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From The Director's Desk

My dear colleagues,

I am very happy that SGPGIMS Newsletter has completed a year of its publication since it was resurrected and I congratulate the entire Editorial Team on this achievement. The content, the appearance and the overall presentation is cherished by one and all. On behalf of the editorial team I extend a very warm welcome to the readers of Newsletter and I hope that our SGPGIMS Newsletter continues to perform well even in future.

"Excellence and Values" are our guiding principles which are reflected in every activity of the Institute. The founders and stalwarts of our Institute have always emphasized adherence to excellence, ethics and values both in academics as well as in patient care. We take care to inculcate these values among our students while shaping and sharpening their advanced medical acumen at par with international standards. SGPGIMS



provides a transformational experience to its faculty, students and staff who are expected to maintain the highest standard of personal integrity, professional commitment and medical ethics.

The aim of the SGPGIMS Newsletter is to create a forum for exchange of information and news which echoes our excellence and values. Future scope of the SGPGIMS Newsletter is open to your suggestions and I would like to encourage you to share your exceptional work and research notes as well as opinions, and short communications in general. I wish to see the SGPGIMS Newsletter develop into a journal with the balance changing towards research communication rather than remain a bulletin. The success of this venture depends on your response. I would appreciate your feedback.

Sincere wishes,

Rakesh Kapoor

Patent by SGPGIMS Faculty

Smartphone Compatible Video Laryngoscope



Dr. Ashish Kumar Kannaujia, serving as Asst Prof. in the Deptt of Anesthesiology, SGPGIMS was invited to Rashtrapati Bhavan, New Delhi on 16th March, 2016 to exhibit and have round table discussions on his latest patent "Smartphone compatible video laryngoscope". Dr Kannaujia claims

laryngoscopy patented by him is the world's first video laryngoscope which can be connected to smartphones. He said that the device will be useful for laryngoscopy and tracheal intubation of patients, who has to undergo surgery under general anaesthesia or critically ill patients in intensive care units, who need airway protection or ventilator support. The uniqueness of this device is that it can be connected to the smartphone through wired or wireless communication technology thus using smartphone as a

monitor. It can also be connected to personal electronic communication devices like personnel computer, laptop, tablet, smartphones, MP4 devices etc. These devices can also be connected to internet to give live images and videos to the experts to obtain expert opinions and can further facilitate teaching and training and also be useful for recording and documentation of the procedure for academic purposes, and many more multiple uses," he added.



Monalisa Chaudhari

Rare Surgery within Womb- Saves Child

In a rare surgical feat, doctors of the Maternal and Reproductive Health Department (MRH), successfully treated a pregnant patient with a huge placental tumor and saved the life of her fetus. The procedure was carried out with a new technique of blocking blood supply to the tumor and diverting it back to the fetus. The lady delivered a healthy baby on time.

The patient, a resident of Barabanki was diagnosed with a huge (10cm) placental tumour in her eight month of pregnancy. Head of the Department, Professor Mandakini Pradhan explained that as most of the blood supply was going towards the tumor, the fetus was getting insufficient blood. In the absence of adequate blood supply, the fetal heart had enlarged by 70% and posed a risk of heart failure.



Dr Pradhan carried out Percutaneous Embolization of the Chorioangioma (the placental tumor) to disrupt its blood supply and redirect it towards the fetus.

She used Histoacryl glue to seal off the blood supply to the tumor. This was done under ultrasound guidance, by passing a needle through the mother's abdomen into the tumor vessel. This resulted in improved blood supply to the fetus and the Haemoglobin rising from 8 to 12 grams.

The fetus was also given intrauterine blood transfusion and its growth was monitored by serial ultrasounds.

A healthy baby weighing 3.2 kg was delivered by caesarian section. The placental tumor was also removed at the same time. Both mother and baby recovered well.

According to Dr Pradhan this is the first time this procedure has been carried out in India and all over the world too there are only 7 such reported cases.



Prerna Kapoor

First Government Hospital to Perform TAVI

Transcatheter aortic valve implantation (TAVI) is an upcoming technology giving a new dimension to the field of interventional cardiology. During this procedure replacement of a valve of the heart (aortic valve) which would otherwise need a standard open heart surgical procedure is accomplished through percutaneous needle holes in the arterial system accessing the same



from the groin with 6-7mm puncture which gets closed immediately after the procedure and the patient gets mobilized after 12-24 hours of the procedure.

This percutaneous procedure is recommended for patients with valvular obstruction of the aortic valve of the heart which usually occurs with increasing age and

some of these patients are quite frail, moribund with associated co-morbidities and they can not stand the risk of open heart surgery.

Professor P.K Goel, Head of Department of Cardiology and his team were able to accomplish a landmark milestone of doing the first percutaneous aortic valve procedure in the state of Uttar Pradesh and first in any government set up in the country recently on a patient SKV -77 years male with co-morbidities of frail body

structure (body weight 45 kg) associated pulmonary artery disease, and renal impairment which precluded open heart surgery to replace the valve in his case. TAVI is quite a routine procedure in western world but our country still is in process of approvals but is permissible on a compassionate ground with licensing on an individual patient basis.

It is high time that such life saving procedure are approved for the common people in the interest of patient care specially a technology where more than 50-80,000 patients having been benefited world wide.



Dr Piyali Bhattacharya

Dr Piyali Bhattacharya was declared the national winner in Janhit Jagaran Programme 2015 (Healthy Society Category) on her submitted Project on Adolescent Awareness Idea on Healthy



Society which was judged by eminent Jury Panel as best idea in its category. She was awarded as "Champion for Change" by Minister

of Home Affairs of India, Shri Rajnath Singh at the Durbar Hall, Taj Palace, New Delhi for her project on the adolescent child-"Kishore Jagran"

Dr Devendra Gupta



Dr Devendra Gupta received the Best Presentation Award at the International Conference of Surgery Anesthesia and Trauma (ICAST) held at London in February, 2016

Dr Ujjala Ghoshal

- ❖ Selected as "Secretary General" for Indian academy of tropical parasitology (IATP) during IXth annual conference of IATP in Madurai
- ❖ Received prestigious Indian academy of tropical parasitology (IATP) Fellow Award for outstanding contribution for advancement of tropical parasitology during IXth annual conference of IATP in Madurai
- ❖ Received best paper prize (Third) for oral presentation at 11th International Congress of Telemedicine Society of India, Kolkata



Women in Medicine Program

On the occasion of International Women's Day, 'SGPGIMS: Women in Medicine Program' was formally launched. A steering committee was formed under the Chairpersonship of Dr. Deepa Kapoor, to regularly carry out the WiM program and activities. The members include Drs. Amita Aggarwal, Banani Poddar, Piyali Bhattacharya, Punita Lal, Preeti Dabadghao, and Prerna Kapoor, Mrs Monalisa Chaudhri, is in the team as Member Secretary.

