



Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow

Newsletter

An Inhouse Publication
Issue-2, April - June 2024



Dr Radha Krishan Dhiman, honoured with Padma Shri for Outstanding Contributions to Medical Science

SGPGIMS acknowledges with great pride that Dr. Radha Krishan Dhiman, Director, Sanjay Gandhi Postgraduate Institute of Medical Sciences and Kalyan Singh Super specialty Cancer Institute in Lucknow, has been awarded the prestigious Padma Shri—India's fourth-highest civilian honor—by the honorable President of India on May 9, 2024, during a distinguished ceremony at Rashtrapati Bhawan, New Delhi. This recognition celebrates his exceptional contributions to medical science, particularly in the fields of hepatology, public health initiatives, and his exemplary leadership during the COVID-19 pandemic.

The Padma Shri award is a testament to Dr. Dhiman's decades-long commitment to advancing healthcare and his groundbreaking work, which has significantly impacted not only India but also the global medical community. His innovative efforts in hepatitis C treatment, particularly the establishment of the National Viral Hepatitis Control Program (NVHCP), have been transformational. This nationwide initiative provides free diagnosis and treatment for viral hepatitis under the National Health Mission, ensuring accessibility for millions across the country. Dr. Dhiman's work in COVID-19 management for the state of Uttar Pradesh garnered widespread recognition. As Chairman of the UP State Advisory Boards on COVID Management, he played a pivotal role in establishing the Rajdhani COVID Hospital,

implementing vital treatment protocols, and overseeing extensive telemedicine programs and training sessions that benefited over 75,000 healthcare workers. His contributions received high praise from esteemed organizations such as WHO, NITI Aayog, and various international bodies.

Furthermore, his pioneering efforts in promoting organ donation and advancing safe injection practices have set national standards for healthcare reforms. His leadership and vision have left a lasting impact on public health, and his tireless dedication continues to inspire the medical community.

Dr. Dhiman's Padma Shri award not only underscores his personal achievements but also brings immense pride to SGPGIMS, his alma mater, where he pursued his DM in Gastroenterology. Since returning in 2020 to lead the institution with diligence and dedication, he has taken it to new heights. His extensive contributions to hepatology, healthcare policy, and patient care reflect a lifelong commitment to enhancing public health. The entire SGPGIMS community and the medical fraternity celebrates this well-deserved recognition of Dr. Dhiman's impact on healthcare and medical education. We are honoured to have him at the helm, setting exemplary standards in both administration and academics, and continuing to inspire excellence in the field of medicine.

Dr Akanksha Verma & Ms Kusum Yadav





डॉ. राधा कृष्ण धीमन

मैं, भारत की राष्ट्रपति,
द्रौपदी मुर्मू, व्यक्तिगत गुणों के
लिए आपके सम्मानार्थ, पद्म श्री
प्रदान करती हूँ।

नई दिल्ली
दिनांक 9 मई 2024

द्रौपदी
राष्ट्रपति



The Department of Cardiology has reached the unique milestone of performing 100,000 cases in the cardiac cath lab. This journey represents countless hours of dedication, expertise, and commitment to advancing cardiovascular care.

Speaking on this occasion, Director Prof R K Dhiman, said that each of these 1,00,000 cases represents a life impacted and touched, and the focus on quality care and positive outcomes has made a significant difference in the patients' heart health. He complimented the Cardiology team and said that the commendable milestone is a testament to the collaborative efforts of our skilled healthcare professionals - from physicians and nurses to technicians and support staff – who have worked together to achieve excellence in delivering all types of cardiac interventions.

Established in late 1987, the department of Cardiology was amongst the first departments of SGPGI and was headed in the past, successively by Prof PS Bidwai, Prof Savitri Srivastva, Prof Nakul Sinha and Prof PK Goel.

At present the Cardiology department faculty members include Prof Aditya Kapoor (Head), Prof Naveen Garg, Prof Sudeep Kumar, Dr Roopali Khanna, Dr Ankit Sahu, Prof Satyendra Tewari, Dr Arpita Katheria, Dr Harshit Khare and Dr Arshad Nazir.

Currently, the department has a whole range of facilities for diagnosing and treating all varieties of cardiac diseases. The department has three cardiac catheterization laboratories (including a biplane cath lab) and is amongst the top 10 large volume centers in the country actively involved in both pediatric and adult cardiac interventional care. At present, SGPGI is one hospital in the Government sector in the state of UP, which offers 24x7 primary angioplasty services for acute heart attack patients.

The institute's investment in state-of-the-art technology and continuous improvement initiatives has enabled the department to perform these 100,000 cases with precision and effectiveness, ensuring the best possible outcomes for our patients.



Stanford University Biodesign Team in Lucknow to Empower Startups for Global Medical Technology Platform in Collaboration with STPI, MedTech, SGPGI, and GIMS Gr Noida, Supported by Setu Foundation

Lucknow witnessed a historic convergence of medical technology innovation as Stanford University's eminent Biodesign team arrived in the city for the inaugural session of the UP Founders Forum. Organized in collaboration with prominent institutions including STPI, the MedTech Center of Excellence, SGPGI Lucknow, Stanford Byers Center for Biodesign, and GIMS Greater Noida, this event showcased a resolute commitment to nurturing and amplifying the capabilities of startups in the burgeoning field of healthcare technology.

Lucknow witnessed a historic convergence of medical technology innovation as Stanford University's eminent Biodesign team arrived in the city for the inaugural session of the UP Founders Forum. Organized in collaboration with prominent institutions including STPI, the MedTech Center of Excellence, SGPGI Lucknow, Stanford Byers Center for Biodesign, and GIMS Greater Noida, this event showcased a resolute commitment to nurturing and amplifying the capabilities of startups in the burgeoning field of healthcare technology. Under the visionary leadership of Dr. Anurag Mairal, representing the esteemed Stanford Byers Center for Biodesign, and with the distinguished presence of Dr. Rajiv Doshi, MD, Director of the India Program at the Byers Center for Biodesign, the Founders Forum commenced with an electrifying opening ceremony at the MedTech Center of Excellence, SGPGIMS, Lucknow, on April 13th.

Esteemed dignitaries including Dr. (Brig.) Rakesh Kumar Gupta, Director of GIMS Greater Noida; Dr. Praveen Diwedi, Deputy Director of STPI Lucknow; Prof. (Dr.) R. K. Dhiman, Director of SGPGIMS Lucknow; Shri Shyam Kumar, COO of MedTech CoE; Shri Jayram Yadav, Deputy Director of STPI Lucknow; Dr. Rahul Amritraj, Head of Incubation at GIMS Greater Noida; and Dr. Ayesha Chaudhary, Advisor to the Stanford University Biodesign India Program, graced the occasion with their

insightful addresses, further solidifying the collaborative spirit of the event.

Dr. Nandini Tandon, the esteemed co-founder of Indus Setu Global Foundation, contributed invaluable perspectives, emphasizing the transformative potential of collaborative efforts in propelling healthcare innovation forward. The presence of eight distinguished experts from Stanford Biodesign elevated the discourse, infusing it with global insights and best practices.

The event featured a series of engaging sessions, providing a platform for eight promising startups from Uttar Pradesh to showcase their innovative solutions addressing critical healthcare challenges. Discussions spanned diverse topics, including manufacturing, supply chain logistics, public health procurement, and leveraging the Government e-Marketplace (GeM), fostering enriching exchanges between entrepreneurs, advisors, and faculty members.

