



Celebrating Innovation and Invention: World IP Day at RUAS

Ramaiah University of Applied Sciences Bangalore, marked World Intellectual Property (IP) Day with grandeur and purpose on 10th May 2025, celebrating the university's growing contributions to research, innovation, and intellectual property. Organized by the Office of Research and Innovation, the event honored the achievements of faculty inventors and highlighted the importance of IP in shaping a knowledge-driven future.

The chief guest for the programme was Dr. Gopichand Katragadda, Founder and CEO of Myelin Foundries. Dr. Govind R Kadambi, Pro-Vice Chancellor, RUAS, Prof. Kuldeep Kumar Raina, Vice Chancellor, RUAS, Dr. Dheepa Srinivasan, Dean, Research & Innovation, Dr. Nandakumar B S, Associate Dean, Research and others were part of the programme.

Over 133 inventors from diverse disciplines—including engineering and medical sciences, dental sciences, computer science, and culinary science—were felicitated for their outstanding contributions to innovation. Between January 2024 and March 2025 alone, the university was granted over 50 patents, reflecting its active and expanding IP ecosystem. To commemorate this milestone, a Book of Patents was also released at the ceremony.



This year's World IP Day event comes at a time when RUAS's IP culture is thriving. Over the last decade, the university has filed 223 patents and granted 113, with 4 to 5 patents filed annually on average. A robust network of over 100 active researchers and more than 300 PhD scholars drives this innovation, with thrust areas including biomedical sciences, materials research, AI in healthcare, sustainable energy systems, and drug repurposing.

The university's strategic vision includes forming Centers of Excellence in biomedical research and computational sciences, fostering interdisciplinary collaboration across fields like quantum computing, machine learning, and data analytics. In tandem with this vision, a Central Research Laboratory is being developed to house advanced equipment for characterization and analytical testing, further supporting the research ecosystem.

RUAS also actively collaborates with prestigious institutions in India and abroad—including IISc, several IITs, and international universities like Kent, Birmingham, and Flinders—enhancing the scope and impact of its research. Industry linkages with organizations such as Robert Bosch underscore the practical relevance of its innovations.

By celebrating World IP Day with such fervor, MSRUA reiterates its commitment to nurturing a sustainable culture of research, innovation, and intellectual property, empowering faculty and scholars to transform ideas into impactful solutions for the future.



RAMAIAH

Celebrating Excellence, Community, and Innovation at RUAS

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Jnana Vahini

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The month of May 2025 at Ramaiah University of Applied Sciences (RUAS) was a vibrant reflection of our institution's enduring commitment to innovation, academic rigor, community engagement, and mental well-being. The hallmark of the month was the grand celebration of World Intellectual Property (IP) Day, where the university's thriving culture of invention took center stage. With over 133 inventors recognized, the unveiling of a "Book of Patents," and more than 50 patents granted in the past year alone, RUAS continues to assert its role as a frontrunner in fostering intellectual contributions across disciplines.

Under the stewardship of the Office of Research and Innovation, and with the presence of stalwarts such as Dr. Gopichand Katragadda and senior university leadership, the IP Day celebration not only honored achievements but also illuminated the strategic future of the university. An interesting design thinking origami workshop was organized with Mrs. Roopika Sood as a resource person.

Equally noteworthy are the diverse academic, clinical, and community-centered activities that shaped May. The Department of Psychiatry's Gatekeeper Training Program for suicide prevention, engaging over 250 staff members, underscores our institution's proactive approach to mental health. This initiative, aligned with the Mental Health Awareness Week's theme of 'Community and Connectedness,' is a testament to how RUAS combines academic responsibility with social empathy.

The month also saw a series of exemplary faculty and student achievements across specializations—be it research presentations at international forums, awards in conferences, hands-on surgical workshops, or innovative teaching practices recognized nationally. Notable among these are the accolades in neurology, orthopaedics, oncology, dermatology, and public health, with our faculty frequently invited as thought leaders and experts in national and global arenas.

Events like the inaugural state-level quiz in radiation oncology, participation in roundtable discussions on electric vehicles and sustainability, and creative platforms such as the Ramaiah Book Club and Shutterbug Society showcase the multidimensional personality of our academic community. These engagements go beyond traditional academia and foster a holistic environment where science, society, and creativity intersect meaningfully.

Finally, the month reminded us of the importance of preparedness and resilience, as seen in the successful execution of evacuation drills and disaster response activities. Such exercises reaffirm our readiness to act responsibly and our commitment to safety and training.

