



## Ramaiah Institute of Oncology Beacon of Hope for Cancer Patients

**C**ancer, once viewed as a distant threat, has become a global menace. It has evolved into a more significant crisis, affecting millions worldwide. The rising incidence of cancer cases serves as an urgent call for action. To address this rising battle against cancer, Ramaiah Institute of Oncology, at Ramaiah Memorial Hospital under the Gokula Education Foundation, is all set to treat people from the grassroot level. At Ramaiah Institute of Oncology innovation meets compassion, and it is a ray of hope for cancer patients. This remarkable institution is dedicated in serving thousands of patients, providing them with a comprehensive 360-degree approach to cancer care. A dedicated team is always ready to take care of patients at any given situation.

What sets Ramaiah Institute of Oncology apart and above all is its commitment to a multidisciplinary approach. Here, specialists from diverse subspecialties come together to discuss cases, ensuring that every patient receives a customized and holistic treatment plan.

The journey begins with state-of-the-art diagnostic services, where care is supreme. From the advanced PET-CT imaging that offers both functional and biochemical insights to MRI scans that provide exceptional detail for organs. Here all problems are addressed in the quest or early detection.

Ramaiah Institute of Oncology offers a comprehensive range of cutting-edge medical services, including Medical Oncology, Surgical Oncology, Radiation Oncology, Haemato Oncology, Bone Marrow Transplantation (BMT), and Nuclear Medicine.

The physical infrastructure at Ramaiah Cancer Centre reflects its commitment to patient care. With well-equipped ICU, and specialized isolation wards, the center ensures timely and efficient care. It also houses dedicated units for physiotherapy, genetic counselling, and palliative care, demonstrating a complete approach to cancer care.

A committed and dedicated team of doctors and technicians are constantly on call to help and assist the needy. A dedicated and well equipped mobile unit called "AAVYA" is a unique initiative by the Institute where the mobile van goes around rural areas to detect cancer, which is a step forward in treatment for cancer.



Chief Patron

**Dr. M R Jayaram**

Chairman, GEF  
Chancellor, RUAS

Editor in Chief

**M R Sreenivasa Murthy**

Chief Executive, GEF (M)

Editor

**Kestur Vasuki**

Chief Corporate Communications

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

## Combating Zika Virus

The Zika virus has become a notable worldwide health issue in recent times. Initially perceived as a mild infection, it is now associated with severe birth defects, sparking international alarm and prompting combined efforts to understand, prevent, and control its spread. The Zika virus was first identified in the Zika Forest of Uganda in 1947.

Zika virus is primarily transmitted to humans through the bite of infected mosquitoes, with *Aedes aegypti* being the most common vector. While the majority of Zika infections result in mild symptoms such as fever, rashes, and joint pain, the virus's association with microcephaly and other neurological disorders in new-borns has elevated its status to a global health priority.

The World Health Organization (WHO) has declared Zika a public health emergency of international concern, emphasizing the need for global collaboration to combat its spread.

Preventing the transmission of Zika requires a combination of course control, community education, and research into vaccines and antiviral therapies. Governments, non-governmental organizations, and international bodies must invest in mosquito control programs, raising awareness about personal protection measures, and fostering international research collaborations to accelerate the development of vaccines and treatments.

Educational campaigns must be tailored to local contexts, providing information on mosquito breeding sites, and the importance of seeking medical attention for symptoms related to Zika.

To avoid getting the Zika virus, it is important to protect yourself from mosquito bites during the day and early evening. Wear light-colored clothes that cover your body, use window screens and keep doors and windows closed. If you are sleeping during the day or early evening, especially if you are a child or pregnant woman, use mosquito nets. Travellers or people living near Zika areas should follow the precautionary measures to stay safe from mosquito bites.

Ramaiah Hospitals consistently operate around the clock to promptly address any viral outbreaks. We conduct educational campaigns, organize walkathons, and regularly screen patients as part of our proactive measures in the hospitals. Ramaiah Hospitals are constantly involved in educating and informing the public about the hazards of the virus.

The Department of Paediatrics participated at PEDENVICON, 2023 on 28th and 29th October, 2023 at Divecha's Center for Climate Change, IISC, Bengaluru. Dr. Somashekar A R, Prof. & HOD Department of Paediatrics, was the organizing secretary and delivered a talk on "Commitment to stop the 2-degree Celsius rise. How far are we?"