Dr. (Brig.) Rakesh Gupta, Director of GIMS Greater Noida, underscored the significance of initiatives like the UP Founders Forum in nurturing local talent and fostering a culture of innovation in the region. Dr. Devendra Gupta from the Department of Anaesthesiology at SGPGIMS praised this novel initiative of mentoring and handholding startups under the Stanford Founders Forum program, emphasizing the importance of collaborations between different institutions. Dr. Anurag Mairal of Stanford Biodesign concluded the day's discussions by highlighting key takeaways and reaffirming the collective commitment to advancing healthcare technology in Uttar Pradesh and beyond.

The day culminated with a vibrant networking dinner, facilitating further collaboration and idea exchange among participants. Beyond serving as a platform for knowledge-sharing, the event laid the groundwork for enduring partnerships aimed at driving sustainable healthcare innovation in the region.

Celebration of fatherhood by an advanced testicular cancer survivor!



In 2016, Life gave a jolt to Sunil Kumar a 18-year-old young man with a devastating diagnosis. He was diagnosed with last stage testicular tumor which had spread to his lungs.

The news was a heavy blow, but

Sunil faced it with courage and resilience. He underwent removal of right testis, followed by gruelling rounds of chemotherapy. Despite the aggressive treatment, the cancer recurred again after 6 months, bringing new challenges and fears. He then underwent second line of chemotherapy and inspite of this he achieved only partial relief. Thereafter he was given radiotherapy to the residual disease and he achieved complete remission in 2017.

Through the trials and tribulations, Sunil's spirit remained unbroken. He endured the treatments with remarkable strength, supported by his family and friends. Life seemed to test him relentlessly, but Sunil was determined to live fully and to find joy amid the struggle. In a beautiful twist of fate, Sunil met the love of his life, and they decided to build a future together. Their wedding was a celebration of love, resilience, and the triumph of hope over adversity. The greatest joy came when Sunil and his wife welcomed a beautiful baby (by in-vitro fertilisation) into their world this month. Having

a child was a miracle they had scarcely dared to dream of. Against all odds, Sunil's journey was marked not only by battles fought and won but also by the profound joy of fatherhood. Every moment with his child is a reminder of life's unpredictability and the incredible blessings that can emerge from even the darkest times. Sunil's story is a testament to the power of love, hope, the unyielding human spirit and the advances in medicine!

Dr Rahul Kumar Singh, Junior resident
Dr Sushma Agrawal, Professor, Department of
Radiotherapy



From the Editor's Pen

Discover the Healing Power of Shinrin-yoku

Shinrin-yoku, or forest bathing, is a traditional Japanese practice that promotes physical and mental well-being. This simple yet powerful practice offers numerous benefits:

Benefits of Shinrin-yoku

1. Reduces stress
2. Boosts immune system
3. Improves mood
4. Increases creativity

Experience it Yourself

To practice Shinrin-yoku, simply:

1. Find a nearby forest or serene area
2. Disconnect from devices
3. Use your senses to see, smell, hear, and absorb
4. Stay for 30 minutes to an hour

Fortunately, our SGPGI campus offers many serene areas perfect for Shinrin-yoku. Take a step towards wellness and immerse yourself in nature.

Dr. Perna Kapoor



Quality Webinar for Healthcare Workers at SGPGIMS

The Quality Webinar for healthcare workers, jointly organized by the Quality Cell under Deptt. of Hospital administration and ISCCM Lucknow Br, took place on the 14th and 15th of June, 2024, at the Telemedicine facility on the 2nd floor of SGPGIMS. The program was inaugurated with a lamp lighting ceremony by esteemed dignitaries: Prof. Sanjay Dhiraj, Chief Medical Superintendent, Ms. Usha Takari, Chief Nursing Officer, Prof. R. Harsvardhan, Hod, Hospital Administration, Dr. Perna Kapoor, Consultant General Physician. This ceremonial beginning set a tone of enlightenment and commitment to quality healthcare.



Following the inauguration, the webinar proceeded with a series of insightful and informative sessions covering a wide range of topics crucial for healthcare professionals. The sessions included: Under Pharmacovigilance the eminent speaker Prof. Subhrojyoti Bhowmick focused on monitoring the effects of medical



drugs after they have been licensed for use, especially to identify and evaluate previously unreported adverse reactions. Dr Kapil Zirpe elucidated on addressing common medication errors, their causes, and prevention strategies to enhance patient safety. Dr Zeet Patwari discussing sustainable practices within healthcare facilities to minimize environmental impact. Mr Avishek Providing a comprehensive overview of quality management principles and their application in healthcare. Ms Gargi Das highlighted key goals aimed at improving patient safety and minimizing risks in clinical settings. And emphasizing the importance of integrating clinical expertise with the best available clinical evidence from systematic research. Asst Prof. Nipin Kalal exploring the processes involved in conducting nursing audits to ensure high standards of nursing care. Ms Papia Sarkar identifying and utilizing key performance indicators to measure and improve the quality of healthcare services. Mr Mahendra Singh preparing healthcare workers for effective response and management of disasters and emergency situations. Ms Mary Cheyiril enhancing the accuracy and completeness of nursing documentation to improve patient care and legal protection. Prof Shampa Gupta techniques and tools for assessing and managing patient pain effectively. Prof Manodeep Sen discussed Antibiotic stewardship and Prof. K.J. Mariadas shared expertise on radiation safety protocols.

The 2 days webinar saw an impressive participation of over 500 healthcare workers and quality professionals from all over India who connected to the program with enthusiasm and eagerness to learn. The sessions were highly interactive, allowing participants to engage with experts and clarify their doubts. The program was successfully completed, achieving its objective of educating and empowering healthcare workers with the latest knowledge and best practices in various aspects of

healthcare quality and patient safety. The collaborative efforts of the Quality Cell, ISCCM, and the dedicated speakers and organizers made this webinar a resounding success, contributing significantly to the professional development of the participants and the overall enhancement of healthcare services at SGPGIMS.

Ms. Juin Dutta Ghosh, SNO,
Quality cell, Deptt. of Hospital Administration

Rheumatic Heart Disease (RHD) Elimination in UP: Integrated approach to Ending a Forgotten Disease.

A roundtable meeting hosted and chaired by Prof R K Dhiman, Director, SGPGI, along with the Department of Cardiology, Cardiothoracic surgery and IndUS Setu Foundation was conducted on the premises of SGPGI on 13th April 2024, to discuss challenges around the screening, management and elimination of Rheumatic Fever (RF) & Rheumatic Heart Disease (RHD) in the state of Uttar Pradesh. The meeting was facilitated by a team from Stanford Biodesign led by Prof. Anurag Mairal (Director of Global Outreach programs with Dr. Jagdish Chaturvedi (ENT Surgeon and India lead for Stanford Biodesign) & Mohit Singhala (Innovation Fellow, Stanford Biodesign) to share the early findings on the strategies to eliminate RHD in UP carried out by the Pro-Bono Core team from Edward Lifesciences Foundation, led by Amanda Fowler, VP Global Corporate Givings and Executive Director of Edwards Lifesciences, with support from Rajesh Varghese of Pyxera Global. Multiple stakeholders attended the 3-hour long discussion which include senior clinicians Dr. Aditya Kapoor (Prof and HOD Cardiology SGPGI), Dr. Shantanu

Pandey (Prof. Dept of CTVS) and representatives from PATH, Tricog, IndUS Setu Foundation and Saloni Heart Foundation. Chief Secretary of UP, Shri Durga Shanker Mishra also attended the discussion briefly and highlighted the urgency for community intervention to eliminate this disease from UP. He promised support from Uttar Pradesh government and recommended inclusion of partners like IIT Kanpur.

