

Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow, Uttar Pradesh



National Conference on the theme "to promote normal birthing for the health of mother and baby- "Bring back Midwives

Society of Midwives India and in collaboration with the College of Nursing, SGPGIMS, Lucknow had organized the 16th National Conference on the theme "to promote normal birthing for the health of mother and baby- "Bring back Midwives" at Shruti Auditorium, SGPGIMS, Lucknow.



The conference was inaugurated by Hon'ble Shri Brajesh Pathak, Deputy Chief Minister of UttarPradesh, Minister of Medical Education, Health and Family Welfare Department. Guest of Honour Dr. Alok Kumar, Registrar, Uttar Pradesh State Medical Faculty, Lucknow, Prof R.K. Dhiman, Director,



SGPGIMS, Lucknow, Dr.Deepika CecilKhaka, Nursing Advisor, Government of India, Dr.Radha k (Principal, College of Nursing, SGPGIMS). Mrs. Mitali Adhikari (President SOMI), DR. Geetaparwanda (organising Secretary), Mrs. Shabanakhatun (conference Chairperson). Dr. Prakasamma (Founder SOMI) were also present.

The proceeding began with lamp lighting and Saraswati Vandana. All the dignitaries were welcomed by Dr.







Radha K. Presidential address was delivered by Mrs. Mitali Adhikari. Prof. R.K. Dhiman addressed the gathering mentioning the importance of midwives in the care of mothers and child health and also their role in reducing the maternal mortality rates during pre-natal andpost-natal periods. Chief Guest of the conference Hon'ble Shri Brajesh Pathak, Deputy Chief Minister, UP addressed the gathering by focusing on the promotion of normal birthing. Midwives play a vital role in the part of maternal care he said. Nurses provide 24 hours services and the largest contribution to the health care delivery system during the hospitalization of patients. Uttar Pradesh government initiated "MISSONNIRAMAYA" in Oct 2022 to uplift and strengthen pre-service nursing education and career counselling for intermediate college/schools.







Alcohol Use Disorder Clinic

o help patients with alcohol related cirrhosis, the department of Hepatology, in collaboration with psychiatry, has started "Alcohol Use Disorder Clinic (AUDC)". This clinic was inaugurated on 29th May by Prof R K Dhiman, Director SGPGI. Dr. Sanjay Dhiraj, CMS, Prof Amit Goel, HOD, Hepatology, Dr. Romil Saini, Psychiatrist, all the faculty and staff of the department were present on the occasion.

Regular intake of alcohol results in liver cirrhosis. Despite developing liver cirrhosis and liver failure, a large number of people fail to stop taking alcohol because they develop a condition called as 'alcohol dependence'. Over 4% of Indian population have alcohol dependence.

This clinic will help such patients to stop taking alcohol. In this clinic, patients will be given a combined care by hepatologist as well as psychiatrists in form of medication, counselling, and de-addiction services. This clinic runs on each Monday in Hepatology OPD.





"*From Rare To Care"* (World Hemophilia Day 2023)

On the occasion of World Hemophilia Day on 17th April 2023 with the theme "To Assess For All" an awareness and recreational program was organised for Hemophilia patients by the entire team of Medical Genetics department under the leadership of Dr. SR Phadke (HOD-Medical Genetics).

The program was organized in the Telemedicine Conference Room, SGPGIMS campus.

More than one hundred Hemophilia patients and their family members participated in the program and benefited by knowing an Importance of early diagnosis and Screening.

Apart from that the importance of physiotherapy, interventions in preventing early deformities and improving the quality of life was also discussed.

Importance of self care techniques and regular practice was also explained.

The program was complemented with recreational activities from our little ones with the support of their family members.

The family members of the Patients participated actively and were given an opportunities to ask questions and get their doubts cleared.

Dr Manish Mishra

पिता

भरा हुआ है ह्रदय प्रेम से फिर भी कभी न जतलाता। आंखों में अनुशासन ओढ़े पिता वही है कहलाता।

संतानों के सुख की खातिर अपने सुख बलिदान करे, उन्हें आंच न आने पाए स्वयं अग्नि स्नान करे । प्रतिपल तत्पर है रक्षा में बाधाओं से लड़ जाता । आंखों में अनुशासन ओढ़े पिता वही है कहलाता ।

एक तरफ करता है चिंता अपने बापू अम्मा की । दूजे बच्चों के पालन में कसर नहीं रखता बाकी । दो पीढ़ी के बीच संतुलन करना उसे खूब आता। आंखों में अनुशासन ओढ़े पिता वही है कहलाता ।

किस अभाव में जीता है वह घर में प्रकट नहीं करता , चाहे जो विपत्ति हो सम्मुख अपने माथे पर धरता । त्यागी सा जीवन जीता सर्वस्व निछावर कर जाता । आंखों में अनुशासन ओढ़े पिता वही है कहलाता।

सारा भार धरे कंधों पर फिर भी कभी न होता क्लांत, करता है संघर्ष निरंतर निर्विकार सा रहता शांत। सीमित साधन लिए हिमालय से निर्भय टकरा जाता। आंखों में अनुशासन ओढ़े पिता वही है कहलाता।

महंगा एक खिलौना मांगा पिता उसे ना दे पाए। बेटे की जिद थी कुछ ऐसी मां के आंसू भर आए। विवश पिता की नम आंखों को काश अगर मैं पढ़ पाता। आंखों में अनुशासन ओढ़े पिता वहीं है कहलाता।

पग पग पर कंटक बीने थे, राहें सुगम बनाई थीं। कुटिल कुचक्र क्रूर कर्मों से दुरी सदा सिखाई थी। बनें सहारा दुखी जनों के हमें हमेशा सिखलाता । आंखों में अनुशासन ओढ़े पिता वही है कहलाता।

खुद मिट कर साकार करे जो संतानों के सपनों को । सारे दुख स्वीकार करें वो सुख पहुंचाए अपनों को । अपना धर्म निभाए हरदम कठिन मार्ग को अपनाता । आंखों में अनुशासन ओढ़े पिता वहीं है कहलाता ।

छोड़ दिया है प्रश्न सामने कैसे उसे निभाऊंगा । निश्चदिन चरणों की सेवा कर क्या मैं श्रवण कहाऊंगा। पिता शक्ति दे मुझको तेरे सपने पूरे कर पाता । आंखों में अनुशासन ओढ़े पिता वही है कहलाता ।

डॉ सौरभ निगम SR न्यूरोलाजी



Workshop on disaster management training session & mock exercise (earthquake)

A Workshop on disaster management, training session and mock exercise (earthquake) was organized by College of Nursing, SGPGIMS,



LUCKNOW in collaboration with Uttar Pradesh State Disaster Management Authority (UPSDMA) & State Disaster Response Force, Uttar Pradesh (SDRF, UP) on 9th May 2023.



Th Programme was coordinated by Mrs. Shabana Khatun, Associate Professor, Mr. Yadidya, Associate Professor of Nursing College, Mr. Praveen Kishor,

Project coordinator (Training), UP, SDMA, Mrs. AbhaVerma, Tutor and Mata Dean, Tutor.

Lt. Gen. Ravindra Pratap Sahi (AVSM), UPSDMA, Lucknow was the Guest of Honor. Brig. P.K. Singh (VSM), Sr. Consultant, UPSDMA, Dr. Satish Kumar, IPS, Commandant, SDRF, UP, Prof. S. P. Ambesh, Dean, SGPGIMS, Lt. Col. Varun Bajpai (VSM), Executive Registrar, SGPGIMS, Prof. Sanjay Dhiraaj, CMS & Nodal Officer, College Of Nursing, SGPGIMS and Dr. Radha K, Professor cum Principal, College of Nursing, SGPGIMS, Lucknow were present on the occasion.

Lt. Gen. Ravindra Pratap Sahi (AVSM), UPSDMA, Lucknow appreciated the vision of Hon'ble Chief Minister, UP to prepare and train the students for disaster management from the start of their life. He also emphasized that it should also be included in the curriculum.

Brig. P.K. Singh (VSM), Sr. Consultant, UPSDMA, spoke on the risk reduction, reducing vulnerability, mitigation, preparedness, climate justice, capacity building



and impact of climate change. He discussed major five



planetary crisis i.e global warming, melting glaciers, rising oceans, displacements and conflicts. He also emphasized on 10-point risk reduction agenda.

Dr. Satish Kumar, IPS, Commandant, SDRF, UP, elaborated on types of disasters and the training conducted at the SDRF

centres like Aapda Sakhi and Aapda Mitra. Dr. Prabhas Pande, Former Additional Director General, Geological Survey of India, discussed the



geological aspects of earthquakes, seismic zones of UP and told how to cope up with medical emergencies.

Mr. Abhishek Kumar Rai, Deputy. Commandant, 11th Bn National Disaster Response Force, Varanasi, UP, shared the Experience of Turkey-Syria Earthquake-2023 that had recently occurred. He described how team from India rescued the people affected in Turkey under Operation Dost.

