



RUAS celebrates 9th Annual Convocation



Ramaiah University of Applied Sciences (RUAS) proudly celebrated its 9th Annual Convocation on 3rd January, 2025, marking a significant milestone in the academic journey of its students. During this momentous occasion, a remarkable total of 1,910 graduates were conferred their degrees, including 32 distinguished PhD scholars.

In recognition of outstanding academic achievements, medals were awarded to 102 students, honoring their exceptional performances throughout their studies. These awards were presented for both overall excellence and exemplary dissertation work.

Prof. M. Jagadesh Kumar, Chairman, University Grants Commission (UGC), was the chief guest for the programme. In his address to the graduates, he emphasised on the importance of living in the present and focusing on both physical and mental well-being. He encouraged

students to embrace lifelong learning and continually strive to become the best versions of themselves.

Dr. M R Jayaram, Chairman, GEF & Chancellor, RUAS, addressed the graduates, urging them to carry forward core values instilled during their time at the university. He highlighted the significance of integrity, curiosity, resilience, and a sense of responsibility, towards society. "Your education has not only equipped you with technical expertise but also a moral compass to navigate life's complexities with wisdom and empathy," he stated.

M R Srinivasa Murthy, Chief Executive, GEF(M), Prof. Kuldeep Kumar Raina, Vice-Chancellor, RUAS, Dr. O P Kharbanda, Pro-Vice Chancellor, Health Sciences, Dr. G.S Venkatesh, Registrar, Dr. Hemanth T, Registrar, Administration, Ramaiah Medical College, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College and other dignitaries were present at the event.





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Jnana Vahini

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A New Year of Milestones and Achievements

As we step into 2025, Ramaiah University of Applied Sciences (RUAS) continues to set remarkable benchmarks in academic excellence, research, and innovation. The first issue of the year captures the dynamism and dedication of our faculty, students, and researchers who contribute significantly to the institution's growth and impact.

The highlight of this edition is the 9th Annual Convocation, a celebration of hard work and perseverance, where 1,910 graduates, including 32 distinguished PhD scholars, stepped into the world as torchbearers of knowledge and service. The inspiring words from Prof. M. Jagadesh Kumar, Chairman, UGC, and our Chancellor, Dr. M R Jayaram, emphasized lifelong learning, ethical leadership, and the unwavering pursuit of excellence.

Beyond the convocation, this issue showcases numerous academic and research contributions that strengthen our institution's reputation. The Department of Dermatology's student awareness program, the pioneering introduction of Vagal Nerve Stimulation in Andhra Pradesh, and the exceptional achievements at national and international conferences are testaments to the commitment of our faculty and students to pushing the boundaries of medical and scientific advancements.

This edition also highlights groundbreaking research and education initiatives, such as the launch of the Rodent Animal Surgery (Neurosurgery) Course, a significant step in fostering cutting-edge training for medical researchers. Moreover, the success story of the Department of Radiation Oncology in treating over a thousand cases underscores our commitment to providing state-of-the-art healthcare solutions.

Amidst these successes, we also reflect on the human side of medicine. The moving personal accounts shared by our faculty in "A Doctor's Journey" and "Ray of Hope" remind us of the emotional and ethical challenges faced by healthcare professionals. These narratives reinforce the importance of empathy, continuity of care, and the collaborative efforts required to save lives.

As we move forward, let us continue to build on these achievements, fostering an environment where education, research, and innovation thrive. The coming months promise even more initiatives and breakthroughs, and we look forward to sharing them with our growing RUAS community.

Here's to another year of excellence, discovery, and impactful contributions!

The Dept. of Dermatology under the guidance of Dr. T K Sumathy, Senior Professor, Dr. K N Shivaswamy HOD, organized the 'CHALO PATHASHALA /ARIVU' a student awareness program (IADVIL initiative) on skin care and adolescent dermatological problems at Ashok International School, Bengaluru on 3rd January, 2025.

Dr. Suparna M Y and Dr. Shruthi Madhavi conducted the program, engaging with an enthusiastic and interactive group of around 80 students of 6th to 8th standard.

