultant, Department of Surgical Oncology at Ramaiah Institute of Onco-sciences under Ramaiah Memorial Hospital, the surgical and radiation team performed breast conservation surgery and IORT procedures on two patients. Dr. Harish K, Director, Ramaiah Institute of Oncology expressed his pride in reaching this significant milestone in cancer care, stating, "We are proud to achieve this major feat in cancer care, and I congratulate the team on this outstanding accomplishment." In these two cases, Ramaiah Memorial Hospital demonstrated the transformative impact of IORT.

Ramaiah Medical College Hosts Prestigious APACH International Policy Forum on Aged Care



Ramaiah Medical College proudly hosted the Asia-Pacific Ageing Consortium for Health (APACH) International Policy Forum on Aged Care in collaboration with Flinders University, Australia, and Aged Care Research & Industry Innovation Australia (ARIIA) on 16th May, 2024, at Ramaiah Medical College Bengaluru.

APACH serves as a gathering of aged care experts from various international institutions, fostering discussions and sharing insights on addressing the challenges and exploring opportunities in elderly care within the Asia-Pacific region.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. O P Kharbanda, Pro- Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. B S Nandakumar, Associate Dean – Research and Innovations, RUAS and Head – Division of Research and Patents, Asso. Prof. Angie A Shafei and others were present at the event.



Our Medical College students have achieved a series of success, consistently demonstrating their talents in various competitions. The students have once again showcased their exceptional talent at 'INVICTUS'- All India Inter Medical College Festival, hosted by Kasturba Medical College, Manipal, and also at the esteemed KMC 'EREVNA 2024' fest in Mangaluru.



Duvvuru Swapnika, won 3rd place in Calligraphy competition at INVICTUS fest.

Bindhan V, won 3rd Place in western solo dance at INVICTUS fest.



Hitha Chitlur and Priyanka Ojas Oza, won 3rd Place in Pre and Para clinical at EREVNA fest.



Ramaiah relay team won bronze medal at INVICTUS fest.

Manjusha Madyastha won 3rd Place in classical solo dance at INVICTUS fest.



The Department of Pathology along with departments of OBG & Microbiology, organized a Faculty Development Programme on 'Shape the Future of Cervical Cancer Screening' on 11th May, 2024 at Ramaiah Medical College. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College Hospital, Dr. A G Prathab, Registrar, Academics, Dr. S R Mangala Gouri, Prof. & Head, Dept. of Pathology, Dr. Jyothi G S, Prof. Dept. of OBG and others were present.

Residents from the Department of Endocrinology showcased their outstanding talents at Hormone Rhythm 2024 in Mysuru, winning numerous awards in the competition.



Dr. Abhijeet, Dr. Rachna and Dr. Siddharth secured 1st prize in the quiz competition.



Dr. Mahesh won 1st prize for Oral Presentation for his research work on thyroid.



Dr. Pooja won 1st prize for Oral Presentation for her research work on gender incongruence



Dr. Rachna won 1st prize for poster presentation for her research work on NAFLD.



Prof. O P Kharbanda, Pro- Vice Chancellor, RUAS was invited for the Silver Jubilee Celebrations of the Military Army Dental Center.

A Multi Casualty Management Training Program was conducted for Doctors, Lab Technicians and Staff Nurses at Chintamani Govt. Hospital. Dr. Aruna C Ramesh, HOD, Dept. of Emergency Medicine, Dr. Keshavamurthy, Associate Professor, Dept. of Emergency Medicine and Dr. Hariprasad K.V, Assistant Professor, Dept. of Emergency Medicine were felicitated during the training programme.



Congratulations



Dr. Ashwin Kulkarni, Associate Professor, Department of General Medicine was awarded FAIMER (Foundation for Advancement of International Medical Education and Research) fellowship at CMC Ludhiana-FAIMER Regional Institute.

Dr. Pramila Kalra, Prof. & Head, Dept. of Endocrinology was awarded K M Prasanna Kumar Oration on 11th May, 2024 at Hormone Rhythm 2024 for her work on thyroid disorders.

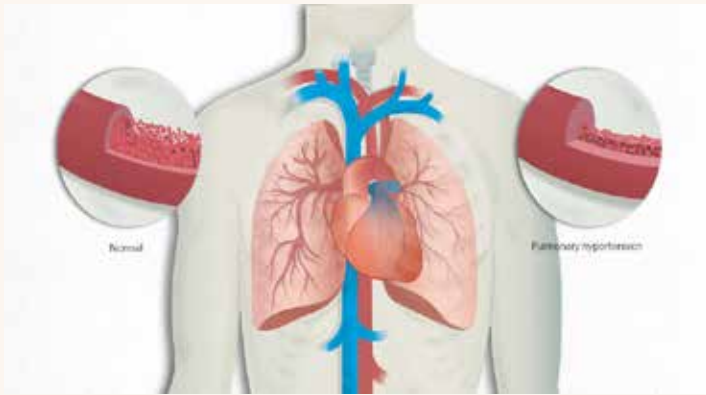


Dr. Srikanth N Prof. Dept. of General Medicine has been elected for Membership of Royal College of Physicians on 14th May, 2024 at the MRCP graduation ceremonies at London, United Kingdom.



