



Golden Seal for Ramaiah Memorial Hospital

Ramaiah Memorial Hospital (RMH) stands as a premier quaternary care super speciality hospital in the heart of Bengaluru. In recognition of its unwavering commitment to quality and patient-centred care, RMH has now been awarded the prestigious JCI (Joint Commission International) Golden Seal of Approval. This global accreditation is a testament to the hospital's consistent adherence to international standards in safety, quality, and patient care.

To celebrate this golden win Ramaiah Memorial Hospital organised a grand programme on 4th July, 2025. The chief guests for the programme were Shri Prahlad Joshi, Union Minister of Consumer Affairs, Food & Public Distribution, New Renewable Energy, Govt. of India and Shri Dinesh Gundu Rao, Minister Health and Family Welfare Development, Govt. of Karnataka.

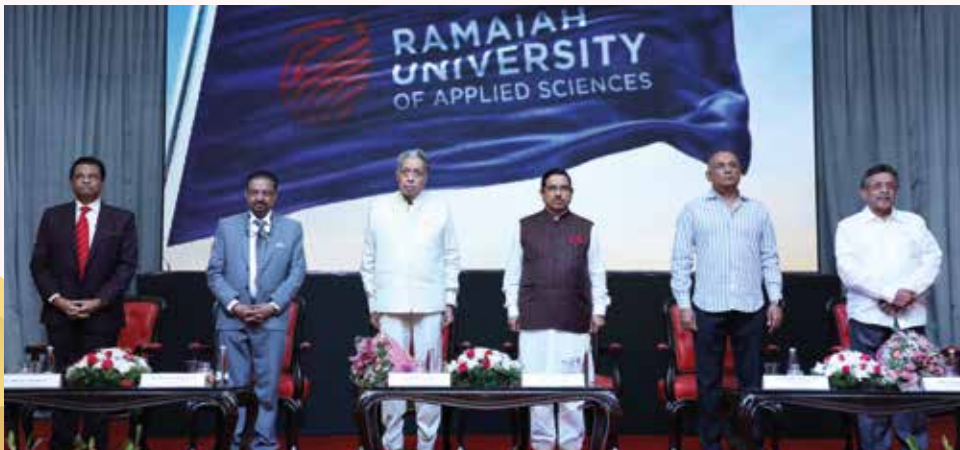


The hospital underwent a rigorous on-site survey conducted under JCI's 8th Edition framework, where, international expert surveyors evaluated Ramaiah Memorial Hospital for 15 Chapters, 237 Standards and 1094 Measurable Elements for its compliance on Quality, Patient Safety and Governance. These included patient care and assessment,

medication management, infection control and prevention, international patient safety goals, surgical and anaesthesia protocols, quality improvement, facility, safety, and staff training and education, global health impact for sustainability, Governance Leadership Development (GLD), and culture of safety and ethics.

Ramaiah Memorial Hospital is also the recent recipient of the distinguished Comprehensive Stroke Center by the American Stroke Association (ASA) and the Comprehensive Chest Pain Center Certification by the American Heart Association (AHA).

Dr. M R Jayaram, Chairman, GEF(M) & Chancellor, RUAS, in his speech said, "Receiving JCI accreditation is a profound moment for Ramaiah Memorial Hospital and a validation of our relentless pursuit of excellence in patient care. This milestone reflects the collective effort and commitment of every member of our staff to uphold the highest international standards and benchmarks. We are incredibly proud to be recognized for our dedication to quality and safety, ensuring our patients receive the best possible outcomes."





RAMAIAH

ಜ್ಞಾನವಾಹಿನಿ
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Chief Patron

Dr. M R Jayaram
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Chancellor, RUAS

Editor

Dr. B S Nandakumar

Associate Editor

Chandra

Editorial Team

Ragi Saggere
Ravi V
Ravi C U, Photographer

Design and Printing

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 Milestones and Momentum at Ramaiah

For the Ramaiah Group of Institutions, June 2025 has turned out to be a pivotal month when vision, hard work, and dedication came together to produce historic accomplishments. The most prestigious of these milestones is Ramaiah Memorial Hospital (RMH), which was awarded the highly regarded Joint Commission International (JCI) Golden Seal of Approval. This event solidifies the hospital standing as a center for quaternary care in India and puts it on par with top medical facilities worldwide.

Dignitaries such as Shri Dinesh Gundu Rao, the Minister of Health for Karnataka, and Shri Prahlad Joshi, the Union Minister of Consumer Affairs, attended a formal event to celebrate the accomplishment grandeur. The institution leaders, including Dr. M R Jayaram and M R Seetharam, expressed their sincere thoughts on the long-standing goal of using affordability, compassion, and scientific rigor to serve humanity. The Chief Executive of Healthcare Services, Dr. Nagendra Swamy, further emphasized in his remarks how the hospital deeper values of clinical excellence, dignity, and trust are reflected in this accreditation.

This recognition comes after RMH was certified as a Comprehensive Chest Pain Center by the American Heart Association and designated as a Comprehensive Stroke Center by the American Stroke Association, among other recent international accreditations.

In terms of academics, Ramaiah was enthusiastic and involved. In honor of World Brain Tumor Day, the Department of Neurosurgery held a continuing medical education (CME) session that examined innovative methods for neurosurgical interventions, including augmented reality and connectomic mapping.

Academic events, such as CMEs, workshops, quizzes, and national conferences, were planned and attended by a variety of departments within the institution. Sessions on difficult dermatological conditions, the surgical and radiological anatomy of the skull base, pediatric fluid and electrolyte management, and cutting-edge maternal resuscitation methods were among the highlights. During an industrial visit to Amace Solutions Pvt. Ltd. and AMS Pvt. Ltd., academics and researchers from various fields learned about India domestic capabilities in Industry 4.0 and additive manufacturing.

