



Free Maternity Services at Ramaiah Medical College Hospital

In a significant move to support maternal health, Ramaiah Medical College Hospital is offering free normal and Cesarean deliveries (LSCS) for pregnant women from 5th September, 2024. This initiative aims to ensure that expecting mothers have access to safe and quality healthcare during one of the most crucial times in their lives.

The hospital, known for its comprehensive healthcare services, encourages pregnant women to take this facility. With a dedicated team of experienced healthcare professionals and modern medical facilities, Ramaiah Medical College Hospital is committed to providing optimal care for mothers and newborns alike.

This initiative not only alleviates the financial burden of childbirth but also emphasizes the importance of quality maternal care. Expecting mothers in and around Bengaluru are urged to grab this opportunity for a safe delivery experience at one of the city's leading medical institutions.

To benefit from this initiative, pregnant women must present their Aadhaar Card, BPL card or Ration Card upon arrival. This requirement ensures that the program reaches those who need it most, supporting vulnerable populations in accessing essential healthcare services.

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Jnana Vahini

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Editor

Dr. B S Nandakumar

Associate Editor

Chandra

Editorial Team

Ragi Saggere
Ravi V
Ravi C U, Photographer

Design and Printing

DIGITAL ART WORKS
info@dawindia.com

Contact

+91 2218 2822/3205
+91 2360 5190, Extn. 1315/3595
+91 88674 99288
gokula.jnanavahini@msruas.ac.in
gokulagnanavahini@gmail.com

www.ramaiah-india.org

Pioneering Progress: Celebrating Leadership, Innovation, and New Horizons at Ramaiah University

The September edition of Jnana Vahini encapsulates a significant period of growth and celebration for Ramaiah University of Applied Sciences (RUAS) and its affiliated institutions. The milestones achieved this month reflect the university's enduring commitment to excellence, its focus on community impact, and its mission to pioneer advancements in healthcare and education.

One of the most notable developments this month is the introduction of free normal and Cesarean deliveries (LSCS) at Ramaiah Medical College Hospital, an initiative that aims to provide quality maternal healthcare to underserved communities. In a country where the cost of childbirth can be a barrier for many, this step will undoubtedly make a significant difference in ensuring the safety and well-being of both mothers and newborns. This program also demonstrates the institution's broader vision of using its medical expertise to benefit society at large, targeting vulnerable populations in Bengaluru and beyond.

Equally impressive was the hosting of KCACON 2024, a conference that brought together anatomists from across Karnataka to explore novel surgical approaches. With over 280 participants, including esteemed faculty from institutions like AIIMS and JIPMER, this three-day event highlighted the integration of anatomical knowledge with modern surgical techniques, offering hands-on experiences through cadaveric dissections and advanced research presentations. Such events not only raise the academic profile of the institution but also foster a collaborative environment for the exchange of cutting-edge ideas.

On the academic front, the IPR and Prior Art Search training session held by RUAS, in collaboration with OMS Patents and Consultants, was a resounding success. The event equipped faculty and students with essential skills in Intellectual Property Rights and patent filing strategies, crucial for fostering innovation. RUAS continues to take the lead in promoting intellectual growth, encouraging innovation, and ensuring that its academic community remains well-versed in emerging trends that will shape the future.

This month, Teacher's Day was also celebrated with fervor at both Ramaiah University and Ramaiah Medical College. The event paid tribute to the educators who continuously guide and inspire students to achieve their highest potential. It was a day of reflection and gratitude, underscoring the role of educators as the cornerstone of any progressive society.

Adding to the list of remarkable achievements, the Department of Psychiatry launched SAHARA, a support group for families navigating the emotional and psychological challenges of loss. This initiative, which coincided with World Suicide Prevention Day, reflects the institution's commitment to mental health, offering a safe space for people to share their grief and find solace.

The month concluded with RUAS making strides in international collaboration, particularly in the fields of oncology and emergency medicine. A week-long brachytherapy training for Indonesian physicians at the Ramaiah Institute of Oncology demonstrates the global outreach of RUAS's specialized medical programs. Such efforts reinforce the institution's standing as a global leader in healthcare education and training.

