



## Ramaiah Advanced Learning Center Expands to Reform Skill-Based Medical Training

**R**amaiah Advanced Learning Center (RALC) is a unique facility offering skill-based training for a wide range of professionals, including medical graduates, students, faculty, consulting surgeons, physicians, doctors, and engineers interested in biomechanics and medical engineering. Established 12 years ago, RALC features a 16-bed lab that provides cadaver-based training. Recently, the center has expanded with new training stations to further enhance its offerings.

On 10th October, 2024, the new wing of RALC was inaugurated by Dr. M R Jayaram, Chairman, Gokula Education Foundation and Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. K K Raina, Vice Chancellor, RUAS, Dr. Sanjay C Desai, Director, Ramaiah ALC, Dr. Shakuntala G, Deputy Director, RALC and others. During this occasion a coffee table book on Advance Learning Center was also released.



Dr. Sanjay C Desai, Director, Ramaiah ALC, shared his thoughts on this center, stating, "Our skill-based training is designed to provide hands-on experience, starting with virtual simulations, followed by mannequin-based learning, model-based training, and culminating in cadaver-based sessions. This allows participants to truly understand real-life scenarios.

We have also introduced a specialized 5-bed orthopaedic centre for knee, hip, and wrist procedures. This new addition will greatly enhance our capacity to meet growing demands and keep pace with technological advancements. Our state-of-the-art facility is equipped with computerized OT tables, digital lights, and high-end connectivity to provide the best possible training environment.

As a team, we hope this lab will help our medical fraternity sharpen their skills, while also providing opportunities for engineers and industrial partners to develop and validate better healthcare techniques. We are looking forward in collaborating with various companies and industries to further improve healthcare outcomes."



**RAMAIAH**

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**Jnana Vahini**

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## October Triumphs: Celebrating Progress, Resilience, and Innovation at Ramaiah

**A**s we reflect on the myriad accomplishments of October, the vibrancy of Ramaiah's community shines brighter than ever. This month encapsulated progress, resilience, and a profound dedication to health education and innovation across departments, marking milestones that underscore our commitment to advancing medical knowledge and care.

Ramaiah Advanced Learning Center (RALC) expanded its training facilities, unveiling new stations that fortify our skill-based medical education approach. The 16-bed cadaver lab, now equipped with specialized orthopedic training, offers immersive learning for professionals seeking hands-on experience—a testament to our commitment to real-world training that bridges academic learning with clinical realities.

In the same spirit of excellence, the Department of Emergency Medicine at Ramaiah Medical College achieved standalone NABH certification, setting a precedent for quality assurance.

Our students and faculty alike brought laurels to the institution. The wins at the Indian Association of Geriatrics Quiz and achievements at various state and national conferences not only celebrate individual talents but also highlight our nurturing environment that fosters academic and professional growth. A special mention goes to Dr. Dheepa Srinivasan- Dean R&I, whose recent recognition as a Fellow of the American Society of Metals, International, showcases our global impact and contribution to materials science, specifically in technologies like additive manufacturing.

October also underscored our dedication to inclusivity and community engagement. The Ramaiah College of Physiotherapy commemorated World Cerebral Palsy Day with events that celebrated "Inclusion in Action," and our collaboration on the 13th International Conference on 3D Printing-AM 24 emphasized advancements in biomedical innovations. These initiatives remind us of our responsibility to bring inclusive, accessible healthcare solutions to the forefront.

The month would be incomplete without acknowledging sports and individual achievements, such as the impressive world record set by M. Suresh in Tennikoit—a display of determination and physical endurance that inspires us all. His achievement stands as a symbol of perseverance, a value we all share in our daily pursuit of excellence.

As Breast Cancer Awareness Month, October brought critical reminders of the importance of early detection and proactive health. Dr. Lithika Lavanya's insights remind us of the crucial steps in cancer awareness, prevention, and treatment. Our mission remains steadfast: to educate, advocate, and lead in patient care.

This October edition encapsulates the tireless efforts of our faculty, students, and staff. Each achievement, from academic recognitions to community events, contributes to the larger tapestry of excellence at Ramaiah. As we move forward, we do so with pride in our past accomplishments and with hope and ambition for the future.

