



Ramaiah Sat Ground Station Inaugurated at RUAS

On the occasion of National Technology Day, Ramaiah University of Applied Sciences (RUAS) inaugurated 'Ramaiah Sat Ground Station' at Peenya Campus. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), 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 and others were part of the inaugural programme.

The RAMAIAH SAT ground station has the capability to receive and process the downlink data from NOAA series satellite namely 15, 18 and 19. The downlink data can be processed for weather prediction, tomography, water resource management and forest fires. Further, with some processing vegetation index

can also be found. These data can be used to support farmers for sowing of crops, reduce the damage caused due to forest fires as well as manage the water shortage in the country. The ambition is to provide an improved prediction model for the downlink data provided by the satellite.

Dr. M R Jayaram emphasized on the requirement close interaction with industry and academia for the development of various products catering to mankind.



Dr. M R Jayaram inaugurates India Pavilion at Washington

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, along with Prof. T G Sitharam, Chairman, All India Council of Technical Education, inaugurated the "India Pavilion" at the 75th NAFSA Annual Conference & Expo on 30th May, at Washington, DC, USA.





RAMAIAH

May - June 2023

ಜ್ಞಾನವಾಹಿನಿ

Jnana Vahini

Monthly Newsletter - Gokula Education Foundation (Medical)

Volume - 14 Issue - 5-6

May - June 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

Tobacco kills: Stringent Action Needed

Tobacco consumption continues to be a vital public health concern in India, leading to a significant number of deaths and sea of ill effects on individuals and society as a whole. It is essential to examine the current statistics, raise awareness about the ill effects, and explore ways in which the healthcare sector and the government can contribute in combating this epidemic.

The statistics surrounding tobacco-related deaths in India are truly alarming. According to recent data, approximately 1.3 million people die in India each year due to tobacco-related illnesses, including cancer, cardiovascular diseases, and respiratory disorders. In 2020, 22.3% of the global population used tobacco, 36.7% of all men and 7.8% of the world's women. The death toll is rising, making it imperative for immediate action to curb this public health crisis.

Tobacco consumption causes havoc on both physical and mental health. Smoking tobacco is a leading cause of lung cancer, chronic obstructive pulmonary disease (COPD), and heart diseases.

The government of India needs to adopt a multi-faceted approach to address the tobacco epidemic. Primarily, strict regulations and enforcement of existing laws on tobacco control, complete ban on tobacco advertising, should be implemented. Increase in the price of tobacco products through higher taxes can discourage consumption, especially among the youth and vulnerable populations.

The healthcare sectors have a pivotal role to play in combating tobacco addiction. Initially, healthcare professionals should be equipped with the knowledge and to effectively counsel patients on consuming tobacco. Screening of tobacco use and its related illnesses must be integrated in hospitals. Establishing clinics and helplines can provide support to individuals seeking to quit tobacco.

The Departments of Community Medicine, Respiratory Medicine, and Pediatrics at Ramaiah Hospitals are making significant efforts to combat tobacco use. They are actively engaged in raising awareness through various programme such as free screening camps, awareness walkathons, and counselling camps for patients, the general public, and police personnel. Ramaiah Hospitals are dedicated in educating and informing individuals about the hazards of tobacco use.

Hand Hygiene Day



Ramaiah Memorial Hospital organized a CME on Hand Hygiene, Diagnostic Stewardship and Antimicrobial Stewardship on 3rd May, 2023 at Ramaiah Medical College. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, 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, Dr. Harshavardhan Rao, Prof. Dept. of Medical Gastroenterology and others took part in the programme.

World Asthma Day



on the early warning signs of asthma triggers, and management strategies to ensure that they can identify and respond to asthma-related emergencies promptly.

The camp included a series of activities, such as asthma awareness walkathon, lung function tests (Pulmonary function tests), medication counselling, and lung exercises were taught to the traffic police.

The Department of Respiratory Medicine organised an Asthma Awareness Programme, Walkathon and Asthma Screening Camp for the Bengaluru Traffic Police, on the occasion of World Asthma Day, on 4th May, 2023 at Ramaiah Memorial Hospitals.

This event aimed to educate the Traffic Police about the prevalence of asthma and the importance of early diagnosis and treatment.

The program also aimed to inform the participants





Dr. Komala N, Prof. Dept. of Anatomy, received a certificate for completing advance course in Medical education.



Medical Education Unit organized training programme for the Post-Doctorates. Dr. Shравan, Asst. Prof. Dept. of Orthopaedics was part of this programme.



Dr. Sreekar Agumbe Pai, Assoc. Prof, Dept. of General Surgery, presented poster and papers at International Advanced Laparoscopic Hernia Surgery conference in New Delhi.



Vikram Gowda, 3rd year medical student won 6 Gold, 2 Silver and 1 bronze medal and has won the individual championship in the swimming events at AFMC events.

Parliamentary Standing Committee visits Ramaiah Hospitals

A Parliamentary Standing Committee on Health and Family Welfare visited Ramaiah Medical College and Hospitals.

M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Harish K, Associate Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital and other staff members welcomed the committee and explained about the hospitals.

The purpose of the visit was to conduct a

detailed study of the implementation of Ayushman Bharat in the respective states. Additionally, discussions were regarding various government schemes.

The visit provided an opportunity for the committee to gather information and insights into the functioning of Ramaiah Medical College and Hospitals, as well as to understand the progress and challenges related to the implementation of Ayushman Bharat.





Ramaiah Memorial Hospital organized an awareness programme on Hand Hygiene Day on 5th April, 2023.



