



## Deeksharambh 2026

**R**amaiah University of Applied Sciences inaugurated Deeksharambh 2026, the Student Induction Programme for the incoming Batch of 2026-27, on 15th July, 2026. The programme marked the beginning of an exciting academic journey for the newly admitted students, offering them a warm welcome into the Ramaiah family.

Mr. Amuleek Singh Bijral, Founder and CEO of Chai Point, was the chief guest. In his inspiring address, he encouraged students to embrace curiosity, resilience, innovation, and lifelong learning as they embark on their higher education journey.

Students were introduced to the University's diverse academic ecosystem through presentations by the Deans of various faculties. Informative sessions on examinations and assessment, research and innovation, and training and

placement familiarized the students with the opportunities and support systems available throughout their academic journey.

The event served as an ideal platform to acquaint students with the University's vision, academic culture, and student-centric initiatives. Deeksharambh 2026 laid a strong foundation for the new batch, inspiring them to pursue knowledge, innovation, and excellence while becoming responsible professionals and future leaders.

Prof. Kuldeep Kumar Raina, Vice Chancellor, RUAS, Prof. R. V. Ranganath, Provost, Engineering & Allied Sciences and Dean Academics, Dr. Indira Ramarao, Provost- Social Sciences & Applied Faculties, Mr. S. Ashok Rao, Registrar, RUAS, Dr. M G Janaki, Principal & Dean, Ramaiah Medical College and Professor, Department of Radiation Oncology and other faculty members were present at the event.





**RAMAIAH**

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**Jnana Vahini**

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**DIGITAL ART WORKS**

info@dawindia.com

Contact

+91 2218 2822/3205

+91 2360 5190, Extn. 1315/3595

gokula.jnanavahini@msruas.ac.in

gokulagnanavahini@gmail.com

www.ramaiah-india.org

## A Month of Purpose, Progress and Possibilities

July 2026 reflects the essence of what defines Ramaiah University of Applied Sciences and Ramaiah Medical College—a vibrant academic community where learning, innovation, patient care, and societal impact converge. The events and achievements highlighted in this issue demonstrate that excellence is not an isolated accomplishment but the collective outcome of a culture that values knowledge, collaboration, and service.

The month began with Deeksharambh 2026, welcoming a new generation of students into the Ramaiah family. Beyond an orientation programme, it reaffirmed our commitment to nurturing curious minds, ethical professionals, and future leaders equipped to address complex global challenges. The emphasis on academic excellence, research, innovation, and holistic development sets the tone for every learner embarking on this journey.

July also celebrated the unwavering dedication of our medical fraternity on National Doctors' Day, recognizing clinicians and academicians whose contributions continue to strengthen patient care, education, research, and community service.

Equally inspiring is the breadth of scholarly engagement across departments. Faculty members represented the institution at prestigious national and international conferences, delivered invited lectures, received distinguished awards, contributed to professional societies, and advanced scientific knowledge through impactful research presentations. Our postgraduate students also distinguished themselves through academic excellence and competitive achievements, reflecting the strength of our mentorship ecosystem and research-oriented learning environment.

Hands-on workshops, live surgical masterclasses, continuing medical education programmes, and interdisciplinary academic initiatives further illustrate our commitment to translating knowledge into practice.

This issue also draws attention to a theme of growing global significance: lifestyle medicine. As non-communicable diseases continue to challenge healthcare systems worldwide, prevention through healthy nutrition, physical activity, adequate sleep, stress management, and behavioral change has become as important as therapeutic intervention.

As we reflect on the accomplishments of July, we celebrate not merely individual milestones but the shared vision that unites our institution—advancing education, research, clinical excellence, and societal well-being. Every achievement, whether in the classroom, laboratory, clinic, or community, reinforces our responsibility to create knowledge, inspire innovation, and serve humanity with integrity.

Together, we continue to build a future where learning transforms lives, research drives innovation, and compassionate healthcare remains at the heart of our mission.

## Ramaiah Medical College Celebrates National Doctors Day



Ramaiah Medical College commemorated National Doctors' Day with a heartfelt celebration dedicated to recognising the unwavering commitment, compassion, and exemplary service of its medical fraternity. The event paid tribute to doctors who continue to make a profound impact through their

tireless efforts in patient care, medical education, research, and community service.

