



# Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow, Uttar Pradesh

## Newsletter

An Inhouse Publication  
Issue-4, October - December 2023



## दीक्षांत समारोह

जिसमें अविरल आनंद और अभिनंदन की भावना परिलक्षित होती है,  
यह सफलता की एक उत्कृष्ट अभिव्यक्ति है, जो सदैव नवीन सृजन की प्रेरणा प्रदान करता है।





## Convocation Day 2023

The 28<sup>th</sup> Convocation day of SGPGIMS took place on December 16<sup>th</sup>, 2023, in Shruti Auditorium.

Honorable Governor of Uttar Pradesh and the visitor SGPGI, Smt. Anandi Ben Patel presided over the event. Distinguished guests included Shri Mansukh Laxman Mandaviya, Hon'ble Minister of Health and Family Welfare. The ceremony featured a traditional academic procession and '**Jal BharaKaryakram**' highlighting water conservation.

Shri Durga Shankar Mishra, the President of SGPGIMS, welcomed attendees, commending the institute's national and international reputation. He emphasized the need for the expansion of health services in the state of Uttar Pradesh. Director, Prof R K Dhiman outlined the institute's progress and future plans, including the introduction of a Tele-ICU facility. Lieutenant General Dr. Smt Madhuri Kanitkar, the Chief Orator, emphasized public health services and decentralization of healthcare. Deputy CM, Shri Brijesh Pathak and State Minister for Medical Education Shri Mayankeshwar Saran Singh encouraged the SGPGI staff to work hard in order to achieve the institute goals.

Shri Mansukh Mandviya, the Chief Guest, highlighted the societal responsibility of medical professionals and the importance of healthcare. Hon'ble Governor Smt. Anandi Ben Patel congratulated the graduates, stressed preventive medicine, and released two books by Dr. Sabaretnam M. of Endocrine surgery.

**Mrs. Kusum Yadav, Public Relations Officer**







SGPGIMS: Convocation Day

Different Degrees awarded at 28th Convocation Day

S.No	Degree	Total	Male	Female
1.	Graduate	77	35	42
2.	Postgraduate or Master's Degree	185	113	72
3.	Ph.D	3	2	1
	Total	265	150	115

Graduate Degree (77 nos)

	Degree	Total	Male	Female
1.	B.Sc (CMT)	40	22	18
2.	B.Sc. (Nursing)	37	13	24

Ph.D Degree (3. Nos)

	Degree	Total	Male	Female
1.	PhD.	3	2	1

Postgraduate or Master's Degree (185 nos)

	Degree	Total	Male	Female
1.	DM	48	40	8
2.	M.Ch.	29	25	3
3.	MD	39	19	20
4.	PDAF	9	5	4
5.	PDCC	44	17	27
6.	MHA	11	4	7
7.	M.Sc (CMT)	6	3	3







## Foundation Day 2023

40<sup>th</sup> foundation day of SGPGIMS was celebrated on 14th December, 2023 to recognize the milestones achieved so far in the field of teaching, training and research and also to acknowledge the significant contribution of its staff in building this organization.

On this day in 1980, Shri Neelam Sanjeeva Reddy, the then President of India, laid the foundation stone of this Institute.

The Institute has risen from strength to strength, providing unparalleled services to the people not only of Uttar Pradesh but also of neighboring states, specially MP, Bihar, Rajasthan as well as patients coming from Nepal.

In the recent Week and Hansa Research Survey 2023, SGPGIMS clinched 3rd rank among the best government hospitals of India.

As per the director, Professor Radha Krishna Dhiman, SGPGIMS is committed to continuous improvement, aspiring to become the best hospital in India.”

Foundation day celebrations began in the morning with distribution of nutritional packs and get well soon cards for all in patients, to reiterate the fact that patients are the main focus of all activities.

To commemorate the occasion, like each year, there was a voluntary blood donation camp organized by the Department of Transfusion medicine. Some of the SGPGIMS staff members are regular blood donors. Each donor was provided refreshments and given a certificate and plaque to honor this selfless act.

Geranium ,Tulsi ,Ashwagand, Sarpagandha , Palmaro, Shatavari , Peepli , Stevia and Brahmi ,all medicinal plants were planted in AmritVatika in Sgpgi campus to further add to the beautiful green ambience .

The Director,CMC,MS,Dean and JDA were present along with officials of the Horticulture and Engineering department.

The foundation day function itself was both celebratory and meaningful.

The program began with the invocation of Goddess Saraswati, the goddess of knowledge and lighting the customary lamp to symbolize the dispelling of darkness.

Professor R K Dhiman, the Institute director addressed the august gathering.

Dr. Shaleen Kumar, Dean deliberated upon the significance of Foundation day.



He also gave a brief introduction of the Foundation Day Orator, Dr. Raman Kataria, Founder member of Jan Swasthya Sahyog (Public Health Support Group).

The Jan Swasthya Sahyog has worked extensively and intensively for the management of cancers , malnutrition ,

perinatal care, tuberculosis, diabetes and Hypertension with the aim to make healthcare cheaper and accessible to those who need it the most, yet, stay in remote areas and find healthcare inaccessible and unaffordable.

Dr. Kataria shared real life experiences of the complete lack of health infrastructure that existed in Ganiyari village of Chhattisgarh with undernourished tribals and malnourished children.

He elaborated on the chronic disease care program started by their group which had screening, diagnosis, treatment and follow up of women and children in mobile clinics and through patients health support groups.

His oration was truly inspiring for the audience present on the occasion.

Awards were given to the best Technician, Sisters grade 1 and grade 2,Best MD student, Best MCh and Best DM students of the institute.

40 Research awards on the basis of the research work presented on the Research day were given to deserving candidates in respective fields.



All the awards were given by the Hon'ble Deputy CM Shri Brijesh Pathak.

Addressing the august gathering, he said that malnutrition is a curse for any country and inspiration should be drawn from Dr. Raman Kataria's tireless efforts in this direction to eradicate it. SGPGIMS should strive to provide top-notch treatment and education to establish itself as one of the premier institutes nationwide and worldwide. Hon'ble Shri Mayankeshwar Sharan Singh, State Minister, Medical Education congratulated the staff on Foundation Day and said that with the hard work of SGPGI family, the institute will grow by leaps and bounds. The program ended with a vote of thanks proposed by Dean, Professor Shaleen Kumar followed by the National anthem.

**Mrs Kusum Yadav, Public Relations Officer**

## Foundation Day Oration 2023



It was an honour and privilege for SGPGIMS to host Dr Raman Kataria as Foundation day orator. The doctor and his team are renowned for their unwavering dedication and perseverance in serving communities that are hard to reach and often lack access to modern medicines or a plethora of diagnostic tests.

Raman Kataria is a graduate and postgraduate from the All-India Institute of Medical Sciences, New Delhi having specialized in general surgery and Paediatric surgery. He worked as a young faculty at the Himalayan Institute of Medical Sciences, Jolly Grant, Dehradun until 2000.

Raman was part of a small group of doctors who came together during their postgraduate studies at the AIIMS, with the intent to provide high quality, rational and low cost health care to the poorest in our society. They chose Chhattisgarh as their 'Karmabhoomi' as at that time it seemed to represent the epicenter of poverty and neglect, with hardly any healthcare services available for a large majority of the rural/tribal population. The organization they founded was called Jan Swasthya Sahyog or People's Health Support group.

Their work, over these two decades has been an attempt to provide comprehensive primary care in the true sense, through a community-based health program led by women health workers, sub centers in clusters of villages and a Referral center/ Base hospital with 130 beds at village Ganiyari. Their journey has been one of service and learning from the people, about the root causes of ill health, poverty and marginalization. And they have tried to address some of these through initiatives in young child nutrition and early childhood education, agriculture, animal health and livelihood initiatives.

Documentation and action research has gone hand in hand, and based on the evidence generated, they have been able to speak for the health needs and issues of these communities, be it at the local district level, the State level or the National bodies such as the Planning commission, the National Commission for Scheduled Tribes, the NHM, the National ASHA mentoring group, or international fora such as the Lancet commission.

The work of Jan Swasthya Sahyog has been recognised by several bodies such as the Jamnalal Bajaj Foundation, Tuberculosis Champions Award (global), Chhattisgarh Rajya Alankaran Puraskar, and the Bhagwan Mahaveer Award for medicine, to mention a few. The biggest reward, in the words of Raman "is the smile on our patients and the people we serve, and what the work brings to them by way of empowerment".

Those who want to know more about the Jan Swasthya Sahyog ,their work and their mission, take lessons from their work about managing similarly providing healthcare to marginalised sections and may like to contribute in terms of funds or by working for them ,can access the website <http://www.jssbilaspur.org/>

**Dr Prerna Kapoor**



## 4<sup>th</sup> Research Day



The 4th Research Day was successfully organized today under the leadership of Dr R. K Dhiman, Director, SGPGIMS, Dean Professor Shaleen Kumar and Faculty Incharge, Research, Dr C. P Chaturvedi on 13-12-2023. Around 250 research papers were presented by members of the SGPGI family. 40 awards for best research papers in different categories (16 awards in the faculty category and 24 in the student category) were given on the Institute's Foundation Day

Eminent scientists delivered the keynote lectures during the scientific session. Dr Arun Kumar Trivedi, Senior Principal Scientist from CSIR- Central Drug Research Institute, talked about his work on mechanisms of C/EBP alpha inactivation in Acute Myeloid leukemia (AML). He presented his work that demonstrated the CDK2-SPK2 axis inhibits C/EBP alpha protein turnover, which may have implications in differentiation arrest in AML, and showed that targeting this axis restores C/EBP alpha protein levels and resolves differentiation arrest in AML.

