

Message from our Director

"The wild things of this earth are not ours to do, as we please! They have been given to us in trust, and we must account for them to the generation which will come after us and audit our accounts!!"

I take this opportunity to interact with all of you my 'SGPGIMS Family', through this Newsletter. I appreciate the initiative to rejuvenate the 'SGPGIMS Newsletter'. It is one such platform where-in, we come to know about significant achievements, happenings of and within the Institute at periodic intervals while it will also help to develop a sense of *esprit de corps*...Let the spirit of devotion and inspiring enthusiasm, prevail in all of us.

Ab-initio, I wish to extend my gratitude to all of you, for having reposed your faith in the ethos of SGPGIMS, from the day of your association with the Institute, till date, by way of your dedicated contributions, both gross and subtle.

We are taking serious initiatives, towards improvement of patient care. Major projects are either near completion or, have been spruced up, for an early commissioning. At the same time I am not oblivious to the welfare issues of our employees.

Having been through the sojourn of more than twenty five years has now brought us at cross roads today. It is now that we have to contemplate as to which way to tread further n farther. I wish to solicit your valued feedback on different operational issues, such as health care, teaching & training, research, and newer advances.

I would also like to appeal to all of you to keep up with the dedication and discipline, so that our journey towards excellence continues.....

Warm Regards
Rakesh Kapoor

First Cyclotron of the State

Department of Nuclear Medicine has successfully adapted and completed the pre-commissioning dry run of the Cyclotron which is an important complimentary equipment for fully utilizing the scope of PET-CT. Cyclotron is a high end machine for production of various isotopes needed to be injected in patients before imaging of cancer site can be done by PET-CT machine. Various isotopes needed for different cancers, neurology and cardiology which have short half life ranging from 2 minutes to 110 minutes can be synthesized in hospital premises itself This includes FDG, Methionine, FLT for cancer, ammonia for cardiac imaging to determine myocardial perfusion reserve and DOPA for brain imaging. Transport of short life isotopes is not possible as they decay out very fast. Lack of cyclotron inhibits execution of full range of possible imaging with PET-CT.

Having acquired the first Cyclotron in the State of Uttar-Pradesh, SGPGIMS is in a position to offer full range of PET-CT imaging covering Cancer, Neurology and Cardiac diseases. This will benefit patients of state immensely who can now avail the services at a much lesser cost as compared to private sector and they would not have to travel outside the state. This unique facility also gives fillip to research and opens various avenues of national and international collaborations for the Institute. The facility has already started attracting PhD scholars for research and the department has also designed a futuristic post-doctoral and MSc program to encourage research and generate trained man power for the state. The initiative taken by Institute and state will benefit patients, researchers and students.



-Sanjay Gambhir

National Conferences

4th Biennial Congress of Asian Neurogastroenterology and Motility Association



The Asian Neurogastroenterology and Motility Association, an International Association conceived initially in India, organized its 4th Biennial Congress in New Delhi from 6th to 8th February 2015. The Congress was organized by the Indian Motility and Functional Disease Association and the Department of Gastroenterology, SGPGIMS with the view that the outcome of the congress will benefit patients with chronic gastrointestinal disorders of India and other Asian countries at large, as it would help the gastroenterologist physicians to diagnose and treat the patients more meticulously with modern tools and techniques.

16th National Conference of the Indian Society of Neuroanaesthesiology and Critical Care (ISNACC)

The Department of Anaesthesiology, hosted the 16th National Conference of the Indian Society of Neuroanaesthesiology and Critical Care from 30th January to 1st February 2015. This two and a half day



long scientific meeting acted as a platform for exchanging the latest developments in the field of Neuroanaesthesiology both at the national and international level. Scientific sessions constituting lectures by eminent academicians, workshops, poster presentations and quiz for postgraduate students were the highlights of this program. Two hundred delegates from different parts of the country were part of this prestigious event.

Live demonstration on Managing Chronic Total Occlusion

Department of Cardiology conducted a Live Summit on chronic total occlusion intervention from 5th -7th June 2015. This meeting focused specifically on complex coronary intervention for patients having totally blocked (100%) vessels who otherwise would have needed bypass surgery. In the world as a whole this technology has been developed largely by the Japanese interventionists and hence the culmination of Indo Japanese collaboration in this meeting. Nearly 400 interventional cardiologists from all over the country attended the meeting as also delegates from Bangladesh and Nepal. The conference was held under the aegis of Indo Japanese Chronic Total Occlusion Club (IJCTO), which is a conglomeration of experts from Japan and India in the field of CTO intervention.



State Conferences

1st UP & UK Chapter of Indian Association of Tropical Parasitology for the advancement of Parasitology in Uttar Pradesh and Uttarakhand

The 1st UP & Uttarakhand Chapter of Indian Association of Tropical Parasitology for the advancement of Parasitology in Uttar Pradesh and Uttarakhand, focusing only on human parasitic diseases was organized on 27-28th March, 2015, by department of Microbiology. The aim of this conference was to create awareness about parasitic diseases for better patients care, teaching and research. The conference provided opportunities to exchange of scientific ideas and a forum to discuss important advances in these fields. This conference was also a platform for dissemination of current research information on these



topics. A Pre conference Workshop on "Conventional and Molecular Methods for the Diagnosis of Opportunistic Intestinal Parasites" was also organized.

State Level C.M.E. cum Induction Program on Ensuring Quality of Nursing Services

Department of Hospital Administration organized program on Ensuring Quality of Nursing Services and Induction program to sensitize nursing students inducted



recently. The basic objective was to deliberate and discuss the quality of nursing service. 11 speakers threw light upon various dimensions to achieve high quality of Nursing Services.

UAUCON 2015

UAUCON 2015 was organized from 3rd to 5th April, 2015, by the department of Urology. The focus was Endourology including Retrograde Intra Renal Surgery, Mini PCNL, Micro PCNL and Deflux Therapy for Vesico Ureteric Reflux in children. This was the second annual meeting of Urological Association of Uttar Pradesh. International faculty from France, Pakistan, U.K. and USA along with distinguished Indian faculty attended the Conference.



Courses

AHA (American Heart Association) accredited course on BLS (Basic Life Support) and ACLS (Advanced Cardiac Life Support)

This course was aimed at increasing the awareness of trained doctors about recommended techniques of resuscitation in cases of cardiac arrest. A 3 days course from 2nd to 4th May, 2015, organized by department of Anesthesiology was designed to increase awareness and need for knowledge of resuscitation by lay man



and para medical personnel on Basic Life Support and Advanced Cardiac Life Support.

Neuro-endoscopic Hands on Training on Synthetic Models

An Educational Course under the aegis of World Federation of Neurosurgical Societies and Neurological Society of India (WFNS-NSI) was organized by Neurosurgery department from 23rd to 25th January, 2015, for the first time in North India. Eminent Neurosurgical faculty members from various countries such as USA, Japan, Egypt, Malaysia, Italy etc. and also from different parts of India including Heads of the Department of Neurosurgery



from all major Neurosurgical Institutes of India attended this prestigious course.

