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In Pursuit of Excellence

Gastro Bronchial Fistula *A Rare Condition Managed Successfully*

Gastro Bronchial Fistula is a rare disease encountered in medical and surgical practice. By definition it is a communication between the stomach and the bronchus / bronchiole (between the stomach and the wind pipe). Historically gastrobronchial fistula has been classified as due to neoplasms (malignancy), prior gastric or esophageal surgeries, trauma, gastric ulcers and subphrenic abscess. The overall incidence of gastrobronchial fistula is not commented in medical literature signifying its rarity.



Recently with the introduction of bariatric surgery and its modifications case reports of gastrobronchial fistula have been published. Other surgeries where it has been reported are splenectomy (removal of spleen) and esophagectomy (surgery involving esophagus). Spontaneous gastrobronchial fistula is even a more rarer entity. We recently diagnosed a young girl with Henoch Schölein Purpura (a disease affecting blood vessels) with gastrobronchial fistula. She was referred to Surgical Gastroenterology from Department of Immunology, SGPGI with complaints of cough immediately after taking meals.

Henoch Schölein Purpura is known to present with abdominal symptoms. The commonest being acute abdominal conditions including abdominal pain and Gastrointestinal bleeding. This young girl previously had complaints of melena (black tarry stools – suggestive of upper GI bleed).

We hypothesize that due to ischemia (loss of blood supply) to gastric wall due to vasculitis (inflammation of blood vessels) led to episodes of melena and later a localized perforation and subphrenic abscess which led to lung abscess and fistulisation into the bronchial tree.



We evaluated her with endoscopy, CECT (contrast enhanced computed tomography) thorax and upper abdomen, barium swallow and meal studies. She was initially managed with NG tube (nasogastric) feeds because of poor nutritional status. After optimizing her general condition we planned for an abdominal approach for surgery. We found a communication of proximal part of stomach with bronchus with stomach being contracted and tube like. We dismantled the fistula and repaired the stomach and closed the defect in the diaphragm (the muscle separating abdominal organs from lungs). She recovered well and was able to take meals at discharge without cough.

Anand Prakash

Laparoscopic Removal of Malignant Prostate

The team of doctors at the Urology Department of SGPGIMS, achieved another mile stone on 4th May, 2016 when they removed cancerous prostate by laparoscopic technique in a 60 year old patient for the first time.

A 60 year old male patient resident of Faizabad district, had cancer of the prostate gland. The treatment for cancer prostate is removal of the prostate gland by open or Laparoscopic/ Robotic technique. Traditional surgery requires a long incision (cut) down the center of the abdomen and a lengthy recovery period. Laparoscopic surgery eliminates the need for this large incision. As a result patients have less pain, less blood loss, shorter hospital



stays, less risk of infection and faster recovery. Because of the technical difficulties associated with the Laparoscopic technique, most of the centers in India and abroad are performing these surgeries robotically.

In India, the expenses of such surgeries sore up to Rs. 4 to 5 lac per case in the private hospitals equipped with robots. On the other hand the charges with laparoscopic technique are very nominal at SGPGIMS.

The surgery was performed by Dr. Aneesh Srivastav & Dr. Uday Pratap Singh alongwith Dr. Sanjay Kumar, from Anesthesiology Deptt, Dr Arindam, Dr. Anubhav Senior Residents of Anesthesiology and Urology and staff nurses Sisters Ms. Rita, Ms. Sushma, Ms. Indra and brother Mr. Rajan.

Uday Pratap Singh

Expanding Horizons in Nursing Career



Nursing being a largely women dominated vocation, a one hour brain storming session entitled "Expanding Horizons in Nursing Career" was organized by the SGPGIMS: Women in Medicine Program' exclusively for the Nurses, on 14th May 2016, to commemorate the International Nurses Day week.

Mrs Neema Pant, ANS while speaking on 'Opportunities in Nursing Care' highlighted the dynamics of nursing profession. She said "Nursing careers are financially and personally rewarding. The nursing field not only provides job securities but also more jobs than any other healthcare occupations. Within the nursing profession, there are a wide variety of career paths."

Dr. Preeti Dabadgaon, Member of WiM team placed her views on 'Empowerment within the System'. She said, "Handling pressure, being creative, and keeping up with new trends and challenges as you provide good self-care will make an important difference in how long you stay and how far you can move in your career. Continuing your education is crucial; don't ever consider yourself to have "arrived" but carry on learning and specializing. Only then you will be able to break the 'glass ceiling' that prevents women from getting into leadership positions."

The lecture was followed by Open House discussions, which had full throttle participation by the packed audience. Members of WiM committee Drs Banani Poddar, Piyali, Prerna Kapoor & Mrs Monalisa Chaudhari were also present. Dr. Deepa Kapoor, Chairperson WiM urged the nurses to come forward into leadership positions in nursing education, and make fulfilling contribution during their careers in academics as well.

Monalisa Chaudhari

Healthcare Management Development Program

Department of Hospital Administration organized Healthcare Executive Management Development Program (HExMDP) as lead organization under the capacity building program of National Health Mission, U.P. The program is organized for the Chief Medical Superintendents, Chief Medical Officers of the District Hospitals and Districts of UP.

The HExMDP was weaved as a 05 Day residential program which started on 2nd May 2016. The objective of the program was to augment knowledge, impart managerial skills and develop an attitude of professional healthcare management of district healthcare organizations. The program in a span of 5 days emphasized upon professional management concepts, organizational behavior, psychometric analysis, legal & ethical dimensions, patient safety & healthcare quality, infection prevention & services management. The delegates were also sensitized about all national health programs including that of Pharmacovigilance & Haemovigilance. Apart from the in-house faculty of SGPGIMS more than 30 experts from AIIMS, New Delhi & PGIMER, Chandigarh, ILBS, and New Delhi etc. were roped in.



Program was rolled on with warm-up session, where-in Prof Rakesh Kapoor, Director, SGPGIMS, Sri Alok Kumar, IAS, Mission Director, NHM, Govt. of UP, Dr Kajal, IAS, Addl. Mission Director, NHM, Govt. of UP, Prof Hem Chandra, Head, Hospital Administration and Program Director and Dr R Harsvardhan, In-charge, Academic Program-HExMDP and Dr Anil Mishra, General Manager, Training, NHM, Govt of UP were present. Concluding Session was Chaired by Sri Arvind Kumar, IAS, Principal Secretary, Medical, Health & Family Welfare, Govt. of UP.

