



Ramaiah Academy-Dassault Systems Launch Global Innovation Centre



In a significant step towards transforming engineering education and industry-led research and development (R&D), Ramaiah Academy has launched a major global initiative that is 'Ramaiah-Dassault Innovation Centre' on 16th January, 2026.

The Innovation Centre was inaugurated by Dr. Havidan Rodriguez, President of the State University of New York (SUNY) and Dr. M. R. Jayaram, Chairman, GEF (M), & Chancellor of RUAS. This landmark initiative establishes an important international collaboration between an Indian educational institution and a leading U.S. research and technology ecosystem.

This collaboration with Dassault Systems bridges the traditional gap between ideation and real-world implementation. The centre introduces a world-class software ecosystem, including the 3DEXPERIENCE platform, CATIA, SOLIDWORKS, and SIMULIA Abaqus. This integrated environment eliminates conventional barriers between concept and execution, accelerating the creation of advanced digital twins and enabling next-generation industrial innovation.

As the strategic partner, Dassault Systems brings unparalleled industry insight, professional networks, and technical expertise, ensuring the successful realization of the Innovation Centre's objectives.

Core Objectives of the Innovation Centre are:

The centre is designed to impact every stage of the industrial value chain through four key focus areas:

- **Talent Pipeline:** Preparing students and industry professionals with future-ready skills aligned to current market demands.
- **Industrial Research & Development (R&D):** Solving real-world engineering challenges through advanced simulation and modelling.
- **Consultancy & Services:** Delivering high-end engineering and technical consultancy to Indian MSMEs and global enterprises.



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Jnana Vahini

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From Innovation to Impact: Shaping the Future of Ramaiah in 2026

The January 2026 edition of the institutional chronicle reflects a defining moment in Ramaiah's journey—where global collaboration, academic excellence, community engagement, and humanistic values converge to create a future-ready academic ecosystem. The inauguration of the Ramaiah–Dassault Innovation Centre marks a strategic leap towards integrating education, research, and industry, positioning the institution as a key contributor to the global knowledge economy.

At the heart of this transformation lies the collaboration with Dassault Systèmes, introducing advanced platforms such as 3DEXPERIENCE, CATIA, and SIMULIA. This initiative bridges the long-standing gap between ideation and implementation, enabling students and researchers to translate concepts into scalable, industry-relevant solutions.

Equally significant is the sustained academic leadership demonstrated by faculty members across disciplines. Participation in national and international conferences, delivery of keynote addresses, and receipt of prestigious awards highlight the institution's intellectual capital and professional standing.

The month also underscores the institution's emphasis on research culture and capacity building. Workshops on scientific writing, interdisciplinary community-based training programmes, and experiential field learning initiatives reflect a systematic approach to strengthening scholarly competence and social accountability. The 21st IDC BTP, involving over 300 students across health disciplines, exemplifies Ramaiah's commitment to integrating classroom learning with real-world public health challenges.

Beyond academic milestones, this issue foregrounds the importance of wellbeing and professional identity. The reflective essay on sleep health highlights the institution's role in promoting preventive medicine and lifestyle awareness among its community.

In essence, January 2026 stands as a testament to Ramaiah's integrated vision—where global partnerships, scholarly leadership, community engagement, and human values coexist in purposeful harmony. As the institution advances into a rapidly evolving academic and healthcare landscape, this issue serves as both a record of achievement and a roadmap for future impact. It reminds us that true excellence lies not merely in milestones attained, but in the enduring commitment to knowledge, service, and societal transformation.

- Startup Incubation: Creating a nurturing ecosystem to foster the next generation of unicorn startups.

A 3DEXPERIENCE company, Dassault Systems provides virtual environments that enable people and businesses to imagine and create sustainable innovations.

During the programme dignitaries from both institutions were present at the event. Dignitaries from both institutions were present at the event.



Dr. Ananth Bhandary, Prof. & HoD Dept. of Ophthalmology, was an esteemed faculty member at the M. M. Joshi Eye Hospital Annual Conference – Eye Feast 2026. He was felicitated by the Hon'ble Union Minister of Consumer Affairs, Shri Pralhad Joshi, on 4th January 2026.