The Department of Urology, Ramaiah Medical College conducted Endourology Master class on 7th May, 2023. Dr. Bhaskar Somani, International Expert on stone disease, from UK was the chief guest for the programme. Dr. Puvvada Sandeep, Dr. Tarun Javali, Dr. Manasa from Dept. of Urology and other faculty members were present.



Dept. of Dermatology, Ramaiah Medical College organized World Vitiligo Day 2023 Awareness programme on 23rd June, 2023 at Ramaiah Memorial Hospital.



Dhwani, 3rd year medical student won second place in online sketching event, conducted by AFMC Silhouettes 2023.



The Division of Research and Patents conducted a training programme on multi-disciplinary project proposal writing on 11th May, 2023. Dr. Harshavardhan Rao, Prof. Dept. of Medical Gastroenterology was part of the programme.



Department of Pathology and CYTELABS Bangalore in association with DBS organized D-I-Y Hands on IHC Workshop on 'Diagnose it yourself' on 13th & 14th May, 2023 at Ramaiah Medical College.

Dr. K M Ponnanna, Asst. Prof, Dept. of Orthopedic, Arthroplasty & Arthroscopy Surgeon, performed a unique Knee Replacement surgery called Pixee Knee (Augment Reality) for the first time in Bengaluru at Ramaiah Memorial Hospital. Pixee Knee (Augment Reality) is a cutting-edge technology used in knee replacements.



Ramaiah Memorial Hospital organized a health talk on Pulmonary issues after COVID-19 at Raman Research Institute. The talk was delivered by Dr. Prasanna Kumar T, Assoc. Prof. Dept. of Respiratory Medicine. This event was coordinated by Shobha Devi and Seema Rao.



Ramaiah Medical College students won 2nd place in Fashion show at AFMC, Pune.



Harsha R second year MBBS student, won 5 golds, 2 silver 1 bronze, medals in swimming at the AFMC, Pune.

Dept. of Anaesthesiology in collaboration with Med-Cubator Innovations conducted "Ramaiah Ultrasound Guided Regional Anaesthesia- Hands on Cadaveric Workshop" (RUGRA) on 21st May, 2023. Dr. Geetha C R was the Course Director. Dr. Arun V, Dr. Azam Danish, Dr. Amjad Maniar, Dr. Tejesh C A & Dr. Yatish B were the resource persons.





Dr. Ramesh D, Prof. Dept. of Urology was a guest faculty at Calicut Medical College for a CME on Urology and Renal Transplant on 21st May, 2023.



Department of Cardiology in collaboration with Division of Research & Patents organized a Guest lecture on 'Genetic Polymorphisms and its Impact in CVD and COPD Disorders' by Dr. P B Raghavendra Associate Professor, National

Institute of Biomedical Genomics (NIBMG) on 26th May, 2023 at Ramaiah Medical College.



Dr. Krishnamurthy Jayanna, Dean FLAHS, attended a meeting at University of Manitoba, Canada and University at Albany, NY, U.S.



Dr. Pramila Kalra, Prof. & Head, Dept. Endocrinology has been awarded as Fellow of Indian Thyroid society at ITSCON 2023.

The Department of Community Medicine observed World Hypertension Day-2023 with the students of 2nd year MBBS at Gobbaragunte village.





Inauguration of Interdisciplinary Community Based Training programme (IDCBTP) for MBBS Phase I students was organised on 29th May, 2023 at Ramaiah Medical College.



Dept. of Ophthalmology, has started Vitreo-Retinal surgeries by Ernest by Dr. Arun Bhatti, Associate Professor all days of the week.



Dept. of Endocrinology organised a CME programme on the occasion of World Thyroid Day on 25th May, 2023 at Ramaiah Medical College.



Dr. Nandini G and Dr. Manjula, Dept. of OBG were faculty members for BSOG PG CME held at Bengaluru on 10th June, 2023.



International Medical School conducted MSU - Community programme in Akkimgangala village on 4th June, 2023. 74 medical students participated in this programme.



Dr. Pramila Kalra, Prof. & HOD, Endocrinology, Ramaiah Medical College & Hospitals delivered a lecture on 'Hyperandrogenemia Treatment' in PCOS prior to IVF.



Dr. Jyothi G S Prof. Dept. of OBG was guest speaker, at the CME organized by MSD India Vaccine Division, she delivered a talk on HPV Vaccination in Post-Partum Women.

She also participated as a panellist in the session on "Nutrition across All Ages" for the FOGSI ICOG - Online Nutrition Certification Programme.

She participated as a faculty member and speaker at the 15th National Conference of ISCCP - ISCCPCON 23, where she presented on "Tissue basis: Visualization of the normal cervix" and participated as a panellist in the session "Dilemmas in Colposcopy: Case Scenarios." Furthermore, she participated in the annual BSOG PG CME 2023, as a faculty member and committee member of the SDPP Committee.

Dr. Jyothi G S was a Panelist for the session on "Individualizing Pregnancy Care in PCOS" on 10th June, 2023 at the 8th annual Conference of 'The PCOS Society of India' and the '3rd Regional Conference of Asia Pacific Initiative on Reproduction (ASPIRE) in collaboration with the Indian Society of Assisted Reproduction (ISAR) and the Karnataka branch of ISAR.



Dr. Aruna C Ramesh for her professional achievements and contributions to the society received Rotary Bangalore West vocational excellence award.



A two-day Training programme for faculty and technicians of Microbiology, Pathology and Biochemistry was conducted at Ramaiah Medical College. Dr. Prathab A G, Registrar (Academics) and others were present.



