



Ramaiah Memorial Hospital Achieves Dual AHA Certification

In a proud and unprecedented achievement, Ramaiah Memorial Hospital has become the first hospital in Karnataka, and one of only four hospitals in India, to be awarded Comprehensive Stroke Center and Comprehensive Chest Pain Center Certifications by the American Heart Association (AHA). Ramaiah Memorial Hospital is the forefront of emergency cardiac and neuro care in the country.

This dual certification is not just a milestone, it is a testament to the hospital's unwavering commitment to clinical excellence, rapid response systems, and coordinated care for patients facing life-threatening stroke and chest pain events.

At the heart of this success, led by Dr. Aruna C Ramesh, chair of the AHA certification program at Ramaiah Hospitals. This achievement is due to exemplary teams from the Emergency Medicine Department, Neurosciences, and Cardiology, whose dedication, expertise, and seamless collaboration have played a pivotal role in achieving this distinction. Their firm search of quality care, continuous training, and patient-centred protocols have raised the bar for acute care not only within the institution but across the state.



"In time-sensitive emergencies like heart attacks and strokes, every minute matters. Blocked blood vessels can cut off oxygen supply to the heart and brain, leading to potentially life-threatening consequences, including high mortality and disability. A structured, evidence-based approach can significantly decrease morbidity and save lives." - Dr. Aruna C Ramesh, Prof & HoD, Dept. of Emergency Medicine & Chair of the AHA, comprehensive stroke and chest pain center at Ramaiah.





RAMAIAH

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Jnana Vahini

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Ramaiah Institutions—Marching ahead in the path of glory!

The July 2025 edition of our university magazine is a reflection of the unwavering dedication, clinical brilliance, and academic dynamism that define Ramaiah Institutions. At the forefront of this month's accolades is the landmark achievement of Ramaiah Memorial Hospital being awarded dual certifications—Comprehensive Stroke Center and Comprehensive Chest Pain Center—by the American Heart Association (AHA). This recognition places us among a rare league of elite healthcare institutions in the country and underscores our leadership in emergency and acute care.

July also marked the celebration of National Doctors' Day, a moment to honour the compassionate service and lifelong commitment of our healthcare professionals. The event was graced by eminent personalities and served as a reminder of the ethical and humanitarian compass that guides our work.

The academic calendar was equally vibrant. Faculty from departments including Obstetrics and Gynaecology, Radiation Oncology, Forensic Medicine, Dermatology, and Neurosurgery represented the institution at various national forums—delivering lectures, participating in panel discussions, and conducting simulation-based workshops. These engagements not only underscore our knowledge leadership but also our role in shaping contemporary clinical practices.

In a unique collaboration with international professional societies, the Advanced Arthroscopy Foot and Ankle Course, held in association with BOFAS and IFAS, showcased Ramaiah Advanced Learning Centre as a hub for hands-on, cadaveric surgical training—a first of its kind in India.

On the academic front, the month saw the successful conduct of Prometheus 2025, our intercollegiate fest, which brought together intellect, artistry, and sportsmanship in a celebration of student excellence and community. Such cultural engagements are critical in nurturing well-rounded medical professionals who not only heal with their hands but lead with empathy.

Meanwhile, the Centre for National Security Studies (CNSS) convened a high-impact roundtable on India's health security, addressing bio-threat preparedness. Coupled with a hands-on student simulation exercise, this initiative reflects our interdisciplinary commitment to public health and national safety.

The growing presence of our students and residents in conferences and competitions, along with recognitions earned by our senior faculty in national societies, affirms our robust academic culture. The contributions from departments on topics such as Digital Eye Strain and Mental Health in Poetry remind us of the holistic dimensions of health and well-being.

As we look forward, let this edition inspire us to persist in our shared mission—delivering compassionate care, generating impactful research, and fostering future-ready professionals.

On the occasion of doctor's day Ramaiah Medical College and hospitals organised Doctor's Day programme on 1st July, 2025. The programme was organised to honour the doctors for their timeless work. The Chief guest for the programme was Dr. Chaitra Jayadev, Consultant Vitreoretina Services. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. S C Nagendra Swamy, Chief Executive, Healthcare services, GEF(M), Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Hemanth T, Registrar, Administration, Ramaiah Medical College, Dr. A G Prathab, Registrar Academics, Ramaiah Medical College and others were present at the programme.



The department of CNSS organised an expert roundtable event on India's Health Security, themed "Biological Threat Risks from State and Non-State Actors," on 4th July, 2025. This interdisciplinary event brought together leading voices from the domains of national security, biotechnology, public health, defence and policy to deliberate on emerging biological threats, biodefence preparedness and the need for integrated response mechanisms.