Mr. Virendra Dubey, Inspector, UP State Disaster Response Force demonstrated mockexercuse regarding earthquake. This was conducted at College of Nursing by SDRF Team. Faculty, Students of B.Sc. Nursing and non-teaching staff actively participated in the exercise at Assembly Point, College of Nursing.

Dr. Radha K, Principal, College of Nursing, SGPGIMS emphasized on the importance of role of nurses in Disaster management.

More than 200 people participated in the workshop. The program ended with vote of thanks proposed by Mr Yadidya, Associate Professor College of Nursing





Foundation Day of Department of Nephrology and Renal Transplantation & CME on Deceased Donor Transplantation Program



See And the Andread See Andrea

The Department of Nephrology and Renal Transplantation, SGPGI celebrated its foundation day on 13th May 2023. On this occasion, the department organized two-day CME on Deceased Donor Transplantation Program. Eminent faculty of National and international repute participated in the CME and shared their experiences of success and challenges.

Dr. Sunil Shroff from Tamilnadu, Dr. Swanalata from Telangana, Dr Arpita from Kolkata and Dr Vivek Kute from Gujarat shared the success and challenges.

A panel discussion was conducted by Prof Amit Gupta and Prof Narayan Prasad with all the stakeholders. Shri. Alok Kumar, Principal Secretary, Medical Education and Shri Parth Sarthi Sen Sharma, Principal Secretary of Health & Family Welfare were among the dignitaries present on the occasion. For the first time, both principal secretaries, working for the

single motto of improving the health of people of state, advocated the need for a deceased donation transplantation program. Prof R K Dhiman. Director, SGPGI, shared his experiences of a successful liver transplant program at PGIMER, Chandigarh and discussed how it was different at SGPGIMS.

The director of the national organ and tissue transplant organization (NOTTO) Dr Krishan Kumar, and the regional nodal officer Dr Vipin Kaushal from Chandigarh, emphasized capacity building and the need to formulate policy documents. Dr Narayan Prasad, HOD Nephrology, SGPGIMS, informed the house about the opportunities to expand the deceased donation transplant program, utilizing the organs from people who died in accidents. Second day of the CME was dedicated to workshops on various components of organ donation like grief counseling, identification of potential donors, brain-dead declaration, preservation, maintenance, allocation and finally, transplantation of organs.

International expert Tom Billiyard, Director, transplant program in United Kingdom deliberated on best practices in maintenance of a brain-dead potential donor in ICUs. This was attended by doctors from various specialities both from government and private sector e.g. Nephrologists, Urologist, Transplant Surgeons, Neurologist, Neuro-surgeons, Liver Transplant-surgeons, Gastro-surgeons, Cardiologist, Cardiac-surgeons, Trauma-surgeons, and Anesthesiologists etc.), transplant coordinators, social workers and all other stakeholders across Uttar Pradesh.

Experts from SGPGI, KGMU, RML, Apollo Medics etc. provided their valuable insights in panel. Professor Narayan Prasad, head of the Department of Nephrology emphasized the need for cooperation among all the stakeholders, including private-sector hospitals.

This was followed by the Foundation day program. Prof R K Sharma delivered the foundation day oration of the department. The program was ended by the Vote of thanks by Organizing secretary Dr Manas Patel.





Clinical Immunology Department Events

Living with Lupus

The department organized a patient support meeting on April 16, 2023 at SGPGI with support from patients. The meeting was attended by 50 people including patients ranging in age from 2-50 years, their family members and residents. The patients shared their life experiences and how they have coped with SLE. It was followed by session on role of balanced diet in SLE by Dr Archana from dietetics department. Mudita, a lupus patient discussed how to reduce stress and role of exercise in SLE. Later a panel discussion to answer patient queries was conducted by Drs Amita Aggarwal, Able Lawrence, Rudrarpan Chatterjee and Archana. One of the patients donated BP instruments and glucometers to SLE patients for their better management.

XV National Autoantibody workshop



The Department of Clinical Immunology & Rheumatology organized XV National Autoantibody workshop from February 8-11, 2023. The four-day workshop included morning sessions on lab techniques followed by hands-on training in the research laboratories. The evening sessions dwelled on clinical implications of these techniques. The workshop was attended by fellows from all major institutions of the country. The program is conducted with the intention of equipping the next generation of budding clinical immunologists with sound laboratory knowledge to empower them to use lab test effectively and rationally. This will also help them embark on translational research in their own centers of practice.



World young rheumatic day 2023

The program included talks by achievers with juvenile arthritis to motivate other patients. This included a doctor, nursing faculty, bank employee, computer engineer etc. Their grit and determination to move ahead in life despite the hurdles really motivated everyone in the audience. This was followed by games in which, besides patients, the residents also participated. After enjoying tea and pakoras, they sat down to paint their vision of life The paintings were amazing and each of the child received a prize for it. These paintings have been put up in the OPD.







Alumni meeting & Foundation Day

The department celebrated its foundation day as well as had an alumni meeting in last weekend of February. It was 2 days filled with fun and frolic. Almost 30 alumni from all parts of the country and Prof. Vaidehi from USA attended the alumni meet. A stroll through the SGPGI forest area in the morning was a big hit as lots of them had never seen this part of SGPGI



during their stay here. As part of foundation day, the persons who had retired were given a photo collage of their stay at SGPGI. The cricket match had all seniors and juniors trying their hand at batting.

Dr. Amita Aggarwal, Professor & Head, Immunology



Conferences & Events =

Foundation Day and Parkinson's Disease Awareness Programme 2023



The Parkinson's disease awareness walk was organized by the department of Neurology on 15th April at 7:00 am. It was flagged off by the head of Neurology department, Prof Sanjeev Jha, which was followed by an interaction and alternative therapy session at 1:00 pm. The Neurology Department's Foundation Day programme

and 2nd Awareness Programme on Parkinson's disease was

inaugurated by the acting Director of the institute Prof. S.P. Ambesh, who was the chief guest. Speaking on the occasion, he spoke about the increasing prevalence of Parkinson's disease due to increasing ageing population

and emphasized the need for more such awareness programmes.

Prof. Sanjeev Jha talked about the role of stress in Parkinson's disease. Dr. Ruchika Tandon said that Parkinson's disease involves a deficiency of dopamine in the basal ganglia of the brain and suggested that the role of Deep Brain Stimulation arises in patients having certain side effects related to the medicines.

Prof Rajkumar, Professor and Head, Department of Neurosurgery said that there are some ayurvedic medicines also which may relieve some Parkinson's symptoms.

Prof. Navneet Kumar, former Principal, GSVM, Medical College, Kanpur, Prof R.K. Garg KGMU and Prof. Deepika Joshi, HOD, Neurology, IMS, BHU, congratulated the Department of Neurology and also emphasised on the role of natural remedies and lifestyle management in Parkinson's disease patients. Dr. V K Paliwal, Professor, Neurology, and other eminent faculty members of the department also graced the occasion.

Dr Zafar Neyaz, Professor, Radiology, SGPGI, explained that MRI is essential in excluding diseases other than Parkinson's disease. Dr. Pawan Kumar Verma, Associate Prof, Department of Neurosurgery, SGPGI said that DBS involved a very small incision. Specificities pertaining to diet were told by Dr. Shilpi Tripathi and the role of music as a neurostimulation was emphasised by Mr. Ritesh Singh. The vote of thanks was proposed by Dr. Ruchika Tandon.

On this occasion, the Director of the institute also distributed mementos to the winners of the Parkinson's week contest









Conferences & Events

1st CME and workshop on phlebotomy for paramedics

Phlebotomy, which used to be known as bloodletting, has been used for centuries, with its origins traced back to Greece. It was used for both curative as well as preventative treatments. These practices at the time were neither regulated nor properly understood as it is in the 21st century. It was thought that any disease or sickness was due to an imbalance of various fluids in the body, and bloodletting would be a way of restoring that balance.

Over time, phlebotomy has evolved to be an extremely crucial diagnostic as well as therapeutic solution. Today, phlebotomy is used constantly in clinical environments to increase the understanding of a patient's clinical presentation and concurrently improve the clinical outcomes of patients.

When drawing blood, it is important to prioritize the efficiency of the draw and the overall comfort of the patient. Thus, drawing blood from veins is preferred compared to arteries. This is because veins run superficially. Furthermore, arteries tend to have thicker walls and have more nerves associated with them, resulting in increased pain should they be punctured.

Phlebotomy can be performed by a physician, a nurse, a lab technician, or a certified phlebotomist. The basic tools required for a successful and safe blood draw include a tourniquet, an appropriate needle, gloves, alcohol wipes, and the storage device for blood collection.

Certain issues, such as hematoma, increased pain and potential nerve injury, may arise due to improper technique. These complications can almost entirely be avoided with the proper technique and equipment.

However, if there is a gap between laboratory and phlebotomist that causes misunderstandings and burdens on patient safety.

Laboratory Medicine, Apex Trauma Center organized 1st CME and Workshop on Phlebotomy for Paramedics on 13th April 2023. The program was intended to create awareness and impart knowledge to the participants and provide high quality scientific update about Phlebotomy.

