



## Congratulations Sir

**Our Chairman MR Jayaram Received Honourary Doctorate from the University of Illinois**



**W**e are proud of you Sir. Our beloved Chairman Dr. MR Jayaram has received a honorary doctorate from the University of Illinois, Chicago, USA on May 6th, 2022. In a glittering ceremony at the University Stadium, the President of the University of Illinois System, Dr. Timothy Killeen presented the Degree of "Doctor of Humane Letters" to Dr. MR Jayaram in recognition of his valuable contribution to promoting higher education and health care services.

Dr. MR Jayaram was the only recipient of Honourary Doctorate in the 140<sup>th</sup> Commencement Ceremony of the University of Illinois College of Medicine in which 317 graduates were awarded degrees.

The ceremony was witnessed by his family members, leaders, and academicians from across the world. We are always guided by your vision and leadership. For all of us it's celebration time and also we dedicate to working under your guidance and leadership to take all our institutions to a new height. The Directors, Family Members, Senior Leaders, Staff, and students take this opportunity to congratulate you, Sir.



**RAMAIAH**

February - March 2022

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**Jnana Vahini**

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## Let us talk about Mental Illness

**T**he time has come to talk openly about mental illness. This disorder has been affecting more than 8 percent of the population in India. It is said that every sixth Indian needs mental health help. Hence, an estimated 150 million people in India are in need of mental health interventions and care, both long term and short term.

Most people in urban areas have been affected more so in the age group of 30-49 or over 60. There are many questions about dealing with mental health in India. The National Mental Health Survey conducted by NIMHANS from 2015 to 16 is a benchmark analysis in understanding India's mental health situation. This survey from 12 states of the country has made many recommendations which include policy and legislation in the treatment of mental illness. The survey in its recommendations said, "the organization and delivery of comprehensive and integrated mental health services in India - is a challenging task for policymakers but it is definitely required. In recent times, the mental health policy, the new mental health bill, judicial directives, National Human Rights Commission initiatives, and advocacy action aim at improving the scenario and undeniably are the right steps in this direction."

According to many definitions "mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health". The survey, a milestone understanding of the epidemiology of mental disorders in India has very significant recommendations to face reality and challenges.

According to WHO mental health is an integral part of health; it is more than the absence of mental illnesses. It is the foundation for the well-being and effective functioning of individuals. It includes mental well-being, prevention of mental disorders, treatment, and rehabilitation.

WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 10,000 population; the age-adjusted suicide rate per 1,00,000 population is 21.1. The economic loss due to mental health conditions, between 2012 and 2030, is estimated at USD 1.03 trillion.

"Mental health promotion involves creating an environment, which promotes healthy living and encourages people to adopt a healthy lifestyle. Enabling the environment through national mental health policies and legal frameworks is imperative for effective management of mental health disorders and providing overarching directions for ensuring mental health promotion. This calls for a multisector engagement and a life-course approach", declared WHO.

Mental health disorder treatment needs comprehensive strategies to effectively tackle this new age illness. Promotion, prevention, treatment, and recovery wholly depend on the government and its modern scientific approach. As per WHO norms, policymakers should be encouraged to promote the availability of and access to cost-effective treatment of common mental disorders at the primary health care level.

The time has come now to openly talk about mental health as a crucial link to the well-being of a person. In a multicultural and multi socio-economic background in India, the government has to give utmost importance to treating mental health disorders on a war footing.



## 3D Printing Revolutionises Prosthetics



**A** State of the art 3D Printing Unit was commissioned at Ramaiah Rotary Artificial Limb Centre on March 10, 2022. Chairman Dr. M.R Jayaram and Rtn. Fazal Mahmood, Rotary District Governor 3190 Inaugurated the 3D printing unit which will help people who are in need of artificial limbs. This cost effective machine was donated by Rotary Club. Dr. Shalini Nooyi, Vice Principal, Ramaiah Medical College & Hospital, Prof. Savitha Ravindra, Dr. K.C Gurudev, President, Ramaiah Memorial Hospital, Dr. D.C. Sundaresh, Associate Prof. Ramesh and other dignitaries were present.