Prof. Piyush Gupta, Editor of popular paediatric textbooks for UG & PG, & Principal, University College of Medical Sciences, Delhi, visited Ramaiah Medical College as a part of his Academic tour of medical colleges in Karnataka.



On the occasion of World Blood Donors Day - Voluntary Blood Donation camp was organised by Ramaiah Memorial Hospital at Ramaiah Campus.



M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical) and Prof. Kuldeep K Raina, Vice Chancellor, RUAS, inaugurated new floor

of Faculty of Pharmacy. Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. Venkatesh G S, Registrar, RUAS, Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, and other faculty members were present at the inaugural ceremony.



Career Guidance Cell, Ramaiah Medical College in association with KAPLAN organized a seminar for UG Students on 'USMLE and Residency Options in USA' on 14th June, 2023 at Ramaiah Medical College.



Ramaiah University of Applied Sciences (RUAS) celebrated 9th International Yoga Day in collaboration with Ministry of Tourism (MoT), Bengaluru Office on 21st June, 2023 at Dwarka Hall. The Chief Guest for the function was Dr. Kambhampati Subrahmanyam, Advisor to Chancellor, S-VYASA (Yoga University) and Mohammed Farouk, Director, Ministry of Tourism was the Guest of Honour.



Dr. Samyakta Shetti, Ass. Prof. Dept. of Ophthalmology gave a lecture on "Eye pledging and donation awareness" at Ramaiah institute of Business studies.



Dept. of Emergency Medicine organised a programme on disaster management on 23rd June, 2023.



4th year MBBS, Vignesh Prakash and Karthik Yadavalli, won 2nd place in Trait-Biochemistry quiz of CHARM'23 at Chengalpattu Medical College, Tamil Nadu.



Dr. Sharad Kumar Aggarwal, Indian Medical Association National, President, addressed the Undergraduate Students at Ramaiah Medical College on 22nd June, 2023.



M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical) and Prof. Kuldeep K Raina, Vice Chancellor, RUAS inaugurated Yoga Lab & Wellness Centre at Ramaiah Medical College on the International Yoga Day on 21st June, 2023. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, and others were present.



Dr. Mohan Kumar. S Assoc. Prof. Dept. of Radiation Oncology, Was invited by Sultan Ismail Hospital Johor Malaysia as Guest speaker and trainer for Workshop on Brachytherapy for Gynac Cancer.

Ramaiah IAS Officers Academy Meeting was held on 20th June, 2023 at Ramaiah Medical College. 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. G Kadambi, Pro-Vice Chancellor, RUAS, B S Ramprasad, Chief Executive, RIT, H.G. Srivara, Head-HR & Legal, Gokula Education Foundation (Medical), Krishnaiah (Retd, IAS) Advisor, Gokula Education Foundation (Medical) and other intuitions heads were present during the meeting.



The Battle against Tobacco

Smoking and tobacco use have long been known to have damaging effects on health. Tobacco consumption, including smoking, is one of the leading causes of preventable death worldwide.

Despite the well-known risks associated with tobacco, millions of people continue to use it regularly. Reducing smoking and tobacco use is crucial for maintaining good health. However, quitting can be a challenging task, especially for those who have been smoking for a long time.

ILL effects of tobacco and smoking:

The use of tobacco, whether smoked or chewed, can have several harmful effects on the human body. Smoking cigarettes or beedis can cause lung cancer, heart disease, stroke, and respiratory diseases such as chronic obstructive pulmonary disease (COPD). It can also increase the risk of several other cancers, including bladder, liver, and pancreatic cancer.

Tobacco consumption can also lead to other health problems such as decreased fertility, premature ageing, gum disease, and tooth loss. The use of tobacco during pregnancy can cause low birth weight and can increase the risk of sudden infant death.

Simple measures to reduce tobacco consumption:

At an individual level, there are several steps one can take to reduce tobacco consumption.

1. Create a quit plan: Setting a quit date and creating a plan can help individuals prepare for the journey ahead. The plan should include identifying triggers, such as certain situations or emotions, that make them want to smoke, and finding alternative ways to cope with them.
2. Seek support: It is essential to seek support from friends, family, or healthcare professionals.
3. Use nicotine replacement therapy: Nicotine replacement therapy, such as nicotine gum, patches,

or lozenges, can help reduce cravings and ease withdrawal symptoms and should be done in liaison with healthcare professionals.

4. Avoid triggers: Avoiding situations that trigger the urge to smoke, such as being around other smokers or drinking alcohol, can help individuals reduce their tobacco consumption.
5. Practice stress-reduction techniques: Smoking is often used as a way to cope with stress, but there are other ways to manage it, such as practising relaxation techniques, like deep breathing or meditation.
6. Exercise regularly: Exercise can help reduce cravings and improve overall health. Engaging in physical activity can also help manage stress and improve mood.
7. Reward yourself: Celebrating small victories, such as going a day without smoking, can help individuals stay motivated and committed to quitting.

To tackle the widespread use of tobacco in India, the Government has implemented several initiatives over the years. The Ministry of Health and Family Welfare launched the National Tobacco Control Program (NTCP) in 2007. The program aims to create awareness about the harmful effects of tobacco use and to promote tobacco-free lifestyles. The Government has also increased taxes on tobacco products, banned smoking in public places, and mandated pictorial health warnings on tobacco products.



