



Congratulations Sir

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, was conferred Honouris Causa D.Litt from Bengaluru City University for his expertise in the field of education & social services.



RUAS Bags NAAC A+ Grade



Ramaiah University of Applied Sciences (RUAS) has been awarded NAAC A+ rating, a remarkable accomplishment that speaks volumes about our dedication in providing exceptional healthcare education, fostering academic excellence, and actively engaging

with the community. This achievement is the result of the continuous hard work from Ramaiah group.

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula

Education Foundation (Medical), Dr. Razdan, Advisor, Gokula Education Foundation (Medical), Prof. K K Raina, Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital and others took part in the announcement of NAAC Grade at Ramaiah Medical College.

Celebrating Milestones and Pioneering Advances at Ramaiah Group

ಜ್ಞಾನವಾಹಿನಿ
Jnana Vahini

Monthly Newsletter - Gokula Education Foundation (Medical)

Volume - 15 Issue - 6
June - 2024

Chief Patron

Dr. M R Jayaram
Chairman, GEF
Chancellor, RUAS

Editor in Chief

M R Sreenivasa Murthy
Chief Executive, GEF (M)

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

In a remarkable month for the Ramaiah Group, June has been a testament to our unwavering commitment to healthcare excellence, academic achievements, and community engagement. The RUAS has been graded as NAAC A+, which is a testament to the continuous quality initiatives on the campus. The inauguration of the Ramaiah Clinic at Peenya stands as a beacon of our dedication to providing accessible, high-quality healthcare to the Peenya community. This state-of-the-art facility is poised to significantly enhance primary healthcare services, underscoring our mission to make healthcare affordable and within reach for all.

Our academic faculty continues to shine on international platforms. Dr. Prakash V S, representing our cardiology department, shared his expertise at the Sri Lanka College of Cardiology, reflecting our global influence and the high regard for our medical professionals. Concurrently, our students have demonstrated exceptional prowess, with notable accolades at prestigious conferences and competitions. Adarsh S Manegar and Manya Jagadish's triumphs at the Bangalore Medical Conference, along with Dr. Prabhudev M Hiremath and Dr. Lakshmi Madhuri's success in the neurology quiz at KNAACON 2024, highlight the academic rigor and talent nurtured within our institution.

The "Introspection Fest" at Ramaiah Medical College, themed "Yatra", once again showcased the vibrant spirit and creativity of our students and faculty. This event, rich with cultural and artistic performances, celebrated innovation and camaraderie, reinforcing the essence of community within our academic environment.

Our commitment to medical education and training was further exemplified by the successful organization of EUROASIA 2024, a workshop for critical care nurses and technicians, and the landmark course on Tissue Banking and Advanced Therapies hosted in collaboration with the Donation and Transplant Institute from Barcelona. These initiatives underscore our role as a leader in advancing medical knowledge and practices.

In alignment with our environmental responsibilities, the "Alternative'24 - Youth for Green and Vibrant Bengaluru" event and the Yoga Day celebration reflect our dedication to promoting sustainability and holistic well-being. Engaging over 1200 youths and our faculty in these initiatives, we strive to foster a greener and healthier future.

Our faculty's involvement in significant conferences and workshops, such as Dr. Somasekhar A R's participation in World Environment Day celebrations and Dr. Sunil V Furtado's talk at KNAACON 2024, exemplifies our leadership in various medical fields and our continuous pursuit of knowledge dissemination.

Lastly, our editorial board presents an insightful discourse on critical topics like brain tumors, climate change, and professional ethics in medicine. These articles aim to educate and provoke thought, driving our community towards better health practices and a deeper understanding of pressing global issues.

As we reflect on these achievements, we are reminded of the collective effort and dedication that propel the Ramaiah Group towards greater heights. Each milestone, each accolade, and each community initiative strengthens our resolve to lead with excellence and compassion in the ever-evolving landscape of healthcare and education.