Dr. Santosh K Misra, Faculty of the Department of Biological Sciences & Bioengineering at IIT Kanpur, presented his research on carbon-based nanomaterials. In his talk, he highlighted the vast possibility of using carbon-based materials as “bio-nano-medicine”. Economical preparation, modulation possibilities, intrinsic luminescence, biodegradability and nanodimension of these carbon materials make them suitable for biological use as bio-nanomedicine. These materials can also be used as surface coating materials for biosensing chips and dopants for biomedical devices. Interestingly, they can be prepared using honey, molasses, and fruit peels, which are processed in a kitchen microwave and coated on filter paper to make diagnostic kits.

The program ended with a vote-of- thanks proposed by Dr. Chaturvedi.

***Dr C P Chaturvedi, Faculty In-Charge Research & Additional Professor, Stem Cell Research Center, Department of Haematology***



## Milestone in medical genetics : Free treatment of rare genetic disorders



Sanjay Gandhi Post Graduate institute of medical science created history by being the first institute in the state to administer free of cost enzyme replacement therapy to three children with a rare genetic disorder, Gaucher disease under the national policy of rare disease, 2021.

Gaucher disease is a rare and debilitating genetic disorder where the lack of enzyme to breakdown a key lipid substance, glucocerebroside due to a genetic variant in the affected individuals leads to accumulation of glucocerebroside in various organs, bones and brain resulting in symptoms such as anemia, bone pain, organomegaly and growth failure. This disorder affects 1 in 40,000 live births and like many genetic disorders was untreatable until 2010 when enzyme replacement therapy velaglucerase was approved. But it's extremely high cost made it impossible for this therapy to be used for Indian patients.



However, under the national policy of rare disease 2021, the government approved free treatment for a selected group of disorders such as Gaucher disease. This step marks a significant leap forward for patients who couldn't afford the therapy despite availability. This step will benefit 18 children with rare disease in SGPGIMS who have Gaucher disease, spinal muscular atrophy, tyrosinemia and hereditary angioedema.

Three patients were administered the enzyme on 10th October and eight more will be admitted on 11th October. Director of SGPGIMS, Dr R K Dhiman, Head of Cardiology Dr Aditya Kapoor and Head of the department Dr S R Phadke commemorated the event by distributing sweets to the children and requested the parents to strictly follow the treatment. Dr S R Phadke who has been treating these children for the last 30 years said that the enzyme therapy drastically improves the quality of life of these children and reduces the progression of the disease. Two patients who were receiving this therapy under a charitable program and had become asymptomatic and leading normal life were also present to encourage the parents to adhere to the therapy.

DrAmita Moirangthem, Associate professor along with resident doctor Pooja and Niladari were monitoring the infusion of the medicine. These children would receive the infusion every two weeks under the meticulous care of the nursing staff and doctors of the department of medical genetics. Parents were very grateful for the efforts of the doctors, SGPGIMS and the government and said that the provision of treatment brings hope for individuals with other rare genetic disorders.

***Dr Somya Srivastava, Assistant Professor, Medical Genetics***





## PMR:First Scientific Conference



The speciality of Physical Medicine and Rehabilitation (PMR) at Apex Trauma Centre conducted its first scientific

conference under the auspices of Awadh Association of Physical Medicine and Rehabilitation on 14th of October 2023. The programme was inaugurated by Chief of Apex Trauma Centre, Prof Raj Kumar and Prof Anil Kumar Gupta, HoD PMR, KGMU and was attended by faculty and residents from various institutes like SGPGI, KGMU, RMLIMS Lucknow, AIIMS Gorakhpur, GSVM Kanpur and Sports Injury Center, New Delhi.

Prof Raj Kumar insisted on the importance of Rehabilitation which compliments a successful management of a trauma patient. He said for holistic treatment of trauma patients, all trauma centers must have a department of Physical Medicine & Rehabilitation. Prof Anil Gupta, taught on nuances

and details required for establishing a dept of Rehabilitation to the young faculty at the gathering. AAPMR president Dr Ratnesh Kumar who has been ex-director for National Institute of Orthopaedically Handicapped, Kolkata also threw light on importance for early role of rehabilitation for trauma victims for limiting disability.

Organising secretary Dr Siddharth Rai, Associate Professor, informed the gathering how the Rehabilitation speciality at Apex Trauma Centre has been providing treatment for the trauma patients like spinal cord injury and brain injury. The treatment focuses on early initiation for maximum functional recovery, limiting disability and ultimately bringing the patient back to the activity level before injury.

The conference aimed at teaching and updating knowledge for Post trauma rehabilitation issues. The congress discussed newer techniques in rehabilitation after knee injuries, chronic wound management and osseointegration after amputation. The event also showcased recent advances like the role of Artificial intelligence in Rehabilitation, Virtual and Robotic Rehabilitation technology and advances in management of sports injuries.

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





## Celebration of National Nutrition Month



On September 13, 2023, the Department of Pediatric Gastroenterology at S G P G I M S organized an awareness program

focused on Celiac Disease in honor of National Nutrition Month. The event welcomed esteemed guests, including Director Prof. R K Dhiman, CMS Prof. Sanjay Dheeraj, MS Prof. V K Paliwal, HOD Gastroenterology Prof U C Ghoshal, Prof. Praveer Rai, Prof. Samir Mohindra, and HOD Pediatric Gastroenterology Prof Ujjal Poddar, Prof. Anshu Srivastava, Prof L K Bharti, and Dr. Moinak Sen Sarma.

To mark National Nutrition Month, Director Prof. R K Dhiman and other faculty members released a booklet on celiac disease, authored by the Department of Pediatric Gastroenterology. This booklet was later distributed free of charge to all celiac patients. Addressing the gathering, Director Prof. Dhiman emphasized that individuals with celiac disease can maintain complete health by avoiding foods and products made from wheat and barley. This practice ensures their physical and mental development meets optimal growth parameters.

Prof. Ghoshal highlighted that having the booklet in Hindi facilitates understanding and proves

immensely useful in managing Celiac Disease. Prof. Ujjal Poddar mentioned that knowledge about this disease was scarce three decades ago, but now there is widespread awareness. The booklet addresses various social questions posed by patients and their parents.

CMS, Prof. Sanjay Dheeraj emphasized the incorporation of gluten-free millet products into the diet of celiac patients. MS, Prof. V K Paliwal, suggested that booklets for common diseases be released in all local languages for broader reach and understanding. Prof. Anshu Srivastava stressed the importance of dedicated gluten-free diets for every child with celiac disease, as it is the only treatment. Prof. Praveer Rai expressed confidence that the booklet would prove very useful for celiac patients.

Dr. M S Sarma commended all celiac children for their dedication to adhering to a gluten-free diet. Prof L K Bharti, Nodal Officer for patient kitchen and dietary services at the institute, explained that the booklet would provide answers to many common questions asked by celiac patients and their parents during treatment.

Ms. Neelu, an expert dietitian from Pediatric Gastroenterology, played a significant role in the success of this awareness program. Dieticians Moni, Shikha, and Pratibha also made valuable contributions. All dieticians were present on this occasion. This event marked the third program organized by the institute for National Nutrition Month in September 2023.

**Dr L K Bharti, Professor, Pediatric Gastroenterology**





## 1<sup>st</sup> National conference of ISICPM

The 1st National Conference of the Indian Society of Intensive Care and Perioperative Medicine (ISICPM) organized by the Department of Anaesthesiology and Intensive Care was formally inaugurated by Shri Brajesh Pathak, Hon'ble Deputy Chief Minister and Cabinet Minister, Medical Education, Govt of Uttar Pradesh on 7 Oct 2023. Professor R K Dhiman, Director, SGPGIMS, chaired the inaugural function.

Dr Dhiman informed that SGPGIMS has the unique privilege of starting more than half a dozen new specialities and super specialities first time in the country which have been recognised by the National Medical Council and later emulated by various other medical institutes. This time again the Department of Anaesthesiology of SGPGIMS is going to be the leader in starting a new subspecialty of Perioperative medicine for the very first time in India. He showed his happiness and said that the required space /ward to start a Perioperative Medicine ward would be provided.

