



Advancing Skin Care RMCH Unveils State-of-the-Art LASER & Aesthetic Unit



The Department of Dermatology marked a significant milestone with the inauguration of the LASER & Aesthetic Unit, representing a progressive step towards delivering advanced dermatological and cosmetology services.

The LASER & Aesthetic Unit was formally inaugurated on 8th April 2026 at Department of Dermatology, Ramaiah Medical College Hospital (RMCH) by Dr. M. R. Jayaram, Chairman, Gokula Education Foundation (Medical) & Chancellor (RUAS), Prof. Kuldeep Kumar Raina, Vice Chancellor, Ramaiah University of Applied Sciences was the guest of honour. Their esteemed presence added great significance to the occasion.

The event was graced by Dr. Shalini C. Nooyi, Principal & Dean, RMC & H; Dr. Ramesh D, Medical Director & Associate Dean, RMCH; Dr. Shivaswamy

K N, Professor & Head, Department of Dermatology; and Major (Dr.) Shivakumar Hiremath, Director (Operations), RMCH. Faculty members and postgraduate students from the Department of Dermatology, along with faculty from various other departments and hospital staff, were present.

The newly established LASER & Aesthetic unit aims to provide comprehensive, advanced aesthetic and laser-based treatments. The services offered include laser hair reduction for excessive and unwanted hair, scar revision & skin rejuvenation with CO₂ laser, tattoo removal, treatment of pigmentation, removal of skin tags & benign skin tumours. In addition, the LASER & Aesthetic unit will offer a wide range of cosmetology services, further enhancing patient care and expanding the scope of dermatological practice.



RAMAIAH

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Jnana Vahini

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Advancing Excellence: Integrating Innovation, Compassion, and Academic Leadership

The April issue reflects a vibrant confluence of clinical innovation, academic excellence, and compassionate healthcare delivery—hallmarks of a progressive academic health system. From the inauguration of cutting-edge infrastructure to impactful academic engagements and patient-centered initiatives, the institution continues to strengthen its position as a leader in medical education and healthcare services.

A defining highlight of this month is the establishment of the advanced LASER & Aesthetic Unit at Ramaiah Medical College Hospital, marking a significant leap in dermatological care. This initiative underscores the institution's commitment to integrating modern technology with clinical practice, thereby expanding therapeutic capabilities and enhancing patient outcomes.

Equally noteworthy is the recognition of the hospital as a Breastfeeding-Friendly Institution, reflecting adherence to globally endorsed maternal and newborn care standards.

The breadth of academic accomplishments showcased this month highlights a culture of inquiry and excellence. Faculty and students have earned national and international recognition through conferences, competitions, and research presentations. Such achievements are indicative of a robust academic ecosystem that fosters innovation, critical thinking, and interdisciplinary collaboration. Continued engagement in CME programs, workshops, and symposia further reinforces the institution's role as a hub for continuous professional development.

Beyond academics and infrastructure, the institution's commitment to holistic healthcare is evident in its community-oriented initiatives. Awareness programs such as those focused on Parkinson's disease and efforts to address diabetes stigma reflect an understanding that healthcare extends beyond clinical interventions to encompass psychosocial well-being and community engagement.

The narrative of resilience and human spirit, exemplified by individual achievements such as endurance sports and extracurricular excellence, adds a unique dimension to this issue. It reflects the institution's encouragement of well-rounded development, recognizing that personal growth complements professional competence.

In conclusion, this edition captures a dynamic phase of growth and consolidation. The integration of advanced technology, adherence to evidence-based practices, academic rigor, and community engagement collectively position Ramaiah institutions as a forward-looking institution. Sustaining this momentum requires continued emphasis on innovation, interdisciplinary collaboration, and a steadfast commitment to quality and compassion in healthcare delivery.

A Milestone in Maternal & Newborn Care at Ramaiah Medical College Hospital

Ramaiah Medical College Hospital, Bengaluru, has been officially recognised as a Breastfeeding-Friendly Hospital, marking a significant milestone in its continued commitment to maternal and newborn care. This recognition highlights the hospital's adherence to globally recommended practices that promote, protect, and support breastfeeding.



The recognition is awarded for successfully implementing the World Health Organization's "Ten Steps to Successful Breastfeeding" along with the

Government of India's MAA (Mothers' Absolute Affection) programme. These guidelines ensure that every mother receives the right support, education, and environment to initiate and continue breastfeeding effectively.