Inauguration of Ramaiah Clinic at Peenya



The Ramaiah Group proudly announces the addition of a new milestone to its legacy with the inauguration of a state-of-the-art clinic. Ramaiah Hospitals in Association with Peenya Industries Associations inaugurated Ramaiah Clinic at Peenya on 13th June, 2024. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Arif H M President, Peenya Industries Association (PIA) and other dignitaries were part of the inaugurations.



This brand new clinic aims to provide primary healthcare services to the community in Peenya Industries Association and Peenya. The clinic will bring forth quality, affordable healthcare, which is accessible to everyone at Peenya and will mark a significant milestone.

Dr. Prakash V S, Prof. & HOD, dept. of Cardiology was invited by Srilanka College of Cardiology as an international faculty for two guest lectures in their annual cardiological society conference at Colombo. He was also invited as course co-director for a full day ECG update course on day 3 of the national cardiology conference.



The Dept. of Radio Diagnosis in association with Karnataka IRIA organized a Hybrid Session – IRIA Signature webinar series- guest lecture by Dr. P G Praveen, Consultant Cardiothoracic Consultant, RCR UK, Glenfield Hospital, University Hospitals of Leicester. Dr. UMESH K. Prof. & HOD Dept. of Radio Diagnosis and others were present.



Dr. Sunil V Furtado, HOD, Dept. of Neurosurgery delivered a talk on Management of Carotid Stenosis-Medical, Carotid Endarterectomy & stenting at KNAICON 2024, 13th Annual State Conference of Karnataka Neurosciences Academy on 7th - 9th June 2024, Tumakuru.

Adarsh S Manegar won 1st place in Case Presentation at a Medical Conference conducted in Bangalore Medical College on 1st June, 2024.



Dr. Prabhudev M Hiremath and Dr. Lakshmi Madhuri won state level neurology quiz at KNACON 2024, Tumakuru on 7th - 9th June, 2024 at Siddaganga Medical College.



Manya Jagadish presented a paper at a conference at Bangalore Medical Conference and won third place in Case presentation on 1st June, 2024.



Kashish and Vidisha represented RUAS at the National Youth Festival organised by the State NSS Cell in association with Davangere University, Davangere.



Dr. Pooja U K received the best oral paper award at Endo Update held at Lucknow for her thesis on gender incongruence.

Dr. Aruna C Ramesh, Prof & HOD, Dept. of Emergency Medicine was invited as a Special Guest, Advisory Member for the committee for preparing SOP's of Trauma / Accident and Emergency Department functioning in Teaching Hospitals under Director of Medical Education, AP State.



Ramaiah University of Applied Sciences as Lead Academic Partner with Vimove Foundation celebrated - "Alternative' 24 - Youth for Green and Vibrant Bengaluru" on the occasion of World Environment Day on 1st June, 2024. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation, (Medical), N. Manjunath Prasad, IAS – Additional Chief Secretary, Forest, Ecology and Environment Dept. & Department of Youth Empowerment and Sports, GoK, Tushar Giri Nath, IAS – Chief Commissioner, BBMP, and prominent environmentalists, academicians and with over 1200 youths took part in the event.



Dr. A G Prathab, Registrar Academics, Ramaiah Medical College, Dr. Anuradha, Dr. Suman and Dr. Ashwini were awarded Advanced Course in Medical Education (ACME) at a Convocation in St. John's Medical College, Bengaluru on 14th June, 2024.

EUROASIA 2024 workshop for Critical Care Nurses And Technicians was organised at Ramaiah Memorial Hospital on 21st June, 2024. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Medha Y Rao, Dean Academics, RUAS, Dr. Deeepak, & Dr. Radha from Critical Care Medicine and others were part of the programme.



Dr. Vara Prasad BM, Asst. Prof. Dept. of Pathology was invited as a guest speaker for Student Enrichment Programme SEP series - Diagnostic approaches in Pathology. He delivered a talk on " AIHA- Road Map to Evolving Trends" at Mahatma Gandhi Medical College and Research Institute , Pondicherry.