Dr. Janhavi Kasbe, Won second place in paper presentation at 67th AICOG conference 2025, Mumbai. On the topic - Effect of LNG - IUS on quality-of-life score in patients with AUB.



Dr. Shabari Girishan, Assoc Prof, Dept. of Neurosurgery introduced the Vagal Nerve Stimulation technique at Nellore Narayana Medical College, a first in the state of Andhra Pradesh.



Dr. Sreekar pai and Dr. H.C Srikantaiah from the Department of General Surgery were the resource speakers at 109th AMASI Skill course and FMAS exam at Sparsh Hospital, Bengaluru.



Dr. Shravan, Asst. Prof. Dept. of Orthopaedics attended the Annual Paediatric Orthopaedic society meet in Ahmedabad. He conducted a workshop on cerebral palsy and presented a total of 8 research and unique cases done in the institute. Won awards in the best poster, best paper and innovation categories.



On the occasion of Thyroid Awareness Month, the Department of Endocrinology organized a CME programme on 30th January, 2025. A quiz competition was conducted for all the postgraduates on the topic 'Broad Speciality and Superspeciality on Thyroid disorders. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, and the department members of Endocrinology were present.



Dr. Manjula, Assoc. Prof. Dept. of OBG, attended an advanced Robotic Surgery Demonstration at Breach Candy Hospital, Mumbai.



Dr. Nivedita Reshme, Asst. Prof, Dept. of OBG gave a guest lecture on "Life Skills Through Sports" in a conference on 'Emerging Trends in Physical Education Sports and Science' at Mallya Aditi International School, Bengaluru on 11th January, 2025.

Dr. Anish Mehta, Assoc. Prof. Dept. of Neurology was invited as a faculty speaker for the Botulinum Toxin Injection Hands-On Workshop hosted by the Karnataka Movement Disorders Forum. This prestigious event took place on the eve of the oration of Dr. Uday Muthane on 10th January, 2025 at Bengaluru.



Dr. Somashekar A R, Prof. Dept. of Paediatrics received best branch award at Pedicon 2025 at Hyderabad for his tenure as President of Indian academy of paediatrics Bengaluru branch. He was also a faculty for panel discussion on Atopic March.



The residents of M D Respiratory medicine have won first prize in the Indian chest society state conference at Tumkur on 12th January, 2025. Dr Amulya B C won first place in poster presentation Tumours and in TB category Dr. Samra won first place in poster presentation Infectious disease category.



Dr. Aruna Ramesh, HoD, Dept. of Emergency Medicine was invited to the Indo-US Collaboration to highlight the HeartRescue India (HRI) project by RMC. At this meeting AHA international advisor in his talk confirmed the selection of RMH as one of the first 4 centres for JCI certification in India.

Announcing a New Rodent Animal Surgery (Neurosurgery) Course!

We are excited to share that Dr. Shabari Girishan, Associate Professor, Department of Neurosurgery, has launched a comprehensive rodent neurosurgery course designed specifically for animal lab researchers through the NPTEL forum. Collaborating with Prof. Hardik from the Biosystems Engineering department at the Indian Institute of Science, Dr. Girishan has crafted this course to meet the diverse needs of researchers in this field.

In addition to his clinical work, Dr. Girishan is deeply engaged in advancing deep-tech development, focusing on brain electrode fabrication, cortical movement control in animal models, and innovative imaging techniques. He is pursuing a PhD in biosystems engineering at IISc-Bangalore, further enriching his expertise.

This course is a culmination of Dr. Girishan's commitment to providing a holistic online platform that addresses both basic and advanced aspects of animal lab research. Structured in accordance with CPCSEA guidelines, the curriculum covers essential topics from animal handling and anaesthesia to advanced neurosurgical procedures. It is particularly beneficial for students in medical fields, including Pharmacology, Anatomy, Biomedical Engineering, Neural Engineering, Sensor Fabrication Engineering, and the School of Pharmacy.



Dr. Shabari Girishan

Assoc. Prof. Dept. of Neurosurgery



Dr. Sanjay C. Desai, HoD and Dr. Chandrashekar A R, Prof. from the Dept. of Vascular Surgery attend Guntur Vascular Meet which was conducted in Association with Vascular Society of India & Guntur IMA on 26th January, 2025.



