



SGPGIMS
NEWSLETTER

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14 December 2021: 38th Foundation day of SGPGIMS

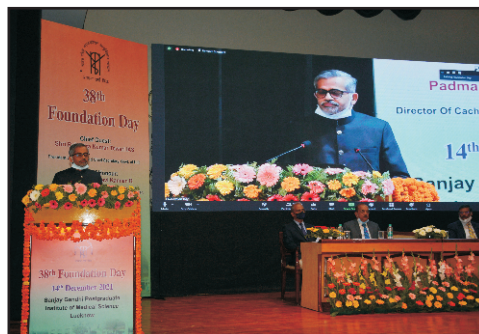


SGPGI celebrated the 38th Foundation day on 14 December. This is the day that the then President **Dr Neelam Sanjeeva Reddy** had laid the foundation stone of this Institute in 1980. This is the day to acknowledge the milestones achieved so far, the enormous strides made in the fields of treating, training, teaching and research and to reflect and pledge towards a future path and vision.

The foundation day program was held in hybrid mode, keeping in mind COVID protocols. The chief guest of the program was **Shri Rajendra Kumar Tewari**, IAS, Chief Secretary of Government of Uttar Pradesh and President of the Institute. **Professor R K Dhiman**, Director of the Institute gave a welcome address and highlighted the activities and achievements of the Institute.

Foundation day Oration was delivered by **Padma Shri Dr Ravi Kannan**, Director of Cachar Cancer Hospital and Research Center, Silchar, Assam. Dr Kannan trained at

Kilpauk Medical College, Chennai and completed surgical training at Maulana Azad Medical College, Delhi. He and his wife have dedicated their lives to provide cancer care to patients in a remote area of the country in Barack valley in Assam. He has devised novel ways of lowering the cost of treatment as well as ensuring that the follow up rates go up to 90 percent. He has also established satellite centers in Karimganj, Duma Hasao and other districts to make outreach possible to more and more patients. For his admirable work, he has been awarded the **Mahaveer award in 2013** and **Padma Shri in 2020**. He delivered his Oration through videoconferencing. Dr. Kannan said that health is our national asset and it should also be our fundamental right. It is our national obligation to promote the health of all our citizens. In remote areas with poor transport, we have to devise indigenous means to make healthcare both accessible and affordable. He gave examples from his own journey as to how they have managed to do this. His simple, down to earth





methodology and his straightforward manner won the audience over. Each and every listener felt inspired. He explained how his team provided ad-hoc jobs, like cleaning, cooking, gardening, which do not require skilled labour, free accommodation and nutritious food too to improve follow up rates amongst cancer patients. They visit homes of patients who can't come for treatment or follow up. ASHA workers are being trained for early detection of cancers as they have good rapport and reach within the local community. As a huge fringe benefit, Non communicable diseases like Diabetes and Hypertension are also getting detected early.

Dr Aneesh Srivastava, Dean introduced the illustrious Orator and later gave the vote of thanks.

On this occasion, Chief Secretary Shri Rajendra Kumar Tiwari congratulated all the members of the institute on the foundation day celebrations. He said that this 38 years old young institute has immense potential for development and we have to touch the pinnacle with continuous progress. He wished all the award winners and said that this number should increase every year. He praised Dr. Kannan's outreach community program and said that we should also implement similar programs in other regions at the community and block level, so that the increasing burden on big institutions can be reduced.

Annual and Research day awards were conferred upon deserving Faculty members, Residents and Paramedical staff by the Chief Guest. School-children, winners of Poster competition organized by SOTTO under “**Awareness Campaign on Organ and Tissue Donation**” on **Organ Donation Day** were also felicitated. This was a first and the

audience enthusiastically clapped for the bright kids.

Shri Alok Kumar, IAS, Principal Secretary, Medical Education Department, Government of U.P. also addressed the august gathering. He urged that best and latest techniques in healthcare have to unite with affordability, this is the specific need of our population.

As is traditional, the foundation day celebrations had started from the morning itself. Fruits and greeting cards were distributed to the hospitalized patients, in every ward, again reemphasizing that patients are the main focus of this premier Institute. Voluntary blood donation camp was organized by the blood bank of the institute, in which many employees donated blood. **Shri DK Singh, Shri Dharmesh Kumar, Shri Satish Chandra** have been voluntarily donating blood regularly. Chief Medical Superintendent **Professor Gaurav Agrawal** also donated blood, leading by example.

Along with this, a tree plantation program was also completed, in which about 50 saplings of Moulshree, Plumeria, Neem and Kanji were planted in the new parking area. Approximately 30 saplings of Bougainvillea and Chitwan were also planted in the guest house premises.



2nd Research Day SGPGIMS : 13.12.2021

In order to bring research activities to center stage, and to encourage and promote research amongst faculty, residents and Research scholars, 2nd Research Day was celebrated on 13th December 2021, on the eve of foundation day

It was chaired by the Director, **Professor R K Dhiman**, Dean, **Professor Aneesh Srivastava** and Faculty In-charge Research, **Professor Uday C Ghoshal**. More than 90 faculty members and 130 students presented their research works done in the last 1 year. A Group of senior academicians from inside and outside the Institute from medical, surgical and Pre/Para/Basic science category including senior faculty members from KGMU, Ex-Director, AIIMS-Bhopal, Director RMLIMS evaluated the posters. The 12 best published research works were selected in various categories among the Faculty members and 10 best works were also selected in various categories among students and were awarded on the foundation day on 14th December, 2021 by Honorable Chief Secretary of Uttar Pradesh.



External oration was given by **Professor Ananya Das**, Professor of Medicine, Creighton University, USA and **DM Gastroenterology alumnus of SGPGI**. He passed DM, Gastroenterology in 1993. He gave his presentation on how to sustain Research quality and tempo. He said that India is doing well in clinical research, but is still lagging behind USA and China. One of the reason behind this the lack of motivation among faculty and researchers, India has to look into its policy. There is no lack of aptitude for research among Indian researchers.

Professor Sudipto Mukhopadhyaya, from IIT, Kharagpur elaborated on India needs Hybrid Research i.e. Medical research and Engineering research. He said that India needs to produce devices and get these indigenous devices patented. Then only India can stop importing these devices and use self-made and affordable devices.

This was followed by a talk by **Dr Gaurav Agarwal**, Professor, Endocrine and Breast surgery on "less is more" evolution of frugal sentinel lymphnode biopsy for breast cancer. He was conferred with **Professor S R Naik award** in the year 2020 for his research.

Dr Sangam Rajak, Professor S S Agarwal awardee of the year 2020 elaborated on his basic sciences lab work.

The Research Cell also acknowledged the success of 13 faculty members of SGPGI, who have been included within 2% of the world top scientists according to the survey from Stanford University, USA.

The program concluded with Vote of thanks proposed by **Dr CP Chaturvedi**, Assistant Faculty Incharge, Research cell.

The research cell congratulates the following faculty and students who won awards:





Faculty Members Category

Medical			
S.N.	Name	Department	Designation
1.	Prof. Ujjala Ghoshal	Microbiology	Professor
2.	Dr. Gaurav Pandey	Gastroenterology	Additional Prof.
3.	Dr. Moinak Sen Sarma	Ped. Gastro.	Associate Prof.
4.	Dr. Aakash Pandita	Neonatology	Assistant Prof.
Surgical			
1.	Prof. Amit Agarwal	Endocrine Surgery	Professor
2.	Dr. Arun Kumar Srivastava	Neurosurgery	Additional Prof.
3.	Dr. Kuntal Kanti Das	Neurosurgery	Associate Prof.
4.	Dr. Ved Prakash Maurya	Neurosurgery	Assistant Prof.
Pre/Para/Basic			
1.	Prof. Swasti Tiwari	Molecular Medicine & Biotechnology	Professor
2.	Dr. Khaliqur Rehman	Hematology	Additional Prof.
3.	Dr. Prabhakar Mishra	Biostatistics & Health Informatics	Associate Prof.
4.	Dr. Rohit A. Sinha	Endocrinology	Assistant Prof.

Student Category Awardees List

Clinical				
S.N.	Name	Department	Designation	Guide/Mentor
1.	Dr. Ankit Gupta	Neurology	SR	Prof. Vimal K. Paliwal
2.	Dr. Bharat Singh	Transfusion Medicine	SR	Prof. R. K. Chaudhary
3.	Dr. Somya Srivastava	Medical Genetics	SR	Prof. Shubha R. Phadke
Basic				
1.	Ms. Rajni Sharma	Molecular Medicine & Biotechnology	Ph.D.	Prof. Swasti Tiwari
2.	Dr. Tripti Lokhande	Transfusion Medicine	SR	Prof. R. K. Chaudhary
3.	Ms. Sushmita Rai	Gastroenterology	Ph.D.	Prof. Uday C. Ghoshal
Consolation Prize				
1.	Dr. Anchal Datta	Neurosurgery	M.Ch.	Dr. Kuntal Kanti Das
2.	Dr. Vamsidhar Veeranki	Nephrology	SR	Dr. Dharmendra S. Bhadoria
3.	Dr. Chartumathy Arjunan	Transfusion Medicine	SR	Dr. Dheeraj Khetan
4.	Ms. Medha Srivastava	Molecular Medicine & Biotechnology	JRF	Prof. Swasti Tiwari

Research Cell congratulates the faculty members selected for 2nd Research Day Awards!

Medical category

Prof. Ujjala Ghoshal
Dr. Gaurav Pandey
Dr. Moinak Sen Sarma
Dr. Aakash Pandita

Surgical Category

Prof. Amit Agarwal
Dr. Arun K Srivastava
Dr. Kuntal Kanti Das
Dr. Ved Prakash Maurya

Basic category

Prof. Swasti Tiwari
Dr. Khaliqur Rehman
Dr. Prabhakar Mishra
Dr. Rohit A Sinha

Research Cell congratulates the Students selected for 2nd Research Day Awards

Clinical Category

Dr. Ankit Gupta
Dr. Bharat Singh
Dr. Somya Srivastava

Basic category

Ms. Rajni Sharma
Dr. Tripti Lokhande
Ms. Sushmita Rai

Consolation Prize

Dr. Anchal Datta
Dr. Vamsidhar Veeranki
Dr. Chartumathy Arjunan
Ms. Medha Srivastava

Research Cell congratulates SGPGI faculty members included in 2% scientists of the World!

