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Fair Well Dr. P.K. Singh !!



Farewell function by the Administration

"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things." ~ Theodore Roosevelt

We all have seen Dr. Prabhat Kumar Singh work so hard over the past years as the Chief Medical Superintendent of SGPGIMS. The hard work and practice that he had lovingly poured into managing the hospital earned significant results and under his able leadership the hospital

scored new pinnacles. His dedication to his craft that i.e. Anesthesia is also apparent, to one and all as he created new opportunities and milestones in the academics as well as in practice.

The result of perseverance, practice, and effort has earned Dr. P. K. Singh this new position as Director AIIMS, Patna, ushering incredible pride to SGPGIMS.



Farewell by Anesthesia Department

From the Desk of CMS

My dear Colleagues,

It's my pleasure and honor to be the Chief Medical Superintendent of this great Institution "Sanjay Gandhi Post Graduate Institute of Medical Sciences". We are here to impart tertiary care training to superspeciality students and providing best quality medical care to the patients. The institution is making difference in the field of medical services for meeting challenges of tomorrow. Our hospital has created enormous goodwill by its commitment towards delivery of world class but affordable quality health care, patient centric approach & genuine concern for our clientele, over the years.

My priorities will be to make SGPGIMS a patient friendly and safe hospital. Facilitating best Health care with modern amenities to patients and their relatives with comfort and respect is my top priority. Improving hospital's upkeep and sanitation and reinforcing level of communication and counseling with patient and their relatives is my concern. The acute shortfall in paramedical personnel will be addressed to provide the best clinical care to our patients. Vision document for next decade and its implementation is again a priority. Setting up new areas of clinical care in patient care services is also on cards. Obtaining accreditations of various lab and hospital is our top concern. Various in-service training programs for different cadres of the hospital will be initiated in collaboration with the academic department of Hospital Administration.

We are proud to have highly qualified, experienced and dedicated faculty, supported by an equally dedicated paramedical staff and other administrative staff. We aim world class health care services at SGPGI with utmost care, compassion and human touch. I am hopeful and confident that like my predecessors, I shall also be able to carry forward the onerous task only with your support and good wishes.



Amit Agarwal

गौरवान्वित हुआ संस्थान

संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान परिवार उस समय गौरवान्वित हुआ, जब संस्थान परिवार के सम्मानित संकाय सदस्य प्रो. मदन माधव गोडबोले को चिकित्सा क्षेत्र में उनके उल्लेखनीय योगदान के लिये पद्मश्री सम्मान से नवाजा गया।

प्रो. गोडबोले संस्थान के मॉलिक्यूलर मेडिसिन एवं बायोटेक्नोलॉजी विभाग में प्रोफेसर हैं। सम्पूर्ण भारत में विशेषतया उत्तर प्रदेश में आयोडीन की कमी के सर्वेक्षण एवं शोधकार्य में इनका उल्लेखनीय योगदान है। इस अनुसंधान के द्वारा प्रयास किया गया कि आयोडीन की कमी वाले क्षेत्रों में जन्म लेने वाले बच्चों के उचित मानसिक व बौद्धिक विकास के लिये स्वस्थ आयोडीन पोषण सुनिश्चित किया जाये। इस महत्वपूर्ण शोध के कारण ही आयोडीन संपूरक कार्यक्रमों की राष्ट्रीय नीति एवं क्रियान्वयन में परिवर्तन किया जा सका।



राष्ट्रपति द्वारा पद्मश्री प्राप्त करते प्रो. गोडबोले

प्रो. गोडबोले एक सफल अनुसंधानकर्ता के साथ-साथ एक उत्कृष्ट शिक्षक भी रहे हैं जिन्होंने अपने छात्रों में वैज्ञानिक संस्कृति के

पोषण एवं तकनीकी कर्मचारियों में कौशल उन्नयन के लिये सदैव प्रयास किया है। वर्तमान में प्रो. गोडबोले दूध, खाद्यतेल एवं गेहूँ के आटे में लोहा एवं आयोडीन के स्तरों की जाँच के लिये लघु टेस्ट किट्स विकसित करने की दिशा में कार्यरत हैं।

क्लिनिकल शोध के क्षेत्र में इनके सराहनीय योगदान के लिये इन्हें के.एल. विग मेडल, वी.एन. पटवर्धन मेडल, एस.आर. नायक उत्कृष्ट अन्वेषक पुरस्कार से सम्मानित किया जा चुका है, साथ ही इन्हें National Academy of Medical Sciences of Indian Academy of Neuro Sciences द्वारा फेलोशिप भी प्रदान की गई है। इनकी उपलब्धियों को मान्यता देते हुये प्रो. गोडबोले को उत्तर प्रदेश एवं उत्तराखण्ड राज्यों के लिये CAPART (Council for Advancement of People Action and Rural Technology) के अध्यक्ष पद पर नियुक्त किया गया।

कुसुम यादव

SGPGI Marvels in Medical Research

Ranks Fourth in India

SGPGI has been recognized as one of the leading and outstanding Medical Institute for conducting regular and exceptional medical research. It ranks Fourth in India after AIIMS New Delhi, PGI Chandigarh and CMC Vellore, amongst the 579 Medical Institutes and Medical Colleges recognized by the Medical Council of India.

According to a review of the world's largest database of peer-reviewed literature, India has one of the best medical education in the world. To bring medical education across states at par, India needs to incentivize quality research, which is an indicator of an institute's quality of education and clinical care.

A total of 3499 research papers have been published in the past decade by SGPGI faculty members, inspite of the fact that the Faculty Members at SGPGI are far less in numbers compared to the other medical Colleges/Institutes of India.

Faculty in-charge (Research), Prof Amita Aggarwal, said that though our Institute has less number of faculty members as it is only a super-speciality hospital it is contributing significantly to medical research in India. To further enhance our research output we need to think big, have inter-disciplinary projects among departments, and have collaboration with Institutes with complementary skills like IIT, Kanpur, CDRI Lucknow etc.

On this accomplishment Prof Rakesh Kapoor, Director SGPGI stated that, in terms of years compared to the other three

Research Findings on Gall Bladder Cancer

A research done at SGPGI proved that surgical procedures after chemotherapy can triple the lifespan of the patients diagnosed with gall bladder cancer, which is one of the most commonest and fatal cancer in women especially residing in Indo-Gangetic basin. Gall bladder cancer is known as a highly fatal because usually it is diagnosed at very advanced stages when the disease has already spread.

The team of researchers Professor Rajan Saxena of Gastro-surgery department and Dr. Sushma Agrawal of Radiotherapy found that while survival rate of patients diagnosed with gall bladder cancer hovered around nine months if given chemo therapy alone, those subjected to surgery (after chemotherapy) easily lived beyond 27 months.

The findings which has been presented at prestigious ESMO-ASIA (European Society of Medical Oncology-Asian Chapter) held at Singapore and published in Asia Pacific Journal of Cancer Prevention this year, has demonstrated that patients who have undergone surgery after chemotherapy have managed to remain disease free.

Medical Institute of India SGPGI is youngest but has been able to rank fourth in field of Research which is incredible. The Institute which can offer best medical treatment does best Medical research too. SGPGI is a tertiary care Institute and encourages Faculty Members to involve in applied Research so as to give the best to the ailing patients.