The inaugural session was flagged off by Mrs. Renuka Kumar Principal Secretary Women and Child Development, Govt. of Uttar Pradesh. Present on the occasion were Prof Rakesh Kapoor, Director, SGPGIMS, Prof P.K. Singh, CMS, Dr. Arindam Bhattacharya, Special Secretary Medical Education, Govt. of UP & Additional Director, SGPGIMS and the woman workforce from SGPGI as well as the residential campus.

Prof Rakesh Kapoor, welcoming the



platform said that, "SGPGIMS aims to be the first medical institute in the country to provide an institutional platform for mentorship, networking, and career advancement among the female faculty, residents and students, thereby ensuring the advancement of women into leadership positions in medicine. This kind of platform is available in leading foreign medical universities like Yale and Western Michigan, but not yet in India.

In the words of Mrs. Renuka Kumar, Principal, there is a huge variation in 'gender climate' prevalent in medical education institutions, despite the fact that

there is widespread recognition of women's "academic capital" in medical academia. Dr. Amita Aggarwal took the audience through a slideshow which highlighted the history of women in Medicine specially in India. The glass ceiling effect and how to deal with it and some tips for achieving a worklife balance. Dr. Aditi Chopra, DM Endocrinology student spoke about her experience as a woman resident and how it is a challenge that the career clock and the biological clock in women coincide and clash. There also was an Open House Discussion, moderated by Dr. Preeti Dabadghao, with enthusiastic participation by the audience members Dr. Deepa Kapoor, Chairperson said that, the WiM program will create a platform for developing leadership qualities in women who are involved in various vocations of medical education by organizing variety of activities regularly in campus and outside as well.

Prerna Kapoor

Studio for E-Learning and Digital Canvas



Prof Rakesh Kapoor, inaugurated the ADVANCED DIGITAL MULTIMEDIA STUDIO for e-Learning at the School of

Telemedicine & Biomedical Informatics on 26th February, 2016. This Studio will be used to record several programs pertaining to medical education enhancing e-learning for medical students and professionals.

SGPGI DIGITAL CANVAS, an Interactive Kiosk containing SGPGI History and evolution over last three decades in multimedia, was also launched at the same time by Director SGPGIMS and Sri. K. B. Agarwal Additional Secretary, Ministry of Health & Welfare, Govt. of



India. He also inaugurated the National Resource Center (NRC), National Medical College Network (NMCN) Project.

Transfusing Jubilation and Chelating Worries

Annual Thalassemia Picnic

Thalassemia picnic is an annual event organised by the Department of Medical Genetics and Thalassemia Society, Lucknow. This year it was organised on 31st January, 2016. The event was attended by around two hundred thalassemic children and their families from not only UP but also neighbouring states. Around thirty high school students from City Montessori School were also invited to the event as the main aim of the event was also to spread awareness of the condition besides providing for an annual get together of the affected families.

The much awaited event kicked off



with awards being presented to Thalassemic children, excelling in academics and extra curricular activities in

order to encourage other children and parents to develop a positive outlook towards lives of these children. The need of regular transfusions, surveillance and carrier screening was stressed and disease related updates discussed. Various fun games, drawing competition and dances organised by the school children added vibrance and enthusiasm to the event. All the children and their parents, who look forward to the event every year, participated with full zeal in all the activities.

Meenakshi Lallar

HIV IN INDIA

Human immunodeficiency virus (HIV) in the past three decades has gone on to become the worst epidemic of the twentieth century. There were 35 million adults and children living with HIV/AIDS at the end of 2013. India has the third largest number of people living with HIV in the world - 2.1 million at the end of 2013 - and accounts for about 4 out of 10 people living with HIV in the Asia. Tamil Nadu, Andhra Pradesh, Telangana and Karnataka account for about 50% of the patients in the country. Approximately 85% of HIV transmission in India is thought to be through sexual contact. Sex workers and men who have sex with men (MSM) have experienced a recent decline in HIV prevalence while the number of people who inject drugs living with HIV has remained stable

Over the past decade, antiretroviral therapy (ART) has transformed the natural history of HIV infection with opportunistic diseases and mortality showing a declining trend. India has reported an increase in domestic spending on AIDS from 73 million dollars in 2010 to 164 million dollars in 2014 resulting in more than 20 percent decline in new HIV infections between 2000 and 2014, reversing the spread of the virus, according to a UN report. Consistent use of barrier contraceptives especially amongst the sex workers and MSM, comprehensive HIV knowledge, coverage of key populations with targeted intervention programs, better penetration of Needle and Syringe Program (NSP), Opioid Substitution Therapy sites and ICTC programs, establishment of increasing number of ART centres in the country has helped in posting this significant decline in the country.

Still the impact of this disease on human suffering, culture, economics and even politics has been tremendous. Greater coverage of ART centre, widespread testing, covering pregnant females, criminalisation of people who use drugs, improvement of "stigma index" associated with the disease can aid in putting a halt to this epidemic.

