



Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow

Newsletter

An Inhouse Publication

Issue- 4, October - December 2024



Celebrating 41st Foundation Day

SGPGIMS Celebrates 41st Foundation Day – 14 December 2024



The 41st Foundation Day of Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS) was celebrated with great enthusiasm, commemorating the institute's journey of excellence in education, training, and research. The occasion also recognized the invaluable contributions of the staff members who have played a pivotal role in shaping the institute over the years.

The celebrations commenced with the traditional lighting of the lamp and a soulful Saraswati Vandana, setting a reverent tone for the day. Director, Professor R.K. Dhiman, presented the annual report of the institute, highlighting key milestones and accomplishments over the past one year.

The Foundation Day Oration was delivered by Dr Geetanjali Batmanbane, Pro Vice-Chancellor of Medical Sciences at the GITAM Institute of Medical Sciences and Research (GIMSR), Visakhapatnam. Her inspiring address captivated the audience as she emphasized the vital role of teachers, researchers, and students in driving the institute's mission forward. She lauded their depth of knowledge, commitment to training, and contributions to society. Dr.

Batmanbane also acknowledged the unwavering dedication of paramedical, technical, and support staff in fostering the institute's continued growth.

Expressing concern over the declining curiosity among students, she noted that "medical journals are now competing with reels and online distractions." She urged educators to remain lifelong learners in a rapidly evolving clinical and academic landscape.

A major highlight of the day was the presence of Hon'ble Chief Minister Shri Yogi Adityanath ji, who felicitated Dr. Padmanabhan with a commemorative oration plaque and unveiled the Institute's Coffee Table Book. He also presented awards for best research based on projects showcased during the 5th Institute Research Day held on 13th December. Awards were also conferred upon outstanding individuals across various categories, including Best Technician, Best Nursing Officer, Best Senior Nursing Officer, Best MD student, Best MCh student, and Best DM student. The recipients were elated to receive the awards directly from the Hon'ble Chief Minister.

Congratulating the SGPGI family for over four decades of excellence, the Chief Minister remarked that the institute is now setting new benchmarks for medical education across the state. He highlighted the importance of the next five years for the institute's development journey, noting that SGPGIMS is the first medical institute in the state to receive ₹1500 crore in CSR funding. He emphasized the vital role of technology in healthcare and called for greater public awareness around organ donation.

Reflecting on the institute's role during the



COVID-19 pandemic, he recalled the formation of a state-level advisory committee led by Professor Dhiman and the use of Tele-ICUs to support patients across 75 districts of the state. “Establishing SGPGI as a center of excellence is our vision,” he declared, “and for that, we must accelerate our efforts.”

The event was graced by several dignitaries, including Hon’ble Deputy Chief Minister Shri Brajesh Pathak ji, Minister of State for Medical Education Shri Mayankeshwar Sharan Singh ji, and Principal Secretary of Medical Education Shri Parth Sarathi Sen Sharmaji.

Shri Mayankeshwar Sharan Singh ji extended heartfelt Foundation Day greetings and expressed his appreciation for the tireless efforts of the paramedical staff. Speaking at the event, Deputy Chief Minister Shri Brajesh Pathak ji announced the proposed establishment of a “Happy Life Center” at SGPGI. This center will aim to train youth in adopting nature-aligned lifestyles, balanced diets, and practices to support both physical and mental well-being, with the broader goal of reducing the nation’s disease burden.

The formal ceremony concluded with a vote of thanks delivered by Dean, Professor Shaleen Kumar.

Earlier in the day, the celebrations

began with a voluntary blood donation camp organized by the Department of Transfusion Medicine. Nutrition packs and greeting cards were also distributed to admitted patients, spreading warmth and care.

A tree plantation drive was conducted on campus, reaffirming the institute’s commitment to a “Clean, Green Campus.” Director Professor R.K. Dhiman, Dr. Geetanjali Padmanabhan, and officials from the gardening and engineering departments actively participated in the initiative.

The 41st Foundation Day was not just a ceremonial observance but a proud milestone in SGPGIMS’s journey – a celebration of its legacy and a reaffirmation of its future, carried forward by every member of its vibrant and committed community.





An introduction to Dr. Gitanjali Batmanabane: Foundation Day Orator, 14 December 2024, SGPGIMS

Dr. Gitanjali Batmanabane MD, PhD the Pro Vice-Chancellor of Medical Sciences at the GITAM Institute of Medical Sciences and Research (GIMSR), an eminent medical educator and visionary leader, graced the 41st Foundation Day of SGPGIMS as the distinguished orator. With an illustrious career spanning several decades, she has made remarkable contributions to medical education and healthcare administration. Dr. Batmanabane served with distinction at the Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry, and later held the prestigious position of Director at the All India Institute of Medical Sciences (AIIMS), Bhubaneswar. Her career is a testament to academic excellence, strategic leadership, and an enduring commitment to advancing healthcare systems in India. Her presence at the Foundation Day celebrations inspired the audience and added great value to the occasion.

Dr. Batmanabane brings decades of distinguished academic experience from her tenure at the Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry, and later as Director of AIIMS Bhubaneswar. She exemplifies a unique blend of scholarly excellence, leadership expertise, and an unwavering dedication to transforming healthcare."

Dr. Gitanjali Batmanabane did her undergraduate and postgraduate training from the Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry and her Ph.D. from Pondicherry University. She was the Director of the All India Institute of Medical Sciences, Bhubaneswar and also held additional charge of AIIMS Patna as Director previously.

Presently she is the mentor Director for AIIMS Kalyani and AIIMS Guwahati. Prior to joining AIIMS Bhubaneswar, she was Senior

Professor and Head of Pharmacology at JIPMER. For a brief span of two years (from 2010 to 2012), she worked as Technical Officer, Essential Medicines & Other Drugs, at the World Health Organization, South East Asia Regional Office, New Delhi and coordinated the Better Medicines for Children project in India. She was a member of the National Teacher Training Centre core-group at JIPMER and was Head of the Dept. of Medical Education at JIPMER. She is a member of the World Health Organization's (WHO) Expert Committee on the Selection and Use of Essential Medicines and is also a member of the WHO Expert Advisory Panel on Drug Evaluation. She was Head of the WHO Collaborating Centre for Research and Training in Essential Medicines and Rational Use of Medicines at JIPMER. She has conducted many workshops on Elementary Biomedical Statistics, Research Methodology and Biomedical Communication all over India. Her area of interest is essential medicines and rational use of medicines and medical education. She has many publications in national and international journals.



5th Research Day SGPGIMS

5th Research Day was observed at SGPGIMS with enthusiasm. The tradition, initiated in 2020 under the leadership of the current Director, Prof. R.K. Dhiman, aims to foster a culture of research and innovation within the institute.

Research plays a vital role in delivering quality healthcare tailored to local needs at an affordable cost. It also serves as a foundation for innovation and practical application, supporting the national vision of promoting indigenous development and self-reliance in healthcare solutions.

This year's Research Day saw the submission of nearly 300 posters, including over 200 by students and around 100 by faculty members. These were evaluated by senior faculty from prestigious institutions such as KGMU, RML, KSSCI, CSIR, CDRI, and IITR. In recognition of outstanding work, 19 awards were presented to faculty members, and 24 awards were given in the student category.

The keynote address was delivered by Dr. Ketan Rajawat, Associate Professor in the Department of Electrical Engineering at IIT Kanpur, who spoke on the transformative role of Artificial Intelligence in healthcare.

Prof. R.K. Dhiman expressed his satisfaction with the growing enthusiasm and awareness around research at SGPGI. He noted a significant increase in the number of poster submissions compared to previous years, reflecting a strengthened research culture. He also highlighted that this growth has positively impacted both intramural and extramural research funding at the institute.



5th Research Day Awards

Faculty Medical Category

1. Prof. Narayan Prasad, Nephrology, Professor
2. Dr. Durga Prasanna Misra, Clinical Immunology & Rheumatology, Additional Professor
3. Dr. Ruchika Tandon, Neurology, Associate Professor
4. Dr. Arshad Nazir, Cardiology, Assistant Professor

Faculty Surgical Category

1. Dr. Anant Mehrotra, Neurosurgery, Professor
2. Dr. M. Ravi Shankar, Neurosurgery, Additional Professor
3. Dr. Pawan Kumar Verma, Neurosurgery, Associate Professor
4. Dr. Ashutosh Kumar, Neurosurgery, Assistant Professor
5. Dr. Soumen Kanjilal, Neurosurgery, Assistant Professor

Student Medical Published Category

1. Dr. Sourya Sourabh, Mohakuda, Nephrology SR
2. Dr. Dhiraj Kumar, Neurology SR

Student Surgical Published Category

1. Dr. Abhishek Halder, Neurosurgery SR
2. Dr. Nidhin Das K, Neurosurgery SR
3. Dr. Pooja Tataskar, Neurosurgery SR

Student Pre/Para/Basic Published Category

1. Dr. Suraj Singh, Stem Cell Research Center, Department of Hematology, PhD
2. Dr. Biswajit Sahoo, Molecular Medicine and Biotechnology, PhD
3. Dr. Shashank Mathur, Molecular Medicine and Biotechnology, PhD

Faculty Pre/Para/Basic Category

1. Dr. Khaliqur Rahman, Hematology, Professor
2. Dr. C. P. Chaturvedi, Stem Cell Research Center, Department of Hematology, Additional Professor
3. Dr. Anshika Srivastava, Medical Genetics, Associate Professor

Faculty Clinical vignette Category

1. Prof. Zia Hasim, Pulmonary Medicine, Professor
2. Dr. Ankur Mandelia, Pediatric Surgical Super specialties, Additional Professor
3. Dr. Sumit Sachan, Anesthesiology, Associate Professor
4. Dr. Sunil Kumar K., Neonatology, Assistant Professor

