

SRI DEVARAJ URS MEDICAL COLLEGE



Presents



SANKEERNA-2018

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SANKEERNA-2018

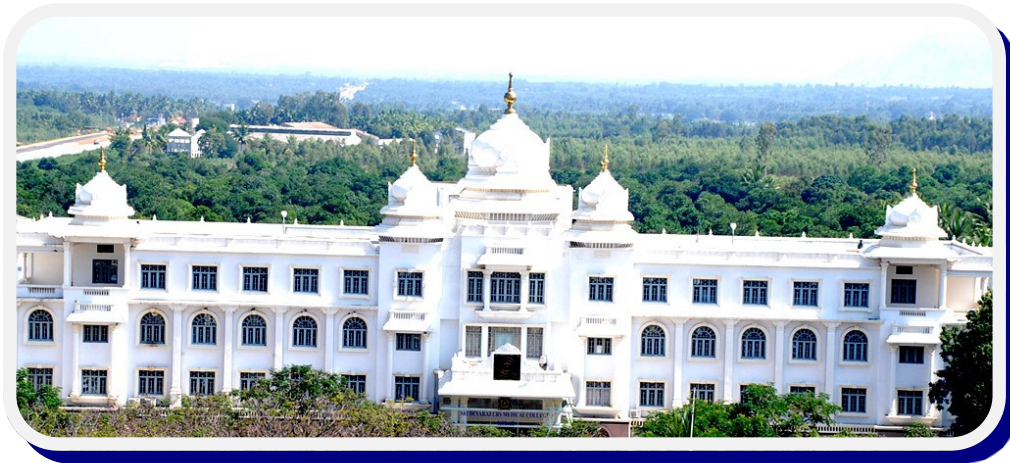


SRI DEVARAJ URS MEDICAL COLLEGE



CONSTITUENT COLLEGE OF
SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION AND RESEARCH
TAMAKA, KOLAR - 563103

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SANKEERNA-18

"Genius is one gold in the mine, talent is the miner that works and brings it out" says Marguerite Blessing ton; so is this "Sankeerna".

Here it is.....your Sankeerna back to you in action again with much more than previous. This is our pride to bring out this issue of "Sankeerna", in this glorious moment. As a forum for exhibiting the hidden talents of the students, teaching and non-teaching staff, "Sankeerna" has been emerging out successfully from past few years and this year also it is in your hand with good-better-best write ups, filled with variety of ideas, thoughts and experiences.

This year our prestigious Sri Devaraj Urs Medical College, constituent college of Sri Devaraj Urs Academy of Higher Education and Research is celebrating Graduation Day. In this momentous occasion, it is our privilege to present you this issue. We hope the lovely response that we got from you will continue throughout the years to come. Until readers are there to read, writers do write and will keep writing.

Thoughts and ideas are best expressed through writing..... Writing is the form to express your emotional and intellectual make-up. Life is full of experience and writing is the best thing to bring down those experiences to words..... and Sankeerna is the platform for doing so.

Readers.....

Talents should not be gone unread. Read.....write.....and encourages us to bring many more issues of Sankeerna ahead. Thanks for all your support all these years and also in future.



NOVEMBER - 2018



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 Class of
2017

Congratulations!



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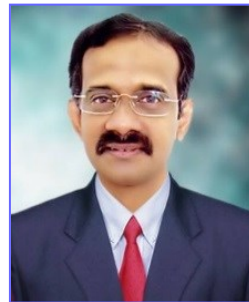
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COLLEGE STUDENT COUNCIL



MESSAGE



It gives me great satisfaction that Sri Devaraj Urs Medical College has completed 32 years of dedicated service in the field of Medical Education and Health Care in a rural atmosphere.

I am glad that the college day is being celebrated on 6th March 2018. This is a great accession for Management and staff as well as for students and their Parents and for all those who have contributed for the overall development of this institution.

On this occasion the college magazine “Sankeerna” is being released.

Sankeerna is a memoir which contains informative and educative articles contributed by both staff and students.

I wish graduation day all success.

Shri R.L.Jalappa
Chairman
SDUAHER

MESSAGE FROM THE CHIEF GUEST



I deem it a great privilege and Honour to be the Chief Guest of the Graduation day celebrations of Sri Devaraj Urs Medical College.

Medical Profession is undergoing a sea of change thanks to Technology, New Drugs like Targeted Therapies, Precision Medicine, and Concierge Medicine etc. As spider man says in his movie with Great Power comes Great Responsibility now Medical Profession has Great Technology and Information Power and hence with it comes Great Responsibility.

You young medicos and doctors are our future and you have lots of challenges but also lots of opportunities. As doctors we have the unique privilege of not only curing diseases but also removing pain and comforting suffering humanity.

“To cure sometimes, to relieve often, to comfort always”. This quote by American Physician Edward Livingstone Trudeau in 19th century still holds good.

Medical profession now is under the attack not only by movie stars, media including print electronic and social media and it is imperative as young medicos you learn to deal with them and your Chancellor Prof Dr Kumar is an expert in the art of communication and in the art of dealing with media. I suggest all of you to be active in SoMe (Social Media) like Twitter and Facebook not only to spread the message of tackling illness but also for preventing diseases.

I like to end with the quote of my beloved Guru Padma Bushan Dr. BM Hegde “SWASTHASYA SWASTHYA RAKSHANAM ATURASYA ROGA NIVARANAM”

"To rejuvenate and preserve the health of the healthy and alleviate the disease of the sick."

Keep the well Healthy should be our motto and goal.

I thank the Chancellor Dr Kumar the Vice Chancellor Dr Raghuvver the Principal Dr Harendra Kumar and the management and administration of the SDUMC for having invited me to be your Chief Guest for the Graduation Day and I wish the function all success and Wish all the young medicos and doctors all the very best in their future endeavors.

With Kind Regards

Dr Sankaran Sundar MD DNB(Neph) FRCP(UK)
Consultant Nephrologist
Head -International Transplant Services
Manipal Hospitals
Adjunct Professor of Nephrology
MAHE
www.manipalhospitals.com



PLEASE THINK IT OVER – WORTH READING COLLECTION'

Dr. S. Kumar, Chancellor

The focus must shift from the expired past to an expectant future.

Development –

- In life we are not talking about mending toys but about mentoring minds. There are no shortcuts in the law of nature. You go against natural laws at your own peril.
- We have blundered through our schools and colleges: studied in the 11th hour before exams, passed our exams, got our degrees. Please remember we have deprived ourselves of education. To make amends become a life- long learner.
- Any quick fix programme will pass on lot of information, but will not create the required transformation.
- Growth and time are inseparable. With efficient methodologies, time factor can be shrunk, but never eliminated.
- Quick fix solutions may provide instant gratifications, but never long term and long lasting results.
- There are no ambitious goals but only ambitious time frames. Time is an ingrained ingredient of development.
- Naturally the laws are not alterable. They are not subject to human re-engineering.
- Please remember, there are no elevators to the top, we have got to take the steps. That is ultimate truth of life.
- There is a zen expression – “ *when you are ready the teacher will appear* ”.
- The same zen concept has an expression called **satori**, which is supposed to mean ‘instant awakening’. There is a process of developing the mind to a state where the mind is now capable of experiencing satori.
- We always say he effortlessly hit a six, but please remember even effortlessness is achieved only through persistent effort.

Maturity -

- Maturity is a progressive phenomenon.
- Man cannot escape the **4 stages of progressive maturity** :
 1. **Unconscious incompetence** – I don't know all the time. It is a stage of blissful ignorance before the learning begins.
 2. **Conscious incompetence** – I don't know how to do it as yet. This is the stage where learning actually begins.
 3. **Conscious competence** – I know that I know how to do this. This is very uncomfortable stage because you are self conscious all the time, consciously aware of the issue, that is the position. Effort and conscious attention is still required to discharge our work at this stage.
 4. **Unconscious competence** – Whatever I do, I do well. That is the stage when capability has become a natural part. We don't have to think about what to do next, it comes so naturally.

Incompetence –

* Incompetence is born out of 3 factors:

1. **Lack of information** – only through listening, we can get over this factor
2. **Lack of understanding** – this can be removed by self contemplation
3. **Lack of experience** – we gain through implementation

Dr. S. Kumar
Chancellor
SDUAHER



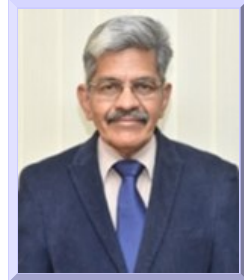
It has given me immense pleasure to know that the College Day is going to be celebrated on March 6th 2018.

Students come from all over the world to get trained at Sri Devaraj Urs Medical College, Kolar. After graduating from this institution, they are serving humanity with the professional service they were trained with a happy blend of both traditional and modern education imparted to the students so that they can take their place in a competitive world and develop an all-round personality.

On this occasion of the College Day celebration. Sankeerna 2018 is being released and it provides a platform for all staff and students to share their feelings and experience on the campus

I wish the function a grand success

G.H. Nagaraja
Secretary
SDUAHER



It gives me immense pleasure to write this message for the College Magazine of Sri Devaraj Urs Medical College.

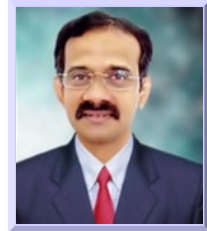
A College Magazine is a forum which gives physical and emotional space for students to record their feelings by writing articles and expressing their talent. The Magazine should be a well compiled document consisting of articles, poems, jokes and the like contributed by students.

I will be very happy if the students improve in their scholastic performance as well and prove to the world that they are second to none in their academic pursuits. Students must remember the sacrifices of their parents and teachers and must pay tribute to them.

Wish the students of Sri Devaraj Urs Medical College all the best.



(Prof. C.V. Raghuveer)
Vice Chancellor
SDUAHER, Tamaka, Kolar



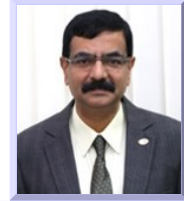
I am pleased to learn that Sri Devaraj Urs Medical College, the constituent college of Sri Devaraj Urs Academy of Higher Education and Research is celebrating College Day on 06th March 2018. I understand that on this occasion, the meritorious students are going to be awarded with Certificate of merits in appreciation of their curricular, co-curricular and extra-curricular activities.

My heartfelt congratulations to all those meritorious students and definitely to all those students who were instrumental for making the period of their study more competitive and meaningful.

All of you have successfully completed your graduate medical course and are ready to start your carrier as young professional novice in one of the most revered professions touching the heart of mankind. This is a profession which apart from clinical acumen and competency also requires acquired soft skills viz., the art of listening to the patients, communicating with the patients and their kith and kin and empathy. I am sure that you all had the opportunity to get trained on these determinants to make you a complete professional to work with competence and compassion. I wish the fresh graduates best wishes for their future endeavors.

My appreciations to the Literary Committee and the Magazine Editorial committee for their commendable effort in bringing out this college magazine and I congratulate them wholeheartedly.

Dr. (Prof) AVM Kutty
Registrar
SDUAHER



Dear All,

Greetings!

I extend my heartfelt wishes to all my students and interns on this college day celebration.

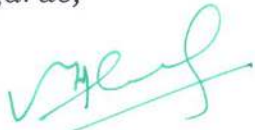
The Medical College is faced with enormous responsibility of shaping the minds and skills of future doctors.

Learning is a process that leads to a permanent change in knowledge, skills and behavior. This change is vital to producing empathetic and knowledge doctors who are sensitive and responsible to the needs of the patient and community as a whole. It will also promote smooth and efficient functioning of a health care team and the institution as a whole.

Being in the medical profession, doctors can also make the lives of so many others better. I hope we all put our heart, mind and soul into making this world a better place to live in.

My best wishes to outgoing students.

Regards,



*Dr. Harendra Kumar.M.L.
Dean & Principal
Sri Devaraj Urs Medical College,
Tamaka, Kolar – 563 103.*



Thinking of you on your Graduation, and wishing you happiness always!

Many dreams, some try, but only a few achieve. You are an achiever. You have made us all proud, keep up the good work. Education is the key to unlocking your potential.

All your hard work has given results and you have graduated but it's just a beginning. One degree equals two happy parents and you have given it.

You have graduated but never forget what you have learnt. Graduating is certainly a milestone but life is the biggest learning experience of them all! You're now about to find out what learning really means.

Graduating is not the end of hard work; it's just a break before you get into the new and bigger challenges in life. Good luck!

May God continue to bless you and your abilities.