Dr. Pragati Rao, Prof. & Head, Dept. of Pulmonology, delivered a talk on 'Idiopathic Pulmonary Fibrosis' in the state conference PULMOKARN 23 at BMCRI on 29th October, 2023.



Dr. Prasanna Kumar, Associate Professor, Department of Pulmonology, Chaired a session on 'Lung Transplantation and Advances' in VATS Pulmokarn 23 conference at BMCRI on 28th October, 2023



Dr. Chitra, Associate Professor, Department of Endocrinology presented a poster titled 'Face Value -Experiences of having Hirsutism in Women' with PCOS and their mothers at the Androgen Excess- PCOS 2023 conference at Rotterdam Netherlands. Dr. Chitra was also invited to give a lecture in the Diabetes Stigma Symposium at the European Association of Study of Diabetes 2023 at Hamburg Germany.



Dr. Rakshith Srinivasa, Associate Professor, Department of Neurosurgery was invited as a faculty member at Medical Electronic Engineering Department, MSRIT to give a talk on 'One-week FDP on Engineering and Clinical Design Approach in changing the landscape of Global Health' 11th October, 2023.

## You Want to be fit? It's time to " Move Your Spine "!

**O**n the occasion of World Spine Day 2023, a global health event that aligns seamlessly with Ramaiah Memorial Hospital's core values of promoting wellness and preventive healthcare. The theme this year, "Move Your Spine," is not just a slogan but a powerful call to action, urging everyone, across all ages and nationalities, to adopt an active and healthy lifestyle for optimal spinal health.

### Importance of Spinal Health:

Every fifth Indian in the age group 20-30 suffers from a spinal ailment. Which until a decade ago was restricted only, among senior citizens. Statistics suggest that there has been a 60 percent rise in spinal problems among the youth.

A survey also found that 50 percent of Indian children and teenagers are prone to spinal problems due to the high use of mobile phones and laptops. Prolonged sitting, can add a tremendous amount of pressure to the back muscles and spinal discs, a slouched posture further strains the spinal ligaments and causes major pain in the back and neck. Back pain has been a leading cause of absenteeism at the workplace and is also the leading cause of disability worldwide. It is also the second most common reason for visits to a primary care physician

World Spine Day highlights the importance of spinal health and well-being. The day aims to spread awareness about healthy spine practices like physical activity, good posture, responsible lifting, and healthy working conditions for people.

### "Move Your Spine": More Than Just a Slogan

The 2023 campaign calls on people to care for their spines by staying active. Research has shown that immobility and a lack of physical activity are contributors to spinal pain and disability.

"Move Your Spine" encourages people of all ages, to get active and support their spinal health through movement. Low back pain remains the leading cause of years lived with disability on the planet. Spinal pain and disability are more prevalent than cancer, stroke, heart disease,

diabetes, and Alzheimer's Disease combined.

"Move Your Spine" is a global movement designed to heighten awareness about the complex nature of spinal pain and disability. It emphasizes the criticality of maintaining activity and supporting spinal health through consistent movement.

### Incorporating Spinal Health into Our Daily Lives:

**Stay Active:** Engage in regular physical activities, you enjoy like walking, cycling, or yoga to enhance flexibility and fortify the muscles supporting your spine.

**Mindful Movements:** Ensure consciousness of your posture and movements, whether working from home, at the office, or during recreational activities. Set a reminder to take a break and "MOVE"! Avoid prolonged sitting.

**Healthy Habits:** Adopt a balanced diet, prioritize weight management, and consider quitting detrimental habits like smoking that can negatively impact your spinal health.

**Take time to relax and make sure you're getting adequate sleep.**

**Ergonomic Environments:** Ensure your living and working spaces are spine-friendly, utilizing ergonomic furniture and setups that support proper posture.

### Ramaiah Memorial Hospital: Your Partner in Spinal Health:

At Ramaiah Memorial Hospital, we remain unwavering in our commitment to nurturing a community where spinal health is prioritized and accessible to all. Our team of seasoned specialists and state-of-the-art facilities stand ready to provide comprehensive care and innovative solutions for a myriad of spinal conditions.



