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एस.जी.पी.जी.आई. एपैक्स ट्रामा सेंटर के लोकार्पण की झलकियाँ



माननीय मंत्री जी से बातचीत करते संस्थान के निदेशक



माननीय मंत्री श्री आशुतोष टंडन के आशीर्वचन



माननीय मंत्री द्वारा फीता काटकर ट्रामा सेंटर का लोकार्पण



औपचारिक उद्घाटन के पूर्व सर्वधर्म पूजा



एस.जी.पी.जी.आई. एपैक्स ट्रामा सेंटर का भव्य भवन



एपैक्स ट्रामा सेंटर का निरीक्षण करते मंत्री महोदय एवं अन्य



ट्रामा सेंटर की मेडिकल टीम



मंच पर आसीन गणमान्य

Editorial

Hippocrates believed some 2000 years ago that, "the fundamental quality of a medical practitioner is to accept one's limitations and ignorance. Every action of his or her should aim only at removing the suffering of the patient." While commenting more or less on the same issue Dr. S. Venkatesan, a renowned Cardiologist of India said, "Ego can be a great motivator and destroyer as well. It has the potential not only to damage the self but also the people in the near domain. This has been proven in all walks of life. Medical practice is no different. In fact, it can have a more devastating effect as the victims are often the poor patients." Having said that I further would like to quote Jeff Boss, a Forbes contributor and author that, "hospitals and healthcare organization need to get away from 'ME' to 'WE'. There's no place for individuals in healthcare organizations. The collective knowledge of the many far exceeds the individual knowledge of a few. The challenge now for a healthcare professional is to build up traits of confidence and self assurance on one side and consciously defeating arrogance and narcissism from your own behavior on the other side." Ah...!! So the best thing is to leave the ego on the door, every morning and put on that beautiful smile on your face and see the miracles carving its way in your life. One such anecdote shared by Dr. Prabhat Tewari, is sure to bring in to your face.

We can aim to change the world, but that one change which we can make to our own people can bring in a bigger and brighter smile to everyone's life. An interaction workshop with our own drivers on No Tobacco Day was one such attempt. The drivers came back with immense insight and a promise to themselves to shun cigarette, gutka and khaini. Can we think of a better professional satisfaction than this...? Involvement of masses is a step ahead in success to a mission. Felicitation of voluntary blood donors on World Blood Donation Day in the name of our own Late Dr. N.P. Mishra, APRO, who was an ardent blood donor himself, is not merely a salutation to him, but an inspiration to all of us.

Myths & Facts is a new column in which we attempt to debunk some commonly held medical misconceptions. There are more interesting and regular features as you go through the pages, and in turn we look forward a feedback from you. The issue got delayed due to some unavoidable lingering administrative deliberation which we earnestly regret, nevertheless like clouds have a silver lining, we too are delighted to 'Stop Press' and share some glimpses of the inauguration of our much awaited Apex Trauma Centre amidst showers of rains and blessings of God.

Monalisa Chaudhari

Bangladesh Patient with Complex Heart Problem Treated



Patient Bokul Akhter 37 years old lady from Bangladesh was operated for angioplasty of left main coronary artery. This patient used to have persistent chest pain on effort from last two months which was increasing every progressing day. Patient was initially seen and investigated with angiography in Bangladesh where she was told to have almost normal cardiac condition and the chest pain probably related to gas and asked for opinion of gastroenterologist. The treating Cardiologist Prof P.K. Goel said that, "Patient happened to see me and the classical nature of the pain forced me to do the angiography again and a blockage of the heart artery was detected and that was in the left main coronary artery mouth which is one of the severest forms of coronary artery disease. This is the blockage which gets missed during interpretation of angiography by several physicians. Once diagnosed, we considered the patient for immediate angioplasty and did it in the same sitting with total symptoms relief within 30 minute and the patient was fit to go home within 24 hours of procedure. She had complete symptom relief, a smiling face and perfectly relaxed." He further added that, "This is also a type of disease (artery blockage) where several physicians consider the patient for bypass surgery but had this patient been kept waiting for a bypass surgery I am certain that with the type of symptoms and artery blockage she was having she would not have survived the waiting period of bypass surgery."

Such operations do need special expertise and conviction on part of the treating physicians. This case teaches one the importance of perseverance and expertise in managing heart patients which can be applied to all patients alike including this patient from across the border.

Cervical Cancer: Regular Screening for Prevention

Cancer of the cervix, the opening of uterus, is a life-threatening cancer among women worldwide. Cervical cancer is the 4th most common cancer in the world and the 2nd leading cancer in our country. India alone accounts for 1/4th of global burden of cervical cancer. Sexually transmitted Human papillomavirus (HPV) infection is the cause of almost all cervical cancer cases. Besides, there is growing evidence of HPV being a relevant factor in other anogenital cancers (anus, vulva, vagina and penis) as well as head and neck cancers. The experts estimate that a majority of sexually active women contract HPV infection sometime in their lives. However, most of the times, the infections do not cause symptoms or disease and resolve spontaneously. Persistent infection with specific types of HPV, however, leads to precancerous lesions. The good news is that cervical cancer is preventable though treatment of pre-cancerous lesions. Despite the fact that cervical cancer can be prevented, it is usually only detected when it is already at an advanced stage when it's too late. This could be because cervical cancer is often asymptomatic in early state while the most severe symptoms such as abnormal bleeding, discharge, or pain may appear when the cancer is already at advanced stage. The issue can be taken care of by a comprehensive approach including prevention, early diagnosis, and effective screening. Due to inadequate existence of such comprehensive approach in our country, the number of new cases diagnosed annually in India has risen to approximately 132,000. Moreover, around 74,000 cervical cancer deaths occur annually in India, accounting to nearly 1/3rd of the global deaths due to cervical cancer. These alarming figures call for immediate implementation of known effective interventions, including

immunizing adolescent girls against HPV and cervical screening and treatment of pre-cancerous lesions. Early disease prediction and prevention being the main mandate of our department, we took an initiative and launched HPV testing facility for screening cervical cancer risk at SGPGI in February 2018. We are the first hospital in Uttar Pradesh to start

HPV testing for cervical cancer screening program. The test looks for the presence of high-risk HPV types that are most commonly associated with cervical cancer, and thus can detect HPV infections that cause cell abnormalities, sometimes even before cell abnormalities are evident. The commonly available cytology -based screening known as Pap smear (Conventional or liquid based), on the other hand, have a relatively high percentage of false-negative results and are, therefore, often repeated annually to maximize their effectiveness. Co-testing for HPV DNA, however, increases the sensitivity of Pap smear test. Therefore, for average-risk women aged 30-65 years, the current guidelines from the American College of Obstetricians and Gynecologists (ACOG) recommend co-testing with cervical cytology and high-risk HPV testing every 5 years as the preferred approach while cervical cytology alone every 3 years as an acceptable screening strategy.

