



## SGPGIMS Celebrates 37<sup>th</sup> Foundation Day - 14 December 2020

Sanjay Gandhi Post Graduate Institute celebrates its Foundation day on 14th December every year. On this day in 1980, **Shri Neelam Sanjeeva Reddy**, the then President of India, laid the foundation stone of this Institute. Over the years, SGPGI has constantly endeavoured to provide state of the art medical care to patients and quality medical education and training to the students as well as contribute to Research activities towards amelioration of diseases.

**Foundation day is the day when the Institute celebrates its journey and achievements so far, acknowledging the contributions of staff, doctors, researchers, mentors and patients and renews its pledge to not rest on the laurels but keep striving for advancement.**

This year, keeping Covid restrictions in mind, only a limited number of audience were physically invited to the venue. The rest of the Faculty, residents and staff joined via Video Conference link.

Honorable Chief Minister of Uttar Pradesh **Yogi Adityanath ji** was the chief guest. While addressing the gathering, he also announced the exchange of memorandum of understanding for creating virtual ICU in 6 medical colleges of the state of Uttar Pradesh with Power Grid Corporation of India. He said that the telemedicine facility is the need of the hour to combat this kind of pandemic. WHO has also acknowledged the health infrastructure of Uttar Pradesh in fighting the Covid 19 pandemic. He also gave away awards to the best Residents and Paramedical staff, as is customary each year, to acknowledge their contribution towards the Institute's progress.

The Director, **Professor R K Dhiman** welcomed the guests and presented a progress report of the Institute till date and vision for the future.

Dean, SGPGI, **Professor S K Mishra** introduced the Foundation day Orator, **Professor Balram Bhargava**, DG ICMR and Health Secretary, government of India. Dr Bhargava talked about how India rose to the COVID challenge, creating indigenous test kits and carrying out more than 15 crore tests, and emphasized about the availability of vaccines in India to be rolled out shortly via the CO-WIN platform. He also reiterated that we will finally be able to win over this pandemic with masking, hand hygiene, social distancing and the advent of vaccine.

Minister for Medical Education, Parliamentary Affairs and Finance, Govt of UP, Honorable **Shri Suresh Khanna Ji** applauded the continuous progress of the Institute over the years and appreciated the efforts of the SGPGI family.

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

The Institute was beautifully decorated to mark this occasion and every person associated with it, whether dignitaries, patients, alumni, doctors and staff, took pride in celebrating yet another milestone for this tertiary care apex research, training and teaching center. It is hoped that the Institute will reach newer heights in the coming years.



## Tree Plantation drive to mark Alumni day and Foundation day

Frank Lloyd Wright said "The best friend on earth of man is the tree. When we use the tree respectfully and economically, we have one of the greatest resources on the earth."

The 37<sup>th</sup> Foundation Day celebrations of SGPGIMS started meaningfully on the morning of 14<sup>th</sup> Dec 2020 with a Tree Plantation drive. The chosen venue was opposite the Residential Tilak towers in the new Campus of SGPGI. Director, **Prof. R K Dhiman** who is one of the first alumni of the Institute flagged off the drive to commemorate the First Alumni day, which the institute had observed on the eve of the Foundation day. Senior Faculty members including the Dean, **Prof S K Misra**, **Prof VK Kapoor**, **Prof Amit Agarwal**, CMS, **Prof Aditya Kapoor**, FIE and **Prof RK Singh**, JDA also planted saplings. Apart from this, few selected Faculty members, Resident doctors and staff from different cadres also participated in this afforestation drive wherein nearly 60 trees (Gul Mohar and Har Singar/Parijat) were planted. This will further boost the clean, green environment of the sprawling campus. The area where the plantation drive was undertaken will be developed into an Alumni Park in the coming times.



## Distribution of Patient Wellness Hamper on 37<sup>th</sup> Foundation Day

On the occasion of 37<sup>th</sup> Foundation Day, SGPGI, as a good will gesture, tried to reach out to each of the admitted patients to convey well wishes for an early, complete and uneventful recovery, with Wellness Hampers containing Cards and Fruits. The **Get Well Soon hampers** distribution function was executed by Residents of the Department of Hospital Administration. Patient Wellness Hampers were distributed to the In-patients of Main Hospital Building, PMSSY Block, Rajdhani Corona Hospital and General Hospital. The distribution commenced at Dialysis Unit of SGPGIMS where **Prof. R. K. Dhiman**, Director distributed the hampers along with **Prof. Narayan Prasad**, HoD, Nephrology. Patients received hampers at Endosurgery ward and PMSSY block from **Prof. Amit Agarwal**, C.M.S and **Prof. A. K. Bhatt**, M. S. along with **Prof. Alok Nath**, HoD, Pulmonary Medicine and Chief Nursing Officer, **Mrs Lizzamma Kalib**. General Hospital Patients were given hampers by **Dr. R. Harsvardhan**

HoD, Hospital Administration along with Nodal Officer, **Dr. Piyali Bhattacharya**, **Dr. Prerna Kapoor**, **Dr. Deepa Kapoor** and **Dr Anju Rani**, CNO, and other Senior Nursing staff and General Hospital Sisters and staff. Patients are the most important focal point of any medical Institute. It was important that they too participate in the celebration of the Foundation day. They were very happy to receive the hampers and the exercise created positive energy and vibes.

**Dr. R. Harsvardhan**  
HoD, Hospital Administration



## From the Editor's Desk

### 2020-The Year That Was...

For most of us, 2020 would remain in our memories as the Corona year. The year overturned the established norms of living, travel, healthcare, shopping, even celebrating festivals! However there were a lot of positives too. Mother Earth was rejuvenated, there was less consumption and less pollution. A lot of people realized that we can minimize our wants and needs and yet live in contentment. Lockdown and extra time on hand helped a lot of people acquire new skills such as embroidery, gardening, knitting, cooking, bonsai making, yoga, ability to read and write new languages. People utilized free time to read and expand mental horizons. Families and friends could connect all over the world with video-calling. Working from home cut down on commuting time and traffic jams. Most importantly, humanity rose and responded globally to this crisis which was a huge leveler. The roles of frontline workers specially Healthcare providers was recognized as crucial. In Medicine itself, Conferences, Training workshops continued over Video conferencing, thus knowledge sharing and skill enhancement were not hampered by Covid. Telemedicine was regulated and brought into mainstream practice. In Post covid years, it will go a long way to reduce OPD crowds and save patients not just commuting costs but also precious time. Year-end brought good news in terms of falling numbers of cases. **If 2020 was the year of corona, 2021 will be the year of the vaccine. As we end a bleak year on a slightly high note, we need to remember to not let guards down and remain cautious for the next few months. We also fondly remember all those who lost the battle to Covid this year. Hoping that 2021 and the much awaited vaccine contribute to provide everyone a happy and healthy 2021.**

**Dr Prerna Kapoor**



## Research Day SGPGI - A new horizon

Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow, since its inception, has given due importance to research activities and has achieved significant progress in front-line research. It has been recognized as one of the leading and outstanding medical institutes for conducting exceptional research. Scientists have brought laurels to the institute through their publications nationally and internationally.

The ongoing COVID-19 pandemic has further proven how important medical research is in improving our knowledge of various aspects of a disease in order to enhance patient outcomes. As we navigate through and beyond the COVID-19 pandemic, it is important to recognize and address all possible opportunities and strategies for research, whether clinical or basic. Under the leadership of the present Director, **Prof. R. K. Dhiman**, and with the untiring efforts of Dean, **Prof. S. K. Mishra** and Faculty In-charge Research, **Prof. Uday C. Ghoshal**, 1st Research Day was celebrated this year, and a tradition started for future years, to acknowledge the work done by the faculty members of SGPGI.

Eighty faculty members presented their research works done in the last 3 years. A team of peer reviewers from SGPGI, KGMU and RMLIMS selected 11 papers as the best papers in various categories. Thereafter, Director, Professor R K Dhiman, interacted with the faculty and stressed the need to promote clinical and basic research.

Keynote lectures were delivered by **Professor S K Sarin**, Director, ILBS, New Delhi, who elaborated on: "**India Needs Hybrid Clinicians**", followed by another lecture by **Dr. Arunaloke Chakrabarti**, PGIMER, Chandigarh who in a very interesting manner explained the **need for research by faculty members**. **Dr. Pradeep Kumar Sinha**, Vice Chancellor and Director, Dr. S P Mukherjee International Institute of Information Technology, Naya Raipur (IIITNR), Chhattisgarh expressed his views on "**Why 21<sup>st</sup> Century Engineers and Doctors need to Collaborate for Future Healthcare**". The distinguished speakers delivered their lectures virtually.

This lecture session was followed by an open house discussion. Prof. S. K. Mishra, Dean, SGPGI, proposed the vote of thanks.