The Chief Guest for the programme was Dr. Bharath Kumar B, Founder Director, Ziathlon – Human Performance Ecosystem. He shared valuable insights on human performance, holistic well-being, and the evolving role of healthcare professionals in today's dynamic medical landscape.

Prof. K. K. Raina, Vice-Chancellor, Ramaiah University of Applied Sciences (RUAS), Dr. Shalini C. Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Medical Director & Associate Dean, Ramaiah Medical College Hospital, Dr. Janaki M. G, Additional Dean & Professor, Department of Radiation Oncology along with other dignitaries, were present on the occasion.

## Doctors being honoured during the National Doctor's Day for their outstanding service.



Dr. Arjunan Isaac, Prof. & Head, Dept. of Community Medicine



Dr. Sangeetha Shenoy, Prof. Dept. of Paediatrics



Dr. Praveen S, Prof. Dept. of Forensic Medicine



Dr. Srikantaiah HC, Prof. & HoD, General Surgery



Dr. V. Jaliyal, Assoc. Prof, Dept. of Psychiatry



Dr. Gireesh M S, Prof. & HoD, Dept. of Nephrology



Dr. Anand K, Prof. Dept. of Radio Diagnosis



Dr. Manjunath K N (Plastic Surgery)

The Department of Dermatology organised a programme to mark World Vitiligo Day by conducting a sketching and painting competition for nursing students based on the theme, "From Stigma to Strength".



Dr. Prasanna Kumar T., Professor & Head, Department of Respiratory Medicine, was invited to chair a session on "New Frontiers in ICU Mycology and CMV" at the 1st National-Level ICU-ID Conclave, held at Kauvery Hospitals.



Dr. T. K. Sumathy, Senior Professor, Department of Dermatology, and Dr. Praveen Kumar S., Professor and President, Bangalore Dermatological Society, were invited to the Guiderm Skin Summit. Dr. Sumathy also served as the Chairperson and panellist, and Dr. Praveen Kumar participated as a panellist.



The Ramaiah Medical College organised a farewell programme in honour of Dr. Shalini C. Nooyi, Principal & Dean, on 4 July 2026. The programme was held to acknowledge her exemplary leadership, dedicated service, and invaluable contributions to the institution.



Dr. Nithya, Department of Ophthalmology, delivered a guest lecture at East Point Medical College on 10 July 2026 on the topic "Myopia Matters: Why Every Doctor Should Care."

The session highlighted the growing public health significance of myopia and emphasised the vital role of healthcare professionals in its early detection, prevention, and management.



Dr. Nivedita Reshme, Assistant Professor, Department of OBG was a faculty at the BSOG CME 2026. She was also invited as a guest for the player auction of the Maharani Cup 2026 Chinnaswamy Stadium, Bengaluru.



Dr. Vinay Prabhu, Dr. Shalini Naik, Dr. Zainab, and Dr. Ranjith V. represented Ramaiah Medical College at the prestigious Elsevier Responsible AI Conclave, in Bengaluru on 10th July 2026.



Dr. K. Lalitha, Professor, Department of Community Medicine, has been nominated as an Editorial Board Member of the RGUHS National Journal of Public Health, Rajiv Gandhi University of Health Sciences (RGUHS), Karnataka, for a period of two years.



Dr. Thanuja G. Pradeep, Professor & Head, and Dr. Ksheeraja, Associate Professor from the Department of Ophthalmology, were honoured with the Dronacharya Samman Award at YOSICON 2026, at New Delhi.



Dr. Nandini, Professor, Department of Obstetrics & Gynaecology, was invited to serve as faculty at the BSOG Postgraduate CME 2026.



Dr. Manur Gururajachar Janaki, Principal & Dean, Ramaiah Medical College and Professor, Department of Radiation Oncology,

served as a resource person for the inaugural module titled "Gonadotoxic Effects of Radiation in Children, Adolescents, and Young Adults (CAYA) with Cancer", on 2 July 2026.