The roundtable event was followed by a symposium on emerging bio-threats titled "Virology, Public Health Preparedness, and Biosecurity" on 5th July 2025, in collaboration with the Faculty of Life and Allied Health Sciences and Ramaiah Medical College. A hands-on, student-focused simulation exercise on managing a biological crisis was designed to strengthen rapid response and coordination skills among emerging professionals.



Dr. Jyothi GS, Prof & HoD, Dept. of OBG, actively participated in multiple academic and clinical engagements, serving as Moderator for a case discussion on Anemia in Pregnancy and as Faculty for a Shoulder Dystocia drill at the BSOG PG CME. She was a FOGSI speaker on Adolescent and Adult Maternal Immunisation at a CME in Shivamogga, delivered a talk on HPV Vaccination in Post-partum Women at an event in Bengaluru, and chaired a session on Imaging in RPL at a CME at St. John's Medical College. She also moderated a panel on Iodine in Pregnancy at a CME hosted by Artist for Her, spoke on Intrahepatic Cholestasis of Pregnancy at a multidisciplinary CME at Ramaiah Memorial Hospital, coordinated the National ICOG FOGSI online CME on Teaching-Learning Methods, and contributed as an expert in a KSOGA webinar on contraceptives, representing the Public Awareness Committee.



The Department of Forensic Medicine conducted a CME programme on Medico-legal Update 2025 at Ramaiah Memorial Hospital.



Dr. Nandini, Prof. and Dr. Manjula Assoc. Prof. from the Dept. of OBG were faculty members for PPH drill at annual BSOG PG CME at Bengaluru.



The inaugural of Advanced Arthroscopy Foot and Ankle Course, in collaboration with the British Orthopaedic Foot & Ankle Society (BOFAS) and the Indian Foot & Ankle Society (IFAS), was organised at Ramaiah Advanced Learning Centre on the 27th and 28th of June, 2025. This landmark event in India marks the first time that a comprehensive, hands-on cadaveric course for foot and ankle arthroscopy has been conducted.

Dr. Ajoy SM, Prof. Dept. of Orthopaedics was a lead faculty & organiser and Dr. Inderjit Singh, was the Course Director for this course.

The Radiation Oncology Department on 5th & 6th, July, 2025 conducted an 'Conventional Planning In Radiotherapy'. It was a hands-on mannequin-based workshop which addressed 58 postgraduates from Bengaluru, Mangaluru, Kerala and Telangana. The students were engaged with practical planning sessions and their feedback reflected that they were inspired, motivated and confident to practice on their own.





Dr. Rakshith Srinivasa, Assoc. Prof. Dept. of Neurosurgery was an invited speaker at fourth meeting of "The Young Neurosurgery Forum" of The Neurological Society of India at New Delhi.



The Department of dermatology organised a skin camp from Ramaiah medical college at Need Base India, Bengaluru.



Dr. Somashekar A.R, Prof. Dept. of Paediatrics, Ramaiah Medical College received Doctors Day Award from IMA Bengaluru on 17th July, 2025.



Dr. Pramila Kalra, Prof. & HoD, Dept. of Endocrinology has been elected as Vice President of Karnataka Endocrine society which is the state society of Endocrinologists of Karnataka.



Dr. Poojashree K S, Asst. Prof. Dept. of OBG, secured third prize in the Young Talent Program an CME programme on Recurrent Pregnancy Loss - Unravelling the Mysteries, organised by the department of OBG at St. John's Medical College in association with the Bangalore Society of Obstetrics and Gynaecology, on 20th July, 2025 at St. John's Medical College. She spoke on the topic - Mutation in Recurrent Pregnancy Loss (MTHFR).



Dr. Sanjana Raj, Resident, Endocrinology won 2nd prize for oral presentation at Hormone Rhythm a state conference, for the research paper on 'Bone Health in Gender Incongruence'.

Prometheus 2025



Prometheus 2025 is an intercollegiate fest, hosted by Ramaiah Medical College between 5th to 9th July, 2025. Prometheus brought together students from across the country in a vibrant celebration of talent, intellect, and sport.

The fest included exciting dynamic dance and fashion shows, expressive literary and art events, intercollegiate quizzes, and spirited high-energy sport matches. The fest also featured two major headliners Concert Night with Mysore Express and a hilarious Comedy Night by Abhishek Kumar, both of which drew massive crowds.

Prometheus 2025 was not just an event, but an experience one that celebrated creativity, competition, and community in equal measure.