SGPGIMS Lucknow caters to referral patients who suffer from complex medical or surgical diseases. Many of our surgical patients suffer from multiple medical problems, e.g.; poorly controlled blood pressure, Other heart and Lung problems and require surgery for various reasons. These surgical patients have to wander from one speciality to another speciality for the treatment of their medical problems and have to wait for surgery for a significantly long time. Such patients can be admitted under the care of a perioperative physician who is an Anaesthesiologist

cum Intensivist to take care of all the associated medical problems and prepare the patient for the surgery. Perioperative medicine delivers patient-centred, multidisciplinary collaborative and integrated care for surgical patients from the contemplation of surgery throughout the surgical pathway to recovery. The primary goal of perioperative physicians is to ensure that patients are in the best possible condition for surgery and that they receive appropriate care before the surgery, during the surgery, and after the surgery so that patients recover well afterwards. In this way, the surgeon can freely concentrate on the surgical aspects leaving the preoperative and postoperative care worries to the perioperative physicians. High-quality perioperative

care reduces complications, improves outcomes, and leads to improved patient satisfaction and reduced healthcare costs.

Hon'ble Deputy Chief Minister expressed happiness on the concept of starting a new subspeciality under the Department of Anaesthesiology and said the SGPGIMS must take the lead and

finish all the necessary formalities so that perioperative medicine can be started at the earliest to benefit needy patients. He conveyed his best wishes and full support.

Earlier, Prof SP Ambesh Head of the Department of Anaesthesiology and Organizing chairperson of the conference welcomed the chief guest Hon'ble Dy Chief Minister Shri Brijesh Pathak Ji, other dignitaries, experts in the field and delegates coming from various parts of the country. Prof Puneet Goyal, the organizing secretary proposed the Vote of thanks.

**Dr Divya Srivastava, Associate Professor, Anesthesiology**





## National Capacity Building Workshop on “A novel approach to kidney disease diagnosis”



The Department of Molecular Medicine and Biotechnology organized a two-day National Capacity Building Workshop on “A Novel Approach to Kidney Disease Diagnosis”. The workshop was held on the 13th and 14th of April 2023, in the department.

The workshop participants included Clinicians/biomedical researchers from national research/medical institutes, who are involved in kidney disease research/ management and have the necessary infrastructure. The purpose of the workshop was to disseminate research skills and the knowledge generated through the ICMR's 'Centre for Advanced Research and Excellence (CARE) in kidney diseases- Biomarkers & newer therapeutic' sanctioned to Prof. Swasti Tiwari, who is the Principal Investigator, and also working as Head of the department.

The workshop commenced with an inauguration ceremony, Dr. R.S. Dhaliwal, Head of the Division of Non-Communicable Diseases at the Indian Council of Medical Research (ICMR), New Delhi, and the Director of our institute, Prof. RK Dhiman were among the distinguished guests. Prof. Dhiman gave an inspiring speech and shared his vision for advancements in the field of kidney disease research.

The workshop gained further momentum with an enlightening speech by Dr. R. S Dhaliwal.



There were a series of hands-on sessions that delved the participants into the intricacies of the methodology, including exosome isolation, characterization, gene profiling, data analysis, and interpretation. These practical sessions provided a unique opportunity for participants to gain firsthand experience in utilizing the novel approach to kidney disease diagnosis.

Throughout the workshop, attendees engaged in dynamic discussions and interactive sessions, exchanging ideas and insights with fellow researchers and faculty members.

**Professor Swasti Tiwari, Head, Department of Molecular Medicine**





## Celebrating National Newborn Week: Honouring Tiny Fighters and Their Families

The Department of Neonatology at SGPGIMS (Sanjay Gandhi Postgraduate Institute of Medical Sciences) organized National Newborn week program from 15th to 21st November 2023 focused on educating important aspects of preterm newborn care. Theme for this year was “Safety, Quality and Nurturing care-Birth Right of Every Newborn”. The event witnessed an overwhelming response with



participation of parents and nursing staff members.

### A Week of Awareness and Support

This week is dedicated to raising awareness about premature birth and its impact on families across the nation. It's a time to reflect on the challenges faced by preterm infants and the remarkable progress that

has been made in neonatal care. Under the guidance of Dr. Kirti. M. Naranje, HOD, Dept of Neonatology we conducted educational sessions to mothers on preterm nutrition, skin to skin care. Practical workshop was conducted on Developmental supportive care for



nursing staff reinforcing its importance in taking care of preemies followed by nursing quiz. Resident doctors were trained to perform ROP screening with Ret CAM equipment.



### Recognizing Families

Behind every premature baby is a family on a journey filled with both joys and hardships. National Newborn Week is an opportunity to recognize and support these families, acknowledging the sacrifices they make and the love they pour into their little ones. The event concluded with OPD follow-up celebrations, honouring our tiny fighters discharged from our institute. We acknowledged the families for determined care of babies. We extend our heartfelt admiration to the tiniest members of our community—the premature newborns who show us the true meaning of strength. Each day, they inspire us with their courage and determination as they navigate the early days of life.

**Dr. Sushil Kumar, 3<sup>rd</sup> Year SR, DM Neonatology, Department of Neonatology**





## Medical Issues Of Transgenders – “Right To Health Initiative”



Department OF Hepatology, Endocrinology and Education Foundation SGPGI in collaboration with YRG care organized an awareness workshop on MEDICAL ISSUES OF TRANSGENDERS – “RIGHT TO HEALTH INITIATIVE”.

Transgender are the people who perceive their gender identity as different from their gender by birth. Because of poor acceptance among society, these people face difficulty and stigmatization in accessing and utilizing health care facilities.

SGPGI has taken initiative to serve these relatively marginalized populations. To increase awareness among healthcare professionals on medical issues of transgenders and to address the problems faced by transgenders in accessing healthcare facilities, the institute organized an awareness activity on social and medical issues of transgender on 9th November in collaboration with YRG care.

YRG Care is a world renowned non-profit organization of Chennai which primarily works for people living with HIV, drug users, and transgenders. YRG Care focuses on offering non-stigmatizing, high quality services to those with or at risk for sexually

transmitted diseases. The organization has a team of over 1500 people involved in various program deliveries, multiple research implementations, core lab sciences, and treatment trials, across India offering quality care and diagnostic inputs.

The session was inaugurated by Prof R.K. Dhiman, Director SGPGIMS, Dean Prof. Shaleen Kumar, Prof Sushil Gupta, Head, Endocrinology and Dr. Rajnish Pandey from YRG care.

Prof. R.K. Dhiman in his address stressed upon the need to spread awareness regarding the various issues faced by the transgender community. He also lauded the work of YRG care in this field. Director announced that SGPGI will start a dedicated Multidisciplinary Transgender Clinic very soon.

A panel of doctors from the Department of Pathology, Psychiatry, Plastic Surgery, Endocrinology, Urology , Hepatology of SGPGI along with transgender community representatives and members from YRG care delivered talks on medical and ethical issues of transgender community.

Dr. Rajnish Pandey from YRG care shared his experiences in handling the medical issues of transgenders and the problems faced during accessing health care facilities.

The representative from transgender community also shared the social issues faced by transgenders and difficulties in accessing healthcare.

Ethical issues in conducting research were discussed to promote easily accessible health care facilities for transgenders. The role of psychiatrist, the available surgeries in one institute, urological care and hormonal therapies for transgenders were also discussed by specialists.

***This event was planned and organized by Dr. Amit Goel, Head, Department of Hepatology.***





## Awareness Activities during October- the Breast Cancer Awareness Month

Breast cancer is the commonest cancer affecting women globally. Awareness, early diagnosis and comprehensive treatment are the only way suffering and deaths due to this potentially fatal disease can be prevented. October is observed as the breast cancer awareness month internationally. The SGPGI Breast Health Program, started by the department of Endocrine & Breast Surgery in year 2001 has been conducting number of breast cancer awareness events and screening camps over last 2 decades. Keeping up with its long tradition, a number of activities were undertaken by the SGPGI Breast Health Program and the department of Endocrine & Breast surgery during October 2023 inside and outside the SGPGI campus. SGPGI Breast Health Program organized a breast cancer awareness and screening camp at Saraswati Hospital and Research Centre, Faizabad road, on 7th October 2023, hosted by the association of 41ers club of India, in collaboration with Indian Industries Association. Faculty, residents and nurses from departments of Endocrine & Breast Surgery, Radiotherapy & Medical Oncology departments conducted this awareness session attended by a large gathering, and screened more than 100 women for breast cancer.



On 28th October 2023, a breast cancer awareness program was organized at Dr Soma Koushik Auditorium for all SGPGIMS staffs, patient relatives and breast cancer survivors. Breast cancer related

myths and facts were discussed, and open house questions were encouraged. Through the lens of compassion and determination, we showcased the vibrant tapestry of individuals and communities coming together to promote education, early detection, and a spirit of unwavering hope. Cancer survivors spoke about their story of empowerment, illustrating the triumphs and challenges that mark the breast cancer journey.

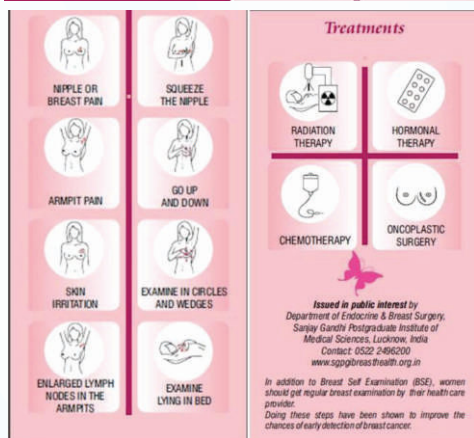


On the 29th October awareness Walkathon and Yoga session was organized from Dr BC Joshi Guest house. Director Dr. R K Dhiman flagged off, and lead the Walkathon which received over-whelming participation of the campus faculty, resident doctors, nursing staff, students and others. More than 300 people had registered online from different departments as well as from the community. The participants walked sporting pink caps and pink shirts, displaying numerous breast cancer awareness messages on placards. The walk was followed by a session of yoga, conducted by expert yoda gurus on the lawns of Dr BC Joshi Guest house, in which a large number of campus inmates participated.

