

# THE ALLIED CHRONICLE

THE OFFICIAL NEWSLETTER OF ALLIED HEALTH SCIENCES



2024 - VOLUME 1

## Allied Health Sciences Courses offered at Akash Institute of Allied Health Sciences

### The following is the list of Allied Health Sciences Courses:

1. B.Sc. Anaesthesia and Operation Theatre Technology
2. B.Sc. Cardiac Care Technology
3. B.Sc. Emergency and Trauma Care Technology
4. B.Sc. Medical Imaging Technology (MIT)
5. B.Sc. Medical Laboratory Technology (MLT)
6. B.Sc. Neuroscience Technology
7. B.Sc. Optometry
8. B.Sc. Perfusion Technology
9. B.Sc. Renal Dialysis
10. B.Sc. Radiation Therapy Technology
11. B.Sc. Respiratory Care Technology

## Paramedical Courses Offered At Akash Institute Of Paramedical Sciences

### The following is the list of Paramedical Sciences courses:

1. Diploma in Dialysis Technology (DDT)
2. Diploma in Health Inspector (DHI)
3. Diploma in Medical Imaging Technology (DMIT)
4. Diploma in Medical Laboratory Technology (DMLT)
5. Diploma in Medical Records Technology (DMRT)
6. Diploma in Operation Theatre Technology & Anaesthesia Technology (DOT & AT)
7. Diploma in Ophthalmic Technology (DOT)

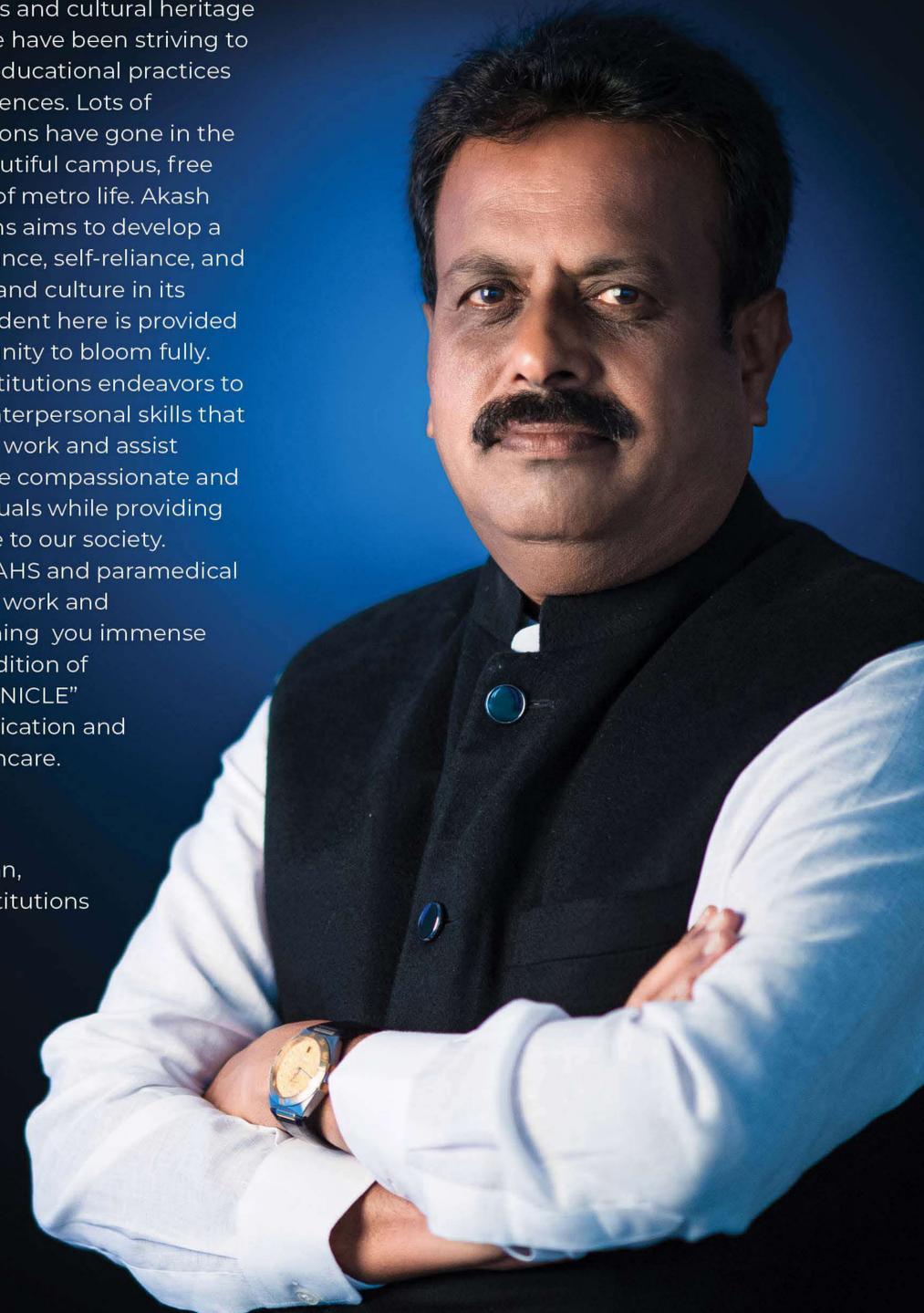
## FROM THE DESK OF CHAIRMAN

Akash Group of Institutions is dedicated towards promoting medical research & educating the young talents of our country in health care to create a reckoning force of Doctors, Surgeons and Allied Health Professions in our country.

We have been deeply influenced by the rich legacy of values and cultural heritage of Mother India. We have been striving to explore the finest educational practices with real-life experiences. Lots of aspirations and visions have gone in the creation of this beautiful campus, free from the pressure of metro life. Akash Group of Institutions aims to develop a sense of self-assurance, self-reliance, and respect for people and culture in its students. Every student here is provided with equal opportunity to bloom fully. Akash Group of Institutions endeavors to promote positive interpersonal skills that enable harmony at work and assist students to become compassionate and responsible individuals while providing the best healthcare to our society. I congratulate the AHS and paramedical team for their hard work and commitment. Wishing you immense success with this edition of "The ALLIED CHRONICLE" a testament to dedication and excellence in healthcare.

### K. Muniraju

Founder & Chairman,  
Akash Group of Institutions



## VISION

To be a transformative leader in education, cultivating a global community of skilled professionals. AGI envisions a future where education empowers individuals to realize their full potential and contribute positively to society by fostering integrity, innovation, and social responsibility, along with knowledge.

## MISSION

At Akash Group of Institutions (AGI), our mission is to create an inclusive environment that fosters critical thinking, creativity, and ethical leadership. We are dedicated to providing a holistic education that integrates academic excellence with personal growth, thus equipping students with the skills and compassion needed to thrive in today's diverse and competitive world.



## DESK OF DEAN & PRINCIPAL, AIMS&RC

It gives me immense pleasure to pen forward for the magazine The Allied Chronicles from Akash Institute of Allied Health Sciences and Paramedical Sciences. I would like to extend my heartfelt congratulations to the team for their outstanding efforts in bringing forth this magazine. This magazine will undoubtedly serve as a significant source of information for all.

I wish them success with the magazine.