New Faculty Award Category

1. Dr. Jey Kumar Meyyappan Nephrology Assistant Professor
2. Dr. A. Haseena, Medical Genetics, Assistant Professor
3. Dr. Nidhi Singh, Anesthesiology, Assistant Professor

Student Clinical Vignette Published Category

1. Dr. Lakshmi Priya, T. R Endocrinology, SR
2. Dr. Mahammad Firoz Nizami, Neurology, SR
3. Dr. Nishant Agarwal Pediatric Surgical Superspecialities, SR
4. Dr. Rahul Goel, Pediatric Surgery, SR

Student Medical Un-Published Category

1. Dr. Peeyush Mishra, Nephrology SR
2. Dr. Srinivas Srinidhi Vadlapudi, Pediatric Gastroenterology SR
3. Dr. Richa Tyagi, Pulmonary Medicine SR
4. Dr. Tooba Qamar, Clinical Immunology & Rheumatology PhD

Student Surgical Un-Published Category

1. Dr. Rinelle Mascarenhas, Endocrine Surgery SR
2. Dr. Nazrin Hameed, Neurosurgery SR
3. Dr. Dibya Priyadarsini Behera, Endocrine Surgery SR

Student Pre/Para/Basic Un-Published Category

1. Dr Sherya Srivastava, Pathology PhD
2. Dr. Prankrishna Kakati, Stem Cell Research Center, Department of Hematology PhD
3. Dr. Priyanka Yadav Endocrinology PhD

Student Clinical Vignette Un-Published Category

1. Dr. Shruti Bansal, Radiotherapy SR
2. Dr. Tarun Kumar, Pediatric Surgical Superspecialties SR
3. Dr. Devansh Gupta, Critical Care Medicine SR
4. Dr. Krishanu Mukhoti, Pulmonary Medicine SR

41st Foundation Day Awards

Certificates Of Appreciation

1. Dr. Perna Kapoor, Physician, General Hospital, Chief Editor, SGPGIMS, Newsletter
2. Dr. Devendra Gupta, Professor, Department of Anesthesiology, Green Environment Initiative

Best J.R Student Awardee

1. Dr. Esther Owk, Anesthesiology

Best Nursing Staff Awardees

1. Mrs. Aneeta, Senior Nursing Officer, Gastroenterology
2. Ms. Hemlata, Nursing Officer, Cardiology

Best Technician Awardees

1. Mr. Sunil Kushwaha, Junior Medical Technologist, Radio diagnosis
2. Mr. Sanjay Prajapati, Medical Laboratory Technologist, Clinical Immunology & Rheumatology

<p>एनएलआर से ब्रेन स्ट्रोक की गंभीरता का लम्बा पता</p>  <p>ब्रेन स्ट्रोक अर्थात सेरब्रेन की रक्तिका टूटने के मूलभूत, न्यूट्रोफिल और लिम्फोसाइट के अंतर्गत इस्केमिक ब्रेन स्ट्रोक की गंभीरता का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है।</p>	<p>एनएलआर में शुरू की एक पेटन की रिपोर्टिंग</p>  <p>एनएलआर में शुरू की एक पेटन की रिपोर्टिंग। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है।</p>	<p>डिजिटल एक्सरे से भी स्तन कैंसर की पहचान</p>  <p>डिजिटल एक्सरे से भी स्तन कैंसर की पहचान। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है।</p>	<p>छोटे घरे से रबड़नल ट्यूमर का इलाज संभव</p>  <p>छोटे घरे से रबड़नल ट्यूमर का इलाज संभव। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है।</p>	<p>फंगस भी निमोनिया का कारण</p>  <p>फंगस भी निमोनिया का कारण। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है। यह अत्यंत गंभीर में इस्केमिक ब्रेन स्ट्रोक का अंकुश है।</p>
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The best way to predict the future is to invent it."- Alan Kay

"It always seems impossible until it's done." - Nelson Mandela

The newly constructed Advanced Diabetic Center, Tele ICU, Saloni Heart Centre (1st phase) and Hostel for students of College of Medical Technology, SGPGI were inaugurated by the Hon'ble Chief Minister of Uttar Pradesh Shri Yogi Aditya Nath on October 22, 2024.

The function took place in the CV Raman auditorium of Lecture theatre. Chief Secretary, Shri Manoj Kumar Singh delivered the welcome address. Welcoming the distinguished guests, he said that SGPGI is the best example of clinical facilities and supportive services which other hospitals can follow.

This was followed by the presentation of a detailed report of the facilities by Prof R K Dhiman, Director, SGPGI. (Report attached) He expressed his gratitude and thankfulness to the government of UP for extending full support in completing the target within record time.

Mrs. Mrinalini Seth, Founder and President, Saloni Heart Foundation, USA addressed the august gathering. She said that she is happy to see a dream taking shape in reality.



A M e m o O f Understanding was signed and exchanged between Director SGPGI, Professor R K Dhiman and Director, Saloni Heart Center (Centre of Excellence) Mrs. Mrinalini Seth in the dignified presence of Hon'ble Chief Minister Yogi Adityanath.



Shri Mayankeshwar Sharan Singh, State Minister, Medical Education, Medical Health and Family Welfare, Mother and Child Welfare, Govt. of UP said that Saloni Heart Center would place Lucknow on the World map as it is going to be the largest Pediatric heart center across the globe.



Shri Brijesh Pathak, Deputy CM and Cabinet Minister, Medical Education, Medical Health and Family Welfare, Mother and Child Welfare, Government of Uttar Pradesh said that SGPGI is the world class tertiary care center. He lauded the spirit of Seth couple who even after losing their daughter to congenital heart disease



Inauguration of Tele ICU

thought of this project to facilitate the treatment of children with heart ailments.

Hon'ble Chief Minister, Yogi Adityanath blessed the august audience with his kind words. He congratulated SGPGI for receiving a gift of Advance Diabetic Center, Saloni Heart Center (first phase), Tele ICU and CMT hostel just before Diwali. He said that presently 64 districts have Medical colleges in UP. His Government is dedicated to open one medical college in every district of Uttar Pradesh to provide medical facility to people at their native place. He also spoke about the success of complete eradication of Encephalitis eradication in Eastern UP. He also appreciated the concept of Tele ICU which came into existence during Covid pandemic. Now, it will help to facilitate the treatment of very sick patients admitted in these six medical colleges.



Hon'ble Chief Minister thanked the Director, Saloni Heart Foundation and Director SGPGI for Saloni Heart Centre which was initiated during the Global investors summit. It was their mutual and fast interactions that we are here with the inauguration of the first phase of Saloni Heart Center. He thanked Dr V Mohan Reddy, Head Pediatric Cardio thoracic surgery unit California University for extending all clinical help.



On an average, 15000 is the footfall of patients and their attendants visiting SGPGI daily This brought the idea of Rainbasera for 1000 attendants of patients visiting SGPGI. Hon'ble Chief Minister concluded with Deepawali wishes to all.

Dean, Professor Shaleen Kumar, proposed the vote of thanks.

HDU inauguration

Inauguration of 12 bedded High Dependency Unit (HDU) and Seminar Room in the Department of Orthopaedics at Apex Trauma Centre , SGPGIMS , Lucknow took place on 9th Dec 2024 Professor , Dr R K Dhiman , Director SGPGI ,was the Chief Guest



The newly established Department of Orthopaedics inaugurated its dedicated High Dependency Unit and a Seminar Room on Monday, 9th December 2024.

This High Dependency Unit will serve as a crucial bridge between general ward care and intensive care, ensuring that patients who have undergone orthopaedic procedures receive the highest level of attention during their recovery. With state-of-the-art equipment and a dedicated skilled team, we are poised to make significant strides in patient management.

The Seminar Room will be utilized for educational training and research activities within the department.

The inauguration was done by our esteemed Chief Guest, Prof Dr. R K Dhiman, Director of SGPGI, who played a key role in establishing HDU and the seminar room. During the inauguration ceremony, distinguished guests, including Dr Arun Srivastava ,Incharge Apex



Trauma Centre , Dr R Harsvardhan ,AMS ATC , esteemed faculty members and other healthcare providers working in Apex Trauma Centre , gathered to celebrate this significant milestone.

The event featured an address by Dr Pulak Sharma , Faculty Orthopaedics , who emphasized the critical role of advanced facilities in enhancing patient care and developing an environment conducive to learning. The High Dependency Unit is equipped with state-of-the-art technology and resources designed to support intensive monitoring and intervention for patients



requiring focussed medical attention. This unit will not only improve patient outcomes but will also serve as a training ground for residents and medical students seeking hands-on experience in trauma care.

Additionally, the Seminar Room will facilitate organisation of programs aimed at promoting

continuous professional development among staff members. It will be utilized for interdisciplinary collaboration where innovative research can be discussed and new methodologies in orthopaedic practice can be shared. As we move forward with these enhancements, we remain committed to our mission of providing exceptional healthcare services while advancing knowledge within the field of orthopaedics.

Dr Pulak Sharma
Associate Professor
Department of Orthopaedics
Apex Trauma Centre
SGPGI



Knee injuries helpline

Understanding ACL(Anterior Cruciate Ligament) Injuries

Knee ligament injury is a common injury that occurs in young and active age group of people . In this article we will talk in brief about the cause and symptoms of ACL injury. We will also talk in brief about the difficulty faced due to ACL injury .

Apart from the information shared , if you have any further queries , please feel free to contact the Helpline number 9151119382 (only by WhatsApp).

