



Honouring the Heart of Healthcare International Nurses Day 2026



On the occasion of International Nurses Day, a special programme was organised on 12th May 2026 at the RMC Auditorium to honour the dedication, compassion, and invaluable service of nurses in the healthcare sector. The event celebrated the tireless efforts of nursing professionals who play a crucial role in patient care and overall well being.

In recognition of their commitment and dedicated service to the hospitals, nurses were honoured with mementos. A cultural programme was also organised to help them relax, enjoy, and cherish moments away from their demanding schedules.

Dr. M. R. Jayaram, Chairman, Gokula Education Foundation (Medical) & Chancellor, RUAS, during his speech he stated, "Nurses are remembered not only for the care they provide, but for the compassion and empathy they bring to every patient. Their selfless service has a lasting impact on countless lives."

Dr. Nagendra Swamy S. C, CE, Healthcare Services, GEF (Medical) & RMH, Dr. Shalini C. Nooyi, Principal & Dean, RMC&H, Dr. Ramesh D, Medical Director & Associate Dean, RMCH, Dr. Jadhav Sonali Tara-chand, Dean & Principal, RINER and others were part of the programme.





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Jnana Vahini

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Advancing Knowledge, Compassion, and Innovation: A Month of Purpose at Ramaiah

The true strength of a medical university lies not merely in the number of graduates it produces or the facilities it houses, but in its ability to create meaningful impact through education, research, clinical excellence, and social responsibility. The activities of May 2026 at Ramaiah Medical College and Hospitals reflect this very ethos—an institution continuously striving to bridge science with service, innovation with compassion, and academic excellence with societal relevance.

This month witnessed a vibrant spectrum of achievements across disciplines. From celebrating the unwavering dedication of nurses on International Nurses Day to organizing nationally relevant academic deliberations on epilepsy care, respiratory medicine, radiation oncology, dermatology, paediatrics, and emergency medicine, Ramaiah reaffirmed its role as a centre of interdisciplinary learning and healthcare leadership. Faculty and students actively engaged in workshops, continuing medical education programmes, scientific conferences, and national forums—demonstrating a culture where learning extends far beyond classrooms and hospital corridors.

Equally inspiring is the growing academic footprint of our institution. Faculty members contributed to prestigious textbooks, delivered invited expert lectures, represented Ramaiah on national and international platforms, and earned recognition for scientific excellence. Our postgraduate residents and students continued to excel through research presentations, quizzes, competitions, and sports, reflecting the balanced development of future healthcare professionals. Such accomplishments are not isolated successes; they are the outcomes of an ecosystem that nurtures inquiry, mentorship, and professional growth.

Beyond institutional milestones, this month's public health narratives remind us of our larger responsibility to society. Whether dispelling myths surrounding childhood asthma management, advocating tobacco cessation, or fostering awareness of evolving endocrine and women's health concepts, Ramaiah's faculty continue to translate medical science into meaningful public engagement. In an era where misinformation often outpaces evidence, the voice of credible academic medicine becomes more critical than ever.

Importantly, the warmth of alumni reconnecting after twenty-five years, students showcasing their talent through Insight 2026, and clinicians investing time in mentorship and wellbeing conversations reflect another defining characteristic of Ramaiah—community. Medicine thrives on human connection, and institutions flourish when they preserve a sense of shared identity and purpose.

As we reflect on the achievements of May 2026, one message stands clear: excellence is not a destination but a continuous journey. At Ramaiah, every lecture delivered, every patient cared for, every student mentored, and every innovation pursued contributes to a larger mission—to shape healthier communities through education, research, and compassionate care. As we move forward, may this spirit of curiosity, collaboration, and service continue to inspire us all.



The Ramaiah Medical College Alumni Association organised a special guest lecture on "Osteoporosis Across the Lifespan – A Specialist Approach to DXA and Beyond" on 7th May, 2026. Dr. Suma Uday (Batch 2004), a renowned expert in Paediatric Endocrinology and Metabolic Bone Disease, was the chief speaker.



The Ramaiah Medical College & Hospitals, in collaboration with the Indian Epilepsy Society, organised a vision meeting 'A Roadmap for Epilepsy Services, Training & Research in India (2026-2047)'.



Dr. Jyothi G S, Prof. & HoD, Dept. of OBG, RMC received a Memento of Appreciation on successful completion of National Training Project on Cervical Cancer Awareness and Elimination through HPV Vaccination, conducted under the aegis of FOGSI, IMA, American Cancer Society and Cancer Foundation of India.