From this edition of Jnana Vahini, we are introducing new sections dedicated to student achievements, interviews, interesting anecdotes from our faculty, and intriguing case vignettes. We encourage our readers to contribute actively to the forthcoming issues to enrich this publication with diverse voices and perspectives.

Looking ahead, the continued efforts of RUAS in integrating education, healthcare, and societal impact are setting new benchmarks in both national and international arenas. With a steadfast commitment to innovation, community welfare, and academic excellence, the institution is poised for even greater achievements.

As we celebrate these milestones, let us embrace the challenges that lie ahead, knowing that each step forward brings us closer to realizing our collective vision for a better, healthier world.

KCACON 2024



K CACON 2024, is an Karnataka State Conference of Anatomists organized by Department of Anatomy, RMC, on 27th- 29th September, 2024. The theme of the conference was "Rediscovering Anatomy through Novel Surgical Approaches," emphasized the integration of anatomy with modern surgical techniques. Key highlights include 5 workshops, 4 Oration lectures & 4 Plenary sessions from eminent clinicians, anatomists, hands-on cadaveric dissection sessions, and presentations on advanced anatomical research. The event provided a great platform for professionals and students to exchange knowledge and explore emerging trends in anatomical sciences.

The three day event was attended by 288 faculty and

students from medical colleges of Karnataka. We had faculty representation from AIIMS Bhopal, AIIMS Mangalagiri, AIIMS Kalyani, JIPMER Puducherry and JIPMER Karaikal. Dr. Ashwini C A will be the President of Karnataka Chapter of Anatomists, for the year 2024-25.

The chief guest for the programme was Dr. S Kantha, Founder President of KCA. Prof. K K Raina, Vice Chancellor, RUAS, Prof. O P Kharbanda, Pro- Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College, faculties from the department of Anatomy and others were present.



The office of Research and Innovation at Ramaiah University of Applied Sciences (RUAS), in collaboration with OMS Patents and Consultants, successfully organized a one-day training event on "IPR and Prior Art Search" on 27th September 2024. The training focused on building awareness and enhancing skills in Intellectual Property Rights (IPR) and the crucial process of conducting prior art searches. Experts from OMS Patents provided insights into the latest trends in IPR, patent filing strategies, and methods to conduct effective searches. The event was well-received, with active participation from faculty, researchers, and students. This initiative is part of RUAS's ongoing efforts to foster innovation and support IP literacy among its academic community



Dr. Nivedita Reshme, Asst. Prof. Dept. of OBG was invited to give a motivational talk on 'Sports and Health'. She addressed a crowd of PUC, Nursing, High school and B.Ed students. She was also felicitated by Dr. Mahath Yogi Swamiji at Ilkal Sharana Math.

The 4th Annual ANEI (Association of Nurse Executive India) Patient Safety Conference was held on 26th and 27th September 2024 at Ramaiah Institute of Nursing Education and Research, with the theme "Improving Diagnosis for Patient Safety – Get it Right and Make It Safe."



The Department of Neuroanesthesia and Neurocritical Care participated in the annual Neurocritical Care conference at Chennai.

Dr. Geetha L, Professor, spoke on Hyperventilation in TBI and chaired a session on Neuro necessities/fluid, flush and flip in the Neuro ICU.

Dr. Seham, Assistant Professor, took part in a debate session on the management of seizures in Neurocritical care Antiepileptics VS Anaesthetics.

Dr. Pramod & Dr. Seham, Assistant Professors, were the quizmasters.

Dr. Lavanya presented a study on lung ultrasound in acute brain injury patients.



The Medical Education Unit conducted a Basic Course in Medical Education (BCME) Program on 10th to 12th September, 2024.

