



Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow



Newsletter

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Health ATM and Parag Dairy Kiosk inaugurated to enhance Campus Facilities

Two new facilities were inaugurated at Sanjay Gandhi Postgraduate Institute of Medical Sciences on 23rd June which include A state-of-the-art Health ATM at the Apex Trauma Centre and a Parag Dairy Kiosk near the entrance of the Married Residential Accommodation (MRA) PG Complex.

The Health ATM, a touchscreen-based digital health kiosk, is equipped with advanced sensors capable of testing over 20 health parameters within minutes, including blood pressure, blood glucose, ECG, SpO₂, BMI, body temperature, and pulse rate.

Integrated with telemedicine and e-prescription services, it enables patients to consult specialists remotely and receive primary check-ups on-site.

This facility is a joint initiative of Lucknow Smart City, which provided the kiosk and equipment, and the Telemedicine Department, which arranged human resources and reagents.

It was coordinated by Department of Hospital Administration, SGPGI to improve accessibility, efficiency, and digital healthcare for patients, visitors, and nearby residents.

Prof. R. K. Dhiman, Director, SGPGIMS, inaugurated the kiosk. Prof. Shaleen Kumar, Dean; Prof. R. Harsvardhan, Medical Superintendent and Head, Hospital Administration; Mr. A. K. Singh, General Manager, Lucknow Smart City Limited (LSCL); Mr. Arun Srivastava, Head, ATC; along with senior faculty, clinical staff, and technical partners, were present.

Prof. Dhiman called the Health ATM “a visionary step towards integrating technology in



patient care,” emphasizing its role in preventive healthcare and faster diagnostics.

The second facility, the Parag Dairy Kiosk, was also inaugurated by Prof. Dhiman. It offers a range of hygienic and nutritious dairy products including milk, curd, butter, paneer, lassi, buttermilk, and snacks.

Present at the event were Prof. Devendra Gupta, Chief Medical Superintendent; Prof. R. Harsvardhan, Medical Superintendent; Prof. Shaleen Kumar, Dean; Sri Prakash Singh, JDMM; Lt Col JS Ghumman, JDA; and the General Manager of Parag Dairy with their team.

Prof. Dhiman said that the Parag Dairy Kiosk is an important addition that supports the well-being of our healthcare workers and promotes healthy living.



एसजीपीजीआई में रोगियों के लिए गोल्फ कार्ट सेवा का शुभारंभ



संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान लखनऊ में दिनांक 04 जून को संस्थान के प्रवेश द्वार से मरीजों को अस्पताल परिसर में ले जाने हेतु 05 गोल्फ कार्ट वाहनो को क्रियाशील कर दिया गया। इसका औपचारिक उद्घाटन संस्थान के निदेशक पद्मश्री प्रो० आर० के० धीमन द्वारा किया गया। ये गोल्फ कार्ट आई.सी.आई.सी.आई. बैंक द्वारा कॉरपोरेट सोशल रिस्पॉसिबिलिटी (CSR) के तहत संस्थान को रोगियों की आवागमन की सुविधा हेतु प्रदान किये गए हैं। लो-फ्लोर होने के कारण सामान्यतया मरीजों व उनके सम्बन्धियों को इसमें चढ़ने-उतरने में सुविधा रहेगी। इसकी सुविधा का लाभ लेने के लिए रोगियों व उनके परिजनो को कोई शुल्क नहीं देना होगा। संस्थान में आने वाले मरीजों द्वारा संस्थान के मेन गेट नम्बर-2 से न्यू ओ.पी.डी., ओल्ड ओ.

पी.डी., इमरजेंसी मेडिसिन, इ.एम.आर.टी.सी, एल.टी.यू. बिल्डिंग एवं जनरल हॉस्पिटल आदि स्थानों पर आवागमन हेतु इसका उपयोग किया जायेगा।

इस अवसर पर संस्थान के मुख्य चिकित्सा अधीक्षक प्रो० देवेन्द्र गुप्ता, चिकित्सा अधीक्षक प्रो० राजेश हर्षवर्धन, संयुक्त निदेशक, प्रशासन कर्नल जयदीप सिंह घुम्मन और प्रभारी वाहन विभाग श्री योगेंद्र भारद्वाज, मौजूद थे। ICICI बैंक की ओर से श्री सुमित मेहरोत्रा (स्टेट हेड, यू. पी., छत्तीशगढ़ व उड़ीसा) सुश्री दीप्ती माथुर (रीजनल हेड), व श्री विशाल सक्सेना (जोनल हेड) उपस्थित थे।



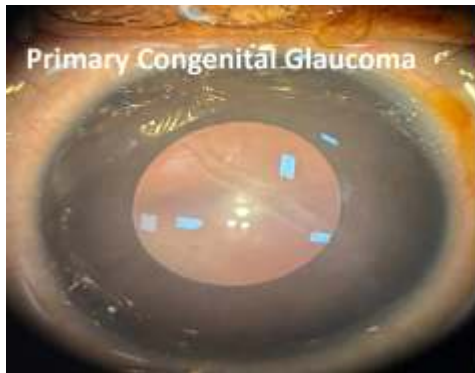
Low-cost Minimal Invasive Glaucoma Surgery & Paediatric Glaucoma Services. Few moments to cherish in our medical journey

It is our pleasure to announce that, a new chapter has been added to the glaucoma services of Ophthalmology department in our Institution. In this journey of eye care services, we strive for the best possible patient care. A minimal invasive glaucoma surgery (MIGS) represents a basket of glaucoma surgery which aims at lowering intraocular pressure at a minimal risk to the patient. There is a growing consensus for this modality of treatment, worldwide. They are quick and can be performed along with phacoemulsification for cataract.

Glaucoma is a chronic irreversible optic neuropathy generally due to the raised intraocular pressure (IOP) which causes an irreversible blindness gradually. The treatment part includes medical management (Drugs), laser, and surgery. The treatment is tailored according to the types and stages of glaucoma.

Mild to moderate glaucoma patients are the suitable candidates for MIGS. However, this procedure can be performed in advanced glaucoma also in whom surgery like trabeculectomy poses a risk for complete vision loss. MIGS ranges from very expensive like I stent, KDB glide to a cheaper version like Bent ab-interno needle goniotomy (BANG).

We performed 10 cases of BANG with an amazing control of IOP. Almost, all patients were free from any anti glaucoma medications post operatively at 1 month. We will follow-up these patients to study the long-term results as well. The BANG surgery utilizes a 26 Gauge needle which doesn't cost more than 2 Indian rupees. Therefore, It is a cheaper alternative to the already existing costly MIGS. It could be employed to the masses particularly in a developing country like India.



The childhood glaucoma represents a complex structural alteration in the anterior chamber angle. We call the eyes of a child with Primary Congenital Glaucoma 'Buphthalmos' meaning bulls like eyes. These children are very susceptible for permanent blindness if they don't receive intervention in time. Even within one month of life, the surgery could be performed safely... thanks to the anaesthesia colleague. Early diagnosis and prompt referral to the centre having paediatric glaucoma services is the key to prevent blindness in these small children so that they could see the world. Paediatrician must be aware of this anomaly as paediatrician are the first line of contact for the parents.

A 4-month-old child presented to us with the enlarged cornea, watering, and photophobia. He was referred from a remote part of Uttar Pradesh. His IOPs were in 30s in both the eyes. We performed combined trabeculotomy with trabeculectomy under GA. Post-surgery the IOP went down and planned for other eye surgery. The child would be followed up closely to advise for glasses and IOP monitoring. I would like to thank to the all colleagues from Ophthalmology and anaesthesia who worked hard to make it a successful outcome for this child.

Dr Vaibhav Jain
Additional Professor, Ophthalmology

CME on World Thyroid Day

The Department of Endocrinology, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), in collaboration with the College of Nursing, observed World Thyroid Day on 24th May by organizing a comprehensive Continuing Medical Education (CME) programme. Held at the College of Nursing Auditorium, Advanced Diabetes Centre, the event aimed to enhance awareness and deepen understanding of thyroid disorders among healthcare professionals and students.

The programme began with a welcome address by Dr. Subhash B. Yadav, Professor in the Department of Endocrinology, who greeted the delegates and emphasized the critical importance of thyroid health in the community. The event was meticulously organized by Dr. Shivendra Verma and Dr. Bibhuti, faculty members of the Department of Endocrinology, ensuring a smooth and engaging experience for all attendees.

The CME featured a series of insightful talks by leading experts:

Dr. Ayushi Singhal discussed the complexities of Hyperthyroidism, covering current diagnostic approaches and treatment options.

Dr. Prashanth delivered a comprehensive

session on Hypothyroidism, focusing on its causes, symptoms, and management strategies.

Dr. Nirupama provided guidance on managing thyroid disorders during pregnancy, highlighting the importance of maternal and fetal health.

Dr. Sangeeta emphasized the need for newborn screening for congenital hypothyroidism, underlining the value of early detection and timely intervention.

The occasion was graced by Prof. R.K. Dhiman, Director, SGPGIMS, who attended the programme despite being on vacation – demonstrating his unwavering support for the cause. Dr. Shaleen Kumar, Dean, SGPGIMS, also extended his full support and encouragement to the initiative. Dr. Radha K, Principal of the College of Nursing, played a key role by motivating nursing students to participate and by facilitating the event's organization at the college venue.

