



# SHRIDEVI ANTARANGA

*Journey with Service, Education and Spirituality*



SHRIDEVI  
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**Dr. M R Hulinaykar**  
Editor and Founding Chairman,  
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Educational Institutions

## General Census & Caste Census



**G**eneral Census and Caste Census will begin in October, 2026, in India and the reports can be expected in 2027. Earlier during the British rule, Lord Ripon planned in 1872 to conduct a general census in India. However, the first census was conducted actually in 1882. Since then 16 such Census have been conducted till 2011. In Independent India, 8 census have been conducted. The census scheduled for 2021 was postponed due to the onslaught of Corona.

For any country, the General Census is of vital importance for understanding its total population, distribution of population geographically. A census is not merely a statistical exercise. It is the mirror through which a nation

views its demographic, economic and social reality, enabling policy makers to devise future strategies for inclusive growth. In a diverse and deeply stratified country like India, the general census has long played a foundational role in state-building, social justice, economic planning and governance. We get vital data with regard to demographics, socio-economic conditions, age and gender-wise information, literacy and education level, unemployment among youths and other key characteristics of the population etc. Based on these data policy-makers plan resource allocation for industrial development, general administration, healthcare, providing educational facilities, developing infrastructure, bringing new social welfare programmes such as housing, transportation, labour welfare and implement other government programmes. It also helps in delimitation of constituencies based on total population and to ensure fair representation of different regions and communities both in the Parliament and state legislatures.

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## Kurubara Sangha gets its New Building

“Do not deny yourselves from getting good education. Develop rationalism and scientific temperament in you, live the lives holding self-esteem high” – this was a clarion call given by Chief Minister to people of his community. He was speaking in a programme organised on the 19th Remembrance Day of His Holiness Shri Birendra Keshava Tarakanandapuri Swamiji, organised by Shri Kaginele Mahasamsthana Kanaka Guru Peetha and its branch Matha. He inaugurated the ‘Bhaktara Bhandara Kutira’ building. Further he said “I myself had laid the foundation for this ‘Kutira’ and now I am blessed to inaugurate this new building. The Pontiff of Kaginele Gurupeetha, Bengaluru branch, has put all his effort in building this ‘Kutira’. Shri Mahesh has donated one acre of land, which costs around ₹ 10 crore. He deserves to be complimented for his generosity. I thank him on behalf of all the people.

“Shri Niranjanandapuri



**Dr. M.R. Hulinaykar welcoming Shri Siddaramaiah to the Programme.**



Swamiji of Kaginele Gurupeetha, constructs buildings within a short time. He has with the help of donors, completed this building in just two years. Our ministerial colleague Suresh Bhyrathi has donated ₹ 50 lakhs for this purpose, and I appreciate his large-heartedness.

“Many people have voluntarily helped the Swamiji in building this ‘Kutira’. I thank them all. Construction of this building has costed around ₹ 4 crores. The Matha to develop and take up steps for the improvement of our community. No institutions can achieve the desired goals if they depend on government. The then Chief Minister Bangarappa had offered ₹ 25 lakhs to our Matha in 1992, but we rejected his offer.

“Mathas are required for creating awareness among people.

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## Achiever Honoured



**Recognising the 5-dacade service of Shri S. Naganna, Founder-Editor of Prajapragathi newspaper and Praja TV, Tumakuru University awarded him the Honorary doctorate recently. Shri Naganna is the voice of the voiceless in the society, and is striving to build a secular and progressive society. He is a stalwart in the field of journalism and he continued ably the tradition of journalism in Tumakuru, established earlier by C.N. Bhaskarappa. Recognising his achievement, Dr. M.R. Hulinaykar, the Founder Chairman of Shrivedi Group of Educational Institutions, honoured him affectionately on July 24, 2025. Dr. Narendra Vishwanath, Brahmadevaiah, Smt. Rupa, M.S. Patil, Smt. Ambika Hulinaykar, Smt. Shantadurgadevi Hulinaykar, Dr. M.R. Hulinaykar, Dr. Lavanya Ramana, Dr. Raman M. Hulinaykar, Dr. Harendrakumar, Dr. Mohan, Prof. Chandrappa, Prof. Muniswami and others are seen in the picture.**



# General Census & Caste Census

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These data are valuable for business and industries to understand market size, potential areas for expansion and plan their operations and also for understanding migration patters, urbanisation trends, etc.

**Caste Census:**

Caste enumeration has emerged as one of the most contentious and politically sensitive issues in the post-independence era. This was conceived to get an understanding about the socio-economic distribution of various caste groups to inform policies. This is very much required to take all the people together without discrimination on the path of progress and welfare ensuring social justice to all groups, as caste-based discrimination is still prevalent in many parts of India. To be specific policy makers can understand the distribution of different caste groups, and frame targeted policies to address social inequality and uplift the marginalised.

In Indian context, our Constitution makes it compulsory to conduct census once in every ten years. Though caste enumeration was discontinued in post Independent India, except recording details about SC and ST population is mandated by the Constitution for reservation and welfare purpose. But, due to persistent demands from various communities, social activists, and political parties for a caste census, the Government has included other backward classes in the ambit of enumeration. However, it must be noted that the Constitution does not permit to go in for religion-based reservation system.

Recent years have seen renewed debates surrounding the conduct of a caste census, with several states conducting independent surveys while the Central Government remained cautious. However, now the Central Government has to endeavour to analyse comprehensively requirements, drawbacks, advantages and socio-political implications of caste census both in short and long terms.

But there are some drawbacks in taking castes as the basis for development instead of economic backwardness. Naturally, caste census reinforces the caste system and makes the caste discrimination a permanent characteristic of Indian society undermining national integration and the constitutional goal of a caste-free society. Every one believes, however superficial it is, that this inhuman caste-system should be eradicated from our society

but no one tries to create a perfect egalitarian society.

