

SGPGI Welcomes the 12th Director Dr Radha Krishan Dhiman



Dear Faculty members, resident doctors, administrative and nursing staff, technicians, attendants, sanitary workers and contractual staff of SGPGI

Greetings and a very warm welcome from the Director's office.....

It has been a wonderful homecoming for me to return to the folds of my alma mater, as the Director of the Institute. You all must be aware that after obtaining my MBBS and MD in Medicine degrees from KGMU in 1984 and 1987, I joined the Department of Gastroenterology at Sanjay Gandhi Postgraduate Institute of Medical Education, Lucknow, India as a Senior Resident (DM Specialist training). After clearing my examination in 1991, I joined the Department of Hepatology at Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, India as an Assistant Professor in 1993, and was working as Professor and Head of the Hepatology Unit at the time of assuming charge as Director, Sanjay Gandhi PGIMS.

I am a keen believer of the adage **"The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them"**. My enthusiasm and passion to set up 'state-of-the-art'

Hepatology and Liver Transplantation services at PGIMER, Chandigarh, led to me being closely involved with the running of Liver Clinic; teaching MD students and students specializing in Hepatology and Gastroenterology; carrying out independent research projects. To ensure optimal training of MD physicians interested in pursuing Hepatology as a career option, I helped set up a new super-specialty course (DM) in Hepatology at PGIMER for the first time in the country.

It was more than 27 years ago that I left the hallowed portals of this Institute but somehow it seems, that my heart never left. It has been a long-cherished dream to come back to SGPGI and give something back to the place which has played a major role in helping shape my future and of so many others, who have passed out from this premier academic establishment. My journey back to SGPGI has revived rich and deep memories, replete with reminiscences of generations that completed the foundations of their professional lives on these very esteemed grounds.

I wish that in the coming years we should establish a dedicated organ transplantation program (heart, liver, kidney and pancreas) at SGPGIMS. This stems from my strong belief that we at SGPGIMS have the full potential to evolve into one of country's top-of-the-rung transplant centers. We already have a functional renal and bone marrow transplant set-up and with the infrastructure of liver transplant already in place, it is only a matter of time and putting in extra efforts, that our dream of a world class solid organ transplant program at SGPGIMS takes a concrete shape.

The other thrust areas include setting up of a new Department of Hepatology for managing very sick liver disease patients in Liver ICU (the 6th such Department in the country), Creation of an 'Advanced Diabetic and Endocrine Center', Departments of Regenerative Medicine, Neuro-Otology, Trauma Surgery, Emergency Medicine and Stand-Alone Renal Transplant Center, Infectious Disease Centre, Cardiac Center and Mother and Child Health Center. We shall also work hard on issues related to recruitment of Faculty and Non-faculty (Group A,B,C,&D) positions, promotions (ACPS/MACPS/DPC) of Groups A, B, C, & D and cadre restructuring of employees.

The recent COVID-19 pandemic has seen us all rise to the enormity of the adversity as one united, common family, selflessly devoted to patient care. Sensing the initial urgency and need to provide immediate care for COVID patients, a facility of 10 beds (with ventilators) and 4 beds (of isolation) was set up at the OPD block at the main SGPGI hospital since 20.3.2020. Subsequently as per directions of the Government, the Apex Trauma Center of SGPGIMS was converted into the Rajdhani COVID Hospital (RCH) and became functional on 16.04.2020. The Hon'ble Chief Minister of Uttar Pradesh, Shri Yogi Adityanath has also visited the hospital and was appreciative of the hard work being done by the healthcare workers in delivering COVID care.

I also take this opportunity to personally thank each and every employee of the institute for rendering exemplary services at the RCH tirelessly since the last few months. Let's remember that **"challenges and adversities are just meant to really help you know who you are. Storms hit your weaknesses, but at the same time, unlock your true strength"**.

Once again welcome you all and look forward to working with you to take SGPGI to new heights!!!!

From The Editorial Desk



Greetings from the new editorial team to the entire SGPGI family.

We extend a very warm welcome to our new Director, Professor R. K. Dhiman who returns to helm the affairs at Sanjay Gandhi PGIMS, his alma mater, after nearly 30 years.

The past few months have seen the COVID-19 pandemic engulf not only the world but also spread its tentacles across India. As the top-notch medical institute of Uttar Pradesh, Sanjay Gandhi PGIMS, under the stewardship of Prof R.K. Dhiman has risen spiritedly to the challenge, with dedicated manpower and proficient expertise combined with the caring and healing touch of healthcare workers, spread across all cadres. At the same time, knowledge dissemination through various webinars and ECHO meetings have helped extend COVID care across the state, and telemedicine OPD services have ensured continuity of care to non-COVID patients. A truly yeoman achievement by our Institute!!

The current issue is devoted to the COVID warriors of Sanjay Gandhi PGIMS and brings forth the efforts, sweat and toil, commitment, zeal and passion of the institute employees in delivering quality care to patients in these difficult times. **As someone rightly said “Great things never come from Comfort Zones”....** so it is high time we step out of our comfort zones and give off our best for the institute in these times of crisis.

The new editorial board has a huge task to handle, a challenge we look forward to, so as to ensure that we can seamlessly step into the shoes of the preceding team. While myself, Dr Shantanu Pande, Dr Ankur Bhatnagar, Mrs Kusum Yadav and Mr Anil Kumar have continued from the previous editorial team, we are privileged to have the company of Dr Anu Behari, Dr Rahul Katharia, Dr Khaliqur Rehman and Mrs Neema Pant as the new editorial board members.

We look forward to literary contributions and to all suggestions and inputs.

Dr Prerna Kapoor

'Coronisation' of Life: the New Normal'

Remember only the lockdown is over, NOT Corona!

Corona

Corona virus spreads easily and quickly via droplets from an infected person. It can also spread by contact when we touch surfaces and then touch our face, nose, mouth or eyes.

Symptoms

Symptoms appear 2-14 days after infection. Fever, sore throat, dry cough are common symptoms; rapid breathing and difficulty in breathing are alarming symptoms.

Treatment

Everyone with symptoms should get medical advice. Elderly, those with other diseases or those with severe symptoms should be hospitalized; they may need oxygen, even ventilation. There is no specific treatment.

Prevention

Risk of infection is maximum around an infected person - sneezing > coughing > talking > breathing (REMEMBER *not everyone who is infected has symptoms!*)

DON'T move out of home unless absolutely essential

Work from home

Go to School only if called

Shopping - local small outdoor shop, don't touch anything, pay online

Walk - in open spaces with no crowds

Sports - no gymnasium or sports complex, may be badminton in open outdoor court

Food - avoid raw uncooked foods

If you HAVE to go out - AVOID public transport (travel in private vehicle), AVOID crowded places and closed spaces, ALWAYS wear mask, ask others to wear mask, DON'T go close to someone not wearing a mask, keep distance, AVOID long time contact, use sanitizer, wash hands with soap (15-30 seconds) frequently, avoid lifts and public toilets, DON'T touching anything, DON'T touch your face, mouth, nose, eyes.

When outsiders e.g. workers, even guests come home -leave shoes outside, mask (both you and outsider), keep distance, no long time contact, wash hands

Special groups - elderly, frail, those with other diseases especially diabetes, BP, cancer, heart, lung and kidney diseases, smokers, children below 10 - keep them 'cocooned' at home - no close or long time contact with any outsider

Eat healthy, do physical activity, sleep well, think positive, develop a new hobby, do charity, remain in touch with relatives and friends who have a positive attitude!

Dr. V K Kapoor
Surgical Gastroenterology

SGPGI Takes On The Corona Challenge

Creating a COVID-19-SGPGI facility



The outbreak of Global Pandemic COVID-19 has tested the resolve and patience of the entire world. SGPGI has been no different. Towards the end of February, 2020, the state government directed SGPGI to build a 10 bed COVID-19 unit at the earliest. The newly joined Director Prof R K Dhiman, without wasting any time, gathered a team of expert professionals to expedite the arduous task. I had mixed

feelings of fear, anxiety and confusion as he nominated me the nodal officer of COVID-19. Facing COVID-19 at the frontline was nothing but bewildering, as I only had some experience of handling the Swine-Flu Pandemic in 2009, that too from within the four walls of the ICU.

To begin with, I gathered necessary information about how to prepare for a COVID pandemic. This helped immensely in framing a strategy that might best suit SGPGI. Discussions about infrastructure, manpower, equipments, infection prevention and control, cleaning and disinfection, biomedical waste disposal, logistics, triage, isolation, ICU, quarantine, kitchen, transportation, teaching and training and finances were all considered as we went along building the 10 bed COVID-19 unit. Receiving untiring support from dedicated nurses, residents, faculty, hospital attendants, sanitary workers, drivers, kitchen staff, PROs, engineering section and of course our Director we were able to establish a small dedicated COVID-19 unit in the shortest possible time.



However, the feeling of satisfaction at having created and successfully run the COVID unit vanished quickly, as the Government then directed us to build a dedicated separate COVID-19 Hospital. Thus began the transition from a dedicated unit to a dedicated COVID Hospital. The Apex Trauma Centre (ATC) seemed to be ideally suited for this purpose. It was isolated, away from the main campus, with separate air handling units on either side of each floor, capacity of 210 beds, dedicated ED, ICUs and OTs and most of all a running hospital with its own manpower and equipments. Due to lockdown road traffic accidents were any ways minimal, so the decision to transform ATC into Rajdhani Corona Hospital (RCH)

equipped with 80 ventilators and 130 isolation beds was made. Since lots had to be done in the shortest possible time, multiple committees with well-defined scope of work in context of COVID-19 were made. After repeated deliberations, discussions, debate and feedback, a well chalked out plan for transition of ATC to RCH was in put into action. It was a struggle to complete the infrastructure during the lock-down. Sleepless nights had to be put in to make the building ready for housing COVID patients. Running all clinical segments of care simultaneously with heightened precautions to prevent the spread of COVID-19 infection amongst health care workers was and still is nerve racking. Despite challenges, I am happy to report that the entire Task force of SGPGI has risen tremendously to the occasion.

In the end I wish to say that we must instil hope and confidence amongst all our healthcare workers that we all stand united. We cannot and we will not lose this fight.

**Dr R K Singh, Nodal Officer,
COVID-19 Task Force**

Rising To The Covid Challenge And Running The Rajdhani Covid Hospital (RCH)

COVID 19 disease is caused by a newly discovered novel coronavirus. Unfortunately, it engulfed the entire globe-space in the wink of an eye causing widespread damage physically, socially and economically. It was declared Public Health Emergency of International Concern on 30th January 2020 and a global pandemic on 11th March 2020 by the World Health Organization.

India being the second most populous country of world, could not stay untouched for long and soon became boorishly affected with the disease. Currently more than seven lakh people have been infected with the virus across the country and nearly 20,000 have succumbed to the disease including many health care workers fighting day and night at the forefront to protect rest of the community against this deadly infection.

As the disease burden has increased, the practices changed on social as well as the professional front. Medical practices have also been adversely affected by this disease. On one hand, when the world came to a standstill, health workers, policemen, sanitation workers all came out selflessly to fight this rapidly growing demon.

