

नये अनुबन्ध : नई दिशाएँ

पी.जी.आई. में विशिष्ट चिकित्सीय सेवा में वृद्धि की योजनाएँ

उत्तर प्रदेश के माननीय मुख्यमंत्री श्री योगी आदित्य नाथ एवं चिकित्सा शिक्षा मंत्री श्री आशुतोष टंडन के निर्देशानुसार संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ में विभिन्न चिकित्सा व्यवस्था में वृद्धि करने का निर्णय लिया गया है जो उत्तर प्रदेश की जनता को चिकित्सा स्वास्थ्य व्यवस्था में विशिष्ट स्वास्थ्य सेवा उपलब्ध कराने में मील का पत्थर साबित होगा। प्रमुख प्रस्तावित सुविधायें हैं, 210 शय्याओं वाला अति-उत्कृष्ट आकस्मिक चिकित्सा केन्द्र, 180 शय्याओं वाला गुर्दा प्रत्यारोपण केन्द्र लिवर प्रत्यारोपण केन्द्र हेतु विशिष्ट उपकरणों की व्यवस्था तथा रोबोटिक सर्जरी केन्द्र की स्थापना।

इस आशय हेतु प्रमुख सचिव चिकित्सा शिक्षा श्री रजनीश दुबे, निदेशक संजय गाँधी पी.जी.आई. डा. राकेश कपूर, मुख्य चिकित्सा अधीक्षक पी.जी.आई. डा. अमित अग्रवाल एवं अतिरिक्त निदेशक पी.जी.आई. एवं विशेष सचिव चिकित्सा शिक्षा श्री जयन्त नार्लिकर तथा स्टेट बैंक ऑफ इण्डिया के उच्च अधिकारियों की उपस्थिति में स्टेट बैंक ऑफ इण्डिया से 473 करोड़ रुपये के ऋण के दस्तावेजों पर 28 फरवरी 2018 को हस्ताक्षर हुए हैं।



अनुसंधान में साथ-पी.जी.आई. और एम्स ऋषिकेश

संजय गाँधी पी.जी.आई. और एम्स ऋषिकेश के बीच शोध एवं चिकित्सा शिक्षा को बढ़ावा देने के लिए 16 मार्च 2018 को समझौते पर हस्ताक्षर हुआ है। इस एम.ओ.यू. के बाद दोनों संस्थानों में रिसर्च के साथ-साथ फैकल्टी और स्टूडेंट्स ट्रेनिंग प्रोग्राम चलाये जायेंगे। इस अनुबन्ध के दौरान एस.जी.पी.जी.आई. के निदेशक प्रो. राकेश कपूर और एम्स ऋषिकेश के निदेशक प्रो. रविकांत सहित दोनों ही संस्थानों के कई संकाय सदस्य मौजूद थे।

आई.आई.टी.आर एवं एस.जी.पी.जी.आई. करेंगे साझा शोध

आई.आई.टी.आर. व एस.जी.पी.जी.आई. रोगियों के हित में मिलकर शोध करेंगे। इस सम्बन्ध में 23 फरवरी 2018, को आई.आई.टी.आर. की ओर से निदेशक प्रो. आलोक धवन ने और एस.जी.पी.जी.आई. के निदेशक प्रो. राकेश कपूर ने संस्थान की ओर से समझौता पत्र पर हस्ताक्षर किए। एम.ओ.यू. का मुख्य उद्देश्य दोनों प्रमुख संस्थानों के बीच सम्बन्ध स्थापित कर मूल शोध को जन सामान्य के स्वास्थ्य सुधार हेतु चिकित्सकों तक पहुंचाना है।



Editorial

Resolutions do not require a New Year... It all begins with "I will..." What will I do today in my work? Will I solve a problem? Will I give my undivided attention to someone needing my help? Will I comfort a family grieving a loss? Will I reach out to a co-worker with whom I had a disagreement before? Every encounter with a human being provides an opportunity for kindness. At SGPGI, we place the patient at the top – with all of us in the role of healthcare providers. That means we each share a responsibility to serve the patient or to serve those who do.

If we all say "I will" – display compassion and empathy to all regardless of their social, economic or educational standards; never criticize or use negative body language towards patients or team members; treat patients as people and not illness; use the power of humanity and compassion to our patients and coworkers – our Institute will leap forward in its mission to provide the highest quality health care to our patients and build a culture of collaboration and respect within the Institute.

Regret that the New Year 2018 issue has arrived late owing to administrative reasons, but it's anytime better late than never!! The quarter was pulsating with activities and events, so much so that the pages of Newsletter has increased to 20 now. Glimpses of various activities of the quarter are on your way, as you flip through the pages. Our Institute with slow but steady steps has firmly placed itself on international arena. Along with off shore patients and visiting faculties, now medical students are also keen to avail the learning opportunities and skills here. Research is gaining momentum never like before with more and more Institutes coming forward to sign Memorandums of Understanding with us.

Just small reminders to all our readers...keep sending information, news and pictures and show case your talent through lens or words ...let us all know what you have been doing and feel proud of you. Have a great year ahead...

Monalisa Chaudhari

Team Effort: A Panacea for the Greatest Surgical Challenge

A patient was diagnosed with an adrenal carcinoma. The said tumor was ascending through the inferior vena cava to the right atrium. Removal of the whole tumor was the only chance the patient had. But the task was daunting and riddled with numerous complications known and unknown. A safe surgery in such situation though a need is a most difficult task, exceeding well beyond skills at times.

This patient was under care of Prof. Amit Agarwal in surgical endocrinology. Following all the investigations required for planning of surgery a combined surgical meeting was done. The extent of tumor was such that it was adjacent to the major organs of the abdomen. The departments included in the meeting were Cardiovascular and Thoracic Surgery, Surgical Gastroenterology, Urology, Gynecology with the department taking care of the patient, Surgical Endocrinology. Assessing the need for cardiopulmonary bypass during operation, the operating room of CVTS was chosen for the surgery. The patient was evaluated in the department of Anesthesiology, especially for the extent of the tumor into the right atrium. It was confirmed that the tumor is reaching the level of tricuspid valve and any attempt to handle it without cardiopulmonary bypass may spell a doom.

The patient underwent a successful surgery. The tumor was removed en block with a complete removal of tumor from inside the vena cava and right atrium. The patient was shifted to CVTS intensive care unit for postoperative management. There were no residual tumors or disability during recovery. The patient was discharged and is following in out patient department for adjunctive therapy for carcinoma.

This is a story of how a most challenging surgical problem can be tackled with a great team effort and an effective premeditated strategy. This procedure took efforts of 7 senior surgeons a senior cardiac anesthesiologist and 5 senior residents of surgical specialties and anesthesia. They are : Prof. Amit Agarwal and Dr. M Saba Retnam of Surgical Endocrinology; Prof. S K Agarwal, Dr. Gauranga Majumdar of Cardio vascular thoracic Surgery; Dr. Anand Prakash of Surgical Gastroenterology; Dr. Sanjay Surekha of Urology ; Dr. Deepa Kapoor of Gynaecology and Prof. Prabhat Tewari of Anaesthesiology.

Shantanu Pandey

मेडिकल टूरिज्म में बढ़ते कदम

विश्व में भारत मेडिकल टूरिज्म यानी स्वास्थ्य पर्यटन के एक प्रमुख ठिकाने के तौर पर उभर रहा है। एशियाई देशों में स्वास्थ्य पर्यटन के लिहाज से भारत फिलहाल पहले नम्बर पर है। थाईलैंड, सिंगापुर, चीन और जापान जैसे देशों के मुकाबले भारत में इलाज की बेहद कम लागत तथा आधुनिक चिकित्सा तकनीकों और उपकरणों की उपलब्धता के साथ ही चिकित्सीय दक्षता तथा विदेशियों को भाषा की समस्या नहीं होने की वजह से यहाँ सबसे ज्यादा मरीज इलाज के लिए आते हैं। पी.जी.आई., लखनऊ की ख्याति पूरी दुनिया में है और यहाँ कम लागत में विश्वस्तरीय चिकित्सा की सुविधा उपलब्ध होने की वजह से बांग्लादेश, नेपाल, भूटान और म्यांमार के अलावा यूरोप के कई देशों और दक्षिण अमेरिका से भी मरीज यहाँ आते हैं। हाल ही में बांग्लादेश के दो नागरिक जोकि सिंगापुर में थायरॉयड सम्बन्धित रोग का आपरेशन कराने गये थे वे लखनऊ के एस.जी.पी.जी.आई. के इण्डोक्राइन सर्जरी विभाग में रिफर किये गये और उनका आशातीत कम खर्च में सफल आपरेशन किया गया।

बांग्लादेश के ढाका की 61 वर्षीया लुतफुन्निसां को थायरॉयड ग्रंथि में ट्यूमर की परेशानी थी, जिस कारण उन्हें गले में सूजन और खाना निगलने में परेशानी हो रही थी। लुतफुन्निसां का पहले सिंगापुर में इलाज कराने की योजना था, लेकिन जब वहाँ पर बताया गया कि इलाज में चार से छह लाख रुपये खर्च होंगे तो दूसरे विकल्प पर विचार किया गया। ढाका में भारतीय मूल के डा. राजीव ने संजय गाँधी पी.जी.आई. के इण्डोक्राइन सर्जन प्रो. अमित अग्रवाल को ईमेल से सम्पर्क किया। प्रो. अमित अग्रवाल के सहमति के उपरान्त लुतफुन्निसां 9 जनवरी, 2018 को पी.जी.आई. आई गई और 11 जनवरी, 2018 को उनकी थायरॉयड के ट्यूमर की सर्जरी की



गई। प्रो. अमित अग्रवाल ने बताया कि मरीज अब फॉलोअप के लिए अपने देश के चिकित्सक से सम्पर्क कर सकती है अथवा आवश्यकता पड़ने पर इलेक्ट्रॉनिक माध्यम से उन्हें समय-समय पर सलाह दी जा सकती है।