Dr. Harshith Rao, Asst. Prof. Dept. of Pulmonary & Critical Care Medicine, received an award and a medal by the Chief Justice of India for the best performing doctor in Medical Law and Ethics Programme from National law school of India.



Ramaiah Institute of Oncology organised a CME programme on 2D conventional radiotherapy planning. This was attended by delegates from all over India.



Ramaiah College of Physiotherapy celebrated World Cerebral Palsy Day programme by organizing a model making competition on 'Inclusion in Action' for UG and PG students to promote participation of children with Cerebral Palsy on 9th October, 2024.

The Department of Emergency Medicine at Ramaiah Medical College & Hospital has been awarded the NABH certification. It is the first department in our campus to get the standalone NABH certification.



Nihaarika Bhaskar & Eesha Pal, medical students won first place and Ankush N & Aditi Bhagath, won third place in Indian Association of Geriatrics IAQ Quiz on 1st October, 2024.



Dr. Richa S won 2nd prize in oral paper presentation category at 90th MEDICON, state IMA conference.

I walk down this lane,  
 It's so utterly beautiful,  
 Almost as much as you.  
 The dead leaves fall down in a small lake beside me  
 The ripples thus formed, echoing your laugh  
 Each one is a moment i spent in your arms  
 The sun shines so bright  
 Just like your eyes did  
 When you used to look into mine  
 A wind filled with your scent  
 Blows the hair out of my face  
 But it wasn't as gentle as your hands.  
 I don't know why i end up here  
 Every alternate moment  
 In crowds and rooms with silent ceilings,  
 I find myself here  
 Looking for warmth  
 The warmth of your arms around me  
 The warmth of you when you were mine  
 But each time I'm left shivering  
 More than i ever did before



Vishishta Tyagi, Student RUAS



Anagha Prithvi Raj, presented a paper at a medical conference at St. John's Medical College and won first place in the Research Paper Presentation competition and second place in the Case Presentation competition.

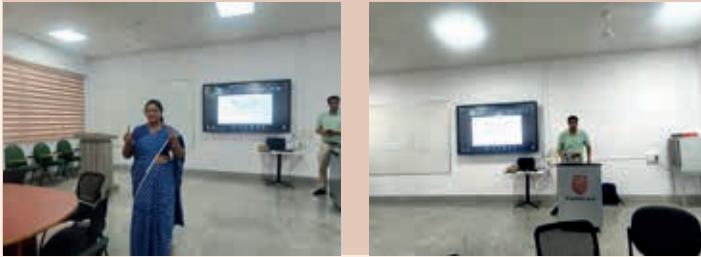


Ankush N and Aditi Bhagath, MBBS Phase III Part 1 students have secured Third Place in Indian Association of Geriatrics IAQ Quiz on 1st, October, 2024.



Faculty of Pharmacy organized HR Conclave - 'Finishing School - The Pharmaceutical Industry Orientation' on 26th October, 2024.

Medical Education Unit organised a simulation based learning workshop for postgraduates in Endocrinology, Internal Medicine and Paediatrics. Dr. Chitra Selvan, Assoc. Prof. Dept. of Endocrinology and Dr. Punith Kempegowda, Assoc. Prof, School of Health Sciences, University of Birmingham, UK were the speakers for the programme.



Dr. Jyothi G S, Prof. & HOD, Dept. of OBG, chaired a session on Oncology at the EVE Endoscopy Conference on 6th October, 2024. She also attended KSC AGOICON 2024 Conference and was a speaker at a government meeting on cervical cancer elimination at Vikasa Soudha on 3rd October, 2024.



Dr. N V Manjula, Assoc. Prof. Dept. of OBG was a speaker at EVE Endoscopy. She spoke on the topic: Post Hysterectomy Adnexal Mass. She was also invited as the guest lecturer at Siddharth Medical College.

### *Congratulations*



Dr. Anant Bhandary, Prof. & HoD, Dept. of Ophthalmology has been elected as Vice president of Karnataka Ophthalmic Society.



Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, gave a talk at ISOT Ahmedabad.



Dr. Rakshith Srinivasa, Assoc. Prof. Dept. of Neurosurgery was invited as a faculty member for cadaveric dissection course and was invited as a speaker for Missabcon 2024 conference at Ahmedabad on 16th October, 2024.



