



RUAS and Johnson & Johnson Sign MoU To Boost Orthopaedic Training



Ramaiah Advanced Learning Centre (RALC) entered a strategic partnership with Johnson & Johnson through a Memorandum of Understanding (MoU) signed on 7th August, 2026.

The MoU marks an important step towards strengthening the connection between higher education and industry, while creating new opportunities for knowledge exchange, professional development and collaborative initiatives in orthopaedic surgical education.

The occasion was marked by an folder exchange between Dr. M. R. Jayaram, Chairman, GEF(M) & Chancellor, RUAS, and Namal Nawana, Worldwide President, Johnson & Johnson.

The partnership is expected to foster knowledge sharing, strengthen industry engagement and

create opportunities for future collaborative initiatives in orthopaedic surgical education. By bringing together RUAS's academic expertise and Johnson & Johnson's industry experience, the collaboration aims to support the continuous professional development of surgeons while promoting innovation and advanced learning in orthopaedic surgical skills.

Dr. Kuldeep Kumar Raina, Vice-Chancellor, RUAS, Ashok Rao, Registrar, RUAS, Dr. Sanjay Desai, Director, RALC and Dr. Shakuntala G, Deputy Director, RALC, Johnson & Johnson was represented by Mr. Namal Nawana, Worldwide President, Mr. Vishnu Kalra, President, International and many other dignitaries were also present.



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Jnana Vahini

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From Excellence to Impact: A Month of Learning, Leadership and Service

August 2026 has been a month that reflects the breadth and dynamism of the Ramaiah academic and healthcare community. Across clinical education, research, professional leadership, community engagement and institutional development, the activities reported this month demonstrate a shared commitment to advancing knowledge while remaining firmly connected to the needs of society.

A significant milestone was the strategic partnership between the Ramaiah Advanced Learning Centre (RALC) and Johnson & Johnson through the Memorandum of Understanding signed on 7 August 2026. The collaboration brings together academic expertise and industry experience to strengthen orthopaedic surgical education, professional development and advanced skills training. Such partnerships are important in creating learning environments that are responsive to rapidly evolving clinical technologies and professional requirements.

The month also showcased the considerable academic and professional contributions of our faculty. Faculty members represented the institution at national and international conferences, delivered invited lectures, moderated scientific sessions, served on expert panels and assumed leadership positions in professional organisations. Notable achievements included the election of Dr. Pramila Kalra as President of the Indian Thyroid Society and the leadership of Dr. Ajoy S. M. at the National Conference of the Indian Foot and Ankle Society. Faculty and residents also distinguished themselves through scientific presentations, awards and competitive achievements across several specialties.

Equally encouraging is the emphasis on translating academic expertise into community benefit. The breastfeeding counselling skills workshop organised by the Department of Community Medicine engaged approximately 50 ASHA workers and healthcare personnel, reinforcing the importance of strengthening frontline capacity. The month's feature on World Breastfeeding Week further highlights the institution's continuing commitment to breastfeeding promotion, with Ramaiah Medical College Hospital having maintained Baby Friendly Hospital recognition and receiving BFHI reaccreditation in April 2026.

The issue also reminds us that healthcare education must address emerging dimensions of health and society. The interview on egg freezing provides an opportunity to discuss reproductive autonomy, fertility preservation and informed decision-making in the context of changing aspirations among women. Importantly, it emphasises that fertility preservation expands reproductive choices but does not guarantee future pregnancy, underscoring the need for appropriate counselling and specialist assessment.

Beyond professional accomplishments, August celebrated the human dimension of our institution. The heartfelt reflection on intensive care reminds us that medicine is ultimately about people, vulnerability and the privilege of making a difference—even when the full impact of our efforts may never be known. The celebration of Onam, participation in sports and recognition of achievements across the institution further reinforce the importance of collegiality, wellbeing and a vibrant institutional culture.

Taken together, the August highlights present more than a collection of events and achievements. They represent an institution learning, leading, serving and evolving. As we move forward, the challenge is to transform these individual accomplishments into sustained institutional impact—through stronger collaborations, meaningful research, excellence in education, community engagement and, above all, a continued commitment to compassionate healthcare.