### Research Cell Activities

1. 81st Research Committee Meeting was conducted in a hybrid form. A total of 43 intramural proposals were submitted of which 18 were approved for the funding. Similarly, the 82nd Research Committee Meetings was also conducted in a staggered manner in a hybrid form in Nov 2020. A total of 28 proposals were submitted of which 25 were approved for intramural funding.
2. More than 20 projects have been submitted for extramural grants on COVID-19 and 05 have been already sanctioned and study initiated.
3. A dedicated Webpage of Institutes Research Cell started ([www.sgpgi.edu.in/Research Cell](http://www.sgpgi.edu.in/Research Cell)).
4. In line with the national initiative, **Patent Cell** has been started. An initial Draft of the Patent rules has been drafted by members of the committee.
5. SGPGI has been selected as one of the centers for vaccine trial against COVID-19
6. **Prof. Devendra Gupta**, Dept. of Anesthesiology, SGPGI, has applied for a Patent specific for respiratory support of COVID-19 patients.

**Prof. Uday C Ghoshal**, Professor, Dept. of Gastroenterology

Safe and Voluntary blood donation is the cornerstone of a safe and adequate supply of blood and blood products. Like every year the Department of Transfusion Medicine celebrated the 37th Foundation day of the institute by organizing a blood donation camp. Amongst other voluntary donors, **Mr Shashank S Shinde**, **Mr Ram Saran** and **Mr D K Singh**, SGPGI employees who are regular voluntary donors donated blood.



## First Alumni day SGPGI-13 December 2020

Since its inception in 1983, SGPGIMS has been offering quality education in the form of DM, MCh, MD, PhD degrees, postdoctoral fellowships and postdoctoral certificate courses, and senior residency programs in different specialties. Some of the degrees such as B.Sc. Nursing and B.Sc Medical technology have recently been added to the armamentarium.

SGPGI started the degree and residency programs in 1988. Over the last 3 decades, a sizeable number of residents, students and scholars have received training here.

It is a matter of great pride that these students who once walked through the corridors of this great organization, now hold responsible, prominent and leadership positions in their specialties all over the country and abroad. Needless to say, their rigorous training at SGPGI, with emphasis on basics, clinical and scientific research, has stood them in good stead, and their brilliant career graphs are a testimony to that. A robust training program, a family like bonding within the departments and hostels, sprawling campus with its lush green ambience, is what most of the Alumni are nostalgic about.

An Alumni cell was created by the Director (one of the first alumnus of SGPGI) **Prof. R K Dhiman**, and **Dean Prof. S K Mishra** in the year 2020 with the firm belief that Alumni are the true ambassadors of any organization, and have the potential to contribute immensely to the growth and the visibility of the Institute, since they continue to have a professional and an emotional connect with their Alma Mater.

As one of the first activities the Alumni cell Committee, chaired by the Dean, organized the "Alumni Day" on 13th December, 2020 (eve of the Foundation day), as an online activity. 227 Alumni joined in via zoom link and 176 via live you tube account. The Director presided over the event, and it was ably steered by **Prof. VK Kapoor** (Department of Gastrosurgery)

The program commenced with "Down the memory lane- Virtual Heritage Walk" A Video Presentation, with a voice over by **Mrs. Monalisa Chaudhari**, Senior PRO, who recently retired from SGPGI.

There were invited talks by some of the most noted Alumni of SGPGI **Dr. Amarendra Singh Puri**, Gastroenterology, **Dr. Ashutosh Tewari**, Urology, **Dr. M Naveed**, Medical Genetics and **Dr. K Nagaraju**, Immunology. All the invited speakers were formally introduced by their respective department heads i.e. **Prof. VA Saraswat**, **Prof. Aneesh Shrivastava**, **Prof. Shubha Phadke** and **Prof. Amita Agarwal**. The speakers spoke about their professional journey, which began at SGPGI, their achievements and their memorable moments. The illustrious speakers ended on a promising note expressing the desire to remain in touch and to help out the younger generations of Alumni in any manner that they can. These talks were followed by a Heritage walk - a video presentation and a very nostalgic interactive session. **Dr Rahul Katharia** (Transfusion Medicine) anchored the program.

Throughout the program, The chatbox was live with people spotting their peers and friends and catching up and discussing life as they knew it during their SGPGI days, fondly and wistfully. Covid times did not dampen the enthusiasm. We hope to continue this tradition in the coming years.



### नवनिर्मित आवास का लोकार्पण

विवाहित चिकित्सकों के आवास के लिए टावर ए और टावर बी का लोकार्पण किया गया। इस सुविधा के निर्माण कार्य का शासनदेश 2015 सितंबर में स्वीकृत किया गया था। वर्तमान समय में 101 आवास उपयोग हेतु उपलब्ध है। शेष 99 आवास जल्द पूर्ण किए जाने का लक्ष्य है। भवन के पूर्ण होने के पश्चात पार्किंग क्षेत्र, केयर टेकर रूम, स्टोर रूम सहित चिकित्सकों के लिए प्रथम तल से 10वें तल तक कुल आवास 200 आवास (2 रूम सेट) उपलब्ध होंगे। उक्त आवासों को संस्थान द्वारा चयनित विभिन्न विभागों में कार्यरत जूनियर रेजिडेंट डॉक्टरों और सीनियर रेजिडेंट डॉक्टर को आवंटित किया जाएगा। इस अवसर पर उत्तर प्रदेश सरकार के चिकित्सा शिक्षा विभाग के अपर मुख्य सचिव डॉ रजनीश दुबे, माननीय सांसद, मोहनलालगंज श्री कौशल किशोर, माननीय राज्य मंत्री, स्वतंत्र प्रभार, उत्तर प्रदेश श्रीमती स्वाति सिंह, माननीय राज्य मंत्री, चिकित्सा शिक्षा, उत्तर प्रदेश श्री संदीप सिंह भी उपस्थित थे। संस्थान के निदेशक प्रोफेसर आरके धीमन ने उपस्थित अतिथियों का हार्दिक स्वागत किया। कार्यक्रम का समापन प्रोफेसर आदित्य कपूर द्वारा धन्यवाद प्रस्ताव ज्ञापित करने के साथ हुआ।





## Mission Shakti



Uttar Pradesh Chief Minister **Shri Yogi Adityanath ji** launched the 'Mission Shakti' campaign on October 17, 2020, to ensure safety of women in the state. Its start coincided with the commencement of the Navratri festival dedicated to Goddess Durga. The mission emphasizes that women are a symbol of 'Shakti', and gender equality and protection of the girl child should start from home itself.

**Prof Soniya Nityanand**, Executive Registrar introduced the speakers which included Additional Director General, Police, Ms Renuka Mishra and representative faculty doctors and nursing staff from the Institute and outside. Around 330 participants from more than 50 Medical colleges participated in the program through videoconferencing. **Prof RK Dhiman** emphasized the need and importance of free primary education for girls. He said that the overall progress of any society depends on providing justice to all, irrespective of gender.

**Prof Vinita Das**, (retired) Dean and Head, Dept. of Obstetrics and Gynecology, KGMU, Lucknow said that an educated self-dependent woman could play a major role in solving many social problems that exist today. **Dr Piyali Bhattacharya**, Pediatrician, General Hospital, SGPGI said that it is important for working women to recognize their rights. Chairperson of the Vishaka Cell at SGPGIMS, **Prof Sarita Agarwal**, discussed the procedures that exist and which are required to ensure safety and well-being of women working at all levels in Hospitals and healthcare settings.

The views of the nursing staff, one of the most important component of any healthcare facility, were expressed by **Ms Minimole Abraham**, Sister Grade 1, who talked about ensuring safe environment and protection of rights of the nursing staff.

Male colleagues must be sensitive and supportive of their female colleagues and can help create a safe working environment. Faculty members and senior officials can be role models in this respect. **Dr Brajesh Singh**, Surgeon, General Hospital and **Prof Gaurav Agarwal**, Dept. of Endocrine Surgery, emphasized that a healthy working environment and mutual respect for each other with recognition of problems that women face, is required for all to function to their optimum.

**Ms Renuka Mishra**, who has been instrumental for measures taken to provide safety to women, said that the UP State Government is organizing many training programs and taking initiatives for awareness among women for their rights. In a very emphatic and interesting way, she explained the purpose of "Mission Shakti", to make every woman emotionally and economically independent. She discussed about the 'Pink Patrol' for women safety by U.P. Police. Ms Mishra informed that there would be a separate room for women complainants in 1535 police stations of the state. A female police constable will register women complaints and take urgent action. Her talk was both informative and inspiring.

**Prof Vinita Agrawal**, Department of Pathology, SGPGIMS, coordinated and moderated the program and proposed the vote of thanks.