Under the able leadership of our Director Prof. RK Dhiman, Sanjay Gandhi Post Graduate institute of Medical Sciences, being one of the most esteemed and prestigious institute of India, held the baton in its hand to serve the community and dedicated its ATC (Apex Trauma Center) along with its armamentarium - a team of highly specialized doctors, highly trained nursing staff, patient helpers and dedicated sanitation workers, almost involving each and every department of the Institute and bringing out their best to exclusively treat Covid-19 affected patients. This gave birth to the RCH-Rajdhani Covid Hospital which is a 210 bedded hospital with a well-equipped 80 bedded ICU.

A standard operating protocol was framed in accordance with MoHFW, ICMR and State Government guidelines. Every patient goes through a 3-point triage system and further management is ascertained. A Screening and Holding Area for NON COVID

patients has also been brought into force to stratify patients depending on history, symptoms, risk factors for COVID and severity of disease to ensure optimal management of these patients taking care that the Non COVID area is not pilfered with any COVID infected person even by chance. Dedicated teams have been formed and they work in rotations to meet the need of rising cases with each passing day. All healthcare workers are tested after completion of their rotation and proud to inform none of them have been tested positive after duty, credit to which goes to vigorous and thorough training programs arranged by the Hospital Administration, Hospital Infection Control Committee and our dedicated nursing personnel. At the same time maximum efforts have been taken into account to ensure that patients suffering from diseases other than COVID should not suffer while increasing workload on the system.

Every patient getting admitted undergoes mandatory COVID 19 RT-PCR and recently introduced True Nat so as to minimize the risk of cross infections and keeping the hospital safe for other patients and health care workers.

As this is a very new disease, we all as a team are evolving with the evolving knowledge about this disease. After all, when you need to innovate, you need to collaborate.

At last I would want to appreciate and applaud for hard work of each person involved and making it a success so far and request to keep spirits high as this is a challenging time and let us aspire to succeed with flying colours.

**Dr. Alok Nath
Dr. Khushboo Saxena
Pulmonary Medicine**



Convalescent Plasma Therapy In SGPGI

Convalescent Plasma Therapy In SGPGI

ICMR started a multicentric study in India for conducting PLACID Trial on Convalescent Plasma (CP) Therapy in treatment of COVID-19 patients. ICMR has only allowed CP collection from recovered Covid-19 patients through plasmapheresis procedure (500 mL volume) at selected sites in the country wherein 2 doses (preferably from 2 different donors) of 200 mL CP are transfused after a gap of 24 hrs to adult covid-19 patients. It's a phase II, open label, randomized controlled trial so only patients with moderate disease in the treatment arm can receive CP. The application to ICMR was sent by the Department of Transfusion Medicine in mid-April and MOU between SGPGI and ICMR was signed on 2nd May 2020. The



guidance and support of Institute Director Prof R K Dhiman, Dean, Member Secretary IEC and Faculty In-Charge Research was crucial for expedited approvals and permissions at the Institute level and thus SGPGI became the first center in Lucknow (possibly in the state) to be approved by ICMR. Many faculty members from various departments of the Institute are Co-I in this study. Only two hospitals in Lucknow have been permitted to conduct this RCT.

Immune ("convalescent") plasma refers to plasma that is collected from individuals, following resolution of infection and development of antibodies. Passive antibody therapy, through transfusion of convalescent plasma, may prevent clinical infection or blunt clinical severity of Covid disease, optimum period being first week of developing the symptoms.

SGPGI had its first plasmapheresis procedure on 23rd May on a patient treated elsewhere who was the youngest plasmapheresis donor. He was felicitated by the Director and given a Corona Warrior certificate in the presence of Department faculty members and Nodal Officer, Covid Hospital and HOD, Microbiology. Another procedure was done on 4th July on a young recovered patient from Gorakhpur who was treated at RCH and few more donors have expressed their desire to be plasma donors in coming weeks. We are also going to start testing for SARS-Co-2 IgG in collected plasma so that only immune plasma is transfused to the Covid patients. The country has high hopes from this trial.

**Dr Anupam Verma,
Department of Transfusion Medicine**

SGPGI Corona Panel

SGPGIMS faculty contributed a four-part series of panel discussion on Corona and Covid which was telecast on Doordarshan UP in May-June - the panel discussion can be watched on YouTube at the following YouTube links for all 4 telecasts on DD UP

3.5.20 Corona I

<https://youtu.be/8jfiCoBnXgA>

<https://www.youtube.com/watch?v=8jfiCoBnXgA&feature=youtu.be>

30.5.20 Corona II

<https://youtu.be/gFdTTPwkyaM>

<https://www.youtube.com/watch?v=gFdTTPwkyaM&feature=youtu.be>

31.5.20/6.6.20 Corona III

https://youtu.be/t_9gqlDcBQ4

https://www.youtube.com/watch?v=t_9gqlDcBQ4&feature=youtu.be

7.6.20 Corona IV

<https://youtu.be/iE7M0cd2Yc>

<https://www.youtube.com/watch?v=gSJljoWNHn4>

**Dr. V K Kapoor
Surgical Gastroenterology**

Telemedicine outreach program of SGPGI for the state of Uttar Pradesh

Based on his experience gathered in utilizing telecommunication facilities for contacting and treating patients with hepatitis and cirrhosis of the liver, in PGIMER Chandigarh, the Director, Prof. RK Dhiman, initiated the telemedicine outreach program of SGPGI along with the support of the Dean of Institute and Head of Endocrine Surgery, Prof. SK Mishra, who is also the nodal officer of the School of Telemedicine and Biomedical Informatics. In this endeavor, they had the steady and whole-hearted support from the government and the Principal Secretary Medical Education, Dr. Rajneesh Dube, the Special Secretary Medical Education, Mr. Markandey Shahi and the Director-General of Medical Education, Dr. KK Gupta. The aim of the program is to provide standard-of-care facilities via telemedicine and other telecommunication modalities so that remote clinical decision support may be administered throughout the state of Uttar Pradesh from Level 1 to Level 3 hospitals. The program caters to patients suffering from COVID-19 infection and non-COVID-19 related diseases. Health support is being provided to 15 to 20% of patients with frank COVID-19 infection who develop severe illness; patients with COVID-19 infection with multi-organ failure and cardiac or respiratory compromise or arrest, requiring an intensive care and ventilatory management; symptomatic patients who are suspected of having symptoms of COVID-19 infection but are not sure of the further course of action; patients with other non-COVID-19 medical and surgical emergencies who are not able to come to tertiary care hospitals due to the travel restrictions in place; and, patients with other non-COVID-19 ailments with significant symptoms being managed by the doctors in peripheral hospitals who do not have sufficient expertise in treating the particular ailment and, therefore, require advice.

This telecommunication support is in two forms:

The Electronic Covid Care Support (eCCS) network is a hub-and-spoke model in which doctors as well as patients from primary health care centres, community health centres, district hospitals and Medical Colleges may communicate with doctors in SGPGI using tele-consultation services. Four doctors, one each from Surgical, Medical, Intensive care and Paraclinical Specialty are on duty by rotation in two shifts of 6.5 hours each from 8 am to 8.30 pm (with an overlap of half hour). The Critical Care Management, Neonatology and Maternal and Child Health departments also provide a 24-hour round-the-clock service with a mobile phone network. The Radiology department provides exclusive services during the hospital hours. Every Wednesday and Saturday, utilizing the telemedicine network, the doctors in SGPGI communicate with their Western UP spoke hospitals to understand their difficulties and suggest solutions. They also provide short educational lectures conducted by the staff of SGPGI.

The eOPD services include 26 departments of SGPGI providing telemedicine outreach services to new as well as follow-up patients of their respective departments. This service runs from Monday to Saturday from 9.30 am to 1.30 pm. Patients requiring a detailed examination, investigations, or any intervention are then asked to come to the institute for further management. The data from these two telecommunication services are being provided to the government on a daily basis. The success of this program is borne by the fact that in

the two and a half months since its inception, a total of 21,220 patients (2401 patients have sought teleconsultation in eCCS and 18,799 patients have been seen in the eOPD telemedicine) were benefitted by this telecommunication network.

This successful endeavour would not have been possible without the sincere contribution by all Heads of Departments and faculty members of the institute; the Computer wing of the institute headed by Prof. Uttam Singh, Mr. Sarkar and Mr. Raj Seth who provided HIS facilities; the telephone services headed by Mr. PC Gupta and Mr. Rautela; the electricity and air conditioning services managed by Mr. Sanjay and Mr. BL Sharma, respectively; the nodal officers for execution of OPD services, Dr. Amit Agarwal, the CMS, and Dr. RP Singh; the medical illustration team consisting of Mr. Anil and Mr. Kishore; and, the telemedicine team headed by Mr. Ripudaman and Mr. Arvind. We hope that this endeavour will continue to expand and provide telemedicine services to our patients even after the Covid-19 pandemic is over.

Dr. Kamlesh Singh Bhaisora,
Neurosurgery

Telemedicine Consultations in Oncology : Creating a Bridge in Distressing Times and Beyond

The corona pandemic took the world by storm in the blink of an eye. The lockdown imposed harsh (but necessary) travel restrictions and various other road-blocks in getting patients the requisite care. Oncology departments faced the dilemma of controlling viral spread on one hand versus averting impediments in the treatment of cancer patients, both old and new, on the other. Through all the frenzy, paranoia; after a thousand perturbed phone calls from patient relatives, it became quickly apparent that we were in dire need of an alternative medium for patient consultations. Enter the world of telemedicine.

The modus operandi of a telemedicine consultation is quite straightforward yet effective. A phone number is circulated via the news media, the hospital help-desk, and departmental offices to patients and/or the concerned relatives. The patient then places a call to their doctor and enumerates their ailments. The content of a call usually ranges from follow-ups, basic symptomatic care, to gathering details about and finalising treatments. A centralised Whatsapp number also comes into play here, through which the patient can forward lab reports, scan films and other imperative documents. The doctors handling the consults have access to the Hospital Information System (HIS) through which they can access previous treatment details, reports and give out OPD appointments. All in all, a robust system that can handle many facets of patient care with surprising efficiency.

Nothing can ever replace a good old face to face consult with proper history taking and physical examination. And it's obvious that the patient's physical presence is required for a medical/surgical procedure. However, there are many patient consults (especially from an oncologist's perspective) which can be managed through the technology available to us at the telemedicine centre. We need to

think about integrating E-OPD services to manage them. We are positive that the cost-benefit implications will be immense in the long run for our patient population at large.

To conclude, **"necessity is the mother of all invention."** Adverse times bring about new modalities and techniques to get the job done. As enumerated above, telemedicine has enabled us to get our job done to a large degree during this global pandemic. It has created a bridge of hope between the patients and health personnel. We implore our authorities to consider keeping that bridge standing once normalcy returns.

By the residents of Radiotherapy Department : Joe Jose, Nelesh Aggarwal, Arti Mehorthra, Ashutosh Mishra, Mr. Shivam



Reporting from Ground Zero

I consider it as my immense pleasure and prestige to be one of the corona warriors in our country. I was put on duty as a trainer for teaching the staff regarding donning and doffing as well as IPC (Infection Prevention and Control) protocols. I hope that my training was useful as till now no staff have reported positive. I myself felt that my training was effective even at the grassroot level. During my ICU duty I saw that even the housekeeping staff were following steps and procedures taught during training, in the best way. All the supervisors, coworkers and staffs were so supportive and we really experienced the power of team work. Despite missing my family for nearly 2 weeks, I felt so happy for completing my corona duty both as a trainer and as a staff nurse.