Dr. Somashekar, Professor, Dept. of Paediatrics was the resource person for a workshop on 'Adolescent with Special Needs' at Erode on 27th July, 2025. He was also a faculty member at Ped Envichon on 25th July, 2025, he spoke on Importance Ped Environment History.



Dr. Nivedita Reshme, Asst. Prof. Dept. of OBG was invited as faculty for BSOG PG CME-2025 for her presentation on "Role of sentinel node in Gynaec cancers" on 3rd July, 2025.

The Dept. of Ophthalmology participated in Bangalore Ophthalmic Society Summit 2025 on 26th - 27th July, 2025. Both the faculty and post graduate students were active participants in the programme. Dr Thanuja, member of the executive committee of the Bangalore Ophthalmic Society, was the organizing secretary of the summit, and was scientific chairperson. Dr. Ananth Bhandary, Prof. & Hod, Dept. of Ophthalmology was the co-chairperson of the small incision Cataract surgery session.

The seasons of the mind

The sun's rays stream through
A crack in the window
Like small jewels, the dust sparkles
The radiance making my heart dance
I sit on my diwan
Absorbing the peace
The stillness of the moment
As still as the air of summer
The sudden darkness and quiet
Dispelling the quiet of my heart
A rumble as if heard far away
Yet so close, making my heart leap with expectation
I sit on my diwan
Absorbing the excitement
Of newness and growth
As new as the first drops of rain
The resonance of the windows with thunder
Mirroring the dissonance in my mind
At odds with one another
The sun, the wind and the rain
I sit on my diwan
Clouded with worry
Should I or shouldn't I?
I should have? I could have?
A solar flare in my chest
Like a hamster's wheel
That I can't get off of
Like a roller coaster ride
At its nadir
The seasons of emotions
Keep washing up the shores of my heart
Washing away the previous season
Like the scent of a faint memory.
The seasons are so unpredictable
A depression when sun was predicted
A drizzle when it should have been a storm
All this happening in my mind
Carrying the skies and the earth
In my mind.

Dr. Soumya Ramani
Dept of Ophthalmology





Dr. Swetha, Asst. Prof. Dept. of OBG, was an invited faculty at the Zonal Conference of KASOGA at Sri Madhusudan Sai Institute of Medical Sciences, Muddenahalli, Chikkaballapura, on 28th & 29th, June, 2025. She delivered a faculty talk on "Gene Editing: CRISPR-Cas9 – Ethical and Clinical Implications".



Dr. Ankitha C R, Asst. prof, dept. of OBG, was an invited faculty for the FOGSI Presidential Conference (HOPE) on 'High-Risk Pregnancy for The Know your Instruments' on 8th June, 2025 at Bengaluru OBGYN Society.



Dr. K N Shivaswamy, Prof. & HOD, dept of Dermatology, was felicitated in recognition of distinguished and exemplary service rendered in the field of Dermatology on 20th July, 2025 by Bangalore Dermatological Society on BDS Founder's day.



Dr. Thejeswini, Dept of Critical Care completed ECMO fellowship from ECMO Society of India. She was awarded the F-ECMO degree in the convocation at the National ECMO conference in Kolkata. The project & publication included case series of intraoperative ECMO for lung transplant.



The department of Nephrology organised an alumni meet on 19th and 20th of July, 2025. It was attended by all faculty and students from 1st batch to the current batch.



Dr. Seham Syeda, Asst. Prof. Dept. of Anesthesiology, was invited as a faculty speaker at the Continuing Education in Anaesthesia Technology (CEAT) program at NIMHANS.



Dr. T K Sumathy, senior prof, Dept. of Dermatology was a panellist on management of Atopic Dermatitis in the Indian scenario- at the AAD (American academy of Dermatology) Indian Conclave in Bengaluru.



Advithiya Nursing Care programme was conducted on 25th July, 2025.



The department of Nephrology organised Ramaiah PD Connect CME on peritoneal dialysis on 26th July, 2025 at MEU Hall and Council Hall, Ramaiah Medical College. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. K. C. Gurudev Director, Centre of Excellence of Nephro-Urology, Dr. Mahesh, Prof. Dept. of Nephrology, Dr. Gireesh M. S, HoD, Dept. of Nephrology and others were present.



On the occasion of the World Hepatitis Day, departments of Gastroenterology, Obstetrics & Gynaecology and General Medicine conducted a CME programme on "Liver disorders in pregnancy" on 29th July, 2025. Dr. Ashish Goel Prof. & HOD and Hepatologist at CMC Vellore was the chief guest.

