



SGPGIMS
NEWSLETTER

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संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ में देश का 73 वां गणतंत्र दिवस पूरे उत्साह और उमंग के साथ मनाया गया। संस्थान के निदेशक प्रो. आर. के. धीमन ने परंपरागत तरीके से ध्वजारोहण किया।

राष्ट्रगान के पश्चात् उपस्थित संकाय सदस्यों और कर्मचारियों को संबोधित करते हुए उन्होंने पिछले एक वर्ष की उपलब्धियों का लेखा जोखा प्रस्तुत किया। उन्होंने कहा कि पिछले दो वर्ष कोरोना महामारी से संघर्ष करते बीते और इस पर हमने विजय भी प्राप्त की। उन्होंने संस्थान परिवार के सभी सदस्यों चिकित्सक, सीनियर रेजिडेंट, नर्सिंग स्टाफ, टेक्नीशियन, सफाई कर्मचारियों और अन्य सभी स्टाफ की प्रशंसा की और इसके लिए उन्हें हृदय से धन्यवाद दिया। उन्होंने कहा कि आप सभी के सहयोग से हम तीसरी लहर का भी सामना कर पाएंगे।

निदेशक महोदय ने माननीय मुख्यमंत्री योगी आदित्यनाथ जी द्वारा हाल ही में लोकार्पित किए गए 7 प्रोजेक्ट का भी उल्लेख किया। इसमें इमरजेंसी मेडिसिन और गुर्दा प्रत्यारोपण केंद्र के विषय में उन्होंने बताया कि इसमें कुल 558 बेड्स होंगे, जिसमें से 210 बेड्स इमरजेंसी मेडिसिन विभाग के लिए हैं। इमरजेंसी बेड्स में 7 गुनी बढ़ोतरी से आकस्मिक सेवाओं में निसंदेह सुधार आएगा। उन्होंने पलमोनरी मेडिसिन विभाग में एडवांस ब्रोंकोस्कोपी लैब के विस्तार एवं नवीनीकरण के विषय में भी जानकारी दी।

उन्होंने एडवांस पीडिएट्रिक सेंटर का भी उल्लेख किया, जिसकी घोषणा

उत्तर प्रदेश के मुख्यमंत्री माननीय योगी आदित्यनाथ जी द्वारा की गई थी। निदेशक महोदय ने कहा कि हमारे राज्य की जनसंख्या का 40% बच्चे हैं। अतः बच्चों की बीमारियों से संबंधित एक पृथक विभाग की आवश्यकता थी। इस एडवांस पीडिएट्रिक सेंटर में 23 विभाग होंगे, जिसमें 125 संकाय सदस्य और 185 सीनियर रेजिडेंट की भी नियुक्ति की जाएगी। इस प्रकार बच्चों के लिए एक समानांतर अस्पताल होगा, जिसमें उनसे संबंधित सभी बीमारियों के लिए एक ही केंद्र होगा।

उन्होंने एडवांस डायबिटिक सेंटर के विषय में भी जानकारी दी, जिसमें डायबिटीज से संबंधित हर बीमारी के लिए एक ही छत के नीचे समस्त उपचार सुविधाएं होंगी।

उन्होंने (एसटीपीआई) सॉफ्टवेयर टेक्नोलॉजी पार्क ऑफ इंडिया व इनफार्मेशन टेक्नोलॉजी के साथ पीजीआई के हुए समझौते (MOU) का भी जिक्र किया जिसके अंतर्गत ventilator, infrared



thermometer, monitor संस्थान में ही बनाये जायेंगे। हब और स्पोक मॉडल पर आधारित टेली आई सी यू के विषय में भी उन्होंने कहा कि पीजीआई और उत्तर प्रदेश के 6 मेडिकल कॉलेजों के बीच में 200 बेड्स का टेली ICU भी एक बड़ी उपलब्धि है।

निदेशक महोदय ने संस्थान में ई ऑफिस के द्वारा कार्य प्रारंभ किए जाने पर प्रोफेसर उत्तम सिंह को बधाई दी।

उन्होंने सूचित किया कि संवर्ग पुनर्गठन का कार्य पूर्ण हो चुका है। पहली GB से 15 कैडर और दूसरी जी बी से 27 कैडर का पुनर्गठन हुआ। आने वाले 1 माह के अंदर इससे संबंधित सभी कार्यवाही पूर्ण कर ली जाएगी।

इस कार्यक्रम में सामाजिक दूरी बनाए रखकर कुछ सीमित संख्या में लोगों ने भाग लिया। अन्य सभी सदस्य zoom मीटिंग द्वारा इस कार्यक्रम में शामिल हुए।

इस अवसर पर संस्थान के 12 कर्मठ सदस्यों को उनके उत्कृष्ट व उत्तम कार्य निष्पादन के लिए निदेशक महोदय द्वारा सम्मानित किया गया

इस अवसर पर संस्थान के मुख्य चिकित्सा अधीक्षक, प्रोफेसर गौरव अग्रवाल, संयुक्त निदेशक, प्रशासन, प्रोफेसर रजनीश कुमार सिंह व अन्य संकाय सदस्य भी उपस्थित थे। देश भक्ति गीत के साथ कार्यक्रम का समापन हुआ।

7 New projects at SGPGIMS dedicated to the people of Uttar Pradesh



The newly constructed Emergency Medicine and Renal Transplant Centre, SGPGI was dedicated to the people of state today by the Hon'ble Chief Minister of Uttar Pradesh. The centre houses a host of advanced facilities under one roof.

The inauguration ceremony took place in the CV Raman auditorium of Lecture theatre, SGPGI. After the lamp lighting ceremony, **Professor R K Dhiman**, Director, SGPGI, presented a detailed report of the facilities of the centre.

He expressed his gratitude and thankfulness to the government of UP for extending full support

Shri Suresh Kumar Khanna, Cabinet Minister, Medical Education, Parliamentary affairs and Finance congratulated Professor Dhiman and his team in completing the target despite the Covid 19 pandemic. Speaking on the occasion, he said that SGPGI has followed its predecessors in bring laurels to the entire nation by excelling in patient care, research and academics.

Hon'ble Chief Minister, Shri Yogi Adityanathji blessed the august audience with his kind words. He lauded the efforts put up by the team of SGPGI for excellent management of Covid19 pandemic. He also shared his intensive and extensive planning and research work done to eradicate the Japanese Encephalitis from eastern UP particularly Kushinagar district which could only be done with the interdepartmental coordination. He appreciated the efforts of Professor R K Dhiman and his team for completion of Emergency Medicine and Renal Transplant Center in 3 years record time despite 3 covid years. He also announced the sanctioning of Rs. 500 crore for Advanced Pediatric Centre as upcoming project of SGPGI.

Shri Kaushal Kishore, State Minister for Housing and Urban Affairs, Government of India, **Shri Sandeep kumar Singh**, State

Minister, Medical Education, **Shri D S Mishra**, Chief Secretary, Government of UP, were also present on this occasion.

Shri Alok Kumar, Principal Secretary, Medical Education, Govt of UP, proposed vote of thanks.

(1) Emergency Medicine and Kidney Transplant Centre

The Concept of Renal Transplant and Dialysis Centre was conceptualized 3 year ago in view of increasing demand for kidney transplantation and dialysis in the State of Uttar Pradesh. **Hon'ble Chief Minister of UP, Shri Yogi Adityanathji**, had laid the foundation stone for this center on 15 Oct. 2018. Despite the hurdles posed by covid, the Centre was completed within a record 3 years. There are estimated 50,000 patients of end stage kidney disease requiring dialysis and kidney transplant in UP. At present, department of Nephrology at SGPGIMS is the largest center in UP, catering to patients not just from the state but also from adjacent states like Bihar, MP, Uttarakhand and neighbouring countries like Nepal.

The present center will enhance the capacity of to 110 dialysis stations, twice from the existing 55 stations, clinical beds from 62 to 97, critical care Nephrology from 8 to 11 beds, and there will be two operation theaters dedicated for Interventional Nephrology.

Similarly, the number of Renal Transplants will increase to 2-3 times of the existing capacity of 130 to 140 per year. There will be 6 state of the art modular units for the care of patients suffering from renal ailments.

The center of Nephrology will increase the number of trainees. Trained manpower is the need of the hour for our state and country.

The new Emergency Medicine & Renal Transplant center is a state of the art center with 558 beds. It will have 210 beds for Emergency



Medicine & 348 Beds for Nephrology and Urology.

The concept of emergency care under one roof is envisioned within this building. This Emergency Medicine Block is planned for catering to more than one Lakh Emergency patients per year. There is a 07 Fold increase in number of Emergency beds from the current 30 beds. It will have multiple (20+) Emergency Care segments, including a dedicated Radiology wing with MRI/CT/ Ultrasonography/ DSA/X-Rays.

This Emergency will act as a leading human resource training center for the State of Uttar Pradesh. Already NMC has permitted MD in Emergency Medicine for this academic session. Keeping in line with the Digital Health Mission of India, this Emergency will also have the Tele-ICU/ED segments and provide the model of Emergency Care for other states to emulate.

(2) Advanced Bronchoscopy Lab

Expansion and renovation of Bronchoscopy Lab into a Modular OT Enabled Interventional Bronchoscopy Suite in Pulmonary Medicine Department at SGPGI, Lucknow was approved by the UP Govt. in April 2021

(3) 100 Room Hostel for Research students.

(4) Type-III Nurses Houses-80 nos

(5) Three modular OTs for Robotic And minimally invasive surgery

(6) 33/11 KW power substation

(7) 52 Rooms Patient Relative Accommodation Guest house.

Modular OT Enabled Advanced Bronchoscopy Lab Department of Pulmonary Medicine

Expansion and renovation of Bronchoscopy Lab into a Modular OT Enabled Advanced Bronchoscopy Lab in Pulmonary Medicine Department at SGPGI, Lucknow was approved, and budget was sanctioned by the UP Government in April 2021. The Advanced Bronchoscopy Lab was inaugurated by the Honorable Chief Minister of UP, **Shri Yogi Adityanath Ji** on 8th January 2022. The bronchoscopy suite is equipped with state-of-the-art facilities and cutting-edge modern technologies which will provide conducive environment for the patient as well as the interventionist. All advanced bronchoscopic procedures which require regional,

general anesthesia will be performed in this theatre. It has laminar air flow, negative pressure ventilation and HEPA filtered air which minimizes the risk of infections both to the patient as well as the interventionist. It also has facility for live streaming of procedures during workshops and conferences and an interactive classroom for DM and PDCC fellows along with provision for simulation-based training of bronchoscopic procedures for new trainees. Following procedures will be offered to the patients which requires general anesthesia, many of which are not available in any center in Uttar Pradesh:



1. Rigid bronchoscopic procedures.
 - a. Endobronchial stenting of the airways for, management of benign and malignant central airway obstruction.
 - b. Transbronchial Cryo- lung biopsies for diagnosis of diffuse parenchymal lung disease (ILDs).
 - c. Electrocautery, Argon plasma coagulation (APC), LASER therapy for management of critical airway obstruction
 - d. Management of airway bleeding



- e. Foreign body removal.
2. Endobronchial Ultrasound (EBUS) for diagnosis of mediastinal pathologies.
3. Bronchial Thermoplasty (BT) for medical therapy resistant asthma.
4. Virtual Bronchoscopic Navigation (VBN) biopsies for the peripheral pulmonary lesions.

Dr Alok Nath, Professor and Head, Department of Pulmonary Medicine

Seminar On Registration of Birth & Death Act: Principles & Practices



Births and Deaths are the two most important vital events that define life of an individual and the right to be counted at both ends of the life spectrum is equally essential for social inclusion. Not only do they describe the legal existence of an individual, registration of these events is a source of basic vital data of the population to which they belong.

Civil Registration is a driver for accessing fundamental rights. It was in 1969 that a Central Act known as the **Registration of Births and Deaths (RBD) Act, 1969** was enacted to overcome the then prevalent diverse legal provisions for registration of births and deaths in the country. The Act unified the system of registration throughout the country and made registration of births and deaths compulsory. It also defined the procedures, machinery, principles, personnel and penalties connected with the enforcement of the Act.

To ensure that the registration of Births and Deaths is carried out in the country as per the RBD Act, it should be necessary that persons engaged with the registration work are fully conversant with the provisions in the Act and the Rules made there under from time to time. It is the responsibility of the officer in charge or any person authorised by her/him to report the births and deaths that occur in hospitals, nursing homes, health centres etc. to the Registrar of

Births and Deaths of the concerned area. Health care workers who have attended or were present at the time of birth or death are duty bound to notify the concerned Registrar about the occurrence of the event.

Department of Hospital Administration, SGPGIMS, under **Dr. R. Harsvardhan**, Registrar, Birth and Death, and Department Head, Hospital Administration, and an expert in the legal field organised a State Level Seminar on Registration of Birth & Death Act: Principles & Practices, on 26th March, 2022, Saturday in H. G. Khurana Auditorium, New Library Auditorium Complex.

Dr. R. Harsvardhan provided a welcome message and a summary of the programme, and deliberated upon the legal dimensions of the act.

Professor Gaurav Agarwal, Chief Medical Superintendent, SGPGIMS, explained the importance of death certification and vital events record. He also briefed the audience regarding maintaining records of all the life events.

Ms. Sheetal Verma, I.A.S., Director & Joint Registrar, General Civil Registration System, in her opening session talked about Electronic Medical Records: The Way Forward. She apprised the audience with her administrative expertise about the usage of latest technology in expediting the government processes through EMR



Professor R. K. Dhiman, Director, SGPGIMS, addressed the gathering & explained about "Medical Records: Clinician's Perspective" and enlightened the assemblage for perpetuating the need of medical records.

Following the lamp-lighting ceremony by Prof. R. K. Dhiman, Ms. Sheetal Verma, Dr. Gaurav Agarwal and Dr. R. Harsvardhan, the scientific session was initiated by address by Ms. Sheetal Verma

deliberating on” The Registration of Birth & Death Act: 1969 and Uttar Pradesh Birth Death Registration Rules- 2002” and about the Roles and Responsibilities of Civil Registration Functionaries. The program was carried forward by **Dr. Gaurav Pandey**, Assistant Director, CRS (Civil registration system), Director of Census operations, Uttar Pradesh, who explained regarding the “Procedure for Filling Up Various CRS Forms: An Eagle's Eye”. The program progressed with the talk of **Mr. Anupam Singh Somvanshi**, Deputy Director, IT, D.C.O., U. P. who gave an “Introduction to CRS portal : An Overview”. **Dr. Akanksha Patel**, State Consultant, UNICEF, U.P. introduced about Medical Certification of Causes of Death

(MCCD) and gave her expert advice on the necessity of certification. **Dr. Sharvari Mhapankar**, Liaison Office, Tata Memorial Centre (Center for Cancer Epidemiology) further explained by showing” Case Studies on Error in MCCD”.