ढाका के ही रहने वाले 43 वर्षीय मोहम्मद समसुद जमन मियों का ब्लड प्रेशर तमाम दवाओं के बाद भी तीन सौ से ऊपर रहता था। यह तो गनीमत थी कि बड़े पारे की वजह से कोई और परेशानी नहीं खड़ी हुई। उन्होंने ढाका में तमाम डाक्टरों को दिखाया लेकिन राहत न मिलने पर

सिंगापुर में नेशनल यूनिवर्सिटी हॉस्पिटल में सलाह लेने पहुँचे। वहाँ पता चला कि इन्हें फ़ीयोक्रोमोसाइटोमा की परेशानी है, जिसमें सर्जरी ही इलाज है। सिंगापुर में सर्जरी का खर्च लगभग 25 लाख रुपया बताया गया। इनकी इतनी क्षमता न होने के कारण सिंगापुर के ही सर्जन ने भारत में संजय गाँधी, पी.जी.आई., लखनऊ में सर्जरी कराने की सलाह दी। सिंगापुर के सर्जन द्वारा इंडोक्राइन सर्जन प्रो. अमित अग्रवाल को समसुद की पूरी डिटेल्स भेजी। प्रो. अमित अग्रवाल ने सारी रिपोर्ट देखने के बाद समसुद को 10 मार्च को लखनऊ बुला लिया और ब्लड प्रेशर कम करने के उपरान्त लेप्रोस्कोप द्वारा 16 मार्च, 2018 को इनके एड्रिनल ग्लैंड की सर्जरी की। 21 मार्च, 2018 को उन्हें अस्पताल से छुट्टी भी दे दी गई। सर्जरी में प्रो. अमित अग्रवाल के साथ थे इंडो सर्जन सवारत्नम, डा. सुनील मट्टू, डा. रऊफ, एनेस्थेसिया के प्रो. आशीष कनौजिया के अलावा रंजना, फणीष, दीप्ती भी शामिल हुए।

पी.जी.आई. में लुतफुन्निसां के इलाज में लगभग 40 हजार का खर्च आया जबकि मरीज समसुद जमन मियों के भी इलाज में भी लगभग 40 हजार रुपये का ही खर्च आया, जिसे सिंगापुर के अस्पताल में 25 लाख का खर्च बताया गया था।

Tips on Kangaroo Mother Care : Prof. Shashi

Prof. Shashi N.Vani, one of the doyens in the field of Neonatology with immense contribution in Social Neonatology, was in the city recently for training of trainer's workshop for doctors of SNCU. She visited the department of Neonatology SGPGI on 7th March 2018. Dr Shashi is the founder member of Kangaroo mother care foundation in India. She delivered a very comprehensive speech on evolution of Social Neonatology in India. There



were faculty and residents from the department of Neonatology and Maternal and Reproductive Health. She had highly motivating interaction with the attendees. She gave practical tips about how to improve implementation of kangaroo mother care in our unit which is one of the low cost interventions to improve survival and outcomes in newborns.

Anita Singh

Amelioration of Fire Safety Practices

Workshop & Training



A five day Workshop cum Training Program for Amelioration of Fire Safety Practices was organized by the Deptt of Hospital Administration with the sole objective of improving awareness and training to healthcare providers and also identifying their respective roles in a situation of fire disaster thereby uplifting the fire safety practices and providing uninterrupted services to the patients.

Hospitals are vulnerable to fire hazards. Such hazards not only disturb the functioning of the hospital but also endanger the lives of patients and staff members. The reasons for such fire disasters range from discrepancy in the infrastructure with old fire safety systems to healthcare providers being untrained to deal with a fire break. Therefore, to develop safety training and to enhance the necessary knowledge and technical ability, and practical applicability during incidence of fire the Department of Hospital Administration in collaboration with the Fire Department designed this training program which has since been conducted twice dated 15th to 19th January, 2018 and 06th to 10th February, 2018 at the Mini Auditorium training a total of 750 staff members including Nursing Officers, Security Personnel, Sanitary Staff, Attendants and Technicians of SGPGIMS.

Aina Mehra

Pediatric Basic & Advanced Life Support Course

Children are unique in their response to serious illness. Serious illnesses in children present either with respiratory problems, low blood pressure or altered consciousness. To be able to quickly recognize these conditions and identify that the child is seriously ill, and respond appropriately is crucial in managing children. In view of these aspects the department of Critical Care Medicine at SGPGIMS, Lucknow, organized a pediatric basic life support and advanced life support course under the auspices of the Indian Academy of Pediatrics (IAP BLS & ALS provider course) on 19 – 21 January, 2018.



The entire focus of the course was to train participants on how to recognize and stabilize a sick child. Apart from a few didactic lectures, the course consisted of hands on teaching on manikins. Case scenarios were also discussed to give a more realistic training.

40 doctors from UP and MP benefitted from this course while the faculty came from Kanpur, Varanasi, Gwalior and Lucknow.

SGPGI Breast Course 2018 & BRASCON

The Departments of Endocrine & Breast Surgery, and Plastic & Reconstructive surgery, SGPGIMS, Lucknow jointly organized "SGPGI Breast Course 2018 & BRASCON" from 2nd -4th February 2018. The SGPGI Breast



courses are regular features, being organized once every 2 years since 2003. This year's edition of SGPGI Breast course was held in conjunction with "BRASCON-2018" the annual conference of 'Society for Breast Aesthetic and Reconstructive Surgery', and was supported by SGPGIMS, Lucknow; the SGPGI Breast health program; Breast Surgery International; and the UP Chapter of Association of Surgeons of India. The 'SGPGI Breast Course-2018 and BRASCON' is targeted largely to young and practicing surgeons, specialist breast surgeons, surgical and radiation oncologists, general surgical trainees, and plastic & reconstructive surgeons. The faculty for this academic event included 08 eminent overseas experts, including the Breast Surgery International guest faculty, and who's who of Indian Breast Surgery and Oncology fraternity, as well as eminent plastic surgeons. This course featured 7 workshops including a live operative workshop on breast reconstructive, aesthetic and oncoplastic procedures, which generated much interest from participants from all over the country. This year, for the first time, in an effort to "catch them young", an innovative 'Breast Master-class for undergraduates' was introduced which provided state-of-the-art information to undergraduates in clinical and practical aspects of breast surgery and oncology, which is useful for them in their studies and clinical practice. The session was a hit amongst students and teachers of various medical college in and around Lucknow.

A day long live-operative

workshop demonstrated variety of oncoplastic breast surgery, and breast reconstructive and aesthetic procedures was held on Friday 2nd February 2018 in collaboration with Vivekanand Polyclinic & Institute of Medical Sciences, Lucknow. A "Mastology refresher for Gynaecologists" session was organised to cover important topics for Gynaecologists and also included a public awareness program, which was convened by Dr Deepa Kapoor. Other workshops were "Breast Imaging & Interventions workshop", "Venous access in cancer patients and Chemoport workshop", "Lymphedema Management workshop" and "Breast Radiotherapy Planning workshop", which received huge interest from participants.

The inaugural function featured the "SGPGI Breast Oration-2018" on "Current Paradigms of Breast Cancer Management" delivered by a globally acclaimed breast surgeon-Dato Dr Cheng-Har Yip, Professor Emeritus, University Malaya, Kuala Lumpur Malaysia, and immediate past-president of "Breast Surgery International".

The course and conference was inaugurated in the presence of Prof Rakesh Kapoor, Director SGPGIMS, Swami Muktinathanand of Sri Ramkrishna Mission and Vivekanand Polyclinic; Prof Ravi Kant, Director AIIMS Rishikesh; Prof MLB Bhatt, Vice Chancellor KGMU; and Prof Deepak Malviya, Director RMLIMS Lucknow.

SGPGI Launches HPV Testing Facility for Cervical Cancer Screening

First Hospital-based facility in Uttar Pradesh

The Department of Molecular Medicine & Biotechnology, a translational research wing at SGPGIMS, Lucknow, launched an



affordable molecular human papillomavirus (HPV)-testing facility at SGPGI under its cervical cancer screening program. This was the first such hospital-based program in the state of Uttar Pradesh.

According to the WHO reports, cervical cancer is the fourth most common cancer in women worldwide in India it is estimated that approximately 1,22,844 new cancer cases get reported annually.

The molecular HPV testing strategy that is being used at Deptt of Molecular Medicine & Biotechnology SGPGI is of high sensitivity and high negative predictive value, and is clinically validated in many significant studies conducted worldwide in recent years. The intended use has been expanded to include first-line primary screening. The test offered at SGPGI has the ability to detect 13 high-risk HPV types. The department is now well equipped with scientifically proven and clinically validated tools to identify risk for the development of cervical cancer.

The formal launching ceremony of HPV testing facility was followed by CME workshop on 'Molecular HPV Testing' on February 10, 2018 at the Lecture Theatre Complex which was attended by associated health care workers from government and non-government agencies.

20th Annual ISVIR Conference

Theme: Conquer Interventional Radiology

The 20th Annual Conference of Indian Society of Vascular and Interventional Radiology was organized by the Radiology department of SGPGIMS, from 12th to 15th Feb 2018.

Interventional radiology has advanced in India in leaps and bounds in the last 15-20 years. Interventional Radiology" (IR) refers to a range of techniques which rely on the use of radiological image guidance (X-ray fluoroscopy, ultrasound, computed tomography [CT] or magnetic resonance imaging [MRI]) to precisely target therapy. Most IR treatments are minimally invasive alternatives of surgery. As many IR procedures start with passing a needle through the skin



to the target it is sometimes called pinhole surgery. There is hardly any area of hospital medicine where IR has not had some impact on patient management.