Swasti Tewari

International Guest Visit Neonatology



The Department of Neonatology invited Dr. Shoo K. Lee Professor, Pediatrics, Obstetrics & Gynecology and public health,

University of Toronto, Canada on May 20th 2018. Prof Shoo Lee was invited to provide hands on training in Quality improvement, update regarding the Neonatal Transport and insight into research methodology. The session was attended by faculty and residents from department of MRH and Neonatology. The said training has been of immense help in improving the neonatal care as the department of Neonatology has taken up several QI projects like QI to improve maintenance of IV lines besides others to address our day to day problems in delivering the optimal care to our neonates. Furthermore, our unit has now been able to initiate several other research projects of National interest. Such initiative will help us in making collaboration with the Canadian Institutes which can translate into exchange fellowships programmes in future. Moreover being an academic institute such activities serve as feast for senior residents and motivate them to aspire for more. We intend to conduct such academic activities more regularly in future.

Anita Singh



HPV testing in the Department of Molecular Medicine & Biotechnology at SGPGI

4th Foundation Day Workshop of CVTS

The department of Cardio Vascular Thoracic Surgery celebrated its Foundation Day on 7th & 8th April 2018. This year's theme was 'Minimally invasive cardiac surgery: How to start a program'. The department has significantly progressed in the field of minimally invasive cardiac surgery (MICS). Hence it was considered to share our experience with delegates and have an intense discussion on nuances of MICS amongst faculty and delegates to take this area of cardiac surgery further.



Minimally invasive cardiac surgery utilizes a two inch incision in the chest to access the heart for performing valvular, pediatric and coronary artery surgery. Though sometimes propagated and highlighted as a cosmetic approach, it gives many other benefits as ease of mobilization, better pain control and lesser wound complications in postoperative period. The workshop was designed to give a comprehensive view of the entire adult cardiac surgical procedure performed using this approach.

The faculty was invited from all over the country and they presented the procedures performed by them in video format. The workshop benefitted 79 delegates from the state and other parts of the country. The video presentations were followed by intense discussion on that procedure. The emphasis of faculty was solely on making these procedures simple enough that it could be performed at more centers with good results. The important aspect of anesthesia during the procedure and postoperative pain control was also covered in the workshop to complete the topic of MICS.

Shantanu Pandey

Capacity Building Program on Advanced Pediatric Care



A five day residential State CME cum Workshop on Capacity Building Program on Advanced Pediatric Care for PMHS Cadre Pediatrician and Medical Officers was organized at SGPGIMS from 09th to 13th April 2018. This was the first program in the series of five.

The parent's dilemma and anxiousness is at extreme when it is the question of health and treatment of a sick child. Every parent looks for the best health care services for their sick children. Sometimes, these children do not receive good quality care, both at the level of ambulatory and institutional care owing to mistaken diagnosis and treatment by the healthcare providers. Sometimes seriously ill children who require care in hospital, inadequate triage and assessment, poor inpatient treatment and insufficient monitoring result in unnecessary suffering or avoidable death of children each year. One such example was the recent sad incident of death of 30 kids in BRD Medical College, Gorakhpur. Subsequent to which a team of experts headed by Prof. Rakesh Kapoor, Director SGPGIMS visited BRD Medical College, Gorakhpur & recommended the government for conducting Capacity Building Program for Pediatricians of State Govt Hospitals. Government paid heed to the advice of the experts and the Department of Hospital Administration, SGPGIMS was asked to take lead with financial support of National Health Mission, Govt. of U.P. along with Director of Deptt of Communicable Disease in orchestrating the program. Dr. R. Harsvardhan of SGPGIMS was designated as the Program In-charge by the government.

Department of Hospital Administration, SGPGIMS along with departments of Neurology, Neonatology, Pediatric Gastroenterology, Pediatric Surgery, Anaesthesia, Critical Care Medicine,

Pediatric, has designed the program which is a combination of integrated learning vis-à-vis defined lectures, hands on training, case studies, presentations and field visits along with concurrent & terminal evaluation for the delegates.

The inaugural function of the program was graced by Prof. Rakesh Kapoor, Director, Prof. Rajan Saxena, Dean, Prof. Amit Agarwal, CMS, Prof. Hem Chandra, Head, Deptt of Hospital Administration & Medical Superintendent & Dr. Mithilesh Chaturvedi, Director, Communicable Disease, Govt. of UP, besides dignitaries and faculty members of SGPGIMS. The program co-coordinators were Dr. Akansha Singh & Dr. Ritika Rai, Dr Aina Sr. residents of Hospital Administration Deptt.

2nd Kangaroo Mother Care Conference



Department of Neonatology organised the Second Annual Kangaroo Mother Care Conference (KMCCON) on 13th May 2018. This program was jointly organised with Lucknow Neonatology Forum. The conference was well attended by eminent faculty from all over India and abroad.

Prof. Girish Gupta, Head of Department of Neonatology, highlighted the role of Kangaroo Mother Care in Developmentally Supportive Care of newborn in his talk. Furthermore, he chaired three sessions of the conference. Dr. Astha Panghal from Department of Neonatology, SGPGI won the first prize for her oral presentation. Miss Vaishnavi, Staff Nurse of the deptt presented her oral paper which was selected among top three research papers across the country. Six poster presentations were done highlighting the importance and barriers of KMC.

Workshop on Renal Nutrition

The Department of Nephrology, SGPGIMS along with the Society of Renal Nutrition and Metabolism organized two scientific activities in succession on 19th and 20th May 2018 at Hyatt Regency Gomtinagar, Lucknow. Day one was the Workshop on Nutritional Screening & Assessment and day two was dedicated for Advance Course In Renal Nutrition And Metabolism. The Workshop and the Advance Course in Renal Nutrition and Metabolism jointly fulfill the aim of the society of renal nutrition and metabolism to educate physicians, nephrologists and dieticians to skillfully plan nutritional intervention after proper assessment of patient's nutritional status.

The Workshop On Nutritional Screening And Assessment was organized for the first time in India and the faculty for this workshop came from USA and Malaysia headed by Prof Tilikawati, School of Bio-sciences, Faculty of Health & Medical Sciences, Taylor's University Malaysia and visiting Prof Universiti Kebangsaan Malaysia/ National Univ. of Malaysia.

