



RAMAIAH
Medical College

WORLD BREASTFEEDING WEEK – 2021

Report on activities conducted by
Department of Community Medicine



Supported by



Leelitha K
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054

Hfeol 4/20
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054

Contents

List of Tables	3
List of Figures	3
List of Abbreviations	4
1. Background	5
1.2. Theme : Protecting Breastfeeding : A Shared Responsibility /Where lies the Responsibility?	5
1.2. Objectives of World Breastfeeding Week.....	6
1.3. Brief overview of earlier WBW celebrations at Ramaiah Medical College.....	6
2. Breastfeeding and COVID 19 pandemic.....	6
3. Preparation for World Breastfeeding Week.....	7
4. WBW Activities	9
4.2. Breastfeeding Awareness Campaign.....	9
4.2.1. WBW in Rural areas	9
4.2.1.1. Kaiwara Primary Health Centres	9
4.2.1.2. Avathi PHC area and Leena Ramaiah RHTC	12
4.2.2. WBW in Urban Areas	14
4.2.2.1. Netaji Urban Primary Health Centre	14
4.2.2.2. Mathikere Urban Primary Health Centre.....	16
4.3. Survey on Breastfeeding Practices during COVID 19 Pandemic in Rural And Urban Field Practice Areas..	18
4.3.1. Background	18
4.3.2. Methodology.....	18
4.3.3. Preliminary findings	18
4.4. On campus activity - Pencil sketching and Poem writing competition	20
4.4.1. Poem writing competition	20
4.4.2. Pencil sketching competition	21
5. References	23
6. Acknowledgements.....	23

Lavanya
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054,

Meetha
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

List of Tables

Table 1: Overview of WBW in Kaiwara PHC area.....	9
Table 2: Details of beneficiaries of WBW who were given awareness in Kaiwara PHC area	10
Table 3: Overview of WBW observation in Avathi PHC and Ramaiah Leena RHTC.....	12
Table 4: Details of beneficiaries of WBW who were given awareness in Avathi PHC area and Ramiah leena RHTC	13
Table 5: Overview of WBW activities in Netaji Circle UPHC	14
Table 6: Number of beneficiaries reached for awareness in Netaji Circle health centre area	14
Table 7: Overview of WBW activities in BK Nagar UPHC and MK nagar.....	16
Table 8: Number of beneficiaries reached for awareness in Mathikere UPHC	16
Table 9: Prize winners of Poem writing competition.....	20
Table 10: Prize winners of Pencil Sketching Competition.....	21

List of Figures

Figure 1: Objectives of WBW 2021	6
Figure 2: Glimpses of WBW awareness programme in Kaiwara PHC area.....	11
Figure 3: Glimpses of awareness programme conducted in Avathi PHC area.....	13
Figure 4: Glimpses of awareness programme conducted in Netaji Circle UPHC Area	15
Figure 5: Glimpses of awareness programme conducted in Mathikere health centre areas	17
Figure 6: Survey of lactating mother in urban slum	19
Figure 7: Image of Call for Poem Writing competition	20
Figure 8: Prize distribution to the winners	20
Figure 9: Image of Call For Pencil Sketching Completion.....	21
Figure 10: First Prize Winning Pencil Sketch	21
Figure 11: Second Prize Winning Pencil Sketch	22
Figure 12: Third Prize Winning Pencil Sketch.....	22

Lachak
PROFESSOR AND HOD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Heer Rao
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

List of Abbreviations

ANM -	Auxiliary Nurse Midwife
AWW -	AnganWadi Workers
ASHA -	Accredited Social Health Activist
BFHI -	Baby-friendly Hospital Initiative
FAQ -	Frequently Asked Questions
MSW -	Medico Social Worker
ORS-	Oral Rehydration Solution
PHC-	Primary Health Centre
SDG -	Sustainable Development Goals
UNICEF -	United Nations Children's Fund
UPHC -	Urban Primary Health Centre
WABA-	World Alliance for Breastfeeding Association
WBW -	World Breastfeeding Week
WHO -	World Health Organization

Latha
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

H. H. Rao
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

M.S.Ramaiah Medical College
Department of Community Medicine
WORLD BREASTFEEDING WEEK – 2021 CELEBRATION

1. Background

In commemoration of the 1990 Innocenti Declaration, World Breastfeeding Week (WBW) is celebrated every 1-7 August. In 1992, WBW started with annual themes including healthcare systems, women and work, the International Code of Marketing of Breastmilk Substitutes, community support, ecology, economy, science, education and human rights. Since 2016, WBW is aligned with the Sustainable Development Goals (SDGs). In 2018, a World Health Assembly resolution endorsed WBW as an important breastfeeding promotion strategy.

Breastfeeding is the cornerstone of infant and young child survival, nutrition, development and maternal health. This year's theme being – Protecting Breastfeeding: A Shared Responsibility as mentioned by WABA and on similar lines by BPNI - Protecting Breastfeeding: Where lies the Responsibility?. Focusing towards protection of breastfeeding women from the commercial influence of the baby food industry, supported at work places and in the hospitals where they come to deliver.

Although support at the individual level is very important, breastfeeding must be considered a public health issue that requires investment at all levels. The concept of 'building back better' after the COVID 19 pandemic will provide an opportunity to create a warm chain of support for breastfeeding that includes health systems, workplaces and communities at all levels of society. A warm chain of support will help build an enabling environment for breastfeeding and protect against industry influence. It is time to inform, anchor, engage and galvanise action to protect breastfeeding at all levels.(1)

1.2. Theme : Protecting Breastfeeding : A Shared Responsibility /Where lies the Responsibility?

Breastfeeding significantly improves the health, survival and wellbeing of infants, children and their mothers. It is one of the best investment, for saving lives and improving the health, social and economic development of individuals and nation. A public health approach to breastfeeding is needed to build back system in normal and crisis situation. We need to ensure consistent message and proper referral system throughout the warm chain, to protect breastfeeding dyad. All parents with young children should have access to skilled breastfeeding counselling and support from health facilities It is a shared responsibility to protect, provide and support breastfeeding to achieve sustainable development .

Lalitha K
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Murali Rao
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

1.2. Objectives of World Breastfeeding Week



Figure 1: Objectives of WBW 2021

1.3. Brief overview of earlier WBW celebrations at Ramaiah Medical College

Every year, the Department of Community Medicine, Ramaiah Medical College has been celebrating WBW on a large scale at the community level both at urban and rural field practice areas. Many antenatal mothers, postnatal mothers and their family members have been educated and been provided information for enabling breastfeeding and importance of family support. The Ramaiah Medical College Hospital has been part of the Baby Friendly Hospital Initiative and has organized various workshops for the medical community to be better skilled in supporting breastfeeding mothers. The department felt the importance of breast feeding more so during the pandemic situation where access of care was affected. Hence the department took initiative of celebrating the WBW and special efforts even during the recent COVID pandemic to educate pregnant and post natal mothers the importance of breastfeeding observing necessary COVID appropriate behaviors. The efforts of the institution was recognized by BPNI in 2019 and 2020 with Ramaiah Medical College bagging the coveted 'Best WBW Celebration Award' for its efforts in transpiring the objectives of WBW into reality.

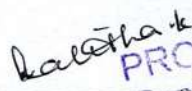
2. Breastfeeding and COVID 19 pandemic

The best nutrition for the baby begins with breast milk which protects the babies against illness. Disruption of breastfeeding can lead to a drop in milk supply, refusal by the infant to take the breast, and a decrease in protective immune factors contained in breast milk. But mothers will be understandably worried and asking themselves whether coronavirus can be passed on through breast milk and what they can do to protect themselves and their babies.

Key messages to be conveyed to breastfeeding mothers

- 3Ws
 - Wear a mask during feeding
 - Wash hands with soap before and after touching the baby
 - Wipe and disinfect surfaces regularly
- When mothers are too ill to breastfeed, they should seek immediate medical advice.


PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
Baby Friendly Hospital
Bangalore - 560 054.


PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

- Use a cup and spoon to feed babies with expressed breast milk when too sick to breastfeed.

Action points for healthcare facilities and their staff

- Healthcare staff while providing maternity and newborn services, should not promote breast milk substitutes, feeding bottles, teats, pacifiers or dummies in any part of the facilities, or by any staff.
- Empower mothers and infants to remain together and practice skin-to-skin contact, and rooming-in throughout the day and night, especially straight after birth during establishment of breastfeeding, whether or not the mother or child has suspected, probable, or confirmed COVID-19.

Counselling and psychosocial support

If the mother and her child have suspected or confirmed COVID-19, breastfeeding counselling, basic psychosocial support, or practical feeding support from trained health care professionals and also community-based lay and peer breastfeeding counsellors should be facilitated.

Keeping ongoing COVID pandemic in mind, the WBW was conceptualized and implemented very meticulously with major three activities targeting pregnant and lactating mothers, health care workers and communities; an also on site campus activity to create awareness among students and faculty as well.

3. Preparation for World Breastfeeding Week

The preparation for WBW 2021 was deeply set, keeping in mind the ongoing COVID 19 pandemic. Interns posted to the various health centres of Ramaiah Medical College were trained prior to the campaign and the messages to be conveyed to the community were imparted to them from August 1-7th, 2021. As it was important to address the severe resource crunch with all resources being directed towards handling the pandemic, it was also imperative that this would not become a missed opportunity to reach out to the community to promote breastfeeding and the WBW theme. Hence, it was decided that all possible measures will be taken to reach as many mothers as possible with the available resources. This year Dr. Babitha Rajan, Asst. Prof was asked to forefront and coordinate this year's WBW celebration at Ramaiah Medical College under the guidance of The Head of the Community Medicine Department, Dr. K.Lalitha.

Emphasizing the importance of physical distancing to be followed strictly in order to prevent COVID 19, it was decided that every opportunity where an antenatal or lactating mother come in contact with the health system will be utilized for educating the mother for breastfeeding, a different strategy was applied in urban and rural areas. In the rural area, since we had the facility to reach out to larger audience it was feasible to conduct the awareness session, maintaining physical distancing whereas in the urban area, due to lack of space, a different strategy was adopted i.e. a house to house counselling was given to all the registered beneficiaries under the UPHC.

Babitha
 PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054

Malgus

Medico-social workers assisted the interns at the awareness sessions. Posters and pamphlets were prepared by interns in the local language to convey the benefits of breastfeeding and the importance of continuing breastfeeding during COVID- 19.

A survey on breastfeeding practices among mothers during the COVID pandemic and especially among the COVID infected lactating mothers was conducted by the postgraduates during this campaign.

To create awareness and to encourage students and faculty participation in the WBW week observation, poem writing and pencil sketching competition was organized by the department for the interns, under graduates, post graduates and faculties.

P. Lakshmi
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

K. Lakshmi
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

4. WBW Activities

4.2. Breastfeeding Awareness Campaign

The awareness campaign was conducted in both the rural and urban areas field practice areas and centres of MS Ramaiah Medical College. The Department of Community Medicine trained postgraduates, interns and medico-social workers (MSWs) to deliver the sessions observing thoroughly all precautions against spread of COVID 19, i.e. wearing of masks, hand hygiene and physical distancing. The participants were educated in small groups of 2 or 3 in rural areas or on a one on one basis at urban areas. At the health centres, opportunistic sessions were conducted among the mothers who came for antenatal care check-ups or for immunization of their children.