She also conducted an "Exam Boot Camp" for postgraduate students in Radiation Oncology as part of ASCO Direct 2026, held in Mysuru on 25 July 2026.

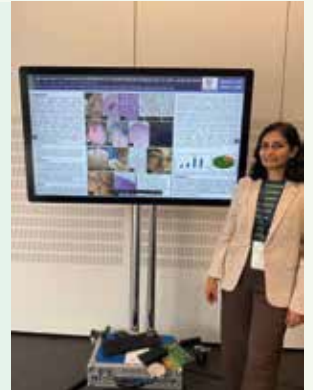


Dr. K. N. Shivaswamy, Professor & Head, Department of Dermatology, served as a speaker and panellist at the CME on "Advanced Dermatotherapeutics", held at JSS Medical College and Hospital, Mysuru, on 12 July 2026.



Dr. Malla Bhaskara Rao, Professor & Head, Department of Neurosurgery, delivered the prestigious Dr. Dayananda Rao Oration at the 33rd Annual Meeting of the APNSA, at Kakinada on 11th July, 2026.

Dr. Nidhi P. M., Department of Dermatology, participated in the 106th Annual Meeting of the British Association of Dermatologists (BAD) 2026, at United Kingdom on 2 July, 2026.



She presented two scientific posters in Main plenary meet:

"Clinical spectrum of cutaneous manifestations in haematological malignancies: A cross-sectional study" and A zosteriform masquerader: A rare cutaneous involvement of multiple myeloma while on treatment". The research was carried out under the guidance of Dr. T. K. Sumathy, Dr. K. N. Shivaswamy, Dr. Suparna M. Y. from the Department of Dermatology, and Dr. Santhosh K. Devdas from the Department of Medical Oncology, Ramaiah Medical College & Hospitals.



The Ramaiah Advanced Learning Centre (RALC) conducted the Pelvis Workshop 2026, bringing together renowned orthopaedic experts from across the country.

The workshop was conducted under the guidance of Dr. Ramesh Sen and Dr. Sameer Agarwal (PGI, Chandigarh), along with Dr. Vivek Trikha (AIIMS, New Delhi). Dr. Ajoy S. M., Professor, Department of Orthopaedics, and Dr. Ravi Kumar, Head, Department of Orthopaedics, served as the in-house coordinators and course faculty.

# A New Chapter, A Shared Journey

**Dr. Manur Gururajachar Janaki,**

Principal & Dean, Ramaiah Medical College and Professor,  
Department of Radiation Oncology



I am honoured to be selected as the Principal and Dean of Ramaiah Medical College and with this comes a great responsibility. I am committed to the same and am going to take all of you along with me in this journey. I am grateful to our Chairman Dr Jayaram Sir and all other members of the committee who believed in me and Sirs, I will do my best.

I Joined Ramaiah Medical College way back in 1997 with lots of hope and at the same time apprehension of travelling everyday 35 kms and being in a private institution. Looking back, I am a satisfied soul and this private organisation has given more than what I expected. I was lucky to progress in my career through various positions to where I am now and I am grateful to all my earlier Principals for this.

Our students when they enter the corridors of Ramaiah Medical college are at a tender age and face a completely different atmosphere with respect to demanding studies, different language issues and difficult food adjustment problems. This is the time we have to support them and shape them into a humane doctor. I would like to share my thoughts about our onward journey together in the next few years.

Firstly, I am very happy to say that we are a dedicated group of teachers focussed in training our students to become a comprehensive physician. According to me excellent academic knowledge means little without empathy. We care for the sick and the vulnerable. Every patient is a human being first, seeking to regain health and will be in extreme stress. They deserve our full respect and kindness. Physical healing is as important as restoring them in mind. Holistic healing should be our ultimate goal. In this regard let's spend as much as time if not more with the patient rather than with the computers in our consultation room. Let's focus on taking a detailed history and complete clinical examination which is the way to instil confidence in patients and their care givers.

Secondly, we have set our goals very high considering that we are also a part of Ramaiah University of applied

sciences. We are at present not only strictly following the NMC mandated curriculum but also conducting innovative methods of teaching and assessments. We aim to go beyond in terms of integrating with various life sciences available in the campus and expand our horizon in terms of academics, patient care and research. This way we would be able to support one another through challenges. Together, we will be able to elevate our college and university to new heights.

