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झंडा ऊँचा रहे हमारा



प्रत्येक वर्ष की भाँति इस वर्ष भी संस्थान में स्वतंत्रता दिवस अत्यंत उत्साह से मनाया गया। ध्वजारोहण के पश्चात स्वाधीनता से जुड़े शहीदों के प्रति सम्मान व्यक्त करते हुए संस्थान के निदेशक महोदय ने इस अवसर पर अत्यंत ही प्रेरणादायक भाषण दिया। उन्होंने कहा कि, "राष्ट्र सेवा के अनेक तरीके होते हैं। रोगियों की सेवा राष्ट्रसेवा का ही प्रतिरूप है। हमारे चिकित्सक, हमारे संस्थान के कर्मचारी सभी इस प्रयास में जुड़े हैं कि रोगियों के समुचित उपचार के लिए जो भी संभव

हो, वह किया जाये। देश का प्रत्येक नागरिक राष्ट्र के समग्र विकास के लिए अपना योगदान दे रहा है चाहे वह सैनिक हो, किसान हो, इंजीनियर हो, चिकित्सक हो, प्रशासन से जुड़ा हो— सभी किसी न किसी रूप में अपने देश को सर्वोच्च प्रतिष्ठा दिलाने के लिए प्रतिबद्धता से अपने उत्तरदायित्वों का निर्वाह कर रहे हैं और इसी तरह हमें भी अपना काम उसी गौरव के साथ करना चाहिए।"

विगत कुछ वर्षों से संस्थान में कार्यरत कर्मचारी एवं अधिकारियों को उनकी कर्तव्यपरायणता, उत्कृष्ट कार्य एवं उत्तरदायित्व के निर्वहन के लिए, निदेशक महोदय द्वारा स्वतंत्रता दिवस एवं गणतंत्र दिवस के समारोह में सम्मानित करने की परम्परा प्रारम्भ की गई है। ऐसे कर्मचारियों का चयन एक समिति द्वारा किया जाता है। इसी कड़ी में इस वर्ष डा. नीलमणि तिवारी (स्वागती), श्री अखिलेश वर्मा (सहायक प्रशासनिक अधिकारी), श्री शेर सिंह (वैयक्तिक सहायक), श्री शेर अली (वरिष्ठ पम्प ऑपरेटर), श्री शीतला प्रसाद (अटेंडेन्ट ग्रेड-1), श्री आदर्श श्रीवास्तव (सहायक लेखाकार), श्री महेन्द्र वर्मा (वैयक्तिक सहायक), श्री संजय दुआ (सहायक लेखाधिकारी), को निदेशक महोदय ने प्रतीक चिन्ह एवं शाल देकर सम्मानित किया।

रह-रह कर हो रही वर्षा के बावजूद स्वतंत्रता दिवस समारोह में संस्थान के सदस्य और कर्मचारीगण काफी संख्या में उपस्थित रहे। बारिश के कारण ध्वजारोहण के पश्चात अन्य सभी कार्यक्रम लाइब्रेरी न्यू ब्लॉक में आयोजित किया गया।

राम प्रमोद मिश्र

Editor's Note

A teacher of mine once told me that change is the only constant in life. That's certainly true for the entire editorial team here, which has spent the better part of this quarter working tirelessly to change SGPGIMS Newsletter for the better. The evidence is before you; it has now more pictures and content and has grown from 12 to 16 pages. We hope you like what you see, but we also believe that there is much to improve upon, and that can be possible only with your support, suggestions, creative contributions and constructive criticisms.

We shall be soon starting the process of ISSN registration of our Newsletter, as such I request you all to suggest some catchy name for our Newsletter. The one found best will be acknowledged. And yes, if you have a flair for writing and wish to be a part of the Newsletter editorial team, do write to us. We shall be more than happy to induct creative and committed writers in our team.

I also urge you all to participate whole heartedly by feeding in information pertaining to your own, your colleagues', students' and associates'. Special activities and achievements of your department within the desired quarter which may also include information related to forthcoming events, new inductions, superannuation etc. Besides academic activities, articles, humorous anecdotes, poems, letter to editor, photographs etc. - in fact just about anything that connects and relates with the SGPGIMS family.

We would also like to incorporate some human angle real life stories. If you have handled any such case in this time period which was tough but you and your team's hard work made it a success, then do send us the details. We would love to publish your success stories.

Send your contributions within 350 words either in English or Hindi to sgpgimsnewsletter@gmail.com

The 'SGPGIMS Newsletter' is reaching all major Institutes of India, Medical Colleges of State, all prominent government officials of state as well as centre, members of our apex bodies and other luminaries. Hence, your contributions and activities will be appreciated and recognized far and wide through your own 'SGPGIMS Newsletter'.

So just don't wait for our reminders and last dates, pick up your keyboard and start flooding our mail box with your contributions, and also your feedback on the issue which is very precious for us.

Best Wishes & Thank You

Monalisa Chaudhari
Executive Editor

An Appeal

All over the world, hospitals are built to treat and cure sick patients. From doctors, nurses, and paramedics to sanitation workers and other periphery staff i.e. each one works tirelessly and effortlessly in doing their duties towards the patients. A hospital is not one of the nicest places that one is keen on visiting. But without a hospital life could sometimes become a nightmare, especially in times of an emergency. Sometimes situations in life make it essential for us to move into a hospital. A hospital is linked to life saving services, which enables a person to recover from some serious illness or injury. The dedicated teams of doctors and nurses deliver the message of hope to their patients in the hospitals. The atmosphere in the hospitals should be pleasant so the patient can feel comfortable.

Loud slogans, jarring sounds of microphones and uncertainty of sudden close down or disruption in services is traumatic for patients and their families.

It is understandable that there may be very many serious issues pending which needs to be resolved and in a democratic set up striking work is the practicing way to have your voice heard. But as responsible hospital workers we have to think beyond our personal requirements because we deal with life and health.

Administration can issue innumerable orders banning strike but it is we who have to decide our actions as responsible hospital machinery giving the ray of hope and cure to ailing patients. Let all of us pledge -

- ✌ That we shall not cease work for any reason whatsoever or disrupt the work or aid or abet such disruption or cessation.
- ✌ That we shall not use loud speakers or shout slogans or perform demonstration or dharna within the campus disrupting patient care.
- ✌ That within 500 meters of the hospital let us not hold protest meetings so that patient services are not affected.
- ✌ That let us not resort to disrupting work in the hospital however strong the provocation is.

Let us all strive to create SGPGI as a model patient care Wellness Centre.



Endoscopic Learning Centre



Endoscopic Learning Centre was inaugurated by our Director, Professor Rakesh Kapoor, in the Department of Gastroenterology on 19th August, 2016. Dr. P K Singh, CMS, Dr. Rajan Saxena, Dean and the entire faculty of Departments of Gastroenterology and Paediatric Gastroenterology, SGPGI, were present on the occasion. Speaking about the ELC, Dr. V A Saraswat, Head of the Department of Gastroenterology, explained the need to have a centre of this kind in a large teaching centre and detailed how this centre would strengthen endoscopy teaching for the trainees.



The Endoscopy Learning Centre (ELC) is well equipped with three desktop computers, LCD monitors, a good collection of DVDs of endoscopic procedures and internet connectivity for viewing online educational endoscopy videos. The centre can accommodate around 20 trainees who can view endoscopic procedures transmitted live from the Endoscopy Theatre. Two stations for GI simulators have also been provided. These will allow endoscopy trainees to gain hands-on experience on dummies for honing intubation skills and practicing complex therapeutic maneuvers before attempting them in live patients.