Prof. Rakesh Agarwal
Prof. Uday C Ghoshal
Prof. RK Dhiman

Prof. UK Mishra
Prof. J. Kalita
Prof. Narayan Prasad

Prof. RK Gupta
Prof. V K Kapoor
Dr. Rohita Sinha

Prof. Ujjal Poddar
Dr. Alok Kumar
Prof. Sarita Agarwal
Prof. Gaurav Agarwal

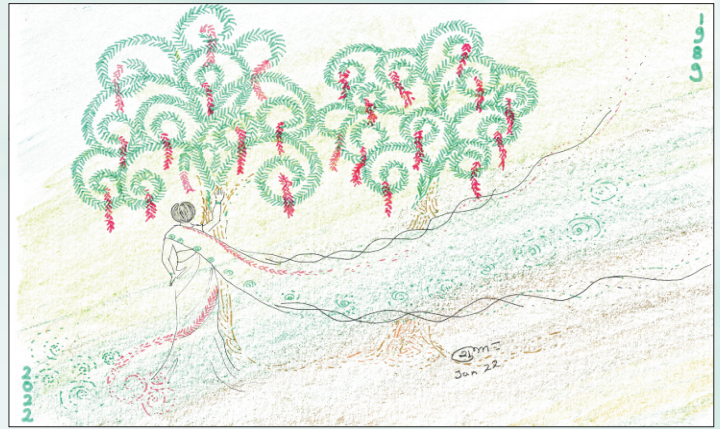
चलते चलते

संजय गाँधी एस.जी.पी.जी.आई. परिसर अत्यंत सुन्दर है। यहाँ खूबसूरत पेड़ हैं। चहचाहते पंछी हैं। इनके बीच इन सुकून भरे रास्तों पर सुबह शाम चलते चलते हुए मेरी आधी से ज्यादा ज़िन्दगी बीत गयी और पता भी नहीं चला। अक्सर अकेले घूमते टहलते हुए कभी सेमीनार तो कभी पेपर का ढाँचा बुनता चला जाता है। एस.जी.पी.जी.आई. ने मुझे मेडिकल जेनेटिक्स जैसे रोचक विषय से रूबरू कराया। यह भी मेरा सौभाग्य ही था। मैंने कभी सपने में भी नहीं सोचा था कि ऐसी अद्भुत, सुन्दर दुनिया में मेरा आगमन होगा। सचमुच यह एक सुन्दर सपने जैसा ही था। वास्तव में 2019 में जेनेटिक्स की दुनिया हमारे देश से कहीं आगे पहुँच चुकी थी। परन्तु उस ही समय के साथ बराबर पहुँचने का विचार मेरे मन में आ चुका था। फिर डी. एम. करते करते मेडिकल जेनेटिक्स से मेरी मित्रता और अधिक प्रगाढ़ हो गयी। हमारे विभाग के माननीय प्रोफ. एस. एस. अग्रवालजी की दिव्य दृष्टि और कुछ नया करने के लिए आतुर मेरा अतीव उत्सुक मन को जायका ग्रांट की दी हुई मशीनों से सहायता मिली। और हाँ, एस.जी.पी.जी.आई.की लाइब्रेरी में ज्ञान का अपार भण्डार था। मेडिकल जेनेटिक्स में क्या करना है, कैसे करना है; इनके गूढ़ रहस्य समय के साथ मैं जानने लगी थी। मेरे मन को कहीं न कहीं पता था, मुझे जेनेटिक्स ही क्यों करना है। धीरे धीरे जेनेटिक्स मेरे संपूर्ण तन-मन में छाने लगा था और मेरे ही मेरे ही डी. एन. ए. के सुप्तजीन्स को उजागर कर रहा था।

मेडिकल जेनेटिक्स की नयी दुनिया के नए रास्ते बहुत कठिन थे; क्यूँ कि इन पर पहले कोई चला नहीं था। गुणसूत्रों और जीन्स के मायावी जंगल में, मैं स्वयं का रास्ता बनाने चल पड़ी थी। गिरते-संभलते, धीरे-धीरे, छोटे छोटे कदम लेते हुए मैं आगे बढ़ने लगी थी। मेरे ही जैसे थोड़े से पगले, लेकिन कुशाग्र और बुद्धिमान कई चिकित्सक मेरे जुनून से प्रभावित मेरे विद्यार्थी बनकर साथ जुड़ गए और मेडिकल जेनेटिक्स का कारवाँ और आगे चल पड़ा। जेनेटिक बीमारियाँ शरीर के किसी भी अंग पर प्रभाव कर सकती हैं। आप विश्वास नहीं करेंगे पर छह हज़ार से अधिक जेनेटिक रोग हैं। तो



क्या यह चुनौती कम थी? कदापि नहीं। लेकिन इन रोगों के मूल्यांकन व सही निदान के लिए आवश्यक जांचों की व्यवस्था की भी अतिरिक्त जिम्मेदारी भी उठाने का मैंने निर्णय लिया। रसायनों की आम्लता का मापना, कोशिकाओं को शरीर के बाहर कृत्रिम रूप से बोटल में कल्चर करना, माइक्रो स्कोप में गुणसूत्रों को देखना एक चुनौती पूर्ण कार्य था। परन्तु यह भी मैं ने एस.जी.पी.जी.आई. की लैब में पहले करना प्रारम्भ किया। यह कार्य मैंने भी



पहले कभी किए नहीं थे। तो सहज ही कठिन तो लग ही रहे थे। परन्तु मैं तीव्र इच्छा के साथ सदा प्रयासरत रही हूँ। मेरे मन की दृढ़ता मुझे हमेशा कार्य संपूर्ण निष्कर्ष तक पूरा करने के लिए प्रेरणा देती रही है। प्रयोगशाला में परीक्षण होने लगे। साल-दर- साल लैब में एक-एक नयी जाँचे शुरू होने लगी। सच कहूँ तो मैं अपने काम में इतनी रूचिपूर्ण तल्लीन हो चुकी थी कि गुणसूत्र मेरे सपनों में आते थे और नृत्य करते थे। विदेश जानें के अवसर को मैं पूर्ण उपयोग करने का प्रयास किया करती थी और मैंने वहाँ पर नयी-नयी तकनीकें देखी व सीखी। फिर एस.जी.पी.जी.आई.में वापस आकर वह तकनीकी परीक्षण यहाँ स्वयं करके देखा करती थी। गुणसूत्र परीक्षण जैसी मौलिक तकनीक से शुरू किया जेनेटिक्स का सिलसिला अब माइक्रो ऐरे व एक्जोम सिक्वेंसिंग तक चला आया है। मेरी मेहनत को मिला था भगवान कि इच्छा व आशीर्वाद का सहारा।

हमारे यहाँ से सैकड़ों चिकित्सक मेडिकल जेनेटिक्स में प्रशिक्षित हुए हैं। डी. म. डिग्री से विभूषित 40 से अधिक मेरे विद्यार्थी देश भर में व्याप्त विभिन्न मेडिकल जेनेटिक्स के विभागों का बखूबी नेतृत्व कर रहे हैं। यह मेरे लिए अत्यंत गौरव की बात है कि वो मेरे साथ साथ एस.जी.पी.जी.आई. का भी नाम रोशन कर रहे हैं। पुराने बीते कई दशकों में मेरे संघर्ष की अनेको खट्टी-मीठीया दें हैं; उनमें से कुछ असफलता और निराशा के पल भी हैं। लेकिन यह सब ही मेरे चेहरे पर अब मुस्कान और आँखों में चमकले कर आती है। उस बीते कल के क्षणों में हुई कड़वाहट का एहसास अब खत्म हो चुका है। उसकी जगह अब मिठास ले चुकी है।

चलते चलते, अपने संपूर्ण जीवन के अनुभव से मैं नयी पीढ़ी और अपने युवा साथियों को यह ही सीख देती हूँ कि विषम परिस्थितियों में होने वाले कष्ट व असफलता को दवाई और टॉनिक की तरह इस्तेमाल कीजिये। इनसे आपको सिर्फ आगे बढ़ने की ताकत मिलनी चाहिए। अभी भी एस.जी. पी.जी.आई. के रास्तो पर चलती हूँ तो बॉटल-ब्रश की लाल लहराती लड़ियाँ मुझे गुदगुदाती हैं और कहती हैं कि अभी कुछ और भी करना है। मेरे लिए नहीं लेकिन मेरे विभाग के लिए। अभी और तेज़ी से आगे बढ़ना है। प्रगति के कई पड़ाव और अभी आगे हैं। देश में जो एस.जी.पी.जी.आई. का प्रमुख स्थान है वो कायम रखना है। क्योंकि, जो ठहर गया-समझो मर गया। चलते ही रहना है।

स्टेम सेल पर रिसर्च और क्रिस्पर सेक्यूअर;

नई मंज़िलें नई डगर, कठिन है रास्ते,

फिर भी चलता रहे जेनेटिक्स का सफर।

डॉक्टर शुभा फड़के, प्रोफेसर एंड हेड, मेडिकल जेनेटिक्स

प्रधानमंत्री माननीय श्री नरेंद्र मोदी द्वारा 1000 लीटर क्षमता के PSA ऑक्सीजन प्लांट का लोकार्पण



आक्सीजन प्लांट से वर्तमान में पीएमएसएसवाई ब्लॉक को ऑक्सीजन की आपूर्ति की जाएगी। नवीन इमरजेंसी ब्लॉक के क्रियान्वित होते ही इस ऑक्सीजन प्लांट द्वारा वहां निर्बाधित ऑक्सीजन आपूर्ति प्रदान की जाएगी। भारत सरकार द्वारा पीएम केयर्स फंड से उत्तर प्रदेश में 127 आक्सीजन प्लांट स्थापित किये गये हैं, जिनका वर्चुअल लोकार्पण प्रधानमंत्री जी के कर कमलों द्वारा किया गया। इसके पूर्व उत्तर प्रदेश सरकार के वित्त, चिकित्सा शिक्षा व संसदीय मामलों के मंत्री माननीय श्री सुरेश खन्ना जी द्वारा फीता काट कर ऑक्सीजन प्लांट का विधिवत उद्घाटन किया। इस अवसर पर प्रदेश के चिकित्सा शिक्षा राज्य मंत्री श्री संदीप सिंह जी और राज्य मंत्री, स्वतंत्र प्रभार, श्रीमती स्वाति सिंह जी भी उपस्थित थे। संस्थान के निदेशक प्रोफेसर आर के धीमन ने उपस्थित अतिथियों का स्वागत किया।

देश के प्रधान मंत्री माननीय श्री नरेंद्र मोदी जी द्वारा डिजिटल लिंक के माध्यम से संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान को 1000 लीटर क्षमता का PSA ऑक्सीजन प्लांट भेंट किया गया। इस



From The Editor's Desk ...



The last 2 years have taken a toll on mankind worldwide because of the Covid pandemic. Lockdowns, illhealth, isolation have affected people physically and emotionally. However there have been many lessons in here as well. Friends and family are all important, as our colleagues and co-workers, united we strengthen each other. Education and work know no boundaries or borders. We can work anywhere and learn from anyone, so open minds are all we need. Medicine has seen progress in leaps and bounds, From testing technologies to vaccines and drugs, last 2 year's challenges have ensured unprecedented breakthroughs.

We Befriended Technology, and There's No Going Back.

From telemedicine to videoconferencing and zoom lectures, technology has been utilized to everyone's advantage. Finally, we have learnt that "less is more" in terms of material needs and we can forego a lot more things that were once all important. Giving back to nature, letting the earth heal, buying less, wasting less, sharing more, reaching out to others who may be finding isolation very tough, learning new skills, listening to music, enjoying the breeze and the sunshine, robust health, an exercise routine...these are the keys to our "New Normal" lifestyle.

To quote WHO :Be safe, Be smart, Be kind!!