An Expert Committee constituted by KSHEC visited RMC on February 8, 2022 and held discussions with top management and other dignitaries. Chairman Dr. M.R Jayaram, Chief Executive M.R Srinivasa Murthy held a high level discussion with the expert committee members were present.



On the occasion of "World Cancer Day" Department of Obstetrics and Gynecology conducted a program on awareness of cancer and performed a skit to educate the patients.



Our Hon'ble Chancellor M.R. Jayaram & Vice Chancellor greeting the Hon'ble Minister of Higher Education, Karnataka State, Dr. Ashwathnarayan C.N., at the Bengaluru Chancellors Conclave 2022 with a theme "Making Bengaluru an Education Hub".

Dr. M.R. Jayaram delivered valuable insights on Making Bengaluru educational institutions hyper ready for the city's global economy.



Departments of Nephrology and Urology successfully performed the first swap donor Kidney transplantation at RMH, where four operation theatres were utilised to perform simultaneous donor nephrectomy and transplantation. The donor of pair A gave kidney to recipient of pair B and the recipient of pair A received kidney from donor of pair B. Congratulations to all the faculty and residents of Nephrology and Urology, and the team of Anesthesia for this unique work. Special thanks to Dr. Gurudev for facilitating this unique kind of transplant, and Dr. D. Ramesh, Senior Professor of Urology.

## Rigid bronchoscopy: Old wine in a new bottle

We recently managed a 56-year-old lady who came to us with noisy breathing (stridor). She had a prior history of suffering from a genital malignancy and had received chemotherapy and radiation previously. This time her CT scan suggested a relapse with involvement of the lower end of the trachea (windpipe) and both main bronchi major airways of the lungs. The patient was very breathless and had to be put on a ventilator for the central airway obstruction. She was in the ICU for 3 days and battled for her life.

Our team at Ramaiah Memorial Hospital led by Dr Harshith Rao and Dr Bharath Chhabria was successful in identifying the central airway obstruction, performing life-saving rigid bronchoscopy and deploying a stent for stabilisation of the airway. After the procedure, which lasted for 3 hours and involved complex manipulations and stent deployment, she was symptom-free and walked home.

It was very gratifying for the team and the patient's relatives were extremely grateful and described her recovery as 'miraculous'. This was an excellent example of a collaborative effort from various departments, including Medical Gastroenterology, Anaesthesia, Cardiac Anaesthesia, Critical Care Medicine and the technical and nursing staff of the departments.

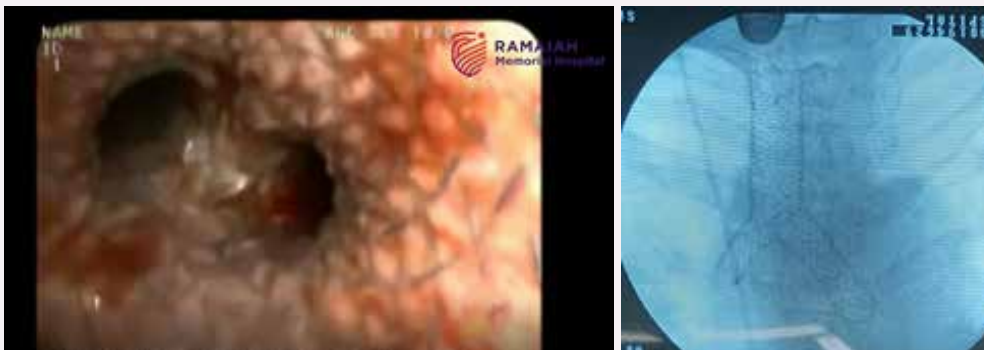
Rigid bronchoscopy involves the insertion of a wide metal barrel into the airway in order to perform complex interventions and procedures in the airway. It was first described in the 19th century for the removal of foreign bodies but slowly became obsolete with technological

advancements and the development of flexible bronchoscopy in the 1960s. But with an increase in incidence and detection of thoracic malignancies like lung cancer, the use of rigid bronchoscopy (with a few tweaks in the apparatus and major advancements in video processing) has come back in vogue. The advanced rigid