The CME was attended by more than 100 registered participants along with other dignitaries and the Chief Guest Prof. R.K. Dhiman, Director, SGPGIMS.

The First Scientific session began with lectures of Dr. Alka Verma, Assoc. Prof., EM on the topic, Phlebotomy followed by lecture on 'Best lab Practices' by Mr. Ashish Rai, Quality Manager, Becton Dickinson &'Variables that impact sample collection: Pre-analytical analytical & post analytical' by Dr. Raghavendra Lingaiah, Assoc. Prof., Pathology. The session was chaired by Prof. Rungmei Marak, Professor, Microbiology & Prof. Prashant Agarwal, Professor, Transfusion Medicine.

The Second Scientific session began with lectures of Dr. Swati Sharma Senior Resident, Laboratory Medicine, ATC on 'Procedure for routine phlebotomy: open & closed' followed by lecture on 'Sampling by dermal puncture and capillary blood collection' by Dr. Moinak Sen Sharma, Associate Professor, Paed. Gastroenterology. The second session was chaired by Prof. Seema Sharma, Professor& Head, Pathology & Prof. Ruchi Gupta, Professor, Hematology.

The Third Session began with lecture on 'Sampling by central venous/arterial access' by Dr. Chinmoy Sahu, Assoc. Prof., Microbiology, followed by lecture on 'Sampling in special conditions like burns, injury to limb, post-surgery for malignancy' by Dr. Sangram Singh Patel, Assoc. Prof., Microbiology. This session was Chaired by Dr. Khaliqur Rahman, Additional Professor, Hematology & Prof. Ram Nawal Rao, Professor, Pathology.

The concluding session began with the lecture on the topic, 'Needle stick injury' by Prof. Amit Goel, Professor, Hepatology followed by lecture on 'Sample storage' Dr. Manish Kumar Singh, Assoc. Prof., Hematology. This session was chaired by Prof. Manoj Jain, Professor, Pathology & Prof. Priti Elhence, Professor, Transfusion Medicine

The Scientific session was followed by discussion & Hands On workshop. The CME and workshop ended with participants full of enthusiasm, knowledge and urge to do phlebotomy.

The CME cum Workshop was organized under kind supervision of Prof. R. K. Dhiman, Director & Prof. Raj Kumar, Chief, ATC.







Conferences & Events =

CME & WORKSHOP on Principles & Techniques of Plaster Application



On the 29th of April 2023, The Speciality of Orthopaedics at Apex Trauma Centre, SGPGI organized a Continuing Medical Education (CME) and workshop on the Principles and Techniques of Plaster Application in the Seminar Hall at 5th Floor of Apex Trauma Center. This was the first CME in Apex Trauma Center on Principles & Techniques of Plaster Application. All aspects of plaster application were discussed in detail. The objective of the event was to improve the skills of the participants in applying plaster casts for patients with orthopedic injuries. The correct application of plaster of Paris (POP) is a necessary skill for any clinician, paramedical staff. It still has a definite place in managing orthopaedic injuries, even in the age of modern surgical advances. It is widely used preoperatively for temporary immobilisation and stabilisation of fractures, post-operatively for protection of fixation and soft tissue resting, correcting deformities and definitive management of specific injuries.

The event was attended by Faculty, Senior residents, Junior residents, Nursing staff, Paramedical staff, Attendants from Apex Trauma Centre. The participants had varying levels of experience in plaster application, and the event catered to their needs by providing both theoretical and practical sessions.

The CME began with a series of lectures on the principles and techniques of plaster application. The speakers covered topics such as evolution of POP, the indications and contraindications for plaster cast application, its significance, different types of casts, and their respective uses, and the various materials used in plaster casting. This was followed by talks on the challenges in plaster application in acute trauma for limb immobilization, post-operative patients for protection and challenges after plaster removal during rehabilitation.

The speakers also discussed the importance of proper patient assessment, including neurovascular examination, before applying a plaster cast. They emphasized the need to maintain proper hygiene, patient positioning, and the importance of effective communication with patients during the procedure.

A Workshop was conducted at the end of the session, where participants had the opportunity to apply plaster casts on dummies/simulated patients. The practical sessions were divided into two parts: upper limb casting and lower limb casting. The instructors provided step-by-step guidance on applying the plaster casts, and participants were able to ask

questions and receive feedback during the process.

The instructors also demonstrated the correct techniques for trimming and shaping the plaster cast, Removal of different plaster cast as well as tips for preventing complications such as pressure sores and skin irritation.



This event was a great success and participants were able to improve their knowledge and skills in plaster cast application, and the Workshop provided hands-on experience for the participants to hone their skills. The event was well-organized, and the speakers and instructors were knowledgeable and approachable, making it a valuable learning experience for all who attended. The CME ended with a vote of thanks to all the faculty, residents and staff who attended and shared their viewpoints.

Dr. Pulak Sharma, Associate Professor, Orthopaedics.





1st SGPGI Arthroscopy Course

On the 20th of May 2023, Speciality of Orthopaedics at Apex Trauma Centre, SGPGI organized the "1st SGPGI Arthroscopy Course". The Theme of the course was Recent advances in management of Subscapularis Tendon Injury. The event aimed to enhance the knowledge and skills of orthopaedic surgeons in the diagnosis and management of subscapularis tendon injuries along with a live surgery demonstration of arthroscopic repair subscapularis tendon tear.

This was the first time that a Livesuregry was performed and telecasted in Apex Trauma Center SGPGI during workshop

The course was designed for orthopaedic surgeons, residents, and fellows with a keen interest in arthroscopy and shoulder injuries. The target audience included professionals seeking to expand their understanding of subscapularis tendon injuries and refine their surgical techniques. The event was attended by Faculty, Senior residents and Junior residents from KGMU and RML Lucknow along with a number of doctors from leading private hospitals.

The event began with a series of theoretical sessions conducted by renowned orthopaedic surgeons specializing in shoulder arthroscopy. The sessions provided an in-depth understanding of subscapularis tendon anatomy, pathophysiology of injuries, clinical evaluation, and radiological investigations. Key topics covered during the theoretical sessions included:

- 1. Overview of anatomy and biomechanics of the subscapularistendon
- 2. Classification of subscapularis tendon injuries
- 3. Case Studies & Clinical assessment techniques and diagnostic algorithms
- 4. Radiological imaging modalities for subscapularis tendon pathology
- 5. Surgical indications, techniques, and outcomes

The theoretical sessions also included interactive discussions, case presentations, and evidence-based reviews of relevant literature. Participants had the opportunity to engage in discussions and ask questions, promoting a dynamic learning environment.

Following the theoretical sessions, there was a live surgical demonstration of arthroscopic repair of subscapularis tendon tear. This was the highlight of the workshop. Live surgical demonstration of arthroscopic repair of a subscapularis



tendon injury was done by Dr. Pallav Mishra, Professor Orthopedics at Sports Injury Center, Safdarjung Hospital New Delhi and Dr PulakSharma Associate Professor Orthopedics APEX TRAUMA CENTER SGPGIMS Lucknow. The surgical procedure was broadcasted in real-time to our seminar hall, enabling participants to not only observe and learn from the surgical team but also interact with them during the surgery.

Throughout the live surgery, faculty members provided personalized feedback, tips, and guidance to ensure optimal learning and skill development.

The 1st SGPGI Arthroscopy Course proved to be a valuable educational event for orthopaedic surgeons and trainees. The theoretical sessions enhanced participants' knowledge about subscapularis tendon injuries. The live surgical demonstration further consolidated the understanding of surgical procedures and offered insights into real-time decision-making. Attendees left the workshop equipped with advanced skills and a deeper understanding of subscapularis tendon injuries, enabling them to provide better care to their patients.

The success of this event highlights the importance of such CME programs and workshops in advancing orthopaedic knowledge and surgical skills. Our Speciality of Orthopaedics remains committed to organizing similar educational initiatives in the future, fostering professional growth and excellence in the field. The CME ended with a vote of thanks to all the faculty, residents and staff who attended and shared their viewpoints.

Dr. Pulak Sharma, Associate Professor, Orthopaedics.





Conferences & Events

World Liver Day



healthy and balanced diet in our health, particularly in those with cirrhosis.

During this period, Endoscopic Retrograde Cholangio-Pancreatography (ERCP) and Hepatic hemodynamics studies including

assessment and management in patients with liver diseases.

World Nutrition Day is celebrated every year on 28th of May. It was celebrated to raise the awareness about the importance of

Cholangio-Pancreatography (ERCP) and Hepatic hemodynamics studies including HVPG measurement and hepatic venography was started to facilitate diagnostic and research activities.

Beside this the department is also committed for an active liver transplant programme along with maintaining a DDLT list. We are hopeful for next LDLT being planned this month.

For Patients with Alcohol use disorder and liver diseases the department has started an integrated AUD clinic in hepatology OPD for deaddiction and relapse prevention in AUD patients.

Our next aim is to start DM hepatology courses for training the postgraduates in hepatology.