**Dr. Shravan Y.C.**  
Assistant Professor  
Department of Orthopaedics

## Empowering Women Through Understanding and Support

Every year on October 18th, people around the world observe World Menopause Day. This day is dedicated to raising awareness about menopause, a natural phase in a woman's life. It is an opportunity to break the silence surrounding this crucial period and emphasize the need for support, understanding, and education. World Menopause Day serves as a reminder that menopause is not a taboo subject but rather an integral part of a woman's journey, deserving of attention and respect. The theme for this year's awareness is Cardiovascular Disease, which is the highest cause of mortality for women worldwide. In India, 25% of all deaths are attributed to heart disease and women account for a significant portion of these deaths. Researchers have recently discovered that a woman's reproductive experiences throughout her life, like menstruation, pregnancy, any breast cancer treatments, and menopause can affect her chances of developing cardiovascular disease.

Menopause typically occurs in the late 40s or early 50s, marking the end of a woman's reproductive age. However, the age at which menopause begins can vary from person to person. Menopause is defined as the absence of menstruation for 12 consecutive months, and in this transition, women experience hormonal changes that can result in various physical and emotional symptoms. If menopause happens at a particularly early age (below the age of 45) or at an age that is considered premature (below the age of 40), this can speed up the possible development of cardiovascular disease. However, menopause at the average age of 51 may lead to a heightened risk of developing the disease. That is why, unless there is a good reason not to, the use of Menopausal Hormone Therapy, particularly for women with premature and early menopause, is recommended to reduce the risks

of heart disease.

Menopause is a unique experience for each woman. While some may transition through this phase with minimal disruption, others may experience a range of symptoms. Most common symptoms are:

- Hot flashes: sudden, intense sensations of heat that can cause sweating and discomfort; if these occur during sleep, leading to disrupted sleep patterns then they're referred to as night sweats.
- Mood swings
- Vaginal dryness, changes in sexual desire all owing to reduced estrogen levels.
- Weight gain and osteoporosis have been noted to be inevitable due to reduced estrogen levels which can lead to decreased bone density and also increasing the risk of fractures.

All these changes are often neglected and ultimately lead to poor health which not only causes suffering and damages the quality of life of individual women but has a profound effect on society. As older women in most communities play a vital role as midwives and carers and hold valuable knowledge about agriculture and household management, their health should be of paramount importance but their social and economic contribution is not considered because their labor is unpaid.

The severity of these issues can be disguised by data systems which fail to collect information on women over the age of 49, rendering older women and their needs invisible when programs and services are being designed. Older women's voices must be heard and their health needs discussed as part of a life-cycle approach to healthcare which recognizes the dignity and rights of women at every age.

World Menopause Day is an excellent occasion to highlight the importance of support and empowerment for women going through this natural phase. We need to begin by the simplest employable method of 'Open Conversations' about menopause to reduce stigma and create a supportive environment for women to share their experiences. Health care providers should make it a routine in their practice to help their patients ease into the transition and make their concerns feel validated.

Education is a necessary tool that should be inculcated early on to prepare not just women but the whole population. The notion of menstrual issues being restricted to the women of a society is the fodder for stigma and we need to break this unhealthy division. Only then can we provide mental health support on all walks of life to women experiencing these changes. Recognizing the emotional toll that menopause can have on some women is essential to provide mental health resources and support.

Lifestyle changes, a mostly personal modification, cannot be an individual effort. Especially in countries like India, where women take on the major chunk of household and work responsibilities, we need to encourage women to devote more time for their wellbeing, invest on their diet, and stress management techniques and regular visits to gynecologists. Focusing on diet involving phytoestrogens and avoiding packaged

food items, regular exercises and brisk walking.

Finally, Hormone Replacement Therapy is a way to supplement or replace the declining hormones during menopause. The primary hormones involved in HRT are estrogen and progesterone, or in some cases, estrogen alone. It can be a valuable option for those experience debilitating symptoms. This decision needs a holistic approach with a trained professional who can explain the benefits, risks and offer regular follow-ups and dose adjustments.

The journey of menopause seems arduous and therefore World Menopause Day celebration is essential for fostering open dialogue, providing education, and ensuring support to empower women to navigate this significant life change with confidence and grace. Menopause is not the end but a new beginning, and together, we can celebrate the strength and resilience of women worldwide. Let us continue to spread awareness and break the silence, ensuring that every woman feels supported and understood during this transformative phase.