Dr Prerna Kapoor

Pollution, and kidney diseases: Plantation drive a small step towards prevention

Chronic kidney disease (CKD) is a global public health problem associated with high rates of morbidity and mortality due to end-stage kidney disease and cardiovascular disease. In Uttar Pradesh, approximately 50,000 people are estimated to be suffering from ESKD. At present, safe and effective medications to reverse or stabilize renal function in patients with CKD are lacking, and researchers are trying to find out modifiable risk factors associated with worsening kidney function. Besides diabetes, hypertension, smoking, and other native kidney diseases, the environmental pollutants, including metals, air pollutants, and non-metals substances phthalate, melamine, etc are emerging as toxins associated with kidney diseases. They can potentially increase the risk of CKD or accelerate its progression.

Cadmium, lead, mercury, and uranium are environmental pollutants associated with CKD of unknown etiology. Particulate matter (PM), a mixture of suspended liquid and solid particles are common air pollutants that vary widely in terms of size and chemical composition, mostly composed of nitrates, sulfates, ammonium, other inorganic ions, and metals, and may also involve biological agents such as allergens and microbial substances. The common health-related concerns of PM involve particles with a diameter $< 10 \mu\text{m}$ (PM10) and $2.5 \mu\text{m}$ (PM2.5). Increasing epidemiologic evidence suggests that PM is a risk factor for CKD. Every $10 \mu\text{g}/\text{m}^3$ increase in PM2.5 concentration was associated with a 6% increased risk of developing CKD.

Phthalates, and mainly di-(2-ethylhexyl) phthalate (DEHP) and/or di-isononyl phthalate (DINP) were intentionally added to foodstuffs as a substitute for emulsifiers, particularly in nutrient supplements and probiotics regularly taken by children. In addition, phthalates are commonly added to cosmetics as a solvent for fragrance and other products such as paint, toys, medical devices to make them soft, flexible, and plastic containers or plastic bags exposed to high temperatures, and the use of plastic materials during food production. Therefore, humans are potentially exposed to phthalates via inhalation, absorption through the skin, or ingesting food.

Melamine is another synthetic organic base used in many commercial products including dry eraser boards, cleaning supplies, and other plastic goods. Bisphenol A exposure can occur via absorption through the skin, ingestion, and respiration, and detectable levels of BPA have been reported in the urine of >93% of adults, with high serum levels among men and smokers. Broadly,



these toxins are accumulated in the kidneys during the excretory process, and slowly cause kidney diseases of unknown aetiologies.

Let us join hands together to make the environment of SGPGIMS, pollutant-free and reduce the burden of CKD in society. As a step in the right direction, the Director **Professor R K Dhiman**, the Chief Medical Superintendent **Professor Gaurav Agrawal**, and Faculty in Charge of Engineering **Professor Narayan Prasad**, along with the horticulture section of the institute, had promoted a drive of plantation of 120 plants across the campus on the occasion of Foundation Day of the Institute.

Pollution-free habitat, Disease-free human being is our motto.

**Dr. Narayan Prasad, Professor and Head,
Nephrology Department**

सवेरा

जिम्मेदारियों की नमी ने खाहिशों को भिगा दिया, इस दिनचर्या की कशमकश ने मासूमियत को भुला दिया।
कल तक जो भोलापन छुपा था कहीं, उस व्यक्तित्व की तलवार को काबिलियत के पत्थर ने तराश दिया।
खोया सा रहता हूँ इस भीड़ में अभी, सोता भी कम हूँ, रातों में यूँ ही।
आयेगा सवेरा मेरी इस रात का भी, सपने उड़ान भरेंगे इन बादलों में फिर कभी।

डॉ. कनिष्क मरकाम, जूनियर रेजिडेंट नाभिकीय चिकित्सा विभाग



Re-commissioning of the Apex Trauma Center on 8th November 2021

Every year, about 6 million people die from injuries across the world. In India alone, it is estimated that 1 million people die and 20 million are hospitalized every year due to injuries. To cope with this alarming statistic, Trauma center is a crucial need of the hour especially in the most populous state of India - Uttar Pradesh.



Keeping up with its reputation of providing healthcare services par excellence, SGPGI established the Apex Trauma Centre on 31-07-2018 and it also operated under the name of Rajdhani Corona Hospital during the COVID-19 pandemic providing tertiary level healthcare facilities to patients suffering from COVID-19. The recommissioning has been designed in a way that within a short span of time it can be converted again to Rajdhani Corona Hospital, if circumstances so warrant.

With the COVID-19 situation in India seemingly under control, the Apex Trauma Centre Hospital was made ready for resuming service to trauma patients. Living up to the meaning of its name, Apex Trauma Centre is committed to handling various types of trauma emergencies. Under the guidance of **Professor Raj Kumar**, HoD Neurosurgery and In-charge, Apex Trauma Center, the Re-commissioning of the Apex Trauma Center was declared on 8th November 2021, by Director, **Professor R. K. Dhiman**. To begin with 36 beds were recommissioned at ATC. The recommissioning was done in a phase-wise manner.

Dr. R. Harsvardhan, HoD, Hospital Administration, and Deputy Medical Superintendent, Apex Trauma Centre gave the opening address which was followed by the lamp lighting ceremony

by **Professor R. K. Dhiman**, Director, SGPGIMS, **Professor Raj Kumar**, **Professor Aneesh Srivastava**, Dean, SGPGIMS and **Professor Gaurav Agrawal**, Chief Medical Superintendent, SGPGIMS.

Professor R. K. Dhiman, Director, SGPGIMS, addressed the gathering and congratulated & encouraged all the Doctors and Staff of Apex Trauma Centre & also advised them to perform their duties with full devotion and dedication and be well-equipped to handle any emergency situation they may have to face as part of their duty. He also emphasised upon the goals that ATC should aim at, in upcoming years.

Professor Raj Kumar, HoD Neurosurgery & In-charge, Apex Trauma Centre, shared his invaluable experience and enlightened the gathering about enormity of the importance of commissioning of Trauma Centre in the wake of loss of lives, due to road traffic accidents. He also told that **major causes of death in our country are Coronary, Car & Cancer!**

Professor Gaurav Agarwal, extended his moral support for



challenges, if any, towards ATC. Dean was very proactive in sharing his vision for conceptualising & phasic commissioning of teaching programs at ATC. The function concluded with the vote of thanks by Dr. R. Harsvardhan. The inaugural ceremony was organized by Residents of the department of Hospital Administration.

अंतराष्ट्रीय दिव्यांग दिवस



अंतराष्ट्रीय दिव्यांग दिवस पर संजय गांधी पी.जी.आई. में संस्थान के PMSSY ब्लॉक के निकट एक Kiosk (गुमटी) का उद्घाटन किया गया जिसे दिव्यांग जनों द्वारा संचालित किया जायेगा। इस Kiosk में दिव्यांग जनों द्वारा बनाये गये हस्तशिल्प उत्पाद व बेकरी के पैकड खाद्य पदार्थों का विक्रय किया जायेगा।

IIT रुड़की के पूर्व विद्यार्थी विकास गुप्ता द्वारा स्थापित 'दिव्यांग: एक उम्मीद' संस्था के द्वारा यह प्रयास किया गया कि दिव्यांग जनों को समाज की मुख्य धारा से जोड़ा जाये व उनके लिए रोजगार व उद्यम के नये अवसर प्रदान किये जायें।

यह ज्ञात हो कि भारत में लगभग 2.67 करोड़ लोग दिव्यांगों की श्रेणी में आते हैं जिनमें से 1.5 करोड़ पुरुष व 1.18 करोड़ महिलायें हैं। यह आकड़ा सम्पूर्ण जनसंख्या का 2.21 प्रतिशत है इस श्रेणी में वे सभी लोग आते हैं जो किसी न किसी प्रकार की दृश्य, श्रवण, वाचन व्याधियों अथवा किसी भी प्रकार की मानसिक अक्षमता से पीड़ित हैं। भारतीय संविधान में दिव्यांगजनों के अधिकारों के संरक्षण व उनके कल्याण हेतु नीति निर्धारित

की गई है।

भारतीय संविधान की इसी व्यवस्था के अनुरूप व उत्तर प्रदेश की राज्यपाल माननीया आनंदीबेन पटेल, के निर्देशों के अनुपालन में 3 दिसम्बर को संस्थान के निदेशक प्रोफेसर आर. के. धीमन द्वारा इस Kiosk का औपचारिक उद्घाटन किया गया।

इस अवसर पर उन्होंने कहा कि दिव्यांगजनों ने प्रत्येक क्षेत्र में अपने आप को साबित किया है। वे किसी से कम नहीं, यह हाल ही के ओलंपिक खेलों के परिणाम से परिलक्षित हुआ है। उन्होंने कहा कि इस दिशा में उन के कल्याण हेतु संस्थान द्वारा और भी प्रयास किये जायेंगे।

इस अवसर पर संस्थान के मुख्य चिकित्सा अधीक्षक प्रोफेसर गौरव अग्रवाल, चिकित्सा अधीक्षक प्रोफेसर वी. के. पालीवाल, प्रोफेसर सुशील गुप्ता व प्रोफेसर नारायण प्रसाद भी उपस्थित थे।

इस उद्घाटन कार्यक्रम का आयोजन अस्पताल प्रशासन विभाग के अध्यक्ष डॉक्टर राजेश हर्षवर्धन के द्वारा किया गया।



Fire Safety Training

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fires can be devastating, especially in a hospital where a large number of people who need to be evacuated may be vulnerable – immunocompromised, on life support, and incapable of moving on their own. There are special requirements that must be met with while evacuating such people in case of fire emergencies. But before that – **“Fires must be Prevented”**. Every year fires take a heavy toll in terms of human lives and property loss. It is expected that all sections of society, business and industry would review their fire safety needs, develop suitable strategies for fire prevention, fire control, rescue and rehabilitation and undertake a campaign for fire safety.

To address the concerns of fire issues in hospitals, Department of Hospital Administration, under the aegis of **Dr. R. Harsvardhan**, HoD, Hospital Administration in collaboration with Fire Section Officials, Fire department SGPGIMS, organized **Workshop cum Combined Amelioration of Fire Safety Training (CAFS – Training)** on 29th December, 2021. The training was exclusively targeted for the Faculty members, Doctors, Administrative Staff, Nursing staff, Technical staff, Security Personnel, Housekeeping staff and Attendants etc. of Apex Trauma Center, SGPGIMS. The workshop was followed by mock drill, demonstrating for



prevention of further spread of fire so as to prevent any further damage/ mishap in the hospital premises.

The main objective of this training program was to create awareness and improve the knowledge and practices of the Healthcare providers, specifying their duties with respect to Fire Safety & Management Practices and also to demonstrate the practices to develop it into a habit.

Dr. R. Harsvardhan emphasised on the issues of fire safety in hospitals stating how **“Every Second Counts: Plan 2 Ways Out!”**



Dr. R. Harsvardhan explained that by following a basic Principle of 3L (Look. Listen. Learn) one can be aware of their surroundings to prevent major mishap or disaster from happening.