Dr. Ajoy S, Assoc. Prof, Dept. of Orthopaedics was a faculty member at the SICOT - IFAS International Foot and Ankle conference at Chennai on 24th – 26th January, 2025. He spoke on multiple topics and chaired a session and demonstrated surgical procedures in the Cadaver workshop at the Madras Medical College.



Dr. Hemendra Singh conducted a Workshop on "Advanced Training for Suicide Prevention" at ANCIPS (Annual National Conference of Indian Psychiatric Society). He spoke on Non -Suicidal Self Injury & Suicide Prevention-Indian Perspective.

POETRY

HOME

Where does one go?", asked I,
 "When one doesn't belong anywhere anymore?"
 "INWARD", my heart whispered.

Lost, was I, amid apathy's darkness, amid crowd's insolence.
 Life, a journey I embarked, knowing not where to alight.
 Lost, lost was I, nowhere else to go, nowhere left.
 Limping and whimpering, carrying myself with what's left,
 Leap I inward, wherein lies no roads, no destiny.
 A familiar darkness, where I am not lost, that I can call home.

"What does one speak?", asked I,
 "When one is never understood anymore?"
 "SILENCE", my mind whispered.

Muffled by thought's noise, they heard never heart's plea.
 Blinded by desire's hand, they noticed never love's tears.
 Languages, used more often to curse, blame and shame.
 Seldom ever spoke of blessing, honesty and beauty's name.
 Leap I inward, wherein lies no languages, no noise.
 A placid silence, where I am not mistaken, that I can call home.

"What does one seek?", asked I,
 "When one doesn't want anything anymore?"
 "NOTHINGNESS", my soul whispered.

Hosted I, my solitary abode, to uninvited loneliness.
 Sought I, a graceful presence, perhaps to untether freedom.
 Melody abandoned at day; Even shadow forsook at night.
 All life lumbers around, seeking hither and seeking thither.
 Leap I inward, wherein lies no seeking, no evanescence.
 But an empty nothingness, where I need not anything anymore.
 The silent nothingness inward, that I can call home.



Sarvanan N
 FMPS, RT Campus

Dr. Resham, Dr. Nagpavan and Dr. Veda Murthy from Dept. of Respiratory Medicine got best poster presentation out of 550 representation and Dr. Jyoti Kini got best abstract award in Napcon, National Conference, Pune 2025.



Dr. Aruna C Ramesh, HoD, Dept. of Emergency Medicine is been appointed as the Honorary Officer Commanding Casualty Services, Civil Defence, Bengaluru for implementing the Civil Defence Measures in the Bengaluru city. King George's Medical University, had nominated Dr Aruna C Ramesh as subject expert for the interview panel of EM faculty.



The Department of Management Studies & Indian Institute of Sciences in collaboration with University of Fraser valley (UFV), Canada, Organised an International conference on Entrepreneurship and Entrepreneurial Ecosystem in the Global Economy: Role of Returnee Entrepreneurs on 9th January 2025 at Bengaluru.

Culinary Symposium on Millets 2025

Karnataka has been a pioneer in promoting organic products and millets both nationally and globally. As part of the fifth edition of the mega event “Millets & Organics – International Trade Fair 2025,” the Faculty of Hospitality Management and Catering Technology, in collaboration with the Department of Agriculture, Government of Karnataka, Bengaluru, organized a pre-event Culinary Symposium on Millets 2025. This symposium was organised, 17th January, 2025.

Dr. M R. Jayaram, Chairman, GEF & Chancellor, RUAS, Prof. Kuldeep Kumar Raina, Vice Chancellor, RUAS, Dr. Puthra, G.T, Director, Agriculture Department, GoK, Y. S. Patil, IAS, Commissioner, Agriculture Department, GoK and others were present.

The team from Ramaiah University of Applied Sciences who have conducted research and developed innovative products with millets and substituted the base cereal in popular dishes with millets has helped the food and beverage fraternity.



The symposium was followed by lunch which focussed on the use of millets. The students had created a village theme where an array of millet breakfast dishes, lunch and dinner, desserts and snacks were showcased.



