

DON BOSCO INSTITUTE OF TECHNOLOGY
Kumbalgudu, Mysuru Road, Bengaluru-74, Karnataka



REPORT
ON

“Rheumatic Diseases & Musculoskeletal Health - A less emphasized aspect on routine health checks!”

Organized by
“Women Empowerment Committee”

Coordinated by

Dr. Ranjini P. S, Professor, Department of Mathematics

Dr Anasuya. N. Jadagerimath, Professor, Department of AIML

Mrs. Sharmila R. S, Associate Professor, Department of EEE

Mrs. Deepika. A. B., Assistant Professor, Department of ISE

Mrs. Nivedita Hebbale, Assistant Professor, Department of ISE

Mrs. Sandhya Rani. G. M, HOD, Department of Civil

Mrs. Chinmayi. G, Assistant Professor, Department of S & H

Mrs. Shwetha. K, Assistant Professor, Department of ECE

Mrs. Mahadevi. S. M, Assistant Professor, Department of ECE

Mrs. M. L. Tejaswini., Assistant Professor, Department of ECE

Mrs. Saraswathi. G. Datar, Assistant Professor, Department of CSE

Ms. Chandana. N. C, Coordinator, IQAC

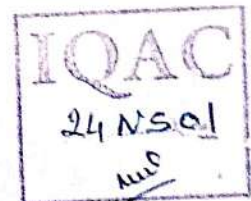
Mrs. Usha. G, Assistant Professor, Department of MBA

Held at

Seminar Hall, DBIT, Bengaluru

On 18th January 2024

AY-2023-2024



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Authentication Page.

A REPORT ON - "Rheumatic Diseases & Musculoskeletal Health
A less emphasized aspect on routine health checks!"

Coordinated by:

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Held at Don Bosco Institute of Technology on 18th January 2024

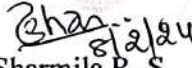
Chief Guest:

Dr Nagaraj S
Consultant Rheumatologist,
Trust Rheumatology and Arthritis Clinic (TRACC),
Banashankari 2nd Stage, Bengaluru

Academic Year: 2023-2024

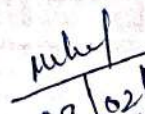
Signature of the Coordinator with date:


Mrs. M. L. Tejaswini.,
Assistant Professor,
Department of ECE


Mrs. Sharmila R. S
Associate Professor
Department of EEE

Signature of the Convener with date: Dr. Ranjini. P. S, Professor,
Department of AI & DS

Signature of the Head-IQAC with date:


09/02/2024
Director - IQAC
Don Bosco Institute of Technology
Mysore Road, Kumbalagodu
Bengaluru-560 074

Signature of the Principal with date:


PRINCIPAL
Don Bosco Institute of Technology
Kumbalagodu, Mysore Road,
Bangalore - 560 074.

WAYANAMAC EDUCATION TRUST®
DON BOSCO INSTITUTE OF TECHNOLOGY
 (Affiliated to VTU, Belagavi, Approved by AICTE New Delhi & Recognised by Govt. of Karnataka.
 Accredited by NBA & NAAC)
 Kumbalagodu, Mysore Road, Bangalore - 560074

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Women Empowerment Committee

INSTITUTION'S INNOVATION COUNCIL
 (Ministry of HRD Initiative)
IIC-DBIT

PRESENTS

Rheumatic Diseases & Musculoskeletal Health

A less emphasized aspect in routine health-checks! - All you need to know

Date : 18th January 2024 | Time : 02:00pm

CHIEF GUEST



Dr NAGARAJ
 Consultant Rheumatologist
 Trust Rheumatology and Arthritis Clinic (TRACC),
 Banashankari 2nd Stage, Bengaluru

PRESIDED BY

- | | |
|--|--|
| Sri. B. Bylappa
President, WET | Sri. Raghav Bylappa
Secretary, WET |
| Sri. B. Manjunath
Executive Director, DBIT | |