Dr. Bharath Chhabria
Dept. of Pulmonary & Critical Care Medicine
Ramaiah Medical College & Hospitals

“The journey of a thousand miles, begins with a single step”

That single step begins with having an optimally functioning Foot and Ankle! Everyday, the average person utilizes this structure to walk around 8,000 to 10,000 steps. Un-even terrain and rigorous movements performed in sports, exercise, and regular daily movement gives us some insight as to why this part of the body is the most common site of injuries. From basketball to dance, to simply walking around, feet and ankles are subjected to the tough demands that the body and legs place on them. Because they are the structure of movement, the feet and ankles are critical to almost everything we do. When a foot and ankle condition arises and impedes your ability to function, it can have a tremendous impact on your quality of life.

At CoFAC (Comprehensive Foot and Ankle Care) Clinic in Ramaiah Memorial Hospital, we believe in a strong physician-patient relationship based on personalized attention and strong communication, with the goal of doing what is absolutely best for you. We comprehensively evaluate you, taking into account all of your unique needs, goals, personal preferences and lifestyle to develop a customized treatment plan. Together, you and your doctor(s) will come to a mutual decision regarding treatment and care.

“The human foot is a masterpiece of engineering and a work of art.”

A foot and ankle specialist will examine and diagnose an assortment of foot injuries and diseases to plan a treatment for a patient. The treatment of the ankles and feet are now a specialty as, not only are the feet and

ankles complex, but also, these body parts are prone to disease, growths, inflammation, and injury.

Foot and ankle doctors treat a myriad of problems, including:

- Congenital disorders like clubfoot, rocker-bottom foot, toe walking
- Developmental conditions like Flatfoot, Hallux Valgus(Bunions)
- Foot & Ankle fractures
- Arthroscopic management of Sports injuries and instability
- Chronic foot & Ankle pain like Metatarsalgia, Morton's, Plantar fasciitis
- Comprehensive Diabetic foot management
- Malunited, neglected injuries and post-traumatic deformities
- Ankle Joint Replacement, Cartilage injuries and Arthritis management

Whether it's a new-born with congenital foot issues or an athlete, a weekend walker or a moderately active individual, it is our goal to restore you to your highest possible functioning. We provide an exceptional continuum of care for your foot and ankle condition — from diagnosis to treatment, all the way through rehabilitation and aftercare.



Dr. Shravan Y. C
Asst. Professor, Dept. of Orthopaedics
Ramaiah Medical College

Early Detection of Tumors helps cure

The 'World Brain Tumour Day' is celebrated on June 8th every year, to bring awareness about 'Brain Tumours' and to support patients with brain tumour.

Life is not a bed of roses for anybody, we understand the misery, but it's either giving in to it or battling it and we help you battle it hard!

Brain tumors comprise 2% of all the malignancies that occurs in the body, 60% of which are high grade tumors. Most common amongst those in adults are Metastatic tumors followed by Astrocytomas which range from Grade I-IV. Grade I, Pilocytic/Benign form and Grade III, IV comprising high grade tumors, Anaplastic Astrocytoma and Glioblastoma respectively. In children most common being the Medulloblastomas. The benign tumors include Meningioma, Acoustic Schwannomas and Pituitary Adenomas.

Symptoms

Presentation of patients with brain tumors varies based on the location of the tumor in the brain.

The commonest being headache. Others symptoms are weakness of limbs, visual disturbances, behavioural abnormalities, seizures (both focal and generalized), speech and memory disturbances. The red flags which warrant early Neurosurgical care are features of raised Intracranial Pressure like severe persistent headache, vomiting, blurring of vision, drowsiness, irritability or loss of consciousness. Tumors like Acoustic Schwannomas present with hearing abnormalities, ringing in the ear, facial weakness and gait disturbances. Pituitary tumors present with Visual disturbances, visual field defects and hormonal abnormalities. The brain tumors hence present with a variety of symptoms. Hence not all headaches are tumors and not all tumors present with only headache.

Diagnosis

In the present day, with the advancement of technology, the diagnosis of tumors can be accurately made with MRI brain with Gadolinium contrast. Special sequences and

Spectroscopy helps in grading the brain tumor better and return the management of the tumor. Other ancillary tests like EEG, Serum tumor markers, hormonal assays, CSF analysis guides the prognostication and management.

Treatment

The primary treatment of brain tumours is micro surgical excision. With the help of advanced technology in the form of operative microscopes with tumor fluorescence, neuronavigation, tractography and intra-op Neuromonitoring, near total or complete excision of brain tumours are now possible with excellent surgical outcome. Tumors close to eloquent areas of the brain like limb area, speech area can be subjected to Awake Craniotomy and Neuromonitoring for the real time guidance of the safe margin of resection without causing neurological deficits.

Do Not Ignore a Simple Headache, consult a nearby Neurosurgeon and get yourself evaluated. Early detection can help, safe and

complete resection and hence ensures the possibility of cure.

The impact of brain tumor is almost like nothing else which affects our conscious state, ability to move, walk, speak and sense- Much of who we are.

On this day, we, the faculty and staff at Ramaiah Memorial Hospital stand with you in the fight against brain tumors with all the highly equipped theatres and well-trained neurosurgeons experienced in operating both adult and paediatric brain tumors.