Dr. Kumar Dharmendra Singh, Senior Resident, along with Postgraduate Residents of the Department of Hospital Administration, under the guardianship of Dr. R. Harsvardhan, put forth their best efforts to make this a successful event. Professor R. K. Dhiman and Professor Gaurav Agarwal, provided expert guidance and support.



Fire Safety Training

Fire safety is taught and practiced from the earliest days of kindergarten—we all remember "Stop, Drop, and Roll"—but preparedness training should never end. Workplace fires pose a risk across all industries, making fire safety training and policies an essential part of keeping doctors, staff and patients, and the surrounding community safe.

Taking preventative steps, implementing training, and drilling simulation exercises can lower risk and prepare employees in case a fire ever does break out in the workplace. Only 15 percent of fires are a result of circumstances outside of human control. Most workplace fires can be prevented, and there are preventative steps every organization can take to mitigate the risk.

Begin by performing a workplace hazard assessment. Walk through the building or work environment, document any fire hazards, and make sure there is full accessibility to things such as electrical control panels, emergency exits, fire fighting equipment, and sprinklers. Test smoke alarms and check fire extinguishers for expiration date.

Because electricity accounts for 39 percent of workplace fires, keep a close eye out for any electrical hazards, such as faulty wiring and malfunctioning electrical equipment. Make sure electrical cords are in good condition and power outlets are not overloaded. Replace anything that appears overheated, smells strange or has frayed or

exposed wires.

Fires are unexpected and unpredictable. While prevention can lower risk, accidents do still happen. In order to prepare for the worst, organizations must develop an effective disaster response plan to minimize fire damage and prepare employees. Every business is different and must customize its response plan to fit the facility and its employees, but there are common elements that all plans should include.

To address the concerns of fire issues in hospitals, Department of Hospital Administration, under **Dr. R. Harsvardhan**, Head, Hospital Administration in collaboration with Fire Section Officials, Fire department SGPGIMS, organized Workshop cum Combined Amelioration of Fire Safety Training (CAFS – Training) on 24th February, 2022 in PMSSY Block, SGPGIMS and 25th February, 2022 in New OPD Building, SGPGIMS. The training targeted Faculty members/Doctors, Administration Staff, Nursing staff, Technical staff, Security Personnel, Housekeeping staff and Attendants etc. of PMSSY Block and New OPD Buildings. The workshop was followed by mock drill, demonstrating for prevention of further spread of fire so as to prevent any further damage or mishap in the hospital premises.

The main objective of this training program was to create awareness, improve the knowledge and practices of the Healthcare



providers, specifying their duties with respect to Fire Safety and Management Practices and also to demonstrate the practices to develop it into a habit.

Dr. R. Harsvardhan emphasised the importance of “Every Second Counts: Plan 2 Ways Out!” He explained that by following a basic Principle of 3L (Look. Listen. Learn) one can be aware of their surroundings to prevent major mishaps or disasters from happening.

The Fire Safety Demonstration and Mock Drill Training was presented by **Mr. Bhim Kumar**, Supervisor, Fire Control Section

and Fire Station, SGPGIMS and this Workshop cum Combined Amelioration of Fire Safety Training was attended by **Mr. Om Prakash**, Sanitary Officer, **Mr. Raghunath**, Sanitary Supervisor, Fire station, and **Mrs. Manju**, Receptionist cum Arogya Mitra Supervisor.

Dr. Kumar Dharmendra Singh, Dr. Rashmi Singh, Dr. Pragya Sonker, Residents in Hospital Administration, SGPGIMS, helped organise the workshop efficiently.

“There are leaders and then there are Inspiring Leaders. Only inspiring leaders, who have the ability to motivate their followers, can make organizations reach great heights of performance and success.”



A workshop on “Inspiring Leadership” was conducted on March 12, 2022 at Hargovind Khurana Lecture theatre in SGPGI for Senior Faculty and Senior Officers of the institute. This program was the brain child of Director, SGPGI, **Professor R K Dhiman**. It was planned meticulously by Chief Medical Superintendent, **Professor Gaurav Agarwal** and he was capably supported by Medical Superintendent, **Professor V K Paliwal**.

Professor Sushil Kumar, Senior Faculty member, Business Sustainability and Food and Agribusiness Management, Indian Institute of Management, Lucknow conducted the workshop. The aim and objective of this program was to inspire and stimulate the senior faculty and senior officers of the institute to deliver to the best of their potentials and lead their departments to greater heights.

Professor Gaurav Agarwal, Chief Medical Superintendent, welcomed the distinguished guest speaker and audience members and gave an insightful introduction of the program. Speaking on the occasion, Director SGPGI, Professor R K Dhiman said that a lot has changed in the last three decades in terms of organisational structures, functioning and management of institutions. Professor Dhiman is one of the first alumnus of SGPGI and a renowned hepatologist. He himself believes in leading from the front. He said that he hoped to have more frequent meetings and workshops in the time to come regarding management and leadership so that each person can give the best to his or her role so that institute functioning is cohesive and optimized.

Professor Sushil Kumar mesmerised the audience with his presentation which had many interesting videos. In an interactive and interesting manner, he explained the importance of human resource among the three resources, i.e. people, finance and assets and said that it has the potential to grow infinitely. He said that we need leaders who have the ability to realize this potential.

Comparing leadership, management and administration, Professor Sushil said that leadership is a thought not a position. Those who can ask questions and dream can lead whereas management deals with the ways of doing it and administration simply does what is being asked. People don't want to be managed, they want to be led. He explained this by showing interesting video clips and raising pertinent points.

Explaining the essential characteristics of any role model he said that one should have Intelligence Quotient for learning, but Emotional Quotient is very important for self awareness, social awareness and for empathy for others. He further reiterated the importance of EQ over IQ in being an inspiring leader.

One should be well versed in conversation, familiar with local language, should have the quality to use right words with right attitude to connect with people and must have power of healing touch.

An inspiring leader must possess 3 important Cs i.e.

Character

Competence

Commitment

"A Charismatic authority never dies" he concluded.

At the end of the program, Dean SGPGI, **Professor Aneesh Srivastava** proposed the vote of thanks. **Dr Perna Kapoor**, Senior physician, General Hospital, compered the program as master of ceremony.

Mr Manoj Kumar, Senior Administrative officer, helped coordinate this workshop.

“Leadership has a lot more to do with inspiration and vision, rather than straightforward technical competence”

Memorandum of understanding between Sanjay Gandhi Post Graduate Institute of Medical Sciences and the Indian Institute of Management, Lucknow

On 10th March 2022, a memorandum of understanding was signed by SGPGIMS and IIM, Lucknow. Director, SGPGI, **Professor R K Dhiman** and Director, IIM, **Professor Archana Shukla** signed the MoU in presence of all the members of coordination committee from both institutions.

Welcoming everyone to the MoU signing, **Professor Gaurav Agarwal**, Chief medical Superintendent, SGPGIMS told about the background and the need of having the MOU. **Professor Arunabha Mukhopadhyay**, Dean (Programs) IIML gave a brief account of the IIML perspective of collaboration with SGPGIMS. Speaking on the occasion, Director, SGPGI Prof. R K Dhiman said that efficient management and good administration is the fundamental need of any institution, particularly for those which deal with public. SGPGI looks forward to improving its healthcare management with the expertise of IIM. Prof. Archana Shukla, Director IIML said that officers in all spheres of public service need to equip themselves with management skills.

Both the premier Institutes in their specific fields will work together to collaborate in research and development, for mutual benefit, and for the benefit of the society.

The IIML students and researchers of management and business administration will learn about the healthcare systems at SGPGI, and would benefit from the telemedicine expertise of SGPGI. SGPGI will draw on the expertise of IIML in terms of general and hospital administration, material and inventory management, financial management, record keeping, EMR to advise SGPGI towards making SGPGI systems more efficient and patient friendly. Members of the co-ordination committee present on this occasion included:

From IIM, Lucknow :

1. Prof Arunabha Mukhopadhyay, Dean (Programs), IT & Systems
2. Prof Kshitij Awasthi, Strategic Management



3. Prof Suresh K Jakhar, Operations Management From SGPGIMS :

1. Prof Aneesh Srivastava, Dean SGPGIMS
2. Prof Gaurav Agarwal, Chief Medical Superintendent
3. Prof Vimal K Paliwal, Medical Superintendent
4. Prof Rajneesh K Singh, Jt Director (Admin)
5. Prof Afzal Azim, Executive Registrar
6. Ms Vatsala Shivam, Finance Officer
7. Mr Prakash Singh, Joint Director (Material Management)
8. Ms Lizzamma Kalib, Chief Nursing Officer

"Coming together is a beginning, staying together is progress, and working together is success." – Henry Ford

This MOU shall remain in force for a period of 10 years from the effective date.



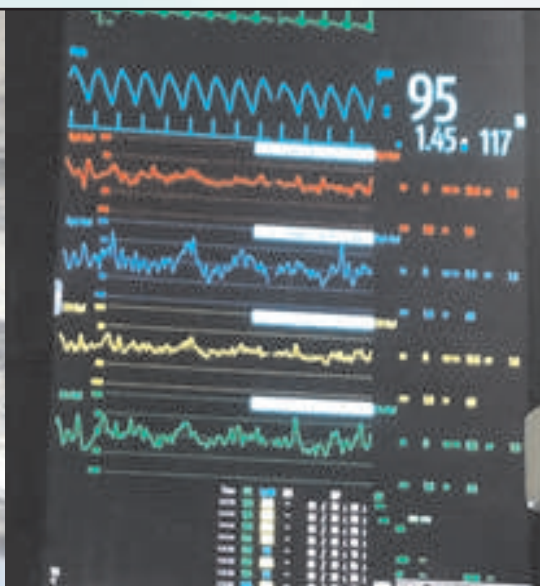
आवश्यकता आविष्कार की जननी है

आवश्यकता आविष्कार की जननी है की कहावत को सिद्ध किया है संस्थान के एनेस्थीसिया विभाग में टेक्निकल ऑफिसर के पद पर कार्यरत श्री धीरज सिंह ने, जिन्होंने एक ड्रायर कैबिनेट विकसित एवं निर्मित किया है। इस ड्रायर कैबिनेट के द्वारा एनेस्थीसिया में उपयोग होने वाले बहुत से उपकरणों को कम समय में ड्राई किया जा सकता है।

धीरज सिंह जी के द्वारा बताया गया कि कोरोना के समय में जब ऑपरेशन थिएटर के उपकरणों को विसंक्रमित करना होता था तब ऑपरेशन थिएटर में ऐसा उपकरण उपलब्ध न होने के कारण प्लाज्मा मशीन में विसंक्रमित करने के लिए सभी उपकरणों को ज्यादा देर ड्राई करने के लिए रखना पड़ता था जिससे कि समय की अधिक बर्बादी होती थी और समय से उपकरण ऑपरेशन के लिए उपलब्ध नहीं हो पाते थे इसलिए उनके मन में यह विचार आया कि अगर ऑपरेशन थिएटर में हमारे पास ड्रायर कैबिनेट उपलब्ध हो जाए तो हम समय से ड्राई करके सारे उपकरणों को जल्दी से विसंक्रमित कर सकते हैं। जिसके फलस्वरूप यह ड्रायर कैबिनेट प्रोफेसर अनिल अग्रवाल, डॉक्टर रुद्राशीश हलदर और डॉक्टर आशीष कनौजिया की टेक्निकल मदद से विकसित किया गया। इस उपकरण को श्री धीरज सिंह ने मरीजों के सेवार्थ एनेस्थीसिया विभाग को डोनेट कर दिया है जो कि आज ऑपरेशन थिएटर में बहुत ही उपयोगी सिद्ध हो रहा है।



An initiative towards intact survival of neonates...bedside cEEG monitoring in NICU



The incidence of seizures is higher in the neonatal period than at any other time in life. But the majority of the neonatal seizures are not clinically evident and go undetected without EEG monitoring. Conventional EEG monitoring remains the gold standard for diagnosing seizures in neonates. Continuous electroencephalography (cEEG) is full-array EEG recording, typically using a minimum of eight electrodes, performed over an extended period to non-invasively assess brain function. It is increasingly advised as standard care for all NICUs, but is still limited to only highly specialized centres in the Indian scenario.

The Department of Neonatology at SGPGIMS has taken a lead by

initiating this real time neuro-monitoring for neonates and infants in our NICU. Continuous EEG monitoring of eligible babies is being done via the EEG module of the multipara patient monitor installed in our intensive care unit. The electrode placement is completely non-invasive using a cap with scalp electrodes and is friendly for small babies. Four EEG waves from the fronto-parietal and central areas of the brain are displayed on the monitor. This monitoring will help in detecting electrographic seizures which can further fine tune the treatment of neonatal seizures. The characteristic wave pattern will also help in counseling and prognostication.

Ultimately, the key to a healthy life is a healthy mind.

Dr Anita Singh, Associate Professor, Neonatology

SGPGIMS, January to March 2022, Newsletter

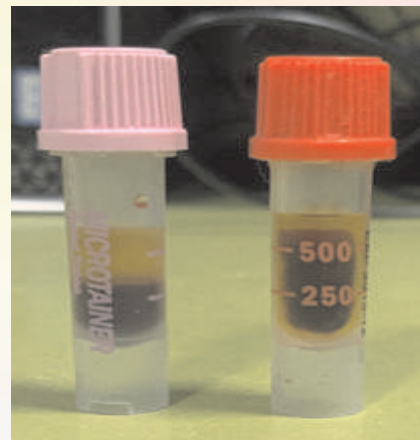
Lesser blood for smaller ones....coz every drop counts...!!!!

During the first few weeks of life, blood loss attributable to laboratory testing is acknowledged as the primary factor leading to anemia. For the smallest and premature infants, the initial phlebotomy losses might equal upto 10% of their blood volume. This often results in anemia requiring PRBC transfusions.

Microtainer tubes are used to collect, transport and store blood specimens, particularly in neonates, infants and small children to reduce the amount of iatrogenic blood loss. The Department of Neonatology, along with tremendous assistance from **Professor S.M. Natu** from the 24 hour stat lab, has started a micro-method of sampling in microtainers for routine investigations so that tests can be carried out with the minimum amount of required blood (0.5 to 1 ml). This will help in reducing the iatrogenic blood losses and thereby the need of packed cell transfusion in neonates and pediatric cases. The department has procured EDTA, plain, fluoride and heparin microtainers through the Investigation Revolving Fund of the institute.

Doing little things in the right direction can make a big difference.

