



41st Graduation Day of Ramaiah Medical College

Ramaiah Medical College celebrated its 41st graduation day on 28th March, 2025. The graduation day was well attended by the dignitaries and family members at the decorated auditorium. Over 332 students received their degree certificates.

The chief guest for the programme was Dr. R Ravi Kannan, Director and Surgical Oncologist, Cachar Cancer Hospital & Research Center, Silchar. In his speech he stated "Remember, always to measure the value of your service not in terms of the recognitions that you get or in terms of the monetary rewards that you get but value it in terms of the impact that you will deliver in terms of the countless lives that you will touch as a doctor."

Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, presided over the function. In his motivational speech he stated, "Treat people without any discrimination; in return, this will increase compassion. Being compassionate is very important. Have a passion for treating people with kindness, as it is the defining quality of doctors making it a truly noble profession."



M R Sampangiramaiah, Trustee, Gokula Education Foundation, 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, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College, Dr. Hemanth T, Registrar, Administration, Ramaiah Medical College, and other dignitaries were present.





RAMAIAH

Celebrating Commitment, Catalyzing Change: Ramaiah's March Forward

ಜ್ಞಾನವಾಹಿನಿ
Jnana Vahini

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March 2025 has been a defining month for Ramaiah Medical College—a period marked by achievement, reflection, and renewed purpose. As we continue to stand at the crossroads of tradition and innovation, the stories that unfolded this month across our campus resonate deeply with our collective mission to educate, empower, and serve.

The 41st Graduation Day was a momentous occasion that brought the entire Ramaiah fraternity together in celebration of 332 graduates stepping into the world as responsible and compassionate doctors. The presence of esteemed chief guest Dr. R Ravi Kannan, recipient of the Padma Shri and Ramon Magsaysay Award, lent gravitas and inspiration to the event. His words echoed the values of service and selflessness, while our beloved Chancellor, Dr. M R Jayaram, reminded us of the legacy we carry forward and the expectations we must rise to meet. In his heartfelt address, Principal Dr. B V Rajendra Prasad emphasized the need for our young doctors to balance competence with conscience.

Academic excellence remained a central theme throughout the month. The NBA Awareness Workshop, co-hosted with VTU and graced by education leaders like Dr. S Vidyashankar (Vice Chancellor, VTU) and Dr. B G Sreekantaradhya (NBA expert), was a landmark event. It reinforced our commitment to maintaining rigorous standards in medical education and underscored our intent to align with national accreditation goals.

Faculty and students continued to make us proud on multiple fronts. PG EXCEL 2025 showcased research and academic rigour, while national and international platforms saw active participation from Ramaiah representatives. Our faculty earned top honours—Dr. Sahana M S for best poster in OBG, and Dr. Swati Singh in paediatric presentations, to name just a few. Such accolades are not merely individual triumphs; they are a testament to the environment of mentorship, inquiry, and excellence that Ramaiah fosters.

Our commitment to community engagement found meaningful expression through awareness campaigns for tuberculosis and kidney health, the ABHINANDANA alumni meet, and the solemn yet celebratory Lamp Lighting Ceremony at RINER. These events reminded us that education is not confined to classrooms—it is lived and shared in society.

Behind each event, award, and initiative is a team that believes in the Ramaiah vision—a vision of healthcare that is inclusive, innovative, and deeply human. As we move ahead, let this month's achievements serve not just as milestones, but as markers of momentum. The work continues, the journey unfolds, and our mission endures.

Here's to a future shaped by learning, service, and purpose.



Ramaiah University of Applied Sciences in collaboration with Visvesvaraya Technological University, Belagavi organised National Board of Accreditation Awareness Workshop on 'Outcome Based Education and Accreditation programme on 22nd March 2025.

Dr. M R Jayaram, Chairman, GEF, Chancellor, RUAS, Prof. Vidyashankar, Vice Chancellor, Prof. P N Razdan, Principal Advisor, GEF (M), Prof. S. Vidyashankar, Vice Chancellor, VTU, Belagavi, Dr. Anil Kumar Nassa, Member Secretary, NBA, New Delhi, Prof. Anil D. Sahasrabudhe Chairman, NBA, New Delhi, Prof. S S Pattnaik, Vice Chancellor, Odisha State Open University, Sambalpur, Odisha, Prof. R V Ranganath, Dean (Academics), RUAS and others were present.

Dr. Anish Mehta, Assoc. Prof. Dept of Neurology was invited as a faculty to speak on Pliothermic lesioning in Movement Disorders at National Conference MDSICON 2025 at Varanasi.



Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital was awarded from the Educhoice Awards – Women Leaders in Academia Awards 2025 for her excellence in education field.

The Ramaiah Institute of Nursing Education & Research (RINER) conducted a preconference workshop on "Emergency Obstetrics: Role of Midwife" as part of AEMECON-2025. The workshop aimed to enhance the knowledge and clinical competencies of nursing professionals in handling emergency obstetric situations. The workshop featured two hands-on practice sessions at designated skill stations. The AEMECON-2025 Workshop on Care of the Newborn (Basic Neonatal Resuscitation) was also conducted under the theme "Empowering Emergency Educators: Local Solutions for Global Impact."





