



# Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow, Uttar Pradesh

## *Newsletter*

An Inhouse publication  
Issue-1, January-March 2023



*"Being green and clean is not just an aspiration but an action."*



“भारत के गणतंत्र का, सारे जग में मान है, दशकों से खिल रही, उसकी अदभुत शान है”

संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान में देश का 74वां गणतंत्र दिवस पूरे उत्साह और उमंग के साथ मनाया गया। संस्थान के निदेशक प्रोफ़ेसर आर के धीमन द्वारा परंपरागत रूप से ध्वजारोहण किया गया। राष्ट्रगान के

पश्चात उपस्थित संकाय सदस्यों और कर्मचारियों को संबोधित करते हुए उन्होंने पिछले एक वर्ष की उपलब्धियों का लेखा जोखा पेश किया। उन्होंने कहा कि संस्थान में लगभग 20 वर्ष बाद संवर्ग पुनर्गठन हुआ है, जिसके अंतर्गत 2969 पदों पर शीघ्र ही भर्तियां की जाएंगी। ट्रामा सेंटर में अनेक पदों के वेतन में विसंगतियां थीं, जिन्हें भी दूर किया गया है और पदनाम भी बदले गए हैं। फैकल्टी और नर्सिंग पदों की भर्तियों का काम भी चल रहा है। इमर्जेंसी मेडिसिन और गुर्दा प्रत्यारोपण केंद्र के विषय में उन्होंने कहा कि इमर्जेंसी बेडों में बढ़ोतरी से आकस्मिक सेवाओं में निसंदेह सुधार होगा। अभी यह 70% से 80% कार्य कर रहा है। नियुक्तियों के होते ही यह पूर्णतः कार्य करने लगेगा।

उन्होंने गुर्दा प्रत्यारोपण को भी 3 प्रति सप्ताह से बढ़ाकर 8 से 10 प्रति सप्ताह करने की बात की। एडवांस पीडियाट्रिक सेंटर का भी उल्लेख करते हुए उन्होंने कहा कि इस एडवांस पीडियाट्रिक सेंटर में 23 विभाग होंगे जहां बच्चों के लिए एक समानांतर अस्पताल होगा, जिसमें

उनसे संबंधित सभी बीमारियों के लिए एक ही केंद्र होगा। एडवांस डायबिटिक सेंटर के विषय में भी जानकारी देते हुए उन्होंने कहा कि मधुमेह से संबंधित हर विकार के लिए एक ही छत के नीचे उपचार की सभी सुविधाएं होंगी।

उन्होंने हब और स्पोक मॉडल पर आधारित टेली आईसीयू की भी चर्चा की जो पीजीआई और उत्तर प्रदेश के 6 मेडिकल कॉलेजों के बीच में 200 बेड के टेली आईसीयू के रूप में स्थापित होगा।

निदेशक महोदय ने सूचित किया कि Head and Neck Surgery व Infectious Diseases विभागों की सृजन की प्रक्रिया भी जारी है। उन्होंने रोबोटिक सर्जरी कार्यक्रम की भारी प्रशंसा की और अंगदान कार्यक्रम को गति देने पर बल दिया। इस कार्यक्रम में बड़ी संख्या में लोगों ने भाग लिया। स्टाफ द्वारा देशभक्ति के गीत प्रस्तुत किए गए। इस अवसर पर संस्थान परिवार के 22 कर्मठ सदस्यों को उनके उत्कृष्ट व उत्तम कार्य निष्पादन के लिए निदेशक द्वारा सम्मानित

किया गया। इस अवसर पर संस्थान के तत्कालीन मुख्य चिकित्सा अधीक्षक प्रोफ़ेसर गौरव अग्रवाल, संयुक्त निदेशक, प्रशासन, प्रोफ़ेसर रजनीश कुमार सिंह, चिकित्सा अधीक्षक प्रोफ़ेसर वी के पालीवाल, कार्यकारी कुलानुशासक कर्नल वरूण बाजपेयी, संकाय अध्यक्ष प्रो एस पी अंबेष व अन्य संकाय सदस्य भी उपस्थित थे।





## Haemophilia Update 2023



## SGPGI in Pictures





## We can end Cervical Cancer

January is Cervical Cancer awareness month. We took the opportunity to accelerate the awareness and screening for Cervical Cancer in our society. This will help in achieving the goal of cervical cancer elimination by 2030. Under the aegis of SGPGI BCCAEDP and UP – AGOI, Poster competition for age group of 14 to 25 years and a session for general public were organised at Library complex, SGPGIMS on 21-01-2023. There was overwhelming response, around 100 participants, most of whom were younger adults. Students from Central school, Nursing

college, College of Medical Technology and National PG college participated. Motivation for HPV vaccination, cervical cancer screening and facts about cervical cancer were discussed. There was a team of expert doctors present to dispel myths and provide information : Dr Gaurav Agarwal, Dr Anju Rani, Dr Amrit Gupta, Dr Neeraj Rastogi, Dr Vineeta Agarwal, Dr Shalini Singh, Dr Shagun Mishra and Dr Vishwak.

**Dr. Anju Rani,**  
**Senior Gynaecologist, General Hospital, SGPGI**



**The take home message was  
"Cervical cancer can be prevented,  
treated and cured"**

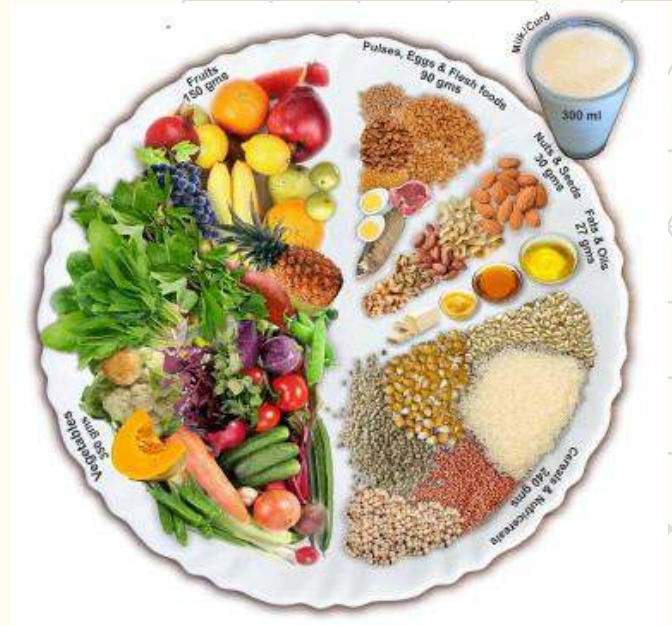




## Understanding 'My Plate for the Day' concept by (NIN), ICMR

It is well known that “We are what we eat”. Everyone should eat a balanced, healthy and a diversified diet to maintain and achieve optimal health. 'My Plate for the Day' is a model plate and an easy to understand visual guide conceptualized by the premier nutrition research institute National Institute of Nutrition (NIN), ICMR. We all should understand the concept of healthy plate and try to follow the consumption of foods in proportions as per the model plate in our daily diet.

We need to ensure that 1/2 of the plate should be filled with non-starchy vegetables, green leafy vegetables, salads and fruits. The fruits and vegetables must be fresh, seasonal, local and as colourful as possible. These are rich sources of vitamins, minerals, dietary fibers and other important phytochemicals and antioxidants. Around 400–500 g/day fruits and vegetables is recommended. Whole fruits with edible skin should be preferred over fruit juices. 1/4<sup>th</sup> of our plate should consist of Proteins: we must include foods rich in protein like dal, pulses, legumes, dry and fresh beans, sprouts, nuts and oil seeds, soyabean, low fat milk and milk products (paneer/curd /yogurt), tofu, eggs, lean meat (chicken, fish) etc in our daily diet. Protein must be included in every meal as Indian diet is deficit in protein. 1/4<sup>th</sup> of our plate should comprise of Starch, whole grain cereals and millets : Include whole grain cereals (whole wheat flour, dalia, unpolished parboiled rice, brown rice.) and millets (ragi, jawar, bajra, makka, jai, jaun, kodo millet, kuttu and other local and seasonal regional millets), We must keep in mind that processed, refined and ultra-refined cereals should be limited



**Fig : Adopted from My plate for the day by NIN ICMR, Hyderabad**

or avoided. At least 1 serving of low fat curd or milk at least 1 serving of low GI fruits should be included. Body should be kept hydrated with adequate intake of clean and safe water. We must avoid fruit juices and carbonated beverages.

Eating regular meals in proportions as per healthy plate is really important. It helps us to make appropriate dietary choices with judicious combinations of various food items from various food groups and helps to develop healthier eating habits and achieving all the macro and micronutrients in appropriate proportion and amount.

**Ms. Archana Sinha, Dietitics Department**

“*Let food be thy medicine and  
medicine be thy food*  
~Hippocrates



## Impact of COVID-19 on blood transfusion services and mitigation strategies: SGPGIMS Experience

The Corona virus disease-19 (COVID-19) pandemic has imposed never before seen challenges to healthcare delivery. Although transmission through blood transfusion is not yet proved, it has the potential to affect blood supply and compromise the blood safety. The COVID pandemic and subsequent lockdown has had a significant impact on functioning of blood transfusion services throughout the world. Maintaining an adequate and safe blood supply is one of the primary aims of blood centres. The Indian Government declared nationwide lockdown from March 25, 2020, to May 31, 2020 as a preventive measure against the COVID-19 pandemic. Blood transfusion services faced many challenges during this period including the risk of transmission through transfusion, imbalance between blood supply and demand, and deteriorating donor quality on the front of blood safety. Here, we want to share our experience as a hospital-based blood center about the impact of COVID-19 pandemic on transfusion services.