Department of Hepatology celebrated 'World Liver Day' on 19th April 2023' and organized a webinar to spread the awareness about the growing burden of liver diseases in the country. Webinar was participated by physicians and the faculty and students from the state medical colleges. Professor RK Dhiman, specifically emphasized on early detection of liver diseases so that the progression to cirrhosis and liver cancer can be prevented. Prof Rajan Saxena urged the physicians for the timely refer of cirrhosis patients to the hepatologists at an early stage so that they could be befitted with timely liver transplantation.

The department also celebrated 'World Nutrition Day' on 27th of May 2023 and organized a workshop on nutritional







World Nutrition Day

To celebrate the World Nutrition Day, the Departments of Hepatology and Dietetics, SGPGIMS, had jointly organized a workshop on nutritional assessment and management in patients with liver diseases on 27th May 2023.



It was a half-day interactive program which primarily focused on training the budding dieticians, nutrition interns, medical students (graduate or postgraduate), young faculty involved in nutritional management of the liver disease patients.

This workshop was the first of its kind

which particularly focussed on diet in liver disease patients. The workshop was conducted in 'Centre for Hepatobiliary Diseases and Transplantation (CHBDT) auditorium' SGPGIMS, Lucknow. This course was endorsed by the India Association of Parenteral and Enteral Nutrition (IAPEN), Lucknow chapter.

The conference was inaugurated by Prof RK Dhiman, Director, SGPGIMS, accompanied with Dr Rajan Saxena, Professor and Head, Surgical Gastroenterology; and Dr Amit Goel, Professor

and Head, Department of Hepatology. On the occasion, Director announced that a 'Hepatology core group of IAPEN India' will be started from the department of Hepatology and will be led by Professor Amit Goel.



The meeting was attended by over a hundred dieticians and nutritionists across the city and the state.

Dr. Amit Goel HOD Hepatology

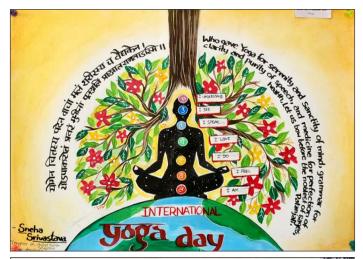


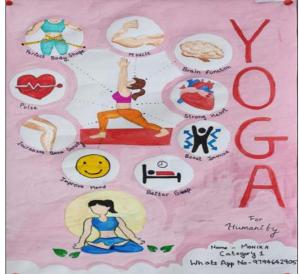




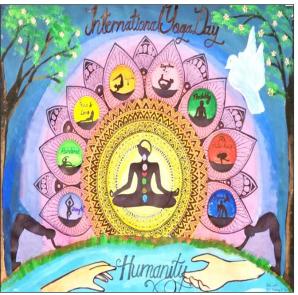


International Yoga Day Poster Competition Prize winning posters



















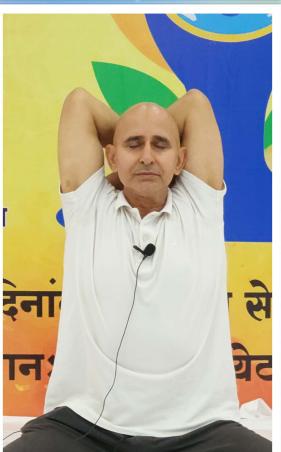




















































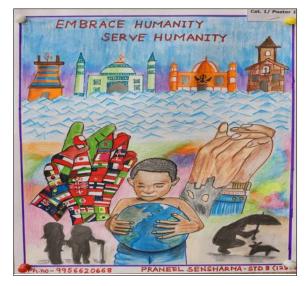




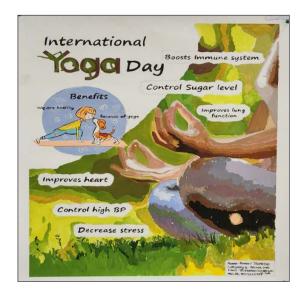


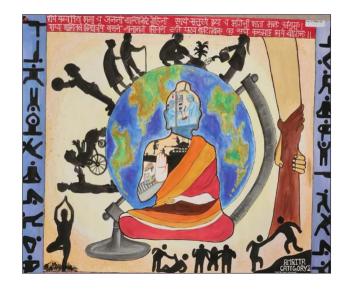


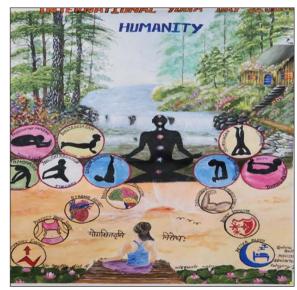
International Yoga Day Poster Competition Prize winning posters













"Beyond Boundaries: A Journey of Diversified Services"

A major challenge a diversified career may face is managing the various operations in an organisation, or in other cases in different organisations, one happens to serve. Each organisation may have unique regulations, market conditions, and competitive landscapes that require different strategies and approaches. It can be difficult to remain competitive and productive in multiple organisations while also ensuring consistency in quality and service across their operations. Additionally, diversification can increase operational complexity and financial risk. The key to success for a diversified career is effective management, strategic planning, and the ability to adapt quickly to changing conditions.

A diversified journey of a career may involve working in various fields throughout their professional journey. This approach enables them to gain significant knowledge, skills and experience in multiple areas, which can make them valuable assets in a variety of roles.

For example, a diversified career journey may include working in management, finance, marketing, healthcare, education, legal and technology, among other areas. They might start in one field, gain experience and then switch to another, or they may work in multiple fields concurrently throughout their career.

This approach can also help individuals develop a broad network, as they are exposed to professionals from different organisations and backgrounds.

Overall, a diversified career journey can lead to opportunities for growth, new connections, and valuable insights that can benefit both the individual and their organizations.

A diversified service career describes a career path that includes a variety of roles, organisations and experiences. This type of career often involves working in different sectors and organisations, taking on multiple roles throughout an individual's career, and gaining a broad range of skills and knowledge.

Diversified service careers often require individuals to be adaptable, open to learning new things, and willing to take on challenging tasks. The advantages of a diversified service career include a broader range of experiences, improved employability, and increased opportunities for growth and advancement.

When I look back, I find my career path has also been somewhat diversified & exciting throughout.

As I find myself today, having more than 35 years of diverse working experience ranging across premier Institutions and areas from Administration to Operation, Project Management to Vendor Management, HR Management to MIS, Legal to Security System Management, Housekeeping to Finance, Hospital Management to Management of a premier fashion education Institute. Never imagined in fact, when I started my career as a hard core hotel professional, would land up at a design institute with ultimate operational responsibility to run it. More interestingly, having worked with Uttar Pradesh Tourism then, and thereafter, working with a tertiary care premier super speciality hospital like Sanjay Gandhi Post Graduate Institute of Medical Sciences, wherein the given opportunity to work in prominent positions for more than 25 years. Adding to that, in between, served at World Bank's U.P. Health System Development Project too.

I affirmatively believe that acquired education & variety of experience do matter in deciding one's career path and surely we are suitably awarded & rewarded too. And if we are willing to face and accept professional challenges, numerous occasions do come up, in the form of a new set of learning. Having said that being Director, National Institute of Fashion Technology, I also served with additional charge as Director NIFT Srinagar, Kashmir, Chairman, Evaluation Committee for establishing a new NIFT Campus at Guwahati, Assam, holding as Nodal Officer, NIFT Guwahati Assam and set up extension centre of NIFT Raebareli at Varanasi for continuing education programs. During the span of the tenure period, able to introduce two new Under Graduate and one Post Graduate programs along with several specialised modules, programs and projects. Nevertheless, by the grace of God, the voyage shall continue as before, endeavouring to guide, mentor and develop people and institutions.

Not surprised yet, if another career path comes along with a turnaround set for future life. By gaining whatever experience so far, humbly prepared to embrace challenges!

Dr. Bharat Sah

Associate Superintendent (Hospital Administration), SGPGI, Joined as Director, NIFT, Raebareli in 2014







Masterclass on Liver Transplant by SGPGIMS Alumni

After my superannuation from SGPGIMS, I moved to the Mahatma Gandhi Medical College & Hospital (MGMCH), Jaipur in April 2021 where I launched Jaipur Surgical Tutorial (JST), a FREE online education portal where weekly teaching sessions are held for MCh students every Saturday. JST recently launched a new initiative - a monthly online Masterclass. The 1st Masterclass was held on the topic Living Donor Liver Transplant (LDLT); it included two 2-hour sessions on 22 and 23 June 2023. The Masterclass was inaugurated by Dr Sonal Asthana of Aster Bengaluru, President of the Liver Transplant Society of India (LTSI).