Another argument against caste census is that it is difficult to define the caste system since it is very complex and our efforts in this direction will lead to confusion, further divisions within our society and create disputes among different caste-groups instead of promoting social harmony. The mad rush of people, fueled by short-sighted leaders, for getting benefits being given by government based on castes, skews the very idea of upliftment of real backward people. Political parties exploit caste data for building their own vote-banks and cause deep social divisions. However, there is a very thin line between economic backwardness and backwardness based on castes.

But it should be noted that other countries, having multi-ethnic groups, also conduct such enumerations. For example, the United States records race and ethnicity data, South Africa census include racial categories, Malaysia and Sri Lanka enumerate ethnic groups. So, there should be no objections for our conducting caste-census.

**Ensuing Census and the Modalities:**

If the national consensus is in favour of caste census, the government should, keeping in view various judgements of the Supreme Court in this regard, have in the forthcoming census, dispassionate views on the following:

- Independent studies at district and state level can be conducted to get accurate data of castes and subcastes at those levels.
- The data must not become a weapon for deepening fault-lines and increasing polarisation to win elections. It should not lead to the splintering and shrinking of the very notion of representation in a large and diverse democracy.
- Use of technologies such as Artificial intelligence, Big Data analysis, Blockchain data-base, etc. and machine learning can help in analysing data.
- Subcategorisation of marginalised OBCs to provide representation to underrepresented subcastes among them.
- The policy and methodologies should ensure that henceforth there will not be any agitation for inclusion in the list of beneficiaries or raise the percentage of quota of individual groups.
- Creamy layers in all the castes should be clearly identified in

each caste and ensure that they are excluded from availing any benefits of the government’s policies. Otherwise, the very idea of ‘social justice’ gets defeated.

- Enumerators should be educated as to extract correct information from the public regarding their caste and subcaste. They should be trained in such a manner that they should not get fooled by some who give wrong information to get from the Government undue advantages. This should be done in the first phase itself, that is, at the house listing operation. For caste census purpose enumerators should be given a comprehensive list of castes and the sub-castes.
- Self-enumeration should be possible in this digital age. For this self-enumeration, it should be made mandatory for the people to give their Aadhar number. If the Enumerators give a unique ID to each house, while listing the houses, people who opt for self-enumeration can use the same while entering the relevant data on line. Besides, the possibility of tagging of each house with GPS mapping has to be considered.
- Arrangements must be made to ensure that the data are completely secured from enumerator level to the Central Government level. While the data can offer valuable insights into social and economic disparities, it is crucial to ensure that the data is used responsibly and ethically to promote social justice and equality.
- Some States are conducting parallel survey to collect the data regarding castes. We also suggest that the Central Government must devise some methods to avoid stark differences arising between these parallel methods though the Courts in the country have allowed the States to do so. Otherwise, there will be a lot of confusion about the veracity of data collected.
- These data can naturally be used for delimitation of both Lok Sabha and Vidhana Sabha constituencies. But the Government should see that no injustice is done to some states in proportionate representation at the Lok Sabha depending only on the statistics given by the census report.
- Political parties should show maturity and avoid undue use of these data to consolidate their vote banks.
- The best benefit of caste census data can be derived if both Central and State Governments, using the

final data about the educational levels, focus on providing wide opportunities for education of SC and ST boys and girls from the primary level to higher level by way of giving scholarships, providing educational materials such as books, computers, etc. The Governments should also see that they are well equipped with the skill-sets as required by the employers. This will empower them to stand on their own legs and make them face the present-day competition in the job market or to become entrepreneurs on their own, without depending for ever on the reservation system. For these data of the proposed caste census should be used judiciously by the Governments both at the Centre and State levels.

- Those states which are conducting parallel caste surveys, should, if this duplication is really necessary, ensure that they conduct the survey sincerely and in a scientific manner. Karnataka had conducted a caste survey which gave room for people to raise several objections, especially about enumerators not visiting their houses at all. That report was rejected by the Government. However, the second survey that Karnataka Government has undertaken now, seems to be following the same lines in collecting the information. It is widely being reported in news papers that enumerators are not contacting any one in the house, but are pasting a label stating ‘This House is Surveyed’. Though it is reported, it seems that the concerned authorities are turning a blind eye to such reports and allowing the survey to proceed. This is highly objectionable as the data supplied by such enumerators will be of no use and the process of entire survey will be a futile exercise and result in unnecessary spending of money again.

In conclusion, we would like to state that a scientifically conducted, transparent and ethically utilised, caste census could emerge as a transformative tool for India’s social policy. Conversely, mishandling it could entrench regressive identities and fuel populist politics. The onus lies on India’s political leadership both at the levels of Centre and states, judiciary, bureaucracy and civil society to approach this exercise with maturity, guided by the constitutional vision of justice, equality and fraternity.

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# Childhood Obesity: its ill effect on their Physical and Mental Health



■ Dr. T.S.Bheemaraju

Professor in  
 Psychiatry Nursing  
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## Childhood Obesity: A Growing Concern

Childhood obesity has emerged, all over the world, as one of the most pressing health concerns of the 21st century. Once considered a problem exclusive to high-income countries, it is now increasingly seen even in developing nations, particularly in urban settings. According to a study by the World Health Organization (WHO), the number of obese children aged 5–19 years has risen dramatically from just 4% in 1975 to over 18% in 2016 and to 20% in 2022. In 2022, there were 160 million children and adolescents affected by this menace. This trend, which is frightening, continues to surge further and calls for an urgent review of the causes, effects, and the latest treatment strategies being employed worldwide.

## Causes of Childhood Obesity

Obesity in children is a multifactorial condition influenced by genetic, behavioral, environmental, and socio-economic elements. The most common causes include:

- Unhealthy Diet:** The widespread availability of calorie-dense, nutrient-poor foods, such as fast food, sugary snacks, and carbonated drinks have significantly altered children’s eating habits. Free availability of these in the market followed by unrestricted advertisements naturally tempt children, even of low income groups, to go in for them.
- Lack of Physical Activity:** These days, children are increasingly engaged in sedentary activities like watching TV, playing video games, or using smartphones. This has reduced opportunities for outdoor play and physical education in schools and has exacerbated the problem of obesity.
- Genetic and Family Factors:** Children with obese parents are more likely to become obese



- themselves. Also, children share family behaviors regarding food and physical activities.
- Psychological Factors:** Stress, depression, and emotional issues can also lead to overeating or unhealthy eating habits in children. Emotional eating becomes a coping mechanism, leading to weight gain.
  - Socio-economic Status:** Low-income families often lack access to healthy food options, safe recreational areas, or health education. Economic constraints may push them toward cheaper, high-calorie foods.

