

*“Onwards and upwards. No looking back.”*

## **SGPGI entered a new phase with inauguration of EMRTC** **(Emergency Medicine and Renal Transplant Center)**



The foundation stone of Emergency and Renal Transplant Center was laid on 15 October 2018 by Hon'ble Chief Minister **Shri Yogi Aditya Nath ji**. On May 17, 2022, Director SGPGI, **Professor RK Dhiman** formally inaugurated the newly completed and ambitious project of EMRTC. There are 558 beds in this building, in which emergency, nephrology and urology departments will function. The building was completed in a record time of three years. On this occasion CMS, **Professor Gaurav Agarwal**, faculty members of Nephrology department, resident doctors besides engineers of UPRNN and other employees of the institute were present. Sweets were distributed among the patients, attendants and staff present

On 20<sup>th</sup> of May, 2022, Department of Urology also started functioning in the new Emergency and Renal Transplant (EMRTC) building. Professor R K Dhiman, cut the ribbon to formally declare the newly made ward functional, along with the

Dean, **Professor Aneesh Srivastava**, Head, Department of Urology.

On 24th May, patients of all zones of Emergency, were shifted to EMRTC. First, the stable patients of the Green Zone were transferred. Then the yellow zone (HDU zone) was shifted and finally the ICU area patients were transferred. All critical patients were shifted under strict observation and supervision. **Professor RK Singh**, Chairman, Department of Emergency Medicine, Assistant Professor, **Dr. Tanmoy Ghatak** and **Dr. Swati**, **Dr. Pooja**, **Dr. Satyam**, **Dr. Sonali**, **Dr. Ashish** and staff members were present.

With the creation and functioning of EMRTC, SGPGI will provide a big service and relief to the people not only of Uttar Pradesh but also of neighbouring states

*“The only time you should ever look back, is to see how far you've come.”*





### International Labour Day :1 May ,2022

**“Labour is the ladder through which human dignity and creative excellence are expressed”**



SGPGI celebrated International Labour Day in a unique way by screening all the females present at "Shramik Suvidha Shivir" which was organised at Rajbhawan to mark the day.

With the blessings of Hon'ble Governor, Uttar Pradesh **Smt Anandi Ben Patelji** and the able guidance of Director, SGPGI, **Professor R K Dhiman** and CMS, **Professor Gaurav Agarwal**, a breast screening camp was organised by the team of SGPGI Breast & Cervical Cancer Awareness and Early Detection Program (BCCAEDP) from 8 AM to 1 PM at the expansive manicured lawns of Rajbhawan, Lucknow.

The theme of the day was pink, a color synonymous with breast cancer awareness. All the members of screening team sported pink T-shirts, pink caps and pink face masks, highlighting not only the need for breast cancer awareness but also keeping in mind the COVID norms. The venue was beautifully decorated with banners emphasizing the importance of breast cancer early detection and awareness.

Smt. Anandi Ben Patel, Hon'ble Governor of UP inspected the registration counter, pre education desk and examination cubicles of breast cancer screening area. She was accompanied by Hon'ble Deputy Chief Minister, UP and Cabinet Minister, Medical

education, Medical Health and family welfare **Shri Brijesh Pathak**, Cabinet minister, Labour, Employment and Coordination, **Shri Anil Rajbhar**, ACS to Governor, **Shri Mahesh Gupta**, DM, Lucknow, **Shri Abhishek Prakash** and other dignitaries.

Hon'ble Governor reiterated the need to make health services accessible to all particularly to the underprivileged.

Professor R K Dhiman emphasized the need to spread awareness in females for early detection of breast and cervical cancer.

More than a hundred women were registered in the camp and were informed about breast self examination, early symptoms and clinical examination through information brochures and audio visual media. They were examined by a team of enterprising nurses, doctors and administrative staff led by Dr. Gaurav Agarwal. Those who were found to have some suspicion of cancer, would undergo further tests and necessary treatment, as per instructions from the Hon'ble Governor.

The program concluded with Hon'ble Governor Ma'am encouraging and blessing all members of the team by gifting them a token of her affection and appreciation in a simple ceremony held in Raj Bhavan.



**“Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved.”: Mattie Stepanek**

A Memo of Understanding was signed between Sanjay Gandhi PGI, Lucknow and Post Graduate Institute of Child Health, Noida to share intent in teaching, training, skill building and research in the area of Bio medical research and Basic Sciences.

The MOU was signed by **Professor R K Dhiman**, Director, SGPGI and **Professor Ajay Singh**, Director, PGICH. Both the institutes will work in the areas of joint research projects, organising seminars and conferences, training of post graduate students as per norms, faculty interactions between two organisations and collaborative efforts in social outreach programs.





## Libraries are the places where you can expect smart and clear answers to even most difficult questions.



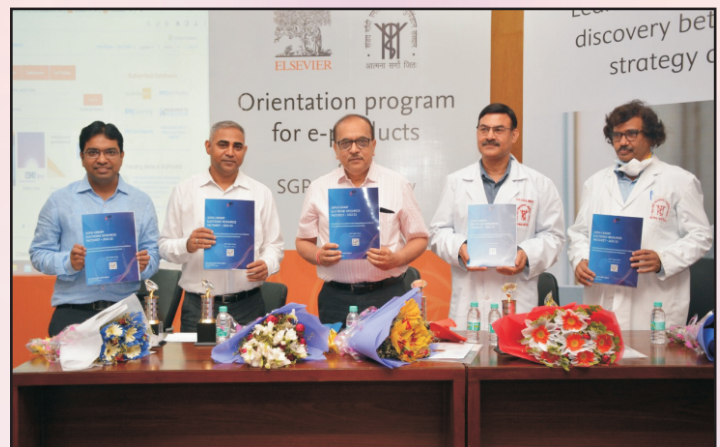
**Professor R K Dhiman**, Director, SGPGI, inaugurated a revamped state of the art Library in SGPGI. The library is completely digitized, and all resources are available 24x7x365 days within and outside the campus and the services are also accessible via mobile.

The institute now has the “**Discovery Services**” and it is the only institute in the state to have this facility. SGPGI has also tied up with the prestigious ‘**British Medical Journal, UK**’ for the publication of articles and case reports by its faculty and students in BMJ Open access journals without payment of any APC charges. They have also subscribed to advanced clinical tools and resources namely Clinical Key, BMJ, Up To Date and Ovid Collections for the benefit of faculty members and students.

This is one step towards the Institute wanting to provide optimal care to their patients by improving quality, reducing cost, and enhancing the patient experience. The Library is THE center point of any research Institute and this new digital library will help us to Standardize care across all clinicians, Reduce variability in care, Enable safe patient care, drive appropriate drug use and prescribing behavior, decrease medical errors, stop unnecessary diagnostic

testing, shorten length-of-stay, lower mortality rates, exposure to latest research, Information development, scientific and technological progress and will provide a platform to publish latest research from the Institute. The Library resources will help Faculty and students with valuable insights and perspectives on trends and possible futures in healthcare.

**Dr Arun Srivastava**, Professor, Neurosurgery and in-charge of Library informed that the clinician of the future, like today's clinician, will be knowledgeable and skilled across a range of competencies, from clinical to digital and will be a partner in health rather than illness. These new facilities are expected to increase the research output and the ranking of the institute. The present Library will consist of more than 1000 e-Journals, 1100 ebooks, Learning Tools and evidence-based clinical decision support tools at the point of care to answer even the most complex questions using artificial intelligence and the best evidence based clinical practices can be applied to patients to receive standardised and better care. In the digital age, there is a shift from focusing on illness towards total health, to a patient-centric, digital approach to wellbeing and SGPGI is moving in the direction.



## कोरोना से युद्ध

आज समय है धीरज का,  
संकल्प और अनुपालन का ।  
इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का ।  
उड़ते हैं हम मुक्त गगन में  
सीमाओं की कैद नहीं ।  
आती है जब विपदा कोई  
करती कोई भेद नहीं ।  
चलो सनातन मूल्य सहेजें  
वक्त स्वयं पर शासन का ।  
इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का ।  
अफवाहों की हवा चली है  
बिकती है बाजारों में ।

बिना दाम के मिल जाती है  
गलियों व बाजारों में ।  
पर वसूलती कीमत भारी  
चौन छीनती जनमन का ।  
इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का ।  
मिलने पर सम्मानित दूरी  
सदा प्रशंसा पाती है ।  
वाणी मधुर प्रेम रस भीगी  
सीधे दिल में जाती है ।  
करो प्रणाम नम्र होकर  
अति उचित मार्ग अभिनंदन का ।  
इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का ।

है कूटुंब जग का हर प्राणी  
यही हमारी संस्कृति है ।  
करो पराजित कोरोना को  
फैली चीनी दुष्कृति है ।  
बैठे रहें सुरक्षित घर में  
मोल समझिए जीवन का ।  
इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का ।  
उठा रही सरकार कदम जो  
आओ हम सहयोग करें ।  
जितना भी संभव हो सकता  
अर्थदान सब लोग करें ।  
मिलकर चलो बचा लें जीवन  
युवा वृद्ध व बचपन का ।

इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का ।  
सम्मुख शत्रु बड़ा मायावी  
वार करे जो छुप-छुपकर ।  
घबराना ना लेशमात्र भी  
लड़ना है घर में रहकर ।  
हे मानव तुम फिर जीतोगे  
अंत करोगे दुश्मन का ।  
इस संकट पर विजय मिलेगी  
गहो मार्ग अनुशासन का...

डॉ सौरभ निगम  
सीनियर रेजिडेंट, न्यूरोलॉजी  
विभाग



## A New System For Rib Reconstruction After Harvesting Grafts or After Rib Fracture Using Specialty Titanium Made Rib Plates –the Matrix Rib Fixation System At Sgpgi

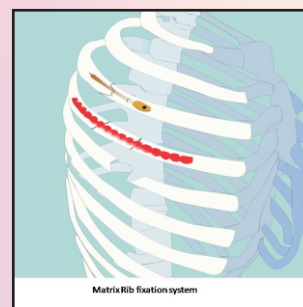


A rib plasty system was used for the first time at SGPGI in a girl with ear deformity. This girl had a lop ear which is a condition in which the upper part of the ear gets folded on the lower part of the ear leading to a unsightly deformity which is quite odd looking and also covers the ear hole. The rib graft was used to provide support to the corrected ear and was found to be useful in maintaining the corrected position of the ear.