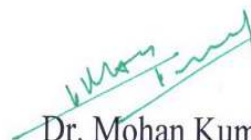
Dr. (Prof) DVLN Prasad
Controller of Examinations
SDUAHER



At the outset let me congratulate all the graduates who have successfully completed their course. I am very happy to learn that, the College / Academy is bringing out “Sankeerna” the Annual Academy / College magazine. The College / Academy over a period of time has strived to provide the best of facilities in terms of infrastructure to impart training, enhance learning and improve research to produce graduates who are competent and confident of servicing the poor and needy.

I sincerely hope that, the quality time they have spent in our campus would have molded them into mature, great human beings and I am sure that, the graduates will uphold the highest of morals and ethics in dealing with the patients compassionately and serve the society in a self-less manner.

I hereby wish their success in all their future endeavors.



Dr. Mohan Kumar. K
Medical Superintendent.
Medical Superintendent.
RLJM & RC
TAMAKA, KOLAR-563103



Graduation Wishes for College Day

As an Editor in Chief, Convener, Magazine Committee and Professor and Head of the Department of basic science; Biochemistry and on behalf of our Esteemed Institution, I am so proud of all of what you've accomplished. March on!

The promise of future success is just around the corner. To old friends and new beginnings! Success will be yours. Keep on keeping on. Always take pride in your work! Congrats!

Spread your wings and fly.

The future just called and it's waiting for YOU!

Today we celebrate your achievement. You deserve all the accolades! Congratulations! Your accomplishment and hard work has paid off.

Well done graduates! Congratulations! You've shown that you can be a successful student. Now be sure to continue to be one in every aspect of your life. Pursue your dreams and reach for the stars! You can do it!

Continue to learn as a life learner, and you'll graduate life successfully. I wish you courage as you steps towards new challenges in your life. You have not only graduated from College. You have more responsibilities hence forth.

Wishing you the best things to come in your future. You once had a dream, but today you're an achiever. Congratulations on this very special graduation day!

You studied hard and showed us how it's done. Congratulations on your graduation. I am so proud of the person you've become.

Your combination of hard work, effort and passion enabled you to fulfill this dream. Congratulations. Your graduation is a great achievement, but that's nothing compared to what life has in store for you next with even bigger challenges and opportunities.

Your graduation is a momentous occasion that you will remember for the rest of your life. Congratulations and here's to the next step!

Your graduation is only a glimpse of what lies ahead in your bright future. Wishing you the very best for the coming years.

Dr. Shashidhar. KN
Editor In Chief, Convener
Magazine committee
Prof and HOD
Department of Biochemistry



COLLEGE REPORT



Sri Devaraj Urs Medical College was started by Sri Devaraj Urs Educational Trust in the year 1986 and since 2007 is the constituent college under SDUAHER. The vision and mission of SDUMC are in accordance to those of the University and has objectives of ensuring highly qualified and motivated faculty, providing necessary infrastructure and facilities for students and staff and facilitating need based quality Medical Research.

The College offers MBBS course with 150 Annual Admissions, 18 departments offer PG degree course & 8 departments offer PG Diploma course and 13 departments offer Ph.D. programmes, Totally 39 students have been enrolled for Ph.D., Dr. Munilakshmi.U. & Dr. Mamtha Kundar from Dept. of Biochemistry were awarded with Ph.D. Till date SDUMC has produced 3848 MBBS Graduates, 496 PG Degree & Diploma holders, The Medical College has more than adequate qualified teaching and non-teaching staff to undertake teaching, training and service delivery.

The Medical College has infrastructure and learning resources which are periodically updated as per the needs of the students and faculty. The lecture galleries have been upgraded to smart class rooms and the library has been upgraded to a modern University Library and Information science consists of 25490 volumes of books, 10832 back volumes (journals) and 1165 compact discs (CD). The library subscribes 53 foreign titles of current journals, 91 Indian journals.

A modern central Diagnostic lab provides all necessary investigations for the patient care and research. A state of art center for clinical skills and simulation with simulators provides hands- on-training to all the undergraduates, PGs, Interns and faculty. 3 primary health centers are attached to the medical college of which Devaraya Samudra PHC is being adopted and complete administration by the Dept. of Community Medicine. In addition an Urban Health Centre and outreach clinics are been run by the department of community medicine.

The college maintains high standard in Teaching, Training and Evaluation processes as evidenced by the high pass percentage with a substantial number of students securing Gold Medals/Distinctions/First Classes, in the University Examinations and is a testimony to the efforts of the dedicated faculty.

Fully integrated, innovative, curricula within the regulation of Medical Council of India have been prepared for the students to acquire adequate knowledge, requisite skills and competence. Students are also taught Medical Ethics, the Constitution of India and research in emerging areas of knowledge in each subject of study.



The college campus provides adequate and comfortable Hostel accommodation. There are four men's hostels with 441 students, 688 capacity, five ladies hostels with 502 students with 850 students' capacity. The canteens, cafeteria, bakery, consumer co-operative society, laundry, ATM and other such facilities to take care of the day-to-day needs of the students and staff. The staff is provided with in-campus accommodation and their presence in the campus creates a homely atmosphere. Various guest houses accommodate visiting dignitaries, examiners, parents and past students. Alumni and Parent-Teacher Associations are active with their valuable suggestions.

The inmates are protected round the clock by vigilant security personnel. The college offers unique professional, cultural and recreational opportunities in a serene and cordial environment. The hallmark of the college is the excellent discipline and moral values inculcated among the students.

A fully equipped modern gymnasium, synthetic tennis court, indoor sports facility, basketball court, playground and athletic grounds meet the extracurricular activities of the students. Annual intercollegiate and intra collegiate level sports and athletic meet are held on regular basis.

During the year 2017 various departments of the Medical College conducted several professional enhancement activities including Continuing Medical Education programmes, Conferences, Symposia, Workshops and Seminars. The faculty members have published over 112 publications in various reputed and indexed journals.

The Central library has conducted "9th Annual conference of KHSLA-2017 in association with Karnataka Health Science Library Association on the theme "Open Source Software and Open Access Scientific Literature for Health Science Libraries from 17th & 18th February 2017 inaugurated by Shri.G.H. Nagaraja, Secretary, SDUET and Officers of the Academy.

A workshop on "writing a scientific article for publication" was organized by Research and Development wing of the Academy on 25th March 2017. Dr.P.V.L.N.Srinivas Rao, Prof. & Head, Dept. of Biochemistry, S.V. Institute of Medical Sciences, Tirupathi, explained n Materials, methods, statistics and other tolls and Dr. Alladi Mohan, Prof. & Head, Dept. of Medicine, Sri Venkateshwara institute of Medical Sciences, Tirupathy, briefed on "writing an effective result discussion and reference management for research publications. Around 40 teaching faculty members participated in the workshop.

The Dept. of Community Medicine and Psychiatry had observed "World Health Day" on



7th April 2017. On this occasion Guest lecture was arranged on the theme "Depression, let's talk" by Dr. Krishna Prasad, Associate Professor of Psychiatry, NIMHANS, B'lore and was well attended by the faculty and students of the constituent college.

The Department of Integrative Medicine in association with NSS had organized a rally to create awareness among citizens to celebrate the 'International Day of Yoga' in Kolar Town on 20th June 2017. The rally started from old bus stand and concluded at R.L.Jalappa Institute of Diabetology & Research, Kolar. Staffs are also accompanied the students in the rally.

The 71st Independence Day was celebrated at the College campus on 15th August 2017 at open air auditorium and was followed by various events by R.L. Jalappa Central School, SDUCON and by SDUMC.

The University Department of Medical Education had organized the Workshop on 21st August 2017, Setting of Question Paper conducted by Dr. K. Ram Narayan, Former Vice-Chancellor, Manipal University, Manipal, around 40 faculties had attended the workshop.

Alumni Association of Sri Devaraj Urs Medical College celebrated "Teachers Day" on 5th Sept.2017. On this occasion, Dr. P.V.Manohar, Professor of Orthopaedics, RLJH & RC, was felicitated on this occasion.

The Department of Physiology, had organized a programme on the occasion of World Alzheimer's Day on 23rd Sept. 2017 with the theme. "Music and Cognition" and workshop "Neurologic Music Therapy and its clinical application" by Dr Shantala Hegde, Assistant Professor, Consultant, Neuropsychology Unit, Officer-in-charge: Music Cognition Laboratory, Department of Clinical Psychology, NIMHANS, Bangalore, well attended by staff and students.

The student Research Committee of Sri Devaraj Urs Medical College had organized 4th consecutive National Undergraduate Medical Conference (DEMEDCON-2017) which was held on 5th & 7th October 2017. It was preceded by preconference workshops for acquiring skills along with the theme "Aspire to Inspire" conducted by resource persons from outside and within the institution. The conference was inaugurated by Dr. Rekha.P.D, Professor & Deputy Director of Yenepoya Research Center, Yenepoya University, given speech on "Research Opportunities". Around 366 delegates from 18 Medical Colleges from all over India participated in this conference.



Revised Basic course workshop in Medical Education Technologies, conducted on 21st to 23rd November 2017 by MEU with MCI Regional Observer Dr. Eshwara Bhat, St. John Medical College, Bangalore.

The firefighting management programme was conducted on 25th November 2017 organized by NSS and YRC. Fire extinguish Officer and his team demonstrated the strategies and management. It was well attended by workers of various sections, NSS coordinators, Nursing staff and Security Officers.

Academy conducts feedback analysis on Best Dept. and Best Teacher awards. Department of Pathology was judged as the best department for the year 2017 and Best Teacher Award for the year-2017 in three cadres.

Dr. Bhaskaran. A – Prof. of Surgery,

Dr. Bhuvana. K –Assoc. Prof. of Pharmacology

Dr. Anitha. D – Asst. Prof. of Microbiology,

was selected by the Academy as the best teacher for the year 2017, considering their credentials and contributions.

Our College Basketball (M) team was the champions in the “NITTE ACCOLADES-2017” an South India Level Inter Medical/Dental/Allied Health sciences basketball tournament held from 14-03-2017 to 17-03-2017 at NITTE University, Mangalore.

Our Students participated in an Inter-medical college fest conducted by Kasturba Medical College, Manipal from 26th April to 30th April. 25 students participated in various events and won 1ST Place in Mad Ads, Street Play & Clay Modelling, 2nd Place in Collage & Pass the Remote, 3rd Place in Face painting & Cartooning.

Intra batch sports competitions Fun Mela was conducted from April 2nd to 11th May 2017 at our college campus.

College Annual Athletic Meet 2017-18 was held on 25th to 27th October-2017, various events have been conducted for sports activities for students and staff & awarded prizes to the winners. Our college hosted “KREEDOTSAV” Sports Fest was conducted from 13-09-2017 to 15-09-2017. 12 colleges from various places were participated.

Our College Volleyball (M) Team were the champions in the “PROMOTHEUS-2017 an



Inter-Medical Sports fest held from 25-09-2017 to 29-09-2017 at M.S. Ramaiah Medical College, Bangalore and also our college cricket (M) team were selected for semifinalists in Prometheus-2017.

The Intra-collegiate Fest “PARVA” was conducted from 7th to 10th November 2017.

Various events were organized for the students.

College will give awards for Best outgoing Sports & Cultural students every year, for those who have excelled in Sports and Cultural activities throughout their course. The best outgoing Cultural students for the year 2017 were Dr. Divya Prakash, Dr. Monika. R & Dr. Pallavi Ranjan and best outgoing Sports students are Dr. Sudha Prashanth Reddy and Dr. Raparla Reshmi.

Mr. B. Gururaj Rao, Counselor has conducted training programmes on effective managerial skills for Administrative staff and handling patients effectively for para-medical staff of R.L.Jalappa Hospital and motivational sessions on National Integration for NSS students. The feedback of the training programmes was highly appreciated.

The Medical College faculty are very much motivated, enthusiastic and also there is good support & encouragement from our Academy. All staff members have excelled in teaching, patient care and in diagnostics. Our faculty, staff co-operation and management support has taken the Institution name to a greater height.