The Edwards Lifesciences Pro Bono Core group highlighted that while the world wrestles with large burdens of chronic diseases such as coronary artery disease and diabetes, Rheumatic Heart Disease that starts as an infectious disease in children - Strep Throat - and ends as valvular disease many decades later has gotten less and less attention. This despite the fact that more than estimated 10-15 lakh patients suffer from RHD across India and over 1.25 lakh patients die every year from it, contributing to up to a quarter of global burden. What makes this disease harder to address is its complex evolution - from strep throat to episodic rheumatic fever to rheumatic heart disease affecting structures of





the heart - sometimes over decades. The disease evolution requires screening, diagnosis, and treatment by a wide range of healthcare professionals. The most significant part of this disease is that it's a ticking time bomb that patient - mostly poor - aren't even aware of, often until it's too late.

The burden of RHD in India is a glaring 1-5 out of 100,000 children who can be prevented from developing permanent structural heart disease if they are managed appropriately at the stage of Rheumatic Fever, a complication of a throat infection caused by Group A Beta hemolytic streptococcus bacterium. The round table deliberated on challenges of screening Streptococcus throat infection in children at the community level through ASHA workers and school-based screening and educational programs. The need for technologies or services that can help detect, track, follow up and manage these children was discussed as the Edwards pro-bono core team shared their insights on relevant public and private stakeholders who can enable these activities.

The key areas where RHD detecting and treatment drop offs happen starts with lack of community awareness of strep throat, its consequences, and its treatment. The second significant drop off happens in the transition of the disease to Rheumatic Fever, its awareness, diagnosis, and treatment, sometimes over decades. Finally, the detection and treatment of patients who have ultimately developed RHD affecting heart valves is the last major drop off in the care pathway.

There is a need and opportunity for addressing this disease in a far more comprehensive manner. By engaging with Uttar Pradesh's ecosystem led by clinical leadership at institutions like SGPGI and other major centers of healthcare, the public health system, policy makers, public health NGOs (like PATH) active in UP, health technology innovators for screening and diagnosis, and organizations like Stanford Biodesign and Setu Foundation, we can start to create conditions for ELIMINATING RHD.

International meeting on neuroendocrine tumours (NETs)

Endocrine Update 2024: Focus on rare Neuroendocrine Tumours

Department of Endocrinology, Sanjay Gandhi Post- Graduate Institute of Medical Sciences organized an International meeting on neuroendocrine tumours (NETS), on June 15-16, 2024 at the Hotel Ramada by Wyndham in Lucknow.

NETs are rare hormone secreting tumours and diverse symptoms and presentations. They are difficult to diagnose and management poses a lot of difficulty. Department of Endocrinology, Sanjay Gandhi Post-Graduate Institute of Medical Sciences has been treating NETs for a many decades in collaboration with Department of Endocrine surgery, Neurosurgery and Nuclear medicine.

SGPGIMS has all the modalities for treatment of these tumours including drugs, surgeries, and nuclear medicine techniques.

NETs can occur in any part of body but most commonly found in Pancreas. Lung, Intestine, Pituitary and thyroid. These tumours secrete a variety of hormones depending on the organ involved. For example- Carcinoid syndrome presents with diarrhoea, weight loss, and flushing; Pituitary NETs secrete prolactin, cortisol, growth hormone leading to varied manifestations; Pancreatic NETs present with recurrent bouts of low glucose, recurrent peptic ulcers, specific skin lesions. Some of the thyroid tumours are also NETS. These tumours are difficult to diagnose as they are rare, very small, not picked up routine radiological investigations.

They require specialized urine and blood investigations, Nuclear imaging techniques and advanced radiology for their diagnosis. Many a times these tumours are detected at a later stage when they have spread to other organs of the body. Despite the spread to other organs, multi-disciplinary specialized treatment can prolong the life considerably.

Leading national and international endocrinologists, oncologists, endocrine surgeons, neurosurgeons, nuclear medicine speciali laboratory scientists, researchers, and healthcare professionals attended the meeting to discuss the late advancements and treatments in the field of neuroendocrine tumours.

Keynote addresses were delivered by renowned experts such as Dr. W. W. De Herder, Dr. Ravinder Singh and Dr. Pankaj Shah, who are globally acclaimed experts in the field of neuroendocrine tumours.

This meeting was organized by Prof. Sushil Gupta (Head of Department of Endocrinology and Organizing chairman), Dr. Eesh Bhatia (Former HOD and Professor), Dr. Vijayalakshmi Bhatia (Former HOD and Professor), Dr. Preeti Dabadghao (Scientific Advisor), Prof. Subhash Yadav (Scientific Advisor), Dr. Vaibhav Singhal (Assistant Professor and Organizing Secretary), Dr. Rohit Sinha (Associate Professor) Dr. Ambica Tandon (Assistant Professor), Dr. Jayakrishnan Menon (Assistant Professor), Dr. Bibhuti Mohanta (Assistant Professor)

CCM Implantation Day

The Department of Emergency Medicine at SGPGIMS celebrated its second "Implantation Day" on May 24th at 12 PM, marking the anniversary of the department's founding in the EMRTC building. The occasion featured the distribution of fruits to patients and their relatives, followed by a cake-cutting ceremony in the department's seminar room. Certificates were awarded to residents, as well as to selected nursing students and medical officers who achieved distinction (scoring over 75%) in their internal assessments.

The Head of the Department, Professor RK Singh, shared his vision for the future of the department, while Associate Professor Dr. Tanmoy Ghatak and Assistant Professor Dr. Utsav Anand Mani congratulated all the awardees for their achievements and presence at the event.



Dr. Tanmoy Ghatak,
Associate Professor, Deptt. of Emergency Medicine



Neonatology Foundation Day

Foundation Day Celebration and CME on Neonatal Pulmonary Hypertension

On May 12th, the Department of Neonatology at SGPGIMS celebrated its Foundation Day, with Padma Shri Prof. R.K. Dhiman as the chief guest. Prof. Shaleen Kumar inaugurated the event, commending the department for its excellence in patient care, research, and training. Dr Kirti M. Naranje showcased the department's



achievements. The day also featured a CME on "Neonatal Pulmonary Hypertension," attended by over 40 delegates. The scientific program began with a lecture by Prof. Ashutosh Kumar on fetal vascular development and transitional circulation, followed by Prof. Mala Kumar's discussion on the pathophysiology and clinical management of persistent pulmonary hypertension in newborns (PPHN). Dr Harkirat Kaur elaborated on the various PPHN phenotypes, while Dr Abhishek Paul highlighted the role of Point-of-Care Ultrasound in diagnosing pulmonary hypertension. Dr Shivani Bajpai, a former alumnus, delivered an insightful talk on nursing management, emphasizing the essential role of nursing care in

these cases. Dr Aakash Pandita from Medanta Hospital, Lucknow, provided a detailed overview of critical management strategies for neonatal pulmonary hypertension, highlighting its high mortality risk.

Awards, Acknowledgements, and International Nurses Day

In recognition of his work, Dr R.K. Shwetabh, Senior Resident-DM, was awarded Best Resident, followed by certificate distribution for all delegates. To honor the tireless work of nursing staff, International Nurses Day was celebrated with cultural performances, and Senior Nursing Officer Anamika Gupta received the Best Nurse Award. The day concluded with a case-based panel discussion on neonatal pulmonary hypertension, moderated by Dr Sushil Kumar, and a vote of thanks delivered by Dr Anita Singh.