Surgical Rectification of MRKH Syndrome

MRKH syndrome is a congenital disorder that is present at birth but may remain undiagnosed until adolescence or early adulthood. The incidence of congenital absence of the vagina is 1 per 4000-5000 female births. Mayer-Rokitansky-Küster-Hauser (MRKH) syndrome (also referred to as Mayer-Rokitansky syndrome or Rokitansky-Küster-Hauser syndrome) consists of vaginal aplasia with other müllerian (ie, paramesonephric) duct abnormalities. Medical, psychological and surgical care are essential for capacity for sexual intercourse, and genital appearance. In rare cases, fertility may be possible. The aim of surgical repair is to provide the patient with an unscarred vagina that allows sexual functioning. There are several surgical procedures described for vaginoplasty including McIndoe technique, Williams vaginoplasty, Rotational flap procedures, Intestinal neovagina And Vecchietti technique. There is no unanimity on which procedure is preferred in which circumstances however patients who have undergone intestinal neovagina

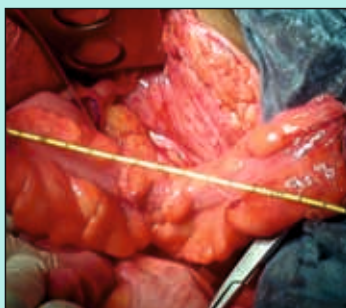


Fig 1-Isolated 10 cm segment of sigmoid colon

reconstructive technique report a high degree of satisfaction and least complication rates in expert hands.

Here we are presenting a case of 25 years old girl who was presented with Primary amenorrhea and absent vaginal opening with normal female secondary sexual character. She was evaluated with MRI abdomen and pelvis which revealed complete absence of uterus and vagina with normal ovaries.

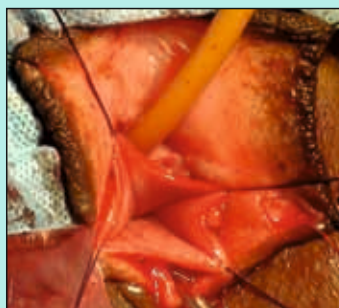


Fig -2 sigmoid colon neovagina

She underwent exploratory laparotomy with sigmoid vaginoplasty at SGPGI by a team of doctors from Urology and SGE where a 10 cm segment of sigmoid colon was used for vaginoplasty. Post-operative recovery was uneventful. She was kept on regular vaginal

dilatation. She is under regular monthly follow up and has a capacious unscarred vagina.

This rare surgery was performed by Prof Rakesh Kapoor of Urology and Dr. Anand Prakash of Surgical Gastroenterology and their team.

Pankaj Gaur

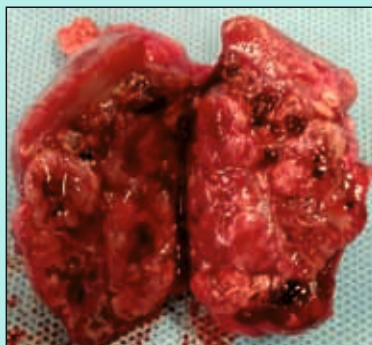
Complex Partial Nephrectomy Done Successfully

Partial nephrectomy is the gold standard treatment for localized renal mass. Partial nephrectomy as a procedure, at a high volume center and when done by experienced operators has minimal morbidity and complications. Complication rates are higher in the presence of multiple comorbidities or with solitary functioning kidney or in the presence of preexisting renal failure.

55 years old male patient was referred from neurology as a follow up case of Stroke following uncontrolled Diabetes and Hypertension. Patient was Hepatitis C positive and incidentally detected to have a right solitary functioning kidney and 3 x 4 cm complex, endophytic renal hilar mass very near main renal vein. For this the patient was advised urgent surgery but he had financial constraints.

Due to complexity of the case and possibility of partial nephrectomy, patient was offered financial assistance from the hospital to have early surgery.

Following preoperative optimization a decision of partial nephrectomy was taken, but in view of solitary functioning kidney with hilar tumor it was a complex situation because while we needed to completely excise the tumor, we



needed to preserve adequate residual functioning kidney to avoid renal failure in early or delayed post op period. Thus we needed to salvage the only functioning kidney by avoiding ischemic injury or vascular complication to avoid a dialysis dependent life.

Patient underwent non vascular clamping and open partial nephrectomy without any pre op or post op complication. During this period patient had no decrease in urine output, rise in creatinine or any urinary or vascular complication.

Patient was discharged in satisfactory condition on 5th post operative day. Histopathology of the specimen showed clear cell renal cell carcinoma grade 2 with all surgical margins free.

This complex surgery was conducted by Dr. Saurabh Vashishtha, Department of Urology along with his team. With good intra and inter departmental support and coordination such type of complex surgeries can be successfully done with the existing facilities on a very nominal cost.

Saurabh Vashitha

Pediatric Gastroenterology Acquires Atomic Absorption Spectrophotometer

The Department of Pediatric Gastroenterology, SGPGIMS, is one of the leading Pediatric centers of India today looking after specifically GI problems in children. The Department is equipped with almost all the latest facilities, techniques and expertise. The deptt has endoscopy with and without fluoroscopy, endosonography, argon plasma coagulation and motility studies and laboratory tests especially devised for management of patients. The recently procured Atomic Absorption Spectrophotometer adds on to the list of the state of art equipment already in the deptt. Spectrophotometer is an instrumentation technique for rapid trace metal analysis. It is highly sensitive and measures levels as low as parts per million and parts per billion. It will be used to quantitate copper, arsenic and lead and other metals in blood, tissue particularly liver and body fluids and will be a great help in managing patients with metal related disorder. This equipment is going to be a major boost in diagnosis and management of Wilson's disease (a copper related inherited disorder) that is common in India and is salvageable with drug therapy.

The outpatient department (OPD) functions thrice a week. The inpatient service of the Department of Pediatric Gastroenterology comprises of 30 bedded ward especially crafted keeping the kids in mind. It has 4 intensive care units and 3 high dependency units. The focus is to provide a good environment for children, to care and share their woes and happiness apart from treating them. Hospitals are the last place children should visit, nevertheless there are times when these tiny tots need hospitalization to get well, hence the ambience of the wards is created as a play room. Festivals and special days are celebrated, so that the kids do not miss out the simple joys of daily life.

The Department comprises of five faculty members

and ten residents and has been actively involved in research since the inception of an independent Deptt in 2007 and much prior to that while it was a part of the Gastroenterology Deptt from 1991. Since then, the Department has grown steadily towards academic excellence as well as patient wellness and developed wide referrals across this country. Main research areas have been portal hypertension, neonatal cholestasis, malabsorption syndrome especially celiac disease and milk protein allergy, pancreatic disorders and many other liver disorders. The faculty members have been felicitated with over 70 research awards and numerous publications in international journals. The Department is in a great demand for Observership within India and also from outside.

The Department of Pediatric Gastroenterology has many firsts to its credit. It is the first Department in Public sector in the country that provides holistic care to children with complicated gastrointestinal and liver diseases and the first Department in India to start Doctorate of Medicine (DM) course in this specialty. The Pediatric Gastroenterology specialty has started Post-Doctoral Certificate Course in the year 2001, first of its kind and has been running

this course for the past 16 years. The trainees are now established all over India as renowned faculty and specialists.

Apart from imparting knowledge, nuances and expertise on management of pediatric Gastro patients, residents are also motivated towards moral and ethical values so that they are also good humans being along with being good clinicians.

Kusum Yadav



Diwali Celebration with kids in the ward



Recently Installed Atomic Absorption Spectrometer

The Art Of Saving Life After Cardiac Arrest

Cardiopulmonary Resuscitation

Sudden cardiac arrest is one of the most common and dreaded emergency faced by a common man. Most of the times, expert medical help is not available to tackle this emergency. To bridge this shortcoming, department of anaesthesiology has started a SGPGI Cardiac resuscitation course, for non-medical and medical persons.