In summary, May 2025 has been a compelling narrative of Ramaiah University's journey—where excellence in education meets ethical responsibility, where invention is matched by inclusion, and where knowledge finds purpose in community transformation.

Let us continue to stride forward with conviction, curiosity, and compassion.



The department of Psychiatry organised a workshop for teaching and non-teaching staff to increase awareness on mental health issues. The aim was to increase awareness, help identify signs among colleagues and facilitate the process for receiving adequate help. The workshop focused on identifying the signs of mental health issues, and a few small tips like breathing techniques, and strategies to handle difficult situations. It also focused on gate keeper training to identify signs of suicide and safety planning.



Dr. Rasmi Palassery, Assoc. Prof, Dept. of Medical Oncology, along with undergraduate medical students Aaditya Jagadish, Rithika M Reddy, Prakriti Ramamurthy, and Rahul Ravindra, presented their research work at the ISBMT 2025 Annual Meet. Their study, titled "Effect of CD34+ and CD3+ Cell Dosage on Outcomes of Allogeneic Hematopoietic Stem Cell Transplantation," explored the impact of stem cell dosage on post-transplant outcomes in patients undergoing allogeneic HSCT.



The department of ENT conducted hands on Cadaveric Endoscopic Sinus Surgery and Anterior Skull base on 1st & 2nd May, 2025. Delegates from all over India attended the workshop along with the ENT department members



The Ramaiah Disaster Assistance and Response Team provided on-site medical care during a mock drill at the Academy of Home Guards in Bengaluru. Dr. Aruna Ramesh, Prof. & HoD of Emergency Medicine, along with her team, participated in the event.



The department of Dermatology attended the XIII SARC 2025 international conference on 2nd to 4th May, 2025 at Mangaluru. Dr. K N Shivaswamy, HoD. Dept. of Dermatology and Dr. T K Sumathy, Prof. Dept. of Dermatology were invited speakers. Dr. Sumathy was also a panel member. Dr. Dina Patil, Dr. Nidhi and Jr resident presented their papers at the conference.

Congratulations Doctors



In recognition of her invaluable contributions to civil defence, home guards, and fire services, Dr. Aruna C. Ramesh, Prof. & HoD, Dept of Emergency Medicine has once again been appointed as the Honorary Officer Commanding of Casualty Services by the Director General of Civil Defence in Bengaluru. Dr. Aruna expresses her heartfelt gratitude to the institution for its unwavering support and views this esteemed role as a significant opportunity for both the institution and herself to serve the nation during this critical time.



Dr. S. REVATHI from the Department of Mental Health Nursing, RINER, was awarded the ANEICON Trendsetter Award 2025 At The Association of Nurse Executives India Conference 2025, Kochi. She received this award for her contributions to the "Let's Talk" initiative at Ramaiah Institute of Nursing Education and Research. "Let's Talk" is an innovative faculty-led mental health support service for nursing students launched in March 2024.



Dr. Jadhav Sonali Tarachand, Principal & Dean, RINER received the Association of Nurse Executives (India)-ANEICON-2025 award for "Academic Leadership in Nursing" from Rajan Khobragade, Additional Chief secretary, Dept. of Health and Family Welfare Kerala on 30th May 2025 at the Association Of Nurse Executives India Conference 2025, Kochi.



Dr. Anuradha H V, Prof. & HoD, Dept. of Pharmacology is selected as Co-Chair Academic Consortium for Clinical Research in India (ACCRI), Indian Society of Clinical Research (ISCR).



Dr. Sanjay C Desai, Prof. & HOD, Dept. of Vascular Surgery, represented India as President of Venous Association at the SAARC, Sri Lankan Summit.



Dr. Ananth Ram, Assist. Prof. Dept. of Community Medicine presented an innovative teaching methodology titled 'Power Walk: An Experiential and Reflective Teaching Method to Explore Systemic Social Determinants of Health, Privilege and Marginalization' co-conceptualized with Dr. Babitha at IAPSMCON 2025. This was recognised among India's 'Top 5 Best Teaching Practices' by the National IAPSM. The write-up was featured in the special edition of the IAPSM Best Practices Compendium 2024–25.



Dr. Mahendra. J. V, Prof. & HoD, Dept. of Neurology along with our Alumni MBBS Student Dr. Eilene Basu got the prestigious 'Original Article award 2024' from the 5th

International Taiwanese Congress of Neurology (ITCN) by Acta Neurologica Taiwanica - a Scopus and PubMed indexed journal.