Dr Anita Singh, Associate Professor, Neonatology



SGPGI performs the Country's First Trans – Oral Robotic Thyroidectomy



Conventional open thyroid surgery leaves a scar in the neck which is considered undesirable by many people. Robotic surgery provides aesthetic and cosmetic surgery and does not leave a scar in the neck; instead it leaves a scar near the arm pit which is hidden within the clothes. Trans oral method involves approaching and removing the gland through the mouth; hence there is no scar in the body. It is a scar-less surgery. This operation was performed in SGPGI by **Professor Amit Agarwal**, Head of Department of Endocrine Surgery and In-charge SGPGI Robotic Surgery program on a 35-year-old patient who did not want a scar in the neck. The surgical

team consisted of **Dr. Amit Agarwal, Dr. S. Dabbas, Dr. Vikram, Dr. Yuvraj Devgan**. The anesthesia team was led by **Dr. Sujeet Kumar**, Additional Professor, Anaesthesia, along with **Dr. Kapil, Dr. Sanchit** and **Dr. Abhishek**.

To the best of our knowledge this procedure has been performed for the very first time in our country.

Director, **Professor R.K. Dhiman** who has been very supportive of the Robotic Program in SGPGI congratulated the team of Doctors for this achievement.

Liver Transplant Program SGPGI

SGPGIMS resumed its liver transplant program –A successful attempt, first, since the last attempt in January 2019, and after the establishment of the first Department of Hepatology in the State of Uttar Pradesh in February 2021.

The recipient, an 18 years old girl from Gorakhpur suffering from Autoimmune Liver Disease, received the left lobe of liver from her older sister aged 26 years – a healthy mother of 4 children.

The transplant was performed jointly by a team of SGPGIMS and the Institute of Liver and Biliary Sciences (ILBS), New Delhi on February 12, 2022. SGPGIMS Lucknow and ILBS New Delhi had signed a collaborative MOU in 2021.

The team from SGPGIMS consisted of Hepatologists Professor **RK Dhiman, Dr. Akash Roy** and **Dr. Surender Singh**. The SGPGIMS surgical team included Professor **Rajan Saxena, Professor RK Singh, Dr. Supriya Sharma, Dr. Rahul** and **Dr. Ashish Singh**, besides 9 senior residents. The Anesthesiology and critical care team included **Professor Devendra Gupta, Dr. Divya Srivastava, Dr. Rafat Shamim, Dr. Tapas Singh**, and 8 Senior Residents. The Radiology Team included **Dr. Rajnikant** and his team of senior residents. Pathology support was provided by **Dr. Neha Nigam** and Microbiology support was provided by **Professor RSK Marak, Dr. Richa Mishra** and **Dr. Chinmoy Sahu**.

The ILBS team, led by **Professor VPamecha**, included 6 members. The operative procedure lasted about 15 hours. The donor and recipient were both discharged after an uneventful course. The transplant was supported and made possible by administrative back up by the Director, Prof. RK Dhiman, and the Finance and Material management Departments, which was responsible for speeding up procurement of equipment in a very short time.



SGPGIMS shall now be offering Liver Transplantation Services on a routine basis, The total cost of the procedure, both the Donor and the Recipient, was less than Rs. 15.0 lacs – all supported by the different Governmental Schemes.

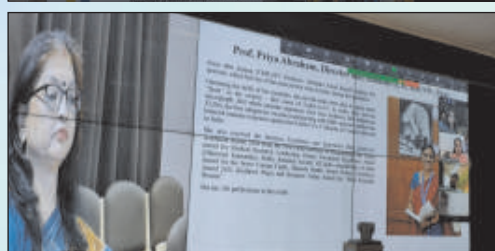
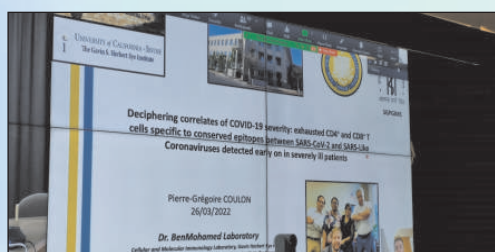
Biosafety Training Workshop

A special training workshop was conducted on 'Biosafety in Laboratories' with special focus on Biosafety level -2 laboratories. We have recently witnessed many infectious disease outbreaks like Ebola virus, Zika virus. The currently ongoing pandemic of COVID-19 due to SARS-CoV2 virus has made us realize the risk and consequences of exposure to these agents in community as well as healthcare workers including laboratory workers. The diagnostic and research facilities have increased manifold throughout the country. New labs are being established in every district so as to bring diagnostic services within reach of everyone. Therefore, it becomes necessary to have a knowledge of the measures which can be taken in laboratories to protect the lab personnel, community and environment against the exposure to the infectious pathogens. For this understanding, we gave training to laboratory workers including doctors. There were lectures along with the practical demonstrations regarding biosafety measures, infection control and working of biosafety cabinets inside which laboratory procedures with infectious samples are carried out.

Department of Microbiology
Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow
Workshop on Biosafety Practices in Diagnostic Microbiology
Date : 14th-15th March 2022



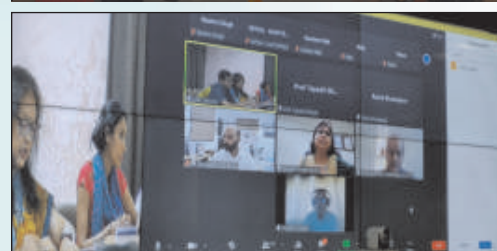
Dr. Ujjala Ghoshal, Professor and Head, Department of Microbiology



CME on COVID-19

Department of Microbiology, SGPGIMS, GADVASU (Guru Angad Dev Veterinary And Animal Sciences) University Ludhiana, Indian Virology Society and American Society for Microbiologists jointly organised an online CME regarding COVID- 19. Speakers from USA, France and India discussed about variants of Corona virus. Clinicians and Microbiologists' perspective, long and short term complications, new vaccines and possibilities of impending 4th wave were all deliberated upon.

During inauguration Director, SGPGI,



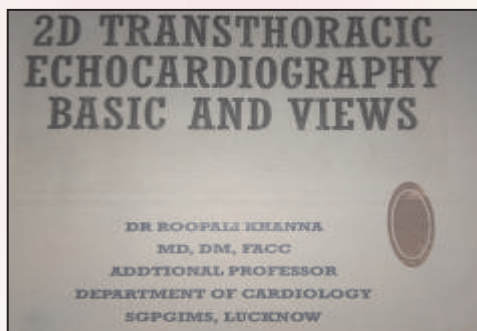
Professor RK Dhiman, Chief medical superintendent, **Professor Gaurav Agarwal**, Organizing secretary and Head of Microbiology **Professor Ujjala Ghoshal**, **Dr Yashpal Singh Malik**, Dean, College of Animal Biotechnology, GADVASU University, and secretary, Indian Virology Society **Dr Shailendra Saxena** were present. Approximately 1000 delegates registered from different parts of India, USA, Russia and West Indies

Echo Workshop

The department of Critical Care Medicine organised a hands-on workshop on transthoracic echocardiography on 9 October 2021. The faculty for this workshop were from the department of Cardiology at SGPGIMS; the team led by **Dr. Roopali Khanna** included **Dr. Ritesh Kumar Pandey**, **Dr. Smarak Ranjan Rout** and **Dr. C. B. Pandey**. Students were welcomed by **Professor Aditya Kapoor**, head of the department of Cardiology. Reading material in the form of a booklet compiled by Dr. Roopali Khanna was circulated prior to the workshop to enhance the learning experience. The workshop started with didactic lectures explaining different

echocardiographic views and their interpretations. The conventional techniques of echocardiography: M-mode, 2-dimensional / B-mode imaging, pulsed, continuous wave, and color Doppler imaging were demonstrated. There were 3 live echo stations where students performed echocardiography under the guidance of faculty. This was attended by all the residents of the department of CCM. Trainers and trainees were given certificates at the end of the workshop.

Dr Banani Poddar, Professor and Head, Critical Care Medicine



Longitudinal In-service Training Program at Apex Trauma Centre

HAIs are one of the most common adverse events during healthcare delivery and a major public health issue affecting morbidity, mortality and quality of life. At any time, up to 7% of patients in developed and 10% in developing countries will acquire at least one HAI, causing a considerable economic burden to the society. However, HAIs are largely preventable through effective infection prevention and control (IPC) measures. The Centers for Disease Control and Prevention estimates that 2 million patients suffer from hospital-acquired infections every year and nearly 100,000 of them die.

In order to enhance our current knowledge about Hospital Infection Control and Bio Medical Waste Management practices, a Longitudinal In-service Training Program was organized by the Hospital Infection Control Cell & Biomedical Waste Management Committee, Department of Hospital Administration, SGPGIMS at Apex Trauma Centre, SGPGIMS on 26th February, 2022.

The main objective of the program was to impart knowledge to participants on essential techniques of current practices in Infection Prevention & Control and Bio-Medical Waste Management so as to subsequently decrease the rates of health care associated infections at ATC.

The program comprised of an "Inaugural Session" followed by the "Scientific Session". Inaugural Session was graced by **Professor R. K. Dhiman**, Director, SGPGIMS, **Professor Raj Kumar**, In-charge

ATC & Head, Neurosurgery, and **Dr. R. Harsvardhan**, Deputy Medical Superintendent, ATC & Head, Hospital Administration and Member Secretary, SHICCOM. Dr. R. Harsvardhan emphasized the need for regular training programs to reinforce the standard practices of infection prevention and control amongst all stakeholders. Professor Raj Kumar discussed the importance of Disinfection and Sterilization, and stressed on the need of bridging the gap between knowledge and implementation of the ideal practices of Hospital Infection Control. Prof. R. K. Dhiman drew cognizance to the fact that ideal infection prevention & control practices are a responsibility of all the healthcare workers. He also emphasized that regular training programs play a pivotal role in adherence to standard practices by all the healthcare workers.

The Scientific Session comprised of deliberations by Domain Experts on various aspects of Infection Prevention and Control and best practices in Bio Medical Waste Management. **Dr. Rupali Awale Bhalechandra**, Assistant Professor, Lab Medicine discussed the facts pertaining to infection prevention and control practices in sampling process. In order to elucidate on Disinfection & Sterilization as an essential for ensuring no transmission of pathogens and with this background, **Dr. R. S. K. Marak**, Professor, Microbiology, stressed on the significance of Equipment Disinfection & Sterilization for prevention and control of Hospital Acquired Infections. A multidirectional approach



including continuous staff education, minimizing the risk factors and employing all the guidelines is necessary for preventing HCAI in all the major hospital areas and **Dr. Sangram Singh**, Assistant Professor, Microbiology, drew the attention of the delegates on the Infection Prevention & Control Practices in Special Units such as Emergency, OT, and ICU. **Dr. K. D. Singh**, Senior Resident, Department of Hospital Administration emphasized on the importance of segregation of Bio Medical Waste at the point of generation. **Dr. Anitta Jose Ellenkil**, Senior Resident, Department

of Hospital Administration discussed the prevention & treatment and significance of reporting of Needle Stick Injury among Healthcare Workers.

The program exclusively targeted the Consultants, Residents, Nursing Staff, Patient Attendants, Housekeeping & Sanitation Staff and Lab Technicians and was organised under the guidance & support of Prof. R. K. Dhiman and Prof. Raj Kumar by the Department of Hospital Administration under the stewardship of Dr. R. Harsvardhan.

TECHNOCON 2022

संजय गांधी पीजीआई मे 26 फरवरी एसोसिएशन आफ एनेस्थीसिया एंड ओटी टेक्नोलॉजिस्ट के तत्वाधान में, द्वितीय नेशनल कॉन्फ्रेंस TECHNOCON 2022 का उद्घाटन संस्थान के निदेशक प्रोफेसर आर के धीमन के द्वारा किया गया। इस अवसर पर मुख्य चिकित्सा अधीक्षक प्रोफेसर गौरव अग्रवाल, विभागाध्यक्ष प्रोफेसर एस पी अंबेश व ऑल इंडिया एसोसिएशन ऑफ एनेस्थीसिया एंड ओटी टेक्नोलॉजिस्ट के महामंत्री श्री फिरोज आलम उपस्थित थे। कार्यक्रम की अध्यक्षता श्री एन के चौरसिया जी द्वारा की गई।

इस कार्यक्रम में देश भर से आए हुए लगभग 200 प्रतिनिधियों ने भाग लिया। यह प्रतिनिधि लगभग 10 विभिन्न प्रदेशों जैसे तमिलनाडु, चंडीगढ़, महाराष्ट्र, पश्चिम बंगाल, बिहार, दिल्ली, छत्तीसगढ़, मध्य प्रदेश तथा उत्तर प्रदेश से आए थे।

प्रतिभागी नई विधाओं को सीखने और ऑपरेशन थिएटर में संक्रमण से बचाव और नए उपकरणों की प्रदर्शनी में शामिल हुए। जूम ऐप के माध्यम से लगभग 200 से अधिक टेक्नोलॉजिस्ट इस कांफ्रेंस में शामिल हुए।

इस अवसर पर निदेशक महोदय, प्रोफेसर आर के धीमन ने एनेस्थीसिया और ओ टी टेक्नोलॉजिस्ट के द्वारा कोविड 19 महामारी के दौरान दिए गए योगदान की प्रशंसा की। इन कठिन विषम परिस्थितियों में विभागीय तकनीकी अधिकारियों द्वारा जो उपकरणों का विकास और निर्माण किया गया, उसकी भी उन्होंने सराहना की।

साथ ही नई विधाओं में उनको प्रशिक्षण के लिए और और नई खोज और टेक्नोलॉजी विकसित करने के लिए प्रेरित भी किया। उन्होंने आश्वासन दिया कि संस्थान के स्तर से उनके इस अभियान को और बढ़ावा दिया जाएगा।

प्रोफेसर गौरव अग्रवाल ने एनेस्थीसिया टेक्निशियन के द्वारा ऑपरेशन थिएटर में दिए गए दिए जा रहे योगदान की चर्चा और

प्रशंसा की। उन्होंने आश्वासन भी दिया कि तकनीकी संवर्ग के हितों का संवर्धन किया जाएगा।

संस्थान के टेक्निकल ऑफिसर, श्री धीरज सिंह द्वारा वीडियो लैरिंगोस्कोप को कम लागत में और हर जगह आसानी से काम आने के लिए बनाने व श्री सुनील प्रकाश वर्मा तथा श्री चंद्रेश कश्यप द्वारा बनाए गए इको प्रोब होल्डर की निदेशक

महोदय ने तारीफ की। श्री धीरज सिंह के द्वारा बनाया गया वीडियो लैरिंगोस्कोप, इन्स्ट—मेनट ड्रायर तथा ट्यूब होल्डर का प्रदर्शन भी किया गया और प्रशिक्षकों ने उनसे प्रशिक्षण भी प्राप्त किया।

श्री फिरोज आलम ने अपने वक्तव्य में काउंसिल के गठन की प्रक्रिया पूर्ण होने पर संतोष व्यक्त किया और इसे जमीनी रूप देने के लिए उन्होंने आगे की कार्यवाही के लिए निदेशक महोदय और सीएमएस महोदय से संस्थान स्तर पर इस को आगे बढ़ाने की बात भी की।

कांफ्रेंस के दौरान श्री धीरज सिंह के द्वारा बनाया गया वीडियो लैरिंगोस्कोप, इन्स्ट—मेनट ड्रायर तथा ट्यूब होल्डर का प्रदर्शन भी किया गया और प्रशिक्षकों ने उनसे प्रशिक्षण भी प्राप्त किया।

श्री राजीव सक्सेना, आयोजन सचिव ने, अपने संबोधन में एनेस्थीसिया के टेक्नोलॉजिस्ट द्वारा निभाई गई भूमिका, दक्षता व कुशलता पर विशेष



जोर दिया तथा आगे की चुनौतियों का सामना करने के लिए उनके उच्चतर प्रशिक्षण हेतु संस्थान प्रशासन से अनुरोध भी किया।

श्री सुनील प्रकाश वर्मा, टेक्निकल ऑफिसर, ने सांस की नली को डालने में सहायक होने वाली तकनीक पर व्याख्यान दिया।

किस प्रकार ऑक्सीजन की बचत करके एनएस्थीसिया को मेंटेन रखा जा सकता है, इस पर पीजीआई चंडीगढ़ से आए **श्री विशाल सिंह** ने अपने विचार रखे।

ह्यूमन मैनेकविन जो कि मानव रोबोट की तरह व्यवहार करते हैं, उन पर चिकित्सीय या तकनीकी लापरवाही से किस प्रकार बचा जा सकता है, इसका उल्लेख **प्रोफेसर देवेन्द्र गुप्ता** ने अपने व्याख्यान में किया। कोविड महामारी में आई सी यू में उपकरणों के अलार्म पर भी व्याख्यान पीजीआई चंडीगढ़ से आए हुए **श्री नरेश कुमार** ने दिया।

संजय गांधी पीजीआई लखनऊ के टेक्निकल ऑफिसर, श्री चंद्रेश कश्यप ने सिंगल लंग वेंटीलेशन की तकनीक का प्रदर्शन किया।

Communication Skills in Healthcare

Communication plays a very important role in our day to day life in sending information across. Effective communication ensures mutual understanding amongst us which minimizes chance of misunderstanding. In a professional surrounding, the better we communicate, the more credibility we have with our colleagues, juniors and seniors. Clarity, brevity of communication and active listening are the traits which can be learnt through practice.