Pediatric Urology Update

An international Pediatric Urology update and workshop was organized by the department of Urology, from 2nd to 4th of February, 2015. The conference had theme based didactic lectures, interactive sessions and had state-of-art video sessions. This was an interactive course with a focus on issues related to day to day pediatric urological practice as nearly 30-40% of overall urological OPD attendees come as pediatric and adolescent patient. Many distinguished experts from abroad like Professor Piet Hoebeke from Belgium, Professor Ramnath Subramaniam from U.K. and renowned Indian faculty participated in this scientific meet. Over



200 delegates from India and abroad attended the meet.

Workshop on Endoscopic Ultrasound

A workshop on Endoscopic Ultrasound (EUS) was organized on 28th February and 1st March. EUS is a modality for diagnosis and treatment of gastrointestinal disorders. The purpose of workshop was to train gastroenterologists in this versatile modality which is underused in Uttar Pradesh. The program consisted of a series of lectures by leading EUS experts. 15 cases were demonstrated and the delegates were very appreciative of this exposure to the basics of the technique and interpretation of EUS.

2nd Foundation Day Workshop on Tetralogy of Fallot

A theme based workshop in the series of annual workshops organized by the CVTS Department. The aim of these Foundation Day workshops is to deal with all the aspects of one disease at a time. This year the theme was Tetralogy of Fallot (which is one of the most common cyanotic congenital heart diseases) was organized on 21st and 22nd March 2015. The workshop focused on high quality imaging on MRI with 3 D printing of various disease models. Many established pediatric cardiac surgeons from India Singapore and UK delivered lectures on various aspects of the disease.



A Postgraduate Course in Ophthalmology

A one day Postgraduate Course was organized on 15th March 2015 on art of diagnosis and management of eye disease like Optic Neuritis and Cranial Nerve Palsy of Ophthalm importance, which needs greater skills of clinical aptitude to prevent blindness and visual morbidity. The course was organized by the department of Ophthalmology discussed management of diabetic retinopathy and Eale's diseases.



About 100 Postgraduate students from different medical colleges of UP and other states of India participated in this course.

Two days Advanced Certificate Course in Renal Nutrition and Metabolism



A two day course in renal nutrition and metabolism was organized by department of Nephrology on April 4 and 5th 2015 which focused on training MD physicians and dieticians for prevention and management of malnutrition in CKD population. The scientific content of the workshop was structured along pathophysiology, causes, management strategies and updates on latest information on chronic kidney disease (CKD) which has direct implications on patient care. The faculty of the course were nephrologists from leading medical institutes. The course was an initiative of Society of Renal Nutrition and Metabolism's.

Meeting on Managing HCV Infection



A one day meeting on Managing HCV Infection: A Primer on Directly Acting Agents was primarily aimed at discussing the role of new drug group in treating the deadly virus of HCV. This was organized on 2nd April 2015, by the department of Gastroenterology.

One day Workshop on NABL Awareness

The workshop was jointly organized by the departments of Hospital Administration & IRF in association with National Accreditation Board for testing & Calibration Laboratories (NABL), India on 25th April, 2015 emphasizing the importance of NABL, its need and benefits of accreditation. During the workshop a road map to accreditation was evolved which was followed by open house discussions.

Edited by Shantanu Pandey

Fifteen KG Tumor Removed

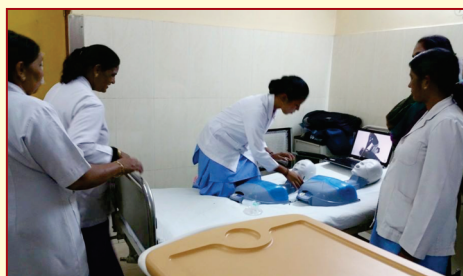
Mrs. Savitri (name changed), a 60 year old female reported to the Gynae-Obs. OPD in General Hospital in February 2015. She had a huge mass in her abdomen for the last one year. The patient was operated successfully by Dr. Deepa Kapoor and her supporting team on 27th February 2015. The tumour was massive, weighing about 15 kilograms thus making it the 2nd largest reported tumor in the country. Two weeks



before this, doctors at AIIMS had removed a 17Kg tumor which is presently the heaviest reported tumor removed in India. The patient was discharged and continues to be in good health.

CPR Training to Health Care Workers

Dr. Piyali Bhattacharya, Paediatrician, along with her team trained 20 nurses and 5 attendants of General Hospital, in the art of



Cardiopulmonary Resuscitation (CPR). Resuscitation is the art of giving chest compressions in a person who is unable to sustain life and is an acute and emergency situation. Many a life can thus be salvaged and sustained till the patient reaches the nearest medical facility. Since the concepts of CPR are reviewed and revised by the American Heart Association every 5 years, it is necessary to keep abreast with the newer changes and implement them in daily practice. The ultimate goal is to equip each and every Health Care Worker with this skill. *Department of Surgical*

Endocrinology is operating patients with adrenal tumors and Pheochromocytoma as a routine program, and is a leader in such operations in India.

Large Neuroendocrine Tumor Operated

A young lady Rani (name changed) 20 years from Bihar was diagnosed with a Pheochromocytoma (tumor of the medulla of the adrenal glands) which doubled in size while the investigations were still on. She was declared inoperable by other hospitals including Tata Memorial Hospital, Mumbai as the tumour was very vascular and huge. Rani saw a ray of hope of survival if she could be operated at SGPGI. With depleted financial resources, she was admitted at SGPGI where her hypertension (caused by the tumour) was successfully controlled by drugs. She underwent necessary evaluation including a CT scan which showed a large left malignant tumour (paraganglioma) arising from the para-aortic tissue infiltrating the kidney and surrounding structures. She underwent a marathon 7 hours. surgery by a team of Endocrine Surgeons led by Prof. A.K. Verma assisted by Dr. Saba Retnam (Asstt. Prof.), Dr. Chitresh, Dr. Sendil Rajan (M.Ch. students), Dr. Sanjay (Asstt. Prof.-Anesthesia) and sisters Mohini, Sujata and brother Phanish. The entire cancer with kidney and involved para-aortic lymph nodes weighing 650 grams was successfully removed on 27th April 2015. Post-operatively, patient had an uneventful recovery and was discharged from the hospital on the fourth post-operative day and is now undergoing radiation therapy at the department of Radiotherapy at SGPGI.

No Scar Neck Surgery

The department of Endocrine Surgery, is performing minimally invasive thyroid surgery from a very long time. Since last two years total endoscopic approach was adopted for selected group of patients of goiter which results in total scar less surgery in the neck. Dr. Gyan Chand, has been successfully performing this kind of surgery for last two years. He said, "It is the advancement of thyroid surgery in which we put very small incision to remove the thyroid gland therefore scar is almost invisible in due course of time. Till now more than 31 patients between the ages of 20-40 years have been operated with excellent results. The hospital stay is almost



equal to that of open surgery, however, the cosmetic results are overwhelming.

Advanced Non-Surgical Pain Blocks in Low back Pain Patients

In today's world low back pain is experienced by a large proportion of our population; it is because of our lifestyle, prolonged faulty sitting postures and working habits. In 80 to 90% of these patients low back pain resolves with medications and exercises; however in the remaining cases surgery might be required.