Professor R. K. Dhiman, Director, SGPGIMS and **Professor Raj Kumar**, HoD Neurosurgery and In-charge, Apex Trauma Centre were forthright in their guidance and support.

13 December 2021: 2nd Alumni Day SGPGI



Second alumni day was celebrated in the afternoon of 13th December 2021. Director, **Prof R K Dhiman** presided over the program along with Dean **Prof Aneesh Srivastava**, both are one of the early alumni of the institute.

It was a hybrid meeting and about 100 alumni joined virtually or physically. The program began with Prof Dhiman fondly remembering his days as a DM student in Gastroenterology where, in addition to the academics, the environment was of camaraderie and the institute was one big family. Prof Srivastava while introducing the first speaker, **Prof Diwakar Dalela** spoke of the life and training in the early days in SGPGI. **Prof Mahendra Bhandari** mentored both Profs

Srivastava and Dalela and not only taught them Urology but made them understand the importance of balancing work with family life, which has stood them in good stead.

Prof Dalela with his vast experience as a teacher and practitioner, gave tips about good professional conduct, an important lesson for upcoming doctors. **Prof Madan Godbole** introduced his protégé **Dr Naibedya Chattopadhyay**, currently scientist at CDRI. Prof Chattopadhyay strongly advocated that to improve the research standard and output in our country, leaders of science have to be more vocal so that robust policies and funding for research as promised is increased.

Prof Shubha Phadke spoke about her journey of 3 decades of establishing department of Medical Genetics, the first in the country, the ups and downs she has faced. She was fondly introduced by her student and now a friend **Prof Ratna Puri** from Delhi. **Dr Pooja Ramakant** succinctly outlined how the SGPGI alumni association can be a two-way street. She was introduced by her teacher **Prof Amit Agarwal**. The program ended with **Prof Preeti Dabadghao** outlining the course of action to be taken by the alumni cell to make the association vibrant.

The Alumni Cell team hopes to continue and expand this tradition in the coming years.

“Innovation is the ability to see change as an opportunity, not a threat”. Steve Jobs

A Med Tech centre of entrepreneurship was formally inaugurated at SGPGI by **Shri Rajeev Chandrasekhar**, Hon'ble Minister of State for Skill Development and Entrepreneurship and Electronics and Information Technology. This is an initiative of software technology park of India (STPI) to establish a centre of entrepreneurship in the field of medical electronics and health Informatics. The CoE will stimulate the establishment and growth of Technology based startups in medical electronics and health informatics by providing state of art infrastructure.

In addition this centre will also offer mentoring, marketing and funding, thus creating an ecosystem essential for success of startups. Speaking on the occasion, **Professor R K Dhiman**, Director, SGPGI, said that SGPGI always felt the need for such venture as it has very talented doctors, who can generate newer ideas

for improving patient care.

This centre will also help in developing the Indian solutions to available Medical Technology at a lower cost and thus will lead us to 'Atam Nirbhar Bharat' mission of the government. He further said that one important contribution that SGPGI can offer is the validation of these applications and products in patient care. SGPGI possess a very strong Research and Medical Ethics department with robust implementation process. The startups will discuss these aspects with the mentor and initiate the research process early, parallel to the development of product to ensure the timely delivery of the product for patient care.

Ms Kusum Yadav, Public Relations Officer, SGPGI

Awareness Campaign on Organ and Tissue Donation



In order to create awareness about organ donation and to augment the organ donor pool of Uttar Pradesh, State Organ & Tissue Transplant Organization (SOTTO), Uttar Pradesh and the Department of Hospital Administration, Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow, under the guidance of **Professor R. K. Dhiman**, Director, SGPGIMS, successfully organized a webinar on Stakeholder's Obligation cum Prize Distribution :**Awareness Campaign on Organ & Tissue Donation: Be a Miracle Maker**, on the occasion of the 12th Indian Organ Donation Day 27th November 2021.

The program commenced with an Inaugural Session where-in Opening Remarks and welcome note was provided by **Dr. R. Harsvardhan**, Nodal Officer, SOTTO - U. P. and HoD, Hospital Administration and **Prof. R.K. Dhiman**, Director, SGPGIMS, respectively. **Shri Alok Kumar**, IAS, Principal Secretary, Deptt. of Medical Education, Govt. of U. P. delivered a talk on the topic 'Organ and Tissue Donation: Need of the Hour' followed by a deliberation by **Shri R. K. Tiwari**, IAS, President, SGPGIMS and Chief Secretary, Govt. of U. P. on the Importance of Organ and Tissue Donation: Government's Perspective. **Shri Suresh Kumar Khannaji**, Hon'ble Minister, Departments of Finance,

Parliamentary Affairs & Medical Education, Govt. of U. P. emphasized upon Organ and Tissue Pledging: Time to Create a Movement. The keynote address of the webinar was provided by **Smt. Anandiben Patel ji**, the Hon'ble Visitor, SGPGIMS and Hon'ble Governor of U. P.

The inaugural session was followed by an Awareness Session for students who participated in the Awareness Campaign on Organ and Tissue Donation which was conducted by SOTTO - U. P. across 23 schools in Lucknow every Saturday between 4th to 25th September, 2021.

The said awareness campaign consisted of an awareness session and a 2-stage poster making competition for students participating in the awareness session. The stage - I of the Poster making Competition was organized in the respective Schools itsdelf. The campaign aimed to increase awareness among Students across schools of Lucknow regarding Organ and Tissue Donation, aiming at consequent boost to Organ Pledging by educated youth about the benefits of organ donation. The stage-I of the poster making competition received 249 entries from the students of the participating schools and the assessment of the posters was conducted on 30th Sept. 2021 by a panel of esteemed judges from across a wide spectrum of eminent personalities of Lucknow. Finally, a total of 65 participants were selected for the





2nd round.

The Awareness Session & Stage - 2 of the 'Poster Making Competition Captioned with Slogan' was conducted on 9th October, 2021 & all 65 students selected for the stage-2 participated, whole heartedly. The assessment of the posters were done by the jury on 15th November. The winners were selected & were felicitated after the Awareness Session during the Webinar that was conducted on Indian Organ Donation Day .

The Awareness Session comprised of:

Motivational Video on Organ and Tissue Donation

Talk on Organ Donation: **A Gift of Life** by Prof. R. K. Dhiman Director, SGPGIMS

An Interactive session was conducted with students on the topic '**Myths & Realities**' by a wide diaspora of panelists - **Prof. Rajan Saxena**, HoD, Surgical Gastroenterology and Centre of Hepatobiliary Diseases and Transplantation, SGPGIMS, **Prof. Narayan Prasad**, HoD, Nephrology, SGPGIMS and Dr. R. Harsvardhan, The session for students was followed by: **Role & Activities of Registered Organ & Tissue Retrieval Centers & Transplant Centers** wherein **Prof. Vipin Koushal**, Nodal Officer,

ROTTTO, PGIMER, Chandigarh deliberated upon **Organ & Tissue Awareness Campaign: Structure of a Model Campaign. The Documentation, Reports & Returns: Prescriptions by MoHFW, National Organ and Tissue Transplant Program and NOTTO and their Structured Format** was explained by **Dr. Vasanthi Ramesh**, Ex Director, NOTTO. **Prof. Raj Kumar**, HoD, Neurosurgery and In-charge, ATC discussed about **Brain Stem Death Declaration: How to Go About It**. The HoD of Urology & Dean of SGPGIMS, **Prof. Aneesh Srivastava**, provided us with an overview of the **Fundamentals of Organ Harvesting & Preservation**. **Dr. Anil Kumar**, Additional DDG, DGHS, MoHFW, GoI, emphasized on the **Role of Transplant Coordinators**.

The closing address of the webinar was provided by **Prof. Gaurav Agarwal**, CMS, SGPGIMS. The webinar aimed to increase awareness on legal and administrative aspects of organ & tissue transplantation, conduction of awareness campaigns to sensitize people regarding organ donation, importance of conducting organ donation pledge drives & felicitation of the winners of the poster making competition who have shown their commitment to the cause of organ donation by participating during the awareness campaign organized by SOTTO - U. P.

Inauguration of Hemophilia Physiotherapy Unit and PICC Line Care Centre for Leukemia Patients



males. The affected persons have spontaneous bleeding into their joints or muscles or from injury sites. Infusion of clotting factors is the only treatment for these patients. These patients also suffer from physical disabilities due to repeated episodes of bleeding into their joints. The high cost of factor concentrates, lack of facilities for diagnosis and treatment are the main hurdles in the management of these patients.

The Government of Uttar Pradesh started a program for the care of Hemophilia patients. In its initial phase the program was mainly responsible for procurement and supply of factor concentrates for treatment.

In 2015, SGPGIMS, Lucknow was appointed as the State Nodal authority for implementation and running of Hemophilia Care



Director of the Institute **Prof. R. K. Dhiman**, SGPGIMS inaugurated two new facilities, 1) Hemophilia Physiotherapy Unit and 2) PICC Line Care Centre for Leukemia patients which has been set up in the department of Hematology, SGPGIMS, Lucknow, on 21st Oct, 2021. **Prof. Gaurav Agarwal**, Chief Medical Superintendent, SGPGIMS, **Dr. A. B. Singh**, Deputy GM, Blood Cell, NHM, U.P. and **Mr. Vinay Manchanda**, Secretary, Hemophilia Society, Lucknow were also present on the occasion. **Prof. Rajesh Kashyap**, HOD, Hematology along with other faculty members welcomed the dignitaries.

Hemophilia is a congenital bleeding disorder which affects the



program. Later in 2018, this responsibility was given to department of Hematology, SGPGIMS. Today there are 26 Hemophilia Treatment Centres in different Medical Colleges, Super Specialty Hospitals and District Hospitals in the state for availability of these factor concentrates and treatment of patients. Clotting factors concentrates worth approx. Rs. 50.00 crores are being procured annually for these patients under this program.

In 2019, the department started a project "Strategies towards Comprehensive Hemophilia Care Services" in Uttar Pradesh for improving the Hemophilia Treatment facilities in the state funded by NHM, Govt. of India. Under this project 08 Physiotherapy

Centres have been established in different Medical Colleges of the states and this centre is a part of this project.

In addition the department of Hematology has now set-up a dedicated day-care facility for Leukemia patients undergoing Chemotherapy to take care of their in-dwelling peripherally inserted central catheters (PICC Line). This is a mandatory requirement to reduce the risk of infections to these patients

The department of Hematology, SGPGIMS is sensitive to the needs of patients coming to this super specialty hospital for treatment of their illness and is committed to give the best facilities for their treatment.



Celebration of Foundation Day of Department of Maternal and Reproductive Health

The department of Maternal and Reproductive Health celebrated its first foundation day on 27th Nov 2021. The inaugural function started with the blessings of Goddess Saraswati, with the symbolic lamp lighting ceremony by Chief Guest, **Professor R. K. Dhiman**, Director, SGPGI, Guest of Honour, **Professor Aneesh Srivastava**, Dean, SGPGI, and other dignitaries. In the welcome address, Head of the Department, **Professor Mandakini Pradhan**, the milestones crossed by the department were highlighted. Prof. Aneesh Srivastava pointed towards the need to make progress in the direction of setting IVF lab and services regarding pre-implantation diagnosis and gamete preservation. He praised the achievements established so far in the field of High-Risk pregnancy management and foetal medicine.

