

# Special Interest Group

On

# Patient Care Management

An Initiative  
of

**Research Division**

JSS AHER, Mysuru-15.



**Team Lead**

**Dr. Basavana Gowdappa H**

Principal & Professor

Department of General Medicine

JSS Medical College,

JSS AHER, Mysuru

**Started on 2018-19**

## JSS Academy of Higher Education & Research

(Deemed to be University)

Accredited "A" Grade by NAAC



Ref. No. REG/ACA/SIG/225/2018-19/ 11419

Date: 07.05.2018

### NOTIFICATION

**Sub: Special Interest Group on "Patient Care Management".**

**Ref: Your letter No. JSSMC/SIG/7447/17-18 dated 16<sup>th</sup> March 2018.**

**Preamble:** The constituent Colleges of JSS Academy of Higher Education & Research have shown keen interest on nurturing /accelerating the research activities in their respective colleges and requested to setup a Special Interest Group (SIG) in specific areas of interest/research for preparing research proposals for submitting to various National/International funding agencies for funding. The proposal of formation of SIG is approval in the 9<sup>th</sup> Board of Management meeting held on 26<sup>th</sup> November 2010.

#### Guidelines for the formation of Special Interest Groups (SIG):

**Objectives:** To promote research in specific areas by a group of individuals working in the constituent colleges of the JSS AHER, who are desirous of promoting research in specific areas through.

- Continuous dialogue
- Conducting meetings
- Submitting projects
- Development of new ideas in research in the identified area and translating the same into action/research
- Translating research findings into the clinical applications
- Organizing seminars

The SIG should categorize their objectives as short term and long term objectives and while submitting the progress reports, highlights their achievements under the same.

**Structure:** The SIG consists of 5-7 members with a group leader. They shall meet periodically and submit the report annually of the group activities and achievements.

The Special Interest Group shall function for a period of 3 years from the date of Notification, which can be extended further, based on the outcomes and reviewed by the Board of Management of the JSS Academy of Higher Education & Research.

**Budget:** The budget required for functioning of the SIG shall be allocated from Research and Development fund of the JSS Academy of Higher Education & Research based on the budget prepared and submitted by them annually.

The Budget shall be provided for following aspects:

- Meeting expenses.
- Short travels within India for the purpose of group objectives.
- Secretarial assistance as required.
- Preparation of project proposals/reports.

The JSS AHER shall provide in its budget for the expenditure proposed by the Special Interest Groups and make the funds available to the respective group.

**Evaluation of outcomes:** The JSS AHER will evaluate the SIG periodically in respect to their group objective examining the following:

- Progress in the proposed research projects.
- Publication of research findings in periodicals and presentation.
- Reports.

**Special Interest Group (SIG) – Patient Care Management (PCM)**

The Special Interest Group (SIG) in the area of “Patient Care Management” has been setup for focusing on basic and applied research in the area of Patient Care Management with the following members:

SL.No	NAME OF THE MEMBER	REMARKS
1	<b>Dr. Basavanagowdappa H</b> Principal, JSS Medical College.	Group leader
2	<b>Dr. Mamatha H.K</b> Assistant Professor & Coordinator Dept. of Health System Management Studies JSS Academy of Higher Education & Research.	Member
3	<b>Dr. Ravindra R</b> Chief Information Officer, Information Technology JSS Academy of Higher Education & Research.	Member
4	<b>Mrs. Kalpana T</b> Chief Dietician JSS Hospital, Mysuru.	Member
5	<b>Dr. Sunil Kumar D</b> Associate Professor, Dept. of Community Medicine JSS Medical College.	Member
6	<b>Mr. Krishna Undela</b> Lecturer, Dept. of Pharmacy Practice JSS College of Pharmacy, Mysuru.	Member
7	<b>Dr. Vijay Samuel Raj V</b> Lecturer, Dept. of Physiotherapy JSS College of Physiotherapy, Mysuru.	Member
8	<b>Mrs. Kanakavalli K. Kunday</b> Assistant Professor, Dept. of Health System Management Studies JSS Academy of Higher Education & Research.	Coordinator

The SIG "Patient Care Management" shall function initially for a period of three years.

The SIG may submit their report annually for the approval of the JSS AHER. The budget for the functioning shall be submitted by the SIG and approval has to be obtained from the JSS AHER for carrying out their various activities.



**REGISTRAR**

**To,**

All the above members

**Copy to:**

1. The Vice Chancellor, JSS Academy of Higher Education & Research.
2. The Finance Officer, JSS Academy of Higher Education & Research.
3. The Controller of Examinations, JSS Academy of Higher Education & Research.
4. The Director (Academics), JSS Academy of Higher Education & Research.
5. The Director (Research), JSS Academy of Higher Education & Research.
6. The Deputy Registrar (Senior Grade), JSS Academy of Higher Education & Research.
7. The Principal, JSS Medical College.
8. The Principal, JSS Dental College.
9. The Principal, JSS College of Pharmacy, Mysuru.
10. The Principal, JSS College of Pharmacy, Ooty.
11. The Director, JSS Hospital, Mysuru.
12. The Head, Dept. of Water & Health (Faculty of Life Sciences), JSS Academy of Higher Education & Research.
13. The Chairman, Dept. of Water & Health (Faculty of Life Sciences), JSS Academy of Higher Education & Research.
14. Office copy.

## JSS Academy of Higher Education & Research

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Ref. No. REG/ACA/SIG/225/2018-19/ 2267

Date: 07.06.2018

### ADDENDUM TO NOTIFICATION

Sub: Special Interest Group on "Patient Care Management".

Ref: i. JSS AHER Notification No. REG/ACA/SIG/225/2018-19/1419 dated 07.05.2018.

ii. Yours letter No. JSSMC/SIG/1137/2018-19 dated 25<sup>th</sup> May, 2018.

The following Faculty members have been included to the SIG on "Patient Care Management" (PCM) as special invitees.

1. Dr. Subhash Chandra B.J, Professor & Head, Dept. of General Medicine, JSS Medical College.
2. Dr. Jagadish Kumar K, Professor & Head, Dept. of Paediatrics, JSS Medical College.
3. Dr. Sunil Kumar S, Assistant Professor, Dept. of Cardiology, JSS Medical College.

### Guidelines for the Special Interest Groups (SIG):

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- Continuous dialogue
- Conducting meetings
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- Translating research findings into the clinical applications
- Organizing seminars

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**Budget:** The budget required for functioning of the SIG shall be allocated from Research and Development fund of the JSS Academy of Higher Education & Research based on the budget prepared and submitted by them annually.

**JSS Academy of Higher Education & Research**  
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JSS AHER/REG/ACA/SIG/PCM/435/2022-23 | 5400

Date: 03.08.2022

**CORRIGENDUM**

**Sub: Corrigendum to the notification of Special Interest Group (SIG) in "Patient Care Management".**

**Ref: JSS AHER Notification No. REG/ACA/SIG/225/2018-19/2267 dated 07.06.2018.**

With reference to the above notification, Dr. Vikram Patil, Associate Professor, Dept. of Radiology, JSS Medical College and Dr. Sujan M U, Assistant Professor, Dept. of Yoga, JSS AHER are nominated as members of the Special Interest Group (SIG) in "Patient Care Management" in the place of Mrs. Kalpana, Chief Dietician, JSS Hospital, Mysuru and Mr. Krishna Undela, Lecturer, Dept. of Pharmacy Practice, JSS College of Pharmacy, Mysuru.

  
REGISTRAR

To,

1. Dr. Basavana Gowdappa H, Principal, JSS Medical College and Group Leader, Special Interest Group in "Patient Care Management", JSS AHER.
2. The Members of the SIG in "Patient Care Management", JSS AHER.
3. Dr. Vikram Patil, Associate Professor, Dept. of Radiology, JSS Medical College.
4. Dr. Sujan M U, Assistant Professor, Dept. of Yoga, JSS AHER.

Copy to:

1. The Vice Chancellor, JSS Academy of Higher Education & Research.
2. The Finance Officer, JSS Academy of Higher Education & Research.
3. The Director (Research) I/C, JSS Academy of Higher Education & Research.
4. The Dy. Directors (Academics), JSS Academy of Higher Education & Research.
5. The Dy. Directors (Research), JSS Academy of Higher Education & Research.
6. Office Copy.

**Name of the SIG:** Patient Care Management

**Approval Reference:** REG/ACA/SIG/225/2018-19/1419 Dated  
07.05.2018

**Team Lead:** Dr. Basavana Gowdappa H.

## **Objectives**

### **Primary Objective**

Facilitate early diagnosis, counselling and management of rare disorders

## **Activities Conducted**

### **Workshops/Seminars**

### **Report on Guest Lecture by Dr. Archana S. on “ROLE OF SIMULATION TRAINING IN IMPROVING QUALITY OF PATIENT CARE”**

Special Interest Group in Patient Care Management (SIGPCM) has arranged the guest talk by Dr. Archana S, Asst Prof, Dept of Anesthesiology Chief Coordinator, Skill & Simulation Centre JSS Medical College & Hospital Mysuru on 29th April 2022. Flyer communicating about the guest lecture was sent virtually (mail, WhatsApp) to the group members of SIGPCM and all the Departmental Heads of JSSAHER and constituent colleges (through e-tapaal). Details of the guest lecture were also shared among peer network groups. Along with Dr. H Basavana Gowdappa, Leader, SIGPCM, Dr. Kanakavalli K Kundury., Coordinator, SIGPCM and PhD scholars were other participants.

There were more than 97 participants who attended the guest talk virtually through zoom meet from several institutions nationally and internationally. Before beginning the lecture, a formal introduction about the guest talk was given by Dr. Kanakavalli K Kundury. Adding on to that Dr. H Basavana Gowdappa Sir, has oriented the participants about the importance of simulation technologies in healthcare and welcomed the guest. Mr. Prathapkumar K S., PhD scholar, Dept. of HSMS gave a brief introduction about the speaker.

Dr. Archana had highlighted simulation modalities, standardised patients, In situ simulation, prioritising the safety, discrete event simulation and emerging trends in simulation and patient safety. Following the talk, Dr. Archana had also answered the questions raised by the participants. Few of the questions included scope of simulation, limitations of simulation technologies and research activities in healthcare simulation technologies. Participants had appreciated the theme of guest talk. The session ended with closing remarks and vote of thanks by Dr. Kanakavalli K Kundury.

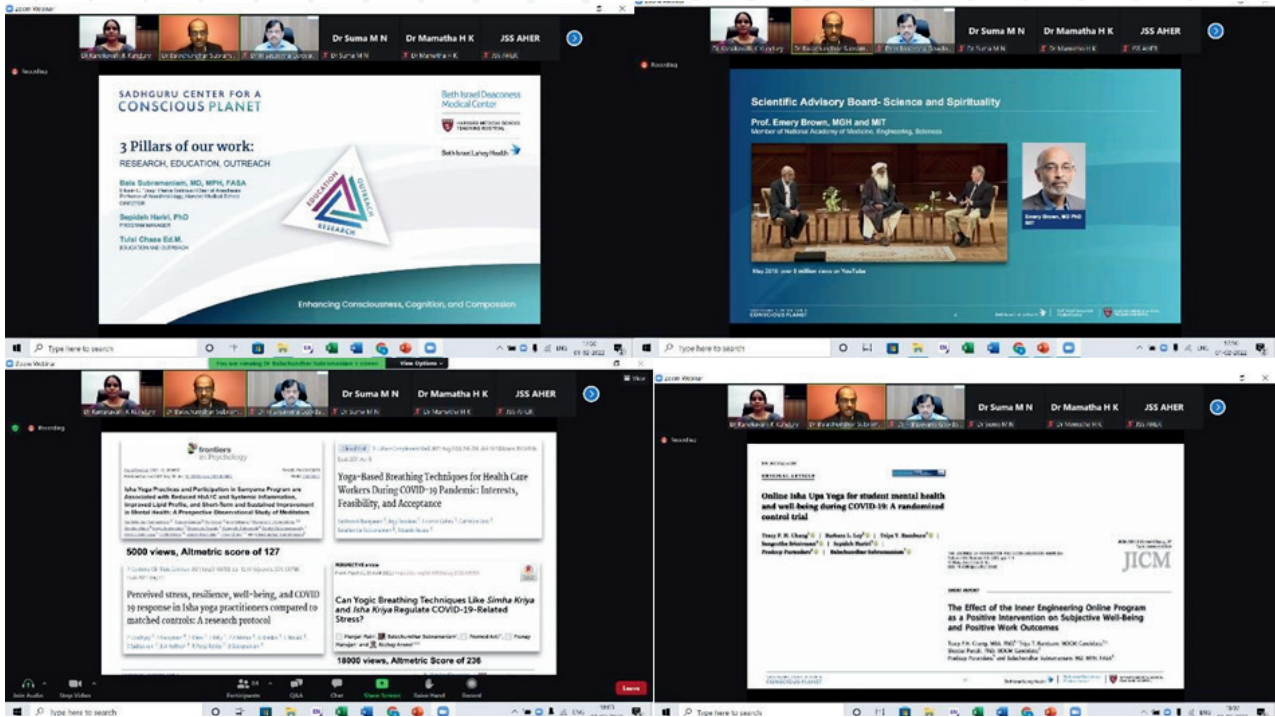


## **Report on Guest Lecture by Dr. Balachundhar Subramaniam, Director, Sadhguru Center for a Conscious Planet: Enhancing Consciousness, Cognition, and Compassion Professor of Anesthesia, Harvard Medical School on “Sadhguru Center for a Conscious Planet - Enhancing Consciousness, Cognition, and Compassion - Mission and Vision” 1st February 2022 at 5:30 PM**

Special Interest Group in Patient Care Management (SIGPCM) has arranged for expert talk in its lecture series by Dr. Balachundhar Subramaniam, Director, Sadhguru Center for a Conscious Planet: Enhancing Consciousness, Cognition, and Compassion, Professor of Anesthesia, Harvard Medical School on “Sadhguru Center for a Conscious Planet - Enhancing Consciousness, Cognition, and Compassion - Mission and Vision”, 1st February 2022 at 5:30 PM.

Flyer communicating about the guest lecture was sent virtually (mail, WhatsApp) to the group members of SIGPCM along with the University Administrators and all the Departmental Heads of JSSAHER. Details of the guest lecture were also shared among peer network groups and local Isha groups. Guest talk session began at 5:30 pm with a brief welcome note by Dr. Kanakavalli K. Kundury, Coordinator, SIGPCM followed by an introduction to JSS AHER institution and Its leadership by Dr. Vishal Kumar Gupta, Deputy Director Academics, JSSAHER.

Resource person was introduced by Dr. Basavana Gowdappa H., Leader, SIGPCM and requested to begin the expert talk. Dr. Bala Subramaniam had detailed about the initiation of Sadhguru Center for Conscious Planet from its inception and the centers evolution. Dr. Bala also had highlighted about the scientific committee of the center, its research projects, collaborations with different national and international research institutions. The outcome of these activities has resulted in various funded research projects and publications in high impact factor journals. In addition, Sadhgurus center also conducts various outreach programs and social activities.



A total of 90 participants were present online along with panel members. After the end of the session, Dr. Bala Subramaniam also had answered several questions put forth by participants which included the impact of yoga on long term health effects, yoga and antitumoral agents, influence of yoga on neurological system functioning. For a question asked by Dr. Basavana Gowdappa H. on stress management by healthcare workers, Dr. Bala Subramaniam had suggested that every institution should prefer to have a designated place which encourages their staff to spend some time every day for doing yoga/ mediation and relieve their work stress; that way they don't carry it back home. Dr. Bala Subramaniam also had invited interested researchers to conduct collaborative activities with Sadhguru's center.

At the end of the session, Dr. Basavana Gowdappa H., had appreciated the speaker for introducing Sadhgurus center in detail and thanked for his time in taking the expert talk. Vote of thanks was proposed by Dr. Kanakavalli. Participants have thanked the speaker and the organizers for conducting this interesting session.