Teacher's Day Celebrations

Teacher's Day is a celebration dedicated to honoring the unwavering dedication and guidance of educators who shape the minds and futures of countless individuals. It is a day to recognize their immense contributions, not only in imparting knowledge but in inspiring and nurturing the potential within each student. To celebrate this day Ramaiah University of Applied Sciences and Ramaiah Medical College organized a programme to celebrate the day.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, Prof. K K Raina, Vice Chancellor, RUAS, Prof. O P Kharbanda, Pro-Vice Chancellor, RUAS, Dr. Govind R Kadambi, Pro-Vice Chancellor, RUAS, Dr. Razadan, Principal Advisor, IQAEC and others were part of the event at RUAS.

The faculty members and the students participated at various competitions which were specially organised for the teachers at Ramaiah Medical College.



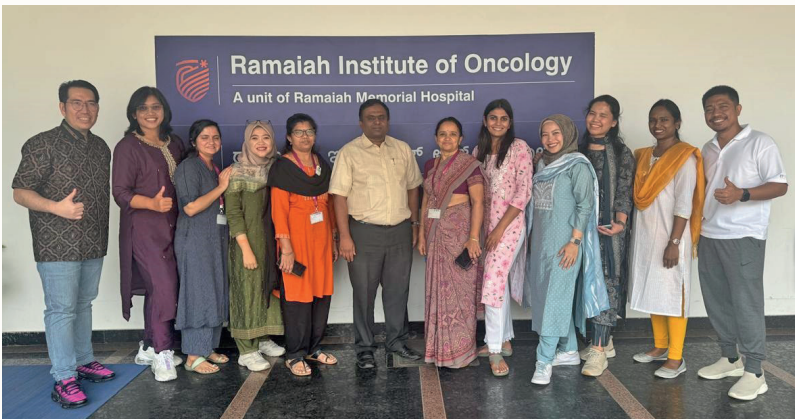
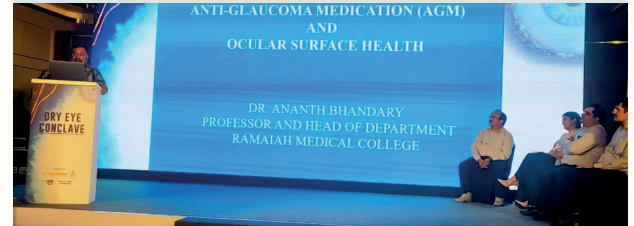
Centre for National Security Studies (CNSS) signed MoU with Tibet Policy Institute (TPI) on 2nd September, 2024. TPI is a think tank and research-oriented intellectual institute under the Central Tibetan Administration (CTA), based in Dharamshala, Himachal Pradesh. The MoU aims to further Tibetan studies through collaborative research and academic exchanges.





Dr. Karunakara B P, Prof. Dept. of Paediatrics and Paediatric Intensivist, was a faculty member at Tamira Pedicon Conference in Tirunelveli, Tamil Nadu.

Dr. Ananth Bhandary, Prof. & HoD, Dept. of Ophthalmology was invited as a speaker in National Dry Eye Conclave at Goa on 15th September, 2024.



Ramaiah institute of Oncology conducted one week brachytherapy training for the physicians from Indonesia. Dr. Janaki M G, Prof. dept. of Radiation Oncology, Dr. Mohan and others were present.



Dr. Chaitanya, Dept. of Paediatric PG student won 1st prize in free paper category at Y U V A PEDICRITICON 2024 -a national conference for young intensivists at Mangalore.

World Suicide Prevention

The Department of Psychiatry organized World Suicide Prevention Day programme and Launched 'SAHARA' an initiation from Ramaiah Memorial Hospital, a novel support group for the families to provide space to help people to navigate the emotional and psychological challenges of loss survivors. A talk was organised on "Changing the narrative on suicide" by Dr. Ajith Bhide, Senior Consultant Psychiatrist on 13th September, 2024 at Ramaiah Memorial Hospital. Prof. O P Kharbanda, Pro-Vice Chancellor, Venugopal Sastry, Chief Finance Officer, GEF(M), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital and others were present.