**Dr. Shivaprakash N.C.**

Dean & Principal  
AIMS&RC



## FROM THE DESK OF PRINCIPAL AIAHS & AIPMS



With immense pride and gratitude, I present the inaugural volume of The Allied Chronicles, our college magazine dedicated to celebrating accomplishments, fostering creativity, and providing knowledge to all who read it. This milestone marks a significant step toward sharing our collective wisdom while recognizing and appreciating the hard work and dedication of students and faculty of Allied Health and Paramedical Sciences.

I extend my sincere gratitude to our Chairman, Mr. Muniraju K., and Vice Chairman, Mr. Amar Gowda, for their constant support and encouragement. I am deeply grateful to our editorial team, the contributors, and everyone who worked tirelessly to bring this vision to life.

As we turn the pages of this magazine, we not only reflect on past achievements but also look forward with excitement to the endless possibilities that lie ahead. I am confident that The Allied Chronicles will continue to grow as a platform that inspires, informs, and connects all.

Let this be the beginning of many more initiatives that nurture learning and camaraderie among us. My best wishes to Team Akash Allied and Paramedical Sciences.

### **Prof. Chaitra K R**

Principal  
AIAHS & AIPMS

## ACADEMIC COORDINATOR, AIAHS

It is an honor and privilege to play a role in shaping the next generation of Allied Health Professionals, who will serve as the backbone of our healthcare system. These future leaders will not only address the challenges of today but also innovate and adapt to the rapidly evolving demands of the healthcare landscape.

As educators and mentors, our mission is to cultivate programs that go beyond meeting the required standards of excellence, creating a foundation for transformative learning experiences that empower our students to excel.

We are committed to equipping students with the critical knowledge, ethics, technical skills, and core values essential for success in this dynamic field. Beyond technical proficiency, we instill in them the principles of empathy, collaboration, and a patient-centered approach.

I sincerely thank our Chairman, Mr. Muniraju K., our Vice Chairman, Mr. Amar Gowda, and our Principal, Mrs. Chaitra K.R., for their unwavering support and encouragement. My gratitude also extends to our dedicated editorial team and everyone who contributed to bringing our vision, The Allied Chronicles, to life.

As we proudly publish this first volume, may it serve as a stepping stone for many more milestones to come.

### **Mrs. Shwetha B R**

Academic Coordinator,  
AIAHS



## ACADEMIC COORDINATOR, AIPMS



It is with immense pleasure that we present to you this edition of our magazine. This publication is more than just a collection of pages—it is a platform where creativity, knowledge, and shared experiences come together to celebrate the spirit of learning and growth.

I take this opportunity to express my heartfelt gratitude to our Chairman, Mr. Muniraju K., Vice Chairman, Mr. Amar Gowda, and Principal for their constant support and encouragement.

I also want to thank our contributors for their creativity and dedication, our Editors for their meticulous work and invaluable guidance in shaping this publication, and our readers for their support and interest, which inspire us to set higher standards with each edition.

Each article and feature showcase the dedication and talent of our contributors, who have worked tirelessly to present thought-provoking and inspiring content. This magazine reflects the dynamic activities, ideas, and achievements within our community.

Let this magazine inspire you and remind you of the incredible potential within you. We hope you enjoy reading it as much as we enjoyed creating it.

Warm regards,

**Shreevatsa T Rao**

Academic Coordinator,  
Paramedical Sciences



The Allied Chronicles is more than just a magazine—it is a celebration of knowledge, a space where individuals engage in intellectual exchange, and a medium through which we aim to inspire and inform. It is a privilege and an honor to be a part of the Editorial Board for The Allied Chronicles. After careful thought and consideration, this magazine has been brought to fruition, providing a platform for students and faculty to showcase their expertise in their respective fields. Through dedication and hard work, we are delighted to present our 1st Volume.

We would like to take a moment to express our heartfelt gratitude to our Chairman, Mr. Muniraju K., and Vice Chairman, Mr. Amar Gowda, for their visionary leadership, which has been the pillar upon which this magazine stands.

A special thank you to our Principal for their unwavering support and constant encouragement, whose guidance and mentorship inspire us in all our endeavours.

This publication is a product of the collective efforts of many dedicated individuals who worked tirelessly to make this vision a reality. From conceptualization to execution, this journey has been one of collaboration, learning, and growth.

As we move forward, we hope The Allied Chronicles continues to grow, evolve, and serve as a meaningful resource for students, faculty, and professionals in the community. We look forward to your engagement, contributions, and support in future editions.

Thank you for being part of this exciting journey.

### EDITORIAL BOARD



**Mr. Thottadharani**  
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AIAHS



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AIAHS & AIPMS



**Mr. Jayakumar A**  
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# FOUNDER'S DAY

## Honouring Our Legacy

Founder's Day is a cherished occasion that celebrates the vision, dedication, and perseverance of those who laid the foundation of our institution.

June 28 is marked as Founder's Day in the calendar of Akash Group of Institutions. It is the birth anniversary of our esteemed Chairman & Founder, Shri K. Muniraju. From humble beginnings to becoming the Chairman of a group of institutions offering diverse courses in medicine, allied health sciences, paramedical, nursing, physiotherapy, engineering, commerce, and management, he is known for his far-sighted vision, service-oriented nature, calm composure, and humility.

This day is a time to reflect on our roots, recognize the milestones achieved, and recommit to the ideals that have guided us through the years.

The event was a heartfelt tribute to our institution's journey, beginning with a special ceremony to honor the memory and contributions of our founder. Distinguished alumni and faculty shared inspiring anecdotes, recounting the challenges and triumphs that shaped the institution into what it is today.

The day was marked by cultural performances, academic exhibitions, and a keynote address highlighting the founder's vision and its relevance in the modern educational landscape. Students and staff participated enthusiastically, showcasing the vibrant spirit that continues to define our community.

Founder's Day not only honors our past but also inspires us to uphold the values of excellence, innovation, and service as we stride confidently into the future.



# INAUGURAL CEREMONY & FRESHER'S

## WELCOME: A MEMORABLE START- 2023-2024

Inaugural Ceremony & Fresher's Welcome:  
A Memorable Start – 2023-2024  
The Inaugural Ceremony marks the beginning of an exciting academic journey, setting the tone for a year filled with learning, growth, and exploration.

Akash Institute of Allied Health Sciences hosted the Inaugural & Oath Ceremony for Batch 2023-2024 at the College Auditorium, AIMS & RC, Devanahalli. Chairman Shri K. Muniraju, Vice Chairman Shri Amar Gowda, and other dignitaries participated in the lamp-lighting ceremony. The event featured keynote addresses by Dr. Naresh Shetty, RMO Sunil Hegde, Dean Dr. Shivaprakash N.C, and Principal/Prof. Chaitra K.R (AIAHS/AIPMS).

This year's event was a blend of tradition and enthusiasm, with inspiring speeches from dignitaries and faculty members who emphasized the importance of education and personality development.



The freshers were warmly welcomed with an event featuring cultural performances, ice-breaking activities, interactive games, and a campus tour—all designed to foster friendship and a sense of belonging.

Together, these events showcased the college's dedication to nurturing talent, fostering unity, and creating a vibrant environment where students can thrive and reach their full potential.



# WORLD LABORATORY DAY

## AIAHS & AIPMS

The Department of Medical Laboratory Technology, within the Faculty of Allied Health Sciences and Paramedical Sciences, hosted a dynamic celebration for World Laboratory Day on April 24, 2024. This event aimed to spotlight the invaluable contributions of laboratory professionals to healthcare and research. Activities included interactive demonstrations, talks on the latest laboratory technology advancements, career guidance sessions for aspiring technicians, and a showcase of innovative research projects from the department. The celebration successfully raised awareness and appreciation for the pivotal role of laboratory sciences in medical progress and global health enhancement.