Chairpersons and speakers were former SGPGIMS faculty VA Saraswat (Jaipur) and Sadiq S Sikora (Bengaluru) and the alumni of the Department of Surgical Gastroenterology (SGE) who are into LT - Ajay Sharma (Jaipur), Amit Rastogi (Gurugram), Biju Pottakkat (Puducherry), Jayanth Reddy (Bengaluru), Palat Balachandran Menon (Hyderabad), Paari Vijayaragavan (Coimbatore), Peeyush Varshney (Jodhpur), Ravula Phani Krishna (Hyderabad), RV Raghvendra Rao (Hyderabad), Shaleen Agrawal (New Delhi), and TD Yadav (Chandigarh). Ajit Mishra (Raipur), Ashish Bansal (Lucknow) and Kanwal Jeet Singh (Jalandhar) were Lead Questioners.

Four other alumni, who are into LT, KR Prasad (USA), KV Ravindra (USA), Raghvendra Babu (Hyderabad) and SS Negi could not attend because of time difference or due to their prior commitments.

Like all JST activities, registration for the Masterclass was complimentary. The Masterclass received 476 Registrations from more than 20 countries (Algeria, Bangladesh, Bhutan, Cambodia, Egypt, Ghana, Greece, Hungary, Indonesia, Kenya, Mauritius, Mongolia, Myanmar, Nepal, Pakistan, Philippines, South Africa, Turkey, UAE, UK and USA) - including MCh/DNB-SS (60%) and MS/DNB (35%) students in SGE (53%), HPB Surgery (18%) and General Surgery (27%). The Masterclass had a maximum of 110 attendees on Day 1 and 76 attendees on Day 2. The proceedings were live-streamed on YouTube - Day 1 (22nd June) https://youtube.com/live/DbENqhCc950 (420 views) and Day 2 (23rd June) https://youtube.com/live/m_h-PzgK_no (140 views).

Technical support for JST is provided by another SGE SGPGIMS alumnus Avinash Tank (Ahmedabad).

Prof VK Kapoor Formerly (1989-2021) Surgical Gastroenterology SGPGIMS Currently HPB Surgery MGMCH Jaipur vkkapoor.india@gmail.com

"Transformational phase of Neonatology in Uttar Pradesh & my connect through SGPGIMS"

It brings me immense pleasure and pride to share my journey at SGPGIMS, Lucknow. I joined this esteemed institution in March 2017 and served as Professor and Head of the Department of Neonatology until August 2020. During my tenure, I could facilitate enhancement of the neonatal services and establish the first Post-doctoral fellowship (PDF) and DM courses in Neonatology, in the state of Uttar Pradesh. Along with my excellent team, we not only trained the budding neonatologists but mentored them, and thus succeeded in bringing out the best in each one of them.

Though managing through the COVID-19 pandemic was a challenging experience, but it gave us the opportunity to rise to the occasion as a cohesive team, with resultant development of many useful innovations. We could also publish many unique and meaningful articles both nationally and internationally. Our review article on management of COVID-19 in Neonates, published in Journal of Neonatology, became the most downloaded article of the journal. Due to vibrance of the team, we could conduct many CMEs and workshops, and the institute became the centre of excellence in the neonatal care. We were blessed & could sign a landmark collaboration named "CINCERE" with the neonatologists of Canada. This human association is still proving useful & has a potential of future exploration.

"Ek Pahal," a unique initiative of the department, aimed at improving the personal attributes and evolution of the doctors as good humans, was developed during the tenure. It has been a great success and is now being practiced beyond SGPGI in many centres and cities. I extend my gratitude to Dr Vijay Kumar Singh, Dr Apurva Kawadiya, and other friends for its creation.

The department also discharged its social responsibilities by conducting BLS training camps for children and teachers in schools. This was possible due to the cohesive functioning with a commitment ethos.

As the institute also gave me the opportunity to serve as the Faculty In-charge Research, I could have an overview of the research and innovation profile of SGPGIMS and contributed in my small humble way. Overall, it was a God sent opportunity for me to upgrade myself, work with the best in the business in the department and the institute, collaborate with the best in the world, and create my own extended family of loved



colleagues, fellows, residents, nurses, and office staff in the Department and the Institution.

I am grateful to the almighty for this golden odyssey of my life, singularly due to the humans around me. Prof Kirti M Naranje & Dr Anita Singh, Dr Aakash Pandita & Dr T Vasanthan, played exceptional role in the success journey. I wish all the best to the department, its present leadership, the team, and also to the great institute, of the fast-changing state of Uttar Pradesh, for good.

Jai Neonate, Jai SGPGI, Jai Hind.

Warm Regards,

Surg R Adm (Prof) Girish Gupta NM, VSM (Retd)

HOD, Neonatology

Himalayan Institute of Medical Sciences, Jollygrant, Dehradun

Uterine Cancer Awareness: Early Detection can save lives

















Second prize for "Poster Presentation" in CME on "Haemovigilance programe of India"

The Department of Hospital Administration, SGPGI established in 1999 is dedicated to providing exemplary evidence based professional healthcare & hospital administration system. The concepts are not limited to the Institute, but the endeavour is to propagate the specialty to develop more and more hospital administrators for effective & efficient functioning of the modern hospitals.

The Department emphasizes on creating a human resource in healthcare administration, which will be par excellence in their specialty riding on the trinity of teaching, training & research. The Department of Hospital Administration is actively involved in research. There are more than 43 Scientific Publications, 15 Paper and Poster Presentations, 11 Published Books /Book Chapters, 81 Presentations at various Conferences, 83 Research Projects, 15 Research Project Under Review, 06 Undergoing Research Projects. Since 2016, the studies/ research works under the Department of Hospital Administration are being recognised every year nationally & internationally.

The study done at our institute was conducted on Hemovigilance: A review on the Hemovigilance systems across the globe:

Adoption of the Hemovigilance system around the world aids in recognizing and reporting instances of under transfusion as a result of inventory, thereby assisting in the development of advanced sampling procedures, stock management systems, and implementation of effective policies to promote blood safety and availability. As a result, a gradual rollout may enable more intense use of the Hemovigilance system in countries with limited resources, including the formulation of recommendations and frequent audits. In India, the most significant positive outcome of the Hemovigilance programme has been the steady increase in the number of centres reporting to the



HvPI since the launch of the programme, showing the increasing confidence in the programme on the reporting of sensitive data.

Keynotes from the study are mentioned as vide infra:

History of Blood Transfusion and need for Haemovigilance

- Global scenario of Haemovigilance: International collaboration & Development of International Haemovigilance Network (IHN)
- Progress of Hemovigilance in Developed Countries
- Haemovigilance in Developing Countries
- National Haemovigilance Program of India

The Study from the Deptt. of Hospital Administration on "Hemovigilance: A review on the Hemovigilance systems across the globe" was presented at CME on "Haemovigilance programe of India" on 24th March, 2023 at Hind Institute of Medical Sciences, Sitapur. The study was awarded Second prize for 'Poster Presentation' in the amongst more than 10 poster entries.

The study was presented by Dr. Vinay Pathak, Resident, Deptt. of Hospital Administration at the CME organised by National Institute of Biologicals & Hind Institute of Medical Sciences, Sitapur", under the stewardship of Dr. R. Harsvardhan, HoD, Hospital Administration

From the editors' pen.....

World Health Day, celebrated on April 7th each year, is a global initiative that highlights the importance of health and well-being. This day serves as a reminder of the critical role health plays in our lives and communities. It promotes awareness about various health issues and encourages individuals and governments to take action to improve public health. In the wake of the COVID-19 pandemic, the significance of World Health Day has been magnified, emphasizing the need for global solidarity in tackling health crises. It's a day to celebrate healthcare professionals, promote healthy living, and advocate for accessible, equitable healthcare for all.

The theme for World Health Day 2024 was "Health For All"

"Health for all" is a global aspiration aimed at ensuring equitable access to healthcare and well-being for every individual, regardless of their socioeconomic status or geographic location. This goal encompasses affordable healthcare, disease prevention, and health education to promote a healthier, more inclusive world.

It is the duty of each one of us to work towards fulfilling this goal!

Dr. Prerna Kapoor



Awards & Achivemnets

Third prize for "Poster Presentation" in SGPGI Neurosurgery Update "Neurotrauma"

The study done at our institute was conducted on MLC documentation:

The study had utilised record based cross-sectional data carried out and collected from Apex Trauma Centre during November 2021 to June 2022. All the reported MLC in the medico-legal case record book for the said period were included. A total of 214 entries of the patients were taken under investigation of the study from the record book. The study attempted to analyse the nature & dominance type of the injury in the MLCs presented to Apex Trauma Centre as well as an audit of the documentation was done for the MLCs

Keynotes from the study are mentioned as vide infra:

- The study concluded that in all the injury recorded in the MLC record book, road traffic accidents accounted for 80% of the total cases, followed by injury due to fall (12%). In all these cases, the dominance type of injury included fractures (45%), followed by blunt injury (22%). Fracture injury is also found to be part of the combined injury such as fracture & sharp injury (10%) and blunt injury & fracture (5%).
- The assessment concludes that, majority of the injury includes fractures in MLCs and hence, proper handling mechanisms shall be needed to entertain such patients in the emergency wards.
- It was found that improper & incomplete documentation being done in the MLC record book which should be addressed as while treating MLC, vigilance and accurate documentation is of utmost importance to avoid serious legal repercussions for patients, physicians, and even healthcare facilities.
- Need based training programs for all the stakeholders should be tailored for continuous quality improvement as well as to effectuate perfection, especially in the MLCs.