Ramaiah Medical College organised a guest lecture by Elsevier. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Nandakumar B S, Associate Dean, Research and others were present.



On the occasion of World Parkinson's Day Awareness month, a 'PD Solidarity Walk' was conducted at Ramaiah Medical College and Hospitals, dedicated to PD warriors and caregivers. Around 50 PD warriors along with their caregivers attended the walk. The walk was followed by insightful talks by Movement Disorders Specialist, Functional Neurosurgeon, speech therapist, physiotherapist and Advanced PD Nurse on how to live well with PD and role of caregivers aimed at supporting overall well-being.



Dr. Ajoy S M, Assoc. Prof, Dept. of Orthopaedics contributed as the Course Co-Chairman and National Faculty for the AO Trauma International course on Principles of Fracture Fixation for practicing Orthopaedic Surgeons at Bengaluru on 9th to 11th May, 2025.



The Department of Pharmacology conducted National workshop on “Signal Detection and Validation in Pharmacovigilance” on 9th May 2025. Dr. Ashwin Ravi, Medical safety Lead at Sandoz India Pvt Ltd and Dr. Anuradha H V, Prof. & HOD, Pharmacology were the resource persons. This academic and pharmaceutical industry collaboration gave valuable insights into the career prospective in Pharmacovigilance.

To prepare for air raid like emergencies, Ramaiah Medical College conducted a mock evacuation drill on 14th May, 2025. The training session was led by Dr. Sindhujaa Iyengar, Assist. Prof, School of Law. The instructors, educated faculty and students on three essential response measures during an air raid: correctly identifying red and green air raid sirens, executing a swift and orderly evacuation, and taking shelter in the designated basement area.

The enthusiastic participation of both faculty and students underscored the importance of preparedness and teamwork in effectively responding to emergency situations.



Ramaiah Book Club



After a long day of treating patients and the chaos of clinical work, there's nothing quite as relaxing as unwinding with a good novel. To rekindle the joy of reading, Ramaiah Medical College and Hospital has launched the 'Ramaiah Book Club'. Each month, a selected book is read and discussed by faculty members and students, creating a space to share ideas, perspectives, and a love for literature. Santhebennur Faiznatraj was the chief guest for the programme. M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital and other members of the club were part of the programme.



A session on “Near Death Experience: Hallucination or Objective experiences” was organized by the department of Physiology in collaboration with Veditha Mind Care Clinic. The Director & Producer of the movie, Miss. Sonia Barkallah was also a part of Panel discussion. The Symposium was conducted on 5th May, 2025. About 70 faculty and post graduate students from preclinical, paraclinical and clinical departments attended the event. Welcome note was given by Dr. Jyothi. S, Associate Professor who introduced the speakers. Introduction about the speakers was given by Dr. Vijayadas, Professor & Head of the Department, Physiology.

Dr. Ravi Prakash gave insight about the documentary. The documentary on Near death experiences – titled “TEMOINS” was played for nearly 2 hours. This was a testimony of the patients and their relatives of how

the patients felt when they were in the state of coma. Although these testimonies are still classified under the “paranormal” category, NDEs have paradoxically become a legitimate field of study and research since the publication of Dr. Raymond Moody’s book Life After Life in 1975. NDEs are increasingly the subject of medical and neuroscience theses and dissertations. The goal of this documentary is to bring together top international experts to examine the latest studies alongside exceptional and previously unseen testimonies. What is the value of a testimony? Why are some NDEs negative? Are witness accounts truly reliable? What role do “anecdotes” play in scientific research? Where does research stand today? Could a protocol be designed to better understand these experiences? These questions, which concern us all, present a challenge that the scientific community must address.



A hands-on cadaveric workshop on Endoscopic Sinus Surgery and Anterior Skull Base was conducted by the Department of ENT at Ramaiah Advanced Learning Centre. The workshop targeted ENT consultants, private practitioners, postgraduates, and faculty, with 30 delegates 10 performing dissections, 14 as observers, and 6 as faculty.

Dr. Harshavardhan N Reddy and Dr. Chandrakiran from the Dept. of ENT were part of the workshop.



Dr. Akshith Raj S Shetty, Assoc Prof, Dept of Forensic Medicine was invited as speaker on the topic "Utilisation of Forensic Odontology in our Routine Medico Legal Practice" at the National Seminar & Workshop on " Forensic & Beyond - Bridging the Disciplines" was organized by the Department of Oral Medicine and Radiology, FDS, RUAS on 22nd May, 2025.