The advance course had faculty from Brazil, USA, Malaysia New Delhi, Mumbai, Chennai, Kolkata, Bangalore, Chandigarh and Kanpur. The workshop dealt with skills



and hands on experience for evaluating a patient for early detection of malnutrition. The Advance Course in Renal Nutrition and Metabolism apprised delegates on renal condition specific nutritional management of the patient.

Malnutrition is a major challenge in chronic kidney disease (CKD). The main cause of malnutrition is uremia induced anorexia because of which the patient is not able to eat and hence develops chronic wasting (loss of lean mass). The Society of Renal Nutrition and Metabolism's is dedicated to spread awareness on prevention of malnutrition in patients with chronic kidney disease. The Society is an Asian chapter of International Society of Renal Nutrition and Metabolism.

Anita Saxena

Augmenting Palliative Care Services in UP



Terminally ill bed ridden patients, especially the ones suffering from advanced cancer, often need a lot of medical support for extended period of time. The requirements could be in the form of pain management, nutritional and nursing needs, care of wounds, psychosocial care etc. All these needs of such patients come under the ambit of palliative care, wherein the basic intent is to mitigate the suffering of the patients without affecting the cure. Ideally, such care should be provided at or near patient's home, since the patient is, at this stage, unable to travel long distance to reach a hospital.

With growing awareness towards palliative care, state governments are now formulating policies to bring palliative care to the door step of such patients, and state of Kerala has been taking the lead since the time the concept of palliative care got introduced in India. Uttar Pradesh, on the other hand, has no clear cut policy for such distressing situations, and therefore patients continue to deplete their non existent financial reserves, to reach to a known tertiary care Institute such as SGPGI, often times for their very basic needs.

Apart from adding to patients' and their families woes, it also adds further burden to the already overstretched stay at SGPGI. This is easily corrected if the basic facilities can be provided at home/ nearer home. So, with an intention to look at the problem from a new perspective, the department of Radiotherapy, in collaboration with some of the passionate palliative care specialists in India, took the initiative to conduct a 1 day meeting on 'Augmenting Palliative Care Services in the State of Uttar Pradesh'. It was held on 24th and 25th May, 2018.

The meeting was attended by 40 odd people - oncologists from within the state, officials from the Government, drug controller,

palliative care specialists (from UP and Kerala) anesthetists with an interest in palliative care, administrators, representatives of NGOs, District Medical Officers from within the State. The meeting began with formal presentations, group discussions and concluded with the views of officials sitting at the helm of affairs. The meeting ended with a target that 'Opioid availability workshops' will be conducted (along with Department of Anaesthesiology, SGPGI) for the benefit of District Medical Officers of the State; the core SGPGI team will take on the mandate of formally training these Medical Officers in palliative care; Emmanuel Hospital Association, Fatehpur, stepped in and volunteered to expose these doctors to a functioning hospice concept; and finally, the palliative care team from Kerala along with the NGOs will look into the advocacy in the Government for promoting palliative care.

The team hopes that these patients with protracted and advanced illnesses will stand to gain with such an endeavor.

Punita Lal

Nanotechnology in Molecular Medicine



The Department of Molecular Medicine and Biotechnology organized a one day workshop on "Nanotechnology in Molecular Medicine" on June 27th, 2018. The workshop was organized under the CoE for research and training, funded the Ministry of HRD, Department of Education. Dr. Swasti Tiwari, welcomed the participants and briefed them about the usefulness of this technology and its applications in research and health care. Dr. Amit Asthana, Principal Scientist at Centre for Cellular & Molecular biology (CCMB), Hyderabad, delivered a lecture on "Polymer/paper-based microfluidics and their applications". The participants were also given hands-on training on designing polymer and paper-based microfluidic devices.

Swasti Tewari

Compiled & Edited by Editorial Team

SGPGI Awakens Scientific Interest in LMGC Girls



On 12th April, 2018 the La Martiniere Girls College, Lucknow students visited the Department of Medical Genetics, S G P G I M S , Lucknow. The aim was to give an

informative and interactive scientific exposure to the budding students. The session started with an inspiring note from Dr. Sarita Agarwal to familiarize the naïve students to the benefits of emerging science discipline like biotechnology in the field of medicine.

The research and technical staff contributed towards the success of this event by giving demonstration of internationally accepted molecular techniques used for pre and post natal diagnosis of various genetic disorders. Molecular techniques like DNA isolation and fingerprinting, sophisticated PCR based techniques like QF-PCR, PCR RFLP and Sanger sequencing were explained and demonstrated to the students. Students were also exposed to the utility of cytogenetic techniques in the diagnosis of aneuploidies and other chromosomal disorders. Towards the end of the session, students got an opportunity to have a friendly interaction with Dr Deepa Kapoor, Gynecologist, General Hospital, SGPGIMS, and also an alumni of LMGC, who motivated the students about the importance of applied sciences and research for human welfare.

Ambedker Jayanti Celebrated



Dr B R Ambedker who was an Indian jurist, economist, politician and social reformer has a very significant role in drafting our Constitution of India. He came from

a humble background and became a stalwart of India with sheer hard work and perseverance. Every year his birth anniversary is celebrated in SGPGIMS recalling his inspiring life history.

The 127th Birth Anniversary of Baba Saheb Dr B R Ambedkar was celebrated with much zeal and enthusiasm at SGPGIMS on 13th and 14th April 2018, following the lines of past years.

On 13th April children participated in art, quiz, music and dance competition and enjoyed the cake cutting ceremony thereafter. The campus residents of SGPGI participated in a candle march till the main gate in the memory of Baba Saheb. Children presented various cultural program and also enacted a inspiring play.

On 14th April, Director, SGPGIMS, Prof Rakesh Kapoor along with Profs. Raj Kumar, Amit Agarwal, K N Prasad, Ashok Kumar, Drs L K Bharti, Basant Kumar formally sparked off the celebration. Chief Guest Dr B P Ashok spoke on the role of Dr B R Ambedker in nation building. Director struck

an instant chord with the full packed audience in the auditorium with his inspiring speech on the contribution of Baba Saheb and its relevance even in current scenario. Chief Medical Supdt enlightened the audience about the life of Baba Saheb, and the difficulties he faced and how he conquered them.

On this occasion the underprivileged kids of the campus were given school bags. Hundreds of people from all walks of life savored in the grand bhandara which was organized in front of SGPGI main gate.