The Ramaiah Tissue Bank in collaboration with Donation and Transplant Institute from Barcelona, Spain, has achieved a significant milestone by successfully hosting India's inaugural Advanced course on Tissue Banking and Advanced Therapies. This landmark event marks a notable advancement in the nation's medical education and practice. The course provided an invaluable opportunity for direct interaction, hands-on training and in-depth discussions between the faculty and participants. Dr. Ajoy S.M, Associate Professor, Dept. of Orthopaedics and others were part of the programme



Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, delivered a talk on challenges in setting up a Robotic Surgical Program in Private Medical college at the annual conference of Robotic Urology forum on 16th June, 2024.



Dr. Praveen Kumar S, Prof. Dept, of Dermatology, conducted a CME on Difficult-to-treat pruritus as convener of IADVL SIG Pruritus in association with BDS.

Dr. Jyothi G S, Prof. Dept. of OBG, attended the FOGSI National Conference at Dehradun from 14th -16th June, 2024. She delivered a talk on Uterine Compression Sutures and was felicitated for her contribution to the Committee as Karnataka State Coordinator.



A Guest Lecture on 'Organ Donation-Issues & Concerns in Implementation' was organised at RMC by the speaker Dr. R P PAI, Prof. Siddhartha Academy of Higher Education Tumkur.

Dr. Shabari Girishan, Associate Professor, Dept. of Nerosurgery was invited to give a talk on 'What To Do When the Drugs Fails To Control Seizures?' at Indian Medical Association, Mysuru Branch



Centre for National Security Studies organised a Round Table Discussion on 'Strengthening India's Climate Resilience' on 14th June, 2024. It was attended by eminent Climate Scholar Niranjana Khatri, Dr. Srinivas Ravindra, Rohan Parikh, M. Selvarasu, Vishwanath and Nirmala Gowda.



Introspection 2024

Every year, Ramaiah Medical College comes alive with 'Introspection Fest'. This year the theme was "Yatra". It is a widely anticipated celebration that honours innovation and togetherness among students and faculty alike. Introspection, is a platform for exposing unique abilities, provides a variety of events in which participants can shine.

Yatra was more than just an annual event, which promoted a sense of community and allowed everyone to relax and have fun with their peers.

Students and staff actively enjoyed every event serving as a platform to showcase their talent. Introspection captures the essence of togetherness and skill within the academic community through artistic performances at the cultural event organised by the student committee.





Yoga Day 2024

Yoga Day is celebrated globally every year on June 21st, highlighting the ancient practice's holistic benefits for physical, mental, and spiritual well-being. This year's theme says "Yoga for Self & Society" emphasizes unity and wellness, urging individuals from all walks of life to embrace yoga's transformative power.

To commemorate this day the directorate of Student Affairs in association with the NSS RUAS, RUAS Women Cell and Ramaiah Indic Specialty Ayurveda celebrated yoga day on 21st June 2024.



This day created a sense of energy in the minds of students and faculty motivating them to practice yoga every day. D. Carthigueane, Regional Director, Regional Directorate of NSS, Bengaluru, was the chief guest for the programme. Prof. K K Raina, Vice Chancellor, RUAS, students and faculty members were part of the inauguration.



Dr. Somasekhar A R, Prof. & HOD, Dept. of Paediatrics was the guest faculty at World Environment day celebrations at IMS and SUM hospital at Bhubaneswar IAP branch in Association with Unicef and National environment and child health chapter.

Understanding Brain Tumor !

A brain tumor is an abnormal growth of cells within the brain, which can be either cancerous or non-cancerous. These tumors may originate in the brain or result from cancer that has spread from other parts of the body. The risk of developing most types of brain tumors increases with age.

According to Indian Council of Medical Research (ICMR) estimates, India diagnoses around 40,000 to 50,000 brain tumors annually. It's almost 2 % of all cancers.

To learn more on this let us talk to Dr. Parichay Parikal, Consultant Neurosurgeon and Associate Professor, Dept. of Neurosurgery.



Doctor,

1. What is the significance of Brain Tumour Day ?

World Brain Tumor Day, is observed on June 8th every year. It was originated in Germany to honor the families of those who have lost their lives to brain tumors and to raise awareness about this serious health condition among the citizens.