This was followed by the inaugural speech by the Chief Guest Professor R. K. Dhiman, Director, SGPGIMS, who applauded the progress of the department and the functioning of various speciality clinics, dedicated to the individualization of high-risk patient care. He emphasized the need for starting a post-doctoral degree programme in Maternal and Foetal Medicine and assured that he would be supportive for the purpose. This was a great boost to the morale of the whole department to envisage future growth positively. Following the inaugural address, **Dr Amrit Gupta**, organising secretary, thanked everyone and the inaugural function was drawn to a conclusion.

The journey of the department through All the years when it came into existence in 2009 to date was walked through in an explicit presentation by the head of the department. Alumni of the department peeked in to give inputs on their experiences. This was followed by a heartfelt tribute to **Late Mrs Rekha Singh**, Sister In charge MRH OT, who left for heavenly abode, leaving many in grief.

The next session was the foundation day oration by motivational speaker, **Mr Kamal Mehrotra**, who talked on 'The Roadmap for



Success' in an exquisitely motivating speech. He impressed the importance of unity in team work and thinking beyond horizons to achieve success.

Post lunch was the academic session in which the international speaker **Dr Srividya** talked on the global scenario in foetal medicine. Also, there were nationally renowned speakers. **Dr S. Suresh**, who threw light on the past, present and future of foetal medicine in India and **Dr Reva Tripathi** highlighted the Indian scenario of foetal medicine. The thoroughly blissed session ended on positive notes of enthusiastic reunion amongst the teachers and alumni.

Dr. Amrit Gupta, Additional Professor , Department of MRH

National Academy of Burns India Mid Term Video CME 2021



The National Academy of Burns India also known as NABI is a central body of professionals who are dedicated to the cause of prevention, early treatment, early rehabilitation, teaching and research in burns. It was established initially by a handful of dedicated burn surgeons and it rapidly grew to now having more than 1200 life members. It welcomes professionals who are associated with any aspect of providing comprehensive burn care. Physicians, nurses, nutritionists, burn dressers, occupational therapists, dieticians and social workers are all eligible to become life members of this association.

Burns is a very common problem in our country and every medical practitioner of any specialty has seen and treated such patients. On an average, about 7 million people get burn injuries every year out of which 1.5 to 2.0 lac die or get crippled due to the severity of burns. Burn injuries are on the rise in our country due to illiteracy and poverty with people not aware of the safe practices for cooking food.

Specialised centers for treatment of burns are few in the country considering the large number of patients suffering from burn deformities. Most of the centres exist in metro cities and very few are in smaller cities. The number of plastic surgeons is also disproportionately in few thousands when we see the large number of patients of burns in lacs. It is thus clear that the vast majority of burn patients do not reach the plastic surgeon and are treated by general surgeons and general practitioners. CMEs help to educate the medical practitioners treating burns about the latest trends and also the basic steps in managing a burn patient.

A CME was organised on 6-7 November 2021 in hybrid

mode. Several leading international and national faculty gave presentations in the form of operative videos for the benefit of participants.

Dr. Mark Fisher a leading burn surgeon from USA spoke on reconstruction of axillary contracture, management of ulnar nerve compression and treatment of hand contractures. **Dr. Anjay Khandelwal** from USA discussed how to save severely burnt patients. **Dr. Goran Zovic** from Zambia who flies his own plane spoke on burn surgery in Zambia. In addition to this several national faculty including **Dr. Keswani** from National Burns Centre, NaviMumbai, **Dr. Vinita Puri** from Mumbai, **Dr. Shalabh Kumar** from Safdarjung Hospital, **Dr Veena Singh** from AIIMS Patna presented their experience in burns.

Dr. Rajiv Agarwal was the organizing chairman of this CME Director SGPGI, **Prof. R.K Dhiman** inaugurated the CME. He has been instrumental in supporting the department of plastic surgery and burns. The department was able to start MCh course in Plastic Surgery under his guidance and vision. **Dr. Sanjeev Upal** from Ludhiana, President NABI was the guest of honor in the inaugural program.

A booklet on first aid in burns was released by the Director, SGPGIMS, Prof. R.K Dhiman. This booklet describes the initial steps in the management of acute burns. The booklet should be useful for general physicians in correct management of the burn patient.

Dr. Rajiv Agarwal, Prof and Head, Department of Plastic Surgery and Burns



Workshops conducted by Central Research Facility (Core Lab), SGPGI

Central Research Facility (Core lab) organized a series of lectures online for students and faculty members of SGPGI, on the utility of high-end equipment available in the core lab for clinical practice and research.

Applications of Liquid Chromatography and Mass Spectrometry (LC-MS) in Research and Clinic was conducted on Friday, October 22nd, 2021 in core lab and about 98 participants joined us for this activity. The following eminent experts talked about different aspects of LC-MS.

- **Dr. Manish Dixit**, Department of Nuclear Medicine, SGPGI, SGPGIMS, October-December 2021, Newsletter

Lucknow

- **Dr. Rabi S Bhatta**, Division of Pharmaceutics and Pharmacokinetics, CDRI, Lucknow
- Team of Technical Experts from Agilent Technology India Pvt Ltd.
- **Dr. Raghavendra L**, Department of Pathology, SGPGI, Lucknow

DNA Sequencing & practical tips for the use of ABI 7500 sequencer and NGS (ion torrent) was conducted on Saturday,



TSQ Quantis™ Triple Quadrupole Mass Spectrometer



3500xL Genetic Analyzer (24-capillary sequencing instrument)



Ion GeneStudio™ S5 System (Next-generation sequencing system)

November 27th, 2021 in core lab and 35 participants registered for this. The following distinguished experts gave talks on different topics.

- **Dr. Kaushik Mandal**, Department of Medical Genetics, SGPGI, Lucknow
- **Dr. Sushant Vinarkar**, Tata Medical Center, Kolkata
- **Mr. Akhilesh Sharma**, Department of Hematology, SGPGI,

Lucknow

The event was a great success and was appreciated by the participants.

“We look forward to doing more hands on workshops in the core lab in future after the COVID pandemic abates, so that students and faculty members of our institute may benefit from such high-end equipments.”

Dr Alok Kumar, Member Secretary, Core lab committee

आई. ए. एस. अधिकारियों का प्रशिक्षण कार्यक्रम के अन्तर्गत एस.जी.पी.जी.आई. भ्रमण

16 दिसंबर 2021 को लालबहादुर शास्त्री राष्ट्रीय प्रशासन अकादमी मसूरी से 2020 बैच के लगभग 25-30 आई.ए.एस. अधिकारियों ने प्रशिक्षण कार्यक्रम के अंतर्गत संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान का भ्रमण किया।



सर्वप्रथम आई.ए.एस. अधिकारियों का दल नवीन ओ.पी.डी. भवन पहुंचा। वहां पर संस्थान के मुख्य चिकित्सा अधीक्षक **प्रो. गौरव अग्रवाल**, व चिकित्सा अधीक्षक **प्रो. वी.के. पालीवाल** ने संस्थान के बारे में उन्हें अवगत कराया। नवीन ओ.पी.डी. में अधिकारियों के दल ने पंजीकरण क्षेत्र, ‘डे केयर वार्ड’ व कार्डियोलॉजी ओ.पी.डी. का भ्रमण कर वहां की कार्य प्रणाली के बारे में जानकारी प्राप्त की। तत्पश्चात् ट्रांसप्यूजन मेडिसिन विभाग के बारे में **डा. राहुल कथारिया**, ने उन्हें वहाँ उपलब्ध नवीन चिकित्सा उपकरणों व रक्तदान के विषय की जानकारी दी। टेलीमेडिसिन के बारे में **डा. पी. के. प्रधान** व **श्री रिपुदमन**, ने बताया कि किस तरह से टेलीमेडिसिन के माध्यम

से सुदूर क्षेत्रों में मरीजों के उपचार में सहायता मिल रही है। एच.आर.एफ. के बारे में भण्डार क्रय अधिकारी **श्री अभय मेहरोत्रा** व **श्री एस.के.**

श्रीवास्तव ने जानकारी दी कि किस प्रकार संस्थान का हास्पिटल रिवाल्विंड फंड (एच. आर.एफ.) संस्थान में भर्ती मरीजों को कम कीमत पर दवायें उनके के बिस्तर तक उपलब्ध कराता है।

प्रशिक्षण कार्यक्रम के अंतिम चरण में डा. वी. सी. जोशी गेस्ट हाउस के सेमिनार रूम में इमरजेंसी मेडिसिन विभाग व राजधानी कोरोना अस्पताल (RCH) के नोडल ऑफिसर, **डा. आर. के. सिंह** ने कोविड प्रबंधन

के बारे में बताया कि कोविड-19 महामारी की पहली व दूसरी घातक लहरों का संस्थान द्वारा न केवल सफलता से मुकाबला किया गया अपितु राज्य के





अन्य मेडिकल कालेजों की सहायता व मार्गदर्शन भी किया गया।

इस दौरान संस्थान के निदेशक प्रो. आर.के. धीमन, संकायाध्यक्ष प्रो. अनीश श्रीवास्तव, मुख्य चिकित्सा अधीक्षक प्रो. गौरव अग्रवाल, चिकित्सा अधीक्षक प्रो. वी.के. पालीवाल, वित्त अधिकारी सुश्री वत्सला शिवम, संयुक्त निदेशक प्रो. रजनीश सिंह, संयुक्त निदेशक सामग्री प्रबंधन श्री प्रकाश सिंह मौजूद थे।



Newborn week Celebration....an academic feast with a bit of frolic....!!!

The National Newborn Week is observed every year from 15th to 21st November. The main intention of the week is to reinforce the importance of newborn health as a key priority area of the health sector. The theme for year 2021 was 'Safety, quality and nurturing care- the birthright of every newborn.'



The Department of Neonatology celebrated this week with great ardor. The celebrations begun one day prior on 14th November (Children's Day) with a fancy dress 'animal' theme costume for all of our admitted babies. The doctors and nursing staff partnered with parents to deck up the babies in the most appropriate and colourful manner.



The formal celebrations began on 15th November with educative sessions on every consecutive day for the mothers and family members of babies, on salient aspects related to newborn care. These sessions were taken primarily by the nursing staff and



moderated by Senior Residents of the department. Worldwide, 17th November is celebrated as World Prematurity Day and it highlights the challenges and burden of preterm births globally. It was decided to have 'purple' colour theme for the day as it stands for sensitivity and exceptionality. The premature babies were dressed in an adorable, themed ensemble on this day. On academic note,

an elaborate nursing teaching session on Kangaroo Mother Care was followed by an online Prematurity Quiz for the Senior Residents and PDCC and DM fellows of the Department. Finally there was a photograph session followed by a box of snacks for all.

The weeklong academic celebration was wrapped up with an online CME cum workshop on "Hypoxic Ischemic Encephalopathy in



Newborns' in collaboration with Lucknow Neonatology Foundation. The CME was a great success with an overwhelming response from participants from various states.