L K Bharti

Run for Thalassemia



On the occasion of World Thalassemia Day an awareness program through Walkathon was organized by College of Nursing, SGPGIMS, in association with an NGO, Versatile Maseeha Association,

Kanpur on 8th May 2018.

The basic objective of the program was to create awareness on the disease Thalassemia. The walkathon started from the main gate of SGPGIMS at 8:30 am covering a large neighboring area. Faculties and around 150 students from College of Nursing, SGPGIMS joined in the walkathon. Students walked with the banner and poster written "Run for Thalassemia" and informative placards designed by the students. They raised slogans like "India ko jaganaa hai, Thalassemia ko bhaganaa hai". The walkathon journey ended in New OPD, SGPGIMS where Sister Pushpa delivered a talk on Prevention for Thalassemia. Sister Alice, Acting Principal of College of Nursing appreciated the efforts of NGO's for creating awareness of this deadly disease.

The occasion was also graced and supported by Dr. R. Harsvardhan, Associate Professor, Department of Hospital Administration, SGPGIMS. Mr. Abhishek Srivastav, and Mrs. Shamola of Versatile Maseeha Association, Kanpur, were also present on the occasion.

International Nurses Day



The birthday of Florence Nightingale, is a solemn day for the Nurses community all over the world. She dedicated her life for the ailing humanity and is considered as the founder of modern nursing, hence each

year 12th May is celebrated as International Nurses Day. On this occasion a grand function was organized at SGPGIMS. The inaugural function was attended by Prof Rakesh Kapoor, Director, Prof Amit Agarwal Chief Medical Superintendent, Prof Hem Chandra, and Mrs Leela Masih Ex. CNO SGPGIMS was the Chief Guest of the function. The program was inaugurated by the Chief Guest and dignitaries.

The theme this year 2018, was "Nurses a voice to lead:

Health is a human right" was launched by CNO Mrs Chhaya Sanyal. Prof Rakesh Kapoor thanked all the nurses for their tireless efforts towards patient care and Prof Amit Agarwal reiterated the challenges and opportunities nurses possess in SGPGIMS. Mrs Leela Masih gave an insight to the importance of humanistic values as the base for nursing profession.

The Organising Committee felicitated Mrs Neema Pant as the founder of Nurses Day celebration program in SGPGIMS. Mrs Greeshma Antony delivered the vote of thanks while the anchoring of the program was done by Mrs Renu Britto ANS.

The session was organized in three areas on theme of nurses day research, abstract presentation and review paper presentation respectively. The session resulted in multiple questions and answers from the audience which made it really productive one. Later in the evening a cultural program was enjoyed by one and all.

Chhaya Sanyal

Materials Management Software Inaugurated



SGPGI moves a step towards paperless indenting for procurement. On 17th May, 2018 "Materials Management Software (MM Software)" was launched before an august audience. This software will help to monitor the material procurement process on every stage and make it more efficient and time saving. This software will enable to indicate the status of each indent from the date of its online submission till the installation and ensure procurement within fixed time limit.

With the launch of this software all heads of departments have been registered on MM software and can submit their requirement (P-2) online in prescribed format. The domain of this software is sgpgimm.in, through which the software will run. Demonstrations and training have been imparted in groups to all users.

World No Tobacco Day

31 May, is earmarked as World No Tobacco Day (WNTD), to highlight the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

This year the Deptt. of Radiotherapy and General Hospital decided to hold an awareness session for the SGPGI drivers and their families about tobacco consumption (both smoked and smokeless) and its ill effects and how to get out of the habit.

Targeted smaller populations are better for information spread, hence this time only drivers were invited for the session as due to their long and erratic hours of work they are prone to indulge in using tobacco. In fact around few years back one of the SGPGI driver died of Oral cancer due to Tobacco chewing.

The session was well attended Dr Punita Lal, Professor and Head, Radiotherapy opened the session with a talk about tobacco and oral cancer titled "Antoo ki yaad mein" which made both a scientific and sentimental appeal to the audience. Prof. Neeraj Rastogi, gave a very interesting and informative talk on tobacco related diseases.



Dr Prerna Kapoor, Senior Physician, General Hospital, finally wrapped up the session with a talk peppered with eye catching illustrations on how to get rid of the tobacco habit. The program was much appreciated by the drivers and many of them pledged to give up the habit of chewing tobacco, for the overall benefit of themselves and their family.

Prerna Kapoor

World Blood Donor's Day



On the occasion of "World Blood Donor's Day" a felicitation ceremony for voluntary blood donors was organized on 14th June, 2018 by the Deptt. of Transfusion Medicine. The theme of program was "Be there for someone else, give blood share life". More than 200 persons participated in this well organized program which was followed by a blood donation camp in which approximately 70 volunteers donated blood.

Prof R.K Chaudhary, Head, Transfusion Medicine department applauded the selfless efforts of the volunteers and said that, "Safe and quality blood to every patient at right time" is the motto of our Deptt., and we have followed this right from the inception of the Deptt since 1989. But this goal could be achieved only through strong and consistent support from the voluntary blood donor organizations and blood donors and therefore, felicitations of donor organizers and blood donors was the best thing to do on "World Blood Donors Day".

Late Dr. N.P. Mishra, Asst. PRO of SGPGIMS who died very untimely in a road accident was a regular and ardent blood donor. An award in the name of "Dr. N.P. Misra Memorial Award" has been started which will be given to the organization with best performance in voluntary blood donation program. This year "Dr. N.P. Misra Memorial Award-2018" was bagged by "Blood Connect Foundation". Besides, 27 organizations and 24 blood donors were felicitated during the ceremony.

Dr. Atul Sonker, Additional Professor & faculty in-charge blood donation camp said that blood donated voluntarily has been found to be safest blood with least chances of transmitting infection. Presently the percentage of voluntary blood donation is 45% of the total blood collection at SGPGIMS, but he is determined to achieve the mark of 60% voluntary blood donation by end of 2018.

On this occasion Chief Guest Prof. Rakesh Kapoor, Director SGPGIMS appreciated the department's initiative in raising awareness of the importance of blood donation as well as felicitating the donors. Guest of Honor Mr. B.S. Arora (State Program Manager NHM (UP) expressed his satisfaction with the performance of Transfusion Medicine department SGPGIMS, in creating awareness on voluntary blood donation. He assured that support from NHM (UP) would always be there and will ensure that such event gets bigger and better every year.

Compiled & Edited by Editorial Team

Gratifying Experience

Having trained earlier at SGPGI as a postgraduate in Radiotherapy, and with further training and staff positions at Tata Memorial Hospital and Dr RMLIMS, Lucknow, I pursued a research cum clinical fellowship program at the Princess Margaret Cancer Centre / University of Toronto, Canada for a year, and returned to my staff position at SGPGI in late June 2018. I will like to share my experience with all of you.