The programme saw enthusiastic participation from nursing students, who actively engaged in expert sessions and discussions. The event successfully fostered greater awareness of thyroid health, reaffirming SGPGIMS's commitment to excellence in healthcare education and patient care.



Collaborative Breastfeeding Week Celebration by MRH and Neonatology



The Departments of Maternal & Reproductive Health (MRH) and Neonatology jointly organized a CME and awareness program on Breastfeeding Awareness on 2nd August 2025 as part of the World Breastfeeding Week celebrations at SGPGIMS. The event was graced by Padma Shri Prof. R.K. Dhiman (Director), along with the Chief Medical Superintendent and Medical Superintendent, and was held under the guidance of the respective Heads of Department, Prof. Mandakini Pradhan (MRH) and Prof. Kirti Naranje (Neonatology). Distinguished guests Dr Uma Singh (Former HOD, Obstetrics, KGMU) and Dr Piyali Bhattacharya (Pediatrician, General Hospital, SGPGIMS) also graced the occasion.

A series of coordinated academic and awareness activities, led by Dr Neeta Singh and Dr Akanksha, highlighted key aspects of breastfeeding promotion. Sessions included:

- Poster presentations by nursing officers and students



- Focused talks by senior residents from both departments—Dr Priyanka, Dr Arohi, Dr Rohit, Dr Saima, Dr Khushboo, Dr Saumya, and Dr Ayushi
- An interactive cross-talk by Dr Ankita and Dr Kritika
- A well-received skit, “The First Feed,” performed by 4th-year BSc Nursing students, appreciated for being both educational and engaging
- A quiz competition and prize distribution to encourage participation

The event concluded with acknowledgment of the contributions of nursing students, nursing officers, and faculty members Prof. Anita Singh and Prof. Indulata, who also supported the program through their active involvement. Parents and mothers who attended were also thanked for their active engagement. The collaborative effort of MRH and Neonatology reinforced the importance of breastfeeding as a cornerstone of maternal and newborn health and highlighted SGPGIMS's commitment to continuous learning and patient-centered care.

Dr Akanksha
Associate Professor, Neonatology



World Hand Hygiene Day



Kumar Singh (BRD Medical College, Gorakhpur) also participated as speakers. During the sessions, experts highlighted the importance of strict hand hygiene compliance, rational use of gloves, and evidence-based infection control strategies to reduce the burden of healthcare-associated infections in hospitals. A scientific workshop organized by the SGPGI Hospital Infection Control Committee (SHICCOM) and the Hospital Infection Control Cell (HICC), in collaboration with the Hospital Infection Society of India (HISI) - Lucknow

Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow organized a series of academic and awareness activities to commemorate World Hand Hygiene Day 2025 along with the 37th Foundation Day of the Department of Microbiology on 5th May 2025. The programmes included a Continuing Medical Education (CME) session and a scientific workshop focusing on “Hand Hygiene and Prevention of Healthcare-Associated Infections (HAIs) using Automated Syndromic Panels”, aligned with the World Health Organization (WHO) theme for 2025, “It Might Be Gloves, It’s Always Hand Hygiene!”. The events were graced by several eminent dignitaries including Padmashri Prof. R. K. Dhiman, Director, SGPGIMS, Prof. Shaleen Kumar, Dean, Prof. Prashant Agarwal, Medical Superintendent (officiating) and Prof. Rungmei S. K. Marak, Head, Department of Microbiology, SGPGIMS. Distinguished experts Prof. Sumit Rai (AIIMS Mangalagiri), Dr. Vinita Khare (Era Medical College and Hospital), and Dr. Amresh

Chapter and the Academy of Hospital Administration (AHA), Uttar Pradesh Chapter, further strengthened awareness and training efforts. The workshop included lectures on surgical site infections, infection prevention strategies, sterilization practices, and compliance with hand hygiene protocols. A live demonstration of the WHO- recommended hand hygiene technique was also conducted to reinforce correct practices among healthcare workers. Student engagement was encouraged through poster and skit competitions involving more than 50 nursing students and postgraduate trainees. Additionally, an alumni meet was organized as part of the Foundation Day celebration. The events witnessed participation from over 100 delegates including clinicians, microbiologists, nursing staff, and trainees, reaffirming that effective hand hygiene remains the simplest, most economical, and most powerful measure for preventing infections and ensuring patient safety.

National Seminar on “Best Procurement Practices in Government Healthcare Organizations: An Update” organized at SGPGIMS



The Department of Hospital Administration, SGPGIMS, organized a National Seminar on “Best Procurement Practices in Government Healthcare Organizations: An Update” on 11th May 2025 at the C.V. Raman Auditorium, Central Library Complex, as part of its 17th Foundation Day celebrations. The event was organized with the support from Government e-Marketplace (GeM), Department of MSME & Export Promotion, Government of Uttar Pradesh (Knowledge Partners) and in collaboration with Uttar Pradesh Medical Supplies Corporation Limited (UPMSCL), and the Material Management Division, SGPGIMS.

The seminar reaffirmed the Department’s commitment to capacity building, policy reform, and institutional excellence. Discussions centered on integrating hospital administrators and material managers into procurement systems to enhance efficiency, transparency, and professionalization in government healthcare.

Inaugural Session:

Prof. (Dr.) R. Harsvardhan delivered the opening remarks, reflecting on institutional reforms

in procurement. Shri Prakash Singh, Joint Director, Material Management, outlined seminar objectives, while Prof. Amita Agarwal, Acting Dean, emphasized procurement as a pillar of sustainable growth. Prof. (Dr.) R. K. Dhiman, Director, SGPGIMS, shared the institute’s own experiences in evolving procurement practices, highlighting key innovations, challenges overcome, and future plans for further streamlining and digitizing the procurement process. The keynote address was delivered by Shri Partha Sarthi Sen Sharma, IAS, Principal Secretary, Department of Medical Education and Department of Medical Health & Family Welfare, Government of Uttar Pradesh. Drawing from his extensive administrative experience, he spoke on navigating present and future challenges in public procurement within the state’s healthcare ecosystem.



Scientific Sessions:

- Session 1:** Shri Pranjal Yadav, IAS, Secretary, Department of MSME & Export Promotion, offered an in-depth overview of procurement policies pertaining to MSMEs and startups, shedding light on the reservation norms, policy incentives, and procedural guidelines that empower hospitals to engage meaningfully with this vital sector.



- **Session 2:** Shri Krishna Murari, IRSS, Deputy CEO, GeM, Ministry of Commerce, guided attendees through the operational intricacies of leveraging the GeM platform in government healthcare organizations. He explained key processes such as catalogue management, bid preparation, reverse auctioning, and compliance requirements.
- **Session 3:** Mr. Ujjwal Kumar, GM (Equipment Procurement), UPMSCCL, discussed strategic models for bulk procurement and inventory optimization. With an emphasis on cost containment, timely delivery, and stock rationalization, he presented actionable frameworks and decision-making tools that hospitals can adopt to streamline their supply chain and reduce operational inefficiencies

Panel Discussion:

A panel on "Procurement in Government Hospitals: The Need for Professional Administrators/ Managers" was chaired by Prof. (Dr.) Aditya Kapoor and moderated by Prof. (Dr.) R. Harsvardhan. Panelists included:

- Prof. (Dr.) Narayan Prasad, Chairman, Purchase Committee & HoD, Nephrology, SGPGIMS
- Prof. (Dr.) Devendra Gupta, Chief Medical Superintendent, SGPGIMS



- Prof. (Dr.) Dheeraj Khaitan, Chairman, IRF, SGPGIMS
- Shri Prakash Singh, Joint Director, Materials Management, SGPGIMS
- Mr. Vinay Kumar Rai, Finance Officer, KGMU, Lucknow
- Mr. Rajnikant, Finance Officer, KSSSCI&H

They emphasized structured training, dedicated staffing, and professional integration of procurement experts into hospital governance.

Awards & Recognitions:

- **Dr. Ramesh Chandra Dwivedi Memorial Gold Medal** was awarded to MHA toppers by Shri Partha Sarthi Sen Sharma.
- **Prof. Hem Chandra**, Founding Head, was honoured with a **Lifetime Achievement Award**.

Conclusion:

Dr. Saurabh Singh, Assistant Professor & Organizing Secretary, delivered the vote of thanks.

The seminar, attended by over 250 delegates including administrators, procurement officials, and senior bureaucrats, emerged as a significant platform to shape policy, promote professionalization, and advance procurement reforms in government healthcare.

World Emergency Medicine Day Celebrations: 27th May 2025

The Department of Emergency Medicine at SGPGIMS, Lucknow, observed *World Emergency Medicine Day* on 27th May 2025 with great enthusiasm. The event underscored the vital role of emergency care in saving lives and strengthening the healthcare system. As part of the academic proceedings, an insightful lecture was delivered by **Prof. Afzal Azim**, Department of Critical Care Medicine, on the important topic of “*How to Write a Death Certificate Correctly.*” The session was highly informative and well-received by residents and faculty alike, reinforcing the importance of accuracy and legal responsibility in death certification. The celebration served as a reminder of the department’s unwavering commitment to education, ethical practice, and patient-centered emergency care.