Advanced non-surgical Pain blocks are being performed at the Pain Clinic, SGPGI, which many times are helpful in preventing surgery in patients for low back pain.

Diabetic Children Enjoyed a Special Sunday

The department of Endocrinology, organized a Type-1 Diabetes Support Group Meet on 29th March, 2015. This is an event the department regularly organizes two to three times a year to bring together doctors, dieticians, social workers and many such families who can learn from each other. Apart from educational talks by doctors there were fun activities like quiz, yoga and aerobics. While the children took part in different competition such as painting and enjoyed playing sports like Kho Kho and Kabaddi in group, they also learnt the



nuances of diabetes management from doctors, nurse educators and dietitians and also from their peer group.

Dr. Eesh Bhatia, HOD, Endocrinology department said, "Through these meetings we aim to increase awareness about the disease and also bring together various families. 'Senior' patients with type-1 diabetes and their care givers can guide and encourage new families and reassure them that with knowledge and good medical care children with diabetes are no different from any other children and can achieve all their dreams and reach the heights of success in any field of their choice.

Compiled and edited by Prerna Kapoor

Nursing -A Profession to Cherish

Stories of Florence Nightingale considered to be the epitome of nursing profession are etched in our hearts. She volunteered to work in the battlefield taking care of thousands of wounded soldiers. Her true life stories became an inspiration to many including me who in turn took up nursing as a career.

After graduating, I started to work as a clinical nurse in coronary care unit. An incident occurred then, haunts me till date. It was one of those regular OPD days when this man a business executive of about 40 years was waiting outside doctor's room, while the doctor was busy treating a sick patient. Perhaps his waiting lingered on more than expected which infuriated him. He was fuming when shortly, he was taken to the examination room. The doctor examined and informed, that he was probably having symptoms of unstable angina and advised him immediate admission. This enraged him all the more, but in few minutes he clutched his chest and fell down. He suffered a cardiac arrest. Autopsy revealed massive myocardial infarction (heart attack) and surprisingly he had near normal coronary arteries without any significant obstruction. His heart attack had been caused by spasm of the coronary vessel directly induced by hostility, resentment, impatience, and fear besides exaggerated feeling of being indispensable. This entire incidence still disturbs me, and has led to many questions unanswered. Was the patient killed in a matter of two minutes by his aggressive thoughts? Could I, as a nurse save the patient?

As I grew up in my profession I realized that the partnership of mind and body is like a balloon. If you squeeze it over one place it bulges out from other. The stress factor in our present lifestyle system has caused many damages. Hypertension, diabetes, abdominal pain, peptic ulcer, headache, back pain, strained heart, edgy kidneys are all inter related like the squeeze and the bulge.

As health care professional, we the nurses have now pertinent responsibility to promote activities that fosters well being.

Learning the nuances of communication skills is another forte for the nurse to conquer. The words can soothe the patient more than the medicines.

Being a nurse is not about grades it is about being who we are; no book can teach how to empathize with your patient, no class can teach how to tell their family that their patients have died or are dying, and no professor can teach you how to find dignity in giving a bed bath. A nurse is not about the pills or the charting it is about being able to love people when they are at their weakest moments.

-Neema Pant

Life of a PhD Student

In the journey from Master's degree to a doctorate, everybody comes with colorful ideas in their mind. They envisage formulating an interesting hypothesis, designing an extraordinary study, discovering something new or novel which is yet to be explored, meeting smart people, and to learn almost everything. All these sounds so much fascinating but in fact it is not that easy, as realized by me in these two years of pursuing my PhD.

Things are quite different as we go further. The enthusiasm in the beginning starts deflating, for the initial steps of our work are really tedious which finally leaves us with just one aim of getting a PhD degree by fulfilling only basic needs to complete the required sample base.

The next part is to standardize our experiments, which is again a big challenge. But once accomplished, the joy knows no bounds as a major step towards the degree is crossed.

Then follows the most imperative task and that is to publish our work in good international journals. I remember somewhere it was written "Being an expert without peer reviewed publications equals to being an expert without a PhD." Therefore, the work done has to be analyzed, interpreted, concluded and co related with previous literatures and finally written down in the form of a manuscript. The acceptance of our article in a prestigious journal induces us with a feeling of worth and satisfaction.

On the whole this duration of PhD is a very much learning experience. We learn to work in limited funds, we become administratively sound by going through the mundane task of proposal / approval, buff up our communication skills while dealing with all and sundry to get our files approved in administration or talk to patients in hospital.

Many a times, we come across remarks of people that research work in medical institutions are of no good use, they bear no results, the trials consume a lot of time, so on and so forth. But this is not true. Had it been so then the eradication of disease such as small pox etc. would not have been possible. It should be realized that the passionate ideas of welfare of mankind are not proved in single day. It is a continuous and collective effort which leads to a conclusion. Hence, somebody from somewhere has to start from zero, which is then taken forward by others and after decades of continuous study and experiments something concrete comes up.

In the end I would like to say that research is a matter of passion so only those who are passionate towards it should take it up. Life as a PhD student is full of struggle and a learning experience as well. But on the whole it is fantastic and self satisfying.

-Aarti Sharma

Surgeons Speaks

What did you do yesterday?" asked my boss. It was our 'after rounds' coffee session. Last night was busy and we were exhausted with lack of sleep and our blood glucose levels were shooting down. None of us were in a mood for a pleasant chit-chat.

We finished a laparotomy for small bowel obstruction in a 20 year old engineering student around 10 in the night and were heading for our dinner after reassuring the anxious parents that he is going to be okay when we got a call from trauma. The patient was a 35 year old electricity line man who fell down from a pole while at work. FAST showed hemoperitoneum with a splenic laceration and he was in early shock. His wife of about 30 rushed in five minutes later, along with a kid of about 5. She was clueless and almost went hysteric when we asked her to sign the consent for surgery. His colleagues took charge, he was wheeled into the OT and in less than an hour his spleen was waving a permanent goodbye to his body. The usual ritual of profuse thanking by the family followed when we went out and our chief resident donned the role of a smiling Krishna reassuring a frightened Arjuna. We admitted two more patients later – one with cellulitis of left leg and other with a gall stone pancreatitis and before we realized, it was time to start our resident rounds in the morning.

When we narrated the whole story to our boss, he repeated the question – What else did you do? Irritated, our chief resident quipped "We lost one more day of sleep, dinner and good time with the family".

Now it was my boss' turn to play Krishna. "For you it may be a 10cm segment of gangrenous bowel and a ruptured spleen. But yesterday, you kept alive the hopes and love of a couple which they nurtured for 20 years. You prevented a young lady from becoming a widow and a small kid from losing his dad forever. You relieved the agony of patient who had to suffer for no fault of his and helped a rickshaw puller from his leg getting chopped off forever by acting early. A night's sleep and dinner are nothing compared to what they might lose, had you not acted there. We often don't understand the influence we exert on the lives of others. When we do, we all will be much more careful in our attitudes and actions. With a single stroke of the scalpel, we can bring a family on to the roads or can extend lives by decades. By our decisions, we decide whether a person lives or dies. We are blessed to be in a profession like this," he said, and drew the last sip of coffee.