The Radiation Oncology Fellowship Program at the University of Toronto is one of the largest and most successful of its kind in North America / Canada. The journey began with lot of enthusiasm and apprehension that included rigorous checks of academic credentials to procure the Canadian practicing license and work permit. I was required to get familiar with the Canadian health system, practices and the work flow.

We were some 20 fellows from across the world specializing in different sites under the supervision of stalwarts in radiation oncology and they were very welcoming of us. I primarily trained myself in breast oncology and was the fellow of the chair of radiation medicine programme, Dr Fei Fei Liu, managing her clinics and research activities. Besides, I utilised my time to see the practices in other sites particularly gastrointestinal malignancies with focus on hepatocellular carcinoma, being a relatively important public health problem in UP and an unmet need in so far as the radiation related treatments offered here. The constant motivation and engagement of my supervisors enabled me to complete three research projects and one of them was presented in the Princess Margaret Grand rounds as well as research day. The research was to skill myself in patient reported outcome measures and exposed me to distress assessment tools in cancer care. I also engaged myself in

auditing the most controversial internal mammary radiation practices in breast oncology. I understood and improvised communication skills, patient privacy, research ethics, public health, health economics and much more.....The publication works are in progress.

Regarding the health care system in Canada, the Cancer care programme is publicly funded from provincial / territorial and federal sources with unique identity born from a British history and influenced by global practice. I was touched by the fact that every person walking through the door of Princess Margaret irrespective of status received the same quality care, reflecting on a truly universal system of health

care. I was even more touched to see the accountability of patients and self engagement in their care, above all their faith on the system. The dedication of doctors towards the patients as well as the societal involvement was commendable, patients were considered as partners.

Toronto is one of the most multicultural cities of the world. Besides the city, my co-fellows introduced me to different cultures and cuisines. They gave me a glimpse of the world. We organised many night outs and

day outs together. I learnt to go outdoors with them, dropped my couch potato attitude and found joy in exploring the city and nearby cities, mountains and biking.

This fellowship has skilled me immensely I hope to be able to innovate and develop systems here in SGPGI. Personally, I feel energetic, successfully completing fellowship and feel proud to be University of Toronto alumni and want to give back to the system at SGPGI and much more. I am grateful to the Institute administration and the Department of Radiotherapy at SGPGI, whose support and vision made this possible.

Shagun Mishra



At the graduation ceremony at Princess Margaret Hospital, University of Toronto, being introduced to the faculty, residents and fellows

Indian Doctors Question New Global Guidelines for Diabetes

A new set of global guidelines on managing diabetes that aim to replace those followed for over three decades, has stirred up a controversy within the medical community. Medical practitioners here in India feel the guidelines which recommend relaxing blood sugar targets will, not only lead to serious complications in diabetics, but also confusion in treatment protocol, advising that these should be ignored for Indians. There were over 72 million cases of diabetes in Indian in 2017, according to International Diabetes Federation.

The controversial guidelines sugar target, hemoglobin A1C (HbA1c) estimate of a person's blood sugar level. Generally, an HbA1c of 6.5% indicates American College of Physicians, an organization of internal medicine physicians, recommended recently in the medical journal *Annals of Internal Medicine*, that clinicians should aim to 8% in most patients with type 2 diabetes, has been followed over decades. The in views amongst doctors and even opposing it.

Doctors here say the guideline be binding and should be ignored, as hence riddled with complications. They say these recommendations should not be applicable as India has its own as advised by three bodies-ICMR (Indian Council of Medical Research), RSDDI (Research Society For The Study of Diabetes in India) and API (Association of Physicians of India), which are more tuned in to the Indian diabetic. Besides, the guidelines cannot be standardized because of several differences in lifestyle, physiology and food habits.



relate to relaxing the long-term blood which through a blood test gives an average over the past few months diabetes.

organization of internal medicine the medical journal *Annals of Internal Medicine* achieve an HbA1c level between 7% and as against the traditional 6.5 to 7% which recommendation is leading to a conflict physicians, with certain associations

of lowering the blood sugar target cannot diabetes in India is more aggressive, and

New Guidelines

New norms by American College of Physicians: 4 suggestions Clinicians treating patients with type 2 diabetes should:

- Personalize goals for blood sugar control based on a discussion of drug therapy, patient preferences, treatment burden and costs of care.
- Aim to achieve an HbA1c level between 7% and 8% in most patients.
- Consider deintensifying drug therapy in patients with A1C levels less than 6.5%
- Treat patients to minimize low blood sugar symptoms and avoid targeting an A1C level in patients with a life expectancy less than 10 years, because the harms outweigh the benefits.

Doctors in India say:

- HbA1c 7% and below is criterion of good control for last 30 years.
- Previous studies provide robust data that maintenance of good diabetes control (HbA1c 7% or below) prevents and retards nerve, eye and kidney problems.
- The ACP guidelines suggest that upper limit of blood sugar control should be relaxed.
- It might mean that more people will be put to danger of complications.
- In those with limited life expectancy, HbA1c should be maintained above 7% sometimes around 8%. Same for those who are elderly and suffer from advanced complications.
- For younger people, the target of HbA1c should be <6.5%

Courtesy: News Agency

Memories Of SGPGI



It was the month of July while I was in Pondicherry for my JIPMER entrance, I received a mail from SGPGI to join as non-academic SR as I was waitlist 1 in the Mch entrance exam. How I wished if I would have been selected for this coveted exam in my first attempt. But some of the top rankers chose SGPGI over AIIMS. In helter-skelter, I flew to the city of "Nawabs".

As I entered PGI for the first time, full of anxiety and anticipation, I could see its lush green credentials with clean streets. I completed the formalities at the administrative block and joined the department immediately. The staff in the administrative block was very genuine and helpful.

It was difficult to adjust in the ever busy department with ailing patients and daily operating schedules. The workload was intense I always remember the morning and evening rounds with teachers and seniors which is the best part of SGPGI learning culture. The interdepartmental meets and daily academic activities, SGE week added to the academic feast. I was either too tired to eat or too tired to sleep. The famous doctors canteen or "DC" as popularly called used to come to the rescue. As days passed by, I slowly accustomed myself to the busy routine. After the routine work we used to hangout for study either in the new PG hostel or in the residents room.