Faculty members and postgraduate residents from the department of General Surgery collaborated with Zen Hospitals, Mumbai for 'Surge Live 4.0' on 10th May, 2026



The Dept. of Radiation Oncology conducted a workshop on 'Conventional Planning in Radiotherapy' on 9th May 2026 at Ramaiah Institute of Oncology. Delegates from across Bengaluru attended the workshop



Dr. Nivedita Reshme won third place in the Gynaec Oncology quiz conducted at 'Punarbhava' CME - BSOG on 10th May, 2026 as part of the World Ovarian Cancer Day initiative.



Dr. Ananth Bhandary, Prof. Dept. of Ophthalmology at Ramaiah Medical College, was felicitated by Dr. Abhijat Sheth, Chairman of the National Medical Commission (NMC), in recognition of his talk at the iTalks meeting in New Delhi on 10th May, 2026.

The Department of Community Medicine on the occasion of World Health Day 2026, conducted the Nationwide IAPSM Quiz for Undergraduates at college level. Aadhita Sreenivas, Akshaya Khambampati and Aravind Ravichandran of Phase III Part I students were the winners and represented Ramaiah Medical College at the State level.



Silver Anniversary Reunion - MBBS Batch of 2001



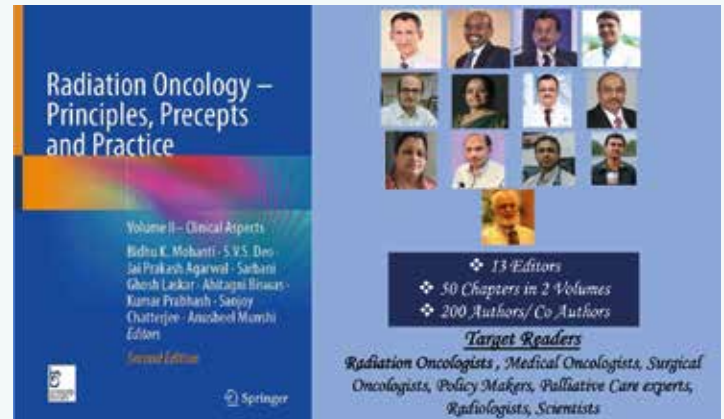
A journey that began in 2001 came full circle as the Silver Anniversary Reunion of the MBBS Batch of 2001 was celebrated with warmth, nostalgia, and pride at Ramaiah Medical College on 16th May, 2026. A special highlight at the reunion was the inauguration of a commemorative book by the administrators, capturing the stories, milestones, and achievements of the batch over the past 25 years.



The Department of Dermatology conducted a CME in association with Bangalore Dermatology Society on 17th May 2026, featuring interesting case series of presentations by postgraduate students. A guest lecture on 'Psoriatic Arthritis,' an engaging panel discussion on 'Seronegative Arthritis – Relevance to Dermatology,' and a theme-based discussion on Dermatology practice - Science versus social media was conducted.



The Karnataka Pulmonologists Association (KPA) successfully conducted a CME programme on the occasion of World Asthma Day 2026, preceded by an Asthma Awareness Walkathon on 10th May 2026. The event was flagged off by Venkatesh Prasad, President of KSCA. These scientific sessions focused on important aspects of asthma management, including GINA 2026 updates, MART therapy, immunotherapy, FeNO, biologics, and real-world asthma practice discussions. Eminent pulmonologists and faculty members from across Bengaluru actively contributed to the academic deliberations.



Dr. Janaki M. G. Additional Dean & Prof. and Dr. Lithika V, Asst. Prof, from the dept. of Radiation Oncology, Ramaiah Medical College, have co-authored a chapter titled "Radiation Therapy for Benign Conditions" in the prestigious textbook Radiation Oncology – Principles, Precepts and Practice (Second Edition, Volume II: Clinical Aspects) published by Springer.



The 8th ICVC Workshop in Singapore was jointly conducted by the Dept. of Vascular Surgery, RUAS, India.



Dr. Janaki M. G, Additional Dean & Prof, Dept. of Radiation Oncology, delivered a talk on 'Advances of Radiation Therapy for Paediatric Cancers' at

Belagavi during the 2nd state-level conference on 17th May 2026.