The range of conditions which can be treated by IR is enormous and continuously expanding. It is important to recognize the advantages of these minimally invasive techniques include reduced risks, shorter hospital stays, lower costs, greater comfort, quicker convalescence and return to work. The effectiveness of treatment is often better than with traditional

treatments. Hence the theme of the conference this year was 'Conquer Interventional Radiology'. 30 International Faculties and around 80 National Faculties of repute delivered dedicative lectures and shared their case studies and practical experiences during the various sessions and panel discussions on various aspects, impacts and future possibilities of IR.

India has only 596 registered specialist of interventional radiology at present, hence the need for more specialist in IR are required to treat the 129 crore population of India. SGPGI is proud to have 5 IR specialists in the deptt of Radiology and all the procedures of IR are being done at SGPGI. More than 300 delegates attended the 4 day long Annual Conference, which was steered by a very dynamic central body headed by current President of ISVIR - Dr. Vimal Someshwar. The Organising Chairman of the Conference was Prof R.V. Phadke and the Organising Secretary of ISVIR was Dr. Sheo Kumar of SGPGIMS.

6th PG Anesthesiology Refresher Course

6th SGPGI Postgraduate Anesthesiology refresher course 2018 was organized by the department of Anesthesiology, SGPGI from 23-25 Feb. 2018. This is an annual academic event under the continuous medical education program, and provides a preparation platform for the students appearing for final exit exam of MD/DNB/DA degree / diploma in Anesthesiology.

This refresher course is being conducted by the Deptt of Anesthesiology for last five years with motto to provide quality medical education to anaesthetist to take care of the safety of patients, undergoing various surgical procedures under anesthesia and also in ICU.

Seventy faculty members from



all over reputed & prestigious Institutes of India like AIIMS (Delhi, Patna, Rishikesh, Tata (Mumbai), ILBS (Delhi) AMU, BHU, RMLIMS, UP Medical University, Safai, KGMU & other State Medical Colleges were present during the 3 day PG Course to impart knowledge to more than sixty delegates from all over India.

The organizing Secretary and Course Director was Dr. Sandeep Sahu and the course was accredited by UP Medical Council and Prof. Anil Agarwal, HOD Anesthesiology, Prof. Prabhat Tewari, Dr. Ashish Kannaujia, Dr. Rudrashish Halder, Dr. Amit Rastogi and Dr. Sanjay Kumar were part of organizing committee.

National Update & CME on Hemostasis

The Department of Pathology, SGPGIMS, under the aegis of SGPGI Pathologists Academic Society organized "National Update & CME on Hemostasis" on 17th March 2018 at Mini Auditorium. The CME was aimed to benefit postgraduate students, faculty and practicing pathologists with interest in coagulation. CME content included



lectures and case studies on hemostasis to help in understanding this aspect of Pathology in a better way. Ninety six delegates from various medical colleges and hospitals in Uttar Pradesh and Uttarakhand participated in this CME. Renowned pathologists with extensive experience in Hemostasis and coagulation such as Prof Neelam Varma, Head, Dept. of Hematology, PGIMER, Chandigarh, Prof Jasmina Ahluwalia, Incharge Coagulation lab, Dept. of Hematology, PGIMER, Chandigarh & Prof Suresh C. Nair, Head, Dept. of Immuno-hematology, Transfusion Medicine and Laboratory Medicine, CMC Vellore shared their knowledge as faculty members in this update and CME. The internal faculty included Prof. Manjula Murari, Head, Dept. of Pathology and Prof Anupam Verma, Dept of Transfusion Medicine and Prof. Seema Sharma who was the organizing secretary also of this National Update & CME on Hemostasis. The CME was widely appreciated by the participants for excellent academic contents and uncommon case studies.

Augmenting Quality of Nursing Services

State Level CME cum Workshop

Training of nurses plays an indispensable role in improving the quality of inpatient care. Need to enhance the effectiveness of nursing staff training of nurses is an inevitable requirement.

Deptt. of Hospital Administration, SGPGIMS in association with Hospital Infection Control Committee, & Biomedical Waste Management Committee, in collaboration with Academy of Hospital Administration, Lucknow Chapter, organized a half-day 2nd State Level CME cum Workshop on Augmenting Quality of Nursing Services, on 6th March 2018, with the objective to impart and inculcate best practices pertaining to bedside practices, patient safety



practices, biomedical waste management practices, hospital infection control practices, communication & soft skills to enhance & elevate the quality of services of Nursing Personnel.

14 speakers, expert in their respective domain were invited to deliver their talk on various topics, diligently designed by Department of Hospital Administration. A total of 140 delegates from all over U.P. attended the CME.

World TB Day

Theme: Wanted-Leaders for a TB Free World

The Departments of Microbiology & Pulmonary Medicine of SGPGIMS jointly organized a CME on the occasion of World TB Day on March 22, 2018 at Telemedicine Auditorium, SGPGIMS. The theme of the program was Wanted-Leaders for a TB Free World.

As per the World Tuberculosis Report 2017, published by the World Health Organization (WHO) on 30th October 2017, India accounted for the largest number of new Tuberculosis (TB) cases in 2016 with 27.9 lakh TB patients, which is an alarming figure. The report also highlighted that under-reporting and under-diagnosis of TB cases continues to be a challenge, especially in countries with large unregulated private sectors and weak health systems, including India. In view of this the main aim of this event was to create awareness about TB and encourage early detection of cases and appropriate intervention. The role of

recent advances in the molecular diagnosis of the disease such as Gene Xpert assay and Line Probe assay was highlighted.

Eminent speakers and panelists like Dr. Digambar Behra, Chairman, National Task Force, RNTCP and HoD, Pulmonary Medicine, PGIMER, Chandigarh; Dr. Suryakant, Special Guest, Chairman, State Task Force, RNTCP and HoD, Pulmonary Medicine, KGMU; Dr. Sarman Singh, Head, Division of Clinical Microbiology & Molecular Medicine, AIIMS, New Delhi were invited to drive interactive discussions and enhance the knowledge of stakeholders regarding Drug Resistant Tuberculosis. Other distinguished speakers were Dr. Rajendra Prasad, Former Director, VPCI, Delhi Prof. Vikas Agarwal, and Dr. Zafar Neyaz, from Departments of Clinical Immunology and Radiodiagnosis, SGPGIMS, respectively. Delegates from state medical colleges and other medical Institutes of U.P. also participated in the program.

The panel discussion was conducted on how to tackle the menace of MDR-TB (Multi-drug Resistant Tuberculosis) and XDR-TB (Extensively Drug Resistant Tuberculosis). Expert panelists discussed on how to improve treatment in tandem with better diagnostics for rapid, reliable diagnosis of Drug Resistant TB.

The program was jointly organized by the Departments of



Microbiology and Pulmonary Medicine with Dr. Richa Mishra, Associate Professor as the Organizing Secretary

CME on Ovarian Tumours – an Enigma

Ovarian tumors are quite common problem and its management is difficult and confusing especially at both extremes of age. Thus to unravel



the complexities of such tumors the UP Chapter of the Association of Gynecology- Oncology of India organized a one day CME on 25th March 2018 at Telemedicine Auditorium, SGPGIMS with the theme - 'Ovarian Tumours – An Enigma'. Dr. Anju Rani, Senior Gynaecologist at SGPGI and the Organising Secretary of the CME said that, "Women of all ages are at risk for ovarian cancer. It is the deadliest reproductive cancer, because it normally isn't caught until late stages. Unlike mammograms or Pap smears, there is no screening tool to detect ovarian cancer, meaning many women are not typically diagnosed until advanced stages because symptoms are often ambiguous."

The CME in its day long sessions deliberated the dilemma of management of ovarian tumours and updated the delegates with latest information of diagnosis and treatment. Renowned experts from Bangalore, Delhi, Jodhpur shared their experiences in the CME which was attended by large number of delegates. Two International Faculty from

Canada and London delivered lectures and had interactive sessions with delegates through telemedicine.

World Glaucoma Week - 2018

Glaucoma is the second leading cause of blindness worldwide, and is often termed as 'silent thief of vision'. It is an irreversible cause of blindness which can be prevented if intervened earlier, but cannot be reversed back. An early diagnosis and treatment hold the key to manage these patients. Since more than 50% patients are asymptomatic, awareness about the disease is most important. Hence on the occasion of World Glaucoma Week i.e from 11th to 17th March, 2018 a public lecture on Glaucoma Awareness was organized on 14th March which was attended by more than 100 people including glaucoma patients. The talks were given by Prof. Kumudini Sharma, Dr. Vikas Kanaujia, and Dr. Vaibhav Jain followed by interactive sessions with audience solving queries, myths, dilemmas and alternative therapy in glaucoma.



A free screening camp for Glaucoma was also organized in the Department of Ophthalmology from 14th March to 16th March. This camp had a good turn-out of patients from the city as well as people from far-flung areas of eastern UP and Bihar. Approximately 160 people were examined and evaluated for Glaucoma and advised for further glaucoma work-up, and some of them were advised for medical and surgical treatment.

Vaibhav Jain

SGE Week 2018

SGE Week is an annual event of the Deptt of Surgical Gastroenterology Deptt. Of SGPGIMS. The 22nd edition of SGE week was held from March 30-31, 2018. It was inaugurated by Dr Rakesh Kapoor, Director, SGPGI. The theme of this year was "Workshop and Master Class in Fistula, Fissure and Haemorrhoids.

The subject for this year's CME



was to spread awareness about the changing scenarios and newer advancement in field of anal fistula, fissure and haemorrhoids. This area of surgery which looks easy upfront but is potentially fraught with dissatisfaction and frustration for both patient and surgeon, due to its recurrence especially in cases of fistula.