This one of a kind initiative is free of cost, lasts 2 hours for non-medical people where basic life support is taught while medical personnel undergo a formal one-day hands-on course regarding the art of saving life after cardiac arrest.

The most important thing about this program is to identify a cardiac event early by simple signs (severe chest pain, difficult breathing etc) so that patient can be transferred to a hospital early and to start CPR (cardiac resuscitation), anytime at home, during transport or at hospital where ever cardiac arrest occurs.

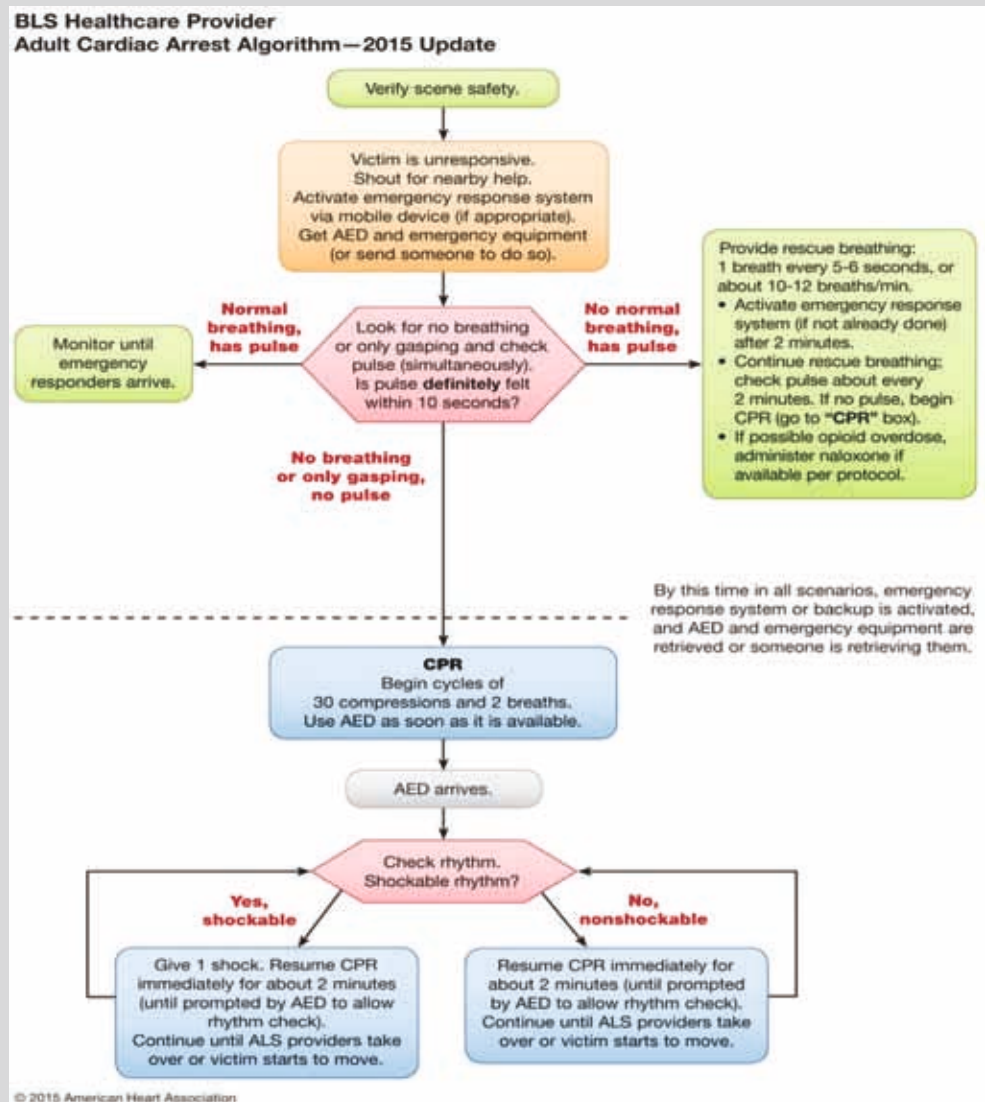
The "mantra" is: circulation, airway, breathing (C-A-B) that can be performed by anybody even at home without any special drugs and equipment after proper training.

The CPR Guidelines emphasize the importance of excellently performed, uninterrupted chest compressions and early defibrillation (BLS, Basic Life Support). Rescue breathing is performed after the initiation of excellent chest compressions and definitive airway management may be delayed if there is adequate rescue breathing without an advanced airway in place. If somebody is not well trained in managing airway and breathing then, performing only chest compression CPR called community CPR should be the way to go.

Studies in both the in-hospital and pre-hospital settings demonstrate that chest compressions are often performed incorrectly, inconsistently, and with excessive interruption. In adult cardiac arrest patient's chest compressions must be of sufficient depth (5 to 6 cm, or 2 to 2.5 inches) and rate (between 100 and 120 per minute), and allow for complete recoil of the chest between compressions, to be effective.

If medical facility is present then, other initial

interventions for ACLS (Advance cardiac life support) like administering oxygen (if the patient's oxygen saturation is below 94 percent), establishing vascular access, placing the patient on a cardiac and oxygen saturation monitor, and obtaining an electrocardiogram (ECG) should be done. Unstable patients must receive immediate care, even when the diagnosis is incomplete or presumptive. Patients with clear evidence of heart attack with ECG changes should be rapidly transferred to the cardiac centre, receive a thrombolytic (if not contraindicated), or be transferred to a centre with angioplasty capabilities. These decisions are made, based on local resources and protocols.



Sandeep Sahu

Edited : Ankur Bhatnagar

Republic Day Celebration



26 January, Republic Day is a significant day in the life of every Indian because it honors the date on which the Constitution of India came into effect in 1950. Every

year SGPGI celebrates this solemn day, keeping in mind the historic significance and importance.

This year too the ceremonial celebrations were in its true spirit. Our director Dr. Rakesh Kapoor struck an instant chord with the audience with his inspiring speech full of home truths. The proceedings of the day, the unfurling of the National flag, the décor and the patriotic songs were all in fervor of the day.

Employees were awarded for their dedicated contribution to the Institute, thus reiterating the fact that in huge machinery like SGPGI, every cog is imperative for smooth and efficient functioning. Indeed a proud moment for the awardees and their families to get this acknowledgement in front of the entire campus.



Prerna Kapoor

IVth Longitudinal Training Program

Department of Hospital Administration, in collaboration with Biomedical Waste Management Committee (BMWMC) and Hospital Infection Control Committee (HICC), SGPGIMS organized Fourth "Longitudinal In-service Training Program" (LTP) on 18th March, 2017. The program was designed for Nursing, Technical & Housekeeping Staff of SGPGIMS.

LTP is a two year training program with the objectives to educate in-service candidates about the Infection Prevention Control (IPC) & BMW Rules, 2016 and also to inculcate appropriate skill set vis-à-vis HIC & BMW by real time demonstration and to create awareness about the impact of good practices in the organization, the environment, their families and society as a whole. The program was graced by Prof. Amit Agarwal, CMS, Prof. Hem Chandra, Head, Deptt of Hospital Administration, Prof. R. S. K. Marak, and Dr. Richa Mishra, from Deptt of Microbiology, Dr. Amit Goel, of Gastroenterology and Dr. Anant Mehrotra, from Neurosurgery. Dr. R. Harsvardhan, of Deptt. Hospital Administration and the Member Secretary of HICC & BMWMC organized the event in which more than 62 delegates from various departments participated.

