



DANTA SURAKSHA Bringing Healthy Smiles to every Mile



The Faculty of Dental Sciences at Ramaiah University of Applied Sciences inaugurated a mobile dental clinic called "Danta Suraksha." This innovative initiative brings dental services directly to communities through a specially equipped van. Danta Suraksha travels to various camps in and around Karnataka, reaching out to elderly individuals and those living in remote areas.

The van is equipped with state-of-the-art machinery, which ensures that patients receive high-quality dental care conveniently.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, GEF (M), Dr. O P Kharbanda, Pro-Vice Chancellor, RUAS, Venugopal Sastry, Chief Finance Officer, GEF (M), Dr. Silju Mathew, Dean, Faculty of Dental Sciences and other dignitaries were present during the inauguration.



ಜ್ಞಾನವಾಹಿನಿ Jnana Vahini

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Illuminating Paths of Excellence in Healthcare

In the bustling corridors of Ramaiah Medical College Hospital, a spirit of dedication and excellence permeates the air. It's a place where every heartbeat resonates with a commitment to healing, and every step taken is towards the betterment of human health.

In the heart of our hospital lies a beacon of nursing excellence, recently honored by the National Accreditation Board for Hospitals & Healthcare Providers (NABH). The tireless efforts of our nursing staff have not only met but exceeded the rigorous standards set by NABH, reaffirming our unwavering dedication to providing unparalleled care to our patients.

Beyond the confines of our hospital walls, a mobile dental clinic named "Danta Suraksha" embarks on a journey of compassion, bringing smiles and relief to communities nestled in the nooks and crannies of Karnataka. Equipped with cutting-edge technology, this initiative ensures that dental care reaches the doorsteps of those who need it most, regardless of geographical barriers.

In collaboration with esteemed partners such as the Election Commission of India and the Greater Bangalore Municipal Corporation, Ramaiah University of Applied Sciences orchestrates an insightful Electoral Literacy Club event. Here, students and community members alike engage in meaningful dialogue, igniting flames of civic engagement and democratic participation.

As World Parkinson's Day dawns upon us, Ramaiah Memorial Hospital becomes a hub of awareness and compassion. Through the "Tulips & Sparks Parkinson's Disease Carnival," we shine a spotlight on the challenges faced by individuals battling this neurodegenerative disorder, while also celebrating the resilience and hope that define their journey.

Meanwhile, within the hallowed halls of our institution, faculty members and aspiring medical professionals alike push the boundaries of knowledge and innovation. From advanced certifications in digital healthcare to symposiums and workshops that delve into the nuances of neurosurgery and pathology, our collective pursuit of excellence knows no bounds.

Yet, amidst these triumphs, we cannot ignore the shadows cast by emerging health challenges. The specter of EVALI looms large, a stark reminder of the dangers posed by vaping and its impact on lung health. Through rigorous analysis and impassioned advocacy, we strive to shed light on this pressing issue, advocating for regulatory measures to protect the well-being of our communities.

In the realm of nursing education, we celebrate the dawn of a new chapter as aspiring nurses take their first steps into the world of healthcare. The Lamp Lighting Ceremony and Graduation Day at Ramaiah Institute of Nursing Education and Research serve as poignant reminders of the noble journey that lies ahead, filled with compassion, dedication, and unwavering commitment to healing.

As we navigate the intricacies of healthcare, let us remember that our collective efforts, no matter how small, have the power to illuminate paths of hope and healing. Together, let us continue to shine brightly in the pursuit of healthcare excellence, forging a future where every individual has access to compassionate and quality care.

Election Awareness Campaign



Ramaiah University of Applied Sciences in collaboration with the Election Commission of India and Greater Bangalore Municipal Corporation organised an insightful Electoral Literacy Club event, - "Our Walk towards the Polling Station" an election awareness campaign programme. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. K.K Raina, Vice-Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Tushar Girinath BHA, Chief Commissioner of BBMP, District Returning Officer of Bengaluru City District, and others took part in the programme.