Medical students participated in AFMC Silhouettes & AIIMBT 2026, on 6th to 9th May 2026 at the Armed Forces Medical College, Pune, and delivered outstanding performances across various sporting events. In swimming, Nithyashri Ramasamy excelled in the 50m Breaststroke and 25m Breaststroke events, while Ruhee Chawla achieved notable success in the 50m Backstroke and 25m Butterfly events. In squash, Namya Kohli scored a commendable performance, contributing to the institution's strong presence at the event.



The Dept. of Neurosciences organised a guest lecture on "Work-Life Integration" on 23rd May 2026. The event featured Dr. Thimmappa Hegde as the guest speaker, who delivered an insightful session on 'Balancing professional demands with personal well-being', a topic highly relevant to the medical fraternity.



The department of Pharmacology conducted a Training Programme on Ethics, Good Clinical Practice (GCP) and Good Laboratory Practice (GLP) on 26th May, 2026. The programme featured expert sessions on ethical guidelines, clinical research regulations, informed consent, safety reporting, and laboratory best practices, providing valuable insights to postgraduate students.



The Department of Paediatrics, in association with the Indian Academy of Paediatrics, Bengaluru, successfully conducted "Fluid IQ – Workshop on Fluids, Electrolytes and RRT in Children" on 21st & 22nd May 2026 at Ramaiah Medical College, Bengaluru.

The Department of Obstetrics and Gynecology, in association with the Bangalore Society of Obstetrics and Gynecology (BSOG), successfully conducted a Colposcopy Workshop accredited by KMC and ICOG (Indian College of Obstetrics and Gynaecology) on 31st May 2026.



The program received an overwhelming response (total 142) and excellent feedback from delegates, making it a grand success. The workshop featured an esteemed panel of expert faculty who delivered insightful lectures, conducted Panel discussion and also quiz for the postgraduates, and shared their vast clinical experience with participants.

A major highlight of the program was the different types of live cases demonstration (9 cases), which provided valuable hands-on learning opportunities. Delegates also benefited from demonstrations of LEEP (Loop Electrosurgical Excision Procedure) and thermal coagulation techniques performed on cadaveric specimens, enhancing their practical understanding of cervical pathology management.

Dr. Lalitha K, Prof. Dept. of Community Medicine participated in the Immersion Workshop as part of women lift India Leadership Journey 2026 at Goa on 14th May 2026.





Dr. Prasanna Kumar T, Prof. & HoD Department of Respiratory Medicine, represented the institution at the prestigious national-level CHEST CONCLAVE 2026 in Goa on 23rd–24th May 2026. The conclave brought together eminent pulmonologists and respiratory medicine experts from across the country for academic deliberations and discussions on contemporary respiratory care.

Invited as faculty, Dr. Prasanna Kumar T served as a panellist in two major scientific sessions: "SITT Survey – A Step Towards Demystifying the Dilemma" and the ERS Guideline Update on Bronchiectasis. His participation alongside nationally renowned experts reflected the department's continued academic contribution and active involvement in national respiratory medicine forums.

Further extending community outreach and health education initiatives, Dr. Prasanna Kumar T delivered a health talk on "Understanding the Spectrum of Respiratory Diseases" for BHEL employees on 29th May 2026, creating awareness about respiratory health and disease prevention.



Dr. Jahnvi G, Asst. Prof, Dept. of Radiology was a featured expert speaker and delivered a talk on "CT Coronary Angiography: From Basics to Interpretation – A Case Based Review" at the IRIA Karnataka State Chapter Monthly Clinical Meet on 16th May, 2026.

Dr. Parvathy V, Asst. Prof, Dept. of Respiratory Medicine, delivered a guest lecture on "World No Tobacco Day" at Railway Hospital, Rail Wheel Factory, Bengaluru.



Ramaiah Medical College inaugurated the Annual Undergraduate Medical Conference 'Insight 2026', from 29th May to 31st May 2026 at Ramaiah Medical College Council Room. Insight is conducted for medical student to showcase their talent in various competitions related to the medical.



The department of Emergency Medicine celebrated the day dedicated to the Emergency Medicine which was started by the International Federation for Emergency Medicine to recognize it as a distinct specialty and emergency teams as the safety net of society. Today both Ramaiah Memorial Hospital and Ramaiah Medical College Hospital are proud to have a strong team and staff to support the patient, be it in any condition.