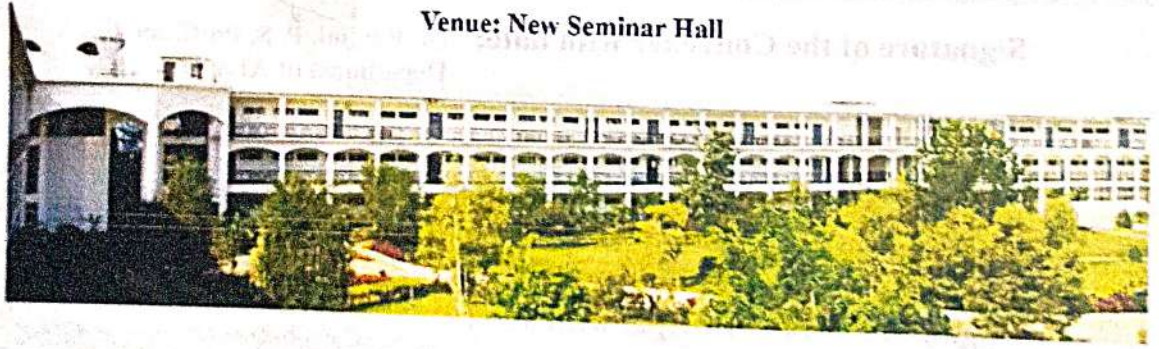
ORGANIZING CHAIRS

- | | |
|------------------------------------|---|
| Dr. Ranjini P S
Convener | Dr. B S Nagabushana
Principal, DBIT |
|------------------------------------|---|

CO-ORDINATORS

- | | |
|--------------------|--------------------------|
| Dr. Anasuya N J | Prof. Deepika A B |
| Dr. Sajani Bhat | Prof. Swetha K |
| Prof. Sharmila R S | Prof. M. L Tejaswini |
| Prof. Usha G | Prof. Saraswathi G Datar |
| Ms. Chandana N C | Prof. Sandhya Rani G M |

Venue: New Seminar Hall



Permission Letter



Wayanamac Education Trust ®



DON BOSCO INSTITUTE OF TECHNOLOGY

Kumbalagodu, Mysore Road, Bengaluru - 560074

www.dbit.co.in Ph:+91-80-28437028/29/30 Fax:+91-80-28437031

Bangalore,
05/01/2024

From,

Dr. Ranjini P S,
Professor & Convener
"Women Empowerment Committee"

To,

The principal,
Don Bosco Institute of Technology, Bangalore.

Sub: Seminar on "Rheumatic Diseases & Musculoskeletal Health", at Don Bosco Institute of Technology

With Reference to the above, the "Women Empowerment Committee" has put forward the idea of conducting a Seminar for our girl students and Ladies Staff on "Rheumatic Diseases & Musculoskeletal Health" at our esteemed Institution by famous doctor, Dr. Nagaraj. S, Rheumatologist- Arthritis & connective Tissue, Sagar Hospitals, Bangalore.

Tentative Date to conduct the programme is 17th or 18th of this month. Seeking your valuable suggestions and permission in this regard,

Thanking You

Sincerely
Dr. Ranjini. P S
Convener,
Women Empowerment Committee.

Executive Approach

Gmail

traccarthritidoctor@gmail.com

Compose

- Inbox 1,467
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Labels

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Invitation to deliver an Invited Talk



Dr. Ranjini P S

Wed, 27 Dec 2023, 14:08

Respected Sir, This is Dr. Ranjini, Professor, Department of AI & DS, Don Bosco Institute of Technology Bangalore. I am expressing my sincere thanks for giving us your valuable time. Under the Women Empowerment cell, we wish to organize an awareness program for our Engineering Students which may be beneficial for this youth. There is no specification from our end on the topic which you have to focus on. Since you are a famous doctor with years of experience, feel free to share your experiences with our students which may be a motivation to lead a healthy life. If you can incorporate "awareness of drug Toxicity and Safety measures" also, we will be extremely thankful to you. We may be trying to focus on a group of 60 to 70 students attending this session, hoping that they will transfer their learnings to their friends effectively. It's a great pleasure to invite you as the resource person for this event on behalf of Don Bosco Institute of Technology, Bangalore. I request you to kindly accept this invitation and give your convenience. We prefer to have this program on Saturdays. Please let me know your convenience. Seeking Your response at your earliest convenience. Thank you
Dr. Ranjini P S

