



RIT Glitters like a Diamond



It's a proud and memorable moment for all of us to be part of the Diamond Jubilee Celebrations of Ramaiah Institute of Technology, well known as RIT across continents. RIT which was founded in 1962 by visionary Dr. M S Ramaiah is now one of the premier technology institutes in the country. Dr. M S Ramaiah envisioned RIT (MSRIT) as an institute of excellence imparting quality and affordable education. It is Dr. M S Ramaiah's vision that made Ramaiah Institute of Technology one of India's finest destinations for Engineering Education.





RAMAIAH

September - October 2022

Caring for the health of the Elderly

Many studies on the elderly in India have pointed out that this vulnerable population is projected to rise to 12 percent of the total population by 2025. Some studies have also projected the population of elderly to reach a whopping over 325 million by 2050 leading to making India an aging nation. It means to say more than 7 percent of the population would be more than the age of 60 years increasing the social and health burden of society. Many demographers and health experts say it is because of the decreasing fertility and mortality due to better health care services in both public and private sectors. It points out to the data that sharp decline in the crude death rate from 28.5 during 1951–1961 to 8.4 in 1996; while the crude birth rate for the same time period fell from 47.3 to 22.8 in 1996 (as per government reports). The increasing elderly population is going to pose a major challenge to the social and economic as well as health systems in the country. As a society now the time has come to take stock of the reality of elderly care and its impact on the health care system. Many experts say it also increases further the urban and rural divide in geriatric care. According to healthcare experts, besides, social factors like fewer children in each family increased employment opportunities for women, who were traditionally taking care of the old in India, rapid urbanization, and the rise of nuclear families call for more focus on geriatric issues. According to a study conducted in 2001 related to elderly people in India, as many as 75% of elderly persons were living in rural areas. About 48.2% of elderly persons were women, out of whom 55% were widows. A total of 73% of elderly persons were illiterate and dependent on physical labor. One-third were reported to be living below the poverty line, i.e., 66% of older persons were in a vulnerable situation without adequate food, clothing, or shelter. About 90% of the elderly were from the unorganized sector, i.e., they have no regular source of income.

The National Policy on Senior Citizens in 2011 recognizes senior citizens as a valuable resource for the country and ensures their full participation in society. It aims at providing socio-economic support through income-generating activities, insurance, and pension schemes, and promoting the care of senior citizens within the family.

Looking at the needs of the elderly population a cost-effective feasible model of geriatric care is the need of the hour in both public and private sector healthcare systems. The model should be viable and feasible for the cultural and social needs of the elderly. The model must include universal affordable insurance schemes to take care of the long-term health needs of the elderly. Many experts feel a comprehensive preventive package should be delivered, including knowledge and awareness regarding common geriatric problems and their prevention, healthy nutrition, physical exercise, yoga and meditation, and promotion of mental well-being.

At Ramaiah we have a specialised geriatric clinic for the elders with all the care at an affordable cost. These well-researched trained specialists take care of the needs of the elderly at an affordable cost. A responsible initiative from a private sector tertiary care health care system, a model could be replicated in taking care of the elderly.

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The diamond jubilee celebration of Ramaiah Institute of Technology is a landmark event in the annals of technical education in the country. We all owe this fete to great philanthropist, Karmayogi Dr. M S Ramaiah, who pioneered both technical and medical education apart from other knowledge hubs in the IT capital of the country. Gokula Education Foundation which runs these institutions has carved a niche in the growth of India's knowledge sector.

Sunday 16th of October 2022 goes into history as an epic event as RIT completed 60 Diamond years of its existence. The glittering celebrations was inaugurated by Shri Pralhad Joshi, Minister of Parliamentary Affairs, Coal and Mines, GOI, Karnataka Governor Honourable Thaawarchand Gehlot, and Chief Minister, Basavaraj Bommai blessed the event virtually and appreciated RIT's great contribution to the state's technical education. Chief Minister Shri Basavaraj Bommai recollected the philanthropic contribution of Dr. M S Ramaiah and his role in the growth of technical and medical education in the state.



Dr. Ashwath Narayan C N, Minister of Higher Education, IT & BT, GOK, Dr. M R Jayaram, Chairman, Gokula Education Foundation, M R Seetharam, Vice Chairman, Gokula Education Foundation, M R Ramaiah, Secretary, Gokula Education Foundation, Prof. J N Reddy, O'Donnell Foundation Chair IV, Texas University, College Station, USA, B S Ramaprasad, Chief Executive, Engineering & General Sciences, Dr. V S Aathre, former Scientific Secretary to DRDO and Advisor to Defence Ministry, Dr. N V R Naidu, Principal, RIT, Family members of MS Ramaiah and galaxy of dignitaries had graced the occasion.

Union Minister for Parliamentary Affairs, Sri Pralhad Joshi, appreciated the quality education imparted at RIT and lauded RIT's tie-ups with industries, which will stress on practical education and research at the same time. He praised the initiation of RIT for the implementation of NEP. He lauded RIT's value education which adds to Indian culture. He assured all support to the institution for its excellence and better education to create a better future for younger generation.

Releasing a documentary on Founder Chairman Karmayogi Dr. M S Ramaiah, Dr. C N Ashwath Narayan, said, "I have witnessed the growth of the institution at a very close distance. And assure all support on behalf of the government."

Dr. M R Jayaram, Chairman, Gokula Education Foundation, in his welcome address, said, "It was all because of the support of Shri Nijalingappa, former Chief Minister of Karnataka who encouraged Dr. M S Ramaiah to start this Institution. Our Institution was started with the philosophy JNANAM VIJNANANCHA BAKTHI SAHITAM. With this philosophy, we have put our foot forward to reach the status of excellence", he said. RIT has the distinction of bagging the first rank among VTU colleges in Karnataka and obtaining a rank between 40 and 67 in NIRF ranking for the past few years continuously". "In the next five years, we will be among the top 25 colleges in the country".

M R Seetaram, Vice Chairman, expressed his special thanks in his concluding remarks for the grand success of the program to all dignitaries. He extended his gratitude to the faculty and staff.

A commemorative souvenir was released to mark the occasion by Union Minister, Shri Pralhad Joshi along with others.

“Creating hope Through Action”

Suicide is defined as “taking one’s own life”. No other act has such great consequences at a personal or social level as suicide. Suicidal behaviours such as non-suicidal self-injury (NSSI), suicide ideation, threats, and attempted suicide are closely linked to psychiatric disorders.

To create awareness about suicide prevention, September 10th is marked as “World Suicide Prevention Day”.

Dr. Hemendra Singh, Associate Professor, Dept. of Psychiatry, Ramaiah Medical College and Hospitals, and In-charge of Intentional Self Harm and Suicide Prevention Clinic at Ramaiah Memorial Hospital in conversation with Chandru and Ragi Saggere of Corporate Communications, discusses the presentational actions to be taken to prevent suicide and the behavioural causes leading to the suicide.

Facts

- About 800,000 people die due to suicide worldwide annually
- Suicide is one of the three leading causes of death in the 15-44 age group, and the second leading cause of death in the 10-24 age group; however, suicide attempts are up to 20 times more common than completed suicide.
- In India, as per the National Crime Records Bureau of India 1.66 lakh, people died by suicide in the year 2021 (vs 1.39 lakh in 2019, 1.53 Lakh in 2020)

What is Self-Harm behaviour ?

Self-harm behaviours are commonly encountered in psychiatric practice and are often a cause of emergency treatment and psychiatric hospitalization. Since psychiatric disorders are closely linked to suicidal behaviour and suicide, the treatment of psychiatric disorders is expected to play an important part in reducing the recurrence of SB and in preventing suicide.