R. Harsvardhan

World Tuberculosis Day

The Department of Microbiology organised a CME on 24th March to commemorate the World Tuberculosis Day, in which more than 100 delegates from within the institute including residents and faculty from various departments participated.

Dr. Rajendra Prasad currently Director, Medical Education and Professor & Head, Department of Pulmonary Medicine, Era's Lucknow Medical College delivered a guest lecture on the management of TB. His talk was followed by a lecture on recent updates about the diagnosis of tuberculosis by Prof. T.N. Dhole, Head of Dept. of Microbiology at SGPGIMS, while the convenor of the program Dr. Richa Mishra, Associate Prof. Deptt. of Microbiology, SGPGIMS highlighted the importance and need of awareness in the treatment and prevention of the disease.

Lamp Lighting Ceremony



College of Nursing, SGPGIMS, celebrated its 9th Foundation Day and 7th Lamp Lighting Ceremony on 1st February, 2017 with astounding zeal & enthusiasm in the packed Shruti Auditorium. After the presentation of Annual report by Mrs. Shabana Khatun, Acting Principal College of Nursing the ceremonial Florence Nightingale's pledge by the students of B.Sc. Nursing before joining Nursing profession was conducted, followed by a cultural program by the students. Dignitaries present on the occasion were Prof. Deepak Malviya, Director RMLIMS, Lucknow, Prof. Rakesh Kapoor, Director, SGPGI Prof Rajan Saxena, Dean, CMS, M.S and Executive Registrar.

Awareness Drive against Breast Cancer

World cancer day is celebrated on February 4th of every year. The theme for this year was '**We can...I can**'. A trainers training program on Breast cancer awareness, screening and self Breast examination was organised by SGPGI breast Health Program which was attended by 75 participants (Trained Nurses, Nursing students and paramedics). The participants were urged to spread awareness in the society against this most curable disease. An animation video on Breast cancer was also launched during the occasion.

1st SGPGI Cardiac Resuscitation Course

*Department of Anesthesia
(7th January, 2017)*

Cardiac diseases causing heart attack is the leading cause of death worldwide. Saving lives due to cardiac diseases needs prevention, active treatment, good emergency care and early detection of cardiac arrest with prompt resuscitation (revival). The cardiac resuscitation after cardiac arrest should be done out of hospital or inside hospital. The main aim of course is to enhance knowledge and skill to save life after cardiac arrest, which should be learnt not only by the doctors and Paramedics/Nurses but also by the general public.



The Course Director is Dr. Sandeep Sahu, Additional Professor, Anesthesiology & Emergency Medicine and course faculties are Dr. V.K. Paliwal (Neurologist) Dr. Roopali Khanna (Cardiologist), Dr. Indu Lata (Obstetrician), Dr. Sanjeev Kumar (Pediatricians) Dr. Ashish Kannujia, Dr. Sanjay Kumar and Dr. Amit Rastogi, who gave lessons to fifty doctors and paramedics of state.

Sandeep Sahu

A Detailed Article on Page 5

Practices & Outcomes for Blood Cultures

*Department of Hospital Administration
(28th January, 2017)*

A half day CME cum Workshop on "Best Practices and Best Outcomes for Blood Cultures" (BPBO) was organized by SGPGIMS Hospital Infection Control Committee (HICCOM) in association with the Department of Hospital Administration on 28th January, 2017. This program was



organized in two Phases, so as to include all the Nursing Staff of Neurosurgery.

The BPBO program was conducted with the aim of imparting

knowledge and skill based practices of sample collection, storage & transport of blood culture samples in the hospital. The program emphasized upon prevention of blood culture sample contamination, in the pre-analytic phase so as to aid in accurate and timely identification of causative organism. Also, the delegates were sensitized about the concept of

pediatric vials, the facts and myths related to refrigeration of various culture bottles and the importance of taking legal consent for invasive procedures.

Dr. Richa Mishra, Assoc. Prof., Microbiology R. Harsvardhan, Member Secretary, HICCOM & Assoc. Prof., Hospital Administration Dr. Anant Mehrotra, Assoc. Prof., Neurosurgery shared their knowledge and expertise.

Rajesh Harshvardhan

Rhinoplasty Workshop

*Department of Plastic Surgery & Burns
(28th January, 2017)*

A one day rhinoplasty workshop was organized by the department on January 28, 2017. Lectures on various aspects of cosmetic rhinoplasty were delivered by local and national faculty.



One demonstrative case of aesthetic rhinoplasty was operated by Dr. Rajiv Agarwal and Dr. Karishma Kagodu (Bengaluru) where augmentation rhinoplasty with cantilever bone graft was performed.

Lectures on basic understanding of rhinoplasty were delivered by Dr. Amit Kesri (Otolaryngologist from SGPGIMS), Dr. Anupam Mishra and Dr. Veerendra Verma (Otolaryngologists from KGMU, Lucknow). This was followed by discussion on various aspects of rhinoplasty between the delegates and the expert faculty. The program was conducted by Dr. A. Bhatnagar and was well attended by delegates from city of Lucknow and neighboring areas.

Rajiv Agarwal

Sensitization on Skill Development

*Department of Hospital Administration
(8th February, 2017)*

A half day Sensitization workshop was organized on 8th February, 17 by UP- HSSC and Department of Hospital Administration, SGPGI, to create awareness among departments for implementation of skill development initiative at the training as well as employment level. The other objective of the program was to raise the value of HSSC Certification in the employers mind at all level of healthcare providers and to develop a road map for partnership activities between HSSC and SGPGI for future endeavor.

The workshop was attended by head of departments of Emergency Medicine, Biostatistics & Health Informatics, Physiotherapy, Geriatric Psychiatry, Radiotherapy, Microbiology, Hospital administration etc. Dr Archana



Verma, DGM Quality, NHM Government of UP was also present to discuss role of Quality Manager.

The key note address was delivered by Dr Hem Chandra, Head, Hospital Administration. Dr Zainab Zaidi briefed the participants about the need of Skill Development & Employability in healthcare and availability of HSSC driven government schemes to support the same.

The program boosted healthcare providers to participate actively in skill development program and create a model for better implementation of program through industry driven occupational standards and employment tools.

Rajesh Harshvardhan

Role of MIS in Health Care

*Department of Hospital Administration & MIS Cell
10th Feb 2017*



Management Information system cell in association with the Department of Hospital Administration organized a state level workshop on "Role of MIS in

health Care Institutes" on 10th Feb 2017 at Telemedicine Auditorium, SGPGI. After welcome address by Prof. Hem Chandra, Chief Organising Secretary of the Workshop, Prof. A.K. Shukla Chairman, & Mr. Rajesh Kr Tiwari Organising Secretary of the workshop dedicated the website of MIS Cell to the Institute in the presence of Prof. Rakesh Kapoor, Director, SGPGI & Prof. Amit Agarwal CMS of the Institute.

Chief Guest Prof. Ajit Prasad, Director IIM Lucknow applauded the efforts done by the MIS Cell. Prof. Pradeep Kumar and Prof. Arunabha from IIM Lucknow and Prof. A Chaudhary, HOD Economics from Shakuntala Mishra University delivered their talks on the MIS as external Experts. A panel discussion was also part of the scheduled program which attracted extremely interactive and informative discussion with the participants from various Government and Private Organisations & Universities.

Rajesh KumarTiwari

18th Indo-US Flow Cytometry Workshop 2017

*Departmentt of Hematology
17th to 20th February 2017*

The Department of Hematology continued its endeavor of emanating knowledge in a specialized laboratory technique namely flow cytometry, by organizing the prestigious 18th Indo-US Flow Cytometry Workshop from 17th to 20th February 2017. It was an honor for the Department to be identified by the International Society for Advancement of Flow Cytometry (ISAC) for conducting this workshop.