Successful completion of more than thousand cases in the year 2024

Department of Radiation Oncology under Ramaiah Institute of Oncology acquired state of art Linear Accelerator 'True Beam' in the later part of 2023 along with the one and only 'Womed' Intra Operative Radiation Therapy unit.

We progressed from regular IMRT/IGRT treatments to Stereotaxy based treatment such as Stereotactic Radio Surgery (SRS), Stereotactic Radiation Therapy (SRT) and Stereotactic Body Radiation Therapy (SBRT). Overall we have treated more than thousand patients on linear accelerator and 322 patients with brachytherapy in the year 2024.

A total of 64 patients were treated with stereotaxy based radiation. All these patients had small lesions either single or multiple in number with normal tissues in between. Radiation acts best when the tumour is small in size, and a very high dose is focussed onto the tumour/s and hence the in between normal tissues are saved from the side effects of radiation. Most of these patients had metastasis in brain, lung, liver or brain. This is now a curative option compared to what was done earlier when minimal doses of radiation were given with an aim to just control the disease for a shorter period of time. Apart from cancer, we have also treated non-cancerous entities such as acoustic neuroma, arteriovenous malformation, meningioma and pituitary adenoma.

I would like to share few of the success tales here. We had a patient with advanced metastatic endometrial cancer treated few years back, now having difficulty in breathing and fluid collection in the chest. She received all possible supportive care and as a last resort we did treat her symptomatic lung lesion. Within couple of days, she felt better and had complete resolution of symptoms. She was symptom free till six months later when she succumbed to her progressive disease in liver.

Another lady, I had treated her numerous small discrete lesions in the brain five years earlier and now the disease had recurred in the brain and was limited to five small lesions scattered over different parts of brain. Re-irradiation is only possible with SRT, and the patient is doing well.

Generally, liver/lung metastases are considered incurable and mostly supportive care is advised. These tumours move with radiation and hence we could miss them during treatment. We now have technology to track respiratory movement of the patient and deliver radiation during a particular phase of respiration. This is also useful for left sided breast cancer patients who are heavily treated with cardio toxic drug, Adriamycin. This will reduce the radiation dose less than 2 Gy to heart, and one should not worry about delayed effects on heart due to radiation.

Another happy moment for us was that we started intraoperative radiation therapy where we deliver single dose of radiation to the tumour bed under visualization immediately after the surgeon removes the tumour. With this we can reduce the duration of external radiation and hence patients are happy.

This kind of success is only possible because of excellent team constituted by Surgical/Medical Oncologists, anaesthetists, physicists, our own faculty supported by our residents and staff nurses. I am grateful to each one of them and seek continued support from our management to do much greater work in the future.



Dr. Manur Gururajachar Janaki

Professor
Department of Radiation Oncology

Should I assume the worst?

He asked me a simple question: every time we brought her to different doctors and hospitals, they would run the same tests, treat the low haemoglobin, give painkillers, and send her back. Why did nobody think about why this young female had so much pain and persistent anaemia? After we had a beautiful daughter, things got worse; she was breathless every time she got out of bed. Then we decided to check the cause of this and figured that an autoimmune disease worsened during pregnancy. Somehow, the joy of being a mother masked her symptoms; he claimed.

But now after a year a trivial infection triggered a full-blown lung and kidney failure in this mother who already had a body which was fighting her own immune system. She went on to get ventilated and required dialysis. She was on a mix of immunosuppressants, antibiotics and a whole other magic potion that we hoped would help.

I had heard my colleagues mention how difficult it was to counsel this family; they had so many questions, but I had never had any interactions with them so far. One night shift, I saw this young woman trying to write. Her hands were swollen, and she managed to scribble, "Please let me go." She was teary-eyed with a puffy face. She looked nothing like the wallpaper her husband had of her on his phone.

I decided to speak to her husband and her younger brother for the first time. They wanted me to answer on behalf of the whole fraternity as to why they just dismissed her pain and labs before. Why did nobody send the whole battery of tests and caution them about a stormy pregnancy which could have been avoided.

I've noticed, sometimes stating facts and numbers helps to make one feel some kind of solace. Hence, I decided to give them the whole statistics and probabilities of autoimmune diseases from diagnosis to death.