NSSI and, suicide attempts and suicide are distinct behaviours. NSSI may be considered to be prevalent along a continuum of self-harm in a place of lesser severity than suicide attempts. The most important distinction between NSSI and suicide is that NSSI is intended to injure the body without causing death. NSSI can occur across a variety of mental disorders, including in people who do not meet the criteria of any disorder. Approximately 17% of university students report self-injury at least once, NSSI began after age 17 in one-third of these cases.

Causes of Suicide

Suicide is the final pathway of diverse adverse circumstances faced by a person. Risk factors for suicidal behaviour have

been classified as primaries, such as the presence of psychiatric and medical conditions, severe somatic illness, and previous suicide attempts; secondary, such as adverse life situations and psychosocial risk factors; and, tertiary, demographic factors such as male gender and old age

Suicide, a major cause of death worldwide, has distinct biological underpinnings. Several lines of evidence implicate dysregulation in stress response systems, especially the hypothalamic-pituitary-adrenal axis as a diathesis for suicide.

Management and prevention of Suicidal Behaviour

Ninety percent of individuals who die by suicide suffer from one or more mental disorders. Approximately half of them sought health care services before they died. The risk of suicide is high, 3 months after discharge, with the highest number of suicides, occurring within the first week after leaving the hospital. As per published literature, 70% of patients, who leave the emergency department after a suicide attempt, never attend their first follow-up appointment. If one considers the treatment effectiveness of major mental disorders to be 50% and assumes that 50% of people are correctly diagnosed and successfully treated, one could expect a reduction in the suicide rate of around 20 %. Therefore, the risk assessment of a suicidal patient should always include an evaluation of the underlying psychiatric illness, a plan for safety, and treatment. This calls for adequate training of general practitioners in the detection and appropriate referral of patients with common mental disorders, which may result in a significant decline in suicide rates.

Many a time, individuals use NSSI and suicidal behavior to cope with the significant emotional pain they experience. Both self-harm and suicide attempters need comprehensive evaluation and care to prevent similar episodes in the future. At Intentional Self-Harm and Suicide Prevention Clinic in our Hospital, we deliver brief interventions based on mindfulness, cognitive behavioural, and narrative school of psychotherapy. Our brief intervention comprising 3 sessions prior to discharge and subsequent telephonic follow-up appears to be effective in the prevention of reattempts of suicide and reduction in suicide cognitions. Our pilot study showed that brief intervention for suicide is effective in preventing suicide reattempts for the following six months and hence non-mental health professionals can also be trained in it.



Dr. Hemendra Singh
Associate Professor, Dept. of Psychiatry
Ramaiah Medical College and Hospitals

A Smile on your Face

Dental treatment modalities have evolved over the years with satisfactory and predictable results, beneficial to both patients and dentists. Keeping in line with the growing trend of personal aesthetics, dentistry too has fulfilled the need for a beautiful and healthy smile. As more and more people are focused on a beautiful smile, demand for dental services to enable this has also been set in motion. Our country too is experiencing this surge in demand. There is a fundamental shift in the patient pool.



Aesthetics is the philosophy dealing with the appreciation and creation of beauty. All human desires are in some way related to beauty. A pleasing appearance is a necessity. Aesthetics is not an absolute term. It is purely subjective. It is influenced by culture and past experiences. It affects one's self-esteem. Aesthetics is harmony between facial structures and teeth.

Smile - The ability of a person to express a range of emotions with the structure and movement of the teeth and lips. It determines how well a person can function in society. Patients seeking aesthetic treatment today wish to enhance their appearance for improved self-esteem and quality of life. For decades, dentistry has been evolving into a profession that is extremely multifaceted and varied in its approach to both smile and facial aesthetics. The goal of an aesthetic makeover is to develop a peaceful and stable masticatory system, where the teeth, tissues, muscles, skeletal structures, and joints all function in harmony.

Causes of deranged aesthetics

Dental caries - Faulty restoration - Loss of tooth structure - Discoloration - Malposition or malformed teeth - Tooth-related, gingiva-related, face related.

Management of aesthetic challenges in dentistry - Cosmetic recontouring - Microabrasion - Macroabrasion - Bleaching - Direct composite restoration - Veneers and many more plethora of options.

Tooth whitening, cosmetic makeovers, etc., are in demand. The focus of the mere restoration of various teeth has been shifted to the enhancement of the aesthetic appearance of already healthy teeth. Dentists play a major role in smile design. Advancements in Adhesive dentistry have given way to a plethora of options in the field of aesthetic dentistry which has made the treatment protocols more feasible, predictable, and long-lasting.

Hence the need of the day is to train graduates and orient them to meet the aesthetic trends of society. **Faculty of Dental Sciences, Ramaiah University of Applied Sciences** with its experienced faculty and the required modern infrastructure provides an ideal platform for graduates and post-graduates who seek to improve their clinical skills and knowledge in the field of aesthetic dentistry. We facilitate students to diagnose, perform smile analysis and provide comprehensive aesthetic dental care utilizing new techniques and materials.



Dr. Indiresha Narayana
Head, Aesthetic Dentistry, FDS, RUAS

Robotic Surgery in Urology Department

The department of urology at M S Ramaiah offers full-fledged urology care to patients in the state of Karnataka, India, and overseas patients. The department has a full-fledged residency program taking 6 residents per year through all India super specialty entrance exams across all over India.

We acquired state-of-the-art ROBOT – da Vinci, 2 years ago to conduct robotic surgeries. So far we have performed around 100 cases of robotic surgeries with extremely good outcomes.

Robot-assisted surgery is cutting-edge technology and it is the need of the hour. The precision of robotic technology is ideal for delicate and complex urological surgeries. We have used our robot assistance to perform both benign and malignant diseases. Following is the list of the few urologic surgeries for which we have used our robot assistance:

- Radical Prostatectomy for prostate cancer (removal of the prostate)
- Partial and radical nephrectomy (removal of part or all of the kidney) for kidney cancer
- Pyelo/Ureteroplasty for PUJO (removal and reconstruction of part of the urinary tract)
- Cystectomy (removal of parts or all of the bladder) for bladder cancer
- Retroperitoneal Lymph Node Dissection or RPLND (removal of the lymph nodes of the abdomen along the major blood vessels)
- Ureteral Reimplantation — to disconnect and reinsert the ureter from the bladder. Procedures requiring fine dissection and suturing, such as reconnection of the ureter.

After acquiring the da Vinci X robot all radical prostatectomies for prostate cancer have been done using robot assistance. Majority of cases we could perform nerve-sparing radical prostatectomy; hence outcomes of our radical prostatectomy are extremely

good in terms of continence and potency.

Complex renal masses (cancers) which were supposed to have undergone open/ Laparoscopic radical nephrectomy have been subjected to robot-assisted partial nephrectomy enabling us to preserve their kidney and renal function. More and more cases of renal preserving surgeries could be done easily by using robot assistance.

Even a morbid procedure like radical cystectomy with an ideal conduit could be done completely intracorporeal with robot assistance

BENEFITS OF ROBOT-ASSISTED SURGERY-

- Enhanced magnified 3D view of the operating field
- The arms of the robot have a greater range of motion than the laparoscopic approach
- Minimally invasive and Less scarring,
- Early ambulation
- Less post-operative pain
- Less blood loss
- High precision with less chance of error
- Shorter hospital stay
- Faster recovery.