YUTORI- 'THE INNER REALM'

In the hustle bustle of the modern age, where success is often measured by material achievements and external accomplishments, spiritual practice emerges as the welcome saviour. As people strive to meet the demands of their professional lives and societal expectations, there is a growing sense of emptiness and disconnection from their inner selves. It is in this context that the concept of Yutori, another dimension of spiritual practice, emerges as the need of the hour.

Yutori translates to "spaciousness" or "room to breathe." The concept goes beyond just physical space, encompassing mental, emotional, and temporal space as well. It encourages one to resist the urge to fill every moment with activity and instead create intentional moments of stillness. It offers individuals a sanctuary where they can find solace, regain their balance, and reconnect with their true selves.

The practice of Yutori encourages individuals to slow down, reflect, and be completely present in the moment.

This means setting aside time for activities that nourish the soul, such as meditation, journaling, walking in nature, or engaging in creative pursuits.

By prioritizing Yutori, individuals gain the space needed to listen to their inner voice and intuition. In our hyper-connected world, where external opinions and pressures often drown out our inner wisdom, Yutori is essential for accessing our true desires and aspirations. It allows individuals to make conscious choices aligned with their values and purpose, rather than getting caught up in the frenzy of societal expectations.

Yutori cultivates a deep sense of self-awareness and self-acceptance. By dedicating time to quiet reflection and introspection, individuals can gain insights into their strengths, weaknesses, and areas for personal growth. In a world that often emphasizes comparison and competition, Yutori

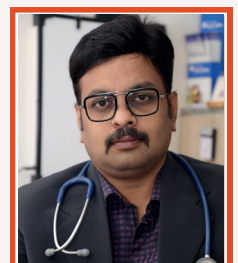
reminds us that true fulfillment comes from accepting ourselves as we are. It encourages individuals to embrace their unique qualities, celebrate their accomplishments, and forgive themselves for their mistakes.

In addition to personal growth, Yutori also fosters enhanced well-being and resilience in the face of life's challenges. It serves as a protective cocoon, shielding individuals from burnout and allowing them to thrive in their personal and professional lives.

Lastly, Yutori brings balance and harmony back into our lives. In the pursuit of success and achievement, the importance of physical health, relationships and passions take a back seat. Yutori encourages individuals to create boundaries and establish a more holistic approach to life. It prompts them to prioritize self-care and make time for activities that

bring joy and fulfillment. By nurturing all facets of their being, individuals can lead a contented life.

In conclusion, Yutori, another dimension of spiritual practice, is undoubtedly a blessing in disguise in today's competitive world. By incorporating the essence of this practice, individuals can find solace amidst the chaos and cultivate a sense of purpose. Yutori offers a gentle reminder that true success lies not only in external achievements but also in elevating our inner selves.



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



The department of Physiotherapy organised a guest lecture and a Workshop on 'The Shoulder: Theory & Practice by Prof. Jeremy Lewis, Consultant Physiotherapist, Prof. of Musculoskeletal Research. The Shoulder: Theory & Practice follows a biopsychosocial approach for the assessment and management of complex musculoskeletal conditions involving the shoulder region. Taught worldwide in over 50 countries, this course is continually updated, integrating the latest research evidence. More than 30 physiotherapists across India attended the workshop.



The Department of Orthopaedics conducted 21st Indian Arthroscopy Conference (IASCON 24) on 12th -14th, September. Dr. Yashavanth Kumar and Dr. Rahul P also gave lectures and participated as chairpersons. The Team also performed one ACL reconstruction live surgery. The Best of Arthroscopy Surgeons of India came to Ramaiah Hospital and operated on the cases. Dr. Ramesh Associate Dean, Ramaiah Medical College Hospital & Dept. of Anesthesia and OT staff RMCH were the part for conducting live surgeries.



Dr. Somashekar A R, Prof. Dept. of Pediatrics was honoured with IMA KSB Teacher's Day award at Raichur on 15th September, 2024. He was also invited as a guest faculty at Pediatric Environment Conference at Amravati Maharashtra. He was also a faculty member at National Adolescon 2024 at Nasik and spoke on Adolescent emergencies.