### "Medical Ethics Program"

SGPGIMS has under the directives of Hon'ble Minister of Medical Education Finance and Parliamentary affairs, Government of Uttar Pradesh, **Shri Suresh Khanna ji**, initiated a series of programs on Medical Ethics. In October the topic was: '**COVID-19: Ethical Conduct during the Festive Season**'. This session was dedicated to discussing the ways to avoid surge of COVID-19 infection during the season of festivals. **Shri Suresh Khanna ji** in his message said that the people look up to doctors in distress and it is the duty of HCWs to serve with ethical conduct. He praised SGPGI for its commitment towards COVID care. **Dr Rajneesh Dube**, Additional Chief Secretary, Dept. of Medical Education, Govt. of UP talked about the importance of ethics in Medicine. **Prof Amita Aggarwal**, **Dr Alok Rai**, **Mr. Dikhil**, and **Dr Ajay Shukla** emphasized the importance of maintaining social distancing norms and use of digital platform to be with their family and friends during the festive season. The next program in the series was held on 28th Nov. 2020, on the topic '**Understanding Ethical Concerns and Challenges in Managing Children during Covid-19**'. **Prof Prabhat Sitholey**, Retd. Head Dept of Psychiatry, KGMU expressed his views on the changes in lifestyle for children in the COVID era. The session was unique as the views of children in senior school and in professional courses were expressed by **Ms Keya Singh** and **Mr Mihir Dabadgao** respectively. **Prof Anshu Srivastava**, **Prof. VL Bhatia**, **Dr Anshul Gupta** and **Prof. Preeti Dabadgao** discussed the challenges in management of children with covid and non covid illnesses in covid times. Participants joined the program from within the Institute and from more than 52 Medical Colleges of the State of Uttar Pradesh. **Prof Vinita Agrawal**, moderated the session.



On the Morning of 2<sup>nd</sup> October to mark 151<sup>st</sup> birth anniversary of Mahatma Gandhi, the father of Indian Nation, a ceremony was organized by Department of Hospital Administration in the Director Office, SGPGIMS. The ceremony began with lamp lighting, garlanding and laying floral tributes on statues of Mahatma

Gandhi ji and Lal Bahadur Shastri ji.

**Prof. R.K. Dhiman** (Director), **Prof. S.K. Mishra** (Dean), **Prof. Amit Agarwal** (Chief Medical Superintendent), **Prof. Soniya Nityanand** (Executive Registrar), **Dr. R. Harsvardhan** (Head Hospital Administration) & **Mr. A.K Bajpai** (JDM) were present on the occasion, the event was shared among other SGPGIANS through virtual video meet. In his remarks on the occasion, the Director, Prof. R.K. Dhiman said that Gandhiji is remembered not only as a national icon but also a great global leader. Dr. Dhiman also emphasized that Swachh Bharat Mission is an important initiative taken by Government of India for cleanliness which has contributed towards health of the citizens. He also expressed sensitivity towards COVID-19, adding that keeping cleanliness, maintaining social distancing and wearing facemasks is safeguarding oneself from the disease.

Dr. R. Harsvardhan gave vote of thanks and concluded the occasion.

#### Online Gandhi Quiz

The Faculty Club of SGPGIMS held an online Gandhi Quiz on 2nd October evening. The Quiz Master was **Prof VK Kapoor** who has also published a 200-page quiz book on Mahatma Gandhi. Forewords to the book have been written by Arun Gandhi and Raj Mohan Gandhi, grandsons of Mahatma Gandhi. Faculty members, Resident Doctors, Nursing, Technical and all other staff of SGPGIMS participated. The questions are here for all those who could not attend. Here's testing your knowledge and memory. Answers have been provided later in this issue of the Newsletter.

1. Place of birth (2nd October 1869) of Mahatma Gandhi?  
A) Dandi B) Noakhali C) Porbandar D) Sabarmati
2. The word Mahatma Gandhi misspelt during school inspection?  
A) Absence B) Accommodation C) Kettle D) Receive
3. Where was Mahatma Gandhi when his father died (1885)?  
A) In school, studying B) In temple, with his mother C) In bed, with his wife D) In park, with his son
4. Which son of Mahatma Gandhi was errant?  
A) Devdas B) Harilal C) Manilal D) Ramdas
5. What subject did Mahatma Gandhi study in UK (1888-1891)?  
A) History B) Law C) Political science D) Social science
6. Mahatma Gandhi thrown out of a train (1893) at  
A) Durban B) Johannesburg C) Pietermaritzburg D) Pretoria
7. Mahatma Gandhi vs. (in South Africa) (1893-1914)  
A) Irwin B) Linlithgow C) Smuts D) Wellington
8. Mahatma Gandhi's political guru  
A) Bal Gangadhar Tilak B) Gopal Krishna Gokhale C) Lala Lajpat Rai D) Moti Lal Nehru
9. Mahatma Gandhi attended foundation ceremony of (1916)  
A) AIIMS B) AMU C) BHU D) Delhi University
10. Mahatma Gandhi's response to Jallianwallah Bagh massacre (1919)  
A) Civil disobedience B) Bharat Bandh C) Penitential fast D) Quit India movement
11. Mahatma Gandhi marched (1930) to  
A) Champaran B) Dandi C) Noakhali D) Sabarmati

12. Called Mahatma Gandhi 'half-naked seditious fakir'  
A) Dwight Eisenhower B) King George V C) Lord Irwin D) Winston Churchill
13. Mahatma Gandhi met (1931)  
A) Charles Chaplin B) Elizabeth Taylor C) Marilyn Monroe D) Sean Connery
14. Where was Mahatma Gandhi on 15th August 1947  
A) Calcutta B) Delhi C) Islamabad D) Sabarmati
15. Last words (30th January 1948) of Mahatma Gandhi  
A) Bharat mata ki jai B) Hey bhagwan C) Hey Ram D) Jai Hind
16. Mahatma Gandhi was cremated (31st January 1948) at  
A) Birla House B) India Gate C) Rajghat D) Sabarmati
17. Who was related to Mahatma Gandhi  
A) Morarji B) Nehru C) Patel D) Rajagopalachari
18. Foreign country (other than UK and South Africa) Mahatma Gandhi visited  
A) Bangladesh B) Burma C) Nepal D) Pakistan
19. Khan Abdul Ghaffar Khan was known as  
A) Border Gandhi B) Frontier Gandhi C) Muslim Gandhi D) Other Gandhi
20. American Black civil rights leader inspired by Mahatma Gandhi  
A) Jesse Jackson B) Joseph Tutu C) Martin Luther King D) Rosa Parks
21. Film (1982) by Richard Attenborough  
A) Father of a Nation B) Gandhi C) Mahatma D) Mahatma Gandhi
22. Meaning of satyagrah  
A) Force of truth B) Truth always wins C) Truth is God D) Truth is great
23. Mahatma Gandhi's spinning wheel  
A) Charkha B) Jhanda C) Khadi D) Topi
24. Mahatma Gandhi's favorite hymn  
A) Gayatri Mantra B) Hanuman Chalisa C) Om jai jagdish hare D) Vaishnava jan to tene kahiye
25. The only movie (1943) Mahatma Gandhi watched  
A) Mother India B) Raja Harishchandra C) Ram Rajya D) Shraavan Kumar
26. The day of silence for Mahatma Gandhi  
A) Monday B) Tuesday C) Friday D) Sunday
27. Mahatma Gandhi used to drink the milk of  
A) Camel B) Cow C) Goat D) Gave up milk
28. Mahatma Gandhi was operated (1924) for  
A) Appendix B) Gall stones C) Hernia D) Prostate
29. A peculiar fact about Mahatma Gandhi  
A) Never ate meat B) Never flew C) Never smoked D) Never stole anything
30. Be the ..... you want to see in the world  
A) Change B) Force C) Leader D) Strength

#### Results of the Gandhi Quiz:

**Faculty Members :** 1st position: **Dr Surya Nandan** (Asst Prof, Radiology), 2nd position: **Dr Ankur Bhatnagar** (Addl Prof, Plastic Surgery), 3rd Position (joint): **Dr Afzal Azim** (Prof, CCM) and **Dr Sanjeev** (Asst Prof, Hematology).

**Residents:** **Dr Sakeena Jahan**, Senior Resident, EMD

**Technical Staff :** **Mr Tanveer Hussain**

**Nursing staff:** Joint 1st position: **Mr. Ravinder Paliwal**, gr II nursing staff, PSSU and **Mr. Pankaj Gupta**, Gr II nursing staff, EMD, 2nd position: **Ms Madhu Kukreja** (Gr II nursing staff, CVTS ICU), 3rd position: **Ms Poonam Yadav** (Gr II nursing staff, Dialysis)



## My experience in RCH in my own words

At the outset, my salute and complete admiration for all the residents of SGPGI, nursing and other staff at the COVID hospital, who are doing an awe-inspiring and tremendous job at the COVID hospital. It is one thing to don the full PPE and be physically present in the ICU/Isolation/Private wards, but they have taken dedication, commitment and devotion to the profession to an altogether different level by looking after patients, doing invasive procedures, imaging studies, compiling reports, and infinite other jobs, in stretches of duty lasting 6 hours and sometimes even beyond. When one considers that during this entire period there is obviously no tea/snack/toilet break, one's respect for them goes up even further. It was absolutely amazing to receive timely and detailed history notes, investigation reports, intake-output charts, echocardiographic images, from the residents every day, which made our job of putting all patient-related data together so much simpler and easier.

One of the residents told me that to keep a particular ICU patient in a positive frame of mind, they used to play her favorite songs on the smartphone in the ICU, and she enjoyed this a lot. What an amazing and brilliant thing to do for a patient! When one factors in the fact that all of them are doing these duties periodically every few weeks on a rota-based duty system, without any perceptible drop in their quality of work, one is just rendered speechless!