Dr.M.L.Harendra Kumar
Principal
SDUMC

SDUMC TOPPERS

Best Outgoing Student Academics



MONICA N

Best Outgoing Sports Men and Women



S PRASANTH REDDY



RAPARLA RASHMI

Student's Secured Highest



MAGGIE NG BOON YEE
12M10074
Anatomy, Pharmacology,
Comm. Medicine,
Ophthalmology, Medicine



MONICA N
12M10086
Physiology, Biochemistry,
Pathology, Forensic
Medicine, ENT, Surgery, OBG



ONG JEE SENG
12M10099
Microbiology, Pediatrics

Best Outgoing Students in Cultural Events



MONICA R

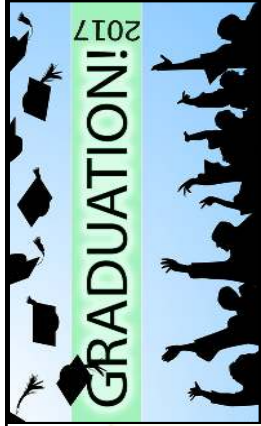


DIVYA PRAKASH

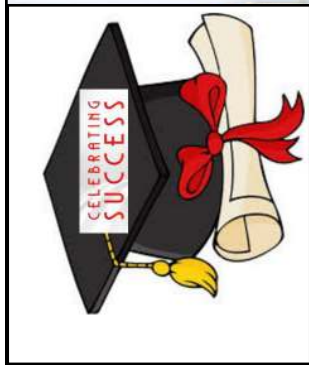


PALLAVI RANJAN





GRADUATION!
2017





HOSPITAL REPORT



I am happy and proud to present RL Jalappa Hospital and Research Centre report for the year 2017-18. I took charge as Medical Superintendent in February 2018 from my colleague Dr. K Mohan Kumar.

RL Jalappa Hospital and Research Centre is a Teaching Hospital attached to Sri Devaraj Urs Medical College, A Constituent Institution of Sri Devaraj Urs Academy of Higher Education and Research. Ours is a Tertiary Referral Health Care Centre started in the year 1994.

Our hospital is catering to the Health needs of Kolar and Chikkaballapur Districts and also the adjoining areas of Andhra Pradesh and Tamil Nadu.

Our Hospital has excelled in such a way that no patient is turned out without Quality Health Care. We have world class facilities & equipment's to meet the present day health care system.

Our Hospital is empanelled with ESIC, Bangalore for tertiary care. ECHS and Railway Department Employees empanelment will take place shortly.

To cater the health care needs of the population and cater door to door health care facility our hospital has conducted around 1052 camps by which approximately 46,082 patients were benefitted.

To commemorate Shri RL Jalappaji Birthday, the founder chairman and instrumental in starting our Institution and as a Quality Indicator to identify and encourage our hospital staff we conducted "**Hospital Day**" on 19.10.2017.

Shri. GH Nagaraja Secretary of our Trust presided over the function. Chief Guest for the function was Shri. VS Ugrappa, Member of Legislative Council & Chairman, Expert Committee to Prevent Crimes on Women & Children. Guests of Honor were Dr. S. Kumar, Hon'ble Chancellor, SDUAHER and Shri. J. Rajendra, Trustee and Director A & F, SDUAHER. Function was also graced by Dr. CV Raghuvier, Hon'ble Vice Chancellor, Dr. AVM. Kutty, Registrar, Dr. ML Harendra Kumar, Principal SDUMC and Dr. Mohan Kumar K our former Medical Superintendent.

On the occasion of hospital day as a mark of appreciation for exemplary service; faculty and non-teaching staff were felicitated.

Faculty felicitated: Dr. V. Lakshmaiah, Dr. B.N. Raghavendra Prasad, Dr. K. Prabhakar, Dr. P.N. Venkatarathanmma, Dr. Govindaraju. M, Dr. A Bhaskaran, Dr. Mohan Kumar.



K Dr. K. Krishnaprasad, Dr. SR Sheela, Dr. Munikrishna. M, Dr. SM. Azeem Mohi-
yuddin, Dr. K. Kanthamani Dr. TC Ashwathnarayana Swamy, Dr. AV Ramadas, Dr. KS
Srinath and Dr. Jagadish.SN

Non-Teaching Staff: Mr. Hanumantha Rao, Mr. RS. Jaganath, Mr.KN Srinivasa Murthy,
Mr.M. Chandrashekar, Mr.Prabhakar PV, Mr.Ravi, Mr.Kumar KM, Mr.BN Prashanth,
Mr.Devapriyam D, Mr.T Sathish, Mrs.Lakshamma. M, Mrs.C Muniyamma,
Mrs. V Gunamma, Mrs.V Manjulamma, Mr.Umapathy S, Mr.A Narayanappa,
Mr.KM Venkateshappa, Mr.Ganesh Rao and Mr.V Janannath.

RL Jalappa hospital has initiated Accreditation related activities (NABH, NABL) and is accredited with NABH entry level. Full accreditation process of NABH is in progress. NABL pre- assessment has been completed and full accreditation is expected shortly.

To meet health care needs of poor hospital has health care charity Services for all the basic specialty services and basic investigations for the patients of the general wards. High end investigations are provided at a concessional rate.

New state of the art OT complex with ICU, Dialysis and Endoscopy will be shortly commissioned.

Hospital has attended and treated many Challenging Diseases to name few: Advanced head & neck cancers, Voice conservation laryngectomies, Extensive composite resections of oral cancers including infra temporal fossa compartment resections, Resection of locally advanced thyroid cancers with mediastinal clearance, Reconstruction of all defects after head & neck cancer surgery, Endoscopic skull base surgeries for C S F rhinorrhea, Life threatening foreign body aspiration in children as no other health care Centre in this region does this.

Strengths of our hospital are Proactive management and the Academy support providing necessary infrastructure with a vast opportunity to treat high risk pregnancies, trauma, cancers and cardiac diseases.

Future plan of our hospital; to start in near future MCH in Head & Neck Onco-surgery, Starting rural cancer Registry & Laser cancer surgery.

Dr. V. Lakshmaiah
Medical Superintendent

HOSPITAL DAY



ACADEMIC ACTIVITIES

DEPARTMENT OF ANATOMY

- ◆ Mrs. Krishnaveni C, Lecturer in Department of Anatomy has been conferred three awards
- ◆ Bharathratna Dr. Radhakrishna Gold Medal Award on September 5th 2017, Teachers Day for Individual Achievements and Research Activity by GEPRA/ Chennai
- ◆ Bharathratna Mother Teresa Gold Medal Award on December 16th 2017, for her Outstanding Contribution to the Society, 49th National Unity Conference by GEPRA/ Chennai
- ◆ Doctor of Letters - From Ashcroft University London UK On December 16th 2017



DEPARTMENT OF PHYSIOLOGY

Department had conducted a State level CME on Appetite, Food Craving and Obesity on 29th August 2017, sponsored by MERT. Dr. Sumathi Swaminathan, Associate Professor, Division of Nutrition, St. Johns Research Institute & Dr Hema Tharoor, Senior consultant Psychiatrist, Apollo Spectra Hospitals, Chennai were speakers for this event.

A Health day Event on World Alzheimers day was organized by arranging a talk on “Alzheimer’s Disease: from bench to bedside” on 23rd September 2017. Dr. Shantala Hegde, Consultant Neuropsychology unit, NIMHANS, Bangalore delivered a Guest Lecture on Music and Cognition.



DEPARTMENT OF BIOCHEMISTRY

Department of Biochemistry published 3 scientific articles in various reputed journals.

Dr. K.N Shashidhar, as organizing chairman and Dr. Deena Mendez, as organizing secretary, with other teaching and nonteaching staff conducted State level CME “Minerals in health and disease with special emphasis on Fluorosis” on 12th May 2017, at AV Hall, adjacent to Community Medicine SDUMC, Kolar.



CME inauguration lamp lighting by Dr .Bapuji CSIR scientist (Retired) insight Dr. C.V Raghuv eer, Dr. Harendra Kumar, Dr.Manjula, Dr. Shashidhar. K.N, Dr. Harish. R, Dr. Deena Mendez.

Department of Biochemistry organized a Guest Lecture on Fluorosis with an interactive session on 12-04-2017 and 13-04-2017 at Library AV hall, around 40 delegates attended the session Dr. K.N Shashidhar, Prof & HOD delivered the welcome address, Prof. K.S. Sharma, President of Fluorosis Mitigation Research & Resource Centre, Hubli, Dr. N. Bapuji CSIR Scientist (Retd), Dr. K.N Rao & Dr. Nawaz were the guest speakers and the entire session was chaired by Dr. C.V Raghuv eer, Hon’ble Vice Chancellor of our Academy.



Dr. K.N.Shashidhar
Introducing
Prof. Sharma to
Hon’ble Vice chancellor,
Dr. C.V Raghuv eer



Ph.D. Scholars Interactive
Session with Resource Person
Dr.Bapuji.M



Installation of New Thermo scientific ISE Fluorosis Analyzer in the Department for the establishment of fluorosis Research Lab.



Dr. K.N Shashidhar Prof &HOD is the principal Investigator of the external funded research project “A Random Double – Blind, parallel Group study to evaluate the Effect to Test Atta Plus metformin as compared to comparator Atta Plus Metformin in Regulating Blood Glucose and Safety in Subjects with Type 2 Diabetes Mellitus” sponsored by **ITC India Ltd. Rs. 3000000.00 (Rupees Thirty Lakhs only) Approved**

Dr. K.N Shashidhar Prof & HOD is the principal Investigator of the SDUAHER funded research project “The find association of Fluoride in Diabetes Type 2 and its Microvascular Complications. A Tertiary Care Rural Hospital Case Control Study”. **SDUAHER funded Rs. 200000.00 (Rupees Two Lakhs only)**

Dr. K.N Shashidhar Prof &HOD is the principal Investigator of a research project “Fluorosis and its impact on Diabetes type 2 and associated microvascular complications –which is Sent to the Deputy Director for Fluorosis Management and Nutrition Govt. of Karnataka pending approval from Govt. of India. **Rs. 1000000.00 (Rupees Ten Lakhs only)**

Dr.Sumathi ME Professor Completed Assessor’s course of NABL for ISO 15189:2012 Medical Laboratories from May 15th-19th 2017 at Ahmedabad.

Dr. Sumathi ME Professor is the Principal Investigator of the SDUAHER funded project: Association of Plasma Fluoride levels with occurrence of prediabetes in three Endemic villages of Kolar District. SDUAHER funded Rs. 2,74,240.00 (Rupees Two Lakhs Seventy Four Thousand Two Hundred and Forty Only)

Dr.Prabhavathi.K attended and presented a scientific paper “Serum Total Bilirubin and oxidative stress status in diabetic retinopathy-A hospital based observational study” in the 25th Annual National Conference of Association of Medical Biochemists of India -2017 held at JSS Medical College, from 15th to 19th November -2017

Dr. Sumathi.M.E attended and presented a scientific paper “Role of GGT in the diagnosis of metabolic syndrome in patients with hypothyroidism a case control study in a rural tertiary care teaching hospital” in the 25th Annual national Conference of Association of Medical Biochemists of India -2017 held at JSS Medical College, from 15th to 19th November-2017.



DEPARTMENT OF PHARMACOLOGY

Department of Pharmacology organized CME on “Generic versus Brand Medications-Health Concern” on 09-08-2017, participants were faculty and post graduates from various colleges Department of Pharmacology published six original articles of which two have impact factor.



Department of Pharmacology conducted Quiz for undergraduates on 09-08-2017



Ms. Monorika and Ms. Sristi Vats receiving I prize from Dr Sarala N, Prof and HoD of Pharmacology

Sahana HV, Sarala N, Prasad SR. Decrease in anti-HBs antibodies over time in medical students and health care workers post hepatitis B vaccination. *BioMed Research International* 2017 Article ID 1327492, 5 pages <https://doi.org/10.1155/2017/1327492> **Impact factor 2.476**

Sowmya C, Sarala N, Arun HS. A comparative study of efficacy and safety of flupirtine versus piroxicam in postoperative pain in patients undergoing lower limb surgery. *Journal of Pain Research* 2017;10 2471–7 **Impact factor 2.581**



Dr. Bhuvana K was awarded the GOOD TEACHER award in Associate Professor cadre for academic year 2016-17 by Dr Raghuvver CV, Honorable Vice chancellor, SDUAHER.

DEPARTMENT OF MICROBIOLOGY

Dr. Savitha. N and Dr. Anitha. D, Assistant Professors had conducted a two day hands- on work shop on “Infection control practices” at the skill lab for the Interns on 5thMar 17. Dr P.M. Beena Head of the department addressed the Interns and gave an introductory talk; program was co-ordinated by Dr. Savitha.N. An Induction training and workshop on hospital acquired infections: Prevention and control practices was conducted in skill lab for the new batch of Interns on 16th& 17th Mar 2017, new batch of PGs & newly joined consultants were trained on 5th July & 6th July 2017, Old batch of Interns on 24th Nov’2017.