## Effects of Childhood Obesity:

Childhood obesity is not merely an issue of grossness of the body, but it has far-reaching consequences for physical, mental, and social well-being.

## 1. Physical Health Risks are as follows:

- Type 2 Diabetes which, once was rare among children and adolescents, is now diagnosed in them.
- Obese is causing elevated blood pressure and abnormal cholesterol levels that lead to hypertension, cardiovascular diseases and early-onset of heart problems.
- Obesity may lead to breathlessness and is linked to other respiratory disorders such as asthma and sleep apnea.
- Obesity directly causes overweight of the body. This puts pressure on developing bones and joints,

- leading to pain and mobility issues.
- Obesity can disrupt hormonal balance, causing early puberty especially in girls.

## 2. Psychological Effects:

Obese children often face bullying, social isolation, and low self-esteem. These experiences can lead to anxiety, depression, and in some cases, eating disorders like binge eating.

## 3. Long-term Impact:

Obese children are more likely to become obese adults, increasing their risk of chronic conditions such as diabetes, heart disease, stroke, and certain cancers.

## Treatments:

Managing childhood obesity requires a multidisciplinary approach, combining medical, behavioral, nutritional, and psychological interventions.

## 1. Family-Centered Behavioral Therapy:

Changes in the life style of elders in the family will result in greater success in controlling obesity among children. Behavior modification techniques, including goal-setting, self-monitoring, and positive reinforcement, help children make sustainable changes.

## 2. Dietary Modifications:

Guidelines by pediatric dietitians emphasize a) reducing added sugars and processed foods, b) increasing intake of fruits, vegetables, whole grains, and lean proteins and c) promoting mindful eating and portion control.

## 3. Physical Activity Promotion:

The WHO recommends at least 60 minutes of moderate to vigorous physical activity daily for children aged 5–17. Schools should incorporate more structured exercise programs, sports, dance, and yoga to make physical activity more engaging. If school authorities show a careless attitude towards this, governmental authorities should make it compulsory in all schools, whether such institutions are run by public or private organisations.

## 4. Digital Health Tools

Apps and wearable devices are being used to track activity levels, monitor food intake, and provide real-time feedback. Gamification strategies, where fitness becomes a fun, interactive experience, are particularly effective with children.

## 5. Pharmacotherapy:

In severe cases where lifestyle interventions fail, medications may be prescribed. Medications will help regulate appetite and improve insulin sensitivity but must be used under strict medical supervision.

## 6. School-Based and Policy Interventions

Governments and health agencies should implement policies regarding -

- Banning junk food advertisements targeting children.
- Improve school meals and nutrition education where ever they are provided.
- Making physical education compulsory in school curricula.

## 8. Psychological Counseling

Addressing emotional and mental health is essential. Child psychologists can help manage stress, improve body image, and develop healthy coping mechanisms. Parents of obese children should also be given proper counseling regarding the ill-effects of obesity. They should also be made aware of the means of controlling child obesity.



## Conclusion

The childhood obesity epidemic is a reflection of changing lifestyles, urbanization, and unhealthy food environments. While it is a complex problem, it is also largely preventable and reversible if tackled early with a holistic approach.

Parents, schools, healthcare providers, and policymakers all have critical roles to play in shaping healthier futures for children. Their active involvement in these programmes besides preventing serious health issues later in the life of children, promotes overall well-being and a better quality of life.

By instilling healthy habits early and supporting children with empathy and guidance, we can turn the tide on this growing public health crisis.





# Development of the Nation: Determination of Young Generation is Critical

The Tumkur branch of Seshadripuram College had recently organised a programme ‘Kala Sambhrama-8’ in Tumakuru. Dr. M.R. Hulinaykar, the Chairman of Shridevi Charitable Trust, who was the Chief Guest in the programme said in his speech “The contribution of Seshadripuram Group of Educational Institutions to education in Karnataka is quite huge. This Institute is not just educating the students, but guiding them to become cultured citizens of future India. For any country to become economically strong, younger generation of that country have to participate actively in its programmes. The more skills they acquire in their college days, the stronger the economy of that nation would become. It has been demonstrated in countries such as Japan and China. Today the poor and middle-class people in our country have the potential to lift the level of our economy to a new high. There is no doubt that India will be one of the strongest economies in the world. From this point of view, Seshadripuram Educational Institute’s contribution is valuable. I hope and wish that our young students a good prospects and to the Seshadripuram



Educational Institute more success in its efforts.”

Dr. Wooday P Krishna, who is a transformational leader with a rare blend of a technologist, educationist, social activist and humanist and Hon. Secretary of Seshadripuram Group of Educational Institutions, while delivering his speech on the occasion, said “The importance of young persons was evident in the recently conducted ‘Operation Sindhoor’. Because of their dedication India was successful in countering

the terrorist attack by Pakistan. This also shows the importance of science and technology, that helped them to achieve this success. Our Institutions are encouraging students in becoming competent and true citizens of this great nation.”

W.D. Ashok, the Chairman, Managing Committee of the Institute, Dr. G.T. Jagadisha, Principal and H.B. Mahantesh, P.U. College, Smt. Saumya Nandaraj, Principal of Seshadripuram High School participated in the programme.

## Kurubara Sangha gets its New Building

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Unless we are united, we will not get any status or recognition in the society. Basavanna and other Shivasharanas, Kanaka Dasa, Mahatma Gandhi, Ambedkar intended to create a caste-free society. Our Constitution also emphasis this idea. We should get inspiration from the book ‘Vichara Kranthige Ahvaana’ written by the famous Kannada poet Kuvempu.