Reconstruction of ear was successfully accomplished in this girl from UP who is twelve years old. This opens up lots of possibilities for not only patients who undergo rib reconstruction but is a boon for those patients who have a rib fracture. Traditionally patients with rib fractures are offered no surgical treatment and they have to wait patiently for 4-6 weeks with just chest strapping and wait for the

fracture to heal. In this treatment there is a lot of pain even after the chest strapping. The new technique of rib plating overcomes all these problems and can be very useful in patients with chest trauma having single or multiple fractured ribs. These implants are 1.5 mm in thickness and come with special instruments for plate cutting, bending and contouring. Rib defects of any length and magnitude can be reconstructed with the help of these implants. The plates are specially coloured for right and left side rib reconstruction and have special drill bits to ensure that during drilling the lung is not punctured. The implants are 100% biocompatible and can remain in the body for indefinite period without causing any harmful effects. The introduction and successful use of rib plasty system at SGPGIMS has opened up opportunities for a large number of patients who require the use of rib grafts for different types of

reconstructive surgery for nose, ear or even skull reconstruction and this system is a very important asset and armamentarium in the hands of the plastic surgeon. The operation lasted four hours and the operating team consisted of Chief Surgeon: **Professor Rajiv Agarwal**, Chief Anaesthetist: **Dr. Sanjay Kumar**, and **Dr. Divya Srivastava** and Resident: **Dr. Bhupesh Gogia**



## पुस्तक समीक्षा कृतिका

रचनाकार : डॉ सुनील प्रधान

कृतिका डॉ सुनील प्रधान का पहला काव्य संग्रह है। डॉ प्रधान पेशे से चिकित्सक हैं और देश के विशिष्ठ न्यूरो चिकित्सको में उनका महत्वपूर्ण स्थान है। पद्मश्री से सम्मानित डॉ. प्रधान देश के ख्याति प्राप्त चिकित्सक ही नहीं वरन प्रसिद्ध वैज्ञानिक व शोधकर्ता भी हैं। उनके द्वारा किये गए शोध से उन्हें अंतरराष्ट्रीय ख्याति एवं सम्मान प्राप्त हुआ है।

आम तौर पर यह धारणा है कि कवि और चिकित्सक दो अलग विधा के लोग हैं। जहाँ कवि को कल्पनाशील कहा जाता है वहीं दूसरी ओर चिकित्सक अत्यंत व्यावहारिक एवं यथार्थवादी होते हैं। लेकिन दोनों में एक विरल समानता है- संवेदनशीलता

संवेदनशीलता का गुण ही डॉ प्रधान को एक बेहतर चिकित्सक के साथ-साथ एक उत्कृष्ट कवि भी बना देता है, जो उनकी कविता संग्रह 'कृतिका' में छपी 22 कविताओं में परिलक्षित है।

इनकी लेखनी परंपरागत कविता से अलग गंभीर व दार्शनिक है एवं जीवन के विभिन्न आयामों का मौलिक विश्लेषण है। कविताओं की भाषा उत्कृष्ट हिंदी में है, तथा कहीं-कहीं क्लिष्ट भी है, किन्तु भाषा में प्रवाह है और इनके भाव व कथन सुस्पष्ट है। 'कृतिका' काव्य संग्रह की भूमिका सुनामधन्य कवि पद्मभूषण स्व. गोपालदास नीरज जी ने लिखी है।



आधुनिक कविता पट पर शब्दों की तूलिका से बेशुमार भावों के रंगों से उकेरी हुई जीवन के संबंधों की विभिन्न चित्रण है यह कविता संग्रह।

डॉ. सुनील प्रधान जी को उनकी इस रचनायात्रा के लिए मेरी हार्दिक शुभकामनाये।

श्रीमती मोनालिसा चौधरी

प्रभारी, जनसंपर्क विभाग, संजय गांधी पीजीआई (सेवानिवृत्त)



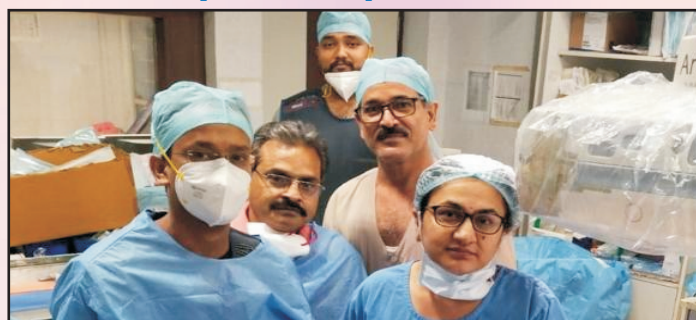
## Severe Heart Attack with Chronic Total Blockage of Arteries of 8 years Treated Successfully at SGPGIMS, Lucknow.

An unusual case of old myocardial infarction (Heart attack) with multivessel coronary artery disease (many blockages in arteries supplying the heart) was successfully treated in the cardiology department at SGPGIMS, Lucknow. A 52-year-old male patient, was admitted in the MICU with history of old extensive anterior wall myocardial infarction in 2014. Outside He had undergone coronary angiography outside SGPGI, and it revealed 100% blocked left anterior descending (main) artery. Due to financial constraints, patient was not able to get the angioplasty (ballooning) of the artery and was getting medical treatment with off and on chest pain (angina). In February 2022, he had sudden onset prolonged resting chest pain with profuse sweating, diagnosed as Inferior wall Myocardial infarction (second heart attack). He was admitted in a critical condition to Cardiology medical intensive care unit (MICU) at SGPGIMS under the care of **Professor Satyendra Tewari**. After routine investigations, coronary angiography was performed, and it revealed chronic totally occluded left anterior descending (main) artery which was blocked for the last 8 years and critical stenosis of the right coronary artery with poor pumping capacity of the heart. Since the patient was very sick, Professor Tewari decided to open right coronary artery (RCA) first. It was opened up with ballooning and stented successfully. Since the left side of the heart shows viability, so patient was taken up to open the chronic totally occluded (CTO) left anterior descending (main) artery which was 100% occluded for the last 8 years. The difficulty was to locate

the site of the blockade. With the use of advanced imaging that is, Intra Vascular Ultra Sound technique (IVUS), the site of chronically occluded blockade was located with the use of ultrasound guided catheter which has a high-resolution camera at the tip which helps in accurately locating the site of the blockade. By the help of extra stiff wires which was passed through the blocked artery and gradual ballooning and successful stenting of the chronic total occluded artery was done. The intervention team comprised of **Dr Roopali Khanna**, Additional professor in the cardiology department. Dr Roopali Khanna helped in intravascular ultrasound imaging (IVUS) which requires lot of experience and precision in locating the site of the chronic totally blocked artery which was present for the last 8 years. Patient was discharged in a stable condition after two days. **Professor Aditya Kapoor**, Head, Cardiology, advocates the use of high technology procedures specially Rota ablation, IVUS imaging, Optical coherence tomography and FFR in most of the complex coronary interventions, he added that these high end technologies are present in a very few centers in the country, they are available in SGPGI along with expertise and affordability. Dr Satyendra Tewari informed that these complex coronary interventions are being done routinely in the cardiology department. Director, **Professor R K Dhiman** congratulated the team for the success of the highly technical intervention.

## Pacemaker implantation in a morbidly obese patient

Cardiology department performed pacemaker implantation in a severely obese patient weighing 150 kg. The procedure was performed in a 61-year-old male who had complete heart block. The patient, a resident of Lucknow, presented to SGPGI emergency with complaint of breathlessness. On evaluation he was found to have complete heart block and was advised pacemaker implantation. Due to morbid obesity, various challenges were anticipated like venous access, visualisation of structures under fluoroscopy and adequate penetration of hardware. The procedure was done by **Dr Roopali Khanna**, Additional Professor, Department of Cardiology in SGPGI, under the leadership of **Professor Aditya Kapoor**, Head, Department of Cardiology and **Professor Satyendra Tewari**. Normally 5 cm length needle is used to puncture but due to his weight and big body built, a special larger needle was used to puncture the vein. Occasionally, localization of vein by ultrasound can also be helpful. These techniques can help to tackle the problems faced in these type of patients, Dr Satyendra Tewari informed. Dr Aditya Kapoor told that very few cases of pacemaker implantation in morbidly obese patients have been reported worldwide. With proper



planning and use of appropriate hardware the procedure can be successfully performed under local anaesthesia, as was done on this case. The patient was mobilized within 12 hours and was discharged in the next 48 hours.

## First case of Rotablation using ROTAPRO by the Radial Route

The Department of Cardiology at Sanjay Gandhi PGIMS added another feather in its cap of achievements by performing the first case of **Rotablation using the ROTAPRO system by the radial route last week**.

Rotablation is a highly specialized technique of treating cases of coronary artery disease which have extensive calcium deposition in the arteries of the heart. It involves insertion of a small rotating drill like catheter inside the heart vessels under fluoroscopic guidance. The catheter then cuts the calcium, thus facilitating easy insertion and adequate expansion of coronary stents.

The procedure was performed on a middle aged female with diabetes and hypertension who had chest pain for last 6 months. Her coronary angiography revealed dense calcium deposits in the major artery of the heart (the left anterior

descending artery ie the LAD).

**Professor Aditya Kapoor**, Head of Department of Cardiology, elaborating the procedure said that in such cases, the plaque in the artery become extremely rigid and hard and a simple angioplasty balloon cannot completely open the artery. Hence it was decided to use rotablation to optimally manage this case using the rotational burr that generally rotates up to speeds of 250,000 revolutions per minute (rpm), typically 140,000-165,000 rpm are used.

**Professor Satyendra Tewari** said that the ROTAPRO system which has all in-built controls now directly in the operator's hands on a digital console (as opposed to older systems which had foot operated control panels), makes the procedure more user friendly.

**Dr Roopali Khanna**, Additional Professor, mentioned that since calcified coronary arteries represent a technical challenge for conventional angioplasty, advent of ROTAPRO means that this technology can be extended to a wider spectrum of patients, hence offering them the benefit of this technology.

**Dr Ankit Sahu**, Assistant Prof, who was part of the interventional team that performed the procedure, also opined that doing such procedures by the hand (radial route) helped in earlier mobilization of patients and is likely to reduce vascular complications.

In this case, the patient was discharged 1 day after the successful procedure.

Director, SGPGI, **Professor R K Dhiman** congratulated the team for the outstanding work.