Notable developments in research and institutional collaborations also occurred during the month. To encourage research and innovation in cutting-edge technologies, the Center for National Security Studies and Ailanthus AI signed a Memorandum of Understanding. Ramaiah extensive involvement in public health research was demonstrated at the official close-out meeting of the multi-center diabetes registry, which was supported by BIRAC. Nakshatra 2025, the annual college day celebration, was a happy evening full of artistic expression, cultural performances, and group pride. The campus's vibrancy and inclusive spirit were reflected in the faculty and student energy. Similarly, the praise given to Dr. Vikram Gowda, an intern and nationally renowned swimmer, served as a reminder that excellence at Ramaiah thrives in all areas and is not just restricted to clinical care or academics.

We take the lessons, motivation, and momentum from these successes with us as we begin a new month. Let this June story be reflected in our shared desire to help, heal, educate, and innovate, rather than merely being documented in records or archives.

M R Seetharam, Chairman, GEF, in his address said, "This hospital was built with the vision to serve humanity. I'm proud that Ramaiah Memorial Hospital has received the prestigious JCI accreditation, a recognition of our commitment to providing affordable, compassionate, and world-class care. My heartfelt congratulations to everyone who made this golden achievement possible."

Union Minister Prahlad Joshi, in his address, remarked: "Only a handful of hospitals in Karnataka have earned the esteemed JCI accreditation, which signifies the highest standards of healthcare. As India increasingly establishes itself as a global medical hub, it is commendable that Ramaiah Memorial Hospital now stands alongside with renowned institutions such as Mount Sinai. While striving for global excellence, it is equally crucial to ensure that quality healthcare remains affordable and accessible to all. I take great pride in Ramaiah's achievement."

Minister Dinesh Gundu Rao, in his address, said: "This is one of Bengaluru's most esteemed institutions, attracting students from all corners of the country in their pursuit of excellence. What truly sets it apart is not just its remarkable growth, but its dedication to both learning and unlearning — a cornerstone of meaningful education. Milestones like this are made possible through a strong foundation of faith and trust."

Dr. Nagendra Swamy S.C, Chief Executive of Healthcare Services, GEF(M), stated, "This accreditation stands as a reflection of our shared belief that every patient deserves more than just treatment — they deserve trust, dignity, and care that is safe, consistent, and aligned with global standards. It is indeed a proud and honourable moment for Ramaiah Memorial Hospital."

The JCI accreditation marks not just a milestone, but a moment of reaffirmation for Ramaiah Memorial Hospital — a promise to continue delivering excellence with empathy.

In a heartfelt farewell, Ramaiah University of Applied Sciences (RUAS) expressed its gratitude by felicitating to the outgoing Chief Executive, M R Sreenivasa Murthy, who now takes on a new role as a Member in Board of Management, GEF(M). The occasion was an opportunity to honour his remarkable leadership and dedication to building strong and future-ready systems across the institutions. During the programme Dr. M R Jayaram, Chairman, GEF(M) & Chancellor, RUAS, M R Seetharam, Chairman, GEF, M R Sampangiramaiah, Trustee, GEF, M R Ramaiah, Trustee, GEF, Prof. K K Raina, Vice Chancellor, RUAS and other heads of the institutions were present.



Ramaiah Medical College organised a programme for the introduction of the new advisors for Ramaiah Medical College and Hospitals - Dr. Balasaraswathy Kanteerava and Dr. Sanjay R Bijwe. During the programme Dr. M R Jayaram, Chairman, GEF(M) & Chancellor, RUAS, Prof. K K Raina, Vice Chancellor, RUAS, Dr. G. S. Venkatesh, Registrar, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Nagendra Swamy S.C, Chief Executive of Healthcare Services, GEF(M) and others were present.



Dr. K N Shivaswamy Prof. & HOD, Dept. of Dermatology was an invited faculty at BGS medical college to deliver lecture on "Difficult to treat scenarios in Acne" on 3rd June, 2025.

Dr. Dron Sharma, Senior resident, Department of Urology won 1st prize in Urology Quiz at National Urology Masterclass, Vellore on 7th June, 2025.



Dr. Sunil Furtado, Prof. & HOD, Dept. of Neurosurgery, chaired a session and presented a talk on "Complication Avoidance in Interventional Neurosurgery" at the Annual conference of the society of Neuro-Interventions at New Delhi on 13th June, 2025.



The department of Dermatology had organized a CME on "Management of challenging cases in Clinical Dermatology" on 8th June, 2025. Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. A G Prathab, Registrar Academics, RUAS, Dr. Hemanth T, Registrar Administration, RUAS, Dr. K N Shivaswamy, Prof & HOD, Dept. of Dermatology, Dr. T K Sumathy, Senior Professor, Dept. of Dermatology and other faculty members were present at the programme.

Nakshatra 2025

Ramaiah Medical College hosted its much-anticipated College Day 'Nakshatra 2025' on 28th June, 2025 at the RMC Auditorium, marking an evening of celebration, creativity, and camaraderie. The event brought together students, faculty, and staff in a vibrant display of talent, culture, and unity.

The celebration featured a grand cultural extravaganza showcasing mesmerizing dance performances, soulful music and creative expressions by the students. The performances reflected the diversity and spirit of Ramaiah Medical College, leaving the audience enthralled and energized.



On the occasion World Brain Tumour Day, the department of Neurosurgery organized awareness talks on 'Advances in Brain Tumour Therapy' on 10th June, 2025 Ramaiah Memorial Hospital.



Brain Tumors: Awareness and Innovation in Neurosurgery

World Brain Tumor Day: Why It Matters

World Brain Tumor Day is observed every year on June 8th. Initiated in 2000 by the German Brain Tumor Association (Deutsche Hirntumorhilfe), the day serves to raise global awareness about brain tumors and the challenges faced by patients, families, and healthcare providers. It aims to foster early diagnosis, support research, reduce stigma, and ensure better access to treatment and care worldwide. At Ramaiah Medical College and Hospitals, this day was marked by a focused CME program organized by the Department of Neurosurgery. The event included expert presentations on our clinical experiences, surgical outcomes, and the integration of cutting-edge tools such as connectomic mapping and augmented reality in tumor resections. Our efficient and multidisciplinary neurosurgery team, led by Dr. Sunil Furtado, continues to adopt advanced technologies to improve patient outcomes. With a commitment to excellence and innovation, the department has been at the forefront of translating modern neuroscience into daily clinical practice. This month offers a timely opportunity to educate the public and the healthcare community about brain tumors—conditions that can significantly affect cognition, movement, and quality of life.

