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and Research Centre



Your Health is our Concern

# AKASHVANI

THE OFFICIAL NEWSLETTER OF AIMSRC

JUNE, JULY & AUGUST - VOLUME - 13 **DEEPAVALI EDITION**

Wishing all  
a very happy  
Deepavali

AKASH SUPER SPECIALITY HOSPITAL

Akash Hospital Ranked 8<sup>th</sup>  
By Times Group Health Survey 2023-24



## **NEWER INITIATIVES OF NATIONAL MEDICAL COMMISSION**

The National Medical Commission (NMC) have introduced several initiatives in the past few years that has been or will be soon implemented by all medical colleges in the country. These initiatives focus not just on academic areas of the students but also on the physical and mental health of the community.

The first major initiative that was introduced in 2021 and enforced in 2022 was the introduction of the Family Adoption Programme into the CBME curriculum. The aim of Family Adoption Programme is to provide an experiential learning opportunity to Indian Medical Graduates and also enhance equity in health. In this programme, each student is allotted 5 families in a village in his/her first year and it is the responsibility of the student to function as the first point of contact for any health issues in those families and also act as a conduit between the population and the healthcare facility. This programme also orients the students towards primary healthcare and improves their understanding of the community health needs.

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The second initiative was the implementation of the Nasha Mukta Bharat Abhiyan in Medical Institutions. This initiative aims to combat the menace of substance abuse, which is highly prevalent amongst youth living in hostels, through mass awareness, counselling, treatment, and care in educational institutions. The NMC has instructed institutions to form a Nasha Mukta Hostel Committee, plan annual schedule of activities to be conducted under the Abhiyan, conduction of awareness programmes for the students, faculty and other staff of the college, and submit comprehensive reports or reports of actions taken to the Department of Social Justice and Empowerment, Department of Higher Education and NMC.

Another initiative that has been adopted by the NMC is the establishment of Tobacco Cessation Centres in all medical colleges. The Ministry of Health and Family Welfare, in collaboration with the NMC, have initiated the establishment of Tobacco Cessation Centres in all medical colleges across India. The objectives of these centres is to ensure that all patients visiting the medical college hospital have access to counselling, pharmacotherapy and behavioural therapy to cease tobacco use and also to prevent relapse. Apart from treatment and individual counselling sessions, mass awareness sessions in schools, institutions and health centres, training of undergraduate and postgraduate medical students, health workers and allied health care professionals in conduction of tobacco cessation activities, and promotion of the Tobacco Cessation Centre through advertisements and mass media to reach a wider audience.

These newer initiatives focus on bringing healthcare closer to the community and also are trying to address the burning issues in the community. Proper implementation of these initiatives would help maintain the overall health of the community.

**Dr. Sunil Kumar D R**  
Professor & HOD  
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## DRUG & CYBER CRIME AWARENESS PROGRAMME



Akash Group of Institutions proudly hosted the "Police Marshal" program with Bangalore City Police and Aarohan Foundation on 31/07/2024. We were honoured by the presence of Shri Sanjeet S (IPS, DCP, North East Bangalore), Shri Naveen Kumar (ACP, Devanhalli), Shri Vinay (Aarohan Foundation Coordinator) and Shri Dharme Gowda (Police Inspector, Devanhalli),

The event focused on **drug and cybercrime awareness**, encouraging our students to join the Police Marshal initiative and contribute to a safer society



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## FAMILY ADOPTION PROGRAM DEPT OF COMMUNITY MEDICINE



As per the directions of NMC, Health Camps were conducted in Harohalli, Dandiganahalli, Dasarahalli and Byrapura villages for the MBBS Phase II Students under Family Adoption Program.

Activities conducted for Family Adoption Program for MBBS Phase II  
Dengue Awareness Session, Larval Survey, Rally on Dengue Awareness & Plantation activity



## "CHALO PATHSHALA" IS A COMMUNITY AWARENESS CAMPAIGN ON SKIN HEALTH DEPT OF DERMATOLOGY



"Chalo Pathshala" is a community awareness campaign on skin health, led by Dr. Sudha Banti, Associate Professor, Dept of Dermatology from Akash Hospital, specifically aimed at educating students of Akash International School. The campaign emphasizes the importance of skin care, providing practical tips for maintaining healthy skin, preventing common issues like acne, and protecting against sun damage. It highlights the need for a proper skincare routine and guides students on recognizing when to seek medical attention for skin concerns. With an interactive Q&A session, the students will engage directly with Dr. Sudha Banti, empowering them with knowledge for better skin health and overall well-being.