### Care for Rare: SGPGIMS Centre for Excellence for Rare Disorders



He is a 29 year old man doing his business (battery and solar power solutions) after doing MBA. He was first seen by me in 2004 with complaints of pain in fingers and toes. For years he had been going from hospital to hospital for diagnosis. He had stopped going to the school. He was my first case of Fabry disease. I could diagnose because I had read about the disease. The disease affects nerves and later kidneys and heart. Correct diagnosis opened up the option of treatment with Enzyme Replacement Therapy (ERT). Thanks to the humanitarian support programs of Sanofi- Genzyme and Takeda he is getting ERT free of cost. The result is seen in the confident young man. (Picture is given with permission)

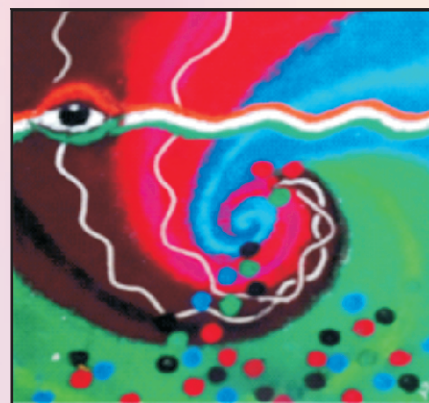
Twenty ninth February is a rare day and hence the right day to remind patients, public, clinicians and policy makers of rare diseases. Rare diseases are neglected due to small numbers of patients. More than 80% of rare diseases are genetic disorders and there is need to create awareness about them. With availability of novel therapies for rare diseases, the government is listening to the roar of patients with rare diseases and their families. In 2021, the government launched a rare disease policy which was long awaited. The objective is to make treatment available to all patients and no one should be suffering because treatment is not affordable. Though a lot needs to be done yet; the will of the policy makers is available. We the treating physicians are equally excited to see that not only us, but the government cares for these patients.

We have seen young patients with indomitable spirits and fighting all adversities to achieve their goals in life. Their stories were shared on 28<sup>th</sup> Feb 2022, as a part of creating awareness for rare diseases. Many patient support groups and hospitals celebrated rare disease day this year by way of holding on line and off line programs. I am glad to inform that the government is funding us for upgrading patient care facilities for rare diseases in SGPGIMS. The department of Medical Genetics at SGPGIMS, is the first department of this new medical speciality in India and has established diagnostic, treatment and preventive facilities for genetic disorders in addition to training medical geneticists for the whole country. We shall continue to work for these patients and families with the support of all other departments as genetic disorders can involve any system of the body. The support of the institute administration is appreciated.

All of you are directly or indirectly supporting our mission of Care for Rare!

Awareness is the first step to diagnosis. Correct diagnosis is the basis of treatment.

Eyes see what mind knows!



**Dr Shubha Phadke**  
Professor & Head,  
Department of Medical Genetics

### From The Editor's Pen ...



This year's theme for World Environment Day '**Only One Earth**', draws our attention towards playing our role effectively while living in perfect harmony with nature - without proving a burden on it.

The world population is steadily inching towards 8 billion, and we're using the equivalent of 1.6 Earths to maintain our current way of life, the United Nations Environment Programme (UNEP) reported. Naturally, the ecosystems cannot keep up with our demands and, as a result, are fast declining.

There is urgent need for shifting to a greener lifestyle through both policies and individual choices

Simply put, we all can start with the 3 Rs: **Reduce, Reuse and Recycle.**

This way we do not unnecessarily exploit resources and also minimize waste production.

We may add the 4<sup>th</sup> R that is, **Repair.**

Plant more trees.

Stop or minimize the use of plastic!

Let's do our bit to make the world a cleaner and healthier place... Happy World Environment Day.

*Dr. Prerna Kapoor*



## Awareness Program on World Hand Hygiene Day



Worldwide, over 1.4 million patients suffer from healthcare associated infections (HAIs) at any time. HAIs have tremendous implications in terms of associated mortality, morbidity, adverse patient outcomes, increased cost of treatment, and social impact. The WHO guidelines on hand hygiene in healthcare (2009) suggests that hand hygiene is the single most important measure for prevention of Healthcare Associated Infection. When a health facility's "quality and safety climate or culture" values hand hygiene and infection prevention and control (IPC), it results in both patients and health workers feeling protected and cared for. As a part of a major global effort to improve hand hygiene in health care, led by WHO to support health-care workers, **World Hand Hygiene Day is celebrated on 5<sup>th</sup> May every year.**SGPIMS Hospital Infection Control Committee (SHICCOM) organized An Awareness Program on World Hand Hygiene Day, 2022

The program was in two parts - the first part consisting of an activity session wherein a Rangoli/Poster Making Competition had been organized, and a scientific session, which garnered delegates from across the Nursing staff, Nursing undergraduates, Medical Technology undergraduates and other equal stakeholders in the Infection Prevention and Control cycle.

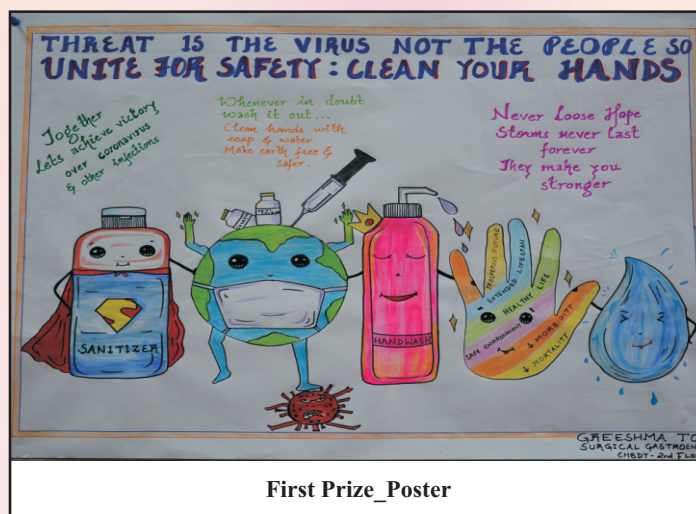
The program began with the activity session. The inaugural of the scientific session commenced with a welcome note and opening remarks of Dr. R. Harsvardhan, Member Secretary, SHICCOM & Head, Hospital Administration followed by a deliberation by Dr. Gaurav Agarwal, Chairman, SHICCOM and CMS, SGPIMS on how **Hand Hygiene Saves Lives.**

Dr. R. K. Dhiman, Director, emphasized on the importance of **Hand Hygiene at Point of Care**, stressing on the importance of adhering to the Five Moments of hand hygiene in daily clinical practice. The biannual newsletter of **SGPIMS Hospital Infection Control Committee (SHICCOM)** was also released following which, the scientific session commenced with a talk by **Dr. Amit Goel**, Additional Professor, Department of Gastroenterology on the **Prevention & Management of Needle Stick Injury.** Annually, there are approximately 300,000 surgical site infections, which accounts for 17% of all HAIs and substantial evidence suggests that Hand hygiene improvement can prevent up to 50% avoidable infections acquired during health care delivery and generate economic savings on average 16 times the cost of implementation. In this context, **Operating Room Protocols** were explained by Sister Ancy Jayaraj, In - Charge, OT Complex, ATC, Dr. Richa

Mishra, Additional Professor, Department of Microbiology deliberated on the topic **Blood culture collection: Best Practices, Best Outcome.**

**A live demonstration of correct technique of Donning & Doffing of PPE was demonstrated by Mr. Dhikhil C. D.,** Quality Nurse Coordinator, Hospital Administration. The event concluded with the vote of thanks by Dr. Richa Mishra, Additional Professor, Department of Microbiology.

The activity session was judged by the team of internal and external jury members comprising of Dr. Praveena Dhiman, Joint Director, Department of Medical Health and Family Welfare, U.P. & Dr. Jyotsna Agarwal, Head, Microbiology, RMLIMS who also gave away the prizes to best three in each category.



First Prize\_Poster



First Prize\_Rangoli

**Over 150 delegates** attended the awareness program. This year's theme for World Hand Hygiene Day was focused on recognizing that we can add to a facility's climate or culture of safety and quality through cleaning our hands. A strong quality and safety culture will encourage people to clean hands at the right times and with the right products, keeping in line with the theme, the program aimed at prioritizing clean hands in healthcare delivery.

**Dr. Anusha Shukla, Dr. Vinay Pathak**  
PG residents-Hospital Administration



## World Liver Day 2022

In order to create awareness about Healthy liver and to sensitize people about liver diseases, State Organ & Tissue Transplant Organization, Uttar Pradesh & the Department of Hospital Administration, in collaboration with Departments of Hepatology, Medical and Surgical Gastroenterology, under the guidance of **Professor R. K. Dhiman**, Director, SGPGIMS, successfully organized an Awareness session on the occasion of World Liver Day i.e. 19<sup>th</sup> April, 2022 at Gastroenterology OPD, 4<sup>th</sup> Floor, New OPD Block, SGPGIMS.

The program commenced with the Inaugural Session, wherein the opening remarks were provided by **Dr. R. Harsvardhan**, Nodal Officer, SOTTO – U. P. and Head, Hospital Administration, followed by a welcome Note by **Dr. Amit Goel**, Additional Professor, Gastroenterology.

The scientific session began with a talk by **Professor U.C. Ghoshal**, Head, Gastroenterology, on the topic 'Hepatitis: All that you need to know'. Dr. Ghoshal discussed Hepatitis and the importance of vaccination in preventing Hepatitis.

The program was taken forward by a deliberation by **Dr. Anita Saxena**, Professor, Nephrology on Role & Importance of Diet in Prevention of Liver Diseases. Dr. Anita emphasized on the role of healthy diet and ways to prevent diseases by following right diet.

**Professor Gaurav Agarwal**, CMS, enlightened the gathering regarding facilities for the Patients with Liver diseases available in SGPGIMS. Dr. Gaurav elaborated about the world class

facilities available in our institute.

Professor R. K. Dhiman, elaborated upon the Role of Diet, Exercise and Alcohol vis-a-vis Liver Diseases. He emphasized the need for brisk walk for at least 40 minutes or cycling for 30 minutes daily. He stressed the need to maintain a healthy life style because life is not sustainable with a damaged liver.

Dr. Harsvardhan enlightened the gathering about how to avail benefits under patient welfare schemes like AB-PMJAY (Ayushman Bharat Pradhan Mantri Jan Arogya Yojana), RAN (Rashtriya Arogya Nidhi) and many more and discussed the eligibility for the same.

**Professor Rajan Saxena**, Head, Surgical Gastroenterology, discussed about **Liver Transplant: Myths & Facts**. Dr. Rajan, discussed the liver transplantation program in SGPGIMS and expressed the importance of liver donation.

The Awareness session was followed by Felicitation of the Liver Donor, **Mrs. Karimun**, by Prof. R. K. Dhiman and the other dignitaries.

Mrs. Karimun, who gave a life (liver) to her sister, **Ms. Sahiba**, expressed her heartfelt gratitude to all the doctors, transplant coordinator and all the staff involved with her surgery. She mentioned that she is leading a healthy life and is able to do all the daily routine activities without any difficulties. Mrs. Karimun mentioned that she is feeling much healthier than she was before surgery.