Thirdly, we believe we are a unified community. Faculty, staff, students, and alumni form one big family. Your voices matter. Your efforts matter. Your timely meaningful inputs will help us combine the energy of youth with the wisdom of seniors and together we can grow taller. The only way to excellence is coming together to overcome individual differences on our way to be different than what we are.

Fourthly, In this competitive world, we may not be able to focus on ourselves due to our busy schedules. I believe a strong mind in a stronger body is the key to energise all our actions. Better to realise this earlier in life as I focussed on this later only during my fifth decade of life. It's better than not doing at all. I encourage all of you to not only focus on activities to keep your body and mind fit but also to have regular 'me time' which strengthens our work life balance.

Finally, let's always remember why we chose this path. We chose to ease pain. We chose to bring comfort. Let's commit to excellence, let's inspire hope in each other, hold hands to advance science. Let us begin this exciting journey together and create a wonderful working atmosphere.

In a nutshell, we will build strong learning programs for students to create academic excellence, provide top-tier patient care, and focus on bold medical research. Together, we will shape the future of health. I am sure all of you are a part of my journey so am I of yours.

सर्वे जनाः सुखिनो भवन्तु



The Department of Plastic and Reconstructive Surgery celebrated "World Plastic Surgery Day" along with CME on Comprehensive Management of Compartment Syndrome featuring hands-on cadaveric demonstration on 15th July, 2026.



Dr. Anupama V. Hegde, Professor, Department of Cardiology, delivered a talk on ASCVD Risk Assessment at the MERIDIAN – A Year in Cardiology Conference, held on 18 July 2026.



Dr. Karthikeyan S, PG, Department of Community Medicine secured 2nd Place in the prestigious PRISM Challenge 2026 — a National Level Competition on Planning Routine Immunization & Service Delivery Modelling, in observance of World Immunization Week 2026.



The Department of Pathology secured third prize in the Group Singing Competition at the PathKalakar Championship, as part of KAPCON 2026 in collaboration with KCIAPM and JSS Medical College.

The winning team comprised Dr. Jacob Victor, Dr. Seema Anand Umarji, Dr. Sneha R., Dr. Laxmi Ronada, Dr. Sneha Prabhakar, Dr. Pannaga Prem Kumar, and Dr. Shashank A.



Dr. Nivedita Reshme, Assistant Professor, Department of Obstetrics & Gynaecology, was invited as the Guest of Honour for the team line-up during the State and National Anthem ceremony at the ongoing Maharani Trophy Tournament, organised by the Karnataka State Cricket Association (KSCA).

Dr. Vinutha Vinodh, a final-year postgraduate student in the Department of Obstetrics & Gynaecology, participated in the BSOG Postgraduate CME 2026 and presented a case on Jaundice in Pregnancy.





Dr. Jyothi G. S., Professor & Head, Department of Obstetrics & Gynaecology, Ramaiah Medical College, served as faculty at the BSOG Postgraduate CME 2026, where she moderated a case presentation session on Recurrent Pregnancy Loss on 10th July 2026.

She also served as the Convenor for the monthly ISCCP Webinar on 7th July 2026, during which she delivered a talk titled "Biomarkers in CIN: What Every Gynaecologist Should Know."

She served as a faculty member at the FOGSI Consensus Meeting on "Environment and Nutrition – Building a Healthier Future for Women & Children", on 26th July 2026. During the meeting, the FOGSI Position Statement Document on Environment and Nutrition Health for Women and Children – 2026 was officially released.



Dr. Rakshitha, PG student, Department of OBG, won first prize in BSOG PG CME 2026 and has participated in case presentation of UV Prolapse.



Dr. Sujani B. K, Professor, Department of Obstetrics & Gynaecology, Ramaiah Medical College, served as faculty at the BSOG Postgraduate CME 2026, where she moderated a postgraduate case presentation session on Abnormal Uterine Bleeding (AUB) on 9 July 2026.