The Department of Anaesthesiology organised the prestigious PG EXCEL 2025 conference under the Aegis of Indian Society of Anaesthesiologists (ISA) Karnataka Chapter and ISA Bangalore metro branch at Ramaiah Medical College on 7th to 9th March, 2025. Prof. K K Raina, Vice Chancellor, RUAS, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr Manjula B P, President ISA Karnataka, team Ramaiah Anaesthesiology, Dr. Kanti Balasaraswati was the Chief Guest and Dr. Rathna Rao was the guest of honour. The annual post graduate exam preparation was an academic extravaganza with 460 delegates & 80 faculty participating in the proceedings.



Dr. Somashekar A. R, Prof. Dept. of Paediatrics, was honoured with an Oration from IMA Karnataka and the IMA Kannada Writer Association in collaboration with Sahana High School, Sindhanoor (Raichur). The Oration focused on children's learning disabilities, poor scholastic performance, and adolescent issues, emphasizing emotion and understanding. Dr. Somashekar also led the "Gateway to Airway: Upper Airway Model" workshop in North Delhi on 22nd March, 2025, serving as the Resource Person and Chief Scientific Coordinator. Additionally, he was the Chief Scientific Coordinator for the upper airway module.



Dr. Nivedita Reshme, Asst. Prof. Dept. of OBG was appointed as selector and manager for Karnataka Under 23 Women's State cricket team in Trivandrum, Kerela on 9th March, 2025 during

which the team won all 3 matches versus Jharkhand, Goa and Uttar Pradesh respectively. She was also a faculty for panel discussion at IAGE - AAGL Conference at Pune on 16th March, 2025. On the occasion of womens day she was been felicitated by Cosmos Bank for her achievements.





Dr. Jyothi G S, Prof. & HoD Dept. of OBG, was a speaker for Free Communication session on HPV Prophylactic Vaccines and presented the paper on "Awareness, Attitude and Acceptance of Gender Neutral Nonavalent HPV

Vaccine for HPV Related Infections Among College Students in a Metropolitan City" at the 30th International Multidisciplinary HPV Congress - Eurogin 2025, on 15th to 19th March, 2025 at the Alfandago Congress Centre, Porto, Portugal. She also spoke on HPV vaccines and prevention of cervical cancer on women's day. Dr. Jyothi was also a speaker at FOGSI session at a CME on medical disorders of pregnancy organised by BSOG.



The Department of Anatomy, Ramaiah Medical College, organized ABHINANDANA 2025 - An Annual Voluntary Body Donors Meet on 16th March, 2025 at Ramaiah Medical College. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College, Dr. Ashwini C A, Prof. & HOD, Dept. of Anatomy and others were present.



Ramaiah Medical College team bagged the championship in RUAS inter faculty football tournament for students of the year 2025.

EMRI Green Health Services (EMRI GHS) hosted a two-day Resuscitation Academy Leadership Workshop at Hyderabad. The workshop was organised in collaboration with the Global Resuscitation Alliance (GRA), USA. Dr. Aruna C Ramesh, Prof. & HOD Dept. of Emergency Medicine, was invited to this workshop for knowledge sharing, skill development, and networking.



The Student Nurses Association at RINER successfully organized its annual sports & cultural meet on 10th March, 2025. This event was a testament to the association's commitment to fostering camaraderie, sportsmanship, and holistic development among nursing students.



The Department of Community Medicine organized a series of events in the campus as part of 100 Days TB Campaign to commemorate World TB Day 2025. This campaign is a national initiative aimed at the elimination and eradication of Tuberculosis. As part of this effort, the Department of Community Medicine and Respiratory Medicine organized a community and student awareness campaign on 18th March, 2025 at Ramaiah Medical College by conducting a rally.



Dr. Sirisha Vinzamuri Asst. Prof, Dept. of Ophthalmology was invited to the Institution of Bioinformatics and Applied Biotechnology (IBAB) to speak on Multiomics and Systems Biology-Role in Glaucoma.



The Department of Nephrology organised World Kidney Day programme at Ramaiah Memorial Hospital Auditorium on 20th March, 2025. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. S C Nagendra Swamy, President, Ramaiah Memorial Hospital, Dr. Madan S Gaekwad, Chief Operating Officer, Ramaiah Memorial Hospital, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Gurudev, Director, Nephrology and others were present at the event. The event was followed by a skit highlighting the importance of kidney health.