Knee is one of the most important joints in the body . To perform optimally the knee joint needs to be stable . The knee is provided stability by a number of structures for example ligaments , tendons and muscles . Due to these stabilizing structures the knee remains in places while performing all activities . Ligaments contribute to a major portion of stability . Some of the ligaments are inside the knee joint some while some are outside .(Fig 1)



Fig 1: Some important Ligaments of Knee

Anterior Cruciate ligament or commonly known as ACL is a one of the major stabilizing structures , situated inside the knee joint . This ligament connects the femur bone with the tibia bone . It serves to provide stability to the knee especially

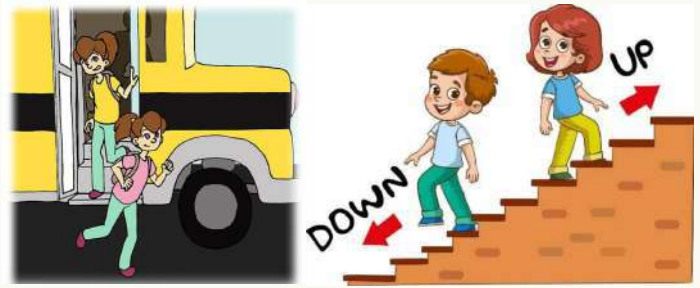


Fig 2 : Common activities in which ACL provides stability to knee

during common day to day movements like getting off from a bus or coming down from stairs or walking on uneven surfaces. (Fig 2)

Patients with ACL injury get a feeling of Giving way of the knee and are not able to bear full weight and perform heavy duties . Patients may get ACL injuries during fall from their vehicles , or while playing sports which involve sudden stops, changes in direction, or jumping and landing .



Fig 3 : Knee immobilizer
Immediately after injury the patient will experience pain swelling and difficulty in getting up and walking. During this time a person should take pain relieving medicines and use a long knee immobilizer. (Fig 3)

The acute symptoms usually subside in 2 -3 weeks after that the person experiences instability while walking , unable to bear weight on the affected leg or unable to perform activities involving exertion. If the person does not get the condition surgically corrected then there is chance of damage to other areas of the knee like meniscus, cartilage etc. and also faster

degeneration of the knee and development of osteoarthritis. (Fig 4)

ACL Tear is treated by arthroscopy and with minimum blood loss and small incision, the new ligament can be reconstructed. (Fig 5)



Fig 4: Consequence of untreated ACL injuries



Fig 5: ACL reconstruction using arthroscopy

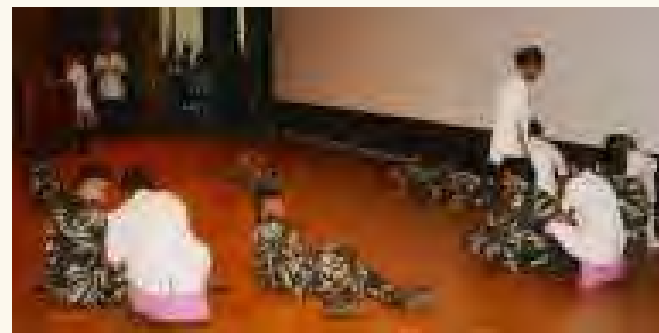


LINK TO THE FULL VIDEO : <https://youtu.be/K8WInkrV1FM>

Dr Pulak Sharma

Associate Professor, Department of Orthopedics

College of Nursing SGPGIMS: Lamp Lighting Ceremony



Shoulder And Elbow Rehabilitation Clinic By Physical Medicine And Rehabilitation Department At Apex Trauma Center, Sgpgims

Every Tuesday, From 9 Am Onwards, Apex Trauma Center- OPD Room # 3

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, the 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 the *future of medicine*. The department has facilities for USG guided regenerative therapies like Platelet rich plasma injections and Prolotherapy. This treatment involves stimulating the 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 the 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.

*Dr Siddharth Rai, Associate Professor,
Physical Medicine and Rehabilitation Apex Trauma Centre*

Centre of Excellence, Biosafety Level 3 Culture Drug Susceptibility Testing and Molecular Next Generation Sequencing Tuberculosis Laboratory inaugurated : Moving towards a TB free India

The Centre of Excellence, Biosafety Level 3 Culture Drug Susceptibility Testing and Molecular Next Generation Sequencing Tuberculosis Laboratory was inaugurated on 27th December 2024 at SGPGIMS.



Dr Richa Mishra is the Nodal Officer and In charge of the laboratory which has been built under the able

guidance of Director DR. R.K. Dhiman over an area of 3000sq feet at an approximate cost of 3.5 crore rupees. On this occasion an MOU was also signed between Indian Oil Corporation Limited UP State Office 1 (UP SO 1) & SGPGIMS under the CSR (Corporate Social Responsibility) initiative.

The event was presided over by Padamshri Director DR. R.K. Dhiman and attended by General Manager CSR IOCL UPSO1 Shri Atul



Kapur, DR Alok Nath, HOD Pulmonary Medicine, State Tuberculosis Officer (STO) Dr. Shailendra Bhatnagar, Dr Prerna Kapoor, Nodal Officer, NTEP, SGPGI and District Tuberculosis Officer, Dr. Atul Singhal.

Dr. RK Dhiman said that the fully equipped State of the Art lab, with the most recent molecular diagnostic techniques will provide a huge impetus to the goal of eliminating TB by 2025 in the state of Uttar Pradesh. It will benefit not only the patients being referred to SGPGIMS but will also become the apex lab for difficult to treat drug resistant patients from several districts of UP.

Dr Richa Mishra told that the lab is the first of its kind in UP and as a Centre of Excellence for Tuberculosis it is equipped with the most recent molecular diagnostic tests at par with any lab in

the world. Apart from the culture and automated drug susceptibility testing the lab has the fully automated facility for expanded testing to all the first line anti-tubercular drugs through the Line Probe and XDR CBNAAT assay. The Next Generation Sequencing technology that is being established through the generous support of IOCL SO1 is the most recent and the first to be established in the State of UP. It is approved by World Health Organization as the most recent molecular technique for comprehensive testing of Drug Resistant tuberculosis patients and accurate tailoring of treatment.

Shri Atul Kapoor told about the support of IOCL through CSR head in the healthcare sector especially for tuberculosis and cancer care.

*Professor Richa Mishra ,
Nodal Officer BSL3 C-DST & Molecular Tuberculosis Lab*

Welcome new faculty members

"Embracing new beginnings ! Welcome to our new faculty members, ready to inspire and lead the way!"

Faculty Forum, SGPGIMS organized a Welcome Get-Together for the new faculty members in the institute (2023 and 2024) on 23 Nov 2024 in the Lecture Theatre complex. This provided a great opportunity for new faculty members to meet everyone, get acquainted with the new work environment and to settle in.

Objective of the get together was to let the newly joined faculty members feel welcomed in the institute, learn about their roles, responsibilities, rights and privileges as a faculty member.



Faculty Forum Secretary Dr Puneet Goyal and President Dr Amitabh Arya addressed the gathering and along with executive members Drs Amit Keshri, Amit Rastogi, Rachna Agarwal, Kuntal Kanti Das and Rupali Awale welcomed Faculty members with Rose Buds. New Faculty members briefly introduced themselves by mentioning about their educational and training background, research and clinical areas of interest and their extra-curricular activities. Anchoring of the program was done by Drs Rachna and Rupali Awale.

Dean Prof Shaleen Kumar and Executive Registrar Lt Col Varun Bajpai graced the occasion. Sub Dean Faculty Dr Khaliqur Rehman made a short presentation about perks and privileges available to faculty members. Program was attended by senior faculty members like Drs Aditya Kapoor, Shubha Phadke, Anu Behari, Banani Poddar, Archana Gupta, PK Pradhan, Rajneesh Singh, Afzal Azim etc.



The Forum along with all Faculty members of SGPGIMS thanked the new members for bringing with them a treasure of expertise, unique experiences and most importantly their commitment to this institute in order to shape the future of healthcare.

*Dr Puneet Goyal, Professor,
Anesthesiology & Intensive Care and Secretary,
Faculty Forum*

Historic Medical Breakthrough: First Ever Transvesical multiport Robotic Radical Prostatectomy Performed at SGPGIMS

In a landmark achievement for medical science and a beacon of hope for prostate cancer patients worldwide, Dr. Uday Pratap Singh and his team at Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow, have successfully performed the world's first transvesical multiport robotic radical prostatectomy on 26/06/2024. This groundbreaking surgery marks a significant milestone in the field of urology and robotic surgery, promising improved outcomes for patients.

A Pioneering Procedure

The transvesical robotic radical prostatectomy is a novel surgical technique that involves the removal of the prostate gland through the

bladder using robotic assistance. This approach is less invasive compared to traditional methods, offering numerous benefits to patients, including faster recovery times, reduced postoperative pain, and minimized risk of complications.

Benefits of the Technique

The most notable advantage of this pioneering procedure is its impact on postoperative recovery, specifically concerning incontinence and sexual function. Patients undergoing transvesical robotic radical prostatectomy are likely to experience an earlier return of continence and sexual function, significantly enhancing their quality of life post-surgery.

***Early Return of Continence*:** Traditional prostatectomy techniques often result in prolonged periods of incontinence. However, the transvesical approach minimizes damage to the surrounding tissues and nerves, enabling patients to regain bladder control much sooner.

***Improved Sexual Function*:** Preservation of sexual function is a critical concern for many prostate cancer patients. The precision and minimally invasive nature of the robotic transvesical technique help preserve the neurovascular bundles responsible for erectile function, leading to a quicker and more complete recovery of sexual health.

Expert Commentary

Dr. Uday Pratap Singh, expressed his optimism about the potential of this technique to transform prostate cancer treatment. "This is a significant step forward in the surgical management of prostate cancer. Our goal is to provide patients with the best possible outcomes, and the transvesical robotic radical prostatectomy offers a promising new pathway to achieve that," Dr. Singh stated.