“It is highly appreciable that Kaginele Maha Samsthana’ is doing many social works. I heartily congratulate His Holiness Jagadguru Niranjananda Swamiji and the pontiff of the Bengaluru Branch Matha. Our community is given 12 acres of land in Yandalli, Mysore, where Community Building will be built soon. In Banashankari, Bengaluru, a building has already been constructed for training students for competitive examinations of UPSC. The old building at Gandhinagar, Bengaluru is already demolished and a new building will come up there soon, at an estimated cost of ₹ 34 crores. Plans are on the card to provide hostel facilities and for 300 women students where training will also be given to them for appearing UPSC examinations”.

### Planning to allot lands in Bengaluru for the Mathas of backward Communities:

“Our Government is considering a proposal to allot 80 acres of land in Bengaluru South Taluk, to different Mathas. We are also considering extending financial help, on request, to different Mathas”.

His Holiness Niranjanandapuri Swamiji, Jagadguru and Head of Kaginele Maha Samsthana, Immadi Siddharameshwarapuri Swamiji, H.M. Revanna, Bhyrathi Suresh, H. Vishwanath, Bandeppa Kashyampura, Basavaraja Shivanna, Dr. M.R. Hulinaykar, R. Shankar, Manjunath, Srinivas, Bhimasena Chimmanakatti and others had participated in the programme.

## AI Technology: A New Revolution in Pharmaceutical Industry

Dr. Prakash Gaudanavar, Principal and Dean, Adi Chunchanagiri Pharmacy College opined that the emerging Artificial Intelligence has become a boon to the Pharma manufacturing sector. While inaugurating a one-day national seminar on “AI Technology and Pharmaceutical Industry – New opportunities and Challenges” in the Shridevi Hospital Auditorium, on July 14, he said that AI technology will certainly help manufacturing new pharma products within a short time. However, experiments have to be carried on as we have been doing so far. Students have to pay attention to this and come forward to conduct researches in this field. All the nations, including India, have to legislate laws for controlling AI for assuring the safety of consumers.

Dr. M.R. Hulinaykar, the Chairman, Shridevi Charitable Trust, who was presiding over the programme, said “the capacity of Indian Pharmaceutical sector was demonstrated to the entire world during covid period. India supplied covid vaccine to 190 countries free of cost”.

M.S. Patil, the Director (IT and HRD) said that pharmaceutical industry is one of the largest employment



Dr. Prakash Gaudanavar, Dr. M.R. Hulinaykar, M.S. Patil, Dr. Raman M. Hulinaykar, Dr. P. Lavanya Raman, Prof. T.V. Brahmadevaiah., Dr. Lakshmana Vijapur, Dr. Mallappa Shalavadi, Dr. S.D. Vachala, Dr. B. Gopalakrishna, Dr. Shivakumar, Dr. G. Arpitha, Dr. K.S. Shrilatha and H.A. Ramesh.

providers in the country and has contributed 2 per cent to the nation’s GDP. Entire world has appreciated the capacity of Indian pharmaceutical industry. AI will help the industry in manufacturing pharma products in a relatively short time. Because of several new developments in the industry, there is a good demand for pharmacy course.

Dr. Prakash Gaudanavar, Dr. Lakshmana Vijapur of B.V.V.S. Honagal Shri Kumareshwara Pharmacy College, Dr. Mallappa Shalavadi and

Dr. S.D. Vachala, of Mallige Pharmacy, Bengaluru were felicitated in the programme on behalf of Shridevi Pharmacy College.

Dr. Raman M. Hulinaykar, the Medical Director, Shridevi Medical College, Dr. P. Lavanya Raman, Prof. T.V. Brahmadevaiah, Dr. Prakash Gaudanavar, Dr. Lakshmana Vijapur, Dr. Mallappa Shalavadi, Dr. S.D. Vachala, Dr. B. Gopalakrishna, Dr. Shivakumar, Dr. G. Arpitha, Dr. K.S., Shrilatha, H.A. Ramesh and others had participated in the programme.



# Father of Angioplasty in India

## Dr. Mathew Samuel Kalarickal

**A**ngioplasty is a minimally invasive procedure used to widen narrowed or blocked arteries or veins, typically to treat heart conditions like coronary artery disease.

Many people do not know when this Angioplasty procedure began in India, who was first in this field, who made it a popular procedure here, where he was from, etc. This write-up gives answers to these interesting questions. This is one of the areas in health-care field, that made the Indians hold their head high.

The credit for introducing modern Angioplasty in India goes to Dr. Mathew Samuel Kalarickal, who hailed from Kerala, and respectfully known as the 'Father of Angioplasty in India'. He saved lakhs of lives who were suffering from heart problem not only in India, but many other countries in Asia also and to all of them, he was the 'saviour and deliverer'. He passed away recently (April 18) in Apollo Hospital in Chennai, after a brief illness.

Born on January 6, 1948, in Kerala, Dr. Mathew Samuel Kalarickal, was graduated from Kottayam Medical College, Kottayam, known as the Medical Care City of Kerala. Later he completed his postgraduation and specialisation in cardiology in Chennai. He got his training in America from Andreas Roland Gruntzig, a German radiologist and cardiologist, who was known as the father of Interventional Cardiology and returned to India in 1985. At that point of time India was lagging far behind America and many European countries in Angioplasty.

In such a situation, Dr. Mathew



### What is Angioplasty?

**Angioplasty, a procedure to open blocked or narrowed arteries, typically involves inserting a catheter with a balloon into a blood vessel, guiding it to the blockage, inflating the balloon, at the point where the blood circulation is obstructed, to widen the artery, and optionally placing a stent to keep it open.**

began to adopt this new procedure of Angioplasty in 1986. That year 18 cardiac patients got Angioplasty procedure done from him. In the following year, the number of patients who got this procedure done rose to 150. Despite several stumbling blocks in his way, this procedure became very popular in India. Dr. Mathew firmly believed that it was his moral responsibility and commitment to provide Angioplasty service to cardiac patients. He improved the procedure in such way, it became a boon to cardiac patients when they did not have any option other than by-pass heart surgery (i.e. a surgery to create a new pathway for the flow of blood to bypass a blocked or narrowed artery in the heart).