Clearing the Air: Why Your Child's Inhaler is a Lifesaver, Not a Liability

Step outside on any given morning in Bangalore, and you are greeted by a familiar sight: beautiful canopy-lined streets veiled in a mix of morning mist, construction dust, and vehicular emissions. While our city thrives, its air quality has made paediatric asthma an escalating crisis. Once considered an occasional ailment, childhood asthma is now a daily battle for thousands of Bangalore families. As a paediatric pulmonologist, the most heartbreaking barrier I see to a child's breathing isn't the pollen or the pollution: it is the thick fog of misinformation surrounding inhaler therapy.

When a child gasps for air, parents naturally want the safest remedy. Yet, a deep-seated hesitation plagues the word inhaler. Many families plead for syrups or tablets instead. Scientifically, this is backwards. Oral bronchodilators and systemic steroids have to pass through the stomach, liver, and bloodstream, distributing high doses of medicine throughout the entire body just to reach the lungs. Inhalers, by contrast, deliver micro-doses directly to the airways—where they are needed most. It is the difference between applying an ointment directly to a rash versus swallowing a heavy pill for a skin scrape.

Let's dismantle the four most common myths that keep children from breathing easy, backed by the latest Global Initiative for Asthma (GINA) guidelines.

Myth 1: Inhalers are addictive and a "last resort."

The Science: Asthma is a chronic inflammatory disease. Inhalers are delivery devices, not narcotics. They do not cause dependency. GINA guidelines emphasize that early use of inhaled corticosteroids (ICS) controls inflammation, actually reducing the long-term need for medication.

Myth 2: Inhaled steroids carry severe systemic side effects.

The Science: The word "steroid" triggers visions of bodybuilding abuse or heavy systemic side effects. However, ICS doses are measured in micrograms (one-millionth of a gram), whereas oral syrups are measured in milligrams (one-thousandth of a gram).

Because the drug acts locally on the airway lining, the systemic exposure is negligible.

Myth 3: Inhaled steroids will stunt my child's growth.

The Science: This is a major parental anxiety. Robust, long-term safety data show that low-to-medium doses of ICS have no clinically significant impact on a child's final adult height. In fact, it is uncontrolled asthma and frequent severe attacks requiring oral steroid bursts that genuinely threaten a child's growth and overall development.

Myth 4: Oral medicines are safer and more effective.

The Science: Syrups take hours to digest and work, requiring doses up to 40 times higher than an inhaler to achieve the same effect in the lungs. Inhalers act within minutes with a fraction of the dose, making them overwhelmingly safer and superior.

Quick Tips for Parents

The "Rinse and Spit" Rule: Always have your child rinse their mouth with water and spit it out after using an ICS inhaler to prevent local side effects like oral thrush or hoarseness.

Never Skip the Spacer: For younger children, always use a spacer with the inhaler. It ensures the medicine actually reaches the lungs rather than just hitting the back of the throat.

Consistency is Key: Preventer inhalers must be used daily as prescribed, even when your child seems perfectly fine. Asthma inflammation is silent; don't wait for a wheeze to act.

Let's replace fear with facts. Inhalers don't restrict a child's life—they give them their childhood back.



Dr. Bharath.S
Paediatric Pulmonologist, Senior Resident
Department of Paediatrics

The First Cigarette Felt Harmless. The Oxygen Mask Didn't



Every year on May 31st, the world observes World No Tobacco Day, an initiative started by the World Health Organization (WHO) to raise awareness about the devastating impact of tobacco use. Tobacco continues to be one of the leading preventable causes of death worldwide, claiming more than 8 million lives every year. In India alone, nearly 1.3 million deaths annually are linked to tobacco-related diseases. Yet, for most smokers, addiction does not begin with the intention of becoming dependent. It often starts with curiosity, peer pressure, stress, or the belief that “just one cigarette” does no harm.

As pulmonologists, we often meet patients only after years of silent damage have already occurred. One such patient was a 52-year-old auto driver from Bengaluru. He started smoking at the age of 16 with friends after school. Over time, smoking became part of his daily life — during work breaks, after meals, and whenever he felt stressed. He attempted quitting several times, especially after the birth of his daughter and later during the COVID pandemic, but each stressful situation pushed him back into the habit.

For years, he ignored his symptoms — morning cough, breathlessness while climbing stairs, and frequent chest infections — assuming it was part of aging. But gradually, even simple activities became exhausting. When he finally came to the hospital, his oxygen levels were dangerously low, and investigations revealed severe COPD caused by

long-term smoking. During one consultation, he quietly said, “Doctor, I thought smoking relaxed me. I never imagined one day breathing itself would become difficult.”