Gmail

traccarthritidoctor@gmail.com

Compose

- Inbox 1,467
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Labels

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Dr. Nagaraj S - Rheumatologist

29 Dec 2023, 17:01

To
Dr. Ranjini
Professor
Department of AI & DS
Don Bosco Institute of Technology
Bangaluru

Dear Dr. Ranjini,

Thank you for the invitation.

I accept your invitation to deliver a talk on health awareness in your institution.

I would like to speak on the following topic: "Rheumatic diseases and musculoskeletal health: a less emphasized aspect in routine health-checks" - All you need to know".

It would be preferable to have the talk between 1.30PM-2.15PM (25 min Talk and 20 min Q&A) on any Thursday or Friday, Tentatively Jan 18th or 19th 2024 or Feb 1 or 2, 2024.

Biodata of the Resource Person



Dr Nagaraj S
Consultant Rheumatologist

MBBS- 2001- Dr BRAMC, Bengaluru

DNB-Pediatrics, Holdsworth Memorial (Mission) Hospital, Mysuru

PDF (Post-Doctoral Fellowship) Rheumatology- PD Hinduja Hospital, Mumbai

Fellowship in Pediatric Rheumatology- Jaslok Hospital, Mumbai

30 Research publications

Special Interests: Lupus, Psoriatic Arthritis, APLA

Joint Secretary of Karnataka Rheumatology Association: 2014-2018

Secretary of KRA: 2019-till date

Address

Dr Nagaraj S

Consultant Rheumatologist

Trust Rheumatology and Arthritis Clinic (TRACC), Banashankari 2nd Stage, Bengaluru

Visiting Consultant

Sagar Hospitals, Jayanagar, and

Manipal (Columbia Asia) Hospital, Yashwanthpur

Phone: 9886504455

Email: traccarthritidoctor@gmail.com

Programme Flow

Date: 18-01-2024

Venue: Seminar Hall

Sl. No	Time Schedule	Event Description	In-charge
1	2.00 pm – 2.15 pm	Welcome Address	Ms. Chaithanya Third-year ECE Student
2	2.15 pm – 2.25 pm	Invocation	Ms. Navyashree Second Year AI & DS Student
3	2.25 pm – 2.30 pm	Lighting of the Lamp by dignitaries	
4	2.30 pm - 2.40 pm	Introduction of the Chief Guest	Ms. Likhitha Third-year ECE Student
5	2.40 pm – 3.40 pm	Keynote Address by the Chief Guest	
6	3.40 pm – 3.45 pm	Felicitation to the Chief Guest	Dr. Ranjini. P. S
7	3.45 pm – 3.50 pm	Vote of Thanks	Mrs. Sharmila R. S, Associate Professor, Department of EEE

Ranjini
Convener

Principal



Don Bosco Institute of Technology, Bangalore

(NAAC Accredited Institution)

Women Empowerment Cell/Anti Sexual Harassment – Committee



“ Rheumatic Diseases & Musculoskeletal Health - A less emphasized aspect on routine health checks!”

