



Convocation Special

SGPGIMS
NEWSLETTER

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The Academic Festival

22nd Convocation, SGPGI



Dignitaries on dias rise up for invocation of mother India



"Maintain the sanctity of the profession and serve the ailing patients to the best of your ability putting your interest at the back"—Yogi Adityanath

Convocation ceremonies are seen as the culmination of an important phase in student life and therefore a solemn occasion for any academic Institute. A total of 87 candidates were awarded degrees in the 2017 Convocation. The degrees were awarded by HE Sri Ram Naik, Governor of U.P. & Visitor of SGPGI. Chief Guest Hon'ble Shri Yogi Adityanath, Chief Minister of Uttar Pradesh delivered the Convocation address and also presented the coveted awards. The ceremony was graced by Dr. Ashutosh Tandon, Minister of Technical & Medical Education UP, Mr. R. K. Singh, Officiating Chief Secretary of UP., invited dignitaries, faculties, students, their family members, officers & employees. The conferring of degrees and the awarding of scrolls was followed by the Director's Address.



Sri Ram Naik, Sri Yogi Adityanath, Sri Ashutosh Tandon and Prof Rakesh Kapoor, Director SGPGI lighting the auspicious lamp



Blessings from the Visitor



On the diaspora – the final moment of glory



Group Photo – memories to cherish for long.



Prof. R. K. Sharma Award for Best MCh student being received by Dr. Priyank Yadav of Urology Deptt.



The students awaiting for their call



Prof. R.N. Mishra receiving the Prof S.R. Naik Award for Outstanding Research Investigator



The teachers- content with the outcome

Recipients of Degrees - 2017

MD

Anaesthesiology

Sourangshu Sarkar
Abhishek Kumar
Richa Rai
Mohammad Hashim

Radiodiagnosis

Uday Shanker Singh
Karthika S
Aditi. P

Immunohematology and Blood Transfusion

Anubha Srivastava
Yatendra Mohan
Jeetu Raj Singh
Ashish Verma
Arvind Kumar Singh
Ajit Kumar Singh

Pathology

Anamika Verma
Ipsita Panda
Aparna Singh

Microbiology

Kumkum Madoriya
Abhay Kumar Singh

Nuclear Medicine

Deepanksha Datta

Nitin Yadav

Radiotherapy

J.C. Alepes Lamin
Rashika Sachan
Lalit Mohan

DM

Cardiology

Vinod Kumar
Harsha. M.M.
Ankit Kumar Sahu
K.L. Umamaheshwar
Danish Hasan Kazmi
Shubham Joshi

Endocrinology

Kora Chandra Obul Reddy
Shrinivas. A. Patil
Aditi Chopra

Gastroenterology

Kamlesh Kumar
Lokesh. C.R.
Rajat Bhargava
Prabhakar Kumar Thakur
Vinay Kumar

Medical Genetics

Moirangthem Amita
Bharti Singh
Poonam Singh Gambhir

Nephrology

Karthikeyan. B.
Rishi Kishore
M.V.K. Hareesh
Kamble Aniket Namdev
Vinay Kumar Badri
Rahul Shukla

Clinical Immunology & Rheumatology

Latika Gupta
Phatak Sanat Bharat
Sajal Ajmani

Clinical Hematology

Shinto Francis .T

Neurology

Surjyaprakash Sibanarayan
Choudhury
Sucharita Anand
Aneez. A.

Mritunjai Kumar

Paediatric

Gastroenterology
Nagendra Kumar V.R.
Sumit Kumar

Critical Care Medicine

Sukhen Samanta

Pathology

Sujay Samanta

M.Ch.

Neurosurgery

Godbole Chaitanya Achyut
Shruti Gupta
Pavaman Sindgikar
Satya Deo Pandey

Surgical Gastroenterology

Ajit Kumar Mishra
Ashish Singh

Abishek Rajan
Selvakumar. B
Sandeep Kumar Verma
Mayank Jain
Naresh Veljibhai Gabani

Urology

Priyank Yadav
Devarshi Srivastava
Prempal Singh
Sandeep Kumar

Endocrine Surgery

Chandan Kumar Jha

Cardio Vascular Thoracic Surgery

Nilesh Srivastav
Navneet Kumar Srivastva

PDCC

Cardiac Anaesthesia

Aanchal Dixit
Rashmi Soori
Akash Gupta

Neuro Anaesthesia

Rashika Tiwari
Ganesh Gupta

Organ Transplant Anaesthesia

Zakia Saeed
Gaurav

Pain Management

Navneet Gupta
Nand Lal Bhagat
Rohit

Arindam Chatterjee

Varun Singla

Critical Care Medicine

Prasanna Kumar. H.R.
Ritu Singh

Alok Kumar Panigrahy
Ranjan Raj Pandey

Pediatric Endocrinology

Suchit Gupta

Hemato-Oncology

Sudeep V.
Sukriti Gupta
Mona Vijayan

Maternal & Fetal Medicine

Archita Shaleen
Megha Sharma
Anita Poonia

Infectious Diseases

Nidhi Tejan

Neuro-Ophthalmology

Anshi Gupta

Pediatric Gastroenterology

Shipra Agrwal
Debasish Sahoo
Jain Dimple Mahavir
Tambe Anil Siddharth

Renal Pathology

Pallavi Prasad
M. Niraimathi

Interventional Pulmonology

Giridhar. B.H.
Loveleen Mangla

Vascular Radiology

Siddharth Mishra
Mousam Dey

Gastro Radiology

Yugandhar S
Rohit Agarwal
Anil Kumar Singh

Neuro Radiology

Somit Mittal
Surya Nandan Prasad

Apheresis Technology & Blood Component Therapy

Himanshu Chaturvedi

Ph.D.