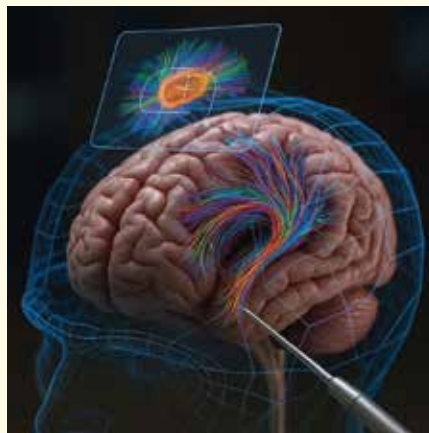
What Are Brain Tumors?

Brain tumors are abnormal growths within or near the brain. They may be benign or malignant, and their impact depends on location and size. Common symptoms include headaches, seizures, vision changes, and weakness. Early diagnosis improves outcomes.

Common Myths

- Mobile phone use does not cause brain tumors. No definitive causal relationship has been established so far.

- Not all brain surgeries cause paralysis or memory loss. The safety has improved to a greater extent by employing various surgical strategies such as awake craniotomy and brain mapping. Patients who undergo surgery for benign tumors can lead a near-normal life and those with malignant tumors the survival is definitely better than earlier with maximal safe resection and good adjuvant therapy.
- Evidence-based medicine is essential—alternative remedies alone are not curative.



Advances in Connectomic Mapping

Connectomics allows visualization of the brain's network pathways using advanced imaging like DTI and fMRI. This helps preserve speech, movement, and memory during surgery by customizing the surgical approach to the individual's functional anatomy.

Augmented Reality in Surgery

Augmented Reality (AR) overlays 3D brain maps onto the surgical field, aiding real-time precision. Combining AR with connectomic data enhances safety and training, improving surgical outcomes.

Life After Diagnosis

Recovery includes physical rehab, speech therapy, and emotional support. Many patients return to daily life. Support groups and multidisciplinary care greatly enhance quality of life.

As we observe World Brain Tumor Day, let's continue to foster awareness, dispel myths, and support emerging technologies that promise safer surgeries and better lives for our patients.



Dr. Shabari Girishan

Associate Professor
Department of Neurosurgery



The department of Paediatrics conducted a workshop on 'Fluid and Electrolytes in Children' on 13th June, 2025. The workshop was conducted as part of pre conference workshops of 12th Bangalore PEDICON. It was attended by all the faculty members of the department of Paediatrics.



The dept. of Community Medicine in association with KACH (Karnataka Academy of Community Health), celebrated World Environment Day on 6th June, 2025. Dr. Gajanan G. Sabhahit from NIMHANS was the chief guest for the programme.



The Ramaiah Tissue Bank, RALC, successfully conducted the 2nd Advanced Certificate Course in Tissue Banking and Advanced Therapies in collaboration with DTI, Barcelona. The two-day session was conducted on 11th June, 2025 at the Ramaiah Advanced Learning Center. The event was inaugurated by Dr. Prashant Mathur, Director of NCDIR, ICMR, as the chief guest. He delivered a keynote speech on "Tissue Banking – The Future with a Focus on Research". Prof. K K Raina, Vice Chancellor, RUAS, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Sanjay C Desai, Director, ALC, Dr. Ajoy, Prof. Department of Orthopedics and others were present.



Blood donation camp was conducted by Ramaiah Blood Centre, on the occasion of World Blood Donor Day on 14th June, 2025. More than 70 staff members, clinicians and students donated their blood.



The RUAS Disaster Management Cell, comprising faculty and students from the 13 faculties, successfully participated in a Simulated Stampede Scenario exercise at the Indian Railways Institute of Disaster Management (IRIDM) in Bengaluru. It was led by Dr. Aruna C Ramesh, Prof. & HOD, Dept. of Emergency Medicine. Dr. Arjun, Dr. Keshav, Dr. Shalini and others were part of the workshop. The team of 48 members played their designated roles and effectively managed the scenario on a simulated platform of a railway station as part of the CBDM India 2025 initiative.



Under the leadership of Dr. Aruna C Ramesh, Prof. & HOD, Dept. of Emergency Medicine, conducted a Maternal Resuscitation Workshop at FOGSI Presidential Conference - HOPE 2025, at Bengaluru on 7th June, 2025.



Dr. Nivedita Reshme, Assist. Prof. Dept. of OBG presented a talk on 'Prevention of Post Operative Adhesions-Innovate Methods" at the South Zone Yuva FOGSI conference representing BSOG at Ooty on 21st June 2025.



Doctors from Mauritius underwent Brachytherapy training in Radiation Oncology Department on 20th June, 2025. All the department members were present at the training programme.

Dr. Vikram Gowda, intern at Ramaiah Medical College, is a nationally and internationally recognized swimmer who began his journey in the sport at the age of six. Over the years, he has represented India at prestigious global platforms, including the Junior World Championships in Israel, where he secured the 35th rank worldwide. He also showcased his talent at the 7th, 8th, and 9th Asian Open Water Swimming Championships held in Malaysia, Thailand, and Kuwait, respectively, and competed at the World Marathon Swimming event in Chinese Taipei. At the university level, he consistently represented Rajiv Gandhi University of Health Sciences (RGUHS) and Ramaiah Medical College at the All India University Championships for four consecutive years in Bhubaneswar and Chennai. In recognition of his outstanding achievements, he was felicitated by both the Rajiv Gandhi University of Health Sciences and Rajiv Gandhi University of Applied Sciences. Most recently, on 4th June 2025, he was honoured during the RGUHS Sports Cash Prize Distribution programme for his contributions to swimming.



