



AIMSRC

Akash Institute of Medical Sciences
and Research Centre



AKASHVANI

THE OFFICIAL E-NEWSLETTER
OF AIMSRC

NOVEMBER – DECEMBER : VOLUME- 10

EDITORIAL BOARD

CHIEF EDITOR:

Dr. Sunil Kumar D R
(Professor & HOD
Community Medicine)

ASSOCIATE EDITORS:

Dr. Rahul Shetty
(Professor Plastic Surgery)

Dr. Swapnali Shamkuwar
(Professor Anatomy)

Dr. Kanaka Swaroop
(Assistant Professor General Medicine)

DIGITAL MARKETING:

Mr. Niranjana
(Junior Executive)
Email: info@aimsrc.com





IN THE ISSUE

- Lifetime achievement award by Times Group
- Cosmetology and Aesthetic surgery in the Times Excellence Health Awards 2023
- Inauguration of Bengaluru Rural District
"Anaemia Mukht Poushtika Karnataka programme
- Akash International school Annual Day 2023
- White Coat Ceremony for batch-2023 Abhyudaya
- Observation of Childrens Day in Akash Hospital
- Training on ISO 15189: 2022 for NABL accredited labs. by
Department of Central Laboratory.
- CPR awareness programme
- "Fresher's Day-Navataare-2023".Akash Institute of Engineering and Technology
- Inaugural and oath ceremony day Batch 2023-24, Physiotherapy,
Nursing, Paramedical and Allied Health Science
- Awareness Session of World Aids Day-2023
- Department Focus (Orthopedics)
- Other Activities

LIFETIME ACHIEVEMENT



Akash Institute of Medical Sciences & Research Centre: Emerging from humble beginnings, the story of our Chairman, Mr. K Muniraju, is nothing short of inspiration.

He embarked on his journey with Akash International School in 2010. Subsequently, in 2013, he established Akash Super Speciality Hospital, a 950-bed healthcare center focused on delivering quality healthcare to the rural population of Bangalore.

Mr. K Muniraju is a visionary dedicated to giving back to society. He has ensured that Akash Hospital provides high-quality treatment, offering consultation, in-patient services, deliveries (both normal and LSCS), and three meals a day to patients, all at no cost.



While our Chairman has numerous achievements in health and education, his most notable contribution occurred in 2020 when the novel coronavirus struck our country. **Fearlessly, he dedicated his entire hospital to treating infected patients, being the first to allocate 750 beds to government patients.** Under his leadership, Akash Hospital has treated over 12,000 patients, the highest for any hospital in Karnataka.

Akash Hospital continues its services by organizing health camps in villages, striving to make quality healthcare accessible to the rural population. On average, more than 20,000 people receive treatment through these camps.

Although this award does little justice to his contributions, a heartfelt thanks to the Times Group for recognizing his impactful work.



COSMETOLOGY AND AESTHETIC SURGERY IN THE TIMES EXCELLENCE HEALTH AWARDS 2023



We at Akash Hospital are elated and overwhelmed to add a new feather to our cap.

It is a great honour that our **Departments of Dermatology and Dental Sciences** were awarded the prestigious 'Excellence in Cosmetology and Aesthetic Surgery in the Times Excellence Health Awards 2023.'

We are pleased to receive this recognition and are committed to offering world-class healthcare.





INAUGURATION OF BENGALURU RURAL DISTRICT "ANAEMIA MUKHT POUSHTIKA KARNATAKA"



Program by District Administration, District Health and Welfare Office
at Akash Institute of Medical Sciences on 8th Dec 23.

CEO Dr. Anuradha inaugurated the program. DHO Dr. Sunil Kumar M.C., District Program Officers, and other Government Officials of Bangalore Rural District, along with Dr. Naresh Shetty, CEO, Dr. Brijesh Medical Superintendent, Dr. Sunil Hedge, RMO, and Dr. Sunil Kumar, Prof and Head, Dept of Community Medicine, AIMS & RC, were the chief guests on the occasion. Iron and Folic Acid tablets were distributed to adolescent students for the management of anaemia.



AKASH INTERNATIONAL SCHOOL ANNUAL DAY 2023



14th Annual Day at Akash International School

It was an incredibly proud moment for the Akash Family as our school completed another remarkable year while we celebrated our students and their achievements in all curricular, co-curricular and extracurricular activities conducted throughout the year.





To make the occasion even more special, the event was graced by **Shri Ramesh Aravind sir as the chief guest**. One of the finest actors to grace the silver screen, a passionate director and screenwriter, an extremely talented TV presenter, an exceptional motivational speaker and even more importantly, a warm soul and humble human being.

We thank Mr. Aravind Ramesh for gracing the occasion. You spoke beautifully, and your words were truly inspiring.

This year's annual day theme, '**Colours of India**', was chosen consciously by the school management with the hope that our children experience the different cultures and celebrations of our great nation. We wanted to emphasise and embrace our country's diversity, to foster a sense of unity, social equality and cooperation, which in turn will create a more robust and vibrant social fabric and enhance the global competitiveness of our children

We believe in the importance of creating an inclusive learning environment and imparting education in every activity that we do, be it curricular or extracurricular.