**Flexible bronchoscopy – showing a fleshy mass in the lower end of the trachea causing central airway obstruction**

bronchoscope offers several advantages over the conventional flexible bronchoscopes in terms of better control of the airway, and bleeding and allows simultaneous ventilation of both the lungs. Since its revival, it has been used extensively for central airway obstruction (obstruction in the trachea or (major airways of both lungs), debulking (mechanical removal) of tumours from the larger airways, removal of foreign bodies accidentally aspirated into the airways and in some cases performing lung biopsies. Centres of excellence in pulmonary medicine in Bangalore are equipped for performing rigid bronchoscopy and the new Pulmonary and Critical Care team at Ramaiah hospitals has acquired the expertise and equipment thereby joining the league of select hospitals offering this advanced care and treatment.



**Flexible bronchoscopy and fluoroscopic image after procedure**

**Dr. Bharath A Chhabria MD DM**  
**Dr. Harshith Rao MD DM**  
 Assistant Professor and Consultant  
 Pulmonary and Critical Care Medicine  
 MS Ramaiah Medical College  
 MS Ramaiah Memorial Hospital



Three cheers to our NABL team



Dr. Sitamahalakshmi South Zone Postgraduate Medical quiz.

Runners up : Dr. Priyanka V Vasist, Dr. Vijay Balaji K



2003 batch MBBS students had a reunion on February 27, 2022 at Hotel Royal Orchid resort Bengaluru. More than 40 alumni met after a period of 12 years, a unique feat indeed.



Dr. Geetha CR was nominated as a member of the Anaesthesiology Expert Committee..



Ramaiah Blood Bank organized Blood Donation Camp at Fitness Impact Gym Basaveshwara Nagar, on the occasion of Punith Rajkumar's Birthday



Dr. Pooja Prabhu, Assistant Professor RMCH, delivered a talk at the Indian Bureau of Mines

Department of Pediatrics, Ramaiah Medical College in association with IAP-BPA conducted health education and health screening camp at Abhalashrama, Basavanagudi held on 6<sup>th</sup> March 2022



On the occasion of Women's Day, Dr. Nivedita Reshme, Asst. Prof, OBG, Ramaiah Medical College was felicitated for her achievement in sports at People Tree Hospital with Gender Equality and Breaking the Barrier as the theme.



3<sup>rd</sup> year DM resident, Dr Harsitha is the first runner up in the National Competition organised by Endocrine Society of India.



The Department of Nephrology, Ramaiah Medical College celebrated World Kidney Day on March 10, 2022 at Ramaiah Memorial Hospital. The Chief Guest for the program was Shri. A S Kiran Kumar, Vikram Sarabhai Professor, ISRO, Bangalore with our Chairman Dr. M.R. Jayaram as Guest of Honour. The theme for this year - "Bridge the knowledge gap for better kidney care". Dr. K.C Gurudev, President of RMH, Dr. E Mahesh, Prof & Head of Dept. of Nephrology are also seen.



Dr. Apoorva M 2<sup>nd</sup> year Post Graduate, OBG got 2<sup>nd</sup> place & Dr. Chaithanya S.A., 2<sup>nd</sup> year Post Graduate, OBG got 3<sup>rd</sup> place in poster presentation in the International Conference on Women & Girl Child held on March 5, 2022 by the Bengaluru Society of Obstetrics & Gynaecology at ITC Gardenia, Bengaluru.







Ramaiah Medical College and Hospitals celebrated World Glaucoma Week from 6<sup>th</sup> to 12<sup>th</sup> March, 2022. As a symbol the entire hospital was decorated with the green lights.



Prof. Dr. G.G. Gangadharan, Director, Ramaiah Indic Specialty Ayurveda, RISA, has been conferred upon as a Fellow of National Academy of Ayurveda by the Rashtriya Ayurveda Vidyapeeth, an autonomous organisation under the aegis of Ministry of AYUSH, Gol. The award was given by Shri Sarbananda Sonowal, Union Cabinet Minister, Ministry of Ayush on March 11, 2022 in New Delhi.



Dr. Nandakishore of Ramaiah Blood Bank was awarded the Dr USHA GUPTA AWARD at the TRANSCON 2022, National Conference held on March 12 and 13 at Bengaluru Medical College.