ಯೋಗ ಸಂಗಮ

ಆರೋಗ್ಯಕರ ಜೀವನ ನಡೆಸಲು ಯೋಗಾಭ್ಯಾಸ ಸಹಕಾರಿ ಎಂಬುದು ಎಲ್ಲರಿಗೂ ತಿಳಿದ ವಿಷಯ. ಯೋಗ ನಮ್ಮ ದೇಹ ಮತ್ತು ಮನಸ್ಸಿಗೆ ಚೈತನ್ಯ ಮತ್ತು ನೆಮ್ಮದಿ ಕೊಡುವುದಲ್ಲದೆ, ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ, ಆರೋಗ್ಯ ವೃದ್ಧಿ ಮಾಡಬಲ್ಲದು.

ಯೋಗ ಎನ್ನುವ ಪದ ಸಂಸ್ಕೃತದ 'ಯುಜ್' ಎಂಬ ಪದದಿಂದ ಬಂದಿದೆ. ಇದರ ಅರ್ಥ ಒಂದುಗೂಡಿಸುವುದು. ಇದು ಒಂದು ಸಾತ್ವಿಕ ಜೀವನ ಪದ್ಧತಿ. ಸುಮಾರು ಆರು ಸಾವಿರ ವರ್ಷಕ್ಕಿಂತಲೂ ಪುರಾತನ ಕಾಲದಿಂದ ತಿಳಿದುಬಂದ ಭಾರತೀಯ ಪದ್ಧತಿ ಈ ಯೋಗ. ಇತ್ತೀಚೆಗೆ ಬಹಳಷ್ಟು ಪ್ರಚಾರದಲ್ಲಿದ್ದು, ಪಾಶ್ಚಿಮಾತ್ಯ ದೇಶಗಳಲ್ಲಿ ಜನಪ್ರಿಯವಾದ ನಂತರ ಮತ್ತು ಅಂತರಾಷ್ಟ್ರೀಯ ದಿನ ಎಂದು ಘೋಷಣೆ ಆದ ನಂತರ ದಿನಗಳಲ್ಲಿ ನಮ್ಮ ದೇಶದಲ್ಲಿ ಹೆಚ್ಚಿನ ಪ್ರಚಾರ ಪಡೆಯುತ್ತಿದೆ. ಇಷ್ಟಾದರೂ ಯೋಗ ಕೇವಲ ವ್ಯಾಯಾಮಕ್ಕೆ ಸೀಮಿತವಾಗಿರುವುದು ಸಮಂಜಸವಲ್ಲ. ಯೋಗಾಭ್ಯಾಸ ಜೀವನದ ಪದ್ಧತಿಯಾಗಬೇಕು. ಇದು ಯಾವುದೇ ವರ್ಗಕ್ಕೆ ಸೀಮಿತವಾಗಿರದ ಆಧ್ಯಾತ್ಮ ಮಾರ್ಗವೂ ಕೂಡ ಆಗಿದೆ. ಈ ಅಭ್ಯಾಸದಿಂದ ಸ್ವಸ್ಥ ಕಾಯ ಹಾಗೂ ಪ್ರಶಾಂತ ಮನಸ್ಸುಗಳೆರಡರ ಅನುಭವ ಆಗಬಹುದು. ಇಲ್ಲಿ ದೇಹ ಮತ್ತು ಮನಸ್ಸನ್ನು ಚೈತನ್ಯಪೂರ್ಣ ಹಾಗೂ ಸಮತೋಲನದಿಂದ ಇರುವಂತಹ ಮಾರ್ಗವನ್ನು ಹೇಳಲಾಗಿದೆ. ಯೋಗ ಪದ್ಧತಿಯಲ್ಲಿ ಆಸನ, ಪ್ರಾಣಾಯಾಮ ಮತ್ತು ಧ್ಯಾನ ಎಂಬ ಪ್ರಮುಖ ಮೂರು ಪ್ರಕ್ರಿಯೆಗಳು ಇವೆ. ಪತಂಜಲಿ ಯೋಗ ಪ್ರಸಿದ್ಧಿ ಪಡೆದರೂ ಅದಕ್ಕೂ ಹಿಂದಿನ ವೇದ ಉಪನಿಷತ್ತುಗಳು, ಭಗವದ್ಗೀತೆ, ಯೋಗ ರತ್ನಾಕರ, ಯೋಗ ವಾಸಿಷ್ಠ ಇತ್ಯಾದಿ ಗ್ರಂಥಗಳಲ್ಲಿ ಯೋಗದ ಮಹತ್ವವನ್ನು ವಿವರಿಸಲಾಗಿದೆ.

ಅಮೇರಿಕಾದಲ್ಲಿ ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರ ಪ್ರಭಾವದಿಂದ ಈ ಯೋಗ ಪದ್ಧತಿ ವಿದೇಶದಲ್ಲಿ ಜನಪ್ರಿಯಗೊಂಡಿತು.