We all got up and left to our wards, with awareness and understanding of what a blessing it is to be a doctor and our hearts filled with pride and humility at the same time.

Lesson learnt for a lifetime! As long as life exists, despite all its shortcomings, this will be the best profession and we are the real heroes.

Source : Whats App on Doctor's Day

January

Delegation from Yangon General Hospital Myanmar

A delegation consisting of top administrators and senior doctors from Yangon General Hospital, Myanmar visited SGPGI in continuation to their exploratory visit made earlier in July, 2014 with a view to consolidate the specific fields of cooperation and partnership with SGPGI to strengthen the human resource capacity and



hospital system management at YGH. Their two day visit agenda included developing an exchange program of technical experts and continued mentoring.

Republic Day Celebrated



The 66th Republic Day was celebrated by hoisting of the National Flag by Prof. Rakesh Kapoor, Director SGPGI followed by his motivational address to the elite gathering. Later during the day a program was

organized by the Faculty Club.

Two MLAs nominated to Governing Body

Mr. Sharda Prasad Shukla and Mr. Vijay Kumar, MLA from Lucknow and Gorakhpur respectively were nominated as members of SGPGI's Governing Body by Speaker of Vidhan Sabha, Mr. Mata Prasad Pandey.

Funds for BPL Patients

Rs. 2.50 Crore was released by Uttar Pradesh Government to SGPGI for treatment of BPL families suffering from life threatening diseases of heart, liver, kidney and cancer.

SGPGI & BBAU Signs MOU

A memorandum of understanding (MoU) was signed between Babasaheb Bhimrao Ambedkar University and Sanjay Gandhi Post Graduate Institute of Medical Sciences to jointly run teaching program in emerging areas and conduct seminars, workshops and training courses. The MoU which was signed by Prof. Rakesh Kapoor, Director SGPGI and Prof. R.C Sobti, Vice Chancellor, BBAU, included that research students working at either University/ Institute will be enrolled to do research as per PhD rules and regulations of the respective Institutions. Faculty members and PhD students of BBAU and SGPGI will be extended the facility of consulting books, journals and reference materials available in each other's library.

February

Officers Review Telemedicine Center

Two member team from Ministry of Health & Family Welfare, Government of India lead by Shri A.K.Panda, Additional Secretary paid a visit to School of Telemedicine & Biomedical Informatics, SGPGI on 20th February 2015 to review the infrastructure and activities. The Ministry of Health has declared it as the National Resource Center for National Medical College Network Project and is financially



supporting the infrastructure and activities. Dr. Arindam Bhattacharya, Special Secretary, Medical Education, Govt. of U.P., Dr. N.K. Dhamija, Deputy Commissioner, Telemedicine, MOHFW and Prof. S.K. Mishra, Nodal Officer, Telemedicine participated in the meeting.

H1N1 Advisory for Staff

Lucknow and adjoining areas were affected by the Swine Flu virus. SGPGI alongwith Medical & Health Department of Uttar Pradesh took all possible measure to combat the virus. In view of sudden spurt of the virus, Prof. Rakesh Kapoor, Director, SGPGI issued an advisory, asking the doctors and staff to take precautions against Swine Flu infections. This was for the first time that such e-mails were issued to all employees advising them to take care while dealing with swine flu patients or testing samples of suspected patients.

Special Wards for Swine Flu Patients

A 9 bedded special ward especially for the critically ill Swine Flu patients was earmarked. This ward which is well equipped with life saving ventilators was created in the Critical Care Medicine department.

Lamp Lighting Ceremony



The 5th batch of B.Sc Nursing students of College of Nursing, SGPGI, took their oath followed by the solemn Lamp Lighting Ceremony on 2nd February, before the Chief Guest Prof. R.P. Sahi, Former Prof & Head of Deptt of Surgery, KGMU, Prof. Rakesh Kapoor, Director SGPGI, Prof. P. K. Singh, Chief Medical Supdt, SGPGI and an august gathering.

Plastic Surgery Department to Perform Robotic Surgery

Surgeons of Plastic Surgery department undergo training on Da Vinci Surgical System, the equipment which enhances surgical precision. During surgery the Robot takes over and operates with the help of cameras, forceps and cutting arms. However the functions are controlled by the surgeon who explores the affected area with the help of camera and commands. The quality of surgery improves as the trauma of surgery is reduced.

Awareness Session on RTI



A brain storming session on RTI was organized which was addressed by Hon'ble Commissioner of RTI, Uttar Pradesh, Sri R.S. Bisht and former RTI Commissioner Sri Brijesh Misra. The session was attended by Director, Chief Medical Supdt, Medical Supdt, Faculty Members Officers and employees. A lot of practical problems were sorted out during the session.

Prof. Janak Kishore Awarded

Prof. Janak Kishore was awarded the 'U.C. Chaturvedi Oration Award' by Indian Association of Medical Microbiologists (U.P. Chapter) and elected as Vice-President of this Society at the UPMICROCON conference held at B.H.U., Varanasi on 7th February, 2015, for his significant contributions in the field of Virology.

Administrators of PGI Chandigarh Visit to Study HRF

A four member team of Hospital Administrators from PGIMER Chandigarh was on a 3 day visit to SGPGI to study the HRF system of the Institute so as to adopt the same in their Institute. The team was headed by Sri Chetan P.S. Rao. IRS, Dy Director (Admin) of PGIMER, Chandigarh.

National Science Day Observed

On the occasion of National Science Day the Telemedicine Centre opened its gates for the school children on 28th February, with the view that visit to the centre will help the school students to get a feel of how modern technology work hand in hand with modern day science and how medical teaching and learning has crossed the barriers of four walls and is accessible far and wide.

The mobile Telemedicine Bus which was developed at SGPGI around two years back was also deployed at the Regional

Science City, Aliganj, Lucknow for demonstration, on this occasion Prof S.K. Mishra, Nodal Head of School of Telemedicine, SGPGI, delivered a lecture there on 'Information & Communication Technology Application in Health Care'.

ISACON Vatika Awarded

The beautiful landscaped lush green gardens of ISACON Vatika having hundreds of varieties of Indian and hybrid roses, ornamental trees, flowering shrubs along with orchards of lemon,



guava, mango, aanvla, bel etc. yet again receives 11 awards this year in the "UP State Flower Exhibition" held at Governor House, Lucknow. This beautiful and well maintained VATIKA has received a total of 33 awards in the last three consecutive years, having a record of 6 awards in year 2013, 16 awards in 2014.

March

SGPGI Bans Strike

The Government of Uttar Pradesh issued a notification under the Essential Services Act, which stated that all kinds of strikes will be banned in the Institute.

Amity Students Visit Pathology

Students from Amity University of Biotechnology, Lucknow visited SGPGI's Department of Pathology, to understand the technical aspects and functioning of electron microscope. 54 students pursuing 4th semester B.Tech in



Biotechnology acquainted themselves with the principle and working of the transmission electron microscope.