Avinash Jain, Vikas Agarwal

आई.सी.टी.सी. केन्द्र

एच.आई.वी. वायरस से होने वाले संक्रमण की अधिकता को देखते हुए भारत सरकार ने N.A.C.P (National Aids Control Program) का आरम्भ किया, जो कि N.A.C.O. (National Aids Control Organization) के अन्तर्गत चिन्हित है। इसी क्रम में N.A.C.O. के अन्तर्गत प्रत्येक प्रदेश में S.A.C.S. का गठन किया गया। S.A.C.S. के जरिये, प्रदेश के समस्त उच्च मेडिकल कालेज, C.H.C., इत्यादि में I.C.T.C. (Integrated Counseling and Testing Centre) की स्थापना की गयी जिसका उद्देश्य समाज में HIV के प्रति जागरूकता उत्पन्न करना है। इसी क्रम में S.G.P.G.I. के अन्तर्गत भी आई.सी.टी.सी. की स्थापना की गयी। सन 2005 से अब तक (लगभग) 30,000 लोगों की Counseling-Testing हो चुकी है, लगभग 500 लोग HIV+ पाये गए। I.C.T.C. में होने वाले कार्य का विवरण निम्नवत हैं:- I.C.T.C. के अन्तर्गत, कोई भी व्यक्ति स्वेच्छा से अथवा डा. के परामर्श से एक गोपनीय वातावरण में HIV Counseling & Testing करा सकता है। I.C.T.C. में आने वाले व्यक्ति, निम्न प्रक्रिया से होकर गुजरते हैं।

- A- Pre Test Counseling after consent then testing.
- B- Post Test Counseling.
- C- Follow Up Counseling.

Pre Test Counseling के बाद Testing (HIV) होती है। रिपोर्ट आने के बाद Counseling की दिशा निर्धारित होती है। आई.सी.टी.सी. (I.C.T.C.)

- आई.सी.टी.सी. का उद्देश्य प्रत्येक व्यक्ति को एच.आई.वी. (HIV) के प्रति जागरूक बनाना है।
- कोई भी व्यक्ति स्वेच्छा से अथवा डाक्टर के परामर्श से, एच.आई.वी. (HIV) परामर्श एवं जाँच एक गोपनीय वातावरण में करवा सकता है।

- यह निःशुल्क है अर्थात् जाँच एवं परामर्श मुफ्त होती है।
- S.G.P.G.I. (एस.जी.पी.जी.आई.) में यह मुख्य ओ.पी.डी. में Control Room (कन्ट्रोल रूम) के पास है।
- एच.आई.वी. एवं टी.बी. का समन्वय हो चुका है। अतः प्रत्येक टी.बी. के मरीज को एच.आई.वी. की जाँच कराना अनिवार्य है।
- एच.आई.वी. पॉजिटिव पाये गए व्यक्ति को उसके निवास के अनुरूप ए.आर.टी. ANTI RETROVIRAL TREATMENT CENTRE भेजा जाता है जहाँ पूर्णतया मुफ्त इलाज की सुविधा है।



Memories Along the Way



This recall starts from the time when I joined this illustrious institution on 7th of August 1986.

Those days the only conveyance available to commute to the Institute was the bus that would drop the staff about 2 km away from the Institute and the rest had to be made up by foot. The Institute which today spreads over acres of land had its existence in the Administrative Block premises and in the name of hospital was the humble yet evolving General Hospital which served as the therapeutic centre while the Admin Block functioned as the logistic centre. With 3 Faculty Members and a staff strength of 8-10 was the sole workforce unit. It was more like an extended family for us, a family well knit with discipline and mutual regard.

As the Institute grew and functional departments came up I was privileged to join and work towards the establishment of the

department of Gastroenterology. Late Dr. S R Naik soon joined the department as Professor and Head. I was lucky to be a part of the team that inducted the likes of great late Prof. SR Naik.

It was under Dr. Naik's able guidance that my career took off. I was blessed with a chance to go on a training expedition to Japan. This trip in particular and my entire fellowship with him was an extremely enlightening experience. We sadly and unfortunately lost him too soon. But he through his life and work still continues to inspire numerous like me.

With time came new doctors and technologies made their way in. Manometry came to India in 1989 and it has been almost 30 years since then that I have been involved and occupied in it and more fortunately so under the most eminent and renowned faculties like. Dr. G.C. Choudhuri, Dr. V.A. Saraswat, Dr. Rakesh Agarwal

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Budget 2016-17

No Relax From Tax

This budget is one of the most silent one in the Indian political context. But it is really good from industry point of view. This budget is actually focused on the root cause of the problem-poverty and unemployment. The highest ever MNREGA allocation and government's contribution towards employees EPF are some of the really fruit bearing steps which is likely to change the dynamics in 6 months to a year. The Budget 2016-17 had a mixed impact on the taxation. There are certain areas which have remained unaltered, like tax on income etc. and then there areas where changes were felt, like alteration in the rate of service tax. To sum up the whole budget from the perspective of taxation, here is all that you need to know:

- Raise the ceiling of tax rebate under section 87A from Rs.2000 to Rs.5000 to lessen tax burden on individuals with income up to Rs.5.0 lakhs p.a.
- Increase the limit of deduction of rent paid under section 80GG from Rs.24,000 to 60,000. Individuals can now claim a deduction up to Rs.60,000 as house rent.
- Interest on Housing Lone: first time home buyers will get additional exemption up to Rs.50,000/- on interest paid for home loans up to Rs.35 lakhs with cost of home up to Rs.50 lakhs. Rebate on Annual interest component of up to Rs.Two lakh is already available.
- The budget presented a different approach towards handling black money. A provision has made whereby individuals can reveal their undisclosed income by paying a tax of 45% (30%basic, 7.5% penalty and 7.5% surcharge) and they will have an assurance of their immunity from any further prosecution. The surcharge collected from the same would be credited to Krishi Kalyan.
- If an employer invests into the pension fund of an employee, the invested amount is exempt from tax. Till now such exemption is limited to Rs.1 lakh. The Budget 2016 has increased this limit to Rs.1.5 lakh.
- Rate of Income Tax Unaltered: There has been no change in the income tax slab for individuals. They would continue to pay taxes in the same percentage as they were paying previously.
- Krishi Kalyan Cess of 0.5% to be imposed on all type of services. Now effective rate of tax would become 15% from 1st June, 2016 (Service tax 14%+Swachh Bharat Cess 0.5% + Krishi Kalyan Cess 0.5%)
- Introduction of 1% service charge on cars whose purchase value in more than Rs.10,00,000. The same is also applicable for purchase of goods or service valued at more than Rs.2,00,000.