On the 30th October, awareness session was organized at the Chaudhary Charan Singh International Airport, Lucknow. Prof. Gaurav Agarwal delivered talk at the airport premises for the employees and passengers emphasizing on the



importance of early detection of breast cancer. Baggage tags printed with Awareness slogans were distributed to the passengers and employees.



**DrKumariMadhu and DrFarheenKhan,Endocrine Surgery**

## SGPGI & More.....

*Memories galore, SGPGI & more  
May be colleagues, teacher & patients whom we care  
More is youth & youthfulness of years.  
Struggle for chromosome banding which is over  
- As now microarray has taken over.  
To criticize & appreciate SSA is not here.*

*Struggle of a student of a new subject, was too much to bear  
But was fruitful, like pains of labor  
Evaluated student's aptitude & polished it more  
Like SURF cleaning stains all over*

*Student Shubha became a teacher  
Student in her remained a student forever.  
Did not leave alma-mater to go anywhere.  
I grew, trees grew, we grew with SGPGI's honor  
Did not realize how much we have hovered*

*For me, no ambition, no aims were there  
Road was bumpy, but reached somewhere  
As the subject chosen was dear  
Learning, learning continued to be the life sphere  
May it be gene, genome or patient care.  
Exome – Vexome - did not bother  
But true were the efforts .....those really matter*

*Destinations evolved as the journey progressed  
I learned a gene in a year; new batches learn genome  
in 3 years  
Liking the work & working for patients,  
Made the job, 24 hours hobby for ever  
Getting to teach & work for science,  
What perk one wants more!*

*Intelligent & bright students surrounding, keeps the  
department beaming  
Keeps myself on my toes & revolving  
Resident with palazzo flashing & earrings dangling,  
Keep me young & encourage my online shopping  
--  
**Dr Shubha Phadke, Professor & Head, Department  
of Medical Genetics***





## Speciality of Orthopaedics, Apex Trauma Center, SGPGI



### Speciality of Orthopaedics, ATC, SGPGI

It is with immense pride and gratitude that we present the Annual Report of the Orthopaedics Specialty at the Apex Trauma Centre, SGPGI, for the year 2023. This report encapsulates a year marked by dedication, excellence, and significant strides in the field of trauma care.

**I. Overview:** In the backdrop of a nation where one road traffic injury unfolds every minute, SGPGI continues to stand tall as a symbol of hope. The Apex Trauma Centre, with its unique approach, provides unparalleled trauma care from the site of injury to complete rehabilitation.

### II. Achievements:

#### A. Patient Care:

- Comprehensive Orthopaedic trauma services were provided to patients coming to Apex Trauma Centre
- Trust in our services is evident through a growing number of referrals from all corners of the country.

#### B. Team and Facilities:

- The Orthopaedic team, led by faculty members Dr. Pulak Sharma, Dr. Anurag Baghel, Dr. Kumar Keshav, and Dr. Amit Kumar, and supported by dedicated senior residents has showcased exemplary commitment.
- PDCC in Pelvis, Hip & Knee Injuries under speciality of orthopaedics has been approved by the governing body, two seats will be advertised in the year 2024.

### III. Operational Statistics (Year 2023):

- Outpatient services provided to 11,572 patients.
- Conducted 1,000+ major operative procedures, which is 7% of the total surgeries in SGPGI (14,000).

### IV. Specialized Services:

- The spectrum of orthopaedic trauma services covers a wide range, from complex fractures, arthroscopy to paediatric and geriatric ortho trauma.

### V. Academic and Public Awareness Initiatives:

- Organized a well-attended CME on "Traumatic Musculo-skeletal injuries in geriatric population." In which we discussed the challenges faced in managing Geriatric Ortho Trauma patients and its possible solutions.
- Conducted a workshop on "Basic Life Saving skills" on the occasion of Bone and Joint Day, to spread awareness about managing a Road Traffic Accident victim at the scene of Trauma.



- Successfully hosted the 1st SGPGI Arthroscopy Course. It was the first time in ATC that surgery was telecasted live during a workshop. Dr. Pallav Mishra, Professor, Sports Injury Centre, Safdarjung, Delhi consolidated the understanding of surgical procedures and offered insights into real-time decision-making.
- Held a CME & Workshop on "Principles & Techniques of Plaster application" to enhance the



awareness about the role and technique of plaster application in Trauma Setup on 29th April, 2023.

● Public Awareness Programmes held in OPD area of ATC on :

- World Arthritis Day – 12th October, 2023
- World Trauma Day – 17th October, 2023
- World osteoporosis day with free of cost BMD to all patients attending Orthopaedic OPD at ATC – 20th October, 2023



#### VI. Research & Awards :

- First ICMR funded Extramural Project in ATC ( PI Dr Pulak Sharma)
- First Drug Trial in ATC ( PI Dr Pulak Sharma)
- One Extramural Project funded by UPCST ( PI Dr Anurag Baghel)
- One Intramural Project ( PI Dr Amit Kumar)
- Over a dozen Publications in Journals of repute .
- Reputed AO Trauma Fellowship and SICOT Travelling Fellowship ( Dr Kumar Keshav)
- Dr Pulak Sharma was nominated as Chief Classifier Para-badminton at 1st Khelo India Para- Games , New Delhi 2023

#### VII. Media Recognition:

- State-level wrestling champion under 60kg category underwent arthroscopic knee surgery after which he was relieved of his symptoms and went back to training in 8 weeks.
- An 80-year-old female patient was underwent a complex hip surgery in ATC, SGPGI despite being refused from multiple hospitals due to her co-morbid conditions and age.

- Extensive coverage in SGPGI Newsletter and other leading newspapers both local and state level, highlighting excellence in surgeries, dedicated work, and compassionate patient care.

#### VIII. Future Outlook:

- The Specialty of Orthopaedics at the Apex Trauma Centre is poised to continue its journey towards excellence in trauma care. Our vision is to establish ATC as a global center of excellence for teaching, training, and research in trauma care.

In conclusion, we extend our heartfelt gratitude to our team, partners, and the community for their unwavering support. The positive impact we've made in the lives of trauma patients is a testament to the dedication and passion that drives us.

Thank you for your trust and continued collaboration.

*Dr Pulak Sharma, Associate Professor*





## Achievements and Advancements at the Department of Neurosurgery, SGPGIMS

We are delighted to share with you the remarkable achievements and strides made by the Department of Neurosurgery at the Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow, during the past four months. Our commitment to excellence in academics, patient care, and the refinement of surgical techniques has positioned us as an institute of international importance.

SkullBaseCon 2023: Elevating Skull Base Surgery Standards

surgery. Dr. Asish Suri from AIIMS, New Delhi, demonstrated the endoscopic endonasaltransphenoidal approach for the exposure and resection of pituitary adenomas. The workshop seamlessly integrated traditional and minimally invasive techniques, offering a comprehensive learning experience.

The subsequent two days of the conference featured an academic feast with presentations from esteemed faculty worldwide. The inauguration, graced by Dr. R K Dhiman as Chief Guest and Honorable Mr. Justice Rajeev Singh, Judge High Court, Lucknow, as the Guest of Honour, set the tone for insightful discussions. Dr. ManasPanigrahi, President of SBS,



A significant highlight during this period was the hosting of SkullBaseCon 2023, the 24th annual conference of the Skull Base Society, held from October 27th to 29th, 2023. The conference focused on the theme "Making Skull Base Surgery Safer" and attracted over 350 national and international delegates and speakers.

The event commenced with a pre-conference workshop featuring cadaveric dissections and live operative demonstrations. Expert faculty, including Dr. Roopesh Kumar, Dr. Ramandeep Virk, Dr. Manas Panigrahi, Dr. Manmohan Singh, Dr. Iype Cherian and Dr. Prakash Nair, showcased microscopic and endoscopic techniques of skull base surgery. The live 3D operative session, led by world-renowned neurosurgeon Dr. DilipPanikar, from Aster Medcity, Kochi, provided key anatomical details for safe

delivered the prestigious presidential oration, sharing valuable experiences in skull base surgeries. Dr. SaleemAbdulrauf, a luminary in vascular surgeries, delivered the prestigious skull base oration, illustrating the intricacies of managing internal carotid artery aneurysms.