### संभावना

माँ...  
कल रात मैंने एक दुःस्वप्न देखा  
कि तुम मुझे तेज धारदार चाकू से  
काट रही हो  
मैं चिल्ला रही हूँ..  
और बड़ी बेरहमी से तुम  
वह चाकू मेरी गरदन पर  
धिस रही हो...  
यह स्वप्न झूठ था ना माँ  
कहते हैं कि सुबह का सपना सच होता है...  
पर मुझे तुम्हारी बात पर भरोसा है  
कह दो कि वह स्वप्न झूठ था...  
कह दो कि तुम मुझे मरने नहीं दोगी  
मुझे बचाओगी  
ताकि मैं जन्म लूँ...  
ताकि एक बार इस तंग आवरण से छूटकर  
साँस लूँ अपने फेफड़ों से  
सूँघ सकूँ आजादी की एक साँस की सुवास...  
देख सकूँ तुम्हारा ममतामय चेहरा  
और पी सकूँ तुम्हारा अमृत सा दूध

और फिर तुम्हारी गोद में खेलकर  
मैं बड़ी हो जाऊँ...  
और तुम मेरा टिफिन भरकर  
दो चोटी बनाकर  
तैयार करके स्कूल भेजो..  
और वो टिफिन  
बिना पूरा खाली हुए वापिस आए...  
मैं गली के दूसरी तरफ  
बेर तोड़कर खाऊँ  
और तुम मुझे डांटो..  
तुम्हारी डांट मैं छिपा प्यार मैं देखना चाहती हूँ  
माँ..  
तुम्हारी समझाइश मैं छिपा स्नेह मैं पाना चाहती  
हूँ माँ...  
कह दो कि तुम मुझे जन्म दोगी  
ताकि तुमसे प्रेरणा पाकर  
एक बार-  
अपने पूरे सामर्थ्य से  
कोशिश करूँ कुछ कर दिखाने की  
ताकि दुनिया याद करे तुम्हें

कि तुमने एक महान् संतान को जन्म दिया...  
कह दो कि ये इच्छा पूरी होगी माँ...  
ताकि मैं भी देख सकूँ  
सिंदूर का वो लाल रंग  
जिसकी रक्षा को तुम उपवास रखती हो..  
ताकि तुम जैसी स्नेहपूर्ण माँ मैं भी बन सकूँ..  
कह दो कि तुम ये होने दोगी...  
कि तुम मुझे जन्म दोगी...  
ताकि यदि मैं मर भी जाऊँ  
तो कम से कम जन्म लेकर तो म-...  
बिना जन्मे मुझे मत मारना माँ  
मत मारना....  
तुम्हारी संतान हूँ मैं  
और जन्म लेना मेरा हक है.....  
मैं....  
तुम्हारी बेटी  
'संभावना'

डॉ. मधुर विजय आनंद  
यूरोलॉजी एवं किडनी प्रत्यारोपण विभाग



## Awareness Program on World No Tobacco Day



Tobacco use is now a well-documented threat to global health. It kills more than 8 million people a year, including around 1.2 million deaths from exposure to second-hand smoke, and is currently the world's single biggest cause of preventable death. Tobacco use is a major issue that impacts all communities and impedes the achievement of Sustainable Development Goals. It has direct harmful effects on its consumer's health, but it also affects the country's economy, environment, women's health and childhood labour. World No Tobacco Day is an annual awareness day taking place on 31<sup>st</sup> May every year. It was designated by Member States of the World Health Organization (WHO) in 1987 to raise awareness of the harms caused by tobacco products to people, public health, communities and the environment. The theme of World No Tobacco Day 2022 is "**Protect the environment**", highlighting that, throughout its lifecycle, tobacco pollutes the planet and damages the health of all people. Keeping in mind the same, the Department of Hospital Administration, SGPGIMS, organized *An Awareness Program on World No Tobacco Day, 2022*

The day started early in the morning with a *Walkathon* from Hobby Centre to Main Gate, SGPGIMS which was flagged off by **Dr. R. K. Dhiman**, Director, **Dr. Gaurav Agarwal**, CMS. Second part consisted of a number of *Role Plays* by the students of the College of Nursing, SGPGIMS, at Registration Counter, New OPD Building. Lastly a *scientific session*, which saw delegates across the Faculty, Residents,



Nursing staff, Nursing undergraduates and Medical Technology students.

The scientific session commenced with a talk by **Dr. Ajmal Khan**, Additional Professor, Department of Pulmonary Medicine on **Tobacco & its implications on Lung Health. Overcoming Addiction: Guidance towards a Tobacco Free Life** was expounded by **Dr. Prerna Kapoor**, Consultant Physician, GH, **Dr. Punita Lal**, Professor, Department of Radiotherapy, **deliberated on the topic of Oral Cancer. Healthy Food, Healthy Living: Sustaining a Tobacco Free Life** was discussed by **Dr. V. K. Paliwal**, M.S. The event concluded



with the vote of thanks by **Mrs. Shabana Khatoon**, Principal, CoN, SGPGIMS.

**Over 150 delegates** attended the awareness program, which was instrumented through the endeavors of **Dr. R. Harsvardhan**, Head, Hospital Administration with ample support from his staff members and students. This year, the theme focuses on the impact of tobacco on the environment and aims to expose efforts by tobacco companies to "greenwash" their reputation by marketing themselves as environmentally friendly, keeping in line with the theme, the program aims to create awareness about the dangers and ill-effects of tobacco and nicotine products among the healthcare workers in the institute.

**Dr. Vinay Pathak**  
**Dr. Amajeet Mitra**

PG Residents-Hospital Administration



## Awareness Session on Role of Police in Organ Donation

State Organ & Tissue Transplantation Organization (SOTTO) for the State of U. P. was established in the Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow under National Organ Transplantation Program (NOTP) to formalize the system of removal, storage & transplantation of human organs & tissues in the State of Uttar Pradesh. As per the data published in chapter 1A & 2 of the report of Accidental Deaths & Suicides in India, 2019 by National Crime Records Bureau, Ministry of Home Affairs, GoI, traffic accidents (comprising of road accidents, railway accidents and railway crossing accidents) has resulted in 1,81,113 deaths in India and a total of 1,39,123 suicides were reported in India. These people dying an untimely death, can be potential deceased organ & tissue donors, are left uninitiated due to lack of administrative processing & adequate sensitization of police, who are usually first responders in these accidents. All such deaths fall under the medico-legal category, therefore, police play an integral role in multi-organ & tissue donations as such cases fall under the jurisdiction of police and they are responsible for investigating these deaths so as to ascertain the circumstances & cause for each death, therefore, postmortem becomes an important tool for their investigation.

The deceased donation rate in Uttar Pradesh can be positively influenced by maintaining good working relationship between hospitals that generate deceased organ donors & the police. Reducing the delay & providing succor to the family of the deceased donor will create a positive mindset in the public about the noble cause of organ & tissue donation.

In light of the facts mentioned, SOTTO – U. P. took the initiative to sensitize the police about their crucial role in organ & tissue donation especially in case of deceased organ donation in general & in traffic accidents in particular. The awareness session on 'Role of Police in Organ & Tissue Donation' was held on 23<sup>rd</sup> April, 2022, at the Police Headquarters, Lucknow, where police officers of Lucknow, as well as all the districts where transplant centres are located joined the session, offline or through respective district NICs. The session began with a welcome note & opening address by **Dr. R. Harsvardhan**, Nodal Officer, SOTTO – U. P. & Head, Hospital Administration, SGPGIMS, followed by address from stalwarts from both the fields namely, **Sri Piyush Anand**, I.P.S., ADGP- GRP, Govt. of U. P., the Special Guest of the session, Guest of Honor, **Professor R. K. Dhiman**, Director, SGPGIMS & the Chief Guest of the program, **Sri Mukul Goel**, I.P.S., DGP, Govt. of U. P.

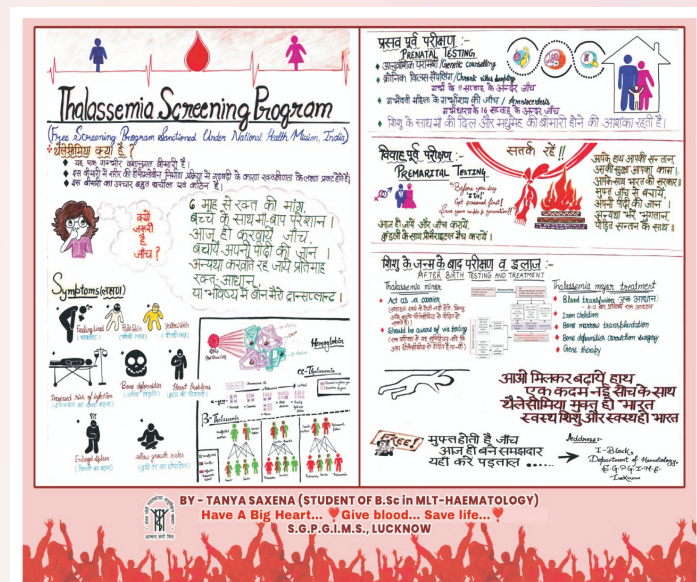
The scientific session included deliberations on the **Statutory Obligations & Role of SOTTO**: Tour D'Horizon by Dr. R. Harsvardhan wherein the work being done by SOTTO – U. P. & the road ahead were deliberated upon, followed by a talk on **Organ Donation: Gift of Life** by Dr. R. K. Dhiman wherein he elucidated upon the organ failure & its causes, organ transplantation & the basics of organ & tissue donation. Dr. Narayan Prasad, Head, Nephrology, SGPGIMS reflected on the **Current Status of Deceased Organ Harvesting in India** thereby emphasizing the gap in deaths occurring in India & the conversion of the deceased into potential donors. Dr. Rajan



Saxena, Head, Surgical Gastroenterology & CHBDT, SGPGIMS deliberated on the topic **From Death to Donation: Demystifying Concepts & endeavored to explain the concepts of Brain Stem Death, Circulatory Death & subsequent Organ Harvesting** coupled with a case based approach towards explaining the role of police in organ donation coordination. The Legal Aspects of Organ & Tissue Donation were deconstructed by **Dr. Arunanshu Behera**, Head, General Surgery, PGIMER, Chandigarh wherein the Roles & Responsibilities of Police as provisioned in Transplantation of Human Organ & Tissues Act & Rules as well as the management of Medicolegal Cases & creation of a Green Corridor were explicitly elaborated upon.

The concluding remarks and vote of thanks were delivered by Dr. R. Harsvardhan. The awareness session aimed to increase the knowledge of the police personnel about their role in organ donation so as to augment the deceased organ donation rate in the State of Uttar Pradesh.

**Dr. Anusha Shukla, Dr. Akanksha Chowdhary**  
PG-Residents, Hospital Administration





## World Parkinson's Day



The Department of Neurology, SGPGI organised an awareness programme on "World Parkinson's Day" on 11th April in Lecture Theatre 1 to create awareness about the disease.