Mahesh Arora

Finance for Non Finance Man

Let us remember our child days when one of our family members (obviously the expert in arithmetic) used to handle cash matters and keep the accounting records. Mom or housewife handles the state of home affairs with certain amount of kitty allotted, whereas head of family (sole bread earner) with direct control on petty nature of expenses becomes the controller by default. Now role yourself as one of other members of the same family.

Have we ever experienced that in order to meet our requirement, our demands were rejected or sidelined without any substantial ground. There might have been occasions/ reasons to reject but observed of no relevance at a later date. Society is nothing but an extended family affairs, where every member has its own role to play but without any biases. Role of person handling money matters is by default loaded with added responsibility. Imagine the cashier at a toll plaza spending time in scrutiny of currency note ranging from Rs.10 to Rs.1000. Imagine the Accountant releasing some payment without proper scrutiny. Now in either situations if something goes wrong (fake currency of 1k or releasing payment without completing the required formalities) it is the Cashier or the Accountant who would be held responsible squarely. Furthermore, due to the separate entity concept of Generally Accepted Accounting Principles (GAAP), we do not find any place for emotions or tears, person responsible for the mistake has to face the music. Coming to an organisation, society or body corporate, role of the accounts man remains same, rather with additional accountability, responsibility and answerability, because he does not have to speak in natural way under the principle of file walks and paper speaks.

My experience says that people who understand their counter parts never face any problems which are also true in the field of Finance and Accounts. Step in yourself in his shoes. By this I am not trying to advocate anything in favour of accounts as we also lack on many points and need to improve a lot. Last but not the least, please do carry relevant records or give proper and accurate reference of relevant documents, when you interact with a man of accounts. Never forget to give your contact details, email etc. for future feedback or interaction etc.

This I am pretty sure will facilitate to a large extent and minimise wastage of time and would reduce embarrassment to both important members of the team of the society.

Harendra Kumar

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and Dr. U.C. Ghoshal who have been my true mentors through my entire career in SGPGIMS. Their role in my professional life and their impact in my personal life are way more than I can mention in words here. SGPGIMS not only gave me the chance to help the sufferings' medically, but also, social and emotional interactions with such people and others from different spheres of society have been a major experience in my life.

Memories of so many extracurricular activities like departmental picnics, fetes, get-togethers etc which were joyful

and a break from the monotony of a busy life, are still afresh.

This Institute has come a long way from its inception as a two storey general hospital and a single accommodation block to the sprawling ultra modern hi-tech superspeciality centre. I have been a very lucky to have lived and enjoyed every moment of it. As I try to pen down the highlights of this journey on board the entire last 30 years flash through my mind and I am filled with gratitude to the almighty and all those who have made this part of my life most memorable.

Asha Mishra

Haemovigilance Programme of India

Departments of Hospital Administration and Transfusion Medicine jointly organized a CME to create awareness among stakeholders about "Haemovigilance Programme of India" on 30th January 2016 at Mini Auditorium of SGPGIMS. This was organized for the first time in the States of Uttar Pradesh & Uttarakhand in Technical collaboration with National Institute of Biologicals & Indian Pharmacopoeia Commission and was supported financially by Pharmacovigilance Programme of India under Ministry of Health & family Welfare, Govt. of India.



The program was aimed to sensitize Clinicians, Medical Officers, Experts of Transfusion Medicine and In-charges of Blood Bank. Dr R Harsvardhan, Member, National Haemovigilance Advisory Board, Govt of India & Dr Rahul Katharia, Nodal Officer, HvP at SGPGIMS were the Organizing Secretaries of the event.

SGPGI Breast Course-2016

The **SGPGI Breast Course-2016** was held on 13th-14th February 2016. The course was organized by Department of Endocrine & Breast Surgery, SGPGIMS, in collaboration with Departments of Radiotherapy, and Pathology. The course was held under the auspices of **SGPGI Breast Health Program**, and was supported by the **Breast Surgery International(BSI)**, and Association of Surgeons of India (UP Chapter).

It featured four focused workshops on "Breast cancer pathology and F.I.S.H.",



"Breast radiotherapy planning practicum", "Mastology for gynecologists", and "Venous access and chemoports usage in cancer patients". It also featured all facets of breast cancer evaluation, multi-disciplinary treatment and follow-up, and was well attended, all in all by 85 faculty and 271 delegates from various parts of the country. Altogether, 18 Indian states and two union territories were represented by the delegates. In addition, 3 overseas delegates from United Kingdom and Bangladesh participated in the course.

IACTS CON

IACTS CON is the annual fair of the heart, lung and vascular surgeons of the entire country. This year it was held for the first time in Lucknow under auspices of Department of CVTS at SGPGI from February 18th to Feb 21st 2016. It hosted 850 delegates from across the country, 50 from around the world as guests and speakers or attendees.



The theme of the conference was **Innovations in Cardiac Surgery: Past to future**. All days showcased highly intellectual and latest information in the field of cardiovascular and thoracic surgery. Surgeons enjoyed the opportunity on innovative, hands-on practical skill and training workshops on coronary bypass surgery, heart failure treatment, and valve repair treatments on animal and artificial heart models. These workshops were guided by leading experts from India, UK, US and Japan.

4th PG Anesthesiology Refresher Course

The Department of Anesthesiology, SGPGIMS organized 4th SGPGI Postgraduate Anesthesiology Refresher Course (SGPGI- PG - ARC) from 26-28 February, 2016 at Mini Auditorium, of SGPGIMS.

This is a board review course for Final exit exam of MD/DNB/DA Anesthesiology Postgraduate students. The aim of such a course is to focus on quality of young

Anesthesiologists training & safety of patient during the operations and ICU stay. About 100 delegates participated from various government and private Medical Colleges & Institutes from all over India.

Update on Anti Microbial Resistance

The department of Microbiology, SGPGIMS conducted a two day Update on clinical microbiology – II on 27th and 28th February 2016. This was the second update, following the first one organized in 2006 with the theme of "Anti microbial resistance: are we doing enough?"



This time the theme was appropriately chosen as "Anti microbial resistance: are we doing enough? Are we entering the pre-antibiotic era? Series of lectures and discussions took place on the different techniques their feasibilities and applications in microbiological laboratories to improve diagnosis and standard of research. The workshop ended with the hope to find the solution to this vital problem in future.