Ramaiah Memorial Hospital is one of the centers of excellence for robotic surgery in India. Management is magnanimous enough to support the state of the robotic program with good infrastructure enabling us to cater to different strata of society. Our goal is to start a robotic renal transplant at the earliest.



Dr. Prasad Mailarappa
Senior Prof. Dept. of Urology

Outreach Programme of Ramaiah Dental Sciences

Faculty of Dental Sciences, RUAS has been ranked 14th amongst all dental colleges in India by National Institutional Ranking Framework (NIRF) recently. It is a proud moment for all the Faculty and student members as the institute renders quality dental health services to numerous patients day in and day out, ever since its establishment in the year 1991.

Department of Prosthodontics is responsible for teaching undergraduate students and postgraduate students in several areas: Fixed Prosthodontics, Removable Prosthodontics, Dental Laboratory Technology, Occlusion and TMJ Dysfunction, Dental Implants, Dental Ceramics, Maxillofacial Prosthodontics. Through diagnosis, treatment planning, rehabilitation and maintenance, prosthodontics can improve the oral function, comfort, appearance and overall health of a patient. The Department of Prosthodontics is well equipped with clinical and laboratory facilities. The faculty is well qualified with a wide range of expertise.

The mission of the Department of Prosthodontics and its faculty is to educate dental students to be the skilled and competent in the discipline of Prosthodontics. The Department teaching focuses on developing sound foundation knowledge along with the latest techniques and also aims at maintaining a fine balance of theoretical and clinical competency to provide quality prosthodontics care for patients. In addition to the prosthodontics needs of the patient, students are trained to be able to understand and execute comprehensive care for their patients to achieve optimal oral health, aesthetics and function.

Additionally, students are also involved in the outreach activities of the department. Our postgraduate students had

an opportunity to actively participate in rehabilitation of patients affected by mucormycosis, through a program conducted by the Indian Prosthodontic society, Bengaluru. Both postgraduate and undergraduate students have postings in rural centers and also participate in denture camps. One of the Key projects is "Dantha Bhagya" a scheme in agreement with the Department of Health and Family Welfare, Government of Karnataka. In this scheme free dentures are provided to elderly people who come under the below poverty line (BPL) category.



Dantha Bhagya Saptaha is a program hosted by the Health and Family Welfare Department to provide dentures for the underprivileged people. Asha Kirana Geriatric care was introduced in the year 2011, which was later continued as Dantha Bhagya Yojana from 2015 till date, under Government of Karnataka. Under this scheme we have covered most of the Taluks and Jilla panchayath coming under Chikkaballapur district. We have provided dentures for more than 1600 geriatric patients. Recently, we are expanding our outreach to Hosakote and Mandya district. Also with the team effort of the students, teaching faculty, lab-technicians and supporting staff the department has treated highest number of patients under Dantha Bhagya Yojane and has been appreciated twice by the Oral Health Policy, Government of Karnataka.

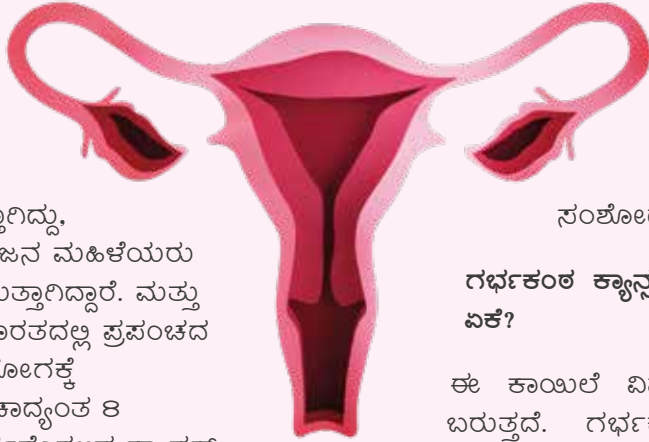
International day of Elderly, Indian Prosthodontics day are programs conducted by the department every year for the special care of geriatric patients.

- Faculty of Dental Sciences



ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ಮತ್ತು ಚಿಕಿತ್ಸೆ

ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ಹೆಸರೇ ಸೂಚಿಸುವಂತೆ, ಸಾಮಾನ್ಯವಾಗಿ ಮಹಿಳೆಯರಲ್ಲಿ ಕಾಣಿಸಿಕೊಳ್ಳುವ ಒಂದು ಕಾಯಿಲೆ. ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ವಿವಾಹಿತ ಮಹಿಳೆಯರಲ್ಲಿ ಕಂಡುಬರುತ್ತದೆ. ಮತ್ತು ಮಹಿಳೆಯರಲ್ಲಿ ಹೆಚ್ಚು ಕಂಡುಬರುವ ಎರಡನೇ ಅತಿದೊಡ್ಡ ಕ್ಯಾನ್ಸರ್ ಆಗಿದೆ. ವಿಶ್ವ ಆರೋಗ್ಯ ಸಂಸ್ಥೆಯ ಅಂಕಿ ಅಂಶಗಳ ಪ್ರಕಾರ 2018 ರಲ್ಲಿ 5,70,000 ಮಹಿಳೆಯರು ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ಗೆ ತುತ್ತಾಗಿದ್ದು, ಅವರಲ್ಲಿ ಸುಮಾರು 3,11,000 ಜನ ಮಹಿಳೆಯರು ಈ ಕಾಯಿಲೆಯಿಂದ ಸಾವಿಗೆ ತುತ್ತಾಗಿದ್ದಾರೆ. ಮತ್ತು ಈ ಅಂಕಿ ಅಂಶಗಳ ಪ್ರಕಾರ ಭಾರತದಲ್ಲಿ ಪ್ರಪಂಚದ ಕಾಲುಭಾಗದಷ್ಟು ಜನರು ಈ ರೋಗಕ್ಕೆ ತುತ್ತಾಗುತ್ತಿದ್ದಾರೆ ಮತ್ತು ಪ್ರಪಂಚಾದ್ಯಂತ 8 ನಿಮಿಷಗಳಿಗೆ ಒಬ್ಬ ಮಹಿಳೆ ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ನಿಂದ ಮರಣ ಹೊಂದುತ್ತಿರುವುದು ಅತ್ಯಂತ ಕಳವಳಕಾರಿಯಾದ ವಿಷಯವಾಗಿದೆ. ಹೀಗಾಗಿ ನಾವು ಈ ರೋಗದ ಬಗ್ಗೆ ಮುನ್ನೆಚ್ಚರಿಕೆ ಮತ್ತು ಸಾರ್ವಜನಿಕರಿಗೆ ಅರಿವು ಮೂಡಿಸುವುದು ಅತ್ಯವಶ್ಯಕವಾಗಿದೆ. ಈ ರೋಗವು ಜಾಗತಿಕ ಮಟ್ಟದ ಖಾಯಿಲೆಯಾಗಿದ್ದು, ವಿಶ್ವ ಆರೋಗ್ಯ ಸಂಸ್ಥೆಯು 2030 ರೋಗಿಗೆ ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್‌ನ್ನು ಜಗತ್ತಿನಾದ್ಯಂತ ನಿರ್ಮೂಲನೆ ಮಾಡುವ ಪಣವನ್ನು ತೊಟ್ಟಿದೆ.