Ramaiah College of Physiotherapy organised a talk on 'Embracing Ageing' by Dr. Nisar Ahmed Kazi, Ret. Neonatal Intensivist, on the occasion of 'International Day of Older Persons' on 17th October, 2024.



Ramaiah University of Applied Sciences along with AMSI organised 13th International Conference and Expo on 3D Printing-AM 24 a pre-conference workshop on 3D printing advances in bio-medical innovations.



The Department of Endocrinology and Orthopedics celebrated World Osteoporosis Day by organising a CME programme for the faculty members. Department's HoD and other faculty members were present at the programme.



"Dr. V. S. Prakash, Prof. & HoD, Dept. of Cardiology, was awarded by the Healthcare Innovation Summit and Awards for the title 'Recognizing Exemplary Contribution to the Healthcare Sector.'



Dr. Nivedita Reshme, Asst. Prof. Dept. of OBG presented a case of incidental detection of ovarian malignancy during case of routine laparoscopy at EVE Endoscopy Conference on 6th October, 2024. She also presented a paper on 'Challenges in the Management of Carcinoma Endometrium in Subfertile Patients in a Tertiary Centre' and won third place in the YGOG session "KSCAGOICON" 2024 at Kidwai Memorial Institute of Oncology on 19th October, 2024.

## MY MSRMC

I am Hariprasad batch of 07, or as I like to call it batch of 007 roll no 1842, of MSRMC not RMC, my MSRMC, alive, ecstatic, mind-blowing MSRMC. Familiar stench of formalin, pricking lancets, borrowed blood drops, evergreen balle, awesome Ashwini hall, Drowsy Dhanvantri hall, congested Charaka, Mahadev tea stall samosa and lime juice, endless exam hall, echoing QP code, many religions but one true GOD- Singi yatiraj question bank, all-purpose basket-ball court, mortuary looked like a farm house, mess was a mess, hospital was a maze, Kaiwara was a daze, Introspection was a craze, Nothing that I want to erase, Although we became castaways and runaways, We found our own ways and in the end Ramaiah spirit stays.

So much is different now, I am now Emp ID 1727 not roll no: 1842. However, so much is still same, Shubha used to check my surgery practical attendance now she checks my everyday attendance. Searching for books, searching for lab coat, searching for answers in viva today still searching, daughter's socks, books, searching for meaning in life, and of course RE-searching.

Dear teachers and colleagues, word on the street is that today's student has it easy! I beg to differ, let us have empathy toward today's student...uncertain future...everchanging curriculum, manipulative social media, hatred everywhere, three dangerous N words: NMC, NEET, NEXT. Hard to stay optimistic when our own fellow doctors say: " I am not encouraging my child to join medicine"

I think today's student needs support, At the click of a button you have videos, apps, AI tools and what not. What they need is mentorship and wisdom to guide you. "A mentor is one who sees you for who you can be rather than who you are". Dear students, you must seek mentorship. The teachers who I have had, many of whom are still here are a treasure trove of wisdom and experience. Feel free to emulate, imitate and irritate as did I but never ignore. The world of medicine today is overwhelming, ruthless and confusing. So, to the students—past, present, and future—know this: your journey is your own, but you're not alone. But if there's one thing I've learned from being on both sides, it's that the learning never stops, and neither does the joy of discovering something new; whether it's in a textbook, a patient interaction, or in the friendships you form along the way.

The word teacher is "narrow" and does not do justice to all that my teachers are and continue to be. The

word GURU on the other hand is apt, Who is a guru ? "Margam darshayati yah guru". Dear students, let them lead the way, guide you and inspire you.

Teaching has given me a whole new perspective on medicine. As a student, I was focused on learning the right answers; as a teacher, I'm focused on asking the right questions. It's about encouraging you to think critically, to not just memorize facts but to understand the 'why' behind them—because one day, you'll be the ones making those tough calls.

CBL, PBL, simulation et cetera. So many new teaching techniques. Ultimately what does the student do, they rely on emulation. our students are always watching us, not just for what we teach, but for how we conduct ourselves. They emulate our passion, our resilience, and even our mistakes. Every time we go the extra mile, admit when we don't know something, or show kindness to others and more importantly ourselves, we make it clear that we're not just teaching medicine—we're teaching them how to be better humans.