Dr. Tanmoy Ghatak
Associate Professor, Dept of Emergency
Medicine

3rd Implantation Day Celebrations of the Department of Emergency Medicine: 24th May 2025

The Department of Emergency Medicine at SGPGIMS, Lucknow, proudly celebrated its Implantation Day on 24th May 2025. The event marked a significant milestone in the department's journey of delivering excellence in acute and emergency care. Faculty members, residents, nursing staff, and dignitaries gathered to commemorate the department's achievements

and reaffirm its commitment to advancing emergency medical services in the region. The celebrations included a brief inaugural ceremony, academic reflections on departmental progress, and interactive discussions on future goals. The occasion also highlighted the department's contributions to training, research, and round-the-clock patient care.



Dr. Tanmoy Ghatak
Associate Professor, Dept of Emergency Medicine

SGPGI Neurosurgery Update 2025 Showcases Excellence in Skull Base and Neurotology



The Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS) in Lucknow recently hosted a prestigious academic event focused on otology and skull base surgery, titled “SGPGI Neurosurgery Update 2025: An Academic Fest of Skull Base and Neurotology.” This three-day conference, held from April 18 to 20, 2025, brought together leading national and international experts, surgeons, and researchers who exchanged insights on cutting-edge advancements in this highly specialized field.

The conference was organized by the Department of Neurosurgery and led by Dr. A. K. Jaiswal (Organizing Chairman), Dr. Arun Kr. Srivastava (Organizing Chairman), Dr. Anant Mehrotra (Organizing Secretary), and Dr. Ravi Sankar Manogaran (Organizing Secretary). This event reaffirmed SGPGIMS’s commitment to academic excellence and leadership in the field of surgery. The scientific sessions covered a wide range of topics, including lateral skull base surgery, cochlear implantation, auditory brainstem implants, vestibular disorders, transnasal advanced endoscopic anterior skull base surgery, and other emerging surgical techniques in neurotology. A key highlight was the recorded video of cadaveric and surgical case

demonstrations, showcasing complex procedures such as translabyrinthine approaches, cerebellopontine angle tumor resections, and implantable hearing solutions.

The inauguration ceremony was marked by the distinguished presence of Dr. R. K. Dhiman, Director of SGPGIMS, who served as the Chief Guest for the occasion. The event was presided over by Dr. Devendra Gupta, Chief Medical Superintendent of SGPGIMS. Dr. A. K. Jaiswal, Head of the Department of Neurosurgery, provided an introduction to the conference. Dr. Anant Mehrotra presented the content for the workshop and conference, followed by Dr. Ravi Sankar Manogaran, who delivered the vote of thanks.

The SGPGI Neurosurgery Update 2025 included prestigious orations that celebrated surgical excellence and honored pioneers in the field. The 7th Prof. D. K. Chhabra Oration was delivered by Prof. Atul Goel, whom Dr. Ved Prakash Maurya introduced. This session was chaired by a distin-



guished panel, including Drs. Piyush Mittal, Mazhar Hussain, and Isha Tyagi. Prof. Goel's address showcased innovation and philosophy in neurosurgery.

The 7th Prof. V. K. Jain Oration was presented by Prof. S. K. Gupta, with introductory remarks by Dr. Pawan Kumar Verma. This session was chaired by Drs. Satnam Chhabra, B. K. Ojha, Satyawati Mohindra, and Rajesh Vishwakarma, and explored evolving paradigms in skull base surgery from a forward-thinking perspective.

Lastly, the 4th SGPGI Neurosurgery Oration was delivered by Prof. R. S. Virk, who was introduced by Dr. Kshitij Charaya. This session featured prominent figures, including Drs. Mahesh Kuriyal, Regi Thomas, and Harish Chand Taneja, and inspired the next generation of skull base surgeons by blending technical mastery with clinical wisdom in transnasal endoscopic anterior skull base surgery.

A major highlight of the conference was the enthusiastic involvement of young professionals through various academic competitions. The resident award paper presentations and poster sessions attracted submissions from across the country, showcasing original research and innovations in skull base and neurotological surgery. A particular highlight was the Residents' Quiz on Skull Base, which featured spirited participation and tested clinical acumen, surgical knowledge, and decision-making in complex scenarios.

With over 300 participants from both domestic and international backgrounds, the SGPGI

Neurosurgery Update 2025 proved to be a vibrant gathering of experience, innovation, and youthful energy. During the valedictory session, Dr. Arun Kr. Srivastava, the Organizing Chairman, remarked, "SGPGIMS remains committed to elevating the standards of surgical care and fostering cross-disciplinary collaboration in skull base and neurotologic surgery. SGPGI Neurosurgery Update 2025 has celebrated knowledge, skill, and the future of our field." The conference concluded on a high note, celebrating surgical excellence, academic camaraderie, and a shared vision for advancing care for patients with complex skull base and neurotologic disorders.

Prof Awadhesh Kumar Jaiswal

Professor and head of Neurosurgery, Organising Chairman
Neurosurgery Update 2025

Dr. M.Ravi Sankar

Additional Professor of Neurotology, Organising Secretary
Neurosurgery UPDATE 2025



Student Wellness, Stress Management & Resilience Building

The College of Medical Technology successfully conducted its first-ever comprehensive **Two day workshop** exclusively for post graduate students **on Student Wellness, Stress Management & Resilience Building** on 27th & 28th June 2025. The event aimed to equip students with essential skill for managing stress, promoting mental well- being and enhancing resilience in the demanding field of medical education.



The workshop began with a Pre workshop evaluation to assess the student's baseline understanding of stress and coping mechanisms.

Dr. Lokendra Sharma, Nodal Officer, CMT warmly welcomed the gathering and introduced the purpose of the event. He invited Director Prof. R.K Dhiman and Dean Dr. Shaleen Kumar of the institute, who inaugurated the workshop

and addressed students, emphasizing on importance of mental wellness and resilience in medical training.

Prof. R.K Dhiman, Director, SGPGI emphasized the importance of mental strength, peer support and self-care. He also encouraged students to make most of the workshop in developing lifelong coping skills.

The highlights of two day workshop included speakers including Dr. Romil Gupta, from Psychiatry and Dr. Purna Kapoor General Hospital SGPGIMS, Dr. Akanksha Sharma and Dr. Anuranjan Vishwakarma from RMLIMS, Dr. Nagma Javed from HCL Healthcare, and Dr. Amit Singh and Dr. Devika Raje from KGMU Lucknow. They delivered a series of insightful lectures on psychiatry and psychology. Each speaker addressed key dimension of mental health and wellness, tailored to the challenges faced by medical students.





The workshop was well received with enthusiastic participation and positive feedback from students of College of medical technology. It successfully provided practical knowledge, emotional support and actionable tools for managing stress and building resilience.

Students reported increased self-awareness reduced stigma around mental health and stronger understanding of how to support themselves and each other in challenging in academic environment.

The event marked a significant step in prioritizing student well-being at CMT & Allied Health Sciences

Ms. Amrita Shri, Medical Lab Technician, CMT

World Hypertension Day Awareness Program at SPGIMS

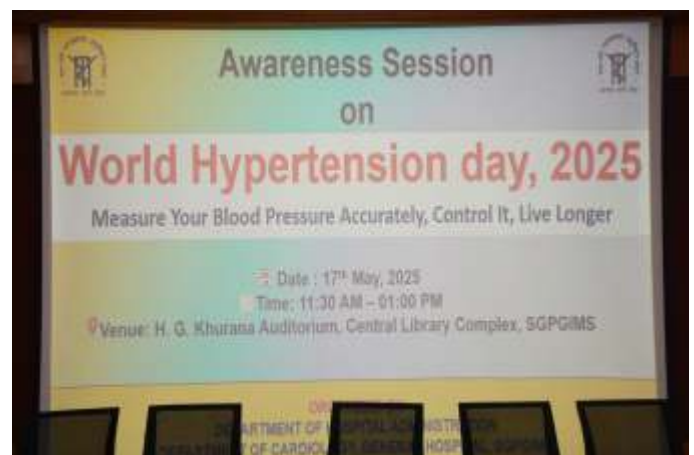
“Hypertension may knock on your door, but it’s your choice whether to let it in.”

This theme resonated with the audience at the World Hypertension Day awareness program held at SGPGI, Lucknow . The event was jointly organized by the Departments of Hospital Administration, Cardiology, and General Hospital.

The program was graced by esteemed guests, including Professor R K Dhiman, Director; Professor Devendra Gupta, CMS; Dr Aditya Kapoor, Professor and Head of Cardiology; and Dr Harsvardhan, Professor and Head of Hospital Administration, Dr Piyali Bhattacharya, Senior Paediatrician, Dr Ankit Sahu , Additional Professor, Cardiology , Dr Saurabh Singh, Assistant Professor, Hospital Administration

Dr. Arpita Katheria, Assistant Professor of Cardiology, delivered an engaging talk on “Understanding Hypertension: The Silent Killer,” shedding light on the importance of awareness and management.