ಭಾಗವಾಗಿದೆ ಮತ್ತು ಮಹಿಳೆಯರ ಜನನಾಂಗದ ಮೂಲಕ, ಎಚ್‌ಪಿವಿ-ಹ್ಯೂಮನ್ ಪ್ಯಾಪಿಲೋಮ ವೈರಸ್ ನಿಂದ ಬರುತ್ತದೆ. ಶೇ 99% ಪ್ರಕರಣಗಳು ಈ ವೈರಸ್‌ನಿಂದ ಸಾಮಾನ್ಯವಾಗಿ ಬರುತ್ತಿರುವುದು ಕಂಡುಬಂದಿದೆ. ಆದರೆ ಕೆಲವೊಂದು ಸಂಶೋಧನೆಗಳಿಂದ ಪ್ಯಾಪಿಲೋಮ ವೈರಸ್‌ಯೇತರ -ದಿಂದಲೂ ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ಬರುತ್ತಿರುವುದು ವರದಿಯಾಗಿದೆ, ಇದರ ಬಗ್ಗೆ ಇನ್ನೂ ಹೆಚ್ಚಿನ ಸಂಶೋಧನೆಯ ಅವಶ್ಯಕತೆ ಇದೆ ಎಂದು ಸಂಶೋಧಕರು ಅಭಿಪ್ರಾಯಪಟ್ಟಿದ್ದಾರೆ.

ಗರ್ಭಕಂಠ ಕ್ಯಾನ್ಸರ್ ಯಾರಲ್ಲಿ ಕಂಡುಬರುತ್ತದೆ ಮತ್ತು ಏಕೆ?

ಈ ಕಾಯಿಲೆ ವಿವಾಹವಾದ ಮಹಿಳೆಯರಲ್ಲಿ ಕಂಡು ಬರುತ್ತದೆ. ಗರ್ಭಕಂಠ ಕ್ಯಾನ್ಸರ್ ಸಾಮಾನ್ಯವಾಗಿ ಅಸುರಕ್ಷಿತ ಲೈಂಗಿಕತೆಯಿಂದ ಒಬ್ಬರಿಂದ ಮತ್ತೊಬ್ಬರಿಗೆ ಎಚ್‌ಪಿವಿ ವೈರಸ್ ಮುಖಾಂತರ ಹರಡುತ್ತದೆ. ಹಾಗಾಗಿ ಲೈಂಗಿಕ ಕಾರ್ಯಕರ್ತರಲ್ಲಿ ಮತ್ತು ವಿವಾಹಿತ ಮಹಿಳೆಯರಲ್ಲಿ ಈ ರೋಗವನ್ನು ನಾವು ಹೆಚ್ಚಾಗಿ ಕಾಣಬಹುದು. ನಾವು ನೋಡಿದ ಹಾಗೆ ಚಿಕ್ಕ ವಯಸ್ಸಿನವರಲ್ಲಿ ಕಾಣಿಸುವುದು ಬೆರಳೆಣಿಕೆಯಷ್ಟು ಮಾತ್ರ. ಆದರೆ ಈಗಿನ ಜನರ ಜೀವನ ಶೈಲಿ ಮತ್ತು ಪಾಶ್ಚಿಮಾತ್ಯ ಶೈಲಿಯ ಕಡೆ ಯುವ ಜನರು ಆಕರ್ಷಿತರಾಗುತ್ತಿರುವುದರಿಂದ ಮತ್ತು ಹೆಣ್ಣು ಮಕ್ಕಳು ಚಿಕ್ಕ ವಯಸ್ಸಿಗೆ ಮುಟ್ಟಾಗುತ್ತಿರುವುದು, ಇಂತಹ ಮಕ್ಕಳು ಅಸುರಕ್ಷಿತ ಲೈಂಗಿಕತೆಯಲ್ಲಿ ತೊಡಗುವುದರಿಂದ ಗರ್ಭಕಂಠ ಕ್ಯಾನ್ಸರ್‌ಗೆ ತುತ್ತಾಗುವ ಸಾಧ್ಯತೆಗಳು ಇರುತ್ತದೆ.

ಈ ಕಾಯಿಲೆಯನ್ನು 35 ರಿಂದ 55 ಮತ್ತು 65ರ ನಂತರ ಎಂದು ಎರಡು ಭಾಗಗಳಾಗಿ ಗುರುತಿಸಲಾಗುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಹೆಚ್ಚಿನ ಪ್ರಕರಣಗಳು 35 ರಿಂದ 55 ವಯಸ್ಸಿನ ವಯೋಮಾನದರಲ್ಲಿ ಕಂಡು ಬರುತ್ತದೆ. 65 ವರ್ಷದ ಮೇಲಿನ ಮಹಿಳೆಯರಿಗೆ ಸ್ವಲ್ಪ ಕಡಿಮೆ. ಇದರಿಂದ ನಮಗೆ ತಿಳಿಯುವುದೇನೆಂದರೆ ಈ ರೋಗವು ವಯಸ್ಸು ಮತ್ತು ಹಿರಿಯರಲ್ಲೂ ಕಂಡು ಬರುವುದರಿಂದ, ಯಾರೂ ಸಹಾ ನಿರ್ಲಕ್ಷ್ಯ ಮಾಡದೇ ನುರಿತ ವೈದ್ಯರಿಂದ ಚಿಕಿತ್ಸೆ ಪಡೆಯಬೇಕು.

ಈ ರೋಗವನ್ನು ಪ್ಯಾಪ್‌ಸ್ಮಿಯರ್ ಎಂಬ ಚಿಕ್ಕ ಪರೀಕ್ಷೆ ಮುಖಾಂತರ, ಆರಂಭದಲ್ಲೇ ಪ್ರಿ ಕ್ಯಾನ್ಸರ್‌ನ್ನು ಗುರುತಿಸಿ ಮತ್ತು ಸೂಕ್ತ ಚಿಕಿತ್ಸೆ ನೀಡುವುದರಿಂದ ಈ ಕಾಯಿಲೆಯನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಗುಣಪಡಿಸಬಹುದಾಗಿದೆ. ಹಾಗಾಗಿ ರೋಗದ ಬಗ್ಗೆ ಭಯಪಡುವ ಅವಶ್ಯಕತೆ ಇಲ್ಲ. ಡಾ. ಜ್ಯೋತಿ ಜಿ.ಎಸ್. ಪ್ರಾಧ್ಯಾಪಕರು, ಪ್ರಸೂತಿ ಮತ್ತು ಸ್ತ್ರೀರೋಗ ವಿಭಾಗ, ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ.

ಗರ್ಭಕಂಠ ಕ್ಯಾನ್ಸರ್ ಅಂದರೇನು?

ಗರ್ಭಕಂಠ ಕ್ಯಾನ್ಸರ್ ಮಹಿಳೆಯರಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಕಂಡುಬರುವ ಒಂದು ಕಾಯಿಲೆ. ಗರ್ಭಕಂಠ ಅಥವಾ ಗರ್ಭಕಂಠದ ಮಹಿಳೆಯರ ಗರ್ಭಕಂಠದ ಕೆಳಗಿನ

ಗರ್ಭಕಂಠ ಕ್ಯಾನ್ಸರ್‌ನ ಲಕ್ಷಣಗಳೇನು?

ಸೋಂಕಿನ ಆರಂಭಿಕ ಹಂತದಲ್ಲಿ ಮಹಿಳೆಯರಲ್ಲಿ ರೋಗ ಲಕ್ಷಣಗಳು ಕಂಡುಬರುವುದಿಲ್ಲ. ಸೋಂಕು ತಗುಲಿದ ಕೆಲವು ದಿನಗಳ ನಂತರ ಕೆಳಕಂಡ ಲಕ್ಷಣಗಳು ಸೋಂಕಿತರಲ್ಲಿ ಕಾಣಿಸುತ್ತವೆ.