## **Report on Guest Lecture by Dr. Prabhu R. V. Shankar on “Role of Electronic Health Records in Patient care, Population and Public Health Management” 14th December 2021 at 4:00 PM in College Council Hall, JSS Medical College.**

Special Interest Group in Patient Care Management (SIGPCM) has arranged the guest talk by Dr. Prabhu R. V. Shankar, Clinical Informatician, Faculty at UC Davis Health Sacramento, California, USA, in the College Council Hall, JSS Medical College on 14th December 2021.



Flyer communicating about the guest lecture was sent virtually (mail, WhatsApp) to the group members of SIGPCM along with the University Administrators and all the Departmental Heads of JSSAHER. Details of the guest lecture were also shared among peer network groups. Along with Dr. H Basavana Gowdappa, Leader, SIG PCM, Dr. Suma, Vice-Principal, JSS Medical College, Dr. M.V.Subbarao, Professor, Dept., of Biochemistry, JSS Medical College and Dr. Kanakavalli K., Coordinator, SIGPCM and PhD scholars were other participants. There were more than 150 participants who attended the guest talk virtually through zoom meet from several institutions nationally and internationally.

Before beginning the lecture, a formal introduction about the guest was given by Dr. Kanakavalli K Kundury. Adding on to that Dr. H Basavana Gowdappa, has spoken about Dr. Prabhu R. V. Shankar's association with JSS Medical College and felicitated him.

Dr. Prabhu Shankar had highlighted the role of Electronic Health Records in Patient care, Population and Public Health Management by giving few examples of open MRS and demonstrated the functioning of open-source software. Lecture contained information such as various data structures in electronic medical record documentation, areas of EMR implementation and its impact on population studies, predictive models; trend analysis and role of EMR in drug development. Dr. Prabhu Shankar also demonstrated the functioning of personalized health records and highlighted its impact on patient engagement and thereby enhancing quality patient care.

In Q & A session, the speaker answered the questions raised by Dr Purushottham, one of the participants, on usefulness of EHR in health indices of the country and about the cost effectiveness of EHR in developing and under developed countries. The session ended with closing remarks and vote of thanks by Dr. Kanakavalli.

## Research Projects

30/08/2023, 15:32

JSS Academy of Higher Education and Research Mail - ICMR: Proposal Id 2021-10663result (no-reply to this email)



Kanakavalli dhsms <kanakavalli.dhsms@jssuni.edu.in>

### ICMR: Proposal Id 2021-10663result (no-reply to this email)

11 messages

no-reply@hq.icmr.org.in <no-reply@hq.icmr.org.in>

Tue, Apr 5, 2022 at 12:27 PM

To: Dr Kanakavalli Kiranmai Kundury <kanakavalli.dhsms@jssuni.edu.in>

Cc: ICMR-ePMS <po.epms@icmr.gov.in>, ICMR-ePMS <no-reply@hq.icmr.org.in>

Dear Dr Kanakavalli Kiranmai Kundury,

This is reference to your Proposal id **2021-10663** with title **An integrated What's App and Zoom meet based educational intervention for the better management of Type-2 diabetes**

We are pleased to inform you that the external experts have reviewed your full proposal and your proposal has been technically approved.

Please upload required documents for Codal Formalities on or before 28-April-2022 05:00 PM. The list is available on <http://epms.icmr.org.in> The submission of codal documents is mandatory for sanction of your proposal. Absence of this, proposal will not be sanctioned.

Comments: Well written proposal

**Important Note:** This is a system generated email. Please do not reply to this email. For Any Further Correspondence please write only at "[po.epms@icmr.gov.in](mailto:po.epms@icmr.gov.in)" OR call us at "011- 26589571".

With Regards

Dr L K Sharma

Scientist E & Program Officer

+91-11-26589571 | [po.epms@icmr.gov.in](mailto:po.epms@icmr.gov.in)



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[www.icmr.gov.in](http://www.icmr.gov.in)

Kanakavalli dhsms <kanakavalli.dhsms@jssuni.edu.in>

Tue, Apr 5, 2022 at 2:02 PM

To: Prathap Kumar DHSMS <prathap.kumar.dhsms@jssuni.edu.in>

[Quoted text hidden]

Kanakavalli dhsms <kanakavalli.dhsms@jssuni.edu.in>

Tue, Apr 5, 2022 at 2:13 PM

To: "Mahendra lib.dhsms" <mahendra.lib.dhsms@jssuni.edu.in>

<https://mail.google.com/mail/u/0/?ik=9d3e08276b&view=pt&search=all&permthid=thread-f:1729250558180069233&siml=msg-f:17292505581800692...> 1/4

## Collaborations



**Beth Israel Deaconess  
Medical Center**



A teaching hospital of  
Harvard Medical School

**Balachundhar Subramaniam, MD MPH**  
*Professor of Anesthesiology, Harvard Medical School  
Ellison "Jeep" Pierce endowed Chair of Anesthesia,  
Director, Sadhguru Center for a Conscious Planet  
-Enhancing Consciousness, Cognition, Compassion  
Director, Loring Scholar Program, Division of Anesthesia Education*

01/07/2022

To  
Dr. Kanakavalli K. Kundury  
Assistant Professor  
Department of Health System Management Studies  
JSS Academy of Higher Education & Research  
Mysore, Karnataka, India.

Dear Dr.Kanakavalli  
Sub: Willingness to collaborate in the research activity  
Ref: E-mail dated on 27<sup>th</sup> December 2021

With reference to the above subject, this is to confirm that Sadhguru Center for a Conscious Planet, BIDMC, is willing to be a part of the proposed study entitled "To identify the prevalence and incidence of diabetes among Isha Yoga practitioners". In addition, we are happy to extend our support to similar collaborative studies in future.

We request you to keep updating us with progress and outcomes of the project and acknowledge the support extended in all your communications.

With warm regards

Sincerely,

Balachundhar Subramaniam, MD MPH

## Collaborations

### Report on Visit to Isha Institute of Inner Sciences, Isha Foundation, Coimbatore, Tamil Nādu on 21st and 22nd July 2022

A visit was made to Isha Institute of Inner Sciences & Research, Isha Foundation, Coimbatore, Tamil Nadu on 21st July by Dr. Kanakavalli K. Kundury (Coordinator, SIG in Patient Care Management; Assistant Professor, DHSMS, JSSAHER) and Dr. Shalini (PhD Scholar, DHSMS, JSSAHER). The purpose of the visit was to discuss about the ongoing collaborative research activities with Isha foundation and Sadhguru Center for Conscious Planet, BIDMC, Harvard Medical School, Boston, USA. Dr. Kanakavalli and Dr. Shalini had discussed with Maa Vama, Head, Isha Institute of Inner Sciences & Research, about the current collaborative research proposal on “Identify the incidence and prevalence of diabetes and It’s comorbidities among Isha yoga and non-Isha yoga practitioners”. The study was approved as a collaborative research activity by Institutional Ethical committee, JSS Medical College, JSSAHER and ready to launch using a google form survey. Maa Vama has given her inputs to finalize the google form and directed for its circulation among various Isha groups.

Tentative research protocol on “The impact of Shambhavi Maha Mudra Practice on Diabetes and It’s comorbid conditions” was also discussed with Maa Vama. She had suggested to conduct a 3-arm study with Isha Kriya, Shambhavi Maha Mudra and a control group to identify the impact of these kriyas on diabetes and comorbid conditions. Also suggested to discuss with Dr. Jamuna, worked on similar projects earlier from Ramachandra University, Chennai, for her inputs. Various other Isha practices like Upayoga and their impact on health outcomes were also suggested to consider. The discussions were fruitful to get details on plan of action for current and future research activities. Dr. Kanakavalli and Dr. Shalini thanked Maa Vama for her time and inputs; and the visit ended by taking darshan of Adiyogi, Dhyanalinga and Linga Bhairavi.

## Collaborations

27/08/2024, 12:13

JSS Academy of Higher Education and Research Mail - Save the Date: Thurs. June 13th 2024 - Sadhguru Center's Advisory Board Meeting



Kanakavalli dhsms <kanakavalli.dhsms@jssuni.edu.in>

### Save the Date: Thurs. June 13th 2024 - Sadhguru Center's Advisory Board Meeting

1 message

**BIDMC-Sadhguru Center** <sadhgurucenter@bidmc.harvard.edu>

Fri, Feb 9, 2024 at 2:16 AM

To: BIDMC-Sadhguru Center <sadhgurucenter@bidmc.harvard.edu>

Cc: "Subramaniam, Balachundhar (HMFP - Anesthesia)" <bsubrama@bidmc.harvard.edu>, "Hariri, Sepideh (BIDMC - Anesthesia)" <shariri1@bidmc.harvard.edu>, "Jafari, Nashaw (BIDMC - Hariri - Anesthesia)" <njafari@bidmc.harvard.edu>

Dearest Collaborators & Supporters of Sadhguru Center,

We hope you are doing well and are delighted to invite you to please SAVE the DATE for our upcoming summer Board Meeting.

**When:** Thursday June 13<sup>th</sup> 2024  
11am-1pm EST

**Where:** Hybrid, in-person in Boston & over Zoom  
Location TBD

We will send a calendar event invite shortly so you can block this time, and please look out for further information from this email in the coming months. We look forward to having your continued support as we grow and build a more conscious planet together!

Warm Regards,

#### Sadhguru Center for a Conscious Planet

1 Brookline Place, Brookline MA 02445  
[sadhgurucenter@bidmc.harvard.edu](mailto:sadhgurucenter@bidmc.harvard.edu)

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## Collaborations


### Report on research proposal discussion over Zoom meet Platform on 23rd August 2022

In continuation to the existing collaborative research activities with Dr. Bala Subramaniam, Director, Sadhguru Center for Conscious Planet, BIDMC, Harvard Medical School, Boston, USA, there was a research proposal discussion over Zoom platform on 23rd August 2022. Dr. Bala Subramaniam along with Ms. Katherine, Project Assistant were present from BIDMC, Harvard Medical School; while Dr. Kanakavalli, Coordinator, SIGPCM along with Dr. Vikram Patil, Dept of Radiology, JSSH have attended from JSSAHER.

Dr. Bala Subramaniam had briefed the objective of the research aiming at measuring the impact of Samyama program (a residential program conducted at Isha Yoga Center, Coimbatore, Tamilnadu) on the neural mechanisms and psychological wellbeing of the participants. The study aims to conduct fMRI investigations on the participants before and after the Samyama Programs which are going to commence from December 2022 till April 2023 in 2-3 batches. Dr. Bala Subramaniam had mentioned that the project can be executed as an addition to the existing collaborative activities; where JSSAHER is requested to support in fMRI investigations and also to obtain IRB/IEC. Also stated that NIMHANS, Bangalore will be taking part in this proposed research project. Dr. Bala Subramaniam also said that he would be confirming on supporting the cost of these investigations and feasibility of financial aid from his side. Also, the images once captured will be analyzed from both the teams. Adding to this Dr. Vikram mentioned that permissions from ICMR would be required for sharing the images.

Dr. Vikram has mentioned that he would enquire with the Philips team for the feasibility of upgrading the existing MRI 3 tesla machine on its compatibility to support fMRI investigations; While Dr. Kanakavalli was asked to submit the research proposal for approval from IEC, JSS Medical College. The meeting ended with a final note from Dr. Bala Subramaniam that he would be sharing the protocol and sample copy of fMRI image to go further with the proposed research.

## Projects and Patents

Project	Title	Collaborating Institutes
1.	<b>A pilot study to determine the incidence and prevalence of diabetes mellitus among yoga practitioners.</b>	    
2.	<b>Prevalence of mystical experiences with yoga &amp; meditation</b>	    
3.	<b>To assess the impact of yoga on personality changes and lifestyle modifications</b>	    
4.	<b>Neuro-hemodynamic changes before and after 8-day advanced meditation, Samyama program in healthy volunteers: Multi-centric Study</b>	      
5.	<b>Holistic Analysis and Research on Multidimensional Observations Nurturing Transformative Yogic Impacts of Classical Hatha Yoga Teacher Training</b>	    

# 1.A pilot study to determine the incidence and prevalence of diabetes mellitus among yoga practitioners.

**IEC JSSMC/IEC/18.02.2022/26NCT/2021-22**

**Dated 03.03.2022**



Beth Israel Deaconess  
Medical Center



A teaching hospital of  
Harvard Medical School

**Balachundhar Subramaniam, MD MPH**  
*Professor of Anesthesiology, Harvard Medical School  
Ellison "Jeep" Pierce endowed Chair of Anesthesia,  
Director, Sadhguru Center for a Conscious Planet  
-Enhancing Consciousness, Cognition, Compassion  
Director, Loring Scholar Program, Division of Anesthesia Education*

01/07/2022

To  
Dr. Kanakavalli K. Kundry  
Assistant Professor  
Department of Health System Management Studies  
JSS Academy of Higher Education & Research  
Mysore, Karnataka, India.

Dear Dr.Kanakavalli  
Sub: Willingness to collaborate in the research activity  
Ref: E-mail dated on 27<sup>th</sup> December 2021

With reference to the above subject, this is to confirm that Sadhguru Center for a Conscious Planet, BIDMC, is willing to be a part of the proposed study entitled "To identify the prevalence and incidence of diabetes among Isha Yoga practitioners". In addition, we are happy to extend our support to similar collaborative studies in future.

We request you to keep updating us with progress and outcomes of the project and acknowledge the support extended in all your communications.

With warm regards

Sincerely,

Balachundhar Subramaniam, MD MPH



**Principal Investigator**  
**Dr. Kanakavalli K. Kundury,**  
Assistant Professor,  
Department of Health System  
Management Studies, JSS  
Academy of Higher  
Education & Research



**Co-Principal Investigator**  
**Dr. H. Basavana Gowdappa,**  
Principal, JSS Medical  
College & Hospital, JSS  
Academy of Higher  
Education & Research



**Co-Investigator**  
**Dr. Bala Subramaniam,**  
Professor, Dept., of  
Anesthesia; Director,  
Sadhguru Center for  
Conscious Planet, BIDMC,  
Harvard Medical School

The study commenced on pilot basis and result analysis was done. Pilot study results with ~950 responses were analyzed. Also planning to continue data collection further with larger number of responses for the main study. Abstract of pilot study results: Total number of respondents for the pilot study was 995 in the span of 4 months in state of Karnataka. Result revealed that out of 995 respondents 154 were Diabetic individuals; 100 respondents practice some form of yoga and 75 respondents practice Isha yoga. The analysis shows that there was less glycemc control and value of HbA1C is greater than 7 (N=60, 58.33%) in diabetic group where no yoga has been practiced compare to diabetic yoga practitioners.

In Isha yoga practitioners who are diabetic (N=75) the HbA1C value is less than 7 in majority of the respondents (N=52, 69.33%). The HbA1C value is better in respondents who practice Isha yoga (N=75) regularly (kriya or hata yoga or both) for more than 4 days per week compare to other practitioners (N= 46, 68.75%). The result shows that there is good glycemc control in Diabetics who are Isha yoga practitioners compare to Diabetics who don't practice any form of yoga; to understand better the study requires a bigger analysis throughout India, as now it was limited only for the state of Karnataka.

## JSS MEDICAL COLLEGE

Sri Shivarathreeshwara Nagara, Mysuru – 570 015, Karnataka, India  
P: +91-821-2548337 / 338 | F: +91-821-2548345 | E: jssmc@jssuni.edu.in | www.jssuni.edu.in



JSSMC/IEC /18.02.2022/ 26 NCT /2021-22 Date:03.03.2022

### **INSTITUTIONAL ETHICS COMMITTEE**

IEC Registration ECR/387/Inst/KA/2013/RR-19  
NABH Accreditation Certificate No. EC-CT-2018-0018

### **CERTIFICATE**

This is to certify that the below mentioned Project was discussed and reviewed and the same has been cleared and approved by the Institutional Ethical Committee at its meeting held on 18.02.2022 at College Council Hall, JSS Medical College, Mysore.