Dr. Rakshith Srinivasa
Consultant
Department of Neurosurgery

ವಿದ್ಯುತ್ ವಾಹಕ ಸ್ವದುರಸ್ತಿಯ ಪದಾರ್ಥಗಳ ಹೊಸ ಸಂಶೋಧನೆ - ವೈದ್ಯಕೀಯ ಮತ್ತು ರೋಬೋಟಿಕ್ ವಿದ್ಯುನ್ಮಾನ ಯಂತ್ರಗಳ ಸಾಧ್ಯತೆ ಮುಕ್ತ ಮುಕ್ತ

ಲಭಾನುವಾರ ರಜಾದಿನ. ಅಪ್ಪ ಮಗ ಜಾಕಿಜಾನ್ ನಟನೆಯ Bleeding Steel ಸಿನಿಮಾ ನೋಡುತ್ತಾ ಕುಳಿತಿದ್ದೆವು. ಆ ಸಿನಿಮಾದ ಒಂದು ದೃಶ್ಯದಲ್ಲಿ ಪಾತ್ರವೊಂದಕ್ಕೆ ಗಾಯವಾಗುತ್ತೆ. ಕೆಲವೇ ಕ್ಷಣಗಳಲ್ಲಿ ಆ ಗಾಯ ಸ್ವದುರಸ್ತಿಗೊಂಡು (self repair or self heal) ಮಾಯವಾಗುವ ದೃಶ್ಯ ಮಗನ ಅಚ್ಚರಿಗೆ ಕಾರಣವಾಗಿತ್ತು. ಅಪ್ಪ ಅದು ಹೇಗೆ ಗಾಯ ಅಷ್ಟು ಬೇಗ ಮಾಯವಾಗುತ್ತೆ? ನಮಗೆ ಏಕೆ ಹಾಗೆ ಆಗುವುದಿಲ್ಲ? ಅಂದ. ಆ ಸಿನಿಮಾದಲ್ಲಿ ವೈಜ್ಞಾನಿಕ ಕಲ್ಪನೆ ನಾನು ಹೇಳ ಹೊರಟಿರುವುದಕ್ಕಿಂತ ಭಿನ್ನವಾಗಿದೆ. ಆದರೆ ಅಂತಹ ಒಂದು ಸಾಧ್ಯತೆ ನಿಜ ಜೀವನದಲ್ಲಿ ಸಾಧ್ಯವಾಗುವುದಾದರೆ? ಕಲ್ಪಿಸಿಕೊಳ್ಳಿ. ಅಂತಹ ಸೆಲ್ಫ್ ಹೀಲಿಂಗ್ ಅಥವಾ ಸೆಲ್ಫ್ ರಿಪೇರಿ ಆಗುವ ಚರ್ಮ ನಮ್ಮದಾಗಿದೆ ಅದುಕೊಳ್ಳಿ. ನಮ್ಮ ದೇಹದ ಮೇಲಾಗುವ ಗಾಯಗಳು ತಂತಾನೆ ಗುಣಮುಖವಾಗಿ ಗುರುತೇ ಕಾಣದಾಗಬಹುದು. ನೋವು ಕ್ಷಣಗಳಲ್ಲಿ ಕಡಿಮೆಯಾಗಿ ನಂತರ ಇಲ್ಲವಾಗಬಹುದು. ಸ್ವ ದುರಸ್ತಿಯ ಚರ್ಮದ ಸಾಧ್ಯತೆ ಮುಂದೊಂದು ದಿನ ನಿಜವಾಗಲೂ ಬಹುದು. ಆದರೆ ಇತರೆ ಸ್ವದುರಸ್ತಿಯ ವಸ್ತುಗಳು ಸಂಶೋಧಿಸಲ್ಪಟ್ಟಿರುವುದು ನಮ್ಮ ಕಣ್ಣು ಮುಂದಿವೆ.