Rajesh Harsvardhan

International Nurses Day Celebrations



International Nurses Day 2016 was celebrated on May 12th with great joy and fervor. The Chief Guest of the function was Mrs. Shobha Mishra former Nursing Director, UP State Medical Faculty. Prof. Rakesh Kapoor, Director SGPGIMS was the Guest of Honor for the inaugural session. After the conventional lamp lighting and welcome address by Mrs. Lizzamma Kalib, Mrs. Leela Masih unfolded the theme of International Nurses Day 2016 and Mrs. Chhaya Sanyal, introduced it. Prof. PK Singh, Chief Medical Supdt. and Prof. Amit Agarwal, Medical Superintendent were also present in the program and praised the entire nursing cadre for their dedication and service towards the patients.

The main attraction of the program was in depth scientific session which followed after inaugural function. The scientific session was arranged in three different sub sections. The resource persons for this session were Mr. Dhikhil CD and Mr. Helamani Kuruvathappa, and the focus was on "Nurses a force for change. Improving health systems resilience" There were five presentations in review articles session on Continuing Nursing Education.

The interactions with full packed house audiences made the session very interesting and productive. The day ended with lively cultural program.

Neema Pant

*You never know
when a moment
and a few sincere words
can have an impact
on a life.*

-Zig Ziglar

World Blood Donor Day



World Blood Donor Day is celebrated every year on 14 June to mark the birth anniversary of Karl Landsteiner who discovered ABO blood group. This occasion provides an opportunity to thank all our blood donors/platelet pheresis donors who save lives through their regular blood donations and inspire people to donate blood voluntarily. A felicitation ceremony of voluntary blood donor organizations and blood donors was thus organized. Around 16 organizations and 16 donors were felicitated.

Various organizations like Tata Motors Limited (TELCO), Lucknow; Thalassems India Society, Lucknow; Sant Nirankari Mandal, Lucknow; U.P. Diploma Engineers Mahasangh, Lucknow; HDFC Bank, Lucknow; Lions Club International, Lucknow; Baba Saheb Bhimrao Ambedkar University, Lucknow; Blood Connect Team & JCI Metropolitan Club, Lucknow; Indian Red Cross Society, Lucknow; The Hotel Golden Tulip, Lucknow; Guru Govind Singh Study Circle, Lucknow; Amar Ujala, Lucknow; Bhagwan Shambav Nath Seva Sansthan, Lucknow; Old Franciscan's Association, Lucknow; Sales Tax Office, Lucknow; The Hotel Piccadilly, Lucknow. Besides individual donors namely Mr. V.K.Singh, Mr. D.K.Singh, Mr. Prit Pal Singh Saluja, Mr. Kuldeep Singh, Dr. Devendra Gupta, Dr. Abhai Verma, Dr. R.P.Mishra, Mr. Satish Chandra, Mr. Atul Kumar Singh, Mr. Pulkit Verma, Dr. R.K. Singh, Mr. Ajay Pandey, Dr. Nirmal Gupta, Mrs. Neema Pant, Mr. Ramesh Tejwani, Mrs Vidya Singh were also felicitated during the occasion.

Earlier during the day a blood donation camp was also organized in the department where 22 voluntary donors donated blood. Director, Additional Director, Medical Superintendent and Dr AK Shukla from UPSACS graced the occasion. Dr Anupam Verma, Dr Prashant Agarwal and Dr Rahul Katharia, Dr HC Pandey, Mr JK Upadhyay and other staff from the department were also present.

Anupam Verma

National Public Relations Day

Every year Public Relations practitioners across the country observe April 21st as National PR Day. This year also, to mark this day, Public Relations Society of India, Lucknow Chapter, in association with Public Relations Deptt of SGPGIMS organized a program on the theme One Nation, One Voice... Building bridges of trust through Public Relations followed by a daylong workshop on Career & Opportunities in PR, Media & Entertainment Industry.

Guest of Honor, Shri Devendra Kumar Upadhyaya Hon'ble Justice, High Court, Lucknow bench said that, "In such a vast country like India, with huge diversities to strengthen communal harmony, unity and integrity of this country public relations agencies and social organizations have to work together". Chief Guest Prof Rakesh Kapoor, Director SGPGI, said, "A doctor's religion is to serve humanity and they follow their religion by treating patients irrespective of their caste, creed, religion and region. If that is the approach of every



Indian, then India would surely be a super power in near future". Present during the occasion were stalwarts from media & entertainment industry, Shri Umesh Sharma, CEO of TV Channel Samachar Plus, Shri Vishal Kapoor, Member, UPFDC, Shri Anil Rastogi, renowned film & TV actor, Shri Prabhu Jhingran, Former Deputy Director General, Doordarshan, Shri Shashwat Tiwari, Bureau Chief, Tez News.com, Amitabh Trivedi of Yug Vaarta News, Ms Nivedita Sharma of NIFT & Shri Anoop Mishra, MD of Publicity Mantra.

A souvenir "Career Wise" was also released which focused on the job opportunities in the field of media, public relations and entertainment. PRSI, Lucknow Chapter felicitated some outstanding Public Relations professionals of the city. Faculty and students from Journalism & Mass Communication Department of various Universities and Institutes participated in the workshop.

Kusum Yadav

Seminar on Make in India

One day National Seminar on "Role of SCM in Make in India Movement" was jointly organised by SGPGIMS & Interior Institute of Materials Management on 29th May, 2016 at Raebareli.



Prof. Rakesh Kapoor Director SGPGI, was Chief Guest on the occasion while Dr. Bharat Sah Director, NIFT, earlier an Officer of SGPGI was the Guest of Honour. Dignitaries from NHQ of IIMM and Chairmen of various branches were key personalities in attendance. Chief Guest Dr. Rakesh Kapoor while giving his keynote address spoke at length about supply chain management at SGPGIMS and desired to conduct such workshop at SGPGI campus as well. Prof. A. K. Saijhpal from Chandigarh, Maj. Gen. (Retd.) Ajay Kumar, Mr. M. S. Gulati and Mr. M. C. Arora were the speakers of the technical sessions. The seminar was organised by Shri A. K. Chandola Secretary and Dr. Harendra Kumar Chairman. Approximately 125 delegates from various institutes attended.

Harendra Kumar

Breast Awareness Program



The Lucknow Chapter of Indian Menopause Society conducted a breast awareness program on 14th May 2016 at SGPGIMS. The program was conducted for the staff nurses of the hospital on the occasion of International Nurses Week. Dr. Deepa Kapoor Chapter Secretary welcomed the guest speakers and delegates. The Joint Secretary Dr. Asna and Dr. Sangeeta conducted the proceedings. Dr. Anjali Misra and Dr. Sabaretnam of department of Endosurgery SGPGIMS gave talks on common breast diseases and self breast examination. The session was well attended and greatly appreciated by the audience.

Deepa Kapoor

SGPGI Shines in Medical Tourism

SGPGI is emerging as preferred healthcare destination for patients across the globe, as it is being considered a highly effective centre for specialized treatments and excellent patient care at a very marginal cost. SGPGI has been offering its patient care services to citizens of SARC countries for past several years now, but it is heartening to find that patients from countries like Saudi Arabia, Afghanistan, Nigeria etc are approaching our hospital through internet.