Praveer Rai

"Success comes from taking the initiative and following up or persisting."

-Tony Robbins

Newborn Screening SGPGI Initiative in Preventive Medicine



Newborn screening is the most important preventive public health program for India as the infant mortality rate is decreasing markedly in the 21st century. It was initiated in 1960s in the developed countries worldwide. Many developing countries are following suit. However in India it is still in nascent phase. The aim of newborn screening is to identify serious disorders immediately after birth by testing all neonates during first 2 -3 days. The neonates diagnosed to have a serious disease can be put on treatment at the earliest and major problems like mental retardation or life threatening complications can be prevented. In Uttar Pradesh, National Health Mission funded Newborn Screening Program has been started for 5 diseases viz. Congenital Hypothyroidism, G6PD deficiency, Galactosemia, Biotinidase deficiency and Congenital Adrenal Hyperplasia at Sanjay Gandhi Postgraduate Institute of Medical Sciences. The departments of Medical Genetics and Endocrinology have established testing facilities and also sample collection, reporting and follow up system. The babies delivered at 5 government hospitals in Lucknow and Mahila Hospitals at Barabanki and Raebareilly are covered in the program. The program was launched in December 2015 and till now screening has been done for more than 6000 newborns. With this program Uttar Pradesh has joined the league of first few states in India to start newborn screening. Kerala, Chandigarh and Delhi are other states with newborn screening program. It is just a start and we have a long journey ahead. The feedback from implementation and results of the program has been very encouraging. The families of the newborn babies are very positive and cooperative about newborn screening. Expansion of the program has been planned to include some other nearby districts in near future. Though it is just a beginning, this is the first step towards the goal of achieving the target of universal newborn screening and similar population based screening programs in the theme of prevention is better than cure!

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

Bharti Singh

National Plastic Surgery Day



July 15 is celebrated as the "National Plastic Surgery Day" every year. Plastic surgeons from around the country organize public awareness programs on various aspects of plastic surgery. The main objective of this program is to spread awareness about the specialty of plastic surgery and how plastic surgery affects the lives of individuals and more so how plastic surgery can help an individual to come back to normal life after suffering disability and deformity.

This year the theme was on "Acid attack injury - A totally preventable and treatable malady". A CME was organised to highlight the different aspects of this problem on 15 July 2016 at the Telemedicine Auditorium. Speakers from KGMU along with the local faculty delivered lectures on effects of acid spillage on the body, medico-legal implications in acid attack injury and treatment of acid attack victims. The Plastic Surgery department of SGPGIMS has treated maximum number of acid attack survivors recently in the state with active financial support by the Government of Uttar Pradesh.

The program was inaugurated by Chairperson of UP State Commission for Women Ms Zareena Usmani and was chaired by Prof. P.K Singh, Chief Medical Suprintendent, SGPGIMS. A booklet on acid attack injury written by Dr. Rajiv Agarwal was also released on the occasion. The inaugural program which was moderated by Monalisa Chaudhari, Sr. PRO, SGPGI was also attended by acid attack survivors who shared their experiences with the audience.

Dr S S Aggarwal Memorial Lecture

The Department of Medical Genetics organised the remembrance meet of Late Dr SS Aggarwal and annual SS Aggarwal Public Memorial Lecture on 16th July in the Telemedicine Auditorium. The faculty, staff and students of SGPGI attended the occasion to pay pious homage to Dr Late SS Aggarwal, a visionary teacher, former Director and the founder of the departments of Medical Genetics and Clinical Immunology of SGPGIMS.

The function was presided over by Dr Rakesh Kapoor,

Director SGPGI. The other guests of honour were Dr Rajan Saxena, Dean, SGPGI, Dr Ashwin Dalal, Chief of Diagnostics Division, CDFD, Hyderabad and Dr Shubha Phadke, Head of department, Medical Genetics. The programme commenced with a melodious Saraswati vandana. Following this, Dr Shubha Phadke shared fond memories of her teacher Late Dr SS Aggarwal remembering his remarkable strive for excellence. Dr Rakesh Kapoor addressed the gathering with memories of Late Dr SS Aggarwal and the significance of teacher as a role model. The students of department of Medical Genetics infused enthusiasm in the gathering with their short skit "ATGC – the Dance of life". The annual SS Aggarwal Public Memorial Lecture-"ATGC- Every letters accounts G"- was delivered by Dr Ashwin Dalal and he delineated with splendid simplicity, DNA as the book of life. The event ended with note of thanks delivered by Dr Kausik Mandal.

Meenakshi Lullar



ENT Workshop

The Neuro Otology Department a sub department of Neuro Surgery of SGPGI organized a two day "Dr. Hiranandini AOI Mid Term Live CME & ENT Workshop on" 23rd-24th July, 2016.

Live surgeries were performed and demonstrated to ENT Surgeons as part of a two day ENT workshop, wherein new advances in ENT surgery were demonstrated. On the first day, endoscopic sinus and nasal polyps surgery were performed. As per an estimate, over 35 cases of tumour, sinus and polyps are treated in SGPGIMS through endoscopic surgery every month. The surgery is considered pathbreaking



for treatment of tumours in ear, nose or throat where chemotherapy and other methods are difficult to perform.

As many as 125 surgeons from across the country participated in the workshop where various surgical measures are being taught through live demonstration on patients.

ENT specialists, including R.N. Patil from Belgaum, Rejesh Vishwakarma from Ahmedabad, Ramandeep Singh Virk from Chandigarh, Kranti Bhawana from Patna and Amit Kesri from Lucknow showcased live surgical procedures. The Organizing Secretary 10th Dr. L.H Hiranandani Midterm Live ENT Workshop, was Dr. Amit Kesri.

ICMR course in Medical Genetics



ICMR course in “Medical Genetics and Genetic counselling” is an annual event organised by the Department of Medical Genetics and since the inception the course has been a very successful endeavour with around 450 doctors trained till date. This year the “Fifteenth ICMR Course on Medical Genetics and Genetic Counselling” was organised from 25th July to 6th August 2016 and received around 40 participants from across India. The participants were of diverse specialities like paediatricians, obstetricians, radiologists, cytologists and molecular scientists.

The course spanned over 10 days and provided an academic feast with lectures on basic genetics, genetic disorders, genetic techniques, prenatal diagnosis and counselling enigmas by the department faculty and eminent clinical geneticists from all over India, most of them SGPGI alumni. The practical sessions in cytology and molecular laboratories, interactive case discussions, the OPD counselling sessions and prenatal sessions generated much interest and appreciation. The course instilled among the participants, the significance and awareness of recognising the genetic diseases which represent a huge challenge to India in view of the limited clinical geneticists and large burden of genetic diseases in India.

XI National Autoantibody Workshop

The department of Clinical Immunology held XI National Autoantibody Workshop from July 27 to July 30, 2016. This course is directed at imparting knowledge about various investigative techniques used in the diagnosis and treatment of patients with autoimmune diseases.



This year the course was attended by 28 persons from all parts of India. This annual activity of the Clinical Immunology department has helped to train about 600 persons across India in interpretation as well as lab aspects of autoantibodies.