It goes to his credit that he brought

### Honours and Awards:

- **1996** – 'Dr. B.C. Roy Award' in Interventional Cardiology,
- **2000** – 'Padmasri' award from Indian Government,
- **2000** – 'Rashtriya Samman' – for being among the highest taxpayers in the country,
- **2003** – 'Doctor of Science' awarded by Dr. MGR University.

to India a new medical procedure for cardiac patients. In the process, he got more satisfaction from his service and was really happy about his achievement.

Besides treating cardiac patients

and saving their lives, he travelled through out the country and trained heart surgeons in adopting and using Angioplasty. He took a lot of trouble in making this procedure popular even in countries such as Pakistan, Bangladesh, Shri Lanka, UAE, Muscat, Indonesia, Thailand, Malasia and many others.

Dr. Sai Satish, a heart surgeon of Apollo Hospitals, Chennai, trained by Dr. Mathew says that he may not be able to see another Dr. Mathew Samuel Kalarickal in his life. "The training, guidance I got from him, is the leading light in my career. Each time I enter cath lab, I feel I am missing that great man".

The famous advocate of Mumbai, C.S. Lodha was the first cardiac patient Dr. Kalarickal conducted this new minimally invasive procedure. In the days that followed, both of them became good friends for life. Dr. Kalarickal enjoyed the status of the best surgeon in conducting Angioplasty. During his life time, there was none who could come very near to him in expertise he had achieved in Angioplasty.

He became so renowned as heart surgeon that almost all VIPs in the country, who, otherwise would have to undergo by-pass heart surgery, wished to get Angioplasty procedure done by him. His speciality was interventional cardiac catheterization which is a minimally invasive procedure. He used to diagnose and treat heart conditions by threading a catheter through blood vessels to the heart that allows doctors to visualize the heart and coronary arteries using X-rays and to perform angioplasty.

## Skill the Basic Necessity for a Bright Future

**“E**arlier employment could be got if one has a university degree. But time has changed and with it, the requirement of job market has also changed. Now, the basic requirement of candidates entering into job market is skill as required by today's industry. Therefore, students have to focus on their skill developments also” so said Dr. Raman M. Hulinaykar, the Medical Director, who was speaking as the Chief Guest in the 20th annual Day of Shridevi Degree College and Post Graduate Centre, June 24, 2025. He further said “I advise the students not to get addicted to the social media. Social media consume most of their time. In stead they should concentrate on their college studies and also on developing skill set which enable them to face any challenge in their future career. We see that many college drop-outs have built their



empires in various fields including software, because of their unmatched skill set. This clearly shows how important the role of skill is in anyone's career. Besides students should have determination to achieve something in their lives.”

### Favourite Destination for Investment:

M.S. Patil, the Director IT & HR, said “Tumakuru has become a

favourite place for investors from France, Germany, Korea, and many other European countries. In this regard, Tumakuru district has become second only to Bengaluru in the State. Tumakuru has good human resource and a good environment for industrial development. Since, Bengaluru is under great pressure from increased population and traffic problems, Indian and foreign investors are

preferring Tumakuru. This will open a huge opportunity for job-seekers in this District.”

Dr. Ramanand Swamiji, who had graced the occasion by his presence said “Spirituality means the purity of mind. People have to walk on the right and honest path. Our Dharma insists that we should have an honest society. We may observe that after the emergence of social media, health of those who are addicted to that has deteriorated. Therefore, it is imperative that we should keep ourselves from this menace of social media”.

In the evening, students presented various programmes. They exhibited their talent in singing, dancing etc. And in that function students who had passed their examination and those who had performed well in sports, were given certificates.

■ Report: N. Anand



# The Role of Vitamin D in Aging Adults



■ **Dr. B.R. Swamy**  
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The global population of individuals aged 65 or above is expected to become more than double between 2012 and 2060. Traditionally, vitamin D has been recognized for its critical role in maintaining skeletal health. However, with the discovery of vitamin D receptors in the nervous, cardiovascular, and endocrine systems, its broader impact on human health, particularly in aged persons, has become a significant focus of research.

Aged persons are vulnerable to vitamin D deficiency due to decreased cutaneous synthesis, limited dietary intake, and reduced time spent outdoors. Epidemiological studies suggest a strong association between low vitamin D levels and age-related conditions such as cognitive decline, depression, osteoporosis, cardiovascular disease, hypertension, type 2 diabetes, and cancer. Clinical trials are underway to assess whether vitamin D supplementation can help prevent or mitigate these conditions.

## Vitamin D and Human Health

Vitamin D plays a vital role in numerous physiological processes. Beyond supporting bone health, recent research highlights its role in preventing and managing chronic diseases, especially as vitamin D receptors have been identified throughout the body. Deficiency rates in older adults range widely from 20% to 100%, largely due to physiological changes and lifestyle factors.

## Psychological Aging & Cognitive Decline

Cognitive impairment — ranging from mild memory issues to severe dementia — affects nearly 25% of adults aged 65 and above in the US. Vitamin D receptors are present in brain regions regulating cognition and mood, suggesting that deficiency may accelerate cognitive deterioration.

A notable prospective cohort study involving 2,777 adults aged 70 to 79 found that 68% had vitamin D levels below 30 ng/ml. Participants with lower vitamin D had poorer baseline cognitive scores and experienced greater cognitive decline over four years.

Moreover, research is increasingly exploring vitamin D's role in conditions like Alzheimer's disease and vascular dementia, though more longitudinal studies are necessary.

## Depression

Depression, a disabling mood disorder, frequently affects older adults — particularly women. Studies report that about 20% of older primary care patients have vitamin D deficiency, with severe deficiency linked to frailty and more

frequent depressive symptoms. While the causal relationship is not fully established, the correlation warrants further investigation.

## Physical Aging

Vitamin D deficiency has been implicated in several diseases of aging. Numerous studies continue to explore whether supplementation can help prevent or treat these conditions.