During the two days SGE Week, there were live operative demonstration, video lectures and open house discussion. Total number operations performed during the Week were 14. The procedures included-surgery for fistula in ano (fistulotomy, fistulectomy and fistulotomy with sphincter repair, VAAFT and LIFT), MIPH and laser surgery for haemorrhoids and lateral internal sphincterotomy. The operation and lectures were taken by renowned faculty of the Association of Colon and Rectal surgeons of India and many other experts in the field of coloproctology. There were a total 64 registered delegates. The faculty included Dr Parvez Sheikh, Shekhar Suradkar, Dr Manoranjan Sahu, Dr Ajay Khanna, Dr Niranjana Agarwal, Dr

Ashish Ganatra, Dr Kamal Gupta, Dr Kushal Mital, Dr Pravin Gore, Dr Ravi Thaper, Dr Arshad Ahmad, Dr Ramakant and our Institute's faculty. Other Faculties were from Mumbai, Thane, Pune, Rajkot, Jandhar, Srinagar Varanasi, Allahabad, Kanpur and Lucknow.

Suture Tying Workshop

Department of plastic surgery organised a one day workshop for enhancing suture tying skills on 20th January 2018. Lectures on various aspects of suture tying technique were delivered by renowned faculty along with live demonstration of suture knotting on demo kits. The concept of this workshop was to train the residents in the technique of suture tying. It has been observed that in the busy life of a resident involved in elective and emergency surgery, basic skills of knot tying and suture tying get ignored.



Specialized individual demo kits were arranged for each delegate. Workshop saw participation by many delegates including residents and faculty from various surgical departments of SGPGI. Lectures on sutures and techniques of suture tying were delivered by Dr. Shantanu Pande (CVTS), Dr. Gyan Chand (Endocrine Surgery) and Dr. Rajiv Agarwal (Plastic Surgery). Practice on demo kits by delegates was supervised by Dr. Rajiv Agarwal, Dr. Shantanu Pande, Dr. Gyan Chand and Dr. Anupama Singh. Delegates especially residents of different departments participated enthusiastically. They discussed and practiced to improve their skills of suture tying.

Rajeev Agarwal

Pattern of blood component utilization in U.P.

Orientation Workshop



A one day orientation workshop was organized by Department of Transfusion Medicine on 27th Feb 2018 under the Extramural research project on "Pattern of Blood and component utilization in the state of Uttar Pradesh". The research work has been undertaken by the department in collaboration with Blood cell, National Health Mission, Govt. of U.P. to understand the present demand and supply system and to propose corrective measures for improving transfusion practices of the State after analysis of current clinical transfusion practices in light of established transfusion guidelines.

The workshop was attended by approximately 100 Medical Officers from various NACO supported blood banks of the state and representative from Blood cell, NHM and blood safety division on U.P State AIDS Control Society. The attendees were sensitized on effective use of limited blood resources and provision of high quality blood products with minimum waste for effective blood utilization management at their establishments.

The Department also demonstrated a software which has been developed as a web based tool for collection of data from participating centres. The participants were also sensitized for reporting of adverse events associated with transfusion to national hemovigilance program. The

project will help develop guidelines and protocols in an effort to meet quality standards and improving patient care in the state of Uttar Pradesh.

Dheeraj Khetan

World Kidney Day

World Kidney Day is a global awareness campaign aimed at raising awareness of the importance of our kidneys. World Kidney Day comes back on 2nd Thursday of March every year. This year the day was dedicated to create awareness about preventive behaviors, about risk factors and how to live with a kidney disease.

This year, the World Kidney Day and the International Women's Day 2018 were commemorated on the same day, hence it was an appropriate opportunity to reflect on the importance of women's health and specifically their kidney health. The



13th anniversary of World Kidney Day promoted affordable and equitable access to health education, healthcare and prevention for kidney diseases for all women and girls in the world. There is also a clear need for higher awareness, timely diagnosis and proper follow up of CKD in pregnancy. While the other way, pregnancy may be also a valuable occasion for early diagnosis of CKD, allowing planning of therapeutic interventions.

The kidney awareness program on the theme "Kidneys & Women's Health - Include, value, Empower" organized by Department of Nephrology, SGPGIMS on 8th March

2018 at Shruti Auditorium, SGPGIMS, Lucknow witnessed the participation of reputed nephrologists of Lucknow and more than 700 people from all walks of life participated and benefitted from this event.

Lamp Lighting Ceremony



10th Foundation Day & VIIIth Lamp Lighting Ceremony of the College of Nursing (CON), SGPGIMS was celebrated on 1st February, 2018. The program was graced by Hon'ble Ashutosh Tandon, Minister of Technical & Medical Education, Govt. of U.P. as the Chief Guest and Prof. Rakesh Kapoor, Director SGPGIMS, Lucknow as the Guest of Honour. Sri Ashutosh Tandon in his message to the nursing students said that the patients undergoing treatment need to be empathized also and reassured with caring words. They should not only be cared but also feel that they are being cared.

Prof Rakesh Kapoor, Director SGPGIMS said that, "The College of Nursing should endeavor to train students to acquire knowledge, develop skills and a positive attitude and enable them to carry out their duties and responsibilities as a competent professional nurse, with human touch."

The lamp lightening ceremony was followed by conduction of oath ceremony, of BSc. 1st year. Academic awards for the session 2016-17 were also distributed.

The program was well attended by Faculty Members and Officers of the Institute including Sri. Jayant Narlikar, I.A.S., Additional Director, Prof. Rajan Saxena, Dean, Prof. Amit Agarwal, CMS, Prof. Hem Chandra, MS. and Prof. C. M. Pandey, Executive Registrar.

गणतन्त्र दिवस

प्रत्येक भारतीय के लिये 26 जनवरी का दिन अत्यंत विशिष्ट होता है। यह वह राष्ट्रीय पर्व है जो हमें यह याद दिलाता है कि हम अपने देश के विधान-संविधान के प्रति सम्मान रखते हुये सदैव उसकी परिधि के अन्तर्गत रहकर व्यक्तिगत, सामाजिक व शासकीय जीवन व्यतीत करें।

इस वर्ष भी संस्थान में गणतंत्र दिवस अत्यधिक हर्ष व उल्लास के साथ मनाया गया। संस्थान के निदेशक प्रो. राकेश कपूर द्वारा परम्परानुसार ध्वजारोहण किया



गया। राष्ट्रगान के पश्चात निदेशक महोदय ने संस्थान परिवार को संबोधित किया। उन्होंने परिवार के प्रत्येक सदस्य को गणतंत्र दिवस की बधाई दी और कहा कि संस्थान चिकित्सा शिक्षा, शोध व उपचार के क्षेत्र में एक उत्कृष्ट केन्द्र के रूप में

कार्य कर रहा है। इसकी गरिमा को बनाये रखने व बढ़ाने के लिये हमें यह ध्यान रखना होगा कि भूलवश या जानबूझकर हमसे कोई 'Medical Mistake' न हो। उपचार के दौरान कार्य के प्रत्येक स्तर पर ज्ञान, कौशल, समर्पण व प्रतिबद्धता से ही रोगी को सर्वोत्तम चिकित्सीय सेवा व संतोष मिल सकता है। कार्यक्रम का समापन बच्चों द्वारा प्रस्तुत रंगारंग सांस्कृतिक कार्यक्रमों एवं मिष्ठान वितरण के साथ किया गया।

कुसुम यादव

स्थापना दिवस - न्यूरोलॉजी विभाग

न्यूरोलॉजी विभाग विगत कई वर्षों से अपनी स्थापना दिवस मनाता रहा है। इस अवसर पर किसी विशिष्ट क्षेत्र के विशिष्ट वक्ता को व्याख्यान देने के लिये आमंत्रित करने की परम्परा रही है। वर्ष 1918 में इस दिवस पर व्याख्यान देने के लिये आकाशवाणी लखनऊ के निदेशक श्री पृथ्वीराज चौहान को आमंत्रित किया गया था।

कार्यक्रम के प्रारम्भ में, विभागाध्यक्ष डा. सुनील प्रधान ने उपस्थित जन समूह को संबोधित करते हुये कहा कि सम्प्रेषणशीलता सुनने में जितना सहज लगता है, क्रियान्वित करने में उतना ही जटिल होता है। विशेष रूप से जब एक चिकित्सक को रोगी से कुछ कहना हो। अतः आवश्यक है कि किसी भी चिकित्सक को अपनी चिकित्सकीय विशेषज्ञता के साथ-साथ 'कहने की कला' में भी दक्ष होना चाहिये। उन्होंने सीनियर रेजिडेन्ट्स को कुछ टिप्स देते हुये कहा कि रोगी से बातचीत के क्रम में रोगी की आवश्यकताओं, उसकी चिन्ताओं, उसकी समझ, उसकी प्राथमिकताओं, उसके सहयोगियों और रोगी की सीमाओं को ध्यान में रखना चाहिये।

श्री चौहान ने इस विषय पर बोलते हुये कहा कि किसी भी वार्तालाप में वाणी का उतार-चढ़ाव, शब्दों का चयन कहने की शैली, समय और स्थिति की प्रासंगिकता, चेहरे की भाव-भंगिमा, शरीर की विभिन्न मुद्राओं का ध्यान रखना बहुत आवश्यक होता है। रोगी या उसके सम्बन्धी के लिये चिकित्सक द्वारा कहे गये एक-एक शब्द, उनकी भाव-भंगिमायें एक संकेत की तरह कार्य करती हैं। यदि रोगी किसी घातक बीमारी से ग्रस्त है और पूछता है कि क्या वह ठीक हो जायेगा? ऐसे में चिकित्सक का प्रत्येक शब्द और उनके हाव-भाव में हुये संकेत रोगी के मनोबल को सकारात्मक या नकारात्मक ढंग से प्रभावित करते हैं।