The conference, a hybrid model, featured live webinars with renowned skull base neurosurgeons from around the globe. The President of SBS commended our department's contributions, terming SkullBaseCon 2023 as a model for future national and international conferences. The event also served as a platform for an alumni meet, showcasing the work of alumni engaged in skull base surgery. The academic feast concluded with a cultural night, making the conference a grand success. Team Neurosurgery



SGPGI, spearheaded by Dr A K Srivasvata, and Dr K K Das, under the guidance of Dr Raj Kuamr and Dr AK Jaiswal, was praised for the commendable effort. Awards and Recognitions: National and International Accolades

Over the past few months, the department has received numerous awards on national and international platforms. Dr. Anil BC, post-doctoral fellow in skull base and spine surgery, won the Best Paper Award at Neurovascon 23, GB Pant Hospital, Delhi. Dr. Wasseem Ahmed received the Young Presentation Award at the 3rd Rhoton Society Meeting in Istanbul, Turkey, along with the Neurovascular Surgery Foundation Outreach Program scholarship by the University of Toronto. Dr. Nasreen Hamid, in neuro-otology, received the Best Free Paper, and Dr. Pooja Tataskar, a 2nd-year resident, received the Best Poster Award at SkullBaseCon 23.

**Advancements in Operative Techniques and Research Contributions**

The department is currently at the forefront of advanced operative techniques in skull base and minimal access surgeries for cranial and spinal cases. Our expertise spans both endoscopic and microscopic techniques in skull base surgery, enhancing our international standing. The application of minimally invasive spine surgical techniques, utilizing endoscopes, has become increasingly prevalent, leading to improved patient outcomes.

Numerous original articles on these topics have been published by our department in the last few months, contributing significantly to the global body of knowledge in neurosurgery.

**Acknowledging Contributions and Transitions**

In the recent past, some of our longstanding and distinguished staff members have entered superannuation. CNO Lizzamma K Sonanki, after over three decades of service, received a splendid farewell organized by the nursing staff and attended by faculty and alumni. A-ward incharge Sister Bilkis Ansari, along with senior staff members Mrs. Shashi Sethi and Mrs. Saraswati Singh, completed their tenures during this period. Two senior sisters, Mrs. Malini Singh and Mrs. Mithlesh, integral parts of the neurosurgery department, were promoted as in-charges of other department wards.

Despite the loss of these valued team members, the department continues to thrive, benefitting from the appreciation they garnered at their respective working

places. Their protocols and work culture have been passed down to the newer generation.

**Dynamic Leadership and Future Technological Advances**

Under the dynamic leadership of Dr. Raj Kumar, the department has flourished in academia, patient care, and surgical excellence. As we look to the future, we are actively pursuing further technological advances, including a gamma knife, neuro-intervention suite, advanced endoscopy systems

**Dr Ashutosh Kumar, Assistant Professor  
Department of Neurosurgery**

## ***I Blossomed***

***I blossomed,  
when life was against me,***

***Through all the odds and the  
wounds.***

***I found the glowing pearls of mine,  
The weather was bizarre,  
the spring was cold.***

***The starry sky, the gloaming lighting  
scares me more,***

***I was amazed by the serenity in  
darkness,***

***The glimpse of serendipity made me  
vibrant.***

***Averse to all the roller coasters of  
life,***

***I cherished, smiled and smiled and  
built myself.***

***Ms. Manjari Dubey,  
PhD scholar, Department of Neurology***



## SGPGI के 15 डॉक्टर दुनिया के शीर्ष वैज्ञानिकों की सूची में शामिल

**World's top 2% scientists (Year: 2022):** The names of 15 professors of SGPGI are in the list, released on October 2023.

15 scientists from SGPGI once again brought laurels to the city as they have made to the US based Stanford list University for their exemplary work in the field of research. The evaluation is based on their career data and their outstanding work in the year 2022. Scientists / Professors who made us proud from SGPGI include.



**Prof. Radha K. Dhiman,**  
Dept. of Hepatology &  
Director SGPGI, Lucknow



**Prof. Suraksha Agrawal,**  
superannuated from  
Dept. of Medical Genetics



**Prof. U K Mishra**  
superannuated from  
Dept. of Neurology



**Prof. Vinay K. Kapoor**  
superannuated from  
Dept. of Surgical Gastro.



**Prof. Rakesh Aggarwal**  
Dept. of Gastroenterology  
& Director, JIPMER  
Puducherry



**Prof. Amita Aggarwal,**  
HOD, Dept. of Clinical  
Immunology & Rheumat.



**Prof. U C Ghoshal,**  
VRS from Dept. of  
Gastroenterology



**Prof. Jayantee Kalita**  
Dept. of Neurology



**Prof. Gaurav Agarwal,**  
HOD, Dept. of Endocrine  
& Breast Surgery



**Prof. Anshu Srivastava**  
Dept. of Paediatric  
Gastroenterology



**Prof. Narayan Prasad**  
HOD, Dept. of  
Nephrology



**Prof. Mohan Gurjar** Dept.  
of Critical Care Medicine



**Dr. Prabhakar Mishra**  
Additional Professor,  
Dept. of Biostatistics &  
Health Informatics



**Dr. Durga P. Misra**  
Associate Professor,  
Dept. of Clinical  
Immunology &  
Rheumatology



**Dr. Rohit Sinha,**  
Associate Professor,  
Dept. of Endocrinology



### List of Research Day Awardees

#### STUDENT MEDICAL UNPUBLISHED CATEGORY

Name	Department	Designation
Dr. Nikhil C. (1)	Clinical Immunology & Rheumatology	SR
Dr. SouryaSourabhMohakuda (2)	Nephrology	SR
Ms. Tooba Qamar (3)	Clinical Immunology & Rheumatology	Ph.D
Dr. Teenu Singh (3)	CCM	SR

#### STUDENT SURGICAL UN-PUBLISHED CATEGORY

Name	Department	Designation
Dr. Rinelle Mascarenhas (1)	Endocrine & Breast Surgery	M.Ch SR
Dr. Ashish Ranjan (2)	Urology & Renal Transplantation	SR
Ms. ToobaQamar (3)	Clinical Immunology & Rheumatology	Ph.D
Dr. Nazrin Hameed (3)	Neuro-otology	SR

#### STUDENT PRE/PARA/BASIC UN-PUBLISHED CATEGORY

Name	Department	Designation
Ms. Pooja (1)	Medical Genetics	Ph.D
Ms. Pragati Saxena (2)	Hematology	Ph.D
Mr. Saurabh Vaish (3)	Medical Genetics	Ph.D

#### STUDENT CLINICAL VIGNETTE UN-PUBLISHED CATEGORY

Name	Department	Designation
Dr. Bharath M. M. (1)	Neurology	SR
Dr. Vidushi Singh (1)	Microbiology	SR
Dr. Prachi Agarwal (1)	Neonatology	SR



### List of Research Day Awardees

#### FACULTY MEDICAL CATEGORY

Name	Department	Designation
Dr. Anshu Srivastava	Pediatric Gastroenterology	Professor
Dr. Zia Hashim	Pulmonary Medicine	Additional Professor
Dr. Durga P. Misra	Clinical Immunology & Rheumatology	Associate Professor
Dr. Jayakrishnan	Endocrinology	Assistant Professor

#### FACULTY SURGICAL CATEGORY

Name	Department	Designation
Dr. Gaurav Agarwal	Endocrine & Breast Surgery	Professor
Dr. Ashish Kumar Kannaujia	Anaesthesiology	Associate Professor
Dr. Ved Prakash Maurya	Neurosurgery	Associate Professor
Dr. Ashutosh Kumar	Neurosurgery	Assistant Professor

#### FACULTY PRE/PARA/BASIC CATEGORY

Name	Department	Designation
Dr. C.P. Chaturvedi	SCRC, Hematology	Additional Professor
Dr. Rohit A Sinha	Endocrinology	Associate Professor
Dr. Nidhi Tejan	Microbiology	Assistant Professor



### List of Research Day Awardees

#### FACULTY CLINICAL VIGNETTE CATEGORY

Name	Department	Designation
Dr. Chinmoy Sahu	Microbiology	Additional Professor
Dr. Kuntal Kanti Das	Neurosurgery	Associate Professor
Dr. Araghya Samanta	Pediatric Gastroenterology	Assistant Professor

#### STUDENT MEDICAL PUBLISHED CATEGORY

Name	Department	Designation
Dr. Darpan R Thakare	Clinical immunology & Rheumatology	DM Student
Dr. Avinash D Gautam	Radiodiagnosis	SR

#### STUDENT PRE/PARA/BASIC PUBLISHED CATEGORY

Name	Department	Designation
Ms. Archana Tewari (1)	Endocrinology	Ph.D
Ms. Neha Shukla (2)	Urology & Renal Transplantation	Ph.D
Mr. Deen Dayal Das Mishra (3)	Molecular Medicine & Biotechnology	Ph.D

#### STUDENT CLINICAL VIGNETTE PUBLISHED CATEGORY

Name	Department	Designation
Dr. Ajay Chavan (1)	Neurology	SR
Dr. Spandana J. (2)	Endocrine Surgery	SR M.Ch
Dr. Tarun Kumar (3)	Pediatric Surgery	SR



### Special Awards, Convocation day 2023

#### Prof. Subhash R. Naik Award For Outstanding Research Investigator - Year 2022

Dr. Narayan Prasad, Prof. & Head, Department Of Nephrology, SGPGIMS

Dr. Moinak Sen Sarma, Associate Professor, Department Of Pediatric Gastroenterology,