Lamp Lighting Ceremony & Graduation Day – RINER

The Lamp Lighting Ceremony for 32nd batch of GNM & 34th batch of B.Sc.(N) students and Graduation Ceremony for 30th batch of B.Sc.(N) students of Ramaiah Institute of Nursing Education and Research was on 20th March 2025. Total 78 graduates stepping forward to embrace their roles as healers and caregivers, and 160 freshers - 61 GNM and 99 B.Sc. Nursing students, taking their first sacred steps into the profession, the event was a beautiful tapestry of endings and beginnings. Dr. Deepika Cecil Khakha, Nursing Advisor, Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India, was the chief guest for the programme. Dr. Venkatesh G S, Registrar, RUAS, Uday Kumar Shetty, Finance Head, RUAS, Dr. Jadhav Sonali Tarachand Dean and Principal, RINER and others were part of the event.





The Cricket team from Ramaiah Medical College has won its first RUAS inter faculty students cricket tournament. Ayush from final year student got best batsman award and best all alounder award and Vatsa won the best bowler award.



RUAS celebrated International Women's Day 2025 with an inspiring event featuring Dr. Shaila Raveendran, a Certified Life & Executive Coach and International Patients Consultant as the chief guest on 6th March, 2025 at Ramaiah Medical College. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, and others were present.



The Ghent University delegation visited Ramaiah Campus on 5th March, 2025. Dr. M R Jayaram, Chairman, Gokula Education Foundation & Chancellor, RUAS, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. S C Nagendra Swamy, President, Ramaiah Memorial Hospital, Prof. K K Raina, Vice Chancellor, RUAS, Dr. Venkatesh, Registrar, RUAS and others dignitaries from Ghent University were part of the visit.



Dr. S. REVATHI, Asst. Prof, Department of Mental Health Nursing, RINER, was awarded the best paper in the oral presentation category at the 10th World Congress of the International Association of Women's Mental Health on 8th March, 2025 at NIMHANS . She also received a Bursary award, co-chaired oral presentations and was part of Early Career Professional's mentorship.



Dr. Nandini, Prof. Dept of OBG participated in the panel discussion at BSOG - Fogsi CME about RH isoimmunization in pregnancy.



Dr. Ravi Kumar T V, Prof. Dept. of Orthopedics attended as a faculty in Mangalore ORTHO COURSE on 2nd March, 2025.



Dr. Clement Wilfred was invited as a guest speaker at "National Oral Pathologist Day" conducted by Dept. of Oral and Maxillofacial Pathology and Oral Microbiology, Faculty of Dental Sciences, RUAS.



A Multi-Departmental CME on Tuberculosis was organised on the day of World Tuberculosis (TB) Day on 24th March, 2025. This was organised by the Departments of Orthopaedics, Neurosurgery, General Medicine, Respiratory Medicine, Infectious Diseases and Microbiology.

The Department of Mental Health Nursing organized a guest lecture on "Assertiveness Training- Nurse's Role" on 4th March, 2025 at Ramaiah Institute of Nursing Education and Research.

The lecture was delivered by Dr. Sailaxmi Gandhi, Professor and former HOD, Dept. of Nursing, NIMHANS. She discussed the importance of assertiveness in workplace, the differences between assertive, non-assertive and aggressive behaviour and nurses' role in assertive communication.





Dr. Pramila Kalra, Prof. & HoD, Dept. of Endocrinology attended 2025 Cardiabcon, 14th annual national conference.



Dr. Ajoy S M, Department of Orthopaedics contributed as a National Faculty at WBOA - IFAS Cadaver workshop at the NRS Medical college and Hospital at Kolkata on the 28th March, 2025. He demonstrated two procedures and guided different groups of delegates with performing specific foot and ankle surgical procedures.

Dr. Navdeep delivered talk on "Transverse Abdominus Plane block and Dr. Geetha C R delivered a talk on Diaphragm sparing Brachial Block in RSACPCON, National Conference at AIIMS, Bathinda on 29th March, 2025.

Dr. Janaki M G, Professor Radiation Oncology gave a health awareness talk at BEML corporate office on 27th March, 2025.



Bringing Neurosurgical Expertise to Rural Bengal: A Successful Outreach Initiative

In a recent outreach effort, Dr. Shabari Girishan from the Neurosurgical team extended its services to a semi-urban region in Murshidabad district, West Bengal. The initiative aimed to bridge the gap between tertiary-level Neurosurgical care and the healthcare needs of patients in underserved areas. The program included a Continuing Medical Education (CME) session in collaboration with local medical professionals, followed by a dedicated outpatient clinic focused on neurosurgical evaluations. The event was met with enthusiastic participation from both healthcare providers and patients, highlighting a growing demand for specialised care in the region. This outreach served as a pilot project, testing the feasibility of conducting neurosurgical clinics away from the parent institution. Despite the logistical challenges, the program was executed successfully, thanks to strong local coordination and team effort led by Dr Simanta Sharma. The overwhelmingly positive response from patients and the local medical community demonstrated the potential for ongoing engagement. There is now active discussion around establishing a sustainable model for follow-up care, including options for virtual consultations and long-distance referrals. Such initiatives reflect a broader commitment to making high-quality healthcare accessible beyond metropolitan centres, reinforcing the role of collaboration and innovation in public health. Plans are underway to build on this momentum and explore future outreach opportunities in similar regions.