Dr Sushil K, Assistant Professor, Neonatology.



Neurosurgery Foundation Day



2nd CME & Workshop on Paramedics, 06.04.2024



मंथन 2024

क्षेत्रीय अंग और ऊतक प्रत्यारोपण संगठन (रोट्रो) – उत्तर, जो वैधानिक रूप से प्रसिद्ध पोस्ट ग्रेजुएट इंस्टीट्यूट ऑफ मेडिकल एजुकेशन एंड रिसर्च (पीजीआईएमईआर), चंडीगढ़ में स्थित है, के द्वारा संबंधित हितधारकों, यानी राष्ट्रीय अंग और ऊतक प्रत्यारोपण संगठन (नोट्रो) की टीम और राज्य अंग एवं ऊतक प्रत्यारोपण संगठन – उत्तर प्रदेश (सोट्रो – यू.पी.) की टीम के साथ-साथ अन्य प्रतिभागी सोट्रो के साथ मई, 2024 के महीने में “मंथन 2024” नामक एक बैठक आयोजित की गई थी।

बैठक का ध्यान “उत्तरी भारत में मृतक अंगदान कार्यक्रम को तेजी से आगे बढ़ाने की चुनौतियों का समाधान” विषय पर केंद्रित था। इस सत्र में पीजीआईएमईआर चंडीगढ़ के चिकित्सा अधीक्षक और रोट्रो (उत्तर) के नोडल अधिकारी प्रो. विपिन कौषल ने अपने विचार रखे। मंच पर प्रतिष्ठित चिकित्सा पेशेवर भी विराजमान थे, जैसे डॉ. अमरजीत कौर, वरिष्ठ क्षेत्रीय निदेशक, चंडीगढ़ (भारत सरकार); डॉ. ए. के. अत्री, निदेशक प्रिंसिपल, जीएमसीएच, चंडीगढ़ जिन्होंने जीएमसीएच में नॉन-ट्रांसप्लांट ऑर्गन रिट्रीवल सेंटर (एनटीओआरसी) शुरू करने के बारे में बताया ताकि डोनर पूल को बढ़ाया जा सके; प्रो. मीनू सिंह, कार्यकारी निदेशक एवं सीईओ, एम्स-ऋषिकेश ने उत्तराखंड में सोट्रो शुरू करने के लिए अपने संस्थान द्वारा उठाए जा रहे शुरुआती कदमों के बारे में बताया। मुख्य भाषण नोट्रो के निदेशक डॉ. अनिल कुमार ने दिया



और मुख्य अतिथि पीजीआईएमईआर चंडीगढ़ के निदेशक प्रो. विवेक लाल थे और उन्होंने संभावित प्रत्यारोपण प्राप्तकर्ताओं की बढ़ती प्रतीक्षा सूची से निपटने के लिए निरंतर प्रयासों और नवाचारों की भूमिका पर जोर दिया।

सोट्रो – यू.पी. के संयुक्त निदेशक एवं एसजीपीजीआईएमएस, लखनऊ के अस्पताल प्रशासन विभागाध्यक्ष डॉ. आर. हर्षवर्धन के मार्गदर्शन में किए गए प्रस्तुतीकरण ने ग्रीन कॉरिडोर और लिविंग डोनर ऑर्गन ट्रांसप्लांट (एलडीओटी) बनाने में पुलिस अधिकारियों के लिए मानक संचालन प्रोटोकॉल (एसओपी) तैयार करने, “डायल 112 एल्मोरिदम” में प्रत्यारोपण केंद्रों को शामिल करने, जागरूकता सत्र, प्रत्यारोपण केंद्र प्राधिकरण चेकलिस्ट का संस्थागतकरण, उत्तर प्रदेश राज्य में पंजीकृत प्रत्यारोपण केंद्रों की संख्या को दोगुना करना और इसके बाद प्रत्यारोपण की संख्या में भी वृद्धि, सोट्रो – यू.पी. की वेबसाइट का निर्माण और इस वेबसाइट पर डेटा की दैनिक रिपोर्टिंग, एक जागरूकता वृत्तचित्र का निर्माण, एसजीपीजीआईएमएस और अन्य प्रत्यारोपण केंद्रों के लिए संस्थागत ब्रेन स्टेम डेथ (बीएसडी) घोषणा समिति का गठन, ड्राइविंग लाइसेंस के लिए आवेदन करते समय अंगदान



के लिए अनिवार्य रूप से पूछना, आयुष्मान भारत-प्रधानमंत्री जन आरोग्य योजना (एबी-पीएमजेवाई) के तहत डोनर रखरखाव पैकेज के लिए नीति आयोग के साथ संपर्क, एसजीपीजीआईएमएस के एपेक्स ट्रॉमा सेंटर (एटीसी) में बीएसडी अंग दाताओं के लिए इलाज का सम्पूर्ण शुल्क माफ करना, एवं अन्य कार्यों का विश्लेषण बताया गया। सोट्रो – यू.पी. द्वारा यह भी दोहराया गया कि ये सभी कार्य उसी सीमा (मानव शक्ति, समय, वित्त और संसाधन) के भीतर किए गए थे, जो शेष सोट्रो पर लागू होते थे।

सोट्रो – यू.पी. को उनकी स्थापना के बाद से किए गए अनुकरणीय कार्य और इस उद्देश्य के लिए किए गए बहुमूल्य योगदान की सराहना के प्रतीक के रूप में “सम्मान पुरस्कार” प्रदान किया गया, जो अपने आप में इस प्रयास को एक पानदार सफलता बनाने में लगी प्रतिबद्धता, धैर्य, दृढ़ संकल्प और कड़ी मेहनत का प्रमाण है।

इस समागम का समापन नोट्रो और सोट्रो के क्रमशः (संयुक्त) निदेशकों/नोडल अधिकारियों तथा अंगदान एवं प्रत्यारोपण के क्षेत्र में योगदान देने वाले प्रमुख समाजसेवियों के सम्मान समारोह के साथ हुआ। इस दिन का समापन भाषण पीजीआईएमईआर चंडीगढ़ के अस्पताल प्रशासन विभाग के सहायक प्रोफेसर डॉ. विजय ताडिया ने दिया।



"Operative Workshop & Innovations in Uro-Oncology and Alumni Meet 2024: A Celebration of Surgical Excellence and Collaboration"

The "Operative Workshop & Innovations in Uro-Oncology" held from April 12th to 14th, 2024, at SGPGIMS, Lucknow, was a resounding success, drawing over 300 delegates and 70 alumni from across the globe. Organized by the Department of Urology & Renal Transplantation, the event provided a platform for top-notch surgery demonstrations and interactive sessions on the latest advancements in the field.

The workshop featured cutting-edge surgical procedures in robotic, laparoscopic, and open methods, enriching the participants' understanding of uro-oncology. International and national faculty, including Dr. Mahendra Bhandari, Dr. Ashutosh Tiwari, Dr. James R. Porter, Dr. Nikhil Vasdev, Dr. Jaspreet S. Sandhu, Dr. Jihad Kaouk, Dr. Koon Ho Rha, Dr. Akshay Bhandari, and Dr. Jatinder Kumar led insightful sessions, sharing their expertise and insights.