Brother Sujeeth

Covid-19 Preparation In SGPGI

Early in March, I was all set to sleep after my dinner when Mrs Lizsamma Kalib Madam, CNO called to depute work to me to find how COVID-19 patients were managed in Alleppey Medical college and a nearby taluk hospital. Next day I presented what the Infection control Nurses had generously shared about their challenge and experiences, in front of CNO Madam and other nurse managers.

The theoretical framework of training for QUALITY care based on QCI guidelines via a vis NABH standards and past information on NIPHA management was deeply studied and used. A phenomenological study conducted in 2016 by us in experiences of Nurses in management of swineflu further helped to streamline our ideas..

Protocols were developed and standardised overnight with help of Dr Saurabh and under the supervision of Dr R Harshvardhan. There were no Indian protocols on DONNING AND DOFFING OF PPES for COVID 19 then Further modules were prepared based on the inputs and guidance from Dr Omprakash Sanjeev, Dr Sourab and further refined by inputs from Dr R Harshvardhan, HoD Hospital Administration and CNO.

Training was started under the supervision of Dr Om Prakash Sanjeev, Asst Prof Deptt Emergency Medicine and with the support from nurse manager Mrs Neema Pant and team in two days of time concurrently when physical infrastructure modifications were ongoing. The first batch of Covid Health workers were trained and retrained to 5 consecutive times to ensure retention of concepts. Training of Trainers (TOT) was done after identifying suitable candidates.. Efficiency of these wonderful 32 Nurse Trainers were used to train entire hospital HCWs including Senior residents, Nurses, Patient helpers, House keeping staffs technicians and all other support staff.

The staff were well prepared even before the admission of first COVID19 patient in SGPGIMS. As a matter of continuous Quality Improvement initiative all the staff who completed Covid duty and Quarantine were made to go through After Action Review (based on WHO model) and their valuable feedback were used as tool to make necessary changes in the training module as well as nursing management system. One significant addition of the training session was psychological/motivational preparation of nurses after this feedback.

As a result of the training, staff were less anxious and found themselves well informed about Covid -19 before doing their duty. The legendary leadership from Prof Dhiman, Director, Prof Amit Agarwal, CMS, Prof RK Singh, Nodal officer RCH and Dr R Harshvardhan HoD Hospital Administration remained supportive and motivating and encouraged us all to strive hard for Honourable CM vision of "Zero Health care workers to get infected by Covid."

Dhikhil, Quality Nurse Coordinator, Department of Hospital Administration

कोरबो लड़बो जीतबो

पिछले कुछ महीनों से हमारी दुनिया पूरी तरह बदल गई है। कोरोना को इस वैश्विक महामारी से हम सभी परिचित हैं और मार्च के महीने में जब आईसीएमआर ने देश के कुछ चुनिंदा संस्थानों को कोविड परीक्षण के लिए चुना तो संजय गांधी आयुर्विज्ञान संस्थान के माइक्रोबायोलॉजी विभाग ने इसे एक चुनौती के रूप में स्वीकार किया। काम कठिन था, स्थानाभाव, कुशल मानव संसाधन, अत्याधुनिक उपकरण सबकी आवश्यकता थी, ऐसे में निदेशक महोदय और प्रशासन के सहयोग से सिर्फ तीन दिन में नई लैब तैयार की गई। प्रारम्भ में वायरोलॉजी विभाग एवं डब्ल्यूएचओ WHO पोलियो प्रोजेक्ट के सदस्यों व रिसर्च स्कालर्स ने इस संकल्प को पूरा करने का बीड़ा उठाया और एक छोटी टीम के साथ प्रारम्भिक परीक्षणों का दौर शुरू हुआ, धीरे-धीरे अन्य विभागों ने भी सहयोग किया और फिर –

“लोग मिलते गए कारवों बढ़ता गया।”

पहले सिर्फ हमारे संस्थान के परीक्षण प्रारम्भ हुए फिर प्रदेश के अन्य अनेक जिलों से भी सैम्पल आने लगे आज लगभग 2200 – 2300 से भी ज्यादा टेस्ट प्रतिदिन हो रहे हैं, एक लाख से 1,00,000 से भी ज्यादा मरीजों की जाँच की जा चुकी है।

“कहते हैं कि सैनिक वह ही नहीं होता, जो रणभूमि में अपना कौशल दिखाते हैं।”

इस वैश्विक महामारी में हर एक व्यक्ति जो अपना कर्तव्य पूरी श्रद्धा, निष्ठा से निभा रहे हैं सच्चे सैनिक हैं। यहाँ तो पूरी एक टीम है जो पिछले चार महीनों से निरंतर इस काम में जुटी है। कोई अपने माता-पिता से दूर है तो कोई अपनी पत्नी-बच्चों से। इनमें से कई लोग तो न घर गए न बाहर की दुनिया देखी। सभी एकजुट होकर कार्यरत हैं। 15-16 घण्टे काम करने का बावजूद सबके चेहरे पर एक मुस्कान है और गर्व है। सबका यह कहना है कि ईश्वर ने हमें देश सेवा का जो सुअवसर प्रदान किया है उसे हमें पूरी शिद्दत से निभाना है।

“ये संकट काल है, युद्ध चल रहा है, हम सभी के अन्दर एक योद्धा पल रहा है।”

ईश्वर तेरा आशीर्वाद और साथ मिल रहा है, ये लड़ाई जीतनी है, ये विश्वास बढ़ रहा है।”

“माँ-पापा आप सभी की याद बहुत आती है। घर परिवार तेरी महक हमें लुभाती है। विश्वास रखे सबका मान हम बढ़ाएंगे ये चुनौती है। इसे पारकर घर जरूर आएंगे।” विभाग के ऐसे ही एक सदस्य को जब निरंतर ड्यूटी करने के बाद घर जाने के लिए कहा गया तो जो उन्होंने कहा वह विभाग के लिए एक धरोहर है।

“जब आप सैनिक यानी वारीयर हो गये हो तो अवकाश का समय कहाँ रहा ?

युद्ध में सैनिक पीछे नहीं रहा करते। लड़ाई के वक्त सभी को अवकाश नहीं दिया जा सकता है। यदि हम-आप लोगों की शुभकामनाएँ और आशीर्वाद प्राप्त करने के हकदार हैं तो समय भी हमें ही देना होगा। महामारी आपतकालीन है इसलिए आपकी नौकरी के कार्य घंटे की सीमा नहीं हो सकती। यह सिर्फ नौकरी नहीं समाज सेवा है समाज आपकी तरफ उम्मीद भरी दृष्टि से देख रहा है।”

हमें बहुत खुशी है कि हम ऐसे संस्थान व विभाग का हिस्सा हैं जहाँ लोगों में

ऐसा जोश और जुनून है। इस में उत्तर प्रदेश सरकार का आईसीएमआर, चिकित्सा शिक्षा विभाग, स्वास्थ्य चिकित्सा और पूरे संस्थान का अभूतपूर्व सहयोग मिल रहा है जिसके लिए विभाग सभी का हृदय से आभारी है।

“आभार हम क्या व्यक्त करें, आप सबके सहयोग का है साथ आप सबका कि ये अवसर मिल रहा, यह आस है विश्वास है, नितदिन जा बढ़ रहा यह समय है युद्ध का, जो घमासान चल रहा।”

यह लड़ाई हमसब मिल कर लड़ रहे हैं, “कोरबो लोडबो जीतवो रे” अर्थात् ये लड़ाई हम मिलकर लड़ेंगे

और जीतेंगे भी, इसी उम्मीद और विश्वास के साथ।

श्रुति भुक्ला

एवं

उज्ज्वला घोशाल

विभागाध्यक्ष

माइक्रोबायोलॉजी विभाग

संजय गांधी आयुर्विज्ञान संस्थान, लखनऊ।

एक चुनौती

कोरोना वायरस का प्रभाव मार्च के महीने में भारत के अंदर बढ़ रहा था जिसके फलस्वरूप उत्तर प्रदेश सरकार के द्वारा संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान में स्थित एपेक्स ट्रामा सेंटर को राजधानी कोरोना अस्पताल में परिवर्तित कर दिया गया जिससे कि कोरोना संक्रमित मरीजों का समुचित उपचार किया जा सके।

जिसके उपरांत निदेशक महोदय के निर्देशानुसार व अध्यक्ष एच आर एफ के नेतृत्व में राजधानी कोरोना अस्पताल में मरीजों एवं उनकी देखरेख करने वाले कर्मचारियों को आवश्यक औषधिसर्जिकल सामग्री उपलब्ध कराने के लिए ATC COVID RCC STORE बनाया गया जिसके संचालन की जिम्मेदारी SPO (HRF) के नेतृत्व में मुझे सौंपी गई।

ATC COVID RCC STORE की जिम्मेदारी मिलने के उपरांत सबसे दुष्कर कार्य मरीजों को उपलब्ध कराई जाने वाली औषधियाँ/सर्जिकल सामग्री का भंडारण एवं जो कर्मचारी मरीजों की देखभाल के लिए वार्ड जाएगा, उसके लिए पीपीई किट, फेस मास्क एवं अन्य सर्जिकल सामग्री का समय से आपूर्ति करना था किंतु खुद की कठोर मेहनत और लगन पर पूरा भरोसा था कि यह कार्य सफलतापूर्वक किया जा सकता है।

राजधानी कोरोना अस्पताल के संचालन के उपरांत वर्तमान समय तक कोरोना संक्रमित मरीजों एवं कार्य कर रहे कर्मचारियों को सफलतापूर्वक सामग्री की आपूर्ति की जा रही है जिसके लिए मुख्य एच आर एफ स्थित औषधि एवं सर्जिकल स्टोर के संचालकों का आभार प्रकट करता हूँ।

मेरे द्वारा संचालित ATC COVID RCC STORE के द्वारा वर्तमान समय में जो सफलतापूर्वक कार्य किया गया है उसके लिए मैं विभागाध्यक्ष (HRF) एवं SPO (HRF) के कुशल मार्गदर्शन का आभारी रहूँगा।

धन्यवाद

निशांत सिंह, मेडिकल रिकार्ड टेक्नीशियन, I/C ATC COVID RCC STORE, राजधानी कोरोना अस्पताल

कोरोना में जीत की तैयारी

कोरोना महामारी के बढ़ते प्रभाव के कारण उत्तर प्रदेश सरकार ने संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान के अन्तर्गत कार्यरत एपेक्स Trauma center का नाम परिवर्तित कर Raajdhani Corona Hospital & Lucknow के रूप में कोरोना से संक्रमित मरीजों के उपचार हेतु समर्पित कर दिया।

210 बिस्तरों वाले राजधानी कोरोना हास्पिटल-लखनऊ में कोरोना वायरस (Covid & 19) से संक्रमित मरीजों के उपचार की प्रक्रिया में आने वाले T1, T2 और T3 की setting के साथ ही कोरोना वाडों की रूप रेखा (Entry/Exit/Donning/Doffing etc-) को तैयार करने की जिम्मेदारी के लिए श्री C.M.S. महोदय एवं मैडम C.N.O. द्वारा मेरा स्थानांतरण दिनांक 01.04.2020 को कर दिया गया।