- ಋಷಸರೆಗು ದುರ್ವಾಸನೆಯಿಂದ ಕೂಡಿರುವುದು
- ಜನನಾಂಗದಲ್ಲಿ ಅಸಹಜ ರಕ್ತಸ್ರಾವ
- ಮೂತ್ರವಿಸರ್ಜನೆಯ ಸಂದರ್ಭದಲ್ಲಿ ನೋವು
- ಮುಟ್ಟಿನ ಸಂದರ್ಭದಲ್ಲಿ ಬೆನ್ನುನೋವು,
- ಜನನಾಂಗದಲ್ಲಿ ತುರಿಕೆ ಮತ್ತು ಉರಿ
- ಮುಟ್ಟಾದ ನಂತರವೂ ರಕ್ತಸ್ರಾವ ಆಗುವುದು, ಅನಿಯಮಿತ ಮುಟ್ಟು
- ಲೈಂಗಿಕತೆಯ ಸಮಯದಲ್ಲಿ ನೋವು ಮತ್ತು ಸಂಪರ್ಕದ ಬಳಿಕ ರಕ್ತಸ್ರಾವ
- ಸೊಂಟ ಮತ್ತು ಹೊಟ್ಟೆಯ ಕೆಳಭಾಗದಲ್ಲಿ ಕಡಿಮೆ ಅಥವಾ ತೀವ್ರತರದ ನೋವು, ಮುಂತಾದವುಗಳು

ಮುನ್ನೆಚ್ಚರಿಕೆ ಮತ್ತು ಚಿಕಿತ್ಸೆ

ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ಬಾರದಂತೆ ನಾವು ಜನರಿಗೆ ಅದರಲ್ಲೂ ವಿವಾಹಿತ ಮಹಿಳೆಯರಿಗೆ ಆದಷ್ಟು ಈ ರೋಗದ ಬಗ್ಗೆ ಅರಿವನ್ನು ಮೂಡಿಸಬೇಕು. ಮುಖ್ಯವಾಗಿ ಶಾಲಾ ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗೆ ಅರಿವನ್ನು ಮೂಡಿಸುವುದರಿಂದ ಮತ್ತು ಎಚ್‌ಪಿವಿ ವ್ಯಾಕ್ಸಿನ್ ಹಾಕಿಸುವುದರಿಂದ ಮುಂಬರುವ ಜನಾಂಗದಲ್ಲಿ ಗರ್ಭಕಂಠದ ಸೋಂಕಿಗೆ ತುತ್ತಾಗುವುದನ್ನು ತಡೆಗಟ್ಟಬಹುದಾಗಿರುತ್ತದೆ. 25 ವರ್ಷ ದಾಟಿದ ಪ್ರತಿ ಮಹಿಳೆಯು 3 ವರ್ಷಗಳಿಗೊಮ್ಮೆ ಪ್ಯಾಪ್‌ಸ್ಮಿಯರ್ ಪರೀಕ್ಷೆಯನ್ನು ಮಾಡಿಸಬೇಕು, ಇದೊಂದು ಕಡಿಮೆ ವೆಚ್ಚದ ಮತ್ತು ಅತಿಚಿಕ್ಕ ಪರೀಕ್ಷೆಯಾಗಿದ್ದು,

ಯಾವುದೇ ನೋವಿಲ್ಲದ ಪರೀಕ್ಷೆಯಾಗಿರುತ್ತದೆ. ಈ ಪರೀಕ್ಷೆಯನ್ನು ಮಾಡಿಸುವುದರಿಂದ ಮುಂದೆ ಆಗಬಹುದಾದ ಸಮಸ್ಯೆಯನ್ನು ತಪ್ಪಿಸಬಹುದು. ಆದ್ದರಿಂದ 65 ವರ್ಷದವರೆಗೂ ಪ್ರತಿ ಮಹಿಳೆಯೂ ಪರೀಕ್ಷೆಯನ್ನು ಕಡ್ಡಾಯವಾಗಿ ಮಾಡಿಸಲೇಬೇಕು.

ಪ್ಯಾಪ್‌ಸ್ಮಿಯರ್ ಪರೀಕ್ಷೆಯ ನಂತರ ಪಾಸಿಟಿವ್ ಬಂದರೆ, ನಂತರ ಕಾಲೋಸ್ಕೋಪಿ ವಿಧಾನವನ್ನು ಬಳಸಿ ಪ್ರಿ ಕ್ಯಾನ್ಸರ್ ಯಾವ ಹಂತದಲ್ಲಿ ಇದೆ ಎಂದು ತಿಳಿಯಲಾಗುವುದು. ನಂತರ ಪ್ರಿ-ಕ್ಯಾನ್ಸರ್ ಸಿಟಿನ್ 1 ಮತ್ತು ಸಿಟಿನ್ 2 ಹಂತದಲ್ಲಿದ್ದರೆ ಹೊರರೋಗಿ ವಿಭಾಗದಲ್ಲಿ ಕ್ರಿಯೋ / ಥರ್ಮಲ್ ತೆರಪಿ ಚಿಕಿತ್ಸೆಯನ್ನು ನೀಡಲಾಗುತ್ತದೆ. ಸಿಟಿನ್ 2 - ಸಿಟಿನ್ 3 ಹಂತದಲ್ಲಿ ಪ್ರಿ ಕ್ಯಾನ್ಸರ್ ಇದ್ದರೆ, ಸೋಂಕಿತ ಗರ್ಭಕಂಠದ ಭಾಗವನ್ನು ತೆಗೆದು ಹೆಚ್ಚಿನ ಪರೀಕ್ಷೆಗಾಗಿ ಪ್ರಯೋಗಾಲಯಕ್ಕೆ ಕಳುಹಿಸಲಾಗುತ್ತದೆ.

ಒಂದುವೇಳೆ ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್ ಇರುವುದು ದೃಢಪಟ್ಟರೆ ಹಾಗೂ ಸೋಂಕು ಪ್ರಾರಂಭಿಕ ಹಂತದಲ್ಲಿ ಇದ್ದರೆ ಗರ್ಭಕೋಶ ಮತ್ತು ಸೋಂಕು ಹರಡಿರುವ ಸಂಪೂರ್ಣ ಭಾಗವನ್ನು ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಮಾಡಿ ತೆಗೆದು ಹಾಕಲಾಗುತ್ತದೆ. ಒಂದುವೇಳೆ ಸೋಂಕು ಅನಂತರದ ಹಂತದಲ್ಲಿ ಇದ್ದರೆ ರೇಡಿಯೇಷನ್ ಮತ್ತು ಕಿರೋತೆರಪಿ ಚಿಕಿತ್ಸೆಯ ಅವಶ್ಯಕತೆ ಇರುತ್ತದೆ.

ಹಾಗಾಗಿ ಗರ್ಭಕಂಠದ ಸೋಂಕು ಅಥವಾ ರೋಗಲಕ್ಷಣಗಳು ಕಂಡುಬಂದರೆ, ತಡಮಾಡದೇ ಕೂಡಲೇ ನುರಿತ ಸ್ತ್ರೀರೋಗ ತಜ್ಞರನ್ನು ಕಂಡು ಚಿಕಿತ್ಸೆ ಪಡೆಯಬೇಕು.



ಡಾ. ಜ್ಯೋತಿ ಬಿ.ವಾಸ್

ಪ್ರಾಧ್ಯಾಪಕರು, ಪ್ರಸೂತಿ ಮತ್ತು ಸ್ತ್ರೀರೋಗ ವಿಭಾಗ, ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ.