**Dr. Jyothi G S**  
Professor, Department of OBG



World Geriatrics Day was organised by the Department of General Medicine on 10th October, 2023 at Ramaiah Medical College Hospital.

Karthik Yadavalli and Vignesh Prakash UG students, have secured 2nd place in the State level UG Dermatology Quiz 2023 in the State Level conference CUTICON-KN at KMC, MANIPAL on 29th October, 2023.



The Department of Community Medicine organized Swachhata program in Mathikere Health Centre Campus and Ramaiah Campus by students to promote garbage-free India.



Dr. Jyothi, Professor, Department of OBG has been actively involved in several significant events and programs related to women's health and obstetrics. She participated as a panellist for the KSOGA online webinar on "Making Breastfeeding Work for Everyone," in collaboration with National Nutrition Month. Dr. Jyothi participated as a speaker on "Management of Eclampsia" at the program organized by FOGSI/KSOGA SMC Committees. She was also a faculty member at the AOGIN India 2023 Conference in Rishikesh, Uttarakhand and a judge for the E-Posters at the ISSHP World Congress, making a significant contribution to the D C Dutta Best Publication, the FOGSI Award-winning "The Handbook." She participated as a faculty member in the CME on "Celebrating Promotion of Breastfeeding Week," organized by BSOG and BSV Ltd.

The Department of Vascular & Endovascular Surgery organized Fourth ICVC International Cadaveric Vascular Course in association with NUHS Singapore on 3rd October, 2023 at Ramaiah Advanced Learning Center. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Sanjay C Desai, Director, Ramaiah Advanced Learning Centre, and others were part of the inauguration.



Dr. Sunil Furtado, Prof. & Head, Dept. of Neurosurgery, was invited as a faculty member for a Workshop on Neurointerventions at 6th Annual Conference of the Society of Neuro Vascular Interventions (SNVI).



Padmashri Dr. Dhanraj Pillai, Former Captain of Indian Field Hockey & Executive Director, Lakshyan Academy of Sports was invited as the chief guest for NAMSCON 2023 - Panel Discussion, on 'An Insight to Elite Sport Performance Training held on 5th October, 2023.

## Ramaiah Institute of Oncology Vision and Advancement in Cancer Care

**Ramaiah Institute of Oncology offers hope to those battling cancer. As we delve into the future developments at this remarkable institution, we sit down with Dr. Harish K, Director of Ramaiah Institute of Oncology, to gain an insight into their vision and the advancements in the field of oncology and surgical Oncology.**

**- Ragi Saggere  
Photos by – Ravi C U**



**Sir, could you please provide us an insight into the Institute's vision and its focus on cancer treatment?**

The future vision is to create distinct verticals within our Ramaiah Memorial Hospital, and one of these key verticals is oncology Institute. The oncology institute comprises of four main components: Medicine, Medical Oncology, Surgical Oncology, Radiation Oncology, and Nuclear Medicine. Our goal is to establish this as an independent, specialized vertical. Previously, much of this fell under HCG, so our objective was two-folded and now we aim to expand in terms of patient numbers, footfall, and revenue. Second, we aspire to achieve as a Center of Excellence status, delivering treatments that are challenging, particularly those in advanced countries. To accomplish these, we are collaborating with

international medical centres, and with them we will be engaging in discussions, exchanging of faculty, and paramedical staff. With this we will be elevating our clinical and support facilities to meet international standards.

**What are the progresses made in Bone Marrow Transplant (BMT) ?**

We have made remarkable steps in the Bone Marrow Transplant program. Currently we have crossed the mark of completing 150 BMT procedures. This success is largely attributed to our dedicated and passionate team, comprising both medical and non-medical staff. Additionally, we have established exceptional infrastructure from the beginning. We have plans to further expand our BMT program since there is a demand



for it, and we aim to eliminate any waiting period for BMT procedures. We are considering doubling our current capacity from handling four to five cases at a time to accommodate eight to ten cases simultaneously.

**How are we addressing the healthcare need of the diverse population ?**

Our hospital is committed in serving a diverse patient population, catering to both the economically backward and those with higher means. We offer treatment for less affordable individuals at our Ramaiah Medical College teaching hospital through various government schemes.