In view of COVID-19 outbreak, a policy document, suitable to local needs, was formulated and adopted in accordance with national guidelines. This policy document was aimed at preventing transmission at blood collection site, theoretical risk of transmission through transfusion, and shortages of blood supply.

#### Safety measures adopted in blood donation area

- Primary screening area including a history of exposure was introduced at the hospital main gate in all prospective donors coming for donation
- Strict donor-only policy was implemented to reduce the crowding inside the blood donor area
- Donors were checked for body temperature by a handheld infrared thermal scanner
- Reorganization of waiting area and donor couches to maintain social distancing protocol


- Use of physical barriers in the form of transparent plastic sheets between the staff and donor

At SGPGIMS, annual whole blood (WB) and single donor platelet (SDP) collections are approximately 29,000 and 1500, respectively. Though, the demand for blood & components decreased during lockdown, red cell units were still required for transfusion dependent patients such as thalassemia, cancers, dialysis and hemophilia.

Although there was no advisory released by the Government of India to put a hold on the conduct of the voluntary blood donation camps, it was not possible to organize outdoor camps due to various logistical challenges posed by complete lockdown. To support long-term transfusion-dependent patients such as thalassemics and emergency cases during lockdown, we started focusing on strategies to promote in-house VBD. The overall mean collection of whole blood per day and SDP was reduced by 70% and 50%, respectively compared to pre-lockdown phase. In anticipation of possible shortage, various measures were adopted to improve in-house voluntary blood donation as follows.

#### Measures to recruit blood donors

Blood donor movement passes were issued (e-pass/WhatsApp) mentioning the date of donation to allow them to travel to the blood transfusion centre for donation (donation by appointment)

	<b>Department of Transfusion Medicine</b> <b>SGPGIMS, Lucknow</b>
	<b>ELECTRONIC PASS</b>
<b>Donor Name</b> _____	
<b>Date &amp; Donation</b> _____	



- Intensification of personal communication with individual voluntary blood donors and camp organizers to motivate them for donation
- Intensification of IEC activities on various platforms of mass media (print/electronic media including social media)
- Transport facility was provided to a small group of voluntary donors, who were not able to organize the camp.

By adopting such proactive approach, we were able to increase in-house voluntary blood donation activity significantly (7–8 times) during lockdown as compared with pre-lockdown phase. Out of total collection, approximately 25% units were collected on an appointment basis as an effort to maintain social distancing.

#### **Increase in donor deferral:**

Though, we could recruit blood donors through proactive approach, there was significant increase in blood donor deferral rate (9.9% in pre-lockdown to 17.9% in lockdown) during lockdown period. Increased donor deferral was attributed to three main causes: donor's thermal scanning, increase in donors with high-risk behaviour (HRB) or suspicious behaviour and donors with suspicion of COVID-19. Similar observations were noted in the USA after 9/11 wherein influx of first-time donors with a high rate of transfusion-transmitted infections was reported.

Ironically the number of donors who were willing to donate voluntarily increased in lockdown compared with pre-lockdown phase, though overall collection fell sharply. In spite of their altruistic motives, these donors were ill informed about the importance of disclosing health-related information before donation. Therefore, they sometimes even hid or provided unreliable or contradictory information about their health. We categorised these donors as donors with suspicious behaviour and deferred. This observation suggests that donor safety profile might change significantly during lockdown-like situations. So, transfusion services should be more vigilant to screen out these donors.

#### **Supply & demand of blood:**

On implementation of lockdown, mean issue of PRBC /day followed a decreasing trend mainly due to cancellation of elective surgeries, restricted movement of patients and creation of COVID-reserve beds. In fact, mean issue of blood declined more compared to mean collection. This resulted in increase in issuable stock index (ISI) which represents available stock of PRBC enough for particular number of days (i.e. Days cover) for PRBC. During first half of lockdown, issuable stock index increased from 6.2 to 17.4. Due to increased ISI, expiry of blood was also increased despite strict adherence to the first-in first-out policy, increased by 4–5 times in first half of lockdown compared with pre-lockdown. On realization that demands are less and wastage increasing, we stopped insisting on replacement donation. At the same time due to relaxation in lockdown rules and hospital started admitting patients again, demand for blood increased. As a result, PRBC-ISI reverted back to pre-lockdown level at the end of second half of lockdown. Similarly, wastage of PRBC also came down. This showed, that there is no need to panic in view of possible blood shortages in lockdown like situation as demand of blood also fell in equal proportion with decreasing collection.





### Convalescent Plasma:

Convalescent plasma has been used worldwide to treat patients hospitalized with COVID-19 and prevent disease progression. The U.S. FDA had given emergency authorization for convalescent plasma therapy with high antibody levels to treat COVID-19. We also collected convalescent plasma from the patients who had recovered from the infection and was used for some hospitalized patients who were either early in their illness or who had weakened immune system.

In conclusion, the impact of emerging viruses can have multifaceted and unpredicted consequences on blood supplies and blood safety. Our experience highlights the importance of disaster management planning at the blood

centre to ensure adequate and safe blood supply during pandemics. To maintain adequate blood inventory, better coordination with all stakeholders including individual voluntary donors, blood donor organizations, government agencies and clinical colleagues seems crucial. In our case, we were able to manage sufficient inventory in every phase of lockdown by efficient bloodstock management with effective stock rotation that optimize utilization and minimize the discard rate. sufficient inventory in every phase of lockdown by efficient bloodstock management with effective stock rotation that optimize utilization and minimize the discard rate.

**Dr. Rajendra Chaudhary,**  
**Professor and Head, Transfusion Medicine**

### Dr. Somya Srivastava



Started my journey with scalpels and sutures

Didn't know that genes would be my future

After obstetric and gynecology residency

I looked for things beyond pregnancy

Don't remember why I decided to appear for NEET SS

But after joining SGPGI I truly have no regrets

3 years of academics, patients and sequencing

A lifetime of knowledge, empathy and reasoning

3 years of night duties , OPD and wards

A lifetime of friendship, camaraderie and mutual  
regards

As I look back at the roads of the campus

I find lessons, happiness and memories on my canvas

***These are original musings of the author,  
Alumnus of Genetics Department, SGPGI,  
now Assistant Professor in the same department***



सही खाएं, स्वस्थ रहें

किसी भी कार्य को सुचारु रूप से करने के लिए ऊर्जा की आवश्यकता होती है। इसके लिए संतुलित रुचिकर और पौष्टिक भोजन लेने की आवश्यकता होती है। भारतीय परम्परा में यह तथ्य प्रचलित है कि 'स्वस्थ शरीर में, स्वस्थ मन बसता है'।\*

शरीर को स्वस्थ रखने के लिए पौष्टिक भोजन, पर्याप्त नींद, मानसिक स्वास्थ्य / शांति आदि गतिविधियां शरीर को स्वस्थ रखने में मदद करती हैं। भोजन के वे सभी तत्व जो शरीर के अंगों को कार्य करने में मदद करते हैं, उन्हें पोषण तत्व कहते हैं। कार्बोहाइड्रेट, प्रोटीन, वसा, आहारীয় रेशे, विटामिन, लवण और पानी प्रमुख पोषण तत्व हैं। यदि ये पोषक तत्व हमारे भोजन में उचित मात्रा में मौजूद न हों, तो शरीर अस्वस्थ हो जाएगा।



**\*संतुलित आहार - \***

1. संतुलित आहार वह आहार है जिसमें सभी पोषक तत्व जैसे - कार्बोहाइड्रेट, प्रोटीन वसा, आहारिय रेशे, विटामिन, खनिज-लवण और जल उचित मात्रा में और उचित अनुपात में मौजूद हो। कार्बोहाइड्रेट के प्रमुख स्रोत अनाज, गेहूं, जौ, बाजरा, इत्यादि और प्रोटीन के प्रमुख स्रोत सभी प्रकार की दालें, सोयाबीन, अंडा, मांस, मछली और दूध और दूध से बने सभी खाद्य पदार्थ हैं। संतुलित आहार शरीर को बीमारियों से बचाता है और इम्युनिटी को मजबूत बनाता है।

संतुलित आहार को चार बुनियादी समूह से प्राप्त किया जा सकता है। एक संतुलित आहार वह है जिसमें सभी पोषक तत्वों को आवश्यक मात्रा और उचित अनुपात में प्रदान किया जाता है। इसे चार बुनियादी खाद्य समूहों के मिश्रण के माध्यम से आसानी से प्राप्त किया जा सकता है। पोषक तत्वों

की आवश्यकताओं को पूरा करने के लिए आवश्यक खाद्य पदार्थों की मात्रा उम्र, लिंग, शारीरिक स्थिति और शारीरिक गतिविधि के साथ बदलती रहती है। एक संतुलित आहार में कार्बोहाइड्रेट से कुल कैलोरी का लगभग (50-60%) ज्यादातर जटिल कार्बोहाइड्रेट से, प्रोटीन से लगभग 10-15% और दृश्य और अदृश्य वसा दोनों से 20-30% प्रदान करना चाहिए। एक संतुलित आहार व्यक्ति के उम्र, लिंग, शारीरिक गतिविधियां और शारीरिक अवस्था गर्भावस्था, स्तनपान कराने वाली महिला के अनुसार ऊर्जा प्रोटीन, वसा आदि की गणना की जाती है।

2. संतुलित आहार के लिए जरूरी है कि खाने में सभी खाद्य समूहों जैसे अनाज, दालें, हरी सब्जियां, फल, डेयरी प्रोडक्ट, अंडा, मांस, मछली, वसा, मौसम में उपलब्ध फल और सब्जियों का सेवन उचित मात्रा में किया जाए।

3. संतुलित भोजन के लिए सबसे जरूरी है खाने के साथ उचित मात्रा में पानी भी पीना चाहिए इसलिए खुद को हाइड्रेट रखने के लिए हर रोज कम से कम आठ से दस गिलास पानी पीना जरूरी है।