#### **Members**

**Dr. M. Srinivasa**

MD. General Medicine  
Chairman

**Dr. Prathima.C**

MD. (Pharmacology) PhD  
Member

**Sri. Palaksha**

B.Sc. , LLB  
Member

**Dr. Prathibha Pereira**

Prof of Medicine  
Member

**Smt. Y.T. Madhuri Thatachari**

MA (Geography)  
Member

**Dr. L. Savitha**

MA, B.Ed, M.Ed  
Member

**Dr.Suchitha.S**

MBBS, MD (Pathology)  
Member

**Dr. Vikram Patil**

MBBS, DNB (Radiology)  
Member

**Sri.Nagendra Murthy M.P**

B.Com. LL.M, M.Phil.  
Member

**Smt. Sudhaphaneesh**

M.A., B.Ed.,(Ph.D)  
Member

**Dr.Madhan Ramesh,**

M.Pharm, PhD  
Member


**Sri. R.S.Nagaraj**

B.Sc, MBA  
Member

**Dr. R.N.Suresha**

MD Pharmacology  
Member Secretary

<b>Title of Project</b>	A pilot study to determine the incidence and prevalence of diabetes mellitus among yoga practitioners
<b>Principal Investigator</b>	<b>Dr. Kanakavalli K. Kundury</b> Assistant Professor, Dept of Health system Management Studies, JSS AHER, Mysore
<b>Co- Principal investigator</b>	<b>Dr. H. Basavana Gowdappa</b> Professor of Medicine & Principal, JSS Medical College & Hospital Mysore
<b>Co- Principal investigator</b>	<b>Dr. Balachundhar Subramaniam, MD MPH</b> Professor of Anesthesiology, Harvard Medical School Director, Sadhguru Centre for Conscious Planet, Beth Israel Deaconess Medical Center, Harvard Medical School and Teaching Hospital, Boston, Massachusetts, USA. - Isha Foundation, Coimbatore, Tamilnadu, India

  
3/3/2022

**MEMBER SECRETARY**  
Member Secretary  
Institutional Ethical Committee  
J.S.S. Medical College, S.S. Nagar  
Mysore-570 015

Considering the pilot study results, Dr. Bala Subramaniam, Director, Sadhguru Center for Conscious Planet, BIDMC, Harvard Medical School, Boston, USA; had suggested to continue administering the survey on larger sample size. Maa Vama, Head, Isha Institute of Inner Sciences & Research had shared the survey form to the meditator groups in Tamilnadu. A total of 350 responses were added up till date. The form is expected to go for circulation across other states of the country very soon through the communications department of Isha Foundation.

The pilot study results are communicated for poster presentation in International Conference titled Consciousness- Science, Spirituality and Social Impact, Organized by Sadhguru Center for a Conscious Planet, BIDMC, Harvard Medical School, Boston, USA.

## 2. Prevalence of mystical experiences with yoga & meditation

IEC JSSMC/ IEC/ 011222/24 NCT/2022-23

Dated 02.12.2022.

		
		
<p><b>Principal Investigator</b> <b>Dr. Kanakavalli K. Kundury,</b> Assistant Professor, Department of Health System Management Studies, JSS Academy of Higher Education &amp; Research</p>	<p><b>Co-Principal Investigator</b> <b>Dr. H. Basavana Gowdappa,</b> Principal, JSS Medical College &amp; Hospital, JSS Academy of Higher Education &amp; Research</p>	<p><b>Co-Investigator</b> <b>Dr. Bala Subramaniam,</b> Professor, Dept., of Anesthesia; Director, Sadhguru Center for Conscious Planet, BIDMC, Harvard Medical School</p>

The study commenced in February 2023. Completed all the time points and the survey details are shared with the collaborative research team at Sadhguru Center for Conscious Planet, BIDMC, Harvard Medical School, Boston, USA. Data is currently under analysis for publication.

Time point	Number	Date	Status	Further action
T0 (Before Samyama)	300	1st April 2023	300 till date. 177 responses captured till 02.24.2023 for follow up on post retreat. Could not consider the 123 participants for further follow up as the study continued with 2nd timepoint	Follow-up with post samyama survey has to be done for the rest of the 123 participants
T1 (Post Samyama)	108	5th April 2023	2 reminders sent to 177 participants and 108 responses captured so far	Another reminder to be sent for 69 participants to answer post samyama survey
T2 (2 months after Samyama)	65	20th June 2023	5 reminders sent from April till 20th June	To engage the participants for the 6 month timepoint, a "Thank you" mail was sent to all the participants, who had answered the baseline, post retreat and 2 months timepoints.
T3 (6 months after Samyama)	First cycle of the study is completed with 65 responses throughout. Data currently under analysis. Another cycle of the study is going to be commenced in December 2023.			



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JSSMC/IEC /011222/ 24 NCT /2022-23 Date: 02.12.2022

### **INSTITUTIONAL ETHICS COMMITTEE**

IEC Registration ECR/387/Inst/KA/2013/RR-19  
NABH Accreditation Certificate No. EC-CT-2018-0018

### **CERTIFICATE**

This is to certify that the below mentioned Project was discussed and reviewed and the same has been cleared and approved by the Institutional Ethical Committee at its meeting held on 01.12.2022 at College Council Hall, JSS Medical College, Mysore.

<b>Title of Project</b>	Prevalence of mystical experiences with yoga & meditation
<b>Principal Investigator</b>	<b>Dr. Kanakavalli K. Kundury</b> Assistant Professor, Department of Health system Management Studies, JSS Academy of Higher Education & Research, Mysore
<b>Co- Principal investigator</b>	<b>Dr. Balachundhar Subramaniam</b> Professor Department of Anesthesia, Critical Care and Pain Medicine, Director, Sadhguru Center for Conscious Planet, W/CC-540, Beth Israel Deaconess Medical Center, One Deaconess Road, Boston, MA 02215, USA
<b>Co-investigators</b>	<b>Dr. H. Basavana Gowdappa</b> Principal, JSS Medical College, JSS Academy of Higher Education & Research, Mysore

#### **Members**

##### **Dr. M. Srinivasa**

MD. General Medicine  
Chairman

##### **Dr. Pratibha Pereira**

MD. General Medicine, PGDGM  
Member

##### **Dr. Srinath K.M**

MD. Internal Medicine, FICP, PhD  
Member

##### **Dr. Kalabharathi H. L**

MD. Pharmacology  
Member

##### **Dr. Smitha Rani**

MD. Forensic Medicine  
Member

##### **Sri. Palaksha**

B.Sc. , LLB  
Member

##### **Sri.C.K. Rudramurthy**

B.A.L, LLB  
Member

##### **Smt.H.S. Sandhya**

B.A.  
Member

##### **Smt. Sudhaphaneesh**

M.A., B.Ed.,(Ph.D)  
Member

##### **Sri. R.S.Nagaraj**

B.Sc, MBA  
Member

##### **Dr. Sathyanarayana Mamatha**

Ph.D., M.A., (Hindi) , B.Ed.,  
Member

##### **Dr. Sri Harsha Chalasani**

PhD, M.Pharmacy  
Member

##### **Dr. Prathima.C**

MD. (Pharmacology) PhD  
Member

##### **Dr. Shivaprakash S**

MD. (Anatomy) PGDMLE  
Member Secretary

  
**MEMBER SECRETARY** 2/12/22

Member Secretary,  
Institutional Ethical Committee  
J.S.S. Medical College, S.S. Nagar  
MYSORE-570 015

### 3. To assess the impact of yoga on personality changes and life style modifications

IEC JSSMC/ IEC/ 240323/ 31 NCT/ 2022-23

Dated 27.03.2023

		
		
<p><b>Principal Investigator</b> Dr. Kanakavalli K. Kundury, Assistant Professor, Department of Health System Management Studies, JSS Academy of Higher Education &amp; Research</p>	<p><b>Co-Principal Investigator</b> Dr. H. Basavana Gowdappa, Principal, JSS Medical College &amp; Hospital, JSS Academy of Higher Education &amp; Research</p>	<p><b>Co-Investigator</b> Dr. Bala Subramaniam, Professor, Dept., of Anesthesia; Director, Sadhguru Center for Conscious Planet, BIDMC, Harvard Medical School</p>

Several mail exchanges have happened with the collaborative research teams from BIDMC and ISHA foundation for finalizing the study design, data collection methods, ethics approval and on obtaining informed consent from study participants. Demonstration on 3Cs application to know the app features, report generation and storage into the drives was given by the application development team, BIDMC, Harvard medical school. In continuation with the discussions, the visit helped to get insights into operational considerations to identify before the commencement of the study, participant requirement, orientation, administration of consent form and application functioning.

Study commenced in June 2023. First batch of Sadanapada participants are oriented during the first week of June 2023 and second batch received their orientation during the last week of June. Participants were informed about the study design and given their consent for participation. A total of 937 participants have enrolled into the study currently and attended the baseline surveys, followup for baseline survey completion is being done by Dr. Kanakavalli in coordination with the research team at Isha foundation and Sadhguru Center for Conscious Planet (SCCP), BIDMC, Harvard Medical School, Boston, USA. Baseline data and first time point after 6 weeks is completed and heading towards the other timepoints.

Data generated from the above studies will be analyzed to submit as publications in collaboration with Sadhguru center for conscious planet, BIDMC, Harvard medical school, Boston, USA to reputed international journals.

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JSSMC/IEC /240323/ 31 NCT /2022-23 Date: 27.03.2023

### Members

**Dr. M. Srinivasa**

MD. General Medicine  
Chairman

**Dr. Pratibha Pereira**

MD. General Medicine, PGDGM  
Member

**Dr. Srinath K.M**

MD. Internal Medicine, FICP, PhD  
Member

**Dr. Kalabharathi H. L**

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PhD, M.Pharmacy  
Member

**Dr. Prathima.C**

MD. (Pharmacology) PhD  
Member

**Dr. Shivaprakash S**

MD. (Anatomy) PGDMLE  
Member Secretary


### INSTITUTIONAL ETHICS COMMITTEE

IEC Registration ECR/387/Inst/KA/2013/RR-19  
NABH Accreditation Certificate No. EC-CT-2018-0018

### CERTIFICATE

This is to certify that the below-mentioned Project was discussed and reviewed and the same has been cleared and approved by the Institutional Ethical Committee at its meeting held on 24.03.2023 at College Council Hall, JSS Medical College, Mysore.

<b>Title of Project</b>	To assess the impact of yoga on personality changes and life style modifications
<b>Principal Investigator</b>	<b>Dr. Kanakavalli K. Kundry</b> Assistant Professor, Department of Health system Management Studies, JSS Academy of Higher Education & Research, S. S. Nagar, Mysore – 570 015
<b>Co-Principal Investigator</b>	<b>Dr. Balachundhar Subramaniam</b> Professor Department of Anesthesia, Critical Care and Pain Medicine, Director, Sadhguru Center for Conscious Planet, W/CC-540, Beth Israel Deaconess Medical Center, One Deaconess Road, Boston, MA 02215, USA
<b>Co-Investigator</b>	<b>Dr. H. Basavana Gowdappa</b> Principal, JSS Medical College, JSS Academy of Higher Education & Research, S. S. Nagar, Mysore – 570 015

  
**MEMBER SECRETARY** 27/3/23  
Member Secretary  
Institutional Ethics Committee  
JSS Medical College, Mysore  
Karnataka, India

## 4. Neuro-hemodynamic changes before and after 8-day advanced meditation, Samyama program in healthy volunteers: Multi-centric Study



**NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES**  
(Institute of National Importance), Bengaluru – 560 029

राष्ट्रीय मानसिक स्वास्थ्य और तंत्रिका विज्ञान के संस्थान (राष्ट्रीय महत्व का संस्थान), बंगलुरु - 560 029  
ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರ ವಿಜ್ಞಾನ ಸಂಸ್ಥೆ (ರಾಷ್ಟ್ರೀಯ ಪ್ರಾಮುಖ್ಯತಾ ಸಂಸ್ಥೆ), ಬೆಂಗಳೂರು - 560 029

1<sup>st</sup> Sep 2023

To Whom It May Concern,

Subject: Letter of Support for Multi-Centric Study on Neuro-Hemodynamic Changes in Healthy Volunteers Undergoing the 8-day Advanced Meditation, Samyama Program

I write this letter on behalf of the Department of Integrative Medicine at the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India. We are pleased to affirm our intent to collaborate in the research study titled, "Neuro-hemodynamic Changes Before and After 8-day Advanced Meditation, Samyama Program in Healthy Volunteers," alongside esteemed faculty from JSS Academy of Higher Education and Research, Mysuru, India.


Per the letter of support provided by the Sadhguru Center for a Conscious Planet at Beth Israel Deaconess Medical Center's Research Center (BIDMC), we confirm that expenses related to MR imaging at JSS Hospital, as well as other associated costs, will be supported through the funds received from BIDMC. The total allocated budget for this study is 1,608,600 INR (\$19,303 USD), with a detailed budget breakdown attached for transparency.

Prior to initiating the study, it is our responsibility to secure clearance from the Health Ministry's Screening Committee (HMSC) in compliance with regulatory requirements. Upon receiving all requisite ethical and administrative approvals, including from the Institutional Review Board (IRB), the study's contractual obligations will be formalized.

We look forward to this multi-disciplinary endeavor, extending over a duration of one year. Alongside myself, Dr. Hemant Bhargav, Associate Professor at the Department of Integrative Medicine, NIMHANS, will serve as a co-investigator in this study.

For further inquiries or clarifications, you are welcome to contact us at any time. We eagerly anticipate the potential contributions of this research to the fields of integrative medicine and neuroscience, and value the collaboration extended by the JSS Academy of Higher Education and Research.

Sincerely,

  
Bharath Holla,  
Department of Integrative Medicine,  
NIMHANS, Bengaluru – 560029  
KMC-88224

**Dr. Bharath Holla, Principal Investigator, Associate Professor of Psychiatry, Department of Integrative Medicine NIMHANS, Bengaluru, India**

cc:

Dr. Kanakavalli K. Kundury, Assistant Professor, Department of Health System Management Studies, JSS Academy of Higher Education and Research

Dr. Vikram Patil, Associate Professor, Radiology, JSS Academy of Higher Education and Research

**Neuro-hemodynamic changes before and after 8-day advanced meditation, Samyama program in healthy volunteers: Multi-centric Study**

Sadhguru Center for a Conscious Planet

Beth Israel Lahey Health  
Beth Israel Deaconess Medical Center  
HARVARD  
MEDICAL SCHOOL



**Co-Principal Investigator**  
Dr. Bala Subramaniam,  
Professor, Dept., of Anesthesia;  
Director, Sadhguru Center for  
Conscious Planet, BIDMC,  
Harvard Medical School



**JSS**  
ACADEMY  
OF HIGHER  
EDUCATION  
& RESEARCH  
(DEEMED TO BE UNIVERSITY) MYSURU



**Principal Investigator**  
Dr. Kanakavalli KKundury  
Assistant Professor,  
Department of Health System  
Management Studies, JSS  
Academy of Higher Education &  
Research



**Co-Principal Investigator**  
Dr. H. Basavana Gowdappa,  
Principal, JSS Medical  
College & Hospital, JSS  
Academy of Higher  
Education & Research

NIMHANS



**Co-Investigator**  
Dr. Hemant Bhargav,  
Assistant Professor  
(Yoga), Department of  
Integrative Medicine,  
NIMHANS



**Co-Investigator**  
Dr. Bharath Holla,  
Assistant Professor  
(Psychiatry),  
Department of  
Integrative Medicine,  
NIMHANS

**Other Co-Investigator's from JSS AHER include**

Dr. Vikram Patil, Associate Professor, Dept of Radiology, JSS Medical College & Hospital  
Dr. Gurumurthy, B. Assistant Professor, Department of Radiology, JSS Medical College & Hospital

**Received letter of financial support from Beth Israel Deaconess Medical Center (BIDMC) for \$19,303 equivalent to ₹16,08,600**

A multicentric study was proposed between JSS AHER, Mysuru; SCCP, BIDMC, Harvard Medical School, Boston, USA and NIMHANS, Bangalore. Received letter of financial support from Beth Israel Deaconess Medical Center (BIDMC) for \$19,303 equivalent to ₹16,08,600.