कार्य समर्पण की भावना से कार्य का प्रारंभ T1, T2 & T3 की रूप रेखा के चयन प्रक्रिया से शुरू हो कर प्रतिदिन प्रथम तल से चतुर्थ तल की दौड़ (Donning/Doffing area dh setting हेतु) करते हुए चौथे दिन central donning area की पूर्ण जिम्मेदारी मिल गई। जिम्मेदारी के निर्वहन में Prof. R K Singh (Nodal officer - RCH), Prof. Alok Nath, Dr. O P Sanjeev और Dr. Tanmoy Ghatak Sir का अतुलनीय दिशा निर्देश मिला। कार्य रूप में परिणित करने में H.R.F. से Prof. V. A. Sarshwat, Prof. Aditya Kapoor, Prof. Afzal Azeem Sir और तमाम अधिकारी गण, C. S. S. D. और स्नदकतल से श्री योगेन्द्र कुमार जी और श्री एम. एन. शुक्ला जी का असीम सानिध्य मिला।

R.C.H. की कार्य प्रणाली प्रारंभ करने के दिन से वर्तमान तक सी. एन.ओ.मैडम(Lizsamma Kalib solanki), मैडम नारदी जोशी जी, Apex trauma center से Nursing Supervisor और हमारी Official incharge महोदया तथा Dr. R. P. Singh ji और श्री ओम् प्रकाश सिंह जी (Pateint Helper/House keeping staff की सुचारु रूप से उपलब्धता हेतु) अतुलनीय सहयोग रहा।

Central Donning area के संचालन में मेरे चार सहकर्मी & अजीज मित्रों (श्री विजय कुमार जी, नीमा पन्त जी, रचना मिश्रा जी एवं श्री महेश जी) ने पूर्ण अनुभव का प्रयोग करते हुए 24x7 घन्टे असीम एवं अतुलनीय सहयोग और सुझाव दिया गया, जिससे आज अपने सहकर्मियों के साथ R.C.H. के central donning area का कार्य सुचारु रूप से चल रहा है। Central donning area के सकुशल संचालन में श्री निशान्त सिंह जी भूलना बेइमानी होगी जिन्होंने Central donning area को सामग्री भण्डारण (PPE KIT, N-95 masks इत्यादि) हेतु लगातार दिन रात छोटे भाई की तरह साथ देते रहे जिनके कारण हमारा प्रयास (कोविड-19 से संक्रमित मरीजों की देखभाल में लगे फैकल्टी सदस्य, सिनीयर रेजीडेंट, नर्सिंग स्टाफ, रोगी सहायक, सफाई कर्मी तथा अन्य सहयोगी कर्मियों को उचित समय पर उचित सामग्रीसंसाधन का मिलना) सफल हो सका।

कोरोना महामारी की इस चुनौती को एक अवसर में तब्दील करने की प्रेरणा एवं सकुशल मार्गदर्शन हमें अपने सभी अधिकारियों, सहकर्मियों एवं परिवार जनों से मिली जिनका हम सद्दय आभार व्यक्त करते हैं द्य आशा ही नहीं बल्कि पूर्ण विश्वास है कि भविष्य में उचित मार्ग दर्शन एवं आप सभी के सहयोग से कोरोना काल में जीत की तैयारी पूर्ण करेंगे और इस वैश्विक आपदा से विजयी होकर निकलेंगे।

सत्य प्रकाश राय (सिस्टर ग्रेड -1), प्रभारी- सेन्ट्रल डोनिंग एरिया, राजधानी कोरोना हास्पिटल

ग्राउंड जीरो से.....

मैं योगेश कुमार गुप्ता Post-Op-ICU(PMSSY) में Sis.Gr.II के पद पर कार्यरत हूं। जब देश कोरोना जैसी वैश्विक महामारी से जूझ रहा था ऐसे समय में दिनांक 16-4-2020 से 22-4-2020 तक मुझे मरीजों की देखभाल करते हुए देश की सेवा करने का सौभाग्य प्राप्त हुआ।

जहां एक तरफ 6 घंटे तक PPE किट पहनकर मरीजों की देखभाल करना संघर्षपूर्ण कार्य था वहीं दूसरी तरफ 21 दिनों तक परिवार से दूर रहना और उनकी जरूरतों को पूरी करना चुनौतीपूर्ण कार्य था। ऐसे समय में दोनों की जिम्मेदारियां निभाने का एक अलग ही अनुभव इन 21 दिनों में मुझे मिला।

एक दिन जब मैं ड्यूटी पर था तब जांच के लिए एक मरीज का ब्लड सैंपल लेना था तो उसने सैंपल देने से मना कर दिया और रोते हुए कहने लगा कि पहले से ही मैं कोरॉना से पीड़ित हूं और आप बार बार मेरा ब्लड निकाल रहे हो। मुझे लगा कि वह मरीज अपनी बीमारी से बहुत सहमा हुआ है तब मैंने उसे लगभग 10 मिनट तक समझाया की देखो भैया ये सब हम आपके लिए ही कर रहे हैं हम आपके ब्लड की जांच भेजेंगे और उसी के अनुसार आपका इलाज होगा। हम आपके जल्दी स्वस्थ होने की कामना के साथ साथ आपकी सेवा में लगे हुए हैं और आपकी देखभाल कर रहे हैं। वह रोने से शांत हुआ और ब्लड सैंपल देने को राजी हुआ और वह खुद मोटिवेट भी हुआ। इस तरह एक तरफ मरीजों के साथ काम करते हुए उन्हें जागरूक करना और लगभग 21 दिनों तक अपने माता पिता पत्नी और बच्चों से दूर रहना एक संघर्ष पूर्ण समय था।

इसी बीच ड्यूटी के दौरान मेरी पत्नी की तबियत खराब हो गई और उन्हें cough और throat pain की शिकायत होने लगी। कुछ दिन घरेलू इलाज लेने के बाद आराम नहीं मिला तो मुझे कहीं कोराना तो नहीं हो गया कहकर रोने लगी तब मैंने उन्हें बहुत समझाया और उन्हें ढाढस बंधाया। फिर मैंने तुरंत अपने एक दोस्त को फोन करके बताया तो ऐसे समय में उन्होंने मेरी सहायता की और समय पर एक्स रे करवा कर डॉक्टर को दिखवाया और इलाज करवाया। फिर कुछ दिनों बाद उन्हें आराम मिलने लगा।

तो इस तरह एक तरफ कोराना से ग्रसित मरीजों को ढाढस बंधाना और दूसरी तरफ मेरे डरे हुए परिवार वालों को समझाना और खुद को एनर्जेटिक रखना बड़ा चुनौतीपूर्ण कार्य था।

Brother Yogesh

SGPGI Defeat COVID-19 Poster making Competition

Keeping one's mind and body active and in shape is important throughout one's entire lives, but this is especially true in the current stressful times of the COVID-19 pandemic. A creative outlet like painting helps express our feelings and emotions without taking recourse to words, expands our visual horizons, enables our mind to remain young, dynamic and strong and gives a unique feeling of accomplishment..



Director Prof RK Dhiman, conceptualized a poster making competition for children of the employees of the Institute, with the theme "Defeat COVID-19.

The basic idea was to encourage the children to come up with novel pictorial ideas about awareness and prevention related to COVID-19.

The competition held from 26th June-1st July 2020 saw an overwhelming response with nearly 250 participants ranging from age groups 5-18 years.

The prize winning posters shall be showcased in the next issue!!!!!!...

Wait for it!!!!!!

Work Must go on! Miles to go Before we Sleep!

COVID pandemic and care of kidney diseases

COVID 19 pandemic affected everyone on the globe directly and indirectly. Patients on maintenance hemodialysis, outpatient, and inpatient services faced the problem of transport up to the dialysis centers, and multiple patients landed for emergency dialysis. Prof Narayan Prasad, Department of Nephrology, and the secretary of Indian Society of Nephrology seeing the gravity of the situation and formed a committee under the banner of the Indian Society of Nephrology to frame a guideline for MHD patients. This guideline was adopted by Government of India to enforce across all states so that the COVID suspect and COVID positive patients should not be denied dialysis. This saved the life of many dialysis patients across India. We have also made a checklist for preparedness for HD units for COVID definite and COVID suspect patients (available at <https://www.healthcareradius.in/clinical/25878-haemodialysis-unit>) and for preparedness, which was subsequently adopted by the World Health Organization, as well. Simple precautions and big achievements at SGPGIMS



Prof Amit Gupta HOD, Nephrology SGPGIMS, Lucknow took quick initiative in setting up an isolation area for dialyzing COVID suspect and positive patients with full precautions of Personal Protective Equipment (PPE) kit. Another separate dialysis facility for confirmed COVID patients was created at Rajdhani COVID hospital, where COVID patients from UP, Bihar, and Nepal etc., were dialyzed. A separate guideline for the dialysis unit has been framed under the guidance of Prof Amit Gupta. Our dialysis unit is one of the largest public sector units in India, with 55 dialysis stations, 8 specialized ICU stations, and 6 isolation stations for hepatitis virus-positive patients. We are successfully dialyzing more than 100 patients daily in our unit during these COVID days. The unit has been partitioned into 8 different cubicles with 6-8 HD stations. Small steps of standard precautions lead to significant gains. The sister in charge, Mrs. Shamim, and the chief technician, Mr. Sridharan, our other dialysis technicians, and nurses, cooperated tremendously in adopting and adhering to the Guidelines. We have successfully dialyzed 25 SARS-CoV-2 positive MHD patients on thrice/ twice per week till they became RT-PCR negative and were sent back to their parent dialysis center. Prof Amit Gupta, Prof Narayan Prasad, and Dr. Dharmendra Bhaduria from the department took the task of the

quarantine management committee of the institute, along with other colleagues. We are proud to say that we have taken the challenges and stood up to the expectations of the health care workers of the institute during passive quarantine out of campus in different hotels. Dr. Anita Saxena, a nodal officer to the Kitchen of the institute, ensured timely and quality food to the health care workers. Prof Anupama Kaul was a member of the Triage area of the COVID hospital. Dr. Kaul, Dr. Manas Ranjan Patel, Dr. Monika Yachha, Dr. Ravi Kushwaha, and Dr. Manas R Behera took the responsibilities of making rosters, distributing duties of the residents and faculties in the different working area of the hospital. We would like to thank the transplant surgery team of Prof Anees Srivastava and Dr. M S Ansari for taking up the challenge of performing kidney transplant surgery during COVID 19 pandemic. We are thankful to the real workforce of the department, our senior residents, real COVID warriors who never showed any hesitance in performing their duties even in the odd hours, and kept the flag of nephrology flying high.

We appreciate our Director for initiating the care of non COVID patient areas in parallel with COVID care.

**Dr. Narayan Prasad,
Nephrology**

Impact of COVID-19 pandemic on blood donation

Donate your blood for a reason, let the reason be life: Remember you're Somebody's type

Novel corona virus disease (COVID-19) is caused by recently discovered corona virus SARS-CoV-2, which is primarily a respiratory virus. The first case of COVID -19 in India was reported on 30 January 2020 from a student who had returned home for a vacation from Wuhan University in China. Seven weeks later, the Indian government declared nationwide lockdown (LD) from 25th of March as a preventive measure against the COVID-19 pandemic. Even after complete LD, the number of confirmed positive cases increased rather rapidly and changed many routine practices at transfusion centers. This pandemic can potentially have a negative impact on the transfusion services and we, as blood bank experts, face many challenges. These include risk of transmission of infection through transfusion (although blood-borne route is not yet proven), risk of donor/hospital staff exposure to infected cases and changing pattern of blood supply and demand. In response to these challenges, various interventions have been implemented to neutralize the possible negative impact on blood services. Here we want to share our experience as a hospital-based blood bank, about the impact of COVID-19 pandemic on various aspects of blood services and how we have responded to events during the pandemic.