4. संतुलित आहार से शरीर को रेशा और एंटीऑक्सीडेंट जैसे विटामिन सी, विटामिन ई, बीटा-कैरोटीन, राइबोफ्लेविन और सिलेनियम जैसे तत्वों की प्राप्ति होती है। इसमें फाइटोकेमिकल्स जैसे फ्लोवेन्स और पॉलिफिनॉल्स भी मौजूद होते हैं। एंटीऑक्सीडेंट्स और पॉलिफिनॉल्स शरीर को अनेक प्रकार की क्षति और कई रोगों से सुरक्षा प्रदान करते हैं।

कुमारी आयशा खातून, डाइटिशियन,  
एपेक्स टॉमा सेंटर





## Foundation Day and First alumni meeting of Cardiology Department

The Department of Cardiology, SGPGIMS, organized the Cardiology Department Foundation Day and Alumni Meeting on 24th March 2023 at the Convention Centre, SGPGI, Lucknow. The meeting included participation of leading cardiologists who have been SGPGI alumni, from all over India and scientific



deliberations on wide ranging topics, covering the diverse spectrum of Cardiology that provided important insights. Our respected teachers Prof Nakul Sinha, Prof S Radhakrishnan and Prof Rajiv Bajaj were honored on this occasion. The previously retired SGPGI Cardiology nursing, technical and office staff members were also felicitated. The program was fittingly inaugurated and presided over by Director Prof RK Dhiman, who is the 1st alumnus of the Department of Gastroenterology, SGPGI.



Nearly 80 out of the approximately 110 alumni members participated and the academic feast was followed by a fun-filled informal evening where everyone reconnected

with old friends and shared cherished memories and fun moments from their times in SGPGI.



The academic program of the Alumni day had some very interesting lectures:

<b>Uncharted Waters of Heart Failure</b>	<b>Dr R Ravi Kumar, DM batch 1992</b>
<b>Evolution and Re-invention of DM Cardiology training</b>	<b>Dr Milan Chag, DM batch 1993</b>
<b>Collaborative Partnership in Cardiology: Crossing International frontiers</b>	<b>Dr A Sreenivas Kumar, DM batch 1998</b>
<b>How and What to Publish</b>	<b>Dr Nagraja Moorthy, DM batch 2012</b>
<b>Reinforcing sub-specialization in Electrophysiology</b>	<b>Dr Deep Chandh Raja, DM batch 2016</b>

The lectures were very motivational and the younger alumni benefited a lot from the experiences and career journey shared by the senior alumni. The occasion provided an occasion for the alumni to share their common sense of emotive attachment to their alma mater (SGPGIMS) apart from professional networking and discuss career and mentorship opportunities with younger students.



**Dr. Aditya Kapoor, Professor and Head, Cardiology**





## 1st Refresher Course for Comprehensive Cardiac Nursing Care for capacity building and Continued Medical Education



Nursing staff play a very important role in delivering good cardiac care. The Department of Cardiology under the leadership of Prof and Head, Dr Aditya Kapoor initiated the 1st Refresher Course for Comprehensive Cardiac Nursing Care for capacity building and Continued Medical Education for teaching classes for all Cardiology nurses.

The 8 module course had weekly sessions devoted to all aspects of Cardiology nursing care including approach to chest pain, heart failure, congenital heart diseases, cardiac arrhythmias, cardiac emergency drugs, hemodynamic monitoring and sterile techniques while delivering ICU care. Each class included a lecture by the Cardiology nursing officers Ms Nirmala, Mr Kamlesh, Mr Ram Kumar, Ms Treesa, Ms Nisha, Ms Kanta, Mr Sunil, Ms Ruby and Cardiology Faculty

Dr Kamlesh Raut, Dr Arpita Katheria and Dr Harshit Khare.

The final session on 18th March 2023 culminated in an examination followed by certificate distribution to the participating nurses by Prof RK Dhiman, Director SGPGI. While addressing the gathering Prof Dhiman complemented the Department for organizing this course and reiterated that such knowledge building exercises were essential not only for enhancing one's own skill-sets but would also improve holistic patient care. The program was also attended by Prof Aditya Kapoor, Prof Satyendra Tewari, Prof Sudeep Kumar, Dr Ankit Sahu and Dr Kamlesh Raut from the Cardiology Department and Chief Nursing Officer, Mrs Lizzamma Kalib along with sister in-charges of MICU, Cardiology and Cath lab areas.





**"The whole purpose of education is to turn mirrors into windows." :Sydney. J. Harris**

The College of Medical Technology and Allied Health Sciences, SGPGI organized a welcome program for its new batch of students and pin-up ceremony for its Student Council on 12th January 2023 at the CV Raman auditorium and Lecture Theatre in SGPGI. The program was followed by a cultural event.



Several esteemed individuals graced the occasion including Director Prof. R.K. Dhiman, Dean Prof. S.P. Ambesh, Executive

Registrar Col. Varun Bajpai, Nodal Officer Dr. Ruchi Gupta, and Additional Nodal Officer Dr. Siddhartha Rai, along with the core working committee members of CMT, Dr. Dinesh Chandra and Dr. Anup.

In his welcome speech, Professor Dhiman encouraged the students to give their best as they are blessed to be a part of one of the best medical institutions in UP and India. He inspired them to be disciplined in their behavior and respectful to their teachers and parents.

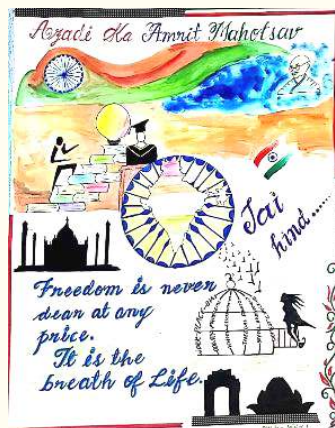


Prof. Ambesh further elaborated on the importance of having diverse technical courses offered by CMT,

SGPGI. Col. Varun Bajpai called on the students to excel in their academic pursuit and make a name for themselves and the institute as they are brand ambassadors of SGPGI. The vote of thanks was proposed by Dr. Rai.

On this occasion, the winners of poster-making competition on 'Azadi ka Amrit Mahotsav' were

also felicitated. The competition was held on 7th January, and all the posters were displayed at the venue. The names of prize winners: 1st prize - Astha - B.Sc. in Renal dialysis technology, 2nd prize- Priyanka Choudhary- M.Sc. in Biotechnology, 3rd prize winner- BSc OT technology.



The program concluded with a colorful cultural program supervised by Dr. Dinesh and the newly created Council. The students of CMT showcased their creative side through beautiful renditions of melodious songs and exceptional dancing skills.

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





## Foundation Day of Gastroenterology Department & Inauguration of renovated Endoscopy theatre



The Foundation Day of the Department of Gastroenterology at Sanjay Gandhi PGI was celebrated on February 11th in the Telemedicine auditorium with great enthusiasm. The renovated endoscopy theater was inaugurated by the Chief Guest, Professor R K Dhiman, Director SGPGI, himself an illustrious alumnus of the same department.



Speaking on the occasion, Prof. Dhiman said that this endoscopy theater would go along way in providing

better facilities to the patients. He also suggested developing the endoscopy lab as an investigational facility for the development of innovative endoscopic procedures.

Prof. Uday Chand Ghoshal, Head of the Department of Gastroenterology, mentioned the work being done by the department in the field of research and providing services to the patients, and apprised everyone about the department's future plans. The vote of thanks was proposed by Prof. Praveer Rai.

This was followed by an academic session where SGPGI alumni, Dr. Rajan Singh from the USA, delivered a lecture on 'Biomedical Scientists opportunities in a clinical environment'. Prof. Uday Ghoshal, Prof. Praveer Rai, and Dr. Gaurav Pandey also shared valuable and research-oriented information with the faculty, students, and staff present on the occasion.

Dr. Sameer Mohindra, Dr. Akash Mathur, Dr. Rakesh, Dr. Pankaj, and Dr. Piyush of the Department of Gastroenterology, SGPGI chaired various sessions. In the end, all the past DM residents from this department were introduced in the Alumni Diary. The coordination of the program was done by Dr. Akash Mathur, and the event was compered by Ms Shikha.





**SGPGI Neurosurgery Foundation Day Celebration 2023**  
**5th Prof. DK Chhabra Oration and Prof. VK Jain Oration**  
**1st SGPGI Neurosurgery Foundation Day Oration**

The prestigious 5th Prof. DK Chhabra Oration and Prof. VK Jain Oration, and the 1st SGPGI Neurosurgery foundation day 2023 was successfully conducted, on 25th February 2023, by the Department of Neurosurgery, SGPGI. Over 100+ national faculty and delegates from all parts of India participated in the scientific program.

This year's orations were delivered by three internationally distinguished and pioneer neurosurgeons of our country. Firstly, Prof. R Reddy, a pioneering neurosurgeon in India, was invited to deliver the prestigious Prof. DK Chhabra oration. He shared his work in the prevention and treatment of skeletal fluorosis, a preventable disease that may cause severe morbidity and affect a large section of the population. Secondly, Prof. V K Khosla, a prolific administrator and a pioneer in spine surgery delivered the esteemed Prof. VK Jain oration. He elaborated on the evolution of neurosurgery technology in the last 50 years. Finally, Prof. A K Mahapatra, vividly known as the walking encyclopaedia of neurosciences, gave the SGPGI Neurosurgery oration and shared his thoughts on how the correlation between body, soul, and mind is good for health. These orations were chaired by many prominent neurosurgeons from India, which included Prof. VS Mehta, Prof. Sanjay Behari, Prof Mazhar Hussain, and Prof. B K Ojha. This annual feast of knowledge also had several other elaborate sessions, delivered by experienced national faculty, which were dedicated to recent advances in the field of neurosurgery. Each lecture was followed by an

exhaustive interactive session, answering the questions raised by delegates and moderators. The lectures were well received by the audience. The lectures touched on two important subspecialties including spinal and vascular surgeries.