Proposal submitted for ethics committee approval from JSS Medical College. Awaiting for the certificate. The study is expected to Commence in December 2023.



NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES  
(INSTITUTE OF NATIONAL IMPORTANCE)  
PB No 2900, HOSUR ROAD BENGALURU 560029 (INDIA)

**Dr. Kishore Kumar R**  
Professor, Head Dept of Integrative Medicine  
and Member Secretary, Human Ethics Committee for  
Research in AYUSH and Integrative Medicine.

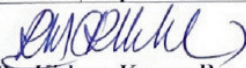
Off: +91 80 26995242  
Fax: 91-80-26564830/26566811  
E-mail: [intmed@nimhans.ac.in](mailto:intmed@nimhans.ac.in)

No. NIMHANS/HECAIM/7<sup>th</sup>/MEETING/2022-23

Date: 11.07.2023

**Human Ethics Committee for Research in AYUSH and integrative Medicine**  
**Final Approval Letter**

1.	Name of the Investigator	Dr. Bharath Holla Assistant professor of Psychiatry Dept. of Integrative Medicine, NIMHANS		
2.	Reference Number of the Investigator:	Letter Dated 12.11.2022 and 24-04-2023		
3.	Title of the proposal submitted for ethical clearance	Funded by BIDMC, Harvard Medical School, Boston, MA <b>Title:</b> "Neuro-hemodynamic changes before and after 8-day advanced meditation, Samyama program in healthy volunteers: Multi-centric Study"		
4.	Nature of the proposal submitted for ethical clearance	Prospective, explorative controlled clinical research		
5.	Tick on the relevant box (Self-explanatory)	New Review √	Revised Review	Expedited Review
6.	Duration of the Research Project	12 Months		
7.	Date of Ethics Committee Held	01.02.2023		
8.	Date of the previous review if revised application	None		
9.	<p><b>Clear statement of the decision reached</b> The research project and study-related documents were circulated to all the members of the ethics committee who reviewed and discussed the ethical issues involved. After consideration, the committee decided to approve the research project in principle. A letter was sent to you seeking certain clarifications/documents vide email/letter dated 10.02.2023. In response to this, you have submitted required clarifications/documents vide email/letter dated 24.04.2023, which have been reviewed and deemed satisfactory. Hence the research project and study related documents are approved with respect to ethical aspects.</p> <p><b>Decision of the EC: The research project and study related documents are approved with respect to ethical aspects.</b></p>			

  
**Dr. Kishore Kumar R.**  
Professor, Head of Dept of Integrative Medicine  
and Member Secretary, Human Ethics Committee for  
Research in AYUSH and Integrative Medicine.

PTD

Beth Israel Lahey Health   
**Beth Israel Deaconess Medical Center**

**Balachundhar Subramaniam, MD MPH FASA,**  
Department of Anesthesia, Critical Care and Pain  
Medicine

Director, Sadhguru Center for a Conscious Planet-  
Enhancing Consciousness, Cognition and Compassion  
Professor of Anesthesiology, Harvard Medical School  
Ellison C. "Jeep" Pierce endowed Chair of Anesthesia

1 Brookline Place Brookline Suite 621, MA 02445  
(617)-278-8082-Office  
(617) 632-8070-Fax

28<sup>th</sup> October 2022

**Letter of Support for "Neuro-hemodynamic changes before and after 8-day advanced meditation, Samyama program in healthy volunteers: Multi-centric Study"**

To Whom It May Concern,

This serves as a letter of support to confirm that Beth Israel Deaconess Medical Center's Research Center, the Sadhguru Center for a Conscious Planet, intends to sponsor the study, "Neuro-hemodynamic Changes Before and After 8-day Advanced meditation, Samyama Program in Healthy Volunteers." This will be a multi-centric study with NIMHANS and faculty affiliated with the JSS Academy of Higher Education and Research, Mysuru, India. The study will last one year and be headed by Dr. Bharath Holla, Assistant Professor, Dept of Integrative Medicine, National Institute of Mental Health and Neurosciences, NIMHANS, Bengaluru, India and Dr. Hemant Bhargav, Assistant Professor, Dept of Integrative Medicine, NIMHANS. Support will total 1,608,600 INR (\$19,303 USD). The budget is attached to this document. The contract for this study will be issued once IRB approvals are in place. In the meantime, please do not hesitate to contact me with any questions or concerns.

Sincerely,



Balachundhar Subramaniam, MD MPH FASA

  
Digitally signed by  
Bridget Keane Russo  
Date: 2022.10.28  
16:19:04 -04'00'

Bridget Russo  
Research Administrative Supervisor,  
Signature Official

T: (617)-278-8082  
1 Brookline Place Brookline Suite 621, MA 02445



STAFF	Nos	Unit Cost (INR)	Total (INR)
Research Assistant (2 staff for 6m@INR26000/month)	12	26000	312000
<b>RECURRING EXPENDITURES</b>			
Magnetic resonance imaging (MRI) (100 participants at 2 time po	200	5500	1100000
Participant TA/DA (Reimbursements) @ 500INR/visit	200	500	100000
Contingency (photocopy, mri ear-plugs etc)	200	100	20000
<b>Total</b>			1532000
<b>Overheads @5%</b>			76600
<b>Grand Total</b>			1608600

Conversion Rate: 1 INR = 0.012 USD

STAFF	Nos	Unit Cost (USD)	Total (USD)
Research Assistant (2 staff for 6m@INR26000/month)	12	\$ 312	\$ 3,744
<b>RECURRING EXPENDITURES</b>			
Magnetic resonance imaging (MRI) (100 participants at 2 time po	200	\$ 66	\$ 13,200
Participant TA/DA (Reimbursements) @ 500INR/visit	200	\$ 6	\$ 1,200
Contingency (photocopy, mri ear-plugs etc)	200	\$ 1	\$ 240
<b>Total</b>			\$ 18,384
<b>Overheads @5%</b>			\$ 919
<b>Grand Total</b>			\$ 19,303

## 5. HARMONY: Holistic Analysis and Research on Multidimensional Observations Nurturing Transformative Yogic Impacts of Classical Hatha Yoga Teacher Training



**Principal Investigator**  
**Dr. Kanakavalli K. Kundry,**  
Assistant Professor,  
Department of Health System  
Management Studies, JSS  
Academy of Higher  
Education & Research



**Co-Principal Investigator**  
**Dr. H. Basavana Gowdappa,**  
Principal, JSS Medical  
College & Hospital, JSS  
Academy of Higher  
Education & Research

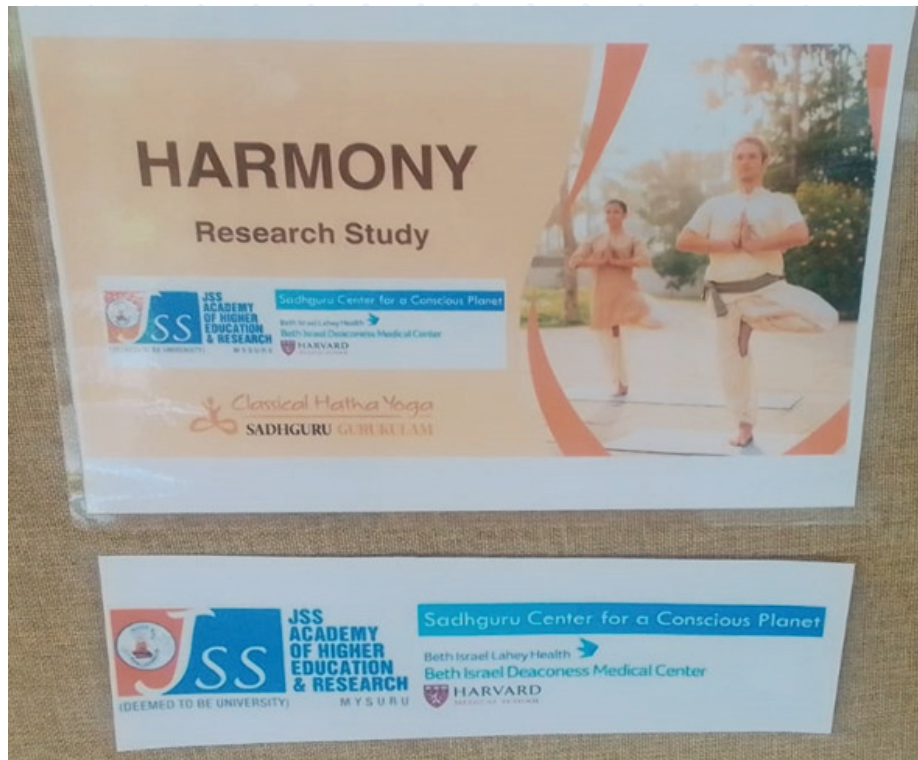
Sadhguru Center for a Conscious Planet

Beth Israel Lahey Health  
Beth Israel Deaconess Medical Center  
HARVARD  
MEDICAL SCHOOL



**Co-Investigator**  
**Dr. Bala Subramaniam,**  
Professor, Dept. of  
Anesthesia; Director,  
Sadhguru Center for  
Conscious Planet, BIDMC,  
Harvard Medical School

The study is basically aimed at measuring the physiological and psychological impacts of hata yoga teacher training program. Duly signed Informed consent forms from the study participants; both cases and controls, were collected. The team from the department of Biochemistry has collected the base-line sample collection (Whole blood in Paxgene Tubes, Plasma and Serum) for both the intervention and control groups.



The sample collection was done between July 19th 2024 and July 22nd 2024. A total of 190 samples (43 controls and 147 cases) were collected for this study. All the collected samples have been numbered and stored in the newly installed -80oC freezer (Thermoscientific) located in the CEMR laboratory #1. The team has brought back the two laboratory centrifuges (Remi-8C), which were taken from the Department of Biochemistry, JSS Medical College for sample collection. They were re-installed in their original place. The baseline information collected through survey forms were inputted to 3Cs application developed by BIDMC, Harvard Medical School. Information relate to blood sample collection, processing and storage also was entered into the 3Cs application along with physical measures data.

Isha Institute of Inner Sciences, Isha Foundation has provided accommodation and covered all the expenses related to the travel, boarding and lodging. In total, it was a fruitful camp as it provided the samples that are required for executing the study. In addition, we could get a chance to interact with the team from Isha Institute of Inner Sciences for further studies. The end-of-the study samples will be collected last week of November 2024 or first week of December 2024.

12/08/2024, 13:10

JSS Academy of Higher Education and Research Mail - Regarding research on Isha yoga



Kanakavalli dhsms <kanakavalli.dhsms@jssuni.edu.in>

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## Regarding research on Isha yoga

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**Maa Vama** <maa.vama@ishafoundation.org>  
To: Kanakavalli dhsms <kanakavalli.dhsms@jssuni.edu.in>

Fri, Jan 7, 2022 at 5:13 PM

Date: 07.01.2022

To  
Dr. Kanakavalli K. Kundury  
Assistant Professor  
Department of Health System Management Studies  
JSS Academy of Higher Education & Research  
Mysore, Karnataka, India.

Dear Dr. Kanakavalli

Sub: No objection to conduct the proposed study

Ref: E-mail dated on 27<sup>th</sup> December 2021

With reference to the above subject, this is to confirm you that The Isha Institute of Inner Sciences & Research, Coimbatore, Tamilnadu has no objection to conduct the proposed study entitled " To identify the prevalence and incidence of diabetes among Isha Yoga practitioners". In addition, we are happy to extend our support to similar collaborative studies in the future. However, do seek our approval for the future projects.

We request you to keep updating us with the progress and outcomes of the project and acknowledge the support extended in all your communications.

Best wishes,

Yours sincerely

Maa Vama

Head,

Isha Institute of Inner Sciences & Research

Coimbatore

Tamilnadu

## JSS MEDICAL COLLEGE

Sri Shivarathreeshwara Nagara, Mysuru - 570 015, Karnataka, India  
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JSSMC/IEC /13042022/ 18NCT /2021-22 Date:25.04.2022

### Members

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MD, General Medicine  
Chairman

**Dr. Prathima.C**  
MD, (Pharmacology) PhD  
Member

**Sri. Palaksha**  
B.Sc., LLB  
Member

**Dr. Prathibha Pereira**  
Prof of Medicine  
Member

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MA, B.Ed, M.Ed  
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B.Sc, MBA  
Member

**Dr. R.N.Suresha**  
MD Pharmacology  
Member Secretary

### INSTITUTIONAL ETHICS COMMITTEE

IEC Registration ECR/387/Inst/KA/2013/RR-19  
NABH Accreditation Certificate No. EC-CT-2018-0018

### CERTIFICATE

This is to certify that the below mentioned Project was discussed and reviewed and the same has been cleared and approved by the Institutional Ethical Committee at its meeting held on 13.04.2022 at College Council Hall, JSS Medical College, Mysore.

<b>Title of Project</b>	"A pilot study on assessing the impact of health education on patient knowledge about cardiovascular health".
<b>Principal Investigator</b>	<b>Mr. Nazeem Pasha</b> MBA - Hospital Administration Dept of Health System Management Studies, JSS AHER Mysore
<b>Guide</b>	<b>Dr. Kanakavalli K Kundury</b> Asst.Prof Dept of Health System Management Studies, JSS AHER Mysore

*(Handwritten Signature)*  
25/4/2022

### MEMBER SECRETARY

Member Secretary  
Institutional Ethical Committee  
JSS Medical College, S.S. Nagar  
Mysuru - 570 015  
JSSMC/IEC/2022/18

## JSS MEDICAL COLLEGE

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JSSMC/IEC /050722/ 18NCT /2022-23 Date: 08.07.2022

### Members

**Dr. M. Srinivasa**

MD. General Medicine  
Chairman

**Dr. Pratibha Pereira**

MD. General Medicine, PGDGM  
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**Sri. R.S.Nagaraj**

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Ph.D., M.A., (Hindi), B.Ed.,  
Member

**Dr. Sri Harsha Chalasani**

PhD, M.Pharmacy  
Member

**Dr. Prathima.C**

MD. (Pharmacology) PhD  
Member Secretary

### INSTITUTIONAL ETHICS COMMITTEE

IEC Registration ECR/387/Inst/KA/2013/PP-19  
NABH Accreditation Certificate No. EC-CT-2018-0018

### CERTIFICATE

This is to certify that the below mentioned Project was discussed and reviewed and the same has been cleared and approved by the Institutional Ethical Committee at its meeting held on 05.07.2022 at College Council Hall, JSS Medical College, Mysore.