With constant hard work and support of teachers, I got first rank in the SGPGI and AIIMS entrance. Joining as a Mch Sr. Resident was a dream come true. Each day passed with gradual learning. It would be unfair to mention that we had a hardworking and sincere paramedical staff, unlike the staff in usual medical colleges. As they say, matter of life and death are apart of corporeal society but compassion must reign over everything else.



I met the love of my life and few friends to stay forever. Shifting to MRA was a big deal and, at one point of time hostel counselling in SGPGI seemed more important than anything else. Late night movies, and visits to "Tunday" was a monthly affair. Due to busy hospital routine being part of SGPGI bird watchers club or walkers club was difficult but yes in good or bad phases hangouts at "Jheel" with friends were common. Not to forget the Tambola at "Diwali Mela" at the hobby center.

Those were the days of rapture, SGPGI will stay in my heart fondly forever.

Ajit & Mudalsha

(The doctor couple were in SGPGI from 2013 to 2017 pursuing their super specialisations. Presently working at Raipur).

A Smile that Lighted the Day

That was a warm to hot afternoon. As it was summer vacation time I was feeling more hot and uncomfortable. Through the pile of jobs left for such times, especially the vacations, a particular one was nagging me for some time. I had one tyre on my cycle got changed few days back and when I inspected it, I found to my chagrin and dislike that actually it was having a motorcycle tyre air valve. Now, my cycle pump was of the usual variety, which I have used until now for uncounted years. But I do have another cycle pump rusting in one corner of my garage that can be configured for the new valve. This made me come out of the campus, complete some other chores and when I was returning I went to a petty cycle shop near our institute.

It was a small, extremely cluttered place with lots of different varieties of wrenches and cycle spares strewn across all the space on the foot path in front of that real shop. Two boys, about 15 and 16 yrs in age, sat with their hands engaged in mending different parts of cycles as assigned by the owner of the shop. Summer and sweat had taken off their shirts and the vests they wore had turned brown at many places and had holes of every conceivable size and shape that, may be, kept them well ventilated.

And then the 15 year old boy looked up to me and smiled. Huh, I got transfixed! He tried to understand my problem and immediately started working on the solution. Whenever he lifted his gaze towards me he smiled. It was a smile that used all the muscles of his face to do a kind of synchronized ballet, a genuine and happy smile! It lighted his eyes up and they twinkled with unsurpassed brightness right in earnest. I got dumbfounded as I saw him through to the deepest recess of his heart and mind that just enjoyed every moment of his existence. I forgot what I wanted and gave way meekly to him to do what he meant the best for my problem. I forgot the heat, the dust and the din of that place only to savor the happiness of that boy.

Somewhere I have read that there are nineteen types of smiles and only six out of them are genuine happy ones and show that one is having a good time. The rest may be Duchenne smile, fear smile, miserable smile, dampened smile, qualifiers smile, embarrassed smile, fake smile, contempt smile, angry-enjoyment smile, flirtatious smile, a smug smile and a smirk. They are probably more signals to others than to depict what one is feeling inside. Paula Niedenthal, a University of Wisconsin Madison psychologist says, "Some smiles are evolved to signal that we are non-threatening; others have evolved to let people know, without aggression, that we are superior to them in this present interaction".

This boy belonged more to "have nots", had dirt and oil all over his body, working out on a cycle rim and fixing my pump simultaneously, can smile such a variety that I can call it the twentieth variety and the seventh of genuine happy smiles that cajoled me to pen this piece together. Was that expression instinctive and universal or it remained a question that has baffled scientists from Darwin to Freud, that they depend on the culture we are born into! I just could not figure out.

I returned home happy that now I would not struggle to find ways to put air in that unworthy tyre of my cycle and also blessed with the knowledge about the twentieth smile that defied all the existent definitions!

Adieu State Audit Team



None of us like to come to hospital unless really required to, but none the less hospital and doctors have an eminent role to play in our lives. Nothing is precious more than life and health, and therefore it is the fundamental right of all, irrespective of caste, creed, color or class to access all medical amenities and necessary aid for treatment and wellness. Thus, presence of government hospitals gets even more pertinent which offers treatment to all on affordable or no prices.

Unfortunately, numerous irregularities and complaints about hospitals and cases of over-charging, refusal and delay in providing immediate medical services at reasonable prices are commonly seen as a major cause of discontentment. As such, in such organizations for ensuring fair and transparent work role of audit in syngamy with hospital administration goes hand in hand. Audit is a process that evaluates an organization's operations, governing policies, risk management and quality control practices. The finery of State audit is the fact that it is done by an independent and unbiased organization outside of the management team of the organization being audited. In the healthcare industry, where the focus is on delivering quality clinical treatment to the patients, a hospital audit becomes even more vital. All the stakeholders in a hospital, including the administrative team, doctors and paramedical staff, consistently deal with life and death crisis throughout their work life and have one primary goal of improving their patients' well-being. Audit introspects through checks and balances any possibilities of irregularities and any discrepancy involving huge amount of government money or grant-in -aid on a periodical basis. One may say that it's a continuous quality improvement process that eventually focuses on satisfaction of patients.

Joining SGPGI Lucknow which is counted as one of the best government tertiary care hospitals of the State as a member of the team of State audit was indeed a much learning and insightful phase, which was so unlike an audit of manufacturing plant or even academic institution. It helped me to understand the complex structure of the hospital and the magnitude of its

activities.

Now that it is time for me to move out of this grand institution, I shall carry some sweet and spicy memories along with loads of experience to help me in future career. But before signing off as an avid auditor, a few suggestions which if adopted will surely make SGPGI more patient friendly. Use of digital tool like e-platform where the prices of medicines and diagnostics are listed will be an edge of being transparent. Then, giving financial aid to the BPL can be transformed into more centralized and a speedy process. Also, a single window system for patients starting from registration process till getting ones medicines and medical reports can further help patients save their time and thus making their journey to the hospital more convenient and at ease.