WHAP 2022 - An Online Event - Women's Health Awareness Programme as part of International Women's Day was held on March 19, 2022. Faculty & Topics covered: 1. Women and hair loss- All You Wanted to know by Dr.Sumathy, Prof & HOD Dermatology 2. Cough and breathlessness- know the facts by Dr. Pragati Rao, Professor, Respiratory Medicine 3. Diabetes and Thyroid in women- What you MUST know by Dr. Pramila Kalra, Prof. & HOD, Endocrinology & Dr. Chitra, Associate Professor, Endocrinology 4. I have a breast lump -What to do now? by - Dr. Bharathi V Hiremath, Professor, General Surgery 5. Hernia, stones, fissures and hemorrhoids.... Myths busted By Dr. Kalaivani, Associate Professor, General Surgery 6. Health screening for women by Dr. Vijayashree T, Professor, General Medicine 7. PCOS- Health implications and challenges in management by Dr.Nandini G, Professor, OBG



## PRIDE Clinic - A Boon to Children under one roof



**M**ithun with naughty eyes and a mischievous grin, was an absolute handful 3-year-old, for his working parents to manage. Born just a few months prior to the pandemic, he spent his infancy completely home-bound. When he was around one and half years, his

grandparents who could finally visit him post lockdown, observed that something was just not right with their bubbly grandson. They noticed that he held his entire right hand and leg, quite stiff. A subtle squint was present and he wouldn't vocalize beyond babbling.

Then began a hunt for the "best" Developmental Paediatrician, neurologist, Physiotherapist and Orthopaedic Surgeon to diagnose and help their son. They took a week-off from work, traversing across the city to meet each specialist, get the investigations done and revert back, to finally have a faint idea of what was wrong. Even then, the treatment plan laid out, prognosis explained, differed!

His parents longed for consensus and communication among the specialists, with an integrated roadmap of treatment and prognosis. To ease the treatment process, of many such Mithuns, PRIDE has born !!

PRIDE "Paediatric Rehabilitation Intervention and Development" is a unique and focused clinic devoted to providing comprehensive care to children with Neurodevelopmental and Behavioural Disorders under one roof.

It is estimated that around 10 % of children face problems in their development in one way or other. Such developmental delays and difficulties can affect one or more areas of development, viz., motor, language, social and intellectual development. They are caused by anything that disrupts the smooth and orderly development of the brain before, during or

after the birth of the child. Developmental problems not only affect the children but also their families who struggle to understand what is the problem and what to do about it.

Early detection and intervention of such delays is crucial because the ability of the brain to recover from any insult or injury with appropriate intervention (neuroplasticity) is highest in early childhood. Early intervention can put the child back on the path of optimum development, prevent secondary complications and empower families.

During the pandemic, the development and wellbeing of young children has been significantly affected because of social isolation, lack of opportunities for social interactions, lack of peer interactions and schooling experience, shift to online classes, and stress and hardship faced by families. Many of them are presenting with delays and deviations in the area of speech and social development.

Clinical evaluation and management of such children requires a multidisciplinary team approach consisting of paediatricians, neurologists, orthopaedic surgeons, child psychiatrists, clinical psychologists, physiotherapists, occupational therapists, speech therapists and other specialists.

Focus of the PRIDE clinic is on doing a thorough and comprehensive evaluation, make an individualized plan of management, and carry it out through a multidisciplinary team of professionals. Emphasis is on active collaboration with children, parents and facilitate parent-mediated home-based interventions in addition to centre-based interventions.



Inauguration of PRIDE Clinic - Paediatric Rehabilitation Intervention and Development Clinic - Empowering children to reach their potential by Mrs. Malavika Avinash held on March 19, 2022 at Ramaiah Memorial Hospital. Dr. K.C Gurudev, President, Ramaiah Memorial Hospital, Dr. Satish Chandra Girimaj, Dr. Shravan, Dr. Prarthana and others were present

Dr. Somashekar A.R., Prof. & HOD, Paediatrics was the panelist at Installation ceremony on Bangalore Adolescent Health Academy with IAP BPS and discussed on Covid 19 adolescents from diagnosis to long Covid and He was the faculty at National Pedicon 2022 Conference held at Noida New Delhi. He spoke on Introduction of basic pulmonology to practicing pediatricians.