The theme of this workshop was 'Applications of flow cytometry in clinical diagnostics', since flow cytometry is a vital tool for the diagnosis, prognosis and monitoring response to treatment in hematological disorders. It is almost a lifeline for any good hematology department. Sixteen flow cytometry experts were invited as faculty for this workshop. These included 5 International and 11 National Faculties. There were a total of 81 registered delegates from various parts of India, like Delhi, Chandigarh, Madhya Pradesh, Bangalore, Chennai,



Kochi etc as well as from Nepal. It was a 4-day program where initial two and a half days were dedicated to lectures and tutorial based teaching.

The students and faculty members interacted on a one to one basis and shared their experiences with each other. A total of 25 abstracts were submitted, out of which 5 were chosen for the oral presentation.

The departmental team which contributed towards the successful conduct of this Workshop, included Dr Ruchi Gupta and Dr Khaliqur Rahman, Associate Profs, Dept of Hematology, Dr Chandra Chaturvedi, Ramalingaswami Fellow, Drs Tanvi, Shivangi, Navkirti, Yatendra, Parshw, SRs (Lab Hematology), Mr Manoj Sarkar, Mr Kaushal, Mr Narender Khushwaha, Mr Manoj Singh, Technicians, and Ekta Minocha, PhD student.

Soniya Nityanand

Diabetes-Endocrinology Update

*Department of Endocrinology
(18th & 19th March, 2017)*

It is humanly impossible for a physician or a resident to remain updated with the rapid and vast increase in information on pathophysiology, diagnosis and management of various diseases including in diabetes and endocrinology. Hence "Diabetes-Endocrinology Update 2017" was organised, with an aim to update Endocrinologists on recent developments, newer modalities of treatments and newer approaches to management of diseases like diabetes, obesity, osteoporosis, thyroid diseases which are quite prevalent in our community.

While India is considered as the diabetes capital of world, there are not enough resources to tackle this problem. The physicians need to take a larger role to reduce the burden of high prevalence of poorly controlled diabetes and its associated complications. Similarly, obesity prevalence is increasing rapidly and yet it has to grab the serious attention of the patient and also physician. Adequate resources are lacking in terms of manpower and training to deal with children with



type 1 diabetes, thyroid disorders, short stature, rickets etc. The update was especially designed for internist, general physicians, pediatricians and post graduate students. Several lectures, debates, interesting case presentations along with latest literature on clinical diagnosis and management of diabetes, thyroid disorders, obesity, reproductive endocrinology, osteoporosis and other metabolic bone diseases, and pediatric endocrinology was discussed in the meeting.

In addition, a half-day workshop on pediatric endocrinology covering important aspects of growth and puberty was also organized for pediatric residents, pediatricians and interested physicians. Dr. Sanjay Bhadada from PGI Chandigarh, Dr. Praveen VP from Amrita Institute of Medical Sciences, Kochi and Dr. Rajni Sharma from AIIMS, New Delhi and renowned consultants of SGPGI were among the notable faculties to deliver guest lectures.

Subhash Yadav

Surgical Gastroenterology Week

*Department of Surgical Gastroenterology
(31st March-2nd April, 2017)*

Surgical Gastroenterology Week, a Continuing Education Program, was initiated in 1991, has been an annual feature of the Department of Surgical Gastroenterology, for a number of years now.

This year the Department of Surgical Gastroenterology, presented the 21st edition of SGE WEEK as "Re-operative GI SURGERY" from 31st March-2nd April, 2017 at the Telemedicine Auditorium SGPGIMS. The course was designed for postgraduates in Surgery and Surgical Gastroenterology, as well as practicing General and GI Surgeons. The discussions on re-operative surgery covered a wide spectrum of re-operative surgical procedures of the esophagus, stomach, small and large intestine, liver, gall bladder and bile ducts, pancreas as well as bariatric surgery and surgery for portal hypertension. The topic of Re-operative GI Surgery was chosen this year because this is one crucial area that remains largely untouched in most conferences despite being of paramount importance. The process of planning and decision making in this scenario is more complex and often the conduct of the surgical procedure required to tackle the problem is more difficult. Most of the



practicing surgeons working individually, as well as young surgeons in training, may not have adequate experience in dealing with patients requiring re-operations for complications or failure of the first surgery.

In collaboration with the department of Telemedicine and Bioinformatics, the proceedings of the program were also telecast live to AIMS Kochi, AIG Hyderabad, IMS BHU Varanasi and AIIMS New Delhi.

The program provided the participants an opportunity to learn from experts in Surgical Gastroenterology, from all over the country. Guest faculty included senior GI Surgeons from AIIMS, New Delhi, Asian Institute of Gastroenterology Hyderabad, PGIMER Chandigarh, Tata Hospital Kolkata, AIMS Kochi and other Institutes in Chennai, Bengaluru, Mumbai, Chandigarh and many other cities.

The delegates were mostly postgraduate students and practicing surgeons from Uttar Pradesh, Gujrat, Delhi, Andhra Pradesh, Maharashtra and Madhya Pradesh, Kerela, Karnataka and Himachal Pradesh.

Anu Behari

3rd Foundation Day Workshop

*Department of Cardio Vascular Thoracic Surgery
25-26th March, 2017*

A workshop on Heart Failure was organized to celebrate the foundation day of the CVTS department. The workshop comprised of topics, which enlightened the delegates with the comprehensive management of heart failure.

The problem of heart failure is growing by the day. In a state that has a population of 220 million, this is a major health issue to be addressed by the government, specialists and the society. Use of artificial heart is best option as a bridge to transplant, and efforts are on to make it the destination therapy. Though it sounds appealing it is an extremely costly affair. However, heart transplant on the other end gives much encouraging results and freedom to the recipient, but is challenged by the availability of donor organs. National and international faculty discussed these issues and more technical challenges with how to perform a transplant. Mr. Stephan Clark invited speaker from Newcastle, UK delivered lectures in this workshop. He is the Chairman of the highest cardiac transplant performing center of UK.

Eminent faculty who has immensely contributed in the field of heart failure discussed the treatment of failing

heart from optimizing the medical treatment to use of artificial heart, bridge to transplant and the heart transplant. 90 delegates from different parts of the country attended. Dr. Gauranga Majumdar was the organizing secretary and Prof. Nirmal Gupta was the Chairman of this successful event.

Shantanu Panday

Accolades



Prof. (Dr.) Hem Chandra, Head, department of Hospital Administration & Medical Superintendent of Sanjay Gandhi PGIMS, Lucknow has been re-elected as National Vice President of Academy of Hospital Administration, Noida, an apex body of Hospital Administration in India. His achievements & contributions in the field of Hospital & Health Administration have led this recognition at national level.

Friendly Cricket Match

To commemorate the spirit of friendship and camaraderie between the faculty of SGPGI and KGMU a friendly T-20 cricket match was organized on 12th February, 2017 at SGPGI cricket ground. SGPGI team was lead by Prof. Aneesh Srivastava while Dr. Sandeep Tiwari lead the KGMU team. KGMU team won the hard fought match by a narrow margin, which saw the coming together of old friends and acquaintances from the two institutes. Old memories were rekindled and new bonds were forged.