Blood Bank services through Pneumatic Tube

The blood required for patient undergoing surgery in the operation theatre is now being sent through the state-of-the-art pneumatic tube straight from the Blood Bank to Operation Theaters. This not only saves time but the transport is also hygienic and efficient.

Multi Organ Transplant Centre Project

A multi organ transplant Centre is all set to be launched at SGPGI to give a major boost to organ transplantation in the state under one roof. This centre will be equipped with advanced operation theatre and state of art equipments required for transplantation of kidney, liver and heart.

April

Kidney Stone Removal by Laser Beam Started



Department of Urology is using flexible ureteroscope for removing kidney stones through a laser beam inside the kidney itself. This is a non invasive technique and requires no incision. Stone measuring upto 105 cm can be crushed by the ureteroscope. More than 50 successful surgeries have been performed and the department is all set to train doctors of other centres of Uttar Pradesh and Uttarakhand.

More Ventilators for Patients

In view of the growing crowd and increasing demand for ventilated patients the administration is all set to procure 75 more ventilators. Out of these 14 has been installed in April. These

Continued to Page...10

दृष्टिकोण

‘बेटा, बाहर काऊन्टर पर कह रहे हैं कि डाक्टर की चिट्ठी लाओ तब इस अस्पताल में पंजीकरण होगा और तब मरीज देखा जायेगा। उसकी पीठ में बहुत दर्द है। उसे किसी डाक्टर को दिखावा दो बेटा।’ वह बुजुर्ग व्यक्ति मेरे सामने हाथ जोड़कर खड़े हो गये।

‘कौन है वो?’ मैंने पूछा

‘अभी लेकर आता हूँ और वह दौड़ते हुये गये। थोड़ी ही देर में अपनी पीठ पर एक पच्चीस-तीस वर्ष की युवती को लादे हुये आ खड़े हुये।

‘यह मेरी बहू है। बेटा फौज में सिपाही था। पिछले वर्ष आतंकवादी मुठभेड़ में उसकी जान चली गई। दो बच्चे हैं, बहू बीमार है’, सोचता हूँ ठीक हो जाये तो बच्चे अनाथ होने से बच जायेंगे।

मैंने पल भर को सोचा। उस जवान ने गोली खाने के समय कुछ नहीं सोचा होगा। वह तो अपने कर्तव्य पर कुर्बान हो गया और उसकी पत्नी को डाक्टर से मिलाने में हम नियमों का बहाना कर रहे हैं।

तभी एक सम्माननीय व्यक्ति सीधे डाक्टर के कमरे में प्रवेश कर गये। मैं भी गया। डाक्टर उन व्यक्ति को देख ही रहे थे कि मैंने डाक्टर

से उस युवती के बारे में चर्चा आरम्भ कर दी। डाक्टर ने कहा ‘रजिस्ट्रेशन करा दीजिये, मैं देख लूँगा।’

मैंने सारे तौर-तरीकों और नियमों को शिथिल करते हुये रजिस्ट्रेशन कराया। डाक्टर ने देखा। शक हुआ रीढ़ की हड्डी की टी.बी. है। जाँचें लिख दीं, फिर मिलने को कहा।

वह बुजुर्ग व्यक्ति रो पड़े। कहाँ से लाखें 8-10 हजार रुपये। मैंने उन्हें आश्वासन दिया। मैं पुनः डाक्टर के कमरे में गया। कहा दर्द के लिये कुछ दवा लिख दीजिये। अभी बात हो रही थी कि उक्त सम्माननीय व्यक्ति किंचित रूखे स्वर में मुझसे पूछ बैठे ‘कोई वी.आई.पी. है क्या? आप बार-बार डिस्टर्ब कर रहे हैं।’

मैं थोड़ी देर शान्त रहा। न जाने क्या सोचकर बोल पड़ा—

‘मेरे लिये क्या वो पूरे देश का वी.आई.पी. था और रहेगा। वह इस देश का सिपाही था। आपके लिये नियमों की अवहेलना की जा सकती है तो उस वीर सपूत के लिये क्यों नहीं जिसकी शहादत के बल पर हम चैन से जी रहे हैं।’

सम्माननीय व्यक्ति किंचित सकपकाये। मैंने परवाह नहीं की। अपने सिख मित्र सतविन्दर जी को फोन किया। वे जवाहर भवन

में कार्यरत हैं। 10 हजार रुपये का इन्तजाम हुआ, जाँच हुई। रीढ़ की हड्डी की टी.बी. ही निकली। सन्तोष हुआ कि अब वह ठीक हो जायेगी। मन में तसल्ली हुई कि नियमों को तोड़कर एक ऐसी मदद की जो उस युवती को पुनः जीवन दे जायेगा। सतविन्दर जी ने आगे भी मदद की। वे बुजुर्ग जब भी रिपोर्ट लेकर आते, मैं प्राथमिकता के आधार पर उन्हें दिखाता और वे डाक्टर देखते भी।

एक प्रश्न उठता है कितना अन्तर है दृष्टिकोण में, सतविन्दर जी के दृष्टिकोण में, जिन्होंने उस निःशक्त वृद्ध और युवा बेटे को खो चुके पिता की (बिना किसी आत्मीय रिश्ते के) मदद की, उन डाक्टर के दृष्टिकोण में, जिन्होंने सहानुभूति पूर्वक प्राथमिकता के आधार पर उस विधवा युवती का उपचार किया लेकिन क्या उन सम्माननीय व्यक्ति के दृष्टिकोण में कभी परिवर्तन आयेगा जो यह नहीं समझ सकते कि वास्तविक रूप से वी.आई.पी. कौन है? क्या देश के सभी चिकित्सालयों में सैनिकों या उनके आश्रितों को भी ‘वी.आई.पी.’ समझने का दृष्टिकोण अपना कर हम उनके प्रति अपना आदर नहीं प्रकट कर सकते?

—राम प्रमोद मिश्र

मन के हारे हार है

हिन्दी के प्रख्यात कवि व संत, कबीर दास के इस दोहे की अनेको बार हर परिप्रेक्ष्य में व्याख्या की गई है और हर बार इसने एक नये अर्थ और आयाम के साथ जीवन सार को पुष्ट किया है। मन यदि शांत, स्थिर व निर्मल है, तो यह मनुष्य को उत्कर्ष की ओर ले जाता है।

एक चिकित्सा संस्थान में जहाँ जटिल व गम्भीर रोगों से जूझते रोगियों को हमने कई बार अपने मन को समझाते, समझौता करते व मारते हुए देखा है, वहीं कुछ ऐसे उदाहरण भी हैं जो मानव मन—मस्तिष्क की असीम व अथाह सम्भावनाओं का संबल लेकर कठिन से कठिन व प्रतिकूल परिस्थितियों से भी उबर आये।