This occasion was also utilized to felicitate our very own Prof. Sanjay Behari and Dr. Devendra Ahlawat, for their immense contributions over the yesteryears, in elevating the Neurosurgery department in SGPGI, to the present heights. The event was not only an academic extravaganza, but it also served as a platform for the alumni meeting. There were a lot of heart-to-heart talks, and everyone enjoyed the evening relishing their old memories of residency. The academic feast was followed by dinner to which all the members of Neurosurgery, including Nursing staff, Office staff, and all the workers were invited.



The scientific program received rave reviews from the delegates and faculties alike, for their smooth conductance, excellent academic content, and thorough discussions. The department stands highly benefited from the inputs from the pioneers, which shall help enhance the status of the department in vascular and spine surgeries. These 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.

**Dr. Ashutosh Kumar,**  
**Assistant Professor Neurosurgery**



## 15<sup>th</sup> Foundation Day : Pediatric Gastroenterology



The Department of Pediatric Gastroenterology celebrated its 15<sup>th</sup> Foundation Day on 26th March, 2023. On the occasion, the department organised a national conference "SGPGI Pediatric Gastro Clinics-2023" on 25th-26th March, 2023 in the Telemedicine Auditorium, SGPGI. The theme of the conference was 'Common Gastro-intestinal and Liver diseases in children'. Various experts and scholars in the field of Pediatric Gastroenterology from across the nation graced the occasion. More than 100 Pediatric Gastroenterologists from India as well as neighbouring countries such as Nepal and Bangladesh attended the program. Director, SGPGIMS, Professor Radha Krishna Dhiman was the chief guest for the foundation day program. Professor Surender Kumar Yachha, founder and former Head of the Department and the guest of honour, delivered the foundation day lecture on "The interface between Parents and Pediatric Gastroenterologists".

Professor Ujjal Poddar, current Head, gave an elegant talk on small bowel diarrhoea in children. Professor Anshu Srivastava talked on how to differentiate between small bowel Crohn's disease and Intestinal tuberculosis. Dr. Moinak Sen Sarma gave an interesting lecture on chronic liver disease in children. Professor Laxmi Kant Bharti elaborated on the role of nutrition in children in his talk. Dr. Arghya Samanta and Dr. Srinivas S Vadlapudi delivered talk on diagnosis and management of acute pancreatitis in children. As many as 40 alumni of the department attended the alumni meet which was held on the evening of 25th March, 2023.

***Dr. Arghya Samanta, Assistant Professor, Pediatric Gastroenterology***



## Workshop on Pandit Deendayal Upadhyay Rajya Karmchari Chikitsa Yojna



Pandit Deendayal Upadhyay Rajya Karmchari Chikitsa Yojna is a cashless medical treatment facility being provided to the government servants, retired government servants & their dependent families as per an order issued by Govt. of U.P. This facility will be available in all government hospitals empaneled under Ayushman Bharat Pradhan Mantri Jan Arogya Yojna (AB-PMJAY) in U.P. In this scheme, cashless treatment is being commissioned without any financial limit in Government Medical Institutions/Hospitals in U.P. & this is going to be implemented at SGPGIMS, U.P.

The Department of Hospital Administration, SGPGIMS, organized a Workshop on Pandit Deendayal Upadhyay Rajya Karmchari Chikitsa Yojna, in order to update all the stakeholders (Doctors, Residents, PRO-OPD, Arogya Mitras regarding implementation of this scheme).

The Workshop also resolved queries related to AB-PMJAY Scheme in SGPGIMS. This program began with a Welcome Note & Opening Remarks by Dr. R. Harsvardhan, Head, Hospital Administration. Dr. Gaurav Agarwal, Chief Medical superintendent, gave a brief introduction about the scheme. Dr.

R.K. Dhiman, Director, SGPGIMS elaborated upon on the achievements of AB-PMJAY.

The scientific session commenced with a talk by Dr. B.K. Pathak, General Manager, SACHIS(State Agency For Comprehensive Health and Integrated Services), on Salient features and how to apply for being a scheme beneficiary. There was a talk by Shri Utpal Yadav, Manager, SACHIS, on the topic: In-patients Hospitalization, Pre & Post Hospitalization medical expenses cover and Day care Procedures & Non - Disclosure or Misrepresentation, Disclosure of Information & Claim Settlement (provision of Penal provision) & Redressal of Grievance. Shri Satya Prakash Verma, IT-Manager, SACHIS, discussed Implementation of Pandit Deendayal Upadhyay Rajya Karmchari Cashless Chikitsa Yojna in Government Hospital through online portal.

The program ended with an open house discussion session chaired by Dr. V. K. Paliwal, Medical Superintendent & Dr. R. Harsvardhan. Concluding remarks was given by Dr. K.D. Singh, Senior Resident, Hospital Administration.

**Dr. Amarjeet Mitra**  
PG resident, Hospital Administration



## World TB Day



World TB day Program was organised by Dr. Richa Mishra, Additional Professor in Microbiology, and Dr. Alok Nath, HOD Pulmonary Medicine on the occasion of World TB Day which is celebrated on March 24 every year.

The main aim of the event was to create awareness about the disease and adopt villages for active TB-case finding. The following villages were included under this initiative,

1. Sabhaa kheda                      2. Baabu Kheda
3. Amol                                  4. Redaas Kheda
5. Gajarian Kheda                      6. Kallipaschim

All patients who had unexplained fever for more than 2 weeks, loss of appetite, weight loss or persistent cough were screened in this camp. They were provided with sputum containers and asked to submit samples for free microscopy testing at the DOTs center at SGPGI. In addition, a discussion was also held with the principal and teachers of the Primary school at Kalli Paschim. Dr. Richa Mishra discussed the importance of the contribution of the government and the support provided by the National Tuberculosis Elimination Program. The teachers were sensitized about tuberculosis and were encouraged to watch for symptoms of the disease in children studying in their class. They were also told that for every TB patient, a Nikshay ID is generated for every diagnosed patient after which they are provided with free treatment. In addition, a sum of Rs.500/- is deposited every month under the Nikshay Poshan Yojna for food supplementation.

In the CME program, Padamshri Dr. Digambar Behra, former Dean & Head of Pulmonary Medicine, PGIMER, Chandigarh was the Guest of Honour and delivered a talk on multi-drug

resistant Tuberculosis. Dr. Ashwini Khanna, Senior Pulmonologist from LNJP, Delhi outlined the treatment details of the disease. State TB Officer, Dr. Shailendra Bhatnagar discussed about the challenges in the program. Other eminent speakers included Dr. Suryakant, HOD, Pulmonary Medicine, KGMU, and Dr. Manpreet Bhalla, NITRD, Delhi. A panel discussion was also held on TB Preventive therapy as well as pleural effusion in tuberculosis, which was moderated by Dr. Perna Kapoor, Senior Physician and Nodal Officer, DOTs centre at SGPGIMS.

Since TB patients often come from a poor background and cannot afford a high protein diet with fruits and micro-nutrients, members of the SGPGI family have come forward to adopt patients and provide them with adequate nutritional support every month. They will also monitor their treatment and ensure that all drugs are provided to them free of cost at their nearest DOTs centre.

Members of the SGPGI family who came forward to adopt TB affected patients are, Director, SGPGI Dr. R.K.Dhiman, Dr. Perna, Dr. Moinak, Dr. Chavi, Dr. Ashima, Dr. Aparna, Dr. Parijaat, Dr. Abbaas, Dr. Anchal, Dr. Shruti, Dr. Swasti, Dr. Afzal, Dr. Dharmendra, Dr. Punita, Dr. Vinita, Mr. Sanjay Jain, Sister Neema, Sister Neelam, Sister Rachna, and Mrs. Bhawna Arya. They will monitor the treatment of these children as well as provide them with nutritional support.

**Dr. Richa Mishra,**  
**Additional Prof. Microbiology,**  
**In-charge, Mycobacteriology Lab**



## Indo Gulf Craniofacial Surgery Workshop



Cranial Vault remodelling is a demanding and challenging surgery and requires a high degree of precision and training to execute this surgery successfully. This type of surgery involves reshaping the deformed vault of the skull which is commonly seen in craniosynostosis. The skull needs to be expanded or contracted depending upon the deformity of the vault. This manoeuvres require knowledge of the anatomy of the cranial bone along with training in performing various type of osteotomies of the vault that can provide the desired shape. It also involves the use of high powered bone cutting equipments in close proximity to brain and delicate sinuses.



Craniofacial surgeries are considered as the most complicated among the various procedures in the field of Plastic surgery. Plastic surgeons who are well versed with craniofacial surgery are very limited in India mainly due to the less training and exposure. In order to increase the awareness, Plastic surgeons of India and Gulf countries came

together to form a new society named Indo-Gulf Craniofacial Society under the able guidance of Professor Rajiv Agarwal Head and Present President of this newly formed society.

This society includes various prominent plastic surgeon across the globe namely Dr Anil Morarka and Dr Atul Parashar from India and Dr. Taimur Al Bulashi, Dr. Taghreed Riyad AlHumsi, Dr. Mohammed Abdulla Al-Muharrar from Gulf countries.

The society developed with the aim to increase the awareness regarding craniofacial surgery as



well as to expand by incorporating the interested plastic surgeons from across the globe.

This newly formed society conducted an Indo Gulf Craniofacial Hand on Workshop on Cranial Vault Remodelling and Osteosynthesis on 4th March 2023 at Hotel Clark Awadh. This workshop was inaugurated by the Chief Guest Director of SGPGIMS Dr. RK Dhiman. The main objectives of this hand on workshop are to learn the anatomy of the cranial Vault, proper knowledge of instrument used in craniofacial osteotomies, fixation of cranial skeleton and management of complications.