World Parkinson's Day Celebrations



Ramaiah Memorial Hospital organised World Parkinson's Day with the "Tulips & Sparks Parkinson's Disease Carnival" on 13th April, 2024. Over 100 Parkinson's disease warriors, caregivers, physicians and hospital staff attended the event. The event was aimed at raising awareness on the disorder that afflicts more than seven million Indians, according to a Lancet study. The programme had several games and activities designed specifically keeping in mind the different aspects of Parkinson's disease. Themed using tulips and sparks-two symbols describe the

two aspects of the disorder living with hope while experiencing a sudden shock in the brain.

During the programme Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College Hospital, Dr. Medha Y Rao, Dean Academics, RUAS, Prof. Savitha Ravindra, Director, Dept. of Physiotherapy, Dr. Mahendra. J V, Pro. & HoD, Dept. of Neurology, Dr. P.T. Acharya, Professor, Dept. of Neurology, Dr. Anish Mehta, Assoc. Prof. Dept. of Neurology, Dr. Sunil V Furtado, Prof. & HoD, Dept. of Neurosurgery, Dr. Shabari Girishan K.V, Assoc. Prof. Dept. of Neurosurgery and others were present at the event.

M.S. Ramaiah Memorial Scholarship Award

Ramaiah University of Applied Sciences awarded the first of its kind M.S. Ramaiah Memorial Scholarship Scheme 2023-24 which was introduced in fond memory of Founder Chairman, Dr. M. S. Ramaiah. The scholarships were given to the first-year students (Batch 2023) under eight categories based on academic performance in the preceding year of their study and ranking/percentile in competitive exams like JEE/KCET/CAT/XAT/MAT along with achievements in sports, encouraging students from Northeast states of India, Tibetan diaspora, and wards of Ramaiah Group of Institutions alumni.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. K.K Raina, Vice-Chancellor, RUAS, Dr. O P Kharbanda, Pro-Vice Chancellor, RUAS, Prof. Govind R. Kadambi, Pro-Vice Chancellor, and other dignitaries were present during the programme.

A total of 84 students received the prestigious scholarships. The beneficiaries included students from different disciplines like Engineering, Pharmacy, Physiotherapy, Nursing, Management & Commerce, Law, Life & Allied Health Sciences, Hospitality Management and pure sciences.

These scholarships aim to encourage and recognise the students for their hard work and dedication towards their academic activities and to empower and enable the countless bright minds present in the university to reach their highest potential and contribute meaningfully towards the betterment of humanity.



Ramaiah Medical College Hospital continues to shine brightly as it has been recognized for its commitment in nursing excellence, successfully meeting the rigorous standards set by NABH.

The department of Pathology organized an guest lecture by Dr. R P Pai - on Research on 20th April, 2024 at Ramiah Medical College.



Ramaiah Institute of Nursing Education & Research (RINER) organized the 12th annual workshop on "Research Methodology" from 18th - 20th April, 2024. The workshop aimed to provide participants with practical guidelines and tools necessary to design, conduct, and analyse research effectively.



The department of Pathology, Ramaiah Medical College conducted a quiz competition for UG students on 12th April, 2024. Faculty Development Programme on Ocular Pathology- 'Introduction to Ocular Pathology-Grossing & Reporting of Common Orbital & Intraocular Tumors'. The Speaker for the programme was Dr. Shruthi M K, Senior Consultant, Narayana Nethralaya Eye Hospital, Bengaluru.

Dr. Jyothi G S, Professor, Dept. of OBG, gave a talk on Post-Partum HPV Vaccination - at the National ISCCPCON 2024 Conference at AIIMS, Raipur on 13th and 14th April, 2024. Dr. Jyothi also took part in the panel discussion on strategies and implementation for elimination of cervical cancer, as a South Zone Executive Council Committee Member of ISCCP.



World Health Day



The department of Community Medicine organised World Health Day on 13th April, 2024 at Ramaiah Medical College. The theme was "My Health, My Right". Dr. Pruthvish, Director, Academics & Training, Sri Shankara Cancer Hospital & Research Center was the chief guest for the program. Dr. O P Kharbanda, Pro-Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Lalitha K, Prof. & HoD, Dept. of Community Medicine and others were present.