4.2.1. WBW in Rural areas

The rural practicing area of MS Ramaiah Medical College consists of the PHC areas of Kaiwara in the district of Chikaballapur, PHC areas of Avathi in the Devanahalli Taluk and RHTC of Ramaiah Leena of Bangalore Rural District. The awareness campaigns were conducted at the primary health centre and at the villages as well.

4.2.1.1. Kaiwara Primary Health Centres

Table 1: Overview of WBW in Kaiwara PHC area

Name of the area:	1. Kaiwara PHC 2. Guttahalli 3. T.Hosur 4. Kendanahalli 5. Nayindrahalli 6. Jagamsheegehalli 7. Gavi Road Kaiwara town
Dates:	01/08/2021 to 07/08/2021
Name of interns (resource persons):	1. Dr.Saloni Agarwal 2. Dr. Sushruth Vakkaleri 3. Dr.Sanjay Pillai 4. Dr.Shaily Awasthi 5. Dr.Sanah Ansari 6. Dr.Sarumathi S
Name of Staff involved	1. Dr.Shalini S 2. Dr.Arjunan Isaac 3. Dr.Ananth Ram 4. Mr Harisha KA

Lacshmi
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Mewl 4/20
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

Key points on which awareness created	<ol style="list-style-type: none"> 1. Educate antenatal and postnatal mothers about Exclusive Breastfeeding 2. Emphasize on 'on demand feeding' 3. Benefits and protective efficacy of mother's milk 4. Benefits of breast feeding to mother, child, family and Community 5. Appropriate technique of breastfeeding 6. Risks associated with pre lacteal and formula feeds 7. Explaining why other sources of milk are not ideal for the newborn 8. Nutritionally appropriate complementary feeding 9. COVID-19 & Breastfeeding 10. COVID & myths during breastfeeding 11. Universal Immunization 12. Importance of COVID vaccination
---------------------------------------	---

Table 2: Details of beneficiaries of WBW who were given awareness in Kaiwara PHC area

DATE	VILLAGE NAME	Antenatal women	Postnatal mothers	ASHA	AWW	General population
1/8/2021	Kaiwara	3	0	6	4	0
2/8/2021	Kendanahalli	5	2	1	3	12
3/8/2021	T.Hosur	2	4	1	2	4
4/8/2021	Nayindrahalli	4	6	1	1	18
5/8/2021	Guttahalli	5	6	2	2	6
6/8/2021	Jangamsheeghalli	4	4	1	2	6
7/8/2021	Gavi Road Kaiwara	2	3	0	1	3

Brief description of the awareness programme:

To observe World Breastfeeding Week 2021, the interns posted at Kaiwara PHC, conducted awareness campaigns to educate expectant and postnatal mothers on various aspects of breastfeeding, the associated benefits and myths and misconceptions surrounding it. Special emphasis was laid on breastfeeding during COVID-19, and the precautions to be taken to ensure mother and child safety.

Mothers and their families were urged to ensure exclusive breastfeeding for the first 6 months and explained why breast milk was ideal for the new born. Advice on nutritive, economically appropriate and acceptable complementary feeding was also given.

Sathya
PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054

M. S. Ramaiah

PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

This exercise was done both at the PHC and at the houses of mothers in the villages. Charts and posters in the local language were used to ensure better efficacy. Taking account of the current pandemic and the rising number of cases, appropriate social distancing protocols, usage of masks, face shield and personal protection was ensured.

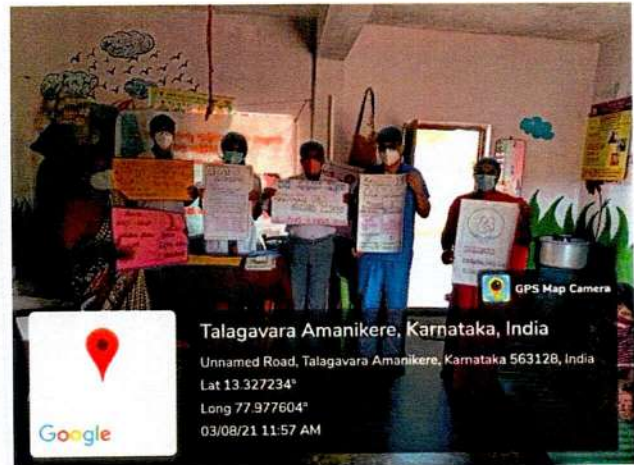


Figure 2: Glimpses of WBW awareness programme in Kaiwara PHC area

Latika
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054,

Malayappa
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

4.2.1.2. Avathi PHC area and Leena Ramaiah RHTC

Table 3: Overview of WBW observation in Avathi PHC and Ramaiah Leena RHTC

Name of the villages at Devanahalli :	<ol style="list-style-type: none"> 1. Yelank Veedi 2. Gobbarakunte 3. DVM colony 4. Bijjavara 5. Leena Ramaiah Hospital 6. Avathi PHC
Dates:	02/08/2021 – 07/08/2021
Name of interns (resource persons):	<ul style="list-style-type: none"> • Dr.Sandesh N • Dr.Sarasija P • Dr.Shalini M • Dr.Shashwat • Dr.Siddhart Garg • Dr.Sushmitha CJ
Name of Staff involved :	<ul style="list-style-type: none"> • Dr.Manjula • Dr.Lalitha k • Dr. Dinesh Rajaram • Dr.Pavithra Cheluvaraj • Dr.Yashaswini • Dr.Aishwarya • Mr. Venkateshappa T
Key points emphasis	<ul style="list-style-type: none"> • Advantages of breastfeeding • Importance of colostrum& exclusive breastfeeding • Techniques of breast feeding for good attachment • Harmful effects of pre-lacteal feeds and bottle feeds. • Importance of complementary feeds after 6 months. • Emphasized on about breastfeeding practices during COVID and among those infected • Importance of COVID vaccination to lactating and pregnant mothers.

Lalitha k
 PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054,

Mesh 9/20
 PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

Table 4: Details of beneficiaries of WBW who were given awareness in Avathi PHC area and Ramiah leena RHTC

DATE	VILLAGE NAME	Antenatal women	Postnatal mothers	ASHA	AWW	General population
2/8/21	Leena Ramaiah Hospital	8	4	0	0	6
3/8/21	Yelank Veedi	9	3	2	24	10
4/8/21	Gobbarakunte	8	4	1	1	5
5/8/21	Avathi	6	4	1	1	10
6/8/21	DVM colony	20	10	2	2	10
7/8/21	Bijjavara	10	8	1	1	10

Brief description of the awareness programme:

- Beneficiaries were asked to follow COVID Appropriate Behaviours - Social distancing, Hand hygiene and Wearing mask.
- Benefits of breastfeeding for the infant as well as mother were discussed and the mothers were encouraged for exclusive breastfeeding for 6 months.
- Mothers were taught the correct technique to breastfeed.
- Myths and misconceptions regarding breastfeeding were cleared.
- COVID related information, myths and vaccination



Gobbaragunte, Karnataka, India
 Unnamed Road, Gobbaragunte, Karnataka 562110, India
 Lat 13.291942°
 Long 77.73258°
 04/08/21 10:36 AM

Bangalore Rural, Karnataka, India
 2nd Cross Rd, Prashantha Nagar, Devanahalli, Karnataka 562110, India
 Lat 13.24092°
 Long 77.711868°
 06/08/21 11:37 AM



Bijjavara, Karnataka, India
 Timmahalli Road, Bijjavara, Karnataka 562110, India
 Lat 13.32974°
 Long 77.745307°
 07/08/21 11:11 AM

Leena Ramaiah
PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

Medhya
PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

Figure 3: Glimpses of awareness programme conducted in Avathi PHC area

4.2.2. WBW in Urban Areas

MS Ramaiah Medical College lends its services to the urban primary health centres at Mathikere and Nethaji Circle, Bangalore. The interns under the supervision of the health centre staff and faculty of the department, provided one on one, awareness on importance of breastfeeding to mothers.

4.2.2.1. Netaji Urban Primary Health Centre

Table 5: Overview of WBW activities in Netaji Circle UPHC

Name of the centre:	Nethaji Circle UPHC
Dates:	01/08/2021 to 04/08/2021
Name of interns (resource persons):	1. Dr.Shreyas Vastrad 2. Dr.Sindhu Badarish 3. Dr.Shreya Prakash, 4. Dr.Simran Gupta 5. Dr.Sumedha Jolly 6. Dr.Tanmay
Names of centre staff:	1. Medical officer- Dr Sachin, Dr Bhagyalakshmi 2. Faculty – Dr.Suman G ,Dr.Priyadarshini,Dr.Babitha Rajan,Dr.Aishawarya,Dr.Bhavna 3. MSW – Dinesh,Chethan,Ashwini 4. ANM- Mrs Sharada, Mrs Shivananjamma,Suma 5. Anganwadi teacher- Mrs Jayamma 6. Asha worker- Mrs Shashikala
Agenda of the awareness programme:	1. Educate the mothers about importance of breastfeeding 2. Encourage the family to support breastfeeding 3. Counsel the mothers regarding correct techniques of breastfeeding 4. To bust the myths about breastfeeding during COVID-19 pandemic and COVID vaccination 5. Early initiation of breastfeeding within half an hour of birth 6. Exclusive breastfeeding for the first 6 months of life 7. Continued breastfeeding up to 2 years of age or beyond, with introduction of nutritionally adequate

Table 6: Number of beneficiaries reached for awareness in Netaji Circle health centre area

DATE	Urban slum areas	Antenatal women	Postnatal mothers	ASHA	AWW	General population
1/8/21	MRJ colony	3	4	1	0	7
2/8/21	NH colony	3	5	1	1	6
3/8/21	AK colony	4	6	2	2	7
4/8/21	Sanjeevappa colony	4	7	1	1	6

Dr. Babitha
PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054,

Yewha Yyao

PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

Brief description of the awareness programme

- Awareness session to the identified beneficiaries was given through one on one, and counselled with the help of posters prepared by the interns regarding the importance of breastfeeding, benefits to the mother and baby, need for exclusive breastfeeding for the first 6 months, complementary feeding, correct technique and positions for breastfeeding.
- Educated mothers regarding frequency of feeds, cracked nipples, hygiene and care of the breast, signs of good attachment and criteria for adequate feed.
- Queries regarding feeding post- covid vaccination, and advised mothers to continue the same methods during Covid-19 pandemic and vaccination were addressed.
- Special emphasis was laid on this year's theme, and husbands and other family members were counselled regarding breastfeeding being a shared responsibility.