Kidney Health Matters : Raising Awareness

Dr. Gireesh, HoD Dept. of Nephrology talks about the importance of kidney health and the need for awareness

What is the significance of World Kidney Day and why kidney health is so important?

World Kidney Day is celebrated to raise awareness about kidney diseases and their impact on global health. It's observed on the second Thursday of March every year, and its main goal is to highlight the importance of kidney health and the prevention of kidney disease. As the saying goes, "prevention is better than cure," but it's a concept that's often difficult to follow. That's why this day is so important – it brings attention to the need for early detection and prevention of kidney diseases, encouraging people to take their health seriously before it's too late.

Every year, there is a new theme to focus the awareness efforts. This global event is so crucial because kidney disease can be silent for a long time, so by the time symptoms appear, the disease might already be advanced. Awareness and regular testing can make a huge difference in early diagnosis and treatment.

What are some of the most common kidney-related diseases that you encounter in your practice?

Kidney diseases are quite varied. As nephrologists, we deal with all types of kidney diseases, including acute and chronic conditions. Acute kidney problems can happen suddenly, and with proper treatment, they may be reversible. On the other hand, chronic kidney diseases, often caused by conditions like diabetes and hypertension, develop over time and are typically irreversible.

Other common kidney issues include kidney stones, infections, and diseases related to the kidney's many functions such as fluid management, blood pressure regulation, and electrolyte balance. Kidney dysfunction can result in symptoms like swelling, fatigue, nausea, and even difficulty breathing in advanced stages.

Are there any early signs and symptoms of kidney disease that people should watch out for?

Unfortunately, kidney diseases are often "silent" in the early stages. By the time people notice symptoms like swelling, fatigue, or nausea, kidney damage has usually progressed significantly, often beyond 70%. That's why early detection is so important. If there is swelling, especially in the legs, and symptoms like feeling tired, loss of appetite, or nausea, it might be an indication that kidney function is compromised. However, these are usually late-stage signs, so regular screening is essential for those at risk.

What are the primary causes of kidney disease?

Chronic kidney disease is most often caused by diabetes and high blood pressure. In fact, diabetes alone accounts for about 50-60% of patients on dialysis. Other causes include genetic conditions, kidney stones, recurrent infections, and autoimmune diseases where the immune system damages the kidneys. Kidney disease can also be congenital, meaning people are born with kidney problems. It's important to manage these underlying conditions to prevent kidney damage.

How do conditions like diabetes and high blood pressure affect kidney health?

Diabetes and high blood pressure can damage the kidneys over time. If these conditions are poorly controlled, they can lead to the gradual breakdown of kidney function. Not everyone with diabetes or hypertension will develop kidney disease, but if these conditions are left unmanaged, the risk of kidney damage increases significantly. Regular monitoring and maintaining a healthy lifestyle can help prevent kidney damage in individuals with these conditions.

Are certain people more prone to kidney disease due to genetics or lifestyle?

Yes, absolutely. Both genetics and lifestyle play major roles. Lifestyle diseases like obesity, hypertension, and diabetes are heavily influenced by our daily habits, including diet, exercise, and stress management. Genetics also play a role in how these conditions manifest, especially in populations like Indians, who are genetically predisposed to certain lifestyle diseases. The combination of poor lifestyle habits and genetic susceptibility can significantly increase the risk of kidney disease.

What steps can people take to maintain kidney health?

The most important thing people can do is maintain a healthy lifestyle. This includes regular exercise, a balanced diet, and managing conditions like diabetes and hypertension. Avoiding over-the-counter painkillers or weight loss supplements without a doctor's advice is also crucial, as these can harm the kidneys. People should also stay hydrated, but not overdo it, as excessive water intake can strain the kidneys. Regular health check-ups, especially for those at risk, are essential for early detection.

What role does diet play in preventing kidney disease? Are there specific foods that can help?

Diet plays a critical role in kidney health. A healthy diet, especially one that limits excessive salt and animal protein, is important for kidney function. While people with advanced kidney disease may need more restrictive diets, most people should focus on eating a balanced diet with plenty of fruits, vegetables, and plant-based proteins. For those with kidney disease, vegetarian proteins are usually safe, while high levels of animal protein can place additional strain on the kidneys.

How important is hydration for kidney health?

Hydration is important but needs to be balanced. A healthy intake of water is typically between 1.5 to 2.5 liters a day for most people. Too little or too much water can both be harmful, especially for people with existing kidney or heart problems. In cases of kidney stones or recurrent infections, higher fluid intake is often recommended, but it should always be tailored to the individual's needs and health status.

How does excess salt or protein intake affect kidney function?

Excess salt and protein intake can put stress on the kidneys. The kidneys work hard to filter and excrete these substances, and over time, this can lead to kidney damage. A diet high in salt and animal protein increases the workload on the kidneys, potentially causing them to become fatigued. This kind of damage accumulates over the long term, which is why it's important to avoid excessive salt and animal fats in your diet.