The Shubharambha of Ramaiah University College of Engineering (RUCE), at the Electronic City Campus was inaugurated on 17th Monday, 2026. On the occasion Dr. M R Jayaram, Chairman, GEF(M) & Chancellor, RUAS, along with Prof. Kuldeep Kumar Raina, Vice Chancellor, RUAS and Mr. S. Ashok Rao Registrar, RUAS inaugurated RUCE.



Dr. Gayatri Devi, Department of OBG, Dr. Sulata Kamath, Department of Pathology and Dr. Vanitha Gowda, Department of Biochemistry, received their Advanced Course in Medical Education (ACME), 2025 Batch certification at the convocation ceremony.



The Department of Ophthalmology made a significant academic impact at BOSSUMMIT 2026, with faculty members and postgraduate residents representing the department. The faculty were part of invited talks, Panel discussions and Debates. The residents participated with 2 interesting case presentations, 3 Scientific paper presentations and 2 Poster presentations. Dr. Meghdeep won best paper and best poster award for his presentations.



Dr. Girish Chandra, professor, Department of Forensic Medicine, was invited as a guest lecture and was a panellist at the workshop - "Awareness to Action, Integrating Road Safety" it was conducted by Department of Civil Engineering RUAS in association with IISc.



Dr. Malla Bhaskara Rao, Professor & HOD, Department of Neurosurgery, Ramaiah Medical College, delivered the Indian Epilepsy Society Presidential Oration on 8th August, 2026 at Ludhiana.



The Department of Community Medicine conducted Breastfeeding Counselling Skills workshop as part of World Breastfeeding Week 2026. The workshop was organised by Dr. Babitha Rajan and Dr. Pavithra Cheluvraj from the department. The workshop was graced by the Taluk Health Officer, along with senior health personnel at Avathi. Around 50 ASHA workers and other healthcare workers actively participated in the training programme.



Dr. Rakshith Srinivasa, Additional Professor, Department of Neurosurgery was invited as chief guest for the Annual Award Function at St Joseph's Boys High School.



Department of Anaesthesia participated at the Annual State Conference of the Indian Society of Anaesthesiologists (KISACON 26). Dr. Geetha C R, Dr. Tejesh, Dr. Prapti and Dr. Sandhya were invited faculty. Dr. Lohith Kumar was member of the Scientific Committee. Dr. Prakruthi, Resident secured first place in Trainee Talent session. Dr. Geetha CR was

elected as the EC member of Karnataka State Branch and was inducted into the Executive committee for a duration of 3 years during the conference.



Dr. Anitha S, Associate Professor, Department of Forensic Medicine, presented e-poster and won 2nd place at "SIMLAON 2026" the 22nd Annual Conference of South Indian Medicolegal Association, at IGM&RI, Puducherry from 7th to 9th August 2026.



Dr. Revathy, Radiation Physicist & RSO, won first prize in the Oral Presentation for best paper at the RTT conference and CME on Mega field Radiotherapy 2026, at St. John's Hospital, Bengaluru.



The department of paediatrics organised an awareness program and model making competition on 1st August, 2026 for Breastfeeding Week.



Dr. Somashekar A. R., Professor, Department of Paediatrics, was a faculty member at KAVERI PEDICON 2026 at Mandya Medical College. He moderated a session titled "Sneeze, Wheeze and Itch".



Dr. Rakshith Srinivasa, Additional Professor, Department of Neurosurgery was invited as Faculty for Neurological Society of India Super Speciality CME on Minimal Invasive Spine Surgery.



The Ramaiah Medical College Central Library, in collaboration with Sapna Book House, organised a one-day book exhibition on 12th August 2026 to celebrate National Librarians' Day and honour Dr. S. R. Ranganathan, the Father of Library Science in India.

Titled "Beyond the Stethoscope: Non-Medical Books for Medical Minds", the exhibition provided a refreshing respite from the demanding clinical curriculum.



The Department of Urology successfully conducted a Hands-on Cadaveric Workshop in Urogynecology on 16th August 2026. Urologists from across the country attended expert lectures and hands-on cadaveric training in advanced sling procedures, including TVT, TOT, and PVS.



Dr. Prasanna Kumar T, Professor & Head, Department of Respiratory Medicine, served as a jury member at BHC Let's Validate Chapter 8: "Demo Day – Is the Product Ready for Pilot with Hospitals?" on 14th August, 2026 at KDEM.



Dr. Sonica, Dept. of OBG presented a paper on "Maternal BMI and Fetomaternal Outcomes." She was guided by Dr. Sujani B K, Professor, OBG department, RMC.