Figure 4: Glimpses of awareness programme conducted in Netaji Circle UPHC Area

Dr. Lakshmi
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054,

Med L 9/20
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

4.2.2.2. Mathikere Urban Primary Health Centre

Table 7: Overview of WBW activities in BK Nagar UPHC and MK nagar

Name of the centre:	Mathikere UPHC
Dates:	05/08/2021 to 07/08/2021
Name of interns (resource persons):	Dr.Smrithi Nayak, Dr.Sourabha Hegde Dr. Swathi N Dr.Aditi M Singh Dr.Shashank
Names of centre staff:	1. Dr.Priyadarshini 2. Dr Aishwarya 3. Dr. Yashaswini 4. Mrs Ashwini PHN 5. Mr.Chethan 6. Mrs Manjula Anganwadi teacher, 7. Mrs Revathi ASHA worker, 8. Mrs Seema ICDS supervisor
Agenda of the awareness programme:	1. Educated the importance of antenatal care, 2. Advantages of postnatal care 3. Importance of Breastfeeding, colostrum and kangaroo mother care for Low birth weight babies. 4. Harmful effects of bottle feeding and prelacteal feeds. 5. Counsel the mothers regarding correct techniques of breastfeeding 6. To bust the myths about breastfeeding during COVID-19 pandemic and COVID vaccination 7. Early initiation of breastfeeding within half an hour of birth 8. Exclusive breastfeeding for the first 6 months of life 9. Continued breastfeeding up to 2 years of age or beyond, with introduction of nutritionally adequate

Table 8: Number of beneficiaries reached for awareness in Mathikere UPHC

DATE	Urban slum areas	Antenatal women	Postnatal mothers	ASHA	AWW	General population
5/8/21	Muneshwara slum Anganwadi	2	9	1	1	7
6/8/21	Akkiyappa Garden, MK Nagar	2	7	0	1	6
7/8/21	Poornapura slum, Mathikere UPHC	4	6	2	2	7

Latika
PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

Maha Y
PRINCIPAL AND DEAN¹⁶
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

Brief description of the awareness programme

- Participants were identified through the help of health worker of Mathikere UPHC.
- Awareness session was given to the identified beneficiaries, through one on one, and counselled with the help of posters prepared by the interns regarding the importance of breastfeeding, benefits to the mother and baby, need for exclusive breastfeeding for the first 6 months, complementary feeding, correct technique and positions for breastfeeding.
- Mothers and to be mothers were educated regarding frequency of feeds, cracked nipples, hygiene and care of the breast, signs of good attachment and criteria for adequate feed.
- Queries regarding Covid-19 pandemic and vaccination, feeding post- COVID vaccination were addressed.
- A special emphasis was laid on this year's theme, and husbands and other family members were counselled regarding breastfeeding being a shared responsibility.



Figure 5: Glimpses of awareness programme conducted in Mathikere health centre areas

Santhosh K
PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

MeeLiyao
PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

4.3. Survey on Breastfeeding Practices during COVID 19 Pandemic in Rural And Urban Field Practice Areas

4.3.1. Background

The infection with the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV-2) and designated COVID-19 by the World Health Organization (WHO) was first identified in humans in December 2019, in the city of Wuhan, China(2) and can present from asymptomatic to a severe acute respiratory infection requiring intensive care(3)

As the cases vibrantly raised, lead to the initiation of Lockdown period according to rules set by each state Government. This affected humans mentally, physically by restricting to work from home, economically and even all sectors of economy were affected. A pregnant lady who is to undergo regular antenatal checkups would have found it inconvenient to access MCH care and services during this period.

Although many published cases confirm the absence of transmission of the SARS-CoV-2 virus antenatally or intrapartum, emerging evidence suggests that vertical transmission is possible and followed by practices of withholding breastfeeding and separating mom and infant dyad. However, this is still controversial due to a reduced number of reported cases with intrapartum samples (placenta, amniotic fluid, umbilical cord blood), large variability in the type of biological material analyzed and the time of its collection. Hence, such a study was envisaged to know the breastfeeding practices prevalent in urban slum population of M.S. Ramaiah medical college

4.3.2. Methodology

Mothers with children in the age group of 0-2 years who are residing in urban and rural field practice area and are availing the services at the anganwadi centers was approached with the help of Anganwadi workers, junior health assistants, ASHA, USHA. Attempts were made to pool and include the mothers of children who have not been enrolled in the anganwadi.

A semi structured pretested questionnaire was administered after obtaining the informed consent to all the mothers with children between 0-2 years of age. Data regarding socio-demographic details, information on COVID illness, delivery and breastfeeding practices, barriers faced in regard of lactation during pandemic were collected from the study participants.

4.3.3. Preliminary findings

This study is still under the process of completion awaiting to conduct an FGD among the mothers. Therefore, we would like to present a glimpse of the findings of the study:

Out of 39 lactating mothers, only 2 of them were COVID Positive and they are continuing breast feeding and indeed were encouraged breastfeeding during COVID19. They used precautionary measures like mask, hand washing, hygiene, social distancing and these information were provided by Doctors and ANM's. .Both

Signature

PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Signature
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

their babies were not affected.

Among 35 currently lactating mothers, 50% of them had done exclusive breastfeeding, 19% continued to breastfeed and start complementary feeds for 7-9 months. Only 12(30.7%) were vaccinated against COVID-19, 33% reported that they were not informed by any authority that they can get vaccinated, 16.6% said as they are lactating, they fear the side effects of vaccine which can affect baby, while 16.6% mothers underwent tubectomy. It was noted that 11.1% of the mothers mentioned that lack of support in caring of baby as a reason for not getting vaccinated. 12(92%) were partially vaccinated for COVID and the source of information on vaccination during lactation were 46% ASHA workers & 35% from Doctors. Almost 28(82.3%) had no difficulty in accessing MCH care and out of 3(12.5%) who had difficulty in accessing MCH care, 33.3% had equal reasons as lockdown, felt there were no need of postnatal mothers and improper referral system.

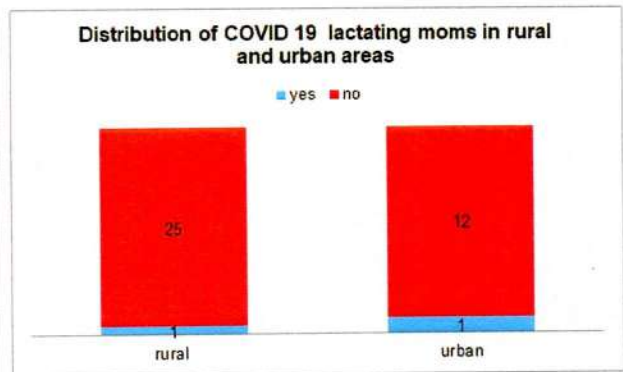
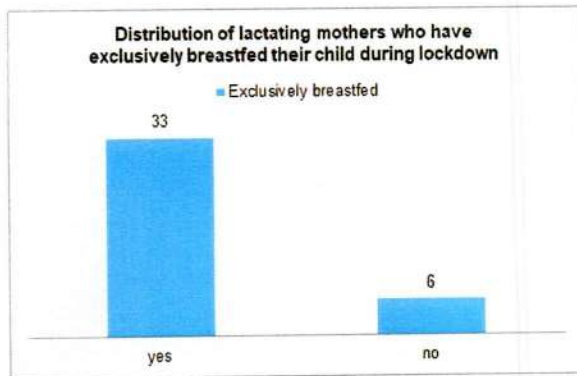


Figure 6: Survey of lactating mother in urban slum

Satish
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Maha. Gow
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.


4.4. On campus activity - Pencil sketching and Poem writing competition

Literature and Art of all forms has the power to move people and creative portrayals of importance of breast feeding and myths can help raise community awareness that is of utmost concern. The Department of Community Medicine organized a pencil sketching competition and poem writing competition for the under graduates, interns, post graduates and faculties.

4.4.1. Poem writing competition

Poem writing competition was held on 2nd August 2021 and Pencil sketching competition was conducted on 6th August 2021, on the theme of Breastfeeding week 2021, Protecting Breastfeeding: Where lies the responsibility. Total of 10 entries for each of the competition were registered.

Click on Tools to convert PDF.



Poem Writing Competition

Theme : Protecting Breastfeeding : Where lies the Responsibility

On the occasion of "World Breastfeeding Week-2021" Ramaiah Medical College invites under graduates, interns, post graduates and faculties for a poem writing competition organized by Department of Community Medicine

Interested participants kindly give your details – name, year ,department, contact number to Dr.Babitha Rajan (Assistant Professor) Dept. of Community Medicine – 9740133962

Last date of submission of poem : 2nd August, 2021
Please mail your poem to this email id : rmccontacttracing@gmail.com

Rules : Language either in English/Kannada not both.
It should be original.
Please mention your name, department, designation, contact number, email id.
Handwritten materials are not accepted as will be challenging for the judges to read.
Typed on Microsoft Word and convert it into pdf document with your details.

Figure 7: Image of Call for Poem Writing competition

Table 9: Prize winners of Poem writing competition

Kannada	First prize	1. Dr.Somashekar (Prof & HOD , Dept of Pediatrics)
	Second Prize	2. Dr.Anupama Pujar (Asst.Prof , Dept of Surgery)
English	First prize	3. Dr.Priyanka P (PG, General Medicine)
	Second Prize	4. Isha Chakrabarti (UG, 1st MBBS)



Figure 8: Prize distribution to the winners

Laxitha
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Medhya
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

4.4.2. Pencil sketching competition

Pencil sketching competition was conducted on 6th August 2021, on the theme of Breastfeeding week 2021, Protecting Breastfeeding: Where lies the responsibility. Total of 10 entries for pencil sketching were registered.

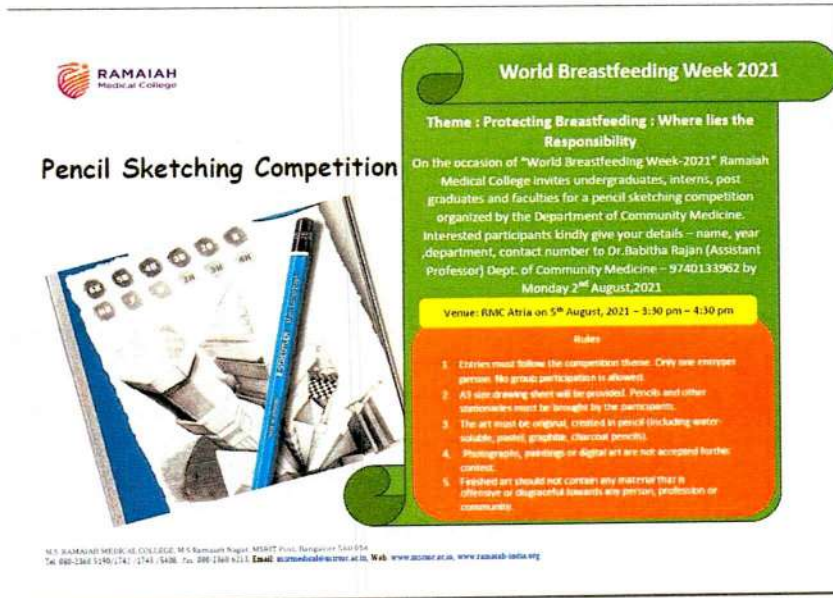


Figure 9: Image of Call For Pencil Sketching Completion

Table 10: Prize winners of Pencil Sketching Competition

First prize	Dr.Priyanka P (PG, General Medicine)
Second Prize	Zohra Fathima (3rd term, UG, MBBS)
Third prize	Abhilash H M (3rd year, BPT)