What are the available treatment options for kidney disease?

Treatment for kidney disease depends on the stage and type of disease. Acute kidney problems can be

reversed with proper care, but chronic kidney disease is usually progressive. While we cannot reverse chronic kidney damage, we can slow down its progression with medications and lifestyle changes. In advanced stages, dialysis or kidney transplantation may be required. The goal is to control the disease and prevent it from progressing too quickly.

Are there any myths about kidney disease you'd like to debunk?

One common myth is that drinking excessive amounts of water is always beneficial for kidney health. This isn't true; overhydration can actually be harmful. Another myth is that strict diets can cure kidney disease – while diet plays a role in managing kidney health, it won't reverse kidney damage. Also, some people believe that Ayurvedic or alternative medicines can cure kidney disease, but unfortunately, there's no cure for chronic kidney disease once it's advanced. It's important to stick to proven treatments and consult a doctor regularly.

How often should people get their kidney function tested?

People at risk, such as those over 40, diabetics, those with hypertension, or those with a family history of kidney disease, should get tested at least once a year. Early detection through simple tests like checking protein in urine, creatinine levels in blood, and monitoring blood pressure can catch kidney disease early, preventing progression.

Finally, what message would you like to share with our audience on World Kidney Day?

On World Kidney Day, I want to stress the importance of early testing. Simple tests like checking for protein in urine and measuring creatinine levels in blood can help identify kidney issues early, even before symptoms appear. If you're at risk, getting tested annually can make all the difference in maintaining good kidney health. Remember, prevention is better than cure. Stay healthy, stay aware, and act early.



Dr. Giresh

HoD. Dept. of Nephrology

ಪರೀಕ್ಷಾಸಮಯದ ನಂತರ ಕಣ್ಣಿನ ಆರೈಕೆ

ಇನ್ನೇನು ಪರೀಕ್ಷೆಗಳ ಸಮಯ. ಈ ಸ್ಪರ್ಧಾತ್ಮಕ ಪ್ರಪಂಚದಲ್ಲಿ ಜ್ಞಾನದ ಜೊತೆ ಅಂಕಗಳಿಗೂ ಮಹತ್ವ ಉಂಟು. ದಶಮಾಂಶಗಳಲ್ಲಿ ಜೀವನದ ನಿರ್ಧಾರ ಉಂಟಾಗುತ್ತದೆ. ಕಣ್ಣಿಗೆ ಎಣ್ಣೆ ಬಿಟ್ಟುಕೊಂಡು ಓದು ಎನ್ನುವ ನಾಣ್ಯದಿಯಂತೆ ಕಷ್ಟಪಟ್ಟು ಓದುವ ಸಮಯವಿದು. ಹಗಲು ರಾತ್ರಿಯೆಂಬ ಪರಿವೆಯಿಲ್ಲದೆ ಶ್ರಮಪಡುವ ಸಮಯ. ಈ ಪರಿಶ್ರಮ ಪರೀಕ್ಷೆಯ ನಂತರ ಉತ್ತಮವಾದ ಫಲಕೊಡುವಂತಹುದು. ಭವಿಷ್ಯದ ನಿರ್ಧಾರವಂತು ಒಂದು ಕಡೆ ಇದ್ದರೆ, ಆರೋಗ್ಯದ ಕಾಳಜಿಯು ಅತಿಮುಖ್ಯವಾದುದು. ಒತ್ತಡ ಮನಸ್ಸಿಗೂ ಉಂಟು ಹಾಗೆಯೇ ದೇಹಕ್ಕೂ ಉಂಟು. ವಿವಿಧ ರೀತಿಯ ಆರೋಗ್ಯದ ಸಮಸ್ಯೆಗಳು ಉತ್ಪತ್ತಿಯಾಗಬಹುದಾಗಿದೆ. ತಲೆನೋವು, ಕೈ ಕಾಲು ನೋವು, ಹಸಿವಿನ ಸಮಸ್ಯೆ, ದೇಹದ ತೂಕದಲ್ಲಿ ಏರಿಳಿಕ್ಕಿ, ನಿದ್ರೆಯ ವೈಪರಿತ್ಯತೆ, ಹಾರ್ಮೋನುಗಳ ವ್ಯತ್ಯಾಸ, ಮುಟ್ಟಿನ ಸಮಸ್ಯೆ, ಕೂದಲುದುರುವಿಕೆ, ಮಲಬದ್ಧತೆ ಅಥವಾ ಅತಿಸಾರ, ಖಿನ್ನತೆ, ಸಿಟ್ಟು, ಹಠಾಶೆ, ಭಯ, ಏಕಾಗ್ರತೆಯ ಕೊರತೆ ಮುಂತಾದವುಗಳು ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತವೆ.