A special mention needs to be made here of the exemplary set up at the RCH in terms of logistics and PPE provision to healthcare workers. I certify it first-hand that the kind of protective gear made available for healthcare workers at the RCH may very well be the very best in the country, often prompting the very apt remark that the workers are probably safer in the COVID hospital, rather than the non-COVID facility. I believe that SGPGI has set a benchmark in these parameters. Other institutions across India may do well to emulate this. And this part cannot be complete without talking about the donning team (**Brother SP Rai and his co-workers**). Helping people don their multi-component PPE day-in and day-out, and that too always smilingly and courteously, is no mean task, and thanks also to **Brother Dhikhil and Quality Cell**, SGPGI, too for the doffing video which is on YouTube - a very useful video and a must-see for all.

All in all, a superb learning experience.

**Dr. Aditya Kapoor, Professor, Cardiology**

As I finished 15 days of my duty in RCH. The initial apprehension that was there in the beginning was eased by so many around me. Each and every detail of how things are to be done on personal and working end was explained by outgoing team. Indeed that was so made possible by the intricately woven scheme of working being developed by learning from the fallacies and improving upon it.

I felt the same zeal as if I was a newly appointed MBBS student in the stream of clinical work...and this time in a totally different environment of digitalization and coordination. All

the physical documentation supplemented by thorough data entry to be pooled for future use. And not to mention perfect interpretation by our able biostatistics every day and week was remarkable.

A system of finely tuned orchestra where each instrument is different but the harmony emanates a beautiful song to be sung over the decade and may be longer. Hats off to the leaders and Master of this orchestra.

So at the end of my posting I feel strongly that this legacy of our little experience should be passed over with details like having over a baton in the relay race...because we ourselves are a very small part of this big relay. And we will win the pandemic if we truly give our little efforts with full honesty. Working 24/7 vigilantly is not easy and the RCH is a example of how it is done efficiently.

**Truly I bow off as I leave the stage being gratified by the whole experience.**

**Dr. Amrit Gupta,**

**Additional Professor, Maternal & Reproductive Health Department**

2 weeks of my COVID duty was an experience unto itself- Working with faculty and residents from other specialities, as a team, was a novel experience. A strange cohesiveness existed inspite of all the differences in our approaches. Also got a glimpse of how the acute teams function, and how different their mindset is from people who deal with chronic ailments - very deft at times I would say.

I realise that lot of things have been thought through and streamlined, lots of systems have been put in place. To create a facility of this kind, almost overnight, is not easy. Residents, nurses have been the backbone of this system. They have worked tirelessly without complaining, and often working conditions were not easy....hats off to them.

Overall a learning experience for me

**Dr. Punita Lal, Professor and Head, Radiotherapy**

## RCH Memories: Faceless people with golden heart and bright brains

It was a unique experience of working with faceless medical staff and patients with faces and dysfunctioning of lungs, pancreas, kidneys and / or hearts. When I got the duty roster with my name in it, I said that the risk of getting COVID 19 is the same in and out of Rajdhani COVID Hospital. Someone said: 'That's the spirit!'. Infact, though I had not volunteered, I wanted to experience wearing the attire of multilayered PPE kit and masks. Had seen videos of Chinese nursing staff wearing layers upon layers and wanted to experience that challenge. I realised the risk is everywhere; the realization of risk varies with the time, perspective and the situation. Since corona pandemic, no one forgets the risk of death any moment and feels if one does not get corona, then immortality is ensured.

Working in RCH was a once-in-a-lifetime experience of medicine, opportunity to introspect and look philosophically at everything around, testing our own limits, and working in a team

with checklists. While living in home with isolation I made rules for myself - no second coffee in the morning (to avoid diuresis after wearing PPE), no TV and NO facebook for 15 days. I drew one or two pictures every day. I had bought a drawing copy in advance.

One pediatric patient in the ward made my donning and doffing efforts worthwhile. The child stayed without parents and without crying. I took cream biscuits for him, Telephone calls with father provided history of drug intake. One pediatric gastro senior resident helped in getting pictures of tablet wrappers from father on WhatsApp. Unusual diagnostic methodologies worked.

Rest was the world of creatinine, Na, K and sugar balanced by **Dr Sahoo** and an efficient nephrology SR **Dr Sabari**. Never seen so many blood gas reports. Now I will not get acidity with acidosis.

My major fear and anxiety was if N95 has pores. Unlike previous surveys if the N95 has smallest pore size or not. With all taping, taping and taping, the situation for me was not to panic, to control my fears, and then talk to the patients positively. It was a challenge for me. With limitations of my lung function and mind. Patients started recognizing my voice. Just voice can familiarize you. That was the world of faceless doctors and medical staff.

Thanks to **Dr Prateek**, for introducing patiently to RCH, for continued supports and for carrying out thankless work with great commitment and responsibility. The everyday tracking reports of patients familiarized me with HIS and brought swiftness like SRs. Voices of some residents, concerns of some and efforts of many made their places in my heart and memories. Will like to meet them with their faces on - some day.

**Dr. Shubha Phadke,**  
Professor & Head, Medical Genetics Oct, 2020  
The pandemic year



### My experience as a resident during the Covid pandemic

It was somewhere in April 2020, that my name was put on the Covid duty roster. SGPGI was one of the pioneers in the country in establishing a dedicated Covid Centre in March 2020, with all protocols in place, which we saw suddenly, to having being lifted out from our textbooks and placed in front of our eyes. Everyday, like the cricket scores I used to pursue on cricbuzz, I would check unrelentlessly the World tally. We found Indian tally to mirror the Olympics medal tally, with USA and China on top and India somewhere below. Endless google searches and unending brainstorming sessions with the faculty and co residents ensued on how to keep the corona at bay. Multiple guidelines, charts and protocols downloaded, printed and pasted on the hospital walls.

The colossal gates of the hospital turned into a fortress with every single human being considered as infected to ensure maximum safety. The sense of doom, coupled with rumours of shortage of masks and gloves, rising prices of sanitizers with the lockdown, added upto our dystopia and we started imagining ourselves to be nearing death everyday. Every other day a mayhem would break out that some fellow resident has been exposed, and the names of the resident often kept a secret to avoid a stampede. It was as if some new world order was emerging and the future seemed really bleak.

As medical students, we were never really prepared for an epidemic or a pandemic, and the Parks' textbook, the Canon of Preventive medicine, had given the SARS virus just a small passing mention, not anticipating the disrespect it may have caused to the organism, flexing its muscles in silence. But those 10-12 years of rigorous training, exams, vivas, OPDs, OTs and ICUs had deeply ingrained in us a sense of fight, rather than flight. And fight we did.

Like those violinists on the sinking Titanic, we prepared ourselves to Sink or Swim together. Leaving our families behind, we isolated ourselves in guesthouses and hotel rooms. Donning the almost impermeable PPE suits, we did our duties on a war footing, notwithstanding the personal risk. Goggles and the inevitable fogging proved to be a big challenge, one which we overcame despite all odds. The second challenge was the ambient temperature...when your inner core is being simmered "slowly on a low flame" (just like your mother says for a perfect pakoda) your thermostat starts shrieking at you to stop whatever it is you are doing to yourself, but we trained our hypothalamuses to shut up and let us do our work. Gradually, time ebbed away and we adjusted to this "new normal".

This initially came at the cost of many follow up patients not able to receive adequate care: However SGPGI once again proved to be a pioneer in this by starting eOPDs for such patients and thus ushering in a new era of telemedicine...one can think of this being officially recognised as a new branch, (maybe as a PG course) to perfect the nuances of distance medicine.

If I ponder on my destiny to have chosen medicine to serve in a pandemic in the future, as a frontliner, I would consider myself to be extremely lucky. Luckier than ever to be in SGPGI, where the culmination of some of the finest and most hardworking minds of the realm takes place.

**Dr Ashiq Hussain Dar, DM Resident (3rd year), Dept of Gastromedicine**



## Professor Soma Kaushik Oration



Department of Anaesthesiology started an oration in the name of its first Professor and Head **Dr Soma Kaushik**, which would be an annual event. The first Oration this time was delivered by Professor Soma Kaushik herself on Saturday 19 December 2020 virtually. This oration was attended by around 100

participants. The chairpersons for this programme included **Prof. P. K. Singh** (Director, AIIMS, Patna), **Prof. Deepak Malviya** (Head, Department of Anaesthesiology, RMLIMS, Lucknow), **Brig. T. Prabhakar** (Director, Vivekanand Institute of Medical Sciences, Lucknow), **Prof. Monica Kohli** (Professor, Department of Anaesthesiology, KGMU, Lucknow) and **Prof. S. P. Ambesh** (Professor, Department of Anaesthesiology, SGPGIMS, Lucknow).