Ramaiah Institute of Nursing Education & Research (RINER) in collaboration with Ramaiah University of Applied Sciences conducted the Tenth annual workshop on “Basic Research Methodology” from March 9 to March 11, 2022. The workshop was attended by forty-eight delegates that included PG students from nursing, Physiotherapy and Public Health, UG nursing students and nursing faculty from different parts of Karnataka.



**PULSE POLIO IMMUNISATION PROGRAMME-2022**

I year GNM and III year GNM students (83 students) of RINER actively participated in Pulse polio immunization programme from February 27 to March 2, 2022 under Mathikere Urban Health centre, Sanjay Nagar Urban Health Centre and Aramane Nagar Urban Health Centre. Around Total of 3,250 under-five children are vaccinated against polio.





On the occasion of International Women's Day on March 15, 2022, RINER organized an Essay competition on Gender based violence: Why Women Are Targeted and Panel discussion on Women Empowerment – Thought from Indian States for Nursing Students.



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 Mathikere, Bengaluru, Karnataka 560054, India  
 Lat 13.029137°  
 Long 77.568926°

A Blood Donation Camp was organized by National Service Scheme unit of Ramaiah Institute of Nursing Education and Research in collaboration with Ramaiah Memorial Hospital, Blood Bank on March 18, 2022. With the aim to create awareness and motivate students for Blood Donation.

Many of staff and students volunteers showed interest in donating blood, 73 units of blood was donated by the staff and students of RINER.



III year GNM students participated in the general health camp organised by Ramaiah Medical College Hospital in collaboration with Sadasmitha foundation, Amuruthahalli on March 6, 2022 at Byatarayanapura. People were screened for hypertension, diabetes mellitus, cataract of glaucoma, musculoskeletal problems and neurological problems. 500 people benefitted from this camp.



Dr. Gayathri Devi, H.J Professor and HOD, Department of Respiratory Medicine was a Panelist for the topic 'Interstitial Lung diseases' in the National Level Conference on Pulmonary Diseases-NAPCON held in Varanasi on 01/04/2022



Dr. Swapnil Deshmukh, IInd year Post Graduate student, Department of Respiratory Diseases has won the First Place in the Essay contest titled- India needs the services of Pulmonologists with special interest in TB for India's "END TB STRATEGY" held for Post Graduates in Respiratory Medicine, organized by A J Institute of Medical Sciences and Research Centre, Mangalore under the aegis of Indian Chest Society - Karnataka Chapter in connection with World TB day

Continuing Nursing Education (CNE) on "Assessment and Evaluation" was organised by Mr.Manjunatha. K, Lecturer on March 14, 2022 to enhance the knowledge and skills of teachers in evaluation of students. Total of 26 teaching staff have participated and benefited from this CNE.



Staff development programme (SDP) on "Effective use of OFFICE-365" was organised by Dr. G. Balamurugan, Registrar, Administration on March 21, 2022. Topic was to enhance the skills of teaching and non-teaching staff to use the Microsoft office - 365 in creating and sharing documents.



Alumni of RINER Ms. Bhargavi. V. A, B.Sc(N) 2005-2009 batch have won the "Florence Nightingale award 2020-2021" in the "Best Staff Nurse" category. award will be Presented by out Hon. Chief Minister Sri.Basavaraj Bommai in the presence of our Health Minister Dr. K. Sudhakar



An interactive session on "Human Resources Management - Clinical Perspective" was organized by Sri. H G Srivara, Head HR & Legal, GEF(M) on 11 March 2022 at Medical Council Hall at Ramaiah Medical College. Dr Kishore Murthy, Hospital Consultant was invited to deliver the lecture. The session was attended by HR staff of all Institutions under GEF(Medical).