Dr. Jyothi G S, Prof. Dept. of OBG, has been elected as Treasurer of Benagluru Menopause Society (of the Indian Menopausal Society) for the years 2024 to 2026.

World Pulmonary Hypertension Day



World Pulmonary Hypertension day is celebrated annually on May 5th, and in the year 2024, it holds even greater significance. This day serves as a powerful reminder of the global efforts to raise awareness, educate, and support individuals living with pulmonary hypertension (PH).

PH is a chronic and life-threatening disease that affects the pulmonary arteries, leading to increased blood pressure within the lungs. It is a rare condition that often goes undiagnosed or misdiagnosed due to its complex nature. The symptoms, which include shortness of breath, fatigue, chest pain, and palpitations, can easily be mistaken for other more commonly known ailments.

The year 2024 is a crucial milestone in the fight against PH as it marks a decade since World Pulmonary Hypertension day was first established. Over the past ten years, significant progress has been made in understanding the disease, improving diagnostics, and developing innovative treatments. This year's celebration pays tribute to these advancements and brings hope for a brighter future for PH patients worldwide.

One of the remarkable achievements in the last decade is the increased global awareness about PH.

Governments, healthcare professionals, patient organizations, and the media have all played a crucial role in educating the public about the disease. This increased awareness has resulted in earlier diagnosis, timely interventions, and improved quality of life for PH patients.

Medical research and breakthroughs have also been instrumental in the fight against PH. Scientists and pharmaceutical companies have collaborated to develop novel therapies that target the underlying causes of the disease. These treatments have shown promising results in managing symptoms, improving exercise capacity, and prolonging the lifespan of PH patients.

In addition to medical advancements, the importance of holistic care and support for PH patients cannot be overstated. Patient advocacy groups and support networks have emerged to provide emotional support, share experiences, and encourage dialogue between patients, caregivers, and healthcare providers. Through these platforms, PH patients can find solace and strength in knowing they are not alone in their journey.

However, despite the progress made, challenges still prevail. Access to healthcare and essential



medications remains a concern in many parts of the world, particularly in low-income countries. Addressing these disparities and ensuring equitable access to quality care for all PH patients should be a priority for the global community.

On World Pulmonary Hypertension day 2024, let us celebrate the achievements of the past decade while acknowledging the work that still lies ahead. It is an opportunity to come together as a global community, raise awareness, and advocate for the rights and needs of PH patients.

This year's theme, "Hope for Tomorrow," symbolizes our unwavering determination to find better treatments, improve quality of life, and ultimately discover a cure for PH. Through research, collaboration, and collective efforts, we can make a significant impact on the lives of individuals affected by the disease.

As we celebrate World Pulmonary Hypertension day 2024, let us not only focus on the challenges but also embrace the power of hope and resilience. Let us nurture a society that is educated, empathetic, and committed to eradicating this debilitating disease. Together, we can create a world where Pulmonary Hypertension limits no one.

Dr. Prasanna Kumar T
Associate professor,
Dept. of Respiratory Medicine



The department of Endocrinology organised an awareness Programme on World Thyroid Day on 22nd May, 2024. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital and department members of Endocrinology were present. A walkathon was also organised to spread the awareness on the thyroid problems.



The Department of Pharmacology, Ramaiah Medical College in collaboration with Indian Society for Clinical Research (ISCR) celebrated International Clinical Trials Day on 22nd May, 2024. This programme includes a series of talk from Lakshmi Achyutha representing Pharma industry, Dr. Vishwanath, Prof., Dept. of General Medicine and Dr. Ashwin Kulkarni, Assoc. Prof. Dept. of General Medicine from academia.



Dr. S M Ajoy, Assoc. Prof. Dept. of Orthopedics, was an invited Speaker at the International Federation of Foot and Ankle Societies Conference at Seoul, South Korea.

Robotic Urology Surgery

The arrival of surgical robotics at the turn of the millennium ushered in a new era of minimally invasive surgery. From its humble beginnings, with the introduction of primitive robots to the current state of the art da Vinci 5, robotic surgery has come a long way.



Why has robotic surgery become so popular?

The reason behind the unprecedented explosion in the use of robotics lies in the inherent advantages of robotic surgery over conventional laparoscopic surgery which include superior ergonomics, enhanced magnification, 3D-vision, motion scaling, tremor filtering, enhanced dexterity, precision and control of operating instruments.

From the patients' perspective this translates to smaller incisions, decreased blood loss, less pain, and quicker healing time and consequently reduction in hospital stay.

Robotic surgery allows the surgeon with no previous laparoscopic training to provide the patients with the advantages of minimal access surgery. For the laparoscopically trained surgeon it enables operating at a superior level with greater precision and accuracy.