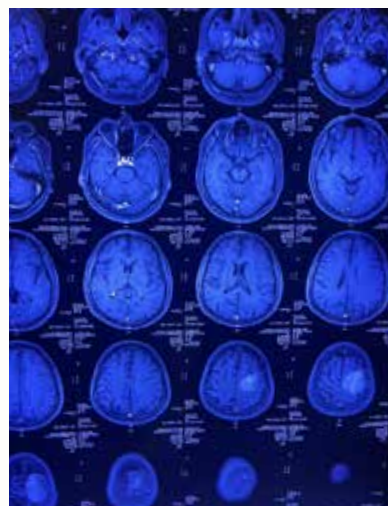
2. What are the types of Brain Tumors?

There are two types of brain tumors: primary tumors, which arise from the brain itself, and secondary tumors which arise elsewhere and metastases to the brain. Primary tumors are 70% non-cancerous, whereas 30% of them are cancerous or we call it malignant, which requires surgery and other advance therapies.

3. What are the symptoms and diagnosis of Brain Tumors?

Signs and symptoms of a brain tumor depend on its location and the pressure effects it causes. For example, if the tumor is in the area that controls movement, it

may present as weakness in the hands and legs. Similarly, it can cause blurring of vision, speech difficulties, or decreased hearing. Important investigations required to diagnose a brain tumor include MRI of the brain with contrast, CT head angiograms, and PET scans.



4. What are the treatments given to Brain Tumor?

Surgery is the most important part of brain tumor treatment. For non-cancerous tumors, the aim is to achieve a complete and safe excision. For cancerous tumors, the goal is complete resection or biopsy, followed by adjunctive chemotherapy or radiotherapy.

5. What are the advancements and research in the treatment of tumor?

In recent years, surgeries are done with help of a microscope, a GPS-like computer device called Navigation or of ultrasound or MRIs. Advances in neurosurgery have made brain tumor surgeries safer for the patient.

If the tumors are non-cancerous, which we see in 70% of the cases, and with complete safe resection, patient can lead a normal life without any recurrence of the tumors. In case of cancerous tumors, where the chances of recurrence will be high, in such cases, with the help of chemotherapy and radiotherapy, the tumor recurrence can be controlled.

We at Ramaiah Hospitals have well equipped treatment with a team of neurosurgeons and Onco-Specialists with state-of-art facilities to deal with complex brain tumor conditions.

Dr. Parichay Parikal

Consultant Neurosurgeon &
Associate Professor
Dept. of Neurosurgery



The department of Dermatology commemorated 'World Vitiligo Day' on 25th June, 2024 by creating public awareness in the form of plays presented in Kannada highlighting the myths & facts about the disease and the treatment options available for the disease



Ramaiah Emergency Academic Development & Emergent Research, Department of Emergency Medicine and Society of Emergency Medicine India on 15th June, 2024 at Ramaiah Medical College, conducted Paediatric Resuscitation Emergency Medicine workshop. Prof Dr Indumathy Santhanam, who is the Project Coordinator of PREM-NHM was the lead faculty in this workshop. Emergency Medicine Residents from all over the state attended the PREM workshop.

Code Green: Planet Earth !! Anaesthesiologist: Let's achieve ROSC...

Climate change is no longer an anticipation for the future but a glaring present reality that affects everyone. Atmosphere with excessive trapped heat energy becomes more active and alters the longer-term average atmospheric conditions, resulting in more erratic and severe daily weather. Although the climate has changed in the past (for e.g., the Ice Age), this change is unique because greenhouse gas concentrations have increased rapidly to new proportions from human activity. The cascading effects of climate change, while exerting our mother Earth and the biosphere, necessitate efforts from every human to address their controllable.



Earth's average surface temperature is already nearly a centigrade higher than in pre-industrial eras. The effects of climate

change will be extreme if the mean global temperature increases by more than one and a half celsius by 2050. Greenhouse gas emissions are a significant cause of this change. The global healthcare industry is the fifth most important contributor to greenhouse gas emissions, mostly from the release of anaesthetic gases and other plastic supplies. As anaesthesiologists, we must look inward at our practices, processes and control the controllables. greenhouse gas emissions. When given intraoperatively or in the intensive care unit, these agents undergo little biotransformation, being extremely inert molecules released into the atmosphere almost entirely unaltered. Among these agents are nitrous oxide and halogenated gases isoflurane, desflurane, enflurane, sevoflurane

and halothane.