Microbiology department takes a lead in the Hospital infection control (HIC) programmes conducted in the hospitals. Dr P.M.Beena attended a CME on “SEPSIS- an Update” at Kodagu institute of medical sciences, Madikeri and also chaired a session on “surgical aspect of sepsis”. Dr Mamatha Kale & Dr Savitha.N attended a workshop on “Antibiotic Stewardship Programme” at Care Hospital, Nampalli, Hyderabad. Dr Savitha.N attended “JCI internal audit training programme” at Cochin, Kerala and a National conference on safe & sustainable hospitals “emerging trends in healthcare management” at Madhapura, Hyderabad.



DEPARTMENT OF FORENSIC MEDICINE AND TOXICOLOGY

Forensic Medicine is involved in the application of knowledge of all the branches of medicine and science in the administration of justice. Department addresses the legal issues and provides solution for the same. Department staff has conducted 270 postmortems and 3 exhumations and assisted the law enforcing authorities in giving expert opinion in 94 different cases.

Faculty of the department participated in various state and national level conferences. Dr. Srinivasa Reddy P, Professor and HOD had participated in the state level CME “Forensic Update- 2017” organized by JSS Medical College, Mysuru held on 23rd December 2017. Dr. Murali Mohan M C participated as a delegate in the 25th Annual State Level Conference of Karnataka Medico legal society (KAMLS) organized by Bangalore Medical College & Research Institute, Bengaluru from 1st to 3rd December 2017.



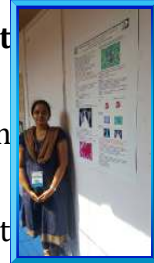
Dr. Srinivasa Reddy. P, Prof. and HOD
Forensic Medicine with staff
performing exhumation of a sensational
case



DEPARTMENT OF GENERAL MEDICINE

Department of General Medicine was adjudged as the “**Best Department among Clinical Departments**” of RL Jalappa Hospital.

- ◆ Dr Rakesh G, final year post graduate bagged **Best Paper Award** in KAPICON 2017
- ◆ Dr M.S.N. Swetha, final year post graduate was awarded Best Poster Award in KAPICON 2017 and AP APICON 2017.
- ◆ Post graduates presented 20 research papers in various State, National and International Conferences.
- ◆ Dr Prabhakar K, HOD presented a Clinico-Pathological Case Discussion in MERT 2017.
- ◆ Dr Prabhakar, HOD gave a talk on “**Insights** into the Role of Gut in Obesity” in CME. Dr Lakshmaiah V, professor was resource person for a talk on Rickettsial infection in KAPICON 2017.
- ◆ Dr Raveesha A, Professor, gave a talk and chaired a session in KAPICON 2016
- ◆ Dr Raveesha A, Professor gave a talk on “**Trace Elements in Diabetes**” in CME held by Department of Biochemistry.



CMEs

Faculty and Post Graduate Students, Department of Medicine has conducted & participated in

- ◆ The Heart- A Clinical Update In Cardiology on 04.04.2017
- ◆ SAMANVYA on 28.6.2017- Dr. Prabha Adhikari, Professor and HoD of Medicine, Yenepoya Medical college, Mangalore
- ◆ Respiratory Update-2017- Dr Jayantha Kumar Das, M.B.B.S, M.S, MCH working as Senior consultant, CTVS surgeon in RLJ NH,
- ◆ Dr Sandesh Prabhu (MBBS, MD - Cardiology, DM – Cardiology, Consultant cardiologist & Electrophysiologist in RLJNH & NH Multi speciality hospital, Whitefield, Bangalore.

Guest Lectures

- ◆ Management of epilepsy by Dr Rajesh Iyer on 17.2.2017
- ◆ Chronic liver diseases and management by Dr. Naresh Bhat on 23.2.2017
- ◆ Diabetic nephropathy by Dr Rohan on 24.5.2017

Cultural: Department Bagged first prize in Department show in Parva 2017, Cultural Program

Sports: Department has been placed; 2nd place in cricket, Dr.Vidyasagar.CR won 2nd place in Badminton, Dr. Jagmohan got 1st place in Inter University Badminton, Runners in Volleyball, Dr. Mahesh Kakanale has got 1st place in Table Tennis, 2nd in 400m, 3rd in Long and High jump, Dr. Raghavendra. B.L won 2nd in Long jump and High jump.



Dr. Rani K N, Post Graduate under the guidance of **Dr. K N V Prasad**, HOD, Department of Pediatrics has secured **FIRST** place in All India Student Research Convention held at Annamalai University presented by Mr. Arivudai Nambi. Association of Indian Universities, New Delhi & Annamalai University, Tamil Nadu from 27th -29th March 2017 (**ANVESHAN**).



Department of Pediatrics has published 5 papers:

- Dr Kusuma.N, Dr Beeregowda YC. A Rare Case Of Metachromatic Leucodystrophy. International Journal of Current Research .June 2017 - 9, (07), 53621-53623.
- Dr Kusuma.N, Dr Krishnappa. A Rare Case Of Spinal Muscular Atrophy. International Journal of Current Research. December 2017- 2017(12), 62579-62581
- K Mouna, Shilpa D, Krishnappa J. Changes In Haematological Parameters In Newborns born to Preeclamptic Mothers-A Case Control Study In A Rural Hospital. Journal of Clinical and Diagnostic Research. 2017 Jul, Vol-11(7): Ec26-Ec29
- A Yasmeeen, S R Prasad, S R Sheela, J Krishnappa. Screening of Pregnant Women for Anti-Toxoplasma Antibodies and Their Newborn for Vertical Transmission. Journal of Clinical and Diagnostic Research. 2017 Oct, Vol-11(10): Dc04-Dc07
- D Bose, Vaigundan D, Mitesh Shetty, Krishnappa J, A V M Kutty. Identification of Intronic-splice site Mutations in GATA4 gene In Indian patients with congenital heart disease. Mutat Res Fund Mol Mech Mutagen. 2017 Oct; 803-805:26-34. E pub 2017 Aug 18.

Events Conducted by Department of Pediatrics

ORS Day; July 29th 2017

CME: Demystifying NICU Care; 27.10.2017





DEPARTMENT OF PSYCHIATRY

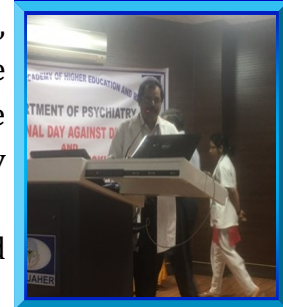
International Day against Drug Abuse and Illicit Trafficking, 27.6.2017 celebrated with, a guest lecture with a theme “Drug Abuse and Addiction”. This theme was to create awareness amongst the students community particularly Sri Devaraj Urs Medical College.

Introductory talk was given by Dr. Mohan Reddy, Prof and HOD of Department of Psychiatry.

Honourable Vice Chancellor Dr. C V Raghuvver, Dr. S R Prasad Director PG Studies SDUAHER, Dr. Bhaskaran vice- Principal SDUMC, Dr. Srinivasa Reddy. P, Professor and Deputy Director, Department of Substance abuse Prevention, SDUMC contributed their knowledge.

Program benefitted faculty SDUMC and AHS, Students of MBBS, BSc nursing and BPT. Renowned Clinical Psychiatrist Dr. Nagendran, Prof and HOD Department of Psychiatry, ESI Medical College, Rajajinagar, Bangalore spoke on “Addictions that presently plague our society, common drugs and substances of abuse like Alcohol, nicotine and cannabis and its management”.

Hon’ble. Vice-Chancellor Dr. C.V. Raghuvver shared his personal experiences and advised students to keep away from drugs. Vote of Thanks was proposed by Dr. Mohan Reddy.



CME :
“Mental Health
at the work place”
10th October 2017



CME:
World Mental Health Day



Dr. Mohan Reddy M, Professor and HOD of Department of Psychiatry delivered welcome address. Hon. Vice chancellor, Dr. Raghuveer CV shared his opinions and experiences regarding the need for spread of awareness and eradication of stigma. Eminent speakers addressed the audience. Dr. Prasanna Kumar Assistant Professor Department of Medicine, spoke on **“Psychiatric manifestations in medical illness”**, Dr. P.T. Siva Kumar, Additional Professor of Psychiatry, NIMHANS, Bangalore expressed his **“Views on World Mental Health Day theme- Mental Health at Workplace”**. Dr. Sojan Antony, Assistant Professor, Psychiatric social work, NIMHANS, Bangalore delivered talk on **“Interventions that can help in the workplace to maintain a positive environment”**.



Dr. Srinivasa Reddy. P Professor, Department of Forensic Medicine, SDUMC highlighted on “**Legal aspects in Psychiatry**”. Dr. Nitin J. Patil pointed out the “**Role of yoga in mental illness**”. Program concluded with “**Panel Discussion**” with eminent speakers



Felicitation:

Dr. Jagadish S.N. Clinical Psychologist Department of Psychiatry SDUMC was felicitated by the SDUAHER for completion of 20 years with our institution.

Research Projects:

Two SDUAHER funded projects have been completed

- ◆ Psychiatric Morbidity in Intensive Care Unit Patients
- ◆ Awareness and Attitude towards Mental Illness among a Rural Population

Future plan:

Department has plans to conduct a study on “**Use of Medical Student Stressor Questionnaire (MSSQ) In Assessing the Incidence of Stress among Undergraduates in a Medical College Kolar and Quantifying the Wastage – A Longitudinal Study**”



June 24th 2017: Observation of World Vitiligo Day: Dr .CV. Raghuveer, Hon Vice Chancellor, SDUAHER, Inaugurated the event. Program was graced by Dr. Mohan Kumar, Medical Superintendent, RLJH & RC, Dr. V. Lakshmaiah Prof. Dept. of Medicine, Dr.Rajashekar T.S. Professor &HOD,Dermatology and Dr.Beera Gowda, Prof. of Pediatrics, RLJH & RC Quad-



September 9th 2017: DERMA BASICS - 2017; Let's Begin the Derma Journey State level IADVL- Karnataka CME for First Year Post Graduates conducted at SDUMC, Kolar.



Observation of World Leprosy Day, 30th January 2018:

World Leprosy Day was observed on 30/01/2018 in the Dept. of Dermatology,



RL. Jalappa Hospital & Research Centre, Tamaka, Kolar.

Highlights of the program: Leprosy patients and their relatives were invited and counselled/discussed about the disease. Dr. Rajashekar. T.S, Prof & HOD, spoke about leprosy awareness, early diagnosis and prompt treatment which in a





DEPARTMENT OF ANAESTHESIOLOGY



Dr. Sujatha. M P



Dr. Mamatha Mishra



Dr. Threja C K

Dr. SujathaMP & Dr. Mamatha Mishra, Assistant Professors were certified as BLS & ACLS providers, training was conducted by St Johns Medical College, Bangalore on 25th& 27th September 2017, centre affiliated to American Heart Association.

Dr. Threja C K, Assistant Professor has been qualified as palliative care expert from Kidwai Memorial Institute of Oncology, Bangalore, affiliated to Indian Association of Palliative Care in April 2017.



Dr. Dinesh K



Dr. Ravi M



Dr. Kiran N



Dr. Vishnuvardhan. V

Dr. Dinesh K, Professor & HOD, Dr. Ravi M, Professor, Dr. Kiran N, Associate Professor & Dr. Vishnuvardhan V, Assistant Professor were unanimously elected as President, Vice-President, Secretary & Treasurer of ISA Kolar City Branch respectively during the elections held in the month of June for the year 2017-18.



Dr. Abhishek K M & Dr. Priyanka Das Post Graduates from Department topped the Degree & Diploma exams conducted by the SDUAHER during May 2017 in Medicine & Allied specialties.





Dr. Dinesh K Dr. Kiran N Dr. Suresh Kumar N Dr. Vishnuvardhan V

Two funded Projects from our Department were approved by the SDUAHER for the year 2017-18 the principal investigators being for one project Dr. Kiran N, Associate Professor, Dr. Dinesh K, Professor & HOD and for another project Dr. Vishnuvardhan. V, Assistant Professor, & Dr. Suresh Kumar. N, Associate Professor.

- ◆ Title: Evaluation Of Effect Of Adding Dextrose To Levobupivacaine, Compared To Levobupivacaine Plain In Subarachnoid Block For Lower Limb And Lower Abdominal Surgeries
- ◆ Title: Impact of co-administration of Pre and Probiotics along with Vitamin-D on the occurrence of Ventilator Associated Pneumonia

The Department of Anaesthesiology was adjudged as the RUNNER UP in PARVA Inter Departmental Competition 2017.