WHITE COAT CEREMONY FOR BATCH-2023 ABHYUDAYA



The white coat ceremony for Batch of Abhudaya 2023 was held on 23/12/2023 at Akash institute of medical sciences and Research Centre in presence of our honorable chief guests -Chairman Shri Muniraju, Vice chairman Mr.Amar Gowda, Dean Dr. Shivaprakash and The Charaka oath was administered by Dr.Vasudha Kulakarni, Prof & HOD, Dept of Anatomy and Hypocrites oath Dr.Sunil Kumar D R Prof & HOD, Dept of Community Medicine, Event was inaugurated by lighting lamp, followed by an inaugural address by the principal. Undergraduate students were then presented with the **White Coats** by the HOD's of all departments, The UG's & PG's were sworn in with sacred charaka oath & hypocrites oath. The stage was set up for showcase of talents by our beloved students, All together it a successful event.



CHILDREN'S DAY

On the occasion of Children's Day celebrations, Akash Hospital organized a free health checkup for all the children of Anganwadi and government schools as a kind gesture of care. The camp witnessed close to 2000 kids who were screened for good health and greatly benefited.



**AWARENESS PROGRAM ON ISO 15189: 2022
FOR NABL ACCREDITED LABS
BY THE DEPARTMENT OF CENTRAL LABORATORY**



Akash Institute of Medical Sciences & Research Centre, Akash Hospital, Devanahalli, Bangalore, in association with the Consortium of Accredited Healthcare Organization (CAHO), has hosted an Awareness program on ISO 15189:2022, organized by the National Accreditation Board for Testing and Calibration Laboratories (NABL), on 24th Nov & 25th Nov 2023. The training was conducted by Joint Director of NABL, Dr. Gayathri, and a total of 74 participants at various capacities engaged in diagnostics, hospital laboratories, and clinical research laboratories had registered for this program. The program was a great success, and certificates were distributed at the end for all participants.



AS PER NMC GUIDELINES, CPR AWARENESS PROGRAMME WAS CONDUCTED AT AKASH HOSPITAL ON 06/12/2023



Heads of Departments and Consultants from the Departments of Anaesthesia, Medicine, Emergency Medicine, Surgery, and OBG, as well as 400 paramedical staff, came to grace the occasion. An audio-visual presentation followed by a theoretical explanation of the steps of CPR was conducted and concluded with the practical demonstration. The synergy of their team and the dynamic audience brilliantly made the event a great success.





AKASH INSTITUTE OF ENGINEERING AND TECHNOLOGY

Fresher's Day - Navataare - 2023



Fresher's Day is designed to warmly welcome newly admitted students, fostering a friendly atmosphere and encouraging lasting relationships within the college community. This special day is dedicated to first-year students, providing them with the opportunity to showcase their talents as "Navataare" and connect with their batchmates. The Fresher's Day for the academic year 2023-24 is aptly named "FRESHER'S DAY - NAVATAARE - 2023."

The event took place on December 23, 2023, for the students of the 2023-2024 batch at Akash Institute of Engineering and Technology in Devanahalli, Bengaluru.

Light, symbolizing prosperity and sacredness, played a significant role in the event's inauguration. The lamp was lit amid the blessings of dignitaries including Sri. Muniraju K (Chairman, Akash Group of Institution), Smt. Pushpa Muniraju (Chairperson, Akash Group of Institution), Sri. Amar Gowda (Vice Chairman, Akash Group of Institution), Sri. Akash Muniraju (Director, Akash Group of Institution), and Dr. Prakash S Dabeer (Principal, Akash Institute of Engineering and Technology).



In his inaugural address, Principal Dr. Prakash S Dabeer emphasized the support from the management in providing high-quality technical education and research facilities. He spoke of the institution's commitment to achieving professional excellence and aligning students' goals with the vision of Prime Minister Sri. Narendra Modi for "Viksit Bharat @2047." The Principal also highlighted the crucial role of youth in shaping national plans, priorities, and goals for India's development as a developed nation by 2047.

The Fresher's Day buzzed with excitement, joy, music, enthusiasm, laughter, and happiness. The day's events were organized into various categories, including Dancing (Solo/Group), Singing, Ramp Walk, and the highlight - the selection of Mr. & Ms. Fresher's of 2023.



INAUGURAL AND OATH CEREMONY DAY- BATCH 2023-24 Physiotherapy, Nursing, Allied Health Science and Paramedical



Akash Institute hosted the inaugural and oath ceremony for the Batch 2023-24 in the College Auditorium, AIMS & RC Devanahalli. Chairman Shri K Muniraju, Vice Chairman Shri Amar Gowda, and other dignitaries participated in the lamp lighting ceremony. Dr. Naresh Shetty, RMO Sunil Hegde, and Dean Dr. Shivaprakash N.C delivered keynotes. Institute principals addressed the gathering, and the event concluded with cultural performances by the freshers.