Strengthening the research footprints, the Study from the Deptt. of Hospital Administration on "A study to evaluate the documentation of medicolegal cases at a trauma centre in a tertiary healthcare teaching institute" which was presented at SGPGI Neurosurgery Update "Neurotrauma" on17th December at SGPGIMS, Lucknow. The study was awarded Third prize for 'Poster Presentation' in the amongst more than 20 poster entries, organizers had received from various parts of

the world. The Conference addressed the evidence-based guidelines, futuristic technologies & advances and hands on sessions with experts on the subject and more than 200 delegates attended the conference.

The study was presented by Dr. Vinay Pathak & Dr. Akanksha Chowdhary, Resident, Deptt. of Hospital Administration at the SGPGI Neurosurgery Update "Neurotrauma", under the stewardship of Dr. R. Harsvardhan, Addl. M. S., ATC &HoD, Hospital Administration.

Editorial Team

The Newsletter is an in-house quarterly publication,

It is compiled with guidance and support from

Professor R. K. Dhiman, Director, SGPGIMS, Lucknow.

The Editorial committee for the SGPGI Newsletter comprises:

Dr. Prerna Kapoor (Chief Editor, General Hospital)

Dr. Ankur Bhatnagar (Plastic Surgery Department and Treasurer, Education Foundation)

Dr. Khaliqur Rahman (Haematology Department)

Dr. Moinak Sen Sarma (Paediatric Gastroenterology)

Dr. Santosh Kumar (Molecular Medicine)

Dr. Akanksha (Neonatology)

Mrs. Kusum Yadav (Public Relations Officer)

Mrs. Neema Pant (Nursing Officer)

Mr. Anil Kumar (MIU, Photography)

Mr. Amit Kumar (STBMI) designs the Newsletter.

Education Foundation helps with the printing.

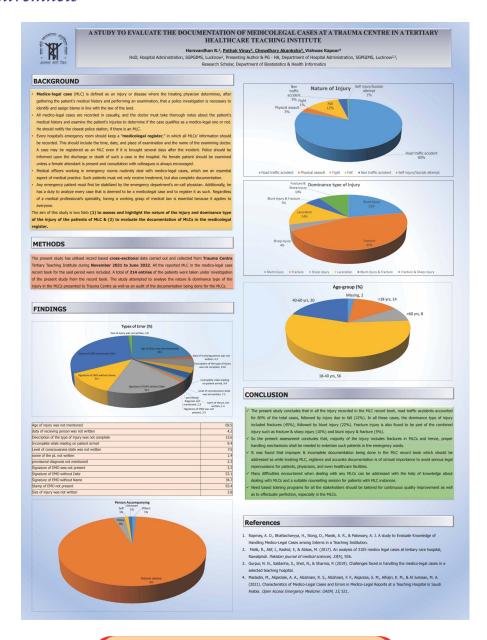
PRO office staff, Mr Deepak Chandra, Mr Rishi Misra provide secretarial assistance and Mr Sunil Kumar is the Office Attendant.







Awards & Achivemnets



College of medical technology & allied health sciences

The College of Medical Technology and Allied Health Sciences, successfully celebrated the first Annual Sports day on 1st April 2023. The students of all the courses participated with great enthusiasm and displayed exceptional talent, determination & sportsmanship in all the sporting events organised in the college. A variety of games were organised for the students which comprised of numerous indoor & outdoor activities including carom board, chess, kho-kho, badminton in a variety of formats, such as singles & doubles, as well as 100m, 200m race, relay race, slow cycle race and volleyball for boys. The cherry on the cake was the tug-of-war event, wherein teams of both boys and girls participated. Dressed up uniformly in blue T-shirts with the logo of CMT SGPGI, the participants and the onlookers thoroughly enjoyed the event. The students supported for their favourite teams with great zeal and excitement. The Nodal Officer, CMT, Dr. Ruchi Gupta, members of Core working Committee, Dr. Dinesh Chandra, Dr. Siddhartha Rai and Dr. Anup Kumar and the staff of CMT, Mr K.K. Gupta, Ms Amrita Shree, Mr Vinay, Mr. Alok and Ms. Shivani along with the Student Council of CMT were instrumental in organising the event. The staff also participated in these games and enjoyed the day.

The day ended with the award ceremony which was graced by Prof R.K. Dhiman, Director, SGPGI who felicitated the winners by awarding certificates and medals. Prof Dhiman encouraged the students and his speech highlighted the importance of sports in a



Beyond Academics ==

student's life. Additionally, he emphasized on the facilities which were being created and expanded in the College for the welfare of the students enrolled in different courses. It was proposed to increase such activities in the college thereafter. All the participants and winners enjoyed their photo shoots with the Director.

Dr. Ruchi Gupta, Professor, Haematology and Nodal Officer, CMT

Creche Activities Conducted in April to June 2023 and a Joining Note





I joined the creche as the new Incharge on 1st April 2023, excited to take on this new role and create a nurturing and joyful environment for the children. We organized a warm farewell to the previous Incharge, appreciating her dedication and hard work in caring for the children. It was a heartwarming event where the staff, children and their parents bid farewell with gratitude and best wishes. I sincerely thank all the parents for the warm welcome as well.

In May, we celebrated Mother's Day to honour and appreciate all the wonderful mothers and maternal figures in the children's lives. The children prepared heartfelt crafts and surprises for their moms, and we had a special event to show our gratitude for their love and care. We also organized a vibrant Yellow Day in May, where both children and staff dressed in cheerful yellow attire to spread joy and positivity.



During the Yellow Day celebration, we engaged the kids in various activities and games centered around the color yellow, creating a fun and lively atmosphere for the little ones.

We celebrated Father's Day in June, acknowledging the love and support of all the fathers and paternal figures in the children's lives. The kids created thoughtful cards to express their love and appreciation. On International Yoga Day, we introduced the children to the benefits of yoga and mindfulness. We engaged them in simple yoga poses suitable for their age group, promoting physical well-being and relaxation.

Throughout this period, we focused on providing a nurturing and creative environment for the children's overall development. We conducted various engaging activities that enhanced their cognitive, emotional, and social skills. As the Incharge, I ensured that each child received personalized attention and care, fostering a positive and joyful learning experience for all.

Dr. Anupam Guleria, Incharge, Hobby Centre Creche





The implication of mitochondria in aging: Lecture by Prof.Yidong Bai

The Department of Molecular Medicine and Biotechnology SGPGIMS on 23rd February 2023 hosted a captivating guest lecture on "The Implication of Mitochondria in Aging" by the esteemed Prof. Yidong Bai from the Department of Cell Systems and Anatomy at UT Health San Antonio, TX, United States. This enlightening event provided an opportunity for students, scientists, and research scholars to delve into the fascinating world of mitochondrial research and its profound impact on the aging process. During the lecture, Prof. Bai mesmerized the audience with his profound insights into the implications of mitochondria in aging. Prof. Bai shared the latest research findings and highlighted the intricate connection between mitochondria and cellular aging, as well as their contributions to age-related diseases. The audience was captivated as Prof. Bai eloquently discussed how mitochondria, often referred to as the "powerhouses of the cell," undergo changes throughout the aging process. He emphasized that these changes can lead to a decline in mitochondrial function, ultimately affecting cellular health and contributing to age-related ailments. The lecture sparked lively discussions among attendees, who were eager to learn more about the implications of mitochondria in aging and the potential avenues for future research. Prof. Bai's expertise and passion for the subject shone through as he answered questions and engaged with the audience, inspiring everyone present to delve deeper into this captivating field of study.

The Department of Molecular Medicine and Biotechnology expresses its sincere gratitude to Prof. Yidong Bai for sharing his expertise and delivering such an enlightening lecture. The event was a testament to the department's commitment to fostering knowledge exchange and scientific exploration, further solidifying its position as a hub for cutting-edge research in the field of molecular medicine





SGPGI in the News



NAGPUR: Dr Shubha Phadke is known a one of the pioneers of clinical genetics in India. India's journey of genetics for medical care, including research on the causes and inheritance of genetic disorders, is incomplete without her contribution in the last 30 years.