How Digital Strain Affects Eyes: A Modern Health Concern

In our increasingly digital world, screens have become an integral part of daily life. From smartphones and tablets to computers and televisions, the average person spends over seven hours per day looking at digital devices. This has affected all age groups from toddlers to elderly no one's exempt from the ill effects of digital device use. This prolonged exposure has given rise to a condition known as digital eye strain (DES), also called Computer Vision Syndrome (CVS), which affects millions of people worldwide and poses significant challenges to ocular health.

Understanding Digital Eye Strain

Digital eye strain encompasses a collection of eye and vision-related problems that result from prolonged use of digital devices. Unlike traditional reading materials, digital screens emit blue light and require the eyes to work harder to focus on pixelated images. The constant refocusing and adjustment needed when viewing screens places considerable stress on the visual system, leading to various uncomfortable symptoms.

The most immediate effects of digital strain include dry eyes, blurred vision, and eye fatigue. When we focus intently on screens, our blink rate decreases by up to 60%, reducing the natural lubrication of the eyes and causing dryness and irritation. The continuous accommodation and convergence required to maintain focus on close-up screens leads to eye muscle fatigue.

Headaches and neck pain frequently accompany digital eye strain, as poor posture while using devices creates additional tension. The brightness and contrast of screens, especially in poorly lit environments, force the pupils to constantly adjust, contributing to overall visual discomfort. Many users also report experiencing difficulty focusing on distant objects after extended screen time, a temporary condition that indicates the focusing muscles have become temporarily impaired.

Blue Light and Sleep Disruption

Digital devices emit high-energy blue light, which can penetrate deep into the eye and potentially cause long-term damage to the retina. While research is ongoing, some studies suggest that

excessive blue light exposure may contribute to age-related macular degeneration over time. More immediately concerning is blue light's impact on circadian rhythms. Exposure to blue light, particularly in the evening hours, suppresses melatonin production and disrupts natural sleep patterns, creating a cycle where poor sleep further exacerbates eye strain symptoms.

Long-term Implications

Chronic digital eye strain may contribute to the progression of myopia, particularly in children and young adults whose eyes are still developing. The constant near-focus work required by digital devices may encourage the elongation of the eyeball, leading to nearsightedness. Additionally, persistent dry eyes from reduced blinking can result in more serious conditions, including corneal damage and increased susceptibility to eye infections.

Prevention and Management

Fortunately, digital eye strain is largely preventable through proper habits and environmental adjustments. The 20-20-20 rule—looking at something 20 feet away for 20 seconds every 20 minutes—helps relax focusing muscles. Adjusting screen brightness, increasing text size, and maintaining proper viewing distance can significantly reduce strain. Environmental modifications such as adequate lighting and taking regular breaks can prevent many symptoms from developing.

As our reliance on digital technology continues to grow, understanding and addressing digital eye strain becomes increasingly important for maintaining long-term eye health. By recognizing the symptoms and implementing preventive measures, we can continue to benefit from digital technology while protecting our vision for years to come.



Dr. Thanuja Gopal Pradeep
Associate Professor
Dept of Ophthalmology

WELCOME



Dr. Avinash R
Senior Resident, Radiation Oncology



Dr. Chirag Rajkumar Kopp
Assistant Professor, Rheumatology



Dr. Anil Kumar Hegde M.
Professor, Hospital Administration



Dr. B. M. Santhan Kumar Reddy
Senior Resident, Orthopaedics



Dr. Sujana J. Bharadwaj
Senior Resident, Dermatology



Dr. Parvathy V
Senior Resident, Respiratory Medicine



Dr. Nirmal Nithin Muthu
Assistant Professor, Gastroenterology



Dr. Mohamed Omar Shariff
Assistant Professor, Cardiology



Dr. Akshay Jain
Assistant Professor, Gastroenterology



Dr. Swetha Shankar Kalgudi
Senior Resident, Physiology

BIDDING ADIEU



Dr. Vinay Kumar Bahl
Director and Professor, Cardiology



Dr. K. C. Gurudev
Professor & Director, Centre of Excellence of
Nephro-Urology



Dr. Sanketh Bidargod
Senior Resident, Orthopaedics



Dr. Sreevathsa Upadhyaya
Assistant Professor, General Medicine



Dr. Manjari Rajagopalan
Senior Resident, Respiratory Medicine



Dr. Abhishek M.U
Senior Resident, Orthopaedics



Dr. Aditi Venkatesh
Senior Resident, Radio Diagnosis



Dr. Bhavana Chinmayee K
Assistant Professor, General Surgery



Hues of Golden Hour

Snap By - Prof. Ananth Bhandary