World Parkinson's Day is celebrated all over the world to mark the birth anniversary of Dr James Parkinson who gave the first description of this disease. Parkinson's disease is a disorder of the central nervous system which is caused by the loss of nerve cells in the brain which causes dopamine level to drop leading to the symptoms of Parkinson's. Parkinson's disease often starts with a tremor in hands and legs and gradually progresses to slow body movement and stiffness in limbs and loss of balance. About 0.1% population of India suffer from Parkinson disease.

Genetic and environmental factors, pollution, exposure to insecticides may be responsible for this condition. In majority of cases, when its reasons are not known, it is called Idiopathic Parkinson disease.

To disseminate information about the disease, the awareness program was organized in hybrid mode. The inaugural session started with invocation to Goddess Saraswati followed by welcome address by **Professor Sunil Pradhan**, Head, department of Neurology. Dr Pradhan threw light on the medical literature available in our ancient veda on Parkinson's disease. He said that Charak Samhita and Atreya Samhita have mention of the symptoms, reasons and treatment of Parkinson's disease which was described by Dr. Parkinson years later in 1817. CMS, SGPGI, **Professor Gaurav Agarwal** emphasized the need to have more such awareness programmes in the future. Guest of Honour, **Dr. Navneet Kumar**, former Principal, Kannauj Medical College and GSVN, Kanpur addressed the gathering. Speaking on the occasion, he said, that Parkinson's disease is an ancient disease and some ancient herbs to treat the disease have some contents which are similar to modern medicines.

Director SGPGI, and Chief Guest of the programme **Professor R K**

**Dhiman** congratulated the department for organizing the awareness program and emphasized the need to have such programs more often.

This was followed by prize distribution to the winners of Parkinson's day contest in which patients with the disease participated in various activities and were given 1st, 2nd, 3rd and consolation prizes. All the guests participated in signing on the Parkinson's wall made with posters with motivational messages for people suffering from Parkinson's disease.

The second half of the programme was devoted to lectures on every aspect of Parkinson's disease. Elaborating the extent of problem in India, Prof. Sunil Pradhan said that around ten lakh people from India are suffering from Parkinson's.

Causes of Parkinson's disease were explained by Dr Navneet Kumar. Family history, environmental factors, no physical activity may be reasons for this disease.

**Dr. Sanjeev Jha**, Professor, Department of Neurology, shared his personal experiences dealing with patients with Parkinson's. "Positivity and endurance are the keyword to overcome any issue or ailment," he said. A doctor should have empathy towards such patients and should share their grief.

**Professor Rajkumar**, Head, Department of Neurosurgery, spoke on role of Deep Brain Stimulation in Parkinson's disease. He said that when the side effects of the medicines appear and when the effectiveness of the medicines decrease, then comes the role of surgery.

**Dr. Ruchika Tandon**, Associate Professor, Department of Neurology along with the resident doctors demonstrated exercises which would be helpful in decreasing stress and reducing the symptoms of Parkinson's disease. She also had a music video for motivating people suffering from the disease.

MS, **Professor V K Paliwal** proposed the vote of thanks.





### Fundamental Critical Care support (FCCS) Provider & Instructor Course – 7<sup>th</sup> Edition



The department of Anaesthesiology, SGPGI, organized the Fundamental Critical Care support (FCCS) Provider & Instructor Course - 7<sup>th</sup> Edition on 23-24 April, 2022 at **Professor Soma Kaushik Auditorium**. The Organising secretary and Course Coordinator was **Professor Sandeep Sahu**, Anaesthesiology and the Organizing Chairman was **Professor SP Ambesh**, Head, Department of Anaesthesiology, SGPGIMS, Lucknow.

The Course was inaugurated by Director, **Professor R K Dhiman** and Dean, **Professor Aneesh Srivastav**. Around 60 doctors, from ICUs all over India were trained.

**About the Course:** FCCS is an internationally renowned two-day comprehensive course by Society of Critical Care Medicine (SCCM), USA addressing fundamental management principles for the first 24 hours of critical care. The FCCS Curriculum is intended to introduce principles important in the initial care of critically ill/injured patients to physicians, physicians-in-training, nurses, and other healthcare providers who may or may not be skilled in critical care but who must care for such patients during early stabilization and in anticipation of the arrival of an intensivist, or pending transfer of the patient to a tertiary center. In these COVID pandemic times, this course has even more relevance.

**Topics Covered:** Electrolytes & Metabolic Disturbances, Recognition & Assessment of Seriously ill Patient, Acute Coronary Syndrome, Airway Management, Critical Care in Pregnancy, Cardiopulmonary/Cerebral Resuscitation, Diagnosis & Management of Shock, Diagnosis & Management of Acute Respiratory Failure, Life Threatening Infections, Basic Neurological support, Mechanical Ventilation, Special Considerations, General Paediatric Versus Adult

Patient, Monitoring Blood Flow, Oxygenation, Acid & Base Status, Ethical Considerations During Acute Care, Trauma & Burn Management, Mechanical Ventilation (Basic & Advanced), Electrolytes & Metabolic Disturbances, Skill Stations: Airway Management, CPR, Trauma

The course was conducted under mentorship of FCCS Consultant: **Professor Kundan Mittal** from PGI Rohtak and FCCS Course Director: **Dr. Simant Kumar Jha**, PSRI Hospital New Delhi.

#### Course faculty:

**Dr Manish Munjal**, Rajasthan  
**Dr Ramit Singh Sambyal**, New Delhi  
**Dr Pradeep Rangappa**, Bangalore  
**Dr Pradip Kumar Bhattacharya**, Bhopal  
**Dr Avinash Jain**, New Delhi  
**Dr Yash Jhaveri**, Lucknow  
**Dr Prashant Kumar**, PGI Rohtak  
**Dr Rakesh Garg**, AIIMS, New Delhi  
**Dr Anirban Hom Choudhuri**, New Delhi  
**Dr Ajith Kumar A.K.**, New Delhi  
**Dr Mohan Gurjar**, SGPGI, Lucknow  
**Dr Rajat Gupta**, New Delhi.

#### हे प्रभु

मन प्राण के संबल कहाँ हो ?	प्राण में संवेदना के तार जैसे -
निर्बलों के बल कहाँ हो ?	वेदना प्रसूत आत्मबल कहाँ हो ?
जो रहा दीपित सदा - वो	सैकड़ों तारे गगन में तैरते हैं !!
कर्ण के कुण्डल कहाँ हो ?	रवि-सम खुदी, दावानल कहाँ हो ?

जो रहा प्राणित हमेशा -	है दिया काया तुम्ही ने,
तुम वो गंगाजल कहाँ हो ?	और तुम्हीं ने दी सदा !
जलधि सा फेनिल गगन में,	मैं मांगता हूँ ज्ञान-कण
शुभ्र चिन्मय तल कहाँ हो ?	मेरे प्रभु, मेरे खुदा !!
	मैं मांगता हूँ, साथ तेरा -
	आज भी औ सर्वदा !!!

जो सदा ही तेज भरता -  
 वो दीप लौ अनल कहाँ हो ?  
 उर्द्ध-रेता, जो मनु में छिपा -  
 शुचि सद, मनोबल कहाँ हो ?

- डॉ राजेश हर्षवर्धन  
 प्रमुख, अस्पताल प्रशासन विभाग



### Neonatology Foundation Day Celebration....cheers to the past glories and future achievements...!!!



The Department of Neonatology celebrated its Foundation Day on 08<sup>th</sup> May 2022 with great enthusiasm and alacrity. It was an overwhelming day for everyone connected with the department as it turned 9 years old since the inception. The celebration took place in Auditorium (Library Complex) in hybrid mode and was graced by the presence of our esteemed dignitaries including honorable chief guest, Director, **Dr R. K. Dhiman**, CMS, **Dr Gaurav Agarwal**, MS, **Dr Vimal Paliwal**, **Dr Harsvardhan** from Department of Hospital Administration and our eminent chairpersons, **Dr Banani Poddar** (Head, Critical Care Medicine), **Dr Mala Kumar** (Professor, Pediatrics, KGMU), Surg Cap **Ashok Bhandari** (HOD Pediatrics, Command Hospital, Lucknow) and **Dr Niranjana Singh** (President, Lucknow Neonatology Foundation).

The celebration began with a welcome note for our august gathering by **Dr Kirti M Naranje** (HOD, Neonatology), who is also one of the founder members of the department. After the inaugural lamp lighting ceremony, there was a trail blazing symposium on 'Preterm

Nutrition' by eminent speakers from across the globe. Our illustrious speakers included **Dr Amuchou Soraisham** and **Dr Abhay Lodha** from University of Calgary, Canada, **Dr Girish Gupta** (Ex Head, Neonatology, SGPIMS and currently Head, Neonatology, HIMS, Jollygrant, Dehradun) and **Dr Sanjay Patole** (Professor of Neonatology, University of Western Australia, Perth). The symposium was an academic treat and was attended by over 60 participants via zoom platform.

The department took this opportunity to acknowledge and thank all its alumni including ex Senior Residents, faculty members and nursing staff. All the doctors, nursing and paramedical staff of the department were presented with a small memento as a token of appreciation and heartfelt gratitude. For the closure of event, the vote of thanks was proposed by **Dr Anita Singh**, Additional Professor, Department of Neonatology.

**Dr Akanksha**

Assistant Professor, Department of Neonatology



### Nursing CME of ISCCM Lucknow branch

The Indian Society of Critical Care Medicine (ISCCM), Lucknow branch, conducted a nursing CME on 24.04.2022. This was attended by several nurses from the city hospitals. Two senior nurses from the department of Critical Care Medicine, **Mrs. Neelmani Esther** and **Mrs. Sushma Singh Baghel**, were invited to deliver

lectures in this CNEIC (CME for nurses in emergency and critical care). Mrs. Neelmani Esther delivered a talk on 'How to receive a patient in the ICU' and Mrs. Sushma Singh delivered a talk on 'Oxygen therapy'. All the other talks were delivered by doctors working in critical care medicine.



### Communication in hospital: Sensitizing healthcare professionals



The need to inculcate good communication skills in staff was strongly felt, to minimize friction with patients and their attendants which occur due to poor communication and lack of coordination. In this regard, a training program was initiated on 14th February to sensitize the staff for better communication in SGPGI.

Another program in the series was organized by the department of Public Relations on 4<sup>th</sup> June at **Dr. Hargobind Khurana Auditorium**, (Lecture Theatre 1) which was attended by Receptionists, Junior Reception Officers, Public Relations Officers, Medical Social Workers, Nursing Staff and Data Entry Operators of Reception desk, Registration Counter, OPD bays and Wards.

Speaking on the occasion, **Professor R K Dhiman**, Director, SGPGI, underlined the importance of communication skills in hospital and said that training programs can reinforce these attributes to be inculcated in hospital staff. He reiterated the need to treat every patient with respect and empathy irrespective of his or her social, economic, educational status.

