

Monthly Report

May 2022



RAMAIAH
International Centre for
Public Health Innovations

This monthly progress report entails RICPHI's activities/tasks' status for May 2022.

Workshops/Trainings

Mini-RAPS for Interdisciplinary Research: In continuation with the series of brainstorming workshops called Mini RAPS to foster an interdisciplinary research culture across all Ramaiah institutions which was initiated in April 2022, the second round was held on May 20th. In this session, participants prioritized few most important barriers to interdisciplinary research earlier identified in round 1. They deliberated on potential solutions to the top barriers and brainstormed on the resources available for executing them, which they have planned to finalize in the next round scheduled in June 2022.



World Hypertension Day: World Hypertension Day was celebrated on 17th May 2022 by RICPHI in sync with this year's theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer!" The field team of the ACE-ME project, deployed in several districts of Karnataka, organized a series of events in Chintamani, Tiptur, Bangalore rural, Kolar, Narshapura, Chennapatna and Madhugiri Taluks. Sessions covering information dissemination around Hypertension- its causes, dietary practices, medication adherence, stress management, and most importantly, accurate measurement of blood pressure were conducted by the Health Resource Officers of the project via Swasthya Samithis, the flagship community-based peer support model promoted by RICPHI to empower patients and caregivers to improve treatment compliance. Members of the Swasthya Samithis learnt the importance of better control of their blood pressure during the sessions. In Kolar and Bangalore rural, the event was also graced by the presence of Taluka Health Officers and/or PHC Medical Officers in-charge, along with ASHAs and ANMs. At the end of the sessions, the HROs received accolades for the initiative from the stakeholders at various levels of authority.



World No Tobacco Day: On May 31, 2022, RICPHI observed 'World No Tobacco Day' in several project locations in sync with this year's theme, '*Quitting Smoking doesn't have to be stressful*'. The highlight of the day was marked by celebrations at Suganahalli village Panchayat in Magudi Taluk comprising of 21 villages in Ramanagara District of Karnataka which was recognized as '**Tobacco Free Panchayat**' under National Tobacco Control Programme for the first time in Karnataka. RICPHI, with support from Ramaiah Medical College Hospital and Ramaiah Dental College assisted the district health authorities of Ramanagara to conduct a programme at Suganahalli, not only to felicitate the village Panchayat board members and the frontline workers including ASHAs, ANMs and schoolteachers for their achievement, but also to screen the villagers for oral cancer, high blood pressure and high blood sugar. A large number of villagers participated in the programme. Dr. Gangadhar, District Health Education Officer, who attended the event as the Chief Guest, explained in his keynote address, the complex dynamics of will-power to overcome the temptation of using tobacco products,



its effect on the family's financial status as well as on the environment and how the country's economic status can be improved via tobacco cessation.

Dr. Ananth Ram, Health Systems Specialist at RICPHI and Assistant Professor at Ramaiah Medical College reiterated on the ill effects of tobacco consumption. Mr. Kumar Kothandan, Lead- Community Outreach at RICPHI released educational materials on tobacco prevention for the community during the event. No Tobacco Day was also observed in Chinakavajra and Baluvaneeralu of Tumkuru district and Mylapura village of Chikkabellapura district led by Health Resource Officers of RICPHI. People who have quit tobacco shared their experiences through the journey of quitting tobacco with other villagers.



Lecture for 1st Year M.B.B.S. Students: Ramaiah Medical College organized an 'Interdisciplinary Community based training program' from May 9th to May 14th, 2022. Dr. Ruchi Vaidya, Assistant Professor, Nutrition, RICPHI and Dr. Nayanjeet Chaudhury, Director, RICPHI were invited to offer interactive lectures on "Nutrition: Beyond Proximates" and "Introduction to Public Health" respectively on May 9th, 2022. The lecture was attended by over 200 1st year students from different disciplines including Medical, Pharmacy, and Physiotherapy.



Grants/New Projects

Compliance visit from ABC: The month of May, 2022 marked the visit of Dr. Swati Kalgaonkar, Associate Director, Nutrition Research, Almond Board of California to RICPHI as part of ABC's compliance for the Almond Gut Health Study. The one-day visit was marked by Dr. Swati visiting various facilities on the GEF-M campus that will be utilized during the ABC study, including Clinical Research Centre (CRC), Ramaiah Memorial Hospital, the laboratory in Ramaiah Medical College Hospital and the Central BIRAC project facility.

Research/Academia

GCP Certification: In May 2022, all staff at RICPHI at or above the level of managers successfully completed Good Clinical Practices (GCP) certification from National Drug Abuse Treatment, Clinical Trials Network module (under National Institutes of Health, USA). The GCP certification will prove to be useful in designing, developing, and implementing various clinical studies involving human subject participation, especially in adherence of protocols for the forthcoming Almond Gut Health trial which is set to begin in August 2022.

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