The event commenced with an inaugural ceremony graced by Chief Guest Dr. Radha Krishan Dhiman, Director of SGPGIMS, and presided over by Dean Dr. Shaleen Kumar. Alumni, such as Dr. Anant Kumar, Dr. Rakesh Kapoor, Dr. Aneesh Srivastav, Dr. Deepak Dubey, Dr. Anil Elhence, Dr. Anil Mandhani and Dr. Balbir Verma, attended and cherished the opportunity to reconnect with their mentors, colleagues, and OT and ward staff.

Memorable moments abounded as attendees explored the campus, reminiscing about their time at the department. The alumni evening offered a nostalgic setting, allowing participants to share their cherished memories of their alma



mater and celebrate the achievements of the urology department.

Organizing Chairman Dr. MS Ansari, Organizing Secretary Dr. Uday Pratap Singh, Co-Organizing Secretary Dr. Sanjoy K Sureka, and the organizing team, including the urology faculty, fellows, and residents, played an instrumental role in ensuring the event's success.

The workshop commenced with a green theme by planting trees with the alumni and began each day with the national anthem performed by the National Blind Academy members. A special mention goes to the anesthesia team, led by Dr. Divya and Dr. Tapas, as well as the OT and ward teams for their outstanding contributions.

The "Operative Workshop & Innovations in Uro-Oncology" 2024 not only celebrated the achievements of the uro-oncology community but also set the stage for future advancements in the field. SGPGIMS, Lucknow, continues to be at the forefront of medical innovation, and this event exemplified its dedication to fostering growth and collaboration within the medical community.

The Department of Urology & Renal Transplantation at SGPGIMS, organised "Operative Workshop & Innovations in Uro-Oncology," from 12th to 14th April. This prestigious event, which also featured an Alumni Meet, showcased ground breaking advancements in uro-oncology and provided a platform for interactive sessions, top-class surgical demonstrations, and nostalgia-filled alumni reunions.

The workshop witnessed an overwhelming response, with over 300 delegates from across the globe converging to exchange knowledge and expertise. Attendees were treated to enlightening sessions featuring international and national delegates, fostering insightful discussions and valuable networking opportunities.

One of the highlights of the workshop was the demonstration of cutting-edge surgical techniques, including robotic, laparoscopic, and open methods, by leading experts in the field. These demonstrations not only showcased the latest advancements in uro-oncological surgery but also provided attendees with practical insights into the future of surgical interventions.

The event also honored tradition by embracing a green theme, symbolized by the planting of a sapling by esteemed Alumni. Additionally, the inauguration ceremony featured the stirring rendition of the national anthem and the felicitation of members from the National Blind Academy, underscoring the spirit of inclusivity and national pride.

The inauguration ceremony was graced by the esteemed presence of Dr. R K Dhiman, Director, SGPGIMS, who was the Chief Guest of the function. The event was presided over by Dr. Shaleen Kumar, Dean, SGPGIMS. Dr. M S Ansari, Organizing Chairman, along with Dr. Uday Pratap Singh, Organizing Secretary, and Dr. Sanjoy K Sureka, Co-Organizing Secretary, played instrumental roles in ensuring the success of the workshop.

The "Operative Workshop & Innovations in Uro-Oncology" has set a new benchmark for excellence in academic conferences, showcasing the latest innovations and facilitating meaningful connections among professionals in the field. With its resounding success, the event has reaffirmed SGPGIMS, Lucknow's position as a leader in urological research and education.



Dr. Uday Pratap Singh, Additional Professor, Deptt. of Urology

Hemophilia Day Celebration in Medical Genetics, SGPGIMS

Empowering the patients with prophylactic therapy and training in self infusion

On the occasion of World Hemophilia Day, department of Medical Genetics, SGPGI organized a get-together and educational program on 19th April for patients and families with hemophilia A and B.

Patients shared their success stories of triumph over hemophilia. The boys are studying and excelling in examinations. Master Aditya scored 92% marks in class XII and aspires to become a doctor. Another 14 years old, crippled due to repeated bleeding in knee joints, has been put on prophylaxis. With regular physiotherapy, he is able to walk normally and has started attending school with the help of NHM supported hemophilia program,

Dr Adarsh and Dr Haseena of the department are closely monitoring the treatment of these children. Mr Hari Shukla is the key person to teach self infusion to the children and empower them to lead normal lives.

The Department of Medical Genetics has been providing medical care to the patients with hemophilia A and B since 1990. Since 2009 the treatment of hemophilia improved due to availability of anti-hemophilia factors in SGPGIMS and other hospitals in Uttar Pradesh.

The department has been instrumental in offering quality medical care, including on-demand factor VIII therapy, along with regular physiotherapy and other ancillary services like genetic counselling and prenatal diagnosis. Availability of prophylaxis for last year has changed the lives of patients and treating doctors.

Dr Shubha Phadke, Head of the department of medical genetics informed that this day marked yet another significant milestone in the history of hemophilia care at the institute, as extended half-life (EHL) factor VIII therapy was made available to six patients with severe hemophilia A on a prophylactic basis. This is in accordance with the theme for World Hemophilia Day 2024 which is **"Equitable access for all: recognizing all bleeding disorders"**.

The patients were assessed by the multidisciplinary team comprising doctors, physiotherapists and supporting staff, and the first dose of this drug was instituted. This marks a major advancement in the management of these patients, as the factor can remain in the blood for longer periods, reducing the frequency of factor VIII injections.

Moreover study states that the drug is highly effective in preventing and stopping bleeds, and it is well tolerated. Head of the department, Dr. Shubha Phadke, emphasized that this development would significantly enhance the quality of life for such patients, who endure substantial morbidity due to severe hemophilia. Hemophilia management program funded by NHM is an example of how government support can change the lives of patients with genetic disorders.

Dr. Shubha Phadke

Professor & Head, Department of
Medical Genetics

World Liver Day

20th April

Fatty liver disease leads to the growing burden of liver diseases in the country! Every third person among us may have fatty liver

World Liver Day is celebrated on 19th April every year to increase awareness among people about the growing problem of liver diseases, their causes, and methods to prevent them.

The Department of Hepatology at SGPGI marked the significant occasion of World Liver Day on 20th April 2024 with a Workshop. This event was a crucial platform for healthcare workers to enhance their understanding and awareness of the escalating burden of liver diseases. The workshop was inaugurated by Prof RK Dhiman, Director, SGPGI and Professor of Hepatology, and was graced by the presence of Prof Amit Goel, HOD, Hepatology, Dr Radha K, Principal Nursing College SGPGI, and Mrs Usha Takri, Chief Nursing Officer SGPGI. The seminar drew a crowd of over 100 nursing students, nursing staff, faculty, and staff members of the institute, making it a truly engaging and informative event.

Dr Dhiman said that liver diseases are commonly caused by alcohol, viral hepatitis, and fatty liver. He said that in present era, fatty liver disease is a pandemic problem and is as dangerous as the covid epidemic was. He explained that the only difference between the two conditions is that the COVID pandemic occurred over a month, whereas the fatty liver pandemic occurred over decades. He specifically emphasized early detection of liver diseases so that the progression to cirrhosis and liver cancer can be prevented. Prof Goel talked about the role of healthcare workers in preventing and

managing liver disease. The institute's principal and chief nursing officer emphasized the growing role of healthcare workers in preventing and managing chronic diseases such as viral hepatitis, fatty liver disease and liver cirrhosis.

