



Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow

Newsletter

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SGPGIMS
Celebrates 78th Independence day

Independence day 2024

SGPGIMS celebrated the 78th Independence Day with full enthusiasm and with traditional fervor. Director, Professor Radha Krishna Dhiman hoisted our tricolor flag.

Addressing the faculty members and staff present, he said that it is a day to celebrate the country's freedom, remember the sacrifices that were made to achieve it, and reflect on India's progress since independence. It is also a day to reaffirm India's commitment to democracy, secularism, and social justice.

The official theme for India's 78th Independence Day 2024 is "Viksit Bharat". It reflects the government's ambition to transform India into a "Developed Nation by 2047", coinciding with the 100th anniversary of Independence.

The Director presented an account of achievements of the last one year. Speaking about the three important pillars of SGPGI: patient service, research and teaching, he also talked about a very important fourth pillar, the Outreach Programme. He said that 80 districts of the state should also benefit from the

excellent facilities of Sanjay Gandhi PGI and this can be done only through outreach programs.

He also mentioned the upcoming projects of the institute ie. Advanced Diabetic Center and Advanced Pediatric Centre. He informed that the construction of a night shelter with 1000 beds is also in the process to accommodate large numbers of patients and their attendants coming to PGI.

He requested all the members of the institute family to cooperate in fulfilling the objective of Software Technology Park of India (Incubation Centre) for best use of technology in patient care by increasing innovation. The director assured to obtain two more robots to increase robotic surgery. He also said that the institute will also be able to get Gamma Knife very soon.

He appreciated the teamwork of the entire staff of the institute for completing many new projects within the timelines.



Patriotic songs were presented by the staff. Certificates were given to the winners of the essay and slogan competition, organized on Independence Day. 25 staff members were honoured by the Director for their excellent work. Dean Prof. Shaleen Kumar, Chief Medical

Superintendent Prof. Sanjay Dhiraj, Medical Superintendent Prof VK Paliwal, Joint Director (Administration) Professor Rajneesh Kumar Singh, Executive Registrar Colonel Varun Bajpai, other faculty members and senior officers and staff were also present on this occasion.





"Award of Excellence" conferred on Independence Day 2024 to SGPGI employees for their diligence and dedication

Sl.	Name	Department	Post
1	Mr. S.K. Singh	CMS Office	Patient Helper (Outsource)
2	Mr Uttam Singh	JD(A) [Vehicle Cell	Driver (Outsource)
3	Mr Abhishek Maurya	Director Camp	D.E.O. (Outsource)
4	Mr. Abhay Kumar Singh	Nephrology (Renal Lab)	Data Entry Operator (Outsource)
5	Mr. Arun Kumar	HRF	Data Entry Operator (Outsource)
6	Mr. Vaibhav Srivastava	Plastic Surgery And Burn	Hospital Attendant Gr-II
7	Mr. Ram Kishore Pal	Neurosurgery	Hospital Attendant Gr-I
8	Mr. Diwaker Singh	Finance Accounts	Attendant Gr-I
9	Mr. Habib Ahmad	Radiotherapy	O.T. Assistant
10	Mr Gaurav Srivatava	Director Camp	Senior Administrative Assistant
11	Mr. Sunil Jaiswal	Executive Registrar	Junior Administrative Officer
12	Ms. Shilpi Tripathi	Neurology	Dietician
13	Mr. Vinod Kumar	CVTS	Assistant Administrative Officer
14	Mr. Akhil Srivastava	ATC	Assistant Account Officer
15	Ms. Ena Singh	Pediatric Surgery	Nursing Officer Gr-11
16	Mr. Jitendra Kumar	Endocrinology	Technical Officer
17	Mr. A.K. Shukla	Cardiology	Technical Officer
18	Mr. Rahesh Chandra Verma	Sample Collection, New OPD	Senior Technical Officer
19	Mrs. Meera Srivastava	Endocrine Surgery	Senior Technical Officer
20	Ms. Bhawna Bhatt Tiwari	Pediatric Gastroenterology	Senior Nursing Officer
21	Mrs. Pushpa Singh	College of Nursing	Tutor
22	Mrs. Shamola A. Singh	PR Department	APRO
23	Mr. Dev Ranjan Mukharjee	Nuclear Medicine	Chief Technical Officer
24	Mr. Pradeep Kumar Agarwal	Civil Engineer	Assistant Engineer (Civil)
25.	Mr. Rajesh Kumar Verma	JD(MM) office	Asstt Account officer

"Their exceptional achievements serve as a shining example of what can be accomplished with hard work, passion, and a relentless pursuit of excellence."

"Medical innovation is not just about new treatments, but about new ways of thinking." - emphasizing the transformative power of innovation in medicine!

Use of central venous cannulation (CVC) in critical care medicine is manifold. It is used for volume resuscitation, total parenteral nutrition, blood products transfusion, venous pressure monitoring and for cardiac pacing. The incidence of iatrogenic complications of blind central venous cannulation is unacceptably high. Use of ultrasound for location and cannulation of the central vein has drastically reduced these iatrogenic complications; so much so that ultrasound guided central venous cannulation has now become a recommended practice.

The introducer needle is used for puncture of the central vein and it is an essential step in the technique used for both during the blind and ultrasound guided central venous cannulation. However, the difficulty lies in the fact that the tip of the introducer needle cannot be distinctly visualised even when ultrasound guidance is used. Since important anatomical landmarks like the central artery or the lung pleura lie in close proximity, even a few millimetres of "blind tip" movements can lead to accidental mechanical complications (like pneumothorax or arterial puncture) despite ultrasound guidance. This "blind tip" despite ultrasound challenges the intensivists.



Marked introducer needle for ultrasound guided central venous cannulation

Our aim of zero iatrogenic complications during central vascular cannulation is near impossible to achieve even with the use of ultrasound guidance in the hands of less experienced.

Currently intensivists use a completely unmarked approximately 6 cm long stellate needle, (U.S. Pat. No. 4,935,008 issued Jun. 19, 1990 to R. L. Lewis Jr.) available in the central line set.

We, Dr Tanmoy Ghatak: Associate Professor, Emergency Medicine, Prof RK Singh Head, Emergency Medicine and Prof AK Baronia, Ex Head, Critical Care Medicine SGPGIMS, proposed and made indentations at 0.5 cm distance on the introducer needle available in the central line set using a sterile scale. Each 0.5 cm is marked with single marking. Each one centimeter is marked as double marking. This marked introducer needle will then provide a clear guide of the depth of insertion. Hence, when this needle is used with a static or dynamic ultrasound technique, it will reduce existing mechanical complication rates of central venous cannulation significantly. We applied for a patent for the needle in 2016. Our patent is granted by the Indian Patent office on 23rd July 2024.

Dr Tanmoy Ghatak

Associate Professor, Emergency Medicine

Shoulder and Elbow Rehabilitation Clinic by Department of CMR

Shoulder pain is an increasingly common problem faced by people in every household these days. It may be accompanied with progressive stiffness and difficulty in doing simple day to day tasks like wearing clothes, tying hair, or picking an object from overhead shelf. Besides complaints of pain in elbow is also amongst the commonest pain issues seen in Musculoskeletal pain OPD by Physical Medicine and Rehabilitation. The trend can be attributed to over and mis-use of the shoulder and elbow muscles, repetitive strain and microtears. Prevalence of co-morbid conditions like diabetes and hypothyroidism also plays a contributing role in shoulder and elbow pathologies. According to Physiatrist Dr Siddharth Rai, the larger problem is misdiagnosis. Like not all shoulder pain is Frozen shoulder and not every elbow pain is a tennis elbow. If we don't diagnose the cause and pathology we can never treat the issue to its core. The problem can be in the joint and bones itself, rotator cuff muscles and tendons, bursa around these muscles, muscles of extension at the wrist and forearm, cervical



spine, accompanying nerves and can also be simply due to faulty biomechanics.

Overseeing the problem, Department of physical Medicine and Rehabilitation has started a dedicated **SHOULDER**



AND ELBOW REHABILITATION CLINIC, at Apex Trauma Center, SGPGIMS every Tuesday from 9 am onwards. The clinic will aim for a thorough work up of the shoulder pain with complete evaluation of the musculoskeletal system and biomechanics of the joint. For those

needing more precise assessment, the OPD has a modern Musculoskeletal Ultrasound machine. The investigation will be done in the same sitting itself. Later a customized treatment will be offered to the patients.