Workshop also includes three workstations equipped with skull models state of art bone sawing and drilling equipments with availability of wide range of modern craniofacial implants for practice, practical demonstration and individual model surgery under supervision and guidance of expert faculty at each station.

**Dr. Nikhlesh Gaur**  
**Assistant Professor, Plastic Surgery**



## Need of the Hour



Great enthusiasm amongst nursing and paramedical professionals to learn "How to read ECG" is contributing significantly to saving precious lives. In recent times, numerous unfortunate events have occurred in society due to sudden cardiac death, which has led to a rapid emergence of eagerness among such professionals to learn "How to read ECG," which is a vital skill in saving every life. Recently, I had the opportunity to participate in India's First

International Conference of Cardiovascular Technologists 2022, where I was asked to speak on the topic "10 must-know ECGs," which received widespread appreciation.

Knowing about abnormal signs in ECGs such as Ventricular Tachycardia, Ventricular Fibrillation, Hyperkalemia, Hypokalemia, Bradycardia due to Vasovagal, and Complete Heart Block can significantly prevent incidents of sudden cardiac death. Additionally, knowing when and how to perform CPR and knowing which medications to provide helps both patients and doctors simultaneously. We are fortunate that our institution has also begun offering an ACLS (Advanced Cardiovascular Life Support) course, which is expected to significantly improve patient survival rates.

***Mr. Shiv Dayal Singh, Assistant Nursing Superintendent, Cardiac Cath Lab.***

## First DHR- ICMR workshop on "Neonatal Nutrition: Bench to Bedside" organized by Department of Neonatology



The Department of Neonatology at SGPGIMS recently conducted a two-day workshop titled "Neonatal Nutrition: Bench to Bedside" to address the gaps in knowledge and skills related to neonatal nutrition. The workshop aimed to provide healthcare professionals with the latest advancements in neonatal nutrition, with a focus on vulnerable preterm infants. The event was conducted under the aegis of the Department of Health Research (DHR) and Indian Council of Medical Research (ICMR). The workshop included clinical lectures and workstations by eminent national and international faculty members like Prof Sushma Nangia from Kalawati Saran and Lady Hardinge Medical College, New Delhi; Prof Umesh

Vaidya from KEM, Pune; Surg R Adm Prof. Girish Gupta from HIMS, Dehradun; Prof Ashok Kumar, from BHU, Varanasi; Prof Sanjay Patole from Perth, Australia; Dr. Anoop Thakur from Sir Ganga Ram Hospital, New Delhi; Dr. Neeraj Gupta from AIIMS, Jodhpur; Dr. Pratima Anand from KS and LHMC, New Delhi; Dr Vibhor Borkar and Dr Anish Pillai from Mumbai and Dr Aakash Pandita from Medanta hospital, Lucknow.

Over 70 delegates from all over the country participated in the workshop held on April 15-16, which included clinical lectures and workstations taught by eminent national and international faculty members. The event was inaugurated by the lighting of the lamp by all faculty and special guests Dr. Piyali Bhattacharya (Vice President Central zone IAP), Dr. Sanjay Niranjana (President UP-IAP), and Dr. Niranjana Singh (President Lucknow Neonatology Forum).

The workshop covered various aspects of neonatal nutrition, with a focus on the basic

aspects of nutrition, especially in vulnerable preterm populations. Professor Sushma Nangia, President-elect of the National Neonatology Forum (NNF), emphasized the importance of early nutrition with mother's own milk (MOM) and the need for Comprehensive Lactation Management Centres (CLMC) to provide milk to preterm and term babies in case of non-availability of MOM. The workshop also covered various aspects of total parenteral nutrition (TPN), growth monitoring, and follow-up.

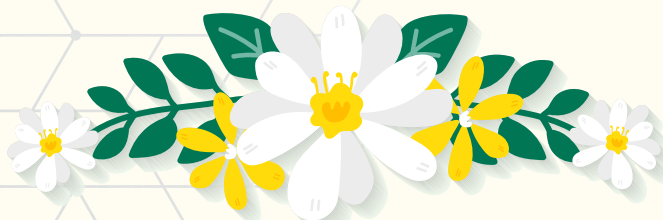
Professor Umesh Vaidya, one of the pioneers of parenteral nutrition in the country, highlighted the importance of early aggressive TPN, its prescription, preparation, and its role in intact neuro developmental outcomes. Surg R Adm Prof. Girish Gupta talked about the prevention of osteopenia of prematurity and emphasized on building a taller and stronger Indian population.

Dr. Kirti M. Naranje, Head of the Department of Neonatology, SGPGIMS, organized the workshop

with the vision to train pediatricians, neonatologists, nurses, and nutritionists across the country to address the gaps in knowledge and skills related to neonatal nutrition. The workshop was a huge success as a result of the tremendous efforts put in by Dr. Anita Singh, Organizing Secretary of the workshop, Dr. Akanksha Verma, Dr. Abhishek Paul, Dr. Abhijeet Roy, and the resident doctors who helped organize the event. The organizers expressed their gratitude to all participants and faculty members for their enthusiastic participation, which helped make the workshop a success.

Overall, the workshop was a valuable learning experience for healthcare professionals who deal with neonatal nutrition, providing them with the latest knowledge and skills to improve patient care and outcomes.

***Dr. Akanksha, Assistant Professor,  
Department of Neonatology***





## World Down Syndrome Day 2023: With us, not for us\*

The Department of Medical Genetics, Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow celebrated World Down Syndrome Day on 21st March. Large number of children and adults with Down Syndrome along with their parents attended the program.

Down syndrome occurs due to presence of 3 copies of chromosome number 21. That's why the day is celebrated on 21st of the 3rd month of year. The theme for this year was "With us, not for us".

The event was presided by the Director of the institute, Prof Dr R K Dhiman. He was impressed by the talent shown by the children with Down syndrome and gave the message to treat the children with love and care.

Dr Shubha R Phadke, Head of department of Medical Genetics, SGPGIMS, Lucknow who is associated with diagnosis and regular follow up of children with Down syndrome for the last 3 decades had organized this event. She spoke about the importance of imparting equality and dignity to individuals with Down Syndrome.

The children with Down syndrome had put up a fantastic display of their talent by doing a ramp

walk and dancing to the beats of popular songs. Ms Swati Sharma from Rainbow School updated about the various activities performed by children with Down Syndrome at the school.

A panel discussion organized by Dr Somya, Dr Haseena and Dr Pooja was the highlight of the day where the adolescents with Down Syndrome spoke about their likes, dislikes and future aspirations.

**Dr. Somya Srivastava**  
**Assistant Professor, Medical Genetics**



## Shoulder Replantation – Precision and Co-ordination is the Key to Success

Replantation is one of the very complex and challenging surgical procedure for plastic surgeons worldwide. The severity as well as the complexities of the surgery increases with the proximity of the amputation to the body due to increase muscle load and life threatening reperfusion injuries to the organs. We were fortunate, to not only perform a replantation of a proximally amputated dominant upper limb but also manage to safeguard the life of the patient with multidisciplinary, multispecialty team approach. The procedure becomes more difficult if this surgery is performed on a child. This surgery is first of its kind performed at our institute. Here is a case of 10 year old girl who presented to us at Apex trauma centre with alleged history of accidental avulsion injury of her right upper limb in an oil extraction machine leading to total amputation at the level of proximal humerus on 24<sup>th</sup> February 2023.

She was in shock at the time of presentation due to excessive blood loss. Firstly she was stabilized as per ATLS protocols along with blood transfusion. For such proximal amputations, timely reperfusion within 6 hours from trauma is vital to prevent life threatening reperfusion injury and myoglobinuria induced renal failure. Thus amputated and proximal stump was



prepared thoroughly by two teams of plastic surgeons working simultaneously along with about 25 medical and paramedical staff from trauma OT & ICU. All vital structures were identified and tagged. Aggressive debridement was executed, followed by proper bone fixation by orthopaedic team. This was followed by brachial artery and veins anastomoses micro surgically with very fine 9-0 nonabsorbable sutures and primary repair of muscles and

skin was done, followed by prophylactic fasciotomy of forearm to avoid vascular compromise. Post operatively child was managed under the trauma critical care team. She recovered well post operatively and regular monitoring of her replanted limb was done. She was discharged with well survived replanted limb and smiling face. Such proximal replants require co-ordination and team work between a large number of personnel, which was exemplified by the trauma team.

Team included Dr Ankur Bhatnagar, Dr Anupama Singh, Dr Rajiv Bharti from Plastic Surgery, Dr Keshav from Orthopaedics, Dr Prateek, Dr Vansh, Dr Ganpat, Dr Suruchi, Dr Rafat. They were supported by Dr Tanjum, Dr Bhupesh, Dr Gowtham (Resident Team) and the entire Trauma OT and ICU team of Residents & Nurses.





**When the going gets tough, the tough get going!**

Famous wrestler Mr Sumit Kumar underwent a complicated operation on January 4th, 2023, at the Apex Trauma Center of Sanjay Gandhi Postgraduate Institute of Medical Sciences in Lucknow. Sumit Kumar, a state-level wrestling champion in the 60 kg category, had suffered from a ligament injury in his left knee joint on October 27th, 2022, in Bihar. As a result of an anterior cruciate ligament injury, he found it difficult to bend his knee, and lifting weights seemed like a remote possibility.

After receiving treatment in several hospitals and not experiencing any relief, Sumit reached Apex Trauma center, S.G.P.G.I., on January 3rd, 2023. He was admitted, and immediate treatment was started. Dr. Pulak Sharma and his team operated and reconstructed Sumit's ACL the very next day, which turned out to be a complete success.