पिछले वर्ष की बात है। गैस्ट्रोइन्ट्रोलॉजी के बाह्य रोगी विभाग में सामान्य रूप से रोगियों की भीड़ थी। तभी अचानक “मर जायेंगे, डाक्टर साहब, बचा लीजिए” का स्वर गूँजा और भीड़ को चीर कर एक रोगी ने चिकित्सक के कक्ष में बलपूर्वक प्रवेश किया। कक्ष में पहले से ही उपस्थित लोगों ने सहानुभूति वश उसे अन्दर आने दिया। बैठते ही उसने बड़ी-बड़ी हिचकियाँ व डकारें लेना आरम्भ कर दिया। फिर आरम्भ हुआ उसका प्रलाप.....” इनसे मुझे छुटकारा दिलाइये, जिन्दगी नर्क बन गई है।”

चिकित्सक ने उससे प्रश्न पूछना आरम्भ किया और उसने प्रत्युत्तर में सैकड़ों परेशानियों का उल्लेख कर जाला। इस दस

मिनट के वार्तालाप में न तो उसे हिचकी आयी और न ही डकार। चिकित्सक ने जब उसका ध्यान इस ओर आकृष्ट किया तो सम्भवतः रोगी को यह अच्छा नहीं लगा। यह Aerophagia की स्थिति थी, जिसके बारे में उसे बताया गया और अपना मन हटाने के लिये कहा गया। इस वार्तालाप के दौरान उसकी अति सामान्य समस्या और उसके अत्यन्त विकट व्यवहार को देखकर कई अधरों पर मुस्कान तैर गई।

खैर.....इस प्रकरण के तुरन्त बाद 25-26 वर्ष की युवती ने कक्ष में प्रवेश किया, जिसके विवाह को 8 माह हुए थे, दो माह की गर्भावस्था थी व गर्भावस्था के दौरान कराये गई आवश्यक जाँचों के दौरान उसे ‘हेपेटाइटिस सी’ पॉजिटिव पाया गया। ससुराल पक्ष के लोगों ने यह आरोप लगाकर कि उनसे यह बीमारी छिपाई गई, उसके साथ अभद्र व्यवहार किया व उसे घर से निकाल दिया। साथ ही विवाह—विच्छेद के लिए मुकदमा भी दायर कर दिया। इस मानसिक यंत्रणा के साथ वह युवती अपने उपचार के लिए यहाँ पहुँची थी। चिकित्सक ने ‘हेपेटाइटिस सी’ के उपचार और इससे होने वाले दुष्प्रभावों को समझाना शुरू किया। “आपको इन्टरफेरॉन के इन्जेक्शन से तेज बुखार हो सकता है, प्लेटलेट्स तेजी से कम हो सकते हैं, बाल झड़ते हैं व मानसिक अवसाद (Depression) भी हो सकता है। इनसे उपचार प्रभावित हो सकता है व इसे बीच में रोकना भी पड़ सकता है।

आत्मविश्वास से सधे स्वर में उसने कहा “बाल झड़ेंगे तो फिर आ भी जायेंगे न? कोई बात नहीं, आप उपचार शुरू कीजिये, मैं तैयार हूँ। उसके शान्त, सौम्य व सकारात्मक व्यवहार ने हम सब को प्रभावित किया।

मन की इसी मजबूती के साथ उसने उपचार प्रारम्भ किया, सप्ताह दर सप्ताह वह यूँ ही मुस्कुराती ओ.पी.डी. में दिखती रही और न केवल उसने उपचार पूर्ण किया है, अपितु अपने व्यक्तिगत झन्झावतों से उबर कर एक नये सिरे से जीवन शुरू करने की ओर कदम भी बढ़ाया है।

प्रायः ऐसा देखा गया है कि हमारे इस विश्वास में कि “कुछ गलत नहीं हो सकता” बहुत सकारात्मक ऊर्जा होती है, जो उत्तम परिणाम की ओर भी ले जाती है यही कारण है कि cholangio carcinoma बीमारी से जूझती एक महिला रोगी ओ.पी.डी. में इस विश्वास के साथ प्रवेश करती है कि अभी उसके पास समय है व आँखें बन्द करने से पूर्व वह अपनी आवश्यक जिम्मेदारियाँ पूर्ण कर लेगी जबकि उसकी बीमारी की गम्भीरता और जटिलता उसे छः माह से अधिक समय नहीं दे सकेगी, ऐसा तय है और aerophagia से ग्रस्त वह रोगी आज भी हिचकी और डकारों से परेशान होकर ओ.पी.डी. के चक्कर लगाया करता है।

—कुसुम यादव

श्रद्धांजलि

इस वर्ष दिनांक 29 जनवरी को संस्थान के कार्डियोलॉजी विभाग की ओ.पी.डी. में कार्यरत श्री मिथलेश चर्तुवेदी का एक सड़क दुर्घटना में असामयिक निधन हो गया।



श्री चर्तुवेदी ने संस्थान में 10 अप्रैल, 1996 को रोगी सहायक के पद पर कार्यभार ग्रहण किया था। अपने सेवाकाल में इन्होंने विभिन्न विभागों में निष्ठापूर्वक कार्य किया। अपनी मृदुभाषिता, व्यवहार कुशलता और कार्य के प्रति समर्पण के कारण मिथलेश संस्थान कर्मियों में अत्यन्त लोकप्रिय थे। ओ.पी.डी. में अपना नियमित कार्य करने के पश्चात जब वे भोजन हेतु घर जा रहे थे तो पी.जी. आई. गेट से 200 मीटर की दूरी पर ही एक भीषण सड़क दुर्घटना में हमने उन्हें खो दिया। विधाता के इस असामयिक और क्रूर निर्णय से हम सभी स्तब्ध हैं। हम ईश्वर से प्रार्थना करते हैं कि वह दिवंगत आत्मा को शांति प्रदान करें और इनके परिजनों को इस अपूर्णीय क्षति को सहन करने की शक्ति दें।

निदेशक शिविर में बिताये बत्तीस वर्ष

सन् 01.03.1983 को जब मैंने संजय गाँधी आयुर्विज्ञान संस्थान में अपनी योगदान आख्या दिया तो संस्थान कार्यालय वजीर हसन रोड, में एक छः कमरों के मकान में था। तब कुल जमा बारह-तेरह अधिकारी व कर्मचारी यहाँ कार्य करते थे। डा. बी.सी. जोशी, परियोजना निदेशक थे। उनके निदेशक शिविर से मैंने संस्थान में सेवा प्रारम्भ किया और तब से सेवानिवृत्त के दिन तक मैं निदेशक शिविर में ही कार्यरत रहा। इससे बढ़कर मेरे और मेरे परिवार के लिए गौरव की क्या बात हो सकती है, कि मुझे इस विशिष्ट संस्थान के बागडोर सम्भालने वाले एक से बढ़कर एक महान विभूतियों की सेवा करने का अवसर प्राप्त हुआ।