#### Prof. S.S. Agarwal Award For Excellence In Research - Year 2022

Dr. Sukhanshi Khandpur, Ph.D. Student, Dept. Of Molecular Medicine And Biotechnology

#### Prof. R.K. Sharma Award For Best DM Student - Year 2023

Dr. Thakare Darpan Radheshyam, DM STUDENT, Department of Clinical Immunology & Rheumatology

#### Prof. R.K. Sharma Award For Best M.Ch. Student - Year 2023

Dr. Sarrah, M.CH. Student Department of Endocrine Surgery

#### Dr. Sabya Sachi Sarkar Award to the Topper Student of MD Radiodiagnosis - Year 2023

Dr. Robin Verma, MD. Student Department of Radiodiagnosis

#### President SGPGIMS Award for Maximum Number of Intramural Grants by Department - Year 2023

Department of Neonatology

#### President SGPGIMS Award for Maximum Number of Extramural Grants by Department - Year 2023

Dr. Atul Garg, Associate Professor, Department of Microbiology

#### President SGPGIMS Award for Maximum Number of Patent by an Individual - Year 2023

Dr. Chetna Shamshery, Associate Professor, Department of Anaesthesiology

Dr. Ashish Kumar Kannauji, Additional Professor, Department of Anaesthesiology



## Foundation day Awardees, 2023

### Awardees of Technician Gr I

Mr Mahipal Singh, Technical Officer, Department of Endocrinology

### Awardees of Sr. Nursing Officer

Mr. Sree Kumar P.K., Senior Nursing Officer, Department of Pediatric Surgery

### Awardees of Nursing Officer

Mr Sunil Kumar, Nursing Officer, Department of Neonatology

### Best Resident Doctors

Best Md. Student	Dr. Shaila Farheen, Pathology
Best Mch, Student	Dr. Pujana Kanneganti, Pediatric Surgery
Best Dm Student	Dr. Srikant Kathalkar, Gastroenterology

## SGPGI Alumni brought accolades

### Fellow of Indian society of Gastroenterology' award.

Dr Jaya Agarwal, Consultant Pediatric Gastroenterologist, Regency Health Care, Kanpur was conferred with the prestigious “Fellow of Indian society of Gastroenterology” award on 23 December 2023 at ISGCON annual meeting Bengaluru. Dr Jaya was a Senior Resident in the department of Pediatric Gastroenterology in SGPGI from 2008 to 2011



### 2023 SBU Postdoc Spotlight Speaker award

2023 SBU Postdoc Spotlight Speaker award Dr Ankita Singh, PhD scholar from Department of Immunology, SGPGI, (under Professor and Head, Dr Amita Aggarwal) was awarded first place for her project entitled ‘Fixing Leakage in the Gut’ at the annual postdoc spotlight, held November 16 at the Charles B. Wang Center at Stony Brook University. Dr Singh’s research is centered on inflammatory bowel disease (IBD). Her team is studying the protein IL-22.











**MsTooba Qamar, Ph.D student (DST-Inspire Fellow) under Durga Prasanna Misra, Associate Professor of Clinical Immunology and Rheumatology, won various awards in National conferences in October-December-2023.**

**Best Poster Presentation Award** on Quinoliny  $\beta$ -enamionone derivatives exhibit leishmanicidal activity against Leishmaniadonovani by impairing the mitochondrial electron transport chain complex and inducing ROS-mediated programmed cell death" at IMMUNOCON- 2023, AIIMS, New Delhi.

**Best Oral Presentation Award** on Unravelling Genistein Targets in Takayasu Arteritis: A Network Pharmacology Approach For Predicting Interactions between Genistein& Candidate Target Proteins in Fourth Science Conclave cum National Biomedical Research Competition (NBRCOM) 2023, Alwar Rajasthan.



**Best Research Paper Award-2023** on Unravelling Genistein Targets in Takayasu Arteritis: A Network Pharmacology Approach For Predicting Interactions between Genistein& Candidate Target Proteins" under Unpublished Medical Category on occasion of Research Day Celebration-2023, SGPGI



**Second Prize** in Quiz Competition on Workshop on Flow Cytometry and its role in Multicolor Immunophenotyping, organized by Indian Immunology Society at IMMUNOCON,AIIMS, New Delhi.

## *SGPGIMS Newsletter Committee*

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

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





## The Musings of an Alumnus

The year was 2007, the date was 2nd July,  
That's when I first entered the portals of SGPGI  
The sight of the lovely campus, so clean and lush green,  
Helped soothe my trepidation about the future unseen

Was welcomed into the department with warm and friendly smiles,  
Got acquainted with the work and patients' case files  
As I adapted to my new environment, the initial days went by in a haze,  
Navigating through endless corridors resembling the 'BhoolBhulaiya' maze

Gradually settled into the routine, each day learning something new,  
My love for the fascinating subject of genetics slowly and steadily grew  
The thrill of spotting a dysmorphic sign and identifying a rare syndrome,  
Was equal to the joy of spotting bands and correctly identifying a chromosome

Complexities of basic genetics were unravelled in stimulating academic sessions,  
Nuances of clinical genetics were elucidated through detailed case discussions,  
But it wasn't just all work, there was lots of laughter and play,  
With our excellent teachers guiding us every step of the way.

With loads of wonderful experiences, three years passed by all too soon,  
Before I knew it, it was time to leave, it was 2010 – the 30th of June  
It's been more than a decade since I left, but every time I have visited later,  
There's a sense of homecoming whenever I go to my alma mater.

**DrPrajnyaRanganath, Additional Professor, Department of Medical Genetics, Nizam's Institute of Medical Sciences (NIMS), Hyderabad, India, & Adjunct Scientist, Diagnostics Division, Centre for DNA Fingerprinting and Diagnostics (CDFD), Hyderabad, India.**

## Reflection of an alumnus: A story of growth and impact at SGPGI'

My story begins with an arduous 8-hour journey from New Delhi to Lucknow via Gomti Express – a packed train on a winter night of 6th December, 2008. Though there was no conveyance at Charbagh station, I was fortunate to find an auto-rickshaw home. That ride led me to the gates of SGPGI.



Entering the institute was a dream fueled by the haunting memories of lives lost during my PG days. The day after, December 7th, I faced the challenging SR entrance exam. On December 8th, I walked outside the OPD building, called my mother, and joyfully shared my selection. She said in a concerned voice: "Will you stay there if you pass?" I affirmed, "Yes mother, there's no place like this."

My journey had its hurdles. Dr. Afzal Azim Sir's mentorship, especially a performance correction, became a pivotal and life changing moment. The pledge at the entrance gate of SGPGI, "सर्वेभवंतुसुखिनःसर्वेसंतुनिरामयाः," became my guiding light.

Under the guidance of 5 gurus and the support of 10 colleagues in the CCM family, I absorbed experiences and knowledge. Three years brought morning walks, rides with Dr. Bhaskar, milestones like marriage, the birth of my first child, my first car, and the coveted PDCC qualification.

However, all beginnings come to an end. Longing to stay, I ventured out in search of a job on January 5th,





2012. Yet, SGPGI remains my driving force. Despite witnessing death up close, occasionally feeling unable to save a life, I reflect on the colleagues' consolation – "we're just a medium, each soul's breath is already written." As life unfolds with each sunrise and sunset, I ponder who governs this rhythm of nature – "Humans, science, or conscience."

**Dr. Piyush Garg, S.R., PDCC., Deptt. of CCM - 2009-2012, Currently working as :Intensivist and Anaesthetist - GBH General Hospital (American International Institute of Medical Sciences), Udaipur, Rajasthan**



### From the editors' pen..

Human Rights Day, observed annually on December 10th, commemorates the historic milestone in 1948 when the United Nations General Assembly adopted the Universal Declaration of Human Rights (UDHR). This pivotal document enshrines the inherent rights and freedoms of all individuals, irrespective of nationality, ethnicity, religion, or any other distinction. Human Rights Day serves as a poignant reminder of the ongoing global struggle to uphold and advance human rights, recognizing both the progress achieved and the obstacles that persist. On this significant day, organizations, governments, and individuals worldwide unite to reaffirm their dedication to the principles of human rights and to advocate for the safeguarding of marginalized communities. From confronting discrimination and injustice to championing equality and dignity for all, Human Rights Day offers a moment for contemplation on the pivotal role of human rights in fostering peaceful and equitable societies. It serves as a catalyst for concerted efforts to address critical human rights issues and to work towards the realization of rights for every individual, regardless of their circumstances or background. We all need to think and act on this.

