



Celebrating Milestone Achievements

Milestone achievements have become a tradition for the Ramaiah family, symbolizing their ongoing growth and contributions to society. In honor of these accomplishments, Ramaiah University of Applied Sciences organized a special program to celebrate the university's NAAC A+ accreditation, the international collaboration between Ramaiah Memorial Hospital & The Mount Sinai Hospital in New York, USA, and to felicitate Dr. M R Jayaram, Chairman of Gokula Education Foundation and Chancellor of RUAS, for receiving the Honoris Causa D. Litt from Bengaluru City University.

Dr. M R Seetharam, Vice Chairman, Gokula Education Foundation, M R Ramaiah, Secretary, Gokula Education Foundation, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. S C Nagendra Swamy, President, Ramaiah Memorial Hospital, Prof. K K Raina, Vice Chancellor, RUAS, Dr. Govind R Kadambi, Pro-Vice Chancellor, RUAS, Dr. Razadan, Principal Advisor, IQAEC, Dr. G. S. Venkatesh, Registrar RUAS, family members and faculty members were present at the event.





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Jnana Vahini

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Embracing Excellence: Reflections on Milestones and the Path Ahead

In the fast-paced world of education and healthcare, milestones achieved by institutions like ours, the Gokula Education Foundation (Medical), serve as profound reminders of the dedication, vision, and relentless pursuit of excellence. As we turn the pages of this month's newsletter, it is inspiring to reflect on how far we have come and to embrace the exciting journey that lies ahead.

This past month has been nothing short of remarkable. The celebration of the NAAC A+ accreditation for Ramaiah University of Applied Sciences is not only a testament to our commitment to academic excellence but also reflects the collective efforts of our faculty, students, and leadership. Similarly, the recognition of Dr. M R Jayaram with the Honoris Causa D.Litt from Bengaluru City University stands as a shining example of leadership in the fields of education and public service. Such achievements motivate us all to raise the bar higher in everything we do.

Our international collaborations, especially the significant partnership between Ramaiah Memorial Hospital and Mount Sinai Hospital, New York, USA, signal an exciting new era for healthcare advancements. This collaboration is a stepping stone toward creating more opportunities for research, innovations, and clinical excellence on a global stage.

August also brought many exciting events across the institution, from laparoscopy workshops, awareness programs, and health campaigns to our memorable celebration of India's 78th Independence Day. Each event reminded us of our larger role in shaping not just the medical profession but also the societal fabric. The walkathons, seminars, and international summits that we participated in reflect our commitment to not only educating the next generation of healthcare professionals but also to raising awareness on critical health issues.

As we move forward, let us remain focused on our mission to bridge the gap between education and societal impact. Every achievement, whether it be in academics, research, or community outreach, contributes to the legacy of this great institution. Let us continue to work together to make the Gokula Education Foundation a beacon of knowledge and service.

Here's to celebrating our past successes and embracing the challenges of tomorrow!



The department of Dermatology in association with Bengaluru Dermatological Society (BDS) and Indian association of Dermatologists, Venereologists and Leprologists (Karnataka branch) conducted the "ARIVU" program, an awareness program for students. This was organized under the guidance of Dr. K N Shivaswamy Prof & HoD, Dept. of Dermatology and Dr. Sumathy T K Senior Prof. Dept. of Dermatology.

The representatives from the department of Dermatology were Dr. Suparna M Y, Assistant Professor, Dr. Chetana P R, Assistant Professor and Dr. Shruthi Madhavi, Senior Resident.

On the occasion of National Vascular Day Department of Vascular Surgery conducted a Walkathon to raise awareness about vascular diseases. This year the theme was 'Amputation Free World'. Dr. Sanjay C Desai, Prof. & HoD, Dept. of Vascular Surgery, Dr. Chandrashekhar and others were present.



The Department of General Surgery in collaboration with Zen Hospital's Mumbai conducted a laparoscopy workshop titled 'Unlimited laparoscopy' on 4th August, 2024. Dr. Srikantiah H C, prof. & HoD, Dept. of General Surgery and others were present.