Dr. Amarendra Singh, Dr. Manjunath, and Dr. Sanjay Sharma from the Department of Orthopaedics were part of the team and Dr. Rafat Shamim from the Department of Anesthesiology.

Sumit improved after a few sessions of physiotherapy. The patient recovered as per the expectations of the treating team and was back to doing workouts 8 weeks post-surgery.



**Dr. Pulak Sharma,  
Associate Professor, ATC, SGPGIMS**



## Robotic surgery @ SGPGIMS: Where are we?



The SGPGIMS acquired robotic surgical facility on April 2019, since then it has done over 500 cases. This is despite disruptions on account of covid pandemic during 2020 and 21.

The robotic surgical facility is shared among various departments like Urology, Gastrointestinal surgery, Cardiovascular, Endocrine surgery and Pediatric surgery. A big proportion of these, almost 65 percent, have been performed by department of Urology and renal transplantation, including Pediatric urology and even Kidney transplantation.

### What is robotic surgery?

Robotic surgery, also called robot-assisted surgery allows surgeons to perform many types of complex surgeries with more precision, flexibility and control as compared to conventional techniques like laparoscopy or even open surgery.

The robotic surgical system includes a camera arm and 3 to 4 mechanical arms with surgical instruments attached to them (Fig. 1). The surgeon controls the arms while seated at a computer console near the operating table (Fig. 2). The console gives the surgeon a high-definition, magnified, 3-dimensional (3D) view of the surgical site. The surgeon leads other team members who assist during the operation.

### Advantages of Robotic surgeries

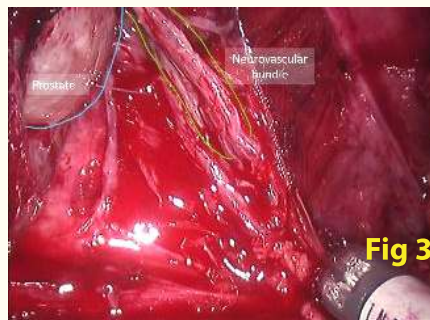
- Robotic surgery is in real sense a minimally invasive surgery that needs tiny incisions
- The surgery leaves fine scars which are hardly

noticeable (looks cosmetically appealing)

- There is less pain and blood loss
- Shorter hospital stays, quicker recovery and early return to routine work

**The surgeries performed for various diseases include as follows:**

### Department of Urology and Renal Transplantation



Prostate cancer (Nerve sparing radical Prostatectomy) (Fig. 3), Kidney cancer (Radical & Partial Nephrectomy [Nephron sparing

Surgery]), Bladder cancer (Cystectomy with Neobladder formation with bowel), neurogenic bladder (Augmentation, Mitrofanoff), Disorder of Sex development, incontinence procedures, Pelvic cysts/ tumors (Fig. 4), and kidney transplantation (Fig. 5). SGPGIMS is the first government center to have performed the kidney transplantation in India. So far, the department has done nearly 370 successful robotic surgeries.

### Department of Surgical Gastroenterology

Esophageal cancer surgery (Robotic thoracoscopic esophagectomy), Biliary surgery (Hepaticojejunostomy for Biliary stricture, choledochal cyst, Hepatico-lithiasis, CBD stone), Pancreatic surgery for pancreatic tumours (Spleen preserving Distal pancreatectomy), Colo-Rectal cancer surgery (Anterior resection, Abdomino-perineal resection, Hemicolectomy), Esophageal non-cancer surgery (Tracheo-esophageal fistula, Leiomyoma, Denture impaction, GIST). The department has done nearly 80 successful robotic surgeries (Fig)

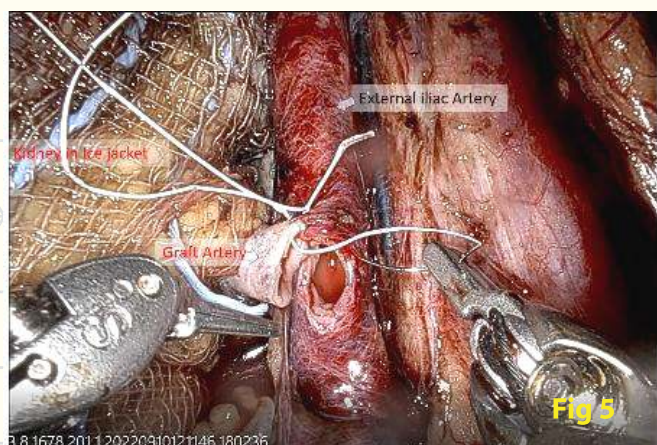




## Robotic surgery @ SGPGIMS: Where are we?

### Department of Cardiothoracic and vascular surgery

The department started performing robotic surgery from January 2021. There was a period of disruption due to second wave of Covid infection. Since then the department performed 46 procedures. Most of these are robotic assisted coronary artery bypass grafting (RACAB) (Fig.). This is a highly specialized operation for coronary artery disease, which is performed through holes and a small 2 inches incision. The department has performed 38 such procedures till now and most of them have been multivessel disease. Other procedures are thoracic procedures that includes excision of tumours, lung cyst and resection. Lobectomy (removal of a portion of lung), a complex operation, has been performed in the department too.



### Department of Endocrine surgery and Pediatric Surgery

Similarly, the departments of Endocrine surgery and Pediatric surgery have performed well in robotics and have so far accomplished 67 and 24 cases respectively.

#### Cost of robotic surgery at SGPGIMS

The Government of Uttar Pradesh has brought the Robotic surgery to the people of the state by investing in this state-of-the-art Robotic system for SGPGIMS. Robotic surgery is being offered at SGPGIMS at a fraction of the cost of corporate hospitals. Due to intense demand there is need to

enhance this facility so that more and more Robotic surgeries can be done in future for deserving patients of the state.

Legends to figures

#### Legends to figures

**Fig. 1:** Robotic surgical system with 3 to 4 mechanical robotic arms with surgical instruments attached to them

**Fig. 2:** The computer console from where the surgeon controls the robotic arms

**Fig. 3:** Nerve sparing radical prostatectomy  
**Fig. 4:** Excision of seminal vesicle cyst in a 5-yr-old child (inset pictures show port placement and excised specimen)

**Fig. 4:** Excision of seminal vesicle cyst in a 5-yr-old child (inset pictures show port placement and excised specimen)

**Fig. 5:** Robotic transplantation showing renal graft artery being anastomosed to external iliac artery of the recipient.

**Dr. MS Ansari, Professor and Head, Urology**



**Say no to Plastic,  
Save our world!**

The following employees were proud recipients of Award of Excellence on 26 January,2023

1. Mr. Krishan Kant Chaudary ,Technical officer, Neurosurgery
2. Mr. Arvind Kumar Srivastava, Personal Secretary, Clinical immunology & Rheumatology
3. Mr. Rajesh Shrivastava, Chief Technical Officer,Endocrinology
4. Mr. Arvind Kumar Srivastava, Sr. Electrician, ElectricalEngineering
5. Mr. Ajay Kumar Srivastava, Upper Division Assistant, Establishment, JD/A
6. Mr. Prabha Manoj Kumar, Librarian Gr-II, NHC Cell, Dean Office
7. Mr. Nageshwar Lal, Senior Technical Officer, Cardiology Enco Lab
8. Mr. Raghu Nath Singh, Supervisor, Sanitation, Outsourcing
9. Mr. Akhil Kumar Srivastava, Senior Technical Officer, Pathology
10. Mr. Deep Chand, Junior Accountant Officer, HRF
11. Mr. Lal ji, Technical Officer, Transfusion Medicine
12. Ms. Jyoti Sampsan, Senior Nursing Officer, Emergency Medicine
13. Mr. T.G. Rao, Junior Accountant Officer, Finance
14. Mr. Ram Autar Pal, Private Secretary, Endocrine Surgery
15. Ms. Sudha Rani Senger, DNS, Nephrology
16. Mr. Harish Chandra Yadav, Senior Attendant, B.H.I
17. Mr. Dharendra Kumar, Medical Social Worker, Neurology
18. Mr. Raju Dhanuk, Attendant Gr-1, Exam Cell
19. Mr. Dilip Kumar, Data Entry Operator, FIR
20. Mrs Shimla Singh, Patient Helper, Director Camp
21. Ms. Metty M Moris, ANS, Gastro surgery





## Dr. Akash Mathur



Dr. Akash Mathur Critical Care Medicine Awards Dr Akash Mathur, Assistant Professor, Department of Gastroenterology, received the 'Best DM/DNB thesis

award' across the country from the Indian Society of Gastroenterology (ISG), the largest body of Gastroenterologists and Hepatologists in India. The

award was conferred by Dr Mahesh Goenka, President of the ISG, and Padam Shree Dr Yogesh Chawla, a renowned hepatologist and ex-Director of PGIMER, Chandigarh. The award was given for their work on post-COVID functional gastrointestinal diseases, the first study in the world to provide proof of the long-term gastrointestinal consequences of COVID-19. Dr Akash, on this occasion, said that patient care, teaching & training and research are the three strong pillars of SGPGI, and more and more students should take up research for SGPGI to keep scaling new heights.

## Critical Care Medicine Awards



Final year senior resident Dr. Amit Srivastava, has bagged Best Poster Paper Presentation award, at 29th Annual Conference of

Indian Society of Critical Care Medicine, CRITICARE 2023 held from 22nd to 26th February 2023, at Indore, India.

Dr. Amit Srivastava and Dr. Srivats Ramamoorthy, both Senior Residents, were also Runners up in National Critical Care Quiz, in the same conference.

First year DM resident in Critical Care Medicine, Dr. Umadri Singh, received 2nd prize in the poster



presentation held during India Clinical Nutrition Congress, organised by IAPEN (Indian Association of Parenteral and Enteral Nutrition) in Chennai on 5th February 2023.