CMS, **Professor Gaurav Agarwal** expressed the need to have better communication skills in order to understand patient's perspective and their emotions. Speaking on the occasion, he said that the patients who come to the hospital are in distress and should be properly attended. Patients being sick can sometimes be upset, but the staff attending them should neutralise their stress by their calm and polite behaviour.

Medical Superintendent, **Professor V K Paliwal** expressed his views on Listening Skills". He very effectively explained the need to listen actively and differentiated between hearing and

listening citing interesting examples. "Empathizing with the patient is also an important part of active listening" he said.

"How important is effective communication in hospital" was elaborated by **Mrs. Kusum Yadav**, Public Relations Officer. She explained the importance of verbal and non verbal communication and elaborated how softer tone of voice, correct body language and compassion could act as a balm for grieved patients and their attendants.

The session ended with an interactive session which was efficiently moderated by **Dr R Harshvardhan**, Head, Hospital Administration where problems faced by the healthcare workers on job were shared with the panelists and solutions were offered. The program was attended by around 112 staff of the institute.



**The Department of Ophthalmology, SGPGI, has started Post graduation (MS) course in 2022 and the first batch with two candidates have joined in April 2022**



## 8<sup>th</sup> Advance Course In Renal Nutrition And Metabolism

The department of Nephrology organized the **8<sup>th</sup> Advance Course In Renal Nutrition And Metabolism**, a scientific activity of “Society Of Renal Nutrition And Metabolism, on 22<sup>nd</sup> and 23<sup>rd</sup> April 2022 at Renaissance Hotel, Lucknow. The course was attended by nephrologists,



physicians and dieticians. There were more than 800 delegates from India, Nepal, Bangladesh, England and USA, with 200 delegates being present in person. The course was dedicated to prevention of malnutrition in CKD (Chronic Kidney Disease). The 1<sup>st</sup> day of the course deliberated on what we need to know about Chronic kidney disease, preserving residual renal function and hospital acquired malnutrition, assessment of nutritional status in patients and preventing progression of diabetic kidney disease. The focus was on how to retard progression of kidney disease. The ACRNM 2022 was inaugurated by Director, SGPGIMS, **Professor RK Dhiman**. The official journal of the society “Journal of renal nutrition and metabolism” was released by the chief guest and the Society of renal nutrition and metabolism prayer was released and recited by **Professor Anita Saxena**.



## World Environment Day

June 5<sup>th</sup> is marked by the United Nations as **World Environment Day**, a day set aside since 1973 to promote worldwide awareness and action for the protection of our environment. Every year June 5<sup>th</sup> is marked by frantic activity. From tree-planting drives to beach cleaning activities and celebrities reminding us of our social responsibility – it seems a call for action to restore the planet!

“**Only One Earth**” is the campaign slogan this year, with the focus on “**Living Sustainably in Harmony with Nature**”. **When you plant a tree, you don't just plant a sapling but Hope**. We have learned it the hard way that trees are extremely important for our survival. We first resorted to deforestation and made space for more buildings on earth. Later, when we saw the environment getting seriously affected, we were introduced to something called “afforestation”, a simple process of planting more trees for a better future. But why only plant trees when the day says so, every day is tree plantation day and we must work towards building a secure future for other generations to come. Well, we need to respect Mother Nature and value the great advantages that trees bless us with every day. Our aim is to help people plant and grow a billion trees in India in the coming 25 years. “**Let's Make This World A Bit More Greener Than How We Find It**” This program was organized by the Residents, Central Control Room, Apex Trauma Centre, SGPGIMS under the stewardship of **Professor Raj Kumar**, Chief, ATC and Head, Neurosurgery and **Dr. R. Harsvardhan**, Deputy Medical Superintendent, ATC and Head, Hospital Administration. **Professor Narayan Prasad**, Head, Department of Nephrology and **Dr. Awale Rupali B.**, Assistant Professor, Lab Medicine and the whole nursing staff and other working staff of Apex Trauma



Centre were present and participated heartily. **Professor R. K. Dhiman**, Director and **Professor Gaurav Agarwal**, CMS lent their guidance and support.

**We do not inherit the Earth from our ancestors, we borrow it from our children**



शान्तितुल्यंतपोनास्ति, नसंतोषात्परं सुखम् । न वृष्णायाः परोव्याधिः, न च धर्मो दयापरः । ।

**“There is no self-purifying process equal to attaining peace of mind, and no bliss equal to being satisfied over one's lot. There is no disease bigger than excessive desire or craving for any worldly thing & no tenet or religion greater than the kindness towards all living beings”.**

Mankind is engaged in an eternal quest of seeking fulfilment from sources other than within themselves. We live in a world that has conditioned us to believe that external attainment may provide us with what we desire. Nonetheless, our experiences repeatedly demonstrate that nothing external can totally satisfy the profound desire within us for **“something more.”** It is hard for us to picture a condition of perfect tranquilly and repose in which thoughts and feelings cease to dance in perpetual motion.

It is said in the Bible: **“Be still and know that I am God.”** In these few words lies the key to the science of Yoga. This ancient spiritual science provides an expansive spiritual semantic framework of life and offers a direct means of stilling the inherent turbulence of thoughts and restlessness of body which block us from recognising who we truly are.

Given the aforementioned, and acknowledging its universal appeal, Sanjay Gandhi Institute of Medical Sciences, Lucknow, U.P. also commemorate 21<sup>st</sup> June with ardour and zeal on large scale. This year, the task of organising International Day of Yoga was entrusted to the Department of Hospital Administration.

The program started with opening remarks by **Dr. R. Harsvardhan**, Head, Hospital Administration and welcome note by **Professor V. K. Paliwal**, MS. Director, **Professor R. K. Dhiman**, spoke about the importance of yoga for Health Care Workers. This was followed by the yoga session by the ISHA Foundation team. The yoga session which refreshed both mind and body took place in hall of the New Library Complex. **Professor Aditya Kapoor**, Head, Cardiology, provided the vote of thanks.

Many faculty members, resident doctors and staff members joined the yoga session physically and at those who could not be present there joined over video-link taking the reach farther.

The Department of Hospital Administration, SGPGIMS expects that this gathering of Healthcare Specialists who deal with pain, sickness and death on daily basis, would help them escape the mundane and give their lives significance in order to reminiscence the escapade all through their life.

**Dr. Rashmi Singh**  
**Dr. Swati Choudhari**  
**Dr. Pragya Sonker**  
PG-Residents, Hospital Administration





## Spiritual Session on Genes, Emotions & Epigenetics: How Thoughts Regulate Life



To harness the energy of the mind we should take care to create positive thoughts. Feeding the subconscious mind, positive thoughts at the start of the day have a positive impact on our entire day. Department of Hospital Administration, SGPGIMS in collaboration with Rajyoga Education and Research Foundation had organised a Spiritual Session on “GENES, EMOTIONS & EPIGENETICS: How Thoughts Regulate Life” on 7<sup>th</sup> May, 2022.

The session aimed at understanding how **positive images we create in our minds that can produce an epigenetic environment that reinforces the healing process. The genes response also includes your conscious thoughts, emotions, and unconscious beliefs.**

The program began with an inaugural session where opening remarks was delivered by Dr. R. Harsvardhan, Head, Hospital Administration, followed by welcome remarks by Dr. Gaurav Agarwal, CMS. Dr. Aditya Kapoor, Head of Cardiology introduced the Speaker of the session.

The session then proceeded with the deliberation by Dr. Mohit D. Gupta, **Professor of Cardiology**, G. B. Pant Hospital, Delhi who



explained-**Genes, Emotions & Epigenetics: How Thoughts Regulate Life** and concluded with the valedictory note by Dr. V. K. Paliwal, MS.

Delegates from across the medical fraternity of SGPGIMS attended this session.

## Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.



This day was celebrated on May 8, 2022 with lots of enthusiasm at the Hobby Center creche, which is the brainchild of **Mrs. Vijaylaxmi Babu**.

The tiny tots, ranging from ages 2 to 5, made the stage come alive with their antics and by showing off their singing and dancing skills. They performed welcome songs and poems, sang the Ganesh Vandana, danced to the hugely popular 'Baby Shark' tune as well as the peppy 'Heads, Shoulders, Knees and Toes' song, which was both entertaining and educational.

The event was wrapped up by distributing Mother's Day cards, and a

final performance on “Ma, tu kitni acchi hai” as a tribute to all the amazing, doting mothers in attendance.

The program was witnessed and enjoyed by the guests, **Dr. Praveena Dhiman, Dr. Deepa Kapoor, Dr. Anshu Agarwal, Dr. Prerna Kapoor, Dr. Punita Lal, Mrs. Bhawna Chauhan Arya** and the kids' families. The cute children and their performances were the epicenter of all attention. The program highlighted and celebrated the beautiful and unique Mother Child bond!

**As Abraham Lincoln said: “All that I am, or ever hope to be, I owe to my angel mother.”**



## Awards and Accolades



**Dr. Banani Poddar**, Professor and Head, Critical care medicine was awarded the prestigious **Fellowship of the American College of Critical Care Medicine (FCCM)** at the combined American College of Critical Care Medicine Convocation AND Society of Critical Care Medicine Awards Presentation on Monday, February 7, 2022, in Convention Center in San Juan, Puerto Rico.

### Every promotion requires dedication and hard work



It takes a great deal of hard work and determination to finally get to the stature we have always wanted and is, therefore, an accomplishment to be celebrated.

**Mrs. Lizsamma Kalib** completed her B.Sc nursing degree from CMC Ludhiana in 1984. Before joining SGPGI she worked in ICU, Neonatal department, Paediatric Department and department of Psychiatry

in different hospitals and different states such as CMC Ludhiana, CHRC Indore, MP and LSS paediatric Hospital, Kota, Rajasthan. She joined SGPGI in September 1988 and worked in General Hospital as a staff nurse.

In 1989 through an open interview she was appointed to be a Sister in charge at a very young age of 26 years. Later she joined Neurosurgery department as a Sister in charge and served this department for a very long period of 30 years.

After capably managing as acting CNO from November 2018 onwards, she has been promoted to Chief Nursing Officer on 29th June 2022.

Leadership is not a skill, it is a talent. Her success story never ceases to inspire. Under her expert leadership the Covid Pandemic was successfully managed. Her positive attitude had a positive impact on the team as a whole.

To an excellent boss and mentor, Congratulations!

**Renu Britto Roy, DNS, Department of Pulmonary Medicine**

**Dr. Sachin B Wali**, DM Resident, Critical Care Medicine, won the first prize for oral paper presentation at the UP-UK ISCCM (Indian society for Critical Care Medicine) State chapter meeting held at Varanasi between 3-5 June, 2022.