The coming months, we plan to physically relocate these patients to Ramaiah Institute of oncology. This re-arrangement will allow us to streamline oncology services, optimizing both medical and paramedical resources. While separate wings will be maintained and the quality of care will remain consistent, ensuring that all patients receive the same level of treatment without discrimination.

**How are you planning to enhance nuclear medicine capabilities at the Institute ?**

We are also in the process of expanding our nuclear medicine capabilities. Our goal is to acquire a gamma camera, which will complete our nuclear medicine facility and further enhance our comprehensive oncology services. This addition is currently in the planning stages, with preliminary work already underway. We are committed to continuously improving and evolving our healthcare services by fulfilling the patients' needs.



**Dr. VINAYAK MAKHA**  
Prof. & Head, Medical Oncology

“This new journey of Ramaiah Institute of Oncology is our desire to expand, enhance, and once again provide exceptional care.

We anticipate a reduction in treatment costs as we have full control under the banner of Ramaiah. This empowers us to place the patient at the center of our care model, focusing on oncology holistically, and ensuring that treatment is accessible to all, regardless of their financial situation. We are in the process of establishing Ramaiah Institute of Oncology, which will boast approximately 200 medical oncology beds, including 10 dedicated to BMT, as well as a range of hematological services to cater to patients who genuinely require cancer care.

Additionally, we have a plan to expand our team to enhance our capacity to efficiently treat more patients. Our approach is inclusive, ensuring that everyone's medical needs are met with the right timely treatment.



**Dr. SANTHOSH DEVADAS**  
Associate Professor, Medical Oncology

This new changeover as Ramaiah Institute of Oncology has injected fresh energy and enthusiasm into our dedicated staff. We are eager to elevate the Cancer Center to new

heights, leveraging best practices and striving for optimal outcomes for our patients. Our focus is on intensified research to improve the overall outlook for cancer patients and to enhance the training of students in our department, shaping them into super specialists in cancer care.

Our Bone Marrow Transplant Center is well on its way in achieving FACT accreditation soon. We also have plans for the development of a Cellular Therapy Program, known as CAR- T Cell Therapy, which represents one of the most advanced cancer treatments seen in advanced countries. By launching the CAR- T cell therapy program at the Ramaiah campus, we aspire to become national leaders in the fields of hematology, oncology, and cellular therapy.

Bone Marrow Transplants is an integral part of cellular therapy, which has made significant progress in recent years. We have successfully completed 150 bone marrow transplants, and in a few months' time , we anticipate performing approximately 40 more.



**Dr. KIRTHI KOUSHIK A. S**  
Prof. & Head, Radiation Oncology

"In the realm of healthcare, our mission at the Ramaiah Institute of Oncology is dedicated in providing top-notch cancer treatment. Over the past 15 years, our journey with HCG has ended in the establishment of the Ramaiah Institute of Oncology. Here, we have cutting-edge technology to treat all patients, regardless of their financial situation, to give them the best care possible".

Our commitment goes beyond profit, prioritizing patient well-being. What sets our Oncology Institute apart is the presence of two state-of-the-art external RT machines Varian True Beam and Elekta Agility enabling us to treat approximately 120 cases daily, operating up to 12 hours a day per machine.

Additionally, our expertise in Brachy Therapy has earned us recognition as a Center of Excellence, attracting delegates not just from India but also from countries like Iran, Egypt, Indonesia, Malaysia, and Bangladesh. We continually train and empower professionals, fostering global collaboration."



**Dr. JANAKI M. G**  
Senior Professor, Radiation Oncology

"We have incorporated advanced technology, including SBRT, at Ramaiah Institute of Oncology. I think we have significantly improved and streamlined our operations compared to the past. It has become much more efficient to work here. I have been part of this institution since 1997, and I have witnessed tremendous growth in terms of patient care and the quality of treatments with the integration of various technologies. My passion for teaching remains unwavering, and I am committed to continuing this journey."