Safety Measures Adopted : In view of COVID-19 outbreak, a policy document, suitable to local needs was formulated and adopted in accordance with National guidelines. Practices and procedures adopted are described briefly herein.

General measures

- Staggered duties of the staff.
- Use of appropriate personal protective equipment (PPE) in all areas.
- Regular equipment/floor/working bench cleaning using 1% sodium hypochlorite or other equivalent recommended disinfectants.

- Disinfection of waste generated during working of blood bank using 1% sodium hypochlorite.
- Primary screening area including history of exposure was introduced at the hospital main gate in all prospective donors coming for donation.
- Strict donor only policy was implemented to reduce overcrowding inside the blood donor area.
- Donors were checked for body temperature by a hand held infrared thermal scanner before entering into the blood donor area.
- Reorganization of waiting area and donor couches to maintain social distancing protocol.
- Use of physical barriers in the form of transparent plastic sheets between the staff and donor.
- Implementation of covid related questionnaire for donors as per the guidelines issued by National Blood Transfusion Council (NBTC).
- Each donor was given hand rub sanitizer and a face mask, if already not wearing one.
- The staff was instructed to use PPE (gloves, face mask, disposable gown).

Recruitment of blood donors

- Blood donor movement passes were issued (e-pass/WhatsApp) mentioning date of donation to allow them to travel to blood bank for donation.
- Intensification of personal communication with individual voluntary blood donors and camp organizers to motivate them for donation.
- Intensification of IEC activities on various platforms of mass media (Print/electronic media including social media).
- Transport facility was provided to small group of voluntary donors, who were not able to organize camp.
- Focus on strategies to promote in-house Voluntary Blood to support long term transfusion dependent patients such as thalassemics and emergency cases during lockdown.
- Increased personal communications with individual voluntary donors and camp organisers.
- Donation by appointment was introduced in LD to avoid crowding inside donor area and to facilitate unimpeded donor movement.

Our efforts resulted in significant increase in in-house-VBD for both Whole Blood and Apheresis platelets by 7-8 times compared to pre-LD period. A total of 3% and 27% of Whole Blood and Apheresis Platelets, respectively were collected on appointment basis, thus improving the daily collection. The impact of such emerging viruses can have multifaceted and unpredicted consequences on the blood supplies. Our experience highlights the importance of disaster preparedness plan to ensure adequate blood supply during periods of lockdown due to pandemic. Central to planning is establishment of proper infrastructure to protect blood donors and blood bank staff and better coordination with all stakeholders including voluntary blood donors/ organizations, government agencies and clinical colleagues. Our observations in this study may be useful to other hospital based blood centres in responding to such situations.

Dr Rajendra Chaudhary & Dr Rahul Katharia
Dept of Transfusion Medicine

Corona Warriors

Sister Sushila, We salute you!



I am Sushila, A contractual Staff Nurse in SGPGI. When my duty was to start in Covid Ward, I was very scared. I called my father and talked to him, he gave me strength and told me "My daughter, you have been given a big opportunity to serve your country, so you should not step back and should not be afraid". Through that talk I gained courage and strength. After completion of my covid duty, During my time of Quarantine I got the news that my father has passed away. On hearing this news my heart filled with sorrow and I recalled that I didn't get a chance to see him one last time during his illness. After completing my Quarantine period, on the last day I got my test done and when the report came as negative I went to my hometown. After returning, I got posted in Dialysis ward. I just want to say that I have been trained very nicely about donning and doffing. If we properly and carefully do our donning and doffing procedure, then there will be no chance of spillage of infection. We have to fight against corona and defeat it. This is our responsibility.

Sister Sushila, Xeam

"A true warrior is one who does not retreat after seeing his enemy, rather he will come up and face the enemy firmly."

My name is Poonam. Today I want to share my experience as a corona warrior. We were trained to put those who need us first. In the month of March, when Corona was spreading globally, it was like an unknown enemy for us, about whom we too were not fully aware and perhaps not prepared. It was a once in a life time experience for all of us where we encountered such situations where patients were kept away from families and no one even wanted to touch them but on the other hand it was a chance for us to use our professional knowledge wisely. As a health care worker, it was not easy for us to deliver our service in such situations, working in such hard environments. Remaining quarantined for several days tests your patience, but it is very important to keep your spirits up. I am glad that my co-workers and my family always encouraged me in this difficult time. I was married just two months ago and started a new family. Staying away from home for 21 days, the risk of infection etc. were fearsome but I also had a big responsibility like other nurses to fulfill. At such times my family never let me feel alone and continued to encourage me towards my duty, and that is why I was able to focus on my patients and my work during my tenure. With the mutual support of all my nursing staff and medical staff and with the guidance of senior officers and trainers, I have fulfilled the responsibility with full commitment and I am proud that in this manner, I served my nation and its people.

Sister Poonam
Pulmonary Medicine Department

Positivity in Corona Times

Medical Ethics in the Times of COVID-19 Pandemic

Ethics is knowing the difference between what you have the right to do and what is the right thing to do.



The inaugural edition of series of Symposia on "Medical Ethics" planned on instructions and guidance from Honorable Minister for Medical Education, Finance and Parliamentary affairs, Govt of UP, Sri Suresh Khanna ji was organized at SGPGIMS Lucknow on Thursday 11th

June 2020. The theme of this symposium was "Tele-educational program on Medical Ethics in the time of Covid-19 Pandemic". Owing to the compulsions of social distancing, when no large congregations could be held, the inaugural ceremony involved only a handful of dignitaries and invited guests in person, which included Honorable Minister Medical Education, Finance and Parliamentary affairs, Govt of UP, Sri Suresh Khanna ji, Dr Rajnish Dube, Additional Chief Secretary, Medical Education, Government of UP, Dr. KK Gupta, Director General Medical Education, Dr Shaleen Kumar, Director Super-specialty Cancer Institute, Principal, Era Medical College, Officers, Heads of Departments, and Faculty members of SGPGI. A large number of doctors, nurses, and resident doctors from SGPGI and various medical institutes and medical colleges of Uttar Pradesh participated in the symposium from remote locations, using the video-conferencing platforms and the telemedicine network.

The program started with the ceremonial lamp lighting and invocation to goddess Saraswati. Inaugurating the program, Honorable minister Sri Suresh Khanna ji, in his address as the chief guest of the function emphasized the importance of a curriculum on medical ethics for the medical students, and how on his instructions and guidance, a formal course of the same has been started in some medical institutions of the state. He complimented SGPGIMS for the high standards it has set for ethical medical practice in the state, which has brought laurels from not just the peers from various parts of the country, but from various countries across the globe too, and hailed its leadership role in the field of patient care, medical teaching & training, and research. Underscoring the necessity to ingrain the habits of tolerance, compassion and self-less services, he exhorted the senior faculty of the institute to set a good example for the trainee doctors to follow.

Dr Rajneesh Dube, Additional Chief Secretary, Medical Education, Government of UP, who was the guest of honor, spelt out the specific need for ethical and moral approach while caring for patients with COVID-19, and for balancing the issues of patients privacy, and transparency in providing services in a COVID hospital. Professor Radha Krishan Dhiman, Director of SGPGIMS complimented the vision of Sri Suresh Khanna ji to start this program to sensitize the medical fraternity towards their moral responsibilities for patients afflicted with the serious illness of COVID-19, towards the patient's family, and towards the society. Professor Dhiman thanked the

honorable minister and the state government and medical education department for the confidence they have reposed in the institute's abilities to provide top-notch medical care, as well as guidance and helping hand to medical facilities across the state in care of COVID-19 patients. Professor Soniya Nityanand, Executive Registrar of the institute, and the member secretary of the state committee on medical ethics, provided a glimpse into the genesis of the program on medical ethics, and told that such symposia addressing various issues relating ethical medical practice will be held periodically now on. On behalf of the organizing team, a vote of thanks was proposed by Professor Gaurav Agarwal from the Department of Endocrine & Breast Surgery.

The inaugural ceremony was followed by inspiring lectures by the faculty, senior residents and nursing staff. Dr. Sakina Jahan, a resident doctor in department of emergency medicine spoke on moral responsibilities of doctors towards patients of COVID-19 whereas Nursing officers Mrs Neema Pant and Ms Rachna Mishra explained roles and responsibility of the nursing staff towards critically sick patients. Dr. Aakash Mathur, resident doctor in department of Gastroenterology dwelt upon the face of societal harassment of Healthcare workers involved in COVID-19 care and how to deal with it. Dr VA Saraswat and Dr Amit Gupta, both senior Professors of SGPGI, eloquently explained the moral responsibility towards the protection of Health Care workers, and the ethical dilemma of treatment of non-COVID patient in present scenario, respectively. The lectures were followed by a lively Q&A session, where in members of the audience provided insightful comments and suggestions.

The program ended with the national anthem.



As we navigate this difficult time in which so many individuals and communities are being impacted by COVID-19, Relatives of the deceased may have a variety of reactions including Anxiety, stress, depression or specific mental health issues. We want you to know that you're not alone and try our best to help you morally in the right direction keeping in mind the Guidelines issued by the Ministry like viewing the Body, and the rest of the protocols. Willingness to connect and to encourage communication will help our communities to heal.

**Sister Rachana Mishra,
Neurosurgery ICU**

Nursing care of a Covid patient is morally challenging. The patient is alone in the ward without any relative and may become sicker. Watching these patients through illness and death and at the same time we ourselves dealing with a hectic schedule, in an unfamiliar situation wearing PPE and that too living in Quarantine without family support may lead to compassion fatigue and moral distress. Moral responsibility of a nurse towards Covid patient was my topic, on which I spoke in a symposium organized by our institute and it was widely watched on youtube and zoom link.

It was an honour to speak in front of honorable minster for Health education Sri Suresh Khanna ji and Principal Secretary Medical Education Dr Rajneesh Dube ji and presenting nurses' perspective regarding moral challenges and responsibilities.

**Sister Neema Pant,
Covid Management Team**

Art of Living Workshop

Health care workers are the hardest hit during this fight against the corona virus. They are the frontline warriors toiling day and night. Long working hours in uncomfortable PPE kits become arduous for them. Apart from the physical challenges, there are emotional stresses as well. Witnessing the havoc caused by the virus, seeing young and old suffering alike, seeing otherwise fit persons, gasping for breath in a short span of time - all these, and for months on end, are now taking a toll on the well being of all these workers. Clearly, there is a need to keep our warriors safe, healthy and fit. It is with this sentiment that our Director, Professor R K Dhiman, when approached by the Art of Living Foundation team, welcomed this chance to intervene and improve their health, both physical and mental, for them to sustain this prolonged period of crisis.

Briefly to sum up about the Art of Living (AOL) initiative - The Art of Living Foundation is a volunteer-based, humanitarian and educational non-governmental organization. It was founded in 1981 by Sri Sri Ravi Shankar. AOL offers several stress-elimination and self-development programs, based on breathing techniques, meditation and yoga. During this pandemic period, they decided to organize free of cost online workshops for HCWs with the aim of strengthening their immune system, respiratory system, and bring mental and emotional balance and peace, allowing better decisions to be taken. Prof Dhiman with the help of our ever willing Telemedicine team set up these workshops for SGPGI employees and their families between 11th June to 15th June in 2 batches (morning and evening). About 100 people enrolled, and learnt the technique of "Sudarshan kriya" and are now committed to continue the practice to reap its full benefits.