Ramaiah Medical College hosted an Alumni Meet, 'Sammilana,' for the 1995-96 batch on August 3rd, 2024. The event was graced by the presence of senior faculty members who have been with the college since its early days.



Dr. Sanjay Desai, Prof & HoD, Dept. of Vascular Surgery was invited as a faculty member for the New York Endovascular Summit.



Dr. Namita Kumar, Dept. of Pediatric won a Gold medal for her Research in the field of 'Biomedical Sciences' at PGI Chandigarh.



Dr. T K Sumathy, Senior Prof. Dept. of Dermatology was a panelist on challenges in management of VITILIGO at the 'American Academy of Dermatology AAD, India Conclave' on 11th & 12th August, 2024 at Bengaluru.



Dr. Ameya Kagali, Consultant, Sports Medicine has been appointed as the Chief Medical Officer of Team India at the Paris Paralympic games 2024.

Congratulations Doctors



Dr. Jadhav Sonali Tarachand, Dean & Principal, RINER is selected as a reviewer by the International Council for Nurses, Geneva, Switzerland Scientific Committee. She is also part of the panel of experts reviewing abstracts in the ICN 2025 congress.



Dr. Nivedita Reshme, Assist. Prof. Dept. of OBG has been retained as 'Selector for the Karnataka State Women's Team Senior and under 23 Category' marking her 6th consecutive year in the selection committee.



Dr. Pramila Kalra Prof. & HoD Dept. of Endocrinology has been elected as Vice President of Indian Thyroid Society which is the National Society for thyroid disorders.



Dr. Lalitha K and Dr. Suman G, Professors from Community Medicine, were invited by WHO Maldives to provide technical support to Maldives in conducting Health Care Waste Management Training of Trainers under APW with IGNOU at Maldives



Dr. Manjula N V, Assoc. Prof. Dept. of OBG, was invited as speaker in Cosmetic Gynaecology "Enhancing confidence: Vaginal rejuvenation with PRP" and she was also the judge at Yuva south zone FOGSI at Mysuru on 9th – 11th August, 2024.



Dr. Jyothi G S, Prof. & HoD Dept. of OBG, was an invited speaker on the topic - "Intrapartum Monitoring" at the BSOG Rishta CME Program. She spoke on the topic "Vaccination in Pregnancy" at the FOGSI SZ Conference for Yuva at Mysuru.



Ramaiah University of Applied Sciences celebrated 78th Independence day by Flag hoisting ceremony on 15th August, 2024. Prof. K K Raina, Vice Chancellor, RUAS, Dr. G. S. Venkatesh, Registrar RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, faculty members, students and others took part.

Dr. Sunil Furtado, Prof. & HoD, Dept. of Neurosurgery, delivered a faculty lecture on "Recent advances in management of Ischemic Stroke- Stretching the boundaries of mechanical Thrombectomy," at the Neurocon 2024 at the Krishna Vishwa Vidyapeeth, on 18th August, 2024.





The Dept. of Anesthesiology participated in the annual state conference of Indian Society of Anesthesiologists Karnataka State on 8th August, 2024 (KISACON 24). Dr Geetha C R was the Director for the pre-conference workshops. Dr. Tejesh C A was the member of the Scientific Committee, Dr. Yatish B was the coordinator for the workshop.



H H Shree Shiva Kripanand Swamiji an Himalayan Saint was invited to conduct a meditation session for the faculty and students on 13th August, 2024 at Ramaiah Medical College Auditorium.



The Department of Endocrinology celebrated Pre-Diabetes Day 2024 by organizing a walkathon on 19th August, 2024. This was followed by Lectures on Dietary modification and Healthy lifestyle and panel discussions.



The Department of General Surgery organized a one day Laparoscopy Inguinal Hernia CME and workshop on 28th August, 2024.

The Department of Orthopedics participated in the 36th Annual national conference of the Indian Foot and Ankle Society at Kochi on 24th August, 2024.

Dr. Ajoy S M, Assoc. Prof. Dept. of Orthopaedics gave a talk, attended video debate, and has been elected as the 'Vice President ' of the national body for this year.