Hari Shanker Tiwari
Mohit Kumar Rai
Sandeep Kumar Singh
Vijay Kumar
Ratnakar Shukla
Brijesh Yadav
Anu Yadav
Annapurna Gupta
Asmita Dey
Sonam Bedi
Dharam Veer Singh

Awards

- ❖ Prof. Subhash R. Naik Award-2016 for outstanding research investigator presented to Prof. R.N. Mishra, Head, Deptt. of Clinical Immunology & Rheumatology, SGPGIMS.
- ❖ Prof. R.K. Sharma Award-2016 for best DM & M.Ch students Dr. Phatak Sanat Bharat, DM student, Deptt. of Clinical Immunology & Rheumatology Dr. Priyank Yadav, M.Ch. student, Deptt. of Urology.

Excerpts from Director's Report



It was 22nd Convocation of Sanjay Gandhi Post Graduate Institute of Medical Sciences, the foundation of which was laid in December 1983 with a view to provide super-specialty health care within the State of Uttar Pradesh. All these years, the Institute has nurtured the ethos and idea of a centre of excellence for providing super specialty medical care, education and research in the field of medical science.

Thriving to improve patient care, during the year 2016-17, compared to the year 2015-16, the new outpatient registrations rose by 6.1% to 93, 487. This year 4,10,173 patients were followed up in outpatient clinics, while 49,930 patients were admitted on total bed strength of 987 beds. Over 12,000 major surgical procedures were performed.

For better interaction with patients, an online portal for new registration was initiated with addition of a five storied fully air-conditioned New OPD building. To manage the scourge of swine flu, a separate testing centre and a ward has been established. Keeping in view of the increase in load of ward and working areas, 6 Ozone friendly R-134a (500 TR) centrifugal chilling plants have been installed replacing four centrifugal chilling plants with 450 TR capacities. In addition, centralized potable drinking water supply in main Hospital, PMSSY Block and New OPD Block has been installed this year. Fire fighting system is being up-graded in all sensitive areas in order to prevent any fire accidents especially since activity within the hospital has increased tremendously.

With 33 vibrant academic departments and 208 faculty members, institute provides DM, MCh, MD, PhD degrees and Post-doctoral Certificate Courses (PDCC) in most disciplines. In the period under review, a total of 11 PhD, 35 DM, 18 MCh, and 23 MD have successfully completed their training requirement for completion of their degrees. Similarly, 41 post doctoral trainees in different specialties have also completed their training requirement for completion of their Diploma. The Medical Council of India recognizes all academic degrees given by the Institute.

Today, SGPGIMS ranks a close 4th in terms of research output from India. It falls behind only the premier Institutions i.e. AIIMS, New Delhi, PGIMER Chandigarh, and CMC Vellore. This information is from a recently published article by Dr. Samiran Nundy in Current Medical

Message by Additional Director

SGPGI is an esteemed organization in the field of providing medical services and higher level of medical research. It is my privilege to be posted as Additional Director of this institution when organization has undertaken tremendous efforts for upgradation in different hospital services.



I have also been posted as Special Secretary in Medical Education department, Govt. of UP and therefore I am hopeful that learnings from different institutions across the states would also be put to use in SGPGI.

I convey my sincere wishes to all the employees and their families at SGPGI on the occasion of Deepawali and coming New Year.

With best regards,

Jayant Narlikar

Appreciation by IGNOU

The department of Hospital Administration, SGPGIMS has been the Study Center of IGNOU's P.G. Diploma in Hospital Administration course, and has been imparting academic guidance and resources to the enrolled students of IGNOU in Hospital Administration.

Indira Gandhi National Open University (IGNOU) has put on record its appreciation for the Department of Hospital Administration, SGPGIMS for bagging the maximum number of Gold Medals over the years which is 5 out of 15. Dr. Manorama Singh Regional Director congratulated the team of SGPGIMS for doing a commendable work over the years. The Gold Medal is given to the student securing the maximum marks in the PGDHHM examinations. The names of the students who studied at the SGPGIMS study Centre of IGNOU and won Gold medals in their respective years are:

Dr. P. Kumar- 2002 batch, Dr. Honey Malhotra - 2005 batch, Dr. Sanjita Sagar -2008 batch, Dr. Shashi Ambesh - 2011 batch, Dr. Apjit Kaur- 2014 batch.

Research and Practice. It has published 1640 reviewed papers (including original contributions) in indexed medical journals in last 5 years, of which 1210 publications have found place in the international journals. In the year 2016-17, institute faculty members were successful in getting 16 new extramural grants amounting to ₹ 8.33 Crore. The Institute's intramural research fund is designed to encourage new research aspirants, and in the year 2015-16, it supported 13 projects with a total amount of ₹ 51 lacs. With these accomplishments in last year, the institute gears up for quality additions in coming years.

Edited & compiled by Shantanu Pandey

Dr SS Aggarwal Memorial Lecture

*Genetics of Autoimmune Diseases-
Prof. V.S. Negi*



The Department of Medical Genetics organised the remembrance meet of Late Dr SS Aggarwal and annual SS Aggarwal Public Memorial Lecture on 5th July, 2017 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 Prof V.S. Negi, Head Deptt. Of Clinical Immunology, JIPMER, Puducherry, and also an alumni of SGPGI, delivered a lecture on Genetics of Autoimmune Diseases. His deliberations were found highly interesting and informative. Dr Shubha Phadke shared fond memories of her teacher Late Dr SS Aggarwal remembering his remarkable strive for excellence. Dr Rakesh Kapoor, Director SGPGI 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 humorous skit prior to the academic session.