To get a glimpse of how useful the participants found these workshops - Dr Praveena Dhiman felt the classes to be enriching physically, mentally and emotionally; Dr Neha, Resident SGE found it calming, Dr Ruchi Saxena felt rejuvenated and Dr Divya got a feeling of inner peace.

These AOL sessions came at a time when they were much required for the general health and well being of our teams that are consistently toiling hard without any respite in sight.

**Dr. Preeti Dabadghao,
Department of Endocrinology**

Conferences In SGPGI

"2nd Dr DK Chhabra and Dr VK Jain Oration and Update on Surgical Neurooncology" organized by Neurosurgery department:

Was held from 28th February to 1st March, 2020 at the SGPGI Convention center and attended by nearly 200 delegates from India and abroad.

The key highlights were an alumni meeting which has become an annual affair for the department. Two hands-on workshops on intra-operative neuromonitoring (conducted by specialists from Hyderabad) and ultrasound in neurosurgery (conducted by a specialist from AIIMS, New Delhi) were part of the conference. Live demonstration of challenging neurooncological surgery (one on endoscopic skull base approach by Prof. B.S. Sharma, Ex-HOD, AIIMS, New Delhi and another on eloquent cortex glioma by Prof Dilip Paniker, Chairman, Neurosciences centre, Aster Medicity, Kochi) by national experts was conducted. Another highlight was release of the book titled "The operative atlas of neurosurgery: a compendium of 120 Neuro-oncological, case-based, surgical approaches" brought about by Thieme Medical Publications. This 1600 page two-volume microneurosurgical atlas was co-edited by all faculty members of the department within a very short time frame of two months, with contributions from authors from all over the country. Free papers, posters and operative video sessions were also held.



Book release by founding fathers of the department namely Prof D K Chhabra, Prof V.K. Jain, Prof Piyush Mittal, Prof Deepu Banerji along with international faculty members including Prof Cunha e Sa from Lisbon, Prof Anil Nanda from USA and Prof. Kiyoshi Saito from Japan, and Padma Shri Dr. Ananda Shankar Jayant, a renowned Bharatnatyam dancer

Dr. Anant Mehrotra

Indian Society of Nephrology North Zone Annual Conference

Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow always believes in disseminating knowledge and frontline leadership in academics and research. Just before COVID took a foothold in India, the department of Nephrology successfully organized Annual Conference of North Zone, Indian Society of Nephrology on 28th, 29th February and 1st March 2020 in Shruti Auditorium SGPGIMS, Lucknow. More than 300 delegates and stalwart Nephrologists from India and abroad attended the conference. This academic feast with an excellent scientific content touched all aspects of nephrology practice in-depth.

The patron of the conference, our Director Prof R K Dhiman, having newly joined SGPGIMS, blessed the occasion during the inaugural

function. He shared words of wisdom about his old association with the institute as the first DM student of the institute in 1991, then Professor and Head of department of Hepatology at one of the premier academic institute, Postgraduate Institute of Medical Science and Research, Chandigarh and now as the director of the institute in 2020. His biography influenced each person in the auditorium. He highlighted the advantage of training at SGPGIMS, which not only inculcates the knowledge of the subjects for passing the examination, but also promotes the development of leadership quality in students to lead from the front. Honorable Minister Shri Suresh Khanna ji, Minister of Medical Education, Finance & Parliamentary Affairs, Government of Uttar Pradesh was the chief Guest of the inaugural function. The passion of the honorable minister to improve the health structure and medical education in the state is remarkable. It has been witnessed by all of us in the current COVID time with efficient management and outcomes of COVID patients in the state. He emphasized about the need of empathy in doctors in the treatment of patients. Prof Dhiman echoes the thought of the Honorable minister. The inaugural function dais was shared by stalwart nephrologists- President, Indian Society of Nephrology Prof KL Gupta, President of the north-zone ISN Prof A K Bhalla, Secretary Dr. Sanjeev Gulati, President of the conference Prof Amit Gupta, Secretary of Indian Society of Nephrology and Organizing secretary Prof Narayan Prasad.



Dr Amit Gupta and Dr Narayan Prasad, Nephrology

Rare Disease Day Celebration at SGPGIMS, Lucknow

As the world celebrated the 13th Rare Disease Day on 29th February 2020, the department of medical genetics, SGPGIMS in collaboration with Lucknow chapters of Indian Academy of Pediatrics (IAP) and National Neonatology Forum put together a memorable event to salute the spirit of patients and their families and enlighten society on rare diseases and advances in its treatment, aptly on a rare day which comes every leap year! Head of the department Dr S R Phadke, our forever crusader for all diseases rare welcomed the Director, the chief guest and all delegates and uplifted the morale of the patients, their caring families and treating doctors. The event started with light hearted games for the children coordinated by Dr Mayank & Dr Neha. Children from Asha Jyoti School charmed the audience with their dance performances. The chief guest for the event Dr Charulata Deshpande, Consultant geneticist from Central Manchester University Hospital, UK apprised the attendees on novel therapies. Words of blessings and support by Prof R K Dhiman brought grace to the program. Dr Amita Moirangthem held a stimulating panel discussion on the role of Exome sequencing in Newborn screening, early intervention and disability prevention.

Motivational talks by strong willed patients elaborating their personal journeys of living with and adapting to their diseases were the highlights of the program. It provided an unusual opportunity for

clinicians to learn from patients. Participation of patient support groups, MERD India and LSDSS made the program a great success. The program provided a platform where patients and their families discussed their doubts and interacted with various support organizations. Champions of various rare diseases enthralled everyone with their experiences.

Altogether, the experience emboldened optimism in one and all. The purpose of conducting this program is not only to benefit the patient but also create awareness amongst the public so as to make preventive programs like Newborn Screening acceptable to the community.



Ms Arya Shambhavi & Dr Somya Srivastava, Department of Medical Genetics

SGPGI Steers the First online Neonatal ventilation workshop

Held between 11th to 17th May 2020 with 350 Participants-A pioneer start and a novel approach.

Dr. Girish Gupta, Head, conceptualized and planned the scientific program and played an instrumental role in mentoring organizers and faculty members. A gamut of topics was covered by the teaching faculty, including "Decision making in respiratory support and building up basic concepts", "Oxygen therapy and HHFNC" "Practical concepts in CPAP in neonates", "NIPPV and HFOV in neonates", "Initiation and Monitoring of ventilated baby" and "Lesser talked about topics in ventilation". The distinctive feature here was that each lecture was followed by 24 hours conversation on whatsapp platform where participants posted their queries, an online interactive space thus created.

This online uniquely designed workshop has initiated a new vista for training of care providers in Neonatal Intensive Care. There is already growing request from the Pediatricians & Neonatologists in the state of UP & beyond, to conduct similar events addressing important clinical issues in Neonatology on regular basis under the aegis of Neonatology Department of the SGPGIMS, Lucknow.

Dr Anita Singh, Neonatology

6th Advanced Course In Renal Nutrition And Metabolism

The Department of Nephrology, SGPGIMS organized 6th Advanced Course In Renal Nutrition And Metabolism on 18th and 19th January at Hyatt Regency Gomtinagar, Lucknow. The theme of the course was prevention of protein energy wasting (malnutrition). The course was organized with the purpose of educating physicians, nephrologists and dieticians to skillfully detect malnutrition and prevent it from advancing with nutritional intervention in patients with chronic kidney disease, under the auspices of Society of Renal Nutrition and Metabolism. The speakers were eminent nephrologists from all over India. The scientific contents of the course related to

issues of utmost importance in day to day practice. The course was structured along understanding pathophysiology of protein-energy wasting and metabolic changes in kidney disease. It covered topics such as nutritional screening and assessment for evaluation of nutritional status, and updates on nutritional management, strategies for prevention of protein energy wasting, and reviewed current renal-specific nutritional practices, nutritional guidelines and treatment options, for the range of CKD conditions such as acute kidney injury, diabetic nephropathy, hypertension, glomerulopathies, end stage renal disease, dialysis and renal transplant.



Dr Anita Saxena, Department of Nephrology

Awards and Achievements

Department of Molecular Medicine

BIRAC COVID-19 Research Consortium Grant

In an effort to develop safe and effective biomedical solutions against COVID-19, **Dr. Santosh Kumar Verma**, Assistant Professor, Department of Molecular Medicine & Biotechnology, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow has recently received research grant approval from Department of Biotechnology, Govt. of India (Ministry of Science & Technology) under Department of Biotechnology (DBT)-Biotechnology Industry Research Assistance Council (BIRAC) invited application call for COVID-19 Research Consortium.

Technology developed for rapid diagnosis of COVID19 in a cost-effective manner

The Department of Molecular Medicine and Biotechnology, under **Dr Swasti Tiwari**, is the first to develop a rapid and affordable technology for detecting SARS-CoV-2 RNA in human samples. The developed method detects the viral RNA in mere 30 minutes making the technique the fastest yet. The developed technology is a fresh approach, not in use or claimed for COVID19 diagnosis yet. The department is going to start the validation process in large number of clinical samples in collaboration with the Departments of Microbiology at SGPGI and RMLIMS, Lucknow. After validation and ICMR approval the test will be available for use in public. The developed affordable technology holds promise for mass screening as it does not require sophisticated instrumentation.

SGPGI Website:

Under the supervision of **Prof. R.K. Dhiman**, the department of Molecular Medicine & Biotechnology has been instrumental in the development of the COVID-19 resource website available at www.covid19sgpgims.com. The special support from the Information committee, especially **Prof. Sanjay Behari**, chairperson of the committee, gave a dynamic look to the SGPGI COVID19 website. Additionally, efforts by **Dr. Shubhchintan Randhawa** (a Senior Demonstrator at the department) have kept the website updated and fresh with the most recent content. The aim of the website was to develop a resource center not only for patients and the press but also for doctors and health care workers who are seeking disease management protocols. The website also lists various efforts made by the government and SGPGIMS management in response to the COVID-19 pandemic. The website includes information for patients, like emergency numbers and details of the eOPD schedule and contact numbers. Additionally, it has resources like "SGPGIMS recommended protocols" and "Advisories & Guidelines" from MOHFW, ICMR and WHO and COVID-19 related literature.

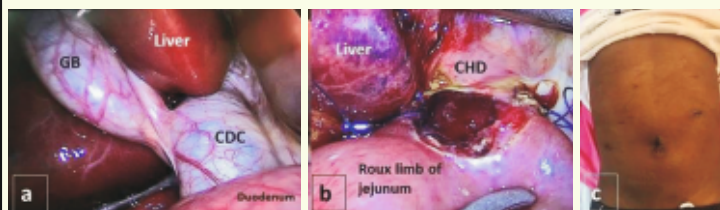
Department of Pediatric Surgery

Crossing new frontiers with Minimal Access Surgery

The department of Pediatric Surgery, SGPGIMS is an apex tertiary care referral centre for the management of difficult & challenging surgical diseases in children. It is especially recognized at the national and international level as a high volume centre for pediatric gastrointestinal and hepatobiliary surgery.