Dr. Ananth Ram, Associate Professor, Department of Community Medicine, was invited to deliver a guest lecture on "Pillars of Lifestyle Medicine" to doctors and allied health professionals at Bangalore Medical College and Research Institute.



Dr. Somashekhar, Professor, Dept. of Paediatrics, delivered the 'O Ganesh' oration at Annual Lakeside CME'. He presented his asthma- related research from his DNB days.



Dr. Harish Ram, Associate Professor, Department of Anaesthesia, delivered a guest lecture on 'Gastric Ultrasound', followed by a hands-on demonstration at Department of Anaesthesia.



A guest lecture on "Membership and Benefits of the Indian Medical Association (IMA)" was organised for postgraduate students (MD/MS) and interns of Ramaiah Medical College on 22nd July, 2026.

The session was delivered by Dr. Anuradha Paramesh V, Chairperson, Membership Drive Sub-Committee, Indian Medical Association – Karnataka State Branch (IMA-KSB).



The Department of Anatomy conducted Gross Anatomy & Histology Drawing Competition on 3rd July, 2026.



The Department of Urology organized the Urology Live Operative Masterclass on 11th July 2026. The programme was designed to provide postgraduate students, residents, and practising urologists with an opportunity to learn the latest techniques in endourology through live surgical demonstrations and academic discussions.

The highlight of the programme was the live demonstration of Percutaneous Nephrolithotomy (PCNL) and Retrograde Intrarenal Surgery (RIRS), two key minimally invasive procedures for the management of kidney stones.



The Department of Vascular & Endovascular Surgery organized the Directional Atherectomy Workshop in collaboration with Medtronic to enhance knowledge and procedural skill in the management of Peripheral Arterial Disease (PAD). The workshop focused on the latest advancements, techniques and clinical applications of Directional Atherectomy.

## Diet and Lifestyle Management – Much need prescription in the current scenario

The 21st century has witnessed remarkable advances in medicine, yet lifestyle-related diseases continue to rise at an unprecedented pace. Obesity, type 2 diabetes, hypertension, cardiovascular disease, fatty liver disease, and certain cancers are increasingly common, driven not by a lack of medical treatments but by unhealthy lifestyles. Urbanization, technological dependence, processed food consumption, physical inactivity, chronic stress, and inadequate sleep have transformed the health landscape, with healthcare often focusing more on treating the consequences than preventing them. Lifestyle medicine has therefore emerged as a cornerstone of preventive healthcare, encompassing healthy nutrition, regular physical activity, adequate sleep, stress management, avoidance of harmful substances, and meaningful social connections. Rather than being viewed as an adjunct to medical therapy, lifestyle modification should be considered a primary therapeutic intervention for many chronic diseases.

### Nutrition: Moving Beyond Calories

Modern dietary habits are dominated by convenience. Ultra-processed foods, refined carbohydrates, sugar-sweetened beverages, and oversized portions have become routine.

People should be encouraged to adopt sustainable dietary patterns instead of restrictive "crash diets." Diets emphasizing vegetables, fruits, whole grains, legumes, nuts, seeds, and adequate protein have consistently demonstrated benefits in reducing

cardiovascular risk and improving glycaemic control. Healthy fats from nuts, seeds, fish, and vegetable oils should replace saturated and trans fats whenever possible.

Protein deserves particular attention, especially during weight loss. Adequate protein intake helps preserve skeletal muscle mass, improves satiety, and supports healthy ageing. Equally important is

**m i n d f u l**  
eating—encouraging patients to eat slowly, recognize hunger and satiety cues, and minimize distractions such as television or smartphones during meals.

### Physical Activity: Every Movement Matters

Despite technological progress, physical inactivity has become one

of the greatest contributors to chronic disease. Many individuals spend most of their day sitting at desks, commuting, or engaging with digital devices. Even those who exercise for 30 minutes daily may remain sedentary for the remainder of the day.

Current recommendations advise adults to accumulate at least 150–300 minutes of moderate-intensity aerobic activity or 75–150 minutes of vigorous activity weekly, together with muscle-strengthening exercises on two or more days each week. However, we should emphasize on reducing prolonged sitting by taking short walking breaks, using stairs, standing during phone calls, or incorporating active commuting whenever feasible.