## Osteoporosis

Osteoporosis, a condition characterized by reduced bone density and increased fracture risk, affects both sexes but predominantly women. Risk factors include inadequate calcium and vitamin D intake, inactivity, smoking, menopause, genetics, and low body weight.

Vitamin D and calcium are essential for bone health. Insufficient vitamin D reduces intestinal calcium absorption, triggers elevated parathyroid hormone levels, and accelerates bone turnover — ultimately leading to osteopenia or osteoporosis. Several meta-analyses confirm that combined supplementation of calcium and vitamin D significantly reduces fracture rates, particularly in frail elderly individuals.

A review of data from over 68,000 adults across the US and Europe found that while combined supplementation lowered fracture risk, vitamin D alone had no significant effect. Additionally, a review of 15 years of literature concluded that supplementation of at least 800 IU of vitamin D effectively reduced fall risk, improved balance, gait, and physical function.

A recent meta-analysis analyzing fallers and non-fallers reported that those who experienced falls had notably lower serum vitamin D levels. The US Preventive Services Task Force recommends vitamin D supplementation, alongside exercise and physical therapy, for community-dwelling older adults at risk of falling.

## Cardiovascular Disease

Cardiovascular disease remains the leading cause of death. Emerging epidemiologic evidence suggests



vitamin D's protective role in heart health. Studies associate low vitamin D levels with increased risk for heart disease.

## Hypertension

Hypertension prevalence rises sharply with age. Several cross-sectional and prospective studies link low vitamin D levels with increased hypertension risk. While observational data support this association, randomized controlled trials have yielded inconsistent findings regarding the effectiveness of vitamin D supplementation in lowering blood pressure.

## Type 2 Diabetes

The incidence of type 2 diabetes leads to severe complications like cardiovascular disease and stroke. Vitamin D's role in glucose metabolism and insulin sensitivity has drawn research attention, with some studies associating low vitamin D with increased diabetes risk. However, the results of these researches are still inconclusive.

## Immune Function

Aging weakens the immune system, increasing susceptibility to infections and reducing vaccine efficacy. Vitamin D regulates innate and adaptive immunity by promoting T-cell differentiation and the production of antimicrobial proteins like cathelicidin, crucial in combating infections. Adequate vitamin D levels may enhance immune function in the elderly, although more clinical

## Dr. B.R. Swamy from Davanagere to Canada

Dr. B.R. Swamy was born in Davanagere. His parents were B.A. Revappa and Parvathamma. He completed his education in Bengaluru and got his PG degree from the Bangalore Medical College, Bengaluru, in 1978. He served as a medical doctor in Jamaica, Trinidad, Guayana, etc. and is now in the Seniors Care Specialties Hospital run by an N.G.O. in Toronto, Canada. His wife is of Spanish origin. The most appreciable thing about her is that she has learnt Kannada language well and Kannada has become their language at home. Dr. Swamy couple have three sons.

evidence is needed.

## Cancer

Epidemiological studies have linked higher vitamin D levels with reduced risks of several cancers. But clinical trial results still remain inconsistent. Continued research is necessary to determine whether vitamin D supplementation can meaningfully prevent or reduce cancer incidence and progression in older adults.

## Conclusion

Vitamin D deficiency is a serious health concern among older adults, with potential consequences for bone health, cognitive function, cardiovascular disease, depression, diabetes, immune competence, and cancer risk. While evidence supports vitamin D's role in preventing osteoporosis and reducing fall risk, data regarding its benefits in other age-related conditions remain inconclusive.

Recent systematic reviews indicate promising, though inconsistent, associations between vitamin D levels and health outcomes in aging populations. Firm recommendations await further well-designed RCTs examining dosage, treatment duration, and specific health endpoints. Meanwhile, recognizing and addressing vitamin D deficiency is an essential aspect of comprehensive geriatric care.

## Vitamin D Recommendations

Sunlight exposure is the most natural source of vitamin D, yet older adults often lack sufficient sun exposure due to mobility limitations, chronic illnesses, and institutional living. Achieving adequate vitamin D levels through diet alone is difficult, supplementation is the most practical approach.

The Institute of Medicine recommends daily vitamin D intake of 600 IU for individuals aged up to 70 years and 800 IU for adults over 70.

## India Follows the Same Trend

Vitamin D deficiency is a widespread health problem all over the world. If ignored, this problem would lead to several serious consequences. This view was expressed by several persons during a webinar on 'Vitamin D Deficiency: Myths and Reality' organised jointly by Naruvi Hospitals, Vellore and 'The Hindu'.

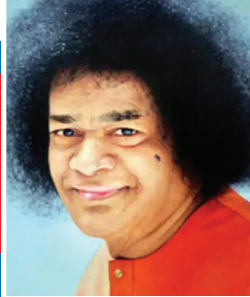
Dr. Kurien Thomas, Senior Consultant Physician, Naruvi Hospitals, said that 40 to 90 per cent of Indian people are suffering from deficiency of Vitamin D. The main reasons for this, as pointed out by him, are: most people stay

indoors during day time, use of sun-screen and sun-protective clothing. Vitamin D, which is also called 'sunlight vitamin' plays a vital role in bone health, which in turn helps calcium absorption. Deficiency in this vitamin, leads to rickets in children and osteomalacia (softening of the bones) in adults. To get best benefits of sunlight, he urges us, to expose ourselves to midday sunlight. He also suggests vitamin D supplements to those who are suffering from deficiency of this vitamin.

(Courtesy: The Hindu)



A saying to be kept in mind always



“ May there exist all the Dharmas in the world; May all Dharmas prosper; May the glory of the Almighty be sung in all the languages and all music modes. Respect the differences among the Dharmas; Do not put off the light of emotional integration; Think all Dharmas are strong and vigorous.

- Bhagwan Shri Sathya Sai Baba, Puttaparthi  
(Excerpts from the book ‘Sathya Sai Baba lives on’ , Authored by Dr. Mohan V)

# Physiotherapy Course & Job Opportunities

“Students who are coming out successfully this year passing Physiotherapy course are really lucky” – this was told by Prof. Vaishali Shrijit, Senate Member, Rajiv Gandhi University of Health Sciences, in the convocation ceremony organised by Shridevi Physiotherapy College. She said so because, the demand for State Allied Science Council, which was pending for many years, has been established now and students who have completed Physiotherapy course, can now register themselves in this Council and enter into their professional lives. Physiotherapy is absolutely required for people throughout their lives.