Iodine and Thyroid -The story of universal salt iodization in India and the way ahead

Iodine, an essential micronutrient, is crucial for producing thyroid hormones - triiodothyronine(T3) and thyroxine(T4). Thyroid hormones regulate the optimum mental development, physical growth and development, regulation of body metabolism, heat generation, and maintenance of body temperature in an individual. Geological processes like flooding, soil erosion, deforestation, and rivers changing course, deplete the surface soil of iodine, as it is present in the top layers of soil and easily soluble in water. As a result, the population residing in areas with iodine-deficient soil becomes susceptible to a spectrum of functional and developmental abnormalities due to dietary deficiency of iodine.

Universal Salt Iodization (USI) for the prevention of IDD in India is a public health success story. Adopting the salt iodization strategy is a textbook example of the journey of an intervention through the iterative loop of research from policy to program. Salt iodization has proved to be a safe, accessible, available, affordable, and cost-effective strategy to address the burden of IDD in India.

In the recent National Iodine Survey of India (2018–2019), 92.4% of the population were consuming iodized salt, while 76.3% were consuming adequately iodized salt (iodine in salt \geq 15 ppm). Household coverage of adequately iodized salt was lowest in Tamil Nadu (61.9%), Andhra Pradesh (63.9%), Rajasthan (65.5%), Odisha (65.8%), Jharkhand (68.8%), and Puducherry (69.9%).

Some studies showed a risk of an increase in the incidence of thyroid disorders on the supplementation with iodine in an iodine-deficient population. However, this increase is transient and has no known clinical significance. Intake of iodine within the tolerable upper level, which was addressed in the latest dietary guidelines released

by the National Institute of Nutrition (NIN), is safe and beneficial. The Food Safety and Standards Authority of India also set an upper limit to the recommended level of iodine in salt to 30 parts per million (ppm) per kg. The Indian Thyroid society has also recently published a consensus statement on universal iodization of salt in our country.

The consumption of rock salt is wrongly perceived to have benefits such as lowering blood pressure and relief in cough and cold. However, these health effects are not proven and might contribute to an increase in blood pressure by increasing daily consumption of salt with the belief that it lowers blood pressure. Rock salt has been found to contain minerals such as iron, potassium, zinc, and calcium, but they are present in trace quantities with little contribution to RDA. Studies have also found harmful constituents in rock salts such as hard metals and microplastics, posing a risk to consumers.

There is a need to consolidate the progress made so far and focus on strategy to reach the “last mile.” Sustainable elimination of IDD with USI also needs to harmonize with salt reduction strategies for the control of non-communicable diseases. The Universal iodization of salt has helped tremendously in eliminating iodine deficiency in our country which is one of the most important treatable causes of mental retardation.



Dr. Pramila Kalra

Professor & HoD, Dept. of Endocrinology,
Ramaiah Hospitals

Dr. Apeksha Ashok Kumar, General Surgery final year PG student received the best paper award in the Annual Conference of Karnataka Association of Surgical Gastroenterologists & GI Onco Surgeons under the mentorship of Dr. Nitin Rao on 1st September, 2024 at Mangaluru.



Dr. Nidhi Radhakrishnan, 2nd year PG Student, Dept. Of Pathology was selected as the best presenter, in joint best poster session on Pathology in favor of developing countries and hematopathology for the study titled "Assessment of Ki67 Proliferative index in Breast Cancer Tissue using visual scoring android application by IKWG - A closer step to analytic validity".



Aditi Bhagath and Ankush N secured 3rd place in the Diagnostic quiz during Innervate 2024 conducted by St. John's Medical College on 25th September, 2024.

Ramaiah Medical College Basketball team participated in the state level inter medical college basketball tournament at Adichunchanagiri Institute of Medical Sciences and they were the champions of the tournament. Dr. Deekshit G M junior resident won the most valuable player trophy.