Dr. Ajoy S M, Additional Professor, Department of Orthopedics, conducted the 38th National Conference of the Indian Foot and Ankle Society at Chandigarh, as the President of the Association.



Dr. Pramila Kalra, Professor, Department of Endocrinology, assumed office as the President of the Indian Thyroid Society at ITSCON 2026, Chennai.



On the occasion of National Sports Day, RUAS organised an Inter-Faculty Indoor Sports Competition for Staff – 2026 on 29th August, 2026. Dr. Rakshith Srinivas won the Table Tennis Men's category, while Dr. Nivedita Reshme was the runner-up in the Women's category and Dr. Priyanka Sangur Math won 1st place in Chess Competition.



Ramaiah Medical College and Hospital celebrated Onam with a beautifully decorated Pookalam.



Dr. Manjula, Professor and Dr. Nivedita Reshme, Assistant Professor, from the department OBG were conferred with the fellowship of ICOG at the 11th Annual conference of FOGSI ICOG in association with BSOG on 22nd August, 2026.



Dr. Jyothi G S, Professor and Head, Department of OBG, actively participated in several academic and professional engagements in the month of August. She

served as the Moderator for Karnataka at the Anemia Summit 2026, at Fairfield by Marriott on 8th August, 2026, on the topic "Advancing Maternal Health Through Innovation: Redefining Iron Deficiency Anemia Management."

The FOGSI project on microosomal anaemia was also published in the Q1 journal Scientific Reports, with Dr. Jyothi G S as the second author. She was a Speaker at the CME on "Clinical Perspectives on Modern Management of Uterine Fibroids and Endometriosis: Evidence-Based Role of Relugolix Combination Therapy".

She also chaired a session at the PCOS Paatshala CME, organised by the Indian Fertility Society (IFS) Karnataka. Further, she served as a Panelist for the session on "Multiple Pregnancy – Multiple Focus," a Judge for the Poster Presentations, and a Panelist for the session on "Optimising Screening for Cancer in Midlife Women" at the National ICOG-BSOG-FOGSI Conference. On 30th August 2026, she was an Invited Guest Speaker at the Cushion of Life CME Series, organised by the Mysore Obstetrics and Gynecological Society (MOGS), where she spoke on "Role of Estradiol Valerate in Menopausal Hormonal Therapy and Improving Reproductive Outcomes." She was also felicitated by MOGS for her contributions to the field of OBGYN.



Dr. Praveen Kumar S, professor of Dermatology and President of Bangalore Dermatological Society was a co-chair, along with Dr. Sacchidanand S, at CME on pigmentary and vascular disorders in

children, organised by IADVL academy SIG Paediatric Dermatology Group at Bengaluru on 30th August, 2026 at La Marvella.



Dr. Prasanna Kumar T, Professor & HOD, Department of Respiratory Medicine was invited as esteemed panelist for Severe COPD Forum in a National level Conference, Indian Chest Congress organised by Society for Pulmonology, Interventions, Critical care and Sleep (SPICE) at IITM Research Park, Chennai on 30th August, 2026.



Dr. Swati, Assistant Professor, Department of Psychiatry Presented symposium at The World Congress of Biological Psychiatry, Jaipur, 2026



Dr. Hemendra Singh, Associate Professor, Department of Psychiatry, presented symposium at The World Congress of Biological Psychiatry, Jaipur, 2026



Dr. Preethi G from Pathology, Dr. Pramatha from Pediatrics and Dr. Kavana from General Medicine, won the third place in hematology quiz organised by state level - KC ISHBT with a cash prize of 6000 each.



Chaitanya Karri, Student has won the RUAS inter-faculty chess competition on the occasion of National sports day 29th August, 2026.

You'll never know the full impact of what you do.

The patient you stabilised.
The sepsis you treated in time.
The airway you secured.
The shock you reversed.
The family you supported when there was still a chance.

The patient who walked out of the ICU and went on to live another 20 years.
The family that got more time together.
The person who came in critically ill and left with a second chance.

They move on. You stay.
And you'll often never know what happened after they walked out of the ICU doors.

That's the job — to give your very best, knowing you may never see the end of the story.

Some days it feels thankless.
Some days you lose despite doing everything right.
And some days, a patient simply walks out of the ICU — and you realise exactly why it all matters.