**Knowledge, the Main Aim:**

“Gaining knowledge should be the main aim of students. Pursuit of knowledge will not end when one gets a degree certificate. Today, the medical field is growing in different directions and assuming different dimensions. Students must



keep trying to imbibe new skills, everyday. In the last forty years, there is phenomenal growth in the field of physiotherapy. Job opportunities for physiotherapists are available worldwide” – these statements were by Dr. Kavitharaj, Principal, JSS Physiotherapy College, Mysuru.

Speaking on the same occasion Dr. M.R. Hulinaykar, the Founder Chairman, Shridevi Group of Institutions, said “since twenty-five years, students who have

successfully completed their course, are working all over the country and also abroad. This has added to the status of our Institution. The importance of physiotherapy is widely known. Physiotherapists have more responsibility than the doctors. They have good opportunities to earn handsomely. Besides, our physiotherapy students are participating in various sports meet organised by the University, and have brought many prizes. This is really a

matter of pride for us”.

Dr. Raman M. Hulinaykar, the Medical Director, advised the students saying “with the end of your student-life, effort to gain knowledge should not stop. From the very next day, your professional life starts. Earlier there was a feeling that these courses do not have any future. There were only three physiotherapy colleges in the entire South India. But today the scene is completely different. Today, physiotherapists can earn more than the doctors do.”

M.S. Patil, Director of IT and HR, said “the service rendered by physiotherapists during the days of Corona pandemic, can never be forgotten. This is a holy profession. Keeping this in mind, you have to start a new life.”

In the convocation function, Degree certificates were distributed to thirty-eight students who were successful in the examinations and also to two PG Students.



## Environment Day

The State Vice-President of BJP, Smt. Malavika Avinash, while participating in a programme of planting ‘One lakh-Trees’ held in the premises of Shridevi Group of Institutions, in connection with this year’s Environment Day, said “Celebrating Environment Day should never be limited to a day’s programme. If we have emotional relation with the nature, and carry on this programme throughout the year, then only this celebration will get its due recognition. The role of younger generation is crucial in the protection of environment”.

Shailendra Beldale, the Legislator of Bidar Constitution, said “Environment Day is observed on June 5th of every year. Our concern about environment should not be limited to that day alone. Our Prime Minister’s message is that if we develop emotional relationship with the nature, it protects us for ever.

Dr. M.R. Hulinaykar, the Founder Chairman of Shridevi Group of Institutions, M.S. Patil, Dr. Raman M. Hulinaykar, Smt. Ambika Hulinaykar and Dr. Lavanya Raman were present on the occasion.

■ Report: N. Anand

## Diploma Nursing Education Board Examination: MISS DISHA DAS BAGS 5<sup>th</sup> RANK

It was a day that brought pride to Shridevi Institute of Medical Sciences and Research Hospital. The day was June 16, 2025, and reason for pride was that Miss. Disha Das, a General Nursing Midwifery student, received the well-deserved honour in a function held in the Bangalore Medical College, organised by the Karnataka State Diploma Nursing Education Board (KSDNEB). As a mark of honour, she got a watch from the Board. She was very happy about her performance and thanked Prof. R.K. Muniswamy, Principal, Shridevi School of Nursing who was present in the function on behalf of Shridevi Group of Institutions. She also thanked the Management of the Group and the faculties of the Nursing school for their guidance, encouragement and support.

Dr. Sharana Prakash R., Patil, Hon’ble Minister of Medical Education, Government of Karnataka, Mr. Mohemmed Mohsin, Chief Administrative Officer, Department of Medical Education, Dr. Sujatha Rathode, Director, Department of Medical Education, Dr. Venkatesh

Murthy, KAS, Joint Secretary, Ministry of Medical Education, Dr. Ramesh Krishna, Director & Dean, BMCRI, Bangalore, among others.

Miss Disha Das who joined Shridevi School of Nursing in 2021, was getting distinction every year during her course and to crown her performance she got 5th rank in the final year examination conducted by KSDNEB. She was a very sincere, dedicated student. She used to participate in extra curricular activities of the Nursing School as well.

Shridevi Group of Institutions are being steered excellently by its Founder-Chairman Dr. M R Hulinaykar, and ably supported by M S Patil, the Director, HR & IT. Their guidance, motivation and support has helped Shridevi Group of Institution achieve the institutional objectives of providing education of highest standard in various disciplines.

Shridevi School of Nursing along with other Institutions of the Group heartily congratulates Miss Disha Das for her achievement in the Board Examination-2025 and wishes her every success in her career.





# Youths of Halumatha and Entrepreneurship

A one-day seminar on 'Entrepreneurship for the Youths of Halumatha' was conducted on 8.6.25 in Chandra Layout, Bengaluru. Shri Yogananda Swamiji of Ramakrishna Yogashrama, Ramohalli, had graced the occasion by his presence.

The Chief Guests in the programme were Dr. M.R. Hulinaykar, Founder Chairman of Shridevi group of Educational Institutions, Bengaluru, Vinayakumar, Founder Chairman of IAS Coaching Centre, Chandra Layout, Bengaluru and Beerappa, of Peenya Industries Federation. This Seminar was organised by Sunil Jayaram and Sudarshan Ramaiah, Industrialists, K. Somashekar, Assistant Editor, Vijaya Karnataka Kannada News paper, and R. Raju, Managing Director, Kantheerava Studio, Bengaluru.

Dr. M.R. Hulinaykar, in his Key-note address, said "The aim of the organisers of this seminar is to sow the seeds for developing the spirit of entrepreneurship among our young people.

These days have proved that a society gives importance and value only to job creators. In America, there is a scheme for giving Green Card on priority to those job providers with a minimum investment of \$ 5 m. All nations, including India, compete with each other in inviting with open hands entrepreneurs to their countries to establish big industries.