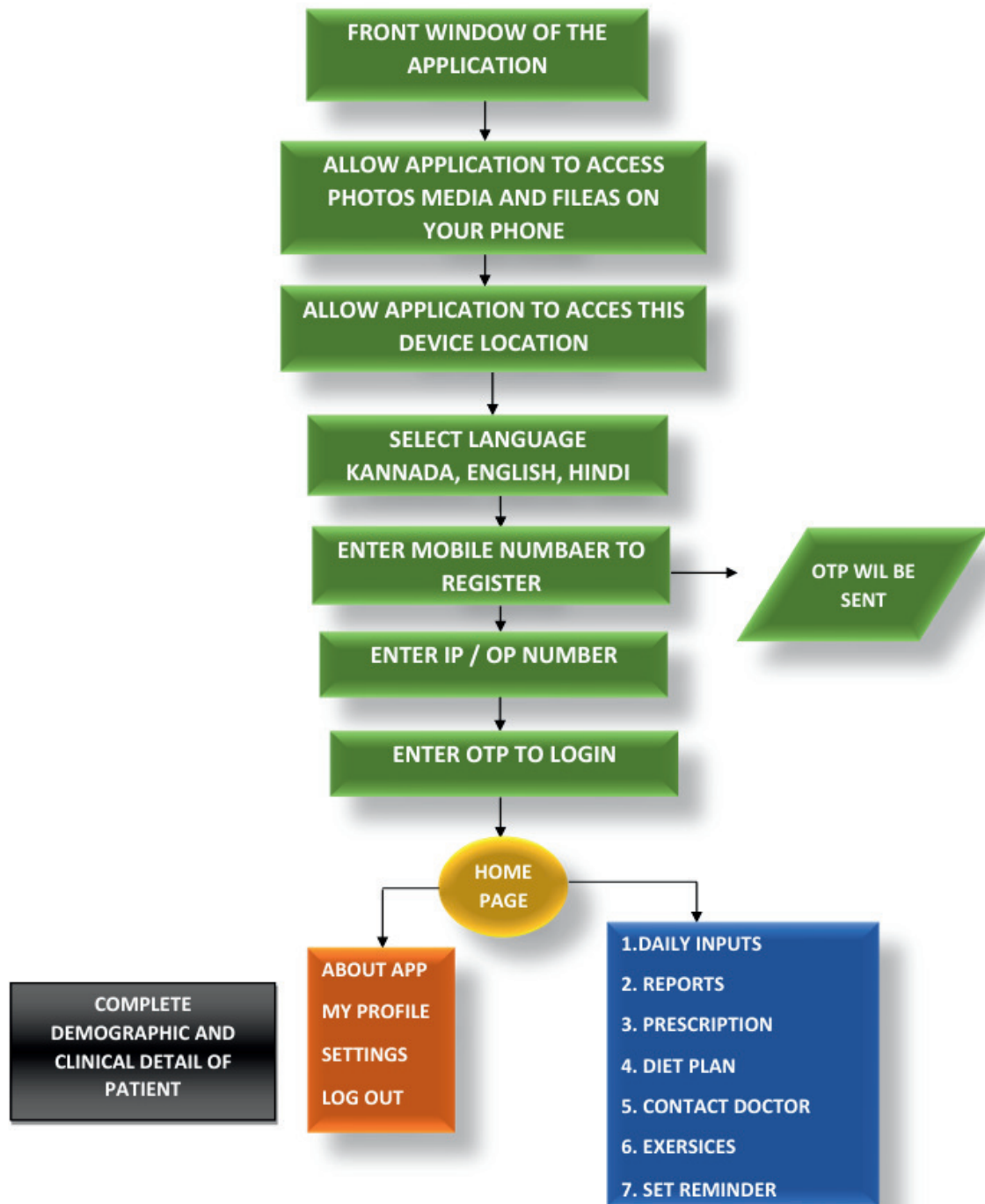
<b>Title of Project</b>	A study on Identifying the prevalence of Obesity among Adolescents
<b>Principal Investigator</b>	<b>Ms. Deeksha M Shetty,</b> PhD Scholar, Dept of HSMS, JSSAHER

  
**MEMBER SECRETARY**

Member Secretary,  
Institutional Ethics Committee  
JSS Medical College, S.S. Naga  
Mysuru - 570 015

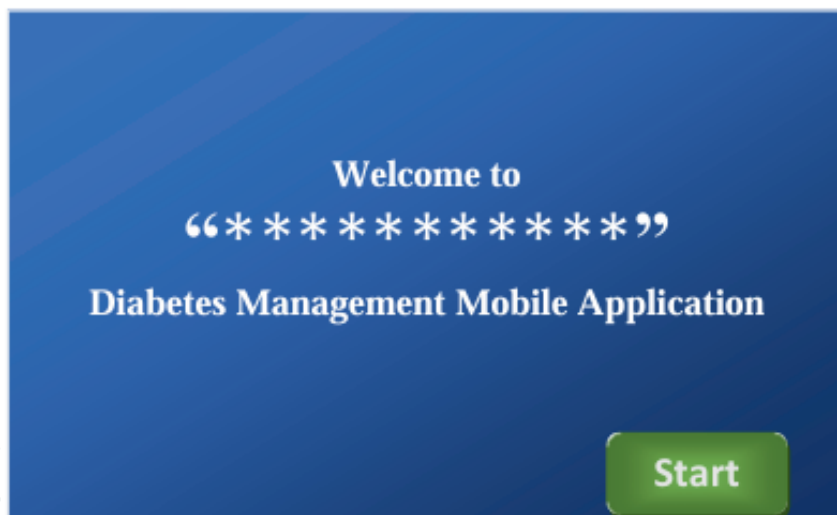
## Patents/Prototypes

### Screens for Diabetes Self-Management Mobile Application



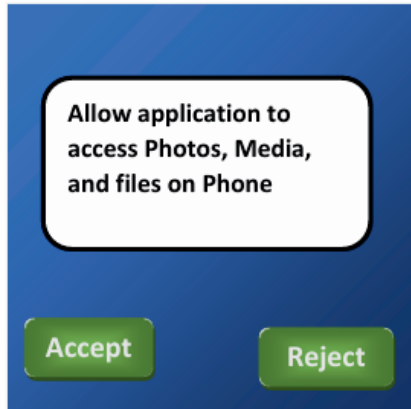
**Figure1: The Installation process and overview of the mobile application flows as follows,**

When the user is desiring to run the application, firstly the user has to click on the application icon in their device, the application will open on the screen of the device and it asks the user to enter the preferred user name to run the application(ex. Welcome to Jss sugar care) then the start option will pop up on the screen , the user has to click on the start option to use the application further. In the next step, the application will request for the permission to access Photos, media, and files on your device, if the user is desiring to share he/she will click on allow option if not they click on reject option. In 3rd step the application requests the user to allow for accessing the location, again if the user is willing to share they click on allow option. And in the 4th step the application allows the user to select the language in which they are comfortable with, the user will be having options to select from the user has to click on their desired option of language. In the 5th step the application requests the user to type in their phone numbers in the blank space provided to register with the application, once the users' phone number is registered the application will send an OTP to the registered mobile number later which the user has to feed the OTP to log in to the mobile application.

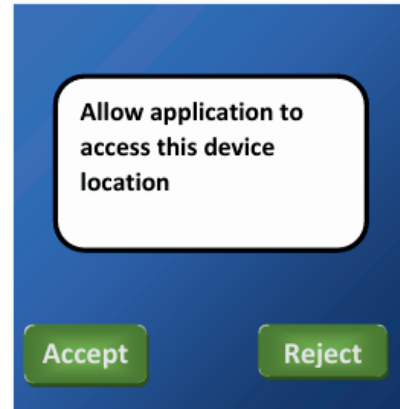


**Figure 2. These are the option which pops up when the user takes up the registration process with the mobile application as explained above in the fig.1**





**Figure 3**



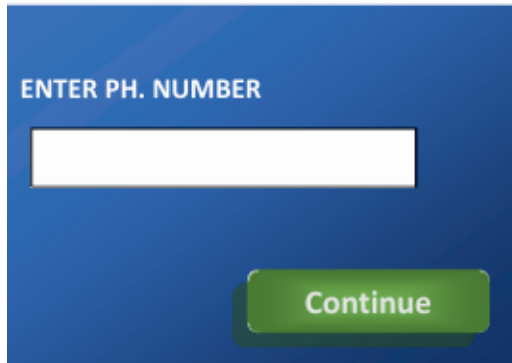
**Figure 4**

As shown in the above figures (fig.3 and fig.4) those are the options in which the application requests the user to allow the application to access the photos, medias, files in their devices and the access to their locations. By clicking on Accept option the user appreciates the request by application.

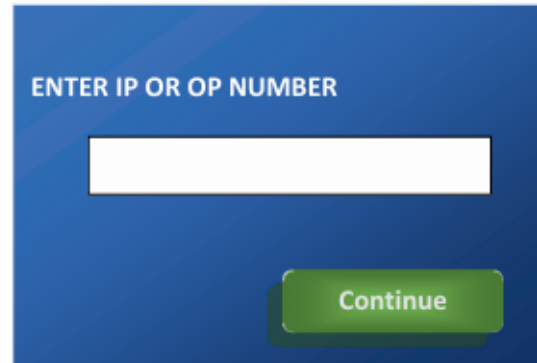


**Figure 5**

The above figure 5 shows, the options of languages available in the application amongst which the user have to select the language which they are comfortable with.

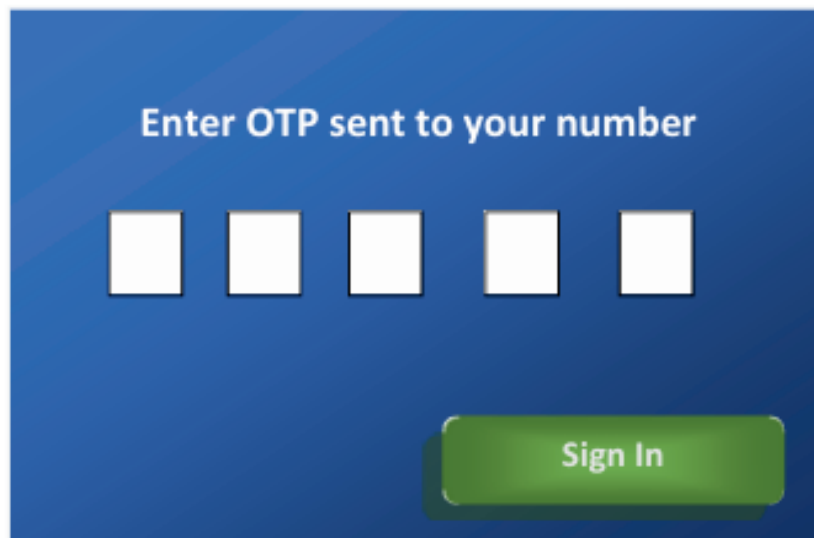


**Figure 6**



**Figure 7**

In figure 6, the application requests the user to type in their phone numbers to get the registration with the application. And figure 7 is a mandatory step in which the user has to type their IP or OP numbers respectively and later they have to hit continue option for further process.



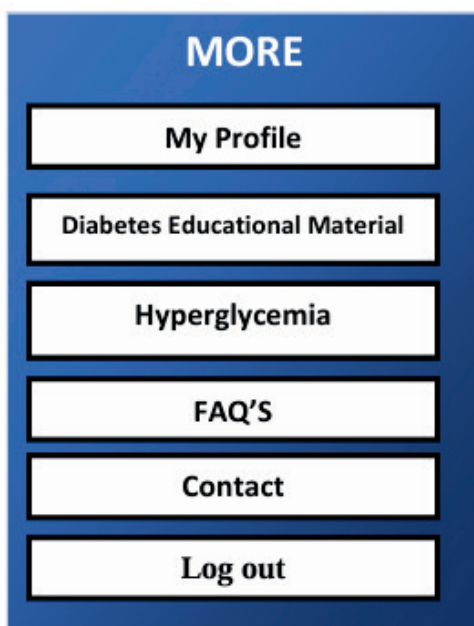
**Figure 8**

Above figure 8 shows, user has to type the one time password which is sent to mobile number of the user, which the user registered in previous window figure 6, that five digit OTP has to be filled in the figure 8 and choosing of sign in option allows to open the mobile application, the process till now assures the user, the information and details provided to the application will be secured and none of the data will be shared.

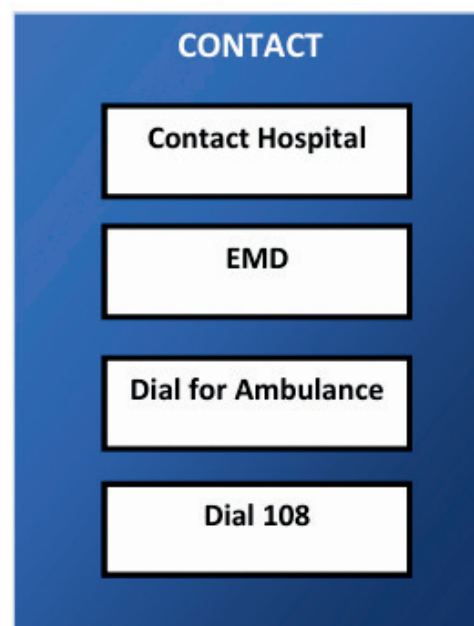


**Figure 9**

From fig.9 onwards the major process of the mobile application takes place ( fig.9 is the vital home page of the mobile application), in this step the user has to select the preferred option amongst the available options to access towards maintaining self diabetes, it also provides an option of more (shown in the fig.10) from where the user can gather extra knowledge available in the left side of the screen.

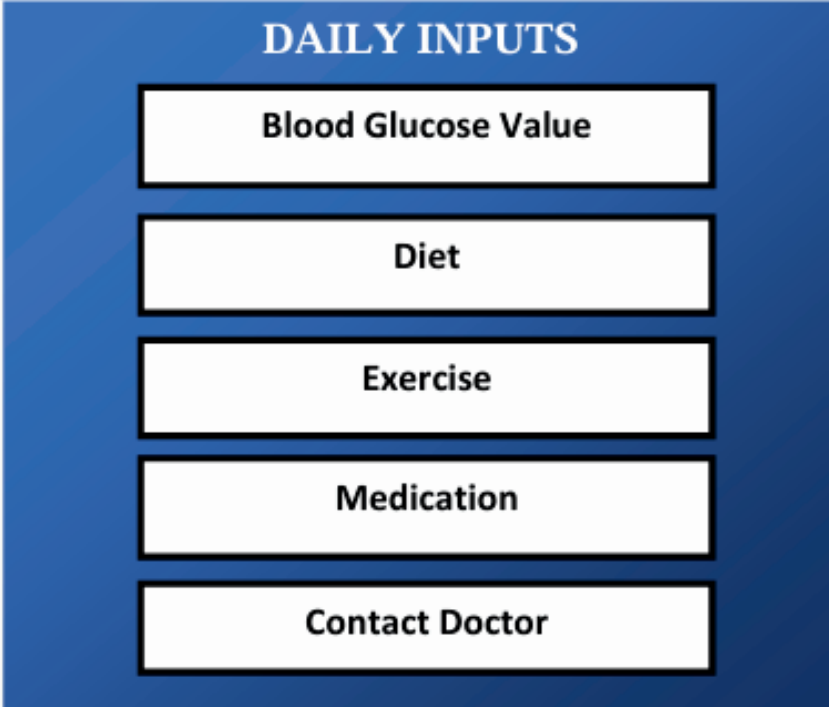


**Figure 10**



**Figure 11**

Figure 10 and figure 11 contains the 'MORE' option, the MORE has a "my profile" icon or a facility which stores complete information of the user, in addition it also uploads education materials to educate patients about diabetes, Hyperglycemia refers to high levels of sugar, or glucose, in the blood. It occurs when the body does not produce or use enough insulin, which is a hormone that absorbs glucose into cells for use as energy. High blood sugar is a leading indicator of diabetes. Frequently asked questions, an online document that poses a series of common questions and answers on a diabetes management topic. Contact details are provided to contact concerned person whenever you required and last option in MORE is 'log out' to exit the application.