World Hepatitis Day

Department of Gastroenterology and the Hospital Administration, SGPGI jointly celebrated World Hepatitis Day on 28th July 2016 by establishing the '**Hepatitis Prevention and Control Cell (HPCC)**' for the hospital. In sync with the theme set by WHO “**Prevent Hepatitis: it's up to you!**” a scientific program in the Telemedicine Auditorium on the theme “**Making SGPGI a Hepatitis free Hospital**” was organised. This program, which aimed at improving awareness among health care workers posted in high-risk areas of the hospital, was attended by more than 150 nurses, technicians, safaikarmcharis and other HCWs.



This scientific program was divided into three sessions. The first session started with a talk on “**Safe Injection Practices: WHO 2015 Guidelines**” delivered by Dr. V A Saraswat, Professor and Head, Department of Gastroenterology and Convener, HPCC. He said that 40% of over 16 billion injections given worldwide every year are unsafe and are responsible for 32% of all new hepatitis B cases, 40% of all new hepatitis C cases and 5% of all new HIV cases. Technological solutions and practices that convert unsafe into safe injections were discussed.

As per laws laid down by the Government of India a very important aspect of prevention and control of hepatitis and many other infections is proper management of hospital

and biomedical waste. In the next session, **“Biomedical Waste Management in 2016: Implications for Hospital Management”**, Dr. Kirti Srivastava from Radiotherapy department, KGMU, Lucknow, discussed various aspects of the new Biomedical Waste Management Rules 2016 notified by GOI in March 2016, superseding the 1998 rules.

In the last session, Dr. Amit Goel, Assistant Professor, Department of Gastroenterology, presented a bird's eye view of **Hepatitis Prevention and Control Cell**, its activities and goals. Today, control and elimination of hepatitis have become achievable goals. The HPCC team started the **'Hepatitis Helpline'** for accidental needle stick injury cases, began activities for screening and treatment of hepatitis B and C and plans to start awareness classes for all categories of hospital employees and healthcare workers in SGPGI for implementing safe injection practices (SIP) and proper BMW management, in association with the hospital administration.

Earlier, in the morning, the Cell was formally inaugurated by Dr. Rakesh Kapoor, Director, SGPGI, who took the path-breaking decision to approve the establishment of the HPCC. He made it clear that making SGPGI a 'Hepatitis free Hospital' is a herculean task that would require hard work from all concerned. This proactive initiative of the department of Gastroenterology, supported by the Hospital Administration, would go a long way in improving health awareness among HCWs and make SGPGI a 'Hepatitis Free' hospital.

V A Saraswat

Gastroenterology Clinics



The department of Gastroenterology organized the 12th edition of the SGPGI Clinics in Gastroenterology from 19th to 21st August 2016. These meetings have been organized regularly with the intention of disseminating knowledge among DM and DNB trainees in Gastroenterology and other young clinicians. Forty trainees from all over the country along with 40 other clinicians attended this meeting. The faculty

comprised of all the faculty members from the department as well as 30 other prominent researchers from the country and an international speaker, Dr. Susan Hutfless from Johns Hopkins University, USA.

This year the focus of this meeting was on

gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) and pancreaticobiliary disorders. Day one was dedicated to GERD. All the aspects of GERD including its presentation, diagnosis and management were discussed in detail. Day 2 was dedicated to IBD, which included ulcerative colitis as well as Crohn's disease. Besides didactic lectures various interesting cases were presented which generated vibrant discussion. On the third day a therapeutic endoscopy workshop was held wherein basics of endoscopic ultrasound and cholangioscopy were discussed. The highlight of the meeting was live demonstration of various newer endoscopic techniques mainly cholangioscopy using Spyglass with laser lithotripsy for very large biliary calculi and EUS guided biliary drainage. The entire meeting was highly appreciated by all the delegates.

Abhai Verma

Neuroendoscopy Workshop



The department of Neurosurgery conducted the Yoshio Suzuki Oration on 20th August, 2016 at the Institute's Mini Auditorium. The oration was named after late Prof Yoshio Suzuki to honor his association and contribution towards the department in its initial years. A Neuroendoscopy workshop was also organized to commemorate the event.

Prof Tetsuya Nagatani, a senior consultant neurosurgeon and pioneer of Neuroendoscopy in Japan was invited to deliver the oration. He delivered an excellent talk on the extended transsphenoidal approaches and the instrumental innovations devised by him over the years. Prof Tadashi Watanabe, a senior endoscopic neurosurgeon from Nagoya Japan was also invited for lecture and demonstration of live surgery during the workshop. In addition, esteemed national faculty namely Prof BS Sharma, Head of the department, Neurosurgery, AIIMS, New Delhi and Prof Kanchan Kumar Mukherji, PGIMER, Chandigarh also graced the event as guest faculty. Nearly 100 delegates attended the event and actively participated in the discussions. In this day long program, the forenoon session involved demonstration of live endoscopic neurosurgical procedures which was telecast live from the main OT complex to the Mini Auditorium. While Prof Nagatani and Professor Watanabe

demonstrated their technique of endoscopic endonasal excision of pituitary adenoma, Prof BS Sharma demonstrated endoscopic cylinder surgery for intraventricular tumor. In the post lunch session, there were a series of interesting talks by all 4 international and national speakers which was taken very well by the audience.

This workshop was hugely appreciated for its smooth conductance, excellent academic content and vibrant scientific interactions. The department stands highly benefitted in the wake of this workshop which shall help enhance the repertoire of the existing Neuroendoscopic program in the department. This will further translate into better patient care in the future and establishing the department as a center of excellence in endoscopic neurosurgery in the country.

Young Hematologists Orientation

The Dept of Hematology, SGPGI, organised a National level “Young Hematologists Orientation Program (YHOP)” for DM students, Senior Residents and Fellows, with the objective of enhancing their skills to become independent consultants. The Program took off from the afternoon of Aug 27th (Saturday) and continued till afternoon of Aug 28th (Sunday). The Chief Guest of the inaugural program was Dr Mammen Chandy, Director, Tata Memorial Centre, Kolkata.



The Head of Department of Hematology and the key person behind the program Dr. Soniya Nityanand said that, “It was an unique program in its own way, which had an emphasis not only in the best practices in Clinical Hematology, but in many other allied and vital areas for a clinical haematology consultant, viz. physician - patient relationship, skills for an aspiring clinician-scientist, choosing a career between an academic Institute vs. a corporate hospital, how to develop an infrastructure for the optimal practice of Hematology and Bone Marrow Transplant, and cost effective practices in Hemato-Oncology. Especially attractive and unique were the Sessions on soft skills. Sensitive topics like how to deal with a patient/family, when a patient reaches an unsalvageable state, helping patient face death/last hours of life etc. were

deliberated by some highly professional faculty from the Dept. of Psychiatry, CMC Vellore.”

Renowned Hematologists and Oncologists of the country shared their knowledge as faculty members for this program. 47 students from the major Institutions of the country working in the area of clinical haematology/hemato-oncology participated in this program.

Endocrine Tumor Summit



The Departments of Endocrinology and Endocrine Surgery, SGPGIMS, jointly organized IIIrd Endocrine Tumor Summit and the 3rd Annual Conference of UP Chapter of ISBMR from 3rd to 4th September 2016. The theme of the Summit this year was Parathyroid Disorders, Vitamin D and Osteoporosis. Both events are being organised consecutively for past three years with established track record in offering high quality education to participants from different parts of country and abroad.

The course content was designed to target the academic & practicing Surgeons, Trainees, Endocrinologists, Surgical Oncologists and medical professionals interested in field of Endocrinology and Endocrine Surgery. Renowned faculties from India and abroad attended the 2 day Summit and delivered lectures on management of osteoporosis, vitamin D deficiency and parathyroid tumors. The summit was well attended by delegates from the field of Endocrinology, Endocrine Surgery, Nuclear Physician, and allied specialists such as Radiologists, Pathologists and Orthopedicians from all over India.