Regenerative Medicine Facility

Regenerative medicine has been called as *the future of medicine*. The department has facilities for USG guided regenerative therapies like Platelet rich plasma injections and Prolotherapy. This treatment involves stimulating body's own regenerative and healing mechanism to treat the pathology at the tissue level.

The department also has some latest modalities and machines to control pain like Extra Corporeal Shock Wave therapy, Laser therapy and cryotherapy.

Once a control over pain has been achieved, a team of physiotherapists and occupational therapists will start patients on individualized muscle training, exercises, tendon loading programme and work modifications so that



patient has overall improvement in his functions and there is no chance of pain relapse.

ATC chief Prof Arun Srivastava informs that the pinnacle of this specialized clinic is that all facilities starting from diagnosis, Ultrasound assessment, preparation of regenerative medicine like PRP and Physical & occupational therapy are all available under the same roof. This not only saves time for the patient but also becomes convenient for them. For conditions like sports injuries in shoulder and elbow a holistic

treatment programme and post treatment rehabilitation is of vital importance to bring the person back to his pre-injury sports level.



World Spinal Cord Injury Day

The department of Physical Medicine and Rehabilitation organised an awareness programme for Spinal cord injury patients and their caregivers and promote disability inclusion on 5th September 2024 at ATC, SGPGIMS from 10am -12 noon.

5th September is declared globally as spinal cord injury day. This year theme of Spinal Cord Injury Day 2024 was “End Violence-Protect Spinal Cord”. The event aimed to teach and spread awareness about issues patients tend to face after an unfortunate event of spinal cord injury. It also addressed issues faced by caregivers of these patients. Inaugural welcome address was given by Dr. Siddharth Rai, Associate Professor PMR Dept. Dr. A.K Srivastav, Chief of Apex Trauma Center and HOD Neurosurgery Dept, addressed the audience and encouraged spinal cord injury patients that they can return back to society and participate in day-to-day life as well as sports activities. He also mentioned about performance of our Indian Paralympics athlete at Paralympics 2024.



There were detailed discussion about the disease, rehabilitation programme and when to initiate, bladder and bowel issues, pressure sore management, role of physiotherapy and occupational therapy and prosthetics. Besides the new and recent developments in the

treatment of spinal cord injury was also shared with the patients. The program was extended with didactic training session about spinal cord injury, its complications and management - from hospital to home and back to community. There was a special session of spiritual and motivation talk for the survivors. The event ended in a panel discussion with subject experts including doctors, surgeons and paramedical team.



Testimonials about the recovery process after SCI from the indoor patients with spinal cord injury at PMR dept were shown as video display. Dr.R Harshvardhan Additional Medical Superintendent, ATC, enlightened the audience with his encouraging words and felicitated the patients with a token of appreciation by handing over a bouquet. Audiences including patient, students and rehabilitation professionals attended the program.



Dr Siddharth Rai, Associate Professor,
Physical Medicine & Rehabilitation

"Revolutionizing Urology: SGPGI's Robotic Breakthrough in Pelvic Lipomatosis Treatment"

*Lucknow, India – July 3, 2024 -

In a ground-breaking medical achievement, the Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI) has successfully performed the world's first robotic surgery to treat a rare case of pelvic lipomatosis with a small capacity bladder and bilateral hydroureteronephrosis on 3 July 2024. The surgery, conducted using the advanced da Vinci Xi robotic system, marks a significant milestone in the field of urology and robotic surgery. Only 231 such cases are reported worldwide. But first-time robotic surgery was done for small capacity bladder and as well as bilateral obstructed ureter management simultaneously.



A 24-year-old unmarried male individual, was diagnosed with pelvic lipomatosis, a rare condition characterized by the abnormal accumulation of fatty tissue in the pelvic region. This condition had led to a severely reduced bladder capacity and swelling of both the kidneys and ureters with deranged renal function.

Given the complexity of the case, the surgical team at SGPGI decided to perform an augmentation cystoplasty with bilateral ureteric reimplantation. This procedure involved enlarging the bladder using a section of the patient's intestine and repositioning the ureters to ensure proper drainage and function. It took 7 hours of surgery. Such complex procedure where the surgical correction of both the bladder and ureter done in one setting with surgical robot has not been reported anywhere in the world.

Understanding Pelvic Lipomatosis

Pelvic lipomatosis is a rare, benign condition where excessive fatty tissue accumulates in the pelvis. This can lead to various complications, including:

- ***Bladder Compression*:** The increased fatty tissue can compress the bladder, reducing its capacity and causing urinary symptoms such as frequency, urgency, and incontinence.
- ***Ureteral Obstruction*:** The fatty tissue can also impinge on the ureters, leading to hydroureteronephrosis. This condition involves the swelling of the ureters and kidneys due to urine buildup, which can cause pain and potential kidney damage.
- ***Bowel Symptoms*:** In some cases, the fatty deposits may affect bowel function, leading to constipation or other gastrointestinal symptoms.

Benefits of Robotic Surgery

Robotic surgery offers numerous advantages over traditional open or laparoscopic surgery, particularly in complex cases such as this. The da Vinci Xi system provides enhanced precision, flexibility, and control for the surgeon, leading to improved outcomes for the patient. Some key benefits include:

- ***Minimally Invasive*:** Smaller incisions instead of large incision, result in reduced blood loss, lower risk of infection, and less post-operative pain.
- ***Enhanced Precision*:** The robotic system allows for more precise movements and better visualization, essential for delicate procedures involving the bladder and ureters.

- ***Quicker Recovery*:** Patients typically experience shorter hospital stays and faster recovery times, enabling them to return to their daily activities sooner.

The Groundbreaking Surgery

The surgical team at SGPGI, led by Dr Uday Pratap Singh, successfully performed the augmentation cystoplasty with bilateral ureteric reimplantation using the da Vinci Xi robotic system. Anaesthesia team led by Dr Sanjay Dhiraj and OT staff team led by nursing officer Manojkumar.

Dr Uday Pratap Singh, Additional Professor of the urology department at SGPGI and the lead surgeon for this pioneering procedure, commented on the success of the surgery: "The use of the da Vinci Xi robotic system allowed us to perform this complex surgery with unparalleled precision and control. This

milestone is a testament to the capabilities of robotic surgery in treating rare and challenging conditions."

The patient's post-operative recovery has been remarkable, with significant improvement in bladder and kidney function. The success of this surgery not only highlights the expertise of the surgical team at SGPGI but also opens new avenues for the treatment of similar cases worldwide.

This historic achievement underscores SGPGI's commitment to advancing medical science and providing cutting-edge care to patients with complex urological conditions. The institute continues to lead the way in robotic surgery, setting new standards for surgical excellence and innovation.

Director Prof R K Dhiman congratulated the team for this achievement.



Dr Uday Pratap Singh, Additional Professor
Department of Urology, SGPGIMS

CONFERENCES AND EVENTS

National Anaesthesia & Operation Theatre Technologist Day: 20 July 2024



Workshop on CAUTI Prevention

A workshop was organized in the seminar room, Apex Trauma Center (ATC) on 23/08/2024 by the Hospital Surveillance Sub-committee and HIC Cell, Department of Hospital Administration on CAUTI Prevention. The program was attended by more than 50 Nursing Officers, 10 doctors and 5 HCWs primarily from ATC. The aim of the program was to up-skill the employees of ATC, regarding the prevention of CAUTI, bundle care and Urine Culture sample collection in catheterized patients.

The program started at 11.00 Am with the registration & pretest by Mr.Dhikhil C.D, ICN and Mr. Manu Thambi, ICN, which followed inaugural session by HIC Surveillance Sub-committee members: Dr. Rajesh Harsvardhan, Co-chariman, Dr Richa Mishra ,Nodal Officer , Dr Prateek Bias ,Member, Dr O P Sanjeev, Member ,Dr Nikhilesh Gaur, Member and Dr Saurab Singh, Assistant Professor enriched the session. The program began with an oration by Dr Richa Mishra, Nodal Officer, HIC Subcommittee on CAUTI and Bundle care to prevent CAUTI in different sessions.



Subsequently, there was a talk by Mrs. Farha Jabi, SNO, Stone Center with video demonstration of catheter insertion and Urine culture sample collection in catheterized patients. This was followed by demonstration of catheterization in ICU patients in ATC ICU by Mrs. Rashmi Singh, In-charge Stone Center, Mrs. Farha Jabi, SNO, Stone Center and Mr. Arun Kumar Singh, Nursing Staff ,Stone Center. The workshop completed at 1.00 PM with vote of thanks by Dr Kris Agarwal, SR In-charge HIC Cell. Dr. Swathi Srivastava, JR In-charge HIC Cell anchored the workshop.