मुझे संस्थान के दस निदेशकों के साथ कार्य करने का मौका मिला है। स्व. डा. बी.सी. जोशी से लेकर प्रो. राकेश कपूर तक। सभी महानुभाव प्रतिभाशाली एवं विलक्षण व्यक्तित्व के धनी, उनके स्वभाव अलग-अलग, कार्यप्रणाली भी पृथक, परन्तु सभी का एक ही लक्ष्य था और वह था हमारे संस्थान को श्रेष्ठतम शिखर तक पहुँचाना। जहाँ डा. जोशी ने छोटे से कार्यालय में थोड़े से लोगों को अपने परिवार के सदस्य की तरह साथ लेकर एक बड़े प्रोजेक्ट की शुरुआत की वहीं दूसरे निदेशक डा. बी.बी. सेठी ने संस्थान को एक मूर्त रूप दिया। वे ऊपर से सख्त पर अन्दर से नरम स्वभाव के थे। डा. के.एन. अग्रवाल अपने साथ कार्य करने

वालों का विशेष ख्याल रखते थे। उनके हाथों से मुझे पहली पदोन्नति प्राप्त हुई। डा. एस.एस. अग्रवाल एक वैज्ञानिक के रूप में कार्य करते थे। उनको संस्थान के विषय में सभी जानकारी होती थी। एक-एक फाईल को वे ध्यान से पढ़ते थे एवं निर्णय लेते थे। उन्हें मैंने कभी थकते नहीं देखा। उनके बाद आये डा. महेन्द्र भंडारी, बहुत ही लोकप्रिय निदेशक थे। वे और उनकी पत्नी संस्थान में सभी को व्यक्तिगत रूप से जानते थे और ख्याल रखते थे। उनके बाद आये डा. करतार सिंह, जो हरियाणा के रहने वाले थे। वे लखनवी जुबान से अलग खरा-खरा बोलते थे पर दिल से सभी का सम्मान करते थे। वे अक्सर गुड़ से ही सबका मुँह मीठा कराते थे। डा. महापात्रा कार्य एवं कर्तव्य के मामले में काफी सख्त थे एवं किसी प्रकार की फिजूलखर्ची उन्हें पसन्द नहीं थी। बेकार में चलते पंखे-लाईट, ए.सी. वे स्वयं बन्द करते चलते थे। दूसरी तरफ बहुत ही शांत और सुलझे हुए व्यक्तित्व के स्वामी थे डा. आर.के. शर्मा जी। उन्हें मैंने शायद ही कभी नाराज होते अथवा ऊँची आवाज में बोलते देखा हो। वर्तमान निदेशक डा. राकेश कपूर बहुत ही खुश मिजाज और चुटकियों में समस्या का समाधान करने वाले निदेशक हैं। मुझे इन सभी निदेशकों की छत्रछाया में काम करने का गर्व है एवं मेरे जीवन की यादगार धरोहर भी।

—सुनील कुमार दत्ता

आज क्यूँ इस शहर की धूप.....

आज क्यूँ इस शहर की धूप सताने लगी
वो छोड़ी हुई पगडंडियाँ याद आने लगीं।

अँधेरे से श्री मिलता था सुकून मुझे
क्यूँ आज रौशनी पहलु में अपने डरने लगी।

पलकों से लिपटी रहती थी नींद मेरी
क्यूँ आज मुझसे वो दूर जाने लगी।

इस शहर ने बदल दिया है चेहरा मेरा
क्यूँ आज घर की याद आने लगी।

क्यूँ याद आया है वो बिस्तर का कोना
क्यूँ चादर की सलवटेँ बुलाने लगीं।

वो तकिये की उभारन, वो ओढ़नी की खुशबू
क्यूँ वो पंखे की ढकढक याद आने लगी।

“सुकून” के घर का पूछा जो मैंने पता
वो छोड़ी हुई पगडंडियाँ याद आने लगीं।

आज क्यूँ इस शहर की धूप सताने लगी
वो छोड़ी हुई पगडंडियाँ याद आने लगीं।

—अनिल मंधानी

शाबाश

कोई भी सफलता अद्भुत उपलब्धि होती है और इस सफलता में तब और मिठास घुल जाती है जब यह किसी अपने को प्राप्त होती है। अनिरुद्ध देव, एल्टिको कालोनी स्थित दिल्ली पब्लिक स्कूल के एक विद्यार्थी हैं और इन्होंने 12 वीं कक्षा में सी.बी.एस.ई. में इलाहाबाद मंडल में 98.4 प्रतिशत अंक पाकर शीर्ष स्थान प्राप्त किया है। उनकी माँ, श्रीमती चैताली देब, सी.वी.टी.एस के आप्रेशन थियेटर में स्टाफ नर्स हैं और पिता श्री अजीत कुमार देब, कृषि मंडी भवन में वरिष्ठ डिबीजनल क्लर्क हैं। उल्लेखनीय बात यह है कि इस विलक्षण प्रतिभाशाली ने सम्पूर्ण अध्ययन स्वयं ही किया और इसने किसी भी कोचिंग क्लास में अध्ययन नहीं किया। उनके शिक्षक उनकी भूरि-भूरि प्रशंसा करते हुये कहते हैं कि अनिरुद्ध एक परिश्रमी, व्यवहार कुशल एवं अध्ययन के प्रति समर्पित विद्यार्थी है।

अनिरुद्ध ने अब आई.आई.टी. खड़गपुर में इन्टीग्रेटेड एम. एस.सी., भौतिक विज्ञान में दाखिला लिया है। अखिल भारतीय स्तर पर ‘किशोर वैज्ञानिक प्रोत्साहन योजना’ में उत्तीर्ण होने के उपरान्त श्री अनिरुद्ध को अपनी उच्च शिक्षा के लिये प्रतिवर्ष 80,000 रुपये की छात्र वृत्ति प्राप्त होगी।

इस प्रतिभाशाली और परिश्रमी किशोर को हम सभी की ओर से उनके आगामी उज्ज्वल भविष्य के लिये अनेक शुभकामनाएँ।

Continued from Page...7

ventilators will be installed in wards of Critical Care Medicine, Pulmonary Medicine ICU and 2 each allocated to other wards.

Helpline No. for Gastro Patients

For assistance in treatment of Gastro patients the Department of Gastroenterology launched a helpline number. The number is 09236050481. Appointment can also be sought through this number by sending SMS. For appointments patients can also contact on 2494080 and 2495009 on working days between 10.00AM to 4.00 PM.

Roadways Booking Counter Started



A roadways counter for reservation of bus tickets was opened at Vishramalaya to facilitate patients from other cities commuting by bus. All information pertaining to bus timings, reservation are available at the counter.

Funds for Hemophilia Patients

Standing by its decision to provide free components of Factor 8 and 9 to Hemophilia patients, the Government released 18.8 Crore and designated the Genetics Department of SGPGI as the nodal centre.

MAY

World Nursing Day Celebrated

On the occasion of World Nursing Day Prof Rakesh Kapoor, Director expressed his thanks to the nursing cadre for their untiring services towards patient care and urged them to take their profession as a mission.

President Took Stock of Ongoing Construction Activities

Chief Secretary UP & President SGPGI inspected the ongoing construction and directed to complete the buildings within the stipulated time. He also urged the

doctors and paramedical staff to behave politely with patients.