ಒಂದು ಮಾಹಿತಿ ಪ್ರಕಾರ ಆರು ದಶಲಕ್ಷಕ್ಕೂ ಹೆಚ್ಚಿನ ಪಾಶ್ಚಿಮಾತ್ಯರು ನಿತ್ಯದಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಪಾಲಿಸುತ್ತಿದ್ದಾರೆ, ಆದರೆ ಭಾರತದಲ್ಲಿ ಇದು ಯೋಗ ತರಬೇತಿ ಕೇಂದ್ರಗಳು, ಧಾರ್ಮಿಕ ಕೇಂದ್ರಗಳು, ಶಾಲೆ ಮತ್ತು ಉದ್ಯಾನವನಗಳಲ್ಲಿ ಬಿಟ್ಟರೆ ನಿತ್ಯದಲ್ಲಿ ಪಾಲಿಸುವವರ ಸಂಖ್ಯೆ ವಿರಳ. ಇದರ ಪ್ರಯೋಜನ ಅರಿತವರಲ್ಲೂ ಅನಾದರ ಭಾವನೆ ಇರುವುದು ಆಶ್ಚರ್ಯಕರ ಹಾಗೂ ದುರದೃಷ್ಟಕರ. ಹಲವಾರು ಬಗೆಯ ಯೋಗ ಪದ್ಧತಿಗಳನ್ನು ಕೇಳಿದ್ದೇವೆ, ಅದರಲ್ಲಿ ಜ್ಞಾನ ಯೋಗ ಭಕ್ತಿ ಯೋಗ, ಕರ್ಮ ಯೋಗ, ಹಠಯೋಗ, ತಂತ್ರ ಯೋಗ, ಬಿಕ್ರಂ ಯೋಗ, ಅಯ್ಯಂಗಾರ್ ಯೋಗ ಹಾಗೂ ಅಷ್ಟಾಂಗ ಯೋಗ ಇತ್ಯಾದಿ. ಮಹರ್ಷಿ ಪತಂಜಲಿ ಹೇಳಿದ ಪದ್ಧತಿಯೇ ಅಷ್ಟಾಂಗ ಯೋಗ. ಆರೋಗ್ಯಕರ ಮತ್ತು ಶಿಸ್ತುಬದ್ಧ ಜೀವನ ನಡೆಸಲು ಅನುಸರಿಸುವ ಪದ್ಧತಿಗಳನ್ನು ಇಲ್ಲಿ ವಿವರಿಸಲಾಗಿದೆ.

ಅವುಗಳೆಂದರೆ,

1. ಯಮ - ಯಾವುದನ್ನೆಲ್ಲ ಮಾಡಬಾರದು ಹಾಗೂ ನಿಷೇಧಿಸಬೇಕು.
2. ನಿಯಮ - ಯಾವುದನ್ನು ಪಾಲಿಸಬೇಕು
3. ಆಸನ - ವಿವಿಧ ದೈಹಿಕ ಭಂಗಿಗಳು
4. ಪ್ರಾಣಾಯಾಮ - ಉಸಿರಾಟದ ನಿಯಂತ್ರಣವನ್ನು ಕ್ರಮಬದ್ಧವಾಗಿ ಪಾಲಿಸುವುದು
5. ಪ್ರತ್ಯಹಾರ - ಇಂದ್ರಿಯಗಳನ್ನು ನಿಗ್ರಹಿಸುವುದು.
6. ಧಾರಣ - ಮನಸ್ಸನ್ನು ಕೇಂದ್ರೀಕರಿಸುವುದು
7. ಧ್ಯಾನ - ಏಕಾಗ್ರತೆಯಿಂದ ಧ್ಯಾನ ಮಾಡುವುದು.
8. ಸಮಾಧಿ - ಉನ್ನತ ಪ್ರಜ್ಞಾ ಸ್ಥಿತಿ ತಲುಪುವುದು



On the occasion of International Yoga Day, Ramaiah University of Applied Sciences organized Yoga Day on 21st June, 2025.

ಇವುಗಳಲ್ಲದೆ, ಸೂರ್ಯ ನಮಸ್ಕಾರ, ಇದರಲ್ಲಿ 12 ವಿವಿಧ ರೀತಿಯ ಆಸನಗಳು ಇವೆ. ಇದು ದಿನನಿತ್ಯದ ಅಭ್ಯಾಸಕ್ಕೆ ಉತ್ತಮವಾಗಿರುತ್ತದೆ.

ಧನುರಾಸನ, ಭುಜಂಗಾಸನ, ಪಶ್ಚಿಮೋತ್ತಾಸನ, ನೌಕಾಸನ, ಸೇತುಬಂಧಾಸನ, ಹಲಾಸನ, ಸರ್ವಾಂಗಾಸನ ಇತ್ಯಾದಿ ಆಸನಗಳು ಹಲವಾರು ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ಚಿಕಿತ್ಸಾ ರೂಪದಲ್ಲಿಯೂ ಕೆಲಸ ಮಾಡುತ್ತವೆ ಪ್ರಾಣಾಯಾಮದಲ್ಲಿ ಬಸ್ತಿಕಾ, ಬ್ರಾಹ್ಮರಿ, ಕಪಾಲಭಾತಿ ಹಾಗೂ ನಾಡಿಶೋಧನಾ ಇತ್ಯಾದಿ ಕ್ರಮಗಳು ಆರೋಗ್ಯಕ್ಕೆ ಉತ್ತಮ ಎನ್ನುವ ಹಲವಾರು ನಿದರ್ಶನಗಳು ಕಂಡುಬಂದಿವೆ.