AGM + Election ISA Kolar City Branch



PARVA RUNNERS UP Departmental Show





DEPARTMENT OF RADIO-DIAGNOSIS

Post graduates Department of Radiology presented 3 research papers and 1 poster in 17th Asian Oceanian Congress of Radiology (AOOCR) with 71st National Conference of The Indian Radiological and Imaging Association held at Renaissance Mumbai Convention Centre Hotel 2 & 3B, Near Chinmayanand Ashram, Powai, Mumbai - an Inter-national IRIA conference on 26.01.2018. Dr. Darshan AV, Post Graduate student presented “Role of MRI in staging of carcinoma cervix”



Dr. Gnanaswaroop Rao Poladi presented “Role of CT in evaluation of Intestinal obstruction”. Dr. Rahul Deep G presented “Contrast enhanced computer tomographic evaluation of carcinoma of larynx and its correlation with operative and Histopathological outcome”.

Post Graduate students of Radiology department presented 4 posters in Karnataka Radiology Conference (KARRADCON) 2017 - 33rd Annual State Conference of Indian Radiological and Imaging Association (IRIA) held at Rajarajeshwari Medical College and Research Centre on 11.3.2017. Dr. Darshan A V - “A rare case of Dyke- Davidoff Masson Syndrome”. Dr. Gnanaswaroop Rao Poladi “A rare case of Hirayama disease”. Dr. Rahul Deep G “A case of focal emphysematous pyelonephritis”.



Dr. Nishi Kant “A rare case of pulmonary alveolar microlithiasis”. Dr Purnima Hegde, HOD, chaired a session. Dr Anil Kumar Sakalecha, Professor, Radiology department chaired for paper presentation.



Department of Radio-diagnosis has conducted a CME on 18th August 2017, titled: “Musculoskeletal Imaging”.



Program was inaugurated by Dr. CV Raghuvver, Hon'ble Vice Chancellor, SDUAHER. Dr. Shrikant, Chief Radiologist, SAKRA Hospital, Bangalore, Delivered a talk on MR Imaging of wrist. Dr. Madhu, Associate Professor, Kidwai Memorial Institute of Oncology (KMIO), Bangalore, spoke on Role of MRI in Ewing's sarcoma. Dr. Radhesh, Chief radiologist, CELARA Diagnostics, Bangalore, delivered talk on MR Imaging of shoulder. Dr. Srinivas Babu, Professor and H.O.D, Dept. of Radio diagnosis, PESIMSR, Kuppam expressed his views on Approach to Malignant bone lesions.



To Commemorate "World Roentgen Day", Dr. Pattabhiraman gave a talk on "Radiation Protection".

Department conducted a guest lecture in June 2016, Dr. Sanjay Gandhi, Consultant from North Bristol, NHS trust, UK regarding was the resource person he delivered talk on "Orthopaedic Imaging".

Non Academic Activities



Dr. Swaroop & Dr. Rahul post graduates won second prize in Lawn Tennis in Fun Mela conducted on 17. 04. 2017.

Post graduates were champions in cricket tournament conducted in Rajarajeshwari medical college on 10.03.2017.

DEPARTMENT OF GENERAL SURGERY

Department of General Surgery has conducted three CMEs on 14.9.2017, 14.11.2017 and 19.1.2018 titled: Recent Trend in Thoracic Injuries, Selected Topics In Pediatric Surgery eminent speaker was Dr. Ashley L.J. D'Cruz and Update on Management of Carcinoma Lung, speaker Dr. Gopinath respectively. Department has conducted a guest lecture titled; Acute Burns Management and Reconstruction of Neck and Axillain Burns on 10.10.17, guest speaker was Dr. Prema Dhanaraj Faculty department of Surgery has published thirty seven papers on various surgical issues in well recognized journals.

Post Graduate students of the department was conferred 2nd Prize in Cardiothoracic Quiz Conducted by Narayana Health. Department was also awarded 3rd Prize in Fashion Parade, 2nd Prize in Trio Dance, 2nd Prize In General Quiz in Parva. Department has won 1st Place in Shuttle Race in sports.



DEPARTMENT OF ORTHOPAEDICS

Department of Orthopedics has conducted CME & workshop on Distal End Radius & Scaphoid Fractures on 24.06.2017. Program was inaugurated Dr. Arun. H.S, Professor and HOD Orthopedics.

Dr. Anil K Bhat Professor and HOD, Dept. of Orthopedics, KMC Manipal, delivered Guest Lecture on Distal End Radius & Scaphoid Fractures.

Dr. Bharath Kadadi and Dr. Anil K Bhat Demonstrated Distal Radius and Scaphoid Fracture Fixation.



DEPARTMENT OF ENT

Dr. K C Prasad, Professor ENT has done temporal dissection demonstrations in various medical colleges on endoscopic skull base anatomy, facial nerve decompression, neck dissections, and complete temporal bone dissections in various CME conducted at Kuppam and Bellary in the year of 2017.

He has also given talk on temporal bone Resection in Radiology CME conducted at SDM Medical College, Dharwad.



DEPARTMENT OF OPHTHALMOLOGY

Department of Ophthalmology has actively contributed in the Academic Activities by creating awareness about Glaucoma to the public in the camp conducted at Sugutur and Holluru on 13th of March 2017. Department conducted free glaucoma screening at ophthalmology OPD, RLJH and Kolar OPD from 10th to 16th March on the occasion of “WORLD GLAUCOMA WEEK”.

Department also conducted a CME on “Retinopathy of Prematurity– A update on screening and management” in coordination with Department of Pediatrics on August 11, 2017.

- ◆ Organized Panel discussion and lectures about Eye donation along with SNR Hospital among publics in view of Eye Donation Fortnight from 25-08-2017 to 8-09-2017.
- ◆ Conducted CME on August 11, 2017 on “Retinopathy of Prematurity– A update on screening and management” along with Department of Pediatrics.
- ◆ Organized Panel discussion and lectures about Eye donation along with SNR Hospital among publics in view of Eye Donation Fortnight from 25-08-2017 to 8-09-2017.

Visual field examination by Humphrey Field analyzer.



CONFERENCE ATTENDED

Dr. Kanthamani K, Professor & HoD, Dr. M S Padmajothi, Professor, Dr. Mohan Kumar H, Professor, Dr. Usha B R and Dr. Sangeetha. T, Assistant Professors & all the Post Graduates of 2015 batch & DOMS students of 2016 batch attended the Karnataka Ophthalmological Society Conference 2017 held at Bangalore from the 3rd November to 5th November 2017.

PUBLICATIONS

- ◆ Comparison of fibrin glue and sutures for attaching limbal conjunctival autograft after pterygium excision. Dr. Prashanth. B., International Journal of Current research; Vol 9, issue 3, pg. 47541-45, March 2017.
- ◆ A Comparative study of visual outcome with superior, supero temporal and temporal incisions in manual small Incision cataract surgery. Dr. Dildar Singh. International Journal of Current research; Vol 9/ issue 3/ pg. 47481-83, March 2017.

CAMPS CONDUCTED

- ◆ **Cataract Camps:** Total No of 121 free Cataract Surgery camps were conducted, in which 6174 patients were screened of whom 2030 were operated.
- ◆ **Diabetic Retinopathy Screening Camp:** Total No of 18 Diabetic Retinopathy Screening Camps were conducted in which 635 patients were screened of whom 37 patients were referred for FFA and Laser.



SPORTS:

Dr. Chaitra M C and Dr. Inchara, Senior Resident participated and won prizes in various events in the annual athletic meet. Dr. Sumanth, Post graduate student won prize in Chess during Parva 2017.



CULTURALS: Faculty of department of Ophthalmology took part in cultural events (Departmental show and many others in Parva 2017. Post graduates to part in various events and Dr. Darshan won in few events in Parva 2017.



Dr. Sheela SR Professor and HOD has been awarded **FICOG** (Fellow of Indian College Of Obstetrics and Gynecology) in January 2018 at 61st All India Congress of Obstetrics and Gynecology. Dr. Sheela SR was felicitated by Karnataka Sahithya Parishath in the month of December 2017 at Kolar for her contribution and self less service in the field of Obstetrics and Gynecology Department faculty and post



graduate students have published 13 scientific articles in indexed journals.

Department has conducted 2 CMEs:

- ♦ High Risk Pregnancy and Emergency Obstetrics on 17th March 2017; external resource persons were Dr. Sundari N, Professor, Dept. of O.B.G, M.S. Ramaiah Medical College, Bangalore and Dr. Shashikala, Associate Professor, Dept. of O.B.G, St. John's Medical College, Bangalore. CME was inaugurated by Dr. CV Raghuvver, Hon. Vice Chancellor, SDUAHER and Dr. Mohan Kumar K, Medical Superintendent, RLJH .



Infertility Update on 15th September 2017; resource persons were Dr. Apurva



Satish Amarnath, Consultant in Reproductive Medicine, Manipal Fertility Centre, Dr.S.S.Vasan Consultant Andrologist, Manipal Fertility Bangalore, Dr. Bina Vasan, Head Reproductive Medicine, Manipal Fertility, Bangalore; Dr. Namita Joshi, Consultant Reproductive Medicine, Manipal Fertility Bangalore.

Department had conducted 2 Guest Lectures

1. POSCH ACT, Speaker was **Dr. KIRAN J**, Professor & HOD, Department Forensic Medicine, SDUMC, Kolar on 18-08-2017

2. Fetal Medicine Update; Speaker **Dr. AM Raja** faculty of Bangalore Fetal Medicine Center



Conferences Attended:

- ◆ Prof. Sheela SR attended 61st All India Congress of Obstetrics and Gynecology at Bhubaneswar Orissa from 17 to 21 January 2018.
- ◆ Prof. Sheela SR attended 28th KSOGA conference and chaired various scientific sessions.
- ◆ Prof. Munikrishna.M attended 28th KSOGA conference from 10th to 12th November 2017 and Presented a Paper on Dengue Myocarditis Complicating Pregnancy.
- ◆ Prof. Gomathy E attended “Life Conference” in December 2017 at Bengalore.



Department has contributed for better patient care by conducting camps; Pradhan Mantri Surakshit Matritva Abhiyan Camps on 9th of every month at Uttur and Devarayana Sumudra PHCs for Early Recognition of High Risk Pregnancy and Management and MCH Camps every Wednesdays. Department celebrated Mother's Day in Collaboration with Women Cell.

Cultural and Sports

Dr.Mafrid, Dr.Sruthi, Dr.Suman Patil, Dr.Sunitha.T and Post- graduates participated in various sports events during hospital day and bagged 13 prizes. Department won throw ball match women Department has won Second Place in Indian Group Dance and Participated in Departmental Show





UNIVERSITY DEPARTMENT OF MEDICAL EDUCATION

Dr. Vinutha Shankar M S, Professor & HOD, Physiology was a Guest Faculty at PSG-FAIMER Regional Institute faculty development program in Medical Education Coimbatore from 11th- 20th June 2017.



Workshop on “Setting Question Papers’ for faculty by Dr. K. Ramnarayan, Vice President, Faculty Development and Alumni Relations, Former Vice Chancellor, Manipal University, Manipal, Karnataka was conducted on 01-08-2017.



Dr. Vinutha Shankar M S, Professor & HOD of Physiology, SDUMC Participated as a Delegate in the proceedings of the IX National Conference on Health Professionals’ Education (NCHPE), Jorhat

Medical College, Jorhat, Assam on 10th&11th November 2017 National Education Day was celebrated on 11-11-2017, to commemorate the birth anniversary of Bharat Rathna Maulana Abul



Kalam Azad. Dr. P R Krishnaswamy, Emeritus Professor, Department of Cell Biology & Molecular Genetics and Scientific Advisor, Sri Devaraj Urs Academy of Higher Education and Research, Kolar delivered Guest Lecture on “Medical Education Research and Scientific thinking in the 21st Century – Need for a new paradigm”



The “2nd Revised Basic Course Workshop in Medical Education Technologies” for faculty was conducted from 21st to 23rd November 2017. Dr. Ishwara Bhat, from St. John’s Medical, Bangalore was MCI observer.



SUPPORTIVE DEPARTMENT

DEPARTMENT OF PHYSIOTHERAPY



Prof. Ramesh Kumar J, HOD, Department of Physiotherapy, SDUAHER, was invited as resource person in an international conference “STRIDE 2017”, 26th and 27th October 2017, Saveetha university, Chennai, India. He spoke on “Early NDT intervention for children with cerebral palsy”. Presentation included Advanced Techniques, Thoughtful with Practical Illustrations.