This achievement reflects the dedicated efforts of the Departments of Obstetrics, Paediatrics, Nursing, and Lactation Support Teams, who work collaboratively to create a mother-friendly and baby-friendly environment. From early initiation of breastfeeding to continuous counselling and support, the hospital has embedded best practices into everyday care.

As Ramaiah Medical College Hospital continues to set benchmarks in patient care, this recognition stands as a testament to its mission of nurturing healthier generations and supporting families at every step of their journey.



Dr. Harpreet and Dr. Kavya from the Department of Endocrinology won first and third prizes in the oral presentation category. Dr. Soumya, also a 1st-year resident won first prize in the poster presentation at Midterm ESICON 2026.



Devansh Mittal, a student, secured third place in the National Anatomy Quiz Competition at SOCACON 2026 – International Conference of the Society of Clinical Anatomists, conducted by NIMS University, Jaipur, on 2nd to 4th April 2026, under the guidance of Dr. Ashwini C.A., Prof. & HoD, Dept. of Anatomy.



The Department of Pediatrics, in association with IAP Bengaluru, successfully conducted the KAR Module under the IAP National Presidential Action Plan 2026 at Ramaiah Medical College on 9th April 2026.



The Department of ENT successfully organised a hands-on cadaveric dissection workshop on 9th and 10th April 2026 at RALC. The workshop witnessed participation from 26 delegates across India, including 10 hands-on participants and 16 observers. The delegates performed cadaveric dissections under the expert guidance of seven experienced faculty members.



The Department of Dermatology, Ramaiah Medical College, successfully organized a Continuing Medical Education (CME) program titled "Challenges in Clinical Dermatology" on 12th April, 2026 at RMC.



Dr. Sangeetha Shenoy, Professor, Department of Paediatrics, was invited to give a guest lecture in Institute of wood science and technology, on 'Complementary feeding and Nutrition in children' as part of Poshan Pakhwada (Nutrition Fortnight) programme, a Government of India initiative on 23rd April 2026



Rakshita S.R, Mahati Vanala, Nithyashri Ramasamy and Ruhee Chawla, collectively secured a gold medal in the 25m x 4 medley relay and a silver medal in the 25m x 4 freestyle relay.

In individual events, Rakshita won 3 medals, Nithyashri won 6 medals, and Ruhee won 4 medals at the Manipal INVICTUS 2026 swimming competition at KMC, Manipal.



Dr. Dhananjaya Gaviappa, Prof. Dpt. of Pediatric and Preventive Dentistry, shares his recent marathon experience The White Sand Ultra (WSU) 2026 – 2nd Edition proved why it is known as one of the toughest ultramarathons in the country. Often called the “Hell Race,” it takes place in the harsh and remote landscape of Dholavira. The race started at 4:00 PM in intense heat of 38°C, which later climbed to an exhausting 41°C. Right from the start, it was clear this race was not just about running long distances, but about pushing the limits of both body and mind. The route, sometimes called the “road to heaven,” was visually stunning but extremely demanding.

Every milestone had to be earned the hard way. Reaching 50 kilometers in 6 hours and 35 minutes, 100 kilometers in 13 hours and 30 minutes, and finally completing 160 kilometers in 25 hours and 7 minutes required more than physical strength. It required belief and mental



Dr. Ashwini C Appaji, Prof. & HoD, Department of Anatomy received the best oral presentation award for the student research project titled “Morphometry of neuronal areas on the superolateral and medial surface of the brain involved in creativity” at the Socacon 2026 World Congress of Clinical Anatomists on 2nd April, 2026.



toughness. The heat during the day drained energy, and the night offered little relief, with temperatures staying between 23°C and 26°C. There was no real recovery at any point.

What truly sets the White Sand Ultra apart is the mindset it demands.

As its tagline states, the White Sand Ultra is truly “not for the weak of the will.” Finishing this race is more than an achievement, it is a personal transformation. Those who complete it walk away with a deeper understanding of their limits, and the confidence that they can push beyond them.



Dr. Pramod Kalgudi, Senior Assistant Professor, Neuroanaesthesia & Neurocritical Care presented a poster in the 19th World Congress of Anaesthesiologists, in Morocco from 15th to 19th April, 2026. He was supported by the International Travel Scholarship from the Anusandhan National Research Foundation (ANRF).