Objectives: The Women Empowerment Committee aims to organize various awareness programs aiming for good health and the welfare of women. Keeping this in mind seminar on **Rheumatic Diseases & Musculoskeletal Health – A less emphasized aspect on routine health checks!”** has been organized. The main objective is

- Understanding what is Rheumatic Diseases
- Causes and Risk Factors of Rheumatic Diseases
- Different types of rheumatic disease have different symptoms
- Precautionary measures

Brief Report on the event

Don Bosco Institute of Technology organized a seminar on "Rheumatic Diseases & Musculoskeletal Health" on 18th January 2024. The event was organized by the Women Empowerment Committee to spread awareness and educate people about Rheumatic Diseases and Musculoskeletal Health. Dr. Nagaraj S, a renowned Consultant Rheumatologist from Bengaluru, graced the event as the Chief Guest. He delivered a keynote address that focused on understanding the causes and risk factors of Rheumatic Diseases, different types of Rheumatic Diseases and their symptoms, and precautionary measures to prevent their occurrence. The event was attended by professors and assistant professors from various departments of the institute, including AIML, EEE, ISE, Civil, S & H, ECE, CSE, and MBA, and also girl students of various branches of Engineering.

The program began with an Invocation song by Ms. Navyashree of 3rd Semester AI & DS. The master of ceremony for the program was done by Ms. Chaithanya a 5th-semester ECE student. Ms. Likhitha, the 5th semester ECE student gave the welcome speech and the brief introduction to the chief guest to the audience. Further, the session was handed over to the guest Dr. Nagaraj.

The focus was on understanding what is Rheumatology and what are the causes to get affected with the diseases, what are precautions, this was the main

focus of this program. The speaker has highlighted the fact that Rheumatology Deals with disorders of connective tissue. Some common rheumatic diseases are Rheumatoid arthritis, Gout, Psoriatic arthritis, Ankylosing Spondylitis, SLE (Lupus), Vasculitis, Osteoporosis, and Osteoarthritis.

Often grouped under the term "arthritis," rheumatic diseases are autoimmune or inflammatory diseases that cause your immune system to attack your joints, muscles, bones, and organs. Rheumatic diseases, including most forms of arthritis and spondyloarthropathies (inflammatory spinal conditions), are usually painful, chronic, and progressive, which means they get worse over time. Early diagnosis and treatment can slow the progression of many rheumatic diseases. The speaker has given an emphasis that According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, there are more than 100 rheumatic diseases. Among the most common rheumatic diseases are

Ankylosing Spondylitis (AS) AS is a common type of spondylarthritis, a type of arthritis that attacks the spine and, in some people, the joints of the arms and legs, according to the American College of Rheumatology. Nonradio graphic axial spondylarthritis is a related condition in which the disease causes symptoms including lower back pain, but unlike ankylosing spondylarthritis, there is no visible damage on X-rays, notes Creaky Joints. **Gout** is a form of arthritis characterized by the accumulation of urate crystals in a joint — often the large joint of your big toe — causing swelling and pain. **Infectious Arthritis** A sudden and painful form of arthritis brought on by a viral or bacterial infection, infectious arthritis can sometimes lead to permanent joint damage. **Lupus** is a systemic autoimmune disease that occurs when your body's immune system attacks your tissues and organs, causing damage to joints and organs, per the Mayo Clinic. **Osteoarthritis (OA)** the most common form of arthritis, OA is an age-related disease that damages cartilage and bone, causing pain and, in some cases, disability, according to the centres for Disease Control and Prevention (CDC). **Psoriatic Arthritis (PsA)** An inflammatory type of arthritis affecting some people who have psoriasis, PsA primarily affects the skin and joints, notes the Arthritis Foundation. **Rheumatoid Arthritis (RA)** RA is an autoimmune and inflammatory disease that occurs when your immune system mistakenly attacks your own body's tissues, causing painful swelling.

Is rheumatic disease curable?

There is no cure for most rheumatic diseases, but they can be controlled with medications, dietary modification, and exercise. Recovery from an untreated attack of gout, however, can take one or two weeks.

Different types of rheumatic disease have different symptoms.