Mr. Manu Thambi
ICN & SNO, Department of Hospital
Administration

CRITICON 2024



Master Class on Viral Hepatitis 2.0 World Hepatitis Day 2024

World Hepatitis Day is celebrated on 28th of July every year to raise awareness about viral hepatitis among the general public and health care workers. On world hepatitis day on 28th July, the Department of Hepatology SGPGIMS, organized a two-day master class for postgraduate medical students and practitioners on viral hepatitis. Department of Hepatology is the first such department in the state of Uttar Pradesh and is providing dedicated services to patients suffering from advanced liver diseases. The department is running a free treatment center for the diagnosis and treatment of viral hepatitis under the National Viral Hepatitis Control Programme.

The training programme included extensive series of lectures and discussions on different types of viral hepatitis, including A to E, with special focus on hepatitis B and C. As viral hepatitis can be deadly and is taking millions of lives annually the initiative from this newly formed department can be a game changer for the medical personnels and society. Professor RK Dhiman, the director of the institute initiated the national viral hepatitis control program in the country.

On this occasion, Dr RK Dhiman said that viral hepatitis could only be eliminated by 2030 if we could train our

young doctors and practicing physicians about the importance of viral hepatitis. He stressed on the need of screening for viral hepatitis and early treatment.

Dr Amit Goel, Professor and Head, Hepatology Department, was the course director and delivered lectures on diagnosis and management of viral hepatitis and orchestrated the entire training program. Dr Amit is also head of WHO collaborating Centre for viral hepatitis. He also serves the WHO as a subject expert for viral hepatitis.

Professor Shaleen Kumar, Dean of the institute stressed that viral hepatitis is a public health problem Dr Amit Goel stressed on vaccination strategies and diagnostic modalities.

Dr Ajay Kumar Mishra, and Dr Surender Singh, faculty members, Hepatology, also educated the students and ensured interactive sessions.

Many renowned gastroenterologists from King George Medical University and Medanta Hospital participated as faculty members in this activity.

Over 150 medical students and practicing physicians from Lucknow and several adjacent districts attended the program. Students were also given the opportunity to showcase their research work on viral hepatitis and were awarded prizes for the same.



Hands on Workshop on Molecular Genetic Techniques & Bioinformatics Analysis



6th Foundation Day Celebration : Apex Trauma Centre

The 6th Foundation Day Celebration of Apex Trauma Centre was organised on 31st July 2024 with the theme of Road Safety Awareness. This one-day event started with a morning Walkathon from Apex Trauma Centre to the main Vrindavan Yojana gate on Raebareli road and concluded with an environmentally friendly plantation drive.

The primary target audience of this one-day event was children from several schools in Lucknow city. Keeping in mind the event's theme, the faculty members of Apex Trauma Centre at Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow, took on the responsibility of promoting Road Traffic Safety awareness, recognizing the critical need to educate and inform the community.

A road traffic accident is one of the most common causes of death and disability in our country.

How surprising is that these road traffic accidents, which are entirely avoidable, keep increasing daily. These accidents do not only cause physical disability but also create economic, social and psychological burdens in society.

According to the latest report from the Ministry of Road Transport and Highways, Government





of India, there were 4.1 Lac road accidents in our country, claiming about 1.5 Lac lives. Unfortunately, the worst affected age group in road accidents is 18-45 years, accounting for nearly 70 per cent of total accidental deaths.

The **Pledge for Safety** was the Centre of attraction of the event, where the Director of SGPGIMS, Padma Shri Prof Radha Krishan Dhiman, delivered the pledge to the Children from several schools who are our nation's future and torchbearers. This pledge for Safety through School Children will ensure absolute compliance with road safety rules in their family and society.

The special guest for the event, Mr Salmantaj Patil, DCP Traffic- Lucknow, emphasised the role of **4-Es**, and these are Engineering- emphasising better road construction, Education- to educate the general public about

road traffic safety, Enforcement- to ensure compliance to traffic rules; if required through empanelment of fines and Emergency- when an accident happens then necessary measures are taken to ensure damage control. During his deliberation with the audience, DCP Mr Salmantaj Patil emphasised that more than just Enforcement by the Police is needed to improve the present dreadful situation.

The Chief Guest of the Foundation Day event, Honourable Justice Mr Ajay Kumar Srivastava- Lucknow bench, emphasised the role of PWD (Public Works Department) for proper construction of the roads and Highways along with the contribution of Nagar Nigam to work together as a team to fight against this epidemic of the developing world.

He also emphasised the accountability of these divisions and the Enforcement of safety measures amongst the general public.

The success of this event was a testament to the collaborative efforts of the Apex Trauma Centre faculty at SGPGIMS, Lucknow. The organisation of the event was spearheaded by Dr. Ved Prakash Maurya, Associate Professor of Neurosurgery, who served as the Organising Secretary. Professor Arun Kumar Srivastava, Chief of Apex Trauma Centre, who led the event as the Organising Chairman.





At Apex Trauma Centre- Lucknow, we manage an entire spectrum of trauma cases including Trauma Intensive Care, Complex craniospinal injuries, Neuroendoscopy, Minimally invasive spine surgery, Arthroscopy, Complex Maxillofacial injuries including complex joint replacement surgeries, round the clock laboratory services and rehabilitation facilities under one single roof. We have emphasised upon training in Basic Life Support (BLS) and Advanced Trauma Life Support (ATLS) among healthcare providers. In addition to teaching and training, the faculty members at Apex Trauma Centre are actively involved in research activities involving multicentric trials in collaboration the country's premier institutes.

The dignitaries strongly suggested incorporating a chapter on the '**Road Safety Measures**' in the Textbook of Primary School

Syllabus and making it a mandatory section of the Education System.

During this program the children of various schools in Lucknow displayed their talents by participating in the safety quiz, poster, and video competition.

The judges for the video presentations by school children, Dr Perna Kapoor and Dr Brajesh Singh, strongly recommended including this **Pledge for Safety in schools'** daily curriculum such a safety measure taken today will dramatically impact the development of a safer future.

***** **Thank You and Stay Safe** *****

Dr. Ved Prakash Maurya
Associate Professor
Neurosurgery

Rotto Walkathon



Department of Radiotherapy Celebrates Foundation Day

The Department of Radiotherapy celebrated its foundation Day on 17th August. The forenoon activity comprised a CME for radiation technologists which included the entire spectrum of radiation technology ranging from basics to its utility in image guidance. The CME was attended by nearly 100 radiation technologists and students from within the institute, KGMU and RML, KSSCI, LCI, Medanta etc in Lucknow and from Max group, Delhi and Kota, Rajasthan.

In addition to the CME there was a poster competition with active participation by enthusiastic students. The CME was organised by Mr Ajay Kumar, Chief Technical Officer. In the afternoon a CME on Immunotherapy was organised by Professor Sushma Agrawal, and it involved deliberations by all the medical oncologists within the state of UP. This CME



dealt with the utility of immunotherapy in common cancers and was attended by nearly 70 delegates. The CME emphasized on the established role of immunotherapy in today's era. Both CME were inaugurated by the Director, Professor R.K. Dhiman.

Dr Sushma Agrawal
Professor, Radiotherapy

Landmark Robotic Surgery for Kidney cancer with Large IVC Thrombus

The Department of Urology and Renal Transplantation at the Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS) successfully conducted a rare and highly complex robotic surgery for left kidney cancer with tumor extension into the inferior vena cava (IVC) just below the level of the heart, July 20, 2024.

This pioneering surgery, which has been performed only in a select few centers worldwide, marks a significant achievement for SGPGI.

A 65-year-old female with kidney cancer was referred for surgery by a prominent hospital in Varanasi.

The intricate procedure was led by Dr. Uday Pratap Singh, Additional Professor, who utilized cutting-edge robotic technology to enhance precision and outcomes. The surgery required exceptional skill and coordination, particularly due to the extensive nature of the IVC thrombus. Effective IVC monitoring is vital during surgery to prevent thrombus migration, which can lead to severe complications such as pulmonary embolism or death. Utilizing advanced imaging techniques and adhering to clinical guidelines ensures patient safety and optimal oncological outcomes.

A critical aspect of the operation involved the mobilization of the liver, expertly performed by Professor of Gastro Surgery, Dr. Rajneesh Kumar



Singh. The Anesthesia team, led by Dr. Sanjay Dhiraj and Dr. Amit Rastogi, played a pivotal role in the success of the surgery. They employed intra-esophageal ultrasound (USG) for real-time monitoring of the VC thrombus.