Dr Surender Singh, Assistant Professor Hepatology, talked about Fatty liver disease and its consequences. He said that the main reasons for fatty liver are a sedentary lifestyle, eating junk foods, and lack of exercise and sports activities among people. It was also emphasized that weight loss and exercise are the most effective treatments for fatty liver disease. A weight loss of 5% of body weight could reverse fatty liver; if we could lose 10% of our weight, liver injury and liver fibrosis can also reverse. Dr Ajay Kumar Mishra, Assistant Professor, Department of Hepatology SGPGI, spoke about the growing problem of alcohol use in our society and different types of liver diseases caused by alcohol use. He talked about simple questions that can help us to identify the person who is at risk of alcoholic liver disease.

Miss Archana, the senior dietitian of the institute, shared valuable insights on the role of diet and nutrition in managing liver disease. She emphasized that cirrhosis patients should restrict salt intake and increase their dietary protein intake, empowering the audience with practical dietary advice. She also highlighted the importance of a balanced diet with a good mix of vegetables, fruits, and non-vegetarian foods for these patients.

Dr Surender Singh
Assistant Professor,
Department of Hepatology

3rd Parkinson's Disease Awareness Programme

The Department of Neurology, SGPGI organized the 3rd Parkinson's Disease Awareness Programme on 27th April.

The day started with the Awareness Walk at 6:00 in the morning and was flagged off by the Hon'able Director, SGPGIMS, Lucknow, Prof. R.K. Dhiman. It was attended by the faculty members of the Department of Neurology, Dr. Vimal Paliwal, Dr. Ruchika Tandon and Dr. Vinita Mani, residents, dieticians, physiotherapists, staff members and faculty members from various departments of SGPGI under the leadership of Prof. Sanjeev Jha, HOD, Neurology.

In the afternoon, the Awareness programme was inaugurated by the Director, SGPGI, Prof. R. K. Dhiman. He congratulated the Department of Neurology and emphasized the need for having more such programmes especially for the rural areas. He stressed on the need for differentiating Parkinson's Disease from other disorders, which may present like Parkinson's Disease for instance patients of liver diseases. Prof V. N. Mishra, HOD, Neurology, IMS, BHU, who was the Guest of Honour deliberated on how Dopamine was discovered to be a cause of PD, how newer therapies are coming up and also stressed on meditation.

Prof. Sanjeev Jha, the then HOD, Neurology, motivated the patients and urged them to be physically active and stress free, inspite of all odds.

Dr. Vimal Paliwal, Medical Superintendent, SGPGIMS explained that slowness, tremors and rigidity were the common symptoms of PD. Dr Ruchika Tandon, Associate Professor, Neurology, explained the history, symptoms of the disease and explained that the patients of Parkinson's Disease may opt for Deep Brain Stimulation surgery if they experience symptoms like uncontrolled movements following medicines and unpredictable medicine results. The patients who underwent DBS at SGPGIMS are doing very well and they also spoke on the occasion. Dr Pawan Kumar Verma, department of Neurosurgery, explained that the technique for DBS was very accurate and effective. The Vinita Mani proposed the vote of thanks.

Awareness programme was also attended by Dr. Dinkar Kulshreshtha, Neurologist, RMLIMS, Lucknow, who described the medicines for Parkinson Disease, Dr Shweta Pandey, Neurologist, KGMU, Lucknow, who talked on caregiver support, Dr Zafar Neyaz, Radiologist, SGPGIMS, Dr Siddharth Rai from the Department of PMR, Dietician Dr Shilpi Tripathi, Physiotherapist Mr Rajendra Kumar and Mr Ritesh Singh, Music Therapist, also explained their respective roles in the patient management.

Green Corner

CCM and CVTS ICU complex becomes free of shoe covers: an environment friendly move

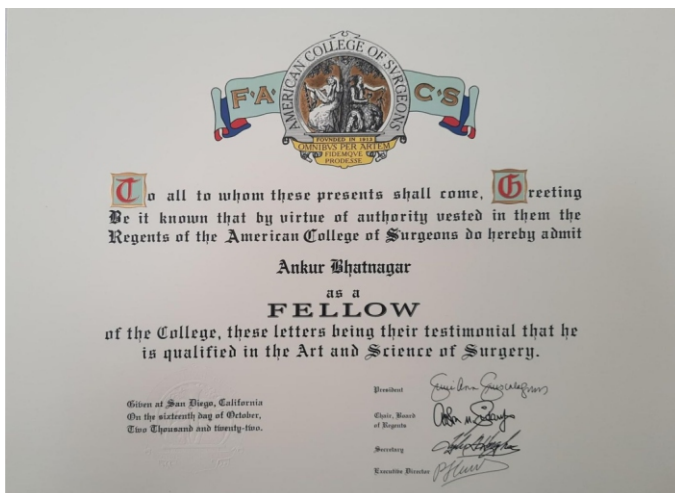
The sight of shoe covers strewn all over the hospital corridors and elsewhere motivated me to stop the use of shoe covers in our ICU.

All doctors, nurses, other paramedical workers and data entry operators were requested to carry their own personal footwear from home and change into this to enter the CCM ICU floor. Sister in charge arranged footwear to keep at the CCM counter so that visitors from outside could change into this footwear to come to CCM ICU. Shoe covers were removed from CCM ICU counter and personnel entering CCM ICU were informed about this change by the counter staff and also by a simple notice put up on the ICU entrance door.

The ICU doctors and staff of CVTS ICU also implemented the same.

Dr Banani Poddar, Professor and Head,
Critical Care Medicine

Awards



Dr Ankur Bhatnagar, Professor, Department of Plastic Surgery, has been conferred the prestigious American College of Surgeons Fellowship



Mrs. Bijaya Pattnaik, Senior Nursing Officer, CCM, was awarded Best Nurse Award on the occasion of International Nurses Day 12th May 2024.

Enhancing Neonatal Care: POCUS Workshop by NNF India and SGPGIMS Neonatology Department

The NNF POCUS Basic ECHO Workshop, co-organized by the National Neonatology Forum of India and the Department of Neonatology at SGPGIMS, took place on April 27th and 28th at the PMSSY Block, SGPGIMS. This hybrid workshop combined virtual sessions with hands-on in-person training, providing participants with an in-depth learning experience in point-of-care ultrasound (POCUS) and neonatal echocardiography (ECHO).

The workshop featured an esteemed panel of experts in neonatal care:

- Dr. Venkateshan Sundaram, Professor, PGIMER
- Dr. Shiv Sajjan Saini, Professor, PGIMER
- Dr. Tushar Parikh, Associate Consultant, KEM Pune
- Dr. Tejopratap, Senior Consultant, Fernandez Hospital, Hyderabad
- Dr. Rahul Kadam, Senior Consultant, LOTUS Hospital, Hyderabad
- Dr. Murugesan, Assistant Professor, JIPMER

****Workshop Highlights:****

The event commenced with an opening address by Dr. Kirti M. Naranje, Professor and Head of the Department of Neonatology, SGPGIMS, and Dr. Venkataseshan Sundaram, who provided an orientation and overview of the virtual learning components.

Day 1 focused on workstation sessions for optimizing echocardiographic views and assessing cardiac function, supplemented by in-house video demonstrations on evaluating Patent Ductus Arteriosus and Persistent Pulmonary Hypertension in ventilated neonates.

Day 2 featured hands-on practice for cranial ultrasound imaging and lung ultrasound in neonates, followed by an open panel discussion on case-based scenarios, emphasizing practical application and problem-solving.