In shadows deep, I wander lost,
A captive of time's relentless cost.
Haunted by what's yet to fade,
Yet clinging to memories that cascade.

It's hard to let go, to move along,
When echoes of the past sing their song.
Yet in those echoes, I find my light,
Guiding me through the darkest night.

So I hold onto what I know,
In the midst of uncertainty's flow.
With memories as my guiding star,
I find solace in who we are.

Hitha Chitlur and Hibbah Fatima from the department of Pharmacology won 2nd place in the National pharmacology quiz at Pharmaquest Royale conducted by Tata Memorial Centre, Navi Mumbai.



Vaishnavi Deep
RUAS, BS.c Anaesthesia

World Patient Safety Day



Ramaiah Medical College Hospital celebrated the World Patient Safety Day 2024 programme on 17th September, 2024. Dr. S C Nagendra Swamy, President, Ramaiah Memorial Hospital, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital and others were part of the program.



Dr. Geetha C R, Professor Anaesthesiology was a panelist for 'Simulation in Airway Management' in National Airway Conference 2024 on 21st September, 2024 in AIIMS, Mangalagiri.



Dr. Anupama Hegde, Prof. Dept. of Cardiology from Ramaiah attended 'Heart to Heart Summit 2024' organised by Happiest Health. She spoke on Young & Indian: Vulnerability to Heart Attacks. How to Prevent It? at NIMHANS Convention Center Bengaluru.



The Department of Pathology hosted the XV Annual State Level Undergraduate Pathology Quiz in association with KCIAPM. 65 teams of 130 students from medical colleges across the state participated. A rigorous preliminary round was conducted and 6 teams were chosen for the grand finale.

MPox an Emerging Disease

Mpox (Monkeypox) is an emerging zoonotic disease caused by Mpox virus infection, which affects both humans and animals. The virus was first discovered in monkeys in 1958 and has since been detected in a variety of animal species. The first human case of Mpox infection was diagnosed in 1970 in the Republic of the Congo, located in Central Africa. Rapid globalization, population migration, and expanding trade networks have all contributed to the international spread of Mpox in recent years, leading to outbreaks in numerous nations across the globe. Although the virus's natural reservoir is unknown, a variety of small mammals, including monkeys and squirrels, are susceptible.

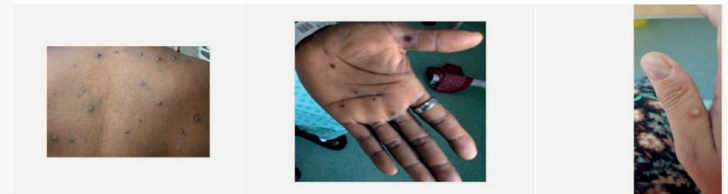
Mpox spreads from person to person mainly through close contact with someone who has Mpox, including members of a household. Close contact includes skin-to-skin (such as touching) and mouth-to-skin contact (such as kissing), and it can also include being face-to-face with someone who has mpox (such as talking or breathing close to one another, which can generate infectious respiratory particles).

Additionally, mpox can spread through infected items like linens or clothing, needle injuries received in medical settings, or public places like tattoo Parlors.

Signs and Symptoms

Signs and symptoms of mpox often appear one week after exposure, although they can also appear 1-21 days later. Usually lasting 2-4 weeks, symptoms can linger longer in people with compromised immune systems.

The mpox rash often begins on the face and spreads over the body, extending to the palms of the hands and soles of the feet. It starts as a flat sore, which develops into a blister filled with liquid that may be itchy or painful. As the rash heals, the lesions dry up, crust over and fall off. Myalgia, lymphadenopathy, fever, sore throat, and headache are some more signs and symptoms of mpox.



People with mpox can pass the disease on to others until all sores have healed and a new layer of skin has formed.

Diagnosis

The preferred laboratory test for mpox is detection of viral DNA by polymerase chain reaction (PCR). The best diagnostic specimens are taken directly from the rash – skin, fluid or crusts – collected by vigorous swabbing. In the absence of skin lesions, testing can be done using swabs of the throat or anus.