ಮೇಲೆ ಹೇಳಿದಂತಹ ತೊಂದರೆಗಳ ಜೊತೆಗೆ ಕಣ್ಣಿನ ಸಮಸ್ಯೆಗಳು ಪ್ರಾರಂಭವಾಗಬಹುದಾದ ಸಮಯವಿದು. ಪರೀಕ್ಷಾಸಮಯದಲ್ಲಿ ಹಾಗು ನಂತರದಲ್ಲಿ ಉಂಟಾಗಬಹುದಾದ ಕಣ್ಣಿನ ಸಮಸ್ಯೆಗಳು ಯಾವುವೆಂದರೆ- ದೃಷ್ಟಿದೋಷ, ಮಾಂಸಪೇಶಿಗಳ ಬಿಗಿಯಾಗುವಿಕೆ, ಕಣ್ಣೀರ ಪದರದ ಸಮಸ್ಯೆ/ಶುಷ್ಕತೆ, ಉರಿ, ತಲೆನೋವು, ಮೆಲ್ಲಗಣ್ಣು ಇತ್ಯಾದಿ.

ಓದುವ ಸಂಧರ್ಭದಲ್ಲಿ ಕಣ್ಣುಗಳಿಗೆ ಒತ್ತಡ ಉಂಟಾಗುತ್ತದೆ, ಮಿಟಕಿಸುವ ಪ್ರಕ್ರಿಯೆ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಕೆಲವು ಮಕ್ಕಳು ತುಂಬಾ ಹತ್ತಿರ ಹಿಡಿದು ಓದುತ್ತಾರೆ. ಬೆಳಕಿನ ವ್ಯತ್ಯಾಸಗಳು ಕೂಡ ಕಣ್ಣಿನ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಇದರಿಂದ ನೋವು, ಉರಿ, ಉಜ್ಜುವಿಕೆ ಪ್ರಾರಂಭವಾಗಿ, ಸೋಂಕು ಕೂಡ ಉಂಟಾಗಬಹುದು. ದೂರದೃಷ್ಟಿ ತೊಂದರೆ, ಮೆಲ್ಲಗಣ್ಣು, ಕಣ್ಣುಕುಟರೆ ಇತ್ಯಾದಿಗಳು ತಲೆದೋರಬಹುದು.

ಸರಿಯಾದ ಹಾಗು ಕ್ರಮಬದ್ಧವಾದ ಅಭ್ಯಾಸಗಳಿಂದ ಇವುಗಳನ್ನು ತಡೆಗಟ್ಟುವುದು ಬಲು ಸುಲಭ. ಅಂತೆಯೇ ಪರೀಕ್ಷಾಸಮಯದ ನಂತರದಲ್ಲಿ ಕೆಲವು ಚಿಕಿತ್ಸಾಕ್ರಮಗಳನ್ನು ಪಾಲಿಸುವುದರಿಂದಲೂ ಕಣ್ಣುಗಳ ಶಕ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸಬಹುದಾಗಿದೆ.

ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳು:

೧. ೨೦-೨೦-೨೦ ನಿಯಮ- ಪ್ರತಿ ೨೦ ನಿಮಿಷಗಳಿಗೊಮ್ಮೆ ೨೦ ಅಡಿಗಳ ದೂರವನ್ನು ೨೦ ಸೆಕೆಂಡುಗಳ ಕಾಲ ಅವಲೋಕಿಸಬೇಕು. ಇದರಿಂದ ಮಾಂಸಪೇಶಿಗಳು ಸಡಿಲಗೊಂಡು ವಿಶ್ರಮಿಸಿಕೊಳ್ಳುತ್ತವೆ.

೨. ಕಣ್ಣಿನ ವ್ಯಾಯಾಮ - ನಿಯಮಿತವಾದ ಕೆಲವು ವ್ಯಾಯಾಮಗಳು ಕಣ್ಣಿನ ಮಾಂಸಪೇಶಿಗಳಿಗೆ ಬಲವನ್ನು ಕೊಡುತ್ತವೆ.



೩. ಕಣ್ಣು ಮಿಟಕಿಸುವ ಪ್ರಕ್ರಿಯೆ - ಕ್ರಮಬದ್ಧವಾದ ಹಾಗು ನಿಯಮಿತವಾದ ಈ ಕ್ರಿಯೆಯಲ್ಲಿ ಮರೆಯದೆ ತೊಡಗಿಸಿಕೊಳ್ಳಬೇಕು. ಆಗಾಗ ರೆಪೆಗಳನ್ನು ಮಿಟಕಿಸುವುದರಿಂದ ಕಣ್ಣೀರ ಪದರದ ಸ್ವಾಸ್ಥ್ಯರಕ್ಷಣೆಯನ್ನು ಮಾಡಬಹುದು. ಇದರಿಂದ ಕಣ್ಣುಗಳ ತೇವಾಂಶವನ್ನು ಕಾಪಾಡಬಹುದು.