Robotic Urology Surgery at Ramaiah Memorial Hospital

The department of Urology at Ramaiah Memorial Hospital is recognized as one of the leading centers for high quality robotic urology surgery.

Equipped with the da Vinci robot, our team of experts are routinely performing the following urology surgeries:

URO-ONCOLOGY: Dealing with cancers of the genitourinary tract

- a) Robotic Radical Prostatectomy – for prostate cancer. Robotic surgery in localized prostate cancer provides excellent oncological outcomes, with the possibility of sparing the nerves responsible for erection and urine control. This results in good functional outcomes as well.
- b) Robotic Partial Nephrectomy – for kidney cancers up to a particular size, where only the tumor is removed, safeguarding the rest of the kidney.
- c) Robotic Radical Nephrectomy – for much larger and advanced kidney cancers where the entire cancer bearing kidney is removed.
- d) Robotic Radical Cystectomy and Intracorporeal Orthotopic Urinary diversion – for patients with stage 2 bladder cancer where the urinary bladder is removed and a new “bladder” is created with segments of the intestine, so that the patient can continue to pass urine through the natural route.
- e) Robotic Adrenalectomy – for tumors of the adrenals, which are small triangular shaped glands located on top of both kidneys.

PEDIATRIC UROLOGY – urological problems in children which are generally congenital (from birth)

- a) Robotic Pyeloplasty – where the obstructed part of the ureter (the urine pipe which leads from the kidney to the bladder) is removed and reconstructed.
- b) Robotic Surgery for Vesicoureteral reflux – in children with abnormal reverse flow of urine from the bladder to kidney resulting in recurrent urinary infections or hampering the growth of the kidney and not responding to medical treatment.

URO-GYNAECOLOGY

- a) Robotic Sacrocolpopexy – typically performed in women who have descent of the upper part of the vagina (vault prolapse) following hysterectomy
- b) Robotic Burch colposuspension – for women with urine leakage occurring due to physical stress not subsiding with pelvic floor physiotherapy and not keen on mesh slings.
- c) Robotic Vesicovaginal fistula repair – for women with abnormal communication between the vagina and bladder resulting from a complication of hysterectomy.

Consult with our team of experts at Ramaiah Memorial Hospital, to determine if robotic surgery is suitable for your specific condition.



Dr. Tarun Dilip Javali
Prof.& HOD, Dept. of Urology

Ramaiah Medical College Career Guidance Cell organized a session for the students on the Road to USMLE on 18th May, 2024. The topics covered were USMLE Step 1 Prep USMLE, Step 2 Prep USCE, Experiences from the University of Illinois, University of Texas- San Antonio, Cleveland Clinic, Johns Hopkins, University of Pittsburgh School of Medicine, etc. The speakers were- Dr. Sharanya Kaushik, Dr. Vallabh Shet, Dr. Preethi Jagannath, Dr. Rithika M Reddy and Dr. Sana Sultana, Alumni students.



The School of Law, Ramaiah University of Applied Sciences organised a two day national seminar on “New Criminal Laws: Issues and Trends” on 3rd and 4th May, 2024. Hon’ble Justice C.M. Joshi, High Court of Karnataka, was the chief guest for the programme. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, Dr. G Kadambi, Pro-Vice Chancellor, RUAS and other dignitaries were present.





'Insight' an all-India undergraduate medical conference, was organised at Ramaiah Medical College from the 30th of May to the 1st of June. It was organized by undergraduate medical students to provide a platform to convene, exchange knowledge and discuss the latest advancements in healthcare with their peers. Series of workshop, competitions and debate was part of the conference.



On the occasion of World Hand Hygiene Day 2024 Ramaiah Memorial Hospital and Ramaiah Medical College Hospital celebrated the day by organising screening tests and seminars.



WELCOME



Dr. Manjushree A
Assistant Professor, Pharmacology



Dr. Adnan Sayeed
Assistant Professor, Paediatric Surgery

SEPARATED



Dr. Atira Mirza
Senior Resident, Pathology



Dr. Mohan Kumar S. Notagar
Senior Resident, Anaesthesiology



Dr. Janhavi G
Assistant Professor, General Medicine



Dr. Rudresh H.K
Professor & HOD, General Surgery

International Nurses Day

On the occasion of International Nurses Day Ramaiah Hospitals celebrated it in a grand way to honour the incredible contributions of nurses. On this day nurses were awarded for their exemplary duty, highlighting their outstanding service and commitment to patient care.

Dr. Sarah Coxon, Director Midwifery, Aastrika Foundation, was the chief guest for the programme. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (M), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical & College Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Madan S Gaekwad, Chief Operating Officer, Ramaiah Memorial Hospital and others were part of the celebrations.

Dr. Sarah Coxon delivered an inspirational speech to encourage nurses to work diligently and stay dedicated to their profession. Additionally, cultural events were organized to provide the nurses with a much-needed break from their daily busy routines.