An informative and interactive panel discussion, moderated by Dr. Prerna Kapoor, Senior Physician, followed the talk. The expert panel consisted of Dr. Piyali Bhattacharya, Senior Pediatrician; Dr. Ravi Khushwaha, Nephrologist; Dr. Arshad and Dr. Harshit from Cardiology; and Dr. Rama, Head of Dietetics. The topic “Living and Thriving with Hypertension” sparked a lively discussion, with the panelists providing comprehensive insights on various aspects of hypertension management.





More than 200 healthcare professionals actively participated, asking pertinent questions and engaging with the experts.

The program was coordinated and very efficiently anchored by the team from Hospital Administration including Dr. Anmol Jain, SR, Dr. Vaishnavi Anand, Dr. Akshita Bansal & Dr. Kritika Singh, JRs.

An interactive quiz organized by these resident doctors was the highlight and an apt culmination of the program. The entire audience participated enthusiastically via QR code on their mobile phones, which added an engaging and modern touch to the event.

The program concluded with an interactive quiz organized by the residents of the Department of

Hospital Administration – Drs. Akshita, Vaishnavi, Kritika, and Anmol. Participants took part using a QR code on their mobile phones, which added an engaging and modern touch to the event.

The program concluded with a quiz, conducted by residents from the Department of Hospital Administration, including Drs. Akshita, Vaishnavi, Kritika, and Anmol. The quiz was conducted via QR code on mobile phones, adding an interactive element to the event.

The key take aways were:

On World Hypertension Day 2025, healthcare workers across the globe have again come together to raise awareness about the silent but deadly condition – hypertension, or high blood pressure.



Globally, over 1.28 billion adults aged 30–79 suffer from hypertension, but nearly 50% are unaware of their condition. In India, the numbers are equally alarming and hypertension has become a widespread public health challenge:

- One in three adults suffers from high blood pressure.
- Among them, more than 50% are undiagnosed and only 20% have their BP under control.
- It is a major cause of heart disease, which contributes to over 27% of total deaths in India.

Dr Perna Kapoor emphasised that Hypertension is often SILENT but can lead to serious problems like heart attack, stroke, and kidney failure if left unchecked.

She commented that Early detection through regular screening is the key to prevention and control

Today's sessions also elaborated on the fact that the current generation faces more stress, poor diet, and sedentary habits. If not addressed early, hypertension can lead to stroke or heart failure in young adults too. This year's theme encourages individuals to "measure blood pressure accurately" and seek timely medical advice.

Fast Facts:

- Normal BP: Below 120/80 mmHg
- High BP: 140/90 mmHg and above
- Hypertension can occur without symptoms
- Early treatment can prevent 90% of complications

Let's remember – a simple BP check could save a life.

Dr Perna Kapoor
General Hospital

Department of Endocrine and Breast Surgery

A round-up of Activities and Achievements January-June 2025

Over the past six months, the Department of Endocrine and Breast surgery has actively engaged in meaningful initiatives that reflect our commitment to education, community outreach, and holistic well-being. Here is a brief round-up of those activities.



Valentine's Day Dinner

Discussion – Awareness and Nutrition in Breast Cancer: This Valentine's Day, 14th Feb 2025 the department organised a dinner discussion on the vital role of nutrition in breast cancer treatment and recovery. The session brought together faculty and residents to exchange the latest evidence-based insights, share patient counselling strategies, and emphasise the importance of a holistic approach to care.

International Women's Day – Celebrating Empowerment: On the occasion of International Women's Day on 08th March 2025, the department organised Empower and Inspire: A Special Online Showcase – a unique photography competition designed to highlight the many facets of women's strength. Participants captured powerful visual stories highlighting the strength, resilience, and everyday triumphs of women. The award ceremony was followed by a warm gathering where faculty, residents, and staff shared personal challenges and triumphs of their journeys.

Breast Cancer Awareness at Mahakumbh Mela: Taking our mission beyond hospital walls, the



department organised breast cancer awareness during the recent Mahakumbh Mela. These camps distributed educational materials on breast self-examination, reaching large numbers of women to emphasise the importance of early detection of breast cancer to promote timely intervention.

Together, these initiatives reaffirm our department's dedication to nurturing academic excellence, promoting community health, and fostering an environment of compassion, empowerment, and continuous learning.



Looking ahead, the department is now gearing up for our flagship Postgraduate Course in Endocrine Surgery in September, held once every two years, which continues to attract established and aspiring endocrine surgeons from across the country. We look forward to welcoming participants and carrying this spirit of learning and collaboration forward.

Hands-On Microwave Ablation Workshop – A Step Towards Future Therapies:

The department hosted a one-day hands-on workshop on Microwave Ablation (MWA) of

benign/ low risk thyroid nodules and breast lesions. Participants were able to practice these techniques using inanimate models and chicken breast tissue models to simulate real-time ablation scenarios. The session was designed to familiarise faculty and residents with the technical nuances, safety parameters, and efficacy of MWA, particularly in the context of low-risk thyroid nodules and breast lumps.



This simulation-based approach provided participants with valuable exposure to equipment handling, needle placement under ultrasound guidance, and ablation endpoint recognition. The workshop laid the foundation for integrating MWA into select patient care pathways and highlighted our department's commitment to innovation and skill-building.

Improving Peri-operative Pain Management: Interdepartmental Collaboration with the Department of Anaesthesiology & Pain Medicine



As part of our ongoing interdisciplinary efforts, our department collaborated with the Department of Anaesthesiology and Pain Medicine on procedural pain management strategies relevant to endocrine surgery. Case-based discussions focused on perioperative pain control, nerve blocks helping



in improving surgical outcomes and patient comfort were discussed by faculty, post-doctoral fellows and residents from department of Anesthesia and Pain management, led by Prof Sujeet Gautam and Dr Sandeep Khuba.

Academic Laurels and International Presence – Showcasing Excellence Beyond Borders

The recent months witnessed our residents bringing international recognition to the department through exemplary scientific presentations and prestigious awards at renowned global platforms:

- American Association of Endocrine Surgeons (AAES) 45th Annual Meeting Held from May 17–19, 2025, in Milwaukee, Wisconsin. AAES annual conference is the most prestigious international gathering of endocrine surgeons across the globe. This year, Dr. Samprati Dariya, SR became the first trainee from India ever to present a podium paper at this prestigious global conference, a landmark moment for the department and India's endocrine surgery training. Coincidentally, Dr Samprati's mentor, Dr Gaurav Agarwal was the first Indian surgeon to present at AAES conference in year 2001.
- 125th Annual Congress of the Japan Surgical Society, held in Sendai, Japan. Dr. Prachi Krishnatrey and Dr. Samprati Dariya

proudly represented the department and Institute by presenting their research papers. Both were awarded with the JSS Travel Grants by the Japan Surgical Society, recognising the quality and relevance of their work.

- 19th Congress of the Asian Association of Endocrine Surgeons (AsAES) Held in Seoul, South Korea from April 2-4, 2025, the congress featured paper presentations by Dr. Prachi Krishnatrey and Dr. Rajni Sah. Both residents were awarded international travel grants, reflecting the growing impact of our academic output in the Asia-Pacific region.



- Year in Review – Updates in Breast Cancer, AIIMS, New Delhi. At this national conference held on March 1st and 2nd, 2025, Dr. Sunaina, our PDCC Breast Surgery resident, was awarded First Prize in the competitive paper session.

Celebrating New Beginnings – Farewell to Our Graduating Residents

This year also marked the successful completion of training for four M.Ch. Endocrine Surgery residents and one PDCC Breast Surgery resident. Their journey has been a testament to dedication, perseverance, and academic excellence.

As they step into the next phase of their professional journey, we take immense pride in their accomplishments and wish them continued success and impact in the world of endocrine and breast surgery.

A New Chapter – Shifting to Our New Ward

On 30th March 2025, the Department of Endocrine and Breast Surgery ward A relocated to a newly renovated ward on the 3rd floor, marking the end of an era and the beginning of a new chapter. The move symbolised not just a change in physical space but also a step forward in our collective journey toward providing enhanced patient care. The transition was carried out smoothly with the support of nursing staff, residents, and hospital administration. While we bid a nostalgic farewell to our old ward, which had witnessed years of tireless work and countless patient stories, the new space promises improved infrastructure, better workflows, and a more comfortable environment for patients and caregivers alike.



Dr Spandana J, Assistant Professor (Contractual)

Dr Mithlesh Wanchoo, Chief Resident

Yoga for Well-being” From Tradition to Transformation”: SGPGIMS Celebrates International Yoga Day 2025

International Yoga Day is celebrated every year on **21st June** to give global recognition to the importance of India’s ancient tradition of Yoga and its physical, mental, and spiritual health benefits.

Yoga inspires people to live a more balanced and healthy life by adopting this holistic practice.

The theme of the year **2025** is “**Yoga contributes to building well-being.**”

To commemorate International Yoga Day, programmes were organised in **SGPGI** OVER two weeks.

A comprehensive and impactful workshop was organized by the **Department of Hospital Administration** in collaboration with **General Hospital, SGPGIMS** on **14th June 2025** in the **S. S. Aggarwal Auditorium**.