A 55 year old patient resident of Saudi Arabia who was suffering from fecal

incontinence for years due to a fault occurred during his earlier surgery searched internet for solution of his problem and learnt about the expertise of Dr. Ashok Kumar of Surgical Gastroenterology Deptt of SGPGI. He contacted Dr. Ashok Kumar through e-mail. After couple of correspondence through e-mail the patient was called for surgery. The surgery was successful and he went back hale and hearty with all good memories of SGPGI.

Trans Oral Thyroid Surgery

Remote access thyroid surgery is the emerging need of young patients with thyroid nodule to prevent the scar in the neck. Among different remote access thyroid surgery techniques transoral thyroid surgery is the new scar free approach to remove the thyroid nodule.

During this procedure a 12mm horizontal incision is made in the vestibule of mouth and with the help of routine advanced laparoscopic surgical instruments space is created in the neck and then two more vertical 5mm incision are made in the vestibule at the level of canine teeth. Two working instruments are placed and further dissection of strep muscle and thyroid are completed. The isthmus is bisected and thyroid lobe is



dissected through upper end taking care to preserve the recurrent laryngeal nerve and both parathyroid glands. Finally the thyroid lobe is put into the endobag and taken out through the 12mm incision site. The strep muscle is sutured back in the mid line without putting any drain and the vestibular incision closed with absorbable suture in two layers.

In this technique the dissection is very minimal so the recovery is very fast and with less discomfort to the patient. Patient is orally allowed the same day evening and can be discharged on second postoperative day.

The selection criteria of this technique are small thyroid nodule less than 4cm and benign in nature or less than 2 cm papillary thyroid carcinoma. This technique requires no extra expenses.

This technique is a landmark mile stone in the field of thyroid surgery. SGPGI is the first government hospital in northern India which is doing such surgery on regular basis.

Gyan Chand

Road Safety & Trauma Management

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Public information and education are key components of any injury control program to garner grassroots support, as well as to influence legislative and health care policy initiatives. Behavioral and cultural modifications brought about through educational strategies and primary injury prevention programs are slower to take effect, but equally important and necessary to optimize injury control. Health care providers should be involved in the intervention design process and selection of the action plan. Measurement of effect is an essential component of prevention efforts

To sum up, Trauma is a preventable disease of the modern world. There is definitive role of comprehensive trauma management and system organization that can improve patient outcomes. Nationwide response to injury control and prevention require commitment from both governmental and professional organizations. It needs momentum from political leaders, policy makers and national and international community with commitment, support and law enforcement. Everyone has to understand that he or she has an important role in this noble endeavor.

Sandeep Sahu

Awards & Accolades

- Icons of Health 2016 was awarded by Shri Ram Naik the Hon'ble Governor of Uttar Pradesh to Dr Rakesh Kapoor, Dr P K Singh, Dr P K Goel, Dr Aditya Kapoor, Dr UC Ghoshal and Dr Brajesh Singh for their outstanding contribution to healthcare.
- Dr. Sandeep Sahu was conferred the prestigious ICMR International Fellowship award for Biomedical Young Scientist 2015-16 in Trauma and Emergency Medicine at R Adam Cawley Shock Trauma Center, University of Maryland School of Medicine, Maryland, USA.
- Mrs Kusum Yadav and Mrs Meena Johri, received the PRSI Certificate of Appreciation as a recognition for their remarkable efforts in the field of Hospital Public Relations.

*Drive Safe
Follow Traffic Rules*



The month of May has been special as regards to human health. Two very important days celebrated globally were International Day of Action for Women's Health on May 28th and the World No Tobacco Day on May 31st. Both the issues have major impact on the overall health of the society. We bring you two articles pertaining to the issues.

Editor

World No Tobacco Day

Get Ready For Plain Packaging

May 31 is observed as World No Tobacco Day. It was introduced by the World Health Organization to be celebrated as a most recognized event all over the world in order to increase public awareness of all the problems and health complications caused by tobacco chewing or smoking. It is intended to encourage people to quit tobacco.

Each year, the WHO selects a theme for the day which becomes the central component of the WHO's tobacco-related agenda for the following year. This year's theme is **Get ready for plain packaging**. Plain packaging reduces the attractiveness of tobacco products. It kills the glamour, which is appropriate for a product that kills people. It restricts tobacco advertising and promotion. It limits misleading packaging and labelling while increasing the effectiveness of health warnings.

The four 'major' non communicable diseases (NCDs) i.e. cardiovascular diseases, chronic respiratory diseases, diabetes and cancer are caused mostly by modifiable behavioural risk factors and tobacco use being one of the primary causes. (NCDs) are emerging as top killers in the world, claiming an estimated 8.5 million lives each year. One third of these deaths is premature and occurs before the age of 70 years, thus affecting economically productive individuals.

According to the Global Adult Tobacco Survey, about 35 per cent of the adults in India consume tobacco in some form or the other. The estimated number of tobacco users in India is 27.5 crore, with 16.37 crore users of smokeless tobacco, 6.9 crore only smokers and 4.23 crore users of both smoking and smokeless tobacco, with average age of initiation of 17.3 yrs. Bidis are the most popular tobacco product used. Bidis comprise 48% of the tobacco market, chewing tobacco 38% and cigarettes 14%. Each year tobacco use kills about 1 million Indians. Bidi and cigarette smokers die 6 to 10 years earlier than their non-smoking counterparts.

If current trends continue tobacco will account for 13% of all deaths by 2020. Nearly 30% of cancers in males in India, and more than 80% of all oral cancer are related to tobacco use. Unique local patterns of tobacco use play a much greater part in causing oral cancer in India. Lack of public awareness and health care facilities compounds the picture with 60% cases presenting at locally advanced stages attributing to high mortality. Unlike western countries most of the cancers in India are due to preventable causes (3 out of 5 cancers diagnosed are due to tobacco or infections) emphasising the need of effective public health policy.

At the root of solution is the need of public awareness and political commitment and action. A fully committed effort to reduce and eliminate use of tobacco requires vigorous implementation of laws to ban tobacco along with public support.

Shagun Mishra

Women's Health Matters

Our Health, Our Rights, Our Lives

We've come a long way since 1987, when May 28th was declared as the International Day for Women's Health. It is time to take stock of how women's rights are fulfilled in the world -- especially the right to health. Even after three decades women still face not only many health problems but also denial to treatment due to so many reasons, and we must re-commit to addressing them and to remind our government leaders that woman's health matters. With the recent adoption of Agenda 2030, governments have acknowledged gender equality and women's empowerment as crucial to sustainable development. Globally women and their health have perhaps made a lot of progress in recent years. But like so many other countries, in India too we have to walk miles before "women's empowerment" is reality and not a little more than a rhetorical flourish added to a politician's speech.

