



**SGPGIMS**  
NEWSLETTER

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## Director's Message

The second wave of COVID has now receded. Despite all the challenges it posed, we faced each one head on and tackled each problem scientifically. Pandemics usually come in waves. A third wave is now expected in the next few months. There is fear that it may affect children since they are still unvaccinated and therefore vulnerable. With the experience and knowledge of the Second wave, we hope to be able to pre-empt this wave. We have already started preparing beds for children in Neonatal and Paediatric Intensive Care Units (NICU AND PICU). Simultaneously manpower is being strengthened to gear up for the challenge, training of Doctors and Nurses to handle sick children is on in full swing. Mucormycosis work is ongoing and Rapid Response teams are in place. Post COVID clinic has already been set up in SGPGI where those suffering the aftermath of COVID illness can seek consultation from senior and highly experienced faculty members of the Institute. COVID is a pandemic within a pandemic, as newer variants and mutants of the virus keep emerging. Genomic sequencing is the future key to unravelling the mysterious ways of this illness.

Gender parity, uplifting the standard of each and every woman, is the need of the hour. Keeping this noble goal in mind and as per the directives of the Hon'ble Governor of Uttar Pradesh, **Smt. Anandiben Patel ji**, we have set up a Women Empowerment cell for outreach activities to seek out women, consider their points of view and help raise their standard through education, awareness, literacy and training.

Vaccination at SGPGI is now being offered to every person above the age of 18 and also to pregnant and lactating women as per the latest Government of India guidelines. Vaccination is our most important armour if we want to prevent future COVID waves and go back to normal Pre-COVID life. It is our duty as Health Care Workers to dispel all myths and doubts and remove Vaccine hesitancy from the minds of our friends, family as well as patients. Covid pandemic has also taught us the need for Telemedicine, Video Conferencing and incorporating technology into medicine. We have signed an MOU with IIT-Kanpur which will pay heavy dividends in the coming future and pave way for smart healthcare which is easily accessible to all.

Ultimately we are as strong as our weakest link. So we all must strive to come together, win over every new challenge and continue to move forward so that there is no weak link !

## Visit of Principal Secretary

**Shri Alok Kumar**, Principal Secretary, Medical Education, Government of Uttar Pradesh, took stock of the progress of various upcoming projects at SGPGI on June 11. He visited the construction site of Emergency Medicine and Renal Transplant Departments and was briefed about their phased development. This was followed by a round of Liver Transplant Unit and Hepatology department. He also visited post COVID clinic and post COVID mucormycosis ward. Shri Alok Kumar was also updated about Operation Theatres, Critical Care Medicine, Post Operative Unit, Medical Intensive Care Unit, Dialysis Facility etc.



Later, he was formally introduced to all the heads of the departments virtually through Telemedicine facility. The Principal Secretary expressed satisfaction over the pace of development of these upcoming facilities and hoped that with this extension of services, SGPGI would be able to serve a large number of patients requiring emergency care.

Director, SGPGI, **Professor R K Dhiman**, Dean, **Professor S K Mishra**, Joint Director (Administration), **Professor Rajneesh Kumar Singh**, Chief Medical Superintendent, **Professor Gaurav Agarwal**, FIE (Faculty-Incharge Engineering) **Professor Aditya Kapoor** and Chairman OPD, **Professor Sushil Gupta** accompanied him during the rounds.



# Commencement of Department of Hepatology at SGPGIMS, Lucknow

*"A journey of a thousand miles begins with a single step."* Lao Tzu

The Department of Hepatology was formally inaugurated and established at SGPGIMS, Lucknow, on 16th February 2021 and started functioning with outpatient services since 19<sup>th</sup> February 2021 under the visionary leadership of **Professor R K Dhiman**, Director SGPGIMS, Lucknow. With its inception, it became the first department specifically catering to the needs of patients with liver diseases in the state of Uttar Pradesh. Currently, the department has started functioning with both outpatient services with a biweekly OPD (Monday and Friday) as well in patient services.

Liver disease is one of the fastest-growing healthcare burdens globally as well as in India. The prime drivers of the ever-increasing burden stem from a combination of the classic lifestyle disorder of Metabolic Dysfunction associated Fatty Liver Disease (MAFLD) and the perpetual social challenge of alcoholism. Recent literature suggests an overall increase in liver disease incidence rate, death rate, and DALY rate over the past

decade. At a regional level, Asian countries report the highest age-standardized death rates due to liver disease. The need for expanded dedicated care for liver disease is well established by a reported eight times higher premature mortality risk than other diseases.

In the framework of this burden, the department's commencement marks the first baby steps towards providing a comprehensive liver care facility. The department envisions galvanizing a flourishing liver transplant programme for patients from Uttar Pradesh and adjoining states and starting a dedicated Liver Intensive Care Unit along with endoscopy services for liver disease patients. On an academic front, the department strives to start the first DM in Hepatology program in Uttar Pradesh and promote clinical and translational research in Hepatology.

**Dr Akash Roy, Assistant Professor and  
Dr Surender Singh, Assistant Professor  
Department of Hepatology**

## ECMO in management of COVID patients

ECMO has risen like phoenix from the ashes of failure in management of severe COVID-19 pneumonia. Medical fraternity is reposing faith in this highly advanced technique of supporting failing lungs and hearts. Failing lung when made to work is like "flogging a tired horse". Though not a new technology, its use has been promising in recent years. While it has shown promise of recovery in 90% of neonates with meconium aspiration syndrome, its success in acute failure of lung is close to 60% in various studies. To understand the basis of expectation from this therapy to save precious lives from onslaught of COVID-19 disease in lungs, it is important to understand why, how, when of this technology.

**ECMO (Extra Corporeal Membrane Oxygenation):** Is in fact a miniature heart lung machine with lesser components and complications to deliver the support for longer period. Its support can be extended from 14 to 28 days while a practitioner waits for the recovery of the lung. This in simple terms, has an artificial lung(oxygenator), a heart (centrifugal pump) and tubes to carry blood from the patient's body and back to the body through veins (Circuit). To keep the blood warm while it is out of the body, in the circuit, a heating device is connected to the oxygenator. The patient requiring support of this equipment needs a canula in his vein to draw the used blood (de-oxygenated), which then moves in the circuit through the oxygenator by the force created from the centrifugal pump. The good blood (oxygenated) is returned back to the vein, to reach the right side of the heart. Since it is already oxygen rich, it does not require the function of lungs for this purpose. Hence the lungs can be halted, so that they can rest and recover from injury.

**When is it beneficial in COVID-19 disease?** In patients who are not able to maintain oxygen saturation and hemodynamics,

thus risking multiple organ failure, with usual modes of oxygen therapy, may be considered for this therapy. These patients must not have bacterial infection, risk of use of blood thinners (anticoagulants) and possibly before multiple organ damage arrives into clinical picture.

**"By failing to prepare, you are preparing to fail" – Benjamin Franklin.**

It can be put better than this quote. Since this is a highly sophisticated equipment, it has a fair chance of failure and complications if used without preparing a team of specialists. It would require a cardiac surgeon and a cardiac anesthesiologist to establish connection and initiate the process. Perfusion technologist is the heart of this operation. They maintain the adequate functioning of the machine 24X7 thus maintaining the function of the lung, the heart and other organs. While this equipment supports, intensivist, pulmonologist manage the patient and a nephrologist is a must in the team as kidney dysfunction is the first casualty in sick patients.

Nursing care with one nurse for managing the equipment and other managing the patient is required, a senior nurse supervises their function and thus, for care of each patient 2-3 nurses are required in one shift. Moreover, a physiotherapist is required for adequate maintenance of organ and body functions.

**"Rome was not built in a day"** This program needs training of all the paramedical staff for a period of 3-4 months to develop concepts to manage this equipment and work as a team **"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."** — Abraham Lincoln

**Dr Shantanu Pande, Professor  
Department of Cardiovascular and Thoracic Surgery  
SGPGIMS, May-June 2021, Newsletter**



# Learning from a Pandemic: Experiences of 24 Hours Lab

## Team 24 Hours Lab

The 24 hrs lab was conceptualized in 2015 and started functioning in March 2016. The basic essence and mandate of this lab was to provide some of the baseline investigations for the patients with a good turnaround time (TAT). This service was to be run 24x7, including Sundays and holidays. With a meager staff and limited space the lab started functioning and catering to various departments. The major challenges were maintaining good quality standards with a good TAT. However with time, more manpower and space was acquired and the workload of the lab increased. Moreover in 2018, with the opening of the Apex Trauma Centre (ATC), a satellite center of 24 hrs lab was opened on the fifth floor of ATC. Till this point of time the workload of the main lab had increased manifold so much so that in 2019, it was approximately performing one lac tests per month while the lab at ATC had lesser work due to less patient load.

However as they say, fate had something else in store. The first wave of COVID started in March 2020 and soon the ATC was converted to Rajdhani Covid Hospital (RCH). As the number of COVID cases increased, the 24 hrs lab at ATC was not fully prepared for this onslaught, neither in terms of manpower nor in infrastructure. Furthermore COVID patients needed a specific



set of tests for coagulation, hematology and inflammatory markers. Thus started the herculean task of transporting the samples from RCH to the main hospital lab and upgrading the lab at ATC. With the help of our administration and efficient staff at the ATC lab, we could manage this task of up gradation in a very short period and the lab was very soon fully functional. With the closure of all indoor services in the main hospital the process of role reversal started i.e. the main hospital lab had very few samples and ATC lab was flooded with them. Manpower management in the form of shifting staff from one lab to the other and inventory management to avoid wastage/expiry or for that matter shortage of certain reagents was a challenging task in itself for both the labs. After the peak subsided in October 2020, the process of reverse migration of staff and inventory was started.