Life is too short not to celebrate nice moments !!

Dr Akanksha, Assistant Professor, Department of Neonatology



World Diabetes Day



On the occasion of WORLD DIABETES DAY, November 14, Department of Endocrine Surgery, SGPGIMS organized walkathon to create awareness about this disease in the residential campus.

It was blessed by the presence of Director **Professor R. K Dhiman**, CMS **Professor Gaurav Agarwal** and **Professor Gyan Chand**. It was well attended by Faculty members, Dieticians, Senior Residents and Students of the institute.

The purpose of activity was to increase awareness for diabetes and to disseminate information about its complications when not managed and controlled.

Professor Dhiman addressed the gathering and emphasized on

healthy life style, healthy diet and healthy relations to control the diabetes. He also stressed on weight management to put sugar in control.

Professor Gaurav Agarwal stressed on the disciplined eating and physical behavior.

Dr. Gyan Chand informed about the complications of diabetes including cardiac, neural, ophthalmic and vascular complications.

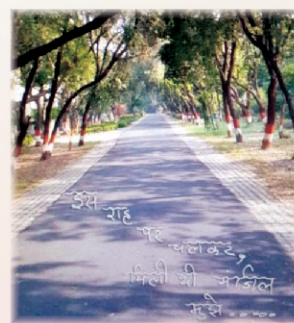
He informed about the Diabetic foot care including ideal footwear and foot care.

Dietician Mrs. Shilpi elaborated on diet changes to control diabetes optimally including balanced diet, use of fiber in meals and role of fresh fruits and vegetables.



यादें

आज क्यों इस शहर की धूप सताने लगी, वो छोड़ी हुई पगडंडियाँ याद आने लगी
अंधेरे से भी मिलता था सुकून मुझे, क्यों आज रोशनी पहलू में अपने डराने लगी
वो छोड़ी हुई पगडंडियाँ याद आने लगी, पलकों से लिपटी रहती थी नींद मेरी
क्यों आज मुझसे वो दूर जाने लगी, वो छोड़ी हुई पगडंडियाँ याद आने लगी
इस शहर ने बदल दिया है चेहरा मेरा, मेरी पहचान मुझे सताने लगी
वो छोड़ी हुई पगडंडियाँ याद आने लगी, याद आया वो बिस्तर का कोना
चादर पर पड़ी हुई सलवटे बुलाने लगी, वो छोड़ी हुई पगडंडियाँ याद आने लगी
वो तकिए की उभरन, वो ओढ़नी की खुशबू वो पंखे की धकधक तड़पाने लगी
वो छोड़ी हुई पगडंडियाँ याद आने लगी, सुकून के घर का पूछा जो पता
यादें मुझसे लिपटकर, रूलाने लगी, वो छोड़ी हुई पगडंडियाँ याद आने लगी



डॉ. अनिल मंधानी, कंसलटेंट युरोलॉजिस्ट,
फोर्टिस हॉस्पिटल, गुरुग्राम
(Ex Professor and MCh, Urologyalumnus)

SGPGIMS, October-December 2021, Newsletter

Sister Rekha joined SGPGI on 24th April 1989, in Urology O.T. She understood every surgery and also encouraged and taught her juniors. She gained expertise in assisting in renal transplant and always stood by her juniors during tough surgeries. She was rich in good and positive thoughts, and was co-operative and soft spoken with her coworkers. When she became a senior she became even more indispensable.



She was transferred to MRH (Maternal and Reproductive Health) O. T. in April 2017 as Incharge. After taking up the charge of OT she stream-lined the functioning of the routine and emergency obstetric work of the department along with any up cropping gynecological

emergencies. Maintaining goodwill and inspiring enthusiasm was a special quality that was inculcated in those working with her. Her optimistic attitude and integrity solved many stringent problems efficiently.

Her dedication for work and respect for each one equally will always inspire us.

Sister Rekha as an efficient and hardworking In charge of MRH Operation Theatre, passed from this life to eternal life on 4th October 2021. This untimely departure has left a lacuna, hard to be filled.

Urology and MRH department will always be grateful to the contribution of sister Rekha.

Mr. Manoj Kumar, Incharge Robotic OT, Assistant Nursing Superintendent,

Goodbyes Hurt The Most When The Story Was Not Finished

"The loss of a friend is like that of a limb; time may heal the anguish of the wound, but the loss cannot be repaired."

Mrs. Arti Chopra, 32 years of age, joined Surgical Gastroenterology ward on 19th Feb 2014. Her devotion to work and sincerity was always a great example for all. She was very polite and did all her work with great zeal.



Never did she shrug off from any responsibilities assigned to her. She whole heartedly cared for all patients and even helped all her colleagues. She was very skillful and excelled in her duties which captivated everybody's hearts.

Mrs. Arti was married to **Mr. Harish Chopra** also a nursing staff in SGPGIMS. She left behind 2 sons, 3 years and 9 months old. The pain and emptiness in their lives can never be diminished.

Her soul took for heavenly abode on 1st November 2021 at 10:40pm as she was struggling with dengue shock syndrome for survival.

Losing such a good worker and a great friend is really painful. I am still unsure which pain is worse - the shock of what happened or the ache for what never will.

We will always miss you Arti....A true friend is never truly gone. Their spirit lives on in the memories of those who loved them.

With a sorrowful and missing heart..

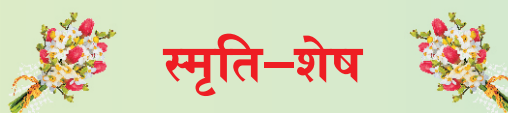
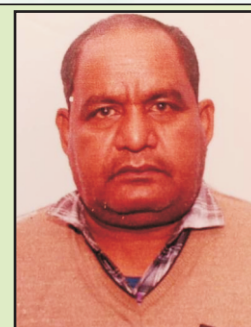
MISS YOU ARTI.

Ms. Greeshma Tony, Surgical gastroenterology

Mr Nanhe Ram, Attendant Grade 2, joined the Institute on 12 December 1991 and retired in February 2021. He contributed enormously to Paediatric Gastroenterology. He will be remembered for his qualities including honesty and commitment. His untimely demise on September 12, 2021 is a loss to the Institute and his family.

May his soul rest in peace.

Mr. Ajay Sonkar, Paediatric Gastroenterology



श्री इन्द्र कुमार जो संस्थान में अटेंडेंट ग्रेड-2 के पद पर डीन आफिस में कार्यरत थे, उनके असामयिक निधन से संस्थान व डीन आफिस विभाग बहुत आहत है। उन्होंने 15 अप्रैल 1996 को अपना कार्यभार ग्रहण किया था व 17 दिसंबर 2021 को इन का देहान्त हो गया। वे एक व्यवहार कुशल व कर्मठ कर्मचारी थे।

ऐसे दुःखद समय में हम सभी ईश्वर से प्रार्थना करते हैं कि उनकी आत्मा को सदगति प्रदान करें एवं शोक संतप्त परिवार को इस पीड़ा को सह सकने की शक्ति दें।

Dr Prabhat Kr Singh completed his medical graduation (MBBS) in 1980 and Post-graduation MD (Anaesthesiology) in 1984 from GR Medical College, Jiwaji University, Gwalior. In February 1988, Dr Singh joined SGPGIMS, Lucknow as Assistant Professor of Anaesthesiology. In September 1991, Dr PK Singh got selected on the post of Associate Professor of Anaesthesiology. He was awarded with JICA Fellowship (Feb.1993 to March 1994) in Cardiac Anaesthesia at Nagoya University at Nagoya, Japan. Later, Dr Singh got appointed on the Post of Additional Professor in cardiac Anaesthesiology in 1997 and Professor of Anaesthesiology in 2001. During the period from June 2001 to Feb 2017 Prof Singh has worked as Head of the department of Anaesthesiology. During this period, he has also worked on various administrative posts i.e Chief Medical Superintendent, President Faculty Forum, Chairman Hospital revolving Fund, Chairman

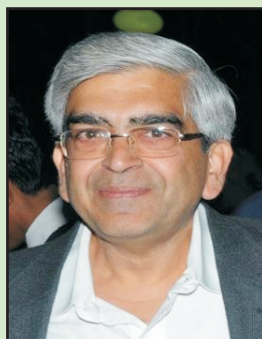


Purchase Committee & high-level Purchase Committee and many others. He has been instrumental in solving various problems of the employees, residents and faculty to see continued progress of the dept of Anaesthesiology as well as the institute. Prof Singh has been very popular amongst the faculty members as well as the employees of the institute for his easy access, helping hand and trouble shooter image. In February 2017, Professor Singh moved to AIIMS, Patna as the Director of the institute and worked till November 2021. Later Prof. Singh joined back at SGPGIMS as Professor of Anaesthesiology and got superannuated on 31st December 2022 on the attainment of 65 Yrs of age.

During his stay at SGPGI, Prof Singh has proved himself not only a good teacher but an excellent administrator. He is loved by his colleagues, residents and employees for his very simple and sober nature, helping gesture and composed behavior. We wish him long life with health, wealth and happiness.

Dr SP Ambesh, Professor and Head, Department of Anaesthesiology

Dr Anil Agarwal obtained his MBBS in 1980 and MD (Anaesthesiology) in 1984 from MLB Medical College, Jhansi. In May 1985, Dr Agarwal moved to PGIMER Chandigarh and worked as senior resident for three years and later as Assistant Professor in Anaesthesiology. In April 1992, He relocated himself to SGPGIMS, Lucknow and joined as Associate Professor in department of Anaesthesiology. He got promoted to the post of Professor (July 2006) and became head of the department in May 2017 to continue till his retirement on 30th



November 2021.

During his stay at SGPGI, Dr Agarwal contributed a lot in giving a subtle direction for the establishment of chronic pain management services at SGPGIMS and start of training course in that. He also organized two national conferences and several CMEs in pain and palliative care during his tenure. He was instrumental in starting the Doctors canteen at SGPGIMS. His wife, Dr. (Mrs) Amita Agarwal, and his two sons have been his source of inspiration.

Professor Agarwal will be remembered for his quiet demeanour and enormous patience in handling everyday chores as head. We wish him long life with health and happiness.

Dr SP Ambesh, Professor and Head, Department of Anaesthesiology



Mrs. Margaret Sampson, ANS, Joined the institution on the 5th of September, 1990 as sister grade II in Day-Care Ward. She served SGPGIMS with utmost dedication in Gastro surgery ward, Emergency Ward (ERS I) and later, executed her service as Sister In-charge of Day Care Ward, New OPD.

She was always dedicated, energetic, positive and conscientious in every responsibility she undertook. Her work capacity had been exceptional and was

appreciated as workaholic by many. She never missed the opportunity to help others, an exceptional personal quality she had. In her 31 years of stay in this institute, she spread her enthusiasm to all colleagues who came on her way to maximise output. Her positivity is absolutely remarkable and will be missed hugely by her colleagues.

We wish her the best retirement life ahead, and wish she enjoys the new innings of her life and cherishes every moment with fun.

Bonvoyage.