Exercise prescriptions should be individualized. Walking remains one of the safest, simplest, and



most effective forms of physical activity. Resistance training improves insulin sensitivity, bone health, muscle strength, and functional independence, while flexibility and balance exercises become increasingly important with advancing age.

### **Sleep: The Forgotten Pillar of Health**

Sleep has traditionally received less attention than diet and exercise, yet it profoundly influences metabolic health. Sleep deprivation alters appetite-regulating hormones, increases cravings for calorie-dense foods, reduces insulin sensitivity, and promotes weight gain. Shift workers and individuals with irregular sleep schedules face particularly high cardiometabolic risks.

Adults should aim for seven to nine hours of quality sleep each night. Good sleep hygiene includes maintaining regular sleep schedules, limiting caffeine late in the day, reducing evening screen exposure, and creating a quiet, comfortable sleep environment.

### **Managing Stress in a Fast-Paced World**

Modern life exposes individuals to continuous psychological stress arising from professional demands, financial pressures, social media, and information overload. Chronic stress activates neuroendocrine pathways that promote overeating, abdominal obesity, insulin resistance, and hypertension.

Stress management should become a routine component of clinical counselling. Mindfulness meditation, yoga, breathing exercises, regular physical activity, hobbies, and spending time with family and nature have demonstrated measurable health benefits.

### **Digital Lifestyle: A Double-Edged Sword**

Digital technology has revolutionized healthcare, education, and communication. However, excessive screen time contributes to sedentary behaviour, poor sleep quality, unhealthy snacking, and reduced

face-to-face social interaction. Children and adolescents are particularly vulnerable, with increasing evidence linking prolonged screen exposure to obesity and mental health disorders.

Rather than discouraging technology altogether, we should encourage mindful digital use. Fitness trackers, dietary applications, telemedicine, and online support groups can positively influence health behaviours when used appropriately. Establishing screen-free meal times and limiting recreational screen use before bedtime are practical recommendations.

### **Behaviour Change: Small Steps, Lasting Results**

One of the greatest challenges in lifestyle medicine is sustaining behavioural change. Successful interventions rely on realistic goal setting, motivational interviewing, self-monitoring, regular follow-up, and positive reinforcement. Rather than seeking short term results we have to concentrate on solid long term sustainable plan.

### **Looking Ahead**

The future of healthcare lies not only in developing newer medications but also in preventing disease through healthier living. Diet and lifestyle management remain among the most powerful, cost-effective, safe and accessible interventions. In today's rapidly growing world, as clinicians our responsibility extends beyond prescribing medicines—we must empower individuals to make sustainable lifestyle choices that enhance longevity, preserve functional capacity, and improve quality of life.



**Dr. Manjunath P R**  
Associate Professor  
Department of Endocrinology

## Varicose Veins: More Than A Cosmetic Concern

The "unprepossessing" sight of bulging, dilated veins in one's lower limbs is sure to ring alarm bells. Or at least that's how we have been programmed to think, and we label them as varicose veins. What one must understand is that varicose veins refer to dilated, tortuous, subcutaneous veins measuring more than 3 mm in diameter, and are part of a broader condition known as Chronic Venous Insufficiency (CVI) or chronic venous disease. CVI encompasses a constellation of clinical features comprising spider veins (telangiectasias), varicose veins, edema of the affected limbs, progressive skin changes such as pigmentation and lipodermatosclerosis (skin hardening), and venous ulcers that may heal or, in some cases, remain intractable. Patients often complain of lower limb heaviness, aching pain, night cramps, or itching, which typically worsen on prolonged standing and improve with limb elevation.