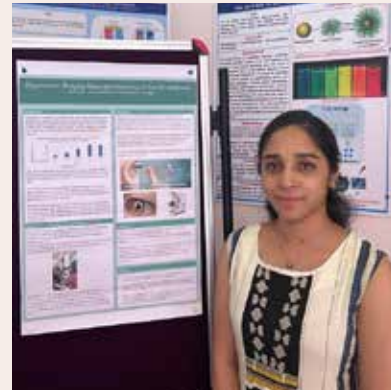


**Dr. RASMI PALASSERY**  
Assistant Professor, Medical Oncology

"The Ramaiah Institute of Oncology as a center has the infrastructure and the personnel expertise to deliver various modalities of treatment to children with malignancies and benign hematological disorders. This includes standard and advanced chemotherapy, immunotherapy and targeted therapy and a state of the art bone marrow transplant and cellular therapy unit. There is dedicated ancillary support to our pediatric blood disorder and cancer patients from the departments of radiation oncology, pediatric surgery, ortho-onco surgery, neurosurgery and pediatric intensive care."



Sneha Reddy P, 3rd year Medical Student won 3rd place at poster case presentation at Bengaluru Medical College and Research Institute under the guidance of Dr. Bharath M Naik on 9th October, 2023.



On the occasion of innovation day, Medical students participated in a poster presentation competition at Ramaiah Medical College.

Mayuri Lingaraj, won 2 silver and 2 bronze medals in RGUHS state-level women's swimming competition on 18th October, 2023.



Dr. Darshana Ravikumar Resident, Department of Ophthalmology, presented a paper titled "Impact of Eye care Training Programme on Knowledge, Attitude and Practice of Intensive Care Unit Nurses" in AIOS Midterm Conference at Vizag.

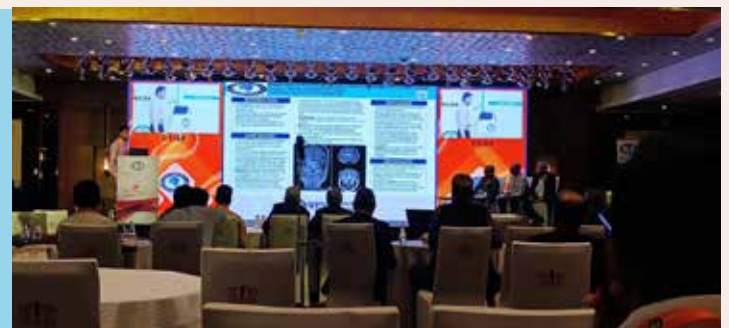


Vikram won 2 gold, 2 silver & 1 bronze medal in RGUHS state-level men's swimming competition event held on 18th October, 2023.

Dr. Nagpavan and Dr. Resham Agarwal, PG students were awarded for best poster presentation at Pulmokarn 23 conference.



Dr. Harish Kulkarni, resident, Department of Neurosurgery, won the second prize in poster presentation at World Federation of Neurosurgery conference at Chennai. He presented a rare case of Endoscopic Transnasal Transphenoidal Excision of Pituitary Tumour, which histopathologically proved to be thyroid meets.



## World Mental Health Day

**T**he 10th of October is observed as World mental health day. Globally all the stakeholders work towards creating awareness about mental health and promote activities to reduce mental health issues. The theme for this year 2023 is "Mental Health is a Universal Human Right" which signifies that Mental health is a Basic human right of every individual.

Globally growing literature and advances in mental health, it is still not uncommon to observe that persons with mental illness are subject to coercive and inhuman practices like chaining, restraints and chronic institutionalization. Some of these even violate Basic human rights. It is common for persons with mental illness to experience stigma, exclusion and discrimination in the society. Today, we call upon everyone to look around and to treat every person suffering with mental illness just as another human, a fellow human.

### What are the rights of persons with mental illness?

- Right to live with dignity, right to confidentiality (except in emergencies), Right to be treated in the community, right to available, affordable, accessible and quality mental health services, right to treatment and decision-making process and many more.

Everyone has the right to the highest attainable mental health standards. One in eight people globally are living with mental health conditions, which can impact their physical health and overall well-being. Mental well-being is an essential component of overall health and well-being. The need for community awareness and acceptance of help is of utmost importance and will ensure adequate and appropriate addressal of mental health issues. Mental illness is not a choice, but how we handle it is. Therefore Educate – on mental health symptoms and disorders, Identify – the symptoms and problems, Action – meet a mental health professional.

### What are the causes of mental health issues?

There are no specific causes or one single cause that can explain mental health issues. It is usually multifactorial and interactions of the bio-psycho-social factors, Biological – genetics, Psychological – Individual resilience, psychological sophistication, personality factors and Social – Interpersonal relations, work, education, responsibilities and other stressors.