As no one knew what was still in the store, the second wave came in March 2021 in a much more lethal and ferocious form. But as a seasoned player, who knows his moves well, this time we were better equipped to fight this pandemic, so it took us lesser time to make the adjustments in management of the patients admitted both in RCH 1 and RCH 2.

As we pen this down a fear tends to grip us, the fear of a third wave looms large, predicting greater vulnerability for children and we just pray to God that our fear never turns into reality.

**Dr. Awale Rupali, Assistant Professor, Incharge, 24 hrs lab (RCH1), Dr. Ram Nawal, Professor, Co-ordinator, 24 hrs lab, Dr. Prashant Agarwal, Professor, Nodal Officer, 24 hrs lab**

## Towards Zero Waste

SGPGI plans to become a Zero Waste campus in the future. All campus houses are encouraged to separate their dry and wet waste and try to compost the wet waste at home. For disposal of dry waste (Non biodegradable but re-cyclable such as glass, cardboard, plastic, packets etc), as a Pilot project, 2 Dry waste kiosks have been installed in the Campus. In future, we wish to increase both the numbers of such kiosks and awareness amongst campus dwellers so that we generate less volumes of garbage destined for landfills.

**Campus Development and Advisory Committee**





# Preparing for the third wave: Pediatric COVID-19 Capacity Building Program

The unexpected and untimely second wave of COVID-19 has had a tremendous impact on healthcare services across the country. While recovering from the effects of the devastating second wave, there lies a large doom of anticipated third wave of the ongoing SARS-CoV2 pandemic. Various experts and prediction models have predicted a third wave of the deadly virus hitting back in the upcoming weeks or months, with speculations that this wave would impact children more than what we saw previously.

Gearing up to provide care for children affected with COVID-19 in SGPGI, the entire pediatric faculty, residents and nurses of the Institute have come together to fight the deadly disease. The results of these efforts have led to the **Pediatric Capacity Building Program** which is a unique short term training program with the motive to train all doctors and nurses of the Institute to be ready to care for children, if situation warrants.

The program is currently running full swing at SGPGI with a vision to provide care to children affected with COVID-19. It is also an opportunity to impart basic knowledge of pediatric care which will be useful in COVID-19 as well as non COVID illnesses.

The Capacity building program is divided into two parts -one for nurses and the other for doctors. The nursing capacity building

began in the first week of June wherein nurses from pediatric background were initially trained as master trainers who in turn are conducting regular sessions (both lectures and hands on) for other nursing staff of the Institute. Over 150 nurses have been trained and the dedication and involvement of the entire nursing team is praiseworthy.

The program for doctors is being conducted with the help of faculty and senior residents from pediatric background along with colleagues from Anaesthesia and CCM departments. A booklet has been prepared, which can be used as a ready reference by all. Online lectures have been prepared by the team on salient aspects of pediatric care followed by a hands-on session for providing demonstrations on various equipment, machines and monitors that would be used in these wards.

The response to the program is overwhelming with everyone working diligently towards the goal. Thus, the Institute is all geared up to fight the third wave and care for children as well. Remembering the famous quote by Greg Kincaid-

*"No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear".*

**Dr Akanksha Verma, Assistant Professor, Neonatology**  
**Dr Kirti Naranje, Additional Professor, Neonatology**  
**Dr Banani Poddar, Professor and Head, Critical Care Medicine**





## Collaboration leading to Connectivity-New Beginnings

### MoU between SGPGI and IIT Kanpur

A Memo of Understanding was signed between **Prof. R K Dhiman**, Director, SGPGI and **Prof. Harish**, Dean, Research, IIT, Kanpur today on 29<sup>th</sup> June, 2021 for collaboration in Telemedicine and Health Care Robotics. Through this MoU, SGPGI, Lucknow and IIT Kanpur agree to collaborate an R& D set up for promoting telemedicine aided by ICT and 5G that would revolutionize smart health care. Customized healthcare systems in the form of mobile vans will be made available to rural areas while smart Kiosks will be established within smart city framework to take care of medical emergencies.

Many parts of our country are still isolated and hard to reach and have limited health care facilities. Even in the urban and semi urban settings, smart health care facility is the need of the hour. This MoU will pave the way for collaboration between a clinical centre and an engineering centre. IIT, Kanpur is setting up a Centre of Excellence in Telemedicine and Healthcare Robotics to develop technologies that can provide such healthcare facilities as needed by our population.

SGPGI has rich experience in Telemedicine. The school of Telemedicine and Biomedical Informatics established in the year 2006 has rendered exemplary services in teaching and training of health care personnel and providing health care services to the inaccessible areas. With 20 years of experience of SGPGI in application-oriented telemedicine research, development and deployment, the collaboration will bring in a synergistic eco system to speed up the digital application in healthcare and capacity development.



Current Corona pandemic has made telemedicine technology very popular and a useful tool to bridge the gap between care providers and citizen. So there is a need to develop indigenous technology platform and systems in large scale which can be affordable.

This collaboration is going to yield immense benefit to society.

### From The Editor's Desk ...

In the current times, we should all be COVID vaccination ambassadors. The current COVID vaccines are all safe and effective. Each of us has a role to play in removing vaccination hesitancy, whether in our family, friends, neighbors or patients. Indeed vaccination is the strongest weapon we have, if we wish to blunt or avert the dreaded third wave. Trials for COVID-19 vaccine for children are already underway and we may soon be able to offer vaccines to children also. This will be a milestone as children will finally be able to reclaim playgrounds and attend school physically. We can all play a part in motivating unvaccinated people, helping clear doubts and dispelling myths. Equally important is the emphasis on “social vaccine”- strict adherence to norms of hand hygiene, social distancing and wearing masks. *As a famous saying goes, it may be stormy now but rain doesn't last forever. We have to get past the storm with all the armour we have!*

Dr. Prerna Kapoor



## Post COVID Clinic started



It is now well known that after recovery from COVID, patients may face health issues for the next few weeks or months. To fulfill this need, Post COVID Clinic was envisaged in SGPGI and was inaugurated by the Director, **Professor R.K.Dhiman** on June 7, 2021. Chief Medical Superintendent of the Institute, **Professor Gaurav Agarwal**, Medical Superintendent **Professor V.K.Paliwal**, O.P.D Chairman **Professor Sushil Gupta**, **Professor Prabhat Tiwari** and **Professor Satyendra Tewari** were also present on the occasion. A fully dedicated phone number has been issued by the hospital administration for online consultation by post COVID patients. If need be, the doctors will call patients to the clinic with prior appointment. Health Care Workers of the institute and their dependents and all those other patients who have been discharged from RCH (Rajdhani Corona Hospital) will benefit from this facility.

## Wash Your Hands Regularly!

One of the best ways to prevent the spread of the COVID and other germs is to wash your hands. Today, this may seem like common sense to many people (even if they don't do it properly). Yet it wasn't until the mid-19th century that some doctors in the United States and Europe began to wash their hands before examining patients—and even then, only in certain cases.

An early proponent of hand washing was Ignaz Semmelweis, a Hungarian doctor who worked at the Vienna General Hospital between 1844 and 1848. He found out that washing hands reduces puerperal fever and thus maternal mortality. His contribution was recognized 20 years after his death as the medical world became more receptive and wiser after the germ theory of disease by Louis Pasteur and concept of antiseptics by Joseph Lister. He was hailed as the “Father of hand hygiene,” the “Father of infection control,” and “Saviour of mothers.”

### Handwashing Facts and Stats

- Only about 5% of people wash their hands correctly and most people wash their hands only for 6 seconds. Around 33% of people don't use soap when washing their hands.
- Up to 80% of communicable diseases are transferred by touch. Failing to wash hands correctly contributes to nearly 50% of all foodborne illness outbreaks. Proper hand-washing can reduce diarrhea rates by 40% and respiratory infections by close to 20%.
- Only 20% of people wash their hands before preparing food, and 40% before eating food.
- About 10-15% people do not wash their hands at all after using the bathroom.
- Most bacteria on our hands are on the fingertips and under the nails. The number of bacteria on our fingertips doubles after using the bathroom. Most people wash the palms of their hands and miss everything else.
- Damp hands are more likely to spread bacteria than dry hands. Only about 20% of people dry their hands after washing them.
- Approximately 40% of people don't wash their hands after sneezing, coughing or after blowing their nose.

### When should we Wash our Hands

- **Before, during, and after** preparing food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- **After** examining a patient and before examining a patient in OPD or ward

### Five steps for hand wash

1. **Wet** your hands with clean, running water (warm or cold) and apply soap.
2. **Lather** your hands well by rubbing them with soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Time yourself by humming the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### Use Hand Sanitizer When You Can't Use Soap and Water.

During the COVID-19 pandemic, you should also clean hands, especially after you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc. Clean your hand also before touching your eyes, nose, or mouth because that's how germs enter our bodies.