So, let's continue to be the kind of educators who inspire, who lead by example, and who remember that our impact goes far beyond the classroom. Because in the end, it's not just about what they learn, but who they become. Just like AETCOM, what we need is AT-CALM module on campus. Let us press pause on "corporatization" and "hyper professionalism". Let us bring back the collegiality of MSRMC. Unorganized socializing is important, vital even, to the growth and survival of any college or university. I owe a lot to this institution and my gurus. I have met my much better half here and I get to work with her. My greatest privilege has been and will be that I get to work side by side with my teachers at my alma mater, and occasionally take care of them in the emergency.

It's an honour to teach here, to give back to a place that gave so much to me. Ramaiah is home and always will be!



**Dr. Hariprasad KV**

Assistant Professor of Emergency Medicine  
Ramaiah Medical College



The departments of Pediatrics, OBG and Nursing have received a certificate of achievement from BPNI for the world breastfeeding week celebrations 2024.



The Ramaiah Institute of Nursing organised Employability Enhancement Training programme on 25th October, 2024.



Dr. Somashekar, Prof. Dept of Paediatrics was invited faculty at south Pedicon at Thrissur, to give a talk on complicated pneumonia.



Centre for National Security Studies (CNSS) organised a discussion on 'Symposium India Tibet Relations & The Future Discourse'.



Dr. Kshitija Suratkar, was awarded third prize for best paper presentation category at Skullbasecon 2024 organised by GB Pant, New Delhi. She presented work done by her guide for the paper, Dr. Rakshith Srinivasa on Endoscopic Transnasal Transphenoidal excision of Sellar and Suprasellar tumours using MRI morphometric measurements of pituitary stalk and OCT (RNFL) measurements done pre operatively for the prognostication of visual outcome post surger.





The Department of Anaesthesiology celebrated World Anaesthesia Day on 16th October, 2024. Dr. Shalini Nooyi, Principal & Dean, Ramaiah Medical College was the chief guest for the programme.

On October 20, 2024, M. Suresh, Sports Assistant, achieved an impressive world record in Tennikoit by completing "1 Hour Non-Stop Tennikoit Rallies" at Ramaiah Medical College. Suresh set this inaugural record by playing 1,931 continuous rallies within an hour, maintaining a speed of 17.66 km/h. The game followed official Tennikoit standards, using a "National India Rubber" ring with a 15 cm outer and 9 cm inner diameter, weighing 236 g. The rallies were played over a net positioned at a height of 1.8 meters, with 30 feet separating the two players.

This feat marks his entry into an elite group of athletes with a remarkable ten world records. A self-taught player, Suresh credits his achievement to extensive practice, fine-tuning his skills to sustain such lengthy rallies with precision.

While Tennikoit may appear straightforward,

achieving long rallies demands exceptional reflexes, flexibility, stamina, concentration, and coordination. Suresh's accomplishment showcases the physical and mental resilience required to maintain peak performance for a full hour, highlighting his dedication and passion towards the sport.



Dr. Karunakara B P, Dept. of Paediatrics was a faculty at KARPEDICON 2024 at Mysore, Karnataka State Paediatric conference. He was also a chairperson at 90th MEDICON 2024 and chairperson at CGPCON2024

## Prioritising 'Her' Health - Breast Cancer Awareness Month

**G**lobally, Breast Cancer Awareness Month is an annual campaign held in October to increase awareness about breast cancer, promote early detection, and support those affected by the disease. One may ask why so much importance is given to breast cancer; it is mainly due to the following points:

- Breast cancer ranks as the most common cancer affecting women globally and in India.
- Around 30% of breast cancer cases are attributed to modifiable risk factors, like maintaining a healthy weight and staying physically active, breastfeeding, etc.
- Early detection improves treatment options and increases cure rates; hence, screening plays a crucial role.

Certain risk factors for developing breast cancer are the menstrual cycle starting at an early age less than 10-12 years, first childbirth at 35 years or above, not breast feeding, late age of menopause beyond 53-55 years, obesity, smoking, alcohol consumption, and family history of cancer.

The symptoms one has to look out for are: lump in the breast or axilla, pain in the breast, discharge from the nipple. All or a few of these symptoms women may experience before periods due to hormonal changes, and it is completely normal. If the symptoms persist even after the periods, they have to consult the doctor.