**WELCOME**



**Dr. Arjun S. Kalasapur**  
Senior Resident  
Pharmacology



**Dr. Gautham Balakrishna**  
Senior Resident  
General Surgery



**Dr. Nafasat Tasneem Abroo**  
Senior Resident  
Anaesthesiology



**Dr. Vineetha J. Malayil**  
Senior Resident  
ENT



**Dr. Manvee Kaushal**  
Senior Resident  
OB&G



**Ms. Greeshma V. Biju**  
Tutor  
Anatomy



**Mr. Harish K**  
Tutor  
Biochemistry



**Dr. Uma R**  
Senior Resident  
Pharmacology



**Mr. Jithin I Layola**  
Tutor  
Biochemistry



**Dr. Ayesha**  
Senior Resident  
Pathology



**Dr. A. Madhu Kumar**  
Senior Resident  
Orthopaedics



**Dr. Shadma Shahin**  
Senior Resident  
Pathology



**Dr. Anusree K.S.**  
Tutor  
Anatomy



**Ms. Ashitha K.J.**  
Tutor  
Biochemistry



**Dr. Akshay K**  
Senior Resident  
Microbiology



**Dr. Sahana S. Karanth**  
Senior Resident  
Ophthalmology



**Dr. Ratakonda Sruthi**  
Assistant Professor  
Paediatrics



**Dr. Samyakta Shetti**  
Assistant Professor  
Ophthalmology



**Dr. Chetana P. R.**  
Assistant Professor  
Dermatology



**Dr. Aishwarya Sridhar**  
Senior Resident  
ENT



**Mr. Sagar Y.**  
Tutor  
Microbiology



**Mr. Shivanand Mali**  
Tutor  
Biochemistry



**Ms. Jithina Krishnan**  
Tutor  
Physiology



**Dr. Shruthi Madhavi G**  
Senior Resident  
Dermatology



**Dr. Parinitha Kaza**  
Senior Resident  
Microbiology



**Dr. Raghavendra Swamy R.N.**  
Senior Resident  
Community Medicine



**Ms. Prajisha P.**  
Tutor  
Physiology



**Dr. Neethu Sivasan**  
Senior Resident  
Anatomy



**Dr. Sathwini M.H.**  
Senior Resident  
Ophthalmology



**Dr. Shreevathsa Upadhyaya**  
Medical Officer  
General Medicine



**Dr. Maria Jessy Jose**  
Senior Resident  
Community Medicine



**Ms. Preetiparna Pattanaik**  
Research Assistant  
Division of Research & Patent



**Ms. Vempadapu Monika**  
Research Associate  
Division of Research & Patent

**FACULTY SEPARATED**



**Dr. T. Anil Kumar**  
Professor  
General Medicine



**Dr. Ramya M.**  
Senior Resident  
Ophthalmology



**Dr. A.S. Hegde**  
Professor & HOD  
Neurosurgery



**Dr. Deepti Manjunath**  
Senior Resident  
General Surgery



**Dr. Mala Dharmalingam**  
Professor  
Endocrinology



**Dr. M. Nirmitha Dev**  
Assistant Professor  
Biochemistry



**Dr. Niveditha Alok Swamy**  
Assistant Professor  
General Medicine



**Dr. Rajendra Prasad**  
Associate Professor  
Vascular Surgery



**Dr. Ashok Kumar A.**  
Professor  
Radio Diagnosis

## Free Wheelchair Distribution



Chairman, Dr. M.R. Jayaram Inaugurated the “Free Mega Wheelchair Distribution camp for Physically Challenged Persons” on 25<sup>th</sup> February 2022. In this event 75 wheelchairs were distributed to beneficiaries. Rotary 3190 Governer Rtn. Jitendra Aneja, Chief Executive M.R. Sreenivasa Murthy, Shree Bhagavan Mahaveer Vikalang Sahyata Samiti Vice Chiarmn Lalit M Jain, Rtn. Suresh Ambli, Prof. Savitha Ravindra and other dignitaries were present.





The Citation  
“The leadership  
role played by Dr.  
Jayaram as the Chairman  
of the Gokula Education Foundation  
dedicated to providing affordable higher  
education and health care. The role played by the  
Ramaiah Hospitals in serving the society during  
outbreaks of infectious diseases like chikungunya,  
dengue and most recently Covid - 19”. The wide range  
of disciplines covered by Ramaiah Group’s educational  
institutions including colleges and faculties of medicine,  
engineering, dentistry, pharmacy, law, social sciences,  
art and design, and allied health sciences was also  
mentioned in the citation.