### Can mental health problems be prevented?

One cannot entirely control or prevent mental health issues as many are natural emotions and reactions to specific events or situations. However, Physical exercise, Nutritious diet, Social support, Regular sleep patterns and Substance free lifestyle can help one to maintain good physical and mental health.

### What will a Mental Health Professional usually do?

The mental health professional will evaluate in detail for your symptoms and address them with medications, lifestyle modifications, psychotherapy and other modalities of intervention.

At Ramaiah Memorial Hospital, the Mental health team comprises Psychiatrists and Clinical Psychologists. The team is dedicated and focussed to help those with mental health concerns. They are sensitive, compassionate, empathetic and active listeners. They address all concerns with active involvement of the individual and the family when necessary. The team specialises in general psychiatry, addiction medicine, child and adolescent psychiatry, geriatric psychiatry, sexual health and well-being, psycho-oncology and psychotherapy.



**Dr. N. Vyjayanthi Venkataramu**

Assistant Professor, Department of Psychiatry



Dr. Soumya Ramani, Associate Professor, Department of Ophthalmology was invited as a faculty member at Medical Electronic Engineering Department MSRIT to give a talk on 'One-week FDP on Engineering and Clinical Design Approach in changing the landscape of Global Health'. This session was conducted by Dr. Soumya and Dr. Deena, Assistant Professor, Dermatology, Ramaiah Medical College, members and Institution Innovation Council on 11th October, 2023



Dr. Ananth Ram from Ramaiah International Centre for Public Health Innovations and Department of Community Medicine, RMC was awarded the first place in research poster presentation at the National Conference of Epidemiology Foundation of India at Goa Medical College on 1st October, 2023.



M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), visited Peenya Industrial Association and reviewed the on-going establishment of Ramaiah Clinic, which aims to provide healthcare facilities to the workers in the Peenya industrial area. Dr. K C Gurudev, Arif H. M, President, Peenya Industrial Association and others were present.



Dr. Sumathy T.K, Prof. & HOD, Dept. of Dermatology was a moderator at a session on Melasma at the State Conference CUTICONKN 2023, at KMC Manipal on 27th to 29th October, 2023.



Dr. Ameya, consultant, Department of Sports Medicine, was invited as the Chief Team Physician at Asian Para games, China.



The Department of Anatomy organised a guest lecture by Dr. Padmalatha K, Professor of Anatomy, ESIC Medical College, Bengaluru on World Anatomy Day. The lecture was on "Learning Approaches in Anatomy". Dr. Shalini C Nooyi, Principal and Dean, Ramaiah Medical College Hospital, Dr. Prathab A G, Registrar (Academics), Dr. Ashwini C A, Prof. & Head, Department of Anatomy and others were present.



Dr. Ajoy SM, Associate Professor, Department of Orthopedics, was invited as a faculty member for SICOT - IFAS conference at Jaipur. He delivered a lecture and conducted hands-on workshops during the conference.



Presentation by Ghent University Students was organised on 26th October, 2023.

## Hope for Little Heroes



**P**aediatric Rehabilitation and Intervention and Development Clinic (PRIDE) is a unique and focused centre devoted to providing comprehensive care to children with neurodevelopmental and behavioural disorders under one roof. We have multidisciplinary team of professionals from diverse backgrounds - Developmental Paediatrician, Child & Adolescent Psychiatrist, Paediatric Neurologist, Paediatric Orthopaedician and Paediatric Physiotherapist working as a unit. The team's services cover complex neurological disorders such as those arising from birth defects and genetic disorders and intellectual and learning issues.



Photos by – Ravi C U



The Department of Anaesthesiology celebrated World Anaesthesia Day 2023 on 16th October, 2023. Dr. O P Kharbanda, Pro-Vice Chancellor RUAS and Dr. Harish K, Associate Dean, Ramaiah Medical College Hospital were chief guests for the programme.

Dr. Aruna C Ramesh, Prof. & Head, Department of Emergency Medicine, was invited as a special invitee for Healthy Bengaluru initiative Forum, on 9th October, 2023. Dr. Aruna shared her thoughts and suggestions on the healthy Bengaluru topic regarding the different initiatives, possibilities and ideas.