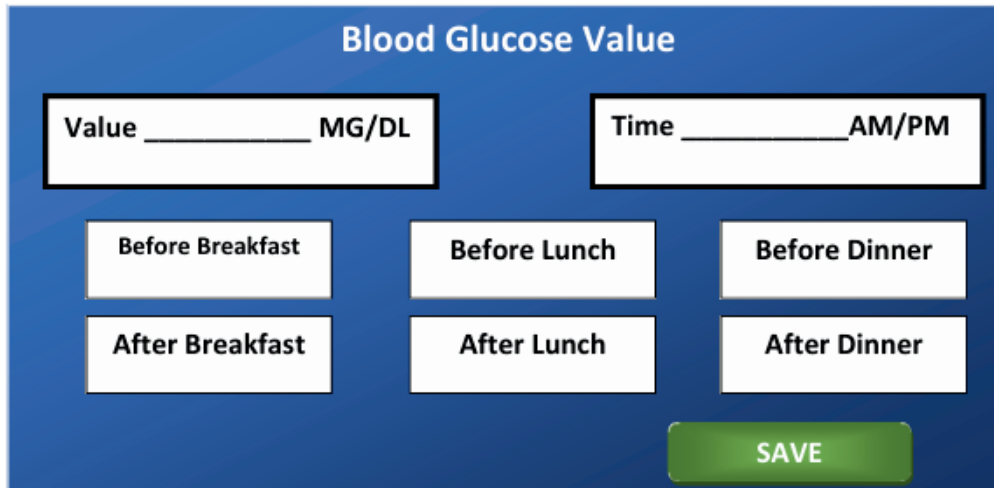


**DAILY INPUTS**

- Blood Glucose Value
- Diet
- Exercise
- Medication
- Contact Doctor

**Figure 12**

Figure 12, explains about the DAILY INPUT OPTION is provided for the user to update based on their daily life style which will be useful for diagnostic purpose when they store these DAILY INPUT DETAILS they can easily access to manage self diabetes, in this the above mention option facilities are given such as blood glucose value, diet, exercise, medication, contact doctor such as shown in figure 12.

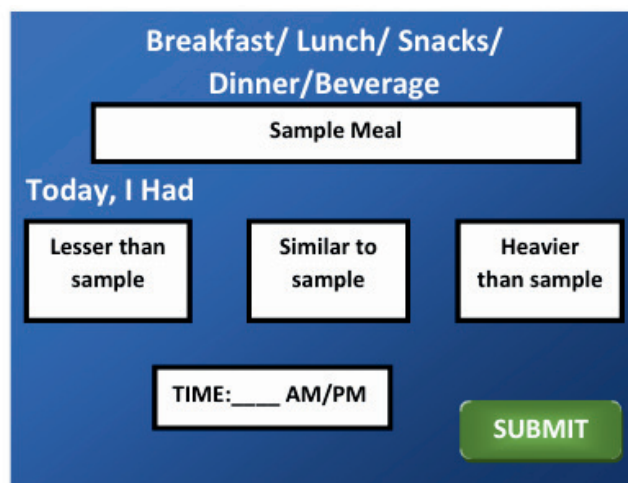


**Figure 13**

Above figure 13 describes Blood glucose value, this is the first option given in DAILY INPUTS, in this the user must save their glucose values, also the application provides familiar option through which a user can easily access, values are saved using glucometer values with mg/dl unit and in addition the application provides “time option” which mentions at what time the user tested the glycemic value weather before breakfast or after breakfast like wise the application provides six options to select and the same will be saved in the DAILY INPUT OPTION which allows the user to be aware of their values saved whenever they desire to.

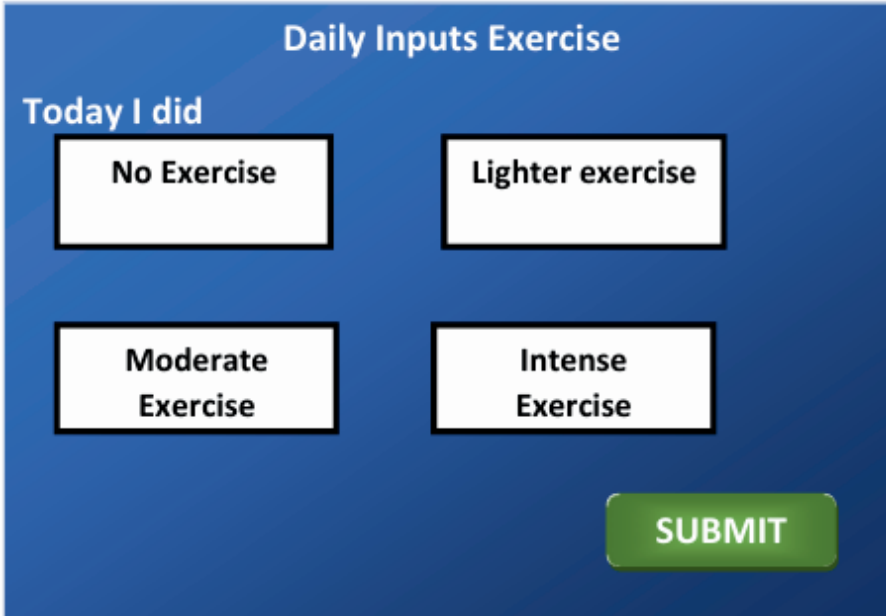


**Figure 14**



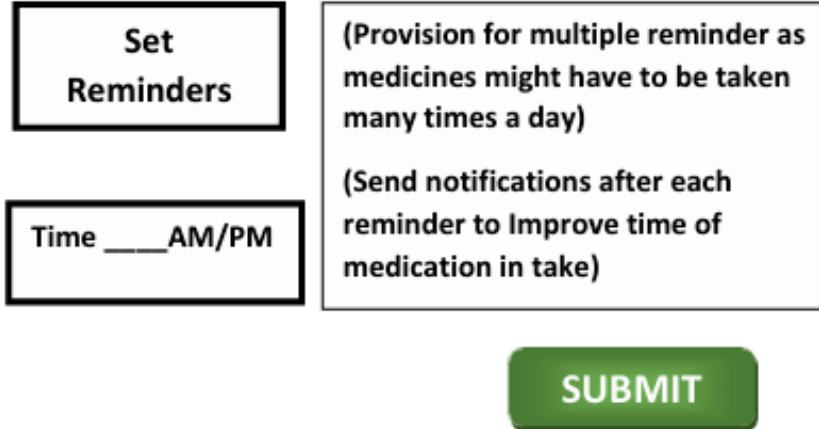
**Figure 14.1**

Figure 14 is the sub screen of DAILY INPUTS and this sub screen provides facility to store diet values, The figure 14.1 shows the facilitated features provided by the application such as sample of meal, the option is facilitated for the reference of weather the user took the meal as per sample or lesser than the sample or heavier than sample, and it also provides time option to record when the user intake the meal and stores the information, this explains the DAILY INPUT of diet



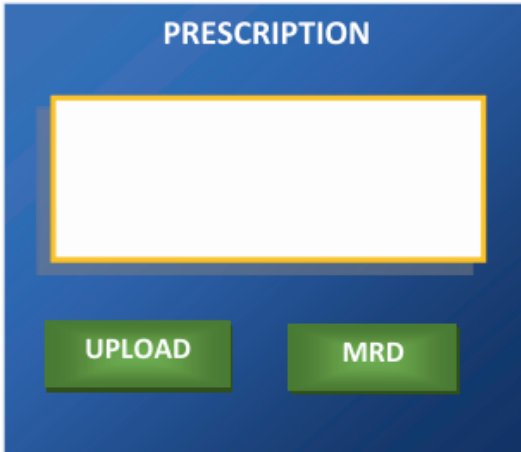
**Figure 15**

In the figure 15, DAILY INPUTS' sub screen of "Exercise" is shown, in this Exercise option the application provides a facility to ensure that the user is doing the exercise according to the sample exercise plan suggested by the application, the application also provides options such as, No Exercise, Lighter Exercise, Moderate Exercise and Intense Exercise for the user to choose amongst what kind of exercise they followed (ex: today I did moderate exercise) and save the data, following is the work of screen.

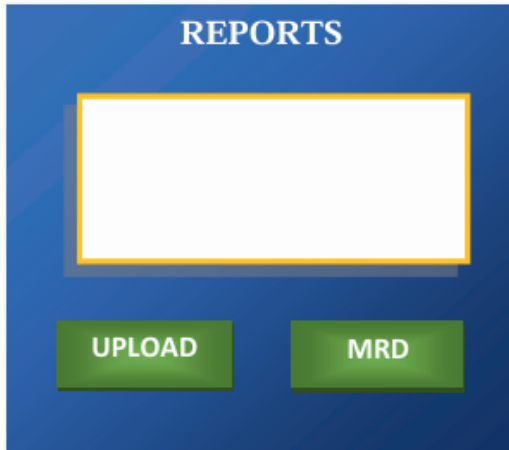


**Figure 16**

Figure 16 shows the DAILY INPUT sub screen of “Medication”, in this facility the application provides an option for the user to set their medication reminders, the saved data is very useful for the users because the same sends the notifications on the time followed by the reminders set by the user in the option, (Provision for multiple reminder as medicines might have to be taken many times a day) (Send notifications after each reminder to Improve time of medication in take).



**Figure 17**

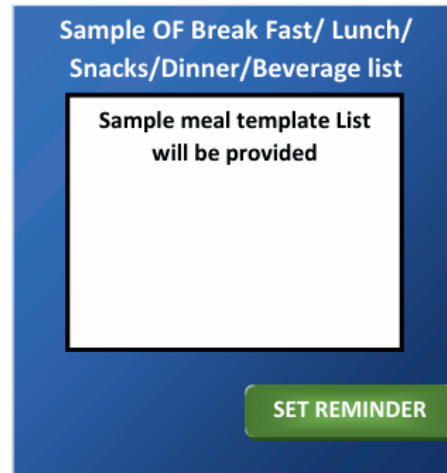


**Figure 18**

Above figures 17, is Prescription and figure 18 is Reports, in these option screens the application provides an options to store patients prescriptions and users medical reports, in this either the user can upload the required details by themselves through capturing from phone, or else the application also provides an option in which the data can be stored through electronic medical records for the registered users, the above figures shows the pictures about how the screen will be provided.

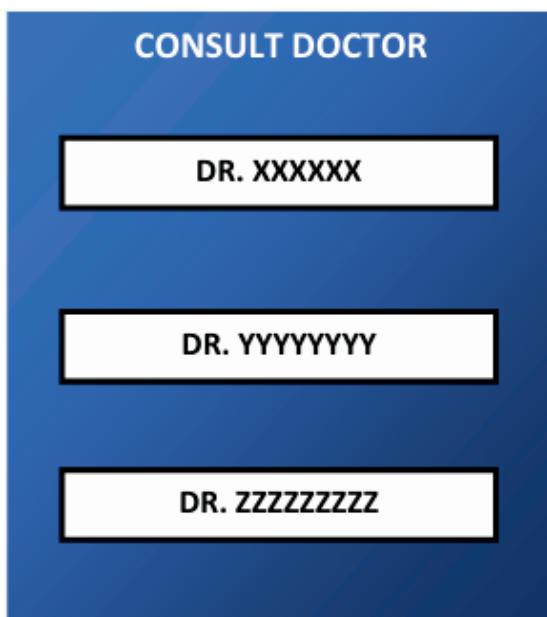


**Figure 19**

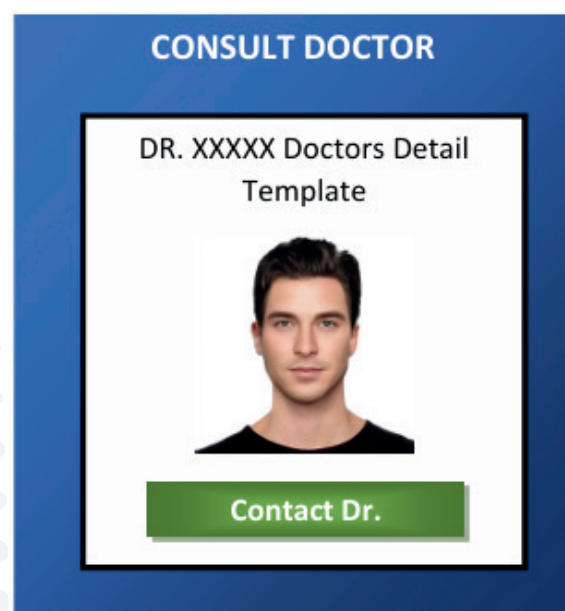


**Figure 19.1**

Figure 19, is about the ‘meal plans’ that are available in the application, the option provides five kinds of meal plans that are breakfast, lunch, snacks, dinner, beverage as per planned by physician to maintain sugar levels. And the figure 19.1. shows the “sample meal template”, the template is about when the user chooses a sample meal option amongst the several meal plans that are been provided with calories mentioned, the template will be very useful for the user in terms of maintaining/following balanced diet plan, as such the application provides the facilities of (Provision for multiple reminder as medicines might have to be taken many times a day) (Send notifications after each reminder to Improve time of diet in take)



**Figure 20**



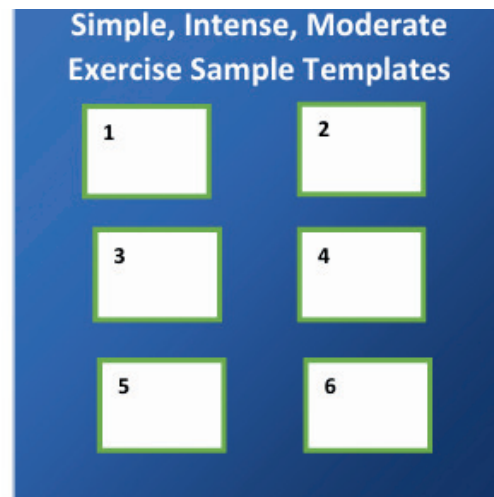
**Figure 20.1**



The above figure 20, shows the screen of consult doctor, in this option the list of doctors are provided with their descriptions so the user can choose a doctor for consultation as per their comfort/preference, the user has to click on doctor's name later the figure 20.1 will open as a sub screen of "consult doctor" in this page the user gets the details of doctor with his/her respective photo, specialty and in the bottom of the page the "contact doctor" option is available for the user to contact the desired doctor easily.

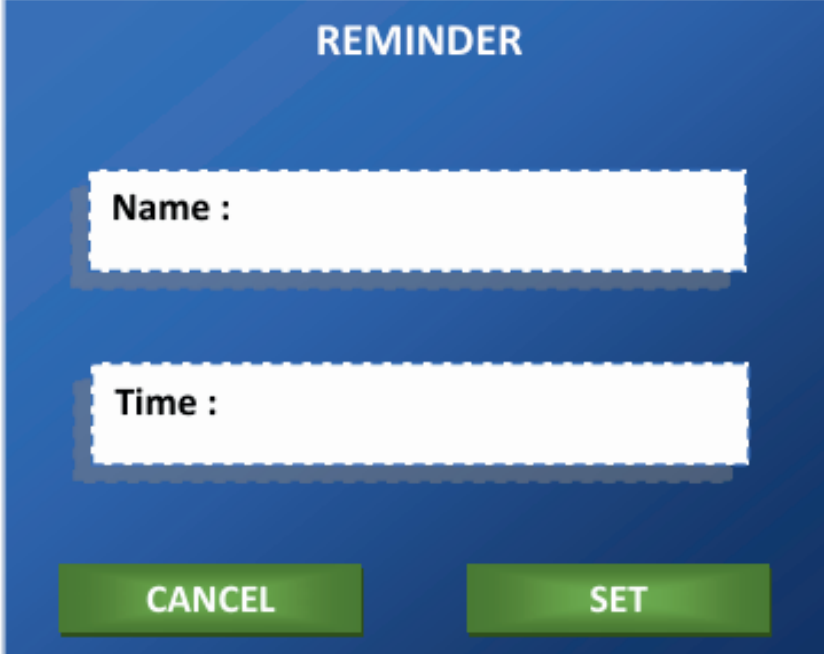


**Figure 21**



**Figure 21.1**

The above figure 21 describes about the "exercises plans" for the user to maintain their diabetes, in this option the application has classified exercises in three forms that are simple exercise, instance exercise and moderate exercise, the user can choose desired/preferred kind of exercise amongst the options, user has to click on the "classification" option, the next page will open as shown in figure 21.1, in this page the exercise templates have been provided for each classification of exercises so the user can follow the templates and follow the exercises regularly.