Second International SGPGI Urology Meet



The Department of Urology and Renal Transplantation, SGPGI, organized the second International SGPGI Urology meet on "The challenges on lower urinary tract dysfunction" on 4th and 5th March 2016. This CME and operative workshop aimed at discussing the nuances of the advances in BPH, urinary bladder dysfunction and female urinary incontinence.

Urinary bladder dysfunction is a

routine abnormality encountered in the Urology practice affecting all ages from infancy to elderly. The evaluation and management of this condition is complex and requires sequential and structured approach. The various aspects of evaluation of bladder dysfunction were discussed in this meet and the latest approach to surgical management including BOTOX and DEFLUX injection. Female urinary incontinence, a fairly common entity in middle aged and elderly women was discussed in the meet with focus on minimally invasive techniques for this condition.

Safe Handling of Antineoplastic Drugs

In the interest of safer patient care and to create awareness towards appropriate measures, on preventing occupational exposures to Antineoplastic Drugs in health care settings, a Seminar was organized on Safe Handling of Antineoplastic Drugs, on 07th March, 2016 in the Seminar Room of the Department of Haematology, SGPGIMS.



Head, faculty & residents of the departments of Radiotherapy, Haematology, Endocrine Surgery & Hospital Administration participated in the seminar. The Program was organized under the aegis of Hospital Administration by Prof. Amit Agarwal, Medical Superintendent & Dr R Harsvardhan.

'Control of HCV Infection

A meeting on 'Control of HCV infection in India' was organized by the department of Gastroenterology at the SGPGIMS, Lucknow, on 5th of March, 2016 under the banner of the INASL Coalition for Prevention and Control of Hepatitis C in India (ICPCCI), an initiative of the Indian National Association for Study of Liver (INASL).

India entered the era of DAAs for Hepatitis C in March 2015 with the introduction of Sofosbuvir. A cure within 3-6 months is a reality for almost all patients

with chronic hepatitis C. However, how to make this miracle reach the estimated 8.7 million HCV infected people in India is the monumental challenge that confronts us today. This meeting highlighted the problems and proposed strategies and tactics to deal with it at the national and regional level.

Advanced Neonatal Resuscitation Workshop

The department of Neonatology at SGPGIMS, organized a one-day Advanced Neonatal Resuscitation provider workshop under the aegis of National Neonatology Forum, India.



Birth of a newborn baby is a moment of joy and expectation for every parent. The first few minutes after birth are of great importance because the newborn baby has to adjust to the atmosphere outside the mother's womb very rapidly. About ten percent of the new born need varying degrees of assistance after birth. Birth asphyxia accounts for about a quarter of neonatal deaths. Survivors have long-term neuro developmental problems including cerebral palsy, learning difficulties and other disabilities. Hence, neonatal resuscitation is of utmost importance in order to reduce neonatal deaths. The workshop which was attended by large number of neonatologists focused on this.

20th SGE Week



Annual Feature of Surgical Gastroenterology department is the week dedicated to update new techniques and

discuss issues related to complicated gastrointestinal surgeries. Eminent gastro surgeons converged at the 20th Surgical Gastroenterology week from 11th March to 13th March, 2016.

Annual Telemedicine Workshop



3rd Annual Telemedicine Update & Workshop was organised by the Telemedicine Society of India on 18th & 20th March, 2016 at School of Telemedicine & Biomedical Informatics SGPGIMS. The theme of this year's workshop was connecting masses for healthy India. Delegates from all over India participated.

Compiled & Edited by : Shantanu Pandey

Forthcoming Events

- Fifteenth ICMR Course on Medical Genetics and Genetic Counseling from 25th July 2016 to 6th August 2016.
- Conference cum workshop on IPR & Patenting in Healthcare from 12th to 14th August, 2016.



गणतन्त्र दिवस समारोह

संस्थान में 67वाँ गणतन्त्र दिवस अत्यन्त हर्षोल्लास से मनाया गया। ध्वजारोहण के अवसर पर निदेशक प्रो. राकेश कपूर ने अपने संबोधन में कहा कि राष्ट्र का उत्थान तभी संभव है जब हम समूह की भावना से कार्य करें। आपसी वैमनस्य और ईर्ष्या हमारे विकास में बाधक हैं। इस अवसर



पर श्री सन्तोष कुमार वर्मा, सुश्री निरूपमा सिंह, श्री एन.पी. तिवारी, श्री वी.के. सिंह तथा श्री रवि सिंह को उनके उत्कृष्ट कार्य सम्पादन के लिए सम्मानित किया गया।

जनरल अस्पताल में दवा वितरण पटल

चिकित्सालय प्रशासन रोगियों की सुविधा के लिए निरन्तर प्रयत्नशील है। इस क्रम में संस्थान के 'सामान्य चिकित्सालय' में 'औषधि-वितरण' के लिए अब पुरुषों के लिए 2 एवं महिलाओं के लिए 1 अलग-अलग काउन्टर खोल दिये गये हैं। इस प्रकार अब तीन काउन्टर हो गये हैं जबकि पूर्व में इनकी संख्या दो ही थी। औषधियों के 'लोकल परचेज' के लिए भी एक अलग से काउन्टर खोलने की योजना पर विचार किया जा रहा है।



साथियों का सम्मान

सम्मान हमें अपने उत्तरदायित्वों के प्रति और अधिक उत्तरदायी बनने के लिये अभिप्रेरित करते हैं। अपने कार्य-क्षेत्र और सामाजिक जीवन में जिन्होंने भी ऐसा कुछ किया—वे सराहे गये, सम्मानित किये गये। 2 जनवरी 2016 को कर्मचारी नेता स्वर्गीय श्री डी.एस. बिष्ट की स्मृति में, कर्मचारी महासंघ के

सिस्टर विद्यावती, माइक्रोबायोलॉजी विभाग के तकनीशियन श्री वी.के. मिश्र, लेखा विभाग के श्री आशीष, प्रशासनिक संवर्ग के श्री अरुण जायसवाल, अभियांत्रिकी विभाग के श्री राजेन्द्र सिंह रावत, वाहन विभाग के श्री राज नारायण के साथ-साथ सुश्री अपराजिता तिवारी, श्री दिलीप कुशवाहा, सुश्री प्रिया सक्सेना, श्री जगदीश शर्मा, सुरक्षा कर्मी, श्री बृजकिशोर सिंह, श्री कन्हैया लाल एवं सामाजिक कार्यों से जुड़ी जाजू श्रीमती शामिल हैं।