Dr. Pramod Kalgudi, Asst. Prof. dept. of Neuroanaesthesia & Neurocritical Care, conducted a workshop on "Transcranial Colour Doppler and Neurosonology" at the Neuroanesthesia CME – Brain Bridge, organised by Yenepoya Medical College, Mangaluru, on 11th January 2026.



Dr. Madhusudhana Rao, Asst. Prof. Dept. of Neuroanesthesia and Neurocritical Care, was invited as faculty for the CME programme titled "Brain Bridge" at Yenepoya Medical College. He delivered an academic lecture on blood pressure management in patients with intracranial haemorrhage, highlighting current evidence-based guidelines and clinical considerations. He also participated in the Transcranial Doppler workshop.



Dr. Somasekhar A R, Prof. Dept. of Pediatrics, was honoured with the Central ISP Presidential Appreciation Award, conferred by the Indian Academy of Pediatrics (IAP) President, Dr. Neelamohan, during National Pedicon, Kolkata. He also served as the Lead Coordinator for the TEEN AHEAD TOT programme and participated as faculty, delivering an insightful talk on "Bronchiectasis: What Matters Most."



Department of pharmacology, under the leadership of Prof. Anuradha presented a talk of Pharmacovigilance and Materiovigilance. Dr. Ramesh, Associate Dean, RMCH and all the department members were present during the programme.

Sleep Well, Live Better: A 24-Hour Reset for Your Health



Imagine starting your day already feeling tired. You push through work with low energy, depend on tea or coffee to stay alert, and when night finally comes, sleep seems unwilling to arrive. Many people accept this as part of modern life. In truth, it is the body quietly signalling that something is not right.

Sleep is far more than rest. It is the body's overnight repair system. While we sleep, the brain clears metabolic waste, memories are consolidated, hormones are regulated, and the immune system is strengthened. The heart and lungs, which work tirelessly through the day, use this time to recover. When sleep is inadequate or disturbed, these essential repairs remain incomplete, slowly affecting overall health.

The modern lifestyle is one of the biggest enemies of good sleep. Late-night screen exposure sends confusing signals to the brain, irregular sleep schedules disturb the body's internal clock, and constant stress keeps the mind alert even when the body is exhausted. Over time, poor sleep contributes to conditions such as high blood pressure, diabetes, heart disease, obesity, anxiety, depression, and reduced concentration and productivity.

Sleep and breathing are closely connected. Snoring, repeated pauses in breathing during sleep, and worsening of asthma or chronic lung disease at night

often go unnoticed or are dismissed as harmless. However, untreated sleep-related breathing disorders can significantly increase the risk of cardiovascular disease, daytime fatigue, road traffic accidents, and reduced quality of life.

The encouraging news is that better sleep does not require complex treatments for most people. Simple, consistent habits can reset the body's sleep-wake rhythm. Maintaining regular sleep timings, reducing screen exposure before bedtime, avoiding heavy meals and stimulants late in the evening, ensuring a quiet and comfortable sleep environment, and staying physically active during the day can all make a meaningful difference.

It is equally important to recognise when sleep problems are not just lifestyle-related. Persistent loud snoring, excessive daytime sleepiness, frequent nighttime awakenings, or morning headaches should not be ignored and may require medical evaluation.

Sleep well tonight—because living better begins with resting better.

Sleep should never be viewed as wasted time. It is an investment in health, clarity of thought, emotional balance, and physical resilience. When sleep improves, thinking becomes sharper, breathing feels easier, energy levels rise, and daily life feels more manageable.



Dr. Pragathi

Prof. Department of Respiratory Medicine



Ramaiah Medical College in association with ELSEVIER organized a workshop on Best Practices in Health Manuscript Writing: Results, Discussion, Conclusion, Methodology, AI in Scientific Writing at RMC.



Dr. N V Manjula, Prof. Dept of OBG, delivered a keynote address on 'Role of Robotics in endometriosis' at AICOG 26, New Delhi.



Dr. Pragati Rao D, Prof. Dept. of Respiratory Medicine, was invited as esteemed faculty and as a panelist at Rajiv Gandhi Institute of Chest Disease, Bengaluru on 11th January 2026.



Dr. Prasanna Kumar T, Prof. & HoD Dept. of Respiratory Medicine, was invited as a subject expert and panellist for the Sleep Certification Workshop organised by the Indian Chest Society (ICS) at Rajiv Gandhi Institute of Chest Diseases, Bengaluru, on 11th January 2026.