श्री चौहान ने यह भी संकेत दिया कि वार्ड में भर्ती रोगी से यदि परिचारिकायें सद्भाव भरा व्यवहार करें, उनसे नम्र भाषा और अपनेपन से बात करें तो रोगी की अधिकांश वेदनायें स्वतः ही कम हो जाती हैं। संवेदनशीलता, साँत्वना और शिष्ट आचरण परिचारिकाओं की विशेषता होनी चाहिये और ये गुण उनकी सम्प्रेषणशीलता के उद्देश्य को अधिकांशतः पूरा करती हैं।

अन्ततः एक सार्थक विषय पर बहुत कुछ सार्थक सुनने के इस अवसर पर विभाग के सभी संकाय सदस्य, सीनियर रेजिडेन्ट्स और अन्य सभी वर्गों के कर्मचारी उपस्थित रहे।

राम प्रमोद मिश्र

स्तन कैंसर जागरूकता कार्यक्रम

एस.जी.पी.जी.आई. में 21 जनवरी, 2018 दिन बुधवार को सांय 3.00 बजे से 4.30 बजे तक श्रुति प्रेक्षागृह में "स्तन कैंसर जागरूकता कार्यक्रम" का आयोजन किया गया। इस कार्यक्रम को पी.जी.आई. में कार्यरत तथा कैम्पस में रहने वाली महिलाओं के लिए विशेष रूप से आयोजित किया गया। डा. गौरव अग्रवाल, स्तन कैंसर विशेषज्ञ ने बताया कि, "स्तन कैंसर, अन्य कैंसरों की अपेक्षा महिलाओं में सबसे अधिक पाया जाने वाला कैंसर है और आज विश्व भर में एक महामारी के रूप में फैल रहा है, यद्यपि सबसे सुखद बात यह है कि इस कैंसर की पूर्ण रूप से चिकित्सा सम्भव है जिसकी सारी सुविधायें पी.जी.आई. में एक ही छत के नीचे उपलब्ध हैं।" इस कार्यक्रम में डा. दीपा कपूर ने स्तन कैंसर के कारण एवं रोकथाम के बारे में बताते हुए कहा "स्तन कैंसर यदि प्रारम्भिक स्थिति में पता लग सके तो पूरी तरह से ठीक हो सकता है जिसके लिये आवश्यक है कि प्रत्येक महिला अपने प्रति जागरूक रहें और स्वयं जाँच करने की विधि जाने।"



आहार एवं पोषण विज्ञान विभाग द्वारा नीमा पंत एवं अर्चना सिन्हा के निर्देशन में एक नुक्कड़ नाटक "फिर से जिन्दगी की ओर" का मंचन किया गया जिसमें ममता, अर्चना, सुरभि स्वाती, स्वीटी, रेनुराज, आमना, नीता सर्विका, अपूर्वा, नीधि, शालिका, खुशबू, गगन, प्रियंका, अर्चना सिन्हा, निरूपमा सिंह, शिल्पी पाण्डे, रमा पाण्डे, मोनिश दीक्षित, नीतू एवं सौरभ ने भाग लिया। तत्पश्चात नीमा पंत द्वारा 'ब्रेस्ट सेल्फ एग्जामिनेशन' के बारे में उपस्थित दर्शकों को बताया गया। कार्यक्रम के अंत में एक प्रश्नोत्तर कार्यक्रम का आयोजन किया गया था। जिसमें डा. पूजा रमाकान्त, एवं डा. फरहा अरशद ने कार्यक्रम में आये लोगों की शंकाओं का समाधान किया गया। इस कार्यक्रम में डा. दीपा कपूर, डा. गौरव अग्रवाल, डा. प्रीती दबड़गाँव एवं डा. सबा रत्नम का विशेष योगदान रहा। स्तन कैंसर से पूर्ण रूप से स्वस्थ हुए कुछ मरीज व उनके रिश्तेदारों ने दर्शकों से अपना अनुभव भी साझा किया।

नीमा पंत

Prof Shaleen Kumar

Head of Radiotherapy department at SGPGI, Prof Shaleen Kumar, becomes the Director of the most prestigious Super-specialty Cancer Institute, Lucknow. The super-specialty Cancer Hospital has huge potential to serve the people of UP who form the bulk of patient burden at centre like Tata Memorial Hospital, Mumbai and Rajiv Gandhi Cancer Institute and Research Center, New Delhi.



Earlier the Vice Chancellor, KGMU was the officiating Director of this most prestigious Cancer Institute of the State. Prof Shaleen Kumar is a graduate and postgraduate from King George's Medical College, Lucknow, and received training as a senior resident at the Tata Memorial Hospital, Bombay. He joined as a faculty in SGPGI in 1996 and has been a Commonwealth fellow. He was also the Executive Registrar of SGPGI.

His current area of interest relates to brain tumors including conformal radiotherapy, brachytherapy and esophageal cancer. Dr. Shaleen Kumar is known to be a strict disciplinarian and meticulous in discharging his duties. His priority as a Director of the Cancer Institute will be first to start the OPD and make the investigations functional, said Dr. Shaleen.

SGPGI is proud of him and wishes him all the very best in all his endeavours.

Prof Shashi Srivastava

Dr Shashi Srivastava, Professor Anaesthesiology has been elected as the President of Indian Society of Neuroanaesthesiology and Critical Care Medicine for the year 2018.



Best of Nursing Students

B.Sc. 4th Year

Aditya Kuswaha- First
Saumya Prakash- Second
Priyanka- Third

B.Sc. 3rd Year

Priyanka Rai- First
Rakhi Rawat- Second
Gunjan Soni- Third

B.Sc. 2nd Year

Nikita Tiwari- First
Rasik Lal- Second
Shweta Rao- Third

B.Sc. 1st Year

Sneha Singh- First
Priyanka Yadav- Second
Shikha Bhadoria- Third

National Conference Winner

First -Jatin Joseph, Ritika Tondon
Quiz Winner-Danish Singh
Personality Contest Winner- Ritika

प्रोत्साहन पुरस्कार

हर वर्ष की भांति इस वर्ष भी गणतंत्र दिवस के अवसर पर संस्थान परिवार के कई सदस्यों को उनके उत्कृष्ट कार्यों के लिये सम्मानित किया गया। इसमें शामिल है श्री संदीप कुमार, सहायक प्रशासनिक अधिकारी, निदेशक कार्यालय, श्री मुकेश श्रीवास्तव, शैक्षणिक विभाग, श्रीमती छाया सान्याल, मुख्य नर्सिंग अधीक्षिका, श्री ए.पी. ओझा, ए.पी. आर.ओ., श्री ए.पी. राव, सहायक लेखाकार, पैथोलॉजी विभाग, श्री संतराम, मरीज सहायक, ओ. टी. काम्पलेक्स एवं श्री जयमंगल यादव, वाहन चालक, वाहन विभाग।



Women and CKD

CKD affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, with close to 600,000 deaths each year. The risk of developing CKD according to some studies, is more likely to develop in women compared to men, with an average 14% prevalence in women and 12% in men. Pregnancy brings in many changes in women's body which may sometimes lead to different kidney disorder, along with the excess bleeding during labour which may also lead to different kidney disorders. CKD progression is slower in women compared to men, psychosocioeconomic barriers such as poor disease awareness lead to late or no start of dialysis among women and uneven access to care is also a major issue.

Lupus Nephropathy & Kidney Infection

Some kidney diseases, such as lupus nephropathy or kidney infection (acute or chronic pyelonephritis) typically affect women. Lupus nephritis is a kidney disease caused by an autoimmune disease, which is a disorder in which the body's immune system attacks the own cells and organs. Pyelonephritis is a potentially severe infection that involves one or both kidneys. Kidney infections (as most urinary tract infections) are more common in women and the risk increases in pregnancy. To ensure good results, as most renal diseases, diagnosis and treatment should be timely.

Kidney Disease & Pregnancy

CKD is also considered a risk factor for adverse pregnancy outcome and reduced fertility. Women who have CKD are at increased risk for negative outcomes for the mother and the baby; pregnancies in women with advanced CKD are most challenging with high rates of hypertensive disorders and preterm births. They may have reduced fertility but conception is possible, even if infrequent, on dialysis. On dialysis, results improve with intensive (daily or nearly daily) dialysis treatment, thus calling for dedicated programs for women of childbearing age.

In successfully transplanted women, fertility can be restored and chances of successful birth increase. However, as complications are observed

more often than in the general population, preconception medical counseling should always be sought. There is a clear need for higher awareness on CKD in pregnancy, to timely identify CKD in pregnancy, and to follow-up women with CKD during and after pregnancy. In this respect, pregnancy may be also a valuable occasion for early diagnosis of CKD, thus allowing planning of therapeutic interventions.

In turn, pregnancy related complications increase the risk of kidney disease: pre-eclampsia, a syndrome in which a defect of the implantation of the placenta affects normal kidneys inducing hypertension and proteinuria, is one of the 3 leading causes of maternal mortality. Preeclampsia, septic abortion (infection of the placenta) and post-partum haemorrhage (major bleeding after giving birth) are leading causes of acute kidney injury (AKI) in young women, and may herald future CKD in survivors.

The burden of those maternal complications is particularly high for women in developing countries, due to insufficient access to universal and timely prenatal care, to improper management of women with preeclampsia, and to lack of availability of dialysis for severe AKI.

AKI

Acute kidney failure happens when your kidney suddenly lose the ability to eliminate excess salts, fluids, and waste materials from the blood. This elimination is the core of your kidneys' main function. Body fluids can rise to dangerous levels when kidneys lose their filtering ability. The condition will also cause electrolytes and waste material to accumulate in your body, which can also be life-threatening. Acute kidney failure is also called acute kidney injury or acute renal failure. It's common in people who are already in the hospital. It may develop rapidly over a few hours. It can also develop over a few days to weeks. People who are critically ill and need intensive care have the highest risk of developing acute kidney failure. Acute kidney failure can be life-threatening and requires intensive treatment. However, it may be reversible. If you're in good health otherwise, recovery is possible.