The program started with the welcome address by **Dr. R. HarshVardhan**, Medical Superintendent and Head, Department of Hospital Administration. Highlighting the institute’s mission of “Yoga and life balance,” he said that “*Yoga is extremely relevant in modern health care as a prevention and complementary therapy for lifestyle diseases.*”

After this, **Prof. Devendra Gupta**, Chief Medical Superintendent, shared his views on “*Yoga is a lifestyle, not just an exercise.*” He explained that yoga is not just a practice but a way of life, which leads to overall good health and long-term happiness.

Prof. R. K. Dhiman, Director, SGPGI, delivered an inspirational speech on the topic “*Yoga and*

Daily Life: The way to be active and alert.” He said that yoga is not limited to just the yoga mat; rather, it should be present in every moment of our life.

Dr. Piyali Bhattacharya, Senior Paediatrician, General Hospital, SGPGIMS, participated as a special guest.

All the speakers were honoured by **Dr. R. HarshVardhan** with a memento in the form of the book “*Celebrating Life: 6 Steps to Complete the Blossoming of Your Consciousness*” (Author: Rishi Nityapragya).

The scientific framework of the program was diverse and rich, made even more engaging by the gracious presence of members from **Isha Foundation** and **Art of Living**.

Dr. Rohit Uniyal (Isha Foundation) inspired everyone to embark on the journey of introspection, balance, and inner transformation. Explaining the method of “*Inner Engineering*,” he said that yoga makes life simple and balanced.

This was followed by the presentation of **Dr. V. K. Paliwal**, Professor, Department of Neurology, on “*From Breath to Brain: How Pranayama Calms the Nervous System.*” He explained that controlled breathing directly affects our autonomic nervous system, specifically the parasympathetic branch, which is associated with relaxation and healing.

Dr. Harshit Khare, Assistant Professor, Department of Cardiology, SGPGI, spoke on the topic “*Role of Yoga in Heart Health.*” He explained that regular asanas improve blood circulation,

flexibility, and heart function, while pranayama and meditation help control stress and high blood pressure.

Dr. Ambika Tandon, Assistant Professor, Department of Endocrinology, SGPGI, highlighted the *“Role of Yoga in the Management of Diabetes and Obesity.”* Yoga is helpful in controlling psychological factors such as stress and an inactive lifestyle.

Finally, the **Art of Living** team led by **Dr. Shweta Upadhyay** and **Ms. Anjali Seth** brought a calm, energizing finale to the session.

The session concluded with a vote of thanks by **Dr. Shalini Trivedi**, Academic Senior Resident.

More than **150 participants** attended the program, including nursing officers, senior nursing staff, yoga instructors, NGO members, and students from the **College of Medical Technology** and **College of Nursing**.

An informative and interesting exhibition on the *“Importance of Nature”* was inaugurated by Director **Prof. R. K. Dhiman** on **12th June** at the **Green House Complex** near the Oxygen Gas Plant at SGPGI. On this occasion, **Joint Director Administration Lt. Colonel Jaideep Singh Ghuman**, Chief Administrative Officer **Mr. Nikhil Chandra**, Executive Officer Horticulture **Mr. P. C. Gupta**, Horticulture Inspectors **Mr. Awadhesh Kumar Gautam** and **Mr. Ajay Kumar**, Administrative Officer **Mr. Sanjay Jain**, Senior Sanitation Officer **Mr. Om Prakash**, and many other officers and employees of the **Horticulture and Engineering Department** were present.

The exhibition concluded on **14th June**, highlighting the importance of trees and a green environment.

On **10th June**, the **College of Nursing, SGPGIMS** organized a session on **Surya**

Namaskar at **6:30 am** in the institute’s **Cricket Stadium**.

The event took place under the guidance of **PadmaShri Prof. R. K. Dhiman**, Director, SGPGIMS, and was supported by **Dean Prof. Shaleen Kumar** and **Medical Superintendent Prof. R. HarshVardhan**.

The event proceeded under the chairmanship of **Dr. Radha K.**, Principal, College of Nursing, SGPGIMS. Around **180 participants** attended the programme, including faculty members, nursing officers, security personnel, housekeeping staff, and students.

The **M.Sc. Nursing, B.Sc. Nursing**, and **CMT** students actively participated and performed the **Surya Namaskar** with full enthusiasm and zeal.

On **7th June**, sandalwood plants were planted around the lake of the new campus. Participants included **Dr. Devendra Gupta**, CMS; **Dr. R. Harsh Vardhan**, Medical Superintendent; **Lt. Col. Jaideep Singh Ghuman**, JDA; **Dr. Praveer Rai**, Professor, Department of Gastroenterology and Faculty In-charge, Engineering; **Prof. V. K. Paliwal**, Department of Neurology; and **Dr. Perna Kapoor**, Senior Physician, General Hospital SGPGI.

Earlier, on **6th June**, the **Nursing Division**, under the aegis of the **Nurses Health Club**, organised a program titled *“Virasat se Vikas: Yoga ki Bhumika”* in **HG Khurana Auditorium**, SGPGI.

The program started with registration and a pretest by **Mr. Manu Thambi**, Member, Nurses Health Club Committee & SNO, Department of Hospital Administration, SGPGIMS, followed by the opening remarks and welcome address by **Mrs. Ritaja Singh**, Organising Secretary, Nurses Health Club & Nursing Superintendent.

The first scientific talk was delivered by **Mr. Dhikhil C. D.**, Coordinator, Nurses Health Club and SNO, Department of Hospital Administration. He elaborated on the history of yoga, its heritage, and its evolution from prehistoric times to current trends, highlighting the difference between ancient and modern yoga.

This was followed by a demonstration of various yoga positions and asanas by **Mrs. Ragini Srivastava**, Lead - Yoga Division, Nurses Health Club Committee & SNO, Neurology Department. The program also included a practical demonstration of meditation.

More than **150 nurses**, including **Nursing Supervisors, In-charges, Assistant Nursing Superintendents, Senior Nursing Officers, Nursing Officers**, and **Nursing Students** from

the **College of Nursing**, actively participated in the event.

On **4th June**, "*The Yoga Garden: Abode of Nature and Peace*" was inaugurated at **Amrit Vatika, SGPGI** by **Prof. R. K. Dhiman**, Director, SGPGI, Lucknow, by cutting the ribbon at **10:00 am** in the institute premises.

Prof. R. K. Dhiman, Chief Medical Superintendent **Prof. Devendra Gupta**, Medical Superintendent **Prof. R. Harsh Vardhan**, Joint Director Administration **Lt. Col. Jaideep Singh Ghuman**, Professor of Nuclear Medicine **Dr. Amitabh Arya**, Executive Officer Horticulture **Mr. P. C. Gupta**, Inspectors Horticulture **Mr. A. K. Gautam** and **Mr. Ajay Kumar**, along with senior officers and employees, planted fruit-bearing trees in the **Yoga Vatika** of the institute campus.

From the Editor's Pen...



As I write my last editorial for the SGPGIMS Newsletter, I am filled with a mixed sense of sadness and accomplishment. I have nothing but immense gratitude for our Director, Professor R. K. Dhiman, for placing his faith in me and for always being so supportive.

Words are truly not enough to thank the editorial board members for their constant inputs, encouragement, and cooperation.

To chronicle the life and times of a mammoth institution like SGPGIMS – larger than life, with wheels within wheels, and with so many diverse activities and achievements – is never easy, but we all gave it our very best. We enjoyed the process, and this journey came with its own quiet and fulfilling rewards.

We were fortunate to receive so many original and heartfelt contributions from staff members, current residents, nursing officers, and PhD scholars, and that in itself was deeply gratifying. I sincerely hope these contributions will continue to flourish.

We were also able to reach out to and reconnect with many alumni of SGPGIMS, who wrote about their alma mater straight from the heart, each with their specific brand of wit, sharpness and warmth.

As I now bow out of my role as Chief Editor, being a Bollywood admirer, I cannot resist ending with this beautiful line:

"कल और आएंगे नगमों की खिलती कलियाँ चुनने वाले, मुझसे बेहतर कहने वाले, तुमसे बेहतर सुनने वाले।"

Wishing the new editorial board all the very best!

Dr Perna Kapoor

Events @ International Yoga Day



Yoga Marathon 2025: A celebration of wellness, strength & spirit

In celebration of this year's International Yoga Day and in alignment with the vision of promoting holistic well-being among healthcare professionals, the College of Medical Technology and Allied Health Sciences (CMT & Allied Health Sciences) successfully organized a yoga marathon on the morning of 17th June 2025.

The event began at 6:00AM from CMT building and covered almost 2-3 KM ending to the Lake area within SGPGIMS campus. A vibrant group

encouraged them to develop a healthy lifestyle, particularly eat healthily and also to adopt early eating habits.

The event was coordinated by Dr. Krishna Kant to ensure a smooth and impactful event under the guidance of Dr. Lokendra Sharma, Nodal Officer, CMT & Allied Health Sciences

To recognize the spirit of participants and commitment, certificates were awarded to all the attendees. Medals were given to the top three



of more than 80 students from CMT and nursing, along with faculty members and staff took part in this Marathon.

The session was graced by Dr. Shaleen Kumar, Dean, SGPGIMS. He urged students to incorporate yoga into their daily lives and

male (Vikas Gupta, Ajeet Patel, Aman Saroj) and female (Awantika Singh, Shyama Gupta, Preeti Rai) performers.