## OBSERVATION OF WORLD BREASTFEEDING DAY 2024 DEPT OF PAEDIATRIC



On August 1, Dept of paediatric doctors provided personalized support and education on breastfeeding, enhancing patient knowledge and confidence. On the occasion world breastfeeding day 2024 Their efforts well aimed at better breastfeeding practices and improved maternal and infant/child health.

## INDEPENDENCE DAY 2024



Independence day was celebrated at Akash Medical College and Akash Hospital flag hosting ceremony was conducted and other events and learning, growing, healing and celebrating our nation's independence together, building the nation well performed.





## DEPARTMENT FOCUS

### AKASH INSTITUTE OF PHYSIOTHERAPY

The Physiotherapy Department in Akash Hospital is dedicated in enhancing patient recovery restore, preserve and promote optimal physical function, mobility and well-being. The Rehabilitation team include skilled physiotherapists who provide patient centric goal and personalize the treatment plans.

The services include Pain management, Neurological rehabilitation, posture and ergonomic advices, Geriatric care and fall prevention, Strength and agility training tailored to meet the unique needs of individual patient. Our Exercise Therapy and Electrotherapy unit emphasize holistic healing, empowering individuals to regain strength and confidence. As a part of collaboration physiotherapy team works closely with multidisciplinary departments to ensure comprehensive care and improve quality of life.

### CASE REPORT



A case of 74 years old male with a history of Interstitial Lung Disease and Liver Cirrhosis for from 2 to 5 years respectively came to physiotherapy department for Cardio rehabilitation. Patient was in a wheelchair with a portable oxygen cylinder of 6L and reduced ADL.



### Patient Problem:

- i. Unable to maintain oxygen saturation at room temperature
- ii. Respiratory Distress in basic ADL
- iii. Oxygen dependency of 6L
- iv. Fatigue level grade 4
- v. Decreased exercise tolerance
- vi. Decreased ADL
- vii. Decreased MET value

### Patient-centric goal:

- i. To maintain the oxygen saturation at room temperature
- ii. To improve respiratory muscle strength
- iii. To reduce oxygen dependency
- iv. To reduce fatigue level
- v. To improve breathing pattern
- vi. To improve exercise tolerance
- vii. To improve ADL
- viii. To increase MET value

Pulmonary rehabilitation was initiated after the patient was screened and assessed (cardiopulmonary, muscular).

The rehabilitation was planned based on the FITT principle

### Pre-vitals:

SpO<sub>2</sub>:70% with 6 L of O<sub>2</sub>, FIM scale:67/126, MET score: 2- sitting

Fatigue severity Scale (FSS) level: 54 (36-normal value)- Grade 4

### Sessions:

Weekly 3/45 mins duration with rest period



Month	Duration	Exercise	SPO2	MET	FIM
JUNE	Week 1	-Pursed lip breathing exercise x 5 times -Thoracic expansion exercise x 4times x 2sec hold -Diaphragmatic breathing exercise x 5mins	70%-6 L	2	67
	Week 3	Pursed lip breathing exercise x 6 times -Thoracic expansion exercise x 6times x 4 sec hold -Diaphragmatic breathing exercise x 7mins -Aerobic exercises x10min	78%-6L	2	70
	Week 4	-Pursed lip breathing exercise x 6 times -Thoracic expansion exercise x 6times x 4sec hold -Diaphragmatic breathing exercise x 5mins with weight 500g -Aerobic exercises x 12min - Swiss ball exercises x 5min	78%-6L	3	74
JULY	Week 1	- Static exercise (same week exercise) - Swiss ball exercises x 5min -Thera band exercises	80%-5L	3	78
	Week 2	- Static exercise (same week exercise) - Swiss ball exercises x 3min -Thera band exercises -Posture correction exercises	84%-5L	3	78
	Week 4	-Static exercise (same week exercise) - Posture correction exercises -Pacing activities	84%-4L	3	82
AUGUST	Week 2	- Static exercise (same week exercise) -Pacing activities -Energy conservation exercises -Treadmill walking with modified Bruce protocol x6min - Incentive Spirometry	86%-4L	3	82
	Week 3	- Static exercise (same week exercise) -Treadmill walking with modified Bruce protocol x 6min - Incentive Spirometry -Respiratory muscle training with resistance	86%-3L	3	85
	Week 4	- Static exercise (same week exercise) -Respiratory muscle training with resistance -Cycling x 5min -Box breathing (4,7,8)	92%-3L	3	96