तत्वाधान में ऐसे ही एक कार्यक्रम का आयोजन किया गया जिसमें संस्थान के सभी वर्गों में उत्कृष्ट कार्य करने वालों को डी.एस. बिष्ट सम्मान स्मृति चिन्ह व प्रशस्ति पत्र देकर सम्मानित किया गया। इनमें रेडियोलॉजी विभाग के डा. शिवकुमार, न्यूरोलॉजी विभाग के सीनियर रेजिडेंट डा. कमलेश कुमार सोनकर,

चिकित्सा अधीक्षक डा. पी.के. सिंह, चिकित्सा अधीक्षक डा. अमित अग्रवाल, न्यूरोलॉजी विभाग के विभागाध्यक्ष डा. यू.के. मिश्र, चिकित्सालय प्रशासन के विभागाध्यक्ष डा. हेम चन्द्र पाण्डेय के साथ अनेक कर्मचारी नेता भी सम्मिलित हुये।

क्लीन-ग्रीन अभियान



उत्तर प्रदेश सरकार के राजकीय चिकित्सालयों में क्लीन-ग्रीन अभियान के तहत साफ-सफाई और हरियाली को बढ़ावा देने के लिए नामित समिति द्वारा एस.जी.पी.जी.आई. को तृतीय पुरस्कार के लिए चुना गया। सरकार ने पुरस्कार के 20 लाख रुपये की राशि को सफाई कर्मी, माली एवं रोगी सहायकों को प्रोत्साहित करने हेतु उनमें वितरित किए जाने के आदेश दिये हैं। संस्थान की ओर से इस पुरस्कार को प्रो. पी.के. सिंह, मुख्य चिकित्सा अधीक्षक एवं प्रो. अमित अग्रवाल, चिकित्सा अधीक्षक की टीम को माननीय शंख लाल मांझी एवं डा. शिव प्रताप यादव, माननीय राज्य मंत्री चिकित्सा स्वास्थ्य एवं परिवार कल्याण के कर कमलों द्वारा प्रदान किया गया।



संस्थान की बेहतर सफाई के लिए कई स्थानों पर मशीनों द्वारा सफाई कराई जाती है। संस्थान परिसर की सड़कों की सफाई के लिए संविदाकार द्वारा रोड स्वीपर मशीन में क्लीन-ग्रीन अभियान मँगवाई गई है।

सुनील शिशु

जीवन अमूल्य है
छोटी सी लापरवाही
कई रोग ला सकती है।
गलत तरीके से उपयोग
करने पर अमृत भी
विष बन जाता है।



स्मृति शेष



संस्थान के इण्डोक्राइनोलॉजी विभाग में कार्यरत श्री रामगोपाल का 25 मार्च 2016 को हृदयगति रूक जाने से (Heart Failure) आकस्मिक निधन हो गया। वे 48 वर्ष के थे। उन्होंने दिनांक 17 दिसंबर 1991 दैनिक वेतनभोगी के रूप में संस्थान में कार्य करना प्रारंभ किया था। 10 अप्रैल 1996 को संस्थान के इण्डोक्राइनोलॉजी वार्ड में रोगी सहायक के पद पर इन्होंने कार्यभार ग्रहण किया। अपनी मृदुभाषिता, व्यवहार कुशलता और कार्य के प्रति समर्पण के कारण श्री रामगोपाल संस्थान कर्मियों में अत्यंत लोकप्रिय थे। 24 मार्च को वार्ड में रात्रिकालीन ड्यूटी करने के पश्चात प्रातः वे घर पहुंचे और उनकी तबीयत बिगड़ गई। उनके इस आकस्मिक निधन से संस्थान परिवार के सभी सदस्य स्तब्ध हैं। ईश्वर से प्रार्थना है कि वह दिवंगत आत्मा को शांति प्रदान करें एवं उनके परिजनों को इस अपूरणीय क्षति को सहने की शक्ति दें।



विदाई समारोह

संस्थान के गैस्ट्रोइन्ट्रोलॉजी विभाग में अवर वर्ग सहायक (UDA) के पद पर कार्यरत श्री चन्द्र प्रकाश तिवारी अपने सेवाकाल के बत्तीस वर्षों को लगन, मेहनत व ईमानदारी के साथ पूर्ण करते हुए सेवानिवृत्त हुए। इस अवसर पर उनके सम्मान में एक विदाई समारोह का आयोजन किया गया। श्री तिवारी ने 1983 में संस्थान में अटेन्डेंट के पद पर कार्यभार ग्रहण किया था। सन् 1989 से वे गैस्ट्रोइन्ट्रोलॉजी विभाग से जुड़े और इसी विभाग में क्रमशः अवर वर्ग सहायक के पद पर पदोन्नत हुए। इस पूरी अवधि में उन्होंने सदैव अनुशासित होकर अपना कार्य संपादित किया। विदाई समारोह में उनके सहकर्मियों ने उनके व्यक्तित्व के अनेक पहलुओं पर बात की और उनके स्वस्थ व सुखी जीवन की कामना की।