Endocrine Surgery Foundation Day

The Department of Endocrine Surgery celebrated 27th Foundation Day on 7th September 2016. Prof. V.K.Shukla, Director, Institute of Medical Sciences, Banares Hindu University delivered the Foundation Day Oration on the title “Challenges of 21st Century Surgery”. Prof. Ramakant, Former Head, Department of Surgery, King George's Medical University, Chief Guest of the event in his address appreciated consistent growth of the department and its academic contribution. He also acknowledged the hard work put in by



the faculty of the Department in maintaining the high standards of patient care. The Director and the Dean of the Institute graced the occasion.

Renal Healthcare's Meet

The department of Nephrology, SGPGIMS, organized a two days Conference of Renal Healthcare Professionals (COREP 2016) on 11th and 12th September 2016. The conference was inaugurated by Principal Secretary Medical Education Dr. Anoop Pandey. The theme of the conference was "Quality Dialysis and Transplantation" for quality care of patients with end stage renal disease and transplantation. The conference started with Dr Vidya Acharay Memorial Oration on "Quality dialysis for preservation of nutritional status" which was delivered by Dr George Abraham consultant nephrologist, Madras Medical Mission, Chennai. The scientific contents were directly related to patient care.

The highlights of the conference were workshops on dialysis both hemodialysis and peritoneal dialysis which included films on connection and disconnection of catheters and AV fistulas, catheter insertion, peritoneal dialysis procedure and training in peritoneal dialysis. Appraisal on international guidelines for dialysis and post-transplant patients and case presentations, were emphasized.

3rd COREP, 2016 was attended by delegates from all over India. The conference was a joint effort of Society of Renal Nutrition and Metabolism (official Chapter of International Society of Renal Nutrition and Metabolism), Mohan Foundation, Narmada Kidney Foundation, Mumbai, and National Kidney Foundation India.



Executive Management Program



Department of Hospital Administration is organizing chain of Healthcare Executive Management Development Program (HEXMDP) for the Chief Medical Superintendents/Chief Medical Officers of the District Hospitals/Districts under Govt. of UP on all the key issues pertaining to professional hospital administration. This is a part of Capacity Building Program of National Health Mission, U.P.

The five day program started from 26th September 2016, which focused on professional management concepts, organizational behavior, psychometric analysis, legal & ethical dimensions, patient safety & healthcare quality, infection prevention & services management. The delegates were also sensitized about all national health programs including Pharmacovigilance & Haemovigilance.

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Awards & Accolades



Dr. Kumudini Sharma, Prof & Head Deptt of Ophthalmology was awarded North American Neuro Ophthalmology Society (NANOS) Fellow Status.

Dr. Piyali Bhattacharya, Pediatritian, was awarded, for good work in the project "HELPING 10K BABIES SURVIVE" in the State of U.P. in the 37th UP PEDICON 2016.



Dr. Ashish Kumar Kannaujia of Anesthesiology Deptt received the Performer of the year Award of News Rating Point Award, 2016 for his contributions in making devices to be used for patient care.

Mrs Monalisa Chaudhari, Sr. PRO was unanimously elected as the Chairperson of Public Relations Society of India, Lucknow Chapter.



A War Against Mosquito - Combat Dengue

Dengue is a potential fatal viral illness caused by four generic serotypes of dengue virus which in turn transmitted human to human by the bite of infected *Aedes* mosquito. It is seen widely in tropical and sub tropical areas of the world such as South east Asia, American region and Western pacific region. Dengue is fast spreading in India, Nepal and Pakistan in 2016 although it is not yet declared as a epidemic by WHO . On the other hand some other nations like Uruguey had couple of action from WHO. In India the cases are reported in many states like Delhi, UP, Rajasthan and so on. As we do not have an efficient data collection and surveillance system the actual figures of death and reported cases may be far more. More importantly the rate is increasing day by day.

This febrile illness commonly affects all the age group with an incubation period of 3-14 days. Although the symptoms vary widely with the individuals the following symptoms are commonly observed; mild fever to incapacitating high fever, severe headache, pain behind the eyes, muscle and joint pain, and rash. Direct person to person transmission is not yet seen with this disease.

There are no specific antiviral medicines nor vaccines available for dengue. It is important to prevent dehydration and maintain optimum hydration. **Use of acetylsalicylic acid (e.g. aspirin) and non steroidal anti-inflammatory drugs (e.g. Ibuprofen) is not recommended.** Dengue haemorrhagic fever (fever, abdominal pain, vomiting, bleeding) is a potentially lethal complication, affecting mainly children. Early clinical diagnosis and careful clinical management by experienced physicians and nurses increase survival of patients. Severe complication of dengue is Dengu Shock Syndorome (DSS) which is a exaggerated complication of Dengue Hemorrhagic Fever (DHF).

So what are our ways to prevent this disease

Know Aedes Mosquito:

Aedes mosquito (picture) which spreads dengue is slightly different from other mosquito species

- 1) You can identify an *Aedes* mosquito by the black & white stripes on its body and legs. Because of this, it is also known as the 'tiger mosquito'.
- 2) It usually bites during the day.
- 3) The *Aedes* mosquito lays its eggs in clean, stagnant water. A pool of water as small as a twenty cent coin is all that is needed for it to breed.

NURSING CARE IN ADMITTED CASES

- a mosquito-free environment in hospital
- close monitoring of patient vitals, input and output, oxygen saturation, sensorium
- early identification of warning signs and symptoms
- **avoid NSAID and intramuscular injections**
- psychological support for patient and family.
- Tepid sponging/paracetamol. Encourage intake of plenty of oral fluids.
- Severe abdominal pain may be a sign of severe complication, so remain vigilant and inform the treating doctor.



Picture- Aedes Aegypti

- Estimate and record the amount of blood loss, monitor vitals and inform the doctor.
- Plasma leakage. Monitor vitals, Hct and input/output. Encourage oral intake if possible and start IV fluid as per instructions.
- Shock/impending shock. Monitor vitals, input/output Hct and sensorium. Start IV fluids/inotropes as per instructions.
- Decreased urine output. First rule out catheter blockade by palpating the bladder. Flush the catheter if blocked. Continue monitoring vitals, input/output and inform the doctor
- Respiratory distress. Check oxygen saturation and administer oxygen via facemask or nasal catheter if SpO2 is low.
- Convulsions/encephalopathy. Pay attention to maintenance of airway, breathing and circulation (ABC). Be ready with resuscitation set for emergency intubation and mechanical ventilation.
- Fluid overload can develop during recovery phase of the illness due to fluid shifts. Closely observe for pedal oedema, neck vein engorgement and respiratory distress. Continue strict input/output monitoring during the recovery phase.

Surgical Strike

Aim- Prevent *Aedes* from Breeding!

How- Remove all sources of stagnant Water; Deny the opportunity for breeding.