The need to inculcate good communication skills in our staff was strongly felt, to minimize friction with patients and their attendants which may occur due to poor communication and lack of coordination.

A workshop on "Communication Skills" was organized by the department of Public Relations on 14th February at Dr. Hargobind Khurana Auditorium, Lecture Theatre which was attended by Receptionists, Junior Reception Officers, Public Relations Officers, Medical Social Workers, Nursing Staff and Data Entry Operators of Reception and Registration Desks.

Speaking on the occasion, **Professor R K Dhiman**, Director,

SGPGI, underlined the importance of communication skills in any hospital in order to understand patients' perspective and their emotions and in this way extending all possible help to them. Losing temper can cause physical and mental stress to the staff and finally, nobody wants unpleasantness. As we all have to work for long hours in the hospital, it is all the more important to stay physically, mentally and emotionally fit. He added that showing compassion is vital in communication as compassion can help in making the environment congenial.



Medical Superintendent, **Professor V K Paliwal** expressed his views on “Listening Skills”. He very effectively explained the need to listen actively. Differentiating between hearing and listening he said that ability to receive information, interpret and generate the appropriate response is listening. Communication skills include active listening where one has to be present, patient and positive while listening to the patient. “Empathizing with the patient is also an important part of active listening” he said.

“How important is effective communication in hospital” was elaborated by **Mrs. Kusum Yadav**, Public Relations Officer. She explained the 7 Cs of effective communication i.e. Clear, Concise, Concrete, Correct, Coherent, Complete and Courteous.

Explaining further she said, “Effective Communication Skills in Healthcare prepare us to know the social determinants of the patients and their attendants and thus creating synergy by coordinating with different departments. Proper coordination with every related department will minimize their problems.” People differ in their needs for communication. Some want to be listened to. On the other hand, others want explanations for everything they are going through. Healthcare professionals must listen and communicate accordingly. She explained the importance of verbal and non verbal communication in an interesting manner citing various examples. The workshop was attended by around 75 staff members of the institute.

Annual National Conference of All India Association of Medical Social Work Professionals (AIAMSWP – 2022)



The 9th Annual National Conference of All India Association of Medical Social Work Professionals (AIAMSWP – 2022) was held on 26th March 2022 on “Medical Social Work: Health & Well Being of Society”. The conference was organized by Association of Medical and Psychiatric Social Work Professionals (AMPSWP), UP at Dr. S. S. Agrawal, Lecture Theatre, Library Complex, Sanjay Gandhi post Graduate Institute of Medical Sciences, Lucknow.

Around 200 hundred delegates attended the conference from New Delhi, Madhya Pradesh, Bihar, Rajasthan, Chandigarh, Gujarat, Telangana, Chhattisgarh, Tripura and Himachal Pradesh. The conference was organised under the chairmanship of **Dr. R. P. Singh**.

Professor P. K. Singh, Vice Chancellor, University of Medical Sciences, Saifai, Etawah, was the Chief Guest of the function.



Professor R. K. Dhiman, Director SGPGIMS, Lucknow and **Professor Vineet Sharma**, Pro Vice Chancellor, KGMU, Lucknow was the guest of honour. Keynote speaker **Professor Balraj Chauhan**, Ex Vice Chancellor, Bhopal Law University, Ram Manohar Lohia Law University, Lucknow and Dharmashastra Law University, Jabalpur, MP, emphasized the need and important role of medical social work professionals in the health sector as Government of India recently directed them as MSW professional by the ACT.

They have a greater responsibility towards helping the patients in getting OPD consultation, consulting their attendants as they have specific expertise in such area.

Dr R P Singh, Chief Medical Social Service Officer

Department Of Hepatology, SGPGIMS Celebrates Its First Foundation Day

The department of Hepatology was established in the institute on the 16th of February, 2021 under the leadership of our dynamic director **Professor R.K. Dhiman**. Professor Dhiman is a hepatologist par excellence, who was instrumental in running a successful liver transplant program at PGIMER, Chandigarh, where he was head of the department of Hepatology. The department is the first one to be established in the state of Uttar Pradesh. The department is fully functional and operational for the past year and is providing out-patient and in-patient services along with running a liver intensive-care unit and commencement of liver transplant program. As the department completed its first year since inception, the first foundation day was celebrated on 16th February 2022. The celebration was marked by a single theme online webinar on Alcohol-Related Hepatitis which is one of the key challenges in

liver disease both in India and globally. The webinar had eminent speakers from abroad and India like **Professor Patrick Kamath**, **Professor S.K Sarin**, **Professor Paul Thuluvath**, **Professor Ashwani Singhal**, and **Professor Juan Pablo Arab**, who delivered excellent talks on the topic followed by a healthy discussion with an interesting question- answer session. The Webinar was attended by over 300 delegates all over the world and was a grand success. The department endeavors in the coming years to deliver state-of-the-art services for all patients with liver disease including liver transplantation and cater to the population of Uttar Pradesh as well as adjoining states.

Dr Surender Singh, Assistant Professor, Department of Hepatology

Addressing the brittle health issues in women :International Women's Day 2022



On occasion of International women's day on 8th March the Department of Cardiology, SGPGIMS organized a seminar on "Addressing the brittle health issues in women!!" in the Telemedicine Auditorium in hybrid mode. It was attended by approximate 250 participants in offline and online format. We tried to address the social and medical issues which women face with particular emphasis on female medical professionals. The symposium featured talks from some leading national and international women faculty on various issues related to women health including heart diseases, psychological wellbeing, radiation safety and pregnancy. Being the first of such kind of meetings, we were apprehensive regarding the response, but we were enthralled to see the level of participation.

The guest of honor of the symposium was, **Professor Sita Naik**, Ex Head, Department of Immunology, SGPGIMS. She discussed about the worrying issue of very low representation of women in leadership and senior administrative positions. She encouraged women physicians to step forward to be a part of various committees for policy making. Real change can only come if women believe in

themselves and come forward to take up administrative positions as they would be in a better position to understand the problems of women and make a cordial environment for women coworkers.

The symposium comprised of 3 sessions – Session 1 – focusing on challenges and opportunities for women physicians, Session 2 – focusing on heart diseases in women, Session 3 – focusing on radiation safety and finally we had a panel discussion with representation from all the medical institutions of the city. We had few achievers and some upcoming women physicians on the panel. The discussion brought out an important point that due to the circumstances, women have become great multitaskers and this strength should be used by them to achieve more.

It is expected that knowledge gained during this symposium shall encourage women physicians to lead in their respective fields.

"Feminism isn't about making women stronger. Women are already strong; it's about changing the way the world perceives that strength"

**Dr Roopali Khanna, Additional Professor,
Department of Cardiology**



4th Professor DK Chhabra Oration, Professor VK Jain Oration, SGPGI Neurosurgery Oration and SGPGI Neurosurgery Update on "Key-hole Cranial Neurosurgery"

The department of Neurosurgery, SGPGIMS hosted the 4th Professor DK Chhabra Oration, Professor VK Jain Oration and SGPGI Neurosurgery Oration and SGPGI Neurosurgery Update virtually on 29th & 30th January 2022. The theme of this event was 'Keyhole Cranial Neurosurgery', which is an emerging subspecialty of Neurosurgery. More than 75 national and international faculty members participated in the scientific program,

which was attended by approximately 550 delegates.

This year's orations were delivered by three internationally distinguished and pioneer neurosurgeons in the field of keyhole cranial neurosurgery. Firstly, **Prof. Charles Teo**, Director of the Centre for Minimally Invasive Neurosurgery, Sydney, Australia delivered the prestigious **Prof. DK Chhabra** oration. His topic was "Principles and practices of keyhole neurosurgery". Secondly,

Prof. Kentaro Mori, a prolific minimally invasive cerebrovascular surgeon from Tokyo, Japan delivered the esteemed **Prof. VK Jain** oration. His topic was “**Aneurysm clipping based on keyhole concepts**”. **Prof. Sunil Patel**, Chairman, Department of Neurosurgery, Medical University of South Carolina, USA delivered the SGPGI Neurosurgery oration on “Keyhole approaches for pineal cysts”. These orations were chaired by many prominent neurosurgeons from India, which included **Prof. AK Mahapatra**, **Prof. Atul Goel**, **Prof. BK Misra**, **Prof. Suresh Nair**, **Prof. VP Singh**, **Prof. CE Deopujari** and **Prof. VS Mehta**. We also had two other international faculty, **Prof. Tadashi Watanabe**, from Tokyo, Japan and **Prof. Puneet Plaha** from Oxford, UK.

This annual academic feast also had several other elaborate sessions, spread across two days. A galaxy of experienced national and international faculty members enriched the meeting with their experience on different keyhole surgeries for the anterior cranial fossa/posterior cranial fossa/intraventricular lesions/aneurysms, etc. Each lecture was followed by an exhaustive interactive session, answering the questions raised by delegates and moderators. Questions from the delegates were pooled via live chat box and dedicated WhatsApp group. The lectures were well received by the audience. There was also an award paper session for young neurosurgeons, as a platform to showcase their skills/experiences.

This award session saw a very high level of participation, with 17 papers being presented.

This auspicious occasion was also utilized to felicitate our very own **Professor Isha Tyagi**, for his immense contributions over the yesteryears, in elevating the Neuro-otology/Neurosurgery department in SGPGI, to the present heights. Our beloved **Professor Sanjay Behari** released his extensive collection of mesmerizing self-captured photographs, taken exclusively in the SGPGIMS campus, as an e-book titled '**A Kaleidoscope of Campus Colours**'. The e-book appears to be his tribute to immortalize the beauty and heritage of this cherished campus, which he fondly calls a 'heaven on earth'.

The scientific program was very well received from the delegates for its smooth conductance, excellent academic content, and thorough discussions. The department stands highly benefitted by the inputs from the pioneers, which shall help in enhancing the status of the department in minimally invasive neurosurgical techniques. These themed yearly updates, and the accompanying reputed orations, have become the flag bearers of the SGPGI Neurosurgery department's rich legacy. These have turned into a venerated calendar event in such a short time, and are here to stay.

Department of Neurosurgery

Department of Neurology Foundation Day Celebrations

The Neurology department celebrated its Foundation Day on the 1st of January, 2022. “**Who shall despise the day of small beginnings?**” This department started as small beginnings in 1987, with a single neurologist who had a big vision. Gradually the department grew in faculty, staff and infrastructure and started a DM programme. On the 31st of December, 1990 the Neurology ward B was inaugurated, and this day is celebrated every year for 'who can despise the day of small beginnings.' ”

Today the department has expanded to two wards with 62 beds, a busy outpatients department, round the clock emergency care, an avid teaching program with six DM residents inducted every year, and world-class research. Our senior faculties are renowned world over for their clinical acumen and their contribution to research.

The 30th foundation day celebration was held in the telemedicine auditorium, and was attended by the neurology faculty, residents, paramedical and supporting staff. It was graced by the CMS, **Professor Gaurav Agarwal** who kindly felicitated the department and its contributions to the institution. The head of department, **Professor Sunil Pradhan** welcomed the gathering and later charted out the departments progress over the years, exhorting the younger faculty and staff to carry on the baton and dreams of the

senior faculty.

PB Shelley wrote “the more we study, the more we discover our ignorance”. It has been our departmental tradition every year to invite eminent speakers from different walks of life, who exhort us from their diverse experience. This year we had the privilege of listening to two ladies, distinguished in their respective fields. **Dr. Anamika Srivastava**, is the program executive at Akashwani, Lucknow for many years now, besides being an avid author and poet. She gave a poignant speech on the art of communication, and the impact that doctors and medical professionals have on patients and their relatives. Our second guest was **Mrs. Monalisa Chaudhari**, who was the Senior Public Relations Officer(now retired) of our institute. She reminisced about her time spent in SGPGI, Lucknow and shared a few pearls of wisdom she had acquired along the way.

Our senior professor, **Dr Sanjeev Jha** regaled us with his humor and singing, and transformed the vote of thanks into the highlight of the day! We closed the ceremony with thanks to the Almighty and a shared fellowship over steaming coffee and delicious snacks.

Dr Vinita Elizabeth Mani, Associate Professor, Neurology Department



The first day of the year 2022 became a proud moment for me to be cherished for long. I was invited by the Neurology Department of SGPGI as the Chief Guest on occasion of their 30th Foundation Day. Neurology is one of the prime and leading departments of SGPGI, which not only has the maximum footfalls in its OPD, but also has brilliant academic and research work which has brought laurels to Instt time and again.

On this occasion, I shared the dais with **Dr Anamika Srivastava**, Program Executive, Akashvani Lucknow. Dr Anamika, a veteran in the field of media and communication addressed the gathering with her inputs on the importance of verbal communication. She said that the choice of words and its tone determines whether it will be a wondrous or a disastrous relationship. She further added that in a hospital, besides proper treatment it is the empathetic behavior and communication which augments healthcare system.