The celebration concluded with light refreshments and thanks to all the participants.

Ms. Amrita Shri, Medical Lab Technician, CMT

Artificial intelligence (AI) in Cardiology

*Harnessing the power of AI: Enhancing precision, speed, and confidence in cardiovascular interventions: Another first for SGPGI in Lucknow .“““An *Artificial intelligence (AI)-powered intravascular optical coherence tomography (OCT) system integrating fractional and relative flow reserve (coronary flow estimation) and 3D angio co-registration (facilitating simultaneous angiographic visualization)* has been now installed at SGPGI. This latest innovation in coronary imaging *shall now allow cardiologists to offer their patients a comprehensive and advanced approach to percutaneous coronary intervention (PCI)*. “““By leveraging the use of AI algorithms instead of manual analysis*, this technique can enhance the measurement of plaque morphology, calcification, vessel size and stent deployment, *while simultaneously correlating this information with angiography data*. “““Since its installation on 5th May 2025, the team of department of Cardiology SGPGI comprising of *Prof Aditya Kapoor, Prof Satyendra Tewari, Prof Roopali Khanna, Prof Naveen Garg and Dr Ankit Sahu have already performed 10 cases* and have commended its faster and more accurate decision-making abilities during coronary interventions. “““The SGPGI Cardiology team headed by Prof Kapoor, appreciated the Director SGPGI, Prof RK Dhiman’s efforts in helping procure this machine whose high-resolution real-time 3D reconstruction, 3D volumetric images and simultaneous Angio-OCT display* that shall significantly enhance procedural precision and patient outcomes.“““Director *SGPGI Prof RK Dhiman applauded the efforts of the Cardiology department in improving patient care and

एआई ने आसान की एंजियोप्लास्टी



एसजीपीजीआई में नई मशीन के साथ चिकित्सकों की टीम। अमृत विचार

संवाददाता, पीजीआई

● हाई रिजॉल्यूशन इमेज से हार्ट ब्लॉकेज की मिलेगी सटीक जानकारी

अमृत विचार : अब दिल के मरीजों को संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान (एसजीपीजीआई) में अत्याधुनिक इलाज मिलेगा। कार्डियोलॉजी विभाग में आर्टिफिशियल इंटेलिजेंस (एआई) से लैस इंद्रावैस्कूलर ऑप्टिकल कोहेरेंस टोमोग्राफी (ओसीटी) मशीन स्थापित हुई है। इस तकनीक के माध्यम से हार्ट ब्लॉकेज की सटीक जानकारी हो जाती है। विशेषज्ञों का दावा है कि ऐसे में हार्ट के ब्लॉकेज को दूर करने के लिए की जाने वाली एंजियोप्लास्टी और बेहतर हो पायेगी।

कार्डियोलॉजी विभाग के प्रमुख प्रो. आदित्य कपूर ने बताया कि पहले भी इस तकनीक का प्रयोग होता था, लेकिन तब मैन्युअल किया जाता था। अब एआई तकनीक का इस्तेमाल किया जा रहा है, ऐसे में ओसीटी उच्च रिजॉल्यूशन वाली छवियां उत्पन्न करती है। यही नहीं यह मशीन श्री-डी तस्वीरों के साथ-साथ एंजियोग्राफी और ओसीटी डिस्प्ले जैसे फीचर्स एक साथ देती है। इस तकनीक का इस्तेमाल करने पर जैसे ही एक पतली लंबी ट्यूब (कैथेटर)

10 मरीजों की हुई सफल एंजियोप्लास्टी

कार्डियोलॉजी के प्रमुख प्रो. आदित्य कपूर, प्रो. सत्येन्द्र तिवारी, प्रो. रूपाली खन्ना, प्रो. नवीन गर्ग और डॉ. अंकित साहू ने इस अत्याधुनिक तकनीक की सफलता पर प्रसन्नता जाहिर करते हुए बताया कि संस्थान में नई प्रणाली से 10 मरीजों की एंजियोप्लास्टी सफलतापूर्वक की जा चुकी है। विशेषज्ञों ने बताया कि इस तकनीक के इस्तेमाल से डॉक्टर दिल की रक्त वाहिकाओं की अंदरूनी स्थिति को बेहद साफ और गहराई से देख सकते हैं। संस्थान के निदेशक प्रो. आरके धीमान ने कार्डियोलॉजी विभाग की टीम को बधाई दी और इसे मरीजों की बेहतर देखभाल की दिशा में उदाई गई एक अच्छी पहल बताया।

धमनी में डाला जाता है तो वह डालते ही ब्लॉकेज, कैल्सीफिकेशन (चिकनाई जमना), रक्त वाहिका का आकार और स्टेंट की स्थिति की सटीक जानकारी मिल जाती है। ऐसे में इलाज की गुणवत्ता बढ़ जाती है, साथ ही मरीजों को जल्दी लाभ मिलता है।

assured the department of all support in future endeavours*.

Nurses Day 2025

Best Nurse Award: Ms Hiramani from MICU and Shalini from cardiology ward Ms Neha singh From MICU got award for poster presentation and scientific session and Ms Nisha for Matka phod.



Cardiology Refresher Program for Nurses and Technicians: Empowering the Frontline

Nurses and technicians play a crucial role in supporting and ensuring a high level of patient care, thereby forming one of the key pillars of our healthcare services. With this vision and objective, the Department of Cardiology at Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow, recently conducted a refresher course for nurses and paramedic staff to foster and



strengthen their skills and empower them with a better understanding and knowledge about advanced cardiac care. This was a welcome addition for updating the newly joined nursing and technical staff. The program comprised a series of lectures scheduled on weekends, from April to June 2025, covering diverse topics of Cardiology, including basics of cardiac physiology and ECG



interpretation. The program also featured the learning key points in catering to the care of cardiac patients. The lectures were presented in a simplified manner to enable easy comprehension and cover a wider audience. The speakers for the program included faculty members from the Cardiology department of the institute, namely Dr. Saquib Khan, Dr. Shahnawaz Ali, Dr. Sumang Mohan Aggarwal, Dr. Anupam Kumar, Dr. Prashant Gautam, and Dr. Amit Jaiswal. The

sessions were moderated by Dr. Arpita Katheria, Dr. Harshit Khare, and Dr. Arshad Nazir. The lectures were also attended by CVTS nursing staff and widely appreciated among all ranks of the staff. CMS Dr. Devendra Gupta assured the continuation of such training sessions for paramedics in all other departments of the institute and congratulated Head of Cardiology Prof. Aditya Kapoor for coming up with the idea and concept of this course.

UP STEMI Care Program: An Initiative Towards Reducing Mortality from Heart Attack.

In a significant step towards *improving emergency cardiac care, the Government of Uttar Pradesh, in collaboration with Department of Cardiology, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow, launched the UP STEMI Care Program* – a pioneering public health initiative to reduce mortality from ST-Elevation Myocardial Infarction (STEMI), one of the most life-threatening forms of heart attack. The program started with an orientation workshop for doctors and technical staff from Fatehpur, Amethi and Rae Bareilly at SGPGIMS on 29th June 2025.” Speaking on the occasion, *Shri Partha Sarthi Sen Sharma, Principal Secretary, Principal Secretary Medical Health and Family Welfare/Medical Education, Uttar Pradesh affirmed that the UP



STEMI Care Program represents a robust doctor-government partnership* that prioritizes equitable access to life-saving care. *With the rollout of this program, Uttar Pradesh aims to significantly reduce STEMI-related mortality and serve as a blueprint for scalable cardiac care delivery across India*. *Prof RK Dhiman, Director SGPGI expressed enthusiasm over SGPGI partnering the UP Government in this initiative and ensured his full guidance and support for this program*. “Others present on the occasion included Dr. Deep Thacker Deputy Director UPTSU, Dr. Kamlesh Yadav, Joint Director



Training, Nodal STEMI, Govt. of Uttar Pradesh, Dr. Ratan Pal Singh Suman, DGMH, GoUP, Dr. Pawan Kumar Arun, DG-Training, GoUP and Dr. Bhuwan C. Tiwari HOD-Cardiology, RMLIMS. “The *UP STEMI Care Program introduces a multi-tiered, system-based Spoke and Hub model*. The program ensures that *fibrinolytic therapy using tenecteplase, a potent clot-busting drug, is made readily available at peripheral and district hospitals, enabling early thrombolysis at the first point of contact*. Simultaneously, the program introduces *tele-ECG transmission and central interpretation hubs*, empowering health workers in rural areas to detect heart attacks accurately and initiate timely treatment.” A key feature of the program is its adoption of a *pharmacoinvasive strategy using a hub-and-spoke model*. In this model, the * “spokes” - district hospitals and CHCs - are equipped to initiate fibrinolysis* within the

golden hour, while the * “hubs” - tertiary cardiac care centers like SGPGIMS - receive referred patients for early PCI (percutaneous coronary intervention) * within 3–24 hours after lysis. This approach *bridges the gap between immediate access and advanced care*, providing evidence-based, time-sensitive STEMI treatment in resource-limited settings.” *Prof Aditya Kapoor*, HoD Cardiology, SGPGIMS said that our institute has played a *central role in conceptualizing and implementing this initiative, offering its clinical expertise, academic leadership, and telemedicine infrastructure*. This program is expected to be a major leap forward in reducing preventable cardiac deaths in UP*. By combining government support with medical innovation, it shall deliver time-critical cardiac care to the remotest corners of UP and is likely to set benchmarks for STEMI care delivery in resource-constrained settings*.”