After winning the toss, KGMU batted first and scored 191 runs in 20 over. Dr. Ganesh Yadav scored 53 runs and was well supported by Dr Pradeep Kumar from other end. Dr Basant Kumar from SGPGI bowled well and took 4 wickets in 4 over in expense of 24 runs. In pursuit of

191 runs, SGPGI team fought till the last but finished on 157 runs. Dr. Arun Srivastava was the star batsmen and top scored with 71 runs during the chase.

Dr Ganesh Yadav from KGMU was awarded Man of the Match, while Dr. Arun Srivastava from SGPGI was the best batsman. Dr. Shailendra from KGMU and Dr. Basant Kumar from SGPGI shared the best bowler award. Prof Amit Agrawal, CMS SGPGI and Prof. A. K Singh, HOD, Plastic Surgery, KGMU, and faculty in-charge sports

KGMU presented the awards.

Both the teams parted ways after the lunch but with a promise to continue such friendly competition in future also.

Basant Kumar



Memories of SGPGI

The year was 1987. I was working as an assistant professor in NIMHANS, Bangalore, when an opportunity to join a new institute in Lucknow came up. I liked Bangalore with its pleasant climate but the idea of setting up and building a new department with Professor Chhabra was an enticing one. So I packed my bags (there wasn't much to pack) and reached Lucknow in September 1987. We had to stay in the guest house for a few days as the houses meant for the faculty were still being built. When we finally shifted to house no. 3/ type 5 A, my wife was delighted with the size of the house. At that time there were no trees or greenery in whole of the campus as you may see in a picture clicked in 1988 in the garden of my house. My wife can be seen with my daughters in the foreground and in the background you can see the tall hospital building clearly without any trees in between



(Photo- 1). Then, gradually, a lot of plantation was done and the whole campus became beautiful and full of greenery. The other picture is in the same garden after sixteen years (Photo-2). This was clicked with my wife, Neera, and you can see lot of greenery in the background. It was a dream house for a family with two small kids. The huge garden played a big role in our lives in the years to come. We had outdoor Diwali parties and my daughters, Manu and Jenny, played riotous Holis in the front garden. I enjoyed plucking fresh carrots and radishes to eat when I returned from the hospital.

When I look back at my years in SGPGI, I realize that the happiness and contentment that I felt, came from living a life conducive to hospital work. Right from the time when we didn't have telephones and cars at home till later when we had both, we felt that we were doing something worthwhile. I remember that at the beginning, we had plenty of time in the hospital to chat and have fun as there were very few patients. We would sit around and discuss the equipment that we would procure and the systems that we would set up. I had just returned from a year long stay in Japan and I was fired with enthusiasm to set up a world class department. I wanted to



emulate the Japanese culture of hard work, accountability and punctuality. My zeal must have made me quite unpopular with the residents at times!

We started our work in General hospital. The neurosurgery operation theatre and ward was on first floor to begin with. Subsequently we got both the floors when other specialties moved to the main building. I still remember how we continued there with a makeshift classroom and O.T. lounge in a corridor till 1995 (Photo-3). Dr Chhabra, Piyush Mittal, Deepu Banerjee and I made a good team and enjoyed each other's company. We were a family.

As the years went by, the department of Neurosurgery developed satisfactorily and attracted fine surgeons from all over the country. We set up a few systems of which I feel proud.

I remember the great times we had when the families of our department colleagues came to my house for a New Year party every year.



On the whole, SGPGI gave me an opportunity to pursue my dreams and a place for my children to grow up holistically. I'm sure I'm grateful for that.

V. K. Jain

Presently Dr. V. K. Jain is Senior Director, Department of Neurosurgery Max Hospitals NCR & Delhi

प्रकृति की ओर



प्रकृति किसे नहीं प्रिय होती। इस धरती के प्रत्येक प्राणी का सम्बन्ध प्रकृति से है। किन्तु संभवतः मनुष्य ही एक ऐसा प्राणी है जो प्रकृति से दूर होता चला गया। ऐसे में प्रकृति से जुड़ने और जुड़े रहने की मनोवृत्ति को स्पंदित करने के लिए ही इस संस्थान के नींव से निर्माण तक की प्रक्रिया में हरियाली को हमेशा प्रथम वरीयता प्रदान की गई। इस प्रयास में संस्थान के उद्यान-विभाग की अहम् भूमिका रही है। इसी विषय पर श्री राजेश मिश्र, नोडल अधिकारी, उद्यान विभाग से की गई बात-चीत के अंश.....

- संस्थान में प्रकृति को संजोये रहने के प्रयासों के बारे में कुछ बताईये ?
- हरित क्रान्ति नीति को संस्थान में क्रियान्वित करने के लिए जुलाई 2011 में 'इस्कॉन' वाटिका की नींव रखी गई और बहुआयामी वाटिका तैयार करने का संकल्प लिया गया।
- इस्कॉन वाटिका को कैसे प्रस्तुत कर सकते हैं ?
- यह वाटिका स्वयं में एक 'इको सिस्टम' समेटे हुये है जिसमें विभिन्न प्रजातियों के पुष्प, पौधे एवं वनस्पतियाँ हैं। एक ओर कैजुरिना, डुरन्टा, बाटल ब्रुश, मनोकामिनी, चाँदनी एवं जस्टेफिया है वहीं लम्बी उम्र की प्रजाति की हरियाली एवं शुद्ध वातावरण को विकसित करने के लिए नीम, जामुन, बेल, आम, देशी आँवला इमली आदि के वृक्ष लगाये गये हैं।



- मिश्र जी! विभिन्न प्रकार के पुष्प एवं कुछ औषधीय तथा मौसमी फलों के पौधों को क्या केवल सुन्दरता के लिए रोपित किया गया है या इनकी कुछ और भी उपयोगिता है ?
- वाटिका में रोपित ऐसे सभी उत्पादों जैसे नीबू, बेल, आँवला, आम, कन्दिय जैविक हल्दी एवं प्रत्येक ऋतु के सामयिक फूलों को निर्धारित शुल्क दे कर परिसर के निवासी प्राप्त कर सकते हैं, जिसके लिए एस.एम.एस. द्वारा सूचना प्रेषित की जाती है।
- इतने प्राकृतिक वातावरण का उपयोग और किस प्रकार किया जाता है ?
- 'इस्कॉन वाटिका' में 'जागिंग ट्रैक' निर्मित है जिस पर परिसरवासी प्रातः भ्रमण करते हैं, साथ ही पक्षियों के कलरव एवं मनमोहक नैसर्गिक वातावरण में लोग योग-ध्यान और व्यायाम करते हैं।



- संस्थान की इस उपलब्धि को क्या और किसी स्तर पर सराहना या पुरस्कार प्राप्त हुआ है ?
- निश्चय ही ! यहाँ की इस हरियाली और रम्य वातावरण का पूरे प्रदेश में अपना एक महत्वपूर्ण स्थान है। इस वाटिका में अपने उत्पादों के उत्कृष्ट प्रदर्शन के लिए प्रदेश स्तर पर प्रतियोगिताओं में भाग लेकर तथा 'राज भवन उद्यान' में वर्ष 2013 से 2017 तक लगातार अनेक पुरस्कार प्राप्त कर संस्थान की गरिमा में वृद्धि की है।

उपरोक्त वार्तालाप से स्पष्ट है कि हमारे जीवन में जहाँ आधुनिकता की होड़, और विषैले रसायनों एवं गैसों के उत्सर्जन के कारण जो प्रदूषित वातावरण उत्पन्न हुआ है—उसे दूर करने में संस्थान के इस विभाग ने अदभुत परिश्रम, लगन और निस्वार्थ कार्य किया है। परिणामतः उससे हमें एक प्राकृतिक जीवन जीने का अवसर मिला है।