Sevoflurane and desflurane, from the time of their introduction in the mid-nineties, have shown steadily rising consumption. Increasing concentrations of these chemicals have been detected in the atmosphere, including above Antarctica. The most carbon-intensive volatile anaesthetic, desflurane, accumulates according to atmospheric sampling of volatile anaesthetics. Although insignificant in global emissions, inhaled anaesthetics contribute five percent of hospital carbon dioxide emissions and up to fifty percent of perioperative anaesthetic care emissions in high-income countries. Global warming potential is a numerical benchmark of one hundred, comparing the effects of a particular gas over a hundred years to carbon dioxide. Desflurane tops the list, followed by isoflurane and sevoflurane. These three most widely used volatile anaesthetics contribute one-tenth percent of the world's warming, with desflurane alone responsible for eighty percent of the effect.

Anaesthetic gas extraction systems, part of a hospital's heating, ventilation, and air conditioning (HVAC) systems, are responsible for fifty-two percent of the energy requirements of inpatient healthcare facilities. Additionally, Operating rooms with HVAC energy are amongst the most resource-demanding ones' accounting for up to ninety-nine percent of total energy consumption. Waste management and supply chain account for sixty-five percent of the greenhouse gas emissions produced by the healthcare sector. Besides transporting patients, medical professionals travel also result in carbon footprints.

Chaos related to climate change will swiftly ensue if we do not take immediate action by reaching a point of no return in the coming years. In a domino effect,

the chaos will render our existing standards of health unrecognisably and may cause natural systems to reach a tipping point. The anaesthesiologists have a significant role in mitigating the effects of climate change caused by healthcare systems. Hence, the mandates declaration of 'Code Blue: Planet Earth' are due to the urgency with which we must stop the increase in greenhouse gas emissions.

So, what can the Anaesthesiologists do after calling Code Green to address climate change?



Anaesthesiologists must roll up their sleeves and carry out our professional duties for the environment in this climate emergency. Analogous to 'Code Blue: Starting cardiopulmonary resuscitation (C.P.R.) to achieve Return of Spontaneous Circulation, i.e. ROSC', Anaesthesiologists can take a comprehensive set of actions to address climate change.

As anaesthesiologists, we can fulfil our responsibility to revive the planet Earth by adhering to R.O.S.C. Starting with "Net-zero" for anaesthesiologists. At the same time, we provide our medical services, we must compensate for any additional emissions of greenhouse gases while continuing to provide services of the highest standards. To do this, we must drastically reduce our carbon emissions as much as possible and figure out indirect ways to offset any leftover emissions. While changing how our operating rooms and intensive care units are powered, heated, and cooled, how we travel, how we decide what supplies, equipment, and materials to buy, and how we handle waste, we must continue to improve healthcare delivery as usual. In addition to these reductions in emissions, ways to eliminate the inevitable leftover emissions by assisting others in

avoiding emissions must be adopted. Additionally, sequestering carbon in materials and collaborating on preventing illness, which is a root cause of emissions, must be done.

Regional Anaesthesia: Using regional anaesthesia rather than nitrous oxide may help reduce greenhouse gas emissions. Its application in clinical settings for labour analgesia and minor dental procedures can also reduce the risk of nitrous oxide-induced nausea and vomiting.

Opt T.I.V.A.: Opting for total intravenous anaesthesia over anaesthesia based on inhalation of anaesthetic gases. When used as a substitute for volatile anaesthetics, total intravenous anaesthesia offers an advantage with a lower rate of postoperative nausea, vomiting and cognitive disturbances, which lowers the patient's hospital stay and costs with a positive environmental impact.

Supporting Research: Hospitals can support research into the environmental impact of anaesthetic practices and the effectiveness of different sustainable initiatives, as well as investigate anaesthetic resources for substitutes that have less of an adverse effect on the environment through modern research and inventions.