೪. ಹಸ್ತತಾಪನ ಕ್ರಮ - ಹಸ್ತಗಳಿಂದ ಬೆಚ್ಚಗಿಡುವ ಪ್ರಕ್ರಿಯೆ. ಗಂಟೆಗೊಮ್ಮೆ ಎರಡು ಹಸ್ತಗಳನ್ನು ಘರ್ಷಿಸಿ ಅದರಿಂದ ಉತ್ಪತ್ತಿಯಾದ ತಾಪವನ್ನು ಕಣ್ಣಿಗೆ ನೀಡುವುದರಿಂದ ಕಣ್ಣಿಗೆ ವಿಶ್ರಾಂತಿ ದೊರೆಯುತ್ತದೆ.

೫. ಕಣ್ಣು ಗುಡ್ಡೆಗಳ ಪರಿಭ್ರಮಣೆ: ಕಣ್ಣುಗುಡ್ಡೆಗಳ ಚಲನವನ್ನು ಆಗಾಗ ಮಾಡುತ್ತಿದ್ದರೆ ಬಿಗಿತ ಉಂಟಾಗುವಿಕೆಯನ್ನು ನಿಯಂತ್ರಿಸಬಹುದಾಗಿದೆ. ರಕ್ತ ಸಂಚಲನೆಯನ್ನು ಉತ್ತಮಗೊಳಿಸಬಹುದಾಗಿದೆ.

ಇವುಗಳ ಜೊತೆಗೆ ಸಾಧ್ಯವಾದಷ್ಟು ಪೌಷ್ಟಿಕ ಆಹಾರ,

ಬೇಕಾದಷ್ಟು ನೀರಿನ ಸೇವನೆ ಅತ್ಯವಶ್ಯ. ಧ್ಯಾನ, ಪ್ರಾಣಾಯಾಮ ಮನಸ್ಸಿನ ಹತೋಟಿಗೆ ಹಾಗು ಏಕಾಗ್ರತೆಗೆ ಮುಖ್ಯ.

ಪರೀಕ್ಷಾ ನಂತರದ ದಿನಗಳಲ್ಲಿ ಆಯುರ್ವೇದ ಚಿಕಿತ್ಸೆಗಳಾದ ತರ್ಪಣ, ಸೇಕ, ಪಿಂಡ ಸ್ವೇದ, ಶಿರೋ ಅಭ್ಯಂಗ, ಪಾದಗಳ ಅಭ್ಯಂಗ, ನಸ್ಯಗಳಂತಹ ಚಿಕಿತ್ಸಾಕ್ರಮಗಳು ಕಣ್ಣಿನ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವಲ್ಲಿ ಬಹು ಮುಖ್ಯ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಇವುಗಳು ದೇಹ ಹಾಗು ಮನಸ್ಸಿನ ಸಮತೋಲನವನ್ನು ಕಾಪಾಡುವಲ್ಲಿ ಹೆಚ್ಚು ಉಪಯೋಗಕಾರಿ.

ಆಯುರ್ವೇದದಲ್ಲಿನ ಕಣ್ಣಿನ ಆರೈಕೆ, ಚಿಕಿತ್ಸೆಗಳ ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಸಂಪರ್ಕಿಸಿ-



ಡಾ|| ಎಸ್. ಸುಮ
ರಾಮಯ್ಯ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆ

Safer Surgery for Uterine Fibroids

Leiomyomata are monoclonal benign tumors that arise from myometrial cells with complex pathobiological origins involving genetic, epigenetic, hormonal, environmental, proinflammatory, angiogenetic, and growth factors. Uterine myomata may present as single or multiple tumors easily recognized through ultrasound examination, although MRI or CT are sometimes required for further therapeutic decision-making. The associated symptoms depend on the size and location of the tumor; fibroids greater than 4 cm tend to hamper fertility and pregnancy outcomes or lead to chronic anemia or pelvic pain. Besides myomectomy and hysterectomy (via laparotomy or endoscopic approach), a broad spectrum of options is available for the treatment of myomas, including pharmacological myoma growth control (GnRH analog, ulipristal) and nonsurgical procedures (artery embolization, radiofrequency ablation, sonography-guided transcervical fibroid ablation, high-intensity focused ultrasound ablation). The election should be based on risk-benefit analysis, depending on the patient's desire, size, number, and location of the fibroids and the requirement of a multistage approach to obtain a reduction in the fibroid or its related symptoms. The endoscopic management of large and giant uterine myomata, which are not frequently described requires the use of morcellation for surgical specimen retrieval.

In 1995, the USA FDA approved electromechanical morcellation to retrieve surgical specimens during endoscopic surgery, but after decades of experience with this technique, in 2014, the FDA warned about the potential risk of postsurgical parasitic myoma development and, especially, occult sarcoma dissemination secondary to tissue spilling during myomata and uteri morcellation.

Although the incidence of uterine sarcoma is estimated to be low or very low at 0.06%, the dissemination of the disease in women undergoing hysterectomy for benign indications has been proven to be associated with uterine tissue morcellation. These risks should be avoided and balanced with the benefits of modern minimally invasive techniques such as less postsurgical pain, fewer complications, less in-hospital stay, and a rapid return to daily activities, when compared with laparotomy.