Critical Bronchoscopy performed to remove Bitter Gourd Seed

The 10th rigid bronchoscopy was performed on the patient with a forgotten foreign body in the right lung. She had presented with a chronic cough for the last 3 months. Flexible bronchoscopy showed a foreign body impacted in the lower lobe of the right lung associated with narrowing, oedema (swelling) and pus discharge. Our Pulmonary and Critical Care Team along with Dr Prasanna (Respiratory Medicine) utilised the rigid bronchoscope to extract the foreign body (bitter gourd seed). The patient went home symptom-free.

We once had a little girl who has aspirated a sharp pin. The pin was in her windpipe. We were partially successful in recovering it via a flexible bronchoscope however in process of retrieval the pin slipped into her throat and she swallowed it. Finally, an endoscopy had to be done to remove the pin. If we had the rigid bronchoscopy back then the little girl would not have had to undergo an additional endoscopy.

On another occasion, we had a patient with a malignant tumour in the trachea who was on the ventilator. She needed urgent tracheal debulking. We worked untiringly to figure out the logistics, arranged demo scopes, had them shipped to the hospital from New Delhi and managed to save her. Looking at this effort and the fact that lives can be saved using rigid bronchoscopy, our administrators were quick to act and within weeks we procured the equipment required. We are indebted to our hospital leaders and administrators for their foresight and trust in our team.

The availability of rigid bronchoscopy has expanded the horizon. We have been able to manage several such challenging cases. Rigid bronchoscopy has given us the freedom to explore and perform highly complex airway interventions without compromising on the patient's hemodynamic status and stability. Clearing tumours from the windpipe or large airways and stent insertions, foreign body removals, and diagnoses of malignancies and interstitial lung disease have now become a routine and we are proud to now say that we are now on par with other specialised centres across the country in handling complex pulmonary cases.



Figure 1: Bitter gourd seed in the right lung removed using rigid bronchoscopy



Figure 2: groundnut that was impacted in the left lung successfully pulled out via rigid bronchoscopy

What is rigid bronchoscopy and what are the advantages over conventional flexible bronchoscopy?

Rigid bronchoscopy involves the insertion of a wide metal barrel into the airway. By means of a larger lumen and a separate port for ventilation, it offers advantages over flexible bronchoscope in terms of better control of the airway, and better management of bleeding. Also, all procedures can be performed while the patient breathes comfortably on the anaesthesia machine. In fact, all procedures performed using flexible bronchoscopes can be performed with a rigid bronchoscope as a conduit and inserting the flexible scope through the rigid lumen.

Rigid bronchoscopy cannot be performed by an individual alone. We are extremely grateful to our team. We would like to take this opportunity to thank everyone involved in the management of patients requiring rigid bronchoscopy, especially the anaesthesia team. The procedures are being performed in the neuro OT of the memorial hospital at the moment. The staff and technicians of both neuro OT and bronchoscopy teams have been exceptionally enthusiastic and motivated to learn these techniques. Their passion is infectious and we are equally driven to continue serving our patients, teaching and innovating.



Figure 3: Large lung biopsies obtained using rigid bronchoscopy increasing diagnostic yield in comparison to conventional techniques in a patient with undiagnosed interstitial lung disease

Figure 4: Successful stent deployment in a patient with malignant tumour in the trachea (windpipe)



Dr Bharath Chhabria and Dr Harshith Rao
MD (Internal Medicine - PGI) DM (Pulmonary & Critical Care -PGI)
Assistant Professor and Consultants
Department of Pulmonary and Critical Care Medicine
Ramaiah Medical College and Memorial Hospitals



Dr. Murali Thyloth, Prof. & Head, Dept. of Psychiatry, was felicitated by Indian Psychiatric Society Karnataka Chapter, on 10th September, 2022 at the Annual conference of KANCIPS in Kundapur. Dr. Murali Thyloth is also elected as the president elect of the Karnataka Chapter of the Indian Psychiatric Society.



On the occasion of World Suicide Prevention Day, Department of Psychiatry organized a program called "Creating Hope through Action" on 14th September, 2022 at Ramaiah Medical College. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Murali Thyloth, Prof. Head Dept. of Psychiatry and others took part.



Department of Physiotherapy celebrated World Physiotherapy Day on 9th September, 2022.



The Department of Paediatrics organised a district level workshop on 'Nurturing Care-Early Childhood Development' in association with Indian Academy of Paediatrics on 2nd September, 2022. Dr. A R Somashekhar, Prof. & Head, Dept. of Paediatrics, Dr. Sunil B M, Prof. Paediatrics took part in the workshop.



Ramaiah University of Applied Sciences (RUAS) celebrated "Teachers' Day" on 12th September, 2022 at Ramaiah Medical College. Dr. M R Jayaram, Chairman, Gokula Education Foundation, Dr. Puthuraya, Former Director, RGHUS, were the Chief Guest, 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. G S Venkatesh, Registrar, RUAS and others were present.

Forensic Medicine : W



The Department of Forensic Medicine and Toxicology at Ramaiah Medical College has state-of-the-art facilities, offering an unparalleled opportunity to study Forensic Medicine in a fully operational medico-legal environment. The Department seeks to educate and inspire the next generation of forensic medicine experts and practitioners by providing quality training through scientific excellence.

The teaching staffs comprise qualified forensic experts, training students to be adept with various medico-legal issues that they may face in their professional careers. The department renders round-the-clock medico-legal autopsy services, embalming, and preservation facilities in a well-equipped and maintained separate mortuary block with a gallery for the students to witness the autopsies. The department has modern amenities and infrastructure including a departmental research lab, well organized integrated museum, an examination room for sexual offence cases, and a student laboratory.

Undergraduate and Postgraduate students are trained in legal aspects of medicine, medical ethics and etiquette, thanatology, sexual jurisprudence, and toxicology and are also introduced to procedures such as postmortem examination, examination of

victim/accused in sexual assaults, certification in injuries, drunkenness and age estimation by physical, dental and skeletal examination. Innovative teaching methods like a moot court, role-play, dumb charades, case discussions-integration with other departments in the central museums, etc. have been started for a better understanding of the subject by the students.

Unique features of the department:

- One of the first few Private Medical Institutes in South India to start Autopsies (1991).
- Offers 24x7 Medico legal & Embalming services
- The highest number of Autopsies and other medico-legal services among the Private medical colleges.
- The department is also a member of the Poison Control team and the Collaborative Child Response unit.
- COVID times – Handled 1064 Covid deaths, Co-ordinated the preservation, disinfection, and disposal of the bodies, and Developed SOP- Autopsy Conduction on Covid bodies for the Health and Family Welfare department-Government of Karnataka
- Appreciation letter from Commissioner of Police for aiding in Crime scene investigation.
- Coordination in voluntary body donation program and eye donations at the morgue.



We help to solve crime



Value-added courses and Social Services:

- E- Module on Medico Legal Cases: for interns
- CARE course: Child Abuse Response course for Postgraduate students of OBG, Forensic Medicine, Psychiatry, and Pediatrics.
- Observership programme for MSc Forensic Science deemed to be university, Bengaluru from Jain
- Classes on Medico-legal aspects are taken up for Police personnel, Law students, and MSU Students.
- Through specialized workshops and awareness initiatives, the department also collaborates with the Bangalore Police and Transport Departments of the Government of Karnataka. The Ramaiah Medical College jurisdiction has 28 police stations. North Bengaluru is well-served. The police are trained to examine crime sites.

- The department has also, in collaboration with the Karnataka Government partaken in a unique awareness campaign in schools and colleges to educate youth on road safety, drug abuse, and suicide prevention.



We work around the clock. The forensic department is where doctors, police and lawyers work hand in hand. The scope of forensic science is vast. The students can get jobs in various government and private sectors.