Pediatric Surgery, SGPGIMS added another feather in their cap recently when they performed their first "Laparoscopic Choledochal Cyst (CDC) Excision with Roux-en-Y Hepatico-Jejunostomy (HJ)". The surgical team of **Dr. Ankur Mandelia** (Assoc. Prof.), **Dr. Ashwini Misra** (PDF), **Dr. Yousuf** (PDF) operated on a 4 year old girl who presented with recurrent episodes of pain and jaundice. The surgery was uneventful and the patient is doing well in follow up. Since then, another 5 cases of Laparoscopic CDC excision with HJ have been performed successfully before the COVID outbreak.

Most surgical procedures can now be performed by laparoscopy or thoracoscopy in children, even in newborns and small infants. Minimal Access Surgery (MAS) in children has the same advantages as that in adults like smaller incisions, better cosmesis, less post-operative pain, faster post-operative recovery and early discharge. However, the limited space for access and ergonomics in children makes MAS in children very demanding. Dept. of Pediatric Surgery have been regularly performing both basic and advanced Pediatric MAS procedures and actively involved in teaching and training the same.



Legends.

- a) Laparoscopic view of CDC
- b) H J in progress
- c) Cosmetic scars

Department of Clinical Immunology

Professor Amita Aggarwal was awarded the Malaviya Rheumatology Traveling Professorship in Feb 2020 to increase awareness about Rheumatology in an area where Rheumatology services are not available and to mentor a faculty member in a Medical college to start a Rheumatology clinic.

Department of Clinical Hematology

Dr Nihar Desai (DM Student) and **Dr Faheema Hasan** (DM Student) had participated and won 1st prize in the Myeloma-Quiz, held during Indian Myeloma Congress, 2020 in Hyderabad on 12th January, 2020.

Dr Mausumi Kar (PDCC student) and **Dr Preeti Khokhar** (PDCC Student) had won 1st and 2nd prize, respectively, in the Hematology-Quiz, held during RGCON, February 2020 in New Delhi.

Dr Khaliqur Rahman (Additional Professor, Department of Hematology) had won the Best Paper award in 4th ISHBT-EHA tutorial held at PGIMER, Chandigarh on 28th Feb, 2020.

Department of Medical Genetics

Final year PhD student, **Dr. Deepika Delsa Dean** who did her PhD research in the Department of Medical Genetics under the supervision of **Prof Sarita Agarwal** was awarded with Young Investigator Award of a \$2,500 grant in Conference "Translational Reproductive Biology and Clinical Reproductive Endocrinology Conference (FRM 2019)" held in New York, USA during November 21-24, 2019. This was a great achievement for the Department and the Institute as a whole.

This Conference was organized to offer a current and authoritative update for reproductive scientists and clinicians about important new translational developments in reproductive biology, physiology and clinically relevant patient-care-issues.

Our abstract entitled "Does the CGG repeat size and composition at FMR1 gene explain the unexplained recurrent spontaneous abortion?" won for the Young Investigator Award of a \$2,500 grant

Our study highlighted an important aspect that needs to be addressed in the direction of recurrent spontaneous abortion, as 50% of these cases are of unknown etiology. Here, we hypothesised a unknown link between a premature ovarian insufficiency causing gene FMR1 and recurrent spontaneous abortion

SGPGIMS as Centre of Excellence for Severe Acute Malnutrition (SAM) in U.P.

Severe acute malnutrition is one of the critical illnesses in children under 5 years.

U.P. has an estimated 1.2 lakh SAM cases who may require medical treatment. Currently there is a network of 77 nutritional rehabilitation centres (NRC's) which offer clinical care to approximately 18,000 wasted children.

Unlike other states, Uttar Pradesh does not have a Tertiary Centre for care and management of severely complicated wasted children. There is no technical resource available to guide the management of

sick complicated cases and there is a felt need to create a Tertiary Centre to a) guide management of these complicated cases and also b) connect the network of NRC's with a dedicated state driven technical pool who can support the clinical management. c) There is also a long felt need to constitute a Technical Body to guide and advise the policymakers, senior health program managers on clinical management of 90% wasted children who cannot reach the NRC.

Considering the rich technical expertise available in SGPGI and the need for a resource center in U.P., UNICEF approached the Director **Prof RK Dhiman** for the formation of a Centre of Excellence at SGPGIMS. A Technical Body was formed thereafter, comprising of **Dr Piyali Bhattacharya, Dr Kirti N, Dr Moinak Sen Sarma** and **Ms Rama**.

Orientation training was completed on 12 June 2020.

SGPGIMS is now the Center of Excellence, Uttar Pradesh and its collaboration with UNICEF & NHM will leverage knowledge and skills in saving lives of many young children.

Department of Neonatology.

Innovations at its best

In the era of new emerging diseases and faster changing technologies there is immense need of innovations to customize the clinical practice according to patient, specialty, clinical conditions and disease burden.

The department has developed several innovative models for teaching and training at institute, local and National platforms. Our innovations include Simulators, Innovative personal protective equipment and customization of the respiratory equipment for multiple uses. The Innovative simulators include those for peritoneal dialysis, intercostal chest tube drain insertion and cricothyrotomy. These are very helpful for teaching and training as all the above situations are emergency and life threatening. The others include that for thermoregulation and a splitter which when integrated in continuous positive airway machine can be used to double the utility of the machine in terms of patient care. The department aims to do more in the field and proceed for patent wherever feasible. In the era of COVID 19 Pandemic, the department has also tried to develop several low cost modification of personal protective equipment.



Department of Neurosurgery

- Dr. Aachal Datta: 1st prize in poster competition in the 2nd Dr. DK Chhabra and Dr. VK Jain annual orations (Feb-March 2020). Dr. M. Arulalan: British Academy of Otolaryngology (BACO) fellowship for 2020. Dr Soumen Kanjilal: 3rd best paper presentation at the UP-UK Neuroscience society meeting.
- The Neurosurgery department along with Radiology, Neurology and Neuroanesthesiology, conducted the 1st deep brain stimulation surgery for Parkinson's disease in UP under the guidance of eminent DBS specialist, Prof Milind Deogaonkar, from Dept of Neurosurgery, University of West Virginia, USA.
- Dr. Anant Mehrotra & Dr. Jayesh Sardhara: Teachers at the minimally invasive spine surgery workshop at PGI Chandigarh.
- Dr. Arun Srivastava & Dr. Dr. Jayesh Sardhara: organized a symposium on craniovertebral junction anomalies at the Pediatric Neurosurgery Annual Conference, Kolkata. Dr. Arun Srivastava nominated as Treasurer, UP-UK Neurosciences Society 2020-21
- Dr. Amit Kesri nominated as Secretary of Neuro-otological & Equilibriometric Society, India and President Elect, UP Association of Neuro-Otology of India, 2020
- Dr. Ravi Sankar: awarded Physician Program Fellowship award at House Institute, Los Angeles, USA, membership of American Neurootology Society, conducted cochlear implant course 2020 in SGPGIMS.
- Dr. Awadhesh Jaiswal: Guest Faculty at Paediatric Oncology Conference, Cairo. Guest Faculty, Annual Micro Neurosurgery Course at AIIMS 2020
- Dr. Sanjay Behari: nominated President, UP-UK Neurosciences Society 2020-21. Took the B. Ramamurthi oration, Institute of Neuroscience, Madras Medical College, Chennai. Chief Examiner for conducting Neurosurgery exit exam, Sudan. Conducted the Association of Spine Advanced Course on Cervical Spine at Dhaka.

Department of Pediatric Surgery

The department of Pediatric Surgical Superspecialties at SGPGIMS, Lucknow was created in 2008-09 under PMSSY project during 2nd phase of development of the Institute. The department is recognized as a high volume center for pediatric gastrointestinal and hepatobiliary surgery for management of difficult & challenging surgical diseases in children. The department has been the first in the country to start a Post-doctoral Fellowship (PDF) in "Pediatric Surgical Gastroenterology" with induction of 2 post-M.Ch /DNB Pediatric surgery candidates. The Medical Council of India (MCI) after due inspection of the department, has now granted permission to start M.Ch. Pediatric Surgery course (2 candidates annually) from the academic year 2020-21. The dept also recently conducted the board of studies to start 2 fellowship courses i) PDF in Pediatric Oncosurgery and ii) PDF in Pediatric Minimal Access Surgery (one candidate each, per year). We look forward to welcoming bright young residents to our Department and helping train and nurture their growth into superspecialists.

Dr. Basant Kumar, Paediatric Surgery

Felicitations

SGPGI Felicitates Corona Warriors



The world needs more such heroes

Mr Ajay Singh, Nurse in Immunology ward, did a yeoman service by providing free food to poor persons (migrants and labourers) during the lockdown period. He with his small team fed 800-1000 persons for 65 days.



Professor Devendra Kumar Chhabra
(16th December 1941-30th June 2020)



Professor Devendra Kumar Chhabra has been one of the most illustrious names in Neurosurgery in North India. He completed his MBBS, MS(General Surgery) and MS(Neurosurgery) from King George Medical University (KGMU), Lucknow, Uttar Pradesh, India. He also undertook a short neurosurgical exposure under Professor RS Ginde in Mumbai, who was also his MS (Neurosurgery) examiner. Professor Chhabra's contribution to the establishment of Neurosurgical teaching

has been immense. He has been instrumental in starting three major academic departments of Neurosurgery in his home town, Lucknow, the capital of the largest state of India, Uttar Pradesh.

Along with his mentor, Professor VS Dave, he established the Department of Neurosurgery at KGMU. After working there for more than a decade, he was one of the three faculty members who helped to establish the prestigious Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow, that is today ranked among the best five government medical postgraduate institutes of the country. He joined the Department of Neurosurgery of this institute as Chairman in 1986 and more than 100 residents have undergone training in Neurosurgery since then. His students now occupy prominent chaired, academic and consultant positions in many prominent medical institutions in Uttar Pradesh, throughout other states of India, and in many parts of the world. After superannuation in 2003, he went on to establish an academic Department of Neurosurgery in a private charitable institution, Vivekanand Institute of Medical Sciences, Lucknow. He has also served as the President and Founder Member of the Uttar Pradesh Neuroscience Society. He has also helped to organize several academic international conferences during his tenure as Chairman of Neurosurgery, SGPGIMS.

He is best known for designing the economical "Chhabra" ventriculoperitoneal shunt that has benefitted countless patients suffering from hydrocephalus. It is now used in 28 countries of the world and has been endorsed by the International Society for Pediatric Neurosurgery.

The shunt system is affordable enough to be used by most patients in developing countries and yet is of adequate technical and sterilization standards to be used in the developed world. He did not accept any royalty acquired from the sale of the shunt system. He received the "World Medical Inventor of the year" award in Japan for the shunt system. He has also been unanimously elected as the President of the Indian Society for Pediatric Neurosurgery. He has coauthored several important publications in prominent journals and books. He has been instrumental in forging a deep friendship with several international societies. Six generations of Japanese neurosurgeons have visited SGPGIMS as young trainees and several of them have gone on to become Chairpersons of prominent neurosurgical departments in Japan. He has also been invited as Visiting Professor to Nagoya University, Japan. As a mark of his contribution to the development of Neurosurgery, an operation room in SGPGIMS is named the 'Dr. Chhabra operation room.' An annual "Dr. DK Chhabra oration" is also held in the institution where an international orator is invited.