Anushree Dwivedi

स्मृति शेष



वे, जो हमें छोड़ कर चले जाते हैं- सदा सदा के लिए, सहसा उनके प्रति श्रद्धांजली व्यक्त करने के लिए शब्द नहीं सूझते। सत्य यह भी है कि शब्द हमें सीमाओं में बांध देते हैं क्योंकि कुछ लोगों के प्रति व्यक्त की जाने वाली संवेदनायें, असाधारण एवं असीमित होती हैं।

श्री रवि डैनियल (तकनीकी अधिकारी) एक ऐसे ही व्यक्तित्व थे जो अब हमारे बीच नहीं रहे। जनवरी 1991 से उन्होंने अपनी सेवायें इस संस्थान में प्रारम्भ की और जून 2018 में असमय ही उनका देहावसान हो गया। मृदुभाषी, मितभाषी तथा अपनत्व से भरी सहज मुस्कान उनके व्यक्तित्व की नैसर्गिक प्रतिछायायें थीं। रोगियों के प्रति करुणा एवं समर्पित भाव से सेवा उनकी अद्भुत विशिष्टता रही। रेडियोथेरेपी एवं निश्चेतना विभाग, (जहाँ वे कार्यरत रहे) के रोगियों को किस भावनात्मक सहयोग की आवश्यकता होती है- इसका उन्हें यथेष्ट अनुभव था। ऐसे सम्पूर्ण समर्पित सहकर्मी का अपने बीच से विगत जून में यूँ ही चले जाना हम सभी के लिए अपार पीड़ामय और अपूर्णीय क्षति है। ईश्वर उनकी आत्मा को शान्ति प्रदान करें-यही हमारी प्रार्थना है।

राम प्रमोद मिश्र

Kabhi Alvida Na Kahna

"To everything there is a season and a time to every purpose under the heaven."- Old Testament

It is the season and the time for couple of our SGPGI colleagues to bid farewell with mixed emotions as they complete the years of active service life and gear themselves to life's another innings and an opportunity to pick up forgotten hobbies and nurture the little desires within you. After all, it's never too late to start living the life that you have always wanted to.



Sr Thresiamma Abraham joined SGPGI as bed side nurse in 1992 in Day Care Ward (SICU) which was later named as CCM. Later in 2008 she was assigned the work of STOMA Nurse which she continued till the day of her retirement. She was a very sincere and

dedicated sister and like a true nurse she took care of the ailing patients with special needs. She retired on 30th April, 2018. SGPGI family will miss her and wish her a long and healthy life.

श्री अनिल कुमार श्रीवास्तव ने सितम्बर, 1988 से संस्थान के सामग्री प्रबन्धन विभाग में अपनी सेवा का योगदान देना शुरू किया था। श्री श्रीवास्तव ने अपनी योग्यता एवं क्षमता के अनुसार विभिन्न पदों पर कार्य करते हुए अपने वरिष्ठों का ध्यानाकर्षण किया था। एच0आर0एफ0 तथा आई0आर0एफ0 में अत्यंत कुशलता से कार्य किया तथा अधिवर्षता आयु पूर्ण करने के कारण दिनांक 30.04.2018 को सहायक भण्डार क्रय अधिकारी के पद से संस्थान की सेवा से सेवानिवृत्त हो गये थे।



श्री राजाराम संस्थान परिवार में अपने लंबे कार्यकाल को अत्यंत लगन, दायित्व व परिश्रम से पूरा करते हुए वाहन विभाग से 30 अप्रैल को अपने कार्यभार से मुक्त हुए। उन्होंने संस्थान के वाहन विभाग में अपना सक्रिय योगदान दिया है तथा अपने दायित्वों का अत्यंत कुशलतापूर्वक निर्वहन किया।

श्री दिलीप झा ने इस वर्ष अप्रैल में स्वेच्छिक निवृत्ति ले ली। 1992 में वे असिस्टेंट एकाउन्टेन्ट कम कम्प्यूटर ऑपरेटर के रूप में इस संस्थान से जुड़े। श्री दिलीप झा को विदेश में कार्य करने का अवसर मिला है।



श्री ईश्वरीदत्त ने संस्थान में अटेंडेंट के पद पर अपना पदभार ग्रहण किया वे वातानुकूलन (अभियन्त्रण) विभाग में कार्यरत थे, और वे सम्पूर्ण कार्यकाल में वातानुकूलन व रेफ्रिजरेशन के रख-रखाव में कुशल कामगार के रूप में सक्रिय रहे। वे परिश्रमी एवं अपने कार्य के प्रति अति संवेदनशील थे। अटेंडेंट के पद पर कार्य करते हुए दिनांक 31.05.2018 को सेवानिवृत्त हो गये।



Dr. Surendra Srivastava retired on 30 June 2018. He was given a warm send off by officers and also his departmental colleagues whom he had worked with for nearly 28 years. Dr. Srivastav 'SRO' as he was fondly addressed by his friends, had vivid knowledge of Medical Research and Medical Ethics and was acclaimed as cool, friendly and dependable officer. His contribution to setup and developed a vibrant Research Cell will be remembered for long in the history of SGPGI.

Myths & Facts

मेरी सहेली संगीता के जन्मदिन के उपलक्ष्य में पार्टी थी। वैसे तो सभी 'डिशेज' बहुत बढ़िया बनी थी पर Fish तो बहुत ही खास थी और सब लोग उँगलियों चाट रहे थे। फिर मीठे की जब बारी आयी तो लजीज़ कुल्हड़ वाला गर्म दूध और ठंडी खीर सर्व हुए। ज्यादातर सभी लोगों ने मीठे से इंकार कर दिया, मैंने पूछा आखिर ऐसा क्यों? जवाब मिला की फ़िश के साथ दूध की बनी कोई भी डिश खाने से चर्मरोग हो जाता है, **Leukoderma** ऐसा माना जाता है।



मैंने कहा मैंने ऐसा कहीं पढ़ा नहीं है। मैंने इस बात की पुष्टि के लिये डॉक्टर अजीत **Skin Specialist General Hospital** से बात की। उन्होंने कहा इस का कोई भी **Scientific Evidence Medical** पुस्तकों में नहीं है, ये केवल एक भ्रांति है।

तो यदि हम फ़िश के साथ दूध दही खीर कुछ भी खाना चाहें खा सकते हैं। चलिए संगीता की पार्टी के बहाने हमारा कुछ ज्ञानवर्धन हुआ।

Leukoderma ya Vitiligo एक चर्मरोग है जिसमें चमड़ी पर जगह जगह सफ़ेद दाग़ हो जाते हैं। इसका कारण भलीभाँति ज्ञात नहीं है, ये **Autoimmune** हो सकता है। ये छूत का रोग नहीं है। दही के साथ बनी मछली एक बंगाली व्यंजन है और रोशोगुल्ला और संदेश (जो कि दोनों दूध से बनाये जाते हैं), अक्सर मीठे में परोसे जाते हैं, तो बेझिझक बेफ़िकर इन्हें हम खा सकते हैं।

प्रेरणा कपूर

I think comedy is a good way to deal with anything. I hear about people in the hospital who are ill, and they use humor to help them through it. I think it's a great remedy for many things.