Global Implications

The successful execution of this surgery, not only underscores the institute's commitment to advancing medical science but also places India

at the forefront of innovative cancer treatments. The global medical community is watching closely, with expectations that this technique could soon become the new standard of care for prostate cancer surgeries.

Future Prospects

As more data becomes available and further refinements are made, the transvesical robotic radical prostatectomy is poised to revolutionize the field of urology. Ongoing studies and clinical trials will be crucial in validating the long-term benefits and potential applications of this technique.

Conclusion

The first-ever transvesical robotic radical prostatectomy performed by Dr. Uday Pratap Singh and his team at SGPGIMS, Lucknow, represents a historic advancement in medical science. This innovative procedure promises to enhance the lives of countless prostate cancer patients, offering quicker recovery times and improved postoperative quality of life. As the medical community continues to embrace and refine this technique, its impact is expected to be profound and far-reaching.

Dr Uday Pratap Singh

Additional Professor, Department of Urology
and Renal Transplantation



National Newborn Week 2024 Celebrated with Enthusiasm by the Department of Neonatology, SGPGIMS

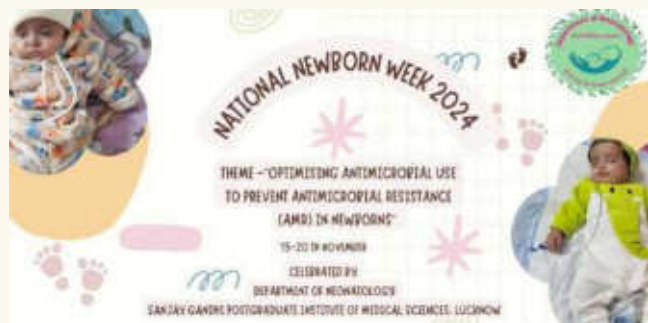
The Department of Neonatology at SGPGIMS, Lucknow, celebrated National Newborn Week 2024 with great



energy and participation from all quarters. The week-long celebrations, held from 15th to 21st November, were centered around this year's theme: "Optimizing Antimicrobial Use to Prevent Antimicrobial Resistance (AMR) in Newborns."

The week saw a variety of vibrant and engaging activities, creating a lively atmosphere and leaving a lasting impact:

- The event witnessed **active participation from parents**, who engaged enthusiastically in the programs.
- The **nursing staff and residents played a key role**, actively participating in the week-long teaching sessions, which were both educational and interactive. They also contributed creatively by **dressing newborns in stylish attire**, adding a delightful touch to the celebrations.
- A **plantation drive**, led by the HOD, highlighted the department's commitment to sustainability and holistic health.



The highlight of the celebrations was a **special event on 18th November at the H.G. Khurana Auditorium**. The program was graced by eminent dignitaries, including **Dr. Vimal Paliwal, Medical Superintendent** and **Dr. Prabhakar Mishra, Sub Dean**, who addressed the gathering and emphasized the importance of newborn care. Key highlights of the program included:

- A **welcome address** by Dr Kirti Naranje
- A **talk on normal newborn care** and post-discharge support delivered by **Dr. Akanksha Verma**.
- An interactive **vaccination drive**, which educated parents and caregivers on the importance of immunization.
- A joyful **cake-cutting ceremony and gift distribution**, bringing smiles to the families of newborns.

The week-long celebration was lively and engaging, with **parents, staff, and residents all participating enthusiastically**. The creative efforts, interactive sessions, and joyous activities made it a memorable event for everyone involved.





Dr Akanksha Associate Professor Neonatology

11th Annual Conference of UP State Chapter of Association of Gynaecologic Oncologists of India (UPSC AGOI)

Prestigious 11th annual Conference of UP State Chapter of Association of Gynaecologic Oncologists of India (UPSC AGOI) held at Telemedicine SGPGIMS, Lucknow on 9th November 2024.



This was a dedicated conference to discuss and understand the various aspects of gynaecological cancers in women. Gynaecological cancers are among the most common cancers in

women and are also on a rising trend. Hence this is an important public health issue. Due to the lack of cancer awareness, variable pathology, and lack of proper screening facilities in developing countries such as India, most women report at advanced stages, adversely affecting the prognosis and clinical outcomes.

Eminent oncologists from different part of country like Dr S .K Giri,, Dr Bhagyalaxmi Nayak, Dr Satinder Kaur, Dr Rajgopalan, Dr Biswajit dash Dr Bindiya deliberated on various aspects of gynaecological cancers and shared their views and latest knowledge on the subject during the conference. Dr Anita Agarwal from Canada gave her deliberation online. This one day conference was



attended by approximately 200 delegates. A G O I past presidents , Dr Sushil Kumar Giri were awarded

with 'Guest of Honour". Special enthusiasm was seen amongst younger gynaecologists who attended in large numbers and participated in various competitive events. This knowledge and skill learned in this conference will help in the improvement of women's health services at various levels.



Dr Anju Rani

Organizing Secretary,
Consultant Gynaecologist, General Hospital

“Pink October”

Breast Cancer Awareness Events and Activities at SGPGI

October is observed as “Breast Cancer Awareness Month” globally. This October the SGPGI Breast Health program of the Department of Endocrine Surgery carried out a series of awareness activities. On October 26, 2024, SGPGI hosted a highly impactful Breast Cancer Awareness Program at the C V Raman Auditorium in Lucknow, drawing approximately 300 participants, including esteemed doctors and community members. The event began with registration at 2:00 PM, where attendees were greeted with exclusive white and pink t-shirts, symbolizing their support and unity in the fight against breast cancer. The program officially commenced with a warm welcome, followed by an inspiring lineup of talks from our distinguished speakers. Prof. Gaurav Agarwal delivered an insightful presentation on the importance of breast cancer awareness, emphasizing the need for education and early detection to save lives. Dr. Sabaretnam M. then took the stage to provide a comprehensive guide on performing breast self-examinations, equipping participants with essential knowledge for self-care. Following this, Prof. Anjali Mishra discussed the critical aspects of breast cancer screening, highlighting its role in early diagnosis and effective treatment. To conclude the expert sessions, Prof. Gyan Chand addressed questions from the audience, fostering an engaging dialogue that underscored the community’s commitment to raising awareness.

The highlight of the day was the Breast Cancer Awareness Walk, which began at the auditorium and traversed the SGPGI campus, culminating at the newly commissioned Doctors Cafeteria. Participants walked in solidarity, proudly displaying their t-shirts while spreading awareness throughout the community. The event culminated in a celebratory high tea, where



participants received certificates recognizing their commitment to the cause, further strengthening community bonds. In addition to the talks and walk, a vibrant rangoli competition took place in the foyer, showcasing the creativity of attendees and adding to the festive atmosphere.

We extend our heartfelt gratitude to everyone who contributed to the success of this event—our speakers, participants, volunteers, and organizers. Your support is invaluable as we continue to raise awareness and empower our community in the fight against breast cancer. Let’s keep the momentum going! We encourage everyone to spread the knowledge gained from this program within their circles. Remember, education and early detection are our best defenses. For more information and updates on future events, please visit our website or contact us. Together, we can make a difference!

SGPGI - Strengthening Community Bonds in the Fight Against Breast Cancer

Dr Rajni Sah
MCh SR, Endocrine Surgery

35th Foundation Day of Department of Endocrine Surgery, SGP GIMS Lucknow, and Symposium on Academic Surgical Practice

The Endocrine and Breast Surgery Department celebrated its Foundation Day on Saturday 07th Sept 2024 with a vibrant event, commemorating its journey and achievements over the years. The department was started on 07th September 1989, with the joining of its first faculty member and founding head of department, Dr SK Mishra. Since its establishment in 1989, the Endocrine and Breast Surgery Department has undergone remarkable growth, evolving into a leading institution in its field. In recent years, the department has established a comprehensive approach to patient care, integrating personalized medicine with advanced surgical techniques. The department's research focus has shifted towards genomic and precision medicine, exploring new frontiers in endocrine and breast surgery. The department's facilities have been further upgraded, ensuring that patients benefit from the latest advancements in medical technology.

Held in the Telemedicine auditorium, the event was a blend of reflection, recognition, and camaraderie. The celebration commenced with a report of departments activities during one year by Prof Gaurav Agarwal. The speech underscored the department's commitment to advancing surgical techniques and patient care, emphasizing the collaborative spirit that has driven its success. He also mentioned that the past year has been particularly challenging, marked by a severe fire in December 2023 that completely destroyed our operation theatres. Despite this setback, the department, led by Professor Agarwal and supported by its dedicated faculty, demonstrated remarkable resilience. The team quickly adapted by utilizing alternative facilities in the robotic surgery center,

which were operational by March/April 2023. Their swift and courageous response in resuming surgical services so soon after the fire is commendable.

Professor RK Dhiman, the Director of our institute, extended his heartfelt congratulations to all members of the Endocrine and Breast Surgery Department during the 35th Foundation Day celebrations. He praised the dedication of our faculty, resident doctors, nursing staff, paramedics, and administrative personnel for their outstanding contributions to maintaining exceptional standards in both clinical and academic spheres, while adhering to the highest ethical practices. Professor Dhiman highlighted that the department's efforts have not only significantly impacted the lives of tens of thousands of patients but have also advanced academic pursuits and contributed greatly to the institute's prestige. On the research front, the department has continued to excel with numerous grants, publications, and presentations at major conferences. Notably, Professor Gaurav Agarwal has been recognized as one of the top 2% most cited scientists worldwide for the third consecutive year. Additionally, several residents have received awards at both national and international levels, reflecting the department's strong culture of academic excellence.