Action

1. Change water in vases on alternate days.
2. Remove water from flowerpot plates on alternate days.
3. Turn over all pails and water storage containers.
4. Cover bamboo pole holders when not in use.
5. Clear blockages and put insecticide in roof gutters monthly.
6. Do not litter. Rubbish such as cups and bottles can collect rain water and breed mosquitoes.
7. Before you leave for holidays...
 - a. Cover all toilet bowls in your home.
 - b. Seal off the overflow pipe of the flushing cistern.
 - c. Cover all gully/floor traps. This prevents mosquitoes from getting to the water inside these places and breeding when you are away.
 - d. Sprinkle insecticide to places that mosquitoes could potentially breed, such as flower vases and places where stagnant water could not be removed.
 - e. Ask a relative or close friend to check your home regularly for stagnant water if you are going away for a long period of time.
 - f. Leave your contact with your neighbours or the neighbourhood police post / centre you can be reached easily.

Final step- Spread the dengue prevention message to others... Let us stop this terrorist(Dengue) taking away our citizens lives.

Dhikhil C D

अलविदा

संस्थान परिवार में अपने लंबे कार्यकाल को अत्यंत लगन, दायित्व व परिश्रम से पूरा करते हुए अनेक सदस्य अपने पद के दायित्वों से मुक्त हुए। वरिष्ठ प्रशासनिक अधिकारी श्री पी.सी. लोहानी 31 जुलाई को अपने कार्यभार से मुक्त हुए। उन्होंने संस्थान में एक मार्च 1983 को कैशियर के रूप में अपनी सेवायें प्रारंभ की थी। क्रमशः अधिष्ठान, सम्पत्ति, नियुक्ति, चिकित्सा अधीक्षक कार्यालय एवं विधिक सेल में अपने दायित्वों का अत्यंत कुशलतापूर्वक निर्वहन करते हुए 33 वर्षों का लंबा कार्यकाल, समाप्त कर श्री लोहानी संस्थान से सेवानिवृत्त हुए।



दिनांक 12 जनवरी 1988 को आपरेटर ग्रेड-2 के पद पर श्री श्याम सिंह ने अपना कार्यभार ग्रहण किया था। श्री सिंह 28 वर्षों तक संस्थान के प्रति पूर्ण समर्पण के साथ कार्य करते हुए 31 अगस्त को ऑपरेटर ग्रेड-1 के पद से मुक्त हुए।



श्रीमती शांता सिंह ANS भी दिनांक 31 अगस्त को अपने पद के दायित्वों से मुक्त हुईं। उन्होंने 28 अगस्त 1991 को संस्थान के ब्लड बैंक में अपनी सेवायें आरंभ की थी। 25 वर्ष अपने कार्य को अत्यंत मेहनत व लगन से करते हुए श्रीमती सिंह सामान्य अस्पताल से सेवानिवृत्त हुईं।

श्रीमती बीना मिश्रा ने 11 मई 1999 को Medical Record Technician के पद पर कार्यभार ग्रहण किया था। शान्त, सौम्य, व्यवहार कुशल श्रीमती मिश्रा 17 वर्षों का अपना कार्यकाल अत्यंत परिश्रम से पूरा करते हुए 31 अगस्त को पदमुक्त हुईं।



सी.एस.एस.डी. (CSSD) में Technical Assistant पद पर कार्यरत श्री मुहम्मद अजीज ने संस्थान में 9 अगस्त 1989 को अपनी सेवायें प्रारम्भ की थी। दिनांक 31 जुलाई को 27 वर्षों तक संस्थान को अपनी सेवायें देने के उपरांत श्री अजीज सेवानिवृत्त हुए।

इसी क्रम में श्री शेर अली खान ने 16 जून 1990 को पम्प-आपरेटर पद पर अपना कार्यभार संस्थान में ग्रहण किया था। बाद में श्री शेर अली खान कर्मचारी महासंघ के अध्यक्ष भी चुने गये। उन्होंने कर्मचारियों के हितों के लिए अन्त तक अपने सम्पूर्ण समर्पण के साथ काफी संघर्ष किया और वे दिनांक 31.07.2016 को सीनियर पम्प आपरेटर पद से सेवानिवृत्त हुए।



संस्थान परिवार के ये सभी सदस्य अपनी मृदुभाषिता व कर्मठता के लिए सदैव जाने जायेंगे व इनका संस्थान के प्रति योगदान अविस्मरणीय रहेगा।

कुसुम यादव

पहचान : आहार विशेषज्ञ

विशिष्ट चिकित्सालयों में रोगियों के उपचार में अनेक वर्गों का योगदान रहता है किन्तु कुछ वर्ग प्रायः पृष्ठभूमि में रहते हैं। ऐसा ही एक वर्ग है— उपाहार विशेषज्ञों का वर्ग, जिसे 'डायटीशियन' के रूप में जाना जाता है। आहार विशेषज्ञों का प्रमुख कार्य दायित्व रोगी की आवश्यकतानुसार पोषण सम्बन्धी समस्याओं को चिन्हित करना एवं तदनुसार उनके पोषण सम्बन्धी स्थिति/स्तर का मूल्यांकन करना, रोगियों के लिए आहार-तालिका को तैयार करना, उन्हें उनके आहार सम्बन्धी विभिन्न और विशेष भोजन के बारे में अवगत कराना इत्यादि है।

संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान में आहार-विशेषज्ञों का एक छोटा सा वर्ग अपनी विशिष्ट सेवायें प्रदान कर रहा है। इनके उत्तरदायित्वों को तीन स्तरों पर समझा जा सकता है।

व्यावहारिक स्तर पर रोगियों से प्रत्यक्ष सम्बन्ध इन्हीं लोगों का अधिक होता है। इनके उत्तरदायित्वों को मुख्यतः तीन श्रेणियों में रखा जा सकता है। पहली श्रेणी, प्रत्यक्ष स्तर पर रोगियों की आहार सम्बन्धी आवश्यकताओं को पूरा करने और सम्बन्धित समस्याओं के समाधान से जुड़ी है। रोगी चाहे बहिरंग विभाग (ओ. पी.डी.) का हो या वह अन्तरंग विभाग (आई.पी.डी.) का हो— सभी के लिये विभिन्न प्रकार की सेवायें इस समूह द्वारा प्रदान की जाती हैं। रोगियों के लिये विभिन्न प्रकार के आहारों का निर्धारण (उनके रोग और उपचार के सन्दर्भ में) एवं उनकी प्रस्तुति एक कठिन दायित्व है जैसे— कोमा डायट, राईल्स ट्यूब फीड, जे. जे. फीड (जेजुनोस्टॉमी फीड), उच्च प्रोटीन से युक्त आहार, कैंटोजेनिक आहार, मेटाबोलिक आहार, मधुमेह और गुर्दा रोगियों के लिये भिन्न प्रकार के आहार, शिशुओं एवं बच्चों तथा वृद्ध रोगियों के लिये विशिष्ट एवं विभिन्न आहार की व्यवस्था करना इत्यादि।

दूसरी श्रेणी के उत्तरदायित्वों में सद्व्यवहार, अनुशासन एवं नियमित देख-रेख की आवश्यकता है और यह है— रसोई की साफ-सफाई, बर्तनों एवं उपकरणों की सफाई एवं देखभाल तथा सबसे महत्वपूर्ण तो यह है कि रसोई में कार्यरत कर्मचारियों की व्यक्तिगत साफ-सफाई, स्वच्छता, उनके स्वास्थ्य का नियमित परीक्षण। साथ ही, 'पैन्ट्री' कर्मियों का नियमित पर्यवेक्षण भी आवश्यक है। यह सब कुछ इसलिये किया जाता है कि रोगियों को उनके रोग और चिकित्सक के परामर्श के सन्दर्भ में स्वच्छता से निर्मित किया हुआ पौष्टिक एवं असंक्रमित आहार उन तक पहुँचाया जा सके। इसी क्रम में एक और दायित्व यह भी है कि विभिन्न प्रकार के आहारों की उच्च गुणवत्ता, उनकी शुद्धता का भी ध्यान रखा जाय एवं उनके संचालन और समयबद्ध वितरण की भी व्यवस्था निर्बाध बनी रहे।