ಈ ಹಿಂದೆ ಪದಾರ್ಥ ವಸ್ತು ವಿಜ್ಞಾನಿಗಳು ಹಲವು ಬಹುಮುಖಿ ಕಾರ್ಯಕ್ರಮತೆಯ ಬಳಕುವ ವಸ್ತುಗಳನ್ನು ಕಂಡುಹಿಡಿದಿದ್ದು. ಇವುಗಳಲ್ಲಿ ಕೆಲವು ದುರ್ಬಲವಾಗಿದ್ದು ವಿದ್ಯುನ್ಮಾನ ಸಾಧನಗಳಲ್ಲಿ ಬಳಸಲು ಅನುಚಿತವಾಗಿತ್ತು. ಹೀಗೆ ದುರ್ಬಲವಾಗಿರುವ ವಸ್ತುಗಳು ಸಾಧನಗಳ ಕಾರ್ಯಶೀಲತೆಯನ್ನು ವೈಫಲ್ಯಗೊಳಿಸುವ ಮೂಲಕ ಇಡೀ ಯಂತ್ರದ ಕಾರ್ಯಕ್ರಮತೆ ಹಾಳುಗಡುವ ಬಲ್ಲವು. ಇವುಗಳಲ್ಲಿ ಕೆಲವು ದೊಡ್ಡ ಪ್ರಮಾಣದಲ್ಲಿ ಉತ್ಪಾದಿಸಲು ವಿಶ್ವಾಸಾರ್ಹವಲ್ಲ ಮತ್ತು ಕಾರ್ಯಸಾಧ್ಯವೂ ಅಲ್ಲ. ಈ ದಿಸೆಯಲ್ಲಿ ಚೀನಾದ ಹರ್ಬಿನ್ ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವಿಜ್ಞಾನಿಗಳು ಇತ್ತೀಚೆಗೆ ವಾಹಕತೆ ಹೊಂದಿರುವ ಮತ್ತು ಸ್ವದುರಸ್ತಿ ಆಗುವಂತಹ ಹೈಡ್ರೋಜೆಲ್ ಗಳನ್ನು ಕಂಡುಹಿಡಿದಿರುವುದು ವಿದ್ಯುನ್ಮಾನ ಸಾಧನಗಳ ಹಲವು ಸಮಸ್ಯೆಗಳಿಗೆ ಮುಕ್ತಿ ನೀಡಬಹುದು. ಈ ಹೈಡ್ರೋಜೆಲ್ ಗಳನ್ನು ಧರಿಸುವಂತಹ ಬಳಕುವ ಸಂವೇದಕಗಳಾಗಿ, ರೋಬೋಟ್ ಗಳಲ್ಲಿ ಮತ್ತು ಇತರೆ ವಿದ್ಯುನ್ಮಾನ ಸಾಧನಗಳಲ್ಲಿ ಬಳಸಬಹುದಾಗಿದೆ. ಈ ಕುರಿತ ಸಂಶೋಧನಾ ಪ್ರಬಂಧವು ಜರ್ನಲ್ ಆಫ್ ಸೈನ್ಸ್: ಅಡ್ವಾನ್ಸ್ ಮೆಟೀರಿಯಲ್ಸ್ ಅಂಡ್ ಡಿವೈಸ್ ನಲ್ಲಿ ಪ್ರಕಟಗೊಂಡಿದೆ. ಪಾಲಿವಿನೈಲ್ ಆಲೈಫಾಲ್ (PVA), 4-ಕಾರ್ಬಾಕ್ಸಿ ಬೆಂಜಾಲ್ಡಿಹೈಡ್ (CBA) ಗಳನ್ನು ಪಾಲಿಅನಿಲಿನ್ (PANI) ನೊಂದಿಗೆ ಬೆರೆಸಿ ಈ ಹೈಡ್ರೋಜೆಲ್ ಅನ್ನು ತಯಾರಿಸಲಾಗಿದೆ. PVA ಮತ್ತು CBAಗಳು ಸರಿಯಾದ ಪ್ರಮಾಣದಲ್ಲಿ ಅಕ್ಕಿ ಮತ್ತು ಸಬ್ಬಕ್ಕಿ ನೆನೆ ಹಾಕಿ ರುಬ್ಬಿ ಸೇರಿಸಿ ಇಡ್ಡಿ ಮಾಡಿದಾಗ ಮಲ್ಲಿಗೆಯ ಮೃದುತ್ವ ಬಂದ ಹಾಗೆ ಮೃದುವಾಗಿದ್ದರೂ PVA ಮತ್ತು CBA ಮಿಶ್ರಣಕ್ಕೆ PANI ಸೇರಿಸಿದಾಗ ವಿಮ್ಯುತ್ ವಾಹಕ ಗುಣಲಕ್ಷಣ ಬಂದು ಸಂವೇದಿಯಾಗಿ ಬಳಸಲು ಸೂಕ್ತ ವಸ್ತುವಾಗಿ ಮಾರ್ಪಾಡಾಗಿದೆ. ಇದಷ್ಟೇ ಅಲ್ಲದೆ ಈ ಹೈಡ್ರೋಜೆಲ್ ಕೇಕ್

ಗಳಲ್ಲಿ ಬಳಸುವ ಸಿಹಿಯಾದ ಜೆಲ್ ಸೂಜಿ ಚುಚ್ಚಿ ತೆಗೆದರೆ ಹೇಗೆ ಮತ್ತೆ ಕೂಡಿಕೊಂಡು ಚುಚ್ಚಿದ ಗುರುತು ಇರುವುದಿಲ್ಲವೋ ಹಾಗೆ ಸ್ವ ದುರಸ್ತಿಗೊಳ್ಳುವ ಗುಣವನ್ನು ತೋರಿದೆ. ವಿಜ್ಞಾನಿಗಳು ಈ ಹೈಡ್ರೋಜೆಲ್ ಬಳಸಿ ಸ್ಪೈನ್ ಸಂವೇದಿ ಸಾಧನ ತಯಾರಿಸಿ ಪರೀಕ್ಷೆ ಮಾಡಿದಾಗ ಅದು ಹೊರಗಿನ ಒತ್ತಡ ಮತ್ತು ಸಣ್ಣದಾದ ಧ್ವನಿ ತರಂಗವನ್ನು ಗುರುತಿಸಿದೆ. ಅದರ ಸಂವೇದನಾ ಸಮಯ 158 ಮಿಲಿ ಸೆಕೆಂಡ್ ಗಳಷ್ಟು ಕಡಿಮೆ ಇದ್ದು ಕತ್ತರಿಸಿದ ಗುರುತನ್ನು ಒಂದು ನಿಮಿಷದಲ್ಲಿ ಸ್ವ ದುರಸ್ತಿ ಮಾಡಿಕೊಳ್ಳುವ ಶಕ್ತಿ ಹೊಂದಿದೆ. ವಿದ್ಯುನ್ಮಾನ ಮತ್ತು ಪಾಲಿಮರ್ ವಿಜ್ಞಾನದಲ್ಲಿನ ಇತ್ತೀಚಿನ ಈ ಸಂಶೋಧನೆಗಳು ಅತ್ಯಾಧುನಿಕವಾದ ಚಿಕ್ಕ ಚಿಕ್ಕ ಯಂತ್ರಗಳು ಮೈಮೇಲೆ ಧರಿಸುವಂತಹ ಸಾಧನಗಳು, ಜೈವಿಕ ಸಂವೇದಿಗಳು, ವೈದ್ಯಕೀಯ ಇಂಪ್ಲಾಂಟ್ಸ್ ಮತ್ತು ರೋಬೋಟ್ ತಂತ್ರಜ್ಞಾನಗಳಲ್ಲಿ ಹೊಸ ಲೋಕವನ್ನೇ ನಮ್ಮ ಮುಂದೆ ತಂದಿಡಬಲ್ಲವು.