Prof. Soma Kaushik orated on "**Anaesthesia: A journey through time**". She discussed how Anaesthesiology, a branch of medicine progressed via a vis academic and technology from earlier years to modern times. Prof. S. P. Ambesh gave the vote of thanks. This oration was coordinated by **Dr Sandeep Khuba** (Associate Prof, Department of Anaesthesiology, SGPGIMS)

## Newborn Week Celebration

Every year newborn week is celebrated by department of Neonatology from 15<sup>th</sup> to 21<sup>st</sup> November. This year, the department of Neonatology organized an online CME on 19th November 2020 in association with Lucknow Neonatology foundation. The CME was organized by department's faculty members **Dr. Kirti Naranje** and **Dr. Anita Singh**. The faculty for CME included **Dr. Vijaya Mohan**, **Dr. Utkarsh Bansal**, **Dr. Niranjana Singh**, **Dr. Aakash Pandita**. **Dr. Sanjay Niranjana** chaired the sessions which comprised of various topics related to newborn care. The CME was well attended by doctors from Lucknow and neighboring districts. The sessions were followed by interactive discussion between faculty and doctors about various newborn care related topics. Celebration of newborn week is a reflection of enthusiasm of doctors for accomplishment of better newborn care in the first days of newborn's life. Neonatology department makes continuous efforts throughout year to provide state of art newborn care to neonates of this region.

## BMW - Workshop

**A workshop on COVID-19 Biomedical Waste Management: Principle & Practices** was organized by Department of Hospital Administration, SGPGIMS on 05, December, 2020 which highlights the salient features of the BMW (Biomedical waste management) practices in concise manner for better understanding and implementation for Healthcare workers at

this crucial period of COVID-19 pandemic

The main objective of the workshop was to sensitize and update the stakeholders (State & District Medical Health Officers, ULBs, HCFs, Practitioners, Academic Institutions, Health Care Provider/professionals, Students, Industry and NGOs) on BMW Rules, compliance requirements and with specific focus on CPCB guidelines to handle the COVID-19 waste.

The workshop was organized under the Stewardship of **Dr. R. Harsvardhan**, Head, Hospital Administration, SGPGIMS. He also addressed the Inaugural Session of the Workshop. Welcome note was given by by **Dr. Gaurav Agarwal**, Professor, Endocrine Surgery.

The workshop was attended by 100 delegates virtually via Google Meet Software and 30 healthcare staff of SGPGIMS got in-house training.

Scientific Session of the workshop had eminent speakers from SGPGIMS, Niti Ayog and CPCP.

Director Prof. **R.K. Dhiman** and Chief Medical Superintendent **Prof. Amit Agarwal**, provided guidance & support.

**Dr. R. Harsvardhan, Head, Hospital Administration**

## Management of Haematuria in a Covid Positive Patient

A multi-disciplinary approach came to rescue of a young COVID +ve patient admitted in RCH on 25th Oct 2020, with hematuria following PCNL performed a month back in a private hospital. **Dr. Uday Pratap Singh**, Assoc. Prof. (Urology) initially managed him conservatively at RCH, but when hematuria persisted, a CT scan (abdomen) was performed that revealed a **Pseudoaneurysm** in the upper pole of kidney with blood clot inside the kidney capsule. An **Angioembolization** was planned and procedural details and logistics of safe transfer of the patient to the main SGPGI hospital was planned under the guidance of **Prof. Aneesh Srivastava** (HOD, Urology) and **Prof. Amit Agarwal** (CMS). Permission for this was granted by the director, **Prof. R. K. Dhiman**. The final movement of the patient was coordinated by **Dr. Ravi Banthia** and **Dr. Shrey Jain**, urology residents posted in RCH, **Dr. Naveen Kumar** (S/R Urology), and **Dr. Sanjay Kumar** and **Dr. Amit Rastogi**, (Anaesthesiology consultant in charge of RCH2). **Dr. R. Harshwardhan** (HOD, Hospital administration) with **Dr. Saurabh Singh** (S/R) planned the designated corridor for patient movement and ensured its security and disposal of biomedical waste. **Dr. Richa Mishra**, consultant microbiology, ensured sanitization of the passage. Successful angioembolization was performed by **Dr. Raghunadan** (Associate Professor Radiology) and **Dr. Gaurav Chauhan** (S/R), **Mr. Ravi** (nursing staff) and **Mr. Rohit** (Technical staff) while **Prof. Hira Lal** supervised the whole proceedings.

The patient was then shifted back to RCH taking the same precautions and was successfully discharged following recovery from COVID 19. This case exemplifies the robust interdisciplinary coordination existing in the institute, including administrative skills and appropriate technical knowhow required in the times of the COVID19 pandemic.

**Dr. Ravi Banthia, MCh Urology**

## 11<sup>th</sup> National Organ Donation Day

A three-tier national networking system - National Organ & Tissue Transplant Organization (NOTTO), Regional Organ & Tissue Transplant Organization (ROTTO) & State Organ & Tissue Transplant Organization (SOTTO) is being established across India. The seventh nationwide and only- for- Uttar Pradesh, SOTTO has been established at Sanjay Gandhi Post Graduate Institute of Medical Sciences (SGPGIMS), Lucknow under the aegis of the Department of Hospital Administration.

In order to take forward the mandate of National Organ Transplant Program & to sensitize all the stakeholders involved in the process of organ donation, a Donor Felicitation Program & Public Forum on Fundamentals of Organ Donation was organized by NOTTO, New Delhi and SOTTO-UP & Department of Hospital Administration, SGPGIMS, respectively on the Occasion of 11th Indian Organ Donation Day, on 27th November, 2020. The basic objective of the program was to felicitate donors, dispel myths and fears about organ donation in the public and create awareness about the importance of organ donation and promote organ donation in Uttar Pradesh.

Inaugural Session of the Felicitation Program, conducted by NOTTO, New Delhi, included addresses by **Shri Ashwini Kumar Chaubey**, Minister of State, Health & Family Welfare, and Chief Guest - **Dr. Harsh Vardhan**, Union Minister of Health & Family Welfare. This was followed by experience sharing by recipients and felicitation of donors at respective ROTTO/SOTTO, including felicitation of six kidney donors and one liver recipient at SOTTO-SGPGIMS, by **Dr. R K Dhiman** in the gracious presence of **Prof. Rajan Saxena**, **Prof. Aneesh Srivastava**, **Prof. Narayan Prasad**, **Prof. S.K. Agarwal** & **Prof. Shantanu Pande**.

Inaugural Session of the Public Forum organized by SOTTO-UP and Department of Hospital Administration, SGPGIMS heard blessings from **Smt. Anandiben Mafatbhai Patel**, Hon'ble Visitor & Hon'ble Governor of Uttar Pradesh, **Shri Suresh Kumar Khanna ji**, Hon'ble Minister, Departments of Medical Education, Finance & Parliamentary Affairs, Govt. of Uttar Pradesh and **Dr. Rajneesh Dube, IAS**, Addl. Chief Secretary, Department of Medical Education & Training, Govt. of Uttar Pradesh. This was followed by a scientific session, where expert speakers shared their views on topics related to brain death, prospective donors, process of becoming an organ donor, organ donation and legislation and later participated in a group discussion.

The program was organized under the Stewardship of **Prof. R.K. Dhiman**, Director, SGPGIMS, **Prof. Rajan Saxena**, Head Surgical Gastroenterology & Centre of Hepatobiliary Diseases & Transplantation, SGPGIMS, and **Dr. R. Harsvardhan**, Nodal Officer, SOTTO- U.P. & Head, Hospital Administration. ECHO India supported in virtually conducting the forum.

## Gandhi Quiz - Answers

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1 (C) Porbandar             | 16 (C) Rajghat                      |
| 2 (C) Kettle                | 17 (D) Rajagopalachari              |
| 3 (C) In bed, with his wife | 18 (B) Burma                        |
| 4 (B) Harilal               | 19 (B) Frontier Gandhi              |
| 5 (B) Law                   | 20 (C) Martin Luther King           |
| 6 (C) Pietermaritzburg      | 21 (B) Gandhi                       |
| 7 (C) Smuts                 | 22 (A) Force of truth               |
| 8 (B) Gopal Krishna Gokhale | 23 (A) Charkha                      |
| 9 (C) BHU                   | 24 (D) Vaishnava jan to tene kahiye |
| 10 (C) Penitential fast     | 25 (C) Ram Rajya                    |
| 11 (B) Dandi                | 26 (A) Monday                       |
| 12 (D) Winston Churchill    | 27 (C) Goat                         |
| 13 (A) Charles Chaplin      | 28 (A) Appendix                     |
| 14 (A) Calcutta             | 29 (B) Never flew                   |
| 15 (C) Hey Ram              | 30 (A) Change                       |

## Small Innovation, Great Impact

When we shifted our Cardiac procedures from femoral artery to radial artery in 2004 it brought in various challenges. Patients found it uncomfortable to hold their hand at the side for hours while flexing their wrist continuously. It was also difficult for operators to perform such intricate procedures without good stability as compared to the standard femoral artery approach where the legs are already on a stable platform.

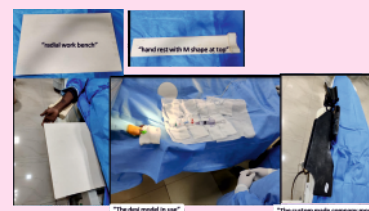
To overcome this problem, I came up with an idea that totally transformed the radial artery procedure. I designed a 30 inches long and 10 inches wide "**hand rest**" with an M shaped design on top, on which the patient could easily rest the hand and also flex the wrist which is necessary to perform the procedure.