The patient swiftly recovered and was discharged on the fourth day after surgery.

Prof Dr Uday, commended the team's outstanding performance, stating, "This successful surgery is a testament to SGPGI's dedication to adopting advanced medical technologies and fostering multidisciplinary collaboration. The use of robotics has minimized the surgical incisions and blood loss, significantly reducing recovery time and improving patient outcomes."

Prof. Dr. R.K. Dhiman, Director of SGPGIMS, has lauded this landmark achievement, underscoring SGPGI's status as a leading center for innovative and high-stakes medical procedures, offering new hope to patients facing challenging medical conditions.

Dr. Uday Pratap Singh
Additional Professor, Urology

NNF SHINE Postgraduate Learning Program

The SGPGIMS Department of Neonatology proudly hosted the NNF-SHINE Postgraduate Learning Program on 14th July 2024 in the seminar room, 4th Floor, PMSSY Block, Lucknow. This hands-on workshop followed the completion of 12 weeks of online teaching and aimed to strengthen practical skills among postgraduate trainees in neonatology.

The program, coordinated locally by Dr Kirti M Naranje, featured Dr Ravi Sachan (Associate Professor, UCMS, Delhi) as the external faculty. The event was attended by around 20 postgraduate trainees from prestigious institutes such as RMLIMS, Command Hospital, and neighboring medical colleges.

The full-day workshop (8:30 AM to 5:15 PM) commenced with registration, a warm reception,



and a pre-test to gauge baseline knowledge. Following an overview session, participants rotated through eight interactive workstations designed to cover critical neonatal procedures and practices. The faculty for the workshop included Dr Anita Singh, Dr Akanksha, Dr Abhishek Paul, Dr Sushil and senior residents of the department.



The workshop provided extensive exposure to skill training in critical neonatal procedures. It was well-executed, with active involvement from the Senior Residents of the department, making it a productive and engaging experience for all participants.

Dr Akanksha Verma

Associate Professor

Department of Neonatology

‘तुम्हारे लिए’

मेरी आँखें
जब,
आखिरी बार बंद होंगी !
उनके पीछे,
बंद हो जायेगा
कितना कुछ !!

वो सारे अक्स
तुम्हारे,
जो अकेले में
मेरे चेहरे को –
किसी सुवासित फूल की तरह
मदहोशी में डुबो देते थे !

वो सब कुछ
महसूसना
जो होता था,
जिंदगी से लबरेज !
तुम्हारे जिक्र भर से ही
उनमें उभर आती थीं,
इन्द्रधनुष की शाश्वतता !!

वो सारे रंग
तुम्हें सोचते हुए,
मेरे मन आंगन में
झिलमिला उठते थे
असंख्य तारों की तरह !!
वो सारे बीते पल-क्षण
तुम्हें याद करते हुए
बहती नदी की तरह,
मेरे जह्मो-जगत में
उमग जाया करती थीं !!

बहुत कुछ...
शायद, सब कुछ,
अनकहा
उन बंद आँखों के नीचे,
कैद हो –
खत्म हो जायेगा,
हमेशा, हमेशा के लिए !!

वक्त, कब, किसको वक्त देता है ?
इन एहसासों के लिए !!
चुराने पड़ते हैं, कीमती लम्हे
इस बेवजह भागती हुई जिंदगी से !!

वो सारे लम्हे,
जो चुराए न जा सके !
किन्तु और परन्तु के बीच,
उनकी कसक भी,
उन आँखों में कैद हो जाएगी !
और कैद हो जायेगा
वो हर लम्हा
जो –
संग जीने और बांटने की
ख्वाहिश से भीगा था !!

पता है –
ये सब कुछ,
मैं, ले जाना चाहता हूँ
चुपचाप, अपने साथ !

कुछ तो सहेजना होगा,
अगले जन्म के लिए
तुम्हारे, सिर्फ तुम्हारे लिए !!

डा. राजेश हर्षवर्धन'
प्रोफेसर एवम विभागाध्यक्ष
अस्पताल प्रशासन विभाग
16 सितंबर 2024

Back to Books : The lost joys of reading!

Last year, I attended a talk titled “Reading in the Time of Reels”, and it made me think. As someone who has always been an avid reader, I noticed that in recent years, my passion for books had begun to wane. Determined to restart, I set out to reclaim this habit.

However, I found myself distracted several times before finally getting back on track.

But why did I feel the need to do this? What do books still offer in an age of ready content on screens? Isn't reading an expensive habit?

The truth is, reading does much more than just entertain us. It opens up new vistas for our minds, taking us to places and experiences we might never encounter in real life, and making us think and reflect.

Books expand our vocabulary, improve our language and grammar, and enhance our ability to focus—without the negative side effects associated with excessive screen time.

One of the great joys of reading is the sheer variety of genres available, from romance to finance. There is philosophy, religion, poetry, travelogues, the list is endless.

Biographies of influential and successful individuals also remain universally popular, offering inspiration and insights into their lives and minds.

We can read paperbacks, hard cover books, we can borrow from friends or libraries, however to possess a book is a delight, and to keep going back to a much read and much loved book is to open a treasure trove of memories.

In today's digital age, reading need not be expensive. There are countless apps where you can access books for free or at a very low cost. Additionally, social media can be a valuable resource for getting book recommendations, as

well as for listening to audio books in your preferred language, on platforms like YouTube, Spotify, and many others. One can listen to these while walking, driving, doing household chores or traveling. Those who find books cumbersome to carry, can read them on Kindle.

Some of the books I have read in recent times

- When Breath Becomes Air by Paul Kalanithi
- The Palace of Illusions by Chitra Banerjee Divakaruni
- Yellowface by R. F. Kuang
- पंच परमेश्वर by Munshi Premchand (a short story)
- Lessons in Chemistry by Bonnie Garmus

Each of these books left a profound impact on me, and I continued to think about their characters and plot twists long after I finished reading them.

I am also enjoying listening to 2 audio books at the moment: Atomic Habits by James Clear and The Alchemist by Paulo Coelho.

Reading is a very rewarding habit. For anyone who wishes to start or to restart, I recommend starting small—reading just a few pages or dedicating a few minutes each day.

Choose books that genuinely interest you, and don't hesitate to ask for recommendations from family, friends, or even social media influencers.

If you find yourself not enjoying a book, feel free to put it down and try something else.

Finally, create a comfortable reading environment: find a quiet spot, settle into a cozy chair, and, of course, a cup of tea or coffee will take the experience up many notches.

Happy Reading!

Dr Perna Kapoor

Awards and Achievements

Asia Pacific Intensive Care Symposium (APICS)-2024 in Singapore

Dr. Teenu Singh, 3rd-year DM Senior resident, presented a paper on the "Impact of sarcopenia on the outcome of patients with severe acute pancreatitis in a critical care setting: A Retrospective Observational Study" and received an Education Reimbursement Award of 1000 SGD. Dr. Deepikasree B, another 3rd-year DM Senior Resident, presented a poster on "Prevalence of Chronic Critical Illness (CCI) in the ICU: Demographic, clinical characteristics, and outcomes of CCI patients: A retrospective study" and was acknowledged with a grant from the Indian Council of Medical Research.



Quiz for PGs

Dr. Vibhu V, PDCC SR in the department of Critical Care Medicine won the second prize in the Quiz held for Postgraduate students during Criticon 2024

Young intensivist award

Dr Sangam Yadav, Assistant professor in the Department of Critical care medicine, was bestowed with the "Young Intensivist" award by the CRITICON 2024 committee.



Breaking Barriers in Cardiovascular Care: Presenting My Research at ESC Congress 2024

I had the privilege of attending the ESC Congress 2024 in London, held from August 30 to September 2, where I presented my research on the optimal use of antiplatelets in elderly patients undergoing percutaneous coronary intervention (PCI) for acute coronary syndrome (ACS).

Elderly patients over 75 years old face a delicate balance between ischemic and bleeding risks, making it crucial to determine the most suitable antiplatelet agent and dosage for this population. My research focused on using a reduced dose (5 mg) of the potent P2Y12 inhibitor prasugrel to strike this balance.

The findings of my study suggest that reduced-dose prasugrel (5 mg) is a viable option for elderly patients, as it effectively reduces ischemic events while maintaining a comparable bleeding risk.

I'm thrilled to have had the opportunity to share my research with the esteemed audience at the ESC Congress 2024, and I'm eager to continue contributing to the field of cardiology.