तीसरी श्रेणी के उत्तरदायित्वों में प्रशासन एवं प्रशिक्षण का उत्तरदायित्व है। 'ऑडिट' की आपत्तियों का समाधान करना, आवश्यक उपकरणों के मूल्यांकन और तदनुसार क्रय करने की औपचारिकताओं में भूमिका निभाना, रोगी की समस्याओं का सन्तोषजनक समाधान प्रस्तुत करना जैसे कार्य भी इन आहार विशेषज्ञों के दायित्वों में शामिल हैं। जहाँ तक प्रशिक्षण का सन्दर्भ

शेष पृष्ठ 11 पर

ऑनलाइन सेवा का शुभारम्भ



एक लम्बे समय से मरीजों की सुविधाओं के लिए ऑनलाइन रजिस्ट्रेशन प्रयास किया जा रहा था, जिसका सितम्बर 2016 में ऑनलाइन पेशेंट केयर पोर्टल के बीटा वर्जन से शुभारम्भ कर दिया गया है। इस सुविधा के चलते रोगी घर बैठे अपना पंजीकरण करा सकता है। यह पोर्टल संस्थान की वेबसाइट www.sgpgims.in के होम पेज पर उपलब्ध है।

इस पोर्टल के द्वारा इलाज कराने वाले मरीज अब घर बैठे जांच रिपोर्ट, इलाज के खर्च का विवरण, चिकित्सक को दिखाने की तिथि के साथ ही नये मरीज का पंजीकरण करा सकते हैं। यह सेवा इंटरनेट के माध्यम से कहीं भी एवं कभी उपयोग की जा सकती है इसमें नये मरीजों के लिए ऑनलाइन पंजीकरण, चिकित्सकीय परामर्श के लिए मरीजों का अप्वाइंटमेंट, मरीजों के अप्वाइंटमेंट निरस्तीकरण के लिए, जांच रिपोर्ट प्राप्त करने व देखने के लिए, व मरीजों के अकाउंट को प्रिंट करने एवं देखने में किया जा सकता है। इसके अलावा मरीजों के संपूर्ण इलेक्ट्रानिक मेडिकल रिकार्ड को देखने के लिए इस्तेमाल भी कर सकते हैं।

इस सुविधा का लाभ उठाने के लिए संस्थान की वेबसाइट www.sgpgims.in पर जाना होगा, जहां पोर्टल पर क्लिक करना होगा। पोर्टल पर लॉगइन करने के लिए मरीज को दस अंकों का रजिस्ट्रेशन नंबर जो कार्ड पर अंकित होता है डालना होगा। इसके बाद पासवर्ड बनाने के लिए O.T.P. नंबर सिस्टम द्वारा मरीज के रजिस्टर्ड मोबाइल नंबर पर भेजा जायेगा जिसको मरीज द्वारा गुप्त रखना चाहिए जिससे मरीज के रिकार्ड की गोपनीयता कायम रह सके। इसके उपयोग करने में यदि कोई समस्या हो तो फोन 8004904478, 8004904712 या पोर्टल के माध्यम से शिकायत दर्ज भी किया जा सकता है।

जन सूचना साफ्टवेयर का लोकार्पण

दिनांक 06 अगस्त 2016 को चिकित्सालय प्रशासन विभाग के सेंट्रल आरटीआई सेल द्वारा प्रदेश स्तरीय कार्यशाला का आयोजन किया गया। कार्यशाला में जन सूचना इकाई द्वारा



विकसित साफ्टवेयर का लोकार्पण श्री जावेद उस्मानी, मुख्य सूचना आयुक्त द्वारा किया गया। माननीय मुख्य सूचना आयुक्त द्वारा साफ्टवेयर की प्रशंसा करते हुए संस्थान के निदेशक से इस बात की अनुशंसा की कि संस्थान द्वारा विकसित यह साफ्टवेयर "eRTIMed" प्रदेश के अन्य कार्यालयों में भी प्रयोग में लाया जाये जिससे कि उनकी कार्यप्रणाली में भी सुधार लाया जा सके। यह साफ्टवेयर अपने आप में एक अनूठा एवं पहला ऐसा साफ्टवेयर है जिससे कि समस्त प्रकार की जन सूचना अधिकार से सम्बन्धित प्रक्रियाओं का सुगम संचालन के साथ मानीटरिंग भी की जा सकती है।

इस अवसर पर निदेशक पी.जी.आई. ने भी साफ्टवेयर के निर्माण हेतु प्रो. हेमचन्द्रा एवं श्री राजेश कुमार तिवारी की प्रशंसा की। कार्यक्रम के अन्त में जन-सूचना अधिकार विषय पर एक पैनल डिस्कसन का भी आयोजन किया गया। पैनल डिस्कसन का संचालन डॉ. राजेश हर्षवर्धन ने किया तथा इसमें प्रो. ए.के. शुक्ला एवं प्रो. सी एम पाण्डे वर्तमान एवं पूर्व अपीलीय अधिकारी एस.जी. पी.जी.आई. के अतिरिक्त लखनऊ विश्वविद्यालय के कानून विभाग एवं प्रबन्धन विभाग के प्राध्यापक भी उपस्थित थे।

इस कार्यशाला में उत्तर प्रदेश के लगभग सभी जिलों के मुख्य चिकित्सा अधिकारी एवं उनके जिलों में स्थित सरकारी अस्पतालों के चिकित्सा अधीक्षकों ने भाग लिया।

राजेश तिवारी

पृष्ठ 10 का शेष.....

है— इसके अर्न्तगत, न्यूट्रीशन के 'पोस्ट एम.एस.सी.' विद्यार्थी जो छः महीनों के 'इन्टर्नशिप' के लिये इस चिकित्सालय में आते हैं— उनको बहुआयामी प्रशिक्षण देना एक शैक्षणिक दायित्व है। इस प्रशिक्षण की अवधि में विद्यार्थियों को 'वार्ड राउण्ड' कराया जाता है, भर्ती रोगियों के साथ कैसा व्यवहार करें— इसकी जानकारी दी जाती है। साथ ही, उन्हें यह भी सिखाया जाता है कि रोगियों के उनके रोग के सन्दर्भ में, आहार से सम्बन्धित पक्षों का अध्ययन कैसे किया जाना चाहिये। उन विद्यार्थियों को इस बात का भी प्रशिक्षण दिया जाता है कि आहार सम्बन्धी परामर्श के समय रोगी के आर्थिक, सामाजिक, नैदानिक और मानसिक स्थितियों का आकलन कैसे किया जाय। ऐसे विद्यार्थियों को किसी विशेष विषय पर अपना 'डिजर्टेशन' प्रस्तुत करने में भी ये सभी आहारविद् अपना निर्देशन एवं सहयोग प्रदान करते हैं।

ऐसे कर्मठ कर्मियों को उतनी पहचान नहीं मिल पाती जिसके योग्य वे हैं। अब इनकी "पहचान" को एक सम्मान जनक मान्यता देने की प्रबल आवश्यकता है जिससे इनका मनोबल ऊँचा रहे।