I was privileged to share my experience of more than 3 decades as Public Relations head of the institute, with the faculty, staff and students of the department, and since I always considered that an occupation in Healthcare sector is not merely a career, it is a complete lifestyle, and hence I titled my lecture as स्वास्थ्य सेवा मात्र जीविका नहीं - एक जीवन शैली है. Everyone who is involved in medical field holds an important role in the treatment of patients and therefore working in Healthcare sector is absolutely different from any other profession, as the expectations and the responsibilities are manifold. In modern times the Hospital has been termed as Industry and is also covered under Consumer Protection Act, however the patients can never be treated as commodities. We have to understand that we are like guests in our patients' lives, so we have to be patient with the patients who are not patient. Having this in mind we have to derive a culture of mutual respect for each other. Respect amongst colleagues, to build up better team work, respect



to patients for whom you are employed and respect towards you work surroundings will bring happiness to others and self.

Professor Sunil Pradhan, Head of the department of Neurology presented the growth and achievements of the department in these 3 decades, which is a stupendous benchmark set for others to follow. **Professor Gaurav Agarwal**, Chief Medical Superintendent, congratulated the department's remarkable success and also greeted the guest speakers with shawls and mementos. **Professor Sanjeev Jha** delivered the vote of thanks in his own impeccable and lively style. The program was held in the Telemedicine Auditorium and was attended in full strength by the department's faculty, staff and students.

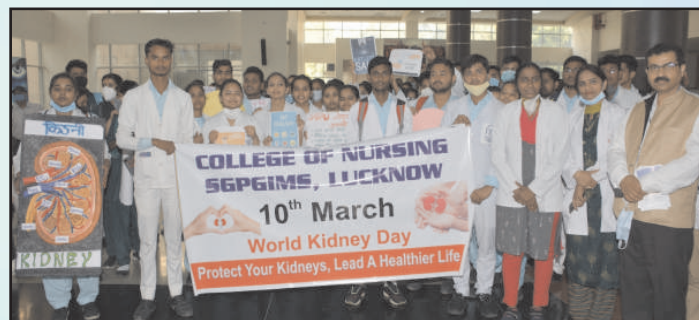
For me, being a part of this august occasion was an overwhelming, emotional and proud moment, as the recognition in your own workplace from your own peers, even after 2 years of superannuation, and to be remembered, is like receiving a lifetime achievement award.

Mrs Monalisa Chaudhari, Head, Department of Public Relations (Retired)

Kidney Health for All: Bridging knowledge gap with the community for better kidney care : Indian Society of Nephrology



Non communicable diseases (NCDs) are major causes of mortality accounting for 71% of all deaths globally. These outnumber communicable diseases, possibly with exception of the deaths from COVID during the recent pandemic. Chronic Kidney Disease (CKD) is one of the most common NCDs, leading to premature morbidity and mortality, globally and in India. CKD caused 1.2 million deaths and was the 12th leading cause of death worldwide in 2017. CKD has been declared as cardiovascular disease (CVD) risk equivalent and about 7.6% of all CVD deaths could be attributed to CKD. All-age CKD mortality increased by 41.5% between 1990 and 2017, whereas age-standardized CKD-related mortality remained static. However, mortality due to CVD decreased by 30.4%, cancer by 14.9%, and chronic lung disease by 41.3% during the same period. A new estimate



suggests that CKD-related mortality would be the 5th leading cause of mortality by 2040.

The United Nations sustainable development goals aim to reduce premature mortality from NCD by one-third by 2030. It seems impossible without preventing CKD-associated mortality. CKD populations are relatively two-decades younger in India. CKD of unknown etiologies are emerging at many hot spots from Odisha, Andhra Pradesh, Goa, and Maharashtra. There is an immense need for awareness, prevention, screening, and managing the progression of CKD, to prevent death from CKD.

The Indian Society of Nephrology emphasized that World Kidney Day (WKD) is a global campaign aimed at increasing awareness amongst the public about the role of kidneys in maintaining optimal health, with



the aim to bridge the knowledge gap with the community, health care workers, and policymakers to optimize the kidney care. Kidneys play a vital role in excreting nitrogenous waste like urea and creatinine, through urine. They also excrete excess of acids produced from metabolism of protein in the body, preventing acidosis. This balances electrolytes like sodium, and potassium within the required limit in the blood. Kidneys act as endocrine organs by producing erythropoietin, a hormone to help in the formation of red blood cells. They convert the inactive form of vitamin D into the active form. In turn, Vitamin D balances the calcium and phosphorus in the body and strengthen human bones. A patient with CKD suffers from anemia, and mineral bone disorders. All CKD patients gradually progress to end-stage kidney disease requiring dialysis or kidney transplantation. The therapy poses a huge economic burden individually and on the country.

WKD is celebrated every year on the 2nd Thursday of March by convention. The Indian Society of Nephrology takes a call on this initiative jointly with the International Society of Nephrology and the International Federation of Kidney Foundations to promote awareness campaign, nationally and regionally in the south Asia region.

WKD was celebrated on 10th March 2022, to enhance knowledge to achieve Kidney Health for All, the theme for this year.

A persistent and ongoing knowledge gap for CKD exists, that is demonstrable at all levels of healthcare systems, amongst primary care physicians, nurses, technicians, and public health policy makers. This has been compounded by the unbridled proliferation of social media platforms like Facebook, YouTube, Instagram, and Twitter. The commercial nature of these platforms often resulted in spread of non-scientific content, particularly the use of many harmful herbs, proteins for bodybuilding and water baths like treatments of CKD, etc, that is



not truly scientific, however costly and harmful. The poorly informed public and patients find it challenging to access scientifically authentic and validated information. This is especially true for low-middle income countries like India where resources are limited as compared to the demands and people choose these non-authenticated treatments that harm them, sometimes leading to death.

In recent years in 2016, the Government of India has made several attempts to improve the care of CKD patients. The Prime Minister's National Dialysis program aims to dialyze all poor people requiring dialysis at district level hospitals by creating a dialysis facility. The deceased donor transplant programs are also emerging in many states, which is again a leap forward step to fill the gap to some extent, however insufficient to cover all.

We suggest all high-risk people for CKD, elderly above 60 years, diabetics, hypertensives, obese patients, people with a family history of CKD, chronic smokers, and people with stone diseases to screen themselves for CKD with an examination of urine and estimating serum creatinine value and glomerular filtration rate. The Indian Society of Nephrology calls primary care physicians, scientists, nurses, corporate healthcare providers, patients, administrators, health-policy experts, government officials, nephrology-related organizations to join hands and contribute significantly to this awareness program of WKD, for great success. There is a need to focus on government policies to set kidney health as the priority that can lead to major benefits both to patients and to the healthcare budget. Thus, a coordinated effort needs to be made at all levels of society to address the growing epidemic of kidney disease, and Bridging the Knowledge gap is the key to achieving this as "Knowledge is Power"

Professor Narayan Prasad, Head, Department of Nephrology

विश्व गुर्दा दिवस

विश्व गुर्दा दिवस के उपलक्ष्य में, नेफ्रोलॉजी विभाग, एस.जी.पी.जी.आई. लखनऊ द्वारा जागरूकता अभियान के तहत कार्यक्रम का आयोजन सी.वी. रमन सभागार, लाइब्रेरी बिल्डिंग में 10 मार्च 2022 दिन गुरुवार को प्रातः 10.00 बजे किया गया।

इस कार्यक्रम का उद्घाटन संस्थान के निदेशक प्रोफेसर आर.के. धीमन द्वारा किया गया। इस कार्यक्रम में डीन प्रोफेसर अनीश श्रीवास्तव, मुख्य चिकित्सा अधीक्षक प्रोफेसर गौरव अग्रवाल, प्रोफेसर आदित्य कपूर एवं अन्य संकाय सदस्य एस.जी.पी.जी.आई. के कर्मचारी एवं अधिकारी गण तथा मरीजों एवं उनके रिश्तेदारों ने भाग लिया। इस जागरूकता अभियान में लगभग 500 लोग जुड़े।

इस अवसर पर एक पोस्टर प्रतियोगिता का भी आयोजन किया गया। जिसमें संस्थान के अधिकारियों तथा कर्मचारियों के बच्चों, मरीज व उनके

रिश्तेदारों एवं संस्थान के बाहर के लोगों ने बढ़-चढ़ कर भाग लिया। सभी पोस्टरों का आंकलन संस्थान के चिकित्सकों के द्वारा किया गया। इस प्रतियोगिता में 70 लोगों से भाग लिया गया। चयनित पोस्टरों को पारितोषित किया गया।

जन मानस में गुर्दा रोग की जानकारी के लिए इस कार्यक्रम को जूम के माध्यम से आन लाइन, फेसबुक एवं यूट्यूब पर इस कार्यक्रम को प्रचारित किया गया।

गुर्दा रोग के इस जागरूकता अभियान में नेफ्रोलॉजी विभाग के समस्त चिकित्सकों द्वारा एक मूवी के माध्यम से मरीजों एवं रिश्तेदारों को बीमारी होने पर, इससे बचाव, उपचार, निदान एवं रहन-सहन पर जानकारी दी गयी।

प्रोफेसर नारायण प्रसाद, विभागाध्यक्ष, नेफ्रोलॉजी विभाग

World Head Injury Awareness Day Symposium

Department of Neurosurgery, SGPGIMS Lucknow successfully organized Head Injury awareness day at Apex Trauma Centre (ATC), Lucknow on 23rd march, 2022. The program was chaired by **Professor R K Dhiman**, Director, SGPGIMS, **Professor Raj Kumar**, Chief of ATC (Apex Trauma Center), and Head, Department of Neurosurgery, SGPGIMS. The theme of the program was “More Than My Brain Injury”, based on the theme of world brain injury awareness month, a Brain injury association of America (BIAA) initiative. The day promotes the correct usage of safety gadgets such as helmets and seat belts through various events, which can prevent damage to the head when an accident is encountered. More than 100 school children from Kendriya Vidyalaya actively participated in this program.



Professor R K Dhiman briefed about the possible sequelae of the spectrum of brain injuries with the importance for proper timely management. He expressed the need for community participation in addition to the health care facility for timely treatment, and rehabilitation of brain injury patients. **Professor Raj Kumar** taught the school children about the importance of road safety measures and expressed his concerns about the ever-expanding number of brain injury patients, with India leading in the number of brain injury patients accounting for up to 20% of all brain injury patients of the world. Even the head injury rates have been alarmingly increasing in the city with about 30% increase in head injury related deaths over 3 years. He gave a clear message that prevention is the only cure for this brain injury “epidemic”. He also emphasized the necessity of inclusion of road safety

measures and sports injury prevention measures in the school curriculum. **Dr Rajesh Harsvardhan**, Deputy Medical Superintendent, ATC in this message elaborated about the functioning and current services available at the Apex Trauma Centre.

In addition, **Professor Aneesh Srivastava**, Dean and **Professor Gaurav Agarwal**, Chief Medical Superintendent, also interacted with the school children to instill awareness and concern regarding head injury among the young audience. School children from

SGPGIMS, January to March 2022, Newsletter

WORLD HEAD INJURY AWARENESS DAY

Date: 23rd March 2022
Venue: SEMINAR HALL, ATC- SGPGIMS

{ 20th MARCH }

Do not let Brain injury define one's life, let's help them overcome it

HEAD INJURY IS THE SILENT EPIDEMIC PREVENTION IS THE ONLY CURE

COME FORWARD AND LET'S PLEDGE TOGETHER

- ALWAYS WEAR GOOD QUALITY HELMET
- APPLY SEAT BELTS AND CHILD RESTRAINTS
- AVOID DRINK AND DRIVE
- AVOID MOBILE PHONES WHILE DRIVING
- ALWAYS FOLLOW TRAFFIC RULES

Organised by: Department of Neurosurgery, SGPGIMS Lucknow. 226014

different age groups enthusiastically participated in the speech competition on the brain injury awareness theme “More than my Brain injury” and were distributed prizes for the same by the chief guests. The apex trauma centre is steadily evolving as a state-of-the-art centre of Uttar Pradesh. It is equipped with advanced 24 X 7 emergency care facility, ICUs/HDUs and modular operation theatres (OTs) for the management of all types of traumatic injuries.

Dr Ved Prakash Maurya, Assistant Professor, Neurosurgery

Screening for colorectal cancers in Indian population

Colorectal cancer (CRC), is the third most commonly diagnosed cancer in males and the second in females, with more than 1.4 million new cancer cases every year and accounts for 10% of global cancer deaths yearly. The incidence in India in 2012-14 was reported to be 6.9 per 1 lac population, and seems to be increasing compared to previous years. About one third of cancer cases can be prevented and another third can be cured if detected early and treated properly. By implementing resource-appropriate strategies on prevention, early detection and treatment, we can save millions of lives every year. This year's theme on occasion of world cancer day (March 8) was, 'Close the care gap'. The objective is to appreciate that there are global disparities in cancer care due to the associated economics. CRC is one category of cancers wherein early detection, using low cost, evidence backed population screening strategies is being increasingly appreciated as a tool to reduce cost of treatment and suffering from advanced stage of the cancer.

Screening tests for CRC identify early-stage CRC that is easier to treat and has a lower mortality rate than CRC detected and treated after symptoms develop. They can also prevent CRC by detecting and removing premalignant polyps, which are overgrowths of colonic lining mucosa which can progress into cancers over a period of time.

The first step in screening is identifying the patient's level of risk (average risk or increased risk) for CRC because level of risk impacts choice of screening tests and follow-up recommendations.

A "no" response to all of these questions generally indicates average risk

1. A personal history of CRC
2. Family history of CRC or a documented advanced polyp (described later)
3. Family history of a known genetic syndrome for CRC
4. Presence of inflammatory bowel disease (IBD) of the colon (ulcerative colitis or Crohn disease)

If the response is a "yes" to any of these questions, it would be advisable to seek professional help in deciding the exact risk and best CRC surveillance strategy. Most of us would fall in the average risk category and hence the strategy for this group is being discussed in detail.

Screening strategy for average risk individuals

Screening should start at 45 years of age, although most cases of CRC occur over age 50 years. This balances the benefits of detection and prevention on the patient with the risk of harm from screening. It should continue through age 75 years or till life expectancy is 10 years or greater.

The screening tests are either based on stool testing for blood or visualization of the colon endoscopically or radiographically. Individual patient preferences, resource availability, test effectiveness, test safety, convenience, comfort, and cost determine which screening test is preferred by a specific patient. The best screening test is one that the patient is willing to complete according to test instructions. Generally, less invasive tests that do not require dietary restrictions or multiple stool samples or bowel preparation or a post-sedation recovery period and preferably can be completed from comfort of home are preferred. A patient with any positive screening test for CRC other than colonoscopy itself, requires a timely colonoscopy to evaluate for polyps and CRC.