## INAUGURAL SESSION

The celebration commenced with a prayer and the ceremonial lighting of lamps by the dignitaries. Ms. Nair Aishwarya, a student representative, delivered a formal welcome speech, setting the stage for the day's proceedings.



## TALK SESSIONS



The first session featured a presentation on "The Significance of the Day" by Mr. Umesh T.

This was followed by insightful talks from distinguished guest speakers:

- Dr. Rashmi discussed "Ethical Practices in Laboratory Medicine."
- Dr. Kavitha N elaborated on "Quality Control in Microbiology."
- Dr. Wilma Delphine provided insights into "Laboratory Accreditation."
- Dr. Shilpa discussed "Recent Advancements in Laboratory Medicine."

Following the talks, the speakers were acknowledged for their valuable contributions, and prizes were awarded to the winners of the poster-making competition held the previous day.



# OPTOCON-2024

## AIAHS & AIPMS

The Department of Optometry, Faculty of Allied Health and Paramedical Sciences, organized an Optometry Conference, OPTO CON '24, on March 26, 2024, to celebrate World Optometry Day.

Centred on the theme "Advancing Eye Health Care," the event aimed to educate students on the role of Artificial Intelligence in eye care and foster innovation tailored to their needs and aspirations.

### PRE-CONFERENCE COMPETITION:

OPTO CON '24 conducted Model Presentation Competitions for B.Sc. Optometry and Diploma in Ophthalmic Technique. Our students participated in the Eye Model Competition, which was judged by the esteemed Ophthalmologists of AIMS&RC.

### INAUGURAL SESSION:

The OPTO CON Conference was inaugurated on March 26, 2024, with a welcome speech by Dr. Reshma K M, Post Graduate, followed by the Inaugural Speech from Prof. Kalpana S, HOD - Ophthalmology. Then, Prof. Chaitra K.R, Principal - AIAHS & AIPMS, delivered an eminent speech.

### CONFERENCE SESSION:

The first session was started by Mr. Subhajit Banerjee, Head of Innovation, Forus Health Pvt Ltd, on the topic "AI Instrument in Eye Health Care." The second session was by Optom Shree Raksha, Product Trainee, Carl Zeiss Pvt Ltd, on the topic "Current Trends in Ophthalmic Lenses." The third session was by Dr. Vijay Kumar, Assistant Professor, AIMS&RC, on the topic "Current Trends in Optometry." Finally, Mr. Yogeshwar, Forus Health Pvt Ltd, conducted a hands-on session on 3 Nethra Abrrro Hand-Held AR & 3 Classic 6.4 Fundus Camera for all ophthalmologists, postgraduates, and optometry students.

### Closing Ceremony:

Certificates and prizes were distributed to all participants, and the session ended with a vote of thanks by OPTO CON '24 Organizer Mr. Jayakumar A, Faculty of Optometry.



# A WAKE-UP CALL FOR HEART HEALTH

## HEART ATTACK

### (A Matter of Life and Heart– What You Need to Know)

Our goal is to empower readers with essential knowledge about heart health. Heart attacks, also known as myocardial infarctions, are among the leading causes of death worldwide. However, with the right information and preventive measures, their prevalence can be significantly reduced.

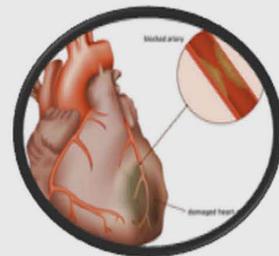
Through this piece, my aim is to provide you with **valuable insights** to help protect your heart and your life. Let's take this journey toward better heart health together!

### What is a Heart Attack?

A heart attack occurs when blood flow to a part of the heart is blocked, usually due to a blood clot. This blockage prevents oxygen from reaching the heart muscle, causing damage or even death of the tissue. Immediate medical intervention is crucial to minimize damage and save lives.

### The Science of Survival: What Happens During a Heart Attack?

During a heart attack, blood supply to the heart is blocked, leading to tissue damage. The faster blood flow is restored, the better the chances of survival. Treatments like clot-dissolving medications and stents can be lifesaving when administered promptly.



### The Silent Signs: Symptoms You Shouldn't Ignore

Heart attack symptoms can vary widely.

- Chest pain or discomfort
- Shortness of breath
- Cold sweats
- Nausea or vomiting
- Pain in the jaw, neck, or back

### Know the Warning Signs

- Intense chest pain or pressure
- Pain radiating to the left arms, neck, jaw, or back
- Shortness of breath
- Cold sweats
- Fatigue or weakness
- Nausea or vomiting
- Light-headedness



## Why Do Heart Attacks Happen? Causes and Risk Factors

Heart attacks result from various factors, including:

- **Atherosclerosis:** Build-up of fatty deposits in arteries.
- **High Blood Pressure:** Straining the heart over time.
- **Smoking:** Damaging blood vessels.
- **Diabetes:** Increasing risk of arterial damage.
- **Stress:** Contributing to unhealthy habits.
- **Alcohol**
- **Obesity**



## Prevention is Better than Cure: Lifestyle Tips for a Healthy Heart

- **Balanced Diet:** Emphasize fruits, vegetables, whole grains, and lean proteins.
- **Regular Exercise:** Aim for at least 30 minutes of moderate activity daily.
- **Quit Smoking:** Reduce risk significantly within a year of quitting.
- **Manage Stress:** Incorporate mindfulness and relaxation techniques.
- **Regular Check-ups:** Keep blood pressure, cholesterol, and diabetes in check.

## HEART MYTHS DEBUNKED

MYTHS	FACTS
Heart attacks only happen to the elderly.	Heart attacks can occur at any age, especially with poor lifestyle habits.
Chest pain is always severe.	Some heart attacks are silent or cause mild discomfort, particularly in women
If you're fit, you're immune.	Genetics and other factors play a role alongside fitness.

### Mr. Thottadharani P

Lecturer  
Emergency and Trauma Care / AIAHS

# DECODING CHEST PAIN

## Understanding Cardiac vs. General Chest Pain

Editor's Note: If you experience any form of chest discomfort, don't self-diagnose. Visit a healthcare provider to ensure timely care and peace of mind.

Chest pain is one of the most alarming symptoms a person can experience. Often associated with life-threatening conditions like a heart attack, chest pain can also result from less severe causes such as muscle strain or indigestion. Distinguishing between cardiac and general chest pain is crucial for timely and appropriate medical management.



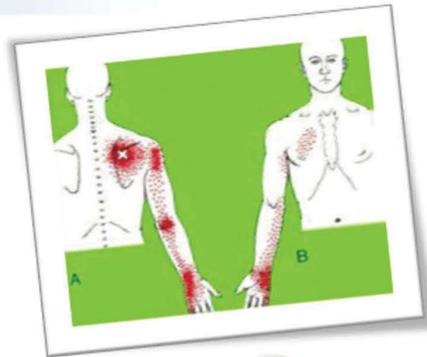
### Cardiac Chest Pain: When the Heart is in Trouble

#### 1. Nature of the Pain:

**Description:** Often described as a pressure, squeezing, or tightness.

**Location:** Generally felt in the center or left side of the chest, radiating to the arms, jaw, neck, or back.

**Duration:** Lasts a few minutes to several hours, depending on the severity.



#### 2. Associated Symptoms:

- Shortness of breath.
- Nausea or vomiting.
- Cold sweats.
- Light headedness or fainting.