Dr. Swasthi Shetty, third year OBG postgraduate, secured second prize in poster presentation on the topic – “OHVIRA Syndrome - Breaking Barriers - Successful Pregnancy after surgical management of OHVIRA syndrome,” at 6th YUVA KSOGA Conference 2026, Mandya on 18th April 2026. She was guided by Dr. Urvashi (Associate professor), Dept of OBG.



Dr. Janhavi Kasbe, third year OBG post graduate, secured first prize in poster presentation on 'Isthmoele - Silent Scar with Loud Concerns - Case Report' at the 6th YUVA KSOGA Conference 2026, Mandya on 18th April, 2026, under the guidance of Dr. Manjula N V, Professor, Dept of OBG.



Dr. Jyothi G S, Prof. & HoD, Dept. of OBG served as faculty and chairperson for the PPH workshop at the 6th Yuva KSOGA Conference at Mandya Institute of Medical Sciences on 18th and 19th April 2026.



Dr. Geetha G, postgraduate student from the Department of Pathology secured second prize in poster presentation at THYROCON 2026



The Department of OBG conducted a hands-on skill training workshop on 10th April, 2026 at the Ramaiah ALC. The workshop was organized for Interns and first-year postgraduate students. The workshop focused on key clinical areas including Postpartum Hemorrhage (PPH) management, eclampsia management, and IUCD & Mirena insertion techniques. The sessions emphasized simulation-based training, hands-on practice, and small-group learning under expert faculty guidance.



Civil Defence team members underwent intensive training to enhance emergency response, coordination, and life-saving skills, ensuring preparedness for future challenges. The report was prepared and published on the Civil Defence website. The program was organized by the Department of Emergency Medicine, Ramaiah Medical College.



A symposium with a multidisciplinary discussion on Systemic Autoimmune Rheumatic Disease-Associated Interstitial Lung Disease (SARD-ILD) was successfully conducted by the Department of Respiratory Medicine on 30th April, 2026.

The event was attended by around 100 postgraduate students and faculty members. The academic program included expert lectures from pulmonology, rheumatology, and radiology, followed by a comprehensive multidisciplinary discussion (MDD) involving a pulmonologist, radiologist, dermatologist, rheumatologist, pathologist, and general physician, promoting a holistic and collaborative approach to patient care.

The symposium was graced by the Guest of Honour, Dr. Paramjyoti G K, Senior Pulmonologist from Nizam's Institute of Medical Sciences, Hyderabad.



Jannat Zara, student, secured second place in Solo Singing. Jannat Zara and Saba Parveen, secured first place in Hindi Antakshari at AKAIRA 2026 on 18th April, 2026.

Living well with Parkinson's Disease

It's inspiring that you're thinking proactively about living well with Parkinson's. Living well with Parkinson's disease means embracing a proactive, adaptable mindset: stay physically active with tailored exercise (balance, strength, flexibility, and aerobic work), adhere closely to medication schedules, prioritize sleep and nutrition, manage stress through mindfulness or therapy, and stay socially and mentally engaged by pursuing hobbies and connections that bring meaning. Keep regular appointments with your neurology and multidisciplinary team, track symptoms to fine-tune treatment, and set realistic daily goals so small achievements add up to sustained quality of life. Cultivating resilience and self-compassion helps you respond to good days and bad days without losing purpose.

Role of assistive devices: Assistive devices—from simple tools like weighted utensils, grab bars, and non-slip mats to mobility aids such as walkers, canes, and rollators, and technology like medication reminders, speech amplifiers, or smart-home sensors—help preserve independence, reduce fall risk, and make daily tasks more manageable; choosing the right device with guidance from occupational and physical therapists maximizes safety and function.

Role of the caregiver: Caregivers provide practical support (medication management, mobility assistance, household tasks) and vital emotional support, act as advocates in medical settings, help monitor symptom changes, and coordinate therapies and appointments; their involvement enables better adherence to treatment plans and improves emotional well-being for the person with Parkinson's, so supporting caregiver education and

respite is essential to sustain these benefits.