We have to understand the health needs and wellness of the women and girls as on them lays the future health of the society. Ironically in many societies, they are disadvantaged by discrimination rooted in socio cultural factors. As stated by WHO some of the socio cultural factors that prevent women and girls to benefit from quality health services and attaining the best possible level of health are due to the unequal relationships between men and women; social norms that decline in education and employment opportunities; women's reproductive roles and experience of physical, sexual and emotional violence.

I have witnessed during my nearly three decade long stint in SGPGI that in comparison to men, it is the women and girls who either arrive for treatment in advanced stage of disease or discontinue their treatment due to financial crunch or for alternate cheaper treatment. While poverty is an important barrier which unfortunately tends to yield a higher burden on women and girls' health, malnutrition, self denial and awareness also has vital roles to play. Though the woman keeps her health at stake most often she is magnanimous to be on the forefront when it comes to organ donation.

When society fails to fully recognize sexual and reproductive rights, of women they not only compromise women's health but in a way they both tolerate and endorse institutional and structural violence towards women and girls, abusing their human rights and perpetuating their exclusion. Keeping this view in mind this year is dedicated to meaningful implementation from governments to address the diverse nature of women's sexual and reproductive health issues, and uphold women's rights to decide freely upon her health, free from coercion, discrimination and violence. WHO is working hard to strengthen health systems and ensure that countries have robust financing systems and sufficient numbers of well-trained, motivated health workers to provide decent health services to women's reach, but actually the commitment to reach out to women and adolescents in need has to come from each one of us so as to ensure that the future brings in health to all women and girls -- whoever they are and wherever they live.

Monalisa Chaudhari

Neurosurgery- Surgical & Academic Brilliance

The Department of Neurosurgery, SGPGIMS, Lucknow is one of the leading neurosurgical centres in the country today. The different clinical services it provides include surgery for intracranial aneurysms, arteriovenous malformations, vascular bypass, surgery for brainstem lesions, entire gamut of endoscopic neurosurgery, complex spine including surgery for craniovertebral junction, minimally invasive spine and cranial surgery, neuro-oncology, pediatric neurosurgery as well as functional neurosurgery. The department assumes a unique position within the country in that. It has a dedicated neurotology unit and a neurosurgical neurointensive care unit. The department performs close to 2200 surgeries every year. The department also runs out patient clinics on 5 days a week (Mon-Friday) and caters to approximately 25,000 patients per year from not only the different corners of the country but also from the neighboring countries. The department also runs neuro-otology and vestibular labs for different diagnostic services.

The residents and faculty of the department have scaled great heights in the field of academics even though the institute is relatively new compared to the other well-established institutes of the country. In a recently conducted survey, the department co-shared the first rank in the country in terms of the citations received by the papers amongst neurosurgical departments of the country in the last 10 years. The major recent academic highlights include editorial office of the official journal of Neurological Society of India, "Neurology India", 2nd best paper award for Dr Anant Mehrotra at Neurovascon, Dr B.C Roy Gold medal award for Dr Kuntal Kanti Das at ANEICON, UICC fellowship to Malaysia for Dr Amit Keshri, Best published paper in 2015 in Neurology India, 2nd best young neurosurgeon award at International Neurosurgical Update, Mumbai, travelling fellowship and selected best international abstract at Congress of Neurological Surgeons, USA, 2nd best paper and poster award and World Spine, Delhi and best resident award of SGPGI for Dr Jayesh Sardhara, 2nd prize at World Spine Congress quiz for Dr Kumar Ashish, 1st and 2nd prize at UP Neurocon for Dr Shruti Gupta and Dr Pavaman Sindgikar, Selected best abstract in Indian Society of Neurooncology Annual Conference for Dr. Satyadeo Pandey, Young researchers award at International Otorhinology Conference, Dubai and travelling fellowship at Neuroequilibrium Society of India Conference, Ahmedabad for Dr Simple Patadia, International fellowship to Japan for Dr Anant Mehrotra, Dr Kuntal Kanti Das, Dr Kamlesh Singh Bhaisora, Dr Jayesh Sardhara, International Fellowship to Italy for Dr Simple Patadia and to Pittsburgh, USA for Dr Saurin Shah. Dr Anant Mehrotra and Dr Kuntal Kanti Das were in the national executive committee of International Epilepsy Surgery conference at Udaipur. Recently, OTs and intensive care unit of the department are being upgraded as a special grant from the Government of UP.

Kuntal Kanti Das

The natural flights of the human mind are not from pleasure to pleasure, but from hope to hope.

-Samuel Johnson

Molecular Medicine Validating Biomarkers

Department of Molecular Medicine & Biotechnology
Molecular Medicine is an emerging scientific field with various connotations. Currently the discipline of Molecular Medicine exists in only a handful of universities across the world. The Department of Molecular Medicine & Biotechnology at SGPGI is the only such facility in a tertiary-care hospital set up in India, which started functioning from the year 2010.

The department of Molecular Medicine at SGPGI is a distinct specialty from the conventional human genetics. The primary focus of research is to develop and validate newer biomarkers for early non-invasive (using blood, urine or other body fluids) diagnosis and prognosis, and to validate molecular signatures of rare diseases. The Departmental published work suggested the usefulness of exosome (extracellular vesicles) analysis as predictor of kidney injury, and also established cues for targeting epigenetic modulators in maternal hypothyroidism. Towards disease pathogenesis, a key aspect to identify therapeutic and diagnostic targets, the departmental research has advanced the basic understanding about breast cancer cell fate, stroke biology, significance of iodine in brain development, and the role of kidneys in diabetes and hypertension, using targeted gene deletion and silencing approaches.



Till date the department has published 17 peer-reviewed original research articles in high-impact scientific journals. In 2013, the Department has been identified as the Nodal Department by Department of Higher Education, Ministry of Human Resource Development, for the Establishment of Center of Excellence in Biomedical Sciences and Modern Biology, at

SGPGIMS. The Department is well equipped with high end equipments such as Confocal Microscope. The department offers PhD program, and also organizes hands-on training program and scientific-skill development workshops at regular intervals. At present the department is offering blood investigations to assess high risk pregnancy, and risk for developing cardiovascular diseases in patients.

The vision of the department is to improve healthcare through discovery of molecular predictors of diseases and to sculpture the emerging field of Molecular Medicine by setting in tune to the teaching and training programs with the changing needs of modern medicine.

Swasti Tewari

E-Filing of Income Tax Return

Filing of income tax is compulsory for all individuals whose annual taxable income exceeds Rs.2.50 lakhs (Resident Individuals) and Rs.3.00 lakhs (For Senior citizens).

What is ITR: ITR is a statement of your earnings from various sources of income and tax liability thereon. Details of tax paid and any refunds that have to be given by the Govt, are also mentioned in ITR.