#### 3. Triggers:

- Physical exertion or emotional stress.
- Heavy meals.
- Exposure to cold.



### General (Non-Cardiac) Chest Pain: Diverse Origins

Non-cardiac chest pain arises from structures other than the heart, such as the lungs, esophagus, muscles, or ribs.

#### 1. Common Causes:

- **Gastroesophageal Reflux Disease (GERD):** Burning pain due to stomach acid in the esophagus.
- **Musculoskeletal Issues:** Rib fractures, muscle strains, or costochondritis (inflammation of rib cartilage).
- **Respiratory Conditions:** Pleuritis, pneumonia, or pulmonary embolism.
- **Anxiety or Panic Attacks:** Often mistaken for heart problems due to palpitations and chest tightness.



## 2. Differentiating Features:

- **Nature of Pain:** Sharp, stabbing, or burning.
- **Location:** More localized and does not radiate extensively.
- **Relief:** Often alleviated by rest, antacids, or specific movements/postures.

### Key Differences: A Quick Reference

Feature	Cardiac Chest Pain	General Chest Pain
Type of Pain	Pressure, tightness	Sharp, stabbing, burning
Location	Central or left, radiating	Localized, varies by cause
Duration	Minutes to hours	Often brief or posture-dependent
Triggers	Exertion, stress	Movement, eating, anxiety
Associated Symptoms	Sweating, nausea, breathlessness	Heartburn, tenderness, or anxiety

**When to Seek Medical Help:** If you experience the following, seek immediate medical attention:

- Sudden, severe chest pain lasting more than a few minutes.
- Chest pain accompanied by shortness of breath, sweating, or fainting.
- Pain radiating to the arms, jaw, or back.

While non-cardiac chest pain is generally less severe, it still requires medical evaluation if it persists or worsens.

### Conclusion: Listen to Your Chest – It Could Save Your Life

Recognizing the differences between cardiac and general chest pain can be life-saving. While cardiac pain is a medical emergency, non-cardiac chest pain may signal underlying conditions that need attention. When in doubt, always choose caution and seek medical advice.

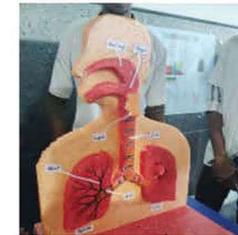
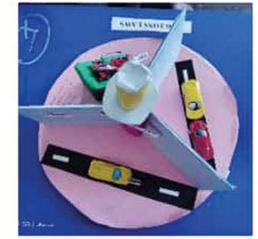
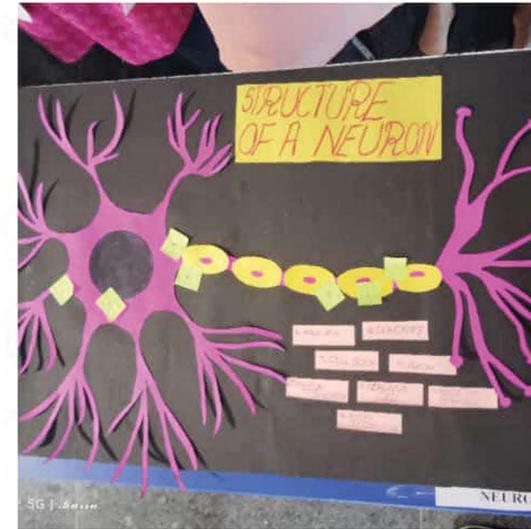
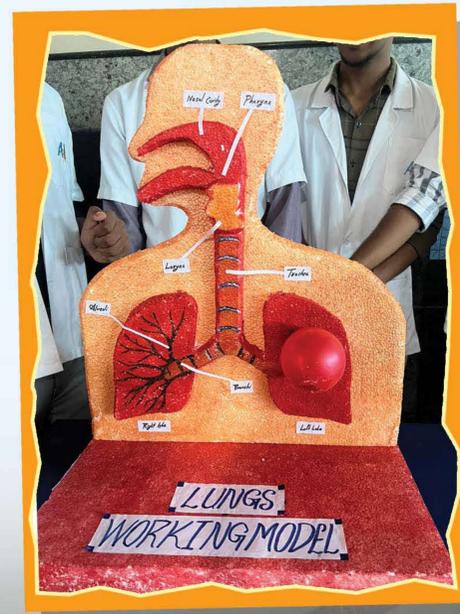
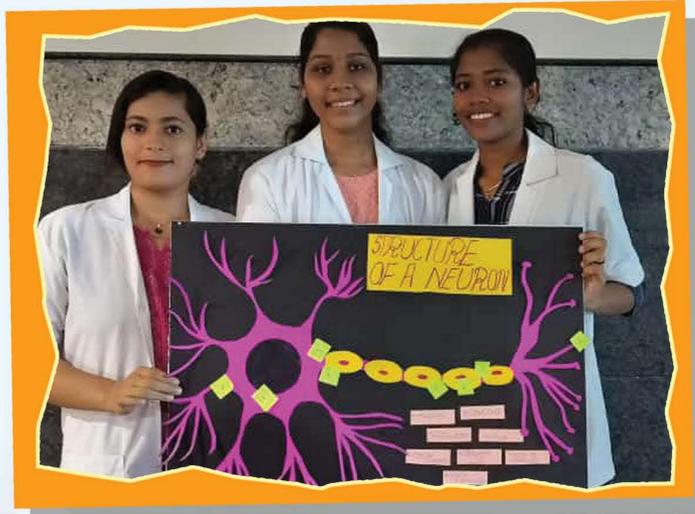
**Stay informed, stay safe!**

**MS.P. DEEPA**

Lecturer  
Akash Institute Of Allied Health Sciences

# SCIENCE EXPO

The first-year Paramedical science students organised Science Expo showcasing their talents and knowledge. Providing a platform for students to display their creativity while gaining exposure to a wider range of scientific concepts. The expo encourages innovation, hands-on learning, and collaborative efforts, allowing students to engage with their peers and expand their understanding of the field.



# WORLD HEART & LUNG DAY CELEBRATIONS

World Heart and Lung Day was celebrated by the Department of Cardiac Care and Perfusion Technology at Sanjeevini Hall, starting at 9:30 AM.

The event featured our chief guest, Dr. Brijesh K., Medical Superintendent, and co-chief guest, Prof. Manjunath, Principal of Akash Institute of Physiotherapy.

The program began with a welcome speech by Ms. Padmashree, a first-year PFT student, followed by the welcoming of guests by Ms. Vidhya, a third-year PFT student. This was followed by talks from both chief guests, the Allied Health Sciences Coordinator, Mrs. Shwetha, and the Paramedical Coordinator, Mr. Shreevatsa.



Mr. Preetham, the Perfusion Technology Coordinator, and Ms. Deepa, the Cardiac Care Technology Coordinator, emphasized the importance of awareness surrounding heart and lung health. They discussed preventive measures and the role of education in promoting cardiovascular and respiratory wellness.



The event included a cultural segment featuring a short skit illustrating how organs are connected to the heart, a quiz conducted by the MC, and a live BLS demonstration. Mr. Wasim, a second-year student, performed a song, followed by two engaging games for students and a dance performance. The program concluded with a vote of thanks by Ms. Sakshi, a first-year CCT student.