Information was informative for physiotherapy professionals who handle children with Neuromotor Impairments and Cerebral Palsy. Prof. Ramesh Kumar J was invited as resource person, International conference “MIPCON-2017” Manipal University, Manipal, India from 7th to 9th December 2017. He was invited as a resource person for a symposium focused on “Evaluations and Therapeutic Interventions in Pediatrics” and he delivered a talk on “Therapeutic Interventions” on 07/12/2017. Conference was delegated by international speakers and students from India and abroad. Prof. Ramesh Kumar J was invited as chair person for the scientific session in national conference “LATCHIYA KANAVUGAL-2018” conducted by FORUM FOR PHYSIOTHERAPIST, TAMIL NADU on 20th and 21st January 2018. He also chaired a session of research paper presentation by Physiotherapy professionals and students.



DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS

Department of Clinical Nutrition and Dietetics had conducted National Nutrition Week and the various activities. Report is presented here Five Food Groups Everyday: 1.9.2017; Nutrition Education on the concept of consuming “Five Food groups everyday” to become healthy and stronger was explained to the students of RL Jalappa Central School, Tamaka, Kolar. Using audio-visual aids students were explained the importance of National Nutrition Week Celebration. Theme of the year; “Infant and Young Child Feeding Practices: Better Child Health”. To transform the above message, 1st year students of Dept. of Clinical Nutrition and Dietetics have developed visual aids (placards) of five food groups. An exhibition of live models of five food groups was displayed for better understanding. Students performed dance with music related to five food groups with appropriate attractive message transforming to the young students. Nutrifit Calendar; released on 4.9.2017 A Nutrifit Calendar was designed and developed by the Dept. of Clinical Nutrition and Dietetics which included 30 different nutrifit tasks to be completed over a period of one month to assess their nutrifit score. Idea of developing Nutrifit Calendar is to spread awareness of nutrition and fitness tips to the adults (employees). Nutrifit Calendar was distributed to the employees of SDUAHER, SDUMC, RLJH & RC, Tamaka, Kolar and to the employees of Horticulture college. Millet Exhibition; 6.9.2017 An Exhibition on different types of millets was displayed at the entrance of RLJH & RC to spread awareness of millets and its benefits of therapeutic use to the public by the students of the Dept. of Clinical Nutrition and Dietetics. Samples of each millet with scripts of health benefits and household preparation of recipes were displayed. Millets included Sorghum, Finger Millet, Pearl Millet, Kodo Millet, Little Millet and Foxtail Millet. Response to exhibition was good and people demanded to arrange it in large scale with millets and millet products. Nutritional Assessment (Anthropometric Assessment); 6.9.2017 Nutritional Assessment of the public was done at RLJH & RC by the students of the Dept. of Clinical Nutrition and Dietetics on Dietetics. Activity included 102 participants. They were assessed for Anthropometry which included measurements of Height and Body weight using standard equipments.



Republic Day January 2017

During the wee hours of January 26th, 2017 amidst the rhapsodic aura, the Republic day celebrations were alighted by invoking the heavenly grace. The kinsfolk constituting of the authorities, teachers and students of the Sri Devaraj Urs Medical College, Sri Devaraj Urs College of Nursing, Allied Health Science Students and RL Jalappa Central School institutions and hospital gathered at the open auditorium by three-quarters past eight.

A congenial and cordial welcome speech by Dr.A.V.M.Kutty, Registrar, followed by hoisting the most esteemed tricolour



flag, unfurled in all its glory by the Hon'ble chancellor, Dr. S. Kumar. As imperative as the singing of the national anthem and the march past are to any patriotic occasion, were carried out by utmost diligence. An immaculate address by the Chief Guest Dr. S Kumar embarked on the merriment.

Euphonious melody of patriotism by the students of SDUMC, SDUCON and RLJCS adorned the venue, so did the innovative display by the RLJCS students. Driven by incentive and rationale, mesmerising dances interspersed by orations allocutions put forth nothing short of an impeccable event. The distribution of sweets and the vote of thanks by the Principal of RLJCS were but, an ode to the exuberance.





Fresher's Day 2017

The fresher's were welcomed by the seniors 12th October 2017 which was held in the silver jubilee auditorium with a promise by the seniors to be supportive to the juniors in all their curricular and extracurricular activities. The fresher's day saw the participation of all the seniors in various activities like dances, songs and skits. The 1st MBBS Students also participated in the cultural events and games. The event. Mr. & Miss Fresher were chosen from a series of rounds involving questions, use of props & their talents related to extracurricular activities. Mr. Krishna Nag was judged Mr. Fresher and Miss Pragati Sinha was judged Miss Fresher.

Convocation 2017: In view of convocation which was held on March 24th 2017, as a farewell to the outgoing batch cultural programs were arranged as a token of love by the junior batches. Our honorable Vice Chancellor Dr. C.V. Raghuvier, Registrar Dr.A.V.M. Kutty and Principal Dr. M.L. Harendra Kumar were the guests of honor. Students from all the batches performed dances, skits and sang songs.

Invictus 2017 : Our Students participated in an Intermedical college fest conducted by Kasturba Medical College, Manipal from 26th April to 30th April. 25 students participated in various events and won 1ST Place in Mad Ads, Street Play & Clay Modelling, 2nd Place in Collage & Pass the Remote, 3rd Place in Face painting & Cartooning

Parva 2017: Parva 2017 an intracollegiate fest held in our campus from 7th to 9th November 2017 was the most awaiting, fun filling and a joyous occasion for all the students. The events included Literary, Arts, Music, Dance, Band and Fashion show. All students participated with enthusiasm and strived very hard to make their batch the best active cultural batch. Bonus points were awarded to costumes, best dressed girl and boy, best cheering points, discipline, fun going, decoration, and most sportive batch. The best cultural batch award was given to Centaurs 2016-17 batch. Departmental show was organized in which the faculty of various departments put up a show which was the highlighting event, was fun filled and entertaining to all.





KREEDOTSAV-2017, a South India Inter Medical Sports Fest -2017 Sports Activities was conducted from 13-09-2017 to 15-09-2017. Inauguration was by Dr. C.V. Raghuvver, Hon'ble Vice Chancellor, SDUAHER. Guests of honor were Dr. A.V.M. Kutty, Registrar, SDUAHER, Dr. Harendra Kumar.M.L, Principal & Dean, Faculty of Medicine,

Dr. Rache Gowda, Deputy Medical Superintendent, RLJH & RC, Convener & Co-convener of Sports Committee.

Around 12 colleges from Karnataka and Andhra Pradesh participated in various events Sri Devaraj Urs Medical College team were winners in Volley Ball (M), Basketball (M), Tennis (M) Singles, Tennis (M) Doubles, Badminton (W) (Singles), Badminton (W) Doubles. Runners: Volley Ball (W), Throw Ball (W), Football (M), Basketball (W), Table Tennis (M), Badminton (M) (Singles), Badminton (M) Doubles. Valedictory function was on 27th of August 2017 Sri. A. Parthiban, Inter National Athletic Gold Medalist, was the Chief Guest. Function was presided by Dr. C.V. Raghuvver, Hon'ble Vice Chancellor, SDUAHER, Dr. A.V.M. Kutty, Registrar, Dr. Harendra Kumar. M.L. Principal/ Dean, Faculty of Medicine, Dr. Mohan Kumar, Medical Superintendent and office bearers of the academy. Chief Guest and dignitaries gave away the prizes to all the winners and runners of various events.



SDUAHER Annual Athletic meet-2017 was conducted from 25.10.2017 to 27.10.2017 at our college campus. Dr. ML Harendra Kumar, Principal and Dean SDUMC was the Chief Guest, Guest of honor was Dr. A. Bhaskaran, Vice Principal, SDUMC. Dr. Vidyasagar.C.R. Convener, Sports Committee delivered the welcome address, Mr. Jatin & Ms. Monika Sports Secretaries read out the sports report of the college for the academic year 2017-18.



Individual Championship was declared, Winners: Dr. Mahesh Kumar (M), Ms. Shravya (W); Runners: Mr. Dhruva Kumar Reddy and Nabhan. T.K (M) and Dr. Rashmi Ramparla (W).

Closing ceremony was on 27th October 2017. Chief Guest for the function was Sri. Sounder Rubin, International Athlete, National Games, K.G.F. Function was presided by Dr. C.V. Raghuvier Hon'ble Vice Chancellor, SDUAHER. Guests of Honor were Dr. AVM Kutty Registrar, SDUAHER. Dr M.L.Harendra Kumar Principal and Officers of our Academy. Dr. Vidyasagar C R Sports Convener proposed the vote of thanks.

PROMOTHEUS- 2017, Inter Medical Sports Fest was held from 25.09.2017 to 29.09.2017 at M.S. Ramaiah Medical College, Bangalore. Our College Volleyball (M) Team was winners. Dr. Karthik, Intern was declared as the Best Bowler for Cricket (M).



Three Decades of My Cherished Journey from SDUMC to SDUAHER

First Decade

The day I started my journey after completing my post-graduation, my destination was my native place a nearby small Hamlet with Sparse population and Basic amenities. Intention of me travelling to my Village was to cater health care needs of my village people. The journey I started that day in 1986, made me reach this benevolent place where this Institution **Sri Devaraj Urs Medical College** which was never- ever dreamt of by many was dwelled by our beloved Shri RL Jalappa, Chairman of Sri Devaraj Urs Educational Trust.

"The Journey of Thousand Miles Begins With One Step"



To my surprise the first batch of MBBS classes were just started in 1986 in a tiny shed at the campus. Campus was deserted with few life here and there.

Boy's hostel, Girl's hostel and Faculty quarters were located at Kolar town in rented buildings. As per the statutory body guidelines, Institution had to start clinics and first batch of Clinical section was inaugurated in 1988 at K.G.F club, a grand affair for those days. Clinical postings were offered at Civil hospital, BGML hospital and BEML hospital at K.G.F in March 1988. As the Institution grew, Kolar Govt SNR hospital was attached on 1st of August 1988. Management with an intention that students to learn more and keep abreast with advancement Kolar ETCM hospital was attached to college for a brief period.

An L- shaped structure was planned and soon made into a Quadrangular College building with library, AV hall and open air auditorium. Administration building was located in old building viz present Physiotherapy and Central Diagnostic Laboratory.

Boy's hostel, Girl's hostel, indoor games building, faculty quarters and guest house for the management was added. Spacious sports ground for cricket, football and other game was added. In the year 1994, R.L. Jalappa Hospital and Research Centre was commissioned. Post Graduate block was constructed with inbuilt CSSD, Laundry, Cobalt and Cancer Centre.

R.L .Jalappa college of Nursing was started in the year 1995.





Second Decade

Post Graduate courses were started in the year 1996 in most of the clinical departments, later extended to para and pre-clinical subjects with necessary Infrastructure including a separate state of art PG hostels for boys & Girls.

To meet the Demand and “Quality Patient Care” Hospital ward block was further extended by 3 more floors.

RL Jalappa central school was started in the year 1998 for the benefit of the children of our faculty and others.

Regional blood bank services started in the year 1996 and DUET pharmacy was started in the year 1994 and Central Laboratory was started in the year 2006.

Third Decade

Sri Devaraj Urs Medical College applied for autonomous in 2006-2007 and was conferred **Sri Devaraj Urs Academy of Higher Education and Research; SDUAHER**, A deemed to be University status by UGC/MHRD on May 25th 2007.

Super speciality departments were started in Cardiology, Cardio Thoracic Surgery, Urology, Neurology, Neuro Surgery, Plastic Surgery and Paediatric Surgery.

To meet the demand of Local and neighbouring states, Andhra Pradesh and Tamil Nadu, RL Jalappa Narayana Health Heart Centre was started in the year 2001 with facilities for Interventional Cardiology, Open Heart Surgery and CABG.

To commemorate 25 years of “Existence and Perseverance” Silver Jubilee building with library and information centre, Silver Jubilee indoor auditorium with 1100 seat capacity was constructed.

Separate Building for Medical Record Department was constructed. Molecular biology and Genetic laboratory and University Department of Medical Education (UDOME) were started with qualified faculty.

Skill lab with modern equipment’s, mannequins and simulators were added which is imparting BLS, ACLS and PALS training for the students and faculty.

State of the Art Synthetic Tennis Court came into existence.

Central Diagnostic Laboratory Services (CDLS), Updated Skill Lab, UDOME and Physiotherapy were shifted to the new premises attached to the RL Jalappa Hospital and Research Centre.