Mrs. Renu B Roy, Deputy Nursing Superintendent, Pulmonary medicine

Mrs Sunita Joseph served in the institution's CVTS OT. She had joined SGPGI on 24 June 1990. She has been providing us with her valuable services for the past 31 years and 6 months. She's always been a courteous worker towards everything and everyone. She retired from her service at the institution on 31 December 2021.

We wish her all the best and pray for her to stay healthy and happy in the future.

Ms Kalawati Pal, Assistant Nursing Superintendent, Sister Incharge, CVTS Operation Theatre



भावभीनी विदाई

संजय गाँधी पी0 जी0 आई0 में कुछ प्रिय साथियों ने सेवा का लंबा कार्यकाल पूरा किया, तो कुछ ने निजीकारणों से अपनी सेवाओं को समय से पूर्व ही विराम दिया। परन्तु हम सभी उनको दिल की गहराईयों से बहुत याद करेंगे। विशेष रूप से उनके मिलनसार व हंसमुख स्वभाव और जरूरतमंद जन के लिए उनके सेवा भाव का सदैव जिक्र होगा। इन्होंने एक लंबे समय तक अपने जीवन के सबसे अनमोल पल इस संस्थान को दिए। जो वरिष्ठ साथी दशकों से हमारे दैनिक कर्त्त्यनिर्वहन का एक अटूट हिस्सा रहे हैं वे निम्नवत हैं-

श्रीमती स्नेहलता ए. एलियाजर (उपनर्सिंग अधीक्षक)

श्री राम खिलावन (अटेंडेंटग्रेड-1, इंजीनियरिंग, सिविल)

श्री राजेश मिश्रा (हार्टिकल्चरिस्ट)

श्री माता प्रसाद (अटेंडेंटग्रेड-1, एनेस्थेसियोलॉजी)

श्री मनोज दुबे (चीफ टेक्नीकल आफिसर)

श्रीमती ऊषा रानी (लेक्चरर- कालेज आफ नर्सिंग)

श्री कृष्ण कुमार (चीफइलेक्ट्रीशियन)

श्रीमती सुमित्रादेवी (अस्पतालअटेंडेंटग्रेड-2)

श्री एस. एन. शर्मा (टेक्नीकल आफिसर, सी.डब्लू.एस.)

श्रीमती कल्पना सिन्हा (कनिष्ठ स्वागत अधिकारी)

संस्थान परिवार इन सभी को उनके भावी जीवन की

शुभकामनाओं के साथ उन्हें भावभीनी विदाई अर्पित करता है।



जीत या हार

एक वर्ष बीत रहा है
और मैं सोच रहा हूँ !
कितना स्पष्ट होता
आगे बढ़ते का मतलब
अगर दसों दिशाएँ
हमारे सामने होतीं,
हमारे चारों ओर नहीं
और होता, अनंत रास्ता !
कितना आसान होता
चलते चले जाना
यदि केवल हम, चलते जाते
बाकी सब, बस —का होता !
मैंने देखा है, लोगों को

• इस अबूझ दुनिया में
• दस सिरों से सोचने
• और बीस हाथों से पाने
• की कोशिश में
• जिंदगी को, अपने ही लिए
• बेहद मुश्किल बना लेना !
• शुरु-शुरु में
• सब यही चाहते हैं
• कि सब कुछ शुरु हो,
• लेकिन अंत तक पहुँचते-पहुँचते
• निस्सारता का अहसास
• गहराता जाता है !
• हमें कोई दिलचस्पी

• नहीं रहती
• और फिर इन्द्रधनुष
• कब रंगहीन हो जाता
• वह सब कैसे
• समाप्त हो जाता है
• जो इतनी धूमधाम से
• शुरु हुआ था -
• हमारे ही चाहने पर !
• दुर्गम वनों और
• ऊँचे पर्वतों को
• जीतते हुए
• जब लोग
• अंतिम ऊँचाई को भी

• जीत लेते हैं !
• तब मैंने देखा है
• कि कोई अंतर नहीं बचता
• उनमें और
• पत्थरों की कठोरता में
• जिसे उन्होंने जीता है !
• जब वे अपने मस्तक पर
• अनय का तूफान भी
• झेल लेते हैं
• और काँपते तक नहीं
• तब
• मैंने देखा है कि
• कोई फर्क नहीं बचता !

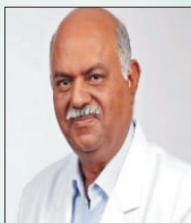
• उनमें
• और बेजान पत्थरों में !!
• शायद मैंने खुद को भी
• देखा है - कभी कभी
• पत्थर में तब्दील
• होते हुए !!
• अब ख्वाहिश है
• कि फिर से
• बस इस क्षण में रहूँ
• और
• जिंदगी की ओर बहूँ !!

डॉ राजेश हर्षवर्धन

Research is to see what everybody else has seen, and to think what nobody else has thought.



Prof Radha K Dhiman



Prof Rakesh Kumar Gupta



Prof Usha K. Misra



20 Prof Sarita Agarwal



Prof Vinay K. Kapoor



Prof Rakesh Aggarwal

13 Faculty members from SGPGI once again brought laurels to the institute as they have made it to the Annual US based Stanford University list of top scientists for their exemplary work in their respective field of research.

Stanford University releases this report annually where it identifies 2% of the world top scientists. Of these 3352 scientists are from India this year. Every year, the university issues a list of 2% topmost scientists of the world working in various disciplines like medicine, chemistry, bioinformatics etc. The evaluation is based on their career data and their outstanding work in the year 2020. It was a matter of pride to see not only the senior faculty but also our junior faculty members making it to the list, through their hard work and determination.

Scientists who made us proud from SGPGI include:

1. **Professor R K Dhiman**, Director SGPGI and Head,



Prof Uday C. Ghoshal



Prof Jayantee Kalita



Prof Ujjal Poddar



Prof. Gaurav Agarwal



Prof Narayan Prasad



Dr. Alok Kumar



Dr. Rohit Sinha

Department of Hepatology

2. **Professor Gaurav Agarwal**, CMS and Professor Endocrine and Breast Surgery
3. **Professor Sarita Agarwal**, Department of Genetics
4. **Professor Jayanti Kalita**, Department of Neurology
5. **Professor U C Ghoshal**, Head of Department, Gastroenterology

6. **Professor Ujjal Poddar**, Head of Department, Pediatric Gastroenterology
7. **Professor Narayan Prasad**, Head of Department, Nephrology
8. **Dr. Alok Kumar**, Associate Professor, Molecular Medicine and Bio Technology
9. **Dr. Rohit Sinha**, Assistant Professor, Department of Endocrinology
10. **Professor Rakesh Kumar Gupta**, superannuated from Department of Radiology
11. **Professor U K Mishra**, superannuated from Department of Neurology
12. **Professor Rakesh Agarwal**, Department of

Gastroenterology and presently Director JIPMER, Puducherry

13. **Professor Vinay Kapoor**, superannuated from Department of Surgical Gastroenterology

Professor R K Dhiman, Director, SGPGI lauded the achievements of these scientists and congratulated the faculty members. Professor Dhiman, who also stars in the list of topmost scientists said, "SGPGI is acknowledged for patient care, clinical research and academics not only in the country but in the entire world. Today is the day of celebrations. It is a matter of pride that not only the senior faculty but also our new faculty with their perseverance, hard work and consistent efforts are doing wonders in such a short span of their career. Director SGPGI also hoped that the coming years would see more and more names from SGPGI on this list.

Dr. H. B. Dingley Memorial Award (2020) to Dr Akash Pandita

Dr Aakash Pandita working as Assistant Professor in Neonatology department at SGPGI bagged the prestigious Dr. H. B. Dingley Memorial Award (2020), a yearly National award organised by Indian Council of Medical Research (ICMR) New Delhi.



This award is given to best researcher of the country in the field of Paediatrics based on his overall research work and contribution in the field. He is the first Neonatologist of the country to receive this prestigious award.

Dr Aakash has been an active researcher, member and reviewer of National Neonatology forum guidelines and has several awards to his credit in the field of Neonatology. Dr Pandita has demonstrated and established various interventions in the field of Neonatology and Paediatrics. This includes demonstration for the first time of the safety, and effectiveness of Continuous Positive Airway Pressure (CPAP) to prevent need for mechanical ventilation in neonates with

respiratory distress due to meconium aspiration syndrome (MAS). He has also demonstrated a least invasive technique known as Sure (Surfactant without endotracheal intubation) for administration of surfactant in preterm neonates with respiratory distress which leads to decrease in death, decrease in need for mechanical ventilation and other complications among premature babies. In addition, he has reported the use of Kangaroo Mother Care (KMC) in alleviating vaccination pain in young Infants. Furthermore, he has demonstrated the effectiveness of single dose of a drug Theophylline in prevention of Acute Kidney Injury in Neonates with Birth Asphyxia. Lastly Dr Aakash has demonstrated for the first time in world literature the use of "Papaya leaf extract" to treat refractory neonatal thrombocytopenia due to neonatal sepsis. Respiratory distress and Sepsis are the leading cause of death in Indian Neonates.

Prof R K Dhiman, Director SGPGI has lauded Dr Aakash Pandita for his path breaking, effective research in the field of Neonatology. Prof RK Dhiman has also congratulated Dr Pandita for bagging this prestigious National award and bringing laurels to the state of Uttar Pradesh and the institution.

Dr. Kumudini Sharma, Professor and Head, Department of Ophthalmology, has been conferred the prestigious **Life time Achievement Award of Indian Neuro-Ophthalmology Society**. She has established the department of Ophthalmology with "state of art" facility for posterior and anterior segment disorders including Refractive, Strabismus and oculoplasty surgeries. She has established first Neuro-ophthalmology setup and started PDCC (Post Doctoral Certificate Course) in Neuro-ophthalmology and M.S. in Ophthalmology. She is the first Indian fellow of North American Neuro-ophthalmology Society and also the first Ophthalmologist to be awarded fellow of All Indian Collegium of Ophthalmology in Neuro-ophthalmology subspecialty.



Competition is good, but winning is better...Collage making competition for nurses on International Hand Hygiene Day !!

The Department of Neonatology is elated to announce that our nurses have won a collage making competition organised by the Central Zone- National Neonatology Forum. NNF held a collage competition on occasion of



International Hand washing Day (15th October) for nursing students and nurses working in neonatal and paediatric units. The theme of the competition was: 'Hand hygiene in Neonatal Practices'.

The nurses of our department showed active participation for the same and came up with myriad concepts and suggestions. The ideas were discussed amongst the nurses and doctors of the department. **Miss Jyoti** (Sister Grade 2) and **Mrs Agnes Lata Cecil** (Sister Grade 2) formed a team and created a captivating collage on the above mentioned theme. The coloured photograph of the collage was sent via email and WhatsApp to NNF as per provided



details. The results of the competition were declared on 27-10-2021 on the website of National Neonatology Forum and via email. Their hardwork paid off with them securing 3rd rank in the entire Central Zone and thus bringing laurels to the department as well as to the Institution.