They listened and her husband broke down, they were married for 4 years and had been in love for 11 years prior to that.

He said she was always the lucky one, the disease lasted less than a year, she saw her daughter and will now leave us. But he would be the one who was "unfortunately" healthy, lost the love of his life, will have to see his daughter live without a mother, and

nobody would ever understand him the way she did. He said, 'call me selfish but pls don't let her go, she would have fought'. In the next few hours her blood pressure was not holding. She went on multiple support, she didn't regain consciousness. But we tried everything in our armamentarium. She eventually succumbed.

Letting go is often perceived as an easy option, but sometimes to decide to let go is harder and braver of the options. And in this case, it was patient's wish.

And to answer why it wasn't picked up early, "when you hear hooves think horses, not zebra" so when we look at reports we are trained to think of most common things, rule them out before assuming the worst.

And in a country like ours where the cost of health care is borne by the individual sometimes, we have to weigh the benefits of sending out each test, because when the multiple tests turn negative. We've been asked if it was necessary could you not have figured this out without these expensive tests?!

This patient for instance visited orthopedics at one hospital for back pain, gynaecologist elsewhere, another obstetrician for the pregnancy and rheumatologist later. When people go doctor shopping, in search of the "best option" (which is not entirely wrong), Sometimes the continuity of care and vital information is lost in transit causing more harm than good. Many a times when a patient comes with a big old record of reports we dismiss some of them in a jiffy assuming there would be some repetition of information.

Not trying to justify or defend anyone here, just stating facts about simple human psychology and the system which may continue to have flaws despite everyone's collective best efforts.



Dr. Keerthi
Critical Care Medicine

When miracles need to happen, the entire universe conspires in helping us make it happen

Master R was eagerly waiting for his birthday cake to arrive so that he can have all the icing and the biggest share. One would think it would be just like any other kid's birthday party but all of this was happening on the bed of a Pediatric intensive care unit wearing a hospital gown.

He was surrounded by his guardian angels who watched him day and night. Tears welled up in the mother's eyes as he cut the cake. This fighter was celebrating not just his birthday but a re-birth after conquering a deadly bacterial infection that led to septic shock, pyopericardium and empyema requiring prolonged ventilation, 3 surgeries, multiple PICU admissions and a CPR 3 days ago!

It all started on 11th October 2024, when this 6 year old boy came to PICU gasping for breath with chest X-ray showing a huge heart and a bad pneumonia. He was intubated, bilateral chest tubes inserted to drain pus and started on antibiotics and inotropic support. Pediatric cardiologist consultation was taken for persistent ST elevation on ECG and serial ECHOs showed moderate pericardial effusion that refused to budge with antibiotics.

The empyema required surgical intervention and ventilation for 12 days, despite which pus drained for 4 weeks but eventually the chest tube came off after a good nutritional and physiotherapy support. Despite initial improvements, the boy's cardiac complications persisted, with the effusion evolving into constrictive pericarditis. He was placed on high-flow nasal oxygen for 10 days, along with anti-inflammatory drugs and diuretics. Although his parents were prepared for a potential pericardectomy, he showed remarkable recovery with medication and was discharged after a six-week hospital stay. However, he returned a week later with wheezing, requiring another ICU admission. Two weeks after that, breathing difficulties and stridor led to the diagnosis of subglottic stenosis via CT and



Dr. Harshavardhan Rao, Prof. Dept. of Gastroenterology, attended Technology & Innovation in Healthcare Summit'25 organised by Happiest Health.

Laryngoscopy. Tracheal dilatation was planned, but on December 30, 2024, he suffered sudden airway obstruction and cardiac arrest. Resuscitated with bag-and-mask ventilation, an emergency tracheostomy restored his breathing. Incredibly, he was alert and asking for food within hours, celebrating his birthday just two days later!

Such amazing will power of little children and hope is what keeps us going...

He is currently requiring repeated dilatation of subglottic stenosis and doing well. Repeat ECHOs showed resolution of constrictive pericarditis and he is off all medications.

This success story could not have been possible without the team work of departments of Pediatrics, Pediatric surgery, Pediatric Cardiology, ENT, Anaesthesia, Pulmonology Critical Care, Physiotherapy, nursing care and ancillary support.