Narayan Prasad



Glaucoma: The Silent Thief of Vision

Glaucoma is the leading cause of blindness worldwide. According to a survey, 64.3 million people affected with this disease worldwide and it is projected to increase to 76 million in 2020 and 111.8 million by 2040. In India, 12.8 million people are affected by this disease accounting for 12.8% of blindness. It is important to detect this disease early as more than 50% patients experience no symptoms and when patients report to the doctor, they already have progressed to the stage of advance disease. It is an irreversible cause of blindness which does not recover with treatment but can be prevented if diagnosed and treated early.

Glaucoma is defined as an irreversible optic neuropathy generally caused by raised intra ocular pressure (IOP). Primary glaucomas are generally divided into two types: primary open angle and primary angle closure glaucoma. Age more than 40 years, diabetes, hypertension, myopia, and family history are some of risk factors for primary open angle glaucoma whereas hyperopia, short eye ball, asian race are the common risk factors for angle closure glaucoma. Secondary glaucomas may develop due to steroid usage, uveitis, and trauma. Frequent change of glasses, pain over eyeball, colored halos are the few symptoms patients may develop. Acute angle closure glaucoma often presents with sudden and severe pain, blurred vision, red eye associated with nausea, vomiting, and profuse sweating.

The glaucomatous optic neuropathy generally develops because of mechanical compression of optic nerve fibers due to the raised intra ocular IOP. The diagnosis of glaucoma is based on the triad of raised IOP, increased optic disc cupping, and characteristics visual field defects. IOP more than 21 mm Hg is an important and only modifiable risk factor of the disease as the treatment is still targeted mainly towards reduction of IOP. Newer diagnostic modality which can detect nerve fibre loss earlier than perimetry is optical coherence tomography.

Patient education is very important to understand about the disease and its course. As it is a life long disease so patients are advised to maintain proper follow-up and

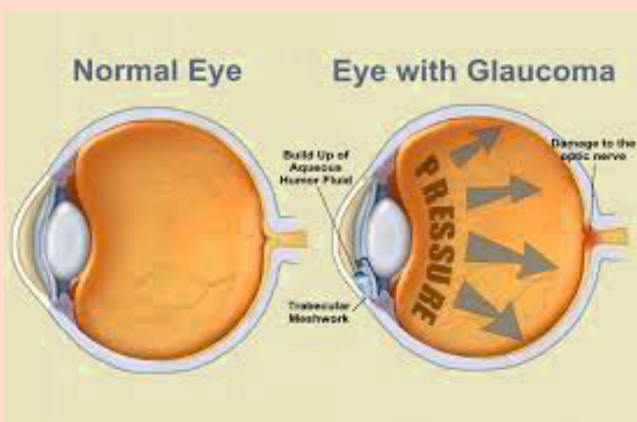
compliance of medicines. The management of glaucoma involves mainly the control of IOP to the level which minimizes the optic disc damage and slows down the progression of visual field defects thereby preventing the eventual blindness. The medical treatment involves topical anti glaucoma drugs which need to be started in proper dosage on a regular basis. A simple laser iridectomy procedure can prevent many patients progressing into advance disease in angle closure. The medically uncontrolled glaucoma respond well to the surgery in the form of trabeculectomy. In refractory glaucoma, the glaucoma drainage devices have been proven to be beneficial for controlling IOP. Finally, cyclodestructive procedures are the last resorts in painful blind eyes.

With advancement in technology and patient awareness, the management of glaucoma took a huge leap in recent decades. The constant research and various

scientific innovations have improved the visual prognosis for this disease which was earlier considered as relatively non-treatable because of fewer treatment options and significant complications associated with the surgery. Early diagnosis is a key to control this disease which can be done through screening programs with the help of paramedical professionals.

The strategy of central government sponsored "National Program for Control of Blindness" has been shifted from cataract centered pro-gram to other blinding diseases like glaucoma. This program is aimed to reduce the prevalence of blindness from 1.4% to 0.3% by developing primary eye care, strengthening existing infrastructure, developing proper referral system, and providing best possible treatment for curable blindness. To spread awareness about this disease, second week of March is being celebrated as "World Glaucoma Week" every year by World Glaucoma Association for the elimination of glaucoma blindness. Finally, glaucoma awareness, access to healthcare, early diagnosis, regular follow-up and compliance to the treatment are the key factors for fighting this irreversible cause of blindness which is preventable.

Vaibhav Jain



Coming to SGPGI Lucknow

Experience of the first Foreign Student

On 5th September 2017 the airplane doors swung open to a very warm and humid Lucknow afternoon. I was arriving at Chaudhary Charan Singh international airport and setting foot on Indian soil for more or less the first time, having arrived only 5 hours earlier through Indira Gandhi International airport in New-Delhi. This was the last leg of a very exhausting 22 hr journey that included one other stopover in Dubai and actual flight time of 13 hours. The pursuit of super-specialty training in endocrine and breast surgery had brought me this far!

Efforts to find a suitable place for this training had been strenuous, it all started when the endocrine & breast surgery unit head at the Mulago National Referral hospital in Kampala, Uganda tasked me to explore and make contact with the Institute. A thorough search confirmed further that SGPGI endocrine surgery department is outstanding and well-known for their research, publications and formal training program. I

was equally impressed to discover that Prof. Gaurav Agarwal a leading name in this field - was actually one of the faculty at this institute and I quickly set out to establish contact with him. Eventually I linked up with Prof. Saroj Kanta Mishra [Head of Department] with whom we corresponded for over a year before I could get full admission for my training in endocrine and breast surgery. Together with my Head of Unit, our arrival at SGPGI coincided with the frantic activity of the 13th PGES course and International workshop in endocrine surgery, where I also happened to make the opening presentation. So from the academic perspective I hit-the-road-running! It has been extremely inspiring to observe the passion the faculty have for this sub-specialty, which readily explains why and how they've been able to develop it this far. Since the department offers only very short trainings (apart from MCh.), the offer I got for 1 year training was exceptional and for this I am grateful to the Department Head and Institute Dean. It also makes me probably the first overseas and specifically the first African trainee at the department and in the whole Institute! For such an exceptional offer, I am indebted to learn so much and carry it all back home - where we are



in the process of upgrading our own Endocrine and breast surgery unit to offer improved service and super-specialty training. SGPGI will then take the credit for supporting the first formal endocrine surgery training centre in Africa! Over all my professional experience has been very rewarding, with continuous exposure to a diverse range of pathologies, the modern patient care facilities and systems, and vibrant inter-departmental networking. I have since participated and benefitted academically from a number of other courses and conferences including the IAES2017 in Puri-Orissa, the Endocrine sciences summit, the SGPGI Breast & Aesthetics course, and most recently the AsAES2018 in Delhi. This has also presented unique opportunities to meet several professionals from other parts of India and rest of the world. I have enjoyed a number of social evenings on campus - including the faculty get-togethers and the evening dinners that often accompany the

conferences and meetings, these have allowed me to socialise and gradually adapt to the environment, not to mention the opportunity to relish the savoury Indian cuisine. The institute is such a bee-hive of activity with everyone running on tight schedules, exhibiting a work ethic that truly deserves to write home about. Nevertheless,

it's been possible to make worthwhile friendships among the faculty, residents and other staff, many of whom have shown exceptional generosity and kindness. I've occasionally joined some of these friends on bird-watching expeditions across the beautiful expansive green campus. Despite having a sizeable Indian population back home, a degree of cultural shock was inevitable - the language, the food and social environment were all a whole new experience, yet as I tried to settle down the harsh wintry weather set in to which I was completely unaccustomed. My sincere desire is that my coming marks the beginning of an inter-institutional friendship and collaboration. A lot would be required to formalise this, but it all starts with a willing spirit! Namaste!

Kintu Luwaga

Fellow Endocrine and Breast Surgery, SGPGI

Pleasure is all Mine

My husband Dr. S P Kaushik and I moved, at the end of 1990, to join as Professors in our respective departments, at SGPGIMS, the tertiary care institute at Lucknow.

Sanjay Gandhi PG Medical Institute was like a western institute with sprawling buildings and was considered to be a very modern place equipped with the latest and best medical equipment, of which most doctors had only read about in books and journals.

For the first 2 days we stayed in the beautiful guest house of the institute, till the trucks with our luggage and furniture arrived. We had been allotted a bungalow in the campus. It was fully furnished with wall to wall carpets. The bungalow, in fact, had been made ready for the Japanese representatives but they preferred to stay in a smaller compact flat which, for them, was easier to maintain. At Lucknow it was still very- very hot and it would have been impossible to stay on, in this place, with all those warm carpets. We, thus, requested the institute authorities to get those removed. The furniture also was returned since two truckloads of our own household goods had already arrived.

Some other faculty members residing in the campus, who had joined earlier, were also from PGI Chandigarh and hence it was quite easy to get adjusted to the campus atmosphere. The place was very friendly and we began to enjoy our stay.

The department of Anesthesiology and critical care, although so called was critically short of either experienced staff



Then

(medical and otherwise) operating theatres, technicians, departmental office or even a decent ICU. The OTs were then run at a place called day care unit. This area had been planned for providing day care to patients requiring to stay at the hospital for less

than 24 hours and not for major surgeries. A small make shift ICU was also being managed using five day care beds. However, as far as the equipment was concerned there was no shortage and the most modern and latest gadgets could be made available to the patients.

Having worked in a well established academic department at PGI Chandigarh, I was in for a shock when I joined the department of Anesthesiology and critical care at Sanjay Gandhi institute. Due to some strange concept of the planners, at the helm of affairs, some of the departments had been planned as non teaching service departments. Anaesthesiology was one of them. Even though Anesthesiology department was considered to be the largest, catering to all the specialties, It was unbelievable that appointments of faculty members in such an important specialty had been made at the lowest level. Although I must appreciate that as far as the clinical work was concerned, all the faculty members were extremely hard working, but unfortunately being very junior, had neither the administrative experience nor had any say in administrative matters.