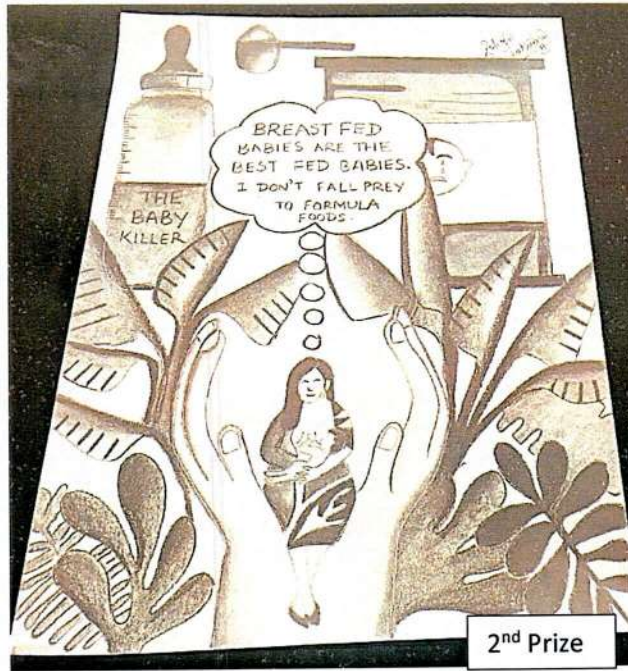


1st Prize

Dr. Priyanka P
PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

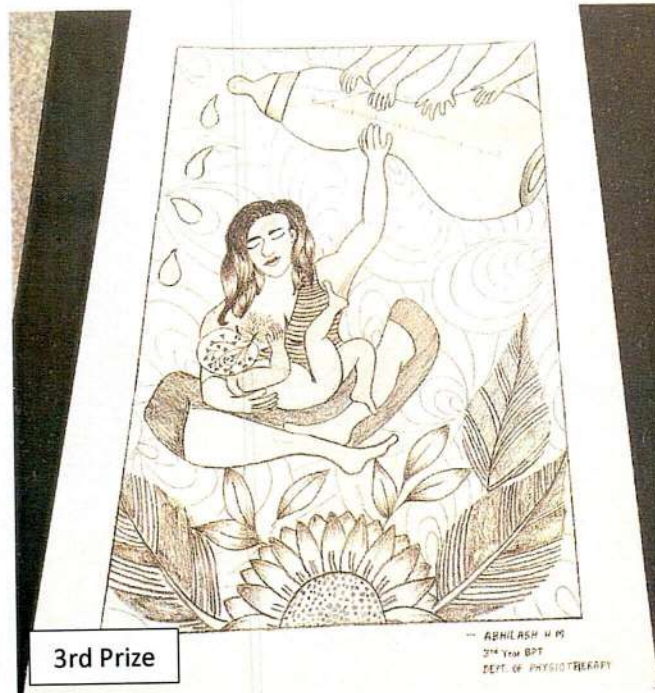
Figure 10: First Prize Winning Pencil Sketch

Med 470
PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.



2nd Prize

Figure 11: Second Prize Winning Pencil Sketch



3rd Prize

ABHILASH M M
3rd Year BPT
DEPT. OF PHYSIOTHERAPY

Figure 12: Third Prize Winning Pencil Sketch

Laxethak
 PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

Med 9 pro
 PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054.

5. References

1. Breastfeeding and COVID-19 [Internet]. [cited 2021 Aug 27]. Available from: <https://www.who.int/news-room/commentaries/detail/breastfeeding-and-covid-19>
2. David H, Esam A, Tariq M, Francine N, Richard K, Osman D, et al. The continuing 2019-nCoV epidemic threat of novel coronaviruses to global health — The latest 2019 novel coronavirus outbreak in Wuhan, China. *Int J Infect Dis.* 2020;91(January):264–6.
3. Chen N, Zhou M, Dong X, Qu J, Gong F, Han Y, et al. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. *The Lancet.* 2020;395(10223):507–13.

6. Acknowledgements

The success of awareness campaign is attributed to the untiring efforts of all field health workers, interns, mothers & communities who participated and the management of Ramaiah Medical College which was willing to take initiative and National Service Scheme for funding the program.

Latha
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Holya
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

Report on World Rabies Day 2021

September 28 is World Rabies Day, a global health observance started in 2007 to raise awareness about rabies and bring together partners to enhance prevention and control efforts worldwide. World Rabies Day is observed world wide.

World Rabies Day is an opportunity to reflect on how rabies impacts your community and other communities around the world. The best way to protect you, your family, and your pets is to keep dogs and cats up-to-date on their rabies vaccinations. You can also protect you and your family by travelling smart, and avoiding contact with dogs and other animals that may have rabies when you travel outside the country.

World Rabies Day is an opportunity to reflect on how rabies impacts your community and other communities around the world. While rabies is a 100% preventable disease, more than 59,000 people die from the disease around the world each year. World Rabies Day is an opportunity to reflect on our efforts to control this deadly disease and remind ourselves that the fight is not yet over.

This year's World Rabies Day theme is: "**Rabies: Facts, not Fear**". The global COVID-19 pandemic has raised many doubts and misconceptions about diseases, their spread and about vaccination in general. Because of this, there has been some hesitancy about the roll-out of the COVID-19 vaccines in many countries and many people are afraid to get vaccinated. For rabies, this is nothing new, as fears, misconceptions and misinformation about the disease and its prevention dates back hundreds of years. For that reason, this year's theme is focused on sharing facts about rabies, and not spreading fear about the disease by relying on misinformation and myths.

Facts: Facts are essential for raising disease awareness, preventing rabies cases, having the animal population vaccinated, and educating people about the dangers of rabies and how to prevent it. Without facts we would not have data for decision-makers to inform them of the serious nature of the disease. We would not be able to advocate for its elimination and the burden of the disease would remain unknown, resulting in tens of thousands of people and animals continuing to die from rabies each year. Let us use facts to raise awareness and educate others about rabies – a 99% fatal, yet 100% preventable disease.

Fear: The word "fear" has three meanings in this year's theme. Firstly, it relates to the general fear caused by rabies, the fear people experience when encountering rabid animals, and the fear that people live with in communities plagued by rabies. The second meaning relates directly to the symptom of fear that people may experience when infected with rabies. Lastly, fear relates to the fear caused by 'fake news' or myths about rabies – making people afraid of vaccination, making people afraid to get their animals sterilized or vaccinated, and making people believe in ineffective treatments for the disease.

P. Srinivas
PROFESSOR AND HEAD
Department of Community Medicine
M.S. RAMAIAH MEDICAL COLLEGE, MSR Nagar, MSRIT Post, Bangalore 560 054
Tel: 080-2360 5190/1742/1743/5408. Fax: 080-2360 6213. Email: msrmedical@msrmc.ac.in, Web: www.msrmc.ac.in

M. L. G. Rao
PRINCIPAL AND DEAN
M.S. RAMAIAH MEDICAL COLLEGE
& Teaching Hospital
Bangalore - 560 054.

As a part of World Rabies Day 2021, a State Level Quiz on rabies for the undergraduate students was held at Mandya Institute of Medical Sciences, Mandya on 28th September 2021. With this regard, the qualifying round was organized by the Department of Community Medicine, Ramaiah Medical College and coordinated by Dr.Pavithra Cheluvraj on September 17th,2021.

Questions comprised of the multiple choice questions and fill in the blanks. The quiz competition was coordinated by Dr Pavithra Cheluvraj, Assistant Professor, Department of Community Medicine. 7 teams participated with 2 members in each team. 5 teams from 7th Term, one team each from 1st and 4th term participated. Top two teams scoring highest marks participated in the State Level world rabies day quiz 2021 held at Mandya Institute of Medical Sciences, Mandya on 30th September 2021.

List of participants

Sl no	Team no	Term	Name of participant	Signature of the participant
1.	1	7 th Term	Anusha C	
2.			Simran Jyoth G C	
3.	2	4 th Term	Arun Ram R	
4.			Vignesh Prakash	
5.	3	7 th Term	Thrisha	} Absent.
6.			Ved	
7.	4	1 st MBBS	Bhuvan R	
8.			Nilesh Chopra	
9.	5	7 th Term	Sejal Jain	
10.			Divyanshi	
11.	6	7 th Term	Shreyansh Agrawal	
12.			Arvind Krishna	
13.	7	7 th Term	Chandan K M	
14.			Chaitanya Shetty	
15.	8	7 th Term	Niharika T S S	
16.			Dipannita Mukherjee	



Pavithra

PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

M. S. Ramaiah
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

Ramaiah Medical College
Department of Community Medicine
Report of the World Environment Day- 2021
"Ecosystem Restoration"

Preamble:

The United Nations (UN) named 5 June as international World Environment Day at the Stockholm Conference on the Human Environment in 1972. The idea was to draw attention to the many problems that are facing our environment. They wanted to include as many people, organisations and governments, both local and national, as possible. They wanted to show that positive change is possible when people work together to fight for a common cause.

The theme for World Environment Day 2021 is "Ecosystem Restoration" and will see the launch of the UN Decade on Ecosystem Restoration. Ecosystem restoration can take many forms: Growing trees, greening cities, rewilding gardens, changing diets or cleaning up rivers and coasts. This is the generation that can make peace with nature. Ecosystem restoration means assisting in the recovery of ecosystems that have been degraded or destroyed, as well as conserving the ecosystems that are still intact. Healthier ecosystems, with richer biodiversity, yield greater benefits such as more fertile soils, bigger yields of timber and fish, and larger stores of greenhouse gases.

Proceedings:

The program was held as a hybrid model with offline participants at the Ramaiah Medical College Board Room and online guest joining on the WebEx platform.

Dr. Priyadarshini C P, was the emcee of the program and commenced with a brief background regarding the international world environment day. The program commenced with the Ramaiah Anthem.

Dr. Nanda Kumar B S, gave the welcome address highlighting the importance of the world environment day. A warm welcome was extended to the senior management in absentia: Sri M R Sreenivasa Murthy- CE, GEF (M), Sri. T V Venugopala Sastry, CFO, Sri Srivara HG, Head- HR & Legal. Other dignitaries offline and online comprising of Dr. Medha Y Rao- Principal & Dean, Dr. Shalini Nooyi- Vice Principal, Registrar(S) Dr. Prathab AG and Dr. Hemanth T. The chief guest Sri. AN Yellappa Reddy- Environmentalist and former MoEF, GoK, Sri Raghotham Rao, Sri Shibu and Dr. Vishal Mehta were welcomed to the program. Also, a warm welcome was accorded to the heads of various departments, faculty, students and other participants.