## WELCOME



**Dr. Rahul Kumar**  
Senior Resident  
Radio Diagnosis



**Dr. Manda Pranay Reddy**  
Senior Resident  
Radio Diagnosis



**Dr. Shobha A. Patil**  
Senior Resident, OBG



**Dr. Namita Anne**  
Senior Resident  
Anaesthesiology



**Dr. Shashank G**  
Senior Resident  
General Surgery



**Dr. Subhasree N**  
Senior Resident  
Anaesthesiology



**Dr. Subrahmanya Murti V**  
Assistant Professor  
Cardiology



**Dr. Shashidhar Achar**  
Assistant Professor  
Interventional Radiology



**Dr. Neeraja P Kumar**  
Senior Resident  
Emergency Medicine

## SEPARATED



**Dr. Tapan S. B**  
Senior Resident  
General Surgery



**Dr. Bharath M. Naik**  
Assistant Professor  
General Surgery



**Dr. Priyank H. Vasavada**  
Assistant Professor  
Neurosurgery

## NAMSCON - 2023



The 63rd Annual National Health Conference & Medical Expo (NAMS) was organised at Ramaiah Medical College on October 5th to 8th, 2023, having the theme of "Enhancing Health Care through Digital Innovations."

Shri. Thaawarchand Gehlot, Governor of Karnataka, was the Chief Guest for the programme. Dr. Jitendra Singh, Minister of State for Science & Technology, Government of India, and Prof. S P Singh Baghel, Minister of State for Health & Family Welfare, Government of India were the Guests of Honour.

Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor of RUAS, Dr. O P Kharbanda, Pro-Vice-Chancellor, Ramaiah University of Applied Sciences, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College, Dr. Shiv K Sarin, President, NAMS, Dr. Umesh Kapil, Secretary, NAMS, and others graced the occasion.

The conference included pre-conference workshops, featuring over 13 sessions covering various medical fields, including medicine, dentistry, physiotherapy, pharmacy, and nursing.

The scientific sessions drew over 1000 delegates, exploring healthcare innovations in Medicine, Dentistry, Pharmacy, Physiotherapy, and Nursing. Themes were on communicable and non-communicable

diseases to Military and Aviation medicine, Digital Integration in Health Care Profession Education, Digital health for advancing NCD care in India, Industry Academia Collaboration in Digital Health Care, and Health Care Professionals as Innovators.

Specialized sessions delved into Advances in Rehabilitation Technology in physiotherapy, Modernizing Pharmacy Practice for Improved Healthcare in pharmacy, and Digital Innovations and Nursing in nursing. A unique session, "Military Medicine Healthcare in Extreme Geographies: High Altitude and Deep Sea Medicine," added an extra dimension to the conference.

The inaugural Women in Medicine session aimed to empower and support women in the field, providing a platform for NAMS fellows, Emeritus professors, and young faculty to share insights. The conference facilitated interaction between industry stalwarts and healthcare academicians, featuring structured sessions with 15-minute lectures followed by panel discussions. A separate session highlighted the research contributions of newly elected fellows and members.

The NAMS Convocation ceremony witnessed the recognition of around 100 members, fellows, associate fellows, and emeritus professors.

With a total of 123 submitted papers, 113 were selected across three categories- undergraduates, postgraduates, and faculty. The valedictory program on October 8, 2023, celebrated the achievements of the 16 prize winners among oral and poster presenters, each receiving mementoes and certificates. The conference, a convergence of expertise and innovation, left an indelible mark on the landscape of healthcare advancement.

### Congratulations



Dr. O P Kharbanda, Pro- Vice-Chancellor, Ramaiah University of Applied Sciences, President, Ramaiah Memorial Hospital was conferred NAMS Emeritus Professor, on

the 7th of November by Honourable Governor of Karnataka, Shri. Thaawar Chand Gehlot during the convocation ceremony which was a part of NAMSCON 2023 hosted by Ramaiah Medical College.

Dr. B S Nanda Kumar, Head of the Division of Research and Patents and Associate Dean of Research, RUAS was awarded the prestigious Fellowship in National Academy of Medical Sciences(NAMS) on the 7th of November by Honourable Governor of Karnataka , Shri. Thaawar Chand Gehlot during the convocation ceremony which was a part of NAMSCON 2023 hosted by Ramaiah Medical College.