The most common symptoms of arthritis and rheumatic diseases are Joint pain, Swelling of a joint or joints, Joint stiffness that lasts for at least one hour in

the early morning, Chronic pain or tenderness in a joint or joints, Warmth or redness in a joint area, Limited movement in an affected joint or joints and Fatigue

Causes and Risk Factors of Rheumatic Diseases

Experts don't know what causes most types of rheumatic disease. However, per Johns Hopkins Medicine, researchers believe that some or all of the following may play a role, depending on the type of rheumatic disease Genes and family history, Environmental triggers, Lifestyle choices, Infection, Trauma, Metabolic problems and Wear and tear or stress on a joint or joints

Audience



Don Bosco Institute of Technology, Bangalore
(NAAC Accredited Institution)
(Accredited by NBA & affiliated to VTU)



Date:- 18-01-2024

Women Empowerment Committee

NSS-DBIT

Rheumatic Diseases and Musculoskeletal Health

Sl.no	Name	USN	Signature
1	SANDEEP Gowda K H	1DB21CI080	<i>[Signature]</i>
2	GOWTHAM.N	1DB21EC097	<i>[Signature]</i>
3	H.SRIPADARAJAN	1DB21EC098	H.Suj
4	HANEESH KUMAR D	1DB21EC050	<i>[Signature]</i>
5	Shwetha .C.S	1DB22EC148	Shwetha
6	Ueda V	1DB22EC177	<i>[Signature]</i>
7	Sushru. Gotegele	1DB22EC151	Sushru
8	Raghu. B	1DB22EC130	Raghu
9	Vyshnavi .H.R	1DB22EC188	Vyshnavi
10	Ampava.P	1DB21EC058	Ampava.P
11	Vaishnavi.Y	1DB21EE029	Vaishnavi
12	Chandana Shree .R.S	1DB22EEH05	<i>[Signature]</i>
13	Omkar Jain	1DB21EE019	<i>[Signature]</i>
14	Raj Kumar	1DB22EEH14	<i>[Signature]</i>
15	Nikesh	1DB22AD033	<i>[Signature]</i>
16	pratham	1DB22AD038	<i>[Signature]</i>
17	Gagan Gowda.P	1DB22AD019	Gagan Gowda.P
18	Vidastha .M.K	1DB22AD058	Vidastha
19	Sumanth.D	1DB22AD051	Sumanth
20	Vinay	1DB22AD060	<i>[Signature]</i>
21	Likith M Y	1DB22AD025	Likith

LIKITHA . R
CHAITANYA . C
GOWTHAM . N
RAHELISHA . S
SANJANA . D
NETHRAVATI

} ECC

[Signature]

22	Shashanka	10B22AD048	Shashanka
23	Chetan K S	10B22AD011	Chetan
24	Paran Kalyan S	Kalyan	Paran
25	Vishal Gaonkar	10B22AD061	Vishal
26	Uday S C	10B22AD056	Uday
27	Nayana B M	10B22AD032	Nayana
28	Silisha T	10B22AD053	Silisha
29	Chandana S	10B22EL035	Chandana
36	Ananya R Gowda	10B22EL015	Ananya
37	Karthik K.M.	10B21EC178	Karthik K.M.
38	Sanjana Jasper P.S	10B21EC135	Sanjana
39	Swathi V.S	10B21EC160	Swathi
40	Deepashree C.R.	10B22AD016	Deepa
41	Bhanu Akshatha T	10B22AD009	Bhanu
42	G.R. Sanjana	10B22AD018	Sanjana
43	Sahana K.	10B22AD043	Sahana
44	Sandhya	10B22AD046	Sandhya
45	Soma Shweta	10B22AD045	Soma
46	Sampadha B.H	10B22AD044	Sampadha
47	Aishwarya R	10B22AD005	Aishwarya
48	Sanjana R.	10B22AD047	Sanjana
49	Vaibhavi K	10B22AD057	Vaibhavi
50	Hanshika Umesh	10B22AD021	Hanshika
51	Yashaswini S.R	10B22AD062	Yashaswini
52	Shalini S	10B22AD008	Shalini
53	Manisha S.P	10B22AD029	Manisha S.P
54	Chetana M	10B22AD012	Chetana
55	POHINI.M	10B22AD042	Pohini
56	TEJASWINI.V	10B22AD055	Tejaswini
57	SPOORTHY.S.KANCHAN	10B22AD050	Spoorthy S.K.
58	R.SAI.VAMSHI REDDY	10B22AD040	R.Sai Vamshi Reddy
59	Pooja Vp	10B22AD035	Pooja
60	Nahyashree J	10B22AD032	Nahyashree