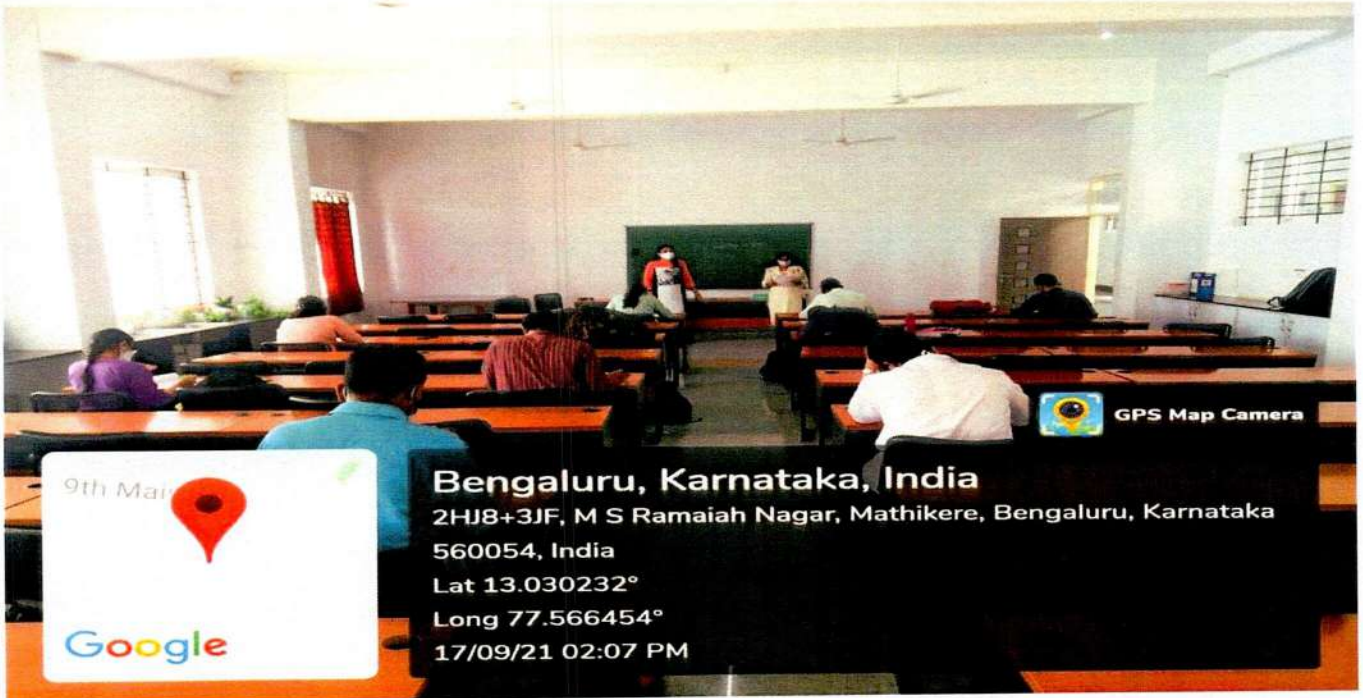
- Dr. Babitha R spoke about the Ramaiah Medical College Eco Club and detailed the inception and activities along the journey. The objectives of the eco club include to create environmental awareness – acquiring & disseminating, Sense of accountability, undertake Positive actions for environmental conservation and strengthen the institutional environment. Dr. Vishnu Prasad made a detailed presentation of the various activities proposed through the eco club for ensuring environmental safety and restoration. Proposed activities are: i) Foot Path Waste Segregation Bins ii) E-Waste Bins iii) Improve Campus and

Lavitha
PROFESSOR AND HEAD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

M.S. RAMAIAH MEDICAL COLLEGE, M S Ramaiah Nagar, MSRIT Post, Bangalore 560 054
Tel: 080-2360 5190/1742-21743 /5408. Fax: 080-2360 6213, Email: msrmedical@msrmc.ac.in, Web: www.msrmc.ac.in

Malgao

PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.



GPS Map Camera



Bengaluru, Karnataka, India

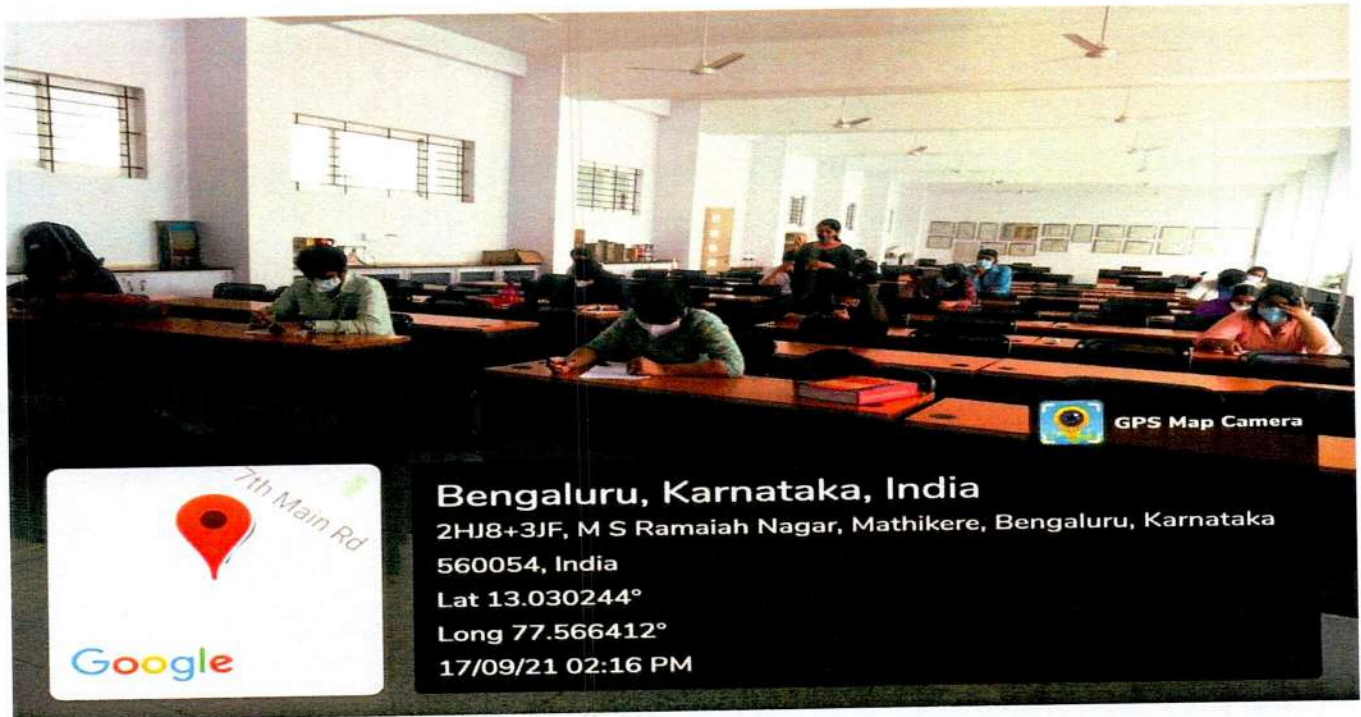
2HJ8+3JF, M S Ramaiah Nagar, Mathikere, Bengaluru, Karnataka

560054, India

Lat 13.030232°

Long 77.566454°

17/09/21 02:07 PM



GPS Map Camera



Bengaluru, Karnataka, India

2HJ8+3JF, M S Ramaiah Nagar, Mathikere, Bengaluru, Karnataka

560054, India

Lat 13.030244°

Long 77.566412°

17/09/21 02:16 PM

Report prepared by Dr Pavithra Cheluvraj

Pavithra.k

PROFESSOR AND HEAD

Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560054.

Medly

PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560054.

M.S. RAMAIAH MEDICAL COLLEGE, M S Ramaiah Nagar, MSRIT Post, Bangalore 560 054
Tel: 080-2360 5190/1742 /1743 /5408. Fax: 080-2360 6213, Email: msrmedical@msrmc.ac.in, Web: www.msrmc.ac.in, www.ramaiah-india.org

Hostel Green Cover iv) Paperless Initiative v) Ecological Social Media Presence vi) Patient programs to better dispose medical and sharp waste on a community level vii) Leaky tap squad- identify missed sources of water wastage viii) "Environmental fest" for faculty and students ix) Allocating an environmental quota for each year of MBBS students x) Patient programs to better dispose medical and sharp waste on a community level xi) "Waste-On-the-Go" bag for plogging.

Dr. Medha Y Rao spoke passionately about environmental conservation and narrated the qualities one would develop through the simple act of nurturing and caring for a plant from the seedling to a tree.

This was followed by the panel discussion moderated by Dr. Shalini Nooyi. After introduction of the panellist, Dr Ragotham Rao spoke about the efforts required to preserve the fragile ecosystem and the role of every human being in this context. He narrated several examples of conservative efforts undertaken by their group and encouraged the students and faculty at Ramaiah to continue their efforts at environmental preservation. Dr. Shibu from GAIA spoke in detail about the need for protecting the environment from the deleterious effects of the human activities especially those from burning of waste. He eloquently described the efforts at using non-burn technologies for reducing the impact of waste managing towards safeguarding the environment.

This was followed by a recorded video presentation from Dr. Vishal Mehta of Stockholm Environment institute CA, USA. He recalled the collaboration between Ramaiah Medical College and SEI in the areas of fluorosis project and narrated the various activities of the SEI globally towards environmental conservation.

Subsequently, Dr. AN Yellapa Reddy spoke and congratulated the efforts of the institution management and the zeal of the students and faculty towards environmental consciousness and efforts on the campus. He gave several examples of efforts towards making the environment sustainable and safe for the future generations.

The prizes for the essay competition and phot competition were announced by Sri. Shivaraj NS. The prize winners were:

Essay Competition

- Second runner up - Mr. Chirag Bansal, 1st year MBBS
- First runner up - Ms. Sahana S Inamdar, 1st year MBBS
- Winner - Ms. Paavni Sharma, 3rd Year BPT, Department of Physiotherapy

Judges :

- Dr. Vinay Martin D'sa Prabhu, Professor - Department of Radio diagnosis
- Dr. Chitra S., Associate Professor, Department of Endocrinology
- Dr. Shalini C. Nooyi, Vice Principal (Academics), Prof., Department of Community Medicine

Photo Competition

- Consolation prize - Dr.Eilene Basu, Intern, MBBS
- Second Runner-up - Dr.Pradeep GCM ,Professor, Neonatologist, Department of Pediatrics
- First runner-up - Ms. Rohini S Yelemane, 3rd Term, MBBS
- Winner - Ms.Siri A, 3rd term MBBS

Judges :

- Dr.B.S.Nandakumar, Head, Research & IPR, Assoc. Pof. Community Medicine
- Sri.Anantha Subramanya K.,Photographer, Corporate Communication, GEF – Medical

Action plan for environmental restoration

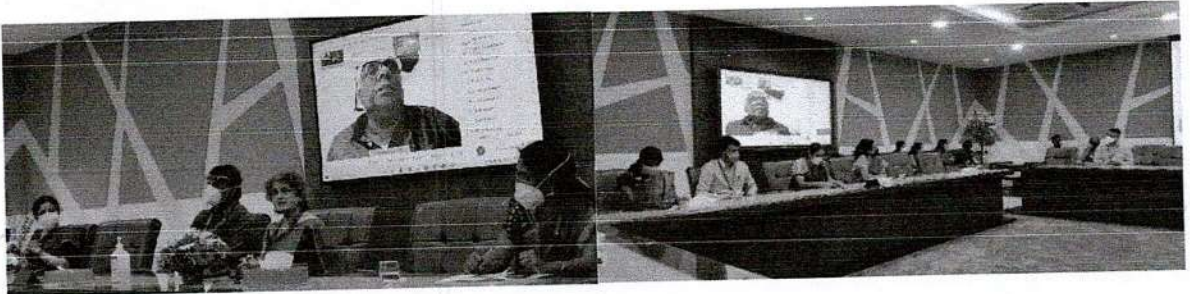
- Winner - Ms.Riya Sara Paul & Ms.Reethi Temker, 6th Term, MBBS

Judges :

- Dr.Hemanth T, Registrar Administration & Professor, Dept. of Community Medicine
- Dr.Girish Chandra Y.P, Professor and HOD, Department of Forensic Medicine

Dr. Lalitha K proposed the vote of thanks to all the delegates, dignitaries, and the participants.