राम प्रमोद मिश्र

नवीन ओ.पी.डी.-एक झलक



संस्थान में मरीजों की बढ़ती हुई संख्या को देखते हुये एक नई बहुमंजिला ओ.पी.डी. का निर्माण करवाया गया है। इस नवीन ओ.पी.डी. का कार्य 20 दिसम्बर, 2016 तक पूरा हो गया एवं नव वर्ष आगमन से अब तक नवीन ओ.पी.डी. में निम्न व्यवस्था सुलभ करवा दी गई है जैसे:- नवीन ओ.पी.डी. के बेसमेन्ट में ओ.पी.डी. फार्मसी, डायटीशियन परामर्श क्लीनिक, मेडिकल रिकार्ड सेल तथा टेलीफोन इक्सचेंज है। भूतल पर रजिस्ट्रेशन काउंटर, हेमटोलॉजी, पेन क्लीनिक, सैम्पल कलेक्शन, रेडियोलॉजी विभाग, पेशेन्ट वेलफेयर सेल, पी.आर.ओ. आफिस है। प्रथम तल में कार्डियोलॉजी, सी.वी.टी.एस. एवं डे-केयर वार्ड है। द्वितीय तल पर इण्डोमेडिसिन, इण्डोसर्जरी, इम्यूनोलॉजी, तथा पल्मोनरी मेडिसिन विभाग के ओ.पी.डी. हैं। तृतीय तल पर न्यूरोमेडिसिन, न्यूरोसर्जरी, नेफ्रोलॉजी एवं यूरोलॉजी विभाग के ओ.पी.

डी. हैं, तथा चतुर्थ तल पर गैस्ट्रोमेडिसिन, गैस्ट्रोसर्जरी, पीडियाट्रिक गैस्ट्रो, मेडिकल जैनेटिक्स के मरीज देखे जाते हैं।

मरीजों की सुविधा को देखते हुये उक्त ओ.पी.डी. को पूर्णतः वातानुकूलित बनाया गया है, तथा प्रतीक्षारत मरीजों के लिए समुचित बैठने एवं जलपान इत्यादि की व्यवस्था भी की गई है। इसके अतिरिक्त मरीजों के लिये 30 शैयाओं का डे-केयर वार्ड एवं केन्द्रीय ई.सी.जी. की सुविधा भी उपलब्ध है।

मरीजों एवं उनके तीमारदारों को और बेहतर सुविधा प्रदान करने हेतु प्रथम तल से पंचम तल तक एकसीलेटर की व्यवस्था भी की जा रही है। उपरोक्त ओ.पी.डी. में मेन गेट से आने व जाने के लिये निःशुल्क बस सेवा उपलब्ध है। मरीज हित को देखते हुए नवीन ओ.पी.डी. में भविष्य में अन्य व्यवस्थाएँ भी सुलभ की जायेंगी।

राजेश प्रताप सिंह

Vibrant Campus

Freedom comes with responsibilities. We, the citizens of India and all the campus residents do have the responsibility to keep it clean and green. The Vibrant Campus team has been striving to create awareness towards this cause through regular programs.

This time, the tiny tots, took initiatives to drive the pertinent messages such as, 'Save water and electricity', 'Say NO to polythene' and 'Do not litter' through their fun song and dance presentations. They ran an awareness train holding placards carrying catchy slogans through the gathered audience.

Mrs Bhawna Arya, Dr Punita Lal, Dr Jyotsna, Dr Niraj Kumari and Dr Anupama Kaul helped the kids prepare this interesting and meaningful, yet witty and fun program which was appreciated by one and all. Dr Shubha Phadke and Dr Punita Lal were the brains behind the punch lines, and our Director Dr. Rakesh Kapoor extended his full support as always.

Prerna Kapoor

New Joinings

S.No	Name	Current status	Department
1.	Dr. Kuntal Kanti Das	Assistant Prof.	Neurosurgery
2.	Dr. Vinita Elizabeth Mani	Assistant Prof.	Neurology
3.	Dr. Moinak Sen Sharma	Assistant Prof.	Pediatric Gastroenterology
4.	Dr. Ruchi Verma	Assistant Prof.	Anesthesiology
5.	Dr. Durga Prasanna Misra	Assistant Prof.	Nuclear Medicine
6.	Dr. Anup Kumar	Assistant Prof.	Biostatistics & Health Infor.
7.	Dr. Manish Ora	Assistant Prof.	Nuclear Medicine
8.	Dr. M. Ravi Shanker	Assistant Prof.	Neuro-Otology
9.	Dr. Neeraj Jain	Assistant Prof.	Radiodiagnosis
10.	Dr. Chetna Shamsheery	Assistant Prof.	Anesthesiology
11.	Dr. Divya Srivastava	Assistant Prof.	Anesthesiology
12.	Dr. Vaibhav Kumar Jain	Assistant Prof.	Ophthalmology
13.	Dr. Sardhara Jayesh Chunnibhai	Assistant Prof.	Neurosurgery
14.	Dr. Jai Kishun	Assistant Prof.	Bio-Stat & Health Informatics
15.	Dr. Rachna Agarwal	Assistant Prof.	Ophthalmology
16.	Dr. Saroj Kumar Sahoo	Assistant Prof.	Endocrinology(Clinical)
17.	Dr. Deepti Saxena	Assistant Prof.	Medical Genetics
18.	Dr. Dinesh Chandra	Assistant Prof.	Hematology(Lab)
19.	Dr. Manas Ranjan Patel	Assistant Prof.	Nephrology
20.	Dr. Sanjeev	Assistant Prof.	Hematology(Clinical/BMT)
21.	Dr. Atul Garg	Assistant Prof.	Microbiology
22.	Dr. Anupama Singh	Assistant Prof.	Plastic Surgery & Burns
23.	Dr. Kamlesh Singh Bhansora	Assistant Prof (Contractual)	Neurosurgery
24.	Dr. Girish Gupta	Professor	Neonatology

श्री ए.के. चन्दोला



अधिकारियों द्वारा आयोजित विदाई समारोह

श्री ए.के. चन्दोला वरिष्ठ भण्डार क्रय अधिकारी फरवरी 2017 को 28 वर्ष की लम्बी सेवा के उपरान्त संजय गाँधी पी.जी.आई. से सेवा निवृत्त हो गये। श्री चन्दोला एक बहुमुखी प्रतिभा के धनी थे एवं अपने कार्यकाल में हर तरह की चुनौतियों को हमेशा स्वीकार करते थे। संस्थान में एच.आर.एफ. की स्थापना में उनका महत्वपूर्ण योगदान को उनके वरिष्ठ, सहयोगी तथा संकाय सदस्यों ने सराहा। श्री चन्दोला के बहुमुखी प्रतिभा का ही परिणाम है कि संस्थान द्वारा इनको संयुक्त निदेशक (सामग्री प्रबन्धन) का भी प्रभार वर्ष 2002-2008 के मध्य दिया गया था जिसका निर्वहन उनके द्वारा बहुत ही कुशलतापूर्वक किया गया था। श्री चन्दोला

मिलनसार व्यक्तित्व होने के कारण सभी वर्ग के कर्मचारियों और अधिकारियों उन्हें भावभीनी विदाई दी।

यू० सी० त्रिपाठी

Sri. A P Ravi



HOD Pathology Deptt. presenting memento to Mr. Ravi

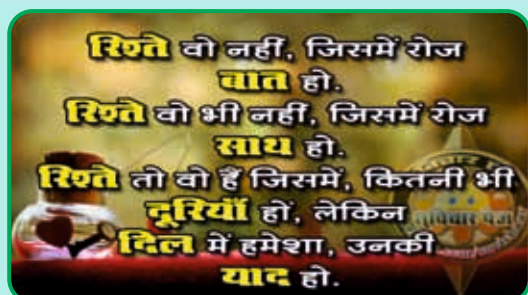
Mr AP Ravi, technician grade 1, department of Pathology, superannuated on 28th Feb., 2017. Mr Ravi joined the department in November, 1991. He served the Institute for over 25 year with distinction. He through out his tenure performed his duties in a sincere and meticulous manner. He is widely known as a soft spoken, dedicated and punctual worker. The department wishes him a very healthy, happy and prosperous post-retirement life.