The Center for National Security Studies organised round table discussion on 'EV as an Emerging Technology: Dialogues on Policy, Industry and Innovation.



Dr. Jyothi G S, Prof. & HoD, Dept. of OBG was invited as speaker at the PCOS Patashala CME and spoke on Obesity in PCOS, at Gulbarga, on 17th May, 2025, which was organised by the Gulbarga OBGYN Society.



Dr. Nivedita Reshme, Asst. Prof, Dept, of OBG was invited as a moderator for a "Panel Discussion on PCOS" at the PCOS Patashala CME at Gulbarga, on 17th May, 2025, which was organised by the Gulbarga OBGYN Society.



As part of the Alumni meet "Namma Ramaiah Cup"-Tennis Ball Cricket Tournament was organised on 24th May, 2025. It was organised by Dr. Nivedita Reshme (OBG), Dr. Hariprasad (EMD), Dr. Prasanna (Chest medicine) and others. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital was the chief guest.

Dr. Jyothi G S, Prof. & HoD, Dept. of OBG was invited as a representative of FOGSI FDMSE committee and Co Moderated a panel on - Immunisation from Menarche to Menopause, at Mysuru on 24th May, 2025 which was organised by the Mysuru OBGYN Society.





Dr. Praveen Kumar S, Prof. Dept. of Dermatology presented at Bengaluru Urology society on 'Venereal and Non-Venereal Dermatoses of Male Genitalia to the Robust Urology'.



Dr. Somashekar, Prof. Dept. of Paediatrics moderated Panel Discussion: on "Current science in managing paediatric allergy organized by Indian Academy of Paediatrics at Delhi. It was an insightful discussion exploring the diverse manifestations of paediatric allergic conditions.



The Department of OBG successfully conducted, 'Fogsi Eagle Laparoscopy Workshop' for post graduates on 10th May, 2025. Scientific sessions followed by demonstration of varieties of 9 live laparoscopy surgeries were conducted.



Center for National Security Studies organised a Lecture on "Sustainability Transitions: National Strategies and Technological Trajectories" at Ramaiah Medical College. The event opened with Prof. Govind R. Kadambi highlighting the importance of sustainable engineering for equitable futures. Prof. Akihisa Mori from Kyoto University discussed Asia's energy transition, focusing on decarbonisation, coal divestment, and net-zero financing. Dr. Nandakumar Janardhan from IGES emphasized the geopolitical impact of climate risks, critical minerals, and green hydrogen. Maj Gen J.V. Prasad (Retd.), Director, CNSS, stressed the strategic role of sustainability in national security.



On the occasion of World No Tobacco Day the Dept. of Respiratory Medicine inaugurated 'Tobacco Cessation Clinic'. Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, Dr. Pragathi, Prof. & HoD, Dept, of Respiratory Medicine and others were part of the inauguration.

The Department of Medical-Surgical Nursing at Ramaiah Institute of Nursing Education and Research organized an Intercollege Innovative Poster Presentation Competition on occasion of World Health Day 2025. The theme was on 'Nurturing a healthy today, blossoming into a hopeful tomorrow'.



The Department of Child Health Nursing organized an insightful guest lecture on National Health Programs Related to Child Health Implemented at the PHC Level on 9th May 2025, at the Ramaiah Institute of Nursing Education and Research.

The session was delivered by Mr. Vanindar Kumar B.C, Community Health Officer from the Health and Wellness Centre, Magadi Road, Bengaluru Urban.



The Department of Obstetrics and Gynecological Nursing, RINER successfully conducted the Fifth Workshop on Essential Midwifery Procedures-Skill enhancement on 19th & 20th May 2025, aimed at enhancing clinical competencies in maternal and newborn care. The event saw enthusiastic participation from 73 attendees, including staff nurses, teaching faculty, and UG and PG nursing students from across Karnataka.



Creating positive “Community” and Connections for Positive Mental Health

Mental Health Awareness Week (12th to 18th May 2025) this year focussed on the theme of ‘community’. The focus of mental health has shifted from lack of disease to promoting positive mental health and well-being. Mental well-being is a state of positive emotional, psychological and social health that allows an individual to grow, realize their potential, contribute to their community and cope with life’s challenges. It gives a person a sense of purpose, satisfaction and fulfilment in life. An important factor to achieve mental well-being is a sense of connection, belonging and security that having a like minded community can provide.