Training Course on Biostatistical Methods and Computing with SPSS

The Department of Biostatistics and Health Informatics, is actively involved in development and dissemination of advance research techniques for

conducting clinical, biomedical and public health researchers. Towards this goal, a **Training course on Biostatistical methods and computing with SPSS** was organized from 10th-16th July 2017. Prof. Rambha Pathak, Head, Department of Community Medicine, Hamdard Institute of Medical Sciences and Research (HIMSR), New Delhi delivered the key note address. The training course was attended by 40 participants from



about 16 medical institutions of the country. The participants were trained in SPSS which is a powerful tool to explore data and widely used in medical and public health research. This training also focused on how to use bio-statistical methods in reviewing scientific literature, planning research, analyzing and reporting the findings with valid and meaningful conclusions.

NABL Workshop

*Quality Management Systems &
Internal Audit in Medical Laboratories*



A four day training program on "Quality Management Systems & Internal Audit in Medical Laboratories (IA & QMS) was organized by the Deptt. of Hospital Administration, SGPGIMS from 19th to 22nd July, 2017. This MELAP (sponsored by NABL) program was structured with the objective of protecting the health & safety of patients and healthcare providers, support efficient exchange of information with protection

of data in addition to overall improvement in quality of care.

The workshop welcomed a varied number of Healthcare workers from all over the state of Uttar Pradesh. The course provided detailed training in developing the skills necessary to be an effective internal auditor through various interactive sessions. This program intended to make the delegates aware of internationally accepted quality norms and procedure, as per standard 15189, which is followed and accepted across the world.

Sixteenth ICMR Course on Medical Genetics & Genetic Counseling

Pedigree to Genome

The Department of Medical Genetics SGPGI has been organizing short courses in Genetics for clinicians every year. The Sixteenth ICMR Course on Medical Genetics and Genetic Counseling was organized from 24th July to 5th August 2017. The 2-week course, provided insight into principles of basic genetics, cytogenetics, molecular genetics, genetic counseling and prenatal diagnosis. Along with lectures, demonstrations (lab and clinical) and interactive sessions were held to clarify the principles of medical genetics. The course aimed to train clinicians in counseling for common genetic problems and to identify clinical situations requiring genetic evaluations. It also covered the indications and interpretation of various genetic tests including karyotyping, mutation testing, microarray and exome sequencing. It also provided the participants an opportunity to enter the fascinating new world of molecular genetics, which is becoming an important part of all branches of medicine in the 21st century.



Eliminate Hepatitis

Need of The Hour



The department of Gastroenterology celebrated World Hepatitis Day on 28th July 2017 with this year's campaign theme 'Eliminate Hepatitis' given by the World Health Organization. The scientific program was dedicated to **Hepatitis Prevention in Health Care Workers**. Director, SGPGI, Dr. Rakesh Kapoor expressed his concern for this huge task of screening and vaccinating every health care worker posted in exposure prone areas against deadly infections like Hepatitis B and C and applauded the efforts of Hepatitis Prevention and Control Cell. Dr. V A Saraswat, Head, Gastroenterology, SGPGI and Convener, HPCC gave a bird eye view of the cell's activities for the last one year. He said that the magnitude of the problems caused by Hepatitis B and C viruses to health care workers is well known. If it remains undiagnosed and untreated for a longer period, this virus can cause chronic hepatitis, liver cirrhosis and lead to hepatocellular carcinoma.

Dr. Amit Goel, Associate Professor, & Nodal Officer, HPCC, spoke about the management of accidental needle injury and post exposure prophylaxis. Dr. Himanshu, Assistant Professor, Department of Medicine, KGMU gave a vivid description of reward and punishment theory being practiced there in order to encourage their staff to get them screened and vaccinated. Dr. Harshwardhan, Assistant Professor, Hospital Administration, SGPGI spoke on Biomedical waste management.

Hospital Based Cancer Registry

The Department of Radiotherapy in Collaboration with National Centre for Disease Informatics and Research (NCDIR), ICMR, Bangalore conducted a

2 day workshop on "Hospital Based Cancer Registry" on 28th and 29th July, 2017 at SGPGIMS, Lucknow. The program was organized to impart training to Hospital Based Cancer Registry (HBCR) staff and to sensitize the specialists of the concerned disciplines regarding the functioning of the Cancer Registry and its downstream benefits in the long term. Eminent panel of experts addressed session on various aspects of Hospital Based Cancer Registry which



also included Software Demonstration (HBCR/POCSS) and experiences of registry functioning in RCCs across the northern part of the country. The workshop was attended by Doctors, Research Scientists, Medical Social Workers, Statisticians, IT Experts and Data Entry Operators from various Regional Cancer Centres and Hospital based Cancer Registry Centres. The program was organised by Prof. Punita Lal, Principal Investigator & Professor Deptt of Radiotherapy.

Orientation of Young Hematologist

The Department of Hematology successfully organized the 2nd Young Hematologist Orientation Program (YHOP) on 5th -6th August 2017, which was attended by approximately 60 delegates and 22 eminent faculty members from across the country. The objective of this program was to enhance the skills of the young hematologists and orient them to become independent consultants. The emphasis was not only on the best practices in clinical hematology but also on the development of several soft skills like how to deal with a dying patient, palliative care in terminal malignancy, medico legal pitfalls etc. The



Dept is committed to organizing the YHOP every year for the training of budding hematologists.

Longitudinal In-service Training Program

Under the aegis of SGPGIMS Biomedical Waste Management Committee & SGPGIMS Hospital Infection Control Committee (HICC), the Department of Hospital Administration has organized six such Training Program's (LTP) till date, i.e. 5th August, 2017, since its inception from 10th December, 2016.