Stool Based tests:

Fecal immunochemical testing (FIT)

Fecal immunochemical test (FIT), directly measures haemoglobin (derived from a bleeding colon lesion polyp or cancer) in the stool. FIT is performed on a small sample of stool that the patient provides in a special container. There are no restrictions to diet or medication prior to providing the sample. The patient may obtain the specimen collection kit at the clinician's office, pharmacy, or by mail (if facility is available in that area). The patient returns the FIT container within 24 hours of collection. Compared to colonoscopy, FIT has similar detection rates for CRC but lower detection rates for polyps. However, compared with fecal occult blood testing (FOBT), FIT has greater sensitivity without loss of specificity as well as better detection of advanced polyps. FIT is recommended annually by American societies, but probably once every 3 years also achieves the objectives.

Guaiac-based fecal occult blood test

Guaiac based fecal occult blood test (gFOBT) identifies hemoglobin by turning guaiac reagent-impregnated paper blue by peroxidase reaction. One should stop red meat and vitamin C supplements for three days before the test. It may be better to withhold aspirin and NSAIDs for 7 days, but if that has clinical risks, then continue the medications but inform the doctor when interpreting the results. gFOBT test cards can be obtained from the clinician's office and the patient uses one test card for each of three consecutive bowel movements, applying two samples from a bowel movement on the card where indicated. The cards are then brought to a laboratory for testing. gFOBT is noninvasive and does not require bowel preparation or sedation. As opposed to FIT, sample collection takes a longer time because three consecutive samples are required.

Both these tests are less sensitive to detect right sided colon lesions and can become falsely positive in presence of an upper gastrointestinal source of bleeding as well. A positive result mandates confirmation by colonoscopy. The tests will not detect colon lesions that are not actively bleeding at the time. But we know that, colon cancers and polyps do bleed from a relatively very early stage of their growth. This microscopic blood loss will not be apparent to visual examination, but will be detected by the above two tests.

Multitarget stool DNA testing

This is a test which combines fecal markers for hemoglobin and DNA mutation and methylation in order to increase sensitivity (detection power of the test). The test is performed every three years on one stool collection sample. It is more expensive than FIT. Although available abroad (Cologuard), it is not easily available in India except through online purchase portals.

Sigmoidoscopy:

This test uses a flexible small scope to view the lower part of colon (last 30 – 50cm) and so will miss cancers that are on right side of large intestine. But it can be done as an office procedure without need for bowel preparation or sedation and picks up early, non bleeding lesions, which is a characteristic of left sided colon lesions. It is generally combined with a stool test to pick up the lesions on right side of colon.

Colonoscopy:

A colonoscopy is similar to a sigmoidoscopy, but the entire colon is visualised through an endoscope passed from below. Before this procedure, the intestines have to be cleared of faecal matter. The doctor will prescribe preparatory medicines to clear the bowel contents. This can be quite a bother, but colonoscopy is the best strategy to view the entire colon and is the test used to confirm if any of the above tests are positive before deciding treatment. In some cases small polyps may be treatable through colonoscopic excision itself. The actual procedure can be a little uncomfortable, so relaxing medications are given at time of procedure. Post procedure, elderly patients may require assistance till they recover fully.

Computed Tomography colography:

Computed Tomography colography (CTC), also known as virtual colonoscopy, uses low dose radiation CT scanning to obtain an interior view of the colon (the large intestine). A bowel preparation similar to colonoscopy is required prior to this test and it exposes the patient to ionising radiation. So it is specifically chosen in older patients and those who want to avoid discomfort of colonoscopy. But one has to remember that any abnormal finding on CTC has to be confirmed by a colonoscopy.

A patient with any positive (abnormal) screening test for colorectal

cancer (CRC) other than colonoscopy itself requires a timely colonoscopy to evaluate for colon polyps and CRC. If a stool-based test is positive, a second stool test should not be done instead of a diagnostic colonoscopy, because a subsequent negative stool test result does not mean that the first result was a false positive. If colonoscopy is both complete (to the cecum with adequate bowel preparation) and without abnormality, patients can return to the routine screening schedule.

Conclusion

Screening for colorectal cancer (CRC) can identify premalignant lesions and detect asymptomatic early-stage malignancy that have greater chance of being cured. Screening has been shown to decrease mortality from CRC; most of the risks of CRC screening are due to the risks of colonoscopy. Every positive CRC screening test other than colonoscopy should be followed expeditiously by a colonoscopy to visualize the entire colon, evaluate lesions, and remove polyps. Every person should be aware of their individual risks and avail benefits of early detection and treatment of this common killer malignancy.

Dr Supriya Sharma, Additional Professor, Department of Surgical Gastroenterology

Mouth cancers in India – screening or awareness?

Mouth cancer is very common in our part of the country. At SGPGI, we treat nearly 200 mouth cancers each year. It is inevitably caused by tobacco, areca nut (supari), smoking of bidi and cigarettes, alcohol consumption, and poor oro-dental status. The people consuming these carcinogenic products are at high risk of developing mouth cancer. Most of these patients belong to lower socioeconomic class, where the education and awareness level is low. Due to lack of awareness, they often present late and therefore may be beyond cure. Late presentations decrease the chance of cure and increase the probability of death due to cancer. We can save the lives of these patients by diagnosing them early. This is possible by either running screening programs or through awareness programs for the public. In a screening program, trained health care workers examine the mouths of the normal population of a defined geographic area, at regular intervals. Screening entails testing of a large population to detect (early) cancers in some people. Early detection on the other hand, is an educational strategy adopted with the aim of making the public aware, so that they understand the illness and its consequences, and report to the doctor at the earliest. The selected groups (often high-risk groups such as tobacco user males or vulnerable groups such as school going children of impressionable age) are explained about the disease, through public lectures, demonstrations, street plays etc. As a consequence, most of these persons carry the message back home, and tend to disseminate the knowledge in the neighbourhood and in the society. Once the

people become aware, they tend to report to the hospital early during the course of illness and get treated in a timely fashion. So, what strategy should be adopted for these cancers in a country like India – screening or early detection?

The state of Kerala conducted one such large screening trial for nearly 1.0 lakh normal population of 35 years of age and beyond. Any suspicion of cancer or precancerous lesion was referred for clinical examination by a doctor, biopsy, and treatment, as and when required. They reported that to save one life (i.e., prevent 1 death from mouth cancer) the health care workers had to screen 2000 mouths (numbers needed to treat - NNT). Where health care resources are high, these screening policies may be recommended. While in a country like India, with 1.4 billion population and limited resources, it was realised that screening of only high-risk groups (heavy tobacco users etc) may prove to be cost-effective. On the other hand, early detection by enhancing awareness within the community has proven to be a far more cost-effective proposition and possibly the key to cure these cancers.

Additionally, we know that mouth cancers are preventable, and therefore an absolute game changing strategy for our country might be when the government is able to levy higher taxation on tobacco related products and adopts stringent laws towards the use of tobacco especially in public places.

Dr Punita Lal, Professor, Department of Radiotherapy

World Cancer Day (4th February): Hematological malignancies

The World Cancer Day campaign strives to raise awareness and remove the stigma around the disease, which is now the world's second leading cause of mortality. The major goal is to minimize disease related morbidity and mortality.

February 4 is observed as World Cancer Day. The theme of World cancer day 2022-2024 is "CLOSE THE CARE GAP". Since the emergence of COVID-19 pandemic almost, two and a half years ago, all the countries around the globe have been knee deep into

containing the disease and managing the patient load. However, the disease burden of cancer patient is creeping at its own pace relentlessly. The theme "CLOSE THE CARE GAP" in upcoming years not only aims at providing quality care facilities to everyone, but also to provide equitable distribution of resources among the variably resourced countries. WHO's efforts are focused on breast cancer (now the most common cancer), cervical cancer and childhood cancer. The focus for each of these initiatives is low- and

middle-income countries, where the biggest public health gains are to be made.

Hematological malignancies are the 6th frequently appearing cancer according to National Cancer Institute. In the modern era with the armamentarium of diagnostic tests and scope of newer diagnostic modalities, we are able to diagnose patients early in their presentation and thus salvage them. Newer techniques like Flow cytometry, Next Gen-Immunohistochemistry, Next Generation Sequencing, FISH, Cytogenetics and other molecular methodologies have not only helped us diagnose the rare disease entities but also have helped us to prognosticate patients while they are on various chemotherapy regimens. Various newer developments in the field of hematology like CAR-T cell therapy and newer generation monoclonal antibodies are providing new paradigms in treatment for better patient response.

A timely diagnosis of cancer is essential for appropriate and effective treatment because every cancer type requires a specific treatment modality. This can be achieved by creating awareness among public and removal of any social stigma associated with cancer. Whenever there is any suspicion, one should get themselves examined and investigated. This is the only key for an early diagnosis and management. This can be best said as 'Cancer is curable – if detected early'. The primary management goal is to cure cancer or to substantially prolong life. Improving the patient's quality of life is also an essential goal. This can be achieved by support for the patient's physical, psychosocial well-being and palliative care in terminal stages of cancer.

**Dr Prakhar Gupta, Senior Resident,
Department of Hematology**

World Cancer Day 2022: Closing Care Gaps



World Cancer Day was celebrated by Department of Hospital Administration in association with College of Nursing on 4th February 2022, with myriad of awareness activities organized and executed with the active involvement of CHO trainees (Community Health Officer) in Community Health Centre, Mohanlalganj, Lucknow and Outside of NLC building (Covid Vaccination area), SGPGIMS.

The program was organized by **Dr R Harsvardhan**, Head, Hospital Administration, **Mrs Shabana Khatoon**, Principal, College of Nursing, **Mr Vinod Kumar Gupta**, Teaching staff and **Mr Dhikhil C D**, Quality Nurse Coordinator, Department of Hospital Administration.

In the morning session at Community Health Center (CHC), Mohanlalganj, Lucknow the awareness program was Inaugurated by **Dr Jyothi**, Medical Superintendent, CHC Mohanlalganj. She elaborated upon the facilities and options government provides for prevention of cancer to general public and how general public can wisely utilize the same for prevention and treatment of cancer. Subsequently the program had Oration on “Common cancers among males” and its preventive strategies by **Mr Anuj Kumar**

Mishra, CHO trainee. This was followed by oration on “Common cancers in females” and how to prevent them by **Ms. Neelam Chaurasiya**, CHO Trainee. Later, Role play and Dramawere enacted on importance of “Prevention, Early diagnosis and treatment of Lung Cancer”, written and directed by CHO trainees. The drama was enjoyed by general public and they interacted with team members, also discussing their concerns and doubts.

In the evening session at SGPGIMS, the awareness program was carried out outside New Lecture theatre complex. The program was inaugurated by **Dr KD Singh**, Department of Hospital Administration, SGPGIMS and he gave extensive oration on World cancer Day Theme 2022 “World Cancer Day: Closing the care gap”. Following that display of placards on cancer prevention was carried out for spreading awareness targeting all those awaiting covid vaccination.

The first step toward change is awareness. ...

And When we choose to come together, we can achieve what we all wish for: a healthier, brighter world without cancer.

**Mr. Dhikhil, Quality Nurse Coordinator
Department of Hospital Administration**



World Encephalitis Day 2022

World Encephalitis Day 2022, was celebrated in SGPGIMS on 22nd February with various awareness programs. The programs were organized by Department of Hospital Administration in association with College of Nursing led by Community Health Officer Trainees (CCHN).

The IEC activity was coordinated by **Dr Rajesh Harsvardhan**, Head, Department of Hospital Administration, **Mrs Shabana Khatoon**, Principal, College of Nursing and executed by **Dr K D Singh**, Senior Resident, Hospital Administration, **Mr Dhikhil**, Quality Nurse Coordinator and **Mr Auchitya Sharma**, Teaching Staff College of Nursing.

The myriad activities conducted were inaugurated by **Dr Vinita Mani**, Assistant Professor, Department of Neurology, SGPGIMS. In her oration, she reiterated the warning signals of Encephalitis, especially Japanese Encephalitis and how Community Health officers can suspect the possibility of disease, so that they can refer such patients to higher centres for immediate and prompt treatment. This will reduce the death rate due to Japanese Encephalitis in the state of Uttar Pradesh. She was instrumental in explaining how a patient can seek help if possible encephalitis is suspected family or friends. She also requested everyone to spread awareness about



encephalitis as most of the people in Uttar Pradesh are still unaware of the disease and its treatment.

Subsequently, **Mrs Ritija Singh**, Ex Chief Nursing officer, Post Graduate Institute of Child Health, Noida and Sister In-charge, Neurology Department explained about various nursing modalities used in the care of encephalitis patient. She also explained about what to anticipate and how to prevent complications in both children and adults with encephalitis.

Next, **Mrs Shabana Khatoon**, Principal, College of Nursing addressed the audience and shared thoughts on how nursing staff can spread awareness regarding encephalitis in general public. A health educational video prepared by Community Health Officer trainees was also released by her.

Following this, **Mr Yadidya**, Assistant Professor, Specialist in Community Nursing gave glimpse of various challenges faced by common people and how CHO and Nursing Students can help to come out of these challenges.

Dr K D Singh, Senior Resident Department of Hospital Administration explained about Encephalitis variations in the state of Uttar Pradesh and how community preparedness can reduce the disease burden and mortality in the state by the efficient intervention of Community Health Officers.

Dr Amarjeet Mitra, Junior Resident, Department of Hospital

Administration, conducted a question and answer session for the students and public regarding the Encephalitis. This session helped to solve many myths about the disease.

This was followed by role play/drama by CHO trainees about the early diagnosis and prevention of Encephalitis and later another role play/drama by BSc Nursing Students on Challenges and solutions for the Encephalitis Patients in Community was performed.

Display of IEC materials like banners and placards for the public was carried out in front of PMSSY building. The students of B.Sc Nursing and CHO Trainees interacted with the public and cleared all their concerns. This was conducted under the supervision of **Mr Vinod Gupta** and **Mrs Bhumika Singh**, Teaching Staff College of Nursing SGPGIMS.

A "BrainWalk" to spread awareness regarding encephalitis from the PMSSY Building to College of Nursing through New OPD Building and New Emergency and Nephrology Building was carried out with slogans about Encephalitis. The entire students of B.Sc Nursing, CHO Trainees, PG-HA, Teaching and Non Teaching Staffs participated in this event. This was witnessed by the bystanders waiting for OPD in these areas. The comments from public were very encouraging.

The program ended with vote of thanks by **Mr Dhikhil CD**, Quality Nurse Coordinator and Trainer for CHO students, Department of Hospital Administration.



Upcoming Events

Nineteenth ICMR Course on Medical Genetics and Genetic Counseling 'PEDIGREE TO GENOME'

A must for all clinicians in 21st century.

1st to 13th August 2022

Basic, clinical, molecular genetics simplified.

Genetic counseling and prenatal diagnosis - Demystified.

Exposure to common and rare genetic clinical scenarios.