Treatment

The goal of treating mpox is to take care of the rash, manage pain and prevent complications. Early and supportive care is important to help manage symptoms and avoid further problems.

Some antivirals have received emergency use authorization in some countries and are being evaluated in clinical trials. To date, there is no proven effective antiviral treatment for mpox.

Vaccination

JYNNEOS vaccine is approved for use in individuals 18 years of age and older who are determined to be at high risk for mpox infection in the USA. JYNNEOS is approved for administration subcutaneously (beneath the skin), as a two-dose series, 4 weeks apart.



Dr. Suhail

Consultant, Physician &
Geriatrician- General Medicine
Ramaiah Hospitals



The Department of Emergency Medicine conducted 'RESUSCITOLOGY' a high fidelity simulation workshop on 18th September 2024 at Ramaiah Medical College as part of the 2024 state level emergency medicine conference. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Aruna C Ramesh, Prof. & HoD, Dept. of Emergency Medicine and others were present.



The department of Medical Surgical Nursing, organized an informative and impactful awareness program titled "Let kitchen be your pharmacy and food be your medicine". The programme was conducted by the I year M.Sc.Nursing students under the expert guidance of Malathi K, Lecturer in Medical-Surgical Nursing. The program aimed to shed light on the therapeutic benefits of everyday kitchen spices and their role in enhancing health and preventing diseases.

Scientific Paper Presentation

The faculty and PG student of Department of Medical Surgical Nursing, RINER presented their scientific papers at an International Conference. Salome.P, Associate Professor, Department of Medical Surgical Nursing, RINER presented a scientific research paper titled "Effectiveness of individualized teaching programme on knowledge regarding the risk factors and warning signs of stroke among patients with hypertension" and also presented another paper with Kavitha S. IInd Year M.Sc nursing student on, "Effectiveness of demonstration versus video-assisted teaching on intravenous (IV) cannulation skills among nursing students."





The Ramaiah Institute of Nursing Education and Research, in collaboration with the Society of Midwives of India, organized a workshop on Essential Newborn Care. The primary objective was to enhance the knowledge and skills of healthcare providers in essential newborn care practices, covering topics such as preparation for receiving newborns, assessment and routine care, neonatal resuscitation, and managing challenges in newborn care.

Career Guidance Cell, Ramaiah Medical College in association with Moksh Academy organized the Programme on Career Options after MBBS by DHANANJAY (CEO, Moksh Overseas Limited) on 26th September, 2024.



The Ramaiah Institute of Nursing Education and Research conducted 4th Annual Patient Safety Conference one day seminar by simulation experts on 26th September, 2024.



The Department of ENT conducted a 2 day Hands-on cadaveric Endoscopic Sinus Surgery and Skull base surgery workshop at ALC on 25th and 26th September, 2024.



Dr. Sumathy, T.K. Professor, Dermatology chaired a session on practical dilemmas in paediatric dermatology in a national conference 'Paediatric Dermatology Updates-2024' at NIMHANS on 28th September, 2024.

A Talk with India's Chief Medical Officer at the Paris Paralympics

Soon after knowing Dr. Ameya, Consultant, Sports Medicine, Ramaiah Hospitals, served as the Chief Medical Officer at the Paris Paralympics 2024, I eagerly awaited the opportunity to hear about his experiences.

During our conversation, he expressed immense pride in the Indian Paralympic team. "The Indian Paralympic contingent once again rewrote history. There was a lot of optimism going into the games, the Paralympic Committee of India was confident that we would achieve our highest-ever medal tally, aiming for at least 20 medals," said Dr. Ameya in an interview with Ragi Saggere, Media Assistant, Corporate Communications.

The Indian contingent concluded its historic Paris Paralympics with 29 medals, India achieved their most successful performance in Paralympic history at the Paris 2024 Games, securing a total of 29 medals - seven gold, nine silver, and 13 bronze. This achievement surpasses the 19-medal haul from Tokyo 2020, which included five golds.