## WORLD BREASTFEEDING WEEK

Akash Institute of Paramedical Sciences students hosted a dynamic celebration for World Breastfeeding Week on August 1, 2024. This event aimed to spotlight the invaluable contributions to enhancing patient knowledge and confidence. On this occasion, their efforts were well aimed at promoting better breastfeeding practices and improving maternal and infant/child health.



This initiative emphasizes the need for increased knowledge and support to promote optimal breastfeeding practices and empower families with the resources they need for successful breastfeeding journeys.

With the guidance of Academic Coordinator/Tutor Mr. Udayakumar, various cultural activities, including demonstrations, were conducted.

## ಅಪ್ಪ

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Ms.Arptha H G

# Akashotsav 2024



Rangoli Winners – Harini & Monica



Hair Styling Winners- Lokeshwari & Sakshi

# Akashotsav 2024



Men Kabaddi Champions – Paramedical Students



Traithlon Mens Champions

## AKASH: ECHOES OF CARE

Towering buildings scrape the skies,  
A sea of faces, hope in their eyes.  
Some clad in aprons, stethoscopes in hand,  
Others in lines, their patience unplanned.

Nestled within, a temple so pure,  
Where prayers of longing find their cure.  
Echoes of joy for lives renewed,  
Yet, grief lingers for those subdued.

Sirens wail through the somber air,  
A rhythm of life, fragile yet rare.  
'Hope'—the anchor, steadfast and strong,  
A beacon for those who've suffered long.

Here, each soul plays a vital part,  
Each life cherished, close to the heart.  
A place where healing meets despair,  
Akash, a haven of tender care.

### Thejakhrienuo Tseikha

Lecturer  
Akash Institute of Paramedical Sciences

## “IGNITING KNOWLEDGE: OUR JOURNEY TO THE NATIONAL CONFERENCE”

In an era defined by innovation and interdisciplinary growth, the akash institute of allied health sciences took a significant step forward by participating in the prestigious PROMARC held at RR institute of medical science, bangalore from October 19 & 20 n 2024 . The conference provided a platform for knowledge sharing, networking, and showcasing the academic and research prowess of both students and faculty.

Our institution proudly represented itself with a delegation of hundred students and faculty members. Each member contributed uniquely to the event, embodying the spirit of academic curiosity and collaboration.

The faculty members also made their mark by actively engaging in various sessions Mr. Udayakumar delivered a thought-provoking presentation shedding light on “Imaging Technique in Forensic Medicine”. He talked about the institution’s commitment to academic leadership and excellence.



"The level of expertise and innovation showcased was truly remarkable. It was an honor to contribute and learn." We extend our heartfelt gratitude to institution for hosting such a phenomenal event. A special thanks to our institution for supporting our participation and making this journey possible.



# DIGITAL EYE STRAIN AMONG TEACHING PROFESSIONALS

## Introduction

Digital Eye Strain, also known as Computer Vision Syndrome (CVS), occurs due to prolonged use of digital screens without adequate breaks. Common symptoms include headaches, dryness, a foreign body sensation, watering, and blurred vision. Teaching professionals are particularly vulnerable to CVS due to extensive use of laptops, projectors, and other digital devices. Unfortunately, CVS is often misdiagnosed as migraines, stress-related headaches, or general fatigue, highlighting the need for greater awareness among educators.

## Complication

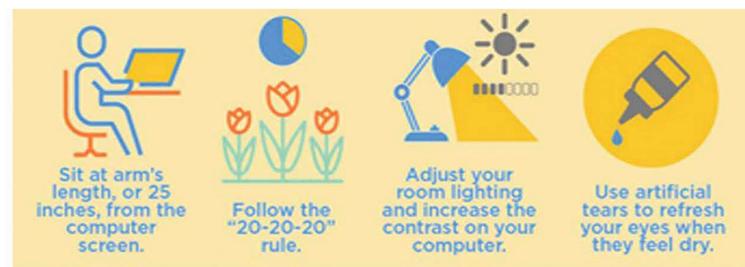
- Using gadgets like phones and laptops for more than 20 minutes at a stretch significantly reduces the normal blink rate, which is typically 17 times per minute.
- When using screens, the blink rate can drop to fewer than five times per minute, disrupting the tear film layer that protects and lubricates the eyes.
- Poor ergonomics, such as improper screen positioning, dehydration, excessive exposure to blue light, and screen glare, are major contributing factors to digital eye strain.
- Lack of awareness about Computer Vision Syndrome (CVS) can lead to prolonged headaches and eye strain, but incorporating simple strategies can help reduce these symptoms.

## Treatment

Following the 20-20-20 rule—which involves looking at an object 20 feet away for 20 seconds every 20 minutes of screen use—can help reduce eye fatigue.

Maintaining proper ergonomics by sitting at an appropriate distance from the screen, using a suitable chair and table to keep the screen at eye level, and ensuring good posture is equally important. Adequate lighting to minimize glare and photosensitivity, along with avoiding screen use before bedtime, can further protect eye health.

Additionally, exercises like the pencil push-up, where a pencil is moved closer and farther from the nose to improve focus, can help strengthen eye muscles.



These practices can significantly reduce CVS symptoms and promote healthier screen habits.

**Ms. M. Maheswari**  
Lecturer

Akash institute of Allied Health Sciences

# MYOPIA IN CHILDREN

Myopia, commonly known as near-sightedness, is a growing concern in children worldwide. This eye condition makes it difficult to see distant objects clearly, while close-up vision remains sharp. With the increasing use of digital devices and lifestyle changes, the prevalence of myopia in children is on the rise.

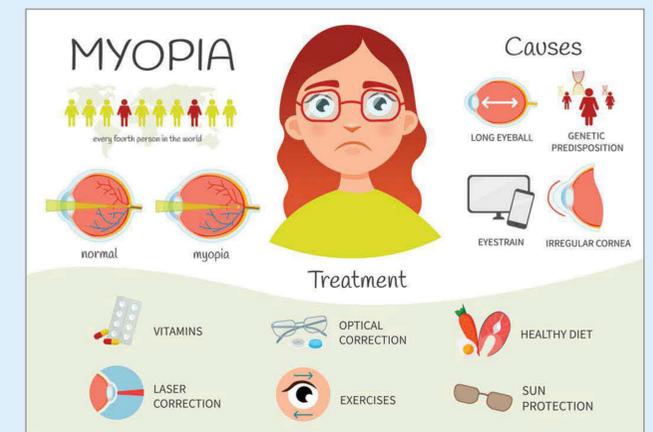
Myopia occurs when the eyeball is too long or the cornea (the clear front layer of the eye) is too curved. This causes light rays to focus in front of the retina (the light-sensitive layer at the back of the eye) instead of directly on it, making distant objects appear blurry.

## Causes of Myopia in Children

- Genetics
- Excessive Near Work
- Limited Outdoor Time
- Poor Lighting and Ergonomics

## Symptoms of Myopia in Children

- **Blurred Distant Vision:** Difficulty seeing the board at school or road signs.
- **Frequent Squinting:** To focus on distant objects.
- **Eye Strain:** Complaints of tired eyes, especially after reading or screen time.
- **Headaches:** Often caused by straining to see distant objects.
- **Sitting Close to Screens or Books:** A tendency to hold objects very close to the eyes.