This department not only trains students but also educates the general public about organ donation, post-mortem, and embalming. We do counseling for the bereaved family too.



Dr. Girish Chandra Y P
Professor & HOD
Dept. of Forensic Medicine



Department of Critical Care, organized the Global Intensive Care Symposium - Nephro Critical Care CME & Workshop on 15th September, 2022, at Ramaiah Medical College. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, Dr. Harish, Associate Dean, Ramaiah Medical College & Hospital, Dr. Mahesh E, Prof. & Head, Dept. of Nephrology, Dr. Deepak and others were present.



Faculties experienced in Oncotherapeutics, Nursing leaders & Industry experts were the key speakers.

SAFECON-2022, on "Nurture Young Minds- Develop Safety Culture" on 17th September, 200 delegates from across India attended the conference. Dr. Thupil Venkatesh, spoke on "Infrastructure an Element in Improving Patient Safety". The sessions included key topics such as "Accreditation Boon or Bane", and "Employee Voicing for Patient Safety & innovations in Patient safety".

Ramaiah Memorial Hospital organized a National Conference "Reforming Clinical Pharmacists as Decision Makers (CPCON-2022)" And a "Fortifying Patient Safety Culture (SAFECON-2022)" at national level conference. Dr. Shalini Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital and others were present.

CPCON-2022 , on "Clinical Pharmacist - Beyond the Pill" organised on 16th September, with more than 380 delegates from all over India participating.





Career Guidance Cell, Ramaiah Medical College in association with KAPLAN organized USMLE Seminar for students on 19th September, 2022 at Ramaiah Medical College.



Dr. Jyoti, Professor, OBG was a faculty member at workshop on Cervical Cancer Elimination was held on 22nd September, 2022 at VMMC & Safdarjung Hospital as part of the Pre-Conference event of the 15th World Congress of the National Association of Reproductive and Child Health of India - NARCHICON 2022. Dr. Jyoti, Professor, OBG was a faculty for both the workshop and the scientific session of the conference.



Curriculum Implementation Support Program (CISP) for faculty was conducted by Medical Education Unit (MEU), on 22nd & 23rd September, 2022 at Ramaiah Medical College.



The Department of Library & Information Center organised two-day book exhibition at Ramaiah Medical College and Hospitals. Dr. Shalini Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Prof. O P Kharbanda, Pro-Vice-Chancellor, RUAS, and others were present.

The Department of The Pharmacology celebrated 2nd National Pharmacovigilance Week on theme "Encouraging reporting on Adverse Drug Reactions by patients", from 17th- 23rd September, 2022. The objective of the programme was to create awareness on the importance of reporting adverse drug reactions. Essay, Poster, Video/Animation competition, Dumb charades were held for Medical and Pharmacy students. Vaccine Vigilance sensitization session was conducted for the Geriatric Medicine consultants, nursing staff and pharmacy students. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Prathab, Registrar (Academics) and others were present.





The Department of Physiology organized a National level CME on “Electrodiagnostic Techniques in Neurophysiology and their Clinical Relevance” on 29th September, 2022 at Ramaiah Medical College. Prof. Kuldeep K Raina, Vice - Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, Dr. Hemanth, Registrar and others were present.

Ramaiah International Centre for Public Health Innovations in association with NSS - Ramaiah University of Applied Sciences, Dept. of Cardiology, Ramaiah College of Physiotherapy, Department of Allied Health Sciences and Faculty of Life and Allied Health Sciences, organized an awareness drive on World Heart Day on 29th September, 2022. Dr. Shalini C. Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Anupama V Hegde, Associate prof. Dept. of Cardiology, Dr. Veena, Dept. of Physiotherapy, Dr. Nayanjeet Chaudhury, Director, RICPHI and others were present.



Dr. Sunil Furtado and Dr. Parichay Perikal from Dept. of Neurosurgery performed surgeries of complex Aneurysms, Endovascular procedures and minimal invasive spines at Surgical Camp at MOI, Tanzania.

The Management of MOI has highly appreciated the management of Ramaiah Memorial Hospital and Doctors on their valuable contribution for this partnership.

Dr. Manasa, Assistant Professor, Urology, Ramaiah Medical College received the UAA youth (Young Urologist) fellowship award 2022, at the UAA 2022 at Australia.



Faculty of Engineering and Technology celebrated “Engineers Day 2022” and inaugurated IEEE Sensors Council, RUAS Students Chapter on 15th September, 2022. at Peenya Campus. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice-Chancellor, RUAS, Dr. Govind Kadambi, Pro-Vice-Chancellor and others present.





The department of Urology conducted a 'Urology Camp' in Siddalghatta Taluk. More than 300 patients were evaluated for Urology disorders and PSA testing was done for free. The Radiology department provided free USG for more than 100 patients. Dr. Tharun Javali, Dr. Prasad Mailarappa, Dr. Ramesh D, Dr. Puvada Sandeep and others were present.



Faculty of Life & Allied Health Sciences, Ramaiah Medical College & School of Social Sciences, and Ramaiah University of Applied Sciences organized a programme on World Mental Health Day 2022 on 14th October 2022, at Ramaiah Memorial Hospital. Prof. Kuldeep K Raina, Vice- Chancellor, RUAS, Dr. K C Gurudev, President, Ramaiah Memorial Hospital, Dr. Murali Thyloth, Dr. Anitha and others were present.



Department of Anaesthesiology organised events over week to commemorate "Ether Day". Quiz, Poster presentation and Pro-Con session was organized for the students. The department felicitated Dr. Venkatesh G S, Registrar – RUAS. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, and Dr. K C Gurudev, President Ramaiah Memorial Hospital and others were present.

Division of Research and Patents organised Research Week - 2022 from 13th to 15th October 2022 on Translational & Public Health Research. Prof. N S Murthy oration - 2022 was delivered by Dr. Saumitra Das, Senior Scientist, IISc. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice- Chancellor, RUAS, Dr. Nandakumar, Head of Division and Patents, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital and others were present.





Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), chaired and coordinated the Panel Discussions and steering committee on the use of AI in various domains of health care during the Global Artificial Intelligence (GIA) Summit organised by All India Council for Robotics and Automation (AICRA) at Vigyan Bhawan New Delhi on 7th - 8th October 2022.

Prof. O P Kharbanda has also been unanimously elected to Chair the AICRA Steering Committee. The committee proposes developing various Task Forces in different health domains such as Radiodiagnosis, Dental and Oral Health, Cardiology, Robotic surgery, Ophthalmology, Public Health, Microbiology and Virology, Histological diagnosis and more.



The Departments of Vascular Surgery, Ramaiah Medical College and Hospitals, under the aegis of Ramaiah University of Applied Sciences and The National University Health System, Singapore organised the "International Cadaveric Vascular Course – ICVC". Prof. O P Kharbanda, Pro-Vice Chancellor (RUAS), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Sanjay Desai, Prof. & Head, and others were present.

Department of Respiratory Medicine organized a CME - "Connective Tissue Disease Associated ILD" on 20th October, 2022 at Ramaiah Medical College. Dr. Gayathri, Dr. Prasanna, Dr. Deepak, Dr. Shivaswamy and others were present.



The Department of Surgery conducted 'Basic Surgical Skill Course' for surgical, Gynaecology and Emergency postgraduates and young surgeons. This was attended by nearly 50 surgeons in training and robust environment. This was done in Johnson and Johnson Institute on wheels parked at Memorial hospital on 16th October, 2022.