Allied Health Sciences started with baby steps by the academy is presently having courses in BPT, B.Sc and M,Sc MLT, OT Technician Course, Yoga Practice, Clinical Nutrition and Dietetics, Imaging Technology/ Radiography, Renal Dialysis and Radio Therapy.

Kolar Urban Centre was constructed in the year 2008 and is now identified as RL Jalappa Institute of Diabetology and Research.

Environment friendly Campus has Rain Water Harvesting and Water Recycling Facilities.

New OT block with magnificent modular OTs, ICU, Dialysis and Endoscopic Services are add on as on date.

Visionary founder Shri RL Jalappaji's dreams are being fulfilled in creating this vast wonderful campus at Kolar imparting **QUALITY, COMPETITIVE AND AFFORDABLE** education, research and health care delivery.

All journeys have secret destinations of which the traveller is unaware



Dr (Prof) V. Lakshmaiah
Professor, Department of General Medicine
Medical Superintendent
RL Jalappa Hospital and Research Centre
Medical Director, SDUAHER
Tamaka, Kolar



GROW OLD GRACEFULLY

Growing old is a natural process for all human beings, animals and plant life. When the body tissues worn out, the life ends. It has been observed that longevity among human beings in the world has been steadily increasing due to advance in the medical science.

A change in life comes when a man retires. At this time if he does not plan out to spend his time, he will be miserable and will probably shorten his life. On retirement a man enters a new face of life. Old age is not white hairs and wrinkles, it should not bring a feeling of frustration and being left behind by the new generation. It is not correct to believe that old makes the mind dull. It is said A man is old when he feels old. It would be very desirable if an old man forgets all about the generation gap and tries to mix with men of various age groups. If this is done, the younger age group will get the benefit of the experience of old one who would also be glad to find that they are not left out.

An old man is often incapable of subscribing to new thoughts and ideas. Often he considers himself an unwelcome being, this is because of his rigidity and lack of understanding. He should try to adjust himself in the new circumstances and feel that young people have also a right to express their thoughts and ideas.

To maintain fairly good health, an old man should be care full about his food habits, exercise and rest etc.. He cannot take liberty with all sorts of food as he did in his youth. Old people require adequate sleep and rest because good sleep has a restorative power. Relaxation has been recognised as an important factor in the aging period.



Dr. K Dinesh, Prof & HOD,
Anaesthesiology, SDUAHER,
Kolar



ಭಾವಾತೀತಧ್ಯಾನ (TRANSCENDENTAL MEDITATION)

ಆತ್ಮೀಯರೇ,

ಪ್ರಾಚೀನ ಕಾಲದಿಂದಲೂ, ಅದರಲ್ಲೂ ನಮ್ಮ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಧ್ಯಾನಕ್ಕೆ ಮೊದಲ ಪ್ರಾಶಸ್ತ್ಯ. ಆದರೆ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ನಾವು ವೇಗ ಜೀವನದ ಆವೇಗಕ್ಕೆ ಒಳಗಾಗಿ ಮಾನಸಿಕ ಅಸಮಾಧಾನತೆಯಲ್ಲಿ ತೊಳಲಾಡುತ್ತಿರುತ್ತೇವೆ.

ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಆರೋಗ್ಯ ಅತಿ ಅವಶ್ಯಕ. ಇದಕ್ಕಾಗಿ ಸ್ವಪ್ರಯತ್ನ, ಸರ್ಕಾರ ಹಾಗೂ ಸರ್ಕಾರೇತರ ಸಂಸ್ಥೆಗಳದ್ದೂ ಜವಾಬ್ದಾರಿ ಇರಬೇಕು. ಹಾಗಾದರೆ ಆರೋಗ್ಯವೆಂದರೇನು? ತಿಳಿಯೋಣ. ವಿಶ್ವಆರೋಗ್ಯ ಸಂಸ್ಥೆ (WHO) ಈ ಕೆಳಗಿನ ಸಾಮಾನ್ಯ ನಿರೂಪಣೆಯನ್ನು (Definition) ತಿಳಿಸಿದೆ.

ವ್ಯಕ್ತಿ ರೋಗರಹಿತನಾದರೆ ಮಾತ್ರ ಸಾಲದು. ಆತ/ಆಕೆ ಸಂಪೂರ್ಣವಾಗಿ ದೈಹಿಕ, ಮಾನಸಿಕ, ಸಾಮಾಜಿಕ ಹಾಗೂ ಆಧ್ಯಾತ್ಮಿಕವಾಗಿ ಸುಸ್ಥಿತಿಯಲ್ಲಿರಬೇಕು.

Health is a state of complete Physical, Mental, Social & Spiritual well beingness, not merely the absence of disease or infirmity.

ಈ ಸ್ಥಿತಿ ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ದೊರಕಬೇಕು. ಇದು ಎಲ್ಲರ ಹಕ್ಕು. ಹಾಗೂ ಅದನ್ನು ಪಡೆದುಕೊಳ್ಳುವ ಜವಾಬ್ದಾರಿಯನ್ನು ತೆಗೆದುಕೊಳ್ಳಬೇಕು.

ಎಲ್ಲರಿಗೂ ತಿಳಿದಿರುವಂತೆ ಮೊದಲು ವ್ಯಕ್ತಿ, ವ್ಯಕ್ತಿಯಿಂದ ಕುಟುಂಬ, ಕುಟುಂಬದಿಂದ ಸಮಾಜ, ಒಳ್ಳೆಯ ಸಮಾಜದಿಂದ ಒಳ್ಳೆಯ ಕಾರ್ಯಗಳು, ಒಟ್ಟಿನಲ್ಲಿ ಎಲ್ಲರಿಗೂ, ಎಲ್ಲರಿಂದಲೂ ಸಮಪಾಲು, ಸಮಬಾಳು. ಇದೇ ಉತ್ತಮ ಸಮಾಜ ನಿರ್ಮಾಣದ ಏಕೈಕ ಗುರಿ. ಭಾವಾತೀತಧ್ಯಾನವು (TM) ಸುಲಭವಾದ, ಎಲ್ಲರಿಗೂ ಅನುಕೂಲವಾದ ಸಾಧನ. ದಿನದಲ್ಲಿ ೨ ಬಾರಿ, ಪ್ರಾಥಃಕಾಲ ಹಾಗೂ ಸಾಯಂಕಾಲ ೨೦ ನಿಮಿಷ ಸುಮ್ಮನೆ ಕಣ್ಣುಚ್ಚಿ ಕುಳಿತುಕೊಳ್ಳುವುದು. ಈ ವಿಷಯದಲ್ಲಿ ಅನುಭವ ವೇದ್ಯರಾದ ಗುರುಗಳ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಮಂತ್ರ ದೀಕ್ಷೆ ಪಡೆಯಬೇಕಾಗಿರುವುದು ಮಾತ್ರ ನಾವು ಕೈಗೊಳ್ಳುವ ಮೊದಲ ಕರ್ತವ್ಯ.

ಸಾಮಾನ್ಯವಾಗಿ ನಾವೆಲ್ಲ ತಿಳಿದಿರುವುದು ಎಚ್ಚರ, ಕನಸು, ನಿದ್ರೆಗಳೆಂಬ ಮೂರು ಅವಸ್ಥೆಗಳು. ಇದಲ್ಲದೆ ನಾಲ್ಕನೆಯದಾದ ತುರ್ಯಾವಸ್ಥೆ (Fourth state of Consciousness) ಎಂಬ ಸ್ಥಿತಿಯನ್ನು ಅನುಭವಿಸುವುದೇ ನಾವು ಕಂಡುಕೊಳ್ಳುವ ಮುಖ್ಯ ಗುರಿ. ಉಪಯುಕ್ತತೆ ಇದೆ ಎಂದರೆ ಮಾತ್ರ ನಾವುಗಳು ಆ ಕಾರ್ಯದಲ್ಲಿ ನಮ್ಮನ್ನು ತೊಡಗಿಸಿಕೊಳ್ಳುತ್ತೇವೆ. ಇದು ಎಲ್ಲರ ಸಹಜಕ್ರಿಯೆ.

ಭಾವಾತೀತಧ್ಯಾನದ ರೂವಾರಿಗಳಾದ ಶ್ರೀ ಶ್ರೀ.ಮಹೇಶ್ ಯೋಗಿಗಳು ೧೯೫೯ ರಲ್ಲಿ ಅಮೇರಿಕಾದಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಈ ವಿಷಯವಾಗಿ ಉಪನ್ಯಾಸ ನೀಡಿದಾಗ, ಹೆಚ್ಚು ಆಕರ್ಷಿತರಾದವರು ಅಲ್ಲಿನ ಯುವಕಯುವತಿಯರು. ದಿನಗಳೆದಂತೆ, ಅಂದರೆ ೧೯೭೦ರ ಸಮಯಕ್ಕೆ 'ಭಾವಾತೀತಧ್ಯಾನ' ತನ್ನ ಅಸ್ತಿತ್ವವನ್ನು ಅಮೇರಿಕಾದಲ್ಲಿ ಬಹಳವಾಗಿ ವ್ಯಾಪಿಸಿತು. ನಮ್ಮ ದೇಶದವರಂತೆ ಅಮೇರಿಕಾದವರು ಪುರಾವೆಗಳಿಲ್ಲದೆ ಯಾವುದನ್ನು ಅಷ್ಟಾಗಿ ನಂಬುವ ಜಾಯಮಾನದವರಲ್ಲ.

ಹೀಗಾಗಿ ಅಲ್ಲಿನ ವೈದ್ಯರಾದ ಡಾ||ರಾಬರ್ಟ್ ಕೀತ್ ವ್ಯಾಲಿಸ್ (Dr.Robert Keith Wallace) ರವರು ಅನೇಕಾನೇಕ ಪ್ರಯೋಗಗಳನ್ನು ನಡೆಸಿ, ಭಾವಾತೀತಧ್ಯಾನದಿಂದ ಮನುಷ್ಯರಲ್ಲಿ ಉಂಟಾಗುವ ಅನುಕೂಲಗಳ ಬಗ್ಗೆ ಪುರಾವೆಗಳೊಡನೆ ಒಪ್ಪಿಕೊಂಡರು. ಉದಾಹರಣೆಗೆ ಎಲ್ಲರಲ್ಲೂ ಕಂಡು ಬಂದ ಆತ್ಮಸ್ಥೈರ್ಯ, ಮುಗುಳ್ಳಗೆ, ಹೆಚ್ಚಿನ ಕಾರ್ಯದಕ್ಷತೆ, ಹೀಗೆ ಹತ್ತು ಹಲವಾರು ವಿಷಯಗಳು. ಶ್ರೀ ಶ್ರೀ ಮಹೇಶ್ ಯೋಗಿಗಳು ಮೂಲತಃ ಭಾರತೀಯರಾಗಿದ್ದು, ಮೊಟ್ಟಮೊದಲು ಅಮೇರಿಕಾದಲ್ಲಿ ಭಾವಾತೀತಧ್ಯಾನದ ಬಗ್ಗೆ ಉಪನ್ಯಾಸ ನೀಡಿದ್ದು ಏಕೆಂದರೆ ನಮ್ಮವರಿಗಿಂತಲೂ ಅಲ್ಲಿನವರು ಹೆಚ್ಚಿನ ಮಾನಸಿಕ ತಳಮಳಕ್ಕೆ ಈಡಾಗಿದ್ದರು. ಅಲ್ಲದೆ ಹೀಗೆ ಮಾಡಿದ್ದರಿಂದ ಭಾರತೀಯರಾದ ನಾವೂ ಎಚ್ಚರ ವಹಿಸುವಂತಾಯಿತು. ನಮ್ಮ ಧರ್ಮವನ್ನು ಪರಕೀಯರು ಗೌರವಿಸಿ, ಆದರಿಸಿ ಸದುಪಯೋಗ ಪಡೆಯುವಂತಾದರೆ, ನಾವೂ ಸಹ ಅನುಸರಿಸುತ್ತೇವೆಂಬುದು ಮಹರ್ಷಿಗಳ ಗುರಿಯಾಗಿತ್ತು. (Increased Heart Function) ಹೆಚ್ಚುತ್ತದೆ.