**Ms Neema Pant, Sister grade I, Department of Cardiology**



## Medical Ethics Program SGPGI

### Theme: 'COVID Vaccination: Challenges and Education for vaccine hesitancy'

SGPGIMS under the directives of Hon'ble Minister of Medical Education, Finance and Parliamentary affairs, Government of Uttar Pradesh, **Shri Suresh Khanna**, has been conducting seminars on various aspects of healthcare and medical ethics. Another program in the series was conducted through Video conferencing on "COVID Vaccination: Challenges and Education for Vaccine Hesitancy" on June 26th 2021. The session aimed to understand why there is still hesitancy among masses for COVID vaccination. Vaccine hesitancy can affect people of all ages. Waiting too long to be vaccinated allows the virus to continue spreading in the community, with new variants emerging. Through the webinar, the need to educate people to inoculate themselves was stressed upon.

Director SGPGI, **Professor R K Dhiman**, welcomed the speakers. Speaking on the occasion, Prof. Dhiman explained the need to get vaccinated to be fully prepared to face the third wave. "The message should be disseminated to the public to get themselves inoculated and to maintain COVID appropriate behavior," he said.

**Prof Afzal Azim**, Executive Registrar, introduced the speakers to the participants.

The webinar started with an educative talk by **Lt. Gen. Dr. BNBM Prasad**, Department of Pulmonary Medicine, KGMU regarding Government's perspective on COVID 19 vaccination. He said that all the available vaccines are safe and effective and have very mild side effects. As health care professionals, we have to spread the message to get vaccinated early. Any pandemic has repeated waves. This can be controlled only by dedicated vaccination program.

Second lecture was on myths and facts about COVID 19 vaccination by **Prof. Vikas Agarwal**, Department of Clinical Immunology and Rheumatology. Dr Vikas cleared many myths related to the concept of vaccination. He said that one myth related to vaccine is that it was developed too fast to be safe, but the fact is that all safety issues were taken care of and approval given by multiple independent regulatory panels. It is a general perception that once infected with COVID 19, vaccination is not needed. But actually, such people too must get vaccinated as per protocol (after 14 to 16 weeks) because targeted vaccine may boost immune response. He also clarified that vaccine does not give COVID 19 infection because none of the vaccines uses live virus. Pregnant women and lactating mothers can take vaccines. Vaccination ensures lesser complications of the disease.

The challenges that nursing staff face in vaccination was shared by **Ms. Neelam Khokhar**, Deputy Nursing Superintendent, SGPGIMS. She elaborated on the vaccination program of SGPGI which started on 16<sup>th</sup> January and from there it took off very well.

**Dr. Roopali Khanna**, Department of Cardiology, spoke on the importance of educating people to get them vaccinated. She said that she had to allay the anxiety and hesitancy of the people to get them vaccinated. People with co morbidities like diabetes, renal disorder etc. must vaccinate themselves. There may be minor symptoms of vaccination like headache,

mild fever or malaise, but in case of high grade fever or seizures, one must contact their healthcare providers.

**Ms. Indukumari**, Lab Technician, Department of Gastroenterology, presented a lay person's perspective on COVID vaccination. She cleared the doubts of common people related to vaccination.

Lastly, **Dr. Sonali Verma**, Senior Resident, Department of Endocrinology deliberated upon CAB: COVID Appropriate Behavior which can act as a social vaccine and is the need of the hour in our country. "Maintaining 6 feet distance, wearing mask and gloves, using sanitizers, washing hands with soaps frequently, all form COVID appropriate behavior. Habitual offenders must be warned to follow the guidelines as they can be instrumental in bringing the third wave. Sharing any unverified information related to vaccination on social media must be avoided," she said.

The session was conducted and moderated by **Prof. Vinita Agrawal**, Faculty Incharge, Bio Ethics cell, SGPGI.

The comments from the audience were very encouraging. 219 participants joined the program from within the institute and 52 medical colleges of UP via video conferencing.





## Indian Myeloma Congress 2021

Hosted by Dept. of Haematology, SGPGIMS, Lucknow.

The Indian Myeloma Academic Group (IMAGe) hosted its 4th Annual Meeting "Indian Myeloma Congress 2021" on a virtual platform from 23rd April-25th April 2021 organised by Dept of Hematology, SGPGIMS, Lucknow. The theme of the meeting was **"Evolving Myeloma Therapeutics: From Novel Drugs to Innovative Immuno-Oncology Approaches"**. The meeting was an academic feast attended by myeloma experts across the globe (10 International faculty & 56 National faculty) with the aim to strengthen the research, create awareness and keeping us abreast with the latest developments & innovations in the field of Multiple Myeloma. The meeting had 09 scientific sessions along with 02 plenary sessions spread over 03 days with the objective to encompass all the issues pertaining to Multiple Myeloma management. In addition, there were 03 live workshops that included application of Fluorescent -in-situ Hybridization (FISH) in genetic diagnosis of Myeloma, Flow cytometry application in diagnosis and monitoring of plasma cell neoplasm and Bone imaging workshop for PG students and trainees. A virtual Myeloma Patients' meeting in association with Myeloma Friends (NGO) was also conducted on 23rd April 2021. In addition, a **Myeloma Quiz** for postgraduates students were also organised, where a total of 60 teams participated. The event was a great success amidst the COVID pandemic across the country and was much appreciated by the stalwarts in the field.



Dr Anshul Gupta, Associate Professor, Dept of Hematology

## SGPGIMS COMPREHENSIVE SPINE COURSE 2021

The Department of Neurosurgery organized a virtual Comprehensive Spine Course on 8<sup>th</sup> and 9<sup>th</sup> May 2021. This coveted course was led by 62 eminent national and international faculty members from both Neurosurgery and Orthopedics fraternity. The course was further bejeweled by 4 keynote lectures delivered by illustrious speakers: **Prof. P S Ramani**, Saraswat Ratna Awardee and Pioneer of Spine Surgery in India, **Prof. Atul Goel**, Head, Neurosurgery, KEM, Mumbai, **Prof. S S Kale**, Head, Neurosurgery, AIIMS, New Delhi, and **Dr. Kang Taek Lim**, from Seoul, South Korea.

The Program was divided into a Basic Spine Course (Day 1) and an Advanced Spine Course (Day 2). The Basic Course incorporated various Cervical, Thoracic, Lumbar, and Sacral Surgical Symposiums, encompassing A-Z tips for young Surgeons right from 3-D Anatomy demonstrations to various basic & complex surgical approaches to all spine segments. The scaled-up Day 2 program included all the tricks of the trade in Minimally Invasive Spine surgery.

The endeavor was mainly focused on providing an illuminative course to young surgeons and residents in the current grim pandemic circumstances. This event was organized and coordinated by **Dr. Jayesh Sardhara** and **Dr. Anant Mehrotra**, with tremendous support from the Neurosurgical team including all the faculty and residents. The course was deemed to be a great success as ratified by the enthusiastic participation and feedback of 900 participants from over 40 countries.

Department of Neurosurgery, SGPGIMS

**Dr Soniya Nityanand**

joined SGPGI as an Assistant Professor of Clinical Immunology and clinical consultant, Hematology unit on 29th November 1993. She carried out clinical as well as laboratory services for patients with hematological disorders. Under her able leadership, the Department of Clinical Hematology was established on 20.06.2003. She is known for her diligence, dedication and perfection in each task she undertakes. She established the Bone marrow/ Hematopoietic stem cell transplantation in the institute. She also took charge of some of key administrative posts of the institute like Executive Registrar (ER) and Chief medical Superintendent (CMS) and did full justice to each role assigned. Taking note of her incomparable and extraordinary contributions to patient care, she was assigned a new role as the Director of Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow, where she joined on 17th May 2021.



We wish her all the best for her future endeavors.

Dr Khaliqur Rahman

Additional Professor, Department of Hematology (Lab)

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## COVID 19 in Renal Transplant Recipients

**We make a living by what we get, but we make a life by What we give. Winston Churchill**

The department of Nephrology and Renal Transplant of SGPGIMS is one of the largest single centers in the state of UP, which caters to patients of kidney diseases from the state and neighboring states like Bihar, Madhya Pradesh, Uttarakhand, and even upto Nepal etc. The department provides all treatment modalities to patients suffering from all kidney ailments, requiring dialysis and renal transplantation. In this brief write-up, I will highlight the impact of COVID 19 on renal transplantation care at the institute. The residents, nurses, technicians, and faculties all joined hands to defeat the novel coronavirus and take care of these patients.

During the first wave, we had been able to perform 45 renal transplantations despite the challenge of balancing COVID and non-COVID care. These patients needed to followup weekly for 3 months. All of them were taken on WhatsApp and followed as per department protocol. The department follows approximately 3100 renal transplant patients. COVID 19 posed life-threatening situations to these vulnerable populations. Renal transplant patients are at increased risk of acquiring infection and mortality because of the immunosuppressed state. The department treated 122 patients of renal transplantation during the first wave of COVID pandemic, with an excellent outcome figure of mortality of 12% compared to 20-40% from western population data. The figure was possible because of the staggering admission of these patients over many months. The first lockdown allowed time to prepare for improving infrastructure and developing protocols for the treatment. The department was quick in making protocol for triaging and admission to these renal transplant patients who acquired COVID. Many anti-viral drugs like Remdesivir show interaction with Calcineurin Inhibitors (Tacrolimus and Cyclosporine). Medications need to be adjusted depending on the creatinine clearance and glomerular filtration rate of the patient. It put forth more challenges besides day-to-day management of COVID 19.