The department of Biochemistry conducted an International Lead Auditor Certificate Training Workshop for Laboratory personnel on 15th to 18th April, 2024 at Ramaiah Medical College.



Dr. Sunil Furtado, Prof & HOD Neurosurgery was invited to deliver a talk at Sanjay Gandhi Post-graduate institute (SGPGI), on the occasion of the SGPGI Neurosurgery Foundation Day Celebrations. Dr. Sunil spoke on 'Comprehensive management of carotid stenosis'.

Shaking Off the Limits: A Guide to Conquering Parkinson's Disease and thriving in Life

Parkinson's disease (PD) is a formidable opponent, but armed with knowledge and advanced management strategies, individuals can overcome its challenges to live fulfilling lives. As a Movement Disorders specialist, I am here to provide you with essential information about Parkinson's disease and its comprehensive management.

Parkinson's disease is a neurodegenerative disorder that affects millions worldwide, with symptoms ranging from tremors and stiffness to difficulty with balance and coordination. However, it's important to recognize that PD is not just limited to motor symptoms. Non-motor symptoms such as depression, sleep disturbances, Autonomic disturbances and cognitive changes can significantly impact daily life.

Early diagnosis is crucial for effective management. If you or a loved one are experiencing unexplained tremors, difficulty with daily tasks, or any concerning symptoms, seek guidance from a healthcare professional. They can provide an accurate diagnosis and create a personalized management plan tailored to your specific needs.

While medications play a vital role in symptom management, the treatment approach extends far beyond medication alone. Physical therapy, occupational therapy, and speech therapy can improve mobility, speech, and overall well-being. Advanced management techniques such as deep brain stimulation (DBS) and infusion therapies are available for those who don't respond to medications alone. These interventions have shown remarkable results in improving motor symptoms and enhancing quality of life for suitable candidates.

Support networks are invaluable for individuals with PD and their families. Local Parkinson's disease

support groups create safe spaces for sharing experiences and accessing emotional support. Online resources also provide valuable information and connect individuals with others who share similar journeys.

Lifestyle modifications can also make a significant difference in managing PD. Regular aerobic exercise, such as walking, static cycling, resistance exercises using theraband, Gait and balance therapy under the supervision of physiotherapist. Newer Complimentary therapy like Music and dance, Art therapy and Mindfulness improves mobility, balance and overall well-being. A balanced diet with fruits, vegetables, whole grains, and lean proteins is essential for maintaining good health. Managing stress through relaxation techniques, engaging in continuous learning, staying socially active, and pursuing hobbies are also beneficial.

Let us join forces in shedding light on Parkinson's disease and its management. With early diagnosis, a comprehensive treatment plan, support networks, and lifestyle modifications, individuals with PD can break through the barriers and lead fulfilling lives. Together, we can conquer Parkinson's and embrace a brighter future. If you or someone you know is affected by Parkinson's disease, seek the support and expert care that our team of specialists provides. We are dedicated to empowering individuals and their families to thrive and live life to the fullest.

Dr. Anish Mehta

Assoc. Professor
Ramaiah Institute of Neurosciences



The Impact of Vaping on Lung Health: An Examination of EVALI

Vaping is the act of inhaling aerosolized substances using electronic cigarettes or vape devices. It has gained popularity in recent years. Here, Instead of smoke, the user inhales vapour. Initially marketed as a safer alternative to traditional smoking, the long-term health effects of vaping have become a subject of concern. One of the serious consequences associated with vaping is EVALI (e-cigarette or vaping product use-associated lung injury), a condition that has raised alarm bells globally. Let us explore the impact of vaping on lung health with a special focus on EVALI.

Vaping and Lung Health

Vaping involves heating a liquid solution that contains nicotine, flavourings, and other compounds, turning it into an inhalable aerosol. While some argue that vaping is safer than traditional smoking, evidence shows that it can still have detrimental effects on lung health. Inhalation of the aerosolized substances can lead to acute lung injury, exacerbate pre-existing lung conditions, and increase susceptibility to respiratory infections.