राम प्रमोद मिश्र

स्मृति शेष

संस्थान के गैस्ट्रोएन्ट्रोलाजी विभाग की ओ.पी.डी. में अटेन्डेंट पद पर कार्यरत श्री सुरेश कुमार का दिनांक 18 जुलाई को आकस्मिक निधन हो गया। वह 10 अप्रैल 1996 को संस्थान परिवार से जुड़े थे। शनिवार को सामान्य रूप से अपनी ड्यूटी करने के पश्चात सुरेश सबसे मिल-जुल कर गये और सोमवार को उनके न होने के समाचार ने सबको व्यथित कर दिया।



इस सदमे से संस्थान परिवार अभी उबरा भी न था कि 27 जुलाई को श्रीमती शान्ति मुखर्जी के निधन का समाचार मिला। नर्सिंग हॉस्टल में हाउसकीपर के पद पर कार्यरत श्रीमती मुखर्जी अत्यंत सौम्य व मुदुभाषी थीं। वह संस्थान परिवार में 3 फरवरी 1989 को सम्मिलित हुई थीं। नर्सिंग हॉस्टल के हाउसकीपर के पद पर कार्य करते हुए उन्होंने अपने दायित्वों का निर्वहन अत्यंत जिम्मेदारी से किया।

यही अंतिम सत्य है कि विधि के विधान पर किसी का वश नहीं चलता। विधाता से यही प्रार्थना है कि वह दिवंगतों को शांति प्रदान करे और इनके परिजनों को इस अपूर्णीय क्षति को सहन करने की शक्ति दे।

कुसुम यादव

Memories I Take Back

In Jan 1995 when I reached SGPGI to write an entrance exam for M.Ch, with the first glimpse, I fell in love with the campus. I cleared theory exam and during the Director's interview, when I explained the use of *Mool Bandh asana* in Yoga, in sexuality, I got into the program as non M.Ch resident.

I carried with me a carton of books a small TV and a suitcase full of clothes expecting a small cooped up room in the hostel but got pleasantly surprised to see the size of the room with an attached washroom.

SGPGI as an Institute tries to provide comfort in every facet of life. Teachers are forthcoming and never ever feel offended on quandary querying them. The aura of professor to create fear among residents is lacking and so as the attitude in seniors. This freedom of thought and action imparted during the training period is a unique characteristic of SGPGI.

I joined M.Ch in 1996 and met my life partner in the mess of the PG Hostel. It was not long when we moved to married accommodation.

Post M.Ch, I joined as Faculty in January 2000 and shifted to Type 4-87 residence. I and Pallavi, my wife setup our home and spent most of our life there gaining 15-20 kilos of weight, nurturing 2 beautiful daughters and building everlasting memories.

Uniqueness of SGPGI, is having small clusters of fellow faculty members as friends. Most of the events and vibrant get-togethers happened in these clusters as we were



financially, intellectually and socially on the same page. Amongst many other inimitable things, one is that there is a structured life in the campus. Structured work hours, structured hours for sports and structured quality time for the family. Every kid who grew in the campus has fond memories of evenings full of sports, cultural activities, celebrating festivals and fun-filled dinners at the lawns of beautiful Hobby Centre or Guest House.

I have been a part of this Institute for more than 20 years and will always take pride in being associated with it. I owe everything I have gained in life to this institute, but at times I feel sad to see the pillars i.e. teaching, training and research of this institute getting feeble some times. We must realize that continuous growth of the institute is most important and should strive to grow with an inclusive attitude, nurturing the brains while keeping pace with technology and providing substantial opportunities to pace up with the fast changing field of medicine. Let us be leaders in acquiring new technology and give our young faculty the latest tools to work with. Let this be the first step in restoring the glory of the Institute.

Anil Mandhani

Adieu PGI

My Dear Colleagues,

I have joined AIIMS, Bhubaneswar, Odisha in the department of Neurology.

I joined SGPGI in 2008 as DM Neurology resident and continued until the very last day at the office as a faculty of Neurology. I had memorable time at this institute, enjoyed learning, teaching, academics and maintaining interdepartmental relations. Words can't describe the emotions.

Leaving an institution as great as SGPGIMS is a big decision not only professionally but also emotionally and personally, but I think it is my duty to serve my region as well and thus I need to go to Bhubaneswar and start the department of Neurology there. My performance will be monitored by my teachers and SGPGI will feel proud when we can make another institution like this in that part of the country. I will remember each and every day I spent here and the love and affection I and my family got from everyone.

I thank my teachers, my friends, all the staffs of the administration and my juniors for everything and hope to meet you all soon.

Thank you all for everything,

Sanjeev Kumar Bhoi



"Would You Like To Be"

*My joy, my feel,
My senses, my zeal;
My passion, my dream,
My fervor, my esteem !
Would You Like To Be !!*

*My breath, my heart,
My benevolence, my hurt;
My strength, my pride,
My gusto, my stude !
Would You Like To Be !!*

*My anguish, my freak,
My fragrance, my reek;
My love, my disgust,
My dispassion, my lust !
Would You Like To Be !!*

*My hope, my despair,
My pleasure, my flair;
My conscience, my brain,
My sorrow, my pain !
Would You Like To Be !!*

*My beating, my pulse,
My frenzy, my impulse;
My being, my strife,
My death, my life !
Would You Like To Be !!*

Rajesh Harsoardhan

Parenting- The Bengali Way

Since my father was in the Indian Army and kept getting transferred from place to place every 2-3 years, the early years of my childhood were spent shuttling between various States of Northern India. Consequently, I had no formal Bengali schooling but my parents took great pains to inculcate the true "Bengali" culture in both their children i.e. I and my elder brother.

My first memories date back to the Lori (Lullaby) which Maa often sang for me. It was a quaint mixture of Mathematics, Science, Geography, Astronomy and Religion! She would sing-

1. Eke Chandro (There is 1 moon)
2. Dui e Pokho (A month has 2 fortnights or Paksha)
3. Teen e netra (Be righteous as Shiva destroys when he opens his 3rd eye)
4. Char e char disha (east, west, north & south)
5. Panch e Panch Nad (identifying 5 big lakes of the world)
6. Choy e Shatkon (hexagon)
7. Sat e sapt rishi (the saptarshi constellation)

This "Lori" would be sung repeatedly counting 1 to 10 and thereafter I found myself armed with the General Knowledge which many of my peers would probably acquire much later in life.

The summer holidays were special events to look forward to and were spent with my Nani ma in a small town in West Bengal called Bankura. Lunch and dinner were wholesome meals of Rice, Dal and Fish curry served in the spacious kitchen where the whole family sat on the "Peera" (a small wooden plank) and enjoyed chattering away to each other. There were no mobile phones or fast food in those days to distract us and no tantrums accepted on what we would not eat. It was instead, an enjoyable sumptuous family meal together!

Bedtime was the time to explore mysteries of the dark night. Beds were often in short supply and we would carry our rolled Chatai's to the terrace to sleep under the starry sky! Baba would point to the stars identifying the 'Dhruv Tara' and the 'Sapt Rishi' Constellation. I learnt about the 'Saur Mandal', the 'Nava Graha' or the 9 planets in our solar system and about Galaxies. The concept that the 'Suryodaya' or that the sun rises was corrected and replaced by the fact that it is actually the earth which rotates around the sun and not vice versa!