एस.एस. अशरफ

यातायात जागरूकता के लिए आशुतोष सोती सम्मानित

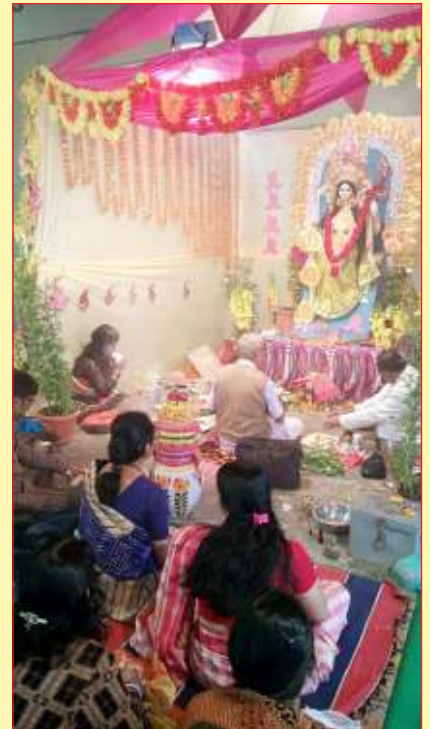


सड़क-दुर्घटनाओं में अपने स्वजनों को खो देने की पीड़ा केवल वही अनुभव कर सकते हैं जिन्होंने ऐसी किसी दुर्घटना में अपनों को खोया है। संस्थान के जन सम्पर्क अधिकारी श्री आशुतोष सोती ने कुछ वर्षों पूर्व अपने इकलौते पुत्र को ऐसी ही एक दुर्घटना में खो दिया। इस दुर्घटना से व्यथित श्री सोती ने एक अदभुत संकल्प लिया और अपने पुत्र की स्मृति में 'शुभम सोती फाउंडेशन' की स्थापना कर डाली। तब से निरंतर वे इस बात के लिए कार्यरत हैं कि सड़क दुर्घटनाओं से कैसे बचा जाये? यातायात नियमों का पालन क्यों आवश्यक है और सड़क-सुरक्षा के किन-किन नियमों का पालन हमें अपनों को खोने से बचाता है। वे इसके लिए दौड़ आयोजित करते हैं, विद्यालय के छात्रों के सहयोग से सड़क-सुरक्षा के लिए जन साधारण को जागरूक एवं प्रेरित करते हैं और निःशुल्क 'हेलमेट' भी वितरित करते हैं।

उनके इस सामाजिक दायित्व के निर्वहन के लिए 'निरंकारी मिशन' के प्रमुख श्री नौतन दास ने मिशन के भवन में श्री आशुतोष सोती को शाल ओढ़ाकर एवं प्रशस्ति पत्र देकर सम्मानित किया। इस अवसर पर 'शुभम सोती फाउंडेशन' की ओर से अनेक लोगों को निःशुल्क हेलमेट प्रदान किया गया।

सरस्वती पूजा

रजत जयन्ती वर्ष



संस्थान परिवार सन 1991 से प्रति वर्ष अत्यंत श्रद्धा व उत्साह से सरस्वती पूजा का आयोजन करता आ रहा है। माँ सरस्वती ज्ञान, विद्या, बुद्धि, कला व संगीत की अधिष्ठात्री देवी हैं। सरस्वती शब्द का अर्थ है— 'वह जो आत्मज्ञान के सार तक ले जाये।' इस वर्ष भी बसंत पंचमी के अवसर पर माँ सरस्वती का आवाहन किया गया।

संस्थान के सरस्वती पूजा के रजत जयन्ती वर्ष पर संस्थान परिवार ने सामुदायिक केन्द्र में सरस्वती पूजा का आयोजन धूमधाम से किया।

धूप व अगरबत्ती से महकते वातावरण में 'या देवी सर्वभूतेषु विद्या रूपेण संस्थिता' के गूँजते मंत्र जन-जन को भक्ति भाव से अभिभूत कर गये। पीले रंग के वस्त्रों में सुरुचिपूर्ण तरीके से सुसज्जित जनसामान्य ने माँ सरस्वती की आराधना की और भोग प्रसाद ग्रहण किया।

संध्या आरती के पश्चात रंगारंग कार्यक्रम का आयोजन किया गया जिसमें फैकल्टी और स्टाफ के परिवार के सदस्यों ने बढ़-चढ़कर हिस्सा लिया।

संकलन एवं संपादन :

राम प्रमोद मिश्र एवं कुसुम यादव

शाबाश विश्वास



किसी भी प्रतिभा को पनपने के लिए सीमायें कभी बाधा नहीं बनतीं। वाहन विभाग में कार्यरत श्री देवाशीष विश्वास और उनकी पत्नी तापसी विश्वास की तीनों पुत्रियों ने 'स्केटिंग' और 'रोल बाल' खेलों में खूब ख्याति अर्जित की है। पहली पुत्री अनामिका विश्वास ने आसाम में आयोजित राष्ट्रीय स्तर के 'स्केटिंग' प्रतियोगिता में दो 'सिल्वर पदक' प्राप्त किया एवं 'रोल बाल' में राष्ट्रीय स्तर पर तृतीय स्थान प्राप्त किया। दूसरी पुत्री मनिहार विश्वास ने राज्य स्तरीय स्केटिंग दौड़ में अब तक 2 स्वर्ण और दो दर्जन से अधिक सिल्वर पदक प्राप्त किये हैं। तीसरी पुत्री कोमलिका विश्वास के बारे में श्री देवाशीष जी ने गर्व से बताया कि उसने तीन वर्ष की आयु से ही 'स्केटिंग' सीखना प्रारम्भ कर दिया था। कोमलिका के पदकों की संख्या किसी को भी आश्चर्य चकित कर सकते हैं। उन्होंने अब तक 85 स्वर्ण, 20 सिल्वर और 05 कांस्य पदक जीते हैं। उन्होंने यह सारे पदक विभिन्न आयु वर्गों एवं विभिन्न राज्य स्तरीय और राष्ट्रीय स्तरीय प्रतियोगिताओं में प्राप्त किये हैं। इनमें से कई पदक उन्होंने आर.एस.एफ.आई. (रोलिंग स्केटिंग फेडरेशन आफ इंडिया) और एस.जी.एफ.आई.



(स्कूल गेम फेडरेशन आफ इंडिया) द्वारा आयोजित प्रतियोगिताओं में प्राप्त किये हैं। यही नहीं, कोमलिका का चयन 2014 के एशियन वर्ल्ड कप (रोल बाल) में भी हो गया था जो युगांडा में होना था किन्तु 'ईबोला वायरस' के कारण यह प्रतियोगिता रद्द कर दी गई थी।

तीनों पुत्रियाँ अपने परिश्रम से खेल-जगत में असाधारण ख्याति अर्जित कर रही हैं। यह ख्याति उनके लिए और उनके माता-पिता के लिए तो गौरव का विषय है ही किन्तु संस्थान को भी उनकी इन उपलब्धियों पर गर्व है। शाबाश बेटियों!