CVI occurs due to a myriad of reasons, ranging from incompetent venous valves to obstruction of the deep venous outflow. The risk factors include hereditary predisposition, female gender, prolonged standing, pregnancy, obesity, advancing age, and previous episodes of deep vein thrombosis. If ignored, CVI may progress to signs and symptoms that become a hindrance in day-to-day activities, affecting the individual physically as well as mentally. The disease is staged using the CEAP Classification (Clinical, Etiologic, Anatomic and Pathophysiologic). Although uncommon, complications include superficial venous thrombosis, progression to deep vein thrombosis and, rarely, pulmonary embolism. Apart from clinical examination, the diagnosis is confirmed by venous duplex ultrasonography, which combines B-mode imaging with Doppler flow assessment to identify venous reflux (flow reversal) at the saphenofemoral or saphenopopliteal junctions, perforator (communicating vein) incompetence, or reflux within the superficial venous system.

Medical management includes graded elastic compression stockings and venoactive drugs, such as micronized purified flavonoid fraction (MPFF). Over the past two decades, there has been a paradigm shift in the surgical management of varicose veins from conventional open surgery to minimally invasive endovenous techniques. Before intervention, it is essential to ensure that the deep venous system is patent and provides adequate venous drainage, as

superficial venous procedures in the presence of significant deep venous obstruction may worsen venous hypertension.

The conventional open procedure, commonly referred to as high ligation with stripping (Trendelenburg operation), involves ligation of the superficial veins and their tributaries at the saphenofemoral (or saphenopopliteal) junction, followed by stripping of the affected vein. Minimally invasive techniques offer faster recovery, fewer post-operative complications, and an earlier return to routine activities. These include endovenous radiofrequency ablation (RFA) and endovenous laser ablation (EVLA), in which a catheter is introduced into the affected vein to deliver thermal energy. The resultant thermal injury causes collagen contraction, fibrosis, and eventual occlusion of the vein, which subsequently transforms into a fibrous cord. These procedures require tumescent anesthesia, which protects the surrounding tissues from thermal injury while facilitating close apposition of the vein wall to the catheter.

More recently, non-thermal non-tumescent (NTNT) techniques have gained popularity. One such technique is instillation of medical-grade glue (cyanoacrylate) into the vein, resulting in permanent occlusion. Another is mechanochemical ablation (MOCA), which combines mechanical injury to the vein wall using a rotating wire with simultaneous administration of a liquid sclerosant. Injection sclerotherapy involves the injection of sclerosants into the affected veins, producing endothelial injury and fibrosis, ultimately resulting in venous obliteration.

To encapsulate, varicose veins—or more broadly, chronic venous insufficiency—are a common and treatable condition, that requires timely diagnosis and appropriate medical or surgical intervention to not only alleviate symptoms, but also prevent progression and significantly improve quality of life.



**Dr. Nimeesh Hebbani**  
Assistant Professor  
Dept. of Vascular Surgery

## Frivolous Doomscrolling - The Vicious Loop



One of present day life style related bane is the Late-night frivolous conversations and doom scrolling which have become two of the most common but underestimated contributors to poor sleep, particularly among young adults and urban professionals. While they may seem harmless in the beginning, they interfere with the brain's ability to transition from wakefulness to restorative sleep in the long run resulting in

### 1. Delayed sleep onset-

Casual late-night chats, social media messaging and endless scrolling often extend bedtime well beyond the intended hour. A delay of 30–60 minutes each night accumulates into chronic sleep debt, especially when wake-up time remains fixed for work or school.

### 2. Mental hyperarousal-

The brain requires a period of “winding down” before sleep. Engaging conversations even if light-hearted or emotionally stimulating content on social media activates the cognitive and emotional networks, making it harder to fall asleep. This phenomenon is called pre-sleep cognitive arousal, a well-recognized contributor to Insomnia.

### 3. Blue light exposure

Smartphones and tablets emit blue-enriched light that suppresses melatonin secretion, delays circadian rhythm, and shifts sleep time. Although screen light is only one factor, it compounds the stimulating effects of the content being viewed.

### 4. Doomscrolling:

Doomscrolling refers to compulsively consuming negative news or emotionally charged content.

It can:

- Increase anxiety and stress hormone levels.
- Heighten sympathetic (“fight-or-flight”) nervous system activity.
- Cause repetitive worrying and rumination.
- Increase nocturnal awakenings and reduce sleep quality.
- Leave individuals feeling mentally exhausted despite spending adequate time in bed.