1. Could you share your experience at the Paris Paralympics?

It was a tremendous honor to lead the medical team for the Paralympics. The experience has been nothing short of historic and hectic, but incredibly rewarding. It's been a real privilege to be part of something so significant. My journey with the Paralympic Committee of India started back in 2021 at the Tokyo Paralympics,

and Paris 2024 marked my third tour with them. I was honoured to serve as the Chief Team Physician for India for the second consecutive time. The Paris 2024 Paralympics was truly path-breaking.



2. What has been the biggest takeaway for you from Paris 2024 Paralympics?

Without a doubt I think it is the resilience of the athletes. The way they show up day in and day out, not just for their sport but in their daily lives, is extraordinary. Being close to my team of physiotherapists, psychologists, and nutritionists has been a

truly humbling experience. Their strength, both physical and mental, is inspiring.

3. How is the Paralympics different from the Able-Bodied Olympics?

The Paralympics are quite different, starting with the classification system, which is unique to this event. There are specific classifications based on athletes' impairments, and this adds an extra layer of complexity. It's fascinating and challenging, but the spirit of competition and camaraderie remains the same. Many people follow the Able-Bodied Olympics, but I encourage everyone to also witness the magic of the Paralympics. The dedication and perseverance of these athletes are beyond comparison.

4. How do you think this performance reflects India's standing on the global Paralympic stage?

India has proven itself to be a force to reckon with globally. Our athletes consistently perform at the





highest level, and their achievements in Paris further solidified that. We had multiple double podium finishes, showcasing both our depth and consistency. Every single one of our 84 para-athletes contributed to the success, whether or not they medaled. Even the non-medalists are an inspiration, and I have no doubt they will come back stronger in future competitions.

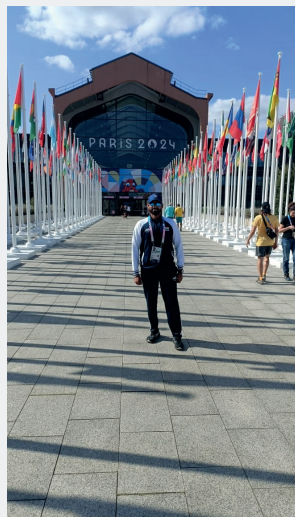
5. Could you tell me about your team and their role?

The support staff played a vital role in our success. We had a team of dedicated professionals: physiotherapists, psychologists, nutritionists, and administrative staff working tirelessly before and throughout the games. Their efforts ensured that the athletes were in peak condition, both physically and mentally, and that all logistical requirements were met seamlessly.

6. Beyond the medals, what do the Paralympics represent to you?

The Paralympics are much more than a medal count. It is a beacon of hope. Filled with incredible stories of resilience, perseverance, and daily battles that many of us cannot even imagine.

Dr. Ameya's reflections on the Paris Paralympics encapsulate the spirit of resilience, teamwork, and dedication that defines this extraordinary event. As India celebrates its achievements, the lessons learned extend far beyond the podiums, inspiring future generations.



- Ragi Saggere

Dept. of Corporate Communications, GEF(M)

WELCOME



Dr. Harshita Khetan
Senior Resident, Ophthalmology



Dr. Devunoori Chathurya
Senior Resident, Radio Diagnosis



Dr. Dharuni Priya Krishnappa Ramdass
Senior Resident, Critical Care Medicine

SEPARATED



Dr. Ratakonda Sruthi
Assistant Professor
Paediatrics



Dr. Shanthakumar S
Professor & HOD
Plastic Surgery



Dr. K.M.Ponnanna
Assistant Professor
Orthopaedics



Smita Sarma
Clinical Psychologist
Psychiatry



Drisyra Udayan
Junior Cytogeneticist
Central Research Laboratory



Dr. Cuckoo Aiyappa
International Relation Officer
Administration



Dr. S.R. Mangala Gouri
Professor and HOD
Pathology