On the eve of World Parkinson's Day, "Tulips & Sparks: Physio for Parkinson's Disease," was organized by Ramaiah Memorial Hospital, Bengaluru in association with Parkinson's Disease State Karnataka(PDSK) on April 5th 2026

This time the theme was 'MoveWithCare'. The program included education and awareness on Role of Physiotherapy in Parkinson's disease, Assistive devices and Caregivers Role followed by hands-on physio sessions (LSVT BIG, gait & balance) and some fun Bucket Ball and Football games !!

The program was attended by 80 patients along with their Caregivers.



Dr. Anish Mehta
Consultant, Ramaiah Memorial Hospital

Addressing Diabetes Stigma: A Critical Step Towards Better Care and Outcomes



support groups across the country. This two-day summit was endorsed by the Endocrine Society of India, Research Society for the Study of Diabetes in India, and the South Asian Federation of Endocrine Societies.

Dr. Chitra delivered a talk on “Creating a Shared Understanding of Diabetes.” The summit was an attempt to understand the experience of stigma among people living with diabetes and to develop working solutions to eliminate stigma in the healthcare system, in society, and in policymaking, and to enable access with the intention of improving outcomes for people with diabetes.

The prevalence of diabetes is increasing globally, and yet the degree of care and well-being of people living with diabetes is subpar. While access to healthcare and the financial burden of treatment play a huge role, there is also a social component called diabetes stigma, which could be contributing to below-average care for people living with diabetes.

Four out of five individuals with diabetes have reported that they have been stigmatised in some way or the other in their daily lives, be it at work or home, or in healthcare setups like clinics and hospitals. This prevents them from reaching out for help to take care of themselves. Diabetes stigma refers to the negativity experienced by an individual living with the condition, both verbal and non-verbal, based on certain implicit and overt biases about the condition. For example: “You got type 2 diabetes because you are lazy and overeat.”

Dr. Chitra was part of the steering committee that organised the Global Diabetes Stigma Summit at Jaipur, which included leaders in the psychosocial aspects of diabetes, representatives from the International Diabetes Federation, Deakin University, and representation from many patient



Dr. Chitra
Prof. & HOD Dept. of Endocrinology



Mohan Malode Narayana Rao, IT Manager, MSRMTH has successfully qualified as a DSCI Certified Data Protection Officer (DCDPO) after completing the certification training and passing the examination conducted by the Data Security Council of India (DSCI).

WELCOME



Dr. Sagarika C.S.
Senior Resident,
OB&G



Dr. Sharath Babu S.D.
Senior Resident,
General Medicine



Dr. Nirantha S.P.
Senior Resident,
Respiratory Medicine



Dr. Priyanka P.
Senior Resident,
Transfusion Medicine



Dr. Ayesha Sinha
Senior Resident,
Transfusion Medicine



Dr. Jebavictorraj J.
Senior Resident,
Pathology



Dr. Ananya Krishna T.
Senior Resident,
Anaesthesiology



Dr. Swaroopa Madhuri Rath
Senior Resident
Radiation Oncology



Dr. Radha Ganga
Senior Resident,
General Medicine



Dr. Poojashree A.J.
Senior Resident,
Dermatology



Dr. Swati R
Senior Resident
Pathology

BIDDING ADIEU



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Senior Resident, A
naesthesiology



Dr. Chandrashekar B
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Dr. Nisarga B.V
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Radio Diagnosis



Dr. Kavana S
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Dr. Akshith Raj S. Shetty
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Forensic Medicine



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Assistant Professor,
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Senior Resident,
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Dr. Dhineshkumar T
Senior Resident,
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Dr. Nirmal Nithin Muthu
Assistant Professor,
Gastroenterology



Dr. Yeluri Koushik
Assistant Professor,
Gastroenterology



Dr. Varsha G
Senior Resident,
OB&G



Shobha V. H
Junior Laboratory Technician,
Microbiology



B. R. Gangarangayya
Attender, Pathology



A small snack in hand, a much bigger story behind it. Snap by - **Sheeth Muringeri**

Dr. M. S. Ramaiah Memorial Cup – 2026

Ramaiah University of Applied Sciences organised the 5th Dr. M. S. Ramaiah Memorial Cup – 2026, an inter-hospital tennis ball cricket tournament. The tournament was inaugurated by Dr. Ramesh D, Medical Director & Associate Dean, RMCH, and S. Ashok Rao, Registrar, RUAS. Around 18 teams from across Bengaluru participated in the tournament. Narayana Nethralaya emerged as the winners, while HCG KR Unit were the runners-up.