The NNF POCUS Basic ECHO Workshop effectively bridged the gap between theoretical knowledge and practical skills, empowering healthcare professionals to enhance neonatal care practices. We extend our heartfelt thanks to the distinguished faculty and enthusiastic participants for contributing to the workshop's success.



Dr Moinak Sen Sarma: Investigator Award



Dr Moinak Sen Sarma from Dept of Pediatric Gastroenterology, Sanjay Gandhi Postgraduate Institute of Medical Sciences presented two papers on intestinal permeability and bacterial translocation

in cirrhosis at the prestigious annual meeting of Asia Pacific Association for the Study of the Liver (APASL) at Kyoto, Japan (March 27-31, 2024). He was awarded the Investigator Award for the two papers.

Dr Moinak Sen Sarma from Dept of Pediatric Gastroenterology, Sanjay Gandhi Postgraduate Institute of Medical Sciences presented two papers on intestinal permeability and bacterial translocation in cirrhosis at the prestigious annual meeting of Asia Pacific Association for the Study of the Liver (APASL) at Kyoto, Japan (March 27-31, 2024). He was awarded the Investigator Award for the two papers.

Cirrhosis in children is fraught with many complications. One of them being increased gut permeability or leaky gut. Normally, the gut is a tight barrier that does not allow any substances or microbes to leak out. The liver and gut are intimately related. In cirrhosis, the pressure rises making the gut leaky and the gut delivers lesser nutritive substances to the liver. In this vicious cycle, bacteria find it easy to leak into the



circulation resulting in infections all over the body.

In collaboration with Prof Ashish Gupta at Center of Biomedical Research, Dr Sen Sarma found excretion of polyethylene glycol in urine as a useful tool to study the gut permeability. Various other nutritive substances such as zonulin were also studied. It was found that patients who had increased excretion of polyethylene glycol were also at risk of repeated hospital admissions over next 6 months. Endoscopic cultures from small bowel fluid and ascites were sent for analysis under Dr Chinmoy Sahu and Dr Ujjwala Ghoshal, Dept of Microbiology. It was found that a large group of cirrhotic patients had different types of resistant bacteria in the gut and high levels of endotoxins in blood. These patients had poor outcome in follow-up. The above studies indicate that cirrhotic children are vulnerable due to their leaky gut. Hence, good nutrition rich in proteins is very important. It may be useful in future to see if there is any role of gut antibiotics or probiotics to prevent this problem.

This project was supported by an intramural grant from the institute. Director, Prof R K Dhiman and Prof Uday Ghoshal played an instrumental role in encouragement and novel insights into this project.

International Yoga Day

The Name and Course of Winners of International Day of Yoga Poster Competition 2024 mentioned vide infra:



First Prize Winner

Amrita Gupta Bsc. Nursing third year



Second Prize Winner

Akhil Gupta CMT Nuclear Medicine



Third Prize Winner

Kirti Pal BSc. Second year student



Consolation Prize Winner

Neha Kushwaha
BSc. First year

Gaurave Singh BSc.
Second year student

Superannuations April-June 2024

"Retirement is the reward for a life well-lived, for all the hard work and dedication. Now, it's time to enjoy the fruits of your labor."

1. Mr. Birendra Kumar-I, Chief Technical Officer (Lab Tech. Cadre)
2. Mr. Hari Prasad, Workshop Assistant
3. Mr. Manoj Kumar Srivastava, Accounts Officer
4. Mr. Moti Lal, Junior Administrative Officer
5. Mr. Vinod Kumar Tripathi, Assistant Administrative Officer
6. Mr. Raj Seth, Senior Programmer
7. Mrs. Sangeeta Mishra, Deputy Nursing Superintendent
8. Mr. Rakesh Kumar Srivastava, Senior Technical Officer (Laboratory)
9. Mr. Raj Kumar Gupta, Assistant Public Relations Officer
10. Mr. Vijay Bahadur Yadav, Chief Tech. Officer (Lab Technician Cadre)
11. Mr. Mukesh Kumar Srivastava, Administrative Officer
12. Mr. Virendra Kumar, Workshop Technician Grade-1
13. Mr. N.K. Chaurasia, Office Attendant Grade-1
14. Mr. Satrughan Singh, Technical Officer
15. Mrs. Pushpa Lata, Assistant Nursing Superintendent
16. Mr. Rishinath Verma, Assistant Nursing Superintendent
17. Mrs. Sunita Devi, Hospital Attendant Grade-1
18. Mr. Rakesh Kumar Yadav, Assistant Administrative Officer
19. Mr. Niranjana Namhata, Chief Technical Officer
20. Mr. Ramesh Ch. Verma, Chief Technical Officer
21. Mr. Mahesh Ch. Shukla, Chief Technical Officer
22. Mr. Kafeel Ahmad, Assistant Administrative Officer
23. Mrs. Esther B. Singh, Nursing Superintendent
24. Mr. Sunanda Purwar, Medical Social Service Officer Grade-1
25. Mr. Manoj Kumar Saxena, Senior Administrative Officer
26. Mrs. Shashi Kanti, Assistant Nursing Superintendent
27. Mr. Kharag Bahadur Mall, Assistant Nursing Superintendent
28. Mrs. Pramila Singh-I, Assistant Nursing Superintendent
29. Mr. M.V.K. Srivastava, Hospital Attendant. Grade-1
30. Mr. Sanjay Dua, Accounts Officer
31. Mr. Suresh Yadav, Assistant Nursing Superintendent
32. Mr. Rajit Ram Verma, Office Attendant Grade-I
33. Mr. Kamta Prasad Srivastava, Administrative Officer
34. Mrs. Maya Devi Kanaujia, Assistant Nursing Superintendent







The devil is in the details...

The murals depicted in the OT cap illustrate the various endocrine organs the Endocrine Surgery department operates on, along with the pink ribbon symbolizing breast cancer awareness. Conceptualized by the Head of the Dept, Prof Gaurav Agarwal, the artworks were designed and sketched by residents, Drs. Spandana and Rinelle.

This project is a fantastic example of creativity and teamwork!

The department initially gifted these scrub caps to its alumni in the recent alumni meet. The popularity of this theme quickly spread amongst all Endocrine Surgeons of the country. Faculty and delegates were delighted when they received a sample master piece at the annual conference of the Indian Association of Endocrine Surgeons.

After all, imitation is the best form of flattery.

Innovation, implementation and improvisation are the simple mantras of any success.



Sandwiched generation....

Look after your kids and parents at the same time providing for your child and your parent is in a sense, striking a balance between the past and the future, but can be achieved with foresight and discipline. Being a father, it is a challenging role. You are an unsung hero, a coach, an advisor, a leader, and the unfailing supporter of your child. This article is dedicated to all those fathers who walk this tightrope with a smile, never seeking appreciation for their efforts. You prove every day that not all heroes wear a cape.

It is said that by the time you realise that your father was right; you will have a son (child) who thinks you are wrong. If you are in your 40s, this may resonate with you just like it did with me. As you hit middle age, you begin to comprehend some of the life and financial decisions your father took and aim to do the same or better for your child. The challenge of fatherhood in your 40s is this. On the one hand, you have to secure your child's future and, on the other hand, look after your parents in their winter years—all while balancing your own needs.

How to plan for your children's future?