Whereas all other so called service departments had been provided with office blocks and clerical staff, the department of anaesthesiology neither had an office block nor proper ministerial staff. Therefore tremendous challenges were in store for me. Problems were manifold.

To cut the long story short, with God's grace, my sustained efforts and help from Prof. KN Agrawal, and Mr. Abidi (the then civil

engineer) we got our own office block. Mr. M K Varma and Mr. Arvind Shrivastava also joined as two stenographers and proved to be assets to my department. Alok Kanal, our computer assistant, who had been thrown out from other departments also remained with me till I superannuated and worked well.



Now

Operation theatres were shifted to their proper place and we now had a fully equipped and functional ICU as well. I was also able to convince the administration of the need to employ OT technicians and by 1994 we had nearly 36 of them instead of only five who had been appointed originally. The operation theatres were running smoothly. No case was ever cancelled and the theatre work often lasted till late in the evenings.

Now that we had our own office block and a big seminar room I started daily academic activities of lectures, seminars symposia etc. and these were delivered by either the faculty members or by senior residents. Sometimes we invited members from other departments or had faculty members over from other institutions.

I was able to convince the administration of the necessity of academic teaching and research activities in my department and after many meetings with Prof SS Agrawal, Academic Board members, meetings with various committees and sub committees, structured post doctoral certificate courses (PDCC) in Cardiac and Neuro-anaesthesia were approved by Governing and Institute bodies. It is also a matter of pride for me that these courses in anesthesia which I initiated were started for the first time in India. Our training in specialties proved to be so good, that one of the examiners, for our first batch of students, was so impressed that she immediately offered both the candidates (in cardiac anaesthesia) the posts of lecturers at AIIMS Delhi. One of them now heads the cardiac anaesthesia department there.

Taking the lead from me many other departments at SGPGI started post doctoral certificate courses in their specialties too and I have been given to understand that some 13 to 14 such courses are now running at the Institute.

Once academic activities in my department started there was no looking back, we organised many national and international conferences. I also got clearance, from MCI, for the MD courses in anesthesiology.

By the time I left the institute I had arranged for seven of my faculty members to be trained abroad and each of them had undergone one year training, 5 in UK and 2 in Japan. Almost all the faculty members by then had presented their papers or delivered lectures at national and international conferences.

The Faculty Members of the department are now reaping the benefits of my toil. They and the Institute may have forgotten my contribution but the fact remains and is a matter of great pride and satisfaction for me that with perseverance, hard work and my indomitable efforts I brought up the department from a scratch and by the time I left, it was already recognized at national as well as at international levels.

Soma Kaushik
Former HOD Anaesthesiology, SGPGI

विदाई समारोह

परिवर्तन एक सार्वभौमिक सत्य है। इस सन्दर्भ में संस्थान की गतिविधियों में कुछ नये लोग जुड़ते हैं और कुछ लोग छूटते हैं। इस वर्ष भी संस्थान के अनेक कर्मी अपनी-अपनी दीर्घ सेवाओं के पश्चात सेवा निवृत्त हुये।

श्रीमती गीता वशिष्ठ:- ये 24.10.1987 को कनिष्ठ अभियंता (इलेक्ट्रानिक्स) के पद पर इस संस्थान से जुड़ी। संस्थान के बायोमेडिकल विभाग को एक सक्षम एवं उत्तरदायी विभाग के रूप में स्थापित करने में उनका अत्यन्त ही महत्वपूर्ण योगदान रहा। इस पद पर रहते हुये उन्होंने संस्थान के 'आपरेशन थियेटर्स' को अत्यन्त उन्नत ढंग से सुव्यवस्थित किया। मृदुल एवं मिलनसार व्यक्तित्व की श्रीमती गीता वशिष्ठ मुख्य तकनीकी अधिकारी के पद पर कार्य करते हुये 31.01.2018 को संस्थान की सेवाओं से निवृत्त हो गईं।



वी.के. पाण्डेय:- श्री विनोद कुमार पाण्डेय जी, संस्थान की नींव से निर्माण तक की यात्रा के साक्षी रहे हैं। 26.03.1983 को वे संस्थान से जुड़े और अनेक विभागों में भिन्न-भिन्न उत्तरदायित्वों का निर्वहन करते हुये वरिष्ठ प्रशासनिक अधिकारी के पद से 31.01.2018 को सेवा निवृत्त हुये। वे एक कुशल तबला वादक थे। संस्थान के सांस्कृतिक कार्यक्रमों और स्वतंत्रता दिवस तथा गणतंत्र दिवस पर उनका तबला वादन सुनने की उत्कंठा प्रत्येक कर्मचारी में रहती थी।



श्री गजेन्द्र कुमार सिंह:- श्री सिंह ने 26.12.1988 को इस संस्थान में 'टेक्नीशियन' के पद पर अपना पदभार ग्रहण किया। वे डायलिसिस टेक्नीशियन के रूप में प्रशिक्षित थे और वे अपने सम्पूर्ण कार्यकाल में 'डायलिसिस यूनिट' में एक 'डायलिसिस टेक्नीशियन' के पद पर कार्यरत रहे। वे परिश्रमी और रोगियों के प्रति अतिसंवेदनशील थे। तकनीकी अधिकारी के पद पर कार्य करते हुये विगत



28.02.2018 को वे सेवानिवृत्त हो गये।

श्री राजेश्वर दयाल:- श्री दयाल, ने संस्थान में 30.11.1991 को एक टेक्नीशियन के रूप में अपनी सेवायें प्रारम्भ की। वे इम्यूनोलॉजी विभाग के 'ऑटोएण्टी बॉडी लैब' में कार्यरत थे। सहज स्वभाव और निश्चल मुस्कान उनके व्यक्तित्व की विशेषतायें थीं। वे एक अच्छे गायक भी थे। संस्थान के अनेक सांस्कृतिक कार्यक्रमों में 'मन्ना डे' के गाने गीतों को गाने के लिये उनको सदैव याद किया जायेगा। टेक्नीशियन ग्रेड-1 के पद पर कार्यरत श्री दयाल 28-02-2018 को संस्थान से सेवानिवृत्त हो गये।



एस.के. अस्थाना:- श्री सुनील कुमार अस्थाना इस संस्थान के अत्यन्त वरिष्ठ कर्मी रहे हैं। संस्थान के उन्नयन के अनेक महत्वपूर्ण घटनाओं के भी वे साक्षी रहे हैं। 15.06.1983 को वे संस्थान की सेवाओं से जुड़े और लेखा शाखा के अनेक उप विभागों में कुशलता पूर्वक एवं न्यायोचित ढंग से अपने उत्तरदायित्वों का निर्वहन करते हुये विगत 31.03.2018 को वे भी सेवानिवृत्त हो गये।



मीना भट्टाचार्य:- इन्होंने 10.04.1996 को संस्थान में चिकित्सालय परिचर के रूप में अपनी सेवायें प्रारम्भ की। इस अवधि में इन्होंने नर्सिंग हॉस्टल और चिकित्सा अधीक्षक कार्यालय में अपनी सेवायें प्रदान कीं। अतिविनम्र, सरल और सभी को सदैव सम्मान देने वाली मीना जी ने 31.03.2018 को अवकाश प्राप्त किया।



राम प्रमोद मिश्र

भावभीनी विदाई

संजय गाँधी पी.जी.आई. में कुछ प्रिय साथियों ने सेवा का लंबा कार्यकाल पूरा किया, तो कुछ ने निजी कारणों से अपनी सेवाओं को समय से पूर्व ही विराम दिया। परन्तु हम सभी उनको दिल की गहराईयों से बहुत याद करेंगे। विशेष रूप से उनके मिलनसार व हंसमुख स्वभाव और जरूरतमंद जन के लिए उनके सेवाभाव का सदैव जिक्र होगा। इन्होंने एक लंबे समय तक अपने जीवन के सबसे अनमोल पल इस संस्थान को दिए। जो वरिष्ठ साथी दशकों से हमारे दैनिक कर्तव्य निर्वहन का एक अटूट हिस्सा रहे हैं वे हैं- श्रीमती कुट्टियामा अंतोनी (डी.एन.एस.), जिन्होंने इस संस्थान में 2 सितम्बर 1988 को संस्थान में अपना कार्यभार ग्रहण किया था एवं कई विभागों जैसे MICU, Nephrology, Gastro Medicine, Neuro Surgery एवं BMT इकाई में कार्य किया।

श्रीमती पुष्पा सैनी (ए.एन.एस.) ने संस्थान में अक्टूबर 1991 में सिस्टर ग्रेड-02 के पद पर Nephro Ward-A में कार्यभार ग्रहण किया था। वर्तमान समय में ये ए.एन.एस. के पद पर Nephro Ward-A में ही निष्ठापूर्वक अपने उत्तरदायित्वों का निर्वहन करते हुए अपनी अधिवर्षता आयु पूर्ण कर दिनांक 28-02-2018 को सेवानिवृत्त हो गईं। अपनी व्यक्तिगत, पारिवारिक एवं सामाजिक समस्याओं एवं अंतर्द्वन्द्वों का कुशलता पूर्वक निराकरण करते हुए इन्होंने सेवा-धर्म को सर्वोपरि रखा और इसके साथ कोई समझौता नहीं किया। ये सदैव हमारे लिए प्रेरणा का स्रोत बनी रहेंगी। संस्थान के मुख्य चिकित्सा अधीक्षक, चिकित्सा अधीक्षक एवं अन्य वरिष्ठ अधिकारियों द्वारा इन्हें भावभीनी विदाई दी गई एवं इन सभी