**Dr Prerna Kapoor**

### Late Professor CM Pandey



Former head, Department of Biostatistics and Health Informatics, Professor CM Pandey is no more. He breathed his last on 2 October 2023 at SGPGIMS Hospital Lucknow. He was 69 years old and was admitted to SGPGI Hospital after his dengue report came positive and during this, he also suffered a head injury. He was a resident of Sultanpur district and lived in Eldeco after superannuation from SGPGIMS. He was also the founder of the department and served as the head of the department for almost 27 years during the 1990-2018. After retirement, was serving as Director (Academic and Research) at Divine Heart Hospital, Lucknow. He had held various positions in SGPGI, Lucknow including Executive Registrar, Sub-Dean, Faculty In charge Research and Faculty In charge, Examinations. He was a member of various committees of the institute and contributed greatly to research as well as administration. He was the former President/Secretary General of the Indian Society of Medical Statistics (ISMS) as well as Fellow of the Indian Society for Medical Statistics (FSMS). Additionally, Professor Pandey has also been elected as the President of International Epidemiological Association (IEA) for the period 2021-24. His demise is a terrific loss to the biostatistics and epidemiology association fraternity.

**Dr Prabhaker Mishra, Additional Professor  
Department of Biostatistics and health informatics**



## FIT

### F for Fitness I for Inspiration And T for Treading daily

Mrs. Lakshmi, walks regularly in the campus, twice a day, at the age of 82! Her daughters are nursing officers in SGPGIMS. All of us would have passed her some time, she looks relaxed in her customary dresscode of saree and sneakers.

She is a true inspiration for all of us.

**Dr Banani Poddar, Professor and Head, Critical Care Medicine**



regularly  
day, at



## A tale of hope

In the face of adversity, our resilient 12-year-old hero, Adhiraj emerged victorious in a battle against Ewing's sarcoma right humerus, a rare and aggressive bone cancer diagnosed at the tender age of 11. Enduring a challenging road, a comprehensive treatment plan was swiftly initiated by dedicated healthcare professionals. Personalized chemotherapy and radiotherapy became the pillars of this young patient's fight, and the response was nothing short of exceptional.



The collaborative efforts of the medical team and the unwavering support of the family played a pivotal role in this journey. Together, they addressed not only the physical challenges but also the emotional toll of the rigorous treatment. Regular check-ups and medical evaluations provided critical insights, fostering hope and encouragement for both the family and the healthcare professionals involved.

He continues to thrive post-treatment, regular follow-up appointments remain a crucial aspect of his journey. Through ongoing monitoring, he is now free of disease, and performing well in school, ensuring the young survivor's continued well-being. This success story serves as a testament to the advancements in pediatric oncology, offering a

beacon of hope for others facing similar challenges. Congratulations to the courageous survivor and his entire support network for reaching this remarkable milestone, inspiring countless others on their own paths to recovery.

**Dr Sushma Agrawal, Professor, Radiotherapy**

## Rangoli Competition - 2023

Rangoli making has been an essential part of Diwali celebrations in our country. To bring out the festive spirit of the students of College of Medical Technology, a Rangoli competition was organized on 8th November 2023. The students from all the BSc courses registered enthusiastically and came together & displayed their talent & artistic skills. Innovative, beautiful & creative rangoli designs made the entire 4th Floor college corridor decked with vibrant colors. There were a total of 11 teams with 43 participants representing the different courses run in CMT. The creative expression of art through colors was a feast to the eyes.

Director Dr. R.K. Dhiman graced the occasion and appreciated all the participants for creating eye-catching Rangolis & congratulated them for keeping both the art & the tradition alive. Professor Shubha Phadke and Dr Rupali Awale, kindly agreed to judge the event based on the design/theme, appeal & appearance, detailing and color combination and really struggled in declaring the results, as each many of them as each one beautifully displayed the essence & spirit of Diwali were worthy of the position.

Eventually, Team J from BMLT (Intern) & BPT (6th Sem) were awarded the first prize, Teams B: from BPT (1st Sem) & Team C from BMLT (1st Sem) were awarded 2nd prize and Team A from Bachelor in Operation Theatre and Anesthesia (1st Sem) was awarded third prize. Consolation prizes were also given away (Team E, BSc in OT and AT). The students, staff at CMT and all CMT faculty, along with the members of the core working Committee thoroughly enjoyed the pre-Diwali celebrations.

**Dr Ruchi Gupta, Nodal Officer, College of Medical Technology, SGPGI**



1<sup>st</sup> Prize - Team J, 2<sup>nd</sup> Prize- Team B & Team C, 3<sup>rd</sup> Prize - Team A



## SGPGI Faculty Club Ramleela

भारतीय जनमानस के लिए राम सिर्फ ईश्वर नहीं हैं, सिर्फ विष्णु अंश नहीं हैं, सिर्फ राजा भी नहीं हैं, वो उनकी चेतना का वो अंश हैं जो उन्हें प्रेरणा देता है सत्य के दुष्कर परंतु एक मात्र चयन योग्य मार्ग पर चलने का। इसलिए वो जन नायक हैं। एक ऐसे जननायक जो शौर्य संपन्न हैं परंतु विनयी भी हैं। एक ऐसे पुत्र, जिसकी कामना हर अभिभावक करता है, एक ऐसे भाई, जो राजगद्दी को तुच्छ समझता है। एक ऐसे पति, जो एक पत्नी व्रत पर अटल हैं। एक ऐसे राजकुमार, जो निर्वासन के कष्टों से विचलित नहीं हैं। राज्य जिन्हें लुभाता नहीं है और वन जिन्हें डराता नहीं है। साथ ही साथ राम एक ऐसे सेना नायक भी हैं, जो बिना किसी विशेष संसाधन के एक अजेय राजा से भिड़ जाते हैं।

तभी तो उनकी कथा हजारों वर्षों से सुनी और सुनाई जाती है। हम जितनी बार भी कह लें और सुन लें, ना कहने वाला अघाता है और ना सुनने वाला तुप्त होता है। ऐसे में इस वर्ष डॉ. चेतना की सलाह पर फ़ैकल्टी क्लब ने बीड़ा उठाया इस कथा को फिर से सुनाने का। दिन था विजयदशमी का और प्रयास था पूरे एक महीने का। संस्थान के ऑडिटोरियम में रामलीला का मंचन किया गया। इस रामलीला की विशेषता यह थी कि सभी पात्रों का निर्वाह चिकित्सकों और उनके परिवार के सदस्यों ने किया। इसके लिए तकरीबन एक महीने तक प्रैक्टिस चली जो कि अस्पताल की लंबी ड्यूटी से छूटे डॉक्टरों के लिये बड़ा दुष्कर कार्य था।

तुलसी के भजनों से सजी ये रामलीला बड़ी ही सराही गई। खचाखच भरे ऑडिटोरियम में अपने मित्रों की रामलीला देखने के लिए संस्थान के निदेशक डॉक्टर आर के धीमन एवम् उनकी पत्नी समेत कई वरिष्ठ चिकित्सक आये।

रामलीला का अंत होता है राम के घर लौट आने से, वापस बिछड़े लोगों के मिलने से। वनवास की समाप्ति से। राम सोने की लंका छोड़ के अयोध्या लौट आते हैं सिर्फ अपनों से मिलने की चाह में।

हम सभी राम के महान चरित्र से प्रेरणा लें, यही इस रामलीला का उद्देश्य था।

डॉ. ब्रजेश सिंह, सीनियर सर्जिकल कंसलटेंट, जनरल हॉस्पिटल, फ़ैकल्टी क्लब अध्यक्ष

डॉ. शिल्पी सिंह

रामलीला के कलाकार और पात्र परिचय

- |                                    |                           |
|------------------------------------|---------------------------|
| • डॉ. एस के अग्रवाल                | वशिष्ठ मुनि               |
| • डॉ. अतुल सोनकर                   | राजा दशरथ                 |
| • डॉ. शालिनी अग्रवाल               | रानी कौशल्या              |
| • श्रीमती दीपा खेतान               | रानी सुमित्रा और श्रृपणखा |
| • डॉ. दिव्या श्रीवास्तव            | रानी कैकेयी               |
| • डॉ. अनंत महरोत्रा                | विश्वामित्र और विभीषण     |
| • डॉ. तापस सिंह                    | श्रीराम                   |
| • डॉ. सुमित सचान                   | लक्ष्मण                   |
| • डॉ. अंकुर मंडेलिया               | भरत                       |
| • डॉ. चिन्मय साहू                  | शत्रुघ्न और सुशेन वैद्य   |
| • श्रीमती ऋतु धीराज                | अहिल्या                   |
| • डॉ. आदित्य कपूर                  | राजा जनक                  |
| • डॉ. शिल्पी                       | सीताजी                    |
| • डॉ. विजय उपाध्याय                | परशुराम                   |
| • डॉ. आरती अग्रवाल                 | मंथरा                     |
| • डॉ. संदीप खुबा                   | केवट और सुग्रीव           |
| • डॉ. अनुप                         | रावण                      |
| • डॉ. रचना                         | शबरी                      |
| • डॉ. अमित रस्तोगी                 | हनुमान                    |
| • डॉ. ब्रजेश                       | बाली                      |
| • डॉ. तापसी बरई                    | तारा                      |
| • डॉ. अभिषेक पाठक                  | अंगद                      |
| • डॉ. अंजू पांडेय                  | मंदोदरी                   |
| • डॉ. रघुवेंद्र                    | मेघनाथ                    |
| • डॉ. निखिलेश कुमार गौड़ कुम्भकर्ण |                           |
| • सह-निर्देशक                      | श्रीमती प्रीति चौहान      |
| • निर्देशक                         | श्री संदीप यादव           |