What is e-filing: E-filing (Electronic Filing) is the process of submitting tax returns over the Internet, using Income tax dept website incometaxindia.gov.in E-filing is mandatory now for individuals who have salary income and some other income like house property or capital gains etc or Individual's gross income exceeds Rs 5.0 lakhs or Individual who intends to claim refund of the tax already deducted/paid.

Register yourself at www.incometaxindiaefiling.gov.in. For registering yourself, you will need to provide PAN, password (alphanumeric), Personal & contact details. On successful acceptance, activation link will be sent to user through e-mail and a PIN to mobile. Click on the activation link and provide mobile PIN to activate e-Filing account. You should note down your LOGIN details at some safe for future use.

Pre-requisite ground work: Before filing your ITR, there are some documents to be collected so that you can easily file the tax return without any discrepancies. Some of the documents to be kept ready before actual filing are as follows:-

- Login details, bank statements of all accounts (including home loan a/c, if any).
- Aadhar and passport numbers (although it is optional).
- Form 16 (salary payments) and/or Form 16A (for Income from other sources).
- Principal and interest payment certificate from housing loan provider.
- Verify your tax credit statement which is known as Form 26AS. This amount should match with the TDS amount given in Form 16 and/or Form 16A.
- Challans of Advance Tax or Self Assessment Tax.
- Bank statements to know interest received (Rebate up to Rs.10,000 U/S 80TTA).
- Details of investments like LIC, PPF, PF, ELSS MF etc to get deductions U/S 80C (Max.Rs.1,50,000/-). Cross check it with your Form 16.
- Details of mediclaim amt. U/S 80D (Rs.15,000 for self, Rs.20,000 for self & spouse).
- Details of donations to get deductions U/S 80G.

Processing & pack-up: Income Tax e-return can be filed by furnishing all details online without any charges. Immediately after processing data, a statement known as ITR-V is generated. Print, sign the statement & send to the CPC, Bangalore through Ordinary Post or Speed Post only within 120 days. There is no further action needed, if ITR-V is submitted and an acknowledgement received on your registered e-mail. Income Tax Dept Helpline toll free no.1800 4250 0025 (Mon to Sat - 9.00 am-8.00 pm). The last date for filing of ITR is usually July 31st for individuals which sometimes is extended for a month or two.

Mahesh Arora

Road Safety & Trauma Management

Trauma care and Emergency Management have been largely ignored and underestimated in India. There is lack of exact data of the burden of injury in the form of morbidity, disability and mortality.

There are two major problems in trauma-care in India: Absence of networking between hospitals, medical college and trauma centers and lack of competent prehospital care (Emergency Medical system). Also there is no connection with the rural setup, where even basic trauma care is lacking.

Risk Factors for increasing number of trauma victims in India: Social, cultural, and behavioral factors lead to a dangerous lifestyle that places the population at risk of trauma, such as falls (common in children and elderly), agricultural and occupational injuries, firearm injuries, poisonings, burns, drowning, suicide attempts, homicides, and natural and man-made catastrophes and disasters.

Regarding Road Safety: There is Insufficient implementation of existing traffic rules and Absence of vision in road planning. The potential value of "prevention" in road traffic accidents using a safety-first approach is needed while implementation of basic measures such as Use of Helmets, seat belts and child restraints, speed limits and prevention of stop drunk-driving will go a long way.

The ABCDE of Injury Prevention.

- Analyze local injury data
- Build local coalitions as per needs
- Communicate problem to the administration and policy makers
- Develop prevention activities with local authorities
- Evaluate program interventions serially

Prevention strategies using the concept of the 4 'E's:

- Education
- Enforcement (in addition to Enactment)
- Engineering
- Economic incentives and penalties.

Indian injury control and prevention program: There should be national initiative for implementing strategies to promote and encourage prevention of injuries. It should facilitate collection of data on injuries so that policy and plan can be made. This program will make regulations and policies to improve injury / trauma Prevention and Care. A special focus needs to be the prevention of violence involving women, children and senior citizens.

For this program to be a success we need to start a nodal center/special interest group in each district under chairmanship of District Magistrate with a TEAM that include Judges, Mayor of district, Parshad of district, Minister, DG Police, DG Traffic police, Chief of Fire Services, Chief Medical Superintendent, Chief Engineer, Block Development Officer, Basic Education Officer of district, all the government hospital (district, CHC, PHC, medical colleges), Public and private hospitals interested, NGO and Corporate agency ready to support to make a coalition at each district level under which monthly meetings for planning and implementation of policy/protocol.

There should be local, regional, and national resources available on injury prevention activities like USA. Injury control must be community based and encompass a multi-disciplinary approach.

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विदाई समारोह

संस्थान परिवार में अपने 28 वर्षों का दीर्घ कार्यकाल को अत्यंत परिश्रम से पूरा करते हुए सुश्री लीला मसीह (CNO) 31 मई 2016 को अपने पद के दायित्वों से सेवा मुक्त हुई। सुश्री मसीह ने दिनांक 11 जून 1988 से संस्थान में अपनी सेवायें प्रारंभ की थी। अपने पूरे कार्यकाल में विभिन्न पदों पर कार्य करते हुए उन्होंने नर्सिंग प्रशासन में क्रांतिकारी परिवर्तन भी किये। उनके सौम्य व्यक्तित्व, निष्पक्ष कार्यशैली एवं कार्य के प्रति पूर्ण समर्पण के कारण ही उन्हें अनेक पुरस्कारों से भी सम्मानित किया गया। भारत के राष्ट्रपति के करकमलों से उन्हें नर्स का सर्वोच्च पुरस्कार “फ्लोरेस नाइटिंगेल” पुरस्कार से भी सम्मानित किया गया।



अस्पताल प्रशासन एवं नर्सिंग प्रशासन की ओर से आयोजित विदाई समारोह में मुख्य चिकित्सा अधीक्षक डा. पी. के. सिंह, अस्पताल प्रशासन विभाग के अध्यक्ष डा. हेमचन्द्र पाण्डेय, नर्सिंग अधीक्षक श्रीमती छाया सान्याल एवं अन्य सहकर्मियों ने भाग लिया। उनके साथ एक लंबे समय तक कार्य करने वाले सहकर्मियों रेखा मिश्रा, शालिनी खान, धीकिल सी.डी., मीना डैनियल एवं लिजज्मा कालिब ने उनसे जुड़े अपने रोचक संस्मरण भी सुनाये। स्वागत भाषण श्रीमती छाया सान्याल ने प्रस्तुत किया व डा. पी. के. सिंह व डा. हेमचन्द्र पाण्डेय ने धन्यवाद ज्ञापित किया। विभाग की ओर से उन्हें स्नेह चिन्ह के रूप में शाल भी भेंट किया गया। श्रीमती नीमा पंत ने इस विदाई समारोह का सफल संचालन किया।