**Dr. Anju Rani**, Senior Gynaecologist, General Hospital, participated as Speaker, Co-chair and performed live Colposcopy workshop in Update management of cervical precancerous lesion workshop at the prestigious 27<sup>th</sup> Asia and Oceania Federation of Obstetrics and Gynaecology (AOFOG) Congress on 24<sup>th</sup> May 2022 at Bali, Indonesia.



**Dr. Deepa Kapoor**, Senior Gynaecologist, General Hospital was awarded the MNASc (membership) in Biological Sciences by NASI (The National Academy of Sciences, India) Prayagraj.



**Dr. Deepa Kapoor**, Senior Gynaecologist, General hospital, was the only candidate from Lucknow who appeared and cleared the national CIMP (Credentialled IMS Menopause Practitioner) examination.



### ISO Quiz

The residents from the department of Radiotherapy, SGPGI, participated in the National quiz organized by Indian Society of Oncology (ISO) in their midterm conference held on 9<sup>th</sup>, 10<sup>th</sup> April, 2022, at Lucknow. A total of 15 teams participated and SGPGI team comprising of **Dr. Raja Chhabra** (Final year MD student) and **Dr. Joe Jose** (Senior Resident, Radiotherapy) won the second prize in this quiz competition.



**Mr. Dhikhil C.D.**, Quality Nurse Coordinator, Department of Hospital Administration was awarded with Best Second Oral Research Paper Presentation Award in International E-Seminar organized by Bombay College & Hospitals, Indore, Madhya Pradesh on the theme embedding the culture of Continuous Improvement in Nursing

Education on 18/06/2022 for Study titled "A study to assess the level of K-A-P (Knowledge, Attitude, Practice) of Nursing Staffs vis-a-vis LASA Medication Practices, so as to suggest evidence-based guidelines for improving LASA medication Practices in Emergency Medicine Department of a Tertiary Healthcare Teaching Institute in India". The study was guided by **Dr. R. Harsvardhan**, Head, Department of Hospital Administration and Co-guided by **Professor R.K Singh**, Head, Emergency Medicine department and **Dr. O.P. Sanjeev**, Associate Professor, Emergency Medicine. The study was supported by Mrs **Lizsamma Kalib**, CNO who envisions safe and quality medication practices in the hospital.



## Nurses Day Celebrations



“As a Nurse we have the opportunity to heal the mind, soul, heart and body of our patients. They may forget your name but they will never forget how you made them feel”

- Maya Angelou

In their busy schedules nurses have always been the best jugglers of multitasks, handling each and every situation and patient upto the mark. 12<sup>th</sup> May is celebrated as International Nurses day in honour of the memory of the great Florence Nightingale's birth. This day is observed to mark the contributions that nurses make to the society. Every year 12<sup>th</sup> May and the whole week is celebrated with great enthusiasm and zeal.

This year nurses week in our prestigious institute SGPGIMS was celebrated with great fervour and vivacity. Under the organisation and guidance of the dynamic Chief Nursing officer , Mrs Lizsamma Kalib , Nursing superintendents and In- charges . We started the Nurses weeks celebration with the noblest of the deeds ,that is, Blood Donation.

“**Blood Donation is a small act of kindness that does great wonders**”. Many staff members voluntarily donated blood to be a cause of someone's happiness.

Sports are one of the greatest ways of recreation. Events like badminton, matka phod, chess ,all created a great deal of dynamism and avidity. Winners and participants all were filled with zeal.

Further ahead as we know “**Knowledge is the greatest weapon**”. Scientific Sessions were held related to different topics to enhance everybody's knowledge.

Quiz competitions were one of the best ways to assess the gained knowledge in which many enthusiastically participated.

International Webinar on **Occupational Hazards: Safety &**

**Welfare** was conducted online in which various speakers from all over the world actively participated and imparted their knowledge and views regarding their respective topics.

Team Work also paid off. Best wards were judged based on the basis of Biomedical Waste Management , Ward Cleanliness, Decoration, Team Work, Posters, Discipline, Decorum etc. A committee of members took out their precious time to judge each and every ward and poster presentations.

Best Wards selected & awarded were as follows

**1<sup>st</sup> Prize- Kidney Transplant Unit**

**2<sup>nd</sup> Prize- CCM(Critical Care Medicine), CHBDT(Center for Hepatobiliary Diseases and Transplant) & endomedicine**

**3<sup>rd</sup> Prize- Neurosurgery ICU**

12<sup>th</sup> May started with the inaugural session where our chief guest and respected dignitaries of SGPGIMS came to enhance the glory of the days function. **Professor R.K Dhiman** Sir, Director, **Professor Gaurav Aggarwal** Sir, CMS, **Professotr V.K Palliwal** Sir, MS, **Dr R Harsvardhan** Sir, Head, Hospital Administration,CNO Madam, **Mrs Lizamma Kalib Solanki** and our Chief Guest, **Mrs Nardi Bhatt** Madam, Retired Nursing Superintendent.

54 best nurses were awarded with certificates for their outstanding service to SGPGIMS in nursing cadre from different areas nominated by their respective Heads and In charges.

Life time achievement awards were presented by director Sir to 5 of the best gems of SGPGIMS who dedicated their lives to provide exceptional services to nursing cadre. 5 life time awardees were give the award for:







1. **Mrs Nardi Bhatt**, Retired NS 2020 for her selfless contributions to the department of neurosurgery OT and Covid management
2. **Mr Rajan Peter**, Retired NS 2021, OT supervisor & In charge of urology OT for his dedicated services in urology OT and Contributions made in the setup of Kidney Transplant Units in eminent hospitals of our country.
3. **Miss Esther N Harun** NS, 2021 OT supervisor, In charge of CVTS OT for her benevolent services in CVTS OT and management of Covid in 2<sup>nd</sup> wave
4. **Mrs Janet Dawson** NS CHBDT Unit, for her considerate and instigating services in different areas of institute since 1988 and for the activation of CHBDT block
5. **Mrs Metty Morris**, ANS, Stoma Clinic, for her patient centered, self sacrificing care and management of stoma department.

The biggest number of mementos and certificates were presented this year to inspire and motivate all the staff. Each and everyone who whole heartedly participated and organised the programmes were felicitated with awards

The yummy food and cultural programmes were like a dessert to the whole meal. It created a positive vibe and exuberance amongst all the participants and audience. Different talents were demonstrated on the stage which set it ablaze with magnificence.

This day even the corona warriors, Corona ward in charges, the master trainers multitask and manpower management Covid team and the staff welfare team were acknowledged with mementos for their valuable efforts and precious contributions to the nursing society.

Our job as a nurse is to cushion the sorrows and celebrate the job everyday, while we are "just doing our jobs"

A whole hearted thanks to the CNO madam, all different committee members and all those whose unending efforts on and off the stage inspired and helped all of us to enjoy and feel special about being a Nurse

**"I FEEL GREAT, I AM A NURSE,  
WHAT IS YOUR SUPERPOWER?"**

**Ms Greeshma Tony**  
Sister Grade-II, SGE(B)



**Best POSTERS Made by Mrs Manju Singh ATC ICU and Mrs Sabina Sultan Gr2 Endomedicine ward**



## Nurses' Day celebrations in CCM

The department of Critical care medicine whole heartedly participated in the celebrations of Nurses' day on 12 May 2022, in memory of Florence Nightingale.

The ward was decked up cheerfully with balloons and many paintings, including some of the service rendered by Florence Nightingale, by the very talented nurses. Colourful lights adorned these paintings. In addition, cleanliness was given special attention.

The following are the prizes won by several of the nurses and the ICUs

1. **Best incharge nurse:** Sister Meera was awarded this prize
2. **Quiz competition:** Sanjukta Bal (1st prize), Sushma Singh Baghel (1st prize), Dennis Singh (2nd prize) and Nitin Srivastava (3rd prize). These nurses were part of their

respective teams of three, which won these prizes.

3. **Poster presentation:** Neelmani Esther Anand, Pooja Kashyap
4. **Scientific session:** Sushma Singh Baghel (talk delivered)
5. **Ward cleanliness:** CCM ICU won the first prize
6. **Waste management:** CCM ICU won the second prize The following nurses participated in these activities
  1. **Blood donation:** Rajashree Mohanty and Upendra Singh
  2. **Cultural programme:** Richa Srivastava
  3. **Scientific session:** Sister Noorani participated as a mentor in this session.





**Dr Sunil Pradhan** retired as Professor and Head of Department of Neurology, SGPGI, Lucknow, on 30th June 2022.

He did his MBBS, MD and DM from the prestigious King George's Medical College, Lucknow.

He received countless awards and numerous honours (both national and international). He was awarded the Padma Shri for his glorious

and enormous contribution in the field of Neurology.

He was awarded the Shanti Swarup Bhatnagar Award (the most

prestigious award in the field of Science).

He is a great clinician, a greater scholar and one of the greatest research scientists in the field of Neurology.

His bedside teaching and clinical skills and above all his humane approach made him one of the most popular medical professionals of all times.

On behalf of the entire department of Neurology, I wish him good health and a cheerful life ahead.

He was, he is and he will always be the biggest asset to the field of Neurosciences.

**Dr Sanjeev Jha, Professor and Head, Neurology Department**

After over 30 years of dedicated services to the SGPGIMS, Lucknow, **Professor Kumudini Sharma**, Head of the department of Ophthalmology has bid adieu on 30/06/22.

She did her MD ( Ophthalmology) from All India Institute of Medical Sciences, New Delhi (AIIMS) in 1985. After that she pursued Neuro ophthalmology and Medical ophthalmology research and clinical fellowship from Texas Tech Health Sciences Centre, Lubbock, USA from Sept 1989 to 1990 and from Retinal unit, Royal Alexandra Hospital Edmonton, Canada from May 1987 to August 1987. Finally she joined SGPGIMS, Lucknow as faculty member in 1988 and has retired serving as Professor and Head of Department of Ophthalmology. She is International fellow of NANOS (North American Neuro ophthalmology Society). She was awarded honorary FAICO fellowship by AIOS in Neuro ophthalmology and lifetime award by INOS( Indian society of Neuro ophthalmology)

The entire department of ophthalmology has benefitted from her leadership and passion for both learning and teaching. The smooth



functioning of the department and beyond is evidence that Dr Kumudini made it a priority to give generosity of her time and experience.

All of us will miss her in the institute and would never forget her contributions to the Department of Ophthalmology.

**Dr Rachna Agarwal**

**Associate Professor, Department Of Ophthalmology**



It really feels weird writing this farewell note for my dear friend **Dr Jayesh Sardhara** who recently left this institute to embark upon his next phase of professional and personal life in the business capital of the country, Mumbai. Having been a close friend and colleague of him for more than a decade now, I have mixed bag of feelings as I write this piece.