The challenge for physicians is to find a scientifically validated solution without moving to traditional open surgery and to avoid future medico-legal problems related to postsurgical parasitic myoma development and occult sarcoma dissemination. For this purpose, in-bag contained morcellation (IBM) systems were developed to facilitate a safe surgical specimen retrieval and were eventually approved for human use by the medical regulatory agencies in 2020.

The bags consist of thermoplastic polyurethane, which is a medical-grade polymer widely used in the medical industry (MorSafe, Veol medical technologies PVT LTD, Mumbai, India) and are available in different sizes that could contain up to 5500 mL of morcellated tissue.

Preoperative Evaluation

Patients with presumed uterine fibroids should be counseled about all available treatment options, including the risks and benefits of different surgical approaches. Appropriate preoperative assessment for endometrial carcinoma and uterine sarcoma should be performed, including evaluation for current disease and risk factors.

We recommend against using electromechanical morcellation of uterine tissue for patients who have significant risk factors for uterine sarcoma. Such risk factors include postmenopausal status, or history of any of the following: tamoxifen use for ≥ 2 years, pelvic irradiation, childhood retinoblastoma, hereditary leiomyomatosis and renal cell carcinoma (HLRCC) syndrome.

•Surgical techniques that disrupt the uterine specimen (scalpel or electromechanical morcellation, supracervical hysterectomy) should also not be performed in patients with known or suspected uterine or other gynecologic cancer.

Following myoma surgery, a very low rate of unexpected malignancy has been reported. Regarding sarcoma prognosis, tumor injury during excision and uncontained morcellation, electric or manual, in both laparotomy and laparoscopy plays a critical role in upgrading metastasis, resulting in poorer prognosis.

The concern for occult cancer risk and parasitic myomata may compromise the benefits of minimal-access surgery for uterine leiomyoma. Tulandi et al. reviewed 51 studies and reported that uncontained morcellation is associated with a risk of iatrogenic endometriosis (1.4%), adenomyosis (0.57%), parasitic myoma (0.9%), and disseminated peritoneal leiomyomatosis.

However, the standard use of containment systems, as advised by the FDA in 2020, could help to reduce the risk of dissemination by electromechanical morcellation. Recent studies have shown high technical success and a short learning curve in the technique of in-bag morcellation. IBM procedure for large and giant myomas proved to be safe and feasible following standard operating procedures for containment systems. The use of the bag added value to the known advantages of laparoscopic myomectomy, which has been associated with fewer complications than open myomectomy in different RCTs and meta-analyses.

The disadvantages of laparotomies in general are increased pain, increased wound infection, and longer hospital stays. A further advantage of closed systems is that intra-abdominal peritoneal lavage is not mandatory once the unperforated pouch has been removed, thus shortening the operation time. Another aspect to consider is the risk of adhesion formation after myomectomy, which is one of the most adhesiogenic gynecological surgeries. Peritoneal adhesions develop in 23% to 88% of open myomectomies and 15.6% to 22% after laparoscopic

approaches, with the lowest incidences seen when antiadhesion agents are used.

Appropriate bag size selection and the standardization of IBM surgical techniques save operation time, reduce the risk of bag perforation, and maintain the advantages of MIS. A postmorcellation bag insufflation test is useful to confirm a spill-free extirpation.

With time IBM could be proposed as a standard strategy to reduce the risk of occult sarcoma and parasitic myomata while maintaining the significant advantages of minimally invasive approaches.

We used this concept and did in bag morcellation within Morsafe bag for the first time in Ramaiah memorial hospital for a large pseudo broad ligament fibroid of 13*10*12 cm size.



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Festival of Russia-India: Culture Unites – A Celebration of Heritage and Art

Cultural exchange has been an integral part of India's rich heritage for centuries. In recent times, student and cultural exchange programs have become an essential part of academic curriculums, fostering global understanding and collaboration. Embracing this spirit, Ramaiah University of Applied Sciences (RUAS) proudly hosted the Festival of Russia-India: Culture Unites at its campus.

This grand cultural extravaganza brought the heart of Russia to life! Students from the esteemed National Research Mordovia State University curated an unforgettable journey through their country's rich artistic legacy. The audience was captivated by the graceful movements of Russian ballet, where every step told a mesmerizing story. They were immersed in the soul-stirring melodies of Russian opera, resonating with centuries of tradition. The event also showcased the vibrant essence of Mordovian culture, with its colorful folk music, dynamic dance forms, and customs that celebrate unity in diversity.

More than just a performance, "Culture Unites" symbolized the deep connections forged through art, heritage, and cultural exchange. The festival, was on 12th March 2025, at the RMC Auditorium, RUAS, was a true testament to the beauty of cross-cultural collaboration, bringing together the artistic brilliance of Russia and India on one stage.