Ministry of health and family welfare, the Government of India, advocates that organ transplant recipients with COVID should be hospitalized for treatment. The sudden surge of the patients during the second wave in April 2021 came like a tsunami of COVID patients that did not spare renal transplant recipients. With the locking of movement from cities to villages of Corona, many renal transplant recipients who acquired infection moved towards SGPGIMS, as expertise of treating such patients at local hospitals was limited. Suddenly one of the wards of RCH-1 filled with renal transplant recipients with COVID. The department again developed a fresh protocol for treating these patients at the local center of L1 and L2 level with all guidance from the department. The protocol was widely circulated across states in India. The department's faculties and residents took WhatsApp-like weapons in hand and followed each patient admitted at other small centers. Nothing can be more disappointing for a nephrologist and transplant specialists if a renal transplant

patient dies with a functioning graft due to any infection. It gives us immense satisfaction that a little more effort saved the lives of many renal transplant recipients.

Besides medical treatment, the general COVID appropriate behavior and general measures were advocated religiously to these patients. In addition, transplant patients in home isolation were advised for the following :

1. Ensure you have room for isolation with a separate toilet and other healthy people in the families have facilities to be quarantined in the house. If not, try to get a bed in hospitals dedicated to COVID care.
2. There is a caregiver to look after you 24X7
3. Able to monitor your oxygen saturation, pulse, and temperature 4-6 hourly and report daily to your doctor
4. If your oxygen saturation falls below 95%, and temperature persists beyond 4 days, report immediately to the covid control center and us.
5. Report, if your oxygen saturation falls more than 3% after brisk walking
6. Any bluish discoloration of skin and lips is an emergency.
7. Take plenty of water
8. Eat only healthy foods
9. Do some breathing exercises like pranayama or with a spirometer daily
10. Ensure good sleep

At last, transplantation is not possible without organ donation. There is always the pleasure of saving the lives of others by donating organs to save lives beyond the treatment. The department thanks and salutes all organ donors for this noble job. We are proactive for organ donation and appeal to the public to be a part of this graceful job. Let your life go on in someone's body and save a life after life. **Since we cannot take our organs to the afterlife, the best possible way to recycle them is a donation.** There is no bar for age or caste or color, or religion.

**Dr. Narayan Prasad; Professor and Head, Department of Nephrology**



गौरवं प्राप्यते दानात् न तु वित्तस्य संचयात् ।  
स्थितिः उच्चैः पयोदानां पयोधीनाम् अधः स्थितिः ॥  
धन के संचय से नहीं अपितु दान से गौरव प्राप्त होता है ।  
जल देनेवाले बादलों का स्थान उच्च है, जब की जल का  
संचय करने वाले सागर का स्थान नीचे है ।





## 25th Convocation SGPGI

SGPGI celebrated the culmination of education of 193 students in a poignant Convocation ceremony, on 09 Jan 2021, in the Lecture Theatre Complex, which was both traditional and meaningful. Wearing traditional academic regalia & walking up the stage is the dream of every student. Due to COVID pandemic, the occasion was observed in “hybrid” mode.

The program started in the customary manner with the arrival of the Academic procession and welcoming the dignitaries and guests, all those present at the venue and those connected via Zoom. The blessings of Goddess Saraswati were invoked with Saraswati Vandana and Lamp lighting.

**Shri Rajendra Kumar Tiwari**, Chief Secretary, Uttar Pradesh and President, SGPGI started the program with welcoming all the dignitaries on dias and elaborating the Institute's progress in various disciplines.

**Smt. Anandiben Pateltji**, Hon'ble Governor of U. P. presided over the function and conferred the degrees to 193 students who had successfully completed their DM/Mch/PhD/MD/PDCC and B.Sc (Nursing) training.

Hon'ble Governor blessed the audience with her words of wisdom. She stressed the need to have intensive research program in order to make treatment of various diseases available and affordable. She appreciated the idea of inviting school children to be a part of the convocation programme so that they get inspired to take up Medicine as a career. The children were given gifts and nutritional hampers by the Hon'ble Governor.

Honoris Causa degree was conferred upon **Dr. Gagandeep Kang**, FNA, FASc, FNASc, FFPH, FAAM, FRS. Dr Kang is a clinician scientist, presently working as a Professor in the Division of Gastrointestinal Sciences at the Christian Medical College, Vellore. She was the executive director of the Translational Health Science and Technology Institute, Faridabad, an autonomous institute of the Department of Biotechnology, Ministry of Science and Technology, Government of India from August 2016 to August 2020. She is the first woman Indian scientist to be inducted as Fellow of Royal Society.

**Dr. Mammen Chandy**, Director, Tata Medical Centre, Kolkata graced the occasion as Chief Guest. Padamshree Dr. Chandy, was CIBMTR 2014 Distinguished Service Award Recipient. He was the recipient of DSc, Honoria Causa Jadavpur University, Kolkata 2018 and DSc, Honoria Causa Amity University, Kolkata 2019. His talk focused on “Future of Medicine”. His excellent oratorical skills enthralled the audience. He emphasized that COVID times have taught good things also : Zoom and Hybrid meetings, humanity rising as one to meet crisis, the courage of Health

### Awards on Convocation Day

**Prof S R Naik award** for outstanding research investigator for the year 2020 : **Prof. Udai Chand Ghoshal**, Professor, Department of Gastroenterology.

**Prof S Agrawal award** for Excellence in Research : **Dr P V Sai Saran**, Department of Critical Care Medicine.

**Prof. R. K. Sharma award** for Best DM and MCh. Student:

- **Best DM student award: Dr. Hafis Muhammed V.K**, Department of Clinical Immunology and Rheumatology.
- **Best MCh. student award : Dr. Valiveru Chakrapani Ramya**, Department of Endocrine Surgery.

care workers and realization of the need to build health infrastructure, have been the positives.

With vaccine being rolled out, we may see better times. He further said that some failure in life is inevitable and teaches us more than even success can.

**Professor R K Dhiman**, Director, SGPGIMS, presented the Institute report for the last one year in his speech. He talked about COVID preparedness of SGPGI and tackling COVID head-on with medical expertise, manpower and infrastructural changes. RCH (Rajdhani Corona Hospital) was set up as a stand alone facility. It has been one of the most challenging years that mankind has faced in the past century. As health care workers, we realize that the journey may remain challenging for some time to come. The proactive and scientific handling of the pandemic by the Government of India, and Government of Uttar Pradesh have been successful in bringing the COVID-19 pandemic under control. Moreover, today there appears to be light at the end of the tunnel, with the availability of COVID Vaccine. Organ donation and Transplant program, Advanced Diabetes center, Thalassemia and Haemophilia projects are some of the many future responsibilities that SGPGI envisages for itself.

**Shri Suresh Khanna ji**, Hon'ble Minister of Finance, Parliamentary Affair and Medical Education, Government of Uttar Pradesh, also addressed the gathering. He congratulated Dr. R. K. Dhiman for presenting a very bright and optimistic report of the institute. He said that once one gets into medical profession, he or she can get satisfaction only through service.

Dean, SGPGI, **Prof S K Mishra** proposed the vote of thanks. The program ended with the National Anthem.







## “Donate Blood And Be The Reason For A Smile On Someone's Face.”

COVID 19 pandemic has created a sense of panic and fear among people for their safety and survival. The government enforced lockdown to all activities leading to the postponement or cancellation of public events. All schools, colleges and universities were closed nationwide. Avoiding public gatherings and maintaining social distancing to stop community transmission were the key reasons that led to a significant drop in blood donation drives.

These factors have seriously affected the availability of adequate quantities of safe and quality blood products in Blood Banks across the country.

It remained one of the bottlenecks in getting back to normalcy in the clinical work of the hospitals.

The Department of Transfusion Medicine, SGPGI, had been supporting patients, particularly Thalassemic, COVID and Emergency Care patients without any replacement. Consequently, the blood inventory had gone below the critical level.

In anticipation of starting non-covid services in the coming weeks and an increase in demand for blood and components, a Voluntary Blood Donation Camp (VBDC) was organized on 28<sup>th</sup> June for faculties and residents of the institute and 29<sup>th</sup> June for Nursing & Technical staff. More than 60 units of blood were collected during the camp.

Leading from the front, **Prof Gaurav Agarwal**, CMS of the institute along with **Prof Vikas Kannaujia** (Ophthalmology), **Prof Vijay Upadhyay** (Pediatric Surgery), **Dr. Malikarjun** (Trauma Surgery), **Dr. Sanjeev Kumar** (Clinical Hematology) contributed to this noble cause.

A special mention of the Resident Doctors Association (RDA) of SGPGI. The residents of the institution who are the pillar of the healthcare system and have come forward time and again for every noble cause, also participated in this VBDC. They have been altruistically contributing to this noble cause whenever need has arisen.