Dr Arshad Nazir
Assistant Professor, Cardiology



Recognition for Remarkable Knowledge

Mr. Auchitya Sharma, Senior Nursing Officer, Department of Critical Care Medicine, Mr. Manu Thambi, Senior Nursing Officer, Department of Hospital Administration and Mrs. Sarita Kumari Srivastava, Senior Nursing Officer, Post OP ICU, Department of Anesthesiology won First, Second and Third Prize respectively in Quiz Competition held on 27th September, 2024 in



Nursing Critical Care workshop, held in Hind Institute of Medical Sciences, Barabanki as part of CRITICON 2024, on the theme "Precision Medicine in Critical Care: Transforming big data to bedside practice" organized by ISCCM UP State and Lucknow City Branch.

Mr. Dhikhil C D
SNO, Hospital Administration

SGPGI in NIRF rankings

Arriving at one goal is the starting point to another - John Dewey

National Institutional Ranking Framework (NIRF) was approved by the Ministry of Human Resources Development (MHRD) and launched by Hon'ble Minister of Human Resource Development on 29th September, 2015. This framework outlines a methodology to rank Institutions across the country. The NIRF provides for ranking of Institutions in five broad generic groups of parameters, namely:

- Teaching, Learning and Resources.

- Research and Professional Practice;
- Graduation Outcome;
- Outreach and Inclusivity; and
- Perception.

Several of these parameters are common to those deployed globally and serve as pointers to the environment for teaching, learning and research. However, there are a few India-centric parameters, reflecting aspirations of the rising numbers of our young people enrolled in Higher Education Institutions (HEIs).

Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS) was established under the State Legislature Act in 1983. It was envisaged & created as a Center of Excellence (CoE) for providing medical care, education and research of the highest order. The Department of Hospital Administration took the initiative towards instituting a separate category for Medical Institutes under NIRF Ranking in the year 2018. Subsequent to that, the Department has been responsible for obtaining, scrutinizing, homogenizing, uploading & submission of data of SGPGIMS on the online portal for NIRF Ranking, through due institutional mechanism through Executive Registrar, Dean and with final approval of Director. On the basis of

participation in the **India Ranking exercise for the Previous year (2023)**, SGPGIMS secured **7th Rank in the country**. SGPGIMS registered itself for the prestigious NIRF Ranking for 2024, again.

On 12 Aug 2024, Honorable Union Minister of Education, Sri Dharmendra Pradhan, Government of India, **released the NIRF 2024 Rankings for various categories**. In the **NIRF Ranking 2024**, SGPGIMS secured **6th Rank in the Medical category in the entire country**.

The highlights of the released NIRF - 2024 ranking of the SGPGIMS are mentioned vide infra:

- **Overall score** increased from 69.62 to 70.07 (an increase of 0.45)
- Additionally, SGPGIMS scored Full Marks in following parameters in NIRF 2024 Ranking:
- **FSR : Faculty Student Ratio**
- **GUE : Metric for University Examination**
- **PCS : Facilities for Physically Challenged**
- Further, SGPGIMS through its concerted efforts, ensured an:
- Increase in Financial Resources & their Utilization (**FRU**) from 28.37 marks to 29.58 marks
- Increase in Research Publication (**PU**) from 23.45 marks to 24.28 marks
- Increase in Intellectual Property Rights (**IPR**) from 1.00 marks to 1.50 marks
- Increase in Super Specialty Students Graduated(**GSS**) from 12.18 marks to 12.25 marks

- Increase in Regional Diversity (RD) from 12.36 marks to 15.47 marks
- Increase in Women Diversity (WD) from 24.74 marks to 24.80 marks

Furthermore, SGPGIMS is the only institute of Govt of Uttar Pradesh which has worked hard with strategic planning, culminating into Improvement of it's rank from 7th in Year 2023 to 6th in 2024.

The NIRF Team SGPGIMS toiled its way through, under stewardship of Padma Shri Awardee Professor R. K. Dhiman, Director, SGPGIMS.

The Department of Hospital Administration was the Lead Department.

Professor Shaleen Kumar, Dean, SGPGIMS and Lt. Col. Varun Bajpai, VSM, Executive Registrar, were instrumental in the NIRF Ranking application process. There was immense contribution from the residents of Hospital Administration as they invested their hard work, to ensure that the SGPGIMS takes its best foot forward.

Dr. R. Harsvardhan
Prof & Head, Hospital, Administration,
SGPGIMS

SGPGIMS Newsletter Committee

The Editorial team of SGPGIMS Newsletter

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

1. Dr Perna Kapoor (General Hospital, Chief Editor)
2. Dr Ankur Bhatnagar, (Professor, Plastic Surgery Department is the Treasurer, Education Foundation of SGPGI)
3. Dr Khaliqur Rahman (Professor, Haematology)
4. Dr Moinak Sen Sarma (Additional Professor, Pediatric Gastroenterology)
5. Dr. Santosh Kumar Verma (Associate Professor, Molecular Medicine)
6. Dr Akanksha (Associate Professor, Neonatology)
7. Mrs Kusum Yadav (Public Relations Officer)
8. Mrs. Neema Pant (Assistant Nursing Superintendent, Department of Cardiology)
9. Mr Anil Kumar (MIU, Photography) helps curate the photographs for each issue.
10. Mr Amit Mohan (STBMI) helps design the Newsletter creatively and meticulously.



Committee

SGPGIMS crèche: Educational, Engaging, Entertaining activities, the best ways to Fun Learn!

"At the crèche, every day is a celebration of growth, joy, and learning!" From January to June 2024, we organized a series of vibrant and meaningful activities that brought children and families together, creating unforgettable memories while fostering the holistic development of each child. In March, we celebrated Graduation Day for the outgoing children, acknowledging their progress and achievements. The children received certificates, performed skits and dances, and shared the day with their parents and staff, showcasing their hard work in a supportive, nurturing environment. April's Red Day was a colourful extravaganza, where children dressed in red, created red-themed crafts, and explored objects in shades of red. This fun and engaging day helped enhance their creativity and colour recognition skills.

In May, we honoured the love and care of mothers by celebrating Mother's Day. Children prepared heartfelt crafts and surprises for their mothers and maternal figures, sharing a special moment of appreciation. The month also featured a bright and cheerful Yellow Day, where children and staff dressed in yellow, engaged in fun activities, and played games, spreading positivity and joy throughout the crèche. June brought celebrations of love and mindfulness. On

Father's Day, children expressed their appreciation through thoughtful cards and created cherished moments with their fathers. International Yoga Day introduced children to the benefits of yoga, where they practiced simple, age-appropriate yoga poses to promote relaxation, mindfulness, and overall well-being. These activities seamlessly combined learning, creativity, and enjoyment, contributing to the overall development of children in a warm and encouraging environment.



"Every activity at the crèche serves as a building block in shaping young minds, nurturing creativity, and creating lasting memories."

Dr. Anupam Guleria
Incharge, Hobby Centre crèche

"From Petri Dish to Pasta Sauce: Dr. Atul Garg's Culinary Adventure

Additional Professor of Microbiology, Dr. Atul Garg, took his summer vacations to new heights by exploring the world of international cuisine! This talented microbiologist traded his microscope for a chef's hat, discovering the art of culinary innovation.

Kudos to Dr. Garg for adding a new dimension to his repertoire of skills and talents!



A Journey Through Research and Culture: My Time in the Netherlands

The Netherlands is a picturesque and vibrant country, known for its stunning landscapes, rich culture, and innovative spirit. I had the privilege of spending time in Amsterdam as a research fellow in Imaging of Cancer and Artificial Intelligence at the renowned Netherlands Cancer Institute. This experience not only allowed me to contribute to cutting-edge research but also to immerse myself in a unique blend of science, culture, and community.

When most people think of a cancer hospital, they might envision a sombre place. However, the Netherlands Cancer Institute was far from that. Its atmosphere was welcoming, and the lobby itself was a highlight—its ceiling adorned with colourful glass balls and a grand piano that often filled the space with soulful melodies. Every now and then, cancer survivors would play beautiful music, creating an uplifting environment filled with warmth and hope.

The department I worked in was equally distinctive, with a dedicated research team comprising medical doctors, computer

engineers, data scientists, interns, PhDs, and postdocs. This multidisciplinary structure fostered a collaborative environment where clinical radiologists and non-medical professionals could learn from each other, explore the intersection of data science and clinical research, and push the boundaries of innovation. I was fortunate to contribute to several projects that focused on the application of AI in MRI, learning from some of the best minds in the field.