Loneliness and social isolation causes worsening of mental well-being, increase in risk of depression, anxiety, substance use and suicide. It also causes an increase physical ailments such as cardiac conditions, diabetes, hypertension, cognitive decline and early death. Loneliness and social isolation are found to be twice as harmful to mental and physical health as obesity. Social isolation and loneliness effect people of all ages, gender, ethnicity, socio-economic status and professions. People can feel alone and isolated when among a group of people due to lack of connection, and belongingness. The effects of social isolation and loneliness on mental health can last up to 9 years after the exposure.



India faces an epidemic of loneliness and social isolation. Shift from traditional family systems to nuclear families, migration to urban areas for education and employment, increase in divorces, single parent households and increased gadget use have contributed to current day epidemic of loneliness and social isolation. The way forward to tackle this epidemic is to foster a strong community of like-minded individuals who can provide non-judgemental support and sense of belonging to each other. Each of us can find a community for ourselves based on common interests (joining book clubs, yoga classes, running groups, cricket groups etc), values (volunteer in charity services) and belief systems (religious group, spiritual activities). Each of us can contribute to the community through open communication, empathy, active listening, reducing stigma and offering aid to people who are suffering. Having a purpose and giving others a purpose in life increases belongingness and improves mental health and well-being. Let’s all join together to build a healthy community of connectedness, acceptance and support for better well-being.



Dr. Swati C

Asst. Prof. Department of Psychiatry

Empowering Communities to Save Lives: Gatekeepers of Hope

Suicide is defined as “death caused by self-directed injurious behaviour with intent to die”. Globally 800,000 people die by suicide and for every death by suicide there are at least 20 attempts. In India, suicide has become a public health concern with a total of 1,70,924 deaths by suicide in 2022. Suicide is a outcome of various dynamic interaction of psychological, biological and social factors. Suicide can be prevented at primary level by early identification of at-risk individuals and timely intervention.

This calls for a need to strengthen our suicide prevention program. The major hurdle for this is a lack of trained professionals to identify and help people expressing suicidal ideations. People in community are unable to recognise those at risk of suicide due to their own discomfort, lack of knowledge, stigma and lack of skill. The shortage of mental health professionals in the country makes relying on them alone for suicide prevention to be inadequate. The way forward is to have more people in the community as the first contact to recognize the signs of imminent self-harm, asking about suicidal thoughts and plans, and making a safety plan to prevent suicide attempts. Such people are known as gatekeepers.

A gatekeeper is someone who comes in contact with large number of people, can be a teacher, parent,

colleague, friend etc, and is capable of recognising crisis and warning signs in persons contemplating suicide.

Keeping in line with the theme of mental health awareness week 2025 – celebrate the power and



importance of positive community which is vital for mental health and well being , Department of Psychiatry has conducted gatekeeper training for more than 250 employees of

Ramaiah Medical College and Hospitals over the past 1 month focussing on knowledge of the risk factors, protective factors, warning signs of suicide and skills of asking about suicidal thoughts, plans, distraction techniques to handle suicidal thoughts and forming a safety plan. Participants were also given information about referral to mental health professionals as the most common underlying cause for suicide is mental illness. With this we hope to increase awareness about suicide, reduce stigma towards suicide attempters and increase the help available to people with suicidal thoughts with the aim to reduce suicide attempts and deaths in the community.



Dr. Hemendra Singh

Assoc. Prof. Department of Psychiatry

PEP Devices in Respiratory Medicine

Positive Expiratory Pressure (PEP) devices are commonly used in respiratory therapy to enhance lung function, promote airway clearance, and reduce the risk of complications in individuals with chronic respiratory conditions. These devices are non-invasive and help patients exhale against resistance, which keeps the airways open and helps move mucus out of the lungs. They are especially beneficial for patients with cystic fibrosis, COPD, bronchiectasis, and for post-operative care to prevent lung collapse (atelectasis).

Types of PEP Devices

1. Standard PEP Devices

These are simple and widely used tools that typically consist of:

- A mouthpiece or face mask connected to a resistor.
- Resistance levels that can be adjusted according to the patient's needs.

Modes of Application:

- Face mask with a one-way valve and expiratory resistors (e.g., PARI mask set, PARI PEP System 1).



- Mouthpiece with holes or dial-type resistors to generate the required expiratory resistance (e.g., PARI PEP S, TheraPEP).