ವೈದ್ಯಕೀಯ ಸಂಶೋಧನೆ ಪ್ರಕಾರ ಹೃದಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ರಕ್ತದೊತ್ತಡ, ಹೃದಯ ಬಡಿತ ನಿಯಂತ್ರಿಸುವುದು, ಶ್ವಾಸಕ್ರಿಯೆನ್ನು ಸರಾಗವಾಗಿ ಮಾಡಿ ಆರೋಗ್ಯ ವೃದ್ಧಿಸುವುದು, ಮನಸ್ಸಿನ ಸಮತೋಲನವನ್ನು ಕಾಪಾಡಿಕೊಂಡು ಮಾನಸಿಕ ಒತ್ತಡವನ್ನು ಕಡಿಮೆ ಮಾಡಬಲ್ಲದು, ಖಿನ್ನತೆಯಿಂದ ನರಳುವವರಿಗೆ ಸಹಾಯ ಮಾಡಬಲ್ಲದು, ಹಲವಾರು ನರರೋಗ ಸಮಸ್ಯೆಗಳಿಗೆ ಸಹಕಾರಿಬಲ್ಲದು, ಹಾರ್ಮೋನ್ ಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಮಧುಮೇಹ ಥೈರಾಯ್ಡ್ ಇತ್ಯಾದಿ ರೋಗಗಳಿಗೆ ಸಹಾಯ ಮಾಡಬಲ್ಲದು, ದೇಹದ ಭಂಗಿಯನ್ನು ಸರಿಪಡಿಸುವುದು, ಬೊಜ್ಜು ಇತರೆ ಸಮಸ್ಯೆಗಳಿಗೂ ಸಹಾಯ ಮಾಡಬಲ್ಲದು, ಜೀರ್ಣಾಂಗ ಕ್ರಿಯೆಗೆ ಸಹಾಯ ಮಾಡಬಲ್ಲದು ಎನ್ನುವುದು ಹಲವಾರು ಸಂಶೋಧನೆಗಳಿಂದ ಕಂಡುಬಂದಿದ್ದು, ದೇಶ-ವಿದೇಶಗಳ ಪ್ರತಿಷ್ಠಿತ ಗ್ರಂಥಗಳಲ್ಲಿ, ಜರ್ನಲ್, ಪತ್ರಿಕೆಗಳಲ್ಲಿ ಪ್ರಕಟವಾಗಿವೆ.

ಈ ವರ್ಷದ ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ ಜೂನ್ 21 ರಂದು ನಮ್ಮ ರಾಮಯ್ಯ ಆನ್ವಯಿಕ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ವಿಶಿಷ್ಟಪೂರ್ಣವಾಗಿ ಆಚರಿಸಲಾಯಿತು. "ಒಂದು ಭೂಮಿ ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ" ಎಂಬುದು 2025 ರ ವಿಷಯ. ಇದನ್ನು ಕೇಂದ್ರ ಸರ್ಕಾರ "ಯೋಗಸಂಗಮ" ಎಂಬ ಶೀರ್ಷಿಕೆಯ ಅಡಿಯಲ್ಲಿ ಈ ವರ್ಷ ಘೋಷಿಸಿದೆ.

ಈ ನಿಟ್ಟಿನಲ್ಲಿ ನಾವೆಲ್ಲರೂ ನಮ್ಮೆಲ್ಲರ ದೈಹಿಕ, ಮಾನಸಿಕ ಆರೋಗ್ಯ ರಕ್ಷಣೆಗಾಗಿ ನಿತ್ಯದಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಪಾಲಿಸಿದರೆ ನಾವು ನಮ್ಮ ಕುಟುಂಬ ನಮ್ಮ ಸಮಾಜ ಸ್ವಸ್ಥವಾಗಿರುವುದರಲ್ಲಿ ಯಾವುದೇ ಸಂದೇಹವಿಲ್ಲ. ಆದ್ದರಿಂದ ನಾವೆಲ್ಲ ಯೋಗ ಪದ್ಧತಿಯನ್ನು ನಿತ್ಯದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡು ಆರೋಗ್ಯವಾಗಿರೋಣ.



ಡಾ. ವಿಜಯದಾಸ್

ಶರೀರಕ್ರಿಯಾ ಶಾಸ್ತ್ರ

ಪ್ರಾಧ್ಯಾಪಕ ಮತ್ತು ಮುಖ್ಯಸ್ಥರು

ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ, ಬೆಂಗಳೂರು.



Nivrithi Thambireddy, Preethi R, Kethana PV and Sakshi Patil won prizes at State level quiz "Jeeva Chakra" - a Physio Biochem Journey organised by Sri Chamundeshwari Medical College, Channapatna.



Ramaiah College of Physiotherapy and Department of Orthopaedics conducted a CME on "Multidisciplinary Insights into Hip Dysplasia and CTEV: A Clinical Update" as part of the CTEV & Hip Dysplasia Awareness Month.



The Department of Anatomy conducted Cadaveric Dissection and Histology Drawing Competitions for MBBS Phase 1 2024-25 Batch students on 21st June, 2025.



Aditi Bhagath and Aditi Ludhani secured 2nd place in the Pre and Para Clinical Quiz during Cognitaire 4.0, conducted by BGS Global Institute of Medical Sciences on 25th June, 2025.



The Department of Medical Education Unit organized Interns Orientation programme for the Batch 2025 on 4th to 6th June, 2025.



Dr. Manasa S, dept. of OBG won a third place in the poster presentation on the topic 'Moving towards congruence in a case of gender dysphoria' in the Zonal KSOGA Conference on 28th and 29th June, 2025, at Sri Madhusudan Sai Institute of Medical Sciences and Research, Mudennahalli .

Industrial Visit

From imagination to creation – 3D printing is no longer the future, it is a paradigm shift into industry 4.0, with advanced technology enabling disruption in manufacturing and defying the imagination of the designer.

A team of 10 faculty members and research scholars, from Chemistry, Physics, Pharmacy Mechanical and Aerospace and Automotive engineering, from RUAS, spent the day at Amace Solutions Pvt. Ltd. (AMACE) and AMS Pvt. Ltd. (AMS), on 28th of June 2025, as part of the industrial visits organized by the Office of Research & Innovation, to foster industry-academia research collaborations.

A mesmerizing experience was felt by the RUAS researchers, via an elaborate guided tour into the fascinating world of metal additive manufacturing and the application space covering, Aeroengines, Space, Healthcare, Tool & Die, General engineering, Automotive and several more. The researchers witnessed firsthand, the making of indigenous SLTR 120 and SLTR 400 machines, with AMACE being a leader in bringing these high technology machines from India for the Globe. One of the most

memorable moments was seeing the 3D printed national emblem (Ashka Chakra) that was etched onto the wheels of the Chandrayaan-2 lander, designed to leave an imprint on the lunar surface – a proud testament to how indigenous AM technologies are enabling space missions.