## Treatment and Management

- **Eyeglasses and Contact Lenses:** Prescription eyeglasses or contact lenses are the most common and effective way to correct myopia.
- **Orthokeratology (Ortho-K):** This involves wearing specially designed contact lenses overnight to temporarily reshape the cornea, allowing for clear vision during the day.
- **Atropine Eye Drops:** Low-dose atropine drops are sometimes prescribed to slow the progression of myopia in children.

## Lifestyle Modifications:

- **Encourage Outdoor Time:** At least 1-2 hours a day of outdoor play can help.
- **Limit Screen Time:** Follow the 20-20-20 rule—every 20 minutes of near work, look at something 20 feet away for 20 seconds.
- **Ergonomic Habits:** Ensure proper lighting, maintain a comfortable reading distance, and encourage good posture.

**Vision is a precious gift, and safeguarding it early makes all the difference!**

**Mr. A. Jayakumar**  
Lecturer

Akash Institute of Allied Health Sciences

# OPTOMETRY STUDENTS ACTIVELY PARTICIPATED IN AHS CON 2024

Place: MS Ramiah University of Applied Sciences, 26th feb 2024

Topic: Ai In Optometry: Cutting Edge Technology



# OPTOMETRY STUDENTS ACTIVELY PARTICIPATED WORKSHOP AHS CON 2024

Place: Vittala International Institute Of Ophthalmology, 2nd March 2024

Worshop: Advance Instrument in Optometry



WORKSHOP  
OPTOMETRY

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# THE ULTIMATE ACTIVITY TO SHARPEN COMMUNICATION SKILL

The above activity witnessed enthusiastic participation from the students. Under Bloom's Taxonomy, their cognitive skills were thoughtfully assessed, focusing on how they attentively listened, understood the instructions given, and effectively applied them to the assigned task. This activity witnessed enthusiastic participation from the students, showcasing their engagement and dedication. Under Bloom's Taxonomy, this comprehensive evaluation encompassed their listening abilities, comprehension, and receptive skills while also tapping into their psychomotor domain, reflecting a holistic development of their learning process.

The ultimate aim of the activity is to improve the students' extracurricular activities. It helps in various ways, such as:



### Improves Spontaneous Thinking

Thinking quickly and organizing ideas on the spot is a skill that translates to real-world scenarios like interviews, presentations, or conversations.

### Boosts Confidence

Regular practice in a group setting helps individuals overcome stage fright and build self-assurance.

### Enhances Vocabulary and Fluency

By speaking about various topics, participants expand their vocabulary and learn to express themselves clearly and concisely.

### Fosters Creativity

When tasked with impromptu speaking, individuals come up with innovative and unique ways to address the topic, sparking creativity.



## ROLE OF IMPLEMENTING ARTIFICIAL INTELLIGENCE IN HOSPITAL ADMINISTRATION

Artificial intelligence plays a very important role in daily life, significant in numerous different areas such as data analysis, image and speech recognition, natural language processing, proteomics, genomics, drug design, and the field of medicine.

Artificial intelligence is demonstrated by machines. It plays a vital role in discovering new things. Artificial neural networks such as deep neural networks drive this area. AI comprises technologies like machine learning, which are learning and predation of novel properties.

It refers to learning algorithms, a collection of automated algorithms that are able to extract meaningful patterns from data collection. They have been applied in several fields and have demonstrated breakthrough gains over existing machine learning algorithms.

### AI IN MEDICINE FIELD

Artificial intelligence algorithms are used to help doctors make good plans to execute successful treatments. Thus, they produce all the details of each patient for the doctors so they can make the most of it and present the most suitable evidence.

Many firms in the world are working with different aspects of AI in the field of healthcare, but for now, the most obvious one is information management, which collects the details of each patient, systemizes them, and traces the information in transforming the medical field.

### AI IN HEALTHCARE

AI plays a vital role in the field of medicine, as it has various applications in the same and can perform difficult tasks with relative ease and much more precision.

#### It can thus

- Assist doctors in diagnosing diseases.
- Help in performing surgeries.
- Schedule appointments.
- Suggest treatments and medications.
- Help people solve their queries digitally and much more.



### How AI transformed the traditional way of medicine

At the very beginning, the scientists were more into developing robots that could help doctors in treatments like surgeries, but it was not that successful. Now we trust that these robots can't replace humans, but they can definitely assist doctors in forecasting diseases and suggesting treatments and medications according to the medical history of individual patients. It is really difficult for doctors to remember the medical history, previous medications, diseases, and all other details of each patient.

Recent advancements have been made in the field of healthcare. AI robots are used to analyze reports, medications, past check-ups, appointments, and diseases of each patient.

They can keep records of upcoming surgeries, schedule appointments, remind doctors, and inform patients regarding the time.

### Current and Future Trends of AI in healthcare

In healthcare, there are various levels of AI that use databases on the web, making it effortless for doctors to get hands-on access to a plethora of diagnostic resources.

Hence, AI is improving diagnostics and physicians' work. AI even provides finer outcomes, which could be customized according to their medical proficiency.

#### Mr. Preetham

Tutor/Dept of Perfusion Technology  
Akash Institute of Allied Health Science

# THE MIND-HEART CONNECTION: A SYMPHONY OF HEALTH



When we think about heart health, we often focus on cholesterol levels, exercise, and diet. But there's an often-overlooked factor that plays just as crucial a role in the health of our cardiovascular system: our mind. It turns out that our emotional and mental well-being is deeply intertwined with the condition of our heart.

## 5 Influences on Mind and Heart Health

### “A Delicate Balance”

Mind and heart health are intricately linked, with each influencing the other in profound ways. Achieving optimal well-being involves maintaining a delicate balance between various factors that impact both our mental and emotional states. From how we manage stress to the quality of our relationships, the choices we make daily play a crucial role in shaping our overall health. In this discussion, we will explore five key influences on mind and heart health—stress, diet, exercise, emotional health, and social connections—highlighting how each one contributes to a holistic sense of balance and wellness.

#### 1. Stress: The Silent Heartbreaker

We all know that stress is a part of life, but what many don't realize is just how much it affects your heart. When we're stressed, our body releases a cocktail of hormones like cortisol and adrenaline, which can cause your blood pressure to spike, increase inflammation, and even lead to clot formation. Over time, this continuous strain on your cardiovascular system can contribute to heart disease. So, how can you put out that fire? The answer lies in managing stress. Mindfulness practices, deep breathing exercises, and meditation can all help lower cortisol levels and protect your heart.



**Pro Tip:** Try the "5-5-5" method. Breathe in for 5 seconds, hold for 5 seconds, and exhale for 5 seconds. Do this for just five minutes a day to reduce stress and lower your heart rate.

#### 2. Sleep: Rest for Body and Mind

Getting enough quality sleep is essential for both our emotional well-being and heart health. Poor sleep can lead to irritability, mood swings, and even mental health problems like depression. For our heart, lack of sleep is linked to high blood pressure and an increased risk of heart disease. A consistent sleep routine, with 7-9 hours per night, helps keep both our mind and heart in good shape.



#### 3. Nutrition: Fuel for the Body and Brain

What you eat affects both your mood and your heart. Diets rich in fruits, vegetables, and whole grains help keep your mind clear and stable, while foods high in sugar and unhealthy fats can make us feel sluggish or depressed. Similarly, a heart-healthy diet that's low in saturated fats and high in fiber can reduce the risk of heart disease while also improving our overall energy and mental clarity.