For the further ease and comfort of operators, I also designed a "**radial work bench**", a 3 feet long 2.5 feet wide board, half of which is placed under the patient's mattress near the hips and the other half is used as an operating platform. Another important feature of this platform is that it keeps the primary operator around 1.5 feet away from his previous position (without a work bench) which significantly reduces the exposure to scattered radiation.

These additions not only have impacted the success of radial procedures but also have the added advantage of being very cost effective. The total cost is only appx Rs 1000 for each set. This is in contrast to custom made radial sets (pre supplied with cath lab machines) that can cost upto appx 7-10 lacs.

At present, we are routinely using this Desi Design to perform radial procedures in all our 3 Cath Labs. The same model is also being used widely all over India by our alumni.

**Shiv Dayal Singh, A.N.S. Cardiac Cath Lab (S.G.P.G.I.)**





## 2020 as the "International Year of the Nurse and the Midwife"

The WHO named this year the "Year of the Nurse and the midwife" in honour of Florence Nightingale's 200th birthday. It's wonderful to be recognised now in the context of corona virus, but nurses have always been at the forefront during war, epidemics & other times of disaster. Our history provides many examples such as - 1) In 1854, Florence Nightingale brought 38 volunteer nurses to care for soldiers during the Crimean war. 2) In 1860's the American Civil war brought thousands of nurses to the battlefield to care for soldiers. 3) In 1878, nurses again answered the call with the Yellow fever epidemic. 4) In 1918 during Influenza Pandemic, nurses were also among the millions who died while caring for the patients. This Pandemic is probably most comparable to what we are experiencing today with Covid-19. 5) Nurses were also there during 9/11. They were among the courageous first responders who risked their lives to save others.

The role of the Nurse has evolved. In the event of outbreaks of infectious diseases, the role of the nurse changes to adapt to the needs of the patient, their families and the Hospital. We are there for the entire patient experience from birth to old age, from illness to wellness & toward a peaceful to dignified death. Nurses, who are being recognised as heroes, have long awaited recognition as health care professionals in their own right but we don't consider ourselves heroes. Once the Covid-19 crisis is over, please don't forget that we are always here for our patients. Always have been. Always will be.

**Shalini Singh, Sister Grade -2, Pulmonary Medicine Ward**

### Thoughts on Covid

Impending death, end of the world  
Is it nature's fury unfurled?  
Did air to breathe and hands to touch  
Had turned into a deadly crutch?

For a virus which is invisible  
Was turning out to be invincible  
Failure to limit its transmission  
Had only ushered contrition

Caring for humans affected with virus  
Many healed under our watchful iris  
Battling fear, fatigue and anxiety  
Our warriors maintained sanity in the face of calamity

But there were times when beneath our cover  
We would question and quietly suffer

When one amongst a couple would watch their partner die  
But wouldn't leave their bedside without a teary good bye  
When fear of infection from just a COVID suspect  
Would make us introspect our intent and intellect  
When we counsel on phone  
For an illness with a cure not known  
My heart understands the torment  
In their voices brimming with lament

The virus is here to stay  
And the vaccine is still a long way  
Our only hope lies in humanity  
Let's perfuse it with some rationality.

**Dr Somya Srivastava, DM (Medical Genetics Resident)**

### 2020 - The year of Corona

On a certain wintery Sunday morning,  
In between newspapers and household chores,  
I read a warning,  
There is a new virus called Corona  
People said be prepared but "Daro-na"  
Its likely to spread all across  
They predicted, that life will go for a toss  
I chose to ignore  
Treated it like a yet another news item, that's a bore  
In February, the news said, its in Italy, its in Spain  
Now that place is far away - I thought- so lets not worry in vain  
Come March - we now heard a new word - Lockdown  
That's been implemented in India - in every city and town  
They told us don't roam  
Just stay at home  
The hospitals were being set up - some prepared  
Some repaired  
By April, it seemed that we are ready to face the bug  
We've now learnt how to wash hands - and mind you no more hug  
Constantly, we are taught how to use a mask  
Some took to it, some found it a task  
In May, we thought its not come as yet  
May be it won't - we were almost beginning to bet  
Then comes June, when, within the community it spreads  
Destination India - that's where it heads  
Come July, its here, there, everywhere  
now sets in the feeling of despair  
In August, we don't know what has hit  
gone is our old life - we don't recall it a bit  
Come September - world appeared like what it did, after the world war  
No one left untouched, no one without a scar  
October was the time to gather the remains  
We were collectively trying to break free from the virus chains  
November was the first time I saw a smile on someone's face  
But of course, one could see a sad trace  
December brought a ray of hope  
Although we still grope  
To twenty twenty we all wish you good bye  
We cant retrace our steps, even if we try  
So, Twenty twenty-one  
please bring happiness to all - this time...leaving none.

**Dr Punita Lal, Professor and Head, Radiotherapy Deptt**

## Global Recognition for SGPGIMS Doctors



A team of three scientists, led by **Dr John P. A. Ioannidis**, from the prestigious Stanford University in California USA has published on 16 October 2020 a study in the journal PLOS (Public Library of Science) Biology. The study has listed the top 100,000 scientists and top 2% scientists of the World in all fields including basic, engineering, medical and other sciences. The list includes about 1,500 scientists from India, 25 of whom are from Lucknow - 6 from CDRI, 4 from IITR and 3 each from KGMU, University of Lucknow and SGPGIMS.

From SGPGIMS, **Dr Rakesh Aggarwal**, Professor of Gastroenterology, is on the top with 263 publications and a global rank of 490 in the field of Gastroenterology & Hepatology. Dr Aggarwal is currently on deputation as the Director of JIPMER Puducherry. His work on hepatitis E, which is very common in India, is globally acclaimed; he is a member of the WHO Scientific and Technical Advisory Committee (STAC) on hepatitis and of the WHO Strategic Advisory Group of Experts (SAGE) on Immunization. He is also a Fellow of all four national science academies viz. Indian Academy of Sciences, Indian National Academy of Sciences, National Academy of Sciences and National Academy of Medical Sciences. **Dr Uday C Ghoshal**, another Professor of Gastroenterology at SGPGIMS, has 288 publications and ranks 931 in the global list of Gastroenterology & Hepatology. Dr Ghoshal is an internationally acclaimed expert on intestinal diseases, common in tropical countries including India, and is one of the co-chairs in the Rome Foundation, an international expert group to formulate guidelines for management of diseases of the bowel. Dr Aggarwal and Dr Ghoshal are 2 of the 8 Indian Gastroenterologists in the world list. **Dr VK Kapoor**, Professor of Surgical Gastroenterology, has published 233 papers and ranks 968 in the world in the field of Surgery. Dr Kapoor is globally recognized for his work on gall bladder cancer (the commonest non-genital cancer in women in north India) and bile duct injury - a complication of cholecystectomy (surgical removal of the gall bladder for stones - a common disease in women in north India). Dr Kapoor is the only surgeon from India in the global list. He is also a recipient of Dr BC Roy Award, the highest award in the medical field.

The list also includes an SGPGIMS alumnus, **Dr Naibedya Chattopadhyay** currently at CDRI, who did his PhD during 1989-92 with Prof MM Godbole; he ranks 201 in the global list of Endocrinology & Metabolism. He is known worldwide for his research in bone health and osteoporosis.

**Dr RK Dhiman**, the Director of SGPGIMS, expressed his happiness at the inclusion of 3 faculty members from SGPGIMS in the global list of top scientists and expressed his desire that more faculty members from other departments of the Institute will figure in the list in future.

**Dr RK Dhiman** himself also finds a place in the list based on his work done in liver diseases at PGIMER Chandigarh. Dr Dhiman is an internationally acclaimed hepatologist, known for his contribution in the field of liver diseases including liver transplantation, complications of liver cirrhosis, treatment of chronic viral hepatitis etc. He ranks 1154 in the global list of Gastroenterology & Hepatology with 320 publications to his credit. He is also a recipient of Dr BC Roy Award, the highest award in the medical field.