LTP is a half day program that has been weaved in a batch wise manner wherein hospital staffs such as Nursing, Technical, Sanitation and Housekeeping staff are being trained. The main objectives of the program are:

- To educate in-service delegates about the IPC Programs & BMWM Rules, 2016
- To inculcate appropriate skill set vis-à-vis HIC & BMWM by real time demonstration
- To create awareness about the impact of good practices upon the organization, the environment, their families & society as well

A total of 315 delegates have already been trained so far under this training program.

ETLS Course

The department of Anaesthesiology and Emergency Medicine organized the 1st SGPGI Course on Essential of Trauma Life Support (SGPGI ETLS) on 26th August 2017. The course was a daylong comprehensive course regarding trauma prevention and resuscitation. It covered the golden hour approach of a trauma patient, which is a must to save life by any



doctor, nurse or paramedics dealing with the victim of accident or trauma. In USA and UK Advanced Trauma Life Support (ATLS), is ought to to be done by any doctor or nurse dealing with the trauma patient. There are structured training course in all the developing countries for reduction of trauma and its management and is being introduced in India also.

Aesthetic Thyroid Surgery International Workshop

13th PG Course in Endocrine Surgery

The 13th Post Graduate Course in



Endocrine Surgery, which is an annual event of the Deptt of Endocrine Surgery, was organized from 6th to 9th Sept this year. One day live surgical workshop was also organized on Aesthetic Thyroid Surgery (Scar free Thyroid Surgery). Eminent surgeons from different parts of Asia gave Live Presentation of Robotic Thyroid Surgery. Video Conferencing by eminent robotic surgeon from Seoul, Korea was also arranged. Two and half day was dedicated to interactive case presentations, symposium and video lectures on current management issues on thyroid, parathyroid, adrenal and endocrine pancreatic disorders.

Experts included international faculties like Prof. Jin Wook Yi, from Seoul Korea, Prof. Tran Ngoc Luong from Vietnam, Prof. June Young Choi, Seoul Korea. The convener of the program was Dr. Gyan Chand, and Prof. S. K. Mishra was the Course Director.

UP CYTOCON-2017

The Department of Pathology, SGPGIMS, Lucknow, organized the UP CYTOCON-2017 which was held on 16th – 17th September, 2017. The academic program of this Cytology conference aimed to develop basic understanding of cytopathology with the emphasis on ancillary techniques (cellblocks, immunocytochemistry and fluorescence



in situ hybridization). The conference was attended largely by postgraduates, senior residents and practising pathologists in cytopathology with interest in interventional cytology and molecular cytopathology. Eminent speakers of national and international reputation enriched the academic meet. The scientific program included dedicated sessions on cervical cancer screening and strategies, endoscopic FNA (EUS) and EBUS-TBNA, liquid-based cytology and cytology of soft tissue tumors with ancillary techniques in cytology.

Plastic Surgery Day

15th July is observed as National Plastic Surgery Day every year with the objective to make general population aware about the scope and the nature of work done by Plastic and Reconstructive surgeons. This year, as part of this activity, Department of plastic surgery organised a one day CME for Nursing personnel to educate them about various forms of dressings and the technical aspect of applying them in diverse clinical conditions.

Prof Ramesh Chandra (Former HOD Plastic surgery KGMU) was the guest of



honour and enlightened the nursing staff about various aspects of wound care. Faculty members gave practical demonstration of dressing applications through short audio visual presentations.

World Physiotherapy Day

World Physiotherapy Day was celebrated on 8th September by the Deptt. of Physiotherapy, SGPGIMS. The Department's new working area was also inaugurated in the New OPD Block. The program was graced by Dr. Hem Chandra, Medical Suprintendent, Dr. Sushil Gupta, Dr Devendra Gupta and many faculty members and officers of the Institute. Lecture sessions were



organized on the occasion, which had the participation of 20 physiotherapy interns.

Forthcoming Events

- ◆ 35th Annual Conference of Indian Society for Medical Statistics - November 2-4, 2017.
- ◆ Two Day Advanced ECMO workshop on 17th & 18th November, 2017.
- ◆ SGPGI Foundation Day - 14 December, 2017.
- ◆ SGPGIHICON 2017: National CME Cum Workshop on Hospital Infection Prevention & Control Practices and Antimicrobial Stewardship Program -12 to 15 December 2017.
- ◆ Annual Breast Surgery Course and BRASCON 2018 from 2-4th February 2018.
- ◆ 20th Annual Conference of ISVIR 2018 - 21 to 24 February 2018.

मुख्यमंत्री का दौरा



उत्तर प्रदेश के मुख्यमंत्री पद का कार्यभार संभालने के पश्चात श्री योगी आदित्यनाथ ने दिनांक 3 अगस्त 2017 को संजय गाँधी स्नातकोत्तर संस्थान का अनौपचारिक दौरा किया। संस्थान के निदेशक प्रो० राकेश कपूर एवं तत्कालीन अपर मुख्य सचिव चिकित्सा शिक्षा श्रीमती अनीता भट्टनागर जैन ने उनका स्वागत किया।

उस समय स्वाइन फ्लू के संक्रमण से जूझते प्रदेश की राजधानी लखनऊ में संस्थान की ऐसी रोगियों की जाँच एवं सुश्रुषा में अग्रणी भूमिका रही थी। माननीय मुख्यमंत्री ने विशेषकर स्वाइन फ्लू के मरीजों की देखभाल की व्यवस्था के बारे में जानकारी ली। स्वाइन फ्लू रोगियों की भर्ती के लिए संस्थान में पहले केवल पाँच बेड की ही व्यवस्था थी। मुख्यमंत्री जी की सौगात स्वरूप एक पृथक आइसोलेशन वार्ड बनाने की घोषणा की गई जिसमें स्वाइन फ्लू हाई डिपेंडेंसी यूनिट के अंतर्गत 12 बेड तैयार करने के निर्देश दिये गये हैं। साथ ही मुख्यमंत्री जी को अवगत कराया गया कि अस्पताल में पाँच सौ बेड के विस्तार की भी योजना है, जिसमें नॉन ट्रामा इमरजेंसी मेडिसिन के 210 बेड शामिल हैं।