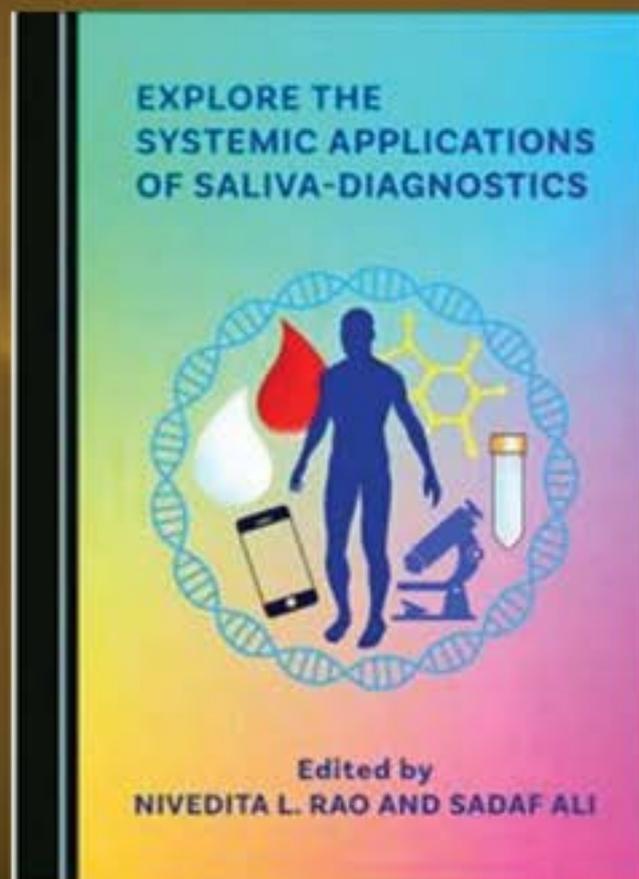
## ACADEMICS

Dr. Wilma Delphine Silvia C.R., Professor and Head, Department of Biochemistry at Akash Institute of Medical Sciences & Research Centre, has contributed a chapter titled "Spiel of Salivary Cortisol" to the International book "Explore the Systemic Applications of Saliva-Diagnostics".

Published by: Cambridge Scholars Publishing, Lady Stephenson Library, Newcastle Upon Tyne, NE6 2PA, United Kingdom

### Contributors

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## YOGA DAY-2024



The Akash Group of Institutions celebrated Yoga Day with a refreshing morning yoga session led by a certified instructor, engaging students and staff in various asanas. Workshops on the benefits of yoga and mindfulness, along with meditation techniques, helped promote well-being. The event emphasized the importance of incorporating yoga into daily life for better physical and mental health.



## AWARDS

Dr. Wilma Delphine Silvia CR, Professor and Head of the Department of Biochemistry at Akash Institute of Medical Sciences and Research Centre, Devanahalli, Bangalore was honoured with the prestigious Best Teacher Award 2024 by the Indian Medical Association, Karnataka, on September 15, 2024. She was recognized for her academic excellence and outstanding contributions to Medical education and Research. She was felicitated by Mr. Amar Gowda, Vice Chairman, and Dr. Shivaprakash NC, Dean and Principal of AIMS & RC, in the presence of the Biochemistry department staff from the college.





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# AGI 10K RUN

"Caring for those who cared for us, geriatrics ensures dignity and quality of life in the golden years".

Akash Group of Institutions Conducted 10k Marathon prioritising geriatric healthcare.

We are glad to announce that Metropolis Healthcare is associating with us in organising the AGI 10k Marathon.

We look forward to this fruitful collaboration between Akash Super Speciality Hospital and Metropolis in order to raise awareness on the elderly care through this initiative.