Sl No.	Name of the faculty	Dept.	Signature
01	Shaanila, R.S.	EEE	Ghoo..
2	Tajawhos. M.L	ECE	FCB
3	CHANDANA, N.C.	IQAC	Chandana
4	Dr. Manjula S.D.	Maths	mlj
5	Vidya. B.G.	Chemistry	Vidya. B.G.
6	Chinmay. G	Chemistry	C/B
7	B. K. Kusheer	CSE (AIML)	18/12/24
8	Dr. Rajini .ps	AIE DS	Rajini
9	Dr. Gauramma G.S	AIE DS	Gauramma
10	Sureka H.S	ECE	SH
11.	Dr. Anasuya. N.J.	CSE (AIML)	

Photo Gallery



Audience



**Light Lamping by
Convener**



Light Lamping By Chief Guest



**Addressing the Gathering
by Chief Guest**



Felicitation to the Guest



Vote of Thanks by Prof. Sharmila

Summary

The seminar was well-organized and informative, and the attendees left feeling more knowledgeable and aware of the importance of Rheumatic Diseases and Musculoskeletal Health. Overall, the seminar was a great success in spreading awareness about Rheumatic Diseases and Musculoskeletal Health, with a specific focus on women's welfare. The event was a testament to the institute's commitment to promoting health and well-being for all, and we look forward to organizing more events like these in the future.

Budget

SUBMISSION OF FINAL BILL			
Name of the Institution		DON BOSCO INSTITUTE OF TECHNOLOGY	
Name of the Department		AI & DS	
Description of the event organized		Organized a seminar under the Women Empowerment Committee at DBIT	
We submit below the final bill on account of organizing the event mentioned above. We request you kindly arrange to pay the bill and reverse the Advance availed.			
SNO	Description of the Expenditure	Expenditure as per the Estimate	Actual Expenditure
1	Resource Person Honorarium(Don Bosco Voucher)	Rs. 3000/-	Rs. 3000 ✓
2.	Transportation of the Guest(Two Separate Google Pay Transaction Bill Attached)	Rs.2000	Rs. 389 + Rs.449 ✓
3.	Flower Pots(Google Pay to Shareef)	Rs.300	Rs. 500 ✓
4.	Lunch (Google pay to DonBosco Cafeteria)	---	Rs.100 ✓
5	Miscellaneous(flower,Deepa,Cell, Water Bottles, Print Outs, Glossy Sheets etc - Don Bosco-Voucher -)	500	Rs. 300 ✓
Total		Rs. Rs.5800/	Rs. 4738
Advanced Received: Rs.00			
All the Expenditure are Bared by the Convener - Total Amount to be reimbursed to the Convener: Rs . 4738			
Reasons for items of actual expenditure exceeding the estimated expenditure: Nil			
<p><u>We confirm the following and request for approval of the expenditure mentioned above:</u></p> <ol style="list-style-type: none"> 1) The expenses mentioned above have been actually incurred 2) Invoices/Receipts/Bills/Vouchers in respect of all expenditures have been enclosed 3) Applicable taxes, such as TDS have been recovered wherever applicable. <p>Date: <u>6/2/2024</u> <i>[Signature]</i> Authorised Official</p>			
Recommended <i>[Signature]</i> Principal, Dated: _____	Scrutinised & Recommended Director, Group Finance Dated: _____	Approved as Recommended Secretary / Vice President Dated: _____	
FOR USE BY ACCOUNTS THE DEPARTMENT			
1. Final Bill verified with enclosures & in order 2. Expenditure entries passed in Tally and Advance entry reversed under Voucher No. _____ 3. Suitable remarks placed in the Register for follow-up	Verified & Entered By Name: _____ Date: _____	Verified Manager (Accounts) Date: _____	