Dr. Praveen Salutagi, final year resident, won the K P Srivastava Gold medal for the Best paper presentation and Dr. Sharan Vijayanand won 2nd prize.



A guest lecture was organised by the Department of Mental Health Nursing on “LGBTQIA- Inclusivity and Creating Supportive Spaces” at Ramaiah Institute of Nursing Education and Research. The guest Speaker was Dr. Sangeetha Saksena, Gynecologist and Co-founder, Enfold trust, Bengaluru.



Centre for National Security Studies (CNSS) hosted Ms. Ruth Constantine, Director, India Political Section, Dept. of Foreign Affairs and Trade and Ms. Hilary Mc. Geachy, Consul General, Australia on 9th August, 2024. The discussions were on the Potential collaborations in research, academia, and capacity building.



The residents of M. D. Hospital Administration won 1st prize in the pre-conference workshop on Hospital Operations management in Business and the 3rd prize in Quality management of hospitals in a national level conference at ‘JASPER - Jupiter Administration Symposium for Progress, Excellence and Reform’ on 25th August, 2024.



Ramaiah Medical College men's team bagged the team championship at RGUHS single zone Inter Collegiate Aquatic Championship. The winners are Vikram Gowda, Harsha R Manish Reddy, Advait N Rao, and Sayan S M.



Dr. Mahesh, Dept. of Endocrinology won first prize in the oral presentation on Urinary Iodine at ITSCON 2024.

Dr. Abhijeet, final year resident, Dept. of Endocrinology won best oral paper presentation at the annual national conference of PCOS society of India in Mumbai for his work on 'Correlation of Androgen levels with metabolic parameters in women with PCOS'.

Dr. Shah Nawaz, Dept of Medicine, Dr. Sagar, Dept of Paediatrics, Dr. Nidhi, Dept of Pathology won second place at the state level Hematocon quiz in Mangalore.



RELAPSE

You do it again,
 You harm yourself, you bleed,
 You thought you were getting better,
 Well maybe you actually were,
 But then something happens,
 Things feel heavy, too overwhelming,
 You overthink, and then...
 You relapse

You need help, you know you do,
 Too afraid to ask or talk to anyone about it
 Fear of judgement, hard to overcome,
 Don't want your parents to know about it,
 You know it will kill them on the inside,
 They're the best you could ask for,
 Can't see them in pain.

Can't open up to anyone,
 Though you know you have people who care,
 Can't burden them,
 So you keep the pain to yourself.

Nighttime, when no one is awake,
 Is your time to let your emotions out,
 You cry, talk to yourself, overthink,
 Scribble on that one notebook which knows
 everything about you,
 More than any human ever will.

Next morning, you fake a smile,
 Put on an invisible mask,
 You act a fool, feel like a fool,
 Play the same drama on Repeat

You wish you weren't this weak,
 You wish you weren't this emotional,
 You wish you weren't this vulnerable
 You wish you could accept yourself,
 You wish you were stronger.
 Wish one day, you will be free.



Nimisha K M

RUAS, Student
 BSc (Hons) Anesthesia and operation
 theatre technology

GUT-LUNG AXIS

The human body is inhabited by a community of microorganisms that live in a symbiotic relationship with their host. A plethora of congenital and acquired diseases can involve both lungs and gastro-intestinal tract (GIT). Some diseases of Lungs and GIT are complementary and can overlap symptomatically.

The microbiome plays an important role in maintaining homeostasis in a healthy body. Many of the modern multifactorial diseases such as obesity, allergies, diabetes, asthma, inflammatory bowel disease (IBD), and neurodegeneration that are becoming more common have been linked to 'dysbiosis', an aberrant microbiome structure that alters the taxonomic composition as well as the metagenomic function of the microbial community with the human host

Though the gut and respiratory tract epithelia exhibit some anatomical similarities they differ in their functional purpose as they exist in different environments. GIT and Lungs secrete mucus through goblet cells as well as secretory immunoglobulin A. The alveoli that are found in terminal airways in the lungs differ substantially, consisting of squamous epithelial cells that either secrete surfactant or function in gas exchange.