Professor Dhiman expressed no surprise at the department's continued qualitative and quantitative growth, acknowledging the faculty's substantial role in both clinical and administrative capacities. He also lauded the department for organizing a unique symposium on "Quality in Academic Surgical Practice" to mark its 35th anniversary. The Director assured

that the institute administration will continue to support the department's ongoing efforts and future goals. He also acknowledged the unwavering support of the SGPGI administration and the Government of Uttar Pradesh, as well as the dedication of past and current faculty members.

The highlight of 35th Foundation Day of the department was highlighted by a symposium titled "Quality in Academic Surgical Practice," which featured presentations from distinguished alumni. Professor VK Kapoor, Pro-Vice-Chancellor at MGUMST, Jaipur, discussed strategies for attracting and retaining talent in academic surgery. Professor Sanjay Behari, Director of SCTIMST, Thiruvananthapuram, explored advancements in surgical training practice beyond conventional methods. Professor Biju Pottakkat, Head of Surgical Gastroenterology at JIPMER Puducherry, addressed techniques for minimizing surgical errors. This symposium emphasized the department's continuous commitment to excellence in both academic and clinical domains. This was followed by an open house discussion involving faculty from various departments.

The event also included speeches by Professor Shaleen Kumar, Dean of SGPGIMS, and a comprehensive review of the department's



yearly performance by Professor Agarwal. Dr. Anjali Mishra delivered the welcome address, Dr. Sabaretnam Mayilvaganan introduced the symposium speakers, and Dr. Gyan Chand proposed the vote of thanks.

The Endocrine & Breast Surgery Department's remarkable resilience and growth over the past year serve as a testament to its commitment to excellence in patient care, academics, and research. The Foundation Day was not only a tribute to past achievements but also a rallying point for the department's future endeavors, reinforcing its mission to lead in both patient care and surgical innovation. Overall, the Foundation Day served as a powerful reminder of the department's impact and a promising glimpse into the continued excellence and growth that lies ahead.

Dr Rajni Sah,
MCh SR, Dept. of Endocrine Surgery

SGPGI Endocrine Surgery Annual Foundation Day Oration, Overseas Visiting Professors and Alumni Program

SGPGI hosted an engaging two-day series of events dedicated to endocrine surgery, featuring the Visiting Professors Program, the Endocrine Surgery Foundation Day Oration, and the Endocrine Surgery Alumni Meet.

On September 18, 2024, the festivities began at the Dr. BC Joshi Guest House, with a warm welcome from Dr. Sabaretnam M. and Prof. Gaurav Agrawal, Head of Endocrine Surgery. The day featured Endocrine Surgery Grand Rounds with overseas visiting faculty, where final-year MCh senior residents—Drs. Spandana, Madhu Kumari, Rinelle, and Dibya—presented intriguing case studies. These presentations sparked lively discussions, inviting questions and allowing for a rich exchange of management experiences with California and Melbourne.

The evening also welcomed delegates from SKIMS Kashmir, SGPGI alumni, and the prominent Endocrinologist Dr. Preeti Dabadghao, enhancing the collaborative spirit of the gathering. A/Prof. James Lee from Melbourne delivered a compelling lecture titled “Establishing Academic Endocrine Surgery in Australia,” further enriching the discussions. The day concluded with a fellowship dinner, strengthening connections among attendees from various institutions.

On the second day, September 19, 2024, held at the Lecture Theatre Complex, the proceedings

began with another Endocrine Surgery Grand Round, where case discussions continued with contributions from Dr. Lee and Dr. Quan-Yang Duh. This interactive session allowed participants to delve deeper into complex cases and share insights from their practices.

Prof. James Lee is a leader in endocrine surgery, renowned for his expertise in complex minimally invasive procedures. With a PhD focused on thyroid cancer biomarkers and over 50 peer-reviewed publications, he is dedicated to training the next generation of surgeons while improving patient experiences in thyroid cancer treatment.

Dr. Quan-Yang Duh, Professor and Chief of Endocrine Surgery at UCSF, is recognized for his surgical excellence in treating endocrine malignancies. His leadership roles in various surgical organizations, along with his designation as one of “America’s Top Doctors,” highlight his significant contributions to the field.



The highlight of the day was the **Endocrine Surgery Foundation Day Oration 2024**, which commenced with a welcome address by Dr. Anjali Mishra, followed by remarks from Dr. Pradeep PV, Dean, Professor Shaleen Kumar, and Director, Professor R.K. Dhiman. Prof. Gaurav Agrawal introduced Prof. Duh, who delivered an enlightening oration on contemporary advancements in endocrine surgery.

The **Open House for SGPGI Endocrine Surgery Alumni** proved to be a memorable session. Alumni actively participated by sharing their professional experiences, achievements, and even some shortcomings, creating a candid atmosphere of reflection and learning. They reminisced about their time at SGPGI, fostering a

sense of camaraderie and community.

The day concluded with a vote of thanks from Dr. Sabaretnam M. and a fellowship dinner, further solidifying the bonds within the endocrine surgery community.

These events not only celebrated advancements in endocrine surgery but also reinforced SGPGI's commitment to education, collaboration, and excellence in patient care. We extend our gratitude to all participants, faculty, and alumni for their invaluable contributions to the success of these gatherings.

Dr Rajni Sah,
MCh SR, Dept. of Endocrine Surgery

Tribute to a great statesman and nationbuilder

On the occasion of the 100th birth anniversary of Shri Atal Bihari Vajpayee Ji, the College of Nursing, SGPGIMS, honored the legacy of the great statesman and paid heartfelt tributes, as a celebration of the birth centenary of the legendary statesman.

SHRI Vajpayee's leadership style was marked by his pragmatic approach, tolerance, and

ability to unite diverse groups. He was also a poet, with his literary work reflecting his deep philosophical insights and love for the country.

Awarded the Bharat Ratna, India's highest civilian honor, he remains a beloved and revered figure in Indian politics for his wisdom, dignity, and commitment to national progress.



Career opportunities after PhD.

The Department of Molecular Medicine, in collaboration with the Career Enhancement Committee, has organized an interactive session “Career opportunities after PhD.” on 05.08.24. The SGPGI PhD students interacted with the mentors from academia (Dr. Amit Singh, Staff Scientist, National Institute on Aging, USA), and industry (Dr. Vinay Singh, Chief Scientist, CEO & Founder of Orange Neurosciences, Canada.) during the session. This session provided PhD students with a unique opportunity to interact directly with the mentors and gain practical advice on diverse career pathways. The mentors shared their experiences, offering guidance on careers in academia, industry, and entrepreneurship. Students benefited immensely from the personalized discussions, which addressed their individual concerns and aspirations. The day commenced with an insightful talk by Dr. Amit Singh, Staff Scientist in the Gene Regulation Section, Laboratory of Molecular Biology and Immunology, National Institute on Aging, Baltimore, USA. Dr. Singh delivered a lecture titled “Spectrum of Human Aging through the Prism of Immune System”



Social Outreach Programs on cervical Cancers and Human Papilloma Virus awareness among the adolescents and young adults; organized by the Department of Molecular Medicine & Biotechnology

Foundation Day: Department of Molecular Medicine

Lucknow, Dec 17-18, 2024 – on the occasion of Foundation Day, a social outreach program has been organized by the department to raise awareness about HPV (Human Papillomavirus) and HPV vaccination among adolescents and Young Adults. The first event was held at College of Medical Technology, SGPGI, Lucknow in the afternoon of 17 Dec, 2024, and a second event at Navjivan Inter College, Mohanlalganj on 18 Dec, 2024.

Program aimed to educate adolescent girls about Cervical cancer risks and preventive strategies. Girls were informed about HPV infection and the benefits of vaccination against HPV infection in preventing cervical cancer. The awareness team included Prof. Amrit Gupta (MRH), and Dr Parijat (MD, Microbiology) participated in the awareness program. In addition, the MSc 3rd semester students, Mr. Vishal and Mr. Saif,

enthusiastically presented posters on HPV and Cervical cancers.

The session included informative discussions and interactive activities. This initiative highlights “SGPGIMS commitment to community health and education, ensuring young women are empowered with knowledge to make informed health decisions.”

In the forenoon of the Foundation Day, a **poster session to showcase the research activities** of the department was organized in the department corridors on the 4th Floor of PMSSY. Dr. C. P Chaturvedi (Faculty In-charge Research) graced the occasion. Awards were given to the students and faculty members to recognize their soft skills. All the faculty members of the department and their students enthusiastically participated in the event.

National-Level Webinar on Quality in Healthcare Marks World Quality Week at SGPGIMS

On 11th November 2024, the ISCCM Lucknow Branch held a national webinar for healthcare professionals across India to commemorate *World Quality Week*. Organized in collaboration with **Quality Cell, Department of Hospital Administration, SGPGIMS & EMA Uttar Pradesh**, the event was hosted on the Zoom platform at Telemedicine 2nd Floor, SGPGIMS. The organizing committee members of the event were:

- **Dr. Tanmoy Ghatak, Chairman**
- **Juin Dutta Ghosh, Secretary**
- **Dr. Utsav Anand Mani, Scientific Secretary**

This year's theme, "*Quality: From Compliance to Performance*," underscored the journey of healthcare organizations in moving beyond regulatory compliance to achieve high-performance in-patient care.