*A Big Thank You to all the blood donors.*

**Dr Rahul Katharia, Additional Professor, Deptt. of Transfusion Medicine**



## Advance Course In Renal Nutrition And Metabolism

Patients with chronic kidney disease (CKD) are at substantial risk for malnutrition, characterized by protein energy wasting and micronutrient deficiency. Prevalence is high in both children and adults increasing risk of morbidity, mortality and overall disease burden. The pathogenic mechanisms of malnutrition in CKD are multifactorial including decreased appetite and nutrient intake, hormonal derangements, metabolic imbalances, inflammation, increased catabolism, and dialysis related abnormalities. Simple augmentation of calorie and protein intake does not effectively treat this malnutrition. To address this issue in depth, the Department of Nephrology, SGPGIMS, under the auspices of Society of Renal Nutrition and Metabolism organized a fully virtual Advance Course In Renal Nutrition And Metabolism on 24<sup>th</sup> and 25<sup>th</sup> April 2021. This was the seventh course since inception of the Society. The theme of the course was “**feeding well in chronic kidney disease**”. The aim of was to bring about awareness on prevention and management of protein-energy-wasting (malnutrition) in CKD, among nephrologists, physicians and dieticians. The course was structured along understanding of pathophysiology of protein-energy wasting, metabolic changes in kidney disease, management strategies for prevention of protein energy wasting, implementation of nutrition care process in nephrology and delaying progression of CKD with updates on guidelines on acute kidney injury, diabetic nephropathy, hypertension, glomerulopathies, end stage renal disease, post renal transplant and nutrition in COVID. An information booklet on “**Eat well to Stay well - A nutritional guide for post renal transplant patients**” authored by **Prof Anita Saxena**, was released by **Prof. R. K. Dhiman**, Director, SGPGIMS and the latest issue of the Journal of Renal Nutrition And Metabolism was released by **Dr DS Rana**, Patron of the society. The course was attended by delegates from India and abroad.



## COVID Courage

I isolated myself when I was diagnosed positive for COVID. Fever, coughing and weakness made my courage weak. I was losing my self confidence. During this time my family members worked for me very courageously and also my other family members, neighbours and friends were continuously helping my family by providing our needs. My co workers and neighbours kept encouraging me and my family by their calls and voice notes.

Even after such great help I found my confidence dropping down. But I never let that affect me, I always prayed in that situation. God being omnipotent I always found Him with me either in the form of family or a friend.

Day by day I was improving and I was detected negative on 7<sup>th</sup> May. But during this time I realized having a good family, neighbours and friends is so important hence I am grateful to God for blessing me with a great family, friends and neighbors.

Manoj Kumar, Robotic OT I/C (A.N.S)

### National Statistics Day

Every year, *Prasanta Chandra Mahalanobis*, the father of modern statistics, is remembered on June 29 on his birth anniversary. He founded the Indian Statistical Institute, shaped the Planning Commission, and pioneered methodologies for large-scale surveys. No one can deny the contribution of statistics to modern medicine

**Don't leave to chance!**

Likelihood & probability

Helps us daily

'p' value, significant or not

Median decreasing but,

Confidence interval increasing

Trends rising or falling...

Let the policy makers watch

And sample size of sero- surveillance, let the scientists study

Statistics is ubiquitous,

In our everyday lives too.

But in reality for a mortal,

The possibility of dying is 100%

And that dying of COVID is 0 or 100%

Take care, till corona goes

No matter what ups and downs in the graph

No one wants COVID on the epitaph.

**Dr Shubha Phadke, Professor and Head, Deptt. of Medical Genetics**

### The Road Less Traveled

Looking into the horizon, The last ray of sunshine  
In poignant retreat, Peeking through floating clouds  
In a slow but deliberate melt, Into a dainty golden hue  
And laid bare before, The way ahead  
The road oft traveled, I ponder...And wonder, Does it lead to anywhere—

At life's crossroads, The detour allures, I pause,

Perpend...and consider.

Yet, commonality fails me

And the journey commences, Onto the path less traveled

Appetent of the voyage, Resplendent in raw adventure

And the traveller spirit lives on, On this journey called life.

**Dr Latika Gupta, Assistant Professor, Department of Clinical Immunology and Rheumatology**

### रुलाता तो है। क्या कुछ सिखाता भी है.. जुल्मी कोरोना

ठेस लगने पर कोई गिरता है कोई संतुलन बना कर गिरने से बच जाता है। सामान्य मानवीय मूल्यांकन से प्रथम दृष्टया संतुलन बना लेने वाला व्यक्ति ही सबल, सक्षम एवं समझदार प्रतीत होता है। पर क्या कोई बता सकता है कि अगली बार ठेस लगने पर भी वह संतुलन बना कर अपनी रक्षा कर पायेगा? शायद नहीं, क्योंकि ठेस लगने पर सबक लेना जरूरी है जिससे भविष्य सुरक्षित किया जा सके न कि क्षणिक स्थिरता को ही दूरदर्शिता मान लिया जाये। इसलिए ठेस लगने पर गिरने, संभलने के तुलनात्मक परिप्रेक्ष्य को छोड़कर वस्तुस्थिति को समझते हुए भविष्य में इसके पुनरावृत्ति को रोकने की सीख या सबक लेना ही समझदारी है।

अब आईए, इसे कोरोना महामारी के सापेक्ष्य में समझें। कोरोना महामारी सामान्य मानवीय स्वघोषित गगनचुंबी विकास की वायुतुलनात्मक वेग के रास्ते में एक ठोकर की तरह ही था। धरती के इस श्रेष्ठ जीव से अपेक्षा थी कि यह कोरोना ठोकर खा कर गिरे या संभले पर सबक जरूर लें। पर यह अंहकार के तिमिर में डूबा, प्रकृति का बौना बामुष्किल साढ़े छः फिट की ऊंचाई वाला प्राणी, टशन के घोड़ों से जुते रथ में सवार महारथी, स्वार्थ को परमार्थ और दया, क्षमा, तप, त्याग को मूर्खता समझने वाला महामानव (ध्यान से पढ़ें यह महा अमानव लिखा है)। जो कि इस महान प्रकृति रूपी मदारी का जमूरा मात्र है, अपने जन्मदाता, पालनकर्ता एवं संहारकर्ता प्रकृति का इसे कोरोना सजा समझ बैठा। यह निबुद्धि मानव यह अभी भी समझना नहीं चाहता कि यह कोरोना सृजन कर्ता की तरफ से एक सबक है।

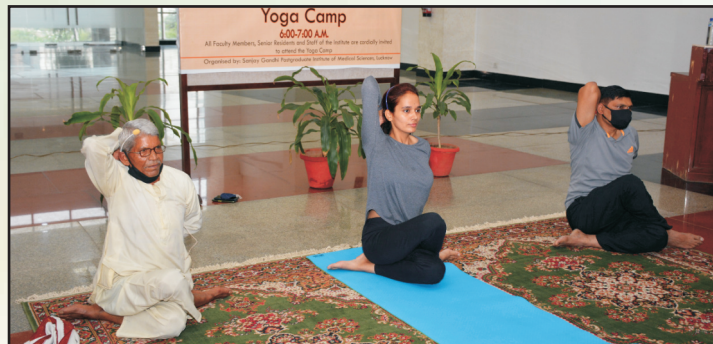
अब आगे बढ़ें एवं इसे गणित के सूत्रों से समझें। गणित की तरह इसे समझना जरूरी इसलिए है क्योंकि आज हर चीज में हानि-लाभ, नफा-नुकसान का आंकलन सिर्फ जोड़-घटा व गुणा-भाग से किया जा रहा है। आज का महामानव गणित का पंडित बना बैठा है और भावना, नैतिकता, नीतिगतता से ओत-प्रोत नैतिक शिक्षा में चौथी फेल है। मौतों को गिनता जरूर है पर समझता नहीं है। संख्या ज्यादा प्यारी है, भावनाएं नहीं। उनके लिए बताना चाहते हैं कि सिर्फ भारत में कोरोना से चार लाख से ज्यादा मौतें हो चुकी हैं। वैश्विक आंकड़ा चालीस लाख के पार है। समृद्ध व्यक्ति भी सड़कों पर जीवन रक्षा को दौड़ता रहा है। इन आंकड़ों से ज्यादा चुभने वाली बात है कि जलती चिताओं की संख्या चिता जलाने वालों से काफी ज्यादा थी। संख्या बीर मानव आँखें मूंद कर देखता रहा कि कहीं इससे कुछ सबक न मिल जायें।

तो सोंचे, क्या कोरोना महामारी के आंधी एवं तूफान से हमने कुछ सीखा है? क्या हमारी मानसिकता में कोई बदलाव आया है? क्या ठेस से संभलने वाले, गिरने वाले को सहारा दे रहे हैं? क्या संचितों के हाथ वंचितों के लिए उठ रहे हैं? दिल पर हाथ रखिये और सोचिए जवाब “नहीं” ही मिलेगा। तो फिर क्यों न कहा जाये कि कोरोना रुला कर गया फिर भी कुछ सीख या सबक दे करके नहीं गया।

**डॉ. ओ. पी. संजीव, सहायक प्रोफेसर, आपातकालीन चिकित्सा**



## अन्तराष्ट्रीय योग दिवस (21 जून)



अन्तराष्ट्रीय योग दिवस के अवसर पर संजय गाँधी पीजीआई में कोरोना प्रोटोकाल के तहत योग कार्यक्रम आयोजित किया गया। जिसमें संस्थान के कार्यवाहक निदेशक, प्रो एस के मिश्रा, मुख्य चिकित्सा अधीक्षक प्रो. गौरव अग्रवाल, चिकित्सा अधीक्षक प्रो. पालीवाल एवं संकाय सदस्यों के साथ संस्थान परिवार के अन्य लगभग 100 प्रतिभागी उपस्थित हुए। योगाचार्य श्रीकृष्णपाल सिंह के नेतृत्व में उनके सहयोगियों श्री जे.पी. सिंह एवं सुश्री अमृता सिंह द्वारा संस्थान परिवार के सदस्यों को योगाभ्यास कराया गया। इस कार्यक्रम का वर्चुअल प्रसारण भी किया गया। कार्यवाहक निदेशक एवम मुख्य चिकित्सा अधीक्षक ने उपस्थित सदस्यों को सम्बोधित किया। डॉ सुनील दबड़घाव (कंसल्टेंट हीमेटोलॉजिस्ट, सहारा अस्पताल) ने योग के बारे में उपस्थित सदस्यों को सूक्ष्म और सारगर्भित तथ्यों से अवगत कराया। श्री जितेन्द्र यादव, अध्यक्ष कर्मचारी महासंघ ने संस्थान के सभी सदस्यों के प्रति धन्यवाद ज्ञापित किया। योग दिवस के कार्यक्रम का संचालन श्री प्रशांत द्विवेदी ने किया।