The communication between the gut and lung ('gut-lung axis') provides mechanistic insights into how the ('dysbiotic') gut microbiota may affect respiratory immunology and lung health.

The gut-lung axis refers to the reciprocal exchanges of microorganisms and/or their metabolites and immunomodulatory signals between the gut and lungs. While such crosstalk occurs in both directions, the mechanisms underlying these transfers are not well understood. However, there is considerable evidence in the literature that indicates the role of microbial

crosstalk in respiratory disorders. The mucosal epithelial surfaces of the gastrointestinal and respiratory tracts are continuously exposed to a variety of microorganisms which can gain access due to inhalation or ingestion, and the transfer of microorganisms from the oral cavity and upper gastrointestinal tract to the lung can occur due to aspiration.

Changes in diet and exposure to therapeutics and environmental particulates can directly affect the composition of the microbiota. Both the gut and lungs are able to influence each other's immune responses.



In respiratory diseases the lung microbiota probably becomes persistent and may be both a cause and a consequence of the disease, forming a pathogenic feedback loop. It is clear that bacterial components and metabolites in the gut and the lungs have the capacity to modulate

systemic and local immunity, with specific ability to influence the pathogenesis of respiratory diseases, such as asthma, COPD and respiratory infections

An increased risk of asthma has been connected to the disruption of the gut microbiota in early life, and several studies have sought to characterize the precise microbial constituents that are associated with the development of the disease in infants.

Studies on Respiratory microbiota in COPD has assessed changes in the disease state and associated with smoking, is a major risk factor for the development of this disease. The causes of smoking-associated changes in the composition of the gut microbiota are probably a combination of environmental, host and microbial changes, such as intestinal and immune disruption, impaired clearance of pathogens, acidification of gastric contents and ingestion of bacteria that are present in cigarettes

Respiratory challenges with environmental factors such as pollution, cigarette smoke, antibiotics and diet, influence disease risk and probably drive pathogenesis through their ability to modulate the composition of the microbiota, although the mechanisms of these effects remain unknown. Receptor-targeted approaches such as this may be complementary therapies to more traditional corticosteroids and cytokine-directed treatments for pulmonary disorders.

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



Ramaiah Institute of Nursing Education and Research (RINER) organised Fourth Workshop on Essential Midwifery Procedures - Skill Enhancement, on 28th and 29th August 2024. Sarah Coxon, Director, Midwifery Initiatives, Aastrika, Christina Midwifery, educator, Aastrika were the resource persons for the workshop. Dr. Jadhav Sonali Tarachand, Dean & Principal, RINER, Dr. Jyothi G S, Prof. & HoD Dept. of OBG and others were present.

Dr. Kazunari Tanabe, Japan, World renowned for ABO incompatible Kidney transplantation, visited Ramaiah hospital on 29th August, 2024. Departments of Nephrology and Urology discussed on sensitized patients and ABO incompatible patients.

SHODH Symposium: A Success in Scientific Collaboration and Teamwork



The first edition of the annual Research Scholars' Symposium, SHODH, organized by the scholars themselves, achieved its intended goals. Designed to foster interaction, teamwork, and scientific inquiry, the event brought together a diverse group of scholars to showcase their talents and collaborate across disciplines. A dedicated team of scholars—Naveed, Madhushree, Sarah, Akshay, Hemanth, and Adarsh—representing the Faculty of Engineering and Technology (FET) campus from Sciences, Art and Design, and Natural Sciences, worked closely with colleagues from FLASH, FDS, FPh, and other faculties. Supported by 18 volunteers, they coordinated seamlessly over a short span of 1.5 months to deliver a professional and scientifically enriching experience.

Faculty advisors Drs. Dheepa Srinivasan, Siva, Sahadev, Jyothi, Priyanka, Manikanda Prabhu, Niranjana Prabhu, Nanda Kumar, and Nagendra Pratap Singh played a crucial role in guiding and mentoring the scholars, contributing to the event's success with their constant support.

With the budget well managed within the approved amount and the event's spontaneous approval, SHODH is set to become an annual conclave that the entire academic community can look forward to.