One of the traditions that I found truly special was the weekly "Borrel"—a social gathering every Friday afternoon. It was a time for doctors, residents, fellows, and researchers to relax, connect, and share experiences over drinks and snacks. This cherished tradition helped foster a strong sense of camaraderie, making it easier to build meaningful relationships both professionally and personally.

Outside of work, Amsterdam itself was a city that left a lasting impression on me. Known for its cyclist-friendly culture, the city is best



explored by bicycle. On my first day, my supervisor recommended that I get a bike to truly experience Dutch life—and soon I understood why. Cycling through the city's narrow streets, alongside picturesque canals, was not just a mode of transportation but a way of life. The charm of riding through the city, especially during summer, was unforgettable.

Another highlight of the summer was visiting the famous Keukenhof, often referred to as the Tulip Garden. It was a mesmerizing sight, with hundreds of tulip varieties creating an explosion of colour. We also visited the iconic Dutch windmills, another symbol of the country's rich heritage. On weekends, museum hopping became a favourite activity, with the Rijksmuseum and the Van Gogh Museum offering world-class art collections. We stood in awe before masterpieces like Rembrandt's *The Night Watch* and Van Gogh's *Starry Night*.

My time in the Netherlands wasn't just about professional growth and research; it was also a journey of personal enrichment. Immersing myself in Dutch culture, connecting with people from various walks of life, and experiencing the country's warmth and hospitality were invaluable. There's a Dutch saying: "He who is outside his door has the hardest part of his journey behind him." This sentiment rings true for me, as stepping into a new environment not only opened up a world of learning and opportunities but also gave me countless memories that will stay with me forever. The spirit of collaboration, cultural richness, and friendships I forged during my time there have had a lasting impact on both my professional and personal life.

Dr Neeraj Jain

Additional Professor, Radiodiagnosis



**Talk to Yourself at least once a day;
Otherwise, you may miss a meeting with an
excellent person in this world.**

Swami Vivekananda

Green Campus Initiative

Investing in a healthy and green future!

Tree Plantation, Advanced Diabetic Centre: 12 July 2024

A wonderful sight to see young students participating wholeheartedly, reminding again that the earth is not ours to inherit, rather we need to keep it safely so that we can leave a legacy for the future generations!

Plantation drive

In order to be a part of the massive plantation drive with the aim to plant over 36.50 crore saplings across the state of UP on July 20th under the ambitious 'Ped Lagao, Ped Bachao Jan Abhiyan 2024' under the leadership of Hon'ble Chief Minister Yogi Adityanathji, SGPGI initiated an activity with the plantation of Aushadhi and Tulsi Watika in Amrit Vatika of the SGPGIMS campus on 20th July.

Ten different types of Tulsi, Amla, and many other medicinal plants were planted. The engineering section and horticulture department of the institute actively took part in the drive.



Director, Prof R K Dhiman started the plantation drive by first planting Tulsi and the amla plant. Professor Narayan Prasad along with Mr P C Gupta, Superintendent Engineer (Electrical), took it forward by planting Amla, Guava, and Jamun. Prof. Devendra Gupta, Dr Sanjay Dhiraj, CMS, and Dr. VK Paliwal, MS of the institute were present and.

The campus of Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, is green and beautiful, and anybody can feel that the temperature here is 3-4 degrees lower in summers compared to more concrete areas outside. In order to further improve its green cover, Prof Dhiman has decided to plant 2000 more trees within the campus. This drive ended with a plantation of four hundred trees.



Considering the manifold benefits of trees which help prevent soil erosion, maintain ecological balance, and most especially lessen the effects of global warming, we will say “Each One- Plant at least one” during this rainy season to prevent earth erosion and to slow down global warming.

Dr. Narayan Prasad

Professor and Head, Nephrology
Faculty in Charge, Engineering section,

Dr Ramnath Misra

Dr Ramnath Misra, retired Professor and Head Clinical Immunology and Rheumatology, SGPGIMS, was conferred the prestigious Master Designation by American College of Rheumatology (ACR) and the Association of Rheumatology Professionals (ARP) Membership and Awards Committee. Dr Misra is currently working as Professor and Head, Department of Clinical Immunology and Rheumatology, Kalinga Institute of Medical Sciences Bhubaneswar

HONOUR FOR PIONEERING RESEARCHER

Ex-HoD at PGI to get global award in rheumatology

Arvind Chauhan
@timesofindia.com

Lucknow: His father couldn't secure admission to MBBS course despite topping the state level entrance examination, but he ensured to not only fulfil his father's dream but also become a distinguished doctor in clinical immunology and rheumatology.

Dr Ramnath Misra, the septuagenarian emeritus professor at the Kalinga Institute of Medical Sciences, Bhubaneswar, Odisha, is set to receive the prestigious American College of Rheumatology (ACR) Master award next week. He will be the sixth Indian to receive this distinguished award.

Having retired in 2019 after serving at the Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, for 31 years, Dr Misra was instrumental in introducing formal training programmes in India for rheumatology, as it was not an established speciality in the country.

Talking to TOI, Dr Ramnath Misra said, "My father Dr Gadadhar Misra, who was a botany professor and researcher in Odisha, wanted to be a medical doctor, but due to certain circumstances, he could not secure admission to the MBBS. I was determined to fulfil his dream. In my endeavour, my guru Dr Anand Malviya was the guiding force."

Two renowned doctors based in the US – professor of medicine and pathology at the University of California, Dr Ram R Singh, and Dr Misra's protégé Dr Vaidehi R Chowdhary, an associate professor at the clinical chief section of rheumatology, allergy and immunology in Yale School of Medicine – had written recommendations for the ACR award.

"When Dr Misra joined SGPGIMS, Lucknow, there were no formal rheumatology training programmes in India. Rheumatology was



Dr Ramnath Misra

not an established speciality in India. He played a major role in establishing the DM in clinical immunology and rheumatology, a three-year fellowship programme leading to the Doctorate of Medicine, in 1990, thus laying the foundation of rheumatology training in the country," Dr Ram R Singh wrote.

"Over the years, it has become the top-ranking department in the country and much sought after for aspiring rheumatologists. He has trained more than 60 clinical immunologist and rheumatologists during his tenure, many of them have established rheumatology training programmes across India," he added.

"Dr Misra has left an indelible mark on each of his students. He is a pioneer in several research works in medical science, one of which is his groundbreaking investigations in reactive arthritis, especially role of IL-17 and antigenic targets has significantly enhanced our understanding of these conditions," Dr Chowdhary said.

Before Misra, only five other Indian doctors have received ACR Master Award. They include Dr Arvind Chopra (currently in Pune), Dr Sharad Lakhanpal (presently a US citizen), Dr Prakash Pispatis (former president of the Indian Rheumatology Association, who passed away on Oct 18, 2018), Prof Anand Malviya (currently in Delhi), and Dr KM Mahendranath (Bengaluru).

Dr Akshay Kriplani

Dr Akshay Kriplani was conferred the *TTS-ISOT La Renon Mentor- Mentee Award* at the 30th Congress of The Transplantation Society, Istanbul.

He is an SGPGI alumnus, having completed his MCh in Urology in 2020 and fellowship in Renal Transplantation in 2021

And is currently a consultant Urologist at Nagpur, Maharashtra.



CVTS Alumni Meet: 27.07.2024



An Ode to a Chromosome- by a Cytogenetics Trainee

Black and white little banded bar,
How I wonder what you are
Down through the microscope I gaze,
Trying to focus through the haze
How do I identify each one in this mix
Amongst the chromosomes forty and six

There you lie inconspicuously on the slide
Looking insignificant but encompassing the
genome wide
Within your recesses, in each fold
The entire code of life you hold
A little less here, a little more there,
Can make the whole system go haywire

Please oblige, help me correctly identify
Stop at the right length in metaphase and comply
Show me clearly your centromere and each band
Don't bend over, as straight as possible please stand
If only you'd stay true to the textbook prototype
I wouldn't have to struggle so, to get a good
karyotype.

(Based on real life experiences!!)

Prajnya Ranganath



Dr Prajnya did DM in Medical Genetics in SGPGIMS from July 2007 to June 2010. She is currently Professor in the Department of Medical Genetics, Nizam's Institute of Medical Sciences, Hyderabad.

Think Genetics

If you have a patient with muscle weakness or seizure,
Send him to a neurologist and a geneticist for good measure.

If you have a patient with an enlarged liver or spleen,
He could be having an acquired problem or a defect in some gene.

If you have a patient with a defect in the heart,
It may be isolated or of some syndrome it could be a part.

If you have a patient who is not thriving well or short,
He may have skeletal dysplasia or a syndrome of some sort.