Screening for breast cancer involves clinical examination of the breast and mammogram annually from the age of 40 years, and for those with family history and BRCA gene mutated screening should be started at an earlier age. In our Indian setup, breast self-examination is an

important screening technique. Every month, 5 days after your periods, examine your breast with the pulp of your fingers in circulatory motions, and for post-menopausal women, this can be done on any fixed date of the month. On such an examination, if there is any pain or lump, you will need further testing by the doctor.

The treatment of breast cancer involves surgery, chemotherapy, and radiotherapy in most cases. Only in early detected cases can one of these therapies be skipped. Removal of the lump or entire breast during surgery is based on certain criteria, and axillary lymph nodes will also be addressed during surgery. Chemotherapy prevents cancer from spreading in other parts of the body.

Radiotherapy is a simple x-ray-based therapy that can prevent cancer from recurring in the operated site. Radiation usually is given over 3-4 weeks in breast cancer patients for 15-30 minutes per day, but with the IORT technique at Ramaiah, the radiotherapy can be done in the same sitting as surgery in certain patients. With the newer techniques, the side effects have been reduced to a minimum, the outcome has increased exponentially, and we are able to provide cures in all stages of breast cancer.

So bypass the stigma associated with breast cancer, prioritize your health and get yourselves screened.



Dr. Lithika Lavanya

Assis. Prof. Radiation Oncology  
Ramaiah Hospitals

# World Osteoporosis Day

## Breaking Down the Risks and Building Stronger Bones

Every October 20, World Osteoporosis Day shines a light on a silent yet potentially debilitating condition that affects millions worldwide—osteoporosis. This day is dedicated to raising awareness about bone health, promoting early detection, and empowering individuals to take proactive measures against osteoporosis.



### What is Osteoporosis?

Osteoporosis is a condition characterized by weakened bones, making them more fragile and susceptible to fractures. Often called the “silent disease,” it progresses without symptoms until a fracture occurs, usually in the hip, spine, or wrist. Bones naturally lose density as people age, but osteoporosis accelerates this process, leaving bones significantly weaker.

### Understanding the Risk Factors:

Osteoporosis can affect anyone, but certain factors increase the risk:

1. Age: Bone density peaks in early adulthood and begins to decline with age. By the time individuals reach their 50s, the risk for osteoporosis starts to rise.
2. Gender: Women are more susceptible to

osteoporosis than men, primarily due to lower bone density and hormonal changes that occur during menopause.

3. Genetics: A family history of osteoporosis or fractures can predispose individuals to develop the condition.
4. Lifestyle Choices: Lack of physical activity, excessive alcohol consumption, smoking, and poor nutrition—particularly low calcium and vitamin D intake—can contribute to bone loss.
5. Medical Conditions: Certain health conditions, like rheumatoid arthritis and hormone imbalances, increase osteoporosis risk, as do medications such as steroids.

### Symptoms and Detection:

Osteoporosis is often undetected until a fracture occurs. However, some signs might signal an increased risk, such as:

- Frequent fractures from minor falls or injuries
- Loss of height over time
- Back pain from vertebral fractures
- Noticeable stooped posture

The primary diagnostic tool for osteoporosis is a bone density test, or DEXA scan, which measures the density of bones and can identify early bone loss.

### Preventing and Managing Osteoporosis:

Prevention and management strategies are critical for maintaining bone health and preventing osteoporosis-related fractures.

1. Nutrition: A diet rich in calcium, vitamin D, protein, and other nutrients supports bone health. Dairy products, leafy green vegetables, nuts, seeds, and fortified foods are excellent sources of these nutrients.

2. **Exercise:** Weight-bearing exercises like walking, jogging, and strength training help build and maintain bone density. Balance and coordination exercises also reduce the risk of falls, a leading cause of fractures in those with osteoporosis.
3. **Lifestyle Choices:** Reducing alcohol consumption and quitting smoking can significantly lower the risk of osteoporosis and related fractures.
4. **Medications and Treatment Options:** For those diagnosed with osteoporosis, doctors may prescribe medications that either slow bone loss or promote bone formation. Bisphosphonates, hormone-related therapies, and newer medications like anabolic agents are among the options that can help strengthen bones.

#### Raising Awareness and Changing Lives:

Osteoporosis affects one in three women and one in five men over the age of 50, making awareness crucial for promoting early detection and preventive care. World Osteoporosis Day is a reminder of the steps everyone can take to maintain bone health, particularly as they age.