**गायक**— डॉ. चारु तिवारी, श्रीमती ऋतुधिराज, डॉ. अशोक कुमार, डॉ. अंजनी मिश्रा, डॉ. मानसी, डॉ. रचना, डॉ. चेतना, मनीष

**बाल कलाकार**— अनन्या, अर्शिया, आशी, श्रेया, हृषिता, संचिता, कार्तिक, समृद्धि, श्रेयांश, नंदिनी, अर्नब, इक्षिता, आरिव, ईशल, आयज़ा, अनायशा, आरुष, सैकत, कार्तिक, सिद्धांत, कुशाग्र।





## Retirements from October-December 2023

*"As you embark on the journey of retirement, may each day unfold a new chapter of joy, fulfillment, and well-deserved relaxation. Cheers to a life well-worked and the adventures that lie ahead!"*

S.No	Name	Designation
1	Dr. V.L. Bhatia, Professor	Professor, Endocrinology
2	Mr. Phanishmani Tripathi	Assistant Nursing Supdt.
3	Mr. Pradeep Kumar Srivastav	Chief Tech. Officer (Lab. Tech. Cadre)
4	Mr. ShyamKishor	Workshop Technician GR-I
5	Mr. Mohan Lal	Office Attendant GR-I
6	Mr. Sumit Kumar Shukla	Sr. Technical Officer (Laboratory)
7	Mr. BrijBhan Singh	Hospital Attd. GR-III
8	Mr. Ram Lakhan Yadav	Workshop Technician GR-I
9	Dr. Bharat Sah	Associate Suptd. (Non Med.)
10	Dr. Krishna Kumar,	Sr. Technical Officer (Laboratory)
11	Mr. Ramveer Sharma	Sr. Office Attendant
12	Ms. Reena D Masih	Assistant Nursing Supdt.
13	Mr. Arun Kumar Shukla	Workshop Technician GR-I
14	Mr. Manoj Srivastava	Asstt Administrative Officer
15	Mr. Nanhaku	Hospital Attendant
16	Mr. MahendraNath Shukla	Executive Engineer (AC)
17	Mr. Ramesh Kumar	Supervising Medical Social Service Officer
18	Mr. Bhagwati Prasad	Office Attendant Grade 1
19	Mr. K.K. Chaudhary	Technical Officer
20	Mr. Mohit Srivastava	Senior Administrative Assistant (VRS)
21	Ms. Vijay Laxmi Mishra	Office Attendant Grade 1



**Mrs. Renu Garg** : In 1998, Mrs. Renu Garg came to nursery school S.GP.G.I. She joined as an assistant teacher and retired in December 2023. She did teaching work with great efficiency for 25 years. She had a special interest in art and craft which she demonstrated in art exhibitions.

We wish her all the very best of health, contentment and a meaningful life post retirement

**Mrs. Pavan Shukla, Principal, Nursery School, SGPGI**



***“Retirement is not end of the road, it's the beginning of a new journey”***

### Retired Nursing Officers



**Mrs. Pushpa Charan N.S. , (Nursing Superintendent):** Pursued her nursing education from Christian Hospital Kashganj, Uttar Pradesh. She started her services in SGPGIMS in Jan 1989. She was well aware of her profession and carried out her duties towards patient very well. Subsequently she worked in various wards like Urology, Neurology, BMT. She became in-charge of Acute Leukaemia Ward in 2009 after becoming ANS. She was very soft spoken and maintained a very good rapport with support staff, Nursing Officers, colleagues, residents and faculty members. She retired as nursing superintendent from Acute Leukaemia Ward on 30 November, 2023. Institute wishes her all the best for her future endeavors.

***“Nursing is about togetherness, connecting with the patient on human level”- Donald Woods Winnicott***

**Mrs. Ireen Singh N.S. , (Nursing Superintendent):** was born on 18th Nov, 1963. She finished her education on fundamentals of Nursing from Christian Hospital, Kashganj UP. She joined SGPGIMS as nursing staff on 16th August, 1988. She worked professionally in various wards like Gastroenterology, CVTS-ICU. She was promoted as a ward In-charge in 1991. Primarily as In-charge of labour Room and then in-charge of GH ward collectively she worked here for 22 years in General Hospital. Her conduct towards everyone either with doctors or with nursing officers and other supportive staff was excellent. She was awarded as “Best Nursing Staff” award on 15th of August, 2022 by the institute for her excellent nursing services. She retired from the post of Nursing Superintendent on 30th November, 2023.



***“Trained nurses have become one of the great blessings for humanity, taking a place beside the physician and the priest”- William Osler***



**Mrs. Sudha C. Scott D.N.S, (Deputy Nursing Superintendent) :** joined nursing services at SGPGIMS on 13th March, 1989. Her first place of posting was Cath Lab, Cardiology. She also worked as a scrub Nurse in Neurosurgery OT from 1995 to 2014. After that she was promoted as ANS in 2007 and later on she was posted as In-charge of Endosurgery OT in year 2015. In 2017, consequently she was promoted as Deputy Nursing Superintendent and retired on 30th November, 2023. We are extremely grateful for her nursing services and wish her a great life full of health and success.

**Mrs Usha Takri, CNO**







## **Bidding adieu to Assistant Professors (Bond) of Department of Endocrine Surgery**

An institution is made not of brick and mortar, but of the blood and sweat of the people who create and nurture it. The department of Endocrine & Breast Surgery at SGPGI bid farewell to three such committed workers. The three contractual Assistant Professors, namely Dr Abhishek Krishna, Dr Vikram S and Dr KMM Vishvak Chanthar completed their 2 years of bond period serving the institute on 12th August 2023. They were honored with a token of gratitude for their contribution to the department by way of teaching & training of the residents and carrying out patient care. Laughter and tears intertwined as anecdotes were shared creating a tapestry of memories that will forever be etched in our hearts. The departing colleagues expressed gratitude for the guidance, support and respect they received from department faculty and residents during their working period. They may leave the department, but the department can never let go of them. Their legacy will continue to run in the department for years to come. Their commitment towards their work is an example for all the budding surgeons. Overall, the event was amalgamation of emotions, showcasing the deep sense of togetherness that define our friendly department. The event ended with heartfelt of good wishes for their bright future. Faculty and residents bidding goodbye to the contractual Assistant Professors.

*Dr Dibya Priyadarshi Behera, Dr Farheen Khan*





## *Down the Memory Lane.....*

The foundation stone of the Sanjay Gandhi Postgraduate Institute of Medical Sciences was laid on December 14, 1980 in the present King Georges Medical University campus by the then President of India His Excellency, Shri Neelam Sanjiva Reddy. The State Government aimed to create a state-of-the-art quality medical education, training, medical care and cutting-edge research institution with the motto, "Hospitals with a long tradition of excellence have demonstrated abundantly that research enhances the vitality of teaching, teaching lifts the standards of service and service opens new avenues of investigation"

Over the years, looking into the needs of patients, the departments of Critical Care Medicine, Hematology, Pediatric Gastroenterology, and Pediatric Surgical subspecialty were started. Under the scheme of Pradhan Mantri Swasthya Sewa Yojna, the departments of Plastic Surgery, Maternal & Reproductive Health, Pulmonary Medicine, Molecular Medicine & Biotechnology, Ophthalmology and Neonatology were developed.

The Telemedicine program was initiated in the Institute in the year 1999 to promote the concept of telesurgical education, using interactive video conferencing technology. The School of Telemedicine & Biomedical Informatics was established in the year 2006 which is the only center of its kind in the country.

Another novel experiment in supplying drugs and consumables to all admitted patients was initiated through a Hospital Revolving Fund which is a self sustainable and economically viable system. Introduced in 1997, the model is hailed as a novel experiment in bedside delivery of medicines available at substantial discounts procured through competitive bidding. It has now been adopted by several other public and private sector hospitals throughout India. In 2002, on similar lines, the Investigation Revolving Fund was initiated which deals with procurement of diagnostic kits, reagents, laboratory chemicals and consumables besides others.

The College of Nursing was started in 2008 with the B.Sc. Nursing Course and in the year 2019 the M.Sc Nursing program has also commenced.

The Institute has trained over 1000 medical graduates and postgraduates in broad and sub specialties who are working in the different parts of the country and abroad. The Week magazine, some time ago, rated SGPGIMS as being amongst the top 10 Medical Institutions of the country. The Institute has also been designated as the nodal centre for the National Organ Procurement and Transplant Network program of the Ministry of Health and Family Welfare, Government of India under the National Transplant Act. Indira Gandhi National Open University and the Ministry of Health, Government of India have designated SGPGIMS as a program study centre for dialysis training as a part of the National Transplant Program. The Institute has also been represented in the Planning Commission and the Medical Council of India.

In SGPGIMS, excellence is a way of life. Although continually inundated with patients in need of medical care, it strives to cope with and improve its services to the community. In the foreseeable future, it must innovate and strive hard to retain its place amongst the top medical institutes of India.







## *Institute Foundation Day Glimpses*







# INSTITUTE FOUNDATION DAY संस्थान स्थापना दिवस



Printed by: Education Foundation of SGPGI, Lucknow  
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