ಭಾವಾತೀತಧ್ಯಾನದಿಂದ ಆಗುವ ಉಪಯೋಗಗಳು:

ಪ್ರಕೃತಿ ನಿಯಮವೇನೆಂದರೆ ಹಗಲು ದುಡಿಮೆ, ರಾತ್ರಿ ವಿಶ್ರಾಂತಿ. ಅಂದರೆ ದೇಹಕ್ಕೆ ವಿಶ್ರಾಂತಿ ಅತ್ಯಗತ್ಯ. ಒಬ್ಬ ಆರೋಗ್ಯವಂತನಿಗೆ ಕನಿಷ್ಠ ೬ ರಿಂದ ೮ ಗಂಟೆಗಳ ನಿದ್ರೆ ಅವಶ್ಯಕ. ಸರಿಸುಮಾರು ೧೫ ರಿಂದ ೨೦ ನಿಮಿಷಗಳ ಧ್ಯಾನದಿಂದ ಸಿಗುವ ವಿಶ್ರಾಂತಿ, ದೇಹಕ್ಕೆ ೩-೪ ಗಂಟೆಗಳ ನಿದ್ರೆಯಿಂದ ದೊರಕುವ ವಿಶ್ರಾಂತಿಗಿಂತ ಉತ್ತಮ ಮಟ್ಟದ್ದಾಗಿರುತ್ತದೆ (Restful Alertness). ಇದರಿಂದ ನಾವು ದಿನವಿಡೀ ಲವಲವಿಕೆಯಿಂದ ನಮ್ಮ ಕೆಲಸ ಕಾರ್ಯಗಳಲ್ಲಿ ತೊಡಗಿ ಉತ್ತಮ ಫಲಿತಾಂಶ ತರಬಹುದು. ನಮ್ಮ ಬುದ್ಧಿವಂತಿಕೆ ಹೆಚ್ಚಾಗಿ, ಕಲಿಯುವ ಕ್ಷಮತೆ ಹೆಚ್ಚಿ, ಕಾರ್ಯದಕ್ಷತೆ ಉತ್ತವಾಗಿರುತ್ತದೆ. ನಮ್ಮ ಆಲೋಚನಾಲಹರಿ ಮತ್ತು ತೆಗೆದುಕೊಳ್ಳುವ ತೀರ್ಮಾನ ಉನ್ನತ ಮಟ್ಟದ್ದಾಗಿರುತ್ತದೆ. ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಹೆಚ್ಚಿನ ಮಟ್ಟದ ಪರಿಣಾಮ ಫಲಿತಾಂಶಗಳು ದೊರೆಯುತ್ತವೆ. ಕಡಿಮೆ ಶ್ರಮದಲ್ಲಿ ಹೆಚ್ಚು ಉತ್ಪಾದನೆ. ನಾವು ಮಾಡುವ ಕೆಲಸಗಳಲ್ಲಿ, ಸಂಪೂರ್ಣ ತೃಪ್ತಿ ದೊರೆಯುತ್ತದೆ. ಇತರ ಸಹದ್ಯೋಗಿಗಳ ಜೊತೆ ಉತ್ತಮ ಬಾಂಧವ್ಯ ಉಂಟಾಗುತ್ತದೆ.

ಹೃದಯ ಬಡಿತದಲ್ಲಿ ಇಳಿಕೆ ಉಂಟಾಗಿ (Decreased Heart Rate) ಹೃದಯದ ಕಾರ್ಯದಕ್ಷತೆ (Increased Heart Function) ಹೆಚ್ಚುತ್ತದೆ.

ರಕ್ತಚತ್ತಡ (Blood Pressure) ಪರಿಪೂರ್ಣ ಸರಿಯಾಗುವಿಕೆ.

ಹೆಚ್ಚಿನ ಮನೋಸ್ಥೈರ್ಯ (Self Confidence).

ನಿದ್ರಾಹೀನತೆಯಿಂದ (Insomnia) ಮುಕ್ತಿ.

ಉಸಿರಾಟದ ತೊಂದರೆಯಿಂದ ಮುಕ್ತಿ.

ವಾತಾವರಣಕ್ಕೆ ಹೊಂದಿಕೊಳ್ಳುವಿಕೆ.

ಕೃತ್ಯ ಶಕ್ತಿಯಲ್ಲಿ ಏರಿಕೆ (Increased Creativity).

ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ (Personality Development).

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ವೈದ್ಯರೂ ಸಹ ಔಷಧಿ ಜೊತೆ ಧ್ಯಾನ ಮಾಡಲು ಸೂಚಿಸುತ್ತಿರುತ್ತಾರೆ (Medication & Meditation).

ಸಾಮಾನ್ಯವಾಗಿ ಮೂರು ವಿಚಾರಗಳಲ್ಲಿ (IFs) ವ್ಯಕ್ತಿಯ ಮನಸ್ಸಿಗೆ ಅಸಮಾಧಾನ (Discomfort) ಕಂಡು ಬರುವುದು.

ಕೌಟುಂಬಿಕ (Familial). ಆರ್ಥಿಕ (Financial).

ಸ್ನೇಹಿತರು, ಬಂಧುಗಳು, ಸಮಾಜ (Friends , Relatives & Society). ಈ ಮೂರು ವಿಚಾರಗಳಲ್ಲಿ ನೆಮ್ಮದಿ ಸಿಗಬೇಕಾದರೆ, ನಾನು ಮೊದಲೇ ಹೇಳಿದ ಹಾಗೆ, ವಿಶ್ವಆರೋಗ್ಯ ಸಂಸ್ಥೆಯ (WHO) ಸಾಮಾನ್ಯ ನಿರೂಪಣೆಗೆ (Definition) ನಾವೆಲ್ಲರೂ ನಮ್ಮನ್ನು ತೊಡಗಿಸಿಕೊಂಡು ಅದನ್ನು ಪಡೆಯಲು “ಧ್ಯಾನವೇ ಮೂಲ ಮಂತ್ರ” ಎಂದು ತಮ್ಮೆಲ್ಲರಿಗೂ ಈ ಮೂಲಕ ತಿಳಿಸ ಬಯಸುತ್ತೇನೆ.



(ಡಾ||ರಾಜೇಗೌಡ.ಎನ್.)

ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಮುಖ್ಯಸ್ಥರು ಕ್ಷ-ಕಿರಣ ವಿಭಾಗ ದೇವರಾಜ ಅರಸ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಕೋಲಾರ.

Pencil Art



M. Sathya
Physiotherapist,
SDUAHER

Fitness is defined as “the condition of being physically and mentally healthy, the quality of being suitable to fulfil a particular role or task”. Fitness include both Physical and mental fitness and are less prone to medical deficits. Mental fitness can only be achieved if a person is physically fit. Thus a person can relax their own mind and eliminate stress by exercising regularly and eating right.

Physically fitness helps to maintain optimum weight and prevent cardiac and other health problems. Physical and mental fit individual will have strength to face the ups and downs of life.

To be physically fit a person need to change his/her life style, include regular exercise as routine in life and eat healthier, avoid junk foods, fizzy drink, smoking and alcohol, adequate rest, spend more time outdoor in the sun, inhale fresh air and take part in more healthy activities such as fishing, cycling, swimming, walking, jogging and playing outdoor games.

Activity Guidelines

Physical Activity Guidelines suggest that all adults should avoid inactivity to promote good health mentally and physically. For substantial health benefits, adults should participate in at least (30 mins to 2 hours) a week of moderate intensity aerobic activity. Aerobic exercises should be performed in episodes of at least 10 minutes and preferably it should be continued throughout the week. Adults should involve in muscular strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week, as these activities provide additional benefits.

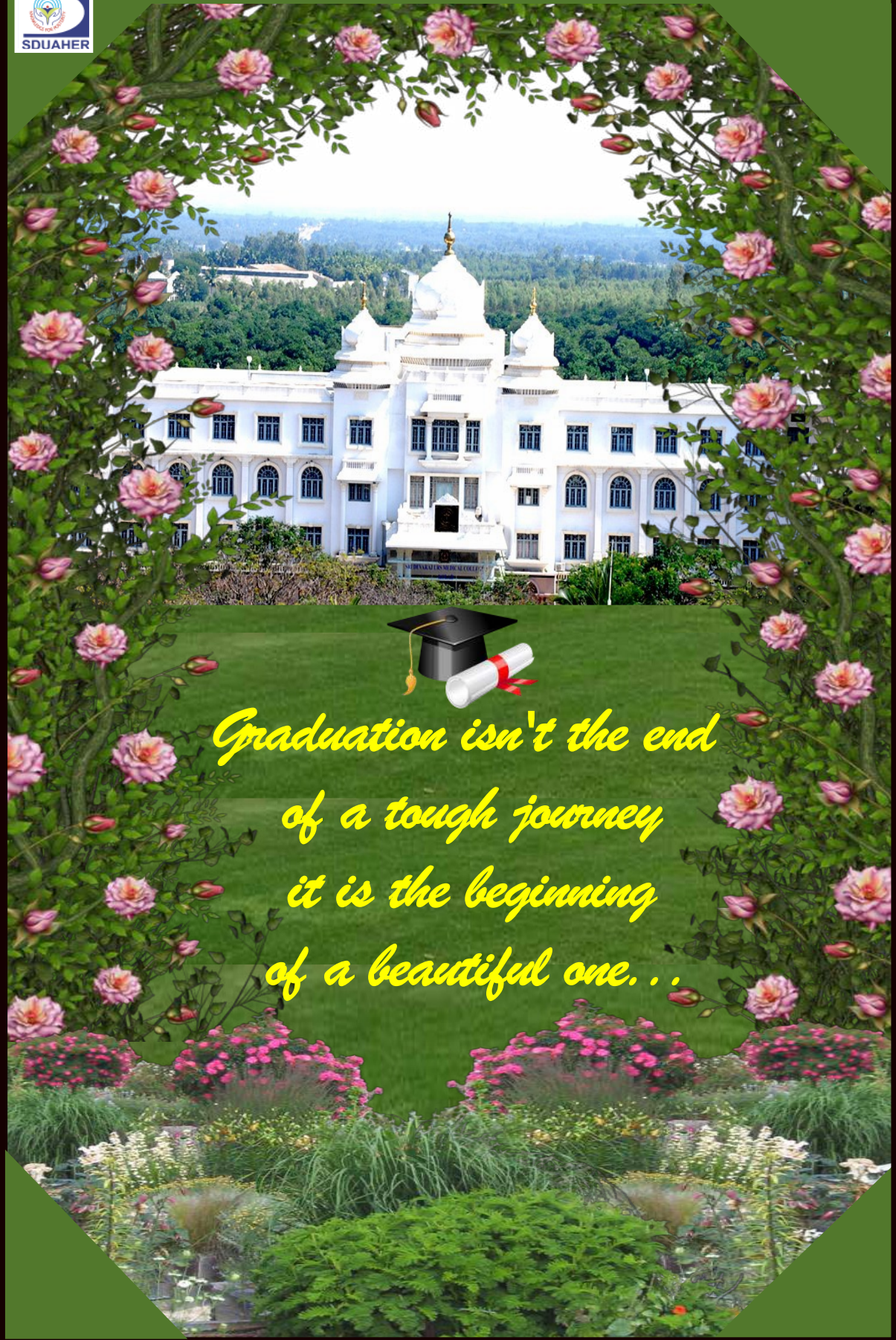
Benefits of Aerobic Exercise

- ◆ Control blood pressure and builds a stronger heart.
- ◆ Prevents Cancer: Centre For Disease Control and Prevention provide lifestyle guidelines of maintaining a balanced diet and engaging in physical activity to reduce the risk of disease. American Institute of Cancer Research (AICR) recommendations include: Be as lean as possible without becoming underweight. Each week, adult should engage in at least 150minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity. Children should engage in at least one hour of moderate or vigorous physical activity each week. Be physically active for at least 30 minutes every day. Avoid sugar and limit the consumption of energy packed foods. Balance your diet with a variety of vegetables, grains, fruits, legumes etc. Limit sodium intake and consumption of processed meat. Limit alcoholic drinks to two for men and one for women a day
- ◆ Reduce both short- term inflammation in conjunction with or independent of changes in body weight.
- ◆ Enhance Immune System by increasing levels of T cells, macrophages, neutrophils, eosinophils, cytokines and antibodies.
- ◆ Weight control, by reducing visceral fat and also increase the muscle fibre. It can also reduce body fat, Sex steroid hormones; insulin and appropriate immune response factors that mediate metabolism in relation to abdominal fat.
- ◆ Menopausal changes can be prevented with regular exercise which include, weight gain, reduce risk of breast cancer, strengthen bones, reduce the risk of heart disease and type 2 diabetes, alleviate mood.

“To enjoy the glow of good health we must exercise daily”



Ms. Sneha L Joy
Assistant professor
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SDUAHER



*Graduation isn't the end
of a tough journey
it is the beginning
of a beautiful one...*