Creation of Emergency Medicine Department

The Government approves creation of a 200 bedded Department of Emergency Medicine for which 182 crore has been sanctioned. The department will also impart MD and DM degrees in emergency Medicine.

World Digestive Health Day Celebrated

The World Digestive Day was celebrated in the SGPGI campus on May 29th by organizing a morning walk from Hobby Centre to main gate and back, followed by a lecture on 'Heart Burn and Life Style'. It was actively participated by campus residents. Prof. Ashok Kumar and Prof. U.C. Ghoshal organized the event.



New Head of Urology

Prof Anesh Srivastav was declared the Head of the Department of Urology after Prof Rakesh Kapoor relinquished the post on becoming the Director of the Institute.

June

Help Desk for Senior Citizens

A help desk and a route map facility was started in the main registration hall of the hospital. This help desk which will be functional from 8.00am to



4.00pm will help to guide and assist the patients about various procedures and treatment. This special counter is near the main reception counter. Special care will be taken for those elders who come alone for their treatment.

PMS Doctors Receive Training to Manage Encephalitis

Doctors from Eastern UP are receiving training in managing Encephalitis disease under the tutelage of Prof. U.K. Misra, Head, Department of Neurology.



The first batch of 17 doctors of PMS of the region are undergoing training from diagnosis to management of the disease and ventilator etc. Eastern UP is the worst affected area pertaining to Encephalitis disease, hence the need to train the medicos there was evidently important.

Beds to Increase in Emergency

In view of the increasing patient flow and unavailability of beds the administration has proposed to increase 28 more beds in emergency. These beds will be fitted with all the life saving equipments.

SBI Installs CDM & ATM machines

The State Bank of India, SGPGI Branch for the convenience of users especially patients, has installed a Cash Deposit Machine on the fifth Floor of Ward block. This will enable users to easily and directly deposit their cash without the trouble of filling slips and standing in long queues or walking up to the Bank. Another ATM machine near SBI SGPGI branch was also installed which was inaugurated by Director SGPGI.

Compiled by Monalisa Chaudhari

FAREWELL

You may have got many promotions throughout your career, but the best perks of your life starts now as you spend more time with your friends and family. Congratulations on retiring and have a great life ahead....

Name	Designation	Date
1. Sri A.R. Thomas	Sr. Technical Officer	Jan , 2015
2. Mrs. Runjun Rani Misra	Sister Grade-1	Feb, 2015
3. Sri K.N. Tewari	Attendent Grade-2	Feb, 2015
4. Mrs. Pushpa Singh	N.S	March, 2015
5. Sri Janyant Kr. Singh	Technician Grade-1	March, 2015
6. Mrs. Anarkali	Sister Grade-1	March, 2015
7. Mr. K.C. Gupta	A.N.S	April, 2015
8. Sri Ram Lal Arya	Technician Grade-1	April, 2015
9. Dr. M.M. Godbole	Professor	May, 2015
10. Mr. John Masih	A.N.S	May, 2015
11. Mrs. Shobha Samual	A.N.S	May, 2015
12. Sri Ajeet Singh	Secuurity Jamadar	May, 2015
13. Sri Anil Kumar Vaidya	Technical Officer	June, 2015

SGPGI FAMILY EXPANDS

Welcome to SGPGIMS, we are very glad to have you with us. We believe that you can use your skills and talent in making our Institute reach new heights.

Name	Designation	Department
1. Dr. Anshul Gupta	Assistant Prof.	Hematology
2. Dr. Uday Pratap Singh	Assistant Prof.	Urology
3. Dr. Anita Singh	Assistant Prof.	Neonatology
4. Dr. Saurabh Vashishtha	Assistant Prof.	Urology
5. Dr. Chinmoy Sahu	Assistant Prof.	Microbiology
6. Dr. Abhishek Yadav	Assistant Prof.	Gastro Surgery
7. Dr. Shagun Mishra	Assistant Prof.	Radiotherapy
8. Sri Annand Kumar	Mali Grade-2	Establishment
9. Sri Amod Kumar	L.D.A	PMSSY

Nursery Schools

The Nursery School's annual cultural event was once again a huge draw with little ones displaying their budding talent and skills at the Shruti Auditorium on



March 1, 2015. Among other items, the 3-4 year old kids put up impressive dance performances on different themes of which 'Lungi dance' stole the show.

Hobby Centre Creche

Babies of 2 to 5 years of age are taken care of here while their parents are at work. They are taken care in a holistic and play-way method which focuses on all round development of the pre-school child.



Kendriya Vidyalaya



The Kendriya Vidyalaya, SGPGIMS has won 34 gold medals 02 silver medals and 04 bronze medals in International, National and Regional sports meets, respectively.

An Essay Writing contest was organized by Pediatritian, General Hospital, SGPGIMS for the students, on the topic "Technology in a Students Life". About 60 students' participated. The second topic for younger children was 'Swachh Bharat' and about 30 youngsters participated in this essay contests.

Forthcoming Events

- 16th August, 2015 : RSACP CME UTTAR PRADESH - Controversies in Clinical Practice of Anesthesia.
- 12th September, 2015 : Workshop on Molecular Techniques in Pathology.
- 19th -22nd November, 2015 : UPASICON 2015 41st Annual Conference of Association of Surgeon of India (U.P. Chapter).



All work and no play will make Doctors dull people. Hard work must be interspersed with fun times to allow rejuvenation of mind and body. The Faculty Club of SGPGI does not just wait for an occasion it makes the best out of it.

As per tradition all the doctors and their families got together to usher in 2015. The highlights of the night were Karaoke singing and Bollywood and Indian mythology quizzes. The warmth of bon fire, roar of laughter, giggle of jokes, and the dance floor on fire with the "twinkle toes".... Electrifying atmosphere compelled everyone to participate in the celebration and get soaked in the colors of happiness. The night ended with cake cutting and some spectacular fireworks.

In keeping with the Pan Indian spirit that symbolizes SGPGI, the Faculty Club this time decided to celebrate Lohri, Makar Sankranti, Bihu and Pongal together. The result was a great cultural melting pot. A beautiful Kolam, the traditional meetha pongal rice, the traditional "Khichdi" with all its accompaniments, decor with sugarcane and kites, the resonating Bhangra dhol beats symbolizing Lohri made the night festives rocking.

On the 26th of January, there was a quiz based on India past & present which made the kids and adults put their thinking caps on.

Holi was celebrated with full fervor. Both the Holika Dahan and then the festival of colours saw everyone coming together and celebrating with gusto.

For the sports' enthusiasts there were "Happy Streets" or the family sports Day and the Night Cricket match à-la IPL style.

Annual sports' week is organized every year in December as part of the Foundation day celebrations. All the SGPGI employees and their families participate. This time also there were indoor as well as outdoor games and team and individual events. The much awaited Prize Distribution took place in the last week of February. Prof. P.K. Singh was the Chief Guest for the occasion; the function was attended by all the members of organizing committee -Mr. R.P. Singh, Mr. Sanjay Bhatnagar, Mr. S.P. Yadav, Mr. Rajesh Sharma and Mr. Sher Ali. Prizes were given to the winner and runner up of all events.



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

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