PARI PEP System 1



PARI PEP S



Thera PEP

Fig. 3 Mouthpiece PEP devices

Procedure:

- Involves cycles of breathing through the device, followed by forced expiration and coughing.
- Recommended expiratory pressure: 10–20 cm H₂O during mid-expiration.
- A manometer can be used during initial training to check and adjust the pressure being generated.
- Proper seated posture (neutral lumbar spine) is important to optimize diaphragm and pelvic floor function.



2. Oscillating PEP (OscPEP) Devices

These devices combine the benefits of PEP with oscillations (vibrations) during exhalation. These vibrations help loosen mucus by:

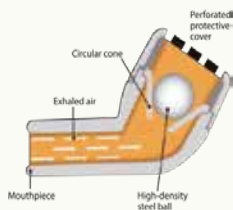
- Decreasing its thickness (viscosity)
- Encouraging airflow behind secretions
- Moving mucus from smaller to larger airways for easier clearance

It is essential that OscPEP therapy be taught by trained physiotherapists, especially in patients with complex conditions.

Popular OscPEP Devices:

1. PARI O-PEP, Flutter, TurboForte, PEPE, Resi OPEP:

- » Small, hand-held, pipe-like devices with a mouthpiece.
- » Feature a steel ball inside a cone, which vibrates during exhalation.
- » Used in an upright sitting position or other effective positions.



2. Acapella Device:

- » Uses a counterweighted plug and magnet to generate oscillations.
- » Has a dial to adjust pressure and oscillation frequency.
- » Can be used with a mouthpiece, face mask, or nebuliser (Acapella Duet).
- » Types:
 - ◆ Acapella Blue – for patients with low airflow (<15 L/min)
 - ◆ Acapella Green/Choice – for higher airflow (>15 L/min)
 - ◆ Acapella Duet – includes nebulizer port and easy disassembly for cleaning



3. Aerobika Device:

- » Helps in loosening and removing mucus.
- » Can be connected to a nebuliser such as the AeroEclipse for combined therapy.

4. Other Oscillating Devices:

- » Bottle PEP
- » RC-Cornet



Clinical Applications of PEP Therapy

PEP devices are useful in a variety of clinical scenarios, such as:

- Cystic Fibrosis: Helps in thinning and removing thick secretions, reducing infections and long-term lung damage.
- COPD (Chronic Obstructive Pulmonary Disease): Reduces trapped air in the lungs, improves breathing efficiency, and enhances the ability to perform physical activities.

- **Post-Operative Care:** Especially after chest or abdominal surgeries, PEP prevents lung collapse by encouraging lung re-expansion and secretion clearance.
- **Bronchiectasis and Chronic Bronchitis:** Helps maintain clear airways, reduce infections, and support overall lung function.

Benefits of PEP Therapy

- Non-invasive and well tolerated by most patients
- Compact and easy to use at home or in clinical settings
- Can be combined with inhaled medications
- Improves oxygenation and lung hygiene
- Reduces the frequency and severity of respiratory infections
- Encourages patient independence in long-term care

Clinical Precautions for Oscillating PEP Use

- OscPEP therapy must be used with caution or avoided in certain situations:
- Undrained pneumothorax or after lung surgery due to the risk of air leaks
- Recent lung transplants or lobectomy (risk to surgical sites)
- Severe heart problems or unstable blood pressure
- Undrained lung abscesses or empyema (risk of sudden fluid release)
- Active bleeding in the lungs (may worsen bleeding)
- Patients with difficulty breathing or poor tolerance
- Sinus infections or middle ear problems (pressure-related complications)

- Highly reactive airways (can trigger excessive coughing)

PEP devices have become a vital part of respiratory therapy, offering a simple yet effective solution for chronic and acute lung issues. They enhance mucus clearance, improve breathing efficiency, and prevent complications, particularly in high-risk respiratory patients. With proper guidance, patient training, and continued innovation, PEP therapy continues to be a cornerstone of pulmonary rehabilitation and non-drug respiratory care.



Dr Ashwin K

Resident, Dept. of Respiratory Medicine



The department of Medical Surgical Nursing, organized Quiz Whiz 2025: Inter-college quiz competition on "Oncology Nursing" on 28th May 2025 at RINER Auditorium, Total 13 teams from 4 colleges across Bengaluru participated in this competition. The diverse participation from different colleges added to the competitive spirit and allowed for a rich exchange of knowledge.