Gastro Surgery ward-B से अपनी 30 वर्षीय सेवाएं पूर्ण लगन एवं निष्ठा से प्रदान कर के ये सेवानिवृत्त हुईं। साथ ही श्रीमती तारा र बर्ट्स (डी.एन.एस.) भी 1 सितम्बर 1988 से Urology, Stone Center, OPD और Eye Ward में अपनी सेवाएं व दायित्वों का कुशलता से निर्वह करते हुए सेवानिवृत्त हुईं। इनके साथ ही साथ श्रीमती ए.डी. वर्धेय (डी.एन.एस.) जिन्होंने फरवरी 1989 में संस्थान के Nephrology Ward-A में कार्यभार ग्रहण किया व Urology Ward-A o MRH Ward में पूरी तन्मयता एवं निष्ठा से मरीजों की निस्वार्थ सेवा करते हुए दिनांक 31-03-2018 को संस्थान से सेवानिवृत्त हुईं। ये सभी बेहद मृदुभाषी एवं शालीन थीं।

सहकर्मियों को स्मृति चिन्ह प्रदान कर उनको सम्मानित किया गया। सभी ने उन्हें सुखद भविष्य की शुभकामनायें भी दी।

संस्थान में नर्सिंग संवर्ग से ही सिस्टर ग्रेड-02 विनीता यादव (Endomedicine Ward), एल्विन आईजैक (Nephro Ward-A), रिजो वरगीस (Post OP PMSSY) एवं वंदना गुप्ता (ENT OT) से अपनी अल्पअवधि की सेवाएं प्रदान कर के संस्थान की सेवाओं से विराम ले लिया। ये सभी अपने कार्य के प्रति सजग और समर्पित रहे। मैं संस्थान की तरफ से इन सभी को उनके भावी जीवन की शुभकामनाओं के साथ उन्हें भावभीनी विदाई अर्पित करती हूँ।

छाया सान्याल

हँसना जरूरी है

संता के हाथ पर लाल दाग पड़ गया

संता : डॉक्टर साहब मच्छर ने मेरे हाथ पे काट लिया

डॉक्टर : आपको पहले कभी डेंगू से तकलीफ हुई है क्या ?

संता : हाँ एक बार हुई है

डॉक्टर : कब ?

संता : बचपन में

जब टीचर ने डेंगू की स्पेलिंग पूछी थी



एक सुन्दर लड़की दवाइयों की दुकान के सामने काफी देर से खड़ी थी और भीड़ के हटने का इन्तजार कर रही थी, दुकानदार उसे शक की नजर से देख रहा था, जैसे ही भीड़ हटी, लड़की दुकानदार के पास गयी और एक दम उसके नजदीक आ गयी, अब तो वो और सतर्क हो गया, लड़की धीरे से उसके कान में बोली मेरी शादी एक डॉक्टर से हुई है जो बाहर गया है, चिट्ठी आई है, जरा पढ़कर सुनायेंगे, क्योंकि वो राइटिंग समझ में नहीं आ रही है



संता : यार जब मैं ऑपरेशन कराने गया तो

मैं बुरी तरह डर गया था,

बंता : क्यों ?

संता : नर्स बोल रही थी कि घबराओ मत, डरो मत हिम्मत रखो, जो होगा देखा जायेगा

बंता : अबे तो इसमें डरने की क्या बात है?

संता : अबे वो ये डॉक्टर को बोल रही थी



गर्लफ्रेंड : जानू तुम डॉक्टर कैसे बने ?

बायफ्रेंड : अरे उसके लिए तो बहुत दिमाग की जरूरत होती है।

गर्लफ्रेंड : इसलिए तो पूछ रही हूँ आखिर तुम डॉक्टर कैसे बने

बेचारा बायफ्रेंड बेहोश

Make Children Money Wise

Today, children are smart, sharp, observant, quick learners, tech-savvy, and are growing up faster than you can imagine. They develop needs, wants, and lifestyle habits at an increasingly younger age. With ever-rampant materialism entering homes through 'child-centric' advertisements, as a parent you need to be cognizant and careful. Children have access to more information, resources, and their innocent minds quickly develop with healthy or unhealthy beliefs/ thoughts that influence their actions, future decisions. So here are some tips to teach children about money management:

- 1: Patience is the key: children should be made to realize that money does not grow on trees. So, they should learn to be patient if they wish to buy something. Delayed gratification can be good for financial health in the long run. Help them distinguish between needs, want, and desires, using the correct analogy.
- 2: Teach budgeting: At an early age, they may not understand the niceties of drawing up a prudent budget. But later, involving them in the budgeting exercise will reap manifold rewards eventually turning them money wise. While providing them pocket money, explain the rationale. And preferably, give the pocket money in different denominations like Rs 500/100/50/10, so that they will be able to handle money sensibly, according to their needs and desires.
- 3: Goal setting: Children are prone to get carried away by trends and advertisements; ask them to list down their short-term goals such as buying gadgets, dress, shoes etc., and long-term goals like motorbike, education. This will help your children prioritize and realize their goals understanding the benefits of delayed gratification.
- 4: Gift money games: Kids love games, and these can be a great medium of learning. Board game like Monopoly, Game of Life, Cash flow by Robert Kiyosaki's "Rich Dad, Poor Dad" teaches how to be in better control of your finances.
- 5: A piggy bank or a bank account: Kids can be introduced to a piggy bank, and its purpose explained as they grow up. As they grow up ensure they continue with the habit of saving money. Later, you may open a bank account, and deposit their pocket money in it. This'll introduce them to 'interest on savings' and help them recognize the power of compounding.
- 6: Bite as much you can chew: In money management parlance, this refers to as living within ones means. Children are bound to make mistakes while handling money, but prudent guidance from parents can serve to be a learning opportunity for them.
- 7: Workshops on money management: Encourage your kids to participate in financial education workshops. ; it can serve as a good learning experience. Discuss and revise. This would develop their skill as good money-managers.
- 8: Monetary rewards: Remunerate children in small ways for saving expenses of household like electricity, for recycling or reusing things etc so that they can learn to relate money to work. Acknowledge them for the better bargains and reward suitably.
- 9: Art of giving: Giving is also an essential component of financial literacy. Along with saving and investing, foster the art of giving so that they realise that not all are privileged, as them, therefore serving the society by 'paying it forward' is vital.
- 10: A role model to your child: Most importantly, while you teach them all these lessons be a role model to your child. Practice what you preach. Ensure to set a perfect example. Undertake budgeting, save, plan, invest, give and do all of it thoughtfully. Over the years, your children should be able to look up to you as money-wise parents.

Mahesh Arora

National Women Physicians Day

Humble Tribute

February 3 marks the birthday of Dr. Elizabeth Blackwell, the first woman to receive a medical degree in the United States in 1849. A dedicated public health advocate, social reformer, and prolific writer, Dr. Blackwell changed the course of modern medicine, founding hospitals and medical colleges for women in the United States and England, pioneering in preventive medicine and infection control, and breaking prejudicial barriers against women in medicine on two continents.



It is important to remember that her success in getting a medical degree involved a lot of struggle. The prejudice against women being admitted to medical schools, a totally male preserve, was so strong that she was rejected by all the medical schools she applied to. Her acceptance by Geneva Medical College located in upstate New York, was a near-accident. The dean and faculty were so bewildered that they put the issue up to a vote by the 150 male students of the class with the stipulation that if even one student objected, Blackwell would be turned away. Fortunately for her (and for us, the beneficiaries of her trailblazing), the young men voted unanimously to accept her!

Dr. Blackwell thus initiated the movement that helped women like us to enter the field of medicine, work shoulder to shoulder with our male colleagues, enjoy dignity of profession and get equal treatment and appreciation from hospital administrations and general public.

In this day and age when the sight of women doctors is quite common, we need to remember and honour the memories of those who struggled and paved the way for people like us! Humbling indeed! Where would we be without pioneers like Dr. Blackwell!

Prerna Kapoor

परिसर सरगर्मियाँ

Vibrant campus group के द्वारा ये एक नन्हा सा प्रयास! गणतंत्र दिवस के कार्यक्रम में सभी पुरस्कार विजेताओं को कपड़े के मजबूत बैग निदेशक महोदय के कर कमलों से दिलवाए गये। इस संदेश के साथ कि पॉलीथीन बैग त्यागें और पर्यावरण को बचायें और साथ ही अपने साथियों, नाते-रिश्तेदार को भी पॉलीथीन त्यागने के लिए उत्साहित करें।



गणतंत्र दिवस की संध्या पर कैम्पस में रंगा-रंग उत्सव आयोजित किया गया



Nursery School



Nursery School children in colourful attire performing a dance on the song 'Holi aayi re.....'



Nursery School kids had a super time at the Lucknow Zoo in February.

Creche

On 5th February 2018, the tiny tots of Creche had Sports day which was followed by the Graduation Ceremony. They were felicitated by Dr. Prerna Kapoor and Dr. Shalini Agarwal.



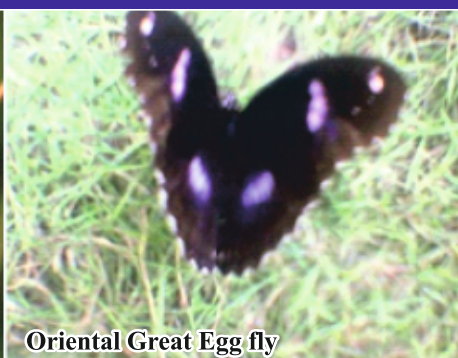
Flutter Caught in Shutter

Butterflies of SGPGIMS

The first visitor to the garden in 'spring' is the butterfly. Butterflies are indicators of a healthy environment and healthy ecosystems. Butterfly represents the never-ending cycle of life and is considered as a symbol of change, joy and color. Spectacular collection of these brought to you by Aruna Parashar



Common Jay



Oriental Great Egg fly



Black Swallow Tail



Peacock pansy



Grass Yellow



Common Mormon



Plain Tiger



Lime Butterfly



Blue Grass Lazuli Flash



Common Indian Mormon



Wood Mason



Lime Butterfly

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