The inaugural session opened with remarks from **Prof.(Dr.) R.K. Dhiman, Director of SGPGIMS**, **Prof.(Dr.) Sanjay Dhiraj, CMS**, **Prof.(Dr.) R.K. Singh, HoD, Emergency Medicine Deptt.** and **Dr. Radha K., Principal of the College of Nursing**, who emphasized the crucial role of quality in healthcare. The opening address was given by **Dr. Tanmoy Ghatak**, associate prof, emergency medicine deptt., SGPGIMS, Chairman, **ISCCM**, Lucknow Br.& Emergency Medicine Association, U.P. who highlighted the importance of healthcare quality, the purpose of the event, and the anticipated outcomes for participants. **Prof. Dhiman, Director, SGPGIMS** praised the Emergency Department for its dedication to quality service delivery and stressed the significance of satisfaction surveys, regular audits, and continuous monitoring to sustain



and enhance healthcare quality. He further suggested that the Quality Cell of SGPGIMS could serve as a guiding leader for other institutions in their quality improvement initiatives. A symbolic **lamp-lighting ceremony** followed, symbolizing the illumination of knowledge and dedication to quality in healthcare.

The scientific sessions featured a panel of esteemed national and international quality experts who shared their insights on a wide range of topics, including:

1. **Clinical Audits & Healthcare AI:** Ensuring clinical practices adhere to the highest standards & the role of artificial intelligence in advancing clinical and operational efficiency. Speech given by Prof(Dr.) Subhrojyoti Bhowmick from Peerless hospital, Kolkata.

2. **Legal Aspects of Medical Practices:** Addressing the legal frameworks that govern healthcare explained by Prof.(Dr.) R. Harsvardhan, HoD, Deptt. of Hospital Administration, Sub-dean Quality, SGPGIMS, Lucknow

3. **Healthcare Operations and Efficiency:** Optimizing processes for better outcomes by Dr. Sukhen Samanta, Quality Manager, Cleveland Hospital, Abu Dhabi, UAE



HAI Surveillance: Strengthening infection control to reduce healthcare-associated infections .Speech delivered by Prof. (Dr.) B.N. Chaudhuri, Kolkata

PREM & PROM: Focusing on Patient-Reported Experience and Outcome Measures to promote patient-centered care inflight us by Prof.(Dr.) Pratibha Pereira, JSSR,Mysore .

Zero Defect Zero Effect: It is a Govt of India project for MSMEs to be aware of competition of quality and production by Mr. Rajagopal RG, Chandigarh .

The event brought together a diverse audience of doctors, quality professionals, administrators,

nurses, and other healthcare workers from across India, all committed to fostering quality improvement in their fields.

Feedback from participants rated the webinar as excellent, with many expressing a strong interest in future quality-focused events. The event concluded with a vote of thanks from **Dr. Utsav A Mani, Assistant Professor of Emergency Medicine at SGPGIMS**, who expressed gratitude to the speakers, participants, and organizers for making the event a resounding success.

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

Swachh Bharat Diwas: 2nd October 2024

On 2nd October, 2024, India marked a significant milestone as it celebrated Swachh Bharat Diwas, commemorating the 10th anniversary of the Swachh Bharat Mission (SBM), which was launched by Hon'ble Prime Minister Narendra Modi on October 2, 2014. This day marked the birth anniversaries of two revered leaders, Mahatma Gandhi and Lal Bahadur Shastri, who embodied the principles of simplicity and self-reliance.

This year's theme, "Swabhav Swachhata, Sanskaar Swachhata" underscores the importance of instilling not only habits of cleanliness but also the values and culture.

Smt. Anupriya Patel, Hon'ble Union Minister of State for Health and Family Welfare visited SGPGIMS, to participate in the SBD event on 2nd October, 2024. Hon'ble MLA Dr. R K Patel, also joined her in the event.

The program started in the morning in Dr. H. G. Khorana Auditorium, Central Library Complex featuring a series of activities aimed at celebrating the achievements of the Swachh Bharat Mission while recognizing the contributions of individuals and organizations in promoting sanitation efforts.

The dignitaries were welcomed with bouquets.



The event continued as attendees gathered to watch a live telecast of the Prime Minister's address, which highlighted the importance of the Swachh Bharat Mission, celebrated its achievements over the past decade, and underscored the collective responsibility of all citizens in fostering cleanliness and sanitation.

Following the telecast, a Safai Abhiyan (cleanliness drive) took place, which aimed to encourage participants to engage in practical activities that promote cleanliness in their surroundings.

Director, SGPGIMS Padma Shri Prof. R. K. Dhiman, invited the distinguished dignitaries to the dais for a ceremonial welcome. A floral tribute was paid to Rashtrapita Mahatma Gandhi and second Prime Minister of India Shri Lal Bahadur Shastri. Following the welcome, Prof. R. K. Dhiman in his address highlighted the institution's ongoing efforts to align with the goals of the Swachh Bharat Mission, detailing the initiatives implemented to promote health, hygiene, and cleanliness within the institution and the wider community.

This was followed by the heartfelt felicitation of the Swachhata Champions and Safai Mitras, who received certificates of appreciation,



acknowledging their unwavering dedication and impactful contributions to the momentum of the Swachh Bharat Mission.

After the felicitation, Smt. Anupriya Patel, Hon'ble Union Minister of State for Health and Family Welfare addressed the audience in which she focused on the government's initiatives to enhance sanitation and cleanliness, encouraging citizens to adopt sustainable practices in their daily lives. She urged all attendees to take part in the Swachh Bharat Mission actively and commit to creating a cleaner environment for future generations.

Dr. R. Harsvardhan, Professor and Head, Hospital Administration, delivered a vote of thanks. The event was attended by over 200 delegates, including faculty, students, staff & healthcare professionals.



NAAC Accreditation of SGPGIMS: An Incredible Journey

Our institute received A++ accreditation from NAAC in the first cycle, news which came in with the ushering of the New Year 2025. This achievement could see the light of the day only through the collective efforts of many. The guidance, meticulous planning, collective effort, and hard work of stakeholders at all levels of the Institute contributed significantly to this success. Additionally, support and advice from the Governor, her office, and experts played a crucial role in shaping the outcome. It has been an incredible journey filled with many emotions, including defiance, aggression, resistance, and compliance.

Down the memory lane, the journey of SGPGIMS in the first cycle of NAAC started around 2 1/2 years ago. However, I climbed the bandwagon about 1 1/2 years ago, in March 2023. (On a lighter note, I'm yet to find the person who recommended my name.)

Numerous meetings were held with each stakeholder of the institute. Throughout this extensive process, a common question arose in almost every meeting: Why are we doing this? Is it necessary? However, once the institute committed, this debate appeared to be unnecessary.

NAAC has demonstrated what the team spirit of a great institution can achieve, proving that we are the best and united in testing times.

Director Prof Radha Krishan Dhiman must be complimented for his persuasion, perseverance, and commitment at every step of the process. This was additional work, along with his administrative responsibilities and an additional charge of another institute. The support from the experts can be attributed to his consistent involvement and diligent follow-up.

Seven criteria addressed different aspects of the university. The criteria teams and the criteria

heads, some of whom changed over time in the past 2 1/2 years, contributed immensely and played a crucial role in this process. Initially, like when I was made a criteria head, I did not fully grasp the magnitude of the task ahead. However, after all the effort invested, the Institutes' Self-Study Report (SSR) ended up having minimal data verification and validation (DVV). DVV appeared to be merely a procedural exercise by the authorities.

Without the dedication and hard work of the seven criteria teams, the successful culmination of this journey would not have been possible. Every team member carefully considered their decisions before attending a conference, planning a family trip, or taking time off for summer or winter vacations. Often, they were called back from their vacations to finish important documentation. Those actively involved in this process frequently worked extra hours to fulfill their responsibilities at the hospital, leaving them with little time to pursue their research interests.

This is a time to complement every member of the Institute, including the leadership shown by the Head of the Departments, and contributing to this great success. Although many may have felt that this process was a waste of time and resources, everyone still put forth their best effort.

All administrative officers and staff should be commended for their tremendous support in gathering the data and assisting in this effort.

NAAC was the catalyst for starting the transgender clinic, activating the Alumni cell, conducting a green energy audit, upkeep of the infrastructure, signboards, etc. Hopefully, all of this will be a continuous effort.

On a personal note, the most significant gain has been the opportunity to meet many people at the Institute across all levels. The process of creating the SSR and the subsequent peer team visit allowed

me to connect with many junior faculty members. It was heartening to witness their sense of responsibility and team spirit. We often ponder what will happen once all the senior faculty members retire. While they will certainly be missed, my interactions with the new faculty have reassured me that this Institute is in excellent hands and is poised for tremendous growth. All we need to do is maintain our team spirit and commitment.

NAAC has also taught the importance of consistently guiding and promoting our students, who, as students today and alumni tomorrow, are the backbone and the face of this great Institution.

This achievement also highlights the importance of data management, guidelines, and Standard

Operating Procedures (SOPs). It has provided valuable insights into areas that require attention and improvement.

Has the journey of NAAC, with SGPGIMS achieving A++, come to an end? I feel this milestone is a step towards further excellence and the goal of becoming an 'Institute of National Importance.'

Finally, and thankfully, signing off as Nodal officer, NAAC, Dr Vinita Agrawal , Professor Department of Pathology .

Stop Press: By the time we went to print, the NAAC result was out, a matter of immense pride for everyone in SGPGIMS, The Editorial team decided to add this write up to the current issue!



FSMS award to Prof Uttam Singh



Dr. Uttam Singh, Professor & Head, Department of Biostatistics & Health Informatics has been selected for “Fellow Society for Medical Statistics or FSMS award”, a very prestigious award of Indian Society for Medical Statistics (ISMS).

The award was announced in the National conference of ISMS held in BHU Varanasi during November 21-23, 2024. This award is given to faculty members of Biostatistics with distinguished academic careers in medical

statistics and allied sciences, who changed the practices of patient care and management or data management or created evidence for the medical sciences. Prof. Singh has made an outstanding contribution as a teacher and researcher in Biostatistics, and computer applications for more than 30 years. He has to receive this award in the next national conference of Indian Society for Medical Statistics (ISMSCON) to be held in All India Institute of Medical Sciences (AIIMS), Mangalagiri during November 20-22, 2025.