मुख्यमंत्री पल्मोनरी मेडिसिन विभाग के छः आईसीयू बेड देखने भी गये, जहाँ डा० आलोक नाथ व डा० जिया हाशिम ने उन्हें वहाँ की सुविधाओं से अवगत कराया। मुख्यमंत्री जी ने आपरेशन थियेटर, डायलिसिस यूनिट, क्रिटिकल केयर यूनिट, किडनी ट्रान्सप्लांट यूनिट एवं इमरजेंसी यूनिट का भी निरीक्षण किया।

माननीय मुख्यमंत्री के साथ चिकित्सा शिक्षा मंत्री श्री आशुतोष टंडन, संस्थान के निदेशक राकेश कपूर, मुख्य चिकित्सा अधीक्षक डा० अमित अग्रवाल, न्यूरोलॉजी, इण्डोक्राइनोलॉजी, नेफ्रोलॉजी एवं अस्पताल प्रशासन विभाग के संकाय सदस्य भी उपस्थित थे।



वृक्षारोपण कार्यक्रम

दिल्ली पब्लिक स्कूल एलडिको के सौजन्य से



संस्थान में समय-समय पर, विशेषकर वर्षा ऋतु के आगमन पर वृक्षारोपण कार्यक्रम का आयोजन किया जाता है। 25 जुलाई, 2017 दिल्ली पब्लिक स्कूल के छात्रों के साथ प्रो० राकेश कपूर, निदेशक एस.जी.पी.जी.आई. ने प्रशासनिक भवन के सामने अमलतास का पौधा लगाकर इस कार्यक्रम का शुभारम्भ किया। तत्पश्चात संस्थान के मुख्य

चिकित्सा अधीक्षक डा० अमित अग्रवाल, तथा अन्य वरिष्ठ संकाय सदस्यों व संस्थान के वरिष्ठ अधिकारियों ने पौधे लगाये। इस कार्यक्रम में दिल्ली पब्लिक स्कूल एलडिको के लगभग 50 छात्रों के साथ वहाँ की प्रधानाचार्या श्रीमती दीप्ती द्विवेदी ने भी पौधे लगाये। उपस्थित बच्चों को अमलतास, कचनार और फाईकस के पेड़ और पर्यावरण से संबंधित जानकारियाँ भी दी गई। श्री राजेश मिश्रा, नोडल अधिकारी उद्यान के अनुसार 175 पौधों का रोपण किया गया।

संस्थान के निदेशक डा० राकेश कपूर ने इस अवसर पर कहा कि संजय गाँधी संस्थान प्रारम्भ से ही पर्यावरण के प्रति सजग रहा है। इसी कारण ऊसर भूमि होने के बावजूद इस भूमि का ट्रीटमेंट आदि करके ग्रीन बेल्ट लगाया गया था जिससे मरीजों को स्वच्छ और स्निग्ध वातावरण में स्वास्थ्य लाभ मिल सके। इसी कड़ी को बनाये रखते हुए इस वृक्षारोपण कार्यक्रम का आयोजन किया गया।

स्वाधीनता दिवस 2017



प्रत्येक वर्ष की भाँति इस वर्ष भी स्वाधीनता दिवस अत्यन्त हर्षोल्लास से मनाया गया। ध्वजारोहण के पश्चात् उपस्थित जनसमूह को सम्बोधित करते हुए निदेशक प्रो० राकेश कपूर ने कहा कि, “जिस संघर्ष के बाद स्वाधीनता प्राप्त हुई है, उससे भी अधिक संघर्ष का कार्य है इसे बनाये रखना।” उन्होंने इस संदर्भ में संस्थान की स्थापना और इसके उद्देश्य की चर्चा की। संस्थान के सभी चिकित्सकों व कर्मचारियों को उन्होंने इस बात के लिए बधाई दी कि आज यह संस्थान देश में ही नहीं, बल्कि विदेशों में भी ख्याति अर्जित कर चुका है। चाहे शोध का क्षेत्र हो, चिकित्सा का हो या चिकित्सालय प्रशासन का हो— प्रत्येक क्षेत्र में संस्थान अग्रिम पंक्ति में खड़ा है।



इस अवसर पर हर साल की तरह संस्थान के कुछ कर्मचारियों को उनके उत्कृष्ट कार्य सम्पादन के लिए निदेशक महोदय ने शाल और स्मृति चिन्ह देकर सम्मानित किया। इस वर्ष के सम्मानित कर्मचारियों के नाम हैं श्री मुकेश श्रीवास्तव, सहायक प्रशासनिक अधिकारी, श्री संदीप श्रीवास्तव, सहायक प्रशासनिक अधिकारी, श्री ए.पी. राव, सहायक लेखाकार, श्री जयमंगल यादव, झाइवर, श्री संतराम, मरीज सहायक, सर्जिकल गैस्ट्रोइन्ट्रोलांजी ओ.टी.। देश-भक्ति गीतों की प्रस्तुति और मिष्ठान वितरण के पश्चात् समारोह सम्पन्न हुआ।

संकलन : राम प्रमोद मिश्र

Animal House : At a Glance

SGPGI Animal house is an important addition to the research activities of the Institute. Animal house was made operational from the year 2013-14. Since its inception, is playing a key role in pre-clinical research and academic activity of the institute. This facility has parallel capability, both in the matter of staff and infra-structure, to initiate research projects in small as well as large animals simultaneously under guidance and supervision of Prof. T. N. Dhole and Dr. A. K. Baranwal.