#### 4. Physical Activity: Exercise for Mind and Heart

Exercise is a powerful tool for both our mental and heart health. Regular physical activity helps reduce stress and anxiety by boosting feel-good chemicals in the brain, such as endorphins. It also strengthens the heart, improves circulation, and helps control blood pressure. Whether it's a walk in the park or a workout at the gym, staying active supports both our mind and heart.



#### 5. Social Connections: The Power of Relationships

Having a strong support network is essential for both mental well-being and heart health. Emotional connections with family, friends, or community provide a sense of belonging and reduce feelings of loneliness, which can lead to stress and depression. Research shows that people with strong social ties tend to have better heart health and a lower risk of heart disease. Make time to nurture these relationships—they are good for both your mind and your heart. Simple adjustments in these areas can lead to lasting benefits, helping you live a more vibrant, resilient life.



**Remember: True health isn't just physical—it's a holistic balance that nurtures both your mind and your heart.**

#### MS. TANYA

Tutor/Dept of Cardiac Technology  
Akash Institute of Allied Health Science

## STUDENTS ACHIEVEMENTS

Our students achieved the 4th position in the RGUHS Zonal Sports and Games held by the Bangalore North Zone men's football category. This achievement highlighted their hard work and skill.



Our students participated in the 3rd National Conference of Nitte Imaging Technology and secured 1st position in the Quiz competition, showcasing their knowledge.

## GUARDIANS OF HEALING

Devoting their lives to foresee and mend,  
Born to nurture, to heal, to defend.  
With wisdom sharp, they stand so tall,  
Answering humanity's desperate call.

Sleepless nights, yet hearts so strong,  
Hoping to save, striving lifelong.  
Through endless trials, they endure the strain,  
Setting aside their own sorrow and pain.

Messengers of mercy, noble and true,  
Guided by purpose in all that they do.  
For when the Almighty cannot be near,  
Through their hands, His touch appears

## LIFE SKILLS FOR STUDENTS TO KNOW

Stress Management

Time Management

Discipline

Leadership

Critical Thinking

Communication Skills

Inter-Personal Skills

Work Ethics

Self Awareness And Self Management

Strategic Planning

Personality Development

Team Work

# ORAL CANCER

Oral cancer, also referred to as mouth cancer, is a type of malignancy that impacts the oral cavity, including the lips, tongue, cheeks, gums, floor of the mouth, and throat. This form of cancer can arise in various regions of the mouth, manifesting as a painless white lesion that gradually thickens, develops red spots, and eventually evolves into an ulcerative lesion. On the lips, it often appears as a chronic non-healing ulcer that steadily enlarges over time. The most common sites for the presentation of oral cancer are the tongue (ventral-lateral edge, 40% of cases), floor of the mouth (30% of cases) and lower lip. World Cancer Day is an international day observed on February 4th.



This figure shows a large ulcerative granulomatous-type lesion. This was a squamous cell carcinoma of the gingiva.

Additional indicators of oral cancer may consist of dysphagia, odynophagia, neck swelling, and sensations of numbness in the lips. Awareness of these symptoms is crucial for early detection and optimal treatment outcomes.

Patients often present with obvious symptoms like pain, bleeding, or a mass in the mouth or neck only when lymphatic spread has already occurred. A diagnostic delay of over one month significantly increases the likelihood of advanced-stage oral cancer.

Oral cancer has a poor prognosis, with a five-year survival rate of approximately 40%. However, if detected early (stages I and II), the survival rate can exceed 80%. Unfortunately, up to 50% of oral cancers are diagnosed at an advanced stage (stages III and IV) due to a lack of symptoms in the early stages, leading to delayed medical attention.

## TOBACCO

Tobacco usage is a primary contributor to the development of oral cancer, as it triggers genetic alterations in the buccal cells that can culminate in malignancy. The carcinogenic properties of tobacco are attributed to the chemical compounds present in cigarette smoke and other tobacco products, which instigate mutations in the cellular DNA, thereby increasing the likelihood of cancerous growth in the oral cavity.

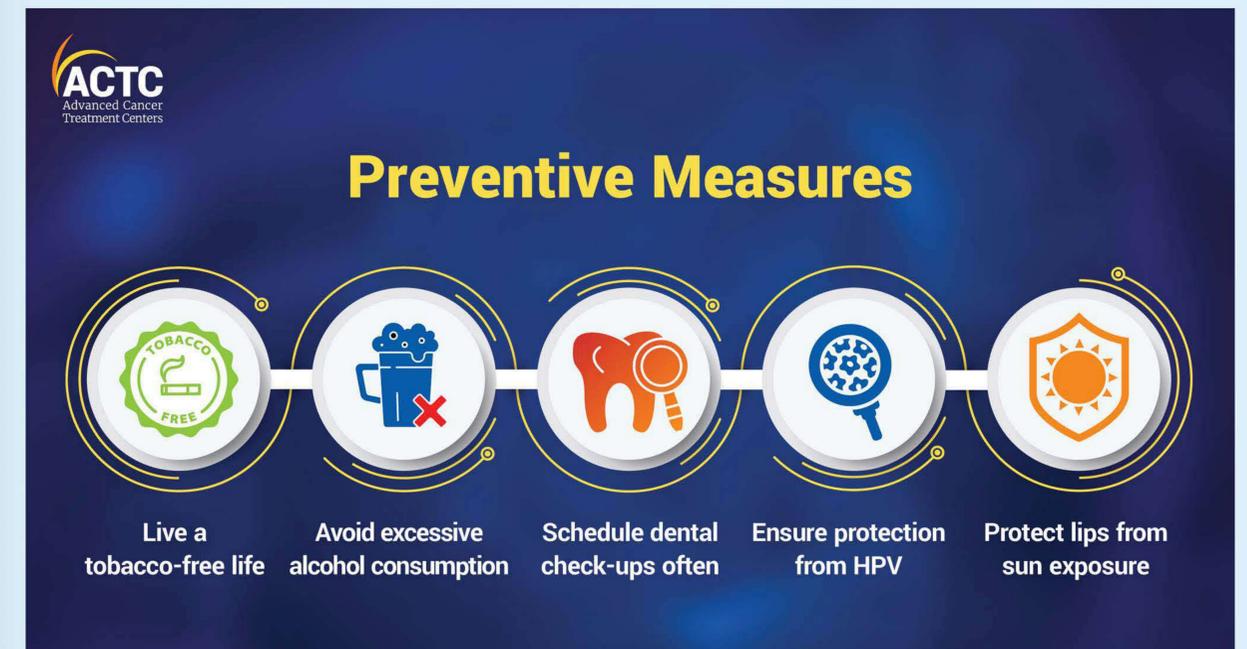
## CAN YOU LIVE A NORMAL LIFE WITH ORAL CANCER?

Tobacco is one of the most important risk factors for premature death globally. More than 60 toxic chemicals in tobacco can invade the body's various systems.

Oral squamous cell carcinoma (OSCC) is a pathological type of oral cancer, accounting for over 90% of oral cancers. A vast quantity of scientific, clinical, and epidemiological data shows that tobacco is associated with the development of oral squamous cell carcinoma.

Survival rates have improved over the last 20 years, and if cancer is caught early, it can be cured. With the right care, cancer patients can have a good quality of life.