AWARENESS SESSION OF world aids day

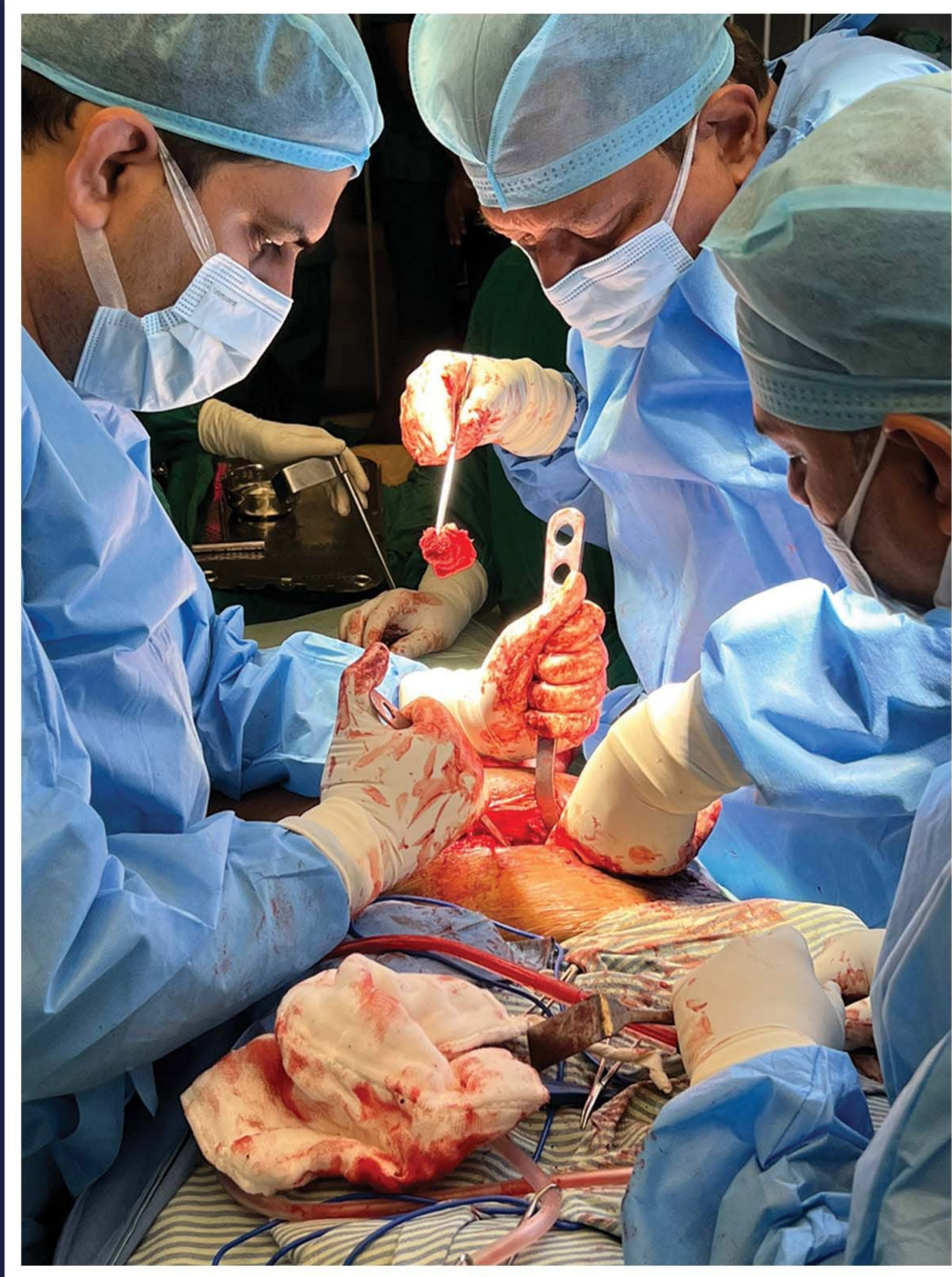


World AIDS Day 2023 Adichunchanagiri Institute of Medical Sciences Invited speaker on **Dr. Sunil Kumar DR, Professor and Head, Department of Community Medicine, Akash Institute of Medical Sciences and Research Hospital, Bangalore**



DEPARTMENT FOCUS

DEPARTMENT OF ORTHOPEDICS



The Department of Orthopedic Surgery offers state-of-the-art treatment in various orthopedic sub-specialties and provides training in trauma, spine surgery, joint replacement, arthroscopy, sports medicine, pediatric orthopedics, orthopedic oncology, hand limb reconstruction surgeries, and pelvic injuries. Three functional units within the department, led by experienced and renowned surgeons, each specialize in specific areas of orthopedics. General orthopedic conditions are addressed by all units. The training of postgraduates and undergraduates adheres to the National Medical Council requirements.