You're trusted with people at their most vulnerable.
You hold their lives in your hands when they cannot speak for themselves.
That's not just a burden.
That's a privilege.
One that very few will ever truly understand.



Dr. Keerthi

Egg Freezing: Empowering Women to Balance Career and Motherhood

In today's fast-paced world, more women are choosing to pursue higher education, establish successful careers, and achieve financial independence before starting a family. While these aspirations have transformed women's lives, they have also raised important questions about fertility and the biological clock. Egg freezing, once considered a niche fertility treatment, is now emerging as a practical option for women who wish to preserve their reproductive potential without compromising their personal or professional goals.

In this insightful interview, Ragi Saggere, Media Assistant, Department of Corporate Communications, speaks with Dr. Nivedita Reshme, Assistant Professor, Department of OBG, about egg freezing. Dr. Nivedita explains the process of egg freezing, who may consider it, its benefits and limitations, and why it is becoming increasingly relevant in modern healthcare.

Why is egg freezing becoming increasingly popular among career-oriented women?

Women today are delaying marriage and pregnancy for several reasons, including career growth, higher education, financial stability, or simply waiting for the right life partner. While opportunities have expanded for women, biology remains unchanged. Unlike men, women have a limited reproductive lifespan, and both the number and quality of eggs decline with age.

According to the doctor, egg freezing serves as a valuable backup option for women who wish to postpone motherhood. It offers reassurance that they have preserved younger, healthier eggs for future use, especially during the crucial age group of 30 to 37 years, when fertility begins to decline but egg quality is still relatively favourable.

What exactly is egg freezing?

Egg freezing, medically known as oocyte cryopreservation, is the first stage of an IVF procedure. During treatment, hormonal injections are administered over approximately 10 to 12 days to stimulate the ovaries to produce multiple mature eggs instead of the single egg released during a natural menstrual cycle.

Once the eggs are ready, they are collected through a minimally invasive procedure called transvaginal oocyte retrieval, performed under short anaesthesia with ultrasound guidance. The collected eggs are then frozen using an advanced technique called vitrification, which prevents ice crystal formation and helps preserve their quality for future use.

Whenever the woman decides to conceive, the frozen eggs can be thawed, fertilised in the laboratory, and transferred to the uterus as embryos.

How long can frozen eggs be stored?

There is currently no clearly defined expiry date for frozen eggs. In practice, they can be safely preserved for 10 to 20 years, depending on individual circumstances and storage protocols.

For women who already have a committed partner, another option is embryo freezing, where the eggs are fertilised before freezing. Women who are unmarried or uncertain about future family plans generally prefer freezing unfertilised eggs, allowing them greater flexibility in future reproductive decisions.

Who should consider egg freezing?

While career planning is one of the most common reasons, egg freezing is not limited to professional women alone.

The doctor explains that it is particularly beneficial for:

- Women between 30 and 37 years who wish to delay pregnancy.
- Women diagnosed with cancer who need chemotherapy or radiotherapy, as these treatments can reduce fertility.
- Women with a family history of premature menopause or premature ovarian failure.
- Women carrying certain genetic conditions that may require early removal of the ovaries.

The doctor emphasises that the age at which the eggs are retrieved is more important than the age at which they are used. Eggs collected at a younger age generally have better quality and a lower risk of chromosomal abnormalities.

Is the procedure safe?

Egg freezing is considered a safe procedure with relatively few complications.

Although ovarian hyperstimulation syndrome (OHSS) was once a concern, advances in fertility treatment protocols have significantly reduced its occurrence. Minor risks such as bleeding, infection, or anaesthesia-related complications are uncommon and are carefully managed by experienced fertility specialists.

Does egg freezing guarantee pregnancy?

One of the biggest misconceptions is that egg freezing guarantees motherhood.

The doctor clarifies that while egg freezing significantly improves future reproductive options, it cannot guarantee a successful pregnancy or live birth. Success depends on several factors, including the woman's age at the time of egg retrieval, the quality of the eggs, and her overall health when she decides to use them.

Rather than an "insurance policy," the doctor describes egg freezing as a reassuring backup plan that provides women with additional reproductive choices.

Breaking the myths

Despite growing awareness, egg freezing continues to face social and cultural misconceptions.

Many people still question whether delaying motherhood or preserving fertility is morally or socially acceptable. The doctor believes reproductive decisions should ultimately belong to the woman herself.