A screenshot of a digital form titled "REMINDER" on a blue background. The form contains two white input fields with dashed borders. The first field is labeled "Name :" and the second is labeled "Time :". Below the input fields are two green buttons: "CANCEL" on the left and "SET" on the right.

**Figure 22**

Above figure 22 shows the facility page which is provided for the user to set their respective reminders, in this option the user can set any kind of reminders by mentioning the name for such facility the application provides name and time options where the user can fill in the name and time, these reminder option provides numerous benefits for users such as they can set the reminders for medication, diet, exercises, or as per regarding to their diagnosis health care management.

## Patents/Prototypes

### A Tentative Model for Establishing a Sugar Care Clinic

#### Description of the Department

At present scenario the diabetic patients come to medicine department and consult the doctor along with other patients. There is a need for the separate setup for diabetic patients which will be an ease for doctors as well as patients. Diabetes clinic is planned to be setup inside special clinic. Two rooms are needed for the purpose. One is for the doctor to consult the patient and the other is for counselling the patients. The doctor is provided with the electronic tablet in which the patients details are already fed, so the doctor will get all the details of the patients along with the previous investigations done and reports of the same. This will help the doctor in better understanding of the patient and also will help in maintaining good doctor patient relationship. The clinic will require a diabetologist and endocrinologist along with dietician and diabetes special nurse. The timing for the clinic will be from 10:00am to 2:00 pm everyday. If a patient comes apart from the clinic timings will be referred to emergency department. The treatment is offered for the diseases such as Diabetes mellitus, Diabetes insipidus, Gestational diabetes, Latent auto immune diabetes (adulthood) and maturity onset diabetes (young). Special packages are offered for the convenience of the patients such as 360 days package, 180 days package, 90 days package and 30 days package which will incur prices such as 2999, 1999, 999 and 499. The facilities offered under the packages are ECG and CBC, Glucose – serum/plasma, urine microalbumin, ultra sound of whole abdomen, electrolytes – serum/plasma, HB1AC, Urine routine and diet counselling. The facilities will vary from package to package.

The appointment for the consultation can be taken via telephonic call or the dedicated app which is available in 3 languages such as kannada, english and hindi. The appointment can be taken weekly, monthly or once in 3 months, depends on the patient.

## Software

Backbone Software - Billing purpose

### Diabetes Assessment

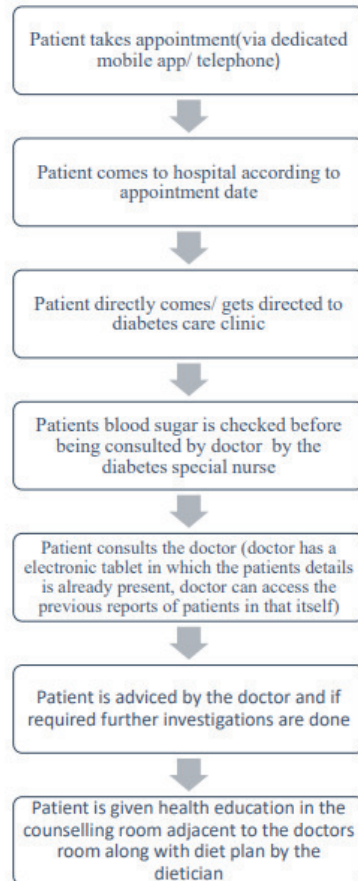
1. Age
2. Hypertension
3. BMI
4. Duration of Diabetes
5. HbA1c levels
6. Medication style
7. Stress
8. Complication Screening

- Age – Important since Diabetes and its complications have an impact through the way diabetes management is undertaken.
- Hypertension – Multiply the risk of cardiovascular complications if not kept under control.
- BMI (body mass index) – Obesity can increase the risk of Hypertension and cardiovascular complications.
- Duration of diabetes – Directly proportional to occurrence of diabetes related complications.
- HbA1c Levels – Uncontrolled HbA1c (< 9%) Risk factor for all Diabetes related complications.
- Medication type – Patients on Insulin and on oral medications are scored accordingly, to understand the severity of Diabetes.
- Stress – May result in uncontrolled blood sugars. Assessed by stress questionnaire in app.
- Complication Screening – In the complication screening, even if the patient has not done his complication screening tests, it is considered as risk factor.

### Functions and Duties of the Department

- Counselling people with type 1, type 2, gestational and pre-diabetes
- Counselling for the individual
- Exercising workshops
- Healthy Foot Clinic
- Education for starting insulin
- Insulin administration training

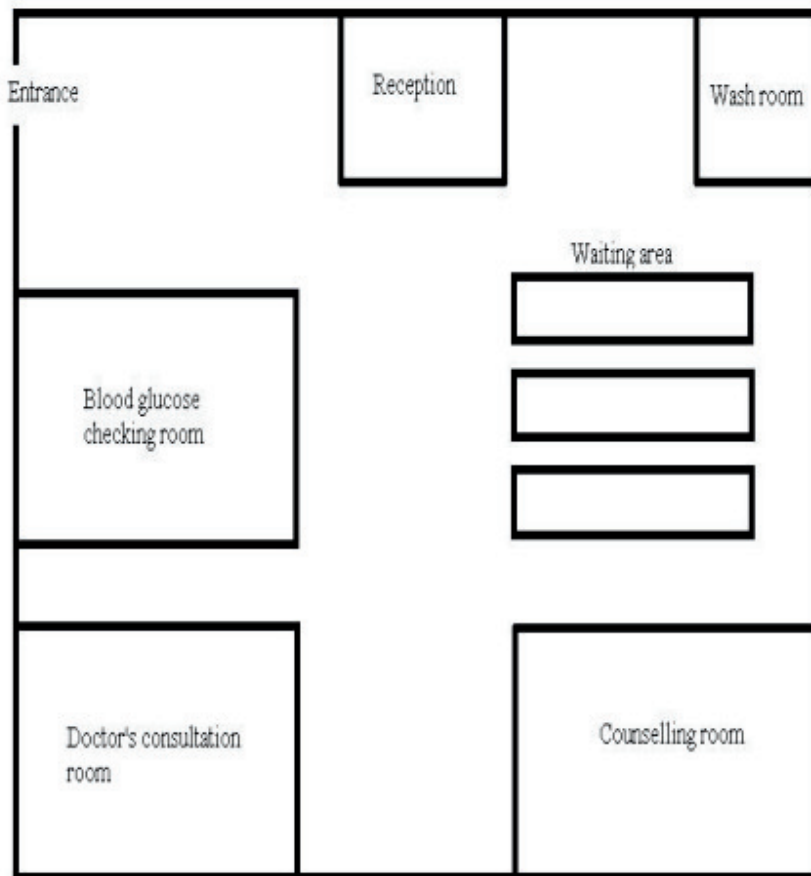
## Workflow



**Figure 1**

The patient takes appointment via dedicated app and telephone. Patient comes to the hospital according to appointment date. Patient doesn't need to go to medicine opd, can directly come to special clinic where the patients blood sugar is checked by the diabetes special nurse before being consulted by doctor. Then the patient consults the doctor, where the doctor already has a electronic tablet where the patients details are already present, doctor can also refer to previous reports of patients in itself. The patient is advised by the doctor and if required further investigations are done. Patient is given health education in the counselling room by the dietician along with the diet plan.

## Layout



**Figure 2**

The location is on ground floor of size 3500 sq ft which includes a entrance door which leads to the reception counter where the patient appointment is checked and the patient is sent to blood glucose checking room where the blood sugar is checked and noted down then the patient is asked to wait in the waiting area. Then the patient is sent to doctors consultation room where doctor checks the patient and looks after the problems faced and if required prescribes for investigations. Then the patient is sent to counselling room where dietician gives diet plan as well as health education

### Location of Rooms

Ground Floor

## Space Required

3500 Sq. ft.

## Services Required

1. Diabetes Mellitus -
  - TYPE 1 Diabetes
  - TYPE 2 Diabetes
2. Diabetes Insipidus
3. Gestational Diabetes
4. Latent Auto immune diabetes (Adulthood)
5. Maturity Onset Diabetes ( Young)

## Special Packages to be Offered

<b>Diamond (360 days Package)</b>	<b>2999</b>
<b>Platinum (180 days package)</b>	<b>1999</b>
<b>Gold (90 days package)</b>	<b>999</b>
<b>Silver (30 days package)</b>	<b>499</b>

**DIAMOND** – 12 times of consultations and comprehensive checkups

**PLATINUM** – 6 times of consultations and comprehensive checkups

**GOLD** – 4 times of consultations and comprehensive checkups

**SILVER** -- 2 times of consultations and comprehensive checkups

## **Diamond**

- ECG & CBC (HB, PCV, TC, DC)
- Glucose – Serum / Plasma (Post Prandial)
- Urine Microalbumin (Random)
- Ultra Sound – Whole Abdomen
- Complete head to foot exam
- Electrolytes – Serum / Plasma
- Glycosylated Hemoglobin (HBA1C) – Whole Blood
- Urine Routine
- Diet counselling

## **Platinum**

- Creatinine – Serum / Plasma
- Electrolytes – Serum / Plasma
- Complete head to foot Exam
- Microalbumin / Urine Creatinine ratio
- X Ray (chest)
- Glucose – Serum / Plasma (Post Prandial)
- Glucose – serum / Plasma (fasting)
- ALT (SGPT) – Serum / Plasma
- Diet counselling

## **Gold**

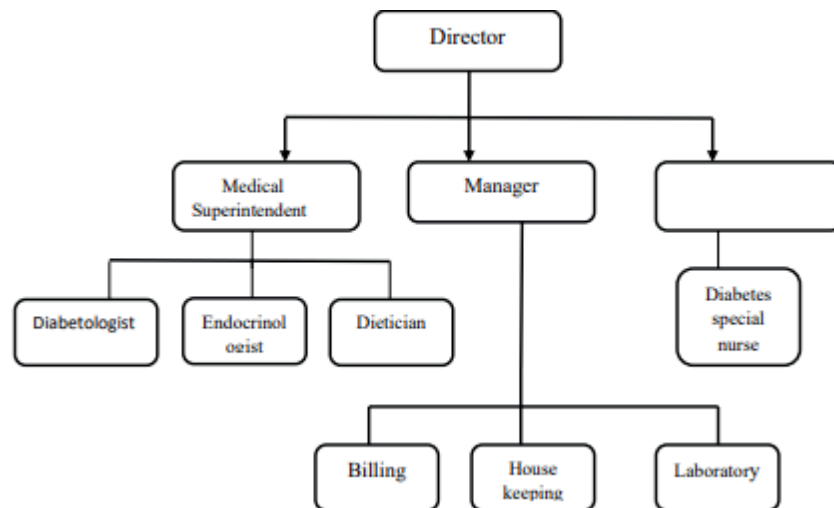
- ALT (SGPT) – Serum / Plasma
- Lipid Profile Test
- Complete Foot Exam
- Urine Routine (X Ray chest)
- Glucose – Serum / Plasma (Post Prandial)
- Creatinine – Serum / Plasma
- Diet Counselling
- ECG (Glucose – Serum / Plasma (Fasting))
- Electrolytes – Serum / Plasma



## Silver

- Glycosylated Hemoglobin (HBA1C)
- Creatinine – Serum / Plasma
- ECG
- Diabetic Retinopathy Screening
- ALT (SGPT) – Serum / Plasma
- Diet Counselling
- Electrolytes – Serum / Plasma
- Microalbumin / Urine Creatinine Ratio

## Organogram



**Figure 3**

## Number of Staffs Required

<b>Diabetologist and Endocrinologist</b>	<b>1</b>
<b>Dietician</b>	<b>1</b>
<b>Diabetes Specialist Nurse</b>	<b>1</b>
<b>Reception Staff</b>	<b>1</b>

## Scheduling

<b>Timing</b>	<b>10:00 am – 2:00pm</b>
<b>Other time cases</b>	<b>Referred to emergency department</b>

## Job Description

<b>Diabetologist and Endocrinologist</b>	<b>Consultation</b>
<b>Dietician</b>	<b>Diet plan &amp; counselling</b>
<b>Diabetes Specialist Nurse</b>	<b>Blood glucose check</b>
<b>Reception Staff</b>	<b>Patient appointment check</b>

## Scheduling

<b>Advanced Booking</b>	<b>weekly, monthly, once in 3 months</b>
<b>Appointment via</b>	<b>Dedicated app and telephonic</b>

## Duty Roasters

<b>Diabetologist and Endocrinologist</b>	<b>MON – FRI (10AM – 2PM)</b>
<b>Dietician</b>	<b>MON – FRI (10AM – 2PM)</b>
<b>Diabetes Specialist Nurse</b>	<b>MON – FRI (10AM – 2PM)</b>
<b>Reception Staff</b>	<b>MON – FRI (10AM – 2PM)</b>

## Equipments

### Type and Specifications of Equipments

- Blood glucose meter/Glucometer - Portable electronic device which measures the blood sugar at any convenient time.
- Blood lancets - A blood lancet is like a small scalpel but with has a double-edged blade or needle. Lancets are used for making punctures, on finger to obtain small blood sample.
- Diabetic test strips - The strips work with glucose meters to read blood sugar levels.
- Electronic tablets – The details of the patient are already available in it for easy reference to doctors
- Weighing machine – To check the weight of the patients

## Number of Equipments

<b>Blood glucose meter/Glucometer</b>	<b>2</b>
<b>Blood lancets</b>	<b>500</b>
<b>Diabetic test strips</b>	<b>1000</b>
<b>Electronic tablets</b>	<b>2</b>
<b>Weighing machine</b>	<b>1</b>

## Documentations Required

- Doctors appointment register
- Registration records
- Patients visit records
- Follow up records
- Diet plan records
- Counselling records

## Quality Practices

### Various Policies and Procedures Required

- The FBG is that the most popular check for screen and diagnosis polygenic disorder in youngsters and non pregnant adults.
- Screening for polygenic disorder in risky, symptomless, unknown adults and youngsters inside the health care setting.
- In those with pre polygenic disorder (IFG/IGT), manner modification ought to be powerfully counseled and progression of glycemic abnormalities ought to be followed by screening a minimum of in six months.

- Screening for polygenic disorder in maternity victimization risk correlational analysis and screening checks ; the OGTT is that the most popular screening test in maternity.
- Lowering A1C is related to the reducing microvascular & neuropathic complications of polygenic disorder.
- Developing & adjusting the management or arranging to bring home the bacon traditional or near normal glycemia with associate degree A1C goal <7%.
- Lowering A1C could be lowering the danger of infarct and vas death.
- Aggressive glycemia management with hypoglycaemia agent could scale back morbidity of patients with severe case of acute malady, peri operatively and infarct.
- Less tight treatment goals is also acceptable for patients with the history of severe symptom, patients with restricted life expectations, terribly young youngsters or in older adults, and people with comorbid conditions.
- Instructing the patient in SMBG and habitually valuate the patient's technique and skill to use knowledge to regulate medical aid.