अन्त में निदेशक ने योगाचार्य एवं उनके सहयोगियों को पुष्प गुच्छ एवं अंगवस्त्र देकर सम्मानित करते हुए कार्यक्रम का समापन किया।

प्रशांत द्विवेदी, कार्यालय अधीक्षक

असतो मा सद्गमय, तमसो मा ज्योतिर्गमय, मृत्योर्मा अमृतं गमय, लोका समस्ता सुखिनो भवन्तु।

इस मंत्र के साथ, मैं आप सभी को अंतराष्ट्रीय योग दिवस 2021 की शुभकामनाएं देता हूँ।

योग प्राचीन काल से भारतीय संस्कृति से जुड़ा रहा है। इसका जन्म 5000 साल पहले भारत के उत्तरी पहाड़ों के संतों के बीच हुआ था, जिसका पहला उल्लेख ऋग्वेद में मिलता है। एक जीवन शैली के रूप में, और किसी न किसी रूप में हिंदू धर्म, बौद्ध धर्म, जैन धर्म और सिख धर्म जैसे कई धर्मों का एक अभिन्न अंग रहा है। योग का लोकप्रिय रूप से आसन के रूप में अभ्यास किया जाता है, हालांकि यह इसका सिर्फ एक पहलू है। योग का अभ्यास करने के कई लाभों के बारे में जागरूकता बढ़ाने के लिए 21 जून को 2015 में पहली बार अंतराष्ट्रीय योग दिवस के रूप में मनाया गया। 2021 के लिए थीम 'कल्याण के लिए योग' है। यह विषय विशेष रूप से ऐसे समय में उपयुक्त है जब अधिकांश प्रोफेशनल घर से काम कर रहे हैं और जनता महामारी के बोझ से चिंतित है। 21वीं सदी के तीसरे दशक की शुरुआत के साथ, योग ने भी भविष्य में कदम रखा है, प्रशिक्षकों ने प्रतिभागियों को वीडियो और ऑडियो वेब सेवाओं पर काबिल रूप से

मार्गदर्शन दिया है। WHO और भारत सरकार का mYoga ऐप लॉन्च करने का संयुक्त प्रयास प्रशंसनीय है क्योंकि यह वीडियो और ऑडियो संकेतों के साथ योग सीखने और अभ्यास करने के लिए मुफ्त संसाधन प्रदान करता है। इस अवसर को चिह्नित करने के लिए, मैं इन पंक्तियों के साथ अपनी बात संपन्न करना चाहूंगा:

योग से ही रोग हटे, योग से खिले काया  
योग से श्वास मिले, योग से परे माया।  
योग से प्राणी बने, स्वस्थ और सुचारु  
योग से बुद्धि बने, सहज और दुधारु।  
योग से आयु बढ़े, योग से बढ़े केश  
योग को अपने साथ रखें, चाहे जितना हो समय शेष।  
सधन्यवाद

डॉ कनिष्क मरकाम

जूनियर रेजिडेंट, नुक्लियर मेडिसिन विभाग



## विश्व पर्यावरण दिवस



संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान में 5 जून, विश्व पर्यावरण दिवस के अवसर पर वृक्षारोपण किया गया। संस्थान के निदेशक प्रोफेसर आर के धीमन और मुख्य चिकित्साअधीक्षक प्रोफेसर गौरव अग्रवाल ने वृक्षारोपण किया। राजधानी कोविड अस्पताल और संस्थान परिसर में भिन्न-भिन्न स्थानों पर अशोक, लॉन्गीफोलिया, ओलियंडर और टीएमसी प्रजाति के 101 पौधे लगाए गए। पर्यावरण संरक्षण की दिशा में प्रत्येक वर्ष संस्थान प्रशासन द्वारा जगह-जगह वृक्ष रोपित किए जाते हैं, जो न केवल आखों को सुकून देते हैं, अपितु यहां आने वाले रोगियों और उनके संबंधियों को स्वच्छ और स्वस्थ वातावरण प्रदान करते हैं।

## विश्व तम्बाकू निषेध दिवस (31<sup>st</sup> May, 2021)

Nearly one-third of Indian population is addicted to some form of tobacco. A lot of tobacco users are young people, who are the future of our country. They will eventually grow up to become the bread winners of their families. Tobacco habit can be an expensive addiction – an expense that one can no longer do without. Prolonged use of tobacco affects almost all organs in the body like mouth, throat, lungs, heart, brain stomach etc. Diseases like cancer, stroke, heart attack, dementia are fairly common in tobacco users. Affliction by tobacco related illness, is bound to be a huge drain on the family. Death due to such a major illness – as mentioned above mostly in a young earning member in a family- it would take the entire family by at least 2 decades behind economically.

To increase awareness against this deadly scourge, which is so common in our country, especially in Northern India, we observe **World No Tobacco Day** on 31<sup>st</sup> May each year. Public awareness lectures and workshops emphasising ill effects of tobacco are held globally on this day. People, especially formative young minds are actively dissuaded against the addiction. SGPGI is equally active on this day, and participates rather enthusiastically in this awareness mission. Each year a team of SGPGI doctors selects a cadre within the staff employees and proactively explains the need to get rid of this habit. This year, despite the second wave of COVID19, an online webinar was organised with the topics **“Commit to Quit”** which is the WHO World No Tobacco Day theme for this year and **“Before it's too late”** by General Hospital SGPGIMS. These short, informative talks are available on YouTube

मैं जिन्दगी का साथ निभाता चला गया, हर फिक्र को धुएं में उड़ाता चला गया  
.....This dialogue appears fascinating in reel life but NOT in real life!

**Dr. PunitaLal, Professor and Head  
Radiotherapy Department**



**Dr. Sabaretnam Mayilvaganan**, Associate Professor of Endocrine surgery has been awarded the prestigious FRCS Glasgow and Diploma of International Society of Surgery

## हे प्रभु

जिंदगी को बुलबुला भर, जान कर ! था मैं जगत से, दूर से ही, काम लेता -  
दान कर दी थी जगत को, जिंदगी जब -इन्द्र धनुषी इक मलय बहार देता -  
कौन आ कर फिर मुझे संसार देता !! तब, हे प्रभु, हर साँस तेरा नाम लेता !!

दूर उठते हैं जो बादल संशयों के -वासनाओं का कहीं छाता अंधेरा !!  
टूटता मन जब जगत की कालिमा से, कौन सूरज बन अचानक प्राण देता !  
छोड़ धन, जब ढूँढ़ता हूँ, धर्म जग में -तब, हे प्रभु, हर साँस तेरा नाम लेता !!

जब निगाहों में कभी छाते अंधेरे-सोचता हूँ रात की गहराइयों में,  
देखता जब हारते अच्छाईयों को ! कौन तब, संसार में संन्यास दे कर,  
जिंदगी को, फिर नया आयाम देता - तब, हे प्रभु, हर साँस तेरा नाम लेता !!

**डा. आर. हर्षवर्धन, विभागाध्यक्ष, अस्पताल प्रशासन**



### Mucormycosis: An Endemic within Pandemic- SGPGI Experience

Mucormycosis was a rare invasive fungal illness seen in Immuno-compromised Individuals and we used to get 6 to 8 cases yearly in the patients with diabetic ketoacidosis, organ transplant, chronic kidney disease, hematological malignancies etc. until the 2<sup>nd</sup> Covid wave struck not only Uttar Pradesh but entire India! Possibly, mucormycosis cases in this COVID wave have increased exponentially due to non judicious use of steroids and poorly controlled diabetes along with the Delta variant of COVID, causing immunosuppression.

With rapid increase in cases, a high level expert committee was formed by the state Government with Director, SGPGI **Prof R K Dhiman** as the Chairperson. The recommendations of this committee were accepted by state government for Diagnosis and Management of COVID related mucormycosis.

SGPGI being a tertiary referral care centre and with Rajdhani COVID Hospital working to capacity in 2<sup>nd</sup> wave, we started getting cases of Mucormycosis from 1<sup>st</sup> week of May. Subsequently an Institute level Multidisciplinary Rapid Response Team was formed by the Director **Prof RK Dhiman** and **Dr Amit Keshri**, Additional Professor, Neuro-otology.

As the numbers of mucormycosis cases increased exponentially, to accommodate these cases and for uniform and proper management,

a **Post COVID mucormycosis ward** was activated in RCH 2.

The Mucormycosis Multi-disciplinary team started managing these patients both in RCH 1 and RCH 2 and till date more than 100 patients have undergone treatment with able multi-disciplinary support from various departments. The Mucormycosis Surgical team comprised of faculty and residents from Neuro-otology, Neurosurgery, Maxillofacial Surgery and Cardio-thoracic surgery. The surgeons have worked tirelessly for patients needing debridements and other complex procedures. The team has so far has performed more than 60 major surgical operations. Without the able and round the clock support of Anesthesia team this herculean task would not be possible.