## Dr. D.K. Singh



Mr D.K. Singh, Senior Technical Officer, Cardiac Cath Lab, Department of Cardiology, got registered for Doctor of Philosophy in the subject of Environmental Science in OPJS University, Churu, Rajasthan through PhD entrance exam conducted by the University in June 2018. The University has awarded him Doctor of Philosophy in the subject of the Environmental Science in December 2022, titled as "Evaluate the Quality of Groundwater supplies of Western Indian River Basins Using Remote sensing and GIS techniques".

### Hospital Administration Award

"Incidence of Needle stick Injury (NSI) and Effectiveness of Evidence Based Interventions in Prevention and Management of NSI Among Health Care Workers at a Tertiary Healthcare Teaching Institute in Northern India" has won best paper award in Category -

Creating workforce oriented ecosystem for their safety and wellbeing at 9th International Patient Safety Conference held on 13-14 Feb at Hotel Taj Palace, India.



The study was presented by Dr. Vinay Pathak, Resident, Department of Hospital Administration, under the stewardship of Dr. R. Harsvardhan, Member Secretary SHICCOM & Head,

Hospital Administration & Dr. Richa Mishra, Member, SHICCOM & Additional Professor, Department of Microbiology.

Other collaborators of the study were Mr. Dhikhil C. D., Dr. Om Prakash Sanjeev, Dr. Amit Goel, Dr. Perna Kapoor, Dr. K D Singh, Dr. Anitta Jose, and Mrs. Lizsamma Kalib.

### Neonatology awards

In yet another academic achievement of the department, Dr. Gaurav Gautam, Senior Resident (PDCC), won 1st prize in Poster presentation in 7th National Conference of Kangaroo Mother Care in India (KMCCON-2023) held in AIIMS, Bhubaneswar between 19th January to 24th January, 2023. Dr. Gaurav had presented a poster regarding the availability of smartphone-based apps to support caregivers for

KMC. A five member team from Department of Neonatology, namely Dr. Abhishek Paul, Assistant Professor and Senior Residents, Dr. Gaurav Gautam, Dr. Furkan Ahmad, Dr. Umashankar Gupta and Nursing Officer, Mrs. Tulika Sharma had participated in the conference.

**Dr. Akanksha, Asst Prof, Neonatology**

### From the Editor's Desk.....

**"World Pulses Day"** is celebrated on February 10 with an aim to spread awareness about the nutritional and environmental benefits of pulses. The theme this year was **"Pulses for a sustainable future"**. Pulses are significant in terms of security for farmers and consumers. They provide nutrients at home and economic stability for the nation. The nitrogen-fixing capabilities of pulses increase soil fertility and help in agricultural productivity. They are good for the environment and help with climate change mitigation. In India, in every region and state, pulses have been the fulcrum of the traditional meal and that stands true even today.

The ubiquitous "dals" also known as lentils are extremely versatile and can be cooked in many different ways, as plain "dal-bhaat" to lentil soups to wraps and cutlets, the possibilities are endless, but always highly nutritious. Pulses are high in nutrients, fiber, and protein. They help regulate blood sugar, aid cholesterol control and fight obesity. WHO recommends pulses be taken as it treats non-communicable illnesses such as diabetes and heart disease. The top five pulse producing states in India are Madhya Pradesh, Maharashtra, Uttar Pradesh, Rajasthan and Andhra Pradesh. World Pulses Day is a great opportunity to heighten public awareness of the nutritional benefits of eating pulses. They contribute to sustainable food systems and a #ZeroHunger world.

**Dr. Perna Kapoor**



## The puzzle of happiest moments: a place that is ICU

Each day I am thankful to Almighty Nature, teachers, family, and loved-one for their continuous blessings and unconditional love they gave me, friends who were always by my side in each and every situation and supported me, and last but not the least, thankful for my dreams that turned into a reality. Sometimes, I am very grateful to breathe today, enjoy the sunshine and sunset, and be happy with what I have. Priorities change at every stage of life, and the same with the so-called 'happy moment' of life. With the birth of us/ourselves, everyone around us is thrilled to hear our first cry. As a child, festivals are the most joyful/happy moments, either with colors or crackles or sweets/snacks/gatherings of a big family and neighbors and many more recreational things. During childhood, accomplishing even tiny tasks are joyous moment, e.g., winning a simple ball game and getting rewards and recognition among so-called peers. Then the last day of the exam, especially completing the last paragraph of the last question, waiting to submit a paper, and leaving the exam hall are the most relaxing moments as a student, followed by another precious happy moment, getting good grades as a reward of hard work for a complete one year. Then securing admission to a preferred stream/ institute is one of the most colorful moments for us as teenagers. And for me joining as a medical graduate, wearing a white apron, and interacting with patients on the first day of clinical duty are the very much first happiest memorable moments of being on a journey of becoming a doctor.

A happy life is just a string of happy moments. In this context, I remember my happy journey as a senior resident in the Department of Critical Care Medicine. After completing my post-graduation in respiratory medicine, I joined the department popularly known as CCM on 18 July 2007. On the very first day, I was upset and anxious after seeing the patients connected to many machines, tubes, and drips, a few of them in the prone position. Until then, I believed that patients in ICU or on ventilators were unlikely to survive. During the morning discussion, everything used to go above me. I was posted in the operation theatre (OT) to learn about intubation. Being not from an anesthesia background, it seems challenging to do intubation. After OT, I came to the

ICU to get accustomed to its environment to learn small things (like zeroing an arterial line, suctioning, physiotherapy, and medical chart preparation) from our senior colleagues (Dr. Kalpana, Dr. Rakesh, Dr. Shilpi). After one week of the same routine, one new patient was admitted during my evening stay in ICU and had a cardio-respiratory arrest immediately upon arrival. With an eye blink, the scene changed; everyone got activated in the ICU. Within half an hour, the patient was on invasive mechanical ventilation with many lines and tubes. In the next three days, the patient was extubated, conscious, hemodynamically stable, and about to be shifted to the ward. This event jolted me completely that cardio-respiratory resuscitation is not just a formality I have seen until now.

In the words of Albert Einstein, "Life is like riding a bicycle. To keep your balance, you must keep moving". I also start learning to keep a balance in ICU through persistent effort. During the assessment, appreciation by Banani mam was the first happy moment after a one-month training in CCM. Subsequently, the happy moment was the first independent intubation, central line insertion, and arterial line cannulation. Continuous motivation from Banani mam, Teaching from Afzal sir, gossiping with RK sir, friendly talk with Mohan sir, ice cream on night duty in the doctor's cafeteria with Saurabh, and Maggi with Armin were other memorable moments of those days.

Most people have seen the movie "Dilwale Dulhania le Jayenge." It's a heartwarming experience to see parents break character and do unexpected things. In the movie, Chaudhary Baldev Singh halts the Mehndi LagaKeRakhna ceremony with a stern face, making Raj feel like a clown. However, to everyone's delight, Amrish Puri breaks into song, serenading his blushing wife Lajjo with Waqt's Aye Meri Zohra Jabeen.

This scene reminded me of a moment in the ICU. I was relaxing in the ICU after the faculty ward rounds, finishing the assigned morning tasks. Suddenly, Baronia sir came to ICU and asked me for an update on a patient. I told him reflexively that the patient's status was the same, but that he had passed stool after the enema. In the next moment, his response

was like getting the good news of winning the final match of cricket in the IPL. His reaction was so lively and joyous, with a concluding remark, "Even passing stool in the ICU is such a piece of good news, my dear." I was struck by his response because even in a regular gathering of family and friends, we tend to avoid discussing such things and may even condemn them if someone brings them up.

After spending many years in the ICU, I now realize that I was born in KGMU (my first institution) but

brought up in CCM, SGPGIMS, which played an instrumental role in shaping me into a better intensivist, colleague, boss, and mentor.

Acknowledgment: Mr. Chirag Darji, Nursing Officer, Department of Pulmonary Medicine, AIIMS Rajkot (Gujarat)

**Dr. Sanjay Singhal, MD,  
EDRM, Associate Professor,  
Department of Pulmonary Medicine,  
AIIMS Rajkot (Gujarat)**

### Creche activities conducted in January- March 2023 and a farewell note

March was a very fun and activity filled month for the creche. Holi was observed with great enthusiasm as the creche kids played with gulal and made festive cards marking the occasion.

All the children also took part in a Graduation ceremony organized to celebrate their achievements and to wish them the very best for their onward academic journey.

March also happened to be my final month serving as the head of the creche. I took up this position 10 years ago, and the journey has been absolutely wonderful, as I got build to the creche from scratch and watch it flourish with the support of the institute, my staff, and the parents of all my students over the years. Saying goodbye was a bittersweet experience,

but I am looking forward to the next chapter of my life in Bengaluru.

A big thank you to everyone for organizing such a memorable farewell event as well-- it truly meant a lot.

Wishing everyone all the best.

**Mrs G. Vijaya Lakshmi, Incharge,  
Hobby Center Creche**





**Superheroes do not always wear capes!**

Dr Vishwesh Agarwal is a graduate of MGM Medical College, Navi Mumbai. His father Dr Vikas Agarwal is a Professor in the Department of Immunology. He grew up in this campus and has been residing here since 2003. He is an aspiring Emergency Medicine Physician and currently working towards his goal by working as Junior Resident in SGPGI. He is an internet wizard and people call him at all hours when they get stuck and he smilingly solves their problems. What truly makes him a hero amongst the campus people however, is his ever helping and altruistic nature. He helps out domestic helpers etc of SGPGI campus with various online tasks, knowing well that they may not have computers or internet access or understanding of how to fill out the forms they may be required to for any purpose. This generous sharing of his time, knowledge and computer prowess by Dr Vishwesh has benefited a whole lot of such people. Indeed a very inspiring act. He feels that if his skillset can be of use to other people, then he will not hesitate to help at any time. Both his parents are his role models. In fact he says that everyone who works for SGPGI has inspired him in one way or the other. Everyone

here works in health care which requires a lot of sacrifice, expertise and knowledge, so he feels that all are heroes in their own ways. We wish him all the very best and a very bright future ahead.