Department of Endocrinology observed 'World Osteoporosis Day' to spread awareness about bone health. A CME was organised for PG students. Dr. Pramila Kalra, Prof. & Head, Endocrinology, Dr. Chitra, Dr. Ganavi and others were present



Department of General Surgery organized 'The Basic Laparoscopy Workshop' with the surgical procedure demonstration on 21st October, 2022 at Ramaiah Medical College. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Rudresh, Prof., Dr. Srikantiah, Dr. Bharathi V Hirematt & Head Dept. of Surgery, Dr. Prathab, Registrar (Academics), and others were present.

Department of Oncology celebrated Breast Cancer Awareness Month by organizing various events on 21st October, 2022 at Ramaiah Teaching Hospital in association with Indian



Cancer Society. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Nalini Kilara, Dr. Rashmi Palassery and others were present.



Presentation By Ghent University Students was 20th October, 2022 at Ramaiah Medical College

Department of Anatomy on the occasion of 'World Anatomy Day, organized Karnataka State Level Anatomy Quiz on 22nd October, 2022 Ramaiah Medical College. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Prathab, Registrar (Academics), Dr. Hemanth, Registrar (Administration), Dr. Shailaja Shetty, Prof. & Head, Dept. of Anatomy and others were present.

Department of Psychiatry organized World Mental Health Day programme on 27th October, 2022 at Ramaiah Medical College. Anup Sridhar, Olympian & Arjuna Awardee was the Chief Guest for the programme.





GICS 2022 invited Dr. Aruna C Ramesh, Prof. & Head Dept. of Emergency Medicine, as "Chairperson" for the session on "Other Surgery" on 17th September, 2022.



The Department of Emergency medicine conducted a one-day hands-only CPR and "Active bleeding control" training for members of State disaster response force and civil defence personnel from states of Tamil Nadu , Andhra Pradesh, Punjab, Uthar Pradesh, Meghalaya and Rajasthan as part of their month-long waterman ship training program.

ART





Oil canvas painting by
Pushpambika
HR, Manager,
Ramaiah Medical College

Department of Emergency Medicine, conducted 11th Ramaiah ATLS provider course from 20th – 22nd October, 2022, at Ramaiah Medical College.



Department of Emergency Medicine, Ramaiah Medical College & Hospitals conducted Hands Only CPR (HOCPR) and Active bleeding control (ABC) skills training for 1st year MBBS students on the occasion of World Heart Day on 29th September, 2022 at Ramaiah Medical College. Prof. Kuldeep K Raina, Vice Chancellor, RUAS, Prof. O P Kharbanda, Pro-Vice Chancellor, RUAS, Dr. Aruna C Ramesh, Prof. & Head Dept. of Emergency Medicine, and others were present.

Congratulations

Isha Verma 6th semester Medical student secured third place in Clinical Case Presentation in 'Medicamentum' in the national level undergraduate medical conference at Delhi University GTB Hospital New Delhi on 10th September, 2022.



Sonia Babu, secured Best Oral Paper Presentation in State level Anatomy conference, at Hassan institute of medical sciences, on 18th September, 2022.



Faculty & PG students from Dept. of Anaesthesiology attended KISACON 2022, State Conference at Kalburagi. Dr. Geetha CR, Dr. Yatish B and Dr. Prathima PT conducted the workshop. Dr. Sandya Rani delivered a talk in Young Anaesthesiologist category. Dr. Akshitha won 3rd prize in the trainee talent competition



Karthik Yadavalli, Arun Ram Ramakrishnan and Vignesh Prakash, 3rd year students of Ramaiah Medical College, won 1st place in CMC at Vellore in the Pre and Paraclinical quiz. And they also secured 1st and 3rd place in NOVICUS, Pre and Paraclinical quiz by St. John's Medical College.



3rd year students, Arya, Brunda, Chandana, Oyishika secured consolation prize at the India Evolution Case Competition 2022.

Dr. Chinmayee Agarwal, 2nd year Medical Oncology PG student, presented 'Paediatric Acute Lymphoblastic Leukemia Data' at the 2022 SIOP (International Paediatric Oncology Society) annual meeting in Barcelona.



Postgraduates from the department of paediatrics presented 13 scientific paper presentations and 3 poster presentations at the South Pedicon 2022 conference at Belgaum on 14th -16th October and has secured three awards in different categories.

Dr. Ashika M N won first prize in paper presentation of social paediatrics category. Dr. Prithvi Kamble won first prize in free paper presentation of general paediatrics category. Dr. Vishal Samaga won second prize in poster presentation.



Annual Sports and Cultural Meet “UMANG” -2022

Student Nurses Association, Ramaiah Institute of Nursing Education and Research Center organized Annual sports and cultural meet “UMANG-2022” from 26th - 29th August 2022 with wide range of sports and cultural activities for



students. House wise competitions of outdoor events: Football, Badminton, Volley ball, Table tennis, Cricket etc. and indoor events; Fashion show, Dance, Song, Rangoli etc. were conducted.

NSS Activity

The NSS unit of Ramaiah institute of Nursing Education & Research Center in partnership with UNICEF organized first phase activities on Engagement of NSS Volunteers for Social and Behavioural Change among the Communities to avail Health and Nutrition Services in Karnataka. Activities like, role play on personal hygiene, mass anaemia screening and menstrual hygiene awareness programme were conducted.

WELCOME



Dr. Madhuri S
Senior Resident
Radio Diagnosis



Dr. Shruthi P
Senior Resident
OBG



Dr. Varsha Ram
Senior Resident
OBG



Dr. Bharath M. Naik
Assistant Professor
General Surgery



Dr. Poojashree K. S
Senior Resident
OBG



Shobha Rani N
Alumni Co-Ordinator
RAMCAA



Dr. Padma Priya Kasukurti
Assistant Professor
Pathology



Dr. Divya Surendran
Senior Resident
Respiratory Medicine



Dr. Sharath B. Raju
Senior Resident
Radio Diagnosis



Dr. Namitha R. Kumar
Assistant Professor
Paediatrics (Intensivist)



Dr. Shrigouri Reddy
Senior Resident
General Medicine



Dr. Madhusudhana Rao B
Assistant Professor
Anaesthesiology
posted to MSRINS



Srinivasa R
Attender, Library and
Information Centre



Dr. Keerthi P
Senior Resident
Anaesthesiology
posted to MSRCARE



Dr. Smitha S
Senior Resident
Anaesthesiology
posted to MSRCARE



Dr. Seham Syeda
Assistant Professor
Anaesthesiology
posted to MSRINS



Dr. Shree Harsha M
Assistant Professor
Anaesthesiology



Dr. Lydia Abraham
Assistant Professor
Physiology



Ranjini V
Junior Laboratory
Technician, Physiology

RESIGNED



Dr. Sridhar H
Associate Professor
Pathology



Dr. Kavya Venkatesh
Senior Resident
OBG



Dr. Divya Bharathi G
Senior Resident
Community Medicine



Dr. Divya Ganesh
Senior Resident
OBG



Manjunath
Technical Cell



Dr. Sudha Banti
Senior Resident
Dermatology



Dr. Meenakshi Sivaganesan
Assistant Professor
Paediatric Surgery



Dr. M. R. Sreevathsa
Professor
General Surgery



Dr. Pavithra M.S
Senior Resident
Pharmacology



Dr. Vishakha
Senior Resident
Pharmacology

SAD DEMISE



R. Shankar
Sweeper, Administration

IMPRESSIONS - 22

The Faculty of Dental Sciences hosted IMPRESSIONS-22 a three-day inter-college fest on 21st -23rd of September. This festival drew a large number of students across Bengaluru.