पीजीआई में बच्चे की कटी उंगलियां जोडीं



ये थे ऑपरेशन टीम में



नैक की तैयारी में जोड़ें नए विद्यार्थी : राज्यपाल

कार्यालय संवाददाता, लखनऊ

अमत विचार : राज्यपाल आनंदीबेन पटेल ने कहा कि संजय गांधी आयुर्विज्ञान संस्थान (एसजीपीजीआई) के चिकित्सकों के पास इलाज इतर अन्य कार्यों के लिए समय नहीं होता है। इसलिए उन्होंने शनिवार को राजभवन में

राजभवन में एसजीपीजीआई द्वारा नैक हेतु तैयार सेल्फ स्टडी रिपोर्ट की राज्यपाल आनंदीबेन पटेल ने की समीक्षा

गठित टीम में नए विद्यार्थियों को जोडकर उन्हें जिम्मेदारी दी जाए। नैक ग्रेडिंग की तैयारी के लिए एसजीपीजीआई द्वारा नैक हेतु तैयार

सेल्फ स्टडी रिपोर्ट की समीक्षा की। आनंदीबेन ने कहा कि संस्थागत विशेषताओं को रिपोर्ट में समग्रता से उल्लेखित करे और उपलब्धियों को सूचीबद्ध कर प्रस्तुतिकरण में जोड़ें। बैठक में एसीएस राज्यपाल कल्पना अवस्थी, पंकज जॉनी, निदेशक डॉ.आरके धीमन और संस्थान के अन्य अधिकारी उपस्थित थे।

गर्भाशय कैंसर पर हुआ जागरूकता कार्यक्रम का आयोजन

लखनक। एसजीवीजीआई के द्वारा तक्षय गढ़ कि जून माह को गण्डेकन कें सर कारकरात माह के रूप में मन्त्रमा जाता है। के की श्रीच परनाम के बारे में जानकरता बहुने के लिए, जनसर अस्पताल द्वारा डिट्येचरेची विभाग, एसजीवीजीकई कें



वमंत्री ने एसजीपीजीआई में चयनित १.४४२ स्टॉफ नर्सों को वितरित किए नियवित पत्र नर्स के भावनात्मक व्यवहार से कम हो जाता है मरीजों का दर्द





Farewell Ceremony of Professor G N Babu

Professor Golla Nagesh Babu, Professor in Neurology with expertise in the field of Neurobiochemistry retired on



31.03.2023. All faculty members, residents, research scholars and technical staff assembled to bid farewell to this treasured gem of our department. His presence in the department ignited the interest and made neurobiochemistry, a relatively unexplored area, prominent in the institute. Prof Babu was an inspiration

to all of us and mentor we have always looked upto. He guided us in the lab and encouraged us to strive and work as a team in achieving the departmental goals.

His punctuality and selfless services to our institute will be remembered for years to come. His ideals and work ethics changed many lives for the better. We thank him for his services and guiding us. He made us realise that agoal without a plan is justa mere dream. We are grateful for the knowledge and blessings he imparted in the field.

The farewell ceremony was compered by Dr Vinita E. Mani and felicitation was done by Professor Sanjeev Jha and Professor Jayantee Kalita. It was concluded with vote of thanks by Dr Rabindra Kumar on behalf of resident doctors.

Dr. Saurabh Nigam, Senior Resident, Department of Neurology

Retirements April – June 2023

- 1. Sri. Anwar Ahmed, Junior Administrative Officer, Endocrinology Dept
- 2. Smt. A Biji, DNS, Pediatric Gastro Medicine/CMS
- 3. Sri. Prashant Dwivedi, Assistant Administrative Officer, MS Office
- 4. Sri. Arvind Kumar Srivastava, Workshop Technician
- 5. Sri. Ashim Kumar Bhattacharya, Senior Technical Officer
- 6. Sri. Anand Kumar Tiwari, Senior Attendant
- 7. Sri. Ram Ratan, Senior Attendant
- 8. Sri. Nand Kishorchaurasia, Senior Technical Officer
- 9. Sri. Sudhir Srivastava, Supervising Medical Social Service Officer





























जनरल बोगी से याला का संस्मरण

हिमालय की यात्रा से पहले भी शायद धड़कन उतनी न बढे, जितनी जनरल बोगी में प्रवेश पाने के दहशत में बढ़ने लगा। मुझे ऐसा लग ही नहीं रहा था की मैं रेलगाड़ी की यात्रा पर हूँ या अंतरिक्ष की यात्रा पर। मैं प्लेटफार्म पर खड़ा रेलगाड़ी का इंतज़ार कर रहा रहा था, तरह तरह के ख़याल आ रहे थे। कभी लगता ट्रेन खाली होगी, अगले मिनट लगता खाली क्यों होगी। मैं अंदर जा पाउँगा, नहीं जा पाउँगा, खड़े रहना होगा या बैठने मिलेगा। बहस भी करनी पड़ेगी क्या? क्या यह बोलने से सीट मिलेगी कि मैं फलाना काम करता हूँ। ख़याल पे ख़याल, मैं कह नहीं सकता।

रेलगाडी जैसे जैसे नजदीक आने लगी, ऐसा लगता था जैसे वेंकटेश प्रसाद के बल्ले पे वसीम अकरम की आउटस्विंगर या मुरलीधरन की गुगली आ रही हो। मुझे झिझक होने लगी, मैं बगले झाँकने लगा कि कोई कहीं पहचानने वाला देख तो नहीं रहा है। तभी जनरल बोगी ने मुझे बताया कि साहेब हमसे नजरे न चुराइए, हम वही जनरल बोगी हैं, जिसकी सवारी करने का ख़्वाब आप ८ साल की उम्र में देखते थे, मैं वही जनरल बोगी हूँ, जो रेलगाड़ी की शान हुआ करती थी, हम वही जनरल बोगी हैं जो पहले ट्रेन में सबसे ज्यादा होती थी। मैं वही हूँ जो आज भी १५० किलोमीटर की यात्रा ५० रूपए में कराता हूँ। मैं वही हूँ जहाँ आज भी स्मार्टफोन बहुत कम प्रयोग होता है। मैं वही हूँ जिसमे लोग सीढ़ियों पर बैठे रहते हैं। मेरा गुरुर तो देखो मेरे प्लेटफार्म पे पहुँचने के पहले से ही लोग लाइन लगा देते हैं। मेरा अनुशासन तो देखो, कोई भी गन्दगी मेरे डब्बे में नहीं फेंकता सब मेरे खिडकी से बाहर ही फेंकते हैं। मेरी सफाई नहीं होती है, फिर भी मैं साफ़ हूँ। भ्रष्टाचार के निशान नहीं है मेरे यहाँ। न कोई पैसे देता है न लेता है। बिलकुल प्रकृति का नियम चलता है. आस्तित्व के लिए संघर्ष है और सबसे फिट है उसी के पास सीट है। कोई लेन देन नहीं। मैं और कैसे बताऊँ की मेरे डब्बे में कोई भ्रष्टाचार करने वाला चढ़ता भी नहीं है। मेहनत से कमाने वाले ही होते हैं. ये सुनकर अब मुझे भी जोश और होश आने लगा। मैंने अपने आप को संभाला, धड़कन को नियंत्रित किया और इरादे बुलंद। अब सवारी तो जनरल डब्बे की ही होगी आज।

जैसे जैसे ट्रेन नजदीक आती जाती है, मैं लखनवी तहजीब किनारे करते जा रहा हूँ। "पहले मैं, पहले मैं" के सिद्धांत को अपनाता हूँ। अपने पेट को अंदर खींच थोड़ा शरीर पतला करते हुए फेफड़ों में ऑक्सीजन भर दरवाजे की तरफ लपकता हूँ, अगल बगल वालों को झटकता हूँ, मैं अंदर प्रवेश कर जाता हूँ। जहाँ चींटी के चलने की जगह नहीं थी, मैं वहां धीरे धीरे सरकता हूँ। बैठने की जगह तो नहीं पूछो, लोग तो सामन रखने वाले रैक पर भी आसन लगा चुके हैं। मुझे पहली बार पता चल रहा था की सांस लेने वाली हवा इतनी खुशबूदार होती है। कौन सी सुगंध नहीं थी, पसीने वाली, झेल मुढ़ी वाली, समोसे वाली या वो वाली। सब कुछ कितना ज्यादा था बस ताज़ी हवा ही सांस लेने को नहीं थी। सब कुछ कितना मजेदार था, जहाँ देखो वही लोग ही लोग। कभी ख़ुशी होती थी कि कितना तेज चल रहा हूँ मैं। एक ही स्पीड में, ज्यादा ब्रेक नहीं, ज्यादा गड्ढे नहीं , बिलकुल सहज याता का लुफ्त ले रहा हूँ। दुःख इस बात का था कि कोई अपनी केहुनी से पीठ रगड देता था, कोई अपनी टाँग से मेरे टांग को टांग देता था। कोई ठीक मेरे नाक पे खांसी कर देता था और ऐसा करने के बाद पीले दांत दिखा देता था।

सिर्फ एक ही कानून था। जिसकी लाठी, उसकी भैंस। मतलब जो यात्री समूह संख्या में ज्यादा हैं, उनका राज था। वो ठहाके लगते थे, हंसी मजाक करते थे। कुछ कुछ खा भी रहे थे, चौड़े होकर बैठते थे या खड़े हैं, तो बिलकुल फ़ैलकर। मैं अकेला क्या करता, ऊपर से पैर पतले और पेट मोटा। मतलब कम जगह पर कब्ज़ा और सामान ज्यादा। पेट फुलाते और पिचकाते याता आगे बढ़ रही थी। किसको बोलूं कि अब खड़ा नहीं हुआ जा रहा, वहां तो ७० साल की अम्मा भी खड़ी ही है। कोई मुझे बैठने देगा नहीं, ऐसा लगा पर हमने भी धक्का मुक्की करते एक सीट के पांच प्रतिशत हिस्से पर अपनी टेक जमाई। और धीरे धीरे करते करते, कम से कम आधा सिंहासन सीट पे रखने में सफलता पायी। और पूरा सिंहासन रखने की जगह मिलने से पहले याता ख़त्म हो गयी। मैं अपने गंतव्य पर ३ घंटे बाद पहुँच चुका था।