**Dr. Prerna Kapoor**

**SARASWATI PUJA CELEBRATIONS 2023**

Saraswati Pooja celebration is a much awaited annual event for the staff, students, faculty members and their families at SGPGIMS. It is celebrated with great fervor and dedication.

After a gap of two years, the Saraswati Pooja Celebrations was organized by the SGPGIMS Employees union on 26th January 2023 at the Community Center SGPGIMS. The Director of the Institute Professor R.K. Dhiman was the chief guest at the function and he also participated in the traditional Pooja ceremony.

The staff members, Resident doctors, PhD students, Paramedical courses students, faculty members and their family members participated in the function to seek the blessings of the goddess of learning. There was great enthusiasm

and excitement among all participants. After the completion of the Pooja ceremony, the traditional Bengali Bhog was organized and the Prasad comprised of delicious Bengali Khichdi and payas, a sweet dish. It is estimated that more than 700 people participated in the function to seek the blessings of Ma Saraswati.

The pooja is held on Basant Panchmi, the day of advent of spring season. Since the season depicts a new beginning, the spiritual significance indicates the end of the days of ignorance and a new beginning with enlightenment. Goddess Saraswati bestows knowledge that is required for spiritual enlightenment. Goddess Saraswati denotes serenity and calmness. The four hands of the Goddess symbolize the mind, intellect, alertness, and ego.

**Professor Rajesh Kashyap, Head,  
Department of Haematology**





**“Life begins at the end of your comfort zone.”**

### **SGPGIMS and the Neonatology Department: A Journey of Gratitude and Growth**

The memories of some places and people will always stay close to our hearts. For me, that place is Lucknow, and those people are the ones I worked with in the Neonatology department of SGPGIMS for nine years. Looking back, I realize that the strength and colors of my wings to soar high and chase my dreams were substantially contributed by this department. I am grateful for all the learning, experiences, acquaintances, and relations that grew up with me in this environment.

I started my career at SGPGIMS in 2014 when the Neonatology department was in its budding stage. I had the opportunity to work and learn under the guidance of Dr. Kirti and Dr. Anita, who are part and parcel of neonatology. With mentors like CNO Mrs. Lisamma Kalib Solanki, Neonatology incharges Mrs. Shakeela Singh and Mrs. Priyobala, I learned to be professional and dedicated. Their support helped me in the process of growing up as an ethical nurse.

I also had the privilege to work with Professor Girish Gupta, who is an erudite in the field of medicine. The initiatives he took to organize in-

house and external training sessions, quizzes, and the way he took us along the path of knowledge, were priceless experiences.

Now, in the UK, I have taken one of the biggest risks of my life, to come out of the safe zone and to move into a challenging environment where I am put through new learnings and evaluations to sharpen my skills and serve better. I currently work with Guy's and St Thomas's NHS Foundation Trust, Evelina London NICU as Band 5 RN. Every single day is as fresh as a dew, and I look forward to meeting new faces and learning new things.

I cherish the memories of SGPGIMS and the Neonatology Department, and I am thankful for all the support I received from the doctors and staff who stood by me in this fantastic journey. The accolades and appreciations I have received in my career and those I aim to achieve further are the result of the fruitful experience I had with SGPGIMS.

***Mrs Anjali K,  
Former Nursing Officer Grade 2,  
Neonatology, SGPGIMS***

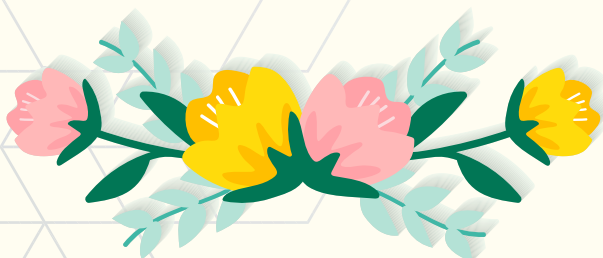


**“Stay young at heart, kind in spirit, and enjoy retirement living.”-Danielle duckery**

***The following employees of SGPGI retired from their services in the period of January to March 2023:***

- |  |  |
|--|--|
| 1. Dr. G Nagesh Babu, Professor,<br>Department of Neurology                  | 12. Shri Gaya Prasad,<br>Hospital Attendant GR-2                     |
| 2. Shri Virendra Kumar Srivastava,<br>Personal Assistant, Finance Department | 13. Shri Hanuman Prasad,<br>Attendant GR-I                           |
| 3. Smt. Sarojini R. Lal,<br>Assistant Nursing Superintendent                 | 14. Shri Tulsi Jha,<br>Senior Tradesman, Engineering                 |
| 4. Smt. Metty Morris,<br>Assistant Nursing Superintendent                    | 15. Shri Sunil Kumar Nirval,<br>Housekeeper Grade 1                  |
| 5. Smt. Parminder Kaur,<br>Assistant Nursing Superintendent                  | 16. Shri Ram Narayan,<br>Senior Mali, Horticulture                   |
| 6. Smt. Saraswati Singh,<br>Assistant Nursing Superintendent                 | 17. Shri Sheetla Prasad,<br>Senior Attendant, Academic Department    |
| 7. Shri Hari Ram Yadav,<br>Driver Special Grade                              | 18. Shri C.M. Singh,<br>Hospital Attendant, Gd-2                     |
| 8. Shri Anjani Kumar,<br>CSR Asstt.GR-I                                      | 19. Shri Dilip Singh,<br>Assistant Accountant, Department of Telecom |
| 9. Shri Mata Prasad,<br>Attendant GR-I                                       | 20. Shri G.P. Maurya,<br>Senior Attendant, RSD                       |
| 10. Shri Basu Dev,<br>Hospital Attendant GR-2                                | 21. Shri Santosh K Jaiswal,<br>Guest House Head Cook                 |
| 11. Shri Siya Ram,<br>Senior Attendant                                       |  |

***We wish them all a healthy, meaningful, and post retirement life.***





## Upcoming Event

### Twentieth ICMR Course on Medical Genetics and Genetic Counseling

*Pedigree to Genome*

*31<sup>st</sup> July 2023 to 12<sup>th</sup> August 2023*

**Organized by:** Department of Medical Genetics, Sanjay Gandhi Postgraduate  
Institute of Medical Sciences, Raebareli Road, Lucknow- 226014

#### **About the course:**

The Department of Medical Genetics has been organizing short courses in Genetics for the clinicians. The 20<sup>th</sup> course will be held from 31<sup>st</sup> July 2023 to 12<sup>th</sup> August 2023. This course provides an introduction to genetics and aims at training pediatricians, obstetricians and other clinicians in basic aspects and clinical applications of medical genetics and its advancements. In this 2-weeks course, principles of basic genetics, cytogenetics, molecular genetics, genetic counseling and prenatal diagnosis will be covered. Along with lectures, demonstrations (lab and clinical) and interactive sessions will be held to clarify the principles of medical genetics. **The course is aimed at training clinicians in counseling for common genetic problems and to identify clinical situations requiring genetic evaluations. It also covers the indications and interpretation of various genetic tests including karyotyping, mutation testing, microarray and exome sequencing.** It will provide the participants an opportunity to enter the fascinating new world of molecular genetics, which is becoming an important part of all branches of medicine in the 21st century.

**Eligibility:** The course is for medical specialists. Clinicians with postgraduate degree (MD/ MS), and postgraduate students in any clinical specialty can apply.

**Duration:** The course will start on 31<sup>st</sup> July 2023, at 9 am and will be over on 12<sup>th</sup> August 2023 at 2 pm.

## Excelling in Multitasking: My Experience at SGPGIMS

My first impression of SGPGIMS has been nothing short of excellent. I have been able to master multitasking and have learned to juggle multiple tasks simultaneously. My experience at SGPGIMS has been a tremendous learning journey so far, and I hope that this journey continues for years to come. I consider myself fortunate to be part of an excellent team of senior faculty members, fellow faculty, and students. SGPGIMS offers an ideal platform for quality patient care, academic pursuits, research activities, and learning. Interdepartmental discussions with senior and fellow faculty members have provided me with an

ideal ground for patient care, self-development, and research work. Additionally, attending various academic programs, including workshops at SGPGIMS, has been an enriching experience for me. Overall, SGPGIMS has been an excellent place for me to grow both personally and professionally. I am grateful for the opportunities and experiences it has provided me with and look forward to continued growth and development at this remarkable institution.

**Dr. Abhishek Paul,**  
**Assistant Professor, Neonatology**

**“The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.” —Ken Doherty**



**The Newsletter is an in-house publication which is compiled with guidance and support from Professor R.K. Dhiman, Director, SGPGIMS, Lucknow. The Newsletter committee has the following team-members:**

1. Dr Perna Kapoor (General Hospital), Chief Editor
2. Dr Ankur Bhatnagar, Plastic Surgery Department is the Treasurer, Education Foundation of SGPGI.
3. Dr Khaliqur Rahman (Haematology)
4. Dr Moinak Sen Sarma (Paediatric Gastroenterology)
5. Dr. Santosh Kumar (Molecular Medicine)
6. Dr Akanksha (Neonatology)
7. Mrs Kusum Yadav (PRO)
8. Mrs Neema Pant (Nursing Officer)
9. Mr Anil Kumar (MIU, Photography)
10. Mr Amit Mohan (STBMI) helps design the Newsletter.

**Printed by: Education Foundation of SGPGI, Lucknow**

**Secretarial Assistance: Mr. Deepak Chandra, Mr. Rishi Misra Office Attendant: Mr. Sunil Kumar**

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