Osteoporosis may be silent, but its impact is profound, affecting quality of life and independence. On World Osteoporosis Day, let's encourage open conversations, spread knowledge, and prioritize bone health for a future free from fractures and disability.



Ramaiah Medical College organized UG Orientation programme for the Batch 2024-25 on 14th October, 2024. 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. Hemanth T, Registrar, Administration, Ramaiah Medical College, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College and others were part of the programme.



Dr. Dheepa Srinivasan, Dean, Research and Innovation, RUAS, was awarded as a fellow of the American Society of Metals, International (ASM). "For significant contributions in Materials Science, that have enabled technologies such as Additive manufacturing, Thermal Spray coatings and Advanced Characterization, for the gas turbine industry." She is the first Indian women to receive this prestigious honour, showcasing the exceptional contributions to the global scientific and engineering fields.

## Z- Axis

**F**ire accidents are catastrophic events that can lead to widespread devastation, both physically and psychologically. One of the most insidious health impacts of fires, often overshadowed by immediate injuries, is the damage to lung health caused by smoke inhalation and toxic pollutants released during combustion. Understanding the intricacies of how fire accidents affect lung health is crucial for emergency response, victim rehabilitation, and public awareness.

When materials burn, they release substances, including carbon monoxide, carbon dioxide, particulate matter, volatile organic compounds (VOCs), and various toxic chemicals such as cyanide. Smoke from fires, especially those involving synthetic materials, can contain hazardous chemicals that pose severe health risks upon inhalation. Carbon monoxide, a colorless and odorless gas, is particularly dangerous. It binds to hemoglobin more readily than oxygen does, leading to oxygen deprivation in the body. Long-term exposure can cause neurological damage and increase the risk of cardiovascular diseases in addition to respiratory issues.

The fine particles present in smoke can penetrate deep into the respiratory system, reaching the alveoli—tiny air sacs in the lungs where gas exchange occurs. These particles can cause inflammatory responses in the lungs, leading to conditions such as bronchitis and exacerbations of asthma.

Individuals exposed to smoke in the immediate aftermath of a fire often experience various acute symptoms. Coughing, wheezing, and shortness of breath are common, as the lung tissues react to irritants. In severe cases, individuals may develop chemical pneumonitis or airway edema, conditions that can result in respiratory failure if not promptly addressed.

Vulnerable populations, such as children, the elderly, and those with pre-existing respiratory conditions, are at even higher risk.

The consequences of smoke exposure can extend beyond immediate symptoms. Studies indicate that individuals who have suffered lung injury due to fire smoke face a heightened risk of developing chronic respiratory diseases, including chronic obstructive pulmonary disease (COPD) and lung cancer. The risk increases significantly with repeated exposures, indicating the cumulative nature of damage inflicted by toxic smoke.

Moreover, people living in proximity to fire-prone areas—especially those that regularly experience

wildfires—can lead to chronic lung issues due to prolonged exposure to particulate matter and other pollutants.

Beyond the physical health consequences, fire accidents also carry profound psychological impacts. Survivors may experience post-traumatic stress disorder (PTSD), anxiety, and depression, which can further complicate recovery. Psychological stress can manifest physically, exacerbating existing lung issues or making individuals less likely to seek treatment for respiratory conditions.

In communities frequently devastated by fires, especially in low-income areas, the social consequences may include reduced access to healthcare services, inadequate mental health support, and financial struggles, all of which can contribute to poorer lung health outcomes.

To mitigate the risks associated with fires and their impact on lung health, several strategies can be put in place such as Fire Safety Education: Public education campaigns can increase awareness about the dangers of fire and the importance of fire prevention measures , Emergency Response Training: First responders should receive training in recognizing and treating smoke inhalation injuries promptly, ensuring that victims receive immediate care, Environmental Regulations: Stricter regulations on materials used in construction and household items can limit the release of toxic substances when fires occur and Community Support Programs and environmental monitoring: can help identify at-risk populations and inform public health initiatives.

In Conclusion, fire accidents pose serious threats not only to immediate safety but also to long-term lung health. Raising awareness about the impacts of smoke inhalation, investing in prevention, and supporting communities affected by fires are critical steps to safeguarding public health. Through a multi-faceted approach, it is possible to mitigate these risks and foster healthier, more resilient communities.