World No Tobacco Day 2025: A Pulmonologist's Perspective

Each year on May 31st, the world observes World No Tobacco Day, a vital initiative spearheaded by the World Health Organization (WHO) to raise awareness about the dangers of tobacco use and advocate for robust control measures. As a pulmonologist, I view this day not merely as symbolic, but as an urgent reminder of the immense and preventable burden tobacco places on individuals, families, and our healthcare system.

This year's theme, **"Bright Products. Dark Intentions. Unmasking the Appeal,"** focuses on how the tobacco and nicotine industries use attractive packaging, sweet flavors, and digital marketing to lure young people into addiction. These "bright" products, often disguised as harmless or trendy, hide the grim reality of addiction, disease, and death.

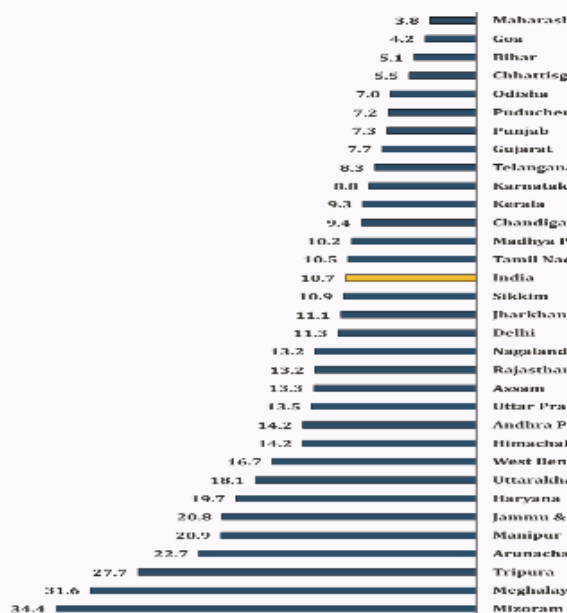
India remains a critical front in this global struggle.

As the third-largest producer and second-largest consumer of tobacco, the scope of the issue is vast. According to estimates, tobacco use leads to more than **1.3 million deaths annually in India**—with nearly one million from smoking and the remainder from smokeless tobacco, which is widely used.

Data from the Global Adult Tobacco Survey (GATS) 2016–17 shows that **28.6% of Indian adults**—around 266.8 million people—use tobacco in some form. The gender gap is significant: 42.4% of men and 14.2% of women are current users. While 10.7% of adults smoke, a larger proportion—21.4%—use smokeless forms such as gutka, khaini, and betel quid with tobacco. These patterns are reflected in India's alarmingly high rates of oral cancers, chronic respiratory conditions, and cardiovascular diseases.

India also bears the **world's highest burden of tuberculosis (TB) and multi-drug resistant TB (MDR-TB)**—both of which are worsened by tobacco use. Tobacco damages lung defenses, increasing susceptibility to infections and leading to more severe disease and poorer outcomes.

At the heart of tobacco's harm lies its **highly addictive nature**. Nicotine, the primary addictive



PREVALENCE OF CURRENT TOBACCO SMOKING AMONG STATES/UTS, GATS INDIA



component, alters brain chemistry by stimulating dopamine release—the “feel-good” neurotransmitter—creating a cycle of craving and dependence. This addiction is both physical and psychological, and withdrawal symptoms such as irritability, anxiety, poor concentration, and intense cravings often derail quit attempts. The tobacco industry exploits this dependence, now pushing **newer products like e-cigarettes and heated tobacco devices**, claiming they are safer. In truth, these products continue to deliver high levels of nicotine, reinforcing addiction—especially among youth—while masking long-term health risks.

In response to this challenge, **MS Ramaiah Hospitals has established a dedicated Tobacco Cessation Clinic**, offering structured support to individuals trying to quit. Our comprehensive approach includes behavioral counseling, long-term follow-up, and evidence-based pharmacotherapy. One of the most effective tools we employ is **Nicotine Replacement Therapy (NRT)**, which delivers controlled doses of nicotine through gums, patches, lozenges, and inhalers. This helps reduce withdrawal symptoms and cravings, allowing patients to gradually wean off nicotine under medical supervision. When

combined with counseling, NRT significantly improves quit rates and empowers patients to regain control of their health.