Ramaiah University of applied sciences celebrated Republic Day by organising cultural programmes. All the faculty members and students took part in the celebrations.



B V Aditya, student of Phase III Part II, secured first place in the Oral Paper Presentation at Asclepius 8.0—International Undergraduate Medical Conference, conducted by JSS Medical College, Mysuru, on 27th to 31st January, 2026. The project was guided by Dr. Harshavardhan Rao, Professor and HoD, Gastroenterology; Dr. Chitra Selvan, Professor and HoD, Endocrinology; and Dr. Cukku Sara Benny, Assistant Professor, Department of Biochemistry.



Dr. K N Shivaswamy, Prof. & HOD, Dept. of Dermatology, was invited as faculty at DERMACON 2026, the 54th National Conference of IADVL, Bengaluru on 29th January, 2026.

MBBS: Beyond the Books and Stethoscopes

3 years, 10 months, A total of 47 months into MBBS, I've just learned to crawl in the medical field. There's still a very, very long way to go. But here's what I've learned so far.

It all begins with Anatomy, where we memorize every nerve, muscle, and bone as if our lives depend on it. It actually does. Physiology teaches us how the body works... until exams prove otherwise. Biochemistry reminds us that molecules may be tiny, but their terror is massive. Then come Microbiology, Pathology, and Pharmacology that challenge us to understand invisible invaders, decode the stories of disease, and wield medicines with care and responsibility. Forensic Medicine is where textbooks explain death better than people explain their excuses. Community Medicine shows us how lives can be changed through awareness and action. The clinical years hit like a rollercoaster. General Medicine teaches that diagnosing humans is more art than science with a hint of chaos. General Surgery teaches the fine line between cutting and saving, with superadded panic management. Obstetrics and Gynaecology shows us how to handle controlled chaos while witnessing life's most miraculous moments. Paediatrics makes us fall in love with tiny humans and their giant tantrums, while Orthopaedics teaches us to fix things the metallic way. Ophthalmology proves that sight is limited by the depth of our insight. ENT teaches us that we listen with more than our ears and speak with more than our voices. Dermatology teaches patience, and Psychiatry reminds us that every human is complicated, especially ourselves. Along the way, we experience fun, empathy, gratitude, anguish, and an entire spectrum of emotions.

MBBS teaches far more than its 19 subjects. What follows is a small MBBS glossary that professors won't teach. Every word has a story, and every definition makes a punchline. While medical school is a pursuit of scientific mastery, the true education lies in the stark, and at times ironic, contrast between clinical theory and the lived clinical experience.

Antibody — officially against everybody.
 Anemia — energy sold separately.
 Arrhythmia — your heart DJing its own remix.
 Artery — the academic study of fine painting.
 Bacteria — the back door of the cafeteria.
 Cardiology — advanced research on professional poker players.
 Chronic — the neck of a particularly unfortunate crow.
 Coma — a punctuation mark... taken very seriously.
 Diagnosis — moving into a luxurious, highly exclusive apartment complex.
 Dislocation — simply this place.
 Genes — fashionable blue denim.
 Cortex — a T-rex with absolutely no attention to detail.
 Cyst — the abbreviated form of "sister."
 Enema — definitely not the friend.
 Lactose — people tragically without toes.
 Intubation — the ambitious act of installing tubes indoors.