Achievement of Recognition for the Institute-Funded Intramural Project at MEAOHNS, Dubai 2025.



Dr. Kalyana Sundaram, a Senior Resident in Neuro-otology within the Department of Neurosurgery, recently presented a paper at the prestigious 21st Annual Meeting of the Middle East Academy of Otolaryngology Head and Neck Surgery, which took place from April 11 to 13, 2025, in Dubai. The paper was titled “Innovative Use of Indocyanine Green (ICG) Dye for Posterior Auricular Artery Identification – Narrowing Down the Search for the Facial Nerve: A Prospective Pilot Study.”

This research project received support through an intramural grant from SGPGI, with Dr. M. Ravi Shankar, an additional professor in the Neurotology Unit, serving as the principal investigator. Dr. Sabarethnam M from the Department of Endocrine Surgery also collaborated on this project as a co-investigator.

The paper was recognized as one of the top five international submissions at the conference and

received an Education Grant Award of \$ 1,500, highlighting its significance and potential impact within the field.



Warm regards

Dr. M. Ravi Sankar
Additional Professor of Neuro-otology
Department of Neurosurgery

Dr. Aathira Ravindranath completed her DM in Pediatric Gastroenterology from Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI). She currently serves as a Consultant in Pediatric Gastroenterology and Hepatology at Apollo BGS Hospitals, Mysore, Karnataka.



Dr. Aathira has been the recipient of several prestigious national and international awards in recognition of her academic excellence and clinical contributions:

- **Young Investigator Award** at the 57th Annual Conference of the European Society of Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN), held in Helsinki, Finland (May 14-17, 2025). She also presented two oral papers, one oral poster, and two posters at the conference.
- **Youva Star Award** from the Indian Academy of Pediatrics (IAP), presented at the South Yuva Pedicon in Kanyakumari (June 1, 2025). This award is given to two outstanding pediatricians from each state, and she was one of the two recipients from Karnataka.
- **Second Prize** for Best Presentation at the Pediatric Gastroenterology Literature Festival organized by ISPGHAN, held in Mumbai (July 13-14, 2024).
- **First Prize** in GI Clinics at the 64th National Conference of the Indian Society of Gastroenterology, Bengaluru (December 21-24, 2023).
- **Best Presentation Award** at the Pediatric Gastroenterology Literature Festival by ISPGHAN, Kolkata (July 22-23, 2023).
- Selected for the prestigious **Liver Transplant School** organized by ESPGHAN in Groningen, The Netherlands (September 21-24, 2022).

Among her Professional Roles and Contributions are:

- **Editorial Board Member** - *Annals of Pediatric Gastroenterology and Hepatology* (2021 - Present)

- **Executive Board Member (South) - ISPGHAN** (2021 - 2023)

In addition to her clinical and academic work, Dr. Aathira is also creatively inclined. She has shared an **original poem** and a **painting**, reflecting her artistic sensibilities alongside her medical accomplishments.

Entropy

*Moments eroded energy
Yet we were teeming,
Walking with time ensured loss
Still we journeyed with vigor,
Deprivation was inevitable
But the yearning was afire.*

*Relentless restlessness
Accelerated our migration,
Unforgiving darting time
We followed with devotion,
Blinded by randomness
And bereavement sans mourning.*

*Frigid bodies were embraced
By sweltering arms,
And chaotic warmth percolated
Into every crevice,
Diffident disorder
Converged our differences.*

*We moved toward
Stolid uniformity,
Sloughed the pelts
Of sham self and disguise,
We awakened to entropy
The end and enlightenment.*



A bond forged in residency: Fond memories of the Alma Mater days

"A Bond Forged in Residency: Fond memories of the Alma mater days !"
"Between 2009 and 2013, during the whirlwind years of my residency and MCh training, I had the privilege of meeting Dr. Deependra Narayan Singh. He was a year senior to me but more than that, he became a guiding light in those demanding, often overwhelming days. While the hospital corridors echoed with the sounds of urgency and fatigue, I found in him not just a senior but a true friend, mentor, and teacher."
"Dr. Singh had a quiet strength about him, a calm presence even when things got chaotic. He never hesitated to share his knowledge, offer a helping hand, or stand by me when things got tough. His support was never loud, but always steadfast. Whether it was discussing a complex case, navigating a difficult surgery, or simply sharing a laugh in the canteen after a 36-hour shift, he made the journey lighter."
"Looking back, those years weren't just about becom-



ing a surgeon, they were about becoming the kind of person who lifts others up. And a big reason I learned that was because of Dr. Deependra Narayan Singh. Our bond, formed in the crucible of medical training, remains one of the most meaningful chapters of my life." Dr. Ritesh Agarwal is presently "Senior Consultant, Endocrine Surgery, Bombay Hospital, Mumbai"

Two Journeys, One Shared Legacy

Dr. Mudalsha Ravina – Associate Professor and Head, Department of Nuclear Medicine, AIIMS Raipur

Dr. Mudalsha Ravina serves as Associate Professor and Head of the Department of Nuclear Medicine at AIIMS Raipur. She is one of the founding faculty members of the department and has led its development since its inception in 2018. Demonstrating a deep commitment to public service and academic advancement, she left her position in the private healthcare sector to focus on research and serving the population of Chhattisgarh.

For nearly six years, Dr. Ravina worked as the sole faculty member, playing a pivotal role in establishing and expanding the department from the ground up.



The Department of Nuclear Medicine at AIIMS Raipur is the only state-run department in Chhattisgarh offering advanced diagnostic and therapeutic facilities, including SPECT-CT, PET-CT, a high-dose therapy ward, and PET-guided biopsy services. It also houses an in-house Gallium generator to support

cutting-edge molecular imaging using Gallium-labeled peptides.

The department caters not only to patients from Chhattisgarh but also to those from neighboring states and functions as a key regional hub. It offers a full-fledged MD program and has contributed to numerous peer-reviewed publications in the field.

Dr. Ravina's unwavering dedication has been instrumental in transforming the department into a center of excellence in both clinical care and academic research.

Her husband,

Dr. Ajit Kumar Mishra - Pioneer in GI Surgery and Transplantation in [Chhattisgarh]

Dr. Ajit Kumar Mishra is the first M.Ch. Gastrointestinal (GI) Surgeon from the state, a trail-blazer in the field of surgical gastroenterology and organ transplantation. He began his groundbreaking work at DKS Superspeciality Hospital, a premier state-run institution, where he played a pivotal role in elevating the standards of advanced surgical care.

During his tenure, Dr. Mishra served as the Joint Secretary of the State Organ and Tissue Transplant Organization (SOTTO). He was instrumental in establishing both SOTTO and the liver transplant program in the state, marking a significant milestone in the region's healthcare landscape – including leading the team that performed the first cadaveric liver transplant in the state.

Dr. Ajit Kumar Mishra is currently the Chief Surgeon, Department of Gastroenterology, Hepatobiliary, Pancreatic, Bariatric, and Liver Transplant Surgery at ILS Hospital, Raipur.

His contributions continue to shape the future of surgical care and transplantation in the region.

A poem co-written by the talented couple:

जी भर के देखूँ तुझे एक बार
ऐसा पल आए ना बार-बार...
नूर-ए-खुदा मिलता है एक बार
तेरी इबादत ही है मेरा प्यार...
ऐसा पल आए ना बार-बार...

अंखियों में तेरे ही बसी है मेरी दुनिया
खुशबू से तेरे महकी हैं मेरी खुशियाँ
मंजिल भी तू है... सफर भी तू है...
मंजिल भी तू है... सफर भी तू है...
जी भर के कर लूँ तुझे मैं प्यार
ऐसा पल आए ना बार-बार...

तूने किया है मेरी दुनिया रोशन
सुलझी हैं मेरी अब सारी उलझन...
तुझसे मिली मेरे दिल को धड़कन
जानूँ मैं भी क्या है ये जीवन
कैसे छोड़ूँ मैं खुदा का दीदार
ऐसा पल आए ना बार-बार...

ए वक्त, आज ठहर जा तू
पूरी हो जाने दे दिल की आरजू
ना हो कोई अब तुझसे दूरियाँ
खिलने दे अब दिल के आशियाँ
रूह में बस जाऊँ तेरा एक बार
ऐसा पल आए ना बार-बार



अजीत एवं मुदालशा

Both Dr. Ajit Kumar Mishra and Dr. Mudalsha Ravina owe a deep debt of gratitude to their mentor institute, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI), Lucknow. The years they spent there were foundational in shaping their clinical expertise, academic vision, and commitment to public service. They remain profoundly thankful for the learning, mentorship, and values instilled during their time at SGPGI – a place that continues to inspire their work and dedication in Chhattisgarh. Even after many years of professional experience, they still consider SGPGI the best workplace they could have asked for, with one of the finest campuses.