The aerosol produced during vaping contains harmful substances such as ultrafine particles, volatile organic compounds, heavy metals, and potentially toxic flavourings. These particles can penetrate deep into the

lungs, causing inflammation, oxidative stress, and lung tissue damage. Studies have shown that vaping can lead to the development of chronic bronchitis-like symptoms, coughing, wheezing, and an increased risk of asthma exacerbations.

EVALI: An Emerging Lung Health Crisis:

EVALI, first recognized in 2019, refers to a cluster of lung injuries associated with vaping. The Centres for Disease Control and Prevention (CDC) played a pivotal role in investigating and identifying this condition. EVALI mainly affects young adults and



has resulted in severe lung injuries, hospitalizations, and deaths. Outbreaks of this condition have raised concerns worldwide about the risks of vaping and its impact on lung health.

Although the exact cause of EVALI is still being investigated, evidence suggests that it is linked to Vitamin E acetate, an additive present in certain vaping products, primarily those containing tetrahydrocannabinol (THC). Vitamin E acetate is used as a thickening agent, but when inhaled, it can cause significant inflammation and damage to lung tissues. EVALI cases have been associated with the use of black market or homemade vaping products, emphasizing the importance of acquiring vape products from regulated sources.

Symptoms of EVALI may include cough, shortness of breath, chest pain, fever, gastrointestinal symptoms, and general malaise. The severity of EVALI cases varies, with some individuals experiencing mild respiratory symptoms, while others suffer from acute respiratory distress syndrome (ARDS) requiring mechanical ventilation. Several EVALI-related deaths have been reported globally, reflecting the seriousness of this vaping-related lung injury.

Addressing EVALI and Promoting Lung Health:

In response to the EVALI outbreak, various measures have been taken to address this crisis and promote lung health. Identifying and avoiding the use of illicit or black-market vape products is one critical aspect. Regulating the manufacturing and distribution of vape products can help ensure product safety and minimize the risk of EVALI cases.

Education and public awareness are paramount in preventing EVALI. Health campaigns should be conducted to reach out to the general population, especially young adults about the dangers of vaping and its potential impact on lung health. Schools and communities need to provide comprehensive substance abuse education that includes the risks of vaping thus empowering individuals to make informed choices about their health.

Regulatory actions should be strengthened to protect consumers from using unregistered vaping products. This includes stricter enforcement of age restrictions, preventing marketing tactics that target youth, and monitoring for harmful additives or contaminants in vaping liquids. Additionally, health professionals should incorporate screening for vaping use during routine clinical visits, ensuring that patients are well-informed about the potential risks.

Future research is crucial to fully understand the long-term health effects of vaping, including EVALI. Cross sectional studies examining the impact of vaping on lung function, respiratory diseases, and overall health must be conducted. Such research can help inform policymakers, healthcare practitioners, and the public about the potential risks associated with vaping.

While vaping gained popularity as a perceived safer alternative to traditional smoking, its adverse effects on lung health cannot be overlooked. The emergence of EVALI as a vaping-related lung injury has highlighted the potential dangers associated with the use of vaping products. Respiratory symptoms, acute lung injuries, and even deaths have underscored the urgent need for regulatory efforts, public awareness campaigns, and further research to address this public health crisis. It is essential to protect lung health by discouraging vaping and ensuring the safety of vape products through comprehensive regulations and education.



Dr. Prasanna Kumar T

Associate professor,
Dept. of Respiratory Medicine



The Dept. of OBG organised A to Z Pelvic Organ Prolapse Cadaveric Workshop at Ramaiah Advance Learning Centre on 2nd, April, 2024. Dr. S C Nagendra Swamy, President, Ramaiah Memorial Hospital, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Medha Y Rao, Dean Academics, RUAS, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Sujani B K, Prof & HoD, Dept. of OBG and others were present.



Prof. O P Kharbanda, Pro-Vice Chancellor, RUAS was conferred a special honour for his significant contribution to advancing dental specialities and the National Academy of Medicine Sciences during its 64th foundation day ceremony. NAMS is the most prestigious academic and luminous health organization under the auspices of Ministry of Health and Family Welfare, Government of India.