कुसुम यादव

स्मृति शेष

दिवंगत श्री अजय श्रीवास्तव संजय गांधी पी.जी. आई. के लेखा शाखा में कनिष्ठ लेखाधिकारी के पद पर थे। उन्होंने फरवरी 1989 को संस्थान में अपना कार्यभार ग्रहण किया था। वे लेखाशाखा के मृदु भाषी एवं कर्मठ कर्मियों के रूप में जाने जाते थे। प्रशासनिक भवन एवं अस्पताल लेखा में इनके द्वारा कई पटलों पर कार्य किया गया।



अपने सम्पूर्ण कार्यकाल में इनका व्यवहार एवं कार्य के प्रति निष्ठा हमेशा वरिष्ठ अधिकारियों द्वारा सराही गयी है। इनकी असामयिक मृत्यु इनके परिवार एवं मित्रों हेतु अत्यन्त दुःखदायी एवं अपूर्णनीय क्षति है। धार्मिक प्रवृत्ति के स्व. अजय श्रीवास्तव लोकोपकार के कार्यों में संलग्न रहते थे। गरीब कन्या विवाह, जगन्नाथ यात्रा, नगर के प्रथम नागरिक ‘महापौर’ द्वारा कराये जाने वाले सामाजिक कार्यों में श्री अजय जी की अग्रणी भूमिका रहती थी। उनके असामयिक निधन से इस तरह के कार्यों में उनकी कमी महसूस की जाएगी।

उनसे जुड़ी हुई कई स्मृतियाँ अभी भी सजल हैं, एक दृष्टान्त याद आता है – संस्थान कर्मियों की वित्तीय प्रकरणों पर आन्दोलित थे और वित्त अधिकारी के साथ दुर्व्यवहार पर आमादा थे। श्री अजय जी भीड़ से आगे आए और उग्र कर्मियों को कमरे से खदेड़ते हुये बाहर किया। ऐसे साहसी और जीवट व्यक्तित्व कम ही लोगों की होती है। वित्त विभाग के जिस हाल में वे बैठते थे, वहाँ पर करीब 8-10 कर्मियों और बैठते हैं। वहाँ का माहौल उनके व्यवहार से हमेशा जीवंत रहता था और कनिष्ठ कर्मियों अपने आप को सुरक्षित भी महसूस किया करते थे। संस्थान हेतु इनका योगदान हमेशा दूसरे कर्मियों हेतु एक मार्गदर्शन बना रहेगा।

हरेन्द्र श्रीवास्तव

पीजीआई की सीख आ रही है काम

“पीजीआई में समाधान के लिए ‘कल’ नहीं है कोई शब्द” – भरत शाह

संजय गाँधी पीजीआई के डिप्टी चिकित्सा अधीक्षक रहे डा. भरत शाह इस समय नेशनल इंटीट्यूट ऑफ फैशन टेक्नोलाजी, रायबरेली के निदेशक हैं। इस पद पर काम करने में उन्हें पीजीआई का अनुभव काफी काम आ रहा है। डा. शाह ने कहा, “कि संस्थान में मरीजों के साथ काम करने में समय का ध्यान रखना होता है। समय के साथ कदम मिला कर चलने का अनुभव बतौर निदेशक काम आ रहा है। पीजीआई में कल कुछ नहीं होता है जो करना है आज करना है क्योंकि परेशानी एक पल की भारी हो सकती है। नेशनल इंस्टीट्यूट ऑफ फैशन टेक्नोलाजी रायबरेली में संकाय सदस्यों के साथ संस्थान के छात्रों के बीच सामाजिक बनाने में निदेशक की अहम भूमिका होती है साथ छात्रों के भविष्य के लिए ब्रांडिंग

भी करनी होती है। इस तरह के तमाम चुनौतियों का सामना करना हमने पीजीआई से सीखा। डा. शाह ने कहा कि पीजीआई ने कम समय में विश्व स्तर पर छवि बनाने में कामयाबी हासिल की, वह



केवल यहां के लोगों की मेहनत का ही परिणाम ही है। संस्थान के कार्य प्रणाली का जिक्र मैं हमेशा अपने संस्थान में करता हूँ कि कैसे यहां के विशेषज्ञ प्लानिंग बना कर काम करते हैं। जिंदगी हो अथवा कार्य

क्षेत्र हर जगह प्लानिंग ही काम करती है। प्लानिंग करने पर हम उस काम को पूरा करने के लिए समय के साथ मेहनत करते हैं जिसमें 90 फीसदी लोगों को कामयाबी मिलती है। यदि लक्ष्य नहीं मिला तो इसका मतलब है कि कहीं कोई कमी रह गयी दोबारा उस दिशा में प्रयास करना चाहिए।

संस्थान से कई मेडिकल विशेषज्ञ कई संस्थानों में बड़े पदों पर गए हैं लेकिन प्रशासनिक वर्ग से डा. भरत शाह पहले व्यक्ति हैं जो किसी संस्थान के निदेशक बने हैं। डा. शाह संस्थान की नींव के साथ जुड़े रहे जिसमें उन्हें कैसे संस्थान का विकास किया जाता है यह अनुभव हासिल किया जो आज भी काम आ रहा है।

संजय द्विवेदी

ई- आर.टी.आई.

‘सूचना का अधिकार’ से सम्बन्धित सभी प्रकरणों का ‘आटोमेशन’ करने के लिये ‘सेन्ट्रल आर.टी.आई. सेल’ का गठन जुलाई 2015 को संस्थान के निदेशक प्रो. राकेश कपूर द्वारा किया गया था। इस सेल के गठन में जिन जिन्होंने महत्वपूर्ण उत्तरदायित्व एवं नेतृत्व प्रदान किया—उनमें प्रमुख है, डा. हेमचन्द्र, कर्नल अजय गुप्ता ‘सीनियर सिस्टम एनालिस्ट’, श्री राजेश कुमार तिवारी, निजी सचिव एवं कोऑर्डिनेटर, आर.टी.आई., एवं विभागाध्यक्ष, चिकित्सालय प्रशासन। इन सभी की सक्रिय भागीदारी से इस सॉफ्टवेयर को विकसित, अनुकूलित एवं कार्यान्वित किया गया है।



‘eRTIMed’ सॉफ्टवेयर पैकेज द्वारा ‘सूचना का अधिकार’ से सम्बन्धित सभी कार्य न केवल सुचारु रूप से निष्पादित किये जा सकते हैं, अपितु उनका ‘इलेक्ट्रॉनिक’ रूप से संचरण भी कर सकते हैं। साथ ही साथ, सूचनाओं का समयबद्ध निवारण तथा इस पूरी प्रक्रिया को ‘ट्रैक’ करना भी संभव है।