.....
Photos of the Event(to be replaced with the appropriate better ones)



Lalitha K
PROFESSOR AND HOD
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Mysuru
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

Annexure-I

Session detail for 'RMC World Environment Day 2021 Celebration - 09.06.2021

Sl. No.	Time	Program
1.	2.30-2.45 pm	Inauguration Ramaiah Anthem Welcome note & Overview of the World Environment Day- Dr Nanda Kumar B S
2.	2.45- 3.00 pm	Highlights of Safe Mask Disposal Survey- Dr. Pavithra C Updates from Ramaiah Eco Club- Dr. Babitha Action plan for next year –Ramaiah students - Eco Club members Message for students_ Dr. Medha Y Rao
3.	3.00- 3.45 pm	Panel Discussion on Environment Restoration Moderator- Dr. Shalini C Nooyi Panellists - Dr. Raghotam Rao- Environmentalist (Rd Professor, Commerce, APS College) - Sri. Shibu K.N. South Asia Coordinator, GAIA Asia Pacific - Dr. Vishal Mehta- Stockholm Environmental Institute- USA* Pending Confirmation
4.	3.45-4.00 pm	Address by the Guest of Honor – Dr. Yellapa Reddy, Environmentalist Environmental day award announcements- Essay & Photo caption competition- Sri Shivaraj N S Vote of thanks- Dr. Lalitha K- HOD, Community Medicine National Anthem

Coordinators: Dr. Nanda Kumar BS, Mr. Shivaraj NS

Lalitha K
PROFESSOR AND
Dept. of Community Medicine
M.S. Ramaiah Medical College
MSR Nagar, Bangalore - 560 054.

Medha Y Rao
PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054.

Annexure-3
List of Participants on the WebEx platform

Sl. No.	NAME	Email
1	BHARGAV V NAIK	bvnaik09@gmail.com
2	5450 - PRANAV ARUN BHARADWAJ	pranavarunedu@gmail.com
3	POOJA K R	poojarkonanur7@gmail.com
4	SUSHMITHA M NAIR	sushmithamnair15@gmail.com
5	TARIKA	yashpalchabra70@gmail.com
6	H G SRIVARA	hgsrivara@msrhs.org
7	AMAL SIBBY GEORGE	amalsibby123@gmail.com
8	VASUDHA K R	vasudha2402@gmail.com
9	SHRISHTI	shrishti51234@gmail.com
10	AARZOO	bhayana124507@gmail.com
11	VED PRIYA MITTAL	vedpriyamittal@gmail.com
12	AYUSH SINGH	ayushsingh17012001@gmail.com
13	ASHISH	ashishbhanwala53@gmail.com
14	MEENAKSHI SRIVASTAVA	mishhiii16@gmail.com
15	SHAGUFTA BEGUM	shahh44@gmail.com
16	JINAL DAXINI	jinaldaxini99@gmail.com
17	MANYA JAGADISH	manyajagadish30@gmail.com
18	ABHISHEK KUMAR	heartstillerabhishek01@gmail.com
19	RAJANYA SINGH	rajanyasingh30@gmail.com
20	5434-MRIDUYADAV	mriduyadav1310@gmail.com
21	5447-PRADHAN KUMAR	Pradhu009@gmail.com
22	ISHIKA D	ishikagadiya@gmail.com
23	090 NISHCHAL	nishchaygoyal07@gmail.com
24	RADHA	lislshavenkateshhuliyar2000@gmail.com
25	RATHANIQCAC	rathna2595@gmail.com
26	5403 DEEBA JOLARPET	deebajolarpet03@gmail.com
27	PRACHI SHARMA	1202prachisharma@gmail.com
28	5468-SEJAL CHIKNAR	sejalrchiknar160601@gmail.com
29	SOUNDARYA JR	soundaryajuttur@gmail.com
30	LIKHITH	likhithgwd5@gmail.com
31	NANDAN K	nandank19052003@gmail.com
32	SANJAY K	sanju21599@gmail.com
33	5481 - SRIPRADHA L	pradhalak@gmail.com
34	AKSHIT MALHOTRA	akshitmalhotra2209@gmail.com
35	NIHARIKA MAHESH	niharikamahesh23@gmail.com
36	MOHAMED ZAID NADAF	nadafzaid1020@gmail.com
37	PUSHKAR GAUTAM	pushkar2216@gmail.com
38	5384 AMITHABH RAMESH	amithabhramesh05@gmail.com
39	SEJAL JAIN	sejaljain.2914@gmail.com

Laadha

PROFESSOR
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054

Medha Y
 PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore

Sl. No.	NAME	Email
40	5464 ROHIT D	rohitd2802@gmail.com
41	ROHIT	swarnarohit2000@gmail.com
42	DR. MUKUNDA N	drmukundagm@gmail.com
43	CHINMAYEE ARASADA	cckesha7@gmail.com
44	DR GURUDEV	president@msrmh.com
45	SPARSHA HARVOO	hvsparsha@gmail.com
46	116 SHRADHA CK	shradhack@gmail.com
47	RAHUL SHARMA	rahuldixit97@gmail.com
48	5452 PRAVALLIKA NOTU	A@gmail.com
49	LAHARI B.R	lahariravikumar53@gmail.com
50	DK SINGH	svp@msrmh.com
51	RMC COMMUNITY MEDICINE	rmc.communitymedicine@ramaiahgroup.org
52	MADHULIKA KOTRA	likakotra@outlook.com
53	KARTHIK SHENOY	karthikshenoyn@gmail.com
54	SATHYA	sathyaprakashsagarakhed@gmail.com
55	GAGAN K	Gagankmurthy@gmai.com
56	RABIYA BASRI	basrirabiya562@gmail.com
57	DR NANDAKISHORE	dr.nkalva@yahoo.com
58	5419 KARTHIK YADAVALLI	karthik.yadavallineet2019@gmail.com
59	ANANYA K	tigerpaw2611@gmail.com
60	5473 SHRADDHA C SULLAD	shraddhacsullad@gmail.com
61	DR.A.N.YELLAPPA REDDY	dr.yellappareddy@gmail.com
62	AJAY YADAV	ysurender32@gmail.com
63	DR LALITHA C	lalitha.ashu@gmail.com
64	MAHITHA HITHENDRA	mahithah2002@gmail.com
65	RUTHVIK GOWDA	ruthvik131@gmail.com
66	ANKITA AGRAWAL	ankitaagrawal3663@gmail.com
67	ARJUN RAVI	Arjun.Ravi@hotmail.com
68	CHAITANYA S M 34	chaitanyasm0@gmail.com
69	VINAY PRABHU	vinaymdprabhu@yahoo.co.in
70	SPOORTHI S	spoorthy0806@gmail.com
71	123 - SNEHA PATRO	spatro345@gmail.com
72	KISHORE RS	kishorers936@gmail.com
73	SURYA TEJ	mailto:suryatej@gmail.com
74	ASHWIN KULKARNI	drashwinkulkarni@yahoo.in
75	104 ROSHAN NAYAK	rnayak250202@gmail.com
76	5500 VINATHI V B	vinathibenglorkar@gmail.com
77	SHALINI A	shalinias2109@gmail.com
78	SUJAL	sujalrn5@gmail.com
79	ADITHYA S	mailadi2302@gmail.com
80	FATHIMA ZOHRA	fathimazohra9@gmail.com
81	NEHA KOUR ROLL NO_5438	nehakour500@gmail.com

Sl. No.	NAME	Email
82	SRIKANTH R	srikanthrajendran1230@gmail.com
83	VINAY C BELLUR	vinaybellur2001@gmail.com
84	ABHILASH H M	abhilashmanjunath2001@gmail.com
85	AKSHAYA R	akshaya.6152@gmail.com
86	SEJAL BOHRA	sejalvjain17@gmail.com
87	BT18MME097	poldasmamata@gmail.com
88	VAARYA RUPANI	vaaryarupani@yahoo.in
89	RHEA GODWIN	rheagodwin@gmail.com
90	SHASHANK HIREMATH	the.shashank.p@gmail.com
91	NEHA A KODAGALI	nkodagali015@gmail.com
92	ISHITA GUPTA	ishitameenu@yahoo.co.in
93	BHOOMIKA SRINIVAS	bsgowda2000@gmail.com
94	AKSHATA	akku0802@gmail.com
95	ARUNIMA	arunima.arunodhayam@gmail.com
96	RMC EDP	rmc.edp@ramaiahgroup.org
97	PAYEL MONDAL	payelmondal292@gmail.com
98	SHIBU KN	shibu@no-burn.org
99	5411 G KAVYA	kavyag2k@gmail.com
100	MEGHA.S	meghamona33@gmail.com
101	RAVI V	edp@msrmc.ac.in
102	RICPHI @RAMAIAH GROUP	nisha.raghavan@ramaiahgroup.org
103	RUDRESH S	rudreshs3208@gmail.com
104	SAHANA INAMDAR	sahanainamdar123@gmail.com
105	KRUTHIKA BHASME	kruthikabhasme.13@gmail.com
106	TEJASWINI.S	tejaswinis066@gmail.com
107	5490 TANAY PANDEY	tanayx24@gmail.com
108	RISHABH RAJ	rishabh.9ext@gmail.com
109	SAKSHI K	sakshiharish17082002@gmail.com
110	AYUSHI	ayushi.ohri@gmail.com
111	SHUBHRA	shubhra1610@gmail.com
112	86 - NEHA HARIKRISHNAN	nehaharikrishnan@gmail.com
113	SOUMYA SK	soumyask2000@gmail.com
114	KN CHIDAMBARA MURTHY	kncmurthy@gmail.com
115	PAAVNI SHARMA	paavnish@gmail.com
116	5413- HASITHA JANNAVADA	hasitha.j07@gmail.com
117	NAGARAJ	Nagaraj.rc094@gmail.com
118	KSHAMA KELUR	excellentbjp@gmail.com
119	SHIVANI GARG	shivani182sg@gmail.com
120	SWATI MISKIN	miskinswati99@gmail.com
121	ANUPAMA KODIALBAIL	dranukodial@yahoo.co.in
122	SHARVITH	sharvithsai@gmail.com
123	SHEIK SUFIYAN AHMED	sheiksufiyan23@gmail.com