Are Hair Straighteners Linked to Endometrial Cancer? Unveiling the Science Behind the Concern !



Could your hair-straightening routine be doing more than just giving you sleek, straight locks? Recent studies have raised concerns about a potential link between the use of hair straighteners and an increased risk of endometrial cancer. As we dive into the science behind these findings, it's crucial to understand the risks and take informed steps to protect your health. Let's explore how the chemicals in hair-straightening products might influence the risk of developing this common gynecologic cancer.

The various hair-straightening methods include: 1) Chemical methods: hair rebonding, keratin treatment, hair relaxing 2) Non-chemical methods: straightening iron, blow drying, straightening brushes 3) Natural methods: hot oil treatment, milk spray, and rice water rinse.

Uterine cancer is one of the most common gynaecological cancers. In 2020 there were more than 4,17,000 new cases of uterine cases and over 97000 died from the disease. According to GLOBOCAN 2020 there were 16,413 new cases and 6,385 deaths from endometrial cancer in India. The most common type of uterine cancer known as endometrial cancer happens in the inner lining of the uterus, called endometrium. Uterine cancer also arises from the muscle wall of the uterus called myometrium.

Risk factors for uterine cancer include-age (mostly menopausal), early menarche, late menopause, obesity, conditions affecting hormonal levels like-taking oestrogen after menopause /nulliparous women /tamoxifen use/certain hormone producing ovarian tumors and PCOS, diet and exercise, Type 2

diabetes mellitus, family history (endometrial and colorectal cancers), past history of ovarian and breast cancers, history of endometrial hyperplasia in the past, history of radiation to pelvis in the past to treat another cancer.

As we know excess Estrogen and a hormonal imbalance of estrogen and progesterone are key risk factors for uterine cancer; synthetic estrogenic compounds such as endocrine disrupting chemicals (EDC s) contribute to uterine cancer by altering hormonal actions.

Hair product use being a major exposure pathway to various EDC's has been associated with hormone sensitive cancers including breast and ovarian cancer in previous studies.

Hair product constituents such as formaldehyde and formaldehyde –releasing chemicals in some straighteners and oxidised para-phenylenediamine and 4-aminibiphenyl in hair dyes have a potential role in carcinogenesis.

Use of straighteners may cause chemical exposure through percutaneous absorption of chemicals through the scalp with scalp lesions and burns facilitating the permeability of chemicals. Also heating processes such as flat ironing or blow drying could release thermally chemicals from the products leading to potential higher exposure to hazardous chemicals.

As per evidence, long time use of chemical hair relaxers was associated with increased risk of uterine cancer among post-menopausal women. Accordingly 4.05% of women users developed uterine cancer by age 70 as compared to 1.64% who never used them. Also women who used chemical hair straighteners within the prior year or used more than 4 times a year had a higher risk of developing uterine cancer than those who never used. The adverse effects were seen mostly in African American or Black women because of increased frequency of exposure to harsher chemical formulations. Systemic review concluded that the available evidence is insufficient to determine a positive association. More research is warranted to replicate the findings in other settings and to

identify specific chemicals driving this association. The study data included 33,497 U.S. women of ages 35-74 participating in the SISTER STUDY, a study led by the National institute of environmental health sciences, part of NIH that seeks to identify risk factors for breast cancer and other health conditions. The women were followed for almost 11 years and during that period, 387 uterine cancers were diagnosed.

While the evidence linking hair straighteners to endometrial cancer is still emerging, the potential risks cannot be ignored, especially for long-term users. It's essential to stay informed and consider safer alternatives to reduce exposure to harmful chemicals.



The Department of Pathology organised Systemic Pathology Model making competition for undergraduates on 24th August, 2024. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr.S.R.Mangala Gouri, Prof. & HoD Dept. of Pathology and others were present.



Dr. Nivedita
Assistant Prof. Dept. of OBG
Ramaiah Hospitals

WELCOME



Dr. Ahish D
Senior Resident, Paediatrics



Dr. Sripriya Sridhar
Senior Resident, OB&G



Dr. Nithya R
Senior Resident, Ophthalmology



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