राम प्रमोद मिश्र

दक्षिण में भी है पीजीआई का नाम

“हृदय व फेफड़े ट्रांसप्लांट के लिए देश देख रहा है पीजीआई की राह”—डा. आभा चंद्रा



संजय गांधी पीजीआई के बचपन की साथी रहीं हृदय शल्य चिकित्सक डा. आभा चंद्रा कहती हैं कि देश इस संस्थान की तरफ बड़ी उम्मीद के साथ देख रहा है। श्री वेंकटेश इंस्टीट्यूट आफ मेडिकल साइंस तिरुपति की हृदय शल्य चिकित्सक प्रो. आभा चंद्रा ने हाल में ही आयोजित 'इंडियन सोसाइटी आफ कार्डियोवेस्कुलर एंड थोरसिक सर्जरी' की वार्षिक अधिवेशन में भाग लेने यहां आयी थी कहा कि इस संस्थान के लोगों में इतनी क्षमता है कि वह हार्ट ट्रांसप्लांट एण्ड लंग ट्रांसप्लांट के साथ लंग की सर्जरी कर सकते हैं। इस संस्थान ने हृदय शल्य चिकित्सा के तहत आने वाली बाईपास सर्जरी एण्ड वाल्वसर्जरी के तमाम

तकनीक सिखाये। उस समय के संकाय सदस्य तो अब नहीं हैं लेकिन नई टीम भी दिन ब दिन अपने को निखार रही है। डा. आभा ने प्रो. शान्तनु का विशेष रूप से नाम लेते हुए कहा कि इस सर्जन में बड़ी काबिलियत है, जिसका भरपूर इस्तेमाल संस्थान को करना चाहिए। प्रो. निर्मल के हाथ का जवाब नहीं है और प्रो. एस.के. अग्रवाल की थोरेसिक सर्जरी में विशेष योग्यता है। डॉ. गौरांग

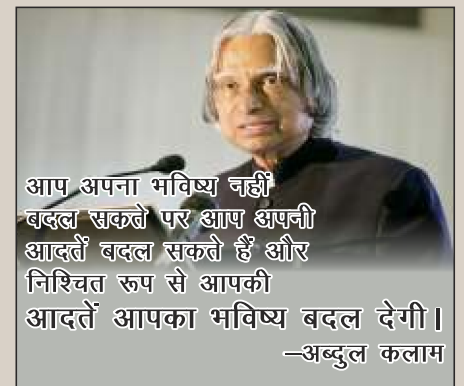
मजुमदार एवं डॉ. विपिन भी अत्यन्त उत्कृष्ट सर्जन हैं। ये लोग मिलकर हार्ट ट्रांसप्लांट और लंग ट्रांसप्लांट कर सकते हैं। इन लोगों से देश को काफी उम्मीद है।

मैंने एक जून 1989 में संस्थान के सी.वी.टी. एस. विभाग में ज्वाइन किया था उस समय सर्जरी शुरू हुई थी पहले वाल्व की सर्जरी अधिक होती थी पर बाईपास कम होता था लेकिन अब उल्टा हो गया है। उन्होंने बताया कि हार्ट की सर्जरी के दौरान मायोकार्डियल इस्त्रिली को बचाने के लिए खून का इस्तेमाल किया एवं बच्चों के परफ्यूजन देने में काफी काम किया। जो सीखा वही हमारे

कैरियर में काफी काम आया। एस.जी.पी.जी.आई. का नाम दक्षिणी भारत में भी काफी है। मेरे द्वारा प्रति वर्ष 500 सौ से अधिक हार्ट सर्जरी की जा रही हैं। इस संस्थान को भी संख्या बढ़ाकर वेरिंग कम करना होगा क्योंकि साधारण व्यक्ति के लिए यही संस्थान सहारा है। कहा कि बीटिंग हार्ट सर्जरी से सर्जरी का खर्च कम हुआ जोकि पी.जी.आई. कर रहा है।

डॉ. आभा चन्द्रा ने कहा, “उत्तर भारत में फेफड़े की सर्जरी कम ही लोग कर रहे हैं, परन्तु इसको विस्तार देने की आवश्यकता है और इसकी पहल पी.जी.आई. जैसा संस्थान ही कर सकता है जहां उत्कृष्ट संसाधन के साथ बेहतरीन विशेषज्ञ मौजूद हैं।”

संजय द्विवेदी



आप अपना भविष्य नहीं बदल सकते पर आप अपनी आदतें बदल सकते हैं और निश्चित रूप से आपकी आदतें आपका भविष्य बदल देगी।
—अब्दुल कलाम

Faculty Club



Republic Day was celebrated by Faculty Club on Jan 26th 2016 in Hobby Center. Group songs, dances, play and quiz competitions etc. were organized. Faculty members and their families participated enthusiastically. Ladies also presented a group song. Prizes were given to winners. Some of the Prizes were sponsored by Subham Soti foundation. Audiovisual aids were provided by SPREAD.

Walking is a great way to improve and maintain our overall health. To promote habit of walking among the members "Walkathon" was organized by faculty club. Iron-Man Mr. Abhishek Misra came from Gurgaon and gave practical tips for the same. There was a huge participation and everybody walked from Hobby center to Hudood. Mr. Abhishek Misra demonstrated various exercises.



Nursery School



'BAL MELA' ensured full masti to the tiny tots.



Holi Hai !!! Nursery School kids in full 'Holi' spirit in school.



Nursery School children enjoying at the PGI Picnic Spot.

Creche

On the occasion of farewell party to the kids who were leaving the creche to start formal education, various performances were given by the children, which included flannel board stories, songs, dances, floral holi etc.,





Nephrology Deptt organized a 'Walkathon' from Shahid Smarak to KD Singh Babu Stadium to mark the World Kidney Day



"Are Your Kidneys Okay?" special awareness program organised at KD Singh Babu Stadium



8th Foundation Day & Lamp Lighting Ceremony of College of Nursing



Hon'ble Maulana Kalbe Sadiq, was the Chief Guest on the Foundation Day of the Deptt. Of Neurology.



Hemophilia Awareness Program on the theme Hemophilia & physical activity /sports



Mr. Satjit Singh Senior Citizen & Advocate by profession donated nine wheel chairs for OPD patients

Please mail your contributions to sgpgimsnewsletter@gmail.com

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