Perfusion — an aggressively expensive body fragrance.
 Scalpel — a competition to see who can shout the loudest.
 Phalanges — tiny heralds alerting the infantry to form a phalanx.
 Tibia — elegant furniture for storing specialty tea.
 Humerus — strictly for people who are serious.
 Meningitis — a degree in managing large groups of men.
 Microbes — very small dressing gowns.
 Lymph — the art of walking with confidence... unsuccessfully.
 Obesity — the bustling city of Obe.
 Proteins — passionately in favor of teenagers.
 Secretion — expertly hiding the secret.
 Ultrasound — the loudest sound known to science.
 Varicose — extremely close, uncomfortably so.
 Tablet — a conveniently small table.
 RBC count — Dracula's personal headcount.
 X-ray — the original bone selfie.
 Stethoscope — a confidential gossip helpline for the heart.
 Triage — the scientific process of estimating a tree's age.
 Catheter — measures how fast a house cat can sprint across the room.
 Suture — threads that almost mend your broken relationship with sleep.
 Vitals — the energy that insists on keeping you awake.
 Beyond the lecture halls, we discover that the language of health is fluid. It is less a set of fixed textbook definitions and more a reflection of the observer's own perspective and experience
 In the same way, MBBS does not simply add the prefix "Dr." to a name, it fundamentally reshapes the person who bears it.
 Seven years at Hogwarts made Harry Potter shine,
 Five-and-a-half in MBBS works magic just as fine.
 Not just a doctor it shapes the heart and mind,
 Spells swapped for stethoscopes, still many miracles to find
 With teachers, friends, and faces known and unknown too,
 Every soul we meet shaped the doctor we grow into
 Keep chasing knowledge, keep chasing dreams, keep laughing through the grind,
 Because medicine is magic, but humanity is what truly shines!!

Deepali

Final year MBBS Batch 2021





Dr. Praveen Kumar S, Prof. Dept. of Dermatology, chaired a session on management of Hypertriglyceridemias, by Prof. Prashanth Patel at Dermacon 2026, organised by National IADVL.

Dr. Jyothi G. S., Professor and HoD, Department of Obstetrics and Gynaecology, participated as faculty and chaired a session at the Winter Summit of Karnataka Endocrine Society – Endosphere 2026 on “GDM: A Case-Based Approach” on 11th January 2026 at Hotel Chancery Pavilion, Bengaluru. She also served as faculty at AICOG 2026, held at Yashobhoomi Convention Centre, Dwarka, New Delhi, from 14th to 18th January 2026. She attended the Gynaec Oncology Workshop and hands-on training at the Skills Station (Breast Examination), served as an expert panellist for the session on Cancers in Pregnancy, participated in FDMSE–FOGSI Committee activities, and attended the book release of “Ready Reckoner in Gynecology” by JP Publications.

She also moderated an online session on Ovarian Dysgerminoma, organised by the FDMSE Committee of FOGSI under the Curious Case Files series. Additionally, she was a speaker for the webinar on “Recurrent Pregnancy Loss: Evidence-Based Diagnosis and Management” on 30th January 2026, and served as a panellist and expert at the Multidisciplinary Symposium – Diabetes Care Forwards on the Role of Semaglutide Injection in Obese PCOS.



WELCOME



Dr. Malla Bhaskara Rao
Professor & HOD
Neurosurgery



Dr. Gurappa Shetty Gojanur
Professor & HOD
Cardiology



Dr. Mohammed Imaad Khateeb
Senior Resident
Emergency Medicine



Dr. Abhishek Reddy N
Senior Resident
General Surgery



Dr. Athira S. Varier
Senior Resident, ENT



Dr. Nikitha R
Senior Resident, OBG



Dr. P. Kavin Varshini
Senior Resident
General Surgery

BIDDING ADIEU



Dr. Chandrika Rao
Professor, Paediatrics



Dr. Keshavamurthy M R
Associate Professor
Emergency Medicine



Dr. Narayan M. Itagi
Assistant Professor
(Paediatric Intensivist), Paediatrics



Dr. Venkatesh M.S.
Professor & HOD
Plastic Surgery



Chinnaswamy
Junior Laboratory
Technician, Pathology



The Department of Community Medicine, Ramaiah Medical College, successfully conducted the 21st Interdisciplinary Community-Based Training Programme (IDCBTP) from 3rd to 10th January 2026 to strengthen experiential learning and community engagement for 332 undergraduate students from Medicine, Dentistry, Nursing,

Physiotherapy, and Pharmacy at Kaiwara, Chikkaballapur. The programme provided hands-on exposure to real-world public health challenges through structured field visits to government healthcare facilities, including Primary Health Centres, Taluk Hospitals, and Old Age Homes, along with household surveys, health assessments, and community interactions. Community health education activities and health camps were also organised. Students worked in interdisciplinary teams under faculty and postgraduate supervision, fostering collaborative learning and integration of clinical, social, environmental, and health-system perspectives. Emphasis was placed on ethical conduct, informed consent, effective communication, and respectful community engagement.



Bless our nest.

Snap by - Dr. Vyjayanthi