A Peek into Our Happy Place - SGPGI Crèche Corner

The SGPGI Crèche continues to be a vibrant hub of joy, creativity, and early learning for our little ones. The first half of 2025 at the SGPGI Crèche was filled with joy, learning, and celebrations that brought together children, staff, and families in the most heart-warming ways. We kicked off the year with a spirited Republic Day celebration, where children dressed as national heroes and waved flags with pride. Patriotic songs, tricolour decorations, and fun activities helped our little ones connect with the values of unity and diversity. In February, we observed Saraswati Puja with devotion. The children dressed in traditional attire, offered flowers and participated in the worship of Goddess Saraswati-the goddess of knowledge and learning. March was a month full of colours, joy, and proud moments at the crèche. We began by celebrating Holi, the festival of colours. The crèche was filled with laughter as children enjoyed safe, dry colours, cheerful music, and storytelling sessions. Later in the month, we celebrated a major milestone - Graduation Day. It was a special occasion when children, parents, teachers, and staff came together as one big family to celebrate the growth and achievements of our little ones. The children performed with bright smiles -singing, dancing, and confidently taking the stage. One of the highlights of the event was a thought-provoking Nukkad Natak on 'The Addiction of Mobile Phones,' presented by our talented young stars. Through their lively performance, they shared an important message about the impact of excessive screen time in our daily lives. Proud families clapped and cheered, capturing these precious moments on camera.

Colour-themed days like Red Day celebrated in



April and Yellow Day in May added a vibrant touch to our calendar. Through themed dress-up, interactive games, and creative art, children learned about colours in the most fun and engaging way. In May, we also celebrated Mother's Day with warmth and affection. The children made beautiful handmade cards and crafts, expressing their love and appreciation for their mothers. June brought two special events. On Father's Day, children created thoughtful crafts to honour their fathers and father-figures. We also observed International Yoga Day in June, where children practiced simple yoga postures under the guidance of their teachers. This fun introduction to wellness helped nurture early habits of mindfulness, balance, and body awareness. From patriotic pride to family love and healthy living, the SGPGI Crèche continues to provide a joyful and enriching environment for our young learners. With every celebration and everyday moment, we remain committed to nurturing curious minds.

Dr. Anupam Guleria
Incharge, Hobby Centre Crèche

Faculty Club Activities_

Faculty club organised the summer camp activities like baking, flute, dramatics, dancing, pottery and singing classes for faculty kids in May. The finale was held on 29th June. 100 children participated in these activities and it turned out to be a spectacular event. Additionally a MasterChef SGPGI was also organised in which kids and few adults also participated and the winners were felicitated by the judges which also included MasterChef finalist Mr Vineet.”“



The journey_



Myself, Dr. Akshita Bansal, I started a blog page with the title 'Where the inspiration lies' "Doing a thing of what I want". Something started just for keeping my thoughts out, never knew would touch lives.! So, i started my blog page during the covid period and it mostly included inspirational, motivational writeups, some experiences and a lot more to ponder than just to read. I'm attaching the url for my blog: <https://myunspokenthoughts2.wordpress.com/2020/08/15/the-journey-begins/>

Heard that, a good company in a journey makes the way seem shorter, let my blog be that for you!



Dr Akshita Bansal is a JR in the Department of Hospital Administration, SGPGIMS, Lucknow Her hometown is Chandigarh.

Retirements

Superannuations: April-June 2025

“On the occasion of superannuation, the institution places on record its sincere appreciation for the dedicated and valuable services rendered by the employees during their tenure. The institution extends its best wishes for good health and a fulfilling post-retirement life.”

April 2025

1. **Dr. Sanjay Gambhir** - Professor, Nuclear Medicine
2. **Akhil Pratap Singh** - Assitt.Acctt.Officer
3. **Mrs. Rani Chakborty** - Chief Medical Record Officer, Medical Record
4. **Mrs. Aniamma Thomas** - Deputy Nursing Superintendent, Urology OT
5. **Mrs. Snehlata Joseph** - Assistant Nursing Superintendent, Paediatric SSU
6. **Mrs. Meena Betalu** - Assistant Nursing Superintendent, Emergency
7. **Mr. Jitendra Kumar Upadhyay** - Chief Technical Officer, Transfusion Medicine
8. **Mr. Chhavi Narain Singh** - Technical Officer, Pathology
9. **Mr. Girish Kr. Singh** - Technical Officer, Urology
10. **Mr. Ram Singh** - Technical Officer, Anesthesiology
11. **Mr. Ram Nakshtra Prasad** - Technical Officer, Nuclear Medicine
12. **Kailash Nath** - Office Attendent
13. **Rajesh Chandra Gupta** - Office Attendent -Gr1

May 2025

1. **Mr. Prakash C. Gupta** - Superintendent Engineer (Electric)
2. **Mrs. Neelima Massey** - Nursing Superintendent
3. **Mr. Ramesh Kumar** - Nursing Superintendent
4. **Mrs. Mercy Rolston** - Assistant Nursing Superintendent
5. **Mrs. Annamma Sridharan** - Deputy Nursing Superintendent
6. **Mr. Guru Prasad** - Assistant Administrative Officer

7. **Mr. Devendra Kumar Dhasmana** - Senior Account Officer
8. **Mrs. Sunita Rajput** - Assistant Nursing Superintendent
9. **Mrs. Meena Bhardhwaj** - Assistant Nursing Superintendent
10. **Mrs. Geeta Patel** - Assistant Nursing Superintendent
11. **Mr. Suresh Bahadur Singh** - Senior Technical Officer (CWS)
12. **Mr. Devi Pd. Sahu** - Technical Officer
13. **Mr. Arvind K. Awasthi** - Principal Private Secretary
14. **Mr. S.M.A.A. Rizvi** - Junior Administrative Officer
15. **Mr. Ram Dularey** - Office Attendant Grade-I
16. **Mr. Ram Narain** - Office Attendant Grade-I
17. **Mrs. Poonam Sharma** - Office Attendant Grade-I

June 2025

1. **Dr. Ashok Kumar** - Professor, Dept. of SGE
2. **Mr. Aditya Kumar Awasthi** - Office Attendant Grade-I
3. **Mrs. Shashi Kala Asthana** - Hospital Attendant Grade-I
4. **Mrs. Surinder Kaur** - Assistant Nursing Superintendent
5. **Mr. Hemant Kumar Omar** - House Keeper Grade-I
6. **Mrs. Georgina Dwivedi** - Assistant Nursing Superintendent
7. **Mrs. Kaushalya D. Rastogi** - Nursing Superintendent
8. **Mr. Rajeev Kumar Saxena** - Senior Technical Officer
9. **Mr. Rashid Akhtar** - Technical Officer
10. **Mrs. Ireen S. Masih** - Assistant Nursing Superintendent
11. **Mr. Vinod Kumar Singh** - Assistant Account Officer
12. **Mr. Aditya Prakash Dixit** - Chief Technical Officer
13. **Mr. Hirday Narain Yadav** - Assistant Nursing Superintendent
14. **Mr. Permila Banerjee** - Senior Technical Officer (Laboratory)



Prof. Sanjay Gambhir



Mr. Girish Kr. Singh



Mr. Ram Nakshtra Prasad



Akhil Pratap Singh



Mr. Jitendra Kumar Upadhyay



Mr. Ram Singh



Mrs. Aniamma Thomas



Mr. Chhavi Narain Singh



Mrs. Snehlata Joseph



Kailash Nath



Mrs. Meena Betalu



Rajesh Chandra Gupta





Mr. Prakash C. Gupta



Mr. Devendra Kumar Dhasmana



Mrs. Annamma Sridharan



Mr. Suresh Bahadur Singh



Mr. S.M.A.A. Rizvi



Mr. Devi Pd. Sahu



Mr. Ramesh Kumar



Mrs. Meena Bhardhwaj



Mrs. Mercy Rolston



Mrs. Sunita Rajput



Mrs. Geeta Patel



Mr. Arvind K. Awasthi



Mrs. Poonam Sharma



Mr. R S Sharma



Mr. Ram Narain



Mr. Guru Prasad



Mr. Ram Dularey



Prof. Ashok Kumar



Mr. Aditya Prakash Dixit



Mrs. Ireen S. Masih



Mr. Rashid Akhtar



Mrs. Kaushalya D. Rastogi



Mr. Vinod Kumar Singh



Mrs. Surinder Kaur



Mr. Aditya Kumar Awasthi



Mr. Hirday Narain Yadav



Mr. Permila Banerjee



Mrs. Georgina Dwivedi



Mrs. Shashi Kala Asthana



Mr. Rajeev Kumar Saxena



Mr. Hemant Kumar Omar

SGPGIMS Newsletter Committee



The SGPGIMS Newsletter

The SGPGIMS Newsletter is an in-house publication brought out with the guidance and support of Professor R. K. Dhiman, Director of the Institute. It reflects the institution's academic, clinical, and research activities, and serves as a platform to share important developments and achievements within SGPGIMS.

The Newsletter Committee comprises the following members:

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9. Mr. Anil Kumar (MIU, Photography), who curates the photographs for each issue
10. Mr. Amit Mohan (TMDH), who designs the Newsletter with creativity and meticulous attention to detail

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