Ramaiah's Critical Care Medicine Department Sets New Benchmark

Ramaiah Medical College is one of the first colleges to have separate standalone department of Critical Care Medicine. This department is running fellowship program for the last 14 years. Most of the fellows students are placed at various levels in different institution of our state and country. Today the department of Critical care Medicine is happy to share that it has been granted 6DM seats highest in the private medical college category.

Department of Critical Care Medicine has one of the largest MICU beds comprising 108 beds, excluding cardiac and neuro cases and the ICU beds are occupied almost greater than 95% throughout the year. This workload has allowed NMC to grant six seats in DM Critical care.

The postgraduates get a good exposure and leverage to diversity of cases at different social economic status of the society, which will help in dealing to all walks of life, which will make them stronger and good exposure in handling complicated cases.

This department is well equipped to handle all the cases at MICU. The department is planning to diversify into sub specialities, such as high end obstetric Critical care, Geriatric critical Care, Hepatitis- biliary Critical care, nephro Critical care and so on.

The department is expanding by another 10 beds from 1 July 2025, and planning to add another 20 beds. Our future goal is to collaborate with different international hospitals too.



Dr. Jyothi G S, Prof. & HOD Dept. of OBG, was an invited faculty for the FOGSI Presidential Conference on 'High Risk Pregnancy for the PPH Workshop' on 7th June, 2025 at Bangalore OBGYN Society . She was also the Judge for the Poster presentations. She was an invited speaker for the SZ Yuva FOGSI conference and spoke on - Decision to Delivery, Category 1 Caesarean Section, at Ooty, on 20th to 22nd June, 2025.



The department of CNSS signed a Memorandum of Understanding (MoU) with Ailanthus AI to advance collaboration in research, design, and product development in emerging technologies

on 11th June, 2025. The MoU was signed by Maj Gen JV Prasad VSM (Retd), Director, CNSS, and Sahana Athreya, CEO & CTO, Ailanthus AI, P M Heblikar, Member, CNSS Council, and K.C. Belliappa, Advisor, CNSS Council were also present. This strategic partnership marks a significant step toward innovation in national security.

A Project Monitoring Committee (PMC) meeting was conducted at Ramaiah Medical College on 18th June, 2025, as part of the formal close-out process of the Hospital-Based Multi-Centre diabetes registry project, funded by BIRAC, with participation from the lead Principal Investigator, Dr. Pramila Kalra, Prof. & HoD, Dept. of Endocrinology and Co-Investigator Dr.Chitra Selvan, Prof. Dept. of Endocrinology along with staff appointed for BIRAC.

Dr. A G Prathab, Registrar, RUAS and Dr. Nanda Kumar, Associate Dean, DRP, RUAS, and others were present.



The Department of Anatomy has conducted a CME titled 'Surgical and Radiological Anatomy of the Skull Base' on 13th June, 2025. 118 delegates from various institutes attended the CME. The multidisciplinary approach of the skull based anatomy was well appreciated by the delegates. Prof. K K Raina, Vice Chancellor, RUAS, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. A G Prathab, Registrar Academics, RUAS, Dr. Umesh K, HOD, Dept. of Radio Diagnosis and others were present.

Placebo vs Nocebo in the Realm of Medicine

In the dynamic and evolving world of medicine, the mind-body connection plays a profound role in shaping therapeutic outcomes. Two of the most intriguing phenomena illustrating this interaction are the placebo and nocebo effects. Though they are two sides of the same coin, their implications diverge significantly—one fostering



healing, the other potentially exacerbating symptoms. Understanding these effects is critical for clinicians, researchers, and patients alike, as they underscore the power of expectations, beliefs, and psychological states in medical practice.

The Placebo Effect: Harnessing Hope

The placebo effect refers to the beneficial changes in health outcomes that arise from a patient's belief in the efficacy of a treatment, even when that treatment has no active therapeutic ingredient. Placebos are often inert substances—like sugar pills or saline injections—used in clinical trials to measure the true efficacy of new interventions by comparison. However, they have also illuminated how powerful the brain can be in mediating physical responses.

Placebo responses have been documented in a wide range of conditions including pain, depression, irritable bowel syndrome, Parkinson's disease, and even post-operative recovery. Neuroimaging studies show that placebos can activate brain areas associated with reward, pain modulation, and emotion regulation. Endogenous opioids and dopamine are key neurotransmitters released during placebo responses, supporting the idea that belief itself can catalyze physiological change.

One striking example is seen in pain management, where placebo interventions can lead to measurable reductions in pain perception. The placebo response, in such cases, is often amplified by a clinician's demeanor, patient-practitioner rapport, and the perceived sophistication of the intervention. Thus, it's not merely the inert treatment, but the entire therapeutic context that fuels the placebo effect.

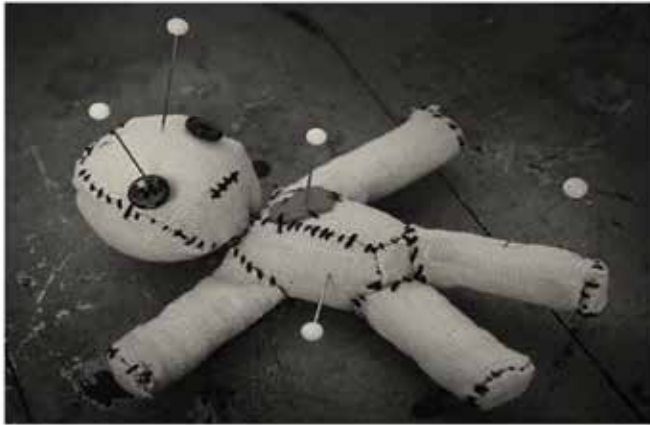
The Nocebo Effect: The Dark Side of Expectation

In contrast, the nocebo effect occurs when negative expectations or beliefs about a treatment lead to worsening symptoms or the emergence of adverse effects—even in the absence of a harmful agent. For example, a patient warned about the possible side effects of a medication may begin to experience those symptoms solely due to suggestion.