श्री धनीराम

संस्थान के अस्पताल लेखा विभाग में अटेंडेंट ग्रेड-2 के पद पर कार्यरत श्री धनीराम अपनी सेवा काल के इक्कीस वर्षों को लगन, मेहनत व ईमानदारी के साथ पूर्ण करते हुए 31 मार्च, 2017 को सेवानिवृत्त हुए। इस अवसर पर उनके सम्मान में दिनांक 03.04.2017 को संस्थान के मिनी ऑडिटोरियम में एक विदाई समारोह का आयोजन किया गया जिसका संचालन सहायक लेखाधिकारी श्री दिनेश श्रीवास्तव द्वारा किया गया।

श्री धनीराम ने वर्ष 1996 में संस्थान में अटेंडेंट के पद पर कार्यभार ग्रहण किया था और वर्ष 1997 से लेकर सेवा निवृत्ति तक वे अस्पताल लेखा विभाग से जुड़े रहे। इस पूरी अवधि में उन्होंने सदैव अनुशासित होकर अपना कार्य संपादित किया। विदाई समारोह में अधिकारियों ने उनके व्यक्तित्व के अनेक पहलुओं पर बात की और उनके स्वस्थ व सुखी जीवन की कामना की।

महेश अरोड़ा



I'm Retired!

Goodbye Tension

Hello Pension!

The Third Step

In 2015 a team comprising of Drs Perna Kapoor, Shantanu Panday, Rajesh Harshvardhan, Mr. R.P. Misra, Mrs Kusum Yadav, Mr. Anil Kumar (our official photographer) and myself as the team pusher put our heads and pens together to usher in a new phase of *SGPGIMS Newsletter* under the dynamic leadership of our Director Prof Rakesh Kapoor. Over these two years the *SGPGIMS Newsletter* has grown from 12 pages to 16 pages and has become more colourful, informative and interesting. Appreciations from all quarters are the testimonials of the entire teams' hard work and dedication and just worth our sweat and ordeals.

As we step into the third successful year of publication, Dr. Rajesh Harshvardhan, our most dedicated and articulate member wished to opt out of the team owing to paucity of his time. His wish was our command; nevertheless we hope not to miss on his beautiful intense poems and eloquent reports in English. He promised to contribute and some of them are there in this issue as well.

I am glad to welcome Dr. Ankur Bhatnagar as the new member on the *SGPGIMS Newsletter* Editorial Board. We all know him as an accomplished writer with a clear and profound understanding of medical as well as public vision and *SGPGIMS Newsletter* is sure to go a mile further with his inputs.

Thank you is too small a word to record appreciation and gratitude for all the extra efforts beyond duty hours put across by the editorial members and also to the readers and contributors, who have whole heartedly praised, acknowledged and supported our efforts which was not only a motivation but also gave us enticement to put on that extra pinch and flavour each time.

Wish you happy reading, keep contributing and flood us with your feedback.

Monalisa Chaudhari

A Winter Afternoon Walk in the Campus

I look forward to sunny afternoons of winters. Walking in the campus is a treat in good weather and I always thank my stars for having brought me to this part-forest part-urban campus which is pollution free and far from the madding crowd. There is a comfort factor in meeting familiar faces along the way and nodding and smiling to friends. On this particular day, I saw squirrels darting and scurrying, brown hares scampering across the road, cattle egrets walking with the grace only they possess, peacocks taking flight and it felt like God was in his heaven and all was well with the world. I also came across kids riding bicycles and tricycles with friends or their parents, and a lot of elderly people taking leisurely walks or just sitting on benches and puliyas along the road and soaking themselves in the sun. However, a few things marred the beautiful scene. There were Frooti and Lays packets and stray polythene bags littered along both sides of the road. Must we litter? Shouldn't it be everyone's responsibility to take home their litter and dispose it off properly? Must we throw our packets on the roadside the moment we finish eating? We dream of a "Swachh Bharat". That dream is unattainable unless each and every one of us contributes our bit.

Another perturbing thing I experienced was "Speeding demons", people driving cars, scooters, bikes and SUVs as if there will be no tomorrow. It was really frightening considering the kids and elderly people on the road, besides walkers and joggers. These speedsters are scary and again, self-check are pertinent to curb people from endangering the lives of others and their own too. Life is precious and just one to live to the fullest.

In the words of Aldo Leopold, an American author, philosopher, forester, conservationist, and environmentalist, "We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect." I wish that the denizens of this campus think this way about this beautiful, lush green campus and treat it with the love, respect and care it deserves.

Perna Kapoor



तरुणोत्सव: केन्द्रीय विद्यालय एस.जी.पी.जी.आई.

दसवीं की परीक्षा के बाद ग्यारहवीं कक्षा प्रारम्भ होने के बीच लगभग ढाई महीने का अन्तराल होता है। इस अन्तराल का सदुपयोग करने के उद्देश्य से केन्द्रीय विद्यालयों में 'तरुणोत्सव' नाम की परियोजना प्रारम्भ की गयी जिसके अन्तर्गत दसवीं की परीक्षा दे चुके विद्यार्थियों का, इस कार्यक्रम में नामांकन करवाकर, उन्हें उनकी रुचि के अनुसार विभिन्न शैक्षणिक एवं रुचि आधारित कार्यक्रमों से जोड़ा गया है।

इस परियोजना का सर्वाधिक महत्वपूर्ण एवं महत्वाकांक्षी कार्यक्रम कैरियर गाइडेंस एवं काउन्सिलिंग है। इसके अन्तर्गत विभिन्न विशेषज्ञों को विद्यालय में आमंत्रित कर छात्रों को उनकी रुचि एवं क्षमतानुसार कैरियर चुनने हेतु मार्गदर्शन करते हैं। छात्रों का पुस्तकालय में अध्ययन तथा विभिन्न खेलों में रुचि रखने वाले छात्रों को विशिष्ट प्रशिक्षण प्रदान किया जा रहा है।



इसी तरह कुछ छात्रों को संगीत एवं भाषायी कौशलों का प्रशिक्षण भी दिया जा रहा है।

विद्यालय में पढ़ने वाले नन्हें मुन्नों के समग्र विकास को दृष्टिगत रखते हुए

उनके लिये विशिष्ट कार्यक्रमों जैसे बाल उद्यान, "सहभोज कार्यक्रम" तथा दादा-दादी एवं नाना-नानी दिवस आयोजित किया जाता है।

जी.के. द्विवेदी

Nursery School



"We have made them all" – Annual treat of Arts & Crafts Display at Nursery School



Guest of honour Mrs. Surabhi Ranjan singing 'choti si aasha' at the Nursery School Art n Craft Exhibition and Cultural Program as Chief Guest Mr. Alok Ranjan looks on.



Nursery School children enjoying a picnic at the Kalindi Van Udhyan

Creche



Performance by kids

Graduation Ceremony at Creche



Holiday hai !!! Nursery School kids having fun with holi colours !!

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