Dr Jayesh joined the department of Neurosurgery, SGPGI as MCh student in the year 2011. He displayed excellent academic and clinical abilities right from the beginning. The "RK Sharma best resident award" that he bagged in 2014 was just a small testament to his excellent performance. He joined the department as a faculty member in 2017, having done two post-doctoral fellowships at SGPGI itself in the intervening time period. He excelled very well as a faculty member establishing different sub specialities in the department like minimally invasive spine surgery, epilepsy surgery and minimally invasive procedures for the management of pain. He

also contributed immensely in the field of craniovertebral junction research with several novel definitions, criteria and treatment algorithms published in some of the best journals of neurosurgery worldwide. Apart from the development and advancement in these sub specialities, Dr Jayesh was a major driving force behind enhanced visibility of the department in the national and international arena in the last decade. He took several initiatives to organize conferences, workshops and training programs during his stay and motivated his colleagues to develop other subspecialities and thus contributed to the upliftment of the department as a whole.

On a personal front, he was a wonderful team man, a soft spoken person and a great friend. Through his work, he exemplified how hard work, focus and persistence can bring excellent results. His departure is certainly a great loss to the department and the institute. That said, I, on behalf of my department, express my heartfelt thanks to Dr Jayesh for everything that he has done for the department and wish him all the very best for a bright future ahead.

**Dr. Kuntal Kanti Das, Associate Professor, Neurosurgery**

श्री अन्जनी कुमार भट्ट ने इस संस्थान में अवर वर्ग सहायक पद पर दिनांक 11 नवम्बर, 1988 को कार्यभार ग्रहण किया था।

श्री भट्ट की उत्कृष्ट सेवाओं को दृष्टिगत रखते हुए उन्हें प्रवर वर्ग सहायक, कार्यालय अधीक्षक, सहायक प्रशासनिक अधिकारी, प्रशासनिक अधिकारी एवं 24 जून 2020 से वरिष्ठ प्रशासनिक अधिकारी पद पर पदोन्नतियां प्रदान की गयी थी। श्री भट्ट अपनी अधिवर्षता आयु पूर्ण करने के फलस्वरूप दिनांक 30 जून 2022 को सेवानिवृत्त हो गये हैं।

*SGPGIMS, April to June 2022, Newsletter*

श्री भट्ट ने अपने सेवाकाल में संस्थान के विभिन्न विभागों/अनुभागों, यथा अधिष्ठान, अभियन्त्रण, अस्पताल लेखा, गैस्ट्रोइन्ट्रोलॉजी, शैक्षणिक, सामग्री प्रबन्धन, अस्पताल प्रशासन, मुख्य चिकित्सा अधीक्षक कार्यालय, नर्सिंग कालेज एवं कालेज आफ मेडिकल टेक्नोलॉजी आदि में महत्वपूर्ण, अतुलनीय एवं प्रभावी सेवाएं प्रदान की है, जिसके लिए संस्थान सदैव उनका ऋणी रहेगा। संस्थान परिवार उनके उज्ज्वल, स्वस्थ व खुशहाल जीवन हेतु कामना करता है।





**Shri Arun Srivastava**, Programmer cum Data Processor, at the Department of Biostatistics and Health Informatics superannuated on 30 April 2022 after rendering more than 33 years of service. As a computer professional, he joined the Institute in April 1989 and worked in Hospital Information System (HIS). The institute wishes him a bright future and good health.



**Mr Kishore Kumar Kaul** joined Department of Anaesthesia SGPGIMS in 1990. Before this, he had worked in Sher-I-Kashmir institute of Medical Sciences, Srinagar as Anaesthesia and OT technician, 1985 onwards. During his stay at SGPGIMS, he has worked in various operation theatres, including CVTS, Neurosurgery and Intensive care unit. He has also served as technician In-Charge of Pulmonary function test (PFT) lab, under the department of Anaesthesiology and has performed more than 25000 PFTs.

Mr KK Kaul has been a very sincere, hard-working, dedicated technician and a very good human being. For his exceptionally good services he was awarded with best Anaesthesia Technician of SGPGIMS during the Institute's Convocation-2014 and was promoted to Senior technical officer. After serving the institute for more than 31 years, Mr Kaul superannuated on 31<sup>st</sup> May 2022. He will be missed immensely for his decent behavior, co-operative nature and serving the patients with empathy and compassion. The department of Anaesthesiology wishes him good health, wealth and happiness in his new inning starting post-retirement.

**Dr Sushil Ambesh, Professor and Head  
Department of Anaesthesiology**



**Mrs Nishi Rani** joined SGPGIMS on 11 february 1989 as Sister Grade 2 in Nephrology Department. She worked as Sister In-charge in various department such as Radiotherapy, CCM, and Paediatrics Superspeciality Unit. She superannuated on 31 may 2022 as Deputy Nursing Superintendent from PSSU department. She was a very sincere and hard working person. We wish her a very Happy and Healthy post Retirement Life.

**Mr Ravinder Paliwal, Grade 2, PSSU ward**

श्री शेर सिंह ने इस संस्थान में अप्रेंटिस आशुलिपिक पद पर दिनांक 2 फरवरी 1990 को कार्यभार ग्रहण किया था।

तदोपरान्त उन्हें दिनांक 23 अक्टूबर 1991 को आशुलिपिक पद पर नियमित नियुक्ति प्रदान की गयी थी। श्री सिंह की उत्कृष्ट सेवाओं को दृष्टिगत रखते हुए दिनांक 03 जनवरी, 1997 से उन्हें वैयक्तिक सहायक पद पर पदोन्नति प्रदान की गयी थी।

श्री सिंह अत्यन्त परिश्रमी, विश्वसनीय, ईमानदार एवं सत्यनिष्ठ कर्मचारी के रूप में जाने जाते रहे हैं तथा उनकी इन्हीं विशेषताओं को दृष्टिगत रखते हुए स्वतंत्रता दिवस-2016 के अवसर पर "एवार्ड आफ इक्सेलेन्स"



**Shri Dinesh Chandra Srivastava** had joined the Institute as an Assistant Accountant and Computer Operator on 9th Feb'1989 and considering his commendable services, he was promoted to the post of Junior Accounts Officer, Assistant Accounts Officer and Accounts Officer from 14.02.2015.

During his tenure of service, he has rendered commendable and efficient services in the departments of Urology, IRF (Internal revolving Fund), MM (Material Management), Finance & Accounts, and Hospital Accounts etc. Sri Srivastava was a very trustworthy, efficient, honest and dependable officer. He obtained superannuation on 30<sup>th</sup> June 2022.

The Institute shall always be grateful to Shri Srivastava for his diligent services. The Institute wishes him good health and life.



**Mrs Arti Verma**, Deputy Nursing Superintendent joined SGPGIMS on 26<sup>th</sup> June 1992 at the post of Sister Grade II and was posted initially in Endoscopy. Later she worked in Endosurgery OT and Gastro Surgery Ward before elevation to Sister In-charge of Nephrology Ward in 2007. She took over as

Sister In-charge of Radiology A Block, then later she established Paediatric Gastroenterology Ward and worked there from 2008 till 2018. She was Patient Safety Nurse, Department of Hospital Administration from 2018 till her retirement in June 2022.

She was a wonderful colleague, a mentor for all nurses who came in contact with her and a leader who brought the best out of everyone she was in acquaintance with. She is a passionate yoga teacher and fitness enthusiast. She also served for the welfare of employees of SGPGIMS as "Varishth Mantri"- Mahasangh, SGPGIMS. We wish her all the very best for her second Innings and wish she continue to contribute her wisdom to all in need.

**Mr Dhikhil C D, Quality Nurse Coordinator,  
Department of Hospital Administration**



**Sister Shashi Das** joined SGPGIMS on 9<sup>th</sup> October 1999 and retired on 30<sup>th</sup> April, 2022. She joined as Sister grade 2 and retired as Assistant Nursing Superintendent (ANS). She provided excellent services in Neuromedicine and worked there for 6 years, then she shifted to Stone Center, from 2006 onwards she was posted in General Hospital in OPD Immunization where she worked till her superannuation. She is very skilled in her field and contributed to the Healthcare system with her expertise and experience.

से सम्मानित किया गया था। श्री सिंह अपनी अधिवर्षता आयु पूर्ण करने के फलस्वरूप दिनांक 31 मई 2022 को सेवानिवृत्त हो गये हैं। श्री सिंह की अतुलनीय सेवा एवं योगदान के लिए संस्थान सदैव उनका ऋणी रहेगा तथा संस्थान परिवार उनके उज्ज्वल, स्वस्थ व खुशहाल जीवन हेतु कामना करता है।



Retirement is the perfect moment for reflection and relaxation as well as spending more quality time with loved ones. As you embark on your retirement journey, new opportunities and challenges await you in this next chapter of life, and at the same time, it is hard to say goodbye to a life's worth of memories and relationships. Wishing everyone a happy, healthy and fulfilling second innings.

- Mr. Amar Singh (Attendent Grade- 1)
- Mr. Shantona Mukherjee (Chief Technical Officer)
- Mrs. Santhamma Dinani (Technical Officer)
- Mr. Raj Kishor Pandey (Junior accounts Officer)
- Mr. Surendra Shukla (Medical Lab Technologist)
- Mr. Pankaj Kumar Srivastava (Assistant Accountant)
- Mr. Jay Prakash Singh (Assistant Engineer [civil])

- Mr. Ballabh P. Ghildiyal (Junior Account Officer, Finance)
- Mrs. Arti Verma (Assistant Nursing Superintendent)
- Mr. Ram Sunder Kushwaha (Upper Division Assistant)
- Dr. J.S. Shukla (Chief Tech. Officer)





## First ever Plogging day SGPGI

On 02/04/2022, planned by the Vibrant Campus Initiative in order to promote **Clean, Green living** in our campus saw a huge and enthusiastic turnout of kids from all parts of the campus.

The motives were:

Creating awareness towards how littering leads to dirtying our surroundings and takes away from the beauty

Say NO to plastics

Kids wore gloves and filled bag upon bag with garbage picked up from the area in and around Community Center

They also showed posters they had themselves painted and read out slogans and poems

**Kids are ultimately the best messengers.**

The shopkeepers were all gifted bright yellow T shirts with the slogan "सामान खरीदने आए हैं, साथ में थैला लाए हैं?"

They were urged to stop using Plastic bags and only utilise cloth bags to give to their customers

They were also told to stop selling tobacco products as this is a school and college zone.

Director, **Professor R K Dhiman**, lent meaning to the activity with his presence and full support. He talked to all the shopkeepers and re iterated that we need to be a plastic free campus. He encouraged the children and happily posed for pictures and selfies while appreciating how industrious they all had been.

CMS, **Professor Gaurav Agarwal**, discussed how to practically implement the cleanliness and No Plastic ideas in the SGPGI community center.

It is hoped that plogging and cleaning activities in various parts of the hospital and residential areas can be continued on a regular basis.



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