Fathers often strive to provide the best for their children. However, raising a child comes with numerous expenses, including schooling, recreational activities, and the like. So it is crucial you start your financial planning early. A significant first step towards this is to identify your goals and earmark the amount you need to save. As a father, two significant expenses you can anticipate in your child's life will likely be higher studies and marriage. To save money for

these two goals, undertake goal-based portfolio construction and an efficient asset allocation. The allocation should be based on your risk appetite. Do all this when your child is still under 10 years of age. This will give you ample time to reach your goals.

Higher education: While saving money for higher education, decide the amount you will need when your child is admitted to college. It depends on your child's academic choices, university and location (India or abroad).

Consider that you are planning for your child's overseas education in a college in the US which will easily cost Rs. one crore or more depending upon inflation and difference in the currency rates. To save such a significant corpus, you need concrete financial planning in place.

Wedding: The same applies to saving for your child's wedding. Being a father, the wedding of a child, especially of a daughter, is likely to be very close to your heart. You may want to do everything in your power to be able to afford the dream wedding for your child. In many cultures, having a certain level of assets such as gold or real estate holds significant importance, especially in the case of the marriage of daughters. Weddings in general are expensive affairs and thus you need to dedicatedly plan to meet this goal. Observing you planning these finances will also be a lesson in their importance for your child. After all, this is how the baton is passed through generations.

How to take care of your parents in the later years:

Being in your 40s, now it's your turn to play father not just to your children but also to your parents.

The two major concerns you may have for your parents are likely to be:

- i) a regular stream of income
- ii) medical expenditure

Regular income: For ensuring a steady income stream for your father/parents, you can choose debt options such as senior citizen savings scheme, senior citizen fixed deposits and such other government schemes. Another investment option for you, can be low-to medium-risk mutual funds or other equity tools promising regular income. Systematic withdrawal plans may be used to withdraw money regularly from mutual funds.

Medical contingencies: To look after the medical contingencies of your parents, increase their health insurance corpus as they grow older. Medical expenses tend to increase for individuals over 60, sometimes due to critical illnesses. These expenses can burn a hole in your pocket if not accounted for during financial planning. Take your parents for yearly health check-ups and have a sizable health insurance cover to protect them and yourself against any medical emergency.

Planning for your father/parents' later years will help him/them live a life of pride with independence. It would also keep you worry-free, knowing that they are financially secure.

How to maintain a balance between financially securing your child and father/parents?

Navigating life as a father in your 40s brings its unique set of challenges. You not only have your own life goals to achieve, but you also have to secure your child and father/parents, financially. Investment timing and planning are very critical factors here. Saving for your

children and parents often entails looking at different timeframes and priorities.

Keep both portfolios separate so you can easily track the progress and re-evaluate and rebalance them with ease. Spread the portfolio investment across the calendar to make for a smoother investment experience. For example, if you have chosen biannual payments for both portfolios, make sure that the first one has the payments in May and November, and the second one has payments due in June and December. Keep less payment burden for last financial quarter of the year due to taxation liabilities.

This will save you from the burden of investing a

large amount while helping you be disciplined and stress-free. It is also advisable to do estate planning at this stage.

Conclusion

Much like a soldier, a father is never off duty. However, each year, the cost of living increases with inflation, making your task as a son or father harder than it already is. The only solution in this situation is to undertake efficient financial planning. After all, to be a hero for your son or your daughter and for your parents is not an easy task.....

Mr. Mahesh Chandra Arora
Assistant Accounts Officer

SGPGIMS Newsletter Committee

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 Prerna Kapoor (General Hospital, Chief Editor)
2. Dr Ankur Bhatnagar, (Plastic Surgery Department and 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) helps curate the photographs for each issue.
10. Mr Amit Mohan (Content Developer, Telemedicine) helps design the Newsletter creatively and meticulously.

Committee





International Yoga Day 2024

Certificate of Pledge

I Pledge to Imbibe Yoga as a Lifestyle by Practicing it Regularly, Both for Myself and with my Family

An entire week of activities on yoga practices was organized by SGPGI to commemorate the 10th International Yoga Day.

Throughout the week, various sessions were held for different groups, including yoga for pregnant women and for those suffering from neurological disorders. On June 20, 2024, a yoga seminar was held. The Director of the Institute, Professor R.K. Dhiman, addressed the gathering in the Telemedicine Auditorium about lifestyle diseases and the importance of movement and exercise, especially yoga. Dr. Amita Aggarwal, Acting Dean, also enlightened the audience about the true meaning of yoga. Dr. Amarjeet Yadav from the Department of Yoga at Delhi University shared his in-depth knowledge about yoga as a holistic approach to life. He emphasized that yoga involves going inward and should not be equated with merely physical exercise.

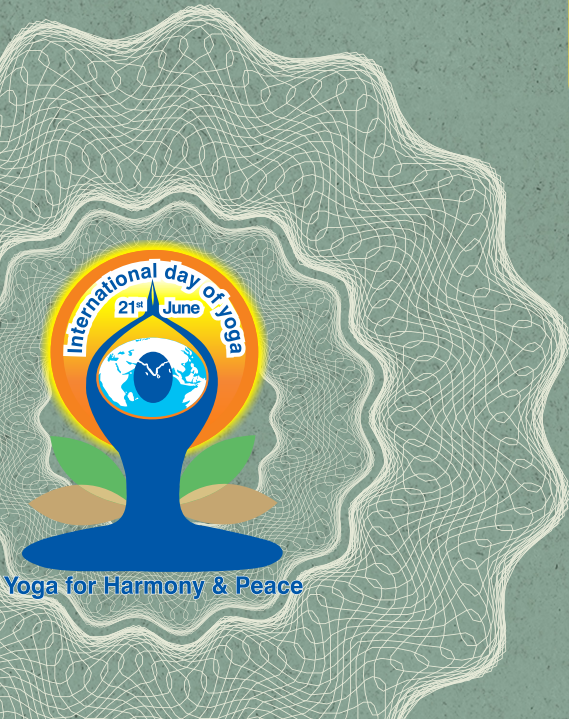
Professor Vimal Kumar Paliwal discussed the harmful effects of chronic stress and how a yogic lifestyle can help mitigate these effects. Dr. Prerna Kapoor, Senior Physician at the General Hospital, highlighted the importance of yoga in women's health, stating that yoga is the perfect

companion for women from adolescence to old age, offering far-reaching benefits in both health and disease. Dr. Sandeep Khooba, faculty member in Anaesthesiology, spoke about the role of yoga in pain management. The program was anchored by Dr. Rama Tripathi, Senior Dietitian, and vote of thanks was delivered by Chief Nursing Officer, Mrs. Usha Takri.

On the final day, June 21, International Yoga Day was observed at SGPGIMS, Lecture Theatre Complex, from 6:30 AM to 8:00 AM. A gathering of 650 people, including faculty members, officers, paramedical staff, and others, attended the session, which was coordinated by Dr. Ravindra Verma and his wife, Mrs. Aanchal Verma.

On this occasion, Prof. R.K. Dhiman remarked that this year's theme—"Yoga for Self and Society"—reminds us of yoga's important role in enhancing individual lives and the wider community. Dr. Ravindra Verma also explained that yoga recognizes the unmatched power of this ancient practice to deliver healing, inner peace, and overall physical, spiritual, and mental well-being.

SGPGI celebrates International YOGA Day 2024



Printed by:

Education Foundation of SGPGI, Lucknow

Secretarial Assistance:

Mr. Deepak Chandra, Mr. Rishi Misra

Office Attendant:

Mr. Sunil Kumar

E-Mail: newslettersgpgi@gmail.com