In future, governments will not be able to provide jobs. The new Economic Policies implemented in 1992 to suit the globalisation and commercialisation of our economic activities, have affected job creation.

Education, health and industries are in the private hands. The concept of 'Reservation' may become irrelevant in the future. Education sector is completely out of control of the governments. I do not say whether this correct or not, but these are hard facts. The leaders of some communities foresaw this situation. Some such leaders shared their earnings with their community people. Persons like Narayana Murthy of Infosys got financial help and land from the Government and established a big software empire. So goes the success stories of upper-class people. T.M.A. Pai established Syndicate Bank. Subsequently, he diversified his activities by 'Kastur Ba Medical College'. His Manipal Groups today are running Hospitals, printing press, hotels, malls etc.. A. Subbarao Pai established Canara Bank in 1906. B.R. Vyasarayachar established Karnataka Bank in 1924. All these banks were established by people coming from coastal area of Karnataka. These people run a number of small-scale industries, hotels.



## We too Had a Chance:

At one time, our community too had a chance to establish our supremacy in coming up in several fields. But, because of the lethargic attitude of our people we are what we are today. S.S. Patil established Agricultural Pattina Cooperative Organisation, for the first time in India, in 1904 in Dharwad district. In the following years, lack of spirit of entrepreneurship in our people in we could not get full benefit of his efforts. The Tumakuru Grain Merchant Bank was established on the cooperative principles. Today it has extended its activities to three four districts in the State. Veerashaiva people are getting maximum benefit from this bank. On the other hand, we are trying hard to build Kanaka Pattina Cooperative Bank in Tumakuru. Instead of supporting our efforts our community people are engaged in creating all sorts of impediments on our way.

## What Entrepreneurship Demands from us:

There is reason for this prologue of mine. Any community to develop entrepreneurship, needs financial help. I realised this when I started building educational institutions. Our community organisations could not help us as they were not in that position. Besides, our leaders were not thinking broadly from the community point of view. So, what I suggest to you is that before attempting to give a shape to your entrepreneurial aspirations, you have to consider aspects such as financial resources, power of technology etc.

## Strong Determination Required:

Despite advertisement that young generation would get financial help for establishing their own enterprises, it is hardly possible to get such help from Banks or other financial institutions. Many enthusiastic engineers, who come forward to start new enterprises, find themselves in a helpless condition in the initial stage itself. There may be some exceptions. In general, the Indian society does not respond favourably to novel ideas. Another drawback in our society. Parents prefer their children to go in for salaried jobs, which ensures them definite income, however, insufficient it might be. Younger generation of

our Halumatha has to come out of this paradigm. This is not an impossible task. Also, our people think that we are not entrepreneurial by nature. But this is not true. Entrepreneurship is nothing to do with any caste or community. Our people were running many enterprises earlier. For example many of our people have been engaged in the jewellery business for several generations in Bellari. Earlier, 'Eediga' community people were in liquor business only, but today they prospering in many other fields also. Billava Community people of Dakshina Kannada District are prospering these days mainly in hotel industry. Bunts and Billavas dominate hotel business in Mumbai. The main reasons for their success is many financial institutions readily give them the support to their endeavours.

## Indian Industry:

It is interesting to see that who is holding the key of Indian Industry today. In Maharashtra, Marathas are in majority, but Mumbai is being ruled by Gujarati industrialists. It is unimaginable how powerful Ambanis and Adanis are. Which ever political party comes to power in the Centre or in the states, these people have a tremendous power on the rulers. So also are the Marwadis. Though they conduct their business individually, but as a community, they are a well organised, and they help each other in their line of business. Marwadis were running wholesale business of paper, oil, sugar etc. in Karnataka. Now they have almost monopolised retail business also in all cities and towns in Karnataka. They can thrive even without knowing the local language well. Business of electronics items in not only Karnataka, but all over the country are totally in their hands. If you closely observe them, they do not depend on local banks for their financial needs. They always take the help of banks and other financial institutions belonging to their state.

## The Saga of Isreal:

The importance of entrepreneurship and finance is limited to any single country. Only those communities who are strong in these two fields have achieved tremendous progress worldwide. The saga of Isreal is

known to the entire world. Yehudi people are also known as Jewish community. Yehudi people and people of Palestine have deep rooted hatred with each other. The United Nations recognised Isreal as an independent nation on May 14, 1948. Earlier to that the British Prime Minister David Lloyd George who was in power between 1916 and 1922, had given a written assurance to the rich family of Rothschilds, which was in Banking business, that England would help Jewish community to have their motherland back and run it as an independent nation. Subsequent to the Ottoman empire was totally erased in the First World War, Yehudis gained importance, thanks to the significant influence in banking and finance the Rothschilds had. They hand lent England a substantial amount of money during the First World War. One of the conditions that this family had included in the agreement with the Government of England was that England should get Isreal for them. Yehudi banks had lent money even to Germany. During that period itself Rothschilds purchased 1.50 lakh hectare land and made all the Yehudies who were spread all over the world. Thus, the nation of Isreal was born. This shows the might of unity and cooperation that exist with that community.

## The Role of Community:

There are two reasons for my referring this story. One, our community should establish financial institutions and give encouragement to our young generation to start their own industries and business organisations. It, without concentrating on getting political power only, should pay attention even to the development of the community as a whole. Our people have the ability to run industries and business efficiently. This is the right time that we should think on these lines. If we start on this right direction, the days to come will certainly bring us more and more opportunities on our way. Therefore, our young generation have to acquire to acquire entrepreneurial skills. They have to master new technologies and develop the habit of working hard. No force in the world would be able to deter us if we stand on our feet without outside help and even from government. To use the current phrase, we have to become 'self-dependent' and 'Atmanirbhar'. Here, I would like to emphasise one point that in future, the role of our governments will be confined to governance and all other fields of economic activities will be in the hands of private people. We have to be ready to have our share in the fields of industrial and financial fields. Otherwise, we will remain as a community depending on the mercy of others even to have a niggardly life.