They were felicitated in the 40th Annual Convention of National Neonatology Forum (NEOCON) held at Bangalore from 16th - 19th December 2021.

Together Everyone Achieves More....Go TEAM !!!

Department of Neonatology

Dr. Ujjala Ghoshal, Professor and Head, department of Microbiology, SGPGI, has been appointed as **ASM (American Society of Microbiology) Country Ambassador to Northern India**. ASM is the oldest and largest Association of Microbiology with over 30,000 members. Country Ambassadors are Senior Scientists, Doctors, Researchers who connect ASM members across the globe. She will be in this position from 01st January to 31st December 2024 and this is further extendable till December 2027. This will help in projecting local infectious disease problems at a global level. She will work along with the American Society for Microbiology in the field of Infectious disease related Research and Development.



Congratulations to the Best Resident Award winners. From their pens....

It brings me great joy to be conferred with the Best MD Resident award by the institute. My department has been like a family to me for 3 years, with **Prof. Rajendra Chaudhary** guiding and inspiring us along every step. SPGIMS amazes me with its unceasing pursuit of excellence and I hope I stay on the same path in my future endeavours.

Dr. Vasundhara Singh, Junior Resident, Transfusion Medicine

It is a great honour to receive the best resident award. It has been a dream come true to be a part of this prestigious Institute. Its innovative environment with a great academic culture has been a constant source of learning. I look forward to having the opportunity to fully contribute to the life of neurosurgery. I have special interest in minimally invasive cranial and spine surgeries.

Dr Vandan Raiyani, 3rd year, Senior Resident in Department of Neurosurgery.

“SGPGI Nephrology department has been home away from home for me. In my opinion, it is the best Nephrology department in the country



and that is why I travelled so far away to do my DM here. All three wings – i.e Patient care, research and academics are given adequate attention and that is what I enjoy the most in SGPGI. I am interested in Renal transplantation and will continue to work hard to gain from the expertise here and at the same time I will give back to the Institute by furthering research and patient care as Institute heads for a bigger and newer Renal transplant centre”

Dr. Jeyakumar Meyyappan Senior resident, 3rd year DM Nephrology

Low Cost Model of Hospital Pharmacy: A ray of HOPE !!!

Access to essential medicines, at affordable cost is part of the fulfillment of the right to the highest attainable standard of health, in short: the right to health. Unfortunately, millions of people across the globe go without the treatments they need. The price and unavailability of medicines are crucial factors. In India, almost all of the Govt. funded healthcare organizations entirely depend on Government budget for the procurement of basic medicines and consumables for the patients. There is no scope of extra budget to procure high cost medicines, Implants, IOL, Mesh, etc. Hence, all these items need to be bought by the patient from outside pharmacy at a very high and variable costs. Sometimes, due to the unavailability of these required items within stipulated time, many surgeries need to be postponed, increasing the length of stay at hospital, one of the major cause of developing the Hospital Induced Infections. These factors eventually increase the burden on patient's pocket. A low-cost model of Hospital Pharmacy deals with the procurement of Drugs and medicines, disinfectants, life-saving surgical goods, CSSD products and dressing materials, Implants, IOL, Vendor Managed Inventory (VMI), outsourcing of point of care services. First of all, it was designed and executed by SGPGIMS, Lucknow. It is a self-sustainable and unique model of its own type in the entire country and is now being adopted by many prestigious Government organizations like KGMU, Lucknow, Dr RMLIMS, Lucknow and KSSSCI & H, Lucknow, IGIMS, Patna & most recently at GIMS, Greater Noida.

Dr R. Harsvardhan, Head, Dept. of Hospital Administration, SGPGIMS, Lucknow and Medical Superintendent, Kalyan Singh

Super Specialty Cancer Institute & Hospital (KSSSCI & H), was requested to establish this self-sustainable model of Drug distribution at GIMS on lines of SGPGIMS. Subsequent to a series of visits/ on-line meetings, over a period of 18 months, this Low Cost Model of Hospital Pharmacy was established and was dedicated for patients.

In order to assess its real time impact, a study was conducted from May 2021 to October 2021 by Dr. R. Harsvardhan with his team, comprising of **Dr. Ruchi Kushwaha, Brig. (Dr) Rakesh Gupta, Dr. Shikha Seth** and **Dr. Anurag Srivastava** and it was observed that, over the duration of only four months, revenue generated per month for the hospital pharmacy was between INR 8000/- to 14000/- but at the same time there was a remarkable reduction in out of pocket expenditure of patient, between INR 63000/- to 2 Lakhs resulting in greater satisfaction among patients.

The above stated study, titled '**Technology to Heal: Building Synergies and Affordable Healthcare**' was presented at the International Conference “**SASH 2021**” (**Safe and Sustainable Hospital**) organised by the Department of Hospital Administration, Amrita Institute of Medical Sciences & Research Centre, Kochi in association with Academy of Hospital Administration, New Delhi, India, on 4th and 5th December 2021. The study received an overwhelming response and secured **2nd Position in the Best Research Paper competition under Faculty category.**

Dr. R. Harsvardhan, Head, Department of Hospital Administration

SGPGIMS, October-December 2021, Newsletter

Best Nursing Staff prize winners on 38th Foundation day



Myself **Rachana Mishra** Sister Grade 1 working in Neurosurgery ICU science 1999. I did BSc Nursing (Hons) from college of nursing Kanpur G.S.V.M in 1997, then I worked as Nursing

tutor in Muktsar Punjab for 2 years. During my ICU duties I have been actively involved in academic activities of department including clinical training of juniors and housekeeping staff of ICU. I have participated in various national and international conferences. I published a paper along with Dr Jayesh, Assistant professor, Neurosurgery : **A novel cost-effective pillow for prevention of an occipital pressure sore** in the journal Neurology India.

Hello everyone, I am **Sister Jyoti**. Thank you giving me this opportunity. I am currently serving as a Nursing officer from the day of joining (2014) in Sanjay Gandhi Post Graduate Institute of Medical Sciences Lucknow, Department Of Neonatology. I am passionate about my work, learning new skills, I believe in God, I believe in myself, I trust my intuition, I look for positivity in all things and follow my heart.



Mr Dhiraj Singh (Technical Officer), Department of Anaesthesiology and **Mr Sunil Tewari** (Medical Lab Technologist), Department of Transfusion Medicine were also rewarded on Foundation Day in recognition and appreciation of their Outstanding performance during year 2021!



Foundation Day Awards



Foundation Day Awards



723 Lucknowites Pledge Organs

A total of 723 Lucknowites have pledged their organs for transplantation with SOTTO (State Organ and Tissue Transplant Organisation). Nodal Officer, SOTTO, department of Hospital Administration, SGPGI, **Dr Harsvardhan** said this is the first time organs have been pledged under the exercise taken by them since September 1. He said when it comes to pledging organs, men are more in numbers but when in terms of actual live donation, women outnumber men.

Prof. R K Dhiman, Director, SGPGI has taken the initiative to create awareness towards Organ Donation by conceptualizing and encouraging series of programs and campaigns in Lucknow.



Mr Shiv Dayal Singh Gusain, ANS (Assistant Nursing Superintendent), Cardiac Cath lab was felicitated and awarded a certificate by **Prof. Aditya Kapoor**, Head, Cardiology, SGPGI and **Dr. Yash Lokhandwala** from Mumbai, for successful completion and passing the examination of **Cardiac Rhythm Devices Specialist Training program** conducted by Indian Heart Rhythm Society (IHRS) in August-September 2021.

SGPGI Initiative For Women's Health



A series of day-long activities took place on 31st October 2021 to create awareness about breast and cervical cancer and its early detection to conclude a month long SGPGI Breast Health Programme.

SGPGI in association with 'Pedalyatri' a leading cycling enthusiasts group organized a *Cyclathon* to create awareness about early detection and treatment of breast cancer. About 80 cyclists assembled at Governor house wearing pink t-shirts carrying message of Early Detection and Treatment of Breast Cancer and with pink balloons tied to their bicycles.

Governor of UP, **Hon'ble Smt. Anandi Ben Patel** addressed the gathering. She expressed her concern for women health in our country and said that women themselves need to take care of their health as their care translate into the care of entire family and society. She informed that same kind of awareness program related to women health were initiated by her in Gujarat also.

The rally was flagged off by the Governor. Cyclists were led by President of Pedalyatri Group **Shri Rajesh Kumar Verma**, Cardiologist of SGPGI **Prof Sudeep Kumar**, Vice President **Shri Vaibhav Rastogi**, Secretary **Shri Anand Pandey** and **Dr Ajoy Tewari**. Around 25 female cyclists lead by **Ms Pushpa Verma, Riya, Prathishta, Reeta Maurya, Aishwarya Murya, Saloni Seth** took the pole position.

Rally proceeded to Rumi Darwaza where ladies took pledge for regular self examination. Later this rally continued to SGPGI hobby center covering all the major areas of city spreading the message of Women health along the way.

A Walkathon was also organized under the aegis of SGPGI Breast Health Program, as part of the "Walk to Raise Breast Cancer Awareness" on this day. The event was flagged off by Director, **Prof R K Dhiman**, **Dr Praveena Dhiman**, **Prof Gaurav Agarwal** (Professor of Endocrine and Breast Surgery SGPGI) and the team of Breast & Cervical Cancer Awareness and Early Detection Program

(BCCAEDP) at 7 AM from the Hobby Centre, SGPGI. More than 150 fitness enthusiasts from all cadres of the SGPGI family participated actively in this health initiative. The theme of the day was pink, a colour synonymous with breast cancer awareness. All attendees were given pink T-shirts, pink caps and pink face masks, highlighting not only the need for breast cancer awareness but also keeping in mind COVID norms.

Carrying banners emphasizing the importance of breast cancer detection and awareness, the walkers completed a 6 km loop around the campus. They were joined at the Hobby center by avid cyclists. All the walkers and cyclists were felicitated with mementoes.

In the afternoon, a breast examination training session was organised at Mohanlalganj block. Community health workers, ASHA, Anganwadi and ANM actively participated in the training program. Around 100 community health workers participated in the training program.

Director, SGPGI **Professor R K Dhiman** emphasised the need for awareness and early detection of the disease.

Once they are trained, these ASHA workers will go door to door and take leadership role to screen all women in 35 to 65 year age group for breast and cervical cancer over the next 2 years so that no one would be missed. **Dr Shagun Mishra, Prof Namita Mohindra**, Members of BCCAEDP were also present.

Smt. Anandi Ben Patel, Hon'ble Governor of UP blessed the participants virtually and informed that screening programme for breast and cervix was initiated at Governor house and 50 women were screened by SGPGI team.

Professor Gaurav Agarwal, CMS, SGPGI, **Tehsildar Shri Rajesh Vishwakarma**, ADO **Shri Pradeep Kumar** and Superintendent, CHC, Mohanlalganj, **Dr Jyoti Kamle** also graced the occasion.



Blood Donation on occasion of SGPGI Foundation day 2021 by SGPGI employees "Donate blood and be the reason of smile to many faces"



Upcoming : Department of Nephrology, SGPGIMS
Invites participation in Awareness program on World Kidney Day on March 10, 2022

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