-Brian Regan

Newly Joined Assistant Professor (During April to June-2018)

Anesthesiology

Dr. Sujeet Kumar Singh Gautam
Dr. Vansh Priya (Apex Trauma Centre)
Dr. Rafat Shamim (Apex Trauma Centre)
Dr. Tapas Kumar Singh (Apex Trauma Centre)
Dr. Amit Kumar (Apex Trauma Centre)

Clinical Immunology

Dr. Latika Gupta

Cardiology

Dr. Ankit Kumar Sahu

Critical Care Medicine

Dr. Ritu Singh (Apex Trauma Centre)

Emergency Medicine

Dr. Alka Verma

Gastroenterology

Dr. Vinod Kumar

Laboratory Medicine

Dr. Awale Rupali Bhalchandra (Apex Trauma Centre)

Med. Genetics

Dr. Moirangthem Amita

Microbiology

Dr. Sangram Singh Patel (Apex Trauma Centre)

Nephrology

Dr. Monika Yachha

Dr. Ravi Shanker Kushwaha

Dr. Manas Ranjan Behera

Neurosurgery

Dr. Kamlesh Singh Bhaisora (Apex Trauma Centre)

Dr. Pawan Kumar Verma (Apex Trauma Centre)

Dr. Harsh Deora (Apex Trauma Centre)

Dr. Ved Prakash Maurya (Apex Trauma Centre)

Neurology

Dr. Ruchika Tandon

Ophthalmology

Dr. Alok Pratap Singh

Orthopedics

Dr. Pulak Sharma (Apex Trauma Centre)

Dr. Anurag Baghel (Apex Trauma Centre)

Oral & Maxillofacial

Dr. Kuldeep Vishwakarma (Apex Trauma Centre)

Physical Med. & Rehabilitation

Dr. Siddharth Rai (Apex Trauma Centre)

Pulmonary Medicine

Dr. Mansi Gupta

Pathology

Dr. Neha Nigam

Radio diagnosis

Dr. Anuradha Singh

Dr. Anil Kumar Singh

Dr. Surya Nandan Prasad

Surgical Gastroenterology

Dr. Ashish Singh

Dr. Rahul

Urology

Dr. Sanjay Kumar Surekha

Dr. Priyank Yadav

Award & Accolades



Dr. Atul Kumar Baranwal, Scientist, Animal House has received the "World Veterinary Day's Plaque of Honour" during LASAICON-2018 jointly organised by Department of Animal Husbandry, Govt. of Uttar Pradesh and Laboratory Animal Science Association of India (LASAI). This prestigious award was conferred for contribution towards Laboratory Animal Science in Medical Institution.

Conserve Water - The Drop of Life

An Appeal

What do we all yearn for most on a hot summer's day? A glass of cold water? A refreshing bath? How cruel it would be if these are denied to us due to scarcity of water!

Around 2/3 rd of the earth's surface is covered by water but only a small fraction of this is suitable for human use. Further, water is a non renewable resource. We can neither manufacture water nor have we found a substitute for water to sustain life. That's a scary thought, isn't it?

So what can we do? I'm sure we can all make small changes in our everyday lives to stop water wastage. This poster tells us how we can all contribute to water conservation.

Banani Poddar

The real question is not whether life exists after death. The real question is whether you are alive before death.

Osha

हँसना जरूरी है

आँख का डाक्टर :

(लेडी पेशेंट की आँखें चेक करते हुए)

डाक्टर :

मैडम....अपने हसबैंड को जैसे देखती हो वैसे देखो।

लेडी : लेकिन क्यों ?

डाक्टर : आँखों में आई ड्रॉप डालना है!

♦♦♦♦



संता, डाक्टर से:

जब मैं सोता हूँ तो सपने में बन्दर फुटबाल खेलते हैं।

डाक्टर:

कोई दिक्कत नहीं, ये गोली रात को सोने से पहले खा लेना।

संता:

कल से खाऊंगा, आज तो फाइनल हैं

♦♦♦♦

लड़की - मेरे चेहरे में जलन हो रही है

डाक्टर - आपके चेहरे का हमें एक्स रे करना पड़ेगा

लड़की - एक्स रे में क्या होता है

डाक्टर - चेहरे की फोटो खींची जाती है..लड़की - 5 मिनट रुको मैं मेकअप कर लूँ

डाक्टर बेहोश

♦♦♦♦



डाक्टर : डिप्रेशन की पेशेंट से-

क्या तकलीफ है..?

लेडी पेशेंट : सर, दिमाग में बहुत उल्टे पुलटे विचार आते हैं, रुकते ही नहीं...

डाक्टर : कैसे विचार आते हैं ..?

लेडी पेशेंट : जैसे अब मैं यहाँ आई हूँ तो आपके ओपीडी में एक भी पेशेंट नहीं था.. तो मैं सोचने लगी कि डाक्टर साहब के पास कोई भी पेशेंट नहीं है, इनकी कमाई कैसे होगी, घर कैसे चलेगा, इतना पैसा डाला पढ़ाई में, अब क्या करेंगे.. हास्पिटल बनाने में भी बहुत पैसा लगाया होगा, अब लोन कैसे चुकाएंगे? कहीं किसानों के माफिक लटक तो नहीं जाएंगे एक दिन!!! ऐसे कुछ भी विचार आते रहते हैं।

अब डाक्टर डिप्रेशन में है।

♦♦♦♦

डाक्टर: आपका वजन कितना है?

संता: चश्मे के साथ 75 किलो।

डाक्टर: और चश्मे के बिना?

संता: वो मुझे दिखाता ही नहीं।



Creche



The kids celebrated 'Earth Day' on April 20. They planted seeds to observe the process of germination and then took the saplings home to nurture them.



Children came dressed in yellow outfits, painted mango-shaped cut-outs, sang mango-themed songs and sipped on delicious, nutritious mango smoothies to celebrate 'Mango Day' on June 7



International Yoga day was celebrated by Creche kids on June 22

Nursery School



Children beating the heat with a cool dip in the splash pool in school



Play time at the Nursery School



Workout time for the little ones at the Nursery School

Round Up of Summer Camps

Summer holidays are best enjoyed in SGPGI Campus. Hobby classes of Yoga, music, dance, theatre and sports are held by experts and tutors and finally the fun time is the presentations time. Glimpses of the summer camp final presentation witnessed by the august gathering of SGPGIMS.



Formal inauguration of the program



Melodious recital by the singing team



Memento presentation



Yoga is the way of life



An august gathering



The drama on the way



Salsa performance by the group



Curtain call

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