## Honors and Awards

**Ms. Jyotika Srivastava**, PhD candidate under the supervision of **Professor Soniya Nityanand**, Dept of Hematology, was awarded **1st Prize** for the **oral presentation in Hematocon 2020**, the 61st Annual Conference of Indian Society of Hematology and Blood Transfusion, held on 21st & 22nd November 2020. She presented a paper titled 'Bone marrow Mesenchymal Stromal Cell Derived Extracellular Vesicle of Severe Aplastic Anemia Patients Exhibit Altered Hematopoiesis Supporting Properties'

**Dr Khaliqur Rahman**, Additional Professor, Dept of Hematology, was awarded **2nd Prize** for the **oral presentation in Hematocon 2020**, the 61st Annual Conference of Indian Society of Hematology and Blood Transfusion, held on 21st & 22nd November 2020. He presented a paper titled 'CD26 Expression in CD34+/CD38- Stem Cells Is a Reliable Tool for Rapid Flow Cytometric Diagnosis of Chronic Myeloid Leukemia'

**Dr Divya Srivastava** (Assistant Professor, Dept of Anesthesiology) won **KPR YOUNG ANAESTHESIOLOGIST AWARD - 2020**



**Dr. Latika Gupta**, Assistant Professor, Department of Clinical Immunology and Rheumatology was awarded Fellowship of Postgraduate Medicine International Award (Asia) 2020 for the best Medical Writing in Social Media

**Dr Anindya Ghosh (Senior Resident, Cardiology)** was awarded the 3rd prize in the oral presentation of "**Indian Heart Journal, Cardiological society of India (CSI), Best thesis category**" in Dec 2020 for his work entitled "A pilot study on the acute conversion and maintenance of sinus rhythm in rheumatic atrial fibrillation using oral flecainide" performed under the guidance of **Prof Aditya Kapoor**

## SGPGI 37th Foundation Day Awards

**Dr. Akash Mathur** (Dept of Gastroenterology): **Best senior resident award (DM student)**

**Dr. Vikram S** (Dept of Endocrine surgery): **Best senior resident award (MCh student)**

**Dr. Shruti Pandey** (Dept of Anesthesiology): **Best resident award (MD student)**

**Ms. Saroj Lata Gautam** (Dept of Endocrine Surgery): **Best nursing staff (Sister Gr I)**

**Mr. Dhikhil C D** (Dept of Hospital Administration): **Best nursing staff (Sister Gr II)**

**Mr. V.K. Mishra** (Dept of Microbiology): **Best Technician award (Technician Gr II)**

## SGPGI 1st Research Day Awards

### Best Research Paper awards (Medical Category)

**Dr. Anshu Srivastava** (Professor, Dept of Pediatric Gastroenterology)

**Dr. Kirti Naranje** (Additional Professor, Dept of Neonatology)

**Dr. Shagun Misra** (Associate Professor, Dept of Radiotherapy)

**Dr. Moinak Sen Sarma** (Assistant Professor, Dept of Pediatric Gastroenterology)

### Best Research Paper awards (Surgical Category)

**Dr. Gaurav Agarwal** (Professor, Dept of Endocrine Surgery)

**Dr. Anant Mehrotra** (Additional Professor, Dept of Neurosurgery)

**Dr. Supriya Sharma** (Associate Professor, Dept of Gastrosurgery)

### Best Research Paper awards (Basic/Pre/Para Category)

**Prof Soniya Nityanand** (Professor, Dept of Hematology)

**Dr Khaliqur Rahman** (Additional Professor, Dept of Hematology)

**Dr. Alok Kumar** (Associate Professor, Dept of Molecular Medicine & Biotechnology)

**Dr. Rohit Anthony Sinha** (Assistant Professor, Dept of Endocrinology)

## Diwali

To mark the festive spirit of Diwali and keeping in mind the COVID protocols, the faculty club, SGPGIMS celebrated the festival in a hybrid manner with the EC members performing Puja at the hobby center, while other members joined on the ZOOM platform. **Director, Prof RK Dhiman** and his wife **Dr Praveena Dhiman**, extended wishes for a safe and healthy festival season to all, followed by people exchanging Diwali greetings with each-other and sharing pictures of their Puja ceremonies.

The next day, Faculty club organized an online "**Antakshri**," which witnessed an enthusiastic participation and unearthing of tremendous singing talent amongst members. There was also a "**Rangoli and Diya painting**," and "**Home - made dessert**" competition, an informal and fun-filled event judged by **Dr Anju Rani**, **Mrs Lily Kapoor** and **Mrs Vijaya Babu**. In the diya painting event, **Anaisha Mehrotra** and **Hridaan** were adjudged winners (<10 years group), while **Durga Arya** and **Praneel** were the winners in > 10 years group. In Rangoli, **Nikhil Garg**, **Kavya Aggarwal** and **Bhavya Agarwal** were the winners. Amongst the ladies, **Dr Manasi Mehrotra**, **Mrs. Ritu Dheeraj** (Diya painting), **Dr Aanchal Kesri**, **Mrs. Ritu Dheeraj**, **Mrs. Bhawna Arya**, **Dr Shalini Aggarwal** and **Dr Shaily Gupta** (Traditional mithai making) were declared winners.





रहने को सदा दुनिया में आता नहीं कोई,  
तुम जैसे गये ऐसे भी जाता नहीं कोई!

**अलविदा डॉ- कौस्तुभ !**

नवंबर की एक सर्द सुबह थी, मुझे डीएम जॉइन किये अभी कुल 2 महीने ही हुए थे। मैं रोज सुबह होने वाले एकेडमिक कार्यक्रम में पॉवरपॉइंट प्रजेंटेशन करके निकला ही था। दीवाली तथा मरीजों के उपचार में व्यस्त रहने के कारण प्रेजेंटेशन में मेरा प्रदर्शन अच्छा नहीं रहा था। सिर झुकाए मैं गलियारे में बढ़ ही रहा था कि अनायास ही किसी ने मेरे कंधे पर हाथ रखते हुए कहा, "इतना लोड लेने की जरूरत नहीं है, अभी नए हो सीख जाओगे।"

उस दिन एक सीनियर साथी के वह शब्द मेरे लिए निराशा के उन पलों में आशा की किरण बनके आये थे। उसके बाद तो जैसे एक सिलसिला सा चल पड़ा- मैं हर प्रेजेंटेशन से पहले उन्हें पकड़ लेता था, उनके इनपुट लेकर अपने प्रदर्शन को सुधारने का प्रयास करता था। सिर्फ प्रेजेंटेशन ही क्या, समस्या व्यक्तिगत हो या प्रोफेशनल डॉ- कौस्तुभ हमेशा के लिए मेरे 'Go to guy' बन गए थे। पहले सीनियर और फिर मेरे मित्र बन गए डॉ- कौस्तुभ से मैंने बहुत कुछ सीखा। विनम्रता भी! वे सभी को 'सर' कह कर संबोधित करते थे, इसलि, डिपार्टमेंट में लोगों ने उन्हें 'सर कौस्तुभ' ही कहना शुरू कर दिया था।

एमजीएम, नवी मुंबई से एमबीबीएस तथा जीएमसी, भोपाल से एम डी करने वाले डॉ- कौस्तुभ मुंदडा ने सितंबर, 2020 में जबरदस्त प्रदर्शन के साथ अपनी गैस्ट्रोएंटरोलॉजी डीएम परीक्षा पास की थी। डॉ- कौस्तुभ एक शांत, मृदुभाषी, कार्य के प्रति ईमानदार, हंसमुख और अत्यंत मेहनती व्यक्ति थे। 11 दिसंबर की रात संभवतः हृदयघात के कारण अनायास ही कौस्तुभ हम सब को छोड़ चले गए। स्तब्ध कर देने वाला यह शोक समाचार जब हमें मिला तो कोई भी इस पर विश्वास करने को तैयार नहीं था। सब बार-बार एक दूसरे को फोन कर इस दुःखद समाचार की पुष्टि करने का प्रयत्न करते रहे।

डॉ कौस्तुभ अपने पीछे माता-पिता, भाई-बहन, पत्नी डॉ-अपूर्वा और एक वर्ष के बेटे को छोड़ गए। उनकी पत्नी डॉ- अपूर्वा भी मुंबई के प्रतिष्ठित टाटा मेमोरियल अस्पताल से ऑकोपैथोलोजी में डीएम कर रहीं हैं।

आम तौर पर संतोषी प्रवृत्ति के डॉ- कौस्तुभ बताते थे कि उन्हें कोई एक मलाल रहा तो वह सिर्फ यही कि डीएम कोर्स की व्यस्तता, कोरोना, लॉकडाउन और फिर परीक्षा के कारण वह अपने पुत्र के साथ बिल्कुल समय नहीं बिता पा रहे हैं, जबकि उन्हें पता है कि अपने पुत्र के बचपन के ये क्षण दोबारा लौट कर नहीं आएंगे।

डीएम परीक्षा पूर्ण होने के बाद भी वह कोरोना वारियर के रूप में अपनी सेवाएँ देते रहे। एक विशेषता जो डॉ- कौस्तुभ को सबसे अलग बनाती थी, वह था उनका 'क्लीनिकल सेंस' ! किस मरीज पर हमारे द्वारा सामान्य से ज्यादा ध्यान दिए जाने की जरूरत है, वह देखते ही बता देते थे और हम सभी को चेता देते थे। विभाग में कार्य के अत्यधिक भार, अध्ययन की चिंता तथा आए दिन होने वाले प्रेजेंटेशन की आपाधापी के बीच हमने जैसे अपना एक अलग खुशियों का आइलैंड (द्वीप) बना रखा था, जहाँ डॉ- कौस्तुभ के ठहाके गूँजा करते थे और हम सभी प्रत्येक पल को पूरी जिंदादिली से जीने का प्रयास करते थे।

कुछ दिन पूर्व जब हम लोग उनके घर संवेदना प्रकट कर रहे थे तो यह मेरे जीवन का सबसे दुःखद और हृदय विदारक समय था। उनके पिता बता रहे थे कि हॉस्पिटल में उन्होंने कार्डिएक मॉनिटर पर कौस्तुभ के हृदय की 'प्लेट लाइन' देखकर ईश्वर से प्रार्थना की कि कौस्तुभ की जगह उन्हें उठा ले। वह बता रहे थे कि किस तरह आईटी प्रोफेशनल उनके भाई ने अपने पांच साल के विदेश प्रवास के दौरान छुट्टियाँ इंजॉय करने में खर्च के बजाए कौस्तुभ के आगे अध्ययन के लिए बचत करना उचित समझा।

डॉ- कौस्तुभ की पत्नी डॉ अपूर्वा निःशब्द थी। शायद बोलने और कहने को कुछ बचा भी नहीं था। सवा साल का उनका पुत्र इस 'लाइफ चेंजिंग' वज्रपात से बेखबर वहाँ नजरें नीची किए चुपचाप बैठे उदास लोगों को आश्चर्य और कौतूहल से देख रहा था।

मैं सोच रहा था कि प्रकृति एक सीधे-साधे ईश्वर की आराधना करने वाले संवेदनशील परिवार के प्रति आखिर इतनी क्रूर कैसे हो सकती है?