Clean Energy Sources: Gathering genuinely renewable energy for intensive care units and operating rooms using solar panels and wind power plants specifically designed for this purpose.

All our trivial efforts add up to a collective meaningful change. It is time to strive towards **R.O.S.C.** to resuscitate Planet Earth for us and our future generations.



Dr. Pramod Kalgudi

Assistant Professor
Department of Anaesthesiology

Smirked Behaviour in Medicine Practice

Medicine is a noble profession that requires the utmost level of professionalism, empathy, and ethical behaviour. However, certain dimensions of behaviour, such as smirking, can undermine the trust and confidence patients place in medical professionals. Smirking can be characterized by a self-satisfied, mocking, or condescending smile, and its presence within the healthcare field can have serious implications.

Firstly, smirking behaviour is disrespectful and can create a negative doctor-patient relationship. Patients often place their trust in healthcare providers, relying on them to provide expert care and guidance. When a medical professional smirks, it can convey a lack of empathy, compassion, or seriousness towards the patient's concerns. This disrespectful behaviour can erode trust and discourage patients from fully disclosing their symptoms, impairing the diagnosis and treatment process.

Furthermore, smirking behaviour can create a power dynamic that favours the healthcare provider over the patient. As doctors hold a position of authority, their actions and demeanor have a significant impact on patients' perception of the care they receive. Smirking can reinforce the power imbalance and make patients feel belittled or dismissed. This inequality can lead to patients feeling unheard or disrespected, ultimately compromising the quality of care they receive.

Moreover, smirking behaviour creates an unprofessional image of the medical field as a whole. Healthcare professionals are expected to uphold high moral and ethical standards, both inside and outside the clinic. Smirking behaviour contradicts these expectations, conveying an unprofessional attitude that undermines the credibility of the medical profession. Patients may question the integrity and sincerity of their healthcare providers, making it difficult to establish an open and honest doctor-patient relationship.

In conclusion, smirking behaviour in medicine practice has far-reaching consequences. It damages the patient-doctor relationship, perpetuates power imbalances, and tarnishes the image of the medical profession. Healthcare providers must be vigilant in recognizing and addressing smirking behaviour, ensuring that patients feel respected, valued, and empowered. By doing so, the medical community can promote a culture of trust, empathy, and professionalism, enabling the delivery of high-quality patient care.



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

The department of Information Science and Library organized presentation by Elsevier representatives about their product "Clinical key" to facilitate discussion about its academic and research relevance on 27th June, 2024.



Dr. Somashekar A R, Prof. & HOD, dept. of Paediatrics was a resource person and Chief Scientific Advisor for National TOT on upper airway emergencies at Indore on 30th June, 2024 which was part of Central IAP action plan.





Dr. Jyothi G S, Professor, OBG and Dr. Manjula N V, Associate Professor, OBG, participated in the FOGSI-BSOG-FEMPOWER conference on 30th June, 2024. Dr. Manjula was a speaker in the workshop on Endoscopic Fertility Enhancing Surgery "Robotic in infertility" and Dr. Jyothi participated as a faculty committee member and speaker and gave a talk on Primary Prevention by HPV Vaccination. Dr. Nandini. G, Professor, OBG was also invited for Panel discussion and as a judge for poster presentation.



The Dept. of Pathology in association with KCIAPM, Karnataka Chapter conducted a CME programme on CNS Infections and Basics of Squash interpretation in CNS Tumours on 28th & 29th June, 2024.

WELCOME



Dr. Radhika P M
Associate Professor, Anatomy

SEPARATED



Dr. Praveen Kumar V
Senior Resident, Anaesthesiology



Dr. Shobha A Patil
Senior Resident, OB&G



Dr. Tehsim Memon
Senior Resident, Critical Care Medicine



Dr. Sharmila N
Senior Resident, Anaesthesiology



Dr. Sudipta Naskar
Senior Resident, Pathology



Dr. Manda Pranay Reddy
Senior Resident, Radiology



Dr. Aditya Jayan
Research Associate,
Division of Research & Patents



Ashwini H.Y
Public Health Nurse,
Community Medicine