Nocebo responses are mediated by anxiety, stress, and the activation of the hypothalamic-pituitary-adrenal (HPA) axis. They are associated with increased cortisol levels and heightened perception of pain or discomfort. In studies, patients told they might experience nausea

NOCEBO EFFECT

a harmless thing that causes harm
because you believe it's harmful



or headaches during chemotherapy or placebo treatments often report those symptoms, even when the intervention is inert.

This phenomenon presents a major ethical and clinical dilemma. The informed consent process, while essential, must be handled with care to avoid inadvertently inducing nocebo responses. Clinicians must walk a fine line between transparency and the risk of suggestion-induced harm.

Mechanisms Underpinning Placebo and Nocebo

Both effects are deeply rooted in psychoneurobiological mechanisms. Key factors include:

- **Expectation and Conditioning:** Repeated exposure to therapeutic rituals can condition the body to respond to certain cues. For instance, if taking a pill usually alleviates pain, the act of



pill-taking itself can trigger analgesia, even if the pill is inert.

- **Patient-Practitioner Interaction:** A warm, confident, and empathetic practitioner can enhance placebo effects and reduce nocebo risks. Conversely, rushed or negative communication can increase patient anxiety and contribute to adverse outcomes.
- **Neurotransmitters and Brain Circuits:** Placebo analgesia, for example, has been linked to endogenous opioid release, while nocebo hyperalgesia involves cholecystikinin, a peptide associated with anxiety and pain enhancement.
- **Cultural and Societal Influences:** Beliefs about treatment effectiveness, shaped by cultural background or past experiences, can modulate both placebo and nocebo responses. Public perception of drug safety also plays a role.

Placebo and nocebo effects are not limited to research—they play a vital role in clinical care.

- **Improving Outcomes:** Clinicians can ethically boost the placebo effect by encouraging positive expectations and building trust.
- **Reducing Harm:** Careful, balanced communication about side effects can help minimize nocebo responses.
- **Compassionate Consent:** Informing patients without overstressing rare risks supports better decision-making and reduces unnecessary anxiety.
- **Better Trial Design:** Controlling for placebo/nocebo effects ensures more accurate results and improves clinical trial methods.

Ethical Considerations

The use of placebos in clinical practice remains controversial. While deception is generally

discouraged, some studies suggest that open-label placebos—where patients are told they are receiving a placebo—can still yield positive outcomes, especially when presented with scientific rationale.

Ethically, it is imperative to respect patient autonomy while also considering the psychological dimensions of healing. Transparency, honesty, and compassion form the cornerstone of balancing placebo potential with ethical integrity.

Future Directions

As neuroscience advances, our understanding of placebo and nocebo mechanisms will deepen. Personalized medicine may soon include psychological profiling to predict who is more likely to experience these effects. Artificial intelligence and machine learning could help tailor communication strategies that optimize patient outcomes.

Training medical professionals in the art of communication, expectation management, and empathy will be vital. Moreover, public health

messaging must also be crafted carefully to prevent mass nocebo phenomena, as seen during the COVID-19 vaccine rollout, where fear and misinformation contributed to widespread adverse symptom reporting.

The placebo and nocebo effects reflect the remarkable influence of the human mind on the body. Far from being trivial or peripheral, they lie at the heart of the healing process. In the realm of medicine, where evidence-based practice is paramount, embracing the psychosocial dimensions of care can elevate outcomes, enhance patient satisfaction, and reduce harm. Navigating the complex interplay between expectation and physiology requires a blend of science, empathy, and ethical awareness—traits that define the truly modern clinician.



Dr. Prasanna Kumar T

Professor
Dept of Respiratory Medicine

The Department of Dermatology celebrated World Vitiligo Day 2025 on 27th June, 2025. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. A G Prathab, Registrar Academics, RUAS, faculty members of the dermatology department and students were present.



A myriad of activities with the theme "Innovation of every skin: powered by AI" were conducted in the campus to create awareness on Vitiligo.

WELCOME



Dr. Preeti Acharya
Senior Resident, General Surgery



Dr. Deepak Sai Prasad
Senior Resident, General Surgery



Dr. Nimeesh H.S
Assistant Professor, Vascular Surgery



Dr. Shriya
Senior Resident, General Surgery



Dr. Mohammed Irfan K.Wallibhai
Senior Resident, General Surgery



Dr. Yeluri Koushik
Assistant Professor, Gastroenterology



Dr. Mohammed Kashif Habeeb
Senior Resident, General Surgery



Dr. K.Prasad Naik
Senior Resident, General Surgery

SEPARATED



Dr. Dharuni Priya K.R
Senior Resident, Critical Care Medicine



Dr. Shridevi Gudi
Senior Resident, Anaesthesiology



Dr. Neha V
Senior Resident, General Surgery



Dr. Suhas M
Senior Resident, General Medicine



Dr. Mahit K.J
Senior Resident, General Surgery



Dr. Likitha M.J
Senior Resident, General Medicine



Dr. Shruthi Madhavi G
Senior Resident, Dermatology



Dr. Sneha Ujjayani A.C
Senior Resident, Radiation Oncology



Dr. Nupur Vaish
Senior Resident, Paediatric Surgery



Dr. Harshith Gopinath A
Senior Resident, Orthopaedics

The Environment Chapter of the Indian Academy of Pediatrics (IAP) conducted an awareness activity at Ramaiah High School to mark World Environment Day, on the theme "Plastic-Free is the Best Way to Be." The chief guest for the programme was Dr. H. Paramesh, Founder Chairman of the IAP Environment Chapter. Jayanna, Principal, Ramaiah High School, Dr. Somashekar A.R, Prof. Dept. of Pediatrics & Vice President, ECHC and others graced the occasion.



Vernal Hangong Parrot

Snap By – Dr. Pradeep

To feature your best click in Jnana Vahini, Kindly send your snaps to corpcomm.gefm@msrhs.org