Animal house has obtained permissions from CPCSEA (Committee for the Purpose of the Control and Supervision of Experimentation on Animal), Govt. of India (Under Ministry of Environment, Forest and Climate Change) for animal breeding and experimentation, which is unique for a medical institute in this part of the country. SGPGIMS animal house was among the first 100 facilities (57th) which got registered with CPCSEA.

Moreover, we have constituted our own CPCSEA approved IAEC (Institutional Animal Ethics Committee) and is working at institute level, which is responsible for ethics and welfare of research animals. This has greatly helped in reducing the time periods for approval of small animal related research projects for our researchers in the institute.

Initiators of this facility had made the first SOP (Standard Operating Procedure) of Animal Ethics and Experimentation in year 2009. Guidance of that SOP was majorly adopted by other institutes as well. New and improved second

version of this SOP was introduced in year 2016.

In last 3 years, more than 50 small animal studies and 1 large animal study has been approved by IAEC/CPCSEA for experimentation. Few of these have completed their objectives, many are in experiment phase and remaining projects are waiting for grant approval from respective agencies.

With availability of operating microscope and micro surgical equipments we have started research projects involving surgical intervention in small and large animals as well. A basic animal OT with facilities for anaesthesia for animals has also been established. All anaesthetic intervention is done by trained animal scientist, conforming to the highest ethical standards. One intramural research project, using micro-neural surgery, on use of artificial nerve conduits has been started in collaboration with Dep't of Neurosurgery and Plastic surgery, with an aim to develop low cost nerve substitutes.

On the training front, Animal house provides the opportunity for animal research, training of laboratory animal science procedures (LASP) and other associated learning methodology under supervision of Dr. A. K. Baranwal, Veterinary Scientist.

Training program for graduate and post graduate students from our institute as well as guest scholars is a novel opportunity to learn the laboratory animal science procedures. Introduction of basic and advance credit courses to the Institutional 01/02 courses is in process, which is expected to be started from new academic session.

A.K. Baranwal



E - Lobby Cum Patient Shelter

Courtesy : State Bank of India



A continuous need was felt to provide a shelter to numerous patients and their attendant's visiting SGPGI braving the extreme weather of heat, cold, and dust etc. The State Bank of India took the initiative under its CSR projects and announced to undertake the construction of an E-Lobby cum patient shelter for the hospital while laying the Foundation Stone for E-Lobby in June 2016. On September 1st, 2017

the building was formally handed over to SGPGI by, Shri Gautam Sengupta, Chief General Manager- Lucknow Circle. Hon'ble Minister Minister of Technical & Medical Education, Shri Ashutosh Tandon, formally inaugurated the Patient Shelter & E-lobby and dedicated it to patients visiting SGPGIMS.

The air conditioned patient shelter comprises of a sitting area with a capacity of 75-100 people, toilets and food corners. Apart from providing waiting facilities to the patients the shelter will also serve as 24/7 banking center for the patients through its automated machines and is equipped with ATM, RECYCLER, passbook machine etc to provide banking services to waiting patients and their attendants. The E-Lobby is located near the entrance of the hospital in between PMSSY Building and New OPD.

The program was attended by senior officials of State Bank and SGPGI. Trees were also planted by the Hon'ble Minister and CGM, SBI to commemorate the occasion.

Colour Doppler USG for GH

Courtesy : Green Gas Ltd

Green Gas Ltd, Lucknow, under its CSR projects funded Rs. 17.8 Lakhs to assist the procurement



of a Colour Doppler USG machine for SGPGI. The machine was dedicated for hospital use on 6th August, 2017 in a simple ceremony at the O.T. of the General Hospital of SGPGI, in the presence of M.D. Green Gas Ltd, Director SGPGI Prof Rakesh Kapoor, Chief Medical Supdt. Dr. Amit Agarwal, Surgeon General Hospital Dr. Brijesh Singh and other doctors and officers.

This machine is extremely useful in treatment of venous diseases such as varicose veins and also useful in broadening the scope of diseases and treatments offered for venous diseases by the General Surgery unit of General Hospital, SGPGI.

Peripheral Nerve and Brachial Plexus Injuries

Myths, Fallacies and the Challenges Ahead

Peripheral nerves are to the human body what internet is to our personal communication. Every bit of information to and from the central nervous system travels via this information superhighway which we call Peripheral nervous system. Thus any disruption causes extensive morbidity with drastic reduction in quality of life (imagine our life without internet)

Brachial plexus are a set of nerves in the neck which control the entire sensory and motor function of the upper limb and are a frequent site of injury in road traffic accidents in adults and during child birth in neonates. Since this injury affects the young working population, loss towards productive hours and negative social impact is immense.

Multiple myths remain in the minds of not only general people but also among clinicians about the management of nerve injuries in general and brachial plexus injuries in particular.

Today SGPGIMS is the leading referral centre for Brachial Plexus Injury (BPI) management in this region with more than 50 patients operated in the last 15 months. We are regularly operating both adult and obstetric BPI patients with good results and thus BPI surgery is a new value addition to SGPGIMS. The aim is to provide the patient pain free, independent limb so that patient can integrate back into the society with minimal morbidity.

	Myth	Reality	Why
1	BPI Cannot be repaired	Can be repaired	With operating microscope and microvascular instruments good nerve repair possible
2	All BPI injuries resolve spontaneously	Only the most minor ones do	Most of the moderate to major injuries do not resolve spontaneously and benefit from surgery
3	BPI surgery is very expensive	Not expensive	Price is comparable to any routine major Reconstructive surgery
4	Physiotherapy alone can lead to nerve regeneration	It only aids but never causes nerve regeneration	Over reliance with lack of definitive treatment leads to poor results
5	Stem Cells heal nerves	Stem cell regeneration is experimental	No definitive scientific guidelines present

Thus in all severe BPI injuries surgical repair done in time provided the best chances of useful recovery.