"Women today are balancing multiple responsibilities and contributing significantly to society. If medical science can provide them with an opportunity to preserve their fertility while pursuing their ambitions, they should have the freedom to make that choice without societal judgement."

What should women consider before making the decision?

Egg freezing requires careful planning and should not be viewed as an impulsive decision.

The doctor advises women to first consult a reproductive medicine specialist for a detailed fertility assessment. Factors such as ovarian reserve,

overall health, financial readiness, and future family plans should all be discussed before proceeding.

A message for young women

The doctor concludes with an encouraging message for women navigating career aspirations and future motherhood.

"Be confident in your choices and seek the right medical guidance. Egg freezing is not about choosing career over family; it is about giving yourself more options. Every woman's journey is different, and she deserves the freedom to make informed reproductive choices that suit her life."

As reproductive medicine continues to advance, egg freezing is offering women greater control over their fertility. While it is not a guarantee of future pregnancy, it represents an important step towards empowering women to balance their personal ambitions with their dreams of motherhood.



Ragi Saggre
Dept. of Corporate Communication

**STRENGTHENING THE TEAM IN GASTROENTEROLOGY,
HPB & LIVER TRANSPLANTATION**

RAMAIAH MEMORIAL HOSPITAL

WARMLY WELCOMES



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World Breast Feeding Week

World Breast Feeding Week (WBW) is a global campaign designed to raise awareness and inspire action on themes regarding breast feeding. It was started in the year 1992. It is organised and coordinated by World Alliance for Breastfeeding Action (WABA) and held between August 1-7 every year in commemoration of the Innocent Declaration on the PROMOTION, PROTECTION and SUPPORT of breast feeding. It is supported by WHO, UNICEF and many ministries of Health and civil society partners. It aims to INFORM, ANCHOR, ENGAGE and GALVANISE action on breast feeding and related issues.

Since 2016, it has been aligned with Sustainable Development goals (SDG) and together it is called the WBW- SDG campaign. WBW can be linked to each of the 17 SDGs. In 2018, the World Health Assembly declared WBW as an important health promotion strategy.

Every year a theme is decided on various aspects like health care systems, women and work, ecology, economy, human rights, science, education and community support. The theme for this year is 'BREAST FEEDING FOR A SUSTAINABLE START IN LIFE: STRENGTHEN WHAT WORKS'. The focus is to track progress, evaluate the impact and scale up approaches that have been proven to improve breast feeding outcomes like skilled infant and young child feeding (IYCF) counselling, Breast friendly Hospital Initiative (BFHI), National mass media campaigns, the international code of Marketing of breast milk substitutes, paid maternity leave and workplace breastfeeding support.

Implementation of the 10 steps to successful breastfeeding as part of BFHI has led to a 45% increase in exclusive breast-feeding rates at 6 months and 26% increase in continued breast feeding. A 17% increase in EBF was seen by media interventions integrated with counselling and community mobilisation. Countries with legislation on international code of Marketing of breast milk substitutes had EBF rate of 54 % compared to 24% in countries without any legal measures. Interventions delivered through health facilities, communities and households like skilled IYCF counselling has been shown to increase the EBF rates by 58%. Paid maternity leave in low- and middle-income countries was associated with 52% increase in EBF rate. Similarly, support for breast feeding at workplace

was also associated with substantial increase in EBF rates.

However, globally only 38% of infants are Exclusively Breast Fed (EBF). Indian data from National Health and Family Survey (NHFS) has shown a decline in the EBF rate from 63.7% in NFHS-5 to 55.8% in NFHS-6. Suboptimal breast-feeding practices contribute to 11.6% of mortality in children under 5 years of age. Hence there is a need to spread awareness among expectant and postnatal mothers and their families and among health care workers caring for them.

Ramaiah Medical College Hospital has been recognised as a Baby Friendly hospital since many years, and we recently received the BFHI re-accreditation in April 2026. We have also been celebrating WBW annually with various activities, competitions and awareness programmes. We have many certified breast-feeding counsellors who help mothers in establishing breast feeding and support them throughout their lactation journey.

Dr. Sangeetha Shenoy
Professor
Department of Paediatrics



**ENHANCING EXCELLENCE
IN CARDIOLOGY**

**RAMAIAH
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**WARMLY
WELCOMES**



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