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## FOUNDER'S DAY

### Celebrating Leadership and Legacy: Founders Day at Akash Group of Institutions

June 28th is marked as the Founder's Day in the calendar of Akash Group of Institutions. It is the birthdate of our esteemed Chairman & Founder Shri K. Muniraju. From very humble beginnings to becoming the Chairman of a group of Institutions offering varied courses like Medicine, Pharmacy, Engineering, Nursing, Physiotherapy, Paramedical, Commerce, Management etc he is known for his distant vision, service oriented nature, cool composure & humility.

As the saying goes, "A leader is not one who just knows the way or shows the way, but one who goes the way." Shri Muniraju embodies this wisdom, exemplifying simplicity, courage, passion, and perseverance. His visionary efforts toward societal betterment have flourished into a family of 14 institutions and a Super Speciality Hospital in Devanahalli, Bangalore.

The entire Akash family rejoices in honouring our Founder Chairman as part of the grand culmination of Akashotsav. We extend our heartfelt wishes for his continued good health, prosperity, and success.







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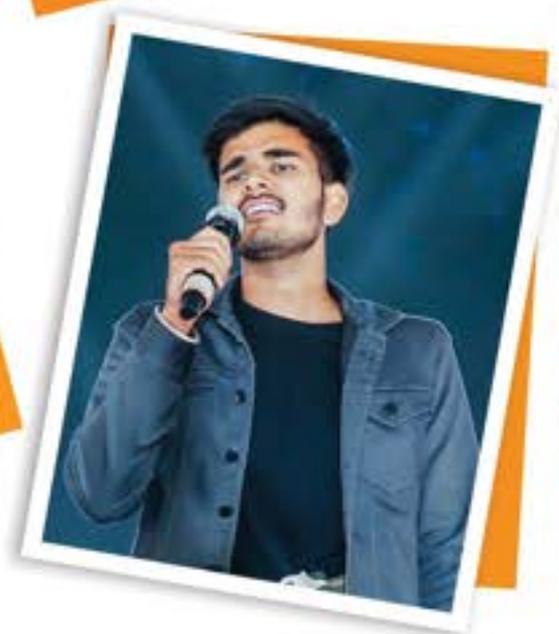
# Akashotsav 2024

## INTRODUCTION

Founded in 2009, Akash group of Institutions (AGI) blossomed into a vibrant educational ecosystem right next to the international airport in Bangalore. Today, it is home to over 5000 students and offers a comprehensive educational journey from kindergarten to postgraduate levels. It is not only strategically located next to the international airport but also one of the largest campuses in Bangalore. The educational spectrum at AGI covers medicine, engineering, business studies, commerce, computer applications, nursing, allied health sciences, physiotherapy, paramedical, and pharmacy. Or we like to say "From KG to PG, From Crayons to Careers" we have education for all ages.

## TALENT AND MUSIC SHINE AT AKASHOTSAV 2024

The recently concluded Akashotsav 2024 proved to be an unforgettable extravaganza, showcasing a spectacular blend of talent, music, dance, arts and drama comprising diverse events. The event drew participants and audiences alike from across the region, celebrating the spirit of creativity and innovation. Akashotsav saw huge participation from colleges across Bangalore. Close to 180 colleges participated across all the events and competitions.





Come, witness the Legendary band '**Thaikkudam Bridge**' perform LIVE at AGI Campus. Thaikkudam Bridge, a rock band with a soundscape built upon elements of folk and classical sounds of India, delivered a captivating performance at the event. The audience responded enthusiastically, showering the band with applause and appreciation.



Another highlight of Akashotsav 2024 was the mesmerising live musical concert by the renowned singer, **Sanjith Hegde**, whose soulful performance captivated the audience and set the stage on fire. The event was graced by esteemed special guests, Charan Raj and Mthri Iyer, adding to the grandeur of the occasion.





## Akashotsav 2024: A Dazzling Celebration of Talent

### Captivating Performances & Exciting Activities

Akashotsav 2024 dazzled with a diverse range of performances and activities. From acoustic bands and solo acts to group dances and beatboxing, the event captivated the audience. Talented participants showcased their skills in fashion shows, sketching, and short films, while interactive activities like quizzes, arm wrestling, and stand-up comedy kept everyone engaged.

### Unique Contests & Interactive Fun

Unique contests such as Mad-Ads and Treasure Hunt added to the fun, fostering camaraderie. The organizers were thrilled with the response and expressed gratitude to all involved.