The basic protocol followed by us is:

- ❖ Always wait for first three months post injury to assess spontaneous recovery.
- ❖ Operating microscope and micro-neural instruments are essential for surgical repair.



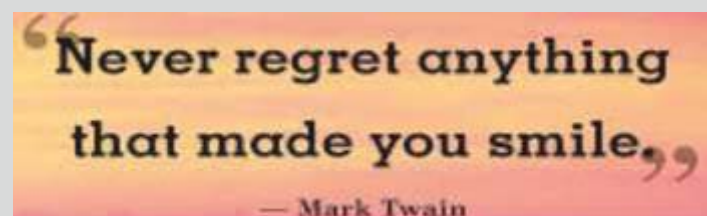
- ❖ Investigations like NCV and MRI are of limited use in early injury period, investigations are done generally 4-6 weeks after injury.
- ❖ Best time for surgical intervention is 3-5 months post injury.
- ❖ Use of tissue glue for repair of individual nerve fascicles
- ❖ Post operative physiotherapy and muscle stimulation is used to augment recovery.
- ❖ Standard recovery takes 9 months to 24 months
- ❖ For late presenting cases tendon transfer and muscle transfer provide limited recovery.



Road Ahead

- ❖ Initiate animal and Lab research in the field of nerve regeneration.
- ❖ One animal study for low cost nerve conduit has been started at Animal House SGPGIMS
- ❖ Increase awareness about BPI injury and encourage early referral of patients

Sanjay Behari
Ankur Bhatnagar
K.K. Das



The Fragrance of Memories

It was way back in 1994 that I first travelled to Lucknow to spend a day with my husband, Dr Rakesh Kumar Singh, then a non DM resident in cardiology at SGPGIMS from Jabalpur. Never did I



know that the place I was visiting would turn my alma mater too in days to come and also be the turning point of our lives as both of us got the start for our dream careers that we have today as a leading cardiologist and a professor of



Transfusion Medicine, respectively, in our home state of MP, at Bhopal, the beautiful city of lakes.

Our elder son was two years old then and found company in many such children in the campus whose parents were studying

and bringing up the kids all at the same point of time as medical postgraduates aspiring to become super-specialists. The garden as we called "Plaza" between MRA and the hospital building across the administrative block was our hub for the lovely evenings all mothers would spend with kids chatting and playing. Life was chirping and happy in spite of the struggles and the best possible life every professional would wish to have. The fragrance of those memories is still fresh and embedded with smiles in the album of life.

An amalgamation of moments of getting degrees with bringing up our children together with the community of doctors in such a congenial environment are imprinted in the heart and mind. The campus still harbours our friends of past and we look forward to connect both personally and virtually through social media with them. We made our careers and memories too. SGPGIMS campus and our life then was the most beautiful script, life wrote for us as we learnt the important lessons of life at this place. The path thus created became the best memory lane we take often and love returning back to, from time to time.

Manisha Shrivastava

Presently Professor & HOD Department of Transfusion Medicine Bhopal Memorial Hospital & Research Centre Bhopal, [M.P.] India

Ode to Alma Mater

My introduction to SGPGI
Came about in 2014 July

As senior resident in microbiology
In a white apron with a Nokia CUG

The clean, shiny hospital, nine floors high
With spick and span corridors till PMSSY

The joy of a green campus with a lake and blue sky
Teeming with peacocks, rabbits, foxes and neelgai

Seminars, CGRs and conferences went by,
PDCC Infectious diseases happened next July

The schedule was hectic and hours quite long
But cases were unique and academics strong

Of MDR-TB and scrub typhus I lost count
Too busy diagnosing Histoplasma on wet mount

Even working late nights was fun, I must confess
When you get free high-speed wi-fi and HIS access

The ID consults with colleagues in wards and ICU
Melted into evening chai with friends old and new

Leisurely evening walks; tread-milling in the gym
Power yoga at hobby center or a night time swim

From a novice microbiologist fresh out of MD
I had many colors added to my personality

How swiftly my three years went by, I cannot recall
Unable to summarize in this poem so small !

Soon, the Convocation morning dawned bright and clear
It was time to say goodbye to friends close and dear

Though I leave this sanctum today, for a fresh new start
Wherever I go, SGPGI will always stay in my heart...

Vidhi Jain

(Passing out student of PDCC Microbiology)

Parting Message

Dear one and all,

After being associated with the Institute for five and more years as Additional Director, I have handed over charge today.

This period has been an immensely satisfying experience for me. As I look back, I feel happy to think that I did not take up this charge seeking treatment, and I leave office without a CR number.

In later years, when I would look back at the time spent here, I would simply regard this period as God's special blessing for me, which enabled me to help numerous people get access to good medical care. Their blessings, and the access I got to medical learning, are my only earnings out of this place.

I came to this Institute at a time when there is a generational turn-over; the generation of doctors and employees that build this place is gradually handing over to a fresh generation of doctors and employees. I wish them well on this point, since I hope the Institute grows to be a place which attracts, nurtures, retains talent, rather than remain a mere factory for doctors and a production line for health.

I fear that the words aath-ek-athasi will haunt me in my dreams for many months to come, with the regret that I couldn't solve it. But I leave this place with the satisfaction that during my tenure I have not harmed anyone, and have tried to help resolve the long pending grievances of the employees by providing effective and implementable orders issued by competent authorities and not by elaborate long-winded committee meetings composed of non-competent persons. I also leave with the satisfaction that while I have burnt the midnight oil on several occasions, I have never conducted a mid-night DPC.