Those were days full of conversation flying between me and my parents- questions & answers all placed and answered in quick succession. Baba, a deeply religious man, would often take us to visit the Kali temple at Bhairav Sthan in Kenduadihi where there was a pictorial depiction of the "Das Avtara" just behind the temple deity. Reverently, Baba would point his finger at the avatars and relate them to the 'Theory of Evolution'. Today, in my eyes, the 'Matsya Avatar' or the fish is the birth of life in water and the 'Kurma Avatar' or tortoise represents the amphibian life which evolved thereafter. He often described the 10th Avatar (Kalki Avatar), would be a humanoid with a large head and a miniscule body as mankind was using only the brains to the maximum in the present times!

The concept of Bhagavan also turned into the scientific concept of 'Panchbhoot' or 'Matter' as mentioned in our ancient scriptures:

Bha- Bhum/Earth
Ga- Gagan/Space
V- Vayu/Air
A- Agni/Fire

—Neer/Jal/Water

According to Baba, everything in the Universe consisted of matter or panchbhoot. From matter we are formed and into matter we shall merge after fulfilling our purpose in life.

Durga Puja, the major festival celebrated by the Bengali clan was a fun filled affair at our home also. There were new clothes to wear, savouries to eat and pandals to visit. This was story telling time for us! We would hear about the geography of a distant place called Rameshwaram because a particular Pandal had been constructed like the Rameshwaram temple while in another place life and teachings of Buddha would be the topic of discussion as that particular Pandal looked like the Sanchi Stupa.

It was a golden period of great bonding with parents and sharing of thoughts with mutual respect for each other. The older generation was spontaneously transmitting their own experiences and wisdom to the future torch bearers through communication.

As I smile and reminiscence over my childhood, I finally discover the message meant to be conveyed to all parents who are reading this article. Communication alone is the key to successful parenting!!!

Batein Gira Detin Hai, Phasle Deewaron Ke

Talk to your children, lend them an ear, love them unconditionally and arm them with the right information at the right time! Help them to grow up into confident, independent, healthy and happy individuals like yourselves!

Piyali Bhattacharya

"बंजारों सा"

राह चला था मंजिल को मैं
कोई न ऐसी राह दिखे
जिन राहों पे होकर गुजरा
उन पगडण्डी अब घास उगे
कहीं काटें हैं कहीं हैं कंकड़
राह कठिन है मन में हलचल
लहरें उठती मन के समंदर
आती डुबोने मुझको हरपल
मैं भी पागल बढ़ता जाऊँ
होश न मुझको बेचैनी हरपल
चट्टानों से लगे है ठोकर
पैरों से माथे पर होकर
एक पल लगे संभल जाऊँगा
पैरों तले फिसल जाऊँगा
लालच ऐसी मन को घेरे
बंजारों सा डाले डेरे
चाहूँ निकलना इस घेरे से
अपने पराये के फेरे से
चक्कर ऐसा जान न पाऊँ
अपने को ही फँसता पाऊँ
इच्छा ऐसी फिरता जाऊँ
मकड़जाल से निकल ना पाऊँ
जीवनभर मैं बस पछताऊँ.....

ध्रुव सिंह 'एकलव्य'

All in Good Humor

Common man's medical interpretations

- ☺ Antibody: One who hates his body.
- ☺ Artery: Study of Fine Paintings.
- ☺ Bacteria: Back door of a Cafeteria.
- ☺ Coma: Punctuation Mark.
- ☺ Gall Bladder: Bladder of a Girl.
- ☺ Genes: Blue Denim.
- ☺ Labour Pain: Hurt at Work.
- ☺ Liposuction: A French Kiss.
- ☺ Ultrasound: Radical Sound.
- ☺ Cardiology: Advanced Study of Playing Cards.
- ☺ Dyspepsia: Difficulty in drinking pepsi.
- ☺ Chicken Pox: A dish.
- ☺ CT Scan: Test for identifying person's city.
- ☺ Radiology: The study of how Radio works.
- ☺ Parotitis: Inflammation of parrot.
- ☺ Urology: The study of European people.



Headlines In Some Newspaper And Medical Journals

- ☺ Lung Cancer in Women Mushrooms
- ☺ New Study of Obesity Looks for Larger Test Group
- ☺ New Vaccine May Contain Rabies
- ☺ Hospitals are Sued by 7 Foot Doctors
- ☺ Stud Tires Out
- ☺ Kids Make Nutritious Snacks
- ☺ Never Withhold Herpes Infection from Loved One
- ☺ Eye Drops off Shelf
- ☺ Deaf College Opens Doors to Hearing
- ☺ Include your Children when Baking Cookies
- ☺ Chef Throws His Heart into Helping Feed Needy



Let's eat grandma!



Let's eat, grandma!

**PUNCTUATION
SAVES LIVES!**

Actual Quotes from Medical Records

The following quotes were taken from actual medical records as dictated by physicians...

- ✗ By the time he was admitted, his rapid heart had stopped, and he was feeling better.
- ✗ Patient has chest pain if she lies on her left side for over a year.
- ✗ On the second day the knee was better and on the third day it had completely disappeared.
- ✗ The patient has been depressed ever since she began seeing me in 1983.
- ✗ Patient was released to outpatient department without dressing.
- ✗ I have suggested that he loosen his pants before standing, and then, when he stands with the help of his wife, they should fall to the floor.
- ✗ The patient is tearful and crying constantly. She also appears to be depressed.
- ✗ Discharge status: Alive but without permission.
- ✗ The patient will need disposition, and therefore we will get Dr. Blank to dispose of him.
- ✗ Healthy appearing decrepit 69 year-old male, mentally alert but forgetful.
- ✗ The patient refused an autopsy.
- ✗ The patient has no past history of suicides.
- ✗ The patient expired on the floor uneventfully.
- ✗ Patient has left his white blood cells at another hospital.
- ✗ The patient's past medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
- ✗ She slipped on the ice and apparently her legs went in separate directions in early December.
- ✗ The patient experienced sudden onset of severe shortness of breath with a picture of acute pulmonary edema at home while having sex which gradually deteriorated in the emergency room.
- ✗ The patient had waffles for breakfast and anorexia for lunch.
- ✗ Between you and me, we ought to be able to get this lady pregnant.
- ✗ The patient was in his usual state of good health until his airplane ran out of gas and crashed.
- ✗ Since she can't get pregnant with her husband, I thought you would like to work her up.
- ✗ She is numb from her toes down.
- ✗ While in the ER, she was examined, X-rated and sent home.
- ✗ Occasional, constant, infrequent headaches.
- ✗ Patient was alert and unresponsive.
- ✗ When she fainted, her eyes rolled around the room.



Club Celebrations



Festivals are characterised by colour, gaiety enthusiasm, prayers and rituals. Krishna Janmashtami is an important festival which commemorates the earthly arrival of Lord Krishna'. It was celebrated by faculty club in hobby centre on



25th august 2016. Faculty members and their families took part enthusiastically. Small girls dressed as radhas and gopis performed group songs, dances and children played instrumental music. We had students with varied talent abilities and interests buried deep within them. The performances brought a smile on every face. Ladies also performed a beautiful group song. The naughty little Krishnas were all set to sway and dance with the Gopikas and Radhas. The audience was mesmerised by the performances. A beautiful jhanki was also decorated. After cultural program Puja was performed by all the members followed by Prasad distribution.

Ujjala Ghoshal

Nursery School & Creche



*Babies of Nursery School
&
Creche celebrate*



*Raksha Bandan and
Janmashtami
with full fun and masti*



Glimpses of Convocation 2016



Detailed report of Convocation will be in our next issue of Newsletter

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