Along with others, the Microbiology and Radiology teams and Medical departments like Endocrinology, Pulmonary Medicine, Critical Care Medicine and Emergency medicine have worked round the clock to lend their expertise to optimize patient care and help clinch the diagnosis and estimate the exact extent of disease.

Overall, the excellent patient care, great team approach and hard work of nurses, senior residents and faculty, for which SGPGI is known, demonstrated that good results are possible in this dreaded disease.

### Program on Management and Treatment of Mucormycosis in COVID-19

A virtual program on “**Case Based Teachings**” on COVID associated Mucormycosis was organized on 27th May 2021 with experts from SGPGI, Lucknow and KGMU, Lucknow which was shared with 52 medical colleges of UP.

**Prof. R K Dhiman**, Director, SGPGI welcomed the participants and speakers. Addressing the participants, he emphasized on identification of at risk cases and clinical setting and host factors which leads to Mucormycosis. In depth discussion on correct dosage of steroids for Covid pneumonia was discussed for judicious use of steroids.

**Lt General (Dr) BipinPuri**, Vice Chancellor, KGMU highlighted on medical therapy and proper control of underlying host factors along with irrigation of surgical cavity with Amphotericin B and early diagnosis and aggressive management.

**Dr Amit Keshri**, Additional Professor, Neuro-otology, SGPGI, presented 2 cases of Mucormycosis, which were managed by multidisciplinary team at SGPGI. All aspect of case including the History, Examination, radiological finding, microbiology reports and antifungal therapy including surgery was discussed in details.

**Prof Hardeep Malhotra**, Department of Neurology, KGMU highlighted the radiological findings in various stages of Mucormycosis and involvement of orbit and brain and nuances in the management of these lesions.

**Dr R K Singh**, Professor and Head, Emergency Medicine, SGPGI elaborated on various Antifungal drugs and do's and don'ts in Antifungal treatment duration.

**Prof Himanshu**, Department of Medicine, KGMU presented a case managed by KGMU Mucormycosis unit and the panelists discussed it extensively.

**Dr Alok Nath**, Professor and Head Dept of Pulmonology, SGPGI



elaborated on the involvement of lungs in fungal infections and on antifungal and antimicrobial therapy for Mucormycosis.

**Dr Rungmei S.K. Marak**, Professor, Microbiology, SGPGI, explained the various findings on the specimen of mucormycosis processed in the lab, sampling technique and tissue processing.

**Dr Apjit Kaur**, Professor and Head, Ophthalmology, KGMU spoke on management of orbital lesions in Mucormycosis and elaborated on intra-orbital Amphoterecin B protocol for saving the eye from exentration.

To summarize, the “Case based Teachings” gave participants an insightful management of Mucormycosis and highlighted the use of Multidisciplinary management of this complex disease. The session was attended by more than 400 participants and was appreciated by the audience. **Prof R K Dhiman** stressed on presentations from various medical colleges in the next session and urged them to take opinion from the experts in case of complex clinical cases.



**Professor Vinay Kumar Kapoor**, an AIIMS alumnus joined Sanjay Gandhi Institute of Medical Sciences in August 1988. The surgical gastroenterology department, one of the first in the country was established in 1989. Over the years, it has achieved a status which is cherished by all of us and Professor Kapoor being one of the pioneers had a big role to play. His achievements cannot be summed up in a page or paragraph. With numerous international fellowships -Fullbright Fellowship, US;DAAD Germany, PN Berry Educational trust, UK, UICC (ICRETT) to name just a few, Dr Kapoor has been an ambassador of the department at many prestigious universities and hospitals all over the world.



His philosophy was “Patients are our best teachers. They risk their life to train a doctor. Hence, we should respect them.” A man of few words, he let his work speak for him. Professor Kapoor has more than 200 international publications and nearly 50 book chapters to his name. He is the writer and editor of 10 best-selling books of surgical gastroenterology and has earned accolades and awards from esteemed universities round the globe. In a recent list published by scientists from the Stanford University, USA in PLoS (Biology), he was the only surgeon from India amongst the top 2% scientists of World. He has given the concept of anticipatory extended cholecystectomy for thick walled gallbladder, better known as “Lucknow approach”.

He is a wonderful teacher and has enlightened generations of students with his knowledge and skills. He inculcated in them the art of patient management, selfless service, data keeping, consolidating facts, writing papers, and confidence of podium presentations all these years. Fittingly, he was awarded the Dr BC Roy National Award (Medical Council of India) for Eminent Medical Teacher in 2004. The younger faculty colleagues and residents from any department of the institute could approach him for guidance and advice and never found him wanting. Good medical institutions are not built with only modern amenities and equipment but with contributions of dedicated teachers like him. The faculty and residents of the department have priceless memories that we will cherish all our life. He has left the institution on a strong foundation and his students will keep shining like stars in the field of surgical gastroenterology.

**Dr Rahul, Assistant Professor and Dr Anu Behari, Professor, Surgical Gastroenterology**

**Professor Saroj Kanta Mishra** joined SGPGI in Sept. 1989 following his training in PGI, Chandigarh. He initiated the subject of Endocrine Surgery, established the department, started MCH program all of which are firsts in India.

He is the architect of establishing telemedicine not only in SGPGI but in our country and across the world. In 1999 when mobile network was in its infancy, he conceived the idea of telemedicine and now in the year 2020, Government of India has regularized telemedicine practice and established guidelines.

He is founder member of many societies like Indian Association of Endocrine Surgery and Telemedicine Society of India. As Dean of the Institute he encouraged, helped to run academic programs even during the trying times of pandemic. The faculty members, residents and staff of SGPGI wish him and his family great health, and happiness.

Hope his vast experience and in-depth knowledge will continue to guide us from time to time.

**Dr. P K Pradhan, Professor, Department of Nuclear Medicine**



**Professor Manjula Murari** joined the department of Pathology on 15th April 1988 as Assistant Professor and superannuated on 30.06.2021. She has given her services to the Institute for about 33 years. She had completed her medical graduate and postgraduate training from KGMC, Lucknow.

She was the one of the earliest faculty members to join the department which was still in its nascent stage. She was instrumental in developing and nurturing laboratory medicine specially hematology and coagulation. She also underwent training in hematology from Nagoya University through JICA fellowship program in 1994. She utilized this training for creating complete automation in hematology and coagulation labs.

A very disciplined and committed teacher, she taught and trained several batches of students, residents and technical staff. In training students her perseverance and dedication had no match.

She took over the headship of our department in November 2006 and had a pretty long inning. As a head of the department, she always believed in including all the faculty members while taking decisions regarding departmental issues. She was always there to support her colleagues, residents, students and staff members, be it their professional or personal endeavours. Her clinical and academic contributions are immense. Her keen observations and comments in teaching sessions and witty remarks will always be remembered. She inspired and encouraged everyone and gave positive suggestions to all the members of department. Her kindness, love for music, books and empathy are familiar to people of not only our department but to other members of our fraternity.

On behalf of our department, we thank her for everything and wish her a very happy and contented life ahead.

**Dr Seema Sharma, Professor and Head, Department of Pathology**



## Farewell

**Dr. A.K. Bhatt** worked in SGPGI as Medical superintendent from 27 April 2006 to 31 October 2012. Dr. Bhatt did his M.B.B.S. and M.D (Medicine) degree from G.S.V.M Medical College, Kanpur. During his timeline of six years, he was well known for his sincere contribution towards augmentation of hospital management, services and empathy towards patients. Dr. Bhatt held the post of 'Project Director' of 'Medical University' and 'Super Specialty Pediatric Hospital and Post-Graduate Educational Institute' Noida from November 2012 to December 2016. He resumed services from 04/08/2018 to 30/04/2021 at SGPGI for the rest of his tenure. He was very popular as an able administrator and a sympathetic officer among all of faculty and staff of the institute. As the chairman of the institute Medical Board also, he lent his expertise to all the tasks assigned very efficiently. We wish him all the best for a healthy and content life post retirement.



**Ms Neema Pant, Sister Grade 1, Ms Manju Verma, Public Relations department**



**Mr. Cyril Poulouse** joined the Dept of CCM as a staff nurse and continued to work here till a few days ago when he resigned to join the NHS in UK. He started his career as a Nursing tutor in Theerthanker Mahaveer University, Moradabad.

Cyril came across as a highly diligent and a well read person. He is sincere and an astute task master. He knows his goals and objectives clearly and has a clear vision in life. Besides his striking professional demeanour, he is very social and a helping person within and outside his circle. We feel proud to have known him and worked alongside. After a lot of hard work and patience, he got selected as a critical care nurse in Somerset NHS Trust in South west England, London. We are sure he will add value to the organization and community. We wish him all the best on behalf of SGPGI staff for his future endeavors.