Teaching faculty - Experienced Clinicians with DM in Medical Genetics

For details and application form, please go to the SGPGI website

Interesting - Introductory - Interactive

Total Advances in Clinical Genetics

World Hearing Day : "3rd SUNO SUNAO" SGPGI



On the occasion of "The World hearing day" the neuro-otology unit of SGPGIMS, Lucknow organized a public awareness programme, named as the "SUNO SUNAO" on 3rd March, 2022. The theme for this year was "To hear for life, listen with care". The event was presided over by the Director of SGPGIMS, **Professor R K Dhiman**. Professor Dhiman stressed on need for prevention of hearing

loss and early diagnosis and management. He appreciated the Cochlear Implant program being run in institute and pledged all the support for taking it ahead. Chief Medical Superintendent, **Professor Gaurav Agarwal** addressed the gathering and stressed the need for hearing loss detection and rehabilitation and need for making the hospital campus less noisy through sensitisation of patients and health care workers. **Professor Awadhesh Kumar Jaiswal**, acting Head of Neurosurgery department addressed the gathering and elaborated upon the work done by the Neuro-otology unit and the booklet launched by Department on Adult hearing loss. The event also conducted a "Video award session" on awareness about hearing loss, which was participated by school children, and specially abled children who underwent hearing rehabilitation with Cochlear Implant.

Senior faculty members of various departments of SGPGIMS also participated in the awareness programme and shared their unique clinical insights and experiences regarding hearing loss in their field of expertise. **Dr. Kirti M Naranje** from department of Neonatology, **Professor Alok Nath** from department of Pulmonary Medicine, **Professor Narayan Prasad** from the department of Nephrology, Senior Physician **Dr. Prerna Kapoor**, Senior Paediatrician **Dr. P Bhattacharya**, **Professor Banani Poddar** from the department of Critical care medicine, **Professor Preeti Dabadghao** from the department of Endocrinology were among the senior doctors who participated in the event and stressed the importance of hearing preservation and awareness regarding hearing loss. The awareness programme was attended by more than 70 people in the offline mode and more than 50 people via the



online mode.

A special patient information booklet for Adult and Elderly patients explaining hearing loss, preventable steps and curative aspects was released in Hindi.

The Neuro-otology unit, headed by **Dr Amit Keshri** has a team of dedicated senior-residents, audiology & speech therapy professionals and operation theatre staff for compressive management of hearing loss. The Unit runs a successful cochlear implant programme, through which more than 400 cochlear implants have been done till date. The unit provides care for all types of hearing loss seen in all age groups paediatric as well as adults.

From The Editor's Desk ...



Dr Amit Keshri invited me to share thoughts on world Hearing Day with the audience present in the Lecture Theatre and I thought what is the one change we all can bring about? The answer is simple. Stop or at least reduce honking. Repeated exposure to noise above 85 decibels causes progressive hearing loss. The elderly and the children are specially at risk. Noise pollution also leads to

stress, anxiety, insomnia and other illnesses.

If we all decided to cut out unnecessary honking, more so in School and Hospital zones, it would bring down noise pollution and help protect auditory, emotional and heart health of the community. The change must begin with each one of us and has to start right now!

Dr Prerna Kapoor

World TB Day 2022



A 'CME cum TB Adoption & Nutrition Program for Children' was organized at SGPGIMS to commemorate World TB Day. Under the guidance of Director, **Professor R K Dhiman**, the program was organized by **Dr. Richa Mishra**, Additional Professor in Microbiology, **Professor Alok Nath**, Head, Pulmonary Medicine, and **Dr. Prerna Kapoor**, Senior Physician, General Hospital.

The program comprised of an Inaugural Session followed by adoption of children and scientific sessions. The main objective of the event was to create awareness about the disease and adopt children affected with TB in order to provide them nutritional and moral support and ensure that they complete their course of treatment.

Padamshri, **Dr. Digambar Behera**, former Dean and Head of Pulmonary Medicine, PGIMER, Chandigarh was the Guest of Honor and delivered a talk on Multi-drug resistant Tuberculosis. Director, Dr R.K.Dhiman stressed on the importance of eliminating TB by 2025 and appreciated as well as wholeheartedly supported the initiative of adopting children diagnosed with TB. Chief Medical Superintendent, **Professor Gaurav Agarwal** also discussed the importance of TB in the context of COVID. BC Roy awardee, **Dr. Rajendra Prasad** discussed a few interesting cases of drug resistant TB. **Professor Surya Kant**, Head, Respiratory Medicine at KGMU highlighted the challenges faced in ending TB by 2025. State TB



Officer, **Dr. Santosh Gupta** discussed the importance of the contribution of the government and the support provided by the National Tuberculosis Elimination Program.

Members of the SGPGI family who came forward to adopt children were **Professor Amita Agarwal**, **Professor Shubha Phadke**, **Professor Punita Lal**, **Professor Priti Dabadghao**, **Professor Vinita Agarwal**, **Mr. Sanjay Jain**, **Ms. Bhawna Arya**, **Ms. Deepa Khetan**, **Dr. Moinak Sen Sharma**, **Ms Neema Pant**. They will handhold these children as well as provide them with nutritional support during the course of their treatment and recovery. This is a laudable step and this support will go a long way in ensuring that the children recover fully.

World Rare Disease Day-2022



World Rare Disease Day 2022, awareness program was organized by Department of Hospital Administration SGPGIMS in Association with College of Nursing. The Program Coordinator of this activity was **Dr R Harsvardhan**, Head, Department of Hospital Administration, SGPGIMS along with **Mrs Shabana Khatoon**, Principal Collage of Nursing, implemented by **Mr Dhikhil C D**, Quality Nurse Coordinator, Department of Hospital Administration.

There are more than 7000 rare diseases identified till date. Yet the diagnosis and treatment facilities for these diseases are not so easily available for the public. The disease burden brings not only financial hardships; it impacts heavily on social health of the

individual and family. While Community Health Officers are changing the health landscape of rural India, it is very pertinent to spread awareness regarding rare diseases. In view of this, awareness program was planned and implemented in Urban PHC, Sadar, Lucknow.

The program was inaugurated by **Dr Kriti Saxena**, Medical Officer Incharge, UPHC. She emphasised on various rare diseases and role of Community Health Officers in identifying these diseases and providing them with prompt timely treatment and referral services.

Mr Dhikhil C D, elaborated upon the various tracing methods to identify the rare disease occurrence and how CHO can significantly increase the knowledge of community about these diseases. The assistance for research and monitoring by CHO in the coming days was also emphasised by him.

Following this, there was a series of health educational talks by CHO Trainees for the public in various rare diseases found in the state of Uttar Pradesh. The talks elaborated on each disease, its symptoms, preventive strategies and management. The session was attended by members of the public, both live offline and online.

Mr Dhikhil C D, Quality Nurse Coordinator, Department of Hospital Administration

SGPGI Employees who were proud recipients of Awards of Excellence on 26th January 2022

1. **Mr. Avadh Bihari**, LDA, Recruitment Cell
2. **Ms. Bilkish Ansari**, Deputy Nursing Superintendent, Neurosurgery Ward
3. **Mr. Manu Kottappurath**, Sister Grade-2, Ped. Surg
4. **Mr. K Ramesh Kumar**, Senior Technician, Endocrinology
5. **Mr. S K Jha**, Supervising Officer, Medical Social Service Officer, Cardiology OPD
6. **Mrs. Indulekha Sunish**, Sister Grade-1, CCM
7. **Mr. Mahesh Chandra**, Technical Officer, Nephrology Department
8. **Mr. Ausan Lal**, Mali Gr-1, Horticulture
9. **Er. Rajiv K Gupta**, Assistant Engineer, Electrical Engineering Department
10. **Mr. Santosh K Sahu**, Assistant Accountant, Finance
11. **Mr. Mewa Lal**, Attendant Gr-2, Finance Department
12. **Dr. J S Shukla**, Chief Technical Officer, Transfusion Medicine

They were awarded by the Director, **Professor R K Dhiman** and Chief medical Superintendent, **Professor Gaurav Agarwal**, amidst applause and appreciation from the audience present both offline and online.





The Lucknow chapter of ISCCM (Indian society of Critical Care Medicine) conducted a quiz about Critical Care at RML IMS . A total of 16 teams participated in the quiz, with 2 members in each team. In the preliminary round 6 teams qualified out of which 4 were from the department of CCM from SGPGI. When the quiz ended, 3 teams from CCM had won the first three positions!

The following Senior Residents of the department of CCM won prizes in the quiz:



First position- **Dr Mayank Sharma, Dr Srivats R**
 Second position- **Dr Manish Sharma, Dr Bhawesh Upreti**
 Third position- **Dr Trimurthulu K, Dr Sradhanjali G**
 Congratulations to all the bright winners.

**Dr Banani Poddar, Professor and Head,
 Critical Care Medicine**

Awards for Corona Warriors



On January 6th 2022, Department of Medical Education organized a prize distribution ceremony for Corona Warriors of UP who have been working tirelessly since March 2021, 24x7 with lot of enthusiasm, sincerity and dedication throughout the state.

Director General Of Medical Education, **Dr NC Prajapati** presided over the function. **Shri Suresh Khanna ji**, Minister of Medical department, Parliamentary affairs and Finance was the chief guest. Various Institutions and Medical Colleges of UP were felicitated for their contribution in Covid-work.

On behalf of SGPGI, **Dr Ujjala Ghoshal**, Professor and Head,

Microbiology and **Dr Alok Nath**, Professor and Head, Pulmonary medicine received the awards. SGPGI received awards in various categories including

1. Best testing facility (SGPGIMS, Lucknow has done more than 31 Lakh RT-PCR tests for COVID-19)
2. Maximum research publication in state on Covid-19 (159)
3. Relentless, exemplary and dedicated service in combating Covid-19 Pandemic



Dr. Ujjala Ghoshal, Professor and Head, Microbiology was selected as Fellow of the Royal College of Physicians of London (FRCP)- Edinburgh-UK.

An Update on enthusiastic participation in Annual UP Pedicon Celebration

42nd Annual Conference of Indian Academy of Pediatrics (UP Chapter) was held virtually on January 22nd & January 23rd, 2022. The academic program included Free Paper and Poster presentation on Jan 22 and prestigious **Dr RS Dayal Award Paper Presentation** in Neonatology on January 23rd.

There was keen participation from the residents of our department. **Dr. Shivani Bajpai**, a Senior Resident from our department, participated in all 3 categories of the conference, and won second prize in poster presentation for her case report on a rare case of non immune hydrops fetalis (Galactosialidosis).

Research work of 5 more residents was selected in the Dr RS Dayal Award paper category. The papers included two Quality Improvement Studies conducted last year in the NICU of our department, and was presented by ex- Senior Residents of the department. Other research work included one Randomized Control Trial, a retrospective study and a prospective observational study.

Academy of Pediatrics (AOP) UP conducted a weekly post graduate E-teaching program in year 2021 as an academic activity for Postgraduates and practitioners. The Best PG activity program in year 2021 was awarded to SGPGI, Lucknow for a session on "Recent Advances in Neonatal Hypoglycemia", presented by then Senior Resident of the department, **Dr Akanksha** and moderated by **Dr Kirti M Naranje** (Additional Professor and Head, Neonatology).

"I shall participate, I shall contribute, And in so doing, I will be the gainer."

Dr. RP Saxena- The End of an Era

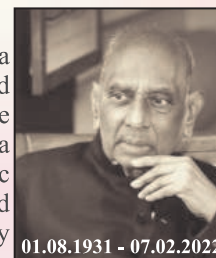
Death is inevitable and unavoidable....but death is not the end...it can never be the end... especially for a personality like Dr. R.P Saxena who was a true legend, a brilliant hospital administrator, a perfect mentor and a veracious human being.

Dr R.P Saxena was the first Medical Superintendent of SGPGI. Earlier to his stint in SGPGI he was in the Balrampur Hospital and KGMU in the same position, and was well known for his acumen in Hospital Administration and man management skills, thus he was the perfect officer to be chosen by the State Government to be entrusted with the responsibility of setting up the upcoming super specialty hospital, envisaged as Asia's largest super specialty medical institution and very unique in the prevailing set ups of healthcare facilities in the country. Setting up such a hospital from scratch was truly an onerous task, and Dr. R P Saxena had the credit of establishing the dream project of the government with profound success.

I started to work in SGPGI under his tutelage, along with the handful of newly inducted young officers all set to establish various departments of Hospital. Dr Hem Chandra, Dr Bharat Sah, Mr Sunil Shishoo, and myself were his permanent team members and he used to refer us as commandos. The morning hours used to be random rounds of the hospital and not only we but the entire hospital staff never dared to be late as he was a very punctual man and moved along with the hands of the clock...

Administratively, It was not a very smooth sailing for him. In mid 90s, the OPD & hospital had just started to function, when suddenly the entire system collapsed due to the lightning strike called by employees' union. Dr. R.P. Saxena made sure that the hospital continued to run and patients would not suffer. Along with his team of officers, he would stand at the counters, attend the telephone, talk to patients, coordinate with faculty members and also join the rounds of endless talks that were being held with the union leaders. With his sheer hard work, vision and communication skills he was victorious in overcoming the crisis very soon.

A strict disciplinarian he was and had a reputation of being a terror as he projected himself as a very strict and tough hardcore task master but actually by heart he was a very sensitive, honest, helpful and artistic person. He was a friend, philosopher and guide to all of us young officers and Faculty members.



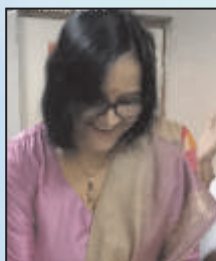
He formally retired from SGPGI in August 1991. The idea to establish a facility of bedside medicine for all admitted patients was floating for long, but no concrete steps could be taken, as it was a very tough task which required an insight to create a database and an expertise and vision to execute the facility. In 1996-97 Dr. Mahendra Bhandari the then Director, especially requested Dr. RP Saxena to take up this arduous responsibility. He obliged, and thus HRF came into being, which is now being emulated by number of medical Institutions of country and abroad.

He had a special affection for me and appreciated my love for literature. After he retired he gifted me his hand written diary of poems, and narratives which I treasure till date. When I was offered to write a book on SGPGI by Hindi Vangmay Nidhi, I requested Dr R.P Saxena to write the foreword of the book, because nobody else could have done it justice better than him, he willingly obliged, though by that time his eyesight had gone very poor and also he could not hold a pen for long due to arthritis.

The simplest pleasures of life brought great joy to him. He had an uncanny ability to find happiness in his daily activities. His distinct personality was contagious to everyone he met. He was a confirmed bachelor but a hardcore family man. He lived with an undaunted spirit worth emulating.

Monalisa Chaudhari

(Retd. Sr. Public Relations Officer, SGPGI)



Our institution had to meet with an unfortunate event this year. We lost one of our own. **Ms Asha Tiwari** who had joined SGPGI in October 1992 was a very hardworking and full of person. Her jolly presence lit up the room. She was an ANS (Assistant Nursing Superintendent) in the CVTS ward and also did a special course in BMT (Bone Marrow Transplant) from Christian Medical College, Vellore. We lost her to uncontrolled diabetes and liver cirrhosis on 23rd February 2022. We pray that her soul rests in peace.