Keep a genetic etiology always in mind,
Especially if a case confounds you, it is very likely to be of a genetic kind.

Sea Horse at SGPGIMS Campus!! Surprised? : A small remembrance

Let me tell you one of my favourite and funny memories at SGPGIMS, while I was doing DM in Critical Care Medicine between 2015-18. After a hectic night duty once the next batch took over and, I finished my duties as a senior resident we felt like going home, eating a delicious meal and sleeping for a few hours. Usually, I wait for my batchmate who is also pursuing DM. He was my best friend, Dr Pralay Shankar Ghosh, currently working as a consultant in Critical Care Medicine, at Tata Cancer Hospital, Kolkata. We used to discuss cases in each ICU, the questions asked in the rounds and prepare notes for them. We finished our routine the same way we did every day and dawdled our way out of the ICU complex and went through the Telemedicine corridor, reaching the garden opposite to the administrative office. Pralay said, "Sai- These sea horses are said to be quite alarming"! Initially, I thought he might be in delirium. I asked him, "Why did you suddenly jump to another topic? Is there something wrong?" I didn't want to hear any more about sea horses because I hadn't a single fact to share about them! As if he didn't hear, Pralay continued... " They can hit us sometimes. Scary!"... A sea horse, hitting? I

couldn't imagine a minuscule animal, smaller than a ruler, hitting two DM students in critical care medicine. What was wrong with him? "What are you saying Pralay?, How can they hit us?" I asked. He said, as if he were in a dream "It happened recently, with one of the residents. He met with an angry sea horse and was severely injured by them!". He blankly pointed at an animal and didn't say anything more. For a second, I felt a gigantic sea horse had come to doom us! Then I looked at it and I laughed so much my hips began to ache.... "Oh my god! Pralay! That is called Neel Gai. I will show you a real sea horse, this Sunday at Ganga aquarium.".

We both giggled all the way home and finally reached our quarters, had a tasty South Indian delicacy cooked by my wife and slept off. Whenever I saw a Neel Gai on campus, it reminded me of Pralay. Don't worry! I took his consent to write this in the newsletter, and unfortunately no consent from the poor Neel Gai.

Dr Sai Saran, Associate Professor, Critical Care Medicine and earlier alumnus in the same department



Dr. Debashish Danda

A trailblazer in rheumatology and immunology, Dr. Danda's journey began at SGPGIMS, Lucknow. He later joined Christian Medical College, Vellore, where he founded the "state of the art" Department of Clinical Immunology and Rheumatology. He was head of the department till 2018. Dr. Danda spearheaded research in Takayasu's arteritis and Sjogren's disease. He remained thankful to SGPGIMS for inculcating the seeds of research and scientific curiosity relevant to patient care. He held tremendous respect for Dr RN Misra and Dr Sita Naik. His respect for mentors and colleagues from SGPGIMS remained steadfast throughout his



career. His abrupt loss in a car accident on February 24, 2024, was felt deeply not just in India but across the Asia-Pacific region, where he had just stepped down after serving as the President of APLAR (Asia-Pacific League of Nations for Rheumatology). Dr Debashish Danda left behind a legacy of teaching and mentoring scholars. The "Debashish Danda Foundation" has been established to carry forward his mission in patient care, research, and education, inspiring future generations.



Dr Debashish's wife, Dr Sumita Danda , Professor and Head , Department of Medical Genetics CMC Vellore, was kind enough to share this write up . She herself is an SGPGI alumnus and did DM in Medical Genetics (1994 to 1996)



Dr Debashish Danda Foundation (DDF)®

A non profitable trust Registration number TP/184451274/2024

Research

- Pathbreaking research in Takayasu Aortoarteritis and Sjogrens syndrome
- DCVAS – ACR – EULAR database for classification of Vasculitides
- ITAS Scoring System

Founder

State of the art Clinical Immunology & Rheumatology Department at CMC, Vellore

President

- Indian Rheumatology Association (2017-2019)
- Asia Pacific League of Associations for Rheumatology (2021-2023)
- Chair - International League of Associations for Rheumatology (2022)

- ACR distinguished International Rheumatology Professional - 2023

- Supported Establishment of ACR – APLAR – exchange program

- Fellows' Retreat at Indian Rheumatology Association

- Establishment of Indian Rheumatology Disease Registry

- Course director along with Dr Kieran Walsh for PG Certificate Course in Primary Care Rheumatic and Musculoskeletal Medicine at BMJ

- Posthumously awarded APLAR Master 2024

To Contribute:

Current A/C No:43272967885

IFSC Code:SBIN0001618

SBI, Vellore



UPI ID : ddandafoundation

• Please help us track your suggestions and contributions by filling the below mentioned

• Google form

<https://forms.gle/3CFhE82Qrzs9LVtb9>

• Receipts will be issued for the amount contributed

• Upon approval from IT authorities, we will update the status of 80G eligibility for the donor

• As of now, foreign donations are not accepted

Mission :

- To foster excellence in clinical care, advancing academic education and research among medical students, postgraduate trainees and junior-level faculty members in medicine for enhancement of societal welfare

How You Can Help

Join us in honouring Dr Debashish Danda's legacy by supporting the foundation. Your contributions will help us

- Fund research projects that have the potential to change lives
- Provide educational opportunities for future leaders in Rheumatology
- Expand community programs that offer support and resources to those in need

Ways to Contribute:

Donations: Make a one-time or recurring donation to support our initiatives.

Volunteer: Offer your time and expertise to help us achieve our mission.

Partnerships: Collaborate with us to create impactful programs and research opportunities.

Email: ddandaf2024@gmail.com

President : Dr Sumita Danda

Secretary : Dr Ashish Jacob Mathew

Treasurer : Dr Sathish Kumar T

Advisors : Dr RN Misra, Dr John Mathew

honoring a legacy

Retirements

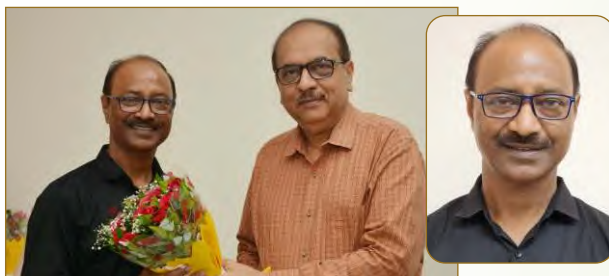
*Retirement is the culmination and celebration of a lifetime of work.
We wish all those who retired in this period a happy and healthy second innings!*

1. Dr. Sanjeev Jha, Professor, Neurology
2. Dr. N. Krishnani, Professor, Pathology
3. Dr. Sushil Kumar Gupta, Professor, Endocrinology
4. Dr. R.K. Choudhary, Professor, Transfusion Medicine
5. Dr. Neeraj Rastogi, Professor, Radiotherapy (VRS)
6. Mr. Rajesh K. Srivastava, Chief Technical Officer
7. Mr. Ravendra B. Singh, Chief Technical Officer (Lab Tech. Cadre)
8. Mr. Endra K. Sharma, Chief Technical Officer (Lab Tech Cadre)
9. Mrs. Madhulika Tiwari, Senior Technical Officer
10. Mr. Inder Sen, Senior Technical Officer
11. Mr. Ranbir Singh, Technical officer (CWS), Engineering (Electrical)
12. Mrs. Shamim Rizvi, Administrative Officer, College of Nursing/Recruitment
13. Mr. Virendra Kr. Rastogi, Administrative Officer, Registrar Office
14. Mr. Kamal Kumar Gupta, Assistant Administrative Officer, College of Medical Technology
15. Mr. Shiv S. Kushwaha, Junior Administrative Officer, Pulmonary Medicine
16. Mr. Ushendra, Nursing Superintendent
17. Mr. Ajay Kumar Yadav, Assistant Nursing Superintendent
18. Mr. Ashok Kumar, Assistant Nursing Superintendent
19. Mrs. Shakuntala Kushwaha, Assistant Nursing Superintendent
20. Dr. Suman Lata Dubey, Assistant Nursing Superintendent
21. Mrs. Anita Man Singh, Deputy Nursing Superintendent
22. Mrs. Deepa Kamal Khullar, Senior Nursing Officer
23. Mrs. Sarojini Xalxo, Senior Nursing Officer
24. Mrs. Tabitha, Senior Nursing Officer
25. Mr. Naw Ratan Lal Nigam, Private Secretary, Radiology
26. Mr. Akhil Srivastava, Assistant Account Officer, Trauma Centre
27. Mr. Rajesh Kumar, Assistant Account Officer, JDMM
28. Mr. Narendra P. Tewari, Pharmacist Grade -I
29. Mr. Abhimanyu Yadav, Medical Record Officer
30. Mr. Praveen C. Khanna, Assistant Store Purchase Officer, IRF
31. Mr. Lal Bahadur Yadav, Ward Master Grade 1
32. Habib Ahmed, OT Assistant
33. Mr. Ramjeet Yadav, Office Attendant Grade-I, Hematology
34. Mr. Ram Kumar II, Hosp. Attendant Grade -I
35. Mr. Hari Ram, Office Attendant Grade I, Endocrine Surgery
36. Mr. Ram Kishore Pal, Hosp. Attendant Grade -II
37. Mr. Ram Prakash, Office Attendant Grade -I, Engineering (Civil)
38. Mr. Sant Ram, Mali Grade-I, Horticulture
39. Mr. Ram Kishun, Hospital Attendant Grade 1