## Achievements Publications

### Original Article

## Assessing the awareness on occupational safety and health hazards among nursing staff of a teaching hospital

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#### ABSTRACT

**Introduction:** Occupational safety and health hazards in healthcare facilities play a significant role in the lives of care providers and also contribute toward quality patient care. Healthcare workforce gets exposed to physical, chemical, biological, and psychological hazards while discharging their duties, thus demanding for proper knowledge and awareness to address the same. **Objectives:** As nursing staff implement the care process directed by the physicians, the current study conducted at a teaching hospital aimed at assessing their awareness on occupational safety and health hazards. **Methodology:** A prospective study was conducted on a pilot basis for a period of 3 months in various nursing areas of the hospital. The questionnaire aimed at assessing the awareness of nursing staff on occupational safety and health hazards (5-point scale) was administered on nursing staff (150/170). Total scores and percentage of responses were computed and the degree of correlation was observed as 0.4 between the participants age, educational qualifications, and total scores. **Results:** Participant response rate was 88% (150/170). Awareness on occupational safety and health hazards were shown as 43.4%- accidental falls at workplace, 42.7%- complete awareness on latex allergies, 52.7% on dermatitis and respiratory problems, 42% complete aware on accidental fires, 39.4%- burns, 36.7%- electric shocks, 59.4%- complete awareness on biological infections, 54%- respiratory disorders, 48.7%- skin allergies, awareness on usage of PPE to prevent: 67.4%-respiratory problems, 44%- accidental falls; 77.4%- importance of handwashing, 78% - significance of Hepatitis B vaccination, 71.4% - usage of first aid kits in minor accidents, 60%- reporting incidents, and 58%- documentation system for incident reporting. Sum total of scores revealed that 73.3% of the participants were found to be completely aware about all the components of occupational health and safety mentioned in the questionnaire. 22.6%- aware, 3.3%- moderately aware, and < 1% were slightly aware of the same. **Conclusions:** The study had highlighted the areas that require knowledge enhancement on occupational safety and health hazards which helps in adopting the best practices at workplace.

**Keywords:** Hazards at workplace, nursing staff, occupational health, occupational hazards, occupational safety

#### Introduction

Healthcare workers constituting 12% of the working population worldwide operate in an environment that is considered to be one

of the most hazardous occupational settings.<sup>[1-3]</sup> In addition to the usual workplace related exposures, healthcare workers encounter diverse hazards because of their work-related activities.<sup>[4,5]</sup>

Occupational health and safety is a discipline with a broad scope involving many specialized fields such as physical, psychological, chemical, biological, and mechanical/electrical, which determines the health and safety of employees in a broader context.<sup>[6,7]</sup>

Health care workers including physicians and nurses get regularly exposed to occupational hazards such as physical, biological,

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## Publications



Article

### Providing Diabetes Education through Phone Calls Assisted in the Better Control of Hyperglycemia and Improved the Knowledge of Patients on Diabetes Management

Kanakavalli K. Kundury<sup>1,2</sup>, Venugopal R. Bovilla<sup>3</sup>, K. S. Prathap Kumar<sup>1</sup>, Smitha M. Chandrashekarappa<sup>4</sup>, SubbaRao V. Madhunapantula<sup>3,5</sup> and Basavanagowdappa Hathur<sup>2,6,\*</sup>

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**Abstract: Purpose:** A recent single-arm pilot study from our group showed a significant decrease in HbA1C in Type-2 diabetes individuals provided with SMS and phone call-based education on glycemic control. Considering the preference of participants to phone call-based education, a randomized control trial (RCT) with parallel design was conducted to determine the impact of phone call-based diabetes educational intervention on the control of hyperglycemia and improvement in the knowledge about diabetes management. **Objectives:** To determine the impact of phone call-based educational intervention on the control of hyperglycemia and improvement in the knowledge about diabetes management. **Methodology:** The study was conducted for a period of 12 months on a total of 273 Type-2 diabetic patients (interventional group (n = 135); non-interventional group (n = 138)) who had provided consent to participate. Subjects in the case group received weekly phone calls on diabetes education; whereas the control group received no education. HbA1C investigations were carried out at baseline and at every fourth month until the completion of the study period for the subjects in both the groups. The impact of phone call-based education was measured by comparing HbA1C values as well as by measuring the questionnaire-based knowledge scores on diabetes management. **Results:** At the end of the study period, there was a significant reduction in HbA1C in 58.8% participants (n = 65) and a manifold (2–5-fold) increase in knowledge on diabetes management among participants in the case group (n = 110). However, no significant difference in HbA1C and knowledge score was observed in participants from the control group (n = 115). **Conclusion:** Phone call-based diabetes education is a viable option to empower patients for better management of Type-2 diabetes.

**Keywords:** diabetes management; phone call-based education; HbA1C; randomized control trial; diabetes knowledge

#### 1. Introduction

Diabetes, a chronic metabolic disorder, is becoming an epidemic with increased incidence and prevalence globally [1]. In India, the number of individuals suffering from

## Publications

Original Article

### ASSESSING THE INFORMED CONSENT FORM FILLING PRACTICES IN VARIOUS PATIENT CARE AREAS

Riyana M<sup>\*</sup>, J.R. Mary<sup>\*</sup>, K.K. Kundury<sup>\*\*</sup>, H.B. Gowdappa<sup>\*\*\*</sup>

#### Keywords:

Informed consent, Medical records, Consent forms

#### ABSTRACT

##### Objectives:

The study aims at evaluating the informed consent form filling practices in various patient care areas.

##### Method:

Data was collected retrospectively for one year by referring through the patient files. A checklist was used to ensure the complete filling of informed consent forms in patient's medical records which includes the entries such as diagnosis, consenting language used (English / local), doctor's name and signature, patients/ surrogates signature and witness signature. A total of 218 medical records (n=218) were verified from departments such as Surgery (64), Paediatrics (46), Medicine (30); other departments include Urology, Nephrology and OBG (78).

##### Results & Conclusion:

Study results showed that the diagnosis information of the patient, doctor's name and patient signature were filled satisfactorily. Whereas language used for consent, doctor's signature and witness signature needed improvement.

#### Introduction - Informed consent

Informed consent is a fundamental principle of health care, in which the patient and healthcare provider will

engage in a dialogue regarding the proposed medical treatment. It is a document where patient gives his/her consent to the clinician accepting the proposed medical treatment (1). While giving consent patient should be competent and have sufficient information to facilitate decision making, but he/she shouldn't be influenced or compelled during this process (2). The primary idea of an informed consent form is to safeguard and protect the information rights of the patient, to guide for ethical medical practices and also for documentation of medical care provided (3).

The informed consent forms should be structured to facilitate information pertaining to a patient's current medical condition, various treatment modalities; and should also educate on various risks and benefits associated with the treatment procedures. A general informed consent form entails a patient with decision making capacity to authorize a treatment plan, by physician disclosing relevant treatment options with associated risks and benefits. This informed consent process should be thoroughly documented with procedure specific consent forms, duly filled and acknowledged by patients (3). While doing so, patient's autonomy and rights should be respected to make decisions affecting their lives (4).

#### Features of informed consent form

According to American Medical Association 1998, the physician should disclose information related to the following (5):

- Patient disease diagnosis
- Nature and purpose of proposed treatment

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## Publications

### PLOS ONE

#### RESEARCH ARTICLE

## Intervention through Short Messaging System (SMS) and phone call alerts reduced HbA1C levels in ~47% type-2 diabetics—results of a pilot study

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### Abstract

#### Purpose

Despite extensive research and newer methods of interventions, the incidence and prevalence of diabetes is increasing at an alarming rate. Currently, according to world health organization (WHO) statistics, 422 million individuals are suffering from diabetes worldwide. In India, recent estimates have reported a significant increase in the number of diabetics in the last decade. Poor dietary habits, minimal adherence to treatment regimens, lack of timely education are some of the contributing factors for increasing incidence and huge economic burden; which can be handled by life style behavior modifications backed up by hand holding through continuous education. Prior studies have demonstrated the efficacy of various self-management tools and educational programs in better disease management behaviors among individuals with diabetes. Among various self-management tools, educating the individuals and alerting them using mobile phone calls and short messaging system (SMS) are widely accepted due to (a) the increasing mobile phone users and (b) availability of short messaging systems in local languages in the recent years. Therefore, a pilot study was conducted to determine the benefit of educating patients through phone calls and SMS in the self-management of diabetes.

#### Objectives

The objective of the study is to determine the feasibility and utility of SMS and phone call-based interventions in the management of diabetes by comparing the HbA1c values.

#### Methodology

The study was conducted for a period of 14 months from December 2017 till Feb 2019. Out

#### OPEN ACCESS

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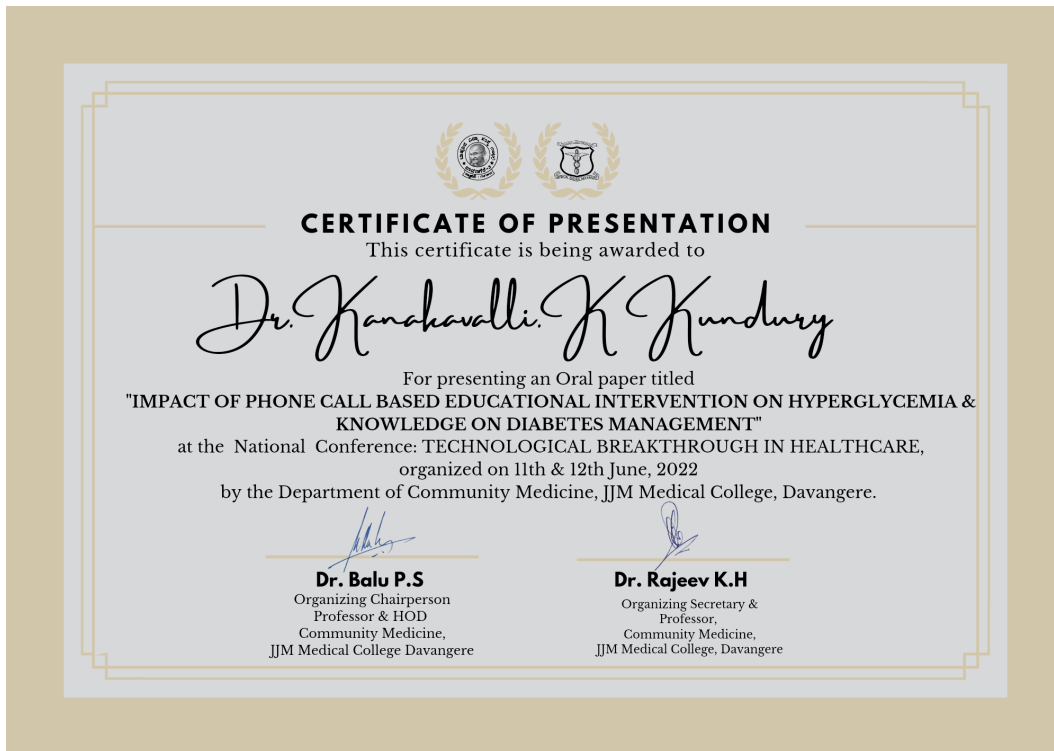
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**Data Availability Statement:** All relevant data are within the manuscript and its [Supporting Information files](#).

**Funding:** The author(s) received no specific funding for this work.

**Competing Interests:** The authors have declared

## Awards and Recognitions



## Student/Faculty Involvement

### To Study the Impact of Yoga on Glycemic Control: Results of a Pilot Study

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**Consciousness, Science, Spirituality and Social Impact, Organized by: Sadhguru Center for a Conscious Planet**

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#### Abstract

The purpose of this study is to investigate the effect of yoga on glycemic control in diabetics. Institutional Ethics Committee approval for the study was taken and Google form was created to capture demographic details, information related to diabetes and its management, and on current yoga practices. From August to November 2022, a total of 995 replies were collected. Analyses of the gathered data revealed that 154 (15.47%) of the 995 respondents were diabetic. Individuals doing Isha yoga (IY; n=75/154=48.7%), those practicing other forms of yoga (OY; 19/154=12.33%), and those who do not practice yoga (NY; 60/154=38.96%) were separated into three groups. When compared to the other two groups, the IY group had better glycemic control, where value of HbA1C < 7% in 69.33% (N=52) was observed. HbA1C < 7% was found in 63.15% (N=12) of OY group participants 41.66% (N=25) of the 60 participants in the NY group. The results of this pilot study revealed better glycemic control of individuals practicing Isha yoga (IY group) when compared to the other two groups.

#### Inquiry Justification


Type-2 diabetes, which is non-insulin dependent diabetes, is generally treated by the administration of oral hypoglycemic agents (OHA) or insulin (Bartolomeo Lorenzati 2010). But, recent studies have reported that long-term usage of OHAs may cause several adverse effects that include bone-health risks (especially with thiazolidinediones), lactic acidosis (with metformin usage), hypoglycemia, hypotension and kidney disorders (Arun Chaudhury 2017). Reducing the dosage or frequency of OHAs will help in controlling these side effects. One way of reducing the usage of OHAs is to adopt integrative or complementary approaches to disease management with alternate system of medicine such as Yoga (Health 2021).

#### Research Question

The objective is to study the impact of yoga on glycemic control among the individuals with diabetes.

#### Background and Data

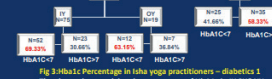
Diabetes, a chronic metabolic disease, is becoming an epidemic with increased incidence and prevalence. Currently, India is the hub of diabetics in Southeast Asian countries. Among 88million diabetes cases reported in Southeast Asia, ~77million cases (87.5%) are from India. The International Diabetes Federation (IDF) reported that the prevalence of diabetes in India is about 8.9%, which is very close to the global prevalence of diabetes i.e., 9.3% (in the year 2019). According to recent studies this prevalence in India is expected to be even more as many of the individuals are either unaware of this disease or not diagnosed (Matthew Little 2017) (Chacko 2019).




**Fig.1 Diabetes Percentage**  
The percentage of diabetics of pilot study.



**Fig.2 Diabetes Demography**  
The chart depicts the Age & Gender wise distribution of Diabetics of pilot data



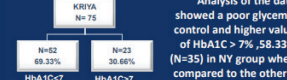
**Fig.3 HbA1C Percentage in Isha yoga practitioners – diabetics 1**  
The above chart explains the percentage of HbA1c in IY/OY&NY



**Fig.4 HbA1C Percentage in Isha yoga practitioners – diabetics 2**  
The above figure depicts the glycemic control in IY practitioners as per their practices

#### Results

A total of 995 responses were collected in 4 months' time from August to November 2022. Analysis of the collected responses revealed that out of 995 respondents, 154 (15.47%) individuals were diabetic. These individuals were divided into 3 groups: individuals practicing Isha Yoga (IY; n=75/154=48.7%), individuals practicing other forms of yoga (OY; 19/154=12.33%; and those who don't practice yoga (NY; 60/154=38.96%).



**Fig.5 HbA1C Percentage in Isha yoga practitioners – diabetics 3**  
The chart explains about the HbA1C value in IY who practice Kriya

Analysis of the data showed a poor glycemic control and higher value of HbA1C > 7% ,58.33% (N=35) in NY group when compared to the other 2 groups- 63.15% (N=12) of OY group participants showed HbA1C <7%.




**Fig.6 HbA1C Percentage in Isha yoga practitioners – diabetics 4**  
The above figure glycemic control of IY practitioners who are practicing both kriya and yoga

Out of 75 participants in IY group, 69.33%(N=52) of the participants who adhere to their Kriya practices, reported HbA1C<7%. A significant percentage of individuals (65.21%) showed HbA1C values less than 7% were identified to practice Kriya and Hata Yoga more than 4 times a week.


#### Conclusion

The results of this pilot study revealed better glycemic control of individuals practicing Isha yoga (IY group) when compared to the other two groups. As the data for the study was collected from Karnataka, India; the study is needed to be extended to other states of the country, to assess whether similar observations can be made.


#### Meet the Authors




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## Future Plans

## Upcoming Events

International collaborative research activities are in progress. Once the ongoing studies are completed, discussions are in progress to submit for funding to various national and international funding agencies for multi-centric grants

## Long-Term Goals

To continue exploring various possibilities of multidisciplinary areas incorporating technological tools for the betterment of individuals health conditions. A proposal was in discussion to establish a Center for Healthy Living (CeHL) at JSS AHER in collaboration with BIDMC, Harvard Medical School and Isha Foundation.

## Conclusion

## Summary

Special Interest Group in Patient Care Management has brought various clinical and management disciplines together. This translational research activities are the need of the hour for the betterment of individuals health and wellbeing