Ms Kalawati Pal, Assistant nursing Superintendent, and Sister-in-charge CVTS OT



Mrs Meenakshi Yadav, Assistant Nursing Superintendent, passed away on 14th March, 2022. Currently she was posted in ATC (Apex Trauma Center) Orthopedics OPD. She had joined the institute on April 4, 1991. She rendered her services in different wards, and is survived by her son. May her soul rest in peace and may God grant peace and strength to the bereaved family members.

Mrs Lizsamma Kalib, Chief Nursing Officer

Farewell to Professor Sarita agarwal

Professor Sarita Agarwal had been with us since the inception of this Institute After her PhD, she had joined this Institute in 1981 in the department of Medicine. In 1987, Medical Genetics had come up as a separate unit and Department, when Dr Sarita became a faculty member of the department. During the initial phase of Medical Genetics, she was instrumental in planning and implementation of various laboratory infrastructure and services. She had built the department brick by brick, to the structure which we see today. She had visited various developed countries since 1989 to bring technological advances of Medical Genetics to our country, our Institute.

She had trained many scientists; several PhD and post-docs who got their education under her are now faculty members throughout the country and the world at large. She is a brilliant scientist and her work speaks for her excellence; her name had featured in the top 2% scientists' list prepared by the Stanford University.

Her journey to the pinnacle of success was not without thorns. She would take such hindrances as minor obstacles to change the course of the flowing river; she never stopped flowing and kept smiling.

Today, on this day of her superannuation, we wish, she keeps on flowing and smiling as usual.

Dr. Deepti Saxena, Associate Professor and Dr Kausik Mandal, Additional Professor, Department of Medical Genetics



Dear Friends

Today is the last working day of my service at SGPGI. Thank you very much for my Life Time Achievement Award in the form of Superannuation. I have joined the institute on 11th June 1987, so after completion of my services for a period of near-about 35 years, it is time to say Good Bye to the services. I have seen a long history of the institute since the beginning till date. I have seen all the correspondence from building of the SGPGI to shifting of power and selection of faculty members at initial stages through the kaleidoscope of Prof S S Agarwal. Most of the exchanges of letters were done from KGMC, Lucknow to Government of India and later his office was shifted to SGPGI, Lucknow as he joined the institute as Dean. I started my Post Doc Career with Prof SS Agarwal in the year 1981 immediately after submitting my PhD thesis. After establishment of Existence of the Department of Genetics, in the year 1985, I was the one who designed the entire 2nd Floor labs of Genetics from room size to power switches & facilities. I have seen the departmental growth from its conception to its adolescent stage. I personally enjoyed this journey which would not have been possible without the support of my research team, technicians, Institute faculty members and residents, Directors, and all funding agencies. I wish all the best to Department of Medical Genetics and Institute as well, for their future endeavor.

Professor Sarita Agarwal

31 January 2022



A diligent worker and colleague **Ms Esther N Harun** joined this prestigious institution on 1st September 1988. She initiated her duties in the CVTS OT as Grade II nurse and retired as the nursing superintendent on 28th February 2022 as well as held additional responsibilities of OT supervisor. She was an indispensable individual and has been awarded with various accolades with Best Nurse award being one of them. We wish her best of health and a blissful future.

Ms Kalawati Pal, Assistant nursing Superintendent, and Sister-in-charge CVTS OT

प्यारी प्रोमिला दीदी,

आपके बारे में जितना कहा जाए कम होगा, यह हमारा अनुभव है, हमलोग जिस सामाजिक कार्य के पेशे से जुड़े हैं उसकी जीती जागती प्रति मूर्ति है आप। जबसे आपके साथ हम कार्य कर रहे हैं, आप इंचार्ज से ज्यादा एक दोस्त साबित हुई है क्योंकि आपका जो व्यवहार है वह मरीजों के प्रति समर्पण हो या स्टाफ के प्रति लगाव हो हमेशा दिखता रहा है। कभी भी किसी के भी प्रति दुर्भाव नहीं रहा। अपनी जिम्मेदारियों के प्रति सदैव जागरूक रहीं, हर कदम पर हर स्टाफ को प्रोत्साहित किया, चाहे वो विभागीय हो या व्यक्तिगत हो। इसलिए आपका आचरण हम सब को अच्छे विचारों तथा अपने कर्तव्यों को प्रति सदैव प्रोत्साहित करता रहेगा। आपके साथ गुजारे गये अविस्मरणीय पल सदैव याद आते रहेंगे। आपको समर्पित कुछ पंक्तियां:

मां नहीं मां जैसी हो	हां तुम मां जैसी हो।	परिस्थिति कैसी भी हो,	हर बात पहले से कैसे जान जाती हो,
जैसे मां हर बच्चे को,	सबके दिल की बात जानती हो,	कभी नहीं नकारात्मक सोचना है,	क्या कोई जादू भी जानती हो-जैसे मां
एक सा प्यार करती है,	पर अपनी बात छुपाती हो,	हमें ये हमेशा सीखाती हो,	जानती है।
वैसा ही तुम भी करती हो,	हां तुम मां जैसी हो।	हां तुम मां जैसी हो।	हां तुम बिल्कुल मां के ही जैसी हो।



श्रीमती सीमा, सिस्टर ग्रेड 2, जनरल हास्पिटल



31 मार्च, 2022 को पीजीआई लखनऊ संस्थान की नर्सिंग संवर्ग की श्रीमती बिलकीश अंसारी (डिप्युटी नर्सिंग सुप्रीटेंडेंट) संस्थान से सेवा निवृत्त हो गयी। आपने 6 जनवरी 1990 को संस्थान में ज्वाइन किया था। आपने कार्डियोलॉजी, MICU, हेमेटोलॉजी, न्यूरो सर्जरी वार्ड जैसे उत्कृष्ट विभागों में सेवा प्रदान की। आप बेहद विनम्र, कर्मठ, उदार हैं। जिम्मेदारी, सेवा भाव से आपने अपनी सेवा को बेहतरीन बनाया, आप अपने अधीनस्थ व वरिष्ठ अधिकारियों से भी बहुत अच्छा व्यवहार रखती थी। आपके अतुलनीय योगदान के लिए संस्थान सदा ऋणी रहेगा, आपके उज्ज्वल स्वस्थ व खुशहाल जीवन की हम समस्त नर्सिंग संवर्ग कामना करते हैं।

ब्रदर मनोज कुमार न्यूरोसर्जरी ए वार्ड



Mrs Shashi Bala Sethi joined SGPGIMS, as a Sister Grade II in 1989, on 20th July 1989, initially in General Hospital. After a few months of her service she was transferred to the Neurosurgery department where she spent 25 years of her life, in the care of neurological patients, most of them needing bedside nursing care. She was always appreciated by doctors, colleagues, patients and their relatives. When she was given enhanced responsibility in a new department, Cardiology, in Medical Intensive Care Unit (MICU), as a Deputy Nursing Superintendent (In-charge) in 2015, she took it as a challenge and gave her best in a nursing administrative position for the welfare of cardiac patients round the clock. Her contribution always boosted the newcomers among the nursing staff in the institute. She retired in February, 2022.

Good wishes for a new journey endeavor.... Dear sister Shashi Sethi.

Ms Anita Singh, Assistant Nursing Superintendent, Sister Incharge, MICU

समस्त नर्सों को समर्पित

न हो विचलित पल एक,
है ये जिम्मेदारी हमारी।
क्यों कि हम नर्स हैं,
है हमारी भी इसमें भागीदारी।

न समय है ना सीमा काम की,
न परवाह है सिर्फ एक जान की।
हम तो प्रशिक्षित नर्स हैं,
हमें फिक्र है पूरे जहान की।
है परिवार ये दुनियां हमारी,
गर बात करूं अपने व्यवसाय की।
टल जाए संकट सबका सारा,
न चिंता है अपनी आय की।
हैं साथ हर गम में तो,
सहायक हर किलकारी में।

न हो विचलित पल एक,
है ये जिम्मेदारी हमारी।
क्यों कि हम नर्स हैं,
है हमारी भी इसमें भागीदारी।

जब ठहर गया हो देश,
है सहमी दुनिया सारी।
क्या कम दर्दनाक है कोरोना,
है जो नए फंगस की बारी।
हैं चिकित्सक भी परेशान,
असमंजस में दुनिया सारी।

न हो विचलित पल एक,
है ये जिम्मेदारी हमारी।
क्यों कि हम नर्स हैं,
है हमारी भी इसमें भागीदारी।

मुक्त करना लोगों को भय से,
निकालना हो बाहर पराजय से।
हो खुशियों का आलम हर घर में,
न हो दुविधा जीवन के सफर में।
सब कुछ पाना इतना भी,
है ये कितना कष्टकारी।
न हो विचलित पल एक,
है ये जिम्मेदारी हमारी।
क्यों कि हम नर्स हैं,
है हमारी भी इसमें भागीदारी।

न नींद रातों को आती,
है चौन दिन का भी कुर्बान।
त्यागकर अपनी खुशियों को,
विना भेदभाव सेवा का मान।
इसे निरन्तर बनाए रखना भी,
है सिखाती हमको ईमानदारी।
न हो विचलित पल एक,
है ये जिम्मेदारी हमारी।
क्यों कि हम नर्स हैं,
है हमारी भी इसमें भागीदारी।

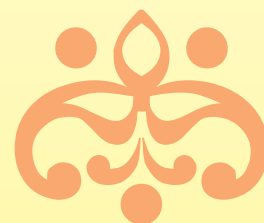
श्री राज कुमार, ग्रेड 2, डायलिसिस यूनिट

हो सके तो मुझे दो गज जमीन दे देना
मैंने जहाँ जन्म लिया वही मुझे अग्नि देना
मेरे जीवन की है जो तमन्ना आखिरी
वह मेरी मातृभूमि में लाकर खत्म करना।।

पंचतत्व में विलीन होकर
अपने अंग अंग को देकर
यही हैं प्रत्यारोपण
मुझे यही है कर्म करना।।

इस संस्थान से मुझे क्या मिला
यह मैं कैसे व्यक्त करूं
बस यही दुआ मेरी
हर बार यही रहूँ
अपने कर्म से कर जाऊँ
नया काम कोई।।

श्रीमती कमलेश वर्मा सिस्टर इंचार्ज
कार्डिओलॉजी वार्ड



Retiring from your primary career is not merely an act of ending, but, more opportunistically and relevant, an act of commencement and of the promise of a meaningful future: Alan Spector (After the Cheering Stops)

What begins must end, and as we all know, Retirement is just the end of one phase and beginning of another. After discharging their duties and responsibilities to their best abilities, a number of SGPGI family members supraannuated in the last 3 months. They were given a customary warm farewell in Director, Professor R K Dhiman's office and in their respective departments.

Those who supraannuated:

Mr. Hanuman Prasad, CSR Assistant Grade 1
 Mrs. Girish Singh, Senior Technical Officer
 Mr. Chandrabhal, Senior Attendant
 Mrs. Shaheen Jahan, Office Superintendent
 Mr. SK Jha, Supervising Medical Social Service Office
 Mr. Dhan Singh, Attendant Grade 1
 Mrs. Sudha Yadav, Assistant Architect
 Mr. Narendra Prasad, Upper Division Assistant
 Mr. Veeresh Dubey, Chief Technical Officer
 Mrs. Sushila Kumari, Sister Grade I
 Mr. Rajendra Kumar, Operater Grade I
 Mrs. Shobha Devi, Senior Attendant
 Mr. Palak Dhari, Senior Attendant
 Mr. Sant Ram, Hospital Attendant Gr II
 Mr. Shakillur Rahman, Senior Electrician
 Mr. K. Ramesh Kumar, Senior Technical Officer
 Mr. Shiv Bahadur Maurya, Hospital Attendant Gr II
 Mr. Rajesh Kumar Sharma, Assistant Accountant
 We wish all of them a very happy, healthy and fulfilling second innings.



SGPGI has got talent!

Painting is my hobby and it gives me joy and happiness. I don't have any institutional training but my elder brother and one of my professional painter friends are my guide . They teach me from time to time, how to use brushes and depths of colors, how to prime the canvas etc. In my own free time, I find peace in painting and looking back to how I spend my leisure, it has undoubtedly been worth it. I have often showcased my work to those close to me, not for sale but for exchange of complements. Painting requires you to be open minded about how you will go about crafting the perfect piece. It all depends on my imagination. I do not fixate myself in my thoughts because I am not perfect but instead listen and have an open mind to accommodate the thoughts of others. These Paintings have been done with oil on PVC board, Crayon pencil on paper, Water color on cold compressed cotton paper.

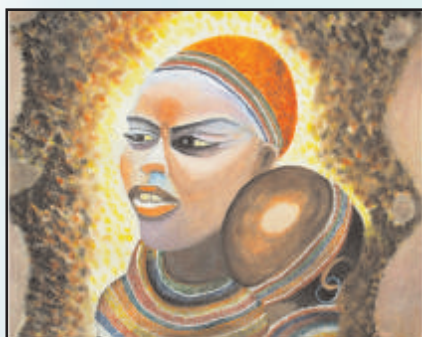
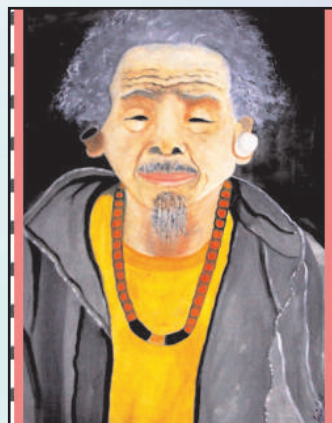
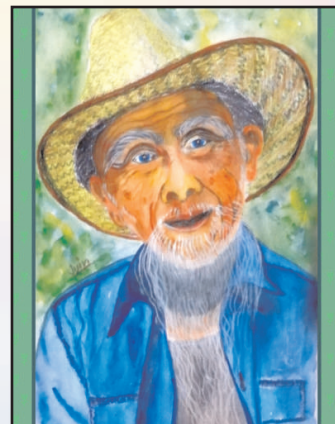
Ms Juin Dutta Ghosh, Sister Grade-1, Hospital Administration



रंगोत्सव की शाश्वत शुभकामनाएँ

कुछ ऐसी हमारी होली हो,
जीते भी रहें, पर प्यास रहे !
मन भाव रूह ऐसे रंग लें -
कि होश भरा उल्लास रहे !
खुशियाँ परितः बिखराएँ,
अपनापन का आभास रहे !
पल पल जीवन ऐसे जीएँ,
संसार भी हो, सन्यास रहे !!

डॉ. आर. हर्षवर्धन
विभागाध्यक्ष
अस्पताल प्रशासन विभाग



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