Retirements - July 2024



Retirements - August 2024



Retirements - September 2024



In Memory of Dr. Sudeep Kumar

(July 1st, 1971 – September 26th, 2024)



It is with immense sorrow and a heavy heart that we bid farewell to Dr. Sudeep Kumar, a distinguished Professor of Cardiology at Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow, whose untimely passing has left a profound void in the hearts of all who knew him.

Dr. Kumar's departure, at the age of 53, marks the end of an extraordinary career and life that touched countless lives with his dedication, expertise, and compassion. He was not only a brilliant physician but also an inspiring mentor, a passionate educator, and a true polymath.

Born in Lucknow on July 1st, 1971, Dr. Kumar's journey started from humble beginnings. A strong desire to pursue medicine led him to the prestigious King George Medical College, Lucknow, where he completed his MBBS and MD (Internal Medicine). He joined SGPGIMS soon after, beginning his remarkable association with the institution that lasted until his final days.

Over the years, he rose through the ranks from Assistant Professor in 2004 to Professor of Cardiology in 2014, a role he continued to hold until his passing. Dr. Kumar's career was marked

by significant academic accomplishments and an unwavering commitment to research. With more than 225 research publications to his name, he was a prolific contributor to the field of cardiology. He actively participated in multi-center randomized controlled trials, registries, and landmark studies, and mentored numerous DM (Cardiology) residents throughout their training.

His work was not limited to the classroom or research labs; he was known for his hands-on teaching style, personally guiding students in the cath lab and encouraging active engagement in learning. His dedication to education and clinical excellence earned him fellowships from major international cardiological societies, and he was deeply respected for his efforts to enhance the knowledge and skills of his students, medical professionals, and paramedical staff alike.

Dr. Kumar was a person who donned many hats. He was a fitness enthusiast, an art connoisseur, and a philanthropist. Being an ardent cyclist, he along with some other members of the cyclist troupe '*Pedalyatri*' conquered the treacherous *KhardungLa*, highest motorable mountain pass on the challenging Manali - Leh route covering a distance of over 550 kilometres at an altitude of 17,500 feet in 2016.

He was a connoisseur and expert on Awadhi cuisine. Being an enthusiastic admirer of Lucknawi culture, he learnt Urdu language and was infatuated with '*kissa goi*' (art of storytelling), ghazals, nazm and poetry. He was also friends with great poets like Mr Munawwar Rana and Mr Himanshu Bajpai.

Dr. Kumar was also involved with various NGOs and participated in health camps, and social awareness programmes including world heart

day campaigns and prevention of rheumatic heart disease in school-going age children. Owing to his caring, kind, empathic and compassionate considerations, many hospital employees and their family members sought his advice and prescription for their cardiac afflictions.

As a clinician, he was known for his exceptional skills in patient care, particularly in areas like Takayasu's arteritis, coronary imaging, and structural heart disease interventions. He earned the admiration of his peers for his profound clinical expertise and his unwavering commitment to his patients, always accessible and deeply invested in their well-being. He was a skilled interventionist, known for his precision in procedures, and was constantly seeking the latest advancements in cardiology, which he shared generously with others.

Dr. Kumar was also deeply involved in administrative roles, contributing to various committees at SGPGIMS and managing the department's alumni network. His dedication to building a strong professional community was evident in his role as the nodal officer for the departmental chapter of the SGPGI alumni association, where he brought together past and present members to foster collaborations and

strengthen the institute's legacy. Even in the face of illness, after being diagnosed with cholangiocarcinoma in 2023, Dr. Kumar remained resolute, continuing his work with unwavering determination until his final days.

His battle with cancer, coupled with his strength and grace, further underscored the spirit of resilience that defined his life. He is survived by his wife, Mrs. Neema Pant, a Senior Nursing Officer at SGPGIMS, and their 13-year-old daughter, Devina, who continues to carry forward the legacy of her father's values. Dr. Kumar's life was a testament to purpose, passion, and compassion. His legacy, through his research, mentorship, and personal example, will continue to inspire future generations of medical professionals.

We will always remember his kindness, his warmth, and his ability to balance his many passions with his dedication to his patients and students. His contributions to the field of cardiology, his impact on the lives he touched, and the lessons he imparted will forever remain in our hearts.

**जहाँ रहेगा वहीं रौशनी लुटाएगा !
किसी चराग़ का अपना मक़ाँ नहीं होता !!**



Dr. Ankit Kumar Sahu, Additional Professor, Cardiology



सवेरे-सवेरे साइकिल पर निकल पड़ते
प्रकृति की गोद में बैठते हर दर्द को हरते
पंखों की भाषा में वो जादू बुनते
कैमरे में बंद हर परिंदा जैसे उनसे कुछ कहते

घड़कनों की गूंज को जो सुन पाता था
हर दिल के दर्द को जो समझ पाता था
नब्ज़ की हर कहानी पढ़ लेता हर पल में
जीवन का रक्षक था वो जो अपने कर्म फल में

ज्ञान का दीपक जो हर ओर जलाता
विद्यार्थियों को नए सपने दिखाता
कक्षाओं में गूंजते उनके विचार
शिक्षा से सँवारते हर जीवन का आधार

उर्दू की शायरी का वो रसिक था
हर शब्द में छिपा एक अनमोल संगीत था।
किताबों का प्रेमी जो हर पन्ना चूमता
ज्ञान के समंदर में डूबकर हरपल झूमता

हर दिल का मसीहा हर सोच का कवि
जीवन के हर पहलू में बसाए एक सजीव नवीं
एक डॉक्टर एक शिक्षक एक राही अनोखा
उनका जीवन था जैसे किसी कविता का जोखा
उसने कहा तुम्हो नहीं। वो शख्स तो बिल्कुल
झूठा है

श्रीमती नीमा पंत



Real **HEART HERO** of family , friends ,
colleagues , SGPGI, Lucknow and everyone he
met.....





“सुरक्षा शपथ”

मैं यह शपथ लेता हूँ कि मैं अपने एवं अपने परिवार के लिये सड़क सुरक्षा के सर्वोच्च मानकों का पालन करूँगा। मैं वाहन चलाते समय हमेशा हेलमेट पहनने का वचन देता हूँ।

मैं कार में बैठते समय हमेशा सीट बेल्ट पहनने का वचन देता हूँ। मैं सभी ट्रैफिक संकेतों का पालन करने का वादा करता हूँ।

मैं यह भी वादा करता हूँ कि अगर मैं किसी सड़क दुर्घटना का गवाह बनता हूँ तो मैं तुरन्त एम्बुलेन्स बुलाऊँगा एवं पूरी क्षमता से चोटिल व्यक्ति की मदद करूँगा।

सुरक्षा केवल एक आदत नहीं, बल्कि जीवन जीने का तरीका होना चाहिए। सुरक्षा शपथ स्कूली बच्चों को जिम्मेदार नागरिक बनाने के साथ-साथ उन्हें अपने और दूसरों की सुरक्षा के प्रति सजग और जागरूक बनाती है।

यह सुरक्षा शपथ प्रोफेसर अरुण श्रीवास्तव और ड० वेद मौर्या द्वारा तैयार की गई। इसका उद्देश्य सड़क सुरक्षा के प्रति जागरूकता उत्पन्न करना है। यह शपथ स्कूली बच्चों, परिवार के सदस्यों और सामान्य जनता के लिए एक संदेश लेकर आती है कि वे यातायात नियमों का पालन करें और दूसरों की मदद के लिए तैयार रहें। आइए हम सब मिलकर एक सुरक्षित कल को आकार देने के लिए काम करें। स्वस्थ रहें, सुरक्षित रहें।

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