**Manu Thambi, Sister Grade 2, Critical Care Medicine**

## भावभीनी विदाई

संस्थान परिवार में अपने कार्यकाल को बखूबी लगन और मेहनत से निभा कर, अनेक सदस्य अपने पद के दायित्वों से मुक्त हुए। निदेशक महोदय की उपस्थिति में सभी को उनके अंतिम कार्य-दिवस पर सम्मानित किया गया। ये सभी सदस्य अपनी कर्मठता और संस्थान के प्रति योगदान के लिए अविस्मरणीय रहेंगे। सेवा निवृत्त कर्मचारी / अधिकारी :

1. श्री रामपाल, प्रवर्ग वर्ग सहायक, चिकित्सा अधी० कार्या०, 2. श्रीमती सरोज कुमारी, अटेंडेंट ग्रेड-1, इण्डामेडिसिन, 3. श्रीमती रेनुका लाल, ए०एन०एस०, 4. श्रीमती रुषा रानी प्रसाद, सी०टी०ओ० (एल०टी० संवर्ग), 5. श्रीमती किरन कॉमथान, ए०एन०एस०, 6. श्री शिवराम, अटेंडेंट ग्रेड-1, सी.सी.एस.डी., 7. श्री सुधीर कु० सक्सेना, वरि० प्रशा० अधि०, सम्पत्ति अनुभाग, 8. श्री ओम प्रकाश यादव, प्रवर्ग वर्ग सहायक, वाहन विभाग, 9. श्री संतोष कु० दूबे, अटेंडेंट ग्रेड-1, जनरल अस्पताल, 10. श्री नन्हेराम, अटेंडेंट ग्रेड-1, पीडियाट्रिक गैस्ट्रो, 11. श्री कुतुब आलम, वाहन चालक ग्रेड-1, वाहन विभाग, 12. श्रीमती चन्दारानी, अटेंडेंट ग्रेड-1, न्युक्लियर मेडिसिन, 13. श्री सुरेश कुमार, ड्राइवर स्पेशल ग्रेड, वाहन अनुभाग, 14. श्री अशोक कुमार राघव, प्रशासनिक अधिकारी, ट्रामासेंटर, 15. श्री ओम प्रकाश अवस्थी, अवर वर्ग सहायक, गैस्ट्रोसर्जरी, 16. श्री आर के० मिश्रा, सी०टी०ओ० (एल०टी० संवर्ग), 17. श्रीमती बानी मण्डल, अस्पताल अटेंडेंट ग्रेड-3, 18. श्री जोसफ जार्ज, मेडिकल रिकार्ड टेक्नीशियन, 19. श्री बी०पी० शर्मा, सीनियर सेनेट्री आफिसर, 20. श्री राजन बी० पीटर, नर्सिंग अधीक्षक, 21. श्रीमती रोजलिन नथैनियल, ए०एन०एस०, 22. श्रीमती सुनीता चोपड़ा, ए०एन०एस०, 23. श्रीमती सुनीता सिंह, डी०एन०एस०, 24. श्री डी०के० बाजपेयी, एस०टी०ओ० (एल०टी० संवर्ग), 25. श्री आर०सी० रस्तोगी, एस०टी०ओ० (एल०टी० संवर्ग), 26. श्री अशोक, ड्राइवर स्पेशल ग्रेड, वाहन अनुभाग, 27. श्री विपनेश कुमार तिवारी, ड्राइवर ग्रेड-1, वाहन अनुभाग, 28. श्री गया प्रसाद पाण्डेय, अटेंडेंट ग्रेड-1, वीआईपी गेस्ट हाउस,







## विनम्र श्रद्धांजलि



विधि के क्रूर हाथों ने संस्थान परिवार के कुछ सदस्यों को असमय छीन लिया। उनकी याद सबके मन में बसी रहेगी। दिवंगत कर्मचारी/अधिकारी

नाम	पदनाम
स्व० सुखलाल	अटेंडेंट ग्रेड-1 (इंजीनियरिंग)
स्व० शशि ए० लाल	डी०एन०एस०
स्व० उर्मिला गुप्ता	सिस्टर ग्रेड-1
स्व० सुनीला जॉनसन	ए०एन०एस०
स्व० रामबाबू	वरि० अटेंडेंट (इंजीनियरिंग)



हम सभी दिवंगत आत्माओं की शान्ति के लिए प्रार्थना करते हैं व ईश्वर से कामना करते हैं कि उनके परिवार को इस आघात को सहने की शक्ति प्रदान करे।

**Mr. Rajendra Kumar Srivastava**, Assistant Accountant in the Department of Materials Management passed away on June 06, 2021, at the age of 59 after battling COVID-19. He is survived by his two sons Rachit and Mohit.

He joined the Institute on 02<sup>nd</sup> June 1992 in the Finance Department. He worked in various departments and was an integral part of the Department. He had earlier lost his wife **Mrs. Pallavi Srivastava** on 28<sup>th</sup> April 2021 with the same disease. He had rendered his services in many departments of the Institute and was working with Materials Management department since 2018. He was assigned with various projects of procurement mainly the task of procurement of equipment for Apex Trauma Centre which was the dream project of the Institute. He did his work very efficiently to fulfill this task within time bound manner. He was also appreciated after completion of the assigned job in supervision of his seniors. He always remained positive, cheerful and active in the department.



**R.K. will always be remembered by all of us and will remain in our hearts. May his soul rest in peace.**



**Mr. Walter Masih** joined the Institute in February 1989. He contributed enormously to HRF. He will be remembered for his qualities including punctuality and commitment. His untimely demise in July 2021 is a loss to the Institute and his family.

May his soul rest in peace

श्री राम शंकर ने संस्थान में दिनांक 23 अक्टूबर 1981 को टेक्निशियन के पद पर न्यूक्लियर मेडिसिन विभाग में अपना कार्यभार संभाला। श्री राम शंकर एक मृदुभाषी एवम् कर्मठ कार्यकर्ता थे। वर्तमान में यह वरिष्ठ तकनीकी अधिकारी के रूप में न्यूक्लियर मेडिसिन में कार्यरत थे।





## A Kaleidoscope of Campus Colours

My two dogs jumped on to my bed. They have never let me off from my duty towards them at 5 am in the morning and 7 pm in the evening. After all, how dare I continue to 'hit the sack' or 'sit comfortably' when it is time for their precious walk! I often used to wonder why on earth do they get so excited about going on the same boring route twice-a-day, day after day...and then gradually and steadily, my world changed. I started seeing the campus and its beautiful natural surroundings through their eyes. It is said that plants,

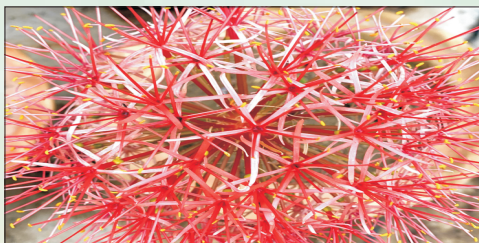
flowers, birds and animals connect us to nature...and thereby, to the universe beyond. That is when I realised that I had been positioned to capture "a moment in time"... "in that specific place"... "at that very instant!"

All these photographs have been taken with a mobile phone.

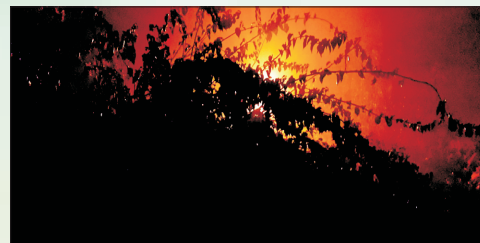
**Dr. Sanjay Behari, Professor, Department of Neurosurgery**



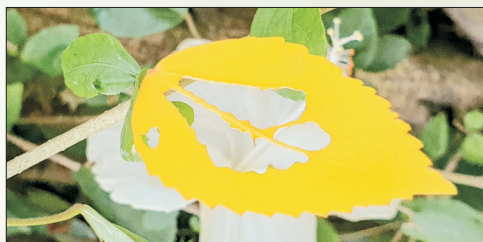
**A cage...or window to a place I call my home**



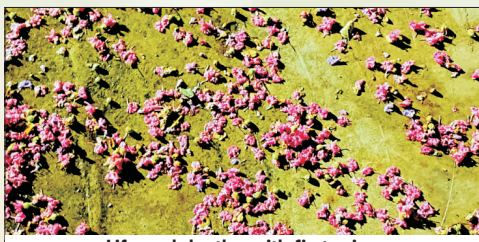
**Ball of fire**



**Bougainvillea-on-fire by the night lights**



**Leafy window to the vista beyond**



**Life and death...with first rains, moss grows and pink flowers wither away**



**Raindrops and dew**



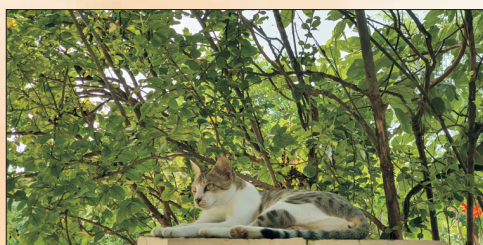
**Reflections on a Banyan tree**



**Rumour monger of the campus**



**The road towards sunshine**



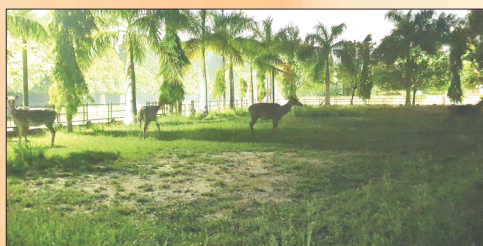
**The statue**



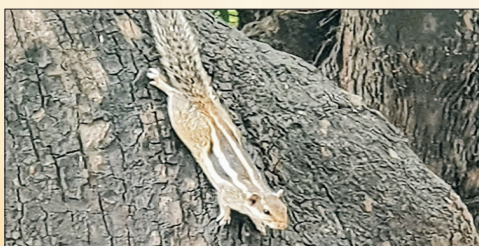
**Very shy...but also immensely curious**



**Vivid colours of the micro-world**



**While the world sleeps...our work goes on**



**The balancing act**



**Yin and yang**

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