Our orthopedic operative theaters are well-equipped with two C-arms, fracture tables, trauma instruments, arthroscopy, arthroplasty, and spine instruments. These facilities, along with implants, are available round the clock. Diagnostic resources include CT, MRI, X-ray, bone mineral densitometry (DEXA Scan), and other essential laboratory investigations.

INTERESTING CASE- 1

A rare case of multiple tendon swelling xanthomatosis of tendons



Chief complaints: A 30-year-old female patient presented with swelling of bilateral tendo Achilles persisting for 20 years. The swelling in the tendo Achilles, noticed at 10 years old, gradually increased to the current size (4x5 cm) without causing limitations in daily activities.

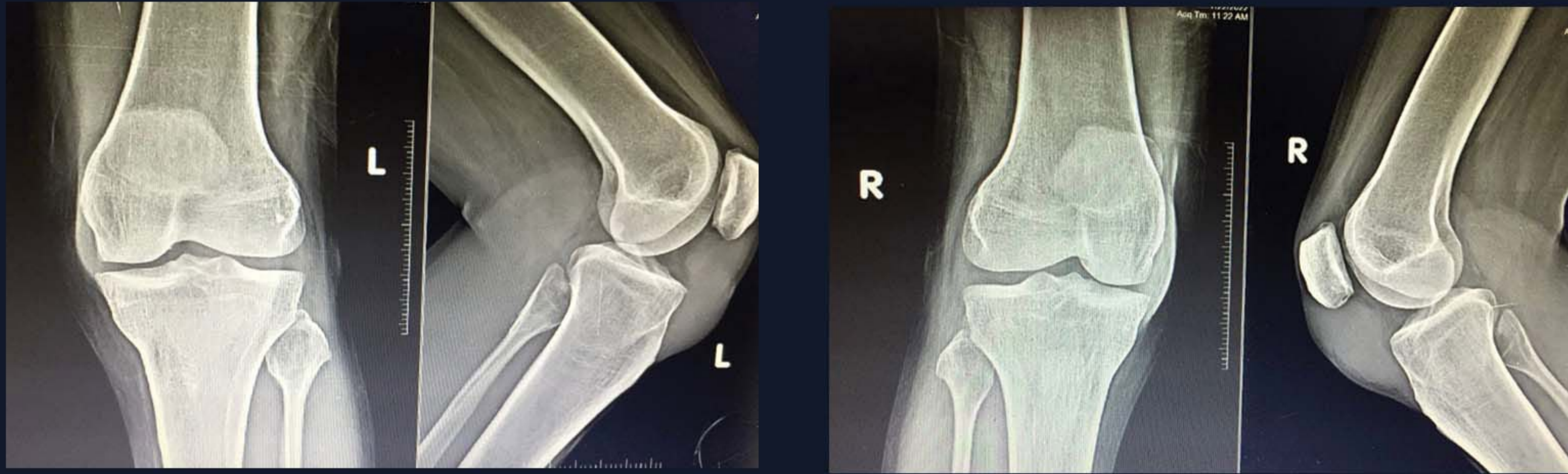


Additionally, she reported swelling in bilateral patellar tendons for the past 3 months. The left side measures 8x7 cm, causing pain and interference with daily activities, while the right side measures 4x5 cm.

Furthermore, the patient reported a painless and firm solitary swelling posterior to the right elbow, present for the past 3 months. This swelling, not associated with any limitations in daily activities, warrants attention.



INTERESTING CASE- 1



X-ray findings indicate soft tissue opacities in the infrapatellar region and popliteal fossa on both sides, suggesting a need for US correlation. Early osteoarthritic changes are observed in both knee joints.

The USG of the ankle reveals bilaterally symmetrical bulky tendo Achilles with a heterogeneously hyperechoic lesion and foci of calcification. Similar lesions are noted in the left peroneal tendon. The impression is? Tendo-achilles xanthomas.



The lipid profile shows normal total cholesterol, triglycerides, and VLDL, with slightly reduced HDL at 53 mg/dl and elevated LDL cholesterol at 116.8 mg/dl.



Differential Diagnosis:

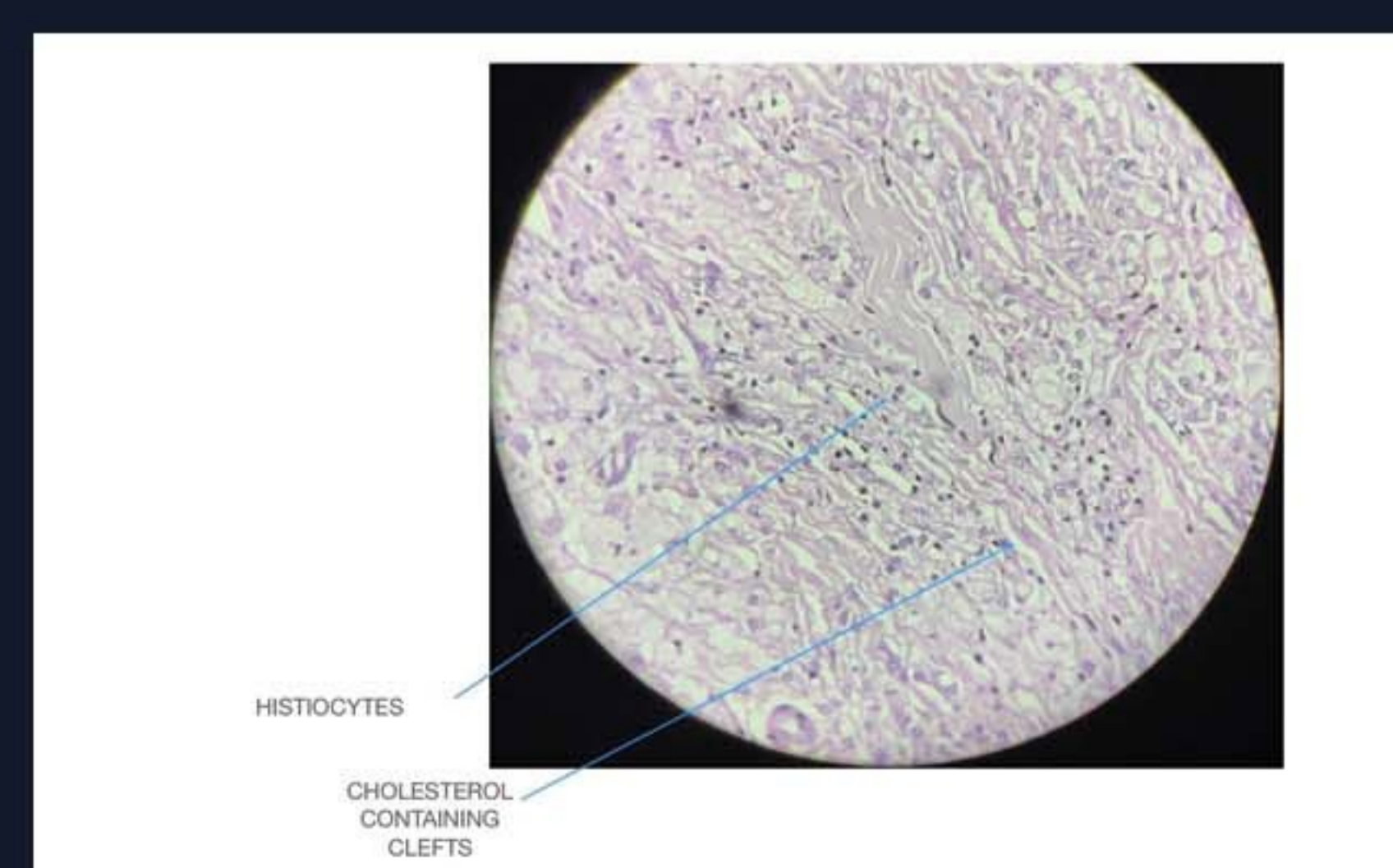
1. Cerebrotendinous xanthomatosis
2. Giant cell tumor of the tendons
3. Fibrous xanthoma of synovium
4. Neurofibromatosis
5. Heterotopic ossification of tendon

TREATMENT

The patient underwent resection of the lesion in the bilateral patellar tendon, addressing the symptomatic concern. Intra-operatively, a solitary lesion was identified on the right side, while two nodular masses were observed on the left side, originating from the patellar tendon.