सुलभ शौचालय की सुलभता

संस्थान की अपार ख्याति के कारण यहाँ रोगियों एवं उनके परिचारकों की संख्या प्रतिदिन बढ़ती ही जा रही है।

ऐसे लोगों के लिये इब्राहिमपुर वार्ड की सभासद श्री सुनीता यादव व उनके पति श्री अन्तु यादव तथा ‘सामाजिक सरोकार मंच’ के डा. पी. के. गुप्ता ने जन सुविधाओं के निर्माण का निर्णय लिया है। उन्होंने दिनांक 30.04.2016 को संस्थान के निदेशक, डा. राकेश कपूर जी भेंट कर इस सम्बन्ध में परिसर के मुख्य द्वार के पास या किसी अन्य उचित स्थान पर शौचालय बनवाये जाने के लिए स्थान देने का अनुरोध किया है, जहाँ रोगियों एवं उनके परिचारकों के लिये सुलभ शौचालय का निर्माण करवाया जा सके।

निदेशक महोदय ने इस विचार और निर्णय के प्रति अपनी सहमति व्यक्त की है और आश्वासन दिया है कि शीघ्र ही ऐसे किसी स्थान का चयन कर लिया जायेगा।



विश्व पर्यावरण दिवस

प्रत्येक वर्ष 5 जून को अपनी धरती को हरा-भरा रखने व पर्यावरण के संरक्षण हेतु पूरे विश्व में पर्यावरण दिवस मनाया जाता है। संस्थान में भी पर्यावरण से सम्बंधित मुद्दों पर जनसामान्य को जागरूक करने के लिए पर्यावरण दिवस को पूरे उत्साह व जोश के साथ मनाया गया। संस्थान परिसर में ही टाइप-5 के आसपास के क्षेत्र में वृक्षारोपण किया गया। संस्थान के निदेशक डा. राकेश कपूर ने भी इस अवसर पर पेड़ लगाये। इस अवसर पर संस्थान के एण्डोक्राइनोलॉजी विभाग के डा. सुशील गुप्ता, उपनिदेशक (उद्यान विभाग) श्री डी. डी. त्रिपाठी, श्री सुनील शिशु, श्री बी. पी. शर्मा, एवं श्री ओमप्रकाश और अन्य लोग भी उपस्थित थे।



सिंहस्थ उज्जैन में आनलाइन परामर्श

दिनांक 22 अप्रैल से 21 मई तक उज्जैन में आयोजित आस्था के महाकुंभ सिंहस्थ 2016, में संस्थान के टेलीमेडिसिन विभाग द्वारा ऑनलाइन परामर्श की सुविधा प्रारम्भ की गई। महाकुंभ में आने वाले संतो, सन्यासियों एवं श्रद्धालुजनों के स्वास्थ्य को ध्यान में रखते हुए मेला स्थल पर अति आधुनिक चिकित्सा सुविधाओं से युक्त मोबाइल वैन तैनात की गई थी, जिसमें ब्लड प्रेशर, डायबिटीज, अल्ट्रासाउंड, ई. सी.जी. एवं एक्स-रे इत्यादि जाँचों की सुविधा विद्यमान थी। इसरो द्वारा संचालित उपग्रह आधारित मोबाइल टेलीमेडिसिन निःशुल्क सेवा के अन्तर्गत टेलीमेडिसिन तकनीक के द्वारा कुंभ मेले में आने वाले श्रद्धालुओं के रोगों के निदान एवं उपचार के लिए पैरामेडिकल व तकनीकी स्टाफ



के आठ सदस्यों की एक टीम बनाई गयी थी। मोबाइल वैन में बनी ओ. पी.डी. में जनसामान्य को चिकित्सीय सेवाएं प्रदान की गई एवं आवश्यकतानुसार संजय गांधी स्नाकोत्तर आयुर्विज्ञान संस्थान, लखनऊ एवं अखिल भारतीय आयुर्विज्ञान संस्थान, भोपाल के चिकित्सकों से वीडियो कांफ्रेंसिंग तकनीक के माध्यम से चिकित्सीय परामर्श भी लिया गया।

विश्व योग दिवस

हमारे आदरणीय प्रधानमंत्री श्री नरेंद्र मोदी जी के प्रयास से यू.एन. जनरल असेंबली द्वारा 01 जून को विश्व योग दिवस घोषित किया गया। नियमित योग शारीरिक एवं मानसिक स्वास्थ्य के लिए अत्यंत महत्वपूर्ण है। 01 जून को संस्थान

के मिनी सभागार में योग दिवस कार्यक्रम का आयोजन किया गया जिसमें आर्ट ऑफ लिविंग की सुश्री अंजलि ने योग तथा रेडियोलोजी विभाग के डॉ. एच.के. सिंह ने ध्यान योग करने की विधि का प्रदर्शन कर लोगों को मार्गदर्शित किया।



विश्वास

सम्पूर्ण सृष्टि की गतिशीलता और निरन्तरता का जो मूल आधार है, वह है सम्बन्ध! सम्बन्धों की उत्पत्ति विश्वास से होती है और विश्वास से ही सम्बन्ध बनाये रखे जा सकते हैं। अब प्रश्न उठता है कि विश्वास क्या है? सरलतम शब्दों में यही कहा जा सकता है कि वह सब कुछ जो हमारे स्वयं में है वही सब कुछ हमें दूसरे में प्रतिष्ठा की भाँति दीख पड़े—यही विश्वास है। कठिन बात यह है कि हमारे स्वयं में क्या है और इसे हम दूसरे में क्यों देखना चाहते हैं? विश्वास का निर्माण इन्हीं प्रश्नों से होता है। एक रोगी इस प्रबल विश्वास के साथ चिकित्सक के सम्मुख आता है कि वह अपनी दैहिक, मानसिक या भावनात्मक पीड़ा की प्रतिष्ठा चिकित्सक में देख सके। इसका अर्थ यह हुआ कि जब चिकित्सक रोगी की पीड़ा को अपनी या अपनों की पीड़ा जैसा समझेगा तो वह रोगी का निस्वार्थ व निष्कलुष उपचार कर पायेगा। कई अवसरों पर ऐसा अनुभव किया जाता रहा है कि रोगी और चिकित्सक के बीच विश्वास का सम्बन्ध जितना गहरा और आत्मीय होगा—उपचार का परिणाम भी उतना ही सार्थक होगा। एक दूसरे पर विश्वास करें या न करें? इसे हमारा अर्न्तहृदय संचालित करेगा या हमारी स्वार्थमय प्रेरणायें एवं अपेक्षायें निश्चित करेंगी— यह एक गूढ़ चिन्तन का विषय है। यह चिन्तन ही अन्ततः विश्वास या अविश्वास का निर्माण करता है। न जाने क्यों आज मनुष्य इस धरा की दुर्लभ से दुर्लभ वस्तुओं की खोज और उन्हें पाने की मायावी अभिलाषा से ग्रसित है। वह मनुष्य के मूल भावनाओं की खोज न करना चाहता है और न ही अपनाना चाहता है। हम करुणा, प्रेम, दया, क्षमा और विश्वास जैसी देवतुल्य भावनाओं को कम महत्व देने लगे हैं।