The department of Cardiology conducted a clinical society meeting on 'Interesting rare Case scenarios on use of leadless pacemaker and stellate ganglion block in ventricular tachycardia. Dr. V S Prakash, Prof. & HoD, Department of Cardiology, Dr. Anupama V Hegde, Dr. Rakshith Srinivasa, Associate Professor, Dept. of Neurosurgery, Dr. Sandeep Reddy, Assistant Prof. Dept. of General Medicine and others were present.

On the occasion of World Immunization Week the department of General Medicine, in association with the department of OBG organised a guest lecture on 27th April, 2024, by the President of KSOGA, Dr. Bharathi Rajashekhar, to create awareness on establishing guidelines and to promote the importance of HPV vaccination among our students and staff. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Sujani B K, Prof & HoD, Dept. of OBG and others were present.



The department of Paediatrics in association with IAP Bengaluru organised World Autism Day programme. Dr. Sahtish Girimaji former professor, Nimhans was the guest lecture for the programme. Dr. Somashekar A R, Prof. & HoD, Dept. of Paediatrics and others were present.



Student's Corner



Dr. Sowmya C final year resident, Dept. of Neurosurgery was awarded for best neurosurgery resident presentation at the Bangalore Neurological Society.



Harsha R, won 7 gold, 5 silver and 3 bronze for Best swimmer award at the 'Invictus'- all India inter medical college sports festival organized by Kasturba Medical College Manipal on 21st April, 2024.



Ramaiah Medical College basketball team won all India Inter Medical Basketball Tournament at KMC Manipal on 21st April, 2024. Dr. Pradeep, PG student received best defensive player award at the tournament.



The Medical Education Unit organized CISP III workshop on 23rd and 24th April, 2024 at Medical Education Unit, Ramaiah Medical College.



Dr. Bharati V Hiremath, Professor, Dept. of General Surgery was awarded an Advanced Certificate in "AI for Digital Healthcare and Imaging" from IISC Bengaluru.

The department of Neurosurgery Ramaiah Medical College Memorial Hospital, in collaboration with the Dept. of Neurosurgery, Mt Sinai Hospital, New York, USA organized a symposium on enhancing Neurosurgical outcomes on 2nd April, 2024 at Ramaiah Medical College. The symposium highlighted management of neurological and neurosurgical cases in an urban setting. Dr. O.P. Kharbanda, Pro-Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College Hospital, Dr. Sunil Furtado, Prof. & HoD Dept. of Neurosurgery and others were part of the programme.





Dr. Aruna C Ramesh, Prof. & HOD, Dept. of Emergency Medicine, Ramaiah Medical College was invited, as a faculty member for Indian Aviation Fire Safety Specialists Group (IAFSSG) international ARFF conference & exhibition at Bengaluru.



Dr. N Vyjayanthi Venkataramu, Asst. Professor, Dept. of Psychiatry, was invited for a panel discussion on Women's mental health issues at NIMHANS. She was also invited for an international webinar on Psychosocial.

WELCOME



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Senior Resident OBG



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Assistant Professor
Neurosurgery



Rashmi K.V
Cytogeneticist
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Dr. Pooja Prabhudev
Senior Resident
Paediatrics

Ramaiah Institute of Nursing Education and Research Lamp Lighting Ceremony and Graduation Day - 2024



Ramaiah Institute of Nursing Education and Research celebrated "Lamp lighting ceremony for the fresher's and "Graduation day" for B.Sc, Post Basic B.Sc and M.Sc. Nursing on April 1st, 2024.

In total, 81 students received their graduation and 141 fresher's took the Nightingale pledge.

The Chief Guest for the program was Prof. Roy K George, National President, TNAI, New Delhi. In his address to the students, he encouraged them to become competent and efficient professionals to

meet the global needs of healthcare. He also highlighted the contrast between the difficulties faced by students in the past during the nursing education and how it is relatively easier now for the students to access nursing courses."

M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. K.K Raina, Vice-Chancellor, RUAS, Dr. O.P. Kharbanda, Pro-Vice Chancellor, RUAS, Dr. Sonali Jadhav, Principal, RINER and others were present at the programme.