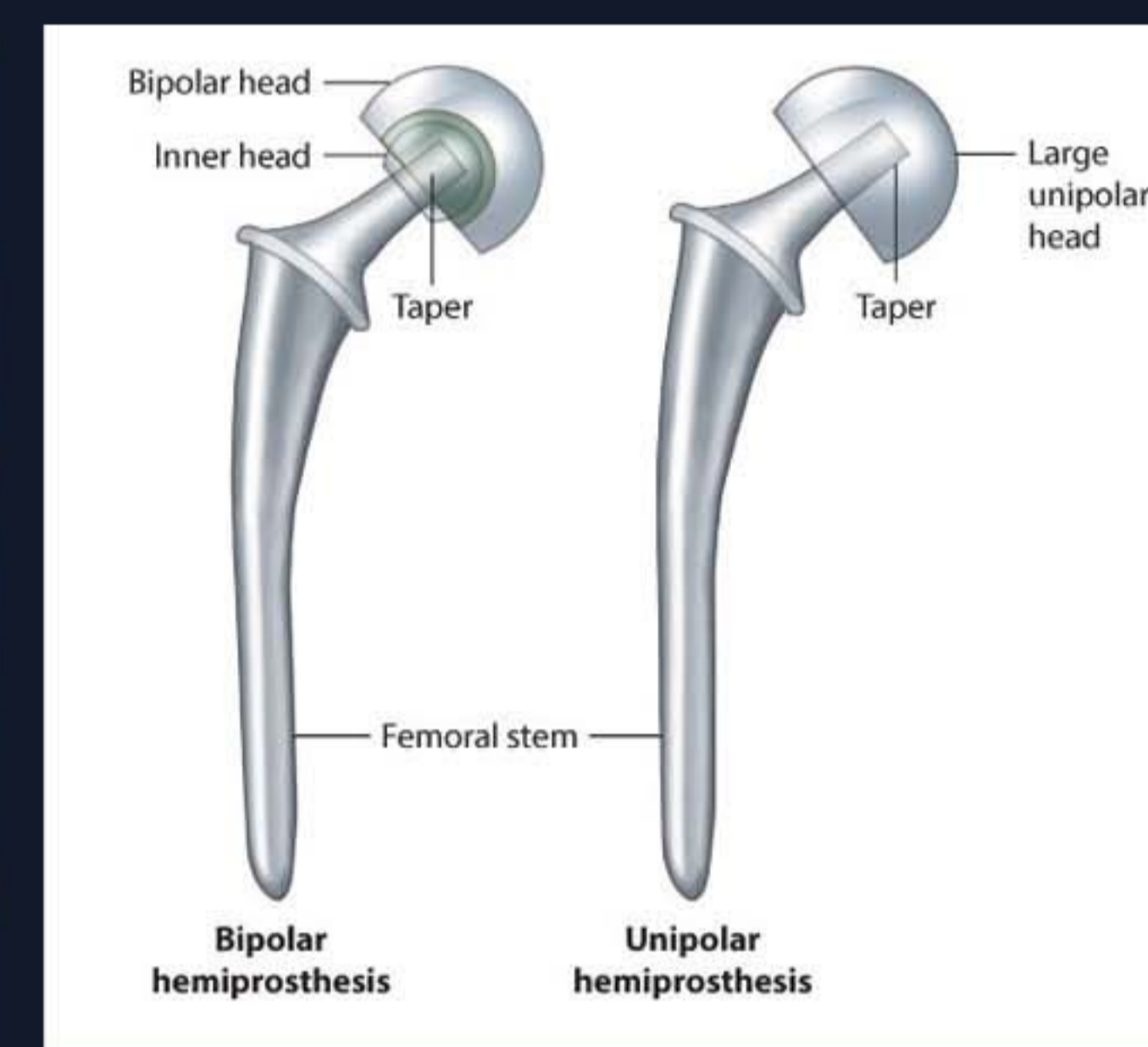
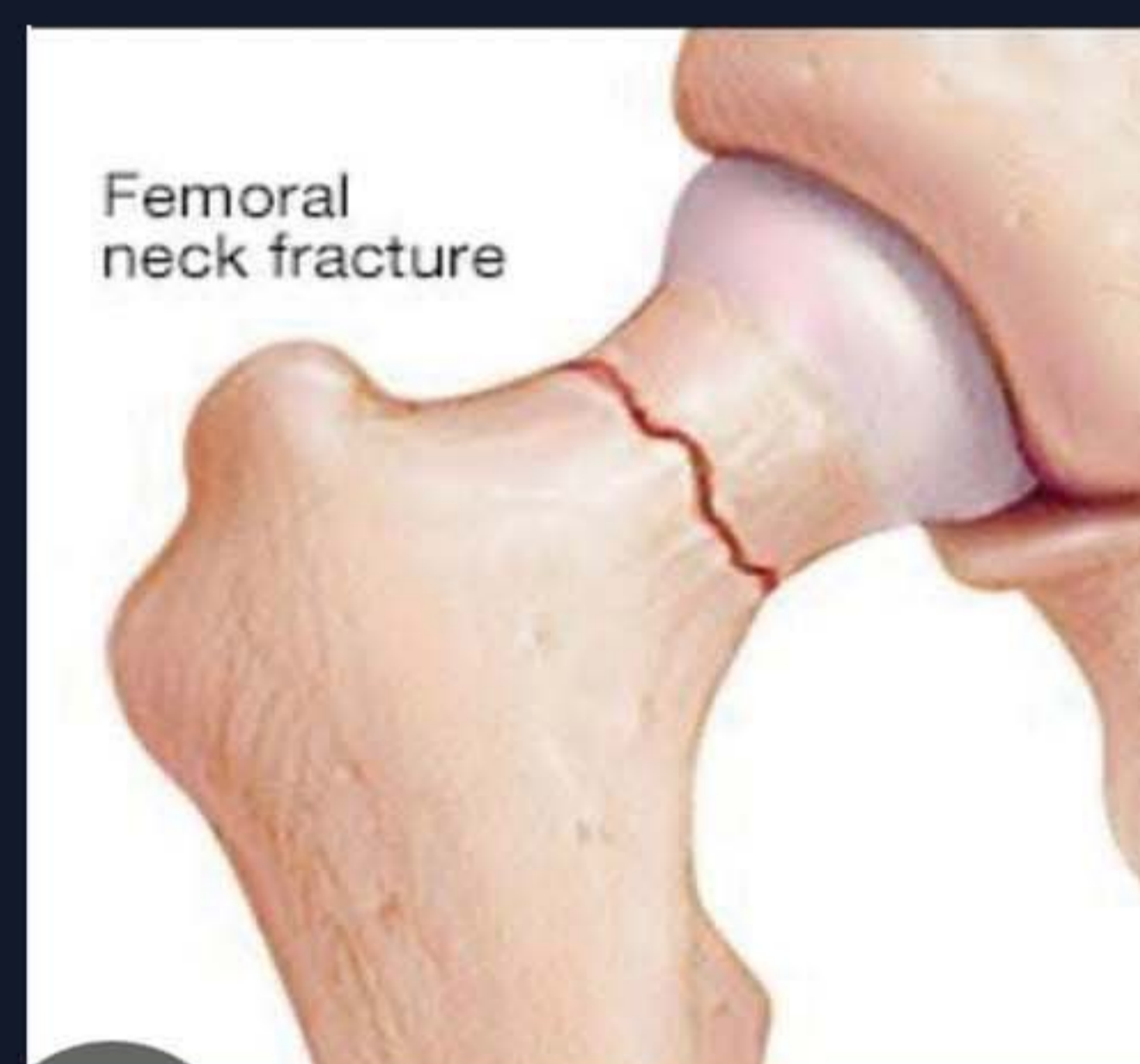
The lesion was successfully excised with minimal removal of the patellar tendon, achieving complete excision on the left side and subtotal excision on the right side. The post-operative period was uneventful. The histopathological report confirms features consistent with Xanthoma.