कुछ रोचक बातें सामने आयीं। जहाँ AC डब्बों में सबके पास स्मार्टफोन होता है वैसा माहौल यहाँ नहीं था। मैं किसी जगह पर पहली बार ये देख रहा था कि लोग स्मार्टफोन में नहीं बल्कि पसीनो, सोच और असमंजस में डूबे हैं। १२०० रूपए वाले फ़ोन से सब बातें कर रहे हैं। पर वर्षों पहले की तरह यहाँ सहयाती आपस में ज्यादा बातचीत नहीं कर रहे हैं। वो सामने वाले के बोलने का इंतज़ार कर रहे हैं। सबसे घोर आश्चर्य, राजनीति के नर्सरी बिहार में कोई राजनीति की बात भी नहीं कर रहा था। एक समय तो लगा कि लोगों का सही में सैद्धांतिक विचारों का विकास हो रहा है। कोई किसी को मदद करने की सोच भी नहीं रहा। सबसे अपने हिस्से के सीट से चिपके पड़े थे। ज्ञान भी दे रहे थे कभी कभी, कि किस ट्रेन में जनरल बोगी खाली रहती है। मैंने ट्रेन की बढ़ती स्पीड के साथ मानवता को पीछे छूटते देखा। मैंने थोड़ी बात करने की कोशिश की। पर क्या करता, बस भीड़ कहाँ जाकर कम होगी और मेरा सहयाती हमेशा यही कहता अगले स्टेशन पर। मैं झल्लाया, फिर उसने बताया कि जब यही पूछना था तो जनरल बोगी में चढ़े ही क्यों।

कॉलेज के दिनों की यादें ताजा हो गयी। कुछ अच्छी कुछ उदासीन बातें सामने आयीं। महिलाओं और बुजुर्गों का खड़ा रहना और नौजवान लोगों का सीट पर चौड़े होकर बैठना, थोड़ा उदासीन कर गया। लोगों का बिना टिकट चलना भी थोड़ा उदासजनक था। कई स्टेशनो पर लोगों का इस बोगी में सवार होने के पहले ही ट्रेन का खुल जाना भी थोड़ा दुखी किया। ऐसी बात नहीं कि ट्रैन रुकी नहीं रही, रुकी रही पर चंकि अंदर जगह नहीं थी तो लोग दरवाजे पे असफल रगड़ झगड़ करके वापस आ जाते थे। फिर भी अच्छी बात ये लगी की मैंने सिर्फ ३५ रूपए के टिकट खर्च पर १३५ किलोमीटर की लम्बी यात्रा को पूरा किया। और वो भी सिर्फ ३ घंटे में। इतनी सस्ती, तीव्र और सुरक्षित यात्रा का मजा कहीं और कहाँ। साथ में ये भी अहसास हुआ कि आपका पैसा, आपका ओहदा ऐसी जगहों पर कोई मायने नहीं रखता। आशावादी मन ये कह रहा था कि रेलगाड़ी के जनरल डब्बों को सजाकर , बढाकर , सुधारकर उसे जन मानस के ससम्मान प्रयोग के लिए बनाया जा सकता है। जहाँ पर मुलभुत सुविधाएँ हों, भीड़ हो, मगर सँभालने भर की। काश ऐसा होता कि जनरल बोगी ऐसी होती कि मैं अपनी इच्छा से मजे लेते हुए दुबारा या यूँ कहें कि बार बार जनरल बोगी से यात्रा करता। कोई यकीं करे न करे मुझे थोड़ा अपनापन जरूर लगा।

डॉ ओ पी संजीव, सह प्राध्यापक आकस्मिक चिकित्सा विभाग



जीवनशैली से सम्बन्धित बीमारियों के बचाव व उपचार

संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान के डायटेटिक्स विभाग द्वारा 3 मई को जनजागरूकता अभियान के अंतर्गत डा० एल. के भारती के मार्गदर्शन में ओ पी डी रोगी प्रतीक्षालय मे "जीवन शैली से सम्बन्धित बीमारियों के बचाव व उपचार" विषय पर एक कार्यशाला का आयोजन किया गया। इसके अंतर्गत स्क्रीन-टाइम के नुकसान तथा स्क्रीन-टाइम को कम कैसे करें, डायबटीज, मेटाबॉलिक सिंड्रोम, फैटी लीवर, हाई कोलेस्ट्राल, डिसलिपिडिमिया, मोटापा इत्यादि बीमारियों के बचाव हेतु सही आहार, व्यायाम व जीवन शैली में बदलाव के बारे में बताया गया।

कार्यशाला में संस्थान के मुख्य चिकित्सा अधीक्षक प्रो. संजय धिराज, और सीनियर फिजीशियन, डा॰ प्रेरणा कपूर भी उपस्थित थे। इस अवसर पर बोलते हुए प्रोफेसर धिराज ने कहा कि हमें स्वस्थ और सक्रिय जीवन शैली को अपनाना चाहिए। उन्होंने जनसामान्य के लिए जीवन शैली व संतुलित आहार पर इस तरह की कार्यशाला व सेमिनार को समय-समय पर आयोजित किये जाने की आवश्यकता पर बल दिया। डा. प्रेरणा कपूर ने जीवनशैली में बदलाव करने हेतु निरंतर प्रयास करने के लिये जनसामान्य को जागरूक किया।

इस कार्यशाला में प्रो. एल के भारती ने स्क्रीन टाइम के नुकसान व बचाव पर व्याख्यान दिया। उन्होंने बताया कि 2 साल से कम उम्र के बच्चों को मोबाइल बिल्कुल नहीं इस्तेमाल करने देना चाहिए, इससे उनके मानसिक विकास पर प्रतिकूल प्रभाव पड़ता है. उन्होंने बताया कि इंडियन अकैडमी ऑफ पीडिआट्रिक्स के अनुसार 2 साल के उम्र के ऊपर अधिकतम 2 घंटे से ज्यादा स्क्रीन-टाइम नहीं होना चाहिए, जिसमें मोबाइल, लैपटॉप, कंप्यूटर गेम्स खेलना सभी सम्मिलित है। स्क्रीन टाइम को कम करने के लिए घर के बड़े सदस्यों को स्वयं उदाहरण प्रस्तुत करना होगा।

श्री संदीप श्रीवास्तव द्वारा जीवनशैली व सेडेन्टी कार्यशैली से होने वाली बीमारियों के परिप्रेक्ष्य में व्यायाम और योग के महत्व को बताया गया। कार्यशाला में संतुलित आहार पर सुरिभ चन्द्रा, महिलाओं मे खून की कमी पर अर्चना द्विवेदी, मेटाबोलिक सेन्ड्रोम पर ममता शर्मा, आहार में फाइबर व



पानी के महत्व पर प्रीती यादव व आमशा खातून व दीपा मिश्रा ने मिलेट मिशन के विषय में बताया, जिसमें मोटे अनाज को अपने आहार में शामिल करने के महत्व के बारे मे बताया गया। सर्वविदित है कि प्रधानमंत्री जी ने इस वर्ष को ईयर ऑफ Millett घोषित किया है। इस अवसर पर सीनियर डायटीशिन अर्चना सिन्हा, मोनिका, डॉ. शिल्पी पाण्डेय, डा० निरुपमा सिंह व रीता आनंद भी उपस्थित थे।

इस अवसर पर बीमारियों से बचने के लिए जीवन शैली में आवश्यक बदलाव और संतुलित आहार के विषय पर डायटेटिक्स इन्टेंन द्वारा बनाये गये पोस्टर भी प्रदर्शित किये गये।

कार्यशाला में 200 से ज्यादा लोगों ने भाग लिया। कार्यशाला में विशेषज्ञ के तौर पर प्रो. सुशील गुप्ता (इण्डोक्राइनोलॉजी) व प्रो० प्रीति दबड़गाव (इण्ड्रोकीनोलोजी) भी उपस्थित रहे, जिन्होंने डायबिटीज एवम उससे होने वाली बीमारियों व बचाव के बारे में व्याख्यान दिया।

डायटेटिक्स कार्यशाला में इंटर्न शिवांगी, रिचा, स्वेच्छा, रुखसार रुचि, शिखा, प्रीति मांगलिक, शाजिया, ज्योति, आयुशी व प्रतिभा यादव ने सक्रिय रूप से भाग लिया।





श्रीमति रीता आनंद वरिष्ठ आहारविद्, डाइटेटिक्स विभाग