*Dr Prabhaker Mishra
Additional Professor, BHI, SGPGIMS*

Health Conclave Award

SGPGIMS has been awarded the prestigious **FICCI Healthcare Excellence Award 2024** in the category of “**Excellence in Patient Service Delivery**” for **Public Hospitals**. This accolade, conferred at a ceremony in New Delhi, recognizes SGPGIMS’s exceptional contribution to healthcare through its innovative SGPGI-Tele-ICU-Service initiative, aimed at addressing critical ICU shortages across Uttar Pradesh.

Established in 2009 by the Federation of Indian Chambers of Commerce & Industry (FICCI), the Healthcare Excellence Awards honor organizations and individuals who have demonstrated leadership in enhancing healthcare delivery through innovation, increased efficiency, and improved patient outcomes. The awards evaluate participants based on three criteria: Innovation, Impact, and Sustainability & Scalability. Over the years, the FICCI Healthcare Excellence Awards have become a benchmark of recognition in the Indian healthcare sector.



Under the visionary leadership of **Prof. R.K. Dhiman**, Director of SGPGIMS, the institute has consistently set new standards in healthcare excellence. This year, SGPGIMS participated in the 16th Healthcare Excellence Award under the stewardship of **Dr. Rajesh Harsvardhan**, Head of Hospital Administration at SGPGIMS. The entry submitted by SGPGIMS was its **SGPGI-Tele-ICU-Service**, a pioneering initiative by **SGPGI-Telemedicine-Emergency Medicine**. The award was received by Dr. R.K. Singh, Professor and Head, Emergency Medicine, SGPGIMS.

Key Highlights of the Award-Winning Initiative: SGPGI-Tele-ICU-Service

The SGPGI-Tele-ICU-Service addresses ICU shortages by establishing a HUB (SGPGIMS) and SPOKE (Medical College ICUs) model that connects audio-visual-cloud based continuous connectivity of 100 ICU beds across Uttar Pradesh, providing remote ICU support through cutting-edge telemedicine technology. Unique features of the initiative include:

- **Enhanced Remote ICU Care:** Utilization of evidence-based care bundles to reduce antibiotic overuse and improve patient outcomes.
- **Collaborative Troubleshooting:** Successful overcoming of technical and operational challenges through collaboration, careful vendor selection, and efficient troubleshooting.
- **Life-saving Interventions and Data Tracking:** Improvement in patient outcomes through life-saving interventions backed by rigorous data tracking and quality monitoring.
- **Expansion of High-Quality ICU Access:** Extending advanced ICU care to underserved regions, ensuring patients receive timely and high-quality critical care.

The SGPGI-Tele-ICU-Service was initiated and implemented at the SGPGI-Telemedicine-Emergency Medicine center and has been instrumental in transforming critical care delivery across the state. This innovative approach has set a benchmark for public hospitals across India, demonstrating that telemedicine can bridge resource gaps and enhance healthcare accessibility, even in remote areas. This award is a testament to SGPGIMS's commitment to advancing healthcare excellence in India and reflects its dedication to operational efficiency and patient-centered care. The



institute's success underscores its status as a leader in healthcare innovation, contributing to improved health outcomes and setting new standards for public hospitals nationwide.

The realization of this achievement owes its existence to the unwavering dedication and sincere appreciation to both the Institute Administration and the Hospital Administration for their relentless support and collaborative efforts. The ongoing commitment has played an indispensable role in shaping the success narrative of SGPGIMS. The Quality Cell at SGPGIMS works diligently to enhance the quality of patient care & service delivery. The Department of Hospital Administration played a pivotal role as the lead department under Key contributions also came from Prof. R. K. Singh, Head of Emergency Medicine at SGPGIMS, who was instrumental in the FICCI application process. The residents of the Department of Hospital Administration played a crucial role, dedicating significant effort and hard work to ensure that SGPGIMS put its best foot forward in the rankings. Their collective dedication and teamwork were vital in achieving the institute FICCI healthcare excellence award.

*Dr Rajesh Harsvardhan,
Professor & Head, Hospital Administration*

Learning the Fun Way: SGPGI Crèche Corner

"Each month at the crèche brings fresh opportunities for growth, joyful engagement, and meaningful learning experiences." From **July to December 2024**, our little stars continued their journey of curiosity and creativity through a vibrant calendar of festivals and fun-filled activities that enriched their learning experience. In **July**, we celebrated **Green Day**, turning the crèche into a leafy wonderland. Children came dressed in different shades of green and enjoyed fun, nature-themed activities. They took part in a **seed germination activity**, where they planted seeds and potted small plants. This helped them learn how plants grow and encouraged them to care for nature.

August was packed with festive cheer and patriotic pride. We celebrated **Independence Day** with lots of colours and smiles. Children wore the tricolour, sang patriotic songs, and took part in a **flag parade**, waving their flags and walking proudly together. We also celebrated **Rakshabandhan**, a festival of love and care. Children made colourful rakhis and tied them on each other's wrists. They learned about the bond between brothers and sisters. Soon after, we celebrated **Janmashtami** with great joy. Children dressed up as **Krishna and Radha**, danced to



bhajans, and enjoyed fun games like **Matki Phod**.

October brought the joy of **Dussehra** and **Diwali**. During Dussehra, children listened to the story of **Lord Rama** and the victory of good over evil. They made bows, arrows, and paper crowns, and even **burnt a Ravana effigy** as part of the celebration. **Diwali** brightened the crèche with colours and excitement. The children decorated **diyas** and created festive cards. They also made **rangolis** on the floor, adding to the Diwali decorations. Through stories and group activities, they learned about sharing, light, and



kindness, making the festival both fun and meaningful.

In **November**, our energetic little learners showcased their enthusiasm during **Annual Sports Day**. They participated in friendly races, fun games, and team-based activities that encouraged physical development, coordination, and a sense of achievement. Cheering for friends and trying new challenges filled the day with laughter and pride. **Parents also participated in several fun-filled games along with their children, making**

the event even more special. **December** wrapped up the year on a magical note with a joyful **Christmas** celebration. The crèche was filled with **carols, decorations**, and the delightful surprise of **Santa's visit**. Children exchanged gifts, made Christmas crafts, and learned about the values of **giving, love, and joy** in a festive atmosphere. *"Every celebration at the crèche is a stepping stone in nurturing young minds, building values, and making learning a delightful journey."*

Dr. Anupam Guleria
Incharge, Hobby Centre Crèche

Congratulations

CCM residents Dr. Umadri Singh and Dr. Khalid Zafar, presented a poster each at the prestigious 37th Annual Congress of the European Society of Intensive Care Medicine (ESICM Lives) held in Barcelona, Spain, from October 5th to 9th, 2024.



Ms Tooba Qamar, a second year Ph.D. scholar and DST-Inspire Fellow at the Department of Clinical Immunology and Rheumatology, SGPGI, under the mentorship of Dr. Durga Prasanna Misra, Additional Professor of Clinical



Immunology and Rheumatology at SGPGIMS is working on immunological aspects of Takayasu Arteritis (a rare large-vessel vasculitis). She has been recipient of many prestigious awards

1. Young Researcher Award for Oral Presentation at Science Conclave-cum-National Biomedical Research Competition-2024 (NBRCOM-2024) organized by Society of young Biomedical Scientists (SYBS) at AIIMS, Delhi in collaboration with JNU Delhi on December 02-03, 2024.

2. Best Research Paper Award-2024 under Unpublished Medical Category on occasion of SGPGI Research Day 2024

A Heartwarming Evening of Memories and Connections – SGPGIMS Alumni Day 2024

Alumni Day 2024 at SGPGIMS was nothing short of a celebration because it embraced the memories, friendships, and the ever-living spirit of the institute. The Alumni meet took place on December 15th, where the reunion was accompanied by the former students, faculty, and their families for an event that was a perfect mixture of remembrance and optimism. With 200 alumni in attendance, including distinguished members like Prof. Aneesh Srivastava and Prof. Dharmendra Bhadauria, the evening promised a reunion filled with nostalgia and camaraderie.

The day began with a fun-filled and exciting tennis ball cricket match that set the tone for the festivities. The match, played between Director 11 and Dean 11, was live-streamed for remote viewers. Dean 11 batted first, posting a solid total of 128 runs for the loss of 5 wickets in their allotted 15 overs. A standout performance came from Dr. Prateek, who scored an impressive 47 runs. In response, Director 11 managed only 100 runs, falling short by 28 runs. Dr. Prateek's outstanding play earned him the title of Player of the Match. Dr. Arun Pandey was recognized as the Best Batsman, while the Director Prof. R.K. Dhiman earned the Best Bowler award for taking 2 wickets.

Participants did not hold back with their celebrations. As the sun set, the atmosphere shifted to the CV Raman Auditorium where the cultural evening commenced. Esteemed guests, Prof. R. K. Dhiman, Director and first alumnus SGPGIMS, Prof. Shaleen Kumar, Dean SGPGIMS graced the occasion. Their presence added prestige and nostalgia as they shared inspiring anecdotes from their own days at the institute. Prof. Ankur Bhatnagar, Secretary

SGPGIMS Alumni Association, initiated the evening, inviting all the dignitaries to contribute to the vision and legacy of our alma mater.

The cultural program began with a quiz that revisited significant milestones and events from the institute's history over the past two decades. This was followed by an energetic musical jugalbandi led by Dr. Anjani Kumar Mishra and his team. Following this, a hilarious skit directed by Mr. Sandeep Yadav and Ms. Preeti Chauhan "System se Daba Aadmi," had the audience in stitches. The performance, featuring Ph.D., DM students, and nursing staff, highlighted humorous yet relatable moments from academic life. A special kids' zone with a magic show and games added a joyful touch for our younger guests which truly made it a family affair. The evening progressed into a round of dinner where guests were served tasty food and indulged in fun conversation.