**Dr. Prasanna Kumar T**

Associate Professor  
Dept. of Respiratory Medicine



Prof O P Kharbanda conferred with CHARAKA Life Time Achievement Award in a glittering Ceremony at Jio Convention Centre Mumbai. His excellency Aliaksandr Matsukou, the Consulate General of the Republic of Belarus in Mumbai, along with Dr. Raveendranath M, President along with other members conferred the honours.

## WORLD MENTAL HEALTH DAY

On October 10, 2024, Ramaiah Institute of Nursing Education & Research, Mental Health Nursing Department Celebrated World Mental Health Day under the global theme of "IT IS TIME TO PRIORITIZE MENTAL HEALTH AT WORKPLACE" The event aimed to raise awareness about mental health issues in the workplace, provide tools to manage stress and emotional well-being, and foster a supportive work environment.



The Placement cell of RINER, organized two-days Employability Enhancement Training Program on 24th & 25th October, 2024. This programme provided nursing students with essential skills for excelling in healthcare settings. This initiative aimed at bridging the gap between academic knowledge and practical requirements and preparing students to confidently enter the healthcare industry.



Dr. Sonali Jadhav Tarachand, Dean & Principal, Ramaiah Institute of Nursing Education and Research, was invited as a resource person at the North Regional Conference, organized by the Society of Midwives India in collaboration with the College of Nursing, AIIMS New Delhi on 7th and 8th October 2024. The conference was centred on the theme "Redefining Midwifery for India: Meeting Challenges of Women's Health," provided a platform for enriching discussions on the evolving role of midwives in healthcare.

## WELCOME



**Dr. Resham**  
Senior Resident,  
Critical Care Medicine



**Dr. Vasudha D**  
Assistant Professor,  
Emergency Medicine



**Dr. Anitha S**  
Associate Professor,  
Forensic Medicine



**Viji M.K**  
Junior Cytogeneticist,  
Central Research Laboratory

## SEPARATED



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



**Dr. Ritesh B.R**  
Senior Resident,  
Paediatric



**Dr. Divya D.S**  
Associate Professor,  
Ophthalmology.



**Dr. Pooja Subramanya**  
Senior Resident,  
Radio Diagnosis



**Dr. M R Sreevathsa**  
Senior Professor,  
General Surgery



**Dr. Devunoori Chathurya**  
Senior Resident,  
Radio Diagnosis



**Venkatesh H.V**  
Attender,  
Administration

## The weight of loss

**W**as a regular weekend on call where I left my infant running a high fever at home and came to hospital to treat “important” patients. He sobbed when I left home got me thinking was he not important enough to me? I buried that thought in a deep bangalore pot hole and got to work coz evidently this was not the first time I was doing this.

Just as my shift started they called me in to the cardiac unit to see a fairly young chap. He was tethered to multiple tubes like most of our patients. But this man had a calm resting face and a quiet ventilator machine as opposed to what one would think this was the bad news he was not breathing he looked like he had a long day and was resting exactly like the way his loving wife described when I met her later.

I was called in to ascertain he was brain dead and talk to the former family about harvesting his viable organs which was actually plenty.

The moment I called the family in they were all ears hoping that I was the person who was going to tell them that they were having a bad dream and their happy family can go on diwali vacation as planned. It stung me for a bit why did I have to be the one etching this brutal memory in their brain.

Well it's true we do this every day we may forget their faces, their diagnosis, their stories

but the weight of the heavy loss of losing battles lingers each time...!

I told them what brain dead means and presented the grim options. There was an unforgiving look from the wife before she walked out on me and the mother sobbed rhetorically questioning the almighty existence. I saw the little daughter whose world would be different from this day on. I held back my tears and left the room after ensuring they understood the sensitivity and gravity of the situation. I had a full minute to recoup before the Code triage alarm went off in my head that there were 24 salvageable patients who needed a lucid doctor.

Reminds me of a son who once told me it's just a patient to you doctor he was my dad. It was harsh but true.

We take it all in our stride coz who would understand grief better than someone who looks at death everyday. The echoes of these memories will never fade away.

Lessons from the dying.

Dr. Keerthi

Critical care