Sl. No.	NAME	Email
124	CHAITANYA SHETTY	chaitanyashetty692@gmail.com
125	LEKHANA REDDY	lekhanareddy091@gmail.com
126	NIHARIKA J SOMAYAJI	niharikabisale@gmail.com
127	PRERANA	prerana.shintre@gmail.com
128	L VARSHINI	varshini200302@gmail.com
129	SHWETHA S YADAV	shwethayadav00@gmail.com
130	ANANYA.S ; 19	ananya94485@gmail.com
131	DR JYOTHI K C	jyothimohankc@gmail.com
132	RITHIKA MARIA	ritzmaria11@gmail.com
133	CHIRANTH SIDDESH	siddeshchiranth64@gmail.com
134	NIHARIKA	nerusuniharika4@gmail.com
135	LOHITH S	lohithschoyal@gmail.com
136	5479 SOBIYA TAJ	sobiyataj9@gmail.com
137	SAIMA IBTESAM	saimaibtesam12@gmail.com
138	DISHA PODDAR	disha.poddar02@gmail.com
139	DR SHALINI NAIK	nshaliniamicro@yahoo.in
140	SAMAY D S	samayds23@gmail.com
141	BRINDA	brindap1999@gmail.com
142	MAHEK AGRAWAL	mahekagarwal200116@gmail.com
143	AVANI KAKEKOCHHI	avanik.se18@bmsce.ac.in
144	MAYURI PAWAR	pawarmayuri8688@gmail.com
145	PURVY G	purvylax@gmail.com
146	MAANSI SRIDHAR	maansi.sridhar00@gmail.com
147	ISHA CHAKRABARTI	ishachakrabarti@hotmail.com
148	ABHI75P@GMAIL.COM	abhi75p@gmail.com
149	AMRIT	madhursarkari@gmail.com
150	DEVENDER KUMAR	devlour7838@gmail.com
151	HITHAISHI PURUSHOTHAM	hinkuhithaishi@gmail.com
152	052-HEMASHREE.N	shreeh647@gmail.com
153	5437-NEHA G T	nehagt.2000@gmail.com
154	ONKAR TANGADAGI	abhict12@gmail.com
155	SHREYA GOWDA	shreya7gowda@gmail.com
156	5478 SNEHA	snehasahana02@gmail.com
157	RAJBIR GUPTA	cmc6649@gmail.com
158	SUBHIKSHA KUMAR	swimmersub03@gmail.com
159	SUJAY	sujaycncn@gmail.com
160	BHARATHI KS	bharathiks281@gmail.com
161	AKHIL FRAVIS DIAS	akhildias29@gmail.com
162	VISHAL SHREYAS	vishal.kabilan@gmail.com
163	RAHUL REDDY	rahulraghavendra2303@gmail.com
164	5408 DRASTI M GODHANI	drastigodhani@gmail.com
165	NISHAN GOWDA	nishangowda01@gmail.com

Sl. No.	NAME	Email
166	ANJEELA ASHRAF	anjeela355@gmail.com
167	SANIYA N SRIVASTAVA	sash.saniya29@gmail.com
168	GAYITRI	gayitri@wasteimpacttrust.org
169	MEGHA	khannamegha73@gmail.com
170	016-ANAGHA.S	anagha625@gmail.com
171	DR GEETHA C R	jageedha@yahoo.fom
172	DR VEENA.P.WAIKER	veenaprabhakar2003@yahoo.com
173	SRINIDHI YALAL	yalalsrinidhi@gmail.com
174	VAISHALI MANIKANDAN	mvaishhali@gmail.com
175	PRATEEK - 5451	prateekreddy52@gmail.com
176	DR. SHAILAJA SHETTY	drshailajashetty@rediffmail.com
177	KARTIK D CHAVAN	kartik.chavan004@gmail.com
178	MEGHANA C DIXIT	meghana.c.dixit@gmail.com
179	MOHAMMAD FARHAN NAWAB	farhannawab66@gmail.com
180	ARSHIYA NOUSHEEN	arshiyanou18@gmail.com
181	SHRUTI	shrutikhasapal@gmail.com
182	5435-MRUDULA	mrudulajakati1301@gmail.com
183	1589098428	thrishasajeeth30@gmail.com
184	5503_ZOHRA FATHIMA	zohrafathima2001@gmail.com
185	CHINMAY SHIVAKUMAR	chinmayshivakumar@outlook.com
186	NAVNEET BALAJI	naughtynavneet09@gmail.com
187	5409 ELA SARAFF	elasaraff@gmail.com
188	CHANDANA RAJ	chandananarajgowdacy2005@gmail.com
189	MANVITHA THALAMATI	muntalamati@gmail.com
190	BHAVANA BENGANI	bhav nabengani10@gmail.com
191	SONU P	aaravarya2001@gmail.com
192	ZAHIL ZAHOR	mirzahii@yahoo.com
193	5432 MOHIT SHARMA	mohitsharma813072@gmail.com
194	PUNITH REDDY V	punithv987@gmail.com
195	PREKSHITHA M R	prekshithamr@gmail.com
196	5487 SURYASARA V	vsuryasara@gmail.com
197	ABHIJNA SATVIK	abhibigge@gmail.com
198	CHAHAT THAKUR	thakur412113@gmail.com
199	AISHWARYA.J	aishwarya97001@gmail.com
200	REETHI	temkerreethi@gmail.com
201	RAVICHETAN	ravichetanthumb@gmail.com
202	SHREYAS NADAGOUDA	ssnadagouda555@gmail.com
203	5397, B SAI NIRANJAN	sainiranjan110@gmail.com
204	RTR.DEEPAK BHAT S	anasooyadeepak@gmail.com
205	GAYATHRI JAYAKUMAR	gayathrijay1999@gmail.com
206	(149)VITAN LUTHRA	luthra9812038050@gmail.com
207	SANTHOSH KAZA	santosh.kaza@ramaiahgroup.org

Handwritten signature

Handwritten text:
 Last
 PROFESSOR
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

Sl. No.	NAME	Email
208	MANJULA	manjulasashi93@gmail.com
209	NULI PRAVALLIKA	pravallika02.nuli@gmail.com
210	MEGHANA.A.R	meghana.ananda@gmail.com
211	ADVAITH	advaitnrao@gmail.com
212	SURYA HT	suryaht7@gmail.com
213	SHILPA LJ	shilpanarayana.lj@gmail.com
214	ANANYA PRASAD	ananyaprasad02@gmail.com
215	SHIVANGI	88shivangi88@gmail.com
216	SWAPNIL	swapmeet2002@gmail.com
217	SHEFALI	shefalimuthu@gmail.com
218	ARUNDHATI KARMARKAR	arundhati.karmarkar@gmail.com
219	HARSHITH V	harryharshith123@gmail.com
220	ARYA P	aaravarya2010@gmail.com
221	SOUJANYA	brsoujanya@gmail.com
222	80 NAGARJUN S	nagarjun492s@gmail.com
223	ARUN RAM	ramakrishnanarunnram@gmail.com
224	SHIVANI B SHIVANI B	shivani747@gmail.com
225	UNDEFINED UNDEFINED	pallavi.gupta@ramaiahgroup.org
226	CHARU VARSHNEY	varshneycharu270@gmail.com
227	PRAMATH HEGDE	pramath2508@gmail.com
228	DIVYANSHI	divyanshimakhija01@gmail.com
229	NR SHIVASHANKAR	shivshankarnr47@gmail.com
230	RHEA DADU	rheadadu@gmail.com
231	DEEPIKA- 5405	deepikam1922001@gmail.com
232	OYISHIKA CHANDRA	oyishika20@gmail.com
233	ASHWINI C APPAJI	ashwinishivaprasad@yahoo.com
234	5429, MD AMAAN RIZVI	mdamaanrizvi@gmail.com
235	KRUTHIKA M R	hanikagowda5@gmail.com
236	ROHINI YELEMANE	ycshivakumar@gmail.com
237	5393 ARYA KURUP	aryakurup2001@gmail.com
238	DISHA HEGDE	dishadinakarhegde.1@gmail.com
239	SHREE CHARAN	ab.shreecharan@gmail.com
240	HANNA JANNATH	hannacalls@gmail.com
241	5466 SANA ARSHAD	sanaarshad_2000@yahoo.com
242	NIHARIKA T S S	niharika.tss@gmail.com
243	AMSHU MAKAM	amshu.makam@gmail.com
244	TEJASWINI BS	tejaswini.bs13500@gmail.com
245	PRIYAHULAMANI	priyahulamani@gmail.com
246	ANUSHA GIRI	girianusha@gmail.com
247	RITESH CHANDRU	riteshc.070@gmail.com
248	5496- VAIBHAV SINGLA	vaibhavsingla1@gmail.com
249	ADITYA KHURANA	khuranaadi13@gmail.com

Sl. No.	NAME	Email
292	SURAJ	surajhc96@gmail.com
293	BHARGAVI	amadhu_77@yahoo.co.in
294	SUDHA H. M.	sudharaviprakash98@gmail.com
295	SHARATH	nsharath2001@gmail.com
296	KALYAN INDUCURI	kalyaninducuri07@gmail.com
297	NITISH KUMAR 5440	nitishkumar8092668190@gmail.com
298	AMBIKA ALMAJE	almajeambika@gmail.com
299	NIKHAT NAAZ	nikinaaz98@gmail.com
300	SUSHEELA	susheela22arch@gmail.com
301	ADITH SHETTY	Devieyehospital@hotmail.com
302	PRIYA	priyaashok030598@gmail.com
303	5498 VARSHA A	varshaakkili2001@gmail.com
304	ULLAS	bsullas77@gmail.com
305	LAKSHMI N	nlakshmireddy00@gmail.com
306	MANISH REDDY	manishreddy2001@gmail.com
307	RISHIKA D	rishikrish34@gmail.com
308	ISHIKA	ishika9258@gmail.com
309	CHANDAN K M	chandankm2000@gmail.com
310	SHOBHALAKSHMI P	pshobha76@gmail.com
311	RAVISHANKAR	bsshankar1970@gmail.com
312	HARSHITA R	harshita.r2001@gmail.com
313	LODHRA N	lovelylodhrar@gmail.com
314	SHWETHA	shwetha.cm@ramaiahgroup.org
315	PRAGATHI S	s.pragathi.7700@gmail.com
316	SUBRAMANYA BN	bns@bnsco.in
317	RITI	riti.shetty30@gmail.com
318	NIKITA	nikijjang5.6@gmail.com
319	5399 BRUNDA H	brundahenjar@gmail.com
320	ANANYA G RAO	ananya.grao61@gmail.com
321	ANISHA D	anishadhavaleshwar19@gmail.com
322	ANJALI NAIR	anjali.prasad261@gmail.com
323	SHREYA ANAND	shreyaaanand12@gmail.com
324	DR RADHIKA	parameshradhika@gmail.com
325	RAHUL PANDEY	rahulpandey142rd@gmail.com
326	EQASRAMAIAH	eqasramaiah@gmail.com
327	ANMOL RAO	anmolrao@zoho.com
328	RTR.RAMYA PALADUGU	ramyapaladugu234@gmail.com
329	SHARANYA R	rsharanya98@gmail.com
330	SNEHA REDDY PULKURTHI	snehareddy22p@gmail.com
331	ARVIND	2014superman@gmail.com
332	AMAN	amanmalhotra153@gmail.com
333	SHAMIM	shamimbanu11358@gmail.com

Laetitia K.
 PROFESSOR AND
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore

Sl. No.	NAME	Email
334	MEHUL AGARWAL	mehulagarwal213@gmail.com
335	LALITABULUSU	lalitabulusu98@gmail.com
336	5457 RACHANA BS	rachanareddy24022000@gmail.com
337	BONNIEFACE BETHA	bonnieface1@gmail.com
338	SHASHANK	shashankbb1615@gmail.com
339	PRAMOD	pramodhbabu@gmail.com
340	ROLL NO-5421(KUMAR PAWAR)	kumarpawar8383@gmail.com
341	SHRADDHA	shadukot@gmail.com
342	SUDHANVA DAMBAL	sudhanva1dambal@gmail.com
343	HEMANTH D	imhemanthd@gmail.com
344	UJWAL	ujwalbelankar88@gmail.com
345	POORNAJITA	saipoornajita@gmail.com
346	DIVYA Y	divyayogesh1705@gmail.com
347	BHUVAN R	rajeshleela123@gmail.com
348	SIMRAN VASUDEVA 5184	simranvasudeva@yahoo.com
349	ARUSHEE	arushee.rajeev@gmail.com
350	5388 ANVITHA S SHENOY	anvitha.shenoy@gmail.com
351	HARSHA SHARMA	sharmatanu0456@gmail.com
352	PRADNYA	pradnya.avadhani06@gmail.com
353	SUSHMITHA IYER	sushmithaiyer13@gmail.com
354	SHAILEE SHAH	shailee.shah@ramaiahgroup.org
355	AYUSH	ayushsharma00022@gmail.com
356	NAVYA	navyap414@gmail.com
357	PRANJAL JAIN	pranjaljain35@yahoo.in
358	CHIRAG BANSAL	cbansal338@gmail.com
359	MAHESH T	maheshtholasappa@gmail.com
360	NIHARIKA ARORA	niharika.dpsdwarka@gmail.com
361	088 NILESH CHOPRA	nileshchopra2002@gmail.com
362	SMRITI BATRA	sb.smritibatra@gmail.com
363	MOHITH V S	mohithvs1@gmail.com
364	SHREYA N	shreyanataraj@gmail.com
365	AYESHA SHANIBA	Shanibaa.01@gmail.com
366	ANUSHA GANGESH	anushagangesh10@gmail.com
367	LAKSHMI R	lakshmi1592002@gmail.com
368	PRASHANTH	prashanthvishy4@gmail.com
369	KHUSHI GALAIYA	khushigalaiya2000@gmail.com
370	ABHISHEK B 5377	abhisheikpratham23@gmail.com
371	SAHANA SHANKAR	sahanashankar19101999@gmail.com
372	SHRAVYA	shravyaaaaaa@gmail.com
373	5477 SIRI.A A	siris2411@gmail.com
374	5389 -ARFA TABASUM	arfatabassum717@gmail.com
375	DASHA NAVNIT GURU	dashaguru8@gmail.com

Laithal
PROFESSOR AND
Dept. of C
M.S. Ramaiah
MSR Nagar, Bangalore

M.S. RAMAIAH MEDICAL COLLEGE, M S Ramaiah Nagar, MSRT Post, Bangalore 560 054
Tel: 080-2360 5190/1742 /1743 /5408. Fax: 080-2360 6213, Email: msrmedical@msrmc.ac.in, Web: www.msrmc.ac.in,
www.ramaiah-india.org

PRINCIPAL AND DEAN
M.S. Ramaiah Medical College
& Teaching Hospital
Bangalore - 560 054

Handwritten signature

Sl. No.	NAME	Email
376	BHARGAV	bhargavanh2000@gmail.com
377	CHARVIN M	CHARVINSTEVEROGERS@GMAIL.COM
378	BHOOMIKA Y	bhoomikay27@gmail.com
379	ADITI VADLAMUDI	vadlamudiaditi@gmail.com
380	AYUSH GUPTA	aushg17@gmail.com
381	YMEHERCHARAN	yaramatimehercharan@gmail.com
382	SAACHI	saachi.shukla@gmail.com
383	NIKHIL	samfisher1174@gmail.com
384	RISHITA PRIYA	rpsinha3jan1@gmail.com
385	POOJA	poojahr217@gmail.com
386	VAISHNAVI	vaishu7102@gmail.com
387	SHREYAS RAGHUNATH	2971999az@gmail.com
388	V S DHANYA SHREE	dhanyatinku24@gmail.com
389	AMRUSHA R	amrusha12@gmail.com
390	MONIKA JAYARAM	moni.jks@gmail.com
391	HARSHALI	harshalimantri@gmail.com
392	PARV MATHUR	parvmathur20@gmail.com
393	RC123	niruthkashyap@gmail.com
394	SUMAIYA AZMATHULLA	sumi.azmath@gmail.com
395	AKASH R N	akash.r.n1000@gmail.com
396	SOHA AYESHA	soha2001@gmail.com
397	NOYNIKA .	noynikashukla@gmail.com
398	SYLBERT NATHANIEL	sylbertnathaniel7@gmail.com
399	ARWA	1260705468@ramaiah.webex.com
400	DANIEL DAVID	danieltorres.david@gmail.com
401	122 SHUMIYA FAROOQ	shumiyafarooq@gmail.com
402	5443, PARIJNA CHANDAR	parignachandar@gmail.com
403	SURYANSHI BANSAL	suryanshi.bansal4@gmail.com
404	PAYAL KIVADE	payalkivade@gmail.com
405	ROOPINI	roopini.chandramma@gmail.com
406	SALONI	saloni.thakur0511@gmail.com
407	RAGHOTHAMA RAO KASHI	rao.raghothama@gmail.com
408	JULIA SARAH THOMAS	juliasarahthomas@gmail.com
409	NANDITHA	nandithapa2@gmail.com
410	5448 PRAKRUTHI KUMAR	prakesh5601@gmail.com
411	VISHRUTHA	vishrutha100@gmail.com
412	PREETHI B.L	blpreethi97@gmail.com
413	POOJA R A	poojarattimarad@gmail.com
414	HARIPRIYA RAMU	haripriyaramu99@gmail.com
415	SUPRIYA	supriyasreenidhi19@gmail.com
416	TEJASWINI ATLURI	Shilpaatluri@ymail.com
417	INCHARA MURALIDHARA	incharamuralidhara4@gmail.com



Patelka

Sl. No.	NAME	Email
418	SOUMYA C J	soumyajayakumar21@gmail.com
419	BHAVISHYA SHETTY	bhavishyashetty881@gmail.com
420	NAVTEJ SRINIVAS	navtej2000@gmail.com
421	SHARADA MELASAKRI	nmsharada1210@gmail.com
422	KAVYA PRASAD	kavyapsd06@gmail.com
423	SUSHMA R	sushmar673@gmail.com
424	ADITYA K	adityathemasterblaster@gmail.com
425	SHRISTI	shristitaneja@gmail.com
426	MIHIR ARUN RAJANI	mihirajani14@gmail.com
427	SHUBHAM JALORA	jalorashubham9459@gmail.com
428	SURAJ NAGARAJAIAH	surajnagarajaiah@gmail.com
429	S	rcg5485@gmail.com
430	ARJUN BULLAPUR	arjun.bullapur@gmail.com
431	THANUJA PRADEEP	thanugopalp@gmail.com
432	RANJANA	sairanjana.26@gmail.com
433	SAMEECHI M	sameechi29@gmail.com
434	HUMAIRA FERDOOS	humairaferdoos@gmail.com
435	DHANUSH K N	dhanushkngautam@gmail.com
436	BHARATH BHARATH	bharathsnmlisc@gmail.com
437	5474 SHREYA THADIGOTLA	tshreyareddy20@gmail.com
438	MISHON DMELLO	mishon.dmello@gmail.com
439	ARSHIYA	naaz040401@gmail.com
440	SHEETHAL	ramsheethal08@gmail.com
441	SAVITA RAVINDRA	savitaravi@gmail.com
442	UTSAVI	utsaviprasad56@gmail.com
443	SWAROOP	sudhirswaroop@gmail.com
444	DEEPSHIKHA BASU 5406	debrupa.basu@gmail.com
445	UDAY	udaymsr2018@gmail.com
446	LALITHA	lalithakgs7@gmail.com
447	SUNIL KUMAR G S	googlesuni@gmail.com
448	ANANTHBHANDARY	ananthbhandary@gmail.com
449	JAGATHI	jagathi02@gmail.com
450	PRAMOD M	pramodreddy7386@gmail.com
451	TARIQUE JAVED	javedtarique1737@gmail.com
452	SUGANDHI C WADHVA	sugandhicwadhva@gmail.com
453	SAMRIN KHANUM	samrinkhansam10@gmail.com
454	DHRUV MANNAN	dhruvmannan239@gmail.com
455	KIRTI	kirtijoshi@msrmc.ac.in
456	HAMSA VENI	Hamsavenic8@gmail.com
457	ANUPAMA HEGDE	anupamadnb@gmail.com
458	B.N YETHIRAJU	yraju22@gmail.com
459	SINDHU SHREE	sindhusreelr@gmail.com

Lalitha

PROFESSOR AND HEAD
 Dept. of Community Medicine
 M.S. Ramaiah Medical College
 MSR Nagar, Bangalore - 560 054.

M.S. Ramaiah Medical College, M.S Ramaiah Nagar, MSRIT Post, Bangalore 560 054
 Tel: 080-2360 5190/1742 /1243 /5408. Fax: 080-2360 6213, Email: msrmedical@msrmc.ac.in, Web: www.msrmc.ac.in,
www.ramaiah-india.org

PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Bangalore - 560 054

[Handwritten Signature]

Sl. No.	NAME	Email
460	ARK	aishukatti20@gmail.com
461	BHAVIKA KRISHNAN	bhavikakrishnan@gmail.com
462	SUDHA	drkempi@yahoo.co.in
463	SANJANA PURANIK	sanjanapurani24@gmail.com
464	PALASH AGRAWAL	palash.agrawal@gmail.com
465	DR ANURADHA H V	dranuradhapharmac@gmail.com
466	KS GANDHARVA	gandharvaks11@gmail.com
467	ANUSHA KASHYAP	anusha.kashyap2@gmail.com
468	CHARAN	charans2k@gmail.com
469	MANJU	manjula.krishna@gmail.com
470	PUNITH H R	hrpunith30@gmail.com
471	DR ARUN KUMAR M	drarunkm@gmail.com
472	SRUTHI SIDDADA	siddadasruthi@gmail.com
473	NAYANJEET CHAUDHURY	nayanjeet.chaudhury@ramaiahgroup.org
474	ARJUN B	arjunbaalebail53@gmail.com
475	UDITI TRIVEDI	uditi.trivedi@gmail.com
476	CHAITHANYA	chaithanya.br31@gmail.com
477	NITIN	nitrao@gmail.com
478	VISHWANATH K	vishu_ani@yahoo.com
479	ANIL	buddhatozen4265@gmail.com
480	WAMIKA	wamikakudva@gmail.com
481	GAURAV	gaurav75516@gmail.com
482	K KEVIN MUTHURAJ	kevinpattu23@gmail.com
483	ANJANA GEORGE	anjana.george@ramaiahgroup.org
484	VIDYA M	mvidyapt@gmail.com
485	VIDYA	vidyam1996@gmail.com
486	HIMANSHU JOG	joghimanshu@gmail.com
487	VED SOMAIYA SHASTRY	footieved2000@gmail.com
488	DR.NAGAPPA.H	drnagappa_h@yahoo.com
489	MAHESH	manasnephro2002@yahoo.co.in
490	SANJANA DUTTA	sanjana122000@gmail.com
491	RAJ MAHARSHI	rrushi775@gmail.com
492	ISHA VERMA	ishavrm578@gmail.com
493	SHREYANK HEGDE	shreyank.hegde2001@gmail.com
494	GREESHMA	greeshma.palam@gmail.com
495	GLORIA	gloriaalva27@gmail.com
496	DR PRAMILA KALRA	kalrapramila@gmail.com
497	16 KHOOSHI PAWAR	llp160770@gmail.com

Sankar
PROFESSOR AND HEAD
 Dept. of Community Medicine

M.S. RAMAIAH MEDICAL COLLEGE, MS Ramaiah Nagar, MSRIT Post, Bangalore 560 054
 Tel: 080-2360 5190/1742 1743/15408. Fax: 080-2360 6213, Email: msrmedical@msrmc.ac.in
 www.ramaiah-india.org

Prasanna
PRINCIPAL AND DEAN
 M.S. Ramaiah Medical College
 & Teaching Hospital
 Web: www.msramaiiac.in
 Phone: 080 2360 5190