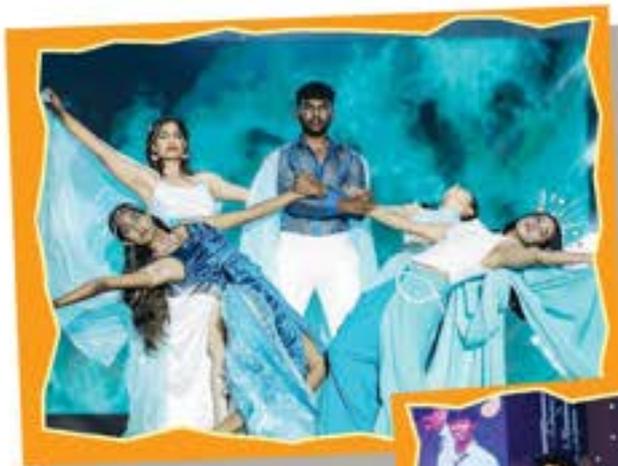
### Celebrating Talent & Community Spirit

"Akashotsav was a celebration of talent, creativity, and community spirit. We can't wait for more!" said a participant.

### A Vibrant Kick-Off to a Week of Festivities

Kicking off with flash mobs, a grand banner launch, and a fashion show, Akashotsav 2024, starting June 20th, promises a week of vibrant festivities, arts, and fun.

Join us for an unforgettable festival experience with music, food, and endless excitement!



## Events & Judges

### Kickstarting an unforgettable journey!

Welcome on board to Akashotsav 2024! - the MegaFest of Akash Group of Institutions, Bangalore. We were thrilled to have multiple events filled with vibrance, laughter, sports, arts and loads of fun. The whole student fraternity came together not to just celebrate & compete but also to create loads of unforgettable memories. Big Cash prizes were allotted to all the intercollegiate competitions with up to ₹30,000 for winners

### Let's look at the festivities once again!

Here is the list of judges who were all part of the Judge panel who guided and supported our talented participants.

#### **Fashion Show:**

Aindrita Ray  
Anand Maheshwaram

#### **Group Dance:**

Nikhilesh  
Anand S

#### **Solo Dance:**

Santhosh Kumar  
Kala Bhushan

#### **Mad Ads:**

Sree Vaishnav  
Raghu

#### **Photography:**

Varadarajan S

#### **Rangoli:**

Kiran  
Smitha

#### **Solo Instrumental:**

Genesis

#### **Makeup:**

Uma  
Vijetha

#### **Hair Styling:**

Uma  
Vanitha J  
Nagasmitha

#### **Face Painting:**

Karthik

#### **Reels:**

Dr. Sreenivasa Rao Amaraneni

#### **Beatboxing:**

DJ Harry

#### **Junk Art:**

Dr. Jagatheesh

#### **Personality (Balance):**

Praveen Raj

#### **Product Launch:**

K N Swamy

#### **Business Quiz:**

Chetan Naidu  
Dr. Akshay

#### **Logo Design:**

Bhanu Prakash



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We are delighted to announce that the Medical students from AIMSRC were the runners up in the recently concluded Basketball Tournament conducted by the Rajiv Gandhi University of Health Sciences (RGUHS). We congratulate the students for making us proud with this achievement.



Akash Institute of Allied Health Sciences, won 4th place in RGUHS north zone football tournament, held between 3rd to 5th September in RR institutions

## DENTAL CLINIC STATE OF THE ART OPG DIGITAL DIAGNOSTIC TOOL

It gives us immense pleasure to announce that the Dental Clinic at Akash Hospital has introduced the state of the art OPG digital diagnostic tool to serve needs of dental patients. Myray X-Ray device imported specially from Italy is the latest cutting edge tool in Orthopantomography as its low radiation emission but high resolution radio imagery gives complete picture of Jaws, Gums & Teeth helping our dentists to diagnose a variety of Oral health issues including lesions in jaw bones.



This again is a testimony to the strong commitment of Akash Hospital towards providing world class health care by adding latest tech advancements as part of its health care services.