A major highlight of the day was the first General Body Meeting of the SGPGIMS Alumni Association—an important step forward in strengthening alumni bonds. New initiatives such as the launch of an alumni web portal and the proposal of department-wise alumni chapters were announced, showcasing a strong collective commitment to giving back to the institute that shaped them.

The day concluded on a high note, filled with joy, reflection, and reconnection. It left everyone with a renewed sense of pride and belonging.

Cheers to the memories made—and to many more alumni reunions to come!

Dr. Anshika Srivastava
Associate Professor
Department of Medical Genetics

Department of Medical Genetics Alumni day

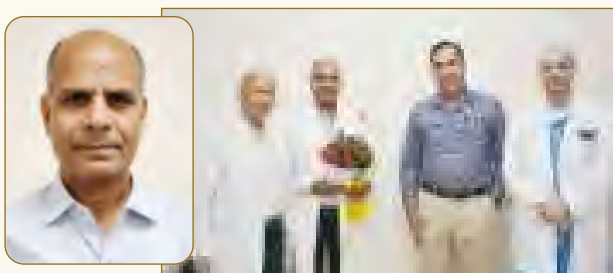
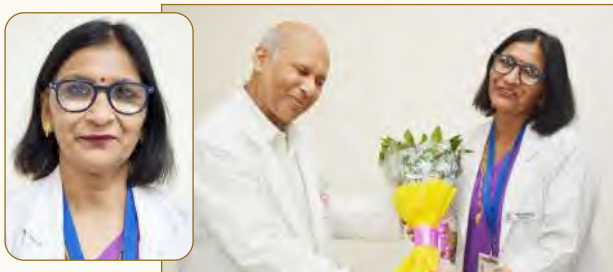


Alumni day Cricket Match



Retirements are inevitable, but the memories, lessons, and legacy people leave behind are forever. Wishing all those who retired a happy and healthy second innings.

- 1- Dr. Raj Kumar, Professor, Neurosurgery
- 2- Mrs. Usha Takri, Nursing Superintendent, Acting CNO
- 3- Mrs. Neelam khokhar, Deputy Nursing Superintendent, Acting CNO
- 4- Mrs. Mithlesh K. Lal, Nursing Superintendent
- 5- Mrs. Renu Britto Roy, Deputy Nursing Superintendent
- 6- Mr. Ramesh Chand, Workshop Assistant
- 7- Mr. N.P. Srivastava, Technical Officer (CWS)
- 8- Mr. Rajiv Nigam, Junior Administrative Officer
- 9- Mrs. Meena Devi, Assistant Nursing Superintendent
- 10- Mrs. Mary M. Devassy, Deputy Nursing Superintendent, Acting CNO
- 11- Mrs. Raj Kumari (I), Senior Office Attendant
- 12- Mr. Mohan Lal Prajapati, Hospital Attendant Grade-II
- 13- Mrs. Sudha Devi, Assistant Nursing Superintendent
- 14- Mr. Kamlesh Kumari Maurya, Assistant Nursing Superintendent
- 15- Mrs. Uma Sachan, Senior Nursing Officer
- 16- Mr. Rajesh Chandra Verma, Senior Technical Officer (Laboratory)
- 17- Mr. Ravi Kumar Nigam, Assistant Admn. Officer
- 18- Mr. Devendra Singh Rautela, Chief Technical Officer (CWS)
- 19- Mr. Sundar Lal, Assistant Administrative. Officer
- 20- Mr. Anil Kumar Singh, Chief Administrative Officer
- 21- Mr. Brijesh Tripathi, Superintendent Physiotherapist
- 22- Mrs. Sudha Sengar, Deputy Nursing Superintendent
- 23- Mr. Sree Gopal, Assistant Administrative Officer
- 24- Mrs. Manti Devi, Assistant Nursing Superintendent
- 25- Mrs. Amrun Nisha, Assistant Nursing Superintendent
- 26- Mr. Muneesh Kumar, Senior Attendant







From the Editor's pen.....

International Men's Day is celebrated on November 19, and the very apt theme this time was "*Positive Male Role Models*". It highlights the role of positive male figures in guiding younger generations and shaping a healthier and more inclusive society.

By promoting positive male role models, International Men's Day aims to :-

- **Build Healthy Communities:** Celebrate individuals who help create healthy environments for men and boys to thrive.
- **Look Out for Your Mates:** Encourage people to support men in their lives who may be struggling.
- **Take Action, Stay Healthy:** Promote activities that contribute to happy, healthy lives.
- **Create a Healthier Future:** Focus on collective action to make the world a healthier place for everyone.



Statistics show that men are less likely to visit doctors for preventive care and often delay seeking medical attention until symptoms become severe. This can lead to poor outcomes for conditions that are treatable if detected early, such as heart disease, diabetes, or certain cancers. Additionally, societal pressures often discourage men from discussing mental health challenges, making them vulnerable to conditions like depression and anxiety.

Key Health Challenges for Men

Cardiovascular Diseases (CVDs): Men are more prone to heart attacks and strokes. Risk factors include unhealthy diets, sedentary lifestyles, smoking, and excessive alcohol consumption. Regular screenings for cholesterol and blood pressure are vital for early detection and management.

Prostate Health: Prostate cancer and benign prostatic hyperplasia (BPH) are common as men age. Screening for disease, awareness of symptoms and early detection all play key role in improving survival and quality of life.

Diabetes: Type 2 diabetes is a growing concern. Uncontrolled diabetes can lead to complications such as kidney disease, neuropathy, and cardiovascular problems. Early diagnosis and lifestyle modifications are crucial.

Mental Health: Depression, anxiety, and substance abuse are prevalent but underreported. Men are more likely to die by suicide than women, often due to untreated mental health issues. Open communication and access to mental health resources are essential.

Sexual Health and Reproductive Issues: Conditions like erectile dysfunction (ED) and infertility are often stigmatized but require attention as they may be early signs of cardiovascular or hormonal problems.

Cancer Awareness: Apart from prostate cancer, testicular cancer and colorectal cancer are significant concerns. Regular screening and self-examination can save lives. Promoting Men's Health: A Multidimensional approach to address these challenges, men's health must be approached holistically, incorporating physical, mental, and social well-being.

Preventive Care: Encourage regular health check-ups and screenings for common conditions. Promote vaccinations, including flu and HPV vaccines. Lifestyle Modifications: Advocate for balanced diets rich in fruits, vegetables, and lean proteins. Encourage regular physical activity, aiming for at least 150 minutes of moderate exercise per week. Emphasize the importance of quitting smoking and moderating alcohol intake.

Mental Health Support: Normalize conversations around mental health to break the stigma. Provide access to counseling and stress management resources.

Education and Awareness: Conduct community outreach programs to educate men about their health. Leverage social media and digital platforms to spread awareness. Family Involvement: Involve family members in healthcare discussions, as they play a critical role in encouraging men to prioritize their health.

Workplace Wellness Programs: Introduce wellness initiatives like health screenings, fitness programs, and mental health workshops in workplaces.

Call to Action We urge all men to take charge of their health. Early action can prevent many conditions, and small, consistent efforts can lead to significant long-term benefits. Let us challenge societal norms that equate masculinity with invincibility and instead embrace a culture of proactive self-care. Together, we can create a future where men prioritize their health, live longer, and lead fulfilling lives.

Dr Prerna Kapoor

‘बैंक में निवेश’



जिस जमाने में
मैं,
पला, बड़ा
बड़ा हुआ—
बैंक में निवेश करना,
काफी सुरक्षित
माना जाता था ।

के वशीभूत
मैंने भीय
जीवन भर की
जमा पूंजी
का निवेश,
बैंक में
कर दिया !!

आजकल,
अक्सर
मुझे,
अपने जमापूंजी
को लेकर —
आशंका
बनी रहती है !

आजकल
बैंक निवेश
और
मानवीय सम्बन्धों में
कितना साम्य है !!!

यद्यपि
निवेश करने में,
ना कभी
मेरी रुचि रही,
ना ही समय !

अब
आए दिन
बैंक और समाज में,
लोगों के जमा पूंजी
के लुटने की
घटनायें,
सामने
आती रहती हैं !

कई बार तो
रातों को,
दुःस्वप्न के साथ
मेरी,
नींद खुल जाती है ।

तथापि
समय एवं सामयिकता,

और
मैं सोचने लग
जाता हूँ....

डा. राजेश हर्षवर्धन
प्रोफेसर, प्रभारी,
अस्पताल प्रशासन विभाग
17 नवम्बर 2024

My experience as Invigilator last 12 years

Guardians of Knowledge

Seventy-five minds, bright and keen,
Chasing dreams once unforeseen.
Pages filled with wisdom deep,
Through long nights, they trade their sleep.
Silent halls, yet thoughts ignite,
Battles fought in black and white.
Each word they pen, a future's spark,
Lighting paths through moments dark.
Three years of toil, of sweat and strife,
A journey shaped by sacrifice.
Not just their own, but hands so true —
Departments, parents, spouses too.
I stand here, both guide and peer,
An eternal student, year by year.
Fascinated by their grand success,



Amazed by the talent they possess.
These DM, MCh minds so bright,
Pushing limits, chasing light.
They will heal, they will mend,
With hands of skill and hearts to lend.
And as they soar to heights anew,
Their journey shapes me, guiding too.

Dr.Sabaretnam Mayilvaganan
Additional Professor, Endocrine Surgery

SGPGIMS Newsletter Commitee



*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:

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5. Dr. Santosh Kumar Verma (Associate Professor, Molecular Medicine)
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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.

Printed by: Education Foundation of SGPGI, Lucknow
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