मैं समझता हूँ कि हम किसी के हृदय में विश्वास का निर्माण न कर सकें— यह उतनी पीड़ादायी नहीं जितना विश्वास के अविश्वास में परिवर्तित हो जाने से होती है। चिकित्सक और रोगी— दोनों को ही इस आपसी विश्वास को बनाये रखना होगा। याद रखिये, विश्वास एक ऐसी भावनात्मक धरोहर है जिस हम किसी को रखने के लिए दे तो देते हैं किन्तु वापस नहीं माँग सकते और यदि माँग ली तो इसका अर्थ विश्वास तो नहीं हो सकता—और कुछ भले ही हो।

राम प्रमोद मिश्र

जीवन भर बस यूँ ललचाये

आँखों से गिरता पानी
कहती तुझसे मेरी कहानी
कुछ पूरी है, कुछ है आधी
बहती बनकर काज़ल काली
कुछ थे सपने मेरे अपने, बाकी सब थे ख्वाब पराये
कहीं डाल पे मन ये बैठा, बन्दर जैसा कांपे जाये।
कभी देखकर झूठे सपने
मन मेरा मुझको तरसाये
फुदक—फुदक कर, देखके उनको
वहीं डाल पे झूले जाये।
डाली की परवाह किसे है, सपनों में ही गोते खाये,
कोमल पकड़ जो छूटे हाथ से, मुँह के बल वो खुद गिर जाये।
दिल भी कुछ है मकड़ी जैसा
बुने जाल और खुद फँस जाये।
फंसे जो ऐसा मायाजाल में,
जब तक प्राण निकल न जाये।
दुनिया के इस चका—चौंध में
अपने को ही खोता जाये,
सोचे ये तो पा जाऊँगा
कुछ भी हाथ न इसके आये
जीवनभर बस यूँ ललचाये.....

ध्रुव सिंह 'एकलव्य'

Forthcoming Events

- 05 Day Residential Program Healthcare Executive Management Development Program (HEXMDP) from 18th to 23rd July 2016, organized by Department of Hospital Administration, SGPGIMS.
- Fifteenth ICMR Course on Medical Genetics and Genetic Counseling Pedigree to Genome 25th July 2016 to 6th August 2016 Organized by Department of Medical Genetics SGPGIMS.
- State level workshop on RTI on 6th August, 2016 organized by Department of Hospital Administration & Central RTI Cell, SGPGIMS.
- Conference cum workshop on IPR & Patenting in Healthcare 12 to 14th August 2016.
- SGPGIMS Convocation 2016 on 1st October 2016.

Dear Readers,

SGPGIMS Newsletter is in your hands and we hope it meets your expectations. Your criticisms and valued suggestions will help us improve your Newsletter. Do write to us regularly and also send in your contributions in the form of poems, small articles or humorous anecdotes of relevance to sgpgimsnewsletter@gmail.com we shall continue to anxiously search our mail box for your contributions and comments.

Editorial Board

SBI facilitates Patient Care Services

State Bank of India under its CSR activities donated 50 wheelchairs and 50 stretchers to Sanjay Gandhi Institute of Medical Sciences for patient care activities. With the increase in number of wheel chair and stretchers the patients will be getting better service reducing waiting time.

In a function held on 25th June, 2016 at Telemedicine Auditorium at SGPGIMS, attended by senior functionaries of Government, SBI and SGPGIMS. The Foundation Stone for E-Lobby was laid during the occasion. SBI announced to undertake the construction of an E-Lobby cum patient shelter for the hospital. The

shelter apart from providing waiting facilities to the patients will also serve as 24/7 banking center for the patients though its automated machines. The E-Lobby will be located near the entrance of the Hospital

Shri Rahul Bhatnagar, Finance Commissioner and Principal Secretary (Finance) was the Honorable Chief Guest for the function. Shri Gautam Sengupta, Chief General Manager, SBI also highlighted Bank's contribution in Corporate Social Responsibility activities. Prof. Rakesh Kapoor, Director SGPGIMS addressed the eminent guests and



applauded the philanthropic activities undertaken by the bank towards the cause of patient care.

The function was also attended by senior officials of SBI and SGPGIMS.

Signing Off

My Dears,

This is to inform you all that I have been selected at AIIMS, Bhubaneshwar in the department of Neurosurgery and will be joining there soon. I had a wonderful time at this institution since my residency time until the very last day at the office as a faculty of Neurosurgery. Be it teaching, academics or playing Holi or celebrating Diwali together or be it cycling in the morning or playing a game of tennis or operating the most complex cases in the theatre...everything is so so ingrained in my heart that words are not sufficient to express the feeling. Leaving an institution as great as SGPGIMS is a big decision not only professionally but also emotionally and personally but I think it is my duty to serve my region as well and thus I need to go to Bhubaneshwar and start the department of Neurosurgery there. I will presume my success when we can make another institution like this in that part of the world. I will remember each and every day I spent here and the love and affection I and my family got from everyone. I thank my teachers, my friends, all the staffs of the administration and my juniors for everything and hope to meet you all soon. Thanks again for everything. ...



Rabi Narayan Sahu

Creche Activity

Art & Craft Exhibition Held at Hobby Centre in June, 2016

Children at Creche preparing for exhibition



Some of the Exhibits



Fitness Can Be Fun

Fitness can be fun! To emphasize this, Drs Pallavi and Anil Mandhani organized a 10 km run in the campus on 1st May, 16 at 5 AM in the morning. Luckily the weather was pleasant and campus denizens could be seen



running, walking and jogging and enjoying healthy snacks at hobby centre. The run was supported by the Lucknow Runners' Group Lucknow Gazelles. The fun run was followed by a grueling



Zumba session led by Fitness Fusion group and yoga on the Hobby Centre Lawns which relaxed our nerves. It was a tiring but rejuvenating morning for all those who took part.

After the success of this event the campus denizens felt inspired enough to participate in a night run which combined fitness with exploring our beautiful green campus amidst moonlight.

We look forward to more such events, after all "Fitness is not a destination, it is a way of life"

Prerna Kapoor



SGPGI in Wilderness



Beauty of our campus



Blue bulls at PGI grasslands



Sunset at PGI



Lonely path in Hadsooth



Nature at its best



Nature's mirror at PGI jungle



On a foggy day under street lights



Palm squirrel



Golden layers



Praying mantis from ISACON Vatika



Rain gives life



Socked wings (Crow Pheasant)

Photographs by Nelson George

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