INTERESTING CASE- 2

Hemiarthroplasty for Fractures of the Neck of Femur in Elderly Patients

The preferred management for fractures of the neck of the femur in elderly patients, often resulting from minor falls, especially in those with osteoporosis, is hemiarthroplasty. This approach, recommended by current guidelines, accounts for approximately 60% of all hip fractures in the elderly population. Hemiarthroplasty means replacement of a part of the joint that is femoral head while retaining the natural acetabulum.



Case Report - 1

Name : Shanthamma
Age : 58 years sex: female
DOA : 28/10/2022 DOS: 8/11/2022
Presented to OPD with history of self fall at her residence with symptoms of, Pain in right hip .
Inability to bear weight on right lower limb



Treatment Given

- Uncemented bipolar hemiarthroplasty
- Using Moore's posterior approach



Post op day 10 mobilization without walker

INTERESTING CASE- 2

Case 2

Name : Saraswathamma
Age :65 years sex :female
DOA: 3/1/2023 DOS:7/1/2023
Patient came to opd with h/o self fall
with the following symptoms
Pain in left hip
Inability to bear weight on left lower limb.

Procedure Done

UNCEMENTED Bipolar Hemiarthroplasty



Post operative day 7 mobilization
without walker

Case 3

Name : Doddamuniakkayamma
Age :66 years sex :female
DOA:16/05/2022 DOS:24/05/2022
Patient came to casualty with h/o self fall and
sustained injury to left hip with the following
symptoms:
Pain and inability to bear weight on left lower
limb

Procedure Done

Cemented
Bipolar Hemiarthroplasty.



Discussion

- Femoral neck fracture is a most common injury which can lead to increased morbidity and mortality in elderly patients if not treated.
- Hemiarthroplasty is a proven surgical modality of treatment in fracture of neck of femur in elderly.
- It has provided good results in terms of early ambulation, good functional recovery, reduced mortality and morbidity, low incidence of infection and dislocation.

Christmas

CELEBRATION



At Akash Hospital, the atmosphere was filled with celebration and joy on Christmas Day. Our employees worked hard to design a beautiful Christmas tree. The exciting afternoon of Christmas celebrations commenced with lively dance performances, candle lighting, and cake cutting. Santa, with a pocket full of candies, went around distributing sweets to everyone. Ending the year on a sweet note and sharing Christmas moments with our visitors.