Dr. Namita Ravikumar
Pediatric Intensivist



Dr. Geetha L, Dr. Madhusudhan Rao, Dr. Seham Syeda, Dr. Pramod Kalgudi were the invited faculty at Neuroanesthesia demystified at NIMHANS on 19th January, 2025.



The Department of Neuro-anaesthesia and Neurocritical Care participated at national and regional level academic events. Dr. Geetha L, Dr. Madhusudhan Rao were the invited faculty at the annual Neuroanaesthesia & Critical Care conference (ISNACC 2025) on 23rd - 26th January, 2025 at Trivandrum.

The department of Dermatology under the guidance of Dr. T K Sumathy, Senior professor and Dr. K N Shivaswamy, HOD conducted two programmes commemorating World Leprosy Day for the housekeeping staff and the nursing staff of Ramaiah Medical College Hospital. Dr. Shalini C Nooyi, Principal and Dean, RMC, Dr. Ramesh D, Associate Dean, RMCH, Dr. Shivakumar Hiremath, Director Operations, RMCH & Dr. Ramachandra Kamath, Joint Hospital Administrator, RMCH and others were present.



The Ramaiah College of Physiotherapy, in collaboration with IDP, organized a career guidance seminar on "Career Opportunities in the UK" on 27th January, 2025. The seminar aimed to provide insights into higher education and career prospects for physiotherapy graduates in the UK.

Dr. Chris from the University of Exeter delivered a compelling keynote address, highlighting the scope of physiotherapy education and research in the ACL Rehabilitation.

WELCOME



Dr. S M Manohari
Professor & HOD, Psychiatry



Dr. Pannaga P. Kumar
Senior Resident, Pathology



Dr. H R Rajathadri
Assistant Professor, Senior Resident, Microbiology
Critical Care Medicine



Dr. Megha G



Dr. Nilofer Naaz
Senior Resident
Community Medicine

SEPARATED



Dr. Meghana R
Senior Resident
Anaesthesiology



Dr. Akhilesh C
Assistant Professor
Surgical Oncology



Dr. H.M. Sudha
Professor & HOD
Pathology



Rashmi K.V
Cytogeneticist
Central Research
Laboratory



Dr. V Vijayalakshmi Rao
Senior Resident
Community Medicine



Dr. Sandyarani D.C
Associate Professor
Anaesthesiology



Dr. Sowmya Chikatla
Senior Resident
Radio Diagnosis

India's National Security Challenges in 2025



The Centre for National Security Studies organized a talk by Chairman, National Security Advisory Board, Ambassador, P.S Raghavan at Ramaiah University of Applied Sciences, on 21st January, 2025. The event, titled "India's National Security Challenges in 2025: A View from Bengaluru," Dr. M.R Jayaram, Chairman GEF & Chancellor RUAS, M.R Sreenivas Murthy, Chief Executive, Gokula Education Foundation (Medical), Prof. Kuldeep K Raina, Vice-Chancellor, RUAS, and distinguished audience of military, police, and government officers, as well as senior academics and industry experts were present at the event.

PS Raghavan, a seasoned diplomat, shared his insights on the key national security challenges India is expected to face in 2025. His address covered a broad spectrum of issues, including India's neighbourhood, prevailing geopolitical tensions and

emerging non-traditional security concerns. He also emphasized the importance of a comprehensive approach to national security and the need for collaborative efforts across various sectors to address these challenges.

Director of the Centre for National Security Studies Major General J V Prasad emphasized the importance of expert talks in addressing India's dynamic security challenges. "Engaging with thought leaders like Shri Raghavan helps us better understand and prepare for these challenges," he said.

The event concluded with an engaging Q&A session, where participants had the opportunity to ask questions and delve deeper into the issues raised during the talk.

Art Meets Medicine



A diti Bhagath, a third-year MBBS student at RMC, captures the essence of compassionate healthcare in her evocative painting. This showcases the vital role of the medical field. Inspired by her field visits, her artwork vividly portrays a young doctor interacting with an elderly patient in a rural setting. This heartfelt depicts the commitment to empathy, humanity, and meaningful connections in medical practice and beyond.