That is the tragedy of tobacco addiction. The damage occurs slowly and silently until the lungs permanently lose their reserve. Today, the challenge has become even greater with the rise of flavoured vapes, nicotine pouches, and attractive tobacco marketing targeting young people. Many adolescents wrongly believe vaping is harmless, while nicotine in any form continues to create addiction and long-term health consequences.

India also faces a major burden of smokeless tobacco use, including gutka and chewing tobacco, which contribute significantly to oral cancers. Beyond health, tobacco creates enormous emotional and financial strain on families through repeated hospitalizations, treatment expenses, and loss of productivity.

The hopeful reality, however, is that quitting tobacco works at any age. Within days and weeks of stopping, the body begins to heal. Lung function improves, the risk of heart disease decreases, and quality of life becomes better. After his hospitalization, Ramesh finally quit smoking with counselling, treatment, and strong family support. During a later follow-up visit, he smiled and said, “I still get breathless sometimes, doctor, but at least now I know I'm not damaging myself further.”

This World No Tobacco Day, the message is simple: prevention is easier than treatment. No patient ever regrets quitting tobacco, but many regret not quitting earlier. The best time to stop smoking was years ago. The second-best time is today.



Dr. Pragati Rao. D
Professor

Dept. of Pulmonology (Respiratory Medicine)

Renaming Polycystic Ovary Syndrome: The Transition to PMOS

Polycystic Ovary Syndrome (PCOS) is now renamed as Polyendocrine Metabolic Ovarian Syndrome (PMOS). This name change, finalized in early 2026, is the result of a rigorous global consensus process involving 56 leading academic, clinical, and patient organizations and over 14,000 stakeholders.

The Rationale for the Change

The primary driver for this shift is the scientific inaccuracy of the previous name. The term "polycystic" is a misnomer; it incorrectly implies the presence of pathological ovarian cysts, which are not a feature of the condition. In reality, the "cysts" often seen on ultrasound are merely arrested follicles. Furthermore, the legacy name focused narrowly on a single organ, which obscured the condition's multisystem nature and contributed to fragmented care.

Impact on Clinicians

For general clinicians, the name PMOS provides a more accurate framework for the pathophysiology of the disorder. It explicitly recognizes the metabolic and endocrine interplay—specifically hyperandrogenism and insulin resistance—which affects 85% of those with the condition. This reframing emphasizes that the condition is a complex endocrine disorder with significant long-term risks, including a 2.5-fold increased risk of myocardial infarction and a higher prevalence of type 2 diabetes. The new nomenclature is designed

to improve diagnostic clarity, align with modern research funding, and integrate more effectively into electronic health records and ICD coding.

Benefits for Patients

For the 170 million women affected worldwide, the transition to PMOS aims to reduce stigma and improve the diagnostic experience. The previous name often caused distress, particularly regarding fertility, and contributed to a lack of understanding that delayed diagnosis for up to 70% of affected individuals. By using an accurate, symptom-based name, clinicians can better communicate the diverse metabolic, psychological, and dermatological features of the condition, leading to higher patient satisfaction and better health outcomes.

Implementation

A managed three-year transition period is now underway to integrate PMOS into clinical guidelines, textbooks, and health systems globally. Clinicians are encouraged to adopt the new name to foster greater awareness and support this evolutionary update in medical terminology.



Manjunath P R
Associate Professor
Department of Endocrinology



Ramaiah Hospitals won the Dr Sunil's Pulmo Cup 2026 Inter hospital Cricket Tournament organized by Aster CM,I Hebbal.

WELCOME



Dr. Shivani Nag
Senior Resident
Paediatrics



Dr. Sanjana G.D
Senior Resident
Anaesthesiology



Dr. Meghana V
Assistant Professor
Surgical Oncology



Dr. Ashwin S Bhat
Senior Resident
Orthopaedics



Dr. B S Pranathi
Senior Resident
Paediatrics



Dr. A Deeksha
Senior Resident
Radio Diagnosis



Dr. Anagha P Rao
Assistant Professor
General Medicine



Dr. Aishwarya Y
Senior Resident
Pathology



Dr. Pooja Chandrakant Patil
Senior Resident
Critical Care Medicine



Dr. Priyanka Khan
Senior Resident, OB&G



Chinnabbaiah M
Mortuary Attender
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BIDDING ADIEU