ಡಾ. ಟಿ. ನಿರಂಜನ ಪ್ರಭು
ಪ್ರಾಧ್ಯಾಪಕರು

Dept. of OBG, organized Pelvic Anatomy Workshop on 24th June, 2023 at Ramaiah Advanced Learning Centre. Dr. Nandini. G., Prof. of OBG was the organizing secretary. Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College & Hospital, Dr. Joythi, Prof. Dept. of OBG, and others were present during the workshop.

This initiative was planned to promote awareness about the various structures involved in pelvic surgery and to increase the confidence of the surgeons. It is essential to have a comprehensive knowledge of pelvic anatomy to safely perform procedures and to avoid injury to surrounding blood vessels and viscera. This workshop was attended by both consultants and Post graduates in and around Bangalore. There was a brief lecture followed by cadaveric demonstration. Following delivery, postpartum haemorrhage is one of the dreaded complication. One of the surgical treatment to control postpartum haemorrhage is safe ligation of anterior division of internal iliac artery. This was demonstrated on the cadaver. This was well appreciated by all the delegates. In the end there was a quiz program for Postgraduates to test and increase their knowledge. The response to the workshop was overwhelming with 95-100 delegates attending and appreciating the entire event.



Understanding Vitiligo: Causes, Symptoms, and Treatment

Vitiligo is a common dermatological disorder characterized by well-defined milky white patches devoid of identifiable melanocytes, which give colour to skin. It affects people of all races. It is estimated that 1-2 % of the world's population is suffering from vitiligo. In India, its incidence is around 3-4%. Many theories have been proposed regarding its pathogenesis. These include autoimmune theory (presence of specific autoantibodies against melanocyte antigens), autocyotoxic theory (melanocyte destruction by intracellular retention of precursors of melanin synthesis), neural theory (patches of vitiligo appearing along the nerve distribution due to release of toxic chemicals by nerve endings damaging the melanocytes), biochemical theory (accumulation of Petridis in the vitiliginous skin resulting in depigmentation) and genetic theories.

The diagnostic lesion of vitiligo is the typical macule/patch, which is of variable size, round/oval in shape, has a milky white colour and scalloped margins. It may appear at any age; however, the peak age of onset is between 5-30 years with an equal male to female ratio. Vitiligo is classified as a localized and generalized type. Focal (one/more patches), segmental (patches along nerve distribution with a sharp midline cut) and mucosal

vitiligo (lips, oral cavity and genitalia) come under localized form. Acrofacial (lesions over hands and face), vitiligo vulgaris (wide spread lesions tending towards symmetry), lip-tip (lesions over lips and tips of fingers), and universal vitiligo (near complete/complete loss of pigmentation) are the forms of generalized vitiligo. The disease is gradually progressive with the lesions increasing both in number and size. In some cases, there may be a rapid downhill course. Segmental, acrofacial and lip tip vitiligo are usually stable. Vitiligo has been shown to be associated with many autoimmune disorders such as Addison's disease, diabetes mellitus, thyroiditis, alopecia areata, scleroderma, psoriasis, etc.

There are various treatment options available for vitiligo. They are medical (corticosteroids, immunomodulators), surgical (grafting and melanocyte transfer), phototherapy (narrow band UVB, targeted phototherapy) and LASER (Excimer) treatments. The treatment option depends on the type of vitiligo, activity of the disease and the extent of involvement. Counselling in vitiligo is an integral part of treatment since it has a significant impact on the psychosocial aspect of the patient. Counselling from trained professionals helps patients overcome depression, suicidal tendency and enable them face society with confidence.



Dr. Sumathy T.K. Prof. & HOD, Dermatology was invited for a lecture on Vitiligo- at the Crossroads or at the Frontier at "DIVECHA Centre for Climate change IISC" on 27th June, 2023.

Yoga Day: For Health

It has been nine years since the United Nations declared the 21st of June to be the International Day of Yoga. A matter of great pride for all Indians, as it showcases not only the benefits of one of our most ancient streams of knowledge but also its eternal relevance.

Yoga, meaning 'to unite', is a path to unite the individual with the universal. "Vasudaiva kutumbakam" the theme for this year's International Day of Yoga aligns itself very beautifully with the unity concept of yoga.

The practice of Yoga brings about a harmony between the body and mind. Exercising, stretching, breathing exercises and meditation are some of the well-known aspects of yoga. When we practice asanas, we are extending the limitations the body has developed. When we practice pranayama, the breathing is regulated and the emotions calm down, which reduces the reactionary tendencies. Finally, when the practice of meditation is taken up the thought process undergoes a transformation which will lead to an enhanced state of living.

It is the body that we identify ourselves most with. The body thus becomes the obvious starting point of yoga, bringing back awareness to the body. The practice of asana helps in balancing the structure of the body maintaining the correct alignment improving circulation and metabolism. When performed with regularity and awareness, they bring about an enhancement in strength, flexibility and endurance. If asana practice is overdone it may lead to destabilization of the body, where the natural alignment of the bones may be altered and the core tension of the muscles may be lost.

Pranayama is the practice of conscious and regulated breathing. It is the energy that runs our life and its improper flow is a sign of illness. The consistent practice of pranayama soothes the nervous system and reduces the mental disturbances. It brings about a state of mind which is clear and focused, preparing it for the future states of dharana(concentration), dhyana(meditation) and samadhi(absorption).

Meditation begins with introspection becoming reflection resulting in samadhi (total absorption). It is a journey within oneself which reveals what is best for the meditator. This state of samadhi is what is given by Sage Patanjali as the definition of Yoga, which is "Cessation of mental activities". The practice of meditation brings the mind from its states of agitation, distraction, dullness to that of focus and awareness.