BEST PAPER AWARD



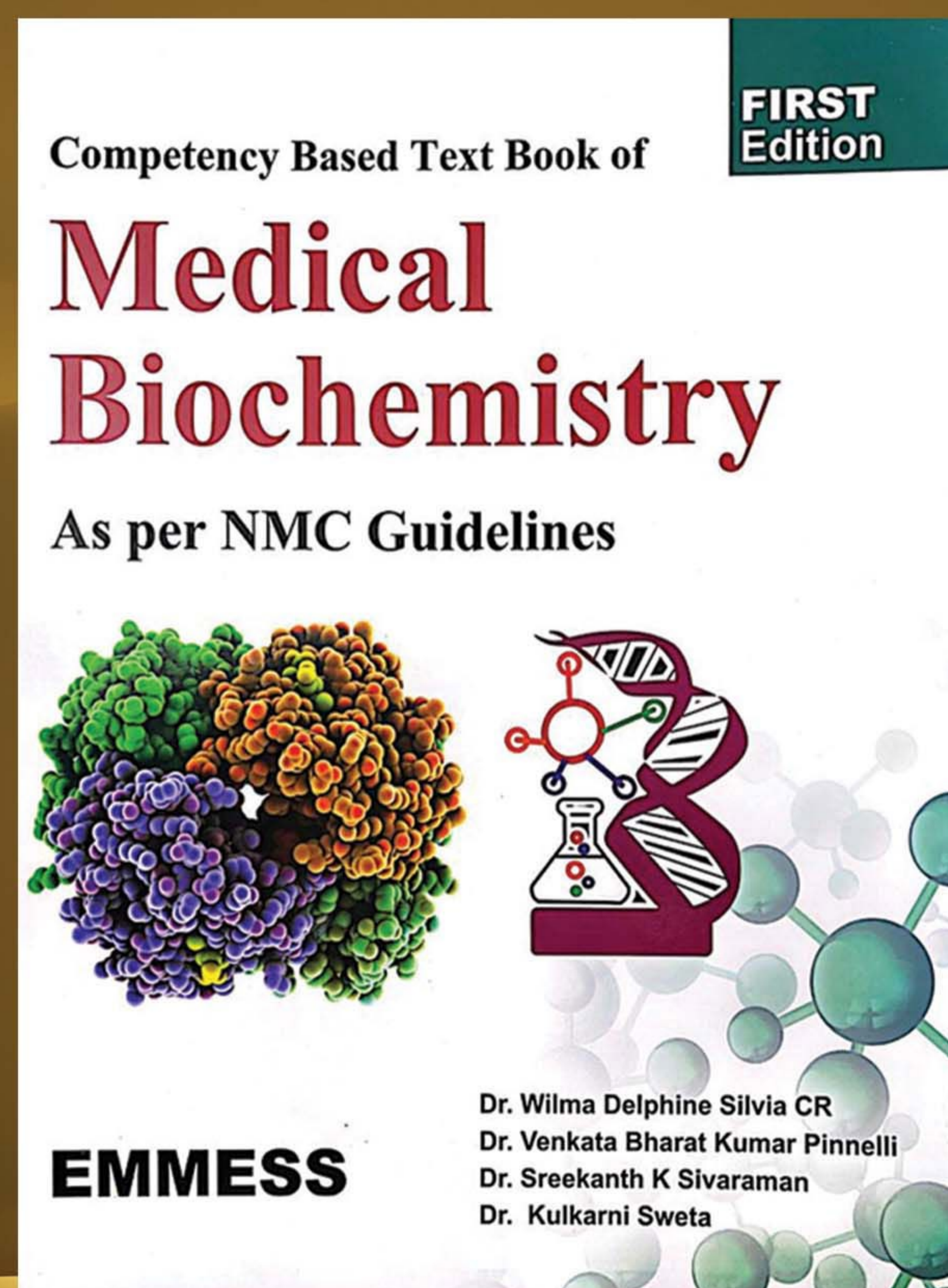
Dr. Wilma Delphine Silvia, CR, Professor and Head, Department of Biochemistry, has been honoured with the Best Paper Award at 4th International e - conference BMSseCON 2023 conducted by AVMC, Puducherry.

PUBLICATION OF THE BOOK

"Competency-Based Textbook of Medical Biochemistry", authored by **Dr. Wilma Delphine Silvia CR**, Professor and Head of the Department of Biochemistry at AIMS & RC, along with co-authors, was launched on September 25, 2023. Specifically designed for first-year MBBS students, the textbook aligns with the Competency-Based Medical Education curriculum mandated by the National Medical Commission.



Setting itself apart from other biochemistry textbooks, this publication strongly emphasizes addressing the required competencies by incorporating specific learning objectives in each chapter. It empowers students to self-assess their grasp of competencies after each chapter through various assessment tools such as long essays, short essays, short notes, multiple-choice questions, case scenarios, and provides guidance for self-directed learning. This textbook is poised to become an invaluable resource for future clinicians, helping them acquire the basic knowledge required to build a strong foundation in medicine and related disciplines.



GENERAL HEALTH CAMPS



Place of Camp : Kaiwara camp
Date of Camp : 03/12/2023



Dept Camp : OBG Dept ANCs camp
Date of Camp : 06/12/2023



Dept Camp : Pediatrics & Ophthalmology camp
Date of Camp : 06/12/2023

GENERAL HEALTH CAMPS



Place of Camp : Alkapura camp
Date of Camp : 07/12/2023



Place of Camp : Halaganahalli camp
Date of Camp : 10/12/2023



Camp : Blood Donation camp
Date of Camp : 12/12/2023

GENERAL HEALTH CAMPS



Place of Camp : Burugunte camp
Date of Camp : 13/12/2023



Place of Camp : Pavagada camp
Date of Camp : 18/12/2023



Place of Camp : Gauribidanur Town Neurology camp
Date of Camp : 19/12/2023

GENERAL HEALTH CAMPS



Place of Camp : Bailanarasapura camp
Date of Camp : 20/12/2023



Place of Camp : Yagavakote camp
Date of Camp : 22/12/2023



DIAGNOSIS



Laughter is the
best Medicine



**"More and more patients are going to the Internet
for medical advice. To keep my practice going,
I changed my name to Dr. Google."**