## CME ON "QUALITY OF LIFE IN DIABETES"



The CME on "Quality of Life in Diabetes" was held on 12th June 2024 at 2:00 PM in Sanjeevini Hall, Akash Medical College, Devanahalli, Bengaluru. The event featured two key presentations: **Dr. Pramod Krishnappa**, Consultant in Andrology & Prosthetic Urology at NU Hospitals, Bengaluru, discussed "Fertility & Sexual Health in Diabetic Men," while **Dr. Sneha J**, Consultant in Reproductive Gynaecology at NU Hospitals, spoke on "Fertility & Gynaecological Concerns in Diabetic Women." The session was moderated by Prof. Dr. Madhuvan HS, HOD, Department of General Medicine, Akash Medical College.

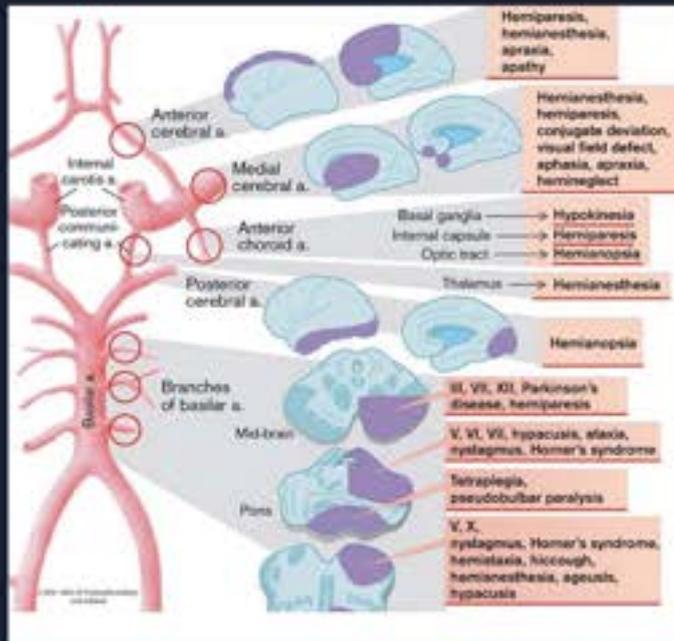


## SCIENTIFIC SESSION ON "ORGAN DONATION IN INDIA"

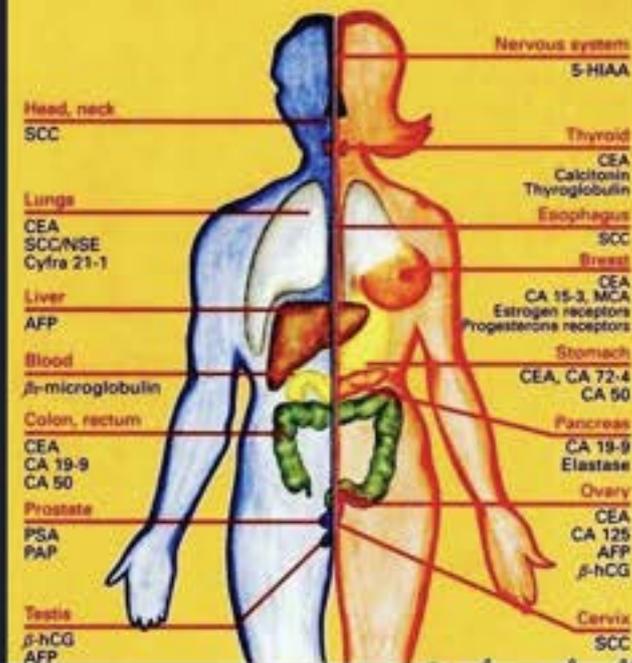


Aster CMI Hospital, in association with Akash Institute of Medical Sciences and Research Centre, successfully conducted a scientific session on "Organ Donation in India" on 31st July 2024 at Sanjeevani Hall, Akash Hospital. The event featured informative talks by **Dr. Prakash Doraiswamy** and **Dr. Shashank M R**, who discussed the identification and maintenance of potential organ donors. A panel discussion, led by **Dr. Shashank Shetty** and **Dr. Ashritha A**, explored various aspects of organ transplantation, particularly in nephrology and pediatric hepatology. The session was chaired by **Dr. Madhuvan HS** and **Dr. Vasudha Kulkarni**, offering **in-depth discussions on the challenges and advancements in organ donation practices.**





## Tumor Markers



# DIAGNOSIS



## GENERAL HEALTH CAMPS MONTH OF JUNE



Place of the camp :  
Sumadhura White filed blood camp  
Date of the camp : 07/06/2024  
Number of Collected Units-32