Yoga is a journey so deep into ourselves that it mines out the diamonds within. Each individual will be able to perform at their best and reach the pinnacle of life. One's own sense of wellbeing will not be limited but will soon radiate to others thus creating not only personal transformation but also transformation in society. Peace and harmony will reign not only within oneself but throughout the world and become a living manifestation of "vasudaiva kutumbakam".



B.N. Nagendra
Yoga Instructor

World Blood Donors Day

“GIVE BLOOD, GIVE PLASMA, SHARE LIFE, SHARE OFTEN”

Karl Landsteiner, an Austrian born American biologist, physician and immunologist discovered the ABO blood groups and laid the foundation for the modern Transfusion Medicine. His birthday on June 14 is celebrated as the world blood donor's day. World Blood Donor Day is celebrated around the world every year to raise awareness about the need for safe blood donation and motivate the people to donate blood.

Ramaiah Blood Centre, at Ramaiah Memorial Hospitals is celebrating World Blood Donors day on Wednesday June 14, 2023 by conducting a voluntary blood donation camp by Ramaiah staff. All doctors, nurses, technical staff, management staff, faculty members and students of Ramaiah medical college, Ramaiah memorial hospital and teaching hospital are coming together as blood donors on this great day. We, at Ramaiah strive to serve as an example to society by becoming voluntary blood donors ourselves. We become blood donors for our patients. Last year World Blood Donors Day was marked by starting a platelet registry. This year too interested donors can continue to register themselves for Platelet registry. As the platelet storage period is only for 5 days this initiative will help to call the platelet donors only when required.

We sincerely thank blood donors who were life savers for cancer patients, stem cell transplant patients, pregnant mothers, pediatric patients and the organisers of blood donation camp across Bengaluru and around the city. We request all to donate blood and save lives.

Facts of Blood donation:

There is no substitute for blood. Donors are the only source.

An average adult has about 4-5 litres of blood and only 350-450 ml blood is collected during every donation.

Blood donation takes approximately 30 minutes including filling the donor questionnaire and consent form, HB estimation, actual blood donation, post donation refreshment and rest.

Any healthy person who have completed 18 years can donate blood after eligibility confirmation by medical screening.



During blood donation screening you can know your blood group, haemoglobin value and vitals like BP(blood pressure) and PR (pulse rate). It will be like a mini health check up.

From every blood unit a person donates, three blood components are prepared including PRBC, plasma and platelets or cryoprecipitate benefitting atleast 3 persons. All the blood components prepared are stored in the appropriate temperature required

Male donors can donate blood every 3 months and females can donate every 4 months.

Blood donation is completely safe:

Every blood unit donated is mandatorily tested for HIV, Hepatitis B, Hepatitis C, Syphilis and Malaria according to government regulations. It is for the well being of both donors and patients. A blood donor feels pleasure and satisfaction of saving a life and having done something good for humanity.

Dr. D Deepa
Chief of Blood Bank

WELCOME



Dr. Suhas D
Senior Resident
General Surgery



Dr. Apoorva R.A.
Assistant Professor
General Surgery



Aftab Alam
Professor
Radio Diagnosis



Dr. Sobhna Mattoo
Senior Resident
Pathology



Dr. Varun D
Senior Resident
Orthopaedics



Dr. Durai Anand T
Senior Resident
Orthopaedics



Ms. Smitta Sarma
Clinical Psychologist
Psychiatry



Dr. Mohan Kumar S. Notagar
Senior Resident
Anaesthesiology



Dr. Seema Anandtheerth Umarji
Senior Resident
Pathology



Dr. Praveen Kumar V
Senior Resident
Anaesthesiology



Dr. S. R. Aishwarya
Senior Resident OBG



Dr. Deepak Ramraj
Assistant Professor
Surgical Oncology



Dr. Ankitha C.R.
Assistant Professor OBG



Dr. Santhoshkumar B
Assistant Professor
Surgical Oncology

SEPARATED



Dr. Akshay Gali
Senior Resident
Pharmacology



Ms. Madhu Priya
Tutor
Physiology



Dr. Abhilash K
Senior Resident
Radio Diagnosis



Dr. Lokesh L.V
Assistant Professor
Gastroenterology



Dr. A.P. Roshini
Senior Resident
General Surgery



Dr. Shreyas S
Senior Resident
Anaesthesiology



Dr. Madhushree N
Assistant Professor OBG



Dr. B.U. Shubhankar
Senior Resident
Orthopaedics



Dr. Akshatha A
Assistant Professor
Paediatrics



Dr. Manvee Kaushal
Senior Resident OBG



Dr. Arpitha R
Senior Resident
Pharmacology



Dr. Nagamalesh U.M
Professor & HOD,
Cardiology



Dr. Sahana S.Karant
Senior Resident
Ophthalmology



Dr. Vasudha K.C.
Professor Biochemistry



Mr. Raju R
SDC, Deputed to
Technical Cell GEF

International Nurses Day Celebrations

International Nurses Day 2023 was celebrated at Ramaiah Memorial Hospital to honor and appreciate the selfless contributions of nurses. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, 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 others inaugurated the programme.

In his welcome speech, Dr. M R Jayaram, emphasised the pivotal role of nurses in healthcare systems. He expressed gratitude towards nurses for their relentless efforts and dedication, especially during the challenging times brought about by the global pandemic.

During the ceremony the nurses were recognised and awarded for their outstanding service, compassion, and dedication.