### 5. Impact on sleep architecture

Even when total sleep duration appears sufficient, late-night stimulation results in

- Reducing deep (N3) sleep, which is essential for physical restoration.
- Delaying REM sleep onset and fragment REM sleep, affecting emotional regulation and memory consolidation.
- Increasing brief arousals that people often do not remember but that reduce sleep efficiency.

## 6. The “revenge bedtime procrastination” cycle

Many people intentionally delay sleep to reclaim personal time after a demanding day. This “revenge bedtime procrastination” often involves chatting with friends, watching videos, or scrolling social media. While it offers temporary psychological relief, it frequently results in poor mood, reduced concentration, and greater fatigue the next day reinforcing the cycle.

## 7. Long-term health implications

Persistent sleep disruption from these habits has been associated with:

- Excessive daytime sleepiness
- Reduced productivity and impaired decision-making
- Anxiety and depression
- Weight gain and metabolic dysfunction
- Increased cardiovascular risk
- Poor immune function

Practical sleep hygiene recommendations

- Establish a consistent “digital sunset” 30–60 minutes before bedtime.
- Avoid emotionally charged conversations late at night when possible.
- Keep phones away from the bedside or activate “Do Not Disturb.”

- If using a device is unavoidable, reduce brightness and enable night mode, though this is less effective than avoiding screens altogether.
- Replace scrolling with relaxing activities such as reading a printed book, gentle stretching, meditation, or calming music.

## A Pulmonologist's perspective

In sleep clinics, patients often report sleeping for 7–8 hours yet waking unrefreshed. Frequently, the issue is not just the quantity of sleep but its quality. Late-night conversations and doomscrolling increase physiological and cognitive arousal, delay sleep onset, and fragment sleep architecture. Addressing these behaviors is often one of the simplest, most cost-effective interventions to improve sleep quality before considering medications.

The modern challenge is no longer simply sleep deprivation—it is sleep disruption. Protecting the hour before bedtime may be one of the most effective strategies for improving overall health, cognitive performance, and emotional well-being.



**Dr. Prasanna Kumar T**  
Prof. & HOD

Department of Pulmonary Medicine



Dr. Shivaraj N.S, Additional Professor of Biostatistics, Department of Community Medicine, Ramaiah Medical College, was awarded the Doctor of Philosophy (Ph.D.) degree from Tampere University, Finland under the supervisor of Prof. Janne Pitkaniemi, Prof. Nea Malila and Prof. N S Murthy. His doctoral research, titled “Time Span Between Cancer Symptom to Treatment and Their Perceived Reasons for Delay,” focused on understanding delays in cancer care among patients with oral, breast, and cervical cancers to identify barriers to timely diagnosis and treatment. The research contributes valuable evidence to strengthen cancer control strategies and improve early access to cancer care in India.

## WELCOME



**Dr. Zoha Taj**  
Senior Resident  
Paediatrics



**Dr. Chaitra K**  
Senior Resident  
General Medicine



**Dr. Dhanushia P**  
Senior Resident  
Psychiatry



**Dr. Mekhala Diwakar**  
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Scientific Content Writer  
Division of Research & Patents

## BIDDING ADIEU



**Dr. Hasmitha J**  
Senior Resident  
Paediatrics



**Dr. Mansoor Shazaman  
Ulla Khan**  
Senior Resident  
Paediatrics



**Dr. Shalini  
Chandrashekar Nooyi**  
Professor, Community Medicine  
& Principal & Dean, RMC



**Dr. Anil Kumar Hegde M**  
Professor & HOD  
Hospital Administration



**Dr. H R Rajathadri**  
Assistant Professor  
Critical Care Medicine



**Dr. Rishab T. Ramesh**  
Senior Resident  
Radio Diagnosis



**Dr. Ashita Elizabeth Thomas**  
Assistant Professor  
Vascular Surgery



**Dr. Priyanka Khan**  
Senior Resident, OB&G



**Dr. Deepak Sai Prasad**  
Senior Resident  
General Surgery



**Dr. Neeraja P. Kumar**  
Assistant Professor  
Emergency Medicine



**Mamatha R.**  
Library Assistant  
Library & Information Centre