## PREVENTION



Oral cancer can be considered a largely preventable disease. Primary prevention through education on limiting behavioral risk factors, such as tobacco use and excessive alcohol consumption, is crucial.

## SURGERY

Surgery is the main treatment for oral cancer. Surgery generally means removing the tumor and possibly lymph nodes in the neck. If the tumor is large, reconstruction may be required.

## CONCLUSIONS

Oral cancer ranks eighth among the most common causes of cancer-related deaths worldwide, and tobacco is one of the most important carcinogenic factors of Oral Squamous Cell Carcinoma (OSCC).

## MRS. BLESSY DEVPAUL

Lecturer

Akash Institute of Paramedical Science

# BASIC LIFE SUPPORT SESSIONS



**Training on Basic Life Support and Advanced Cardiac Life Support**



# STEPS TO STRONGER KIDNEYS: A HEALTH GUIDE

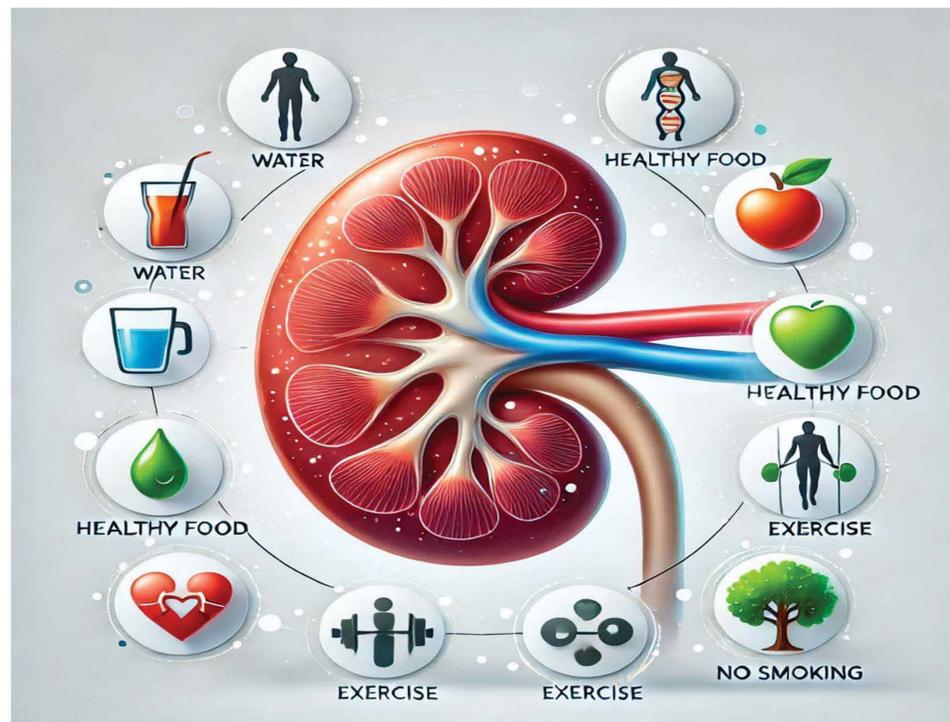
KIDNEYS are one of the vital organs of the body, two in number, located on either side of the spine at the bottom of your rib cage.

Kidney disease occurs in two ways: acute kidney injury and chronic kidney injury. Acute kidney injury, which develops over days to weeks, can be caused by dehydration due to excessive vomiting or diarrhea, drug-induced effects from painkillers and certain antibiotics, inflammation in the kidneys, infections localized to the kidneys or systemic infections, and obstruction of the urinary tract due to stones or an enlarged prostate gland.

Chronic kidney disease, which develops over weeks to months, is usually secondary to diabetes mellitus, hypertension, chronic inflammation in the kidneys, recurrent kidney infections, or hereditary kidney diseases like Polycystic Kidney Disease and Alport's Syndrome.

## WAYS TO KEEP YOUR KIDNEYS HEALTHY

- Keep active and fit.
- Control your blood pressure.
- Do not smoke.
- Control your blood sugar levels.
- Stay hydrated.
- Avoid over-the-counter (OTC) pills.
- Get kidney function tests if you are at risk of developing chronic kidney disease.
- Eat clean and maintain a healthy weight.



## KIDNEY STONE

Kidney stones are solid deposits of minerals and salts that form in the kidneys. They can vary in size and cause severe pain, especially if they block the urinary tract.

## RISK FACTORS

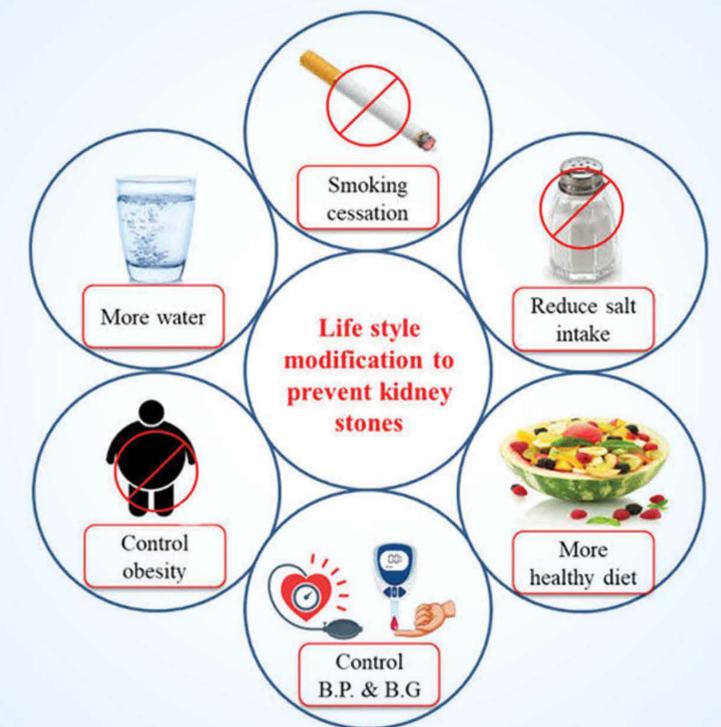
- Dehydration: Not drinking enough water.
- Diet: High salt, sugar, and oxalate-rich foods (like spinach and chocolate) can contribute to stone formation.
- Obesity: Being overweight increases the risk of kidney stones.
- Family History: A family history of kidney stones can increase one's likelihood of developing them.
- Medical Conditions: Conditions like gout, inflammatory bowel disease, and hyperparathyroidism can raise the risk.
- Recurrent urinary tract infections (UTIs).

## SYMPTOMS

- Pain while passing urine.
- Increased frequency of urination.
- Pain that comes and goes in waves.
- Cloudy, pink, red, or brown urine with a bad odor.
- Severe pain around the groin, side, back, or below the ribs.
- High temperature.
- Fever and chills.
- Nausea or vomiting.

## PREVENTION:

- Drink water throughout the day.
- Add fresh lemon juice to your water.
- Eat more calcium-rich foods.
- Eat less sodium.
- Choose a diet low in salt and animal protein.
- Eat fewer oxalate-rich foods.
- Avoid vitamin C supplements.
- Avoid fizzy drinks.
- Use caution with calcium supplements.
- Use caution against dehydration and excessive sweating.
- Maintaining a healthy weight.



**Ms. Deepa N**

Lecturer / Dept. Renal Dialysis  
Akash Institute of Allied Health Sciences

# MARATHON



# AKASH MULTI SPECIALITY HOSPITAL



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