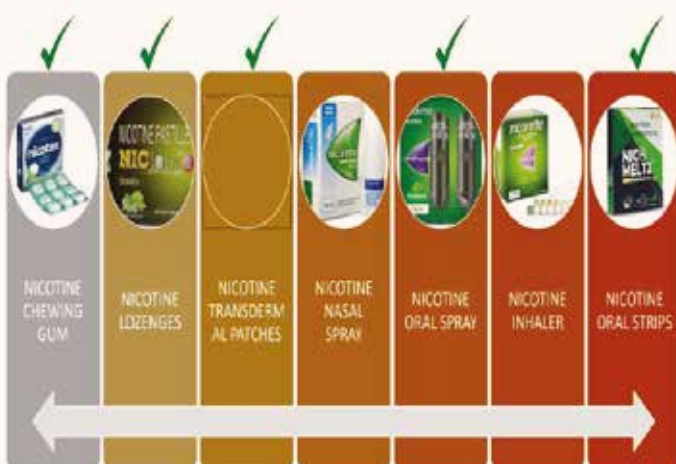
However, clinical efforts must be supported by **strong public policy**. We urge policymakers and health authorities to:

- Enforce plain packaging and prominent graphic health warnings,
- Ban flavored and novel nicotine products targeting youth,
- Increase taxes on all tobacco products to reduce affordability,
- Strengthen regulations on advertising and promotion, especially online,
- Expand tobacco cessation services, particularly in underserved and rural areas.

World No Tobacco Day 2025 is more than a date on the calendar—it is a call to action. **Every cigarette not lit, every pouch of gutka not sold, and every young person steered away from nicotine is a step toward a healthier society.** As pulmonologists, our fight against tobacco must go beyond the clinic, extending into public education, advocacy, and compassionate care.

Let us confront the harsh realities of tobacco use, protect our youth from falling into its trap, and work together toward a healthier, tobacco-free India—for our lungs, our communities, and the generations yet to come.

NICOTINE REPLACEMENT THERAPY- TYPES



Images are for representational purpose. We don't recommend any particular commercial brand to use.



Dr. Prasanna Kumar T

Associate Professor
Dept of Respiratory Medicine

International Nurses Day -2025



event was the inauguration of the Nurse Innovators Hub by Dr. Kuldeep Kumar Raina, Vice Chancellor, RUAS, aimed at fostering innovation among nurses. The program featured a video on the life of a nurse and a presentation on the Nurses Day. Dr. Jadhav Sonali Tarachand, Principal and Dean, RINER. Jayalakshmi.I.V, I/C Nursing Superintendent, Dr. Shalini C Nooyi, Principal & Dean, Ramaiah Medical College & Hospital, Dr. Ramesh D, Associate Dean, Ramaiah Medical College Hospital, and others were present

The Nurses Day 2025 was Celebrated on 23rd May, 2025 at the RINER Auditorium, jointly organized by Ramaiah Institute of Nursing Education & Research and Ramaiah Medical College Hospital, with over 400 participants including nurses, nursing college faculty and students. A key highlight of the



Dr. Ashrith won first prize in poster presentation at Karnataka Stroke Summit at Belagavi.



Dr. Sneha and Dr. Akash were awarded the first prize in the quiz at the inaugural state-level conference of the Association of Radiation Oncologists of India, Karnataka chapter.

WELCOME



Dr. Abhishek Chaturvedi
Senior Resident
General Surgery



Dr. Madhuri P
Senior Resident
Ophthalmology



Dr. Suhas C.M
Senior Resident
Radio Diagnosis



Dr. T. M. Harishkar
Senior Resident
Radio Diagnosis



Dr. Ramyashree Reddy N
Senior Resident
General Medicine



Dr. Prabhudev Mahantayya Hiremath
Assistant Professor, Neurology



Dr. Angel Beula P R
Senior Scientific officer (Clinical)
Central Research Laboratory

SEPARATED



Dr. Subhash Nadagouda
Senior Resident
General Surgery



Rajashree M. Puttanna
Clinical Psychologist
Psychiatry



Dr. Rutva Harish Fatnani
Senior Resident
General Medicine



K. Thimmaiah
Sweeper
Transport Section

RAMAIAH SHUTTERBUG SOCIETY



Ramaiah Medical College proudly unveiled the 'Ramaiah Shutterbug Society,' a unique photo club dedicated to the art of photography. This dynamic initiative invites both staff and students to showcase their stunning visuals, capturing moments that tell their own stories. Beyond mere exhibition, the society serves as a nurturing ground for photography enthusiasts, offering a deep dive into techniques, skills, and the magic behind the lens.



Chasing The First Light of Hope

Snap by - Dr. Ram, Radio Diagnosis

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