मैं संपूर्ण एसजीपीजीआई परिवार की ओर से उन्हें श्रद्धांजलि अर्पित करता हूँ तथा ईश्वर

से प्रार्थना करता हूँ कि दिवंगत आत्मा को अपने चरणों में स्थान दे।

बिछड़ा कुछ इस अदा से कि रुत ही बदल गई,

इक शख्स सारे शहर को वीरान कर गया !

**डॉ- आकाश माथुर, फाइनल ईयर रेजिडेंट, (गैस्ट्रोएंटरोलॉजी)**

**Mr. Ravikant Srivastava**, Upper Division Assistant (UDA) in the Department of Gastroenterology, passed away on November 24, 2020, at the age of 56, after battling with illness for 18 long years. He is survived by his wife, Mrs. Renubala, and two daughters.

Ravikant was born on 1st April 1964. After post-graduate studies in Lucknow University, he joined SGPGIMS as an LDA on 16.12.1992. He worked in the Department for more than 25 years and was an integral part of the Department. His life exemplified the triumph of will power and positivity over adversity. When he joined the Department of Gastroenterology, he was a lively, jolly person, very interested in music and sang at departmental get-togethers as well as institutional functions. He was a humble, helpful and soft spoken person, popular with everyone in the department. He developed multiple medical problems and had to be hospitalized several times. However, he remained cheerful and active, reporting for work in the department using a walking stick and following his rigorous physiotherapy schedule. He was wonderfully supported by his devoted wife, who, despite all adversities, took great care of her husband and daughters.

Among all the precious memories he leaves behind, an unforgettable memory is when, in spite of his serious illness, Ravi came with his family to attend the marriage ceremony of Mr. S S Ashraf's daughter on very cold and foggy evening, 25th December in 2017

Ravi you will always be remembered by all of us and will remain in our hearts.

**S. S. Ashraf, Administrative officer and Shailendra Mishra, Assistant Accountant, Dept of Gastroenterology**



**Mrs Kiran Kaushik** Sister Grade 1 Radiotherapy Day care, who joined SGPGI on 1/7/ 1996 passed away on 19/10/20 battling with Covid & Lymphoma, leaving behind one son .She had worked in many different work areas such as Endoscopy, Urology, Radiotherapy and rendered services for 24 years. May her soul rest in peace.

**Shri Banwari Lal**, Attendant Gr II passed away at the age of 50 after battling a short illness. He joined the Institute on 17th December 1991. He was an extremely humble, helpful, soft spoken and honest person. After struggling with the disease; he left for his heavenly abode on 18th December 2020. His memories will always remain with SGPGIMS family.



**A B Prajapati, Incharge, RSD Cell**

**श्रीनाथ चंद** ऐनरथीया विभाग में सीनियर अटेंडेंट के पद पर कार्यरत थे। जिनका आकस्मिक निधन 8 नवम्बर, 2020 को हो गया था। वह एक मृदुभाषी एवं सहज स्वभाव के धनी व्यक्ति थे।







**Prof. Arvind Kumar Baronia** joined SGPGIMS as senior resident in 1988 in the Department of Anaesthesia, after MD Anaesthesia from KGMU. He worked as faculty in Anaesthesia till 2002. He received training in critical care at Royal Belfast hospital, Northern Ireland, UK, in 1994-1995, which stimulated his thought process for a separate department of Critical Care Medicine (CCM) at SGPGIMS.

The specialty of CCM came into existence in SGPGIMS after a national brain storming session conducted in 2000, involving experts from the specialties of Anaesthesia, Internal Medicine and Pulmonary Medicine. It was Dr. Baronia's hard work and vision, as Chief coordinator for the brain storming session, which led to the creation of this department in 2002. His persistence, patience, and tenacity to overcome all such challenges got him a separate building for setting up this multi disciplinary department, which became the country's first academic department in the Govt. sector he moved from strength to strength adding training programmes (PDCC and finally DM course) and ICU spaces. State-of-the-art ICUs with provision for more than adequate storage space, clean and dirty utility, pantry, changing rooms patient waiting halls, patient cubicle like pendants, RO water outlet, liquid waste disposal, separate wash basins among others. His contribution to the field of CCM in SGPGI and India is immense.

His contribution to the Hospital Revolving fund (HRF), was commendable. He made significant contributions to Kamdhenu Ati Nirdhan Chikitsa Sahayata Society, which is helping the poor patients till date at SGPGIMS.

After serving the Institution for 32 years, he took voluntary retirement to join as the Principal of an upcoming government medical college at Pithoragarh, Uttarakhand, as his quest for newer challenges persists.



**Mrs. Nardi Bhatt** joined SGPGIMS in May 1988, as Sister Grade 2, Working shoulder to shoulder with other stalwarts, she contributed immensely towards establishment of the Neurosurgery department and received training in Neurosurgical nursing in Japan. In 1993 she became the sister in-charge of the

Neurosurgery OT and continued to serve the department with utmost sincerity and dedication till her retirement on 31st December 2020. During the Covid-19 pandemic she discharged her duties as Nursing Superintendent in-charge of Covid Nursing management with her characteristic efficiency. She was always, and rightly, regarded as the pillar of Neurosurgery OT by all the members of the department. She also served as Nodal officer Quality Nursing Services. For her exceptional contributions to the department of Neurosurgery and the institute she was conferred the "Award of Excellence" on the occasion of Independence day this year. We wish her all the very best of health and prosperity for her future life.

**Dr KC Pant** joined the department in September 1989 as Assistant Professor. He superannuated from service on 31st of October 2020 as Professor of Anaesthesiology. He was a very sincere, honest and pleasant personality.



**Mr. Rajender Kumar Sharma** joined the Institute on 21.02.1989 as Foreman (Electrical) and got superannuation on 30.11.2020 as Assistant Engineer (Electrical). He has been the pillar of Electrical Engineering Department. He was full of energy and positivity and always worked diligently and supervised the assigned projects from conception to completion. He always inspired, encouraged and gave direction to his staff with invaluable suggestion and solutions. We wish him a long life, a wonderful future with lots to enjoy with his family and friends.

**Sister Snehlata A J** joined SGPGIMS as Nursing staff on 13 December, 1988. She retired from service as DNS on 31 October, 2020. During her tenure, she worked initially in Gastroenterology and then for 13 years in General Hospital as Sister Incharge, Groundfloor O.T. She was known for her hardwork, dedication to duty and ability to solve problems during crisis. We wish her health and contentment in her life post retirement.



**Dr. Harendra Kumar** joined SGPGIMS on 11th April, 1989. During his service, he served at almost all the desks of Finance & Accounts Department including Store Purchase Officer at HRF and as Joint Director (MM) at UPUMS, Safai. His dedicated professionalism and passion for official commitments and academics have led him to being a guest faculty at various Institutes of repute like Lucknow University, IGNOU, NIFT etc. He has excellent leadership skills, impeccable integrity, has been always keen on implementation of innovations at workplace and is also a constant source of encouragement and motivation for others, qualities that bear testimony to his previous experience at Indian Air-Force!! Dr. Kumar has also contributed enormously in the field of Materials Management by holding various honorary positions like Branch Chairman, National Councilor, Vice Chairman of CRIMM, Member BOS, Editor MMR and Vice President (North) of IIMM. He retired on 31st December 2020 after rendering more than 30 years of service at SGPGIMS.

We congratulate him on the successful completion of this innings, extend our best wishes for a healthy and fruitful journey ahead and hope that he will continue to serve the society with same spirit even after his retirement.

## Retirement

We wish all the members of our SGPGI family, who have superannuated, the best of health and happy times with their loved ones and contentment. All of them were dedicated professionals who worked in the institution with utmost commitment, diligence and passion. As they are poised for their second innings ahead, we wish them all the best for this journey and want to remind them "Retirement is a new beginning, and that means closing the book on one chapter in order to begin the next"



Sri Amarnath



Sri Bashir Masih



Sri Bharat Singh



Sri Brajesh K Pandey



Smt Kamlesh Singh



Sri Mahaveer Pandey



Sri Mehtab Alam



Smt Promila

Sri Radhey Shyam  
Asthana

Sri Ram Sagar



Sri Tedeshwar

Sri Umesh Chand  
PandeySmt Vandana  
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