Place of the camp : Koratagere  
Date of the camp : 09/06/2024  
Number of patients screening :326



Place of the camp : Heerebidanur  
Date of the camp : 14/06/2024  
Number of patients screening :367



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Place of the camp :  
Soukya Road Blood camp  
Date of the camp :14/06/2024  
Number of collected units-30



Place of the camp : G- Hosahalli  
Date of the camp : 20/06/2024  
Number of patients screening :285



Place of the camp : Aroodi  
Date of the camp : 24/06/2024  
Number of patients screening :218

## GENERAL HEALTH CAMPS MONTH OF JULY



Place of the camp : Konenahalli  
Date of the camp : 03/07/2024  
Number of patients screening :201



Place of the camp :  
Sadhahalli Blood camp  
Date of the camp : 5/07/2024  
Number of Collected units-31



Place of the camp :  
CV Raman Nagar Blood camp  
Date of the camp : 07/07/2024  
Number of Collected units-3



Place of the camp : Doddaballapura  
Date of the camp : 10/07/2024  
Number of patients screening :125



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Place of the camp : Vijipura  
Date of the camp : 12/07/2024  
Number of patients screening :195



Place of the camp : Doddahejjaji  
Date of the camp : 15/07/2024  
Number of patients screening :165



Place of the camp : Dandiganahalli  
Date of the camp : 16/07/2024  
Number of patients screening :65



Place of the camp : Dasarahalli  
Date of the camp : 17/07/2024  
Number of patients screening :36

## GENERAL HEALTH CAMPS MONTH OF JULY



Place of the camp : Hulikunte  
Date of the camp :18/07/2024  
Number of patients screening :260



Place of the camp : Sasalu darpan Camp  
Date of the camp :18/07/2024  
Number of patients screening :30



Place of the camp : Kagathi  
Date of the camp :21/07/2024  
Number of patients screening :83



Place of the camp : Ghati darpan Camp  
Date of the camp :24/07/2024  
Number of patients screening :27



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Place of the camp : Santhekallahalli  
Date of the camp :24/07/2024  
Number of patients screening :164



Place of the camp : Koyira Darpan Camp  
Date of the camp :25/07/2024  
Number of patients screening :13



Place of the camp : Gudibande  
Date of the camp : 26/07/2024  
Number of patients screening :164



Place of the camp :  
Bylanarasapura Darpan camp  
Date of the camp : 27/07/2024  
Number of patients screening :55



Place of the camp : Nandhi  
Date of the camp : 29/07/2024  
Number of patients screening :163



Place of the camp : Batlahalli  
Date of the camp : 30/07/2024  
Number of patients screening :160



Place of the camp :  
Madhalakote Darpan Camp  
Date of the camp : 30/07/2024  
Number of patients screening : 73



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## GENERAL HEALTH CAMPS MONTH OF AUGUST



Place of the camp :  
DC Office Doddaballapura  
Date of the camp : 03/08/2024



Place of the camp : Dalasannuru  
Date of the camp : 07/08/2024  
Number of patients screening :113



Place of the camp : Kalinayakanahalli  
Date of the camp : 11/08/2024  
Number of patients screening :95



Place of the camp : Huralagurki  
Date of the camp : 11/08/2024  
Number of patients screening :134



Place of the camp : Halenahalli  
Date of the camp : 12/08/2024



Place of the camp :  
Bylanarasapura Darpan camp  
Date of the camp : 20/08/2024  
Number of patients screening : 46



Place of the camp : Billuru PHC camp  
Date of the camp : 20/08/2024  
Number of patients screening :180



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Place of the camp : Hanabe  
Date of the camp : 22/08/2024  
Number of patients screening :136



Place of the camp :  
Mahadevapura Darpan camp  
Date of the camp : 27/08/2024  
Number of patients screening : 61



Place of the camp : Maraganakunte  
Date of the camp : 27/08/2024  
Number of patients screening :138



Place of the camp : Shivapura  
Date of the camp : 30/08/2024  
Number of patients screening :163



Place of the camp :  
Nalluru Darpan camp  
Date of the camp : 30/08/2024  
Number of patients screening : 20



Place of the camp : Gundasandra  
Date of the camp : 31/08/2024



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