He was extremely quiet and soft-spoken. His humility and helping nature won him several close friends. His self-effacing nature and special ability to always project his junior colleagues ahead of him enabled him to establish a successful team wherever he worked and in bringing out the

best in his colleagues. His concern for his patients has been legendary. This personal attribute has made him the most sought-after neuroscience specialist of the state until even a week before he passed. His wife, Mrs. Apjit Chhabra, the Head of the Department of Ophthalmology, KGMU, and their son, Sarab, who has just completed medicine, have ably supported him throughout his illustrious journey.

Professor Chhabra's inspiring legacy will continue to last forever in the minds of countless patients and students who have been touched by his selfless zeal and dedication.

Mrs. Kamini Pradhan
(30th March, 1957- 7th June, 2020)



Mrs. Kamini Pradhan, born in Agra, passed away at the age of 63, after battling cancer valiantly for 12 years. She will be lovingly remembered by her husband, Mr. Sharat Pradhan, renowned political analyst and her children Kunal, Executive Editor of Hindustan Times, Delhi, and Mrinal, student of Philosophy at LU and also by the children and staff at the Nursery School (PGI) where she joined in the year 1988 and delivered unparalleled exemplary service and retired from the Principal's post. Her life was a living example of passion and dedication towards work and life. Her actions in school administration and measures to bring out the best in young minds proved very beneficial. She had many innovative ideas and added several novel activities to the school curriculum and took the institution to new heights. Despite her illness, she exemplified excellent will power, dynamism and positivity. Her memories and her smiling face will remain fresh in the minds of people associated with her and the Nursery School.

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

समय के पहिये को, उसने ऐसा घुमाया है,
इंसान को इंसानियत का पाठ फिर पढ़ाया है...
इंसान को इंसानियत का पाठ फिर पढ़ाया है.
है फर्ज हमारा इंसानियत, इंसान को बचाना है.
अपनों के लिए हमने, अपनों को ही भुलाया है.....
अपनों के लिए हमने, अपनों को ही भुलाया है.
हम भी हैं इंसान, दिल हमारा भी धड़कता है.
दिल पर पत्थर रख हमने, अपने फर्ज
को निभाया है....
अपने फर्ज को निभाया है.
हम भी हैं इंसान, पर आज हमें भगवान क्यों बनाया है....?
इंसान को इंसान का बोध आज वक्त ने कराया है....
आज वक्त ने कराया है.
न फूलों की आस है हमें, न तालियों की दरकार है.
हमें भी इंसान समझा जाए, क्योंकि उसने भी, हमें इंसान जैसा बनाया है....
हमें इंसान जैसा बनाया है.
स्नेह और सम्मान का मोल हमने, अपने प्राणों से उतारा है.
हम भी हैं इंसान, और एक परिवार भी हमारा है....
एक परिवार भी हमारा है.
समय के पहिये को, उसने ऐसा घुमाया है,
इंसान को इंसानियत का पाठ पढ़ाया है...
इंसान को इंसानियत का पाठ पढ़ाया है.
मेरी कलम की स्याही से सभी कोरोना योद्धाओं को समर्पित.....
-चारुल खरे, नर्सिंग ऑफिसर

Congratulations Sahil, You are an Inspiration

This year Sahil had been selected to speak at the UN headquarters in Geneva. Quite a mile-stone for our first born, who when he was born 23 years back were told by his Pediatrician – “he would never be able to walk, talk or be ‘normal’”. Not in our dreams did we then think he would grow up to be such a lovable, confident, independent young man. Growing up in the SGPGI family has been a blessing for him. We are immensely grateful for the love, support and encouragement that he received over the years, from his peers, youngsters and elders in SGPGI.

Over the years he has been campaigning for the self-advocacy rights of the specially-abled children like himself. In September 2019 he presented his self-advocacy speech at the India International Down Syndrome conference in Chandigarh. This presentation was greatly appreciated and his name was recommended for presenting at the United Nations on the World Down Syndrome Day, 2020. He was then selected from among a host of applicants from all across the world, to speak as a Self-advocate on the World Down Syndrome Day, at the United Nations Headquarters, Geneva, on the 20th March, 2020, during the session on the Rights of Persons with Disabilities. Unfortunately, due to the COVID-19 pandemic the physical conference could not be held and instead a virtual conference was held by the organizers. His video speech on the theme 'We Decide' was played during the online virtual conference from the UN Headquarters, where he shared his thoughts and feelings with the world. He stressed that they (persons with Down Syndrome) were capable of making their own decisions and they have the right to do so. He appealed to all that we should have faith in our children and give opportunities to prove themselves. The speech was heard and liked by netizens across the world.



Dr Rajneesh K Singh, Surgical Gastroenterology

Campus Capers

- All work and no fun would make SGPGI a dull place, but that's not the case!

Little Scholars Graduation ceremony

Held in February 2020 for the 5 tiny graduates of the SGPGI creche

1. Deetya, D/o, Dr. Jaydeep saha 2. Hardik S/o Mrs. Anju bala 3. Vaani D/o, Dr. Prashant singh 4. Kriti D/o, Dr. Sri Harsha 5. Arnim



S/o, Dr. Lakshya kumar.

All these tiny tots are ready to enter a new world, armed with the learning that knowledge, education and friends are the greatest gifts!

The entire class of 25 got involved in fun activities like flannel board stories, poem recitation and dancing to action songs to give their classmates a memorable send off.

Mrs. Vijayalakshmi, SGPGI Creche

Faculty Club Events 2020

Republic Day

Republic Day, 26th Jan 2020 was celebrated with great pomp, pride and patriotic fervor by the Faculty Club. It was hosted in Lecture Theatre Hall of Shruti Auditorium. Participants had tirelessly practised for two weeks to present a spectacular show. Children and adults donned themselves in tricolour themed clothes. The children presented dances and patriotic songs and short speeches on the glorious lives and valour of freedom fighters and nation builders. The faculty club presented the historical genesis of the National Anthem by Gurudev Rabindranath Tagore and sang the National Anthem with all five stanzas. There was a deep sense of fulfillment in every one of us. It was humbling to see the elderly parents of faculty members rise to the anthem and remain unseated, standing erect for full 5 minutes. Such is the true patriotism of India! Jai Hind!

SGPGIMS Sports Meet 2020

Goodbye cold winter and welcome spring time! The campus woke up early to the crack of dawn on Sunday, 16th February. All roads led to the Sports Meet 2020 in Type 4 park. The ground had been perfectly shaped up for the occasion with trimmed grass, levelled soil and etched running tracks. As the sun shone brilliantly, the children tossed their jackets, chugged their morning milk and rushed for the event. Faculty put on yellow jerseys and white caps to showcase their talents on the sports field. The "fun and fitness" events ranged from slow bicycle race to Lemons and Spoons to Couples three-legged race, 100 metre sprint, family relay-race and garland race. The girls won the keenly contested tug of war event, quietly but surely reminding the brawny men once again that their might was not everything. Light-hearted fun and frolic was the theme of the day. Refreshments, energy drinks, hot aloo-khasta, crunchy oozing jalebis, bananas and healthy sprouts were wiped clean by the hungry athletes. The day when everyone was a winner!

Dr Moinak Sen Sarma, Paediatric Gastroenterology

"Superannuations remind us that "Life is a journey, not a destination."



Mr. Sunil Shishoo joined the Institute on 11.8.1988 as Assistant Superintendent and got superannuation on 31.12.2019 as Deputy Superintendent (Non-Medical). He has been the pillar of Hospital support services under Hospital Administration for more than thirty-one years. He set up the support services of CSSD, Laundry & Linen in the Institute. When the

Institute was reeling under the crisis of medical gases, he was assigned with the responsibility and thereafter, the system fell right in its place under his able management. He also strengthened the housekeeping and sanitation services of the Institute. Furthermore, he served as Public Information Officer of the Institute and also played a vital role as Member secretary Hospital charges committee and member of the purchase committee.

He was full of energy and positivity and always saw through the assigned projects from conception to completion.

He always inspired, encouraged and gave direction to his staff with invaluable suggestions and solutions. He was a man of principles. I wish him long life, a wonderful future with lots to enjoy with his family and friends.

Mr. Yogendra Bharadwaj



Mrs. Philomina John joined the institute on 1 st April, 1986 as the first Technician and superannuated on 31.03.2020 as Chief Technical Officer in the Department of Pathology. She has been a very sincere, humble and hardworking person and she helped in training of several resident doctors and technicians in the department of pathology. We wish her a very happy and contented post retirement life.

Department of Pathology



Mr Dhani Ram, Head attendant retired on April 24, 2020 after working for the institute for 32 years since 1988. He was a very sincere, hard-working and above all a very caring person. Though we could not organize a farewell for him due to lockdown I am sharing a picture of him on the day of his retirement.

Dr Amita Aggarwal

Mrs Monalisa Chaudhari who superannuated from SGPGI in December 2019, joined as PRO (Public Relation Officer) on 12.6.89, and was promoted to Senior PRO on 3.1.97. She retired from this post on 31.12.19.

The SGPGI Newsletter was initiated by her in 1989 under the guidance of Prof BB Sethi (then Director SGPGI) with Dr. Gourdas Choudhuri as Co editor.

Monalisa was known for her friendly and affable nature, an ever-smiling demeanour and her impeccable organizational skills. She performed all her duties with meticulous perfectionism and unending zeal. She also had vast knowledge about SGPGI and authored many books during her tenure related to History of SGPGI and Importance of Public relations in a Healthcare set up. Post retirement she has kept herself busy with her love for cooking, penchant for writing and passion for traveling. All of us wish her a happy and fulfilling life.

Dr Prerna Kapoor



Mr. Harish Chandra Srivastava, a neurosurgery operation room assistant, retired on 30th June, 2020. He had joined the department in the year 1988, initially on a contractual basis and later becoming a regular in the year 1991. Ever since, Mr. Srivastava continued to work in the department, remaining an integral part of the team. During his 32 years of service, he has shown exemplary dedication to his work and has groomed a number of younger staff under him helping in the capacity building. He has been an ideal team man, gelled well with his colleagues and attained a great deal of popularity amongst the faculty members, residents and staff. The department takes this opportunity to thank him for his services and acknowledges his immense contribution in the making of this successful department. The department wishes him all the very best for his health and future endeavors.

Neurosurgery Department

Superannuations



Ms. Nahid Siddiqui



Mr. Chhote Lal



Mr. Ajay Srivastav



Mr. R A Yadav



Mr. Gyan Prakash



Ms. Chaitali Deb



Ms. Munni Verma



Ms. Madhuri Daniel



Ms. Soniya Mehrotra



Ms. Shakila Singh



Ms. Sunita Dayal



Ms. Venus Dayal



Ms. Rajkumari Dubey



Mr. Ashutosh Soti



Mr. Tanveer Hussain



Mr. Arvind Kr. Srivastav



Mr. Lal Singh



Mr. Arun Kr. Dubey

We wish all the members of our SGPGI family, who superannuated in the first half of this year, good health and abundance of happiness. They were true professionals in their own field and completed their tenure with utmost dedication and hard work. They gave exemplary services to their respective departments. We wish them all the best for the next phase of their life and hope that they will now have time to nurture hobbies and interests and that they will continue to be healthy and content. There are no goodbyes for us. **Wherever you are, you will always be in our hearts .**

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