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Dermatology



Dr. T M Harishkar
Senior Resident
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Dr. Ganavi Y. P.
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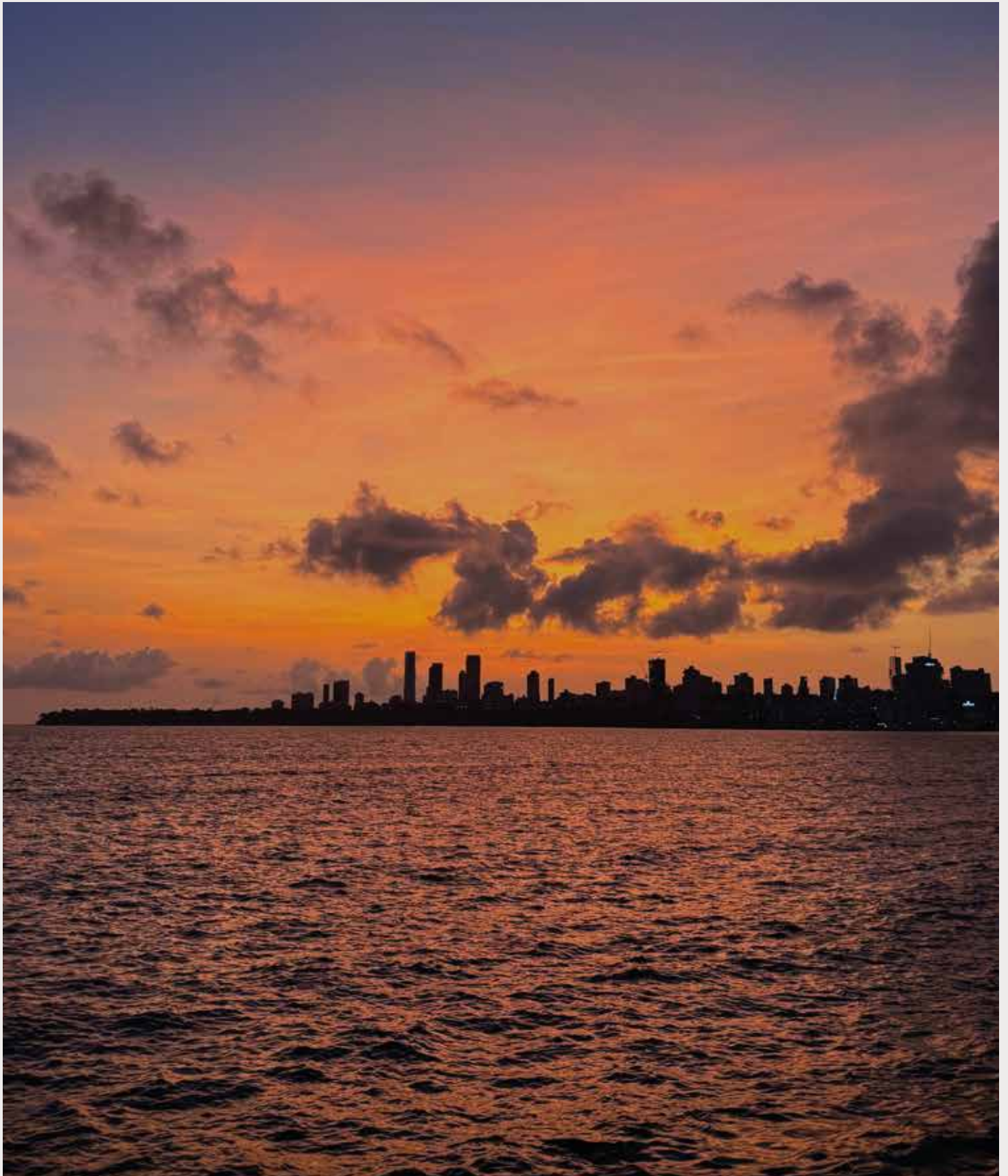
Dr. Sumanth K.R.
Assistant Professor, ENT



Shyla K Chittiappa
Clerk cum Typist (SDC)
Community Medicine



Dr. Abhiram Ravulapati final year resident from Department of Endocrinology, won the first prize for the paper presentation on "Utility of Artificial Intelligence in 'Detection of Osteoporosis And Fracture Risk Assessment'" under the guidance of Dr. Manjunath P R in BEACON - national conference on 9th May, 2026.



Through The Seashore

Snap by - Rohith H S