I am handing over my charge today, even as I see the night-lights twinkling from the magnificently silent ward block and PMSSY block from my office window. It's a view which will inspire me throughout my life.

Thank you SGPGIMS

Arindam Bhattachary
14th July, 2017



Good Bye

My Dear Teachers, Seniors & friends,
Greetings!

This is to share with you all that I have joined Dr Ram Manohar Lohia Institute of Medical Sciences, Lucknow as Professor & Head Department of Transfusion Medicine from 01st August 2017 with lien & leave at SGPGIMS.

Working at SGPGIMS has been an immensely enriching & learning experience for me; working among so accomplished Medical fraternity, so passionate about their work. Having practically grown up with the Institute since 1988, first as a Senior Resident's wife, followed by my PG, Sr Residency and then working as a faculty at the Institute, I have many good memories to keep me connected.

I thank you all & seek your good wishes for my new assignment to establish a functional Department at Dr RMLIMS.

With Best Regards n wishes



Priti Elhence

विदाई समारोह

संस्थान में अनेक कर्मचारी अपनी दीर्घ सेवायें प्रदान करने के पश्चात अब सेवानिवृत्त होने के क्रम में हैं। विगत कुछ महीनों में ऐसे अनेक कर्मों सेवानिवृत्त हुए हैं।



सुश्री सरोज आर0 दयाल ने वर्ष 1989 में स्टाफ नर्स के पद पर अपनी सेवायें प्रारम्भ की थीं। अपने कार्यकाल में इन्होंने अनेक महत्वपूर्ण वार्ड्स में अपनी सेवायें प्रदान की। अपने हँसमुख स्वभाव, सहजता और कर्तव्यनिष्ठा के

लिए वे हमेशा याद की जाती रहेंगी। 30 सितम्बर 2017 को वे संस्थान से सेवानिवृत्त हो गईं।

श्रीमती स्नेहलता अवस्थी ने वर्ष 1991 में स्टाफ नर्स के रूप में अपनी सेवायें प्रारम्भ की और 26 वर्ष की दीर्घ सेवा के पश्चात 31 अगस्त 2017 को सेवानिवृत्त हो गईं। कठिन से कठिन परिस्थितियों में भी कार्य करना उनके व्यक्तित्व की विशिष्ट पहचान थी।



श्रीमती उमा रानी नागर ने भी वर्ष 1989 में अपनी सेवायें स्टाफ नर्स के रूप में ही प्रारम्भ की थीं और सेवानिवृत्ति के समय वे सहायक नर्सिंग अधीक्षिका के पद पर कार्यरत थीं। अनेक वार्ड्स में अपनी कुशल सेवायें

प्रदान करने के पश्चात वे भी 30 सितम्बर 2017 को सेवानिवृत्त हो गईं।

उपरोक्त सभी कर्मचारियों के विदाई समारोह में वरिष्ठ अधिकारियों द्वारा सभी के सुखी जीवन की कामना की गई।



इसी क्रम में संस्थान के वरिष्ठ अटेंडन्ट श्री कमल किशोर श्रीवास्तव 31 जुलाई 2017 को सेवानिवृत्त हुए। हाउस कीपर (ग्रेड-1) श्री ए0बी0 मिश्र भी 31 अगस्त 2017 को सेवानिवृत्त हुए। वर्ष 1988 में संस्थान से जुड़ने के बाद उन्होंने इस पद पर अनेक उत्तरदायित्वों का



सफलतापूर्वक निर्वहन किया। उनकी विदाई के अवसर पर उपस्थित मुख्य

चिकित्सा अधीक्षक प्रो0 अमित अग्रवाल व चिकित्सा अधीक्षक प्रो0 हेमचन्द्र ने उनके कार्यकलाप, योगदान और उत्तम कार्यशैली की प्रशंसा की।

राम प्रमोद मिश्र
सूत्र : शैलेन्द्र श्रीवास्तव

Creating a Safety Net for your Children

What hurts a child hurts us all. The murder of little Pradyuman, at the tender age of 7 years, has rocked the nation. According to WHO, India has the world's largest population of child abuse victims be it physical, mental, sexual or girl child neglect. This leads to disastrous effect on how the child sees the world on growing up.

A National Study on Child Abuse in India by the Ministry of Women and Child development in 2007 came up with some alarming statistics. According to the study, more than 53% children in India reported facing some form or the other of sexual abuse in their childhood. 50% of sexual offenders were known to them (family, friends, close relative or neighbor) or in a position of trust. Onset of abuse was around 5 years of age and boys were equally at risk.

What happens to these children?



Without support, many children live

REPORTING OF SEXUAL ASSAULT	PERCENT
Keep quiet	72.1
Shared it with brothers and sisters	6.7
Told parents	11.8
Reported to Police	3.4
Others	6.0

Child sexual abuse includes a wide range of sexual behaviors that take place between: a child and an older person (adult) or between two children. Contrary to the belief that sexual abuse involves touch, it can even be a non touching

Talk "PANTS" to the little ones.



Your pants cover your private parts and they belong only to you!
No one but you must touch them. If a touch makes you uncomfortable: Say "NO" loudly and run to your trusted person.

behavior.

Most children quietly suffer from low self-esteem, depression, anxiety, and nightmares, have the feeling of being unsafe, have interpersonal difficulties and may live in isolation. Many such children may show aggression, anger, self harm behaviors, drug/alcohol abuse, falling school performance and eating disorders. Sometimes, regressive behavior e.g. thumbs sucking at an older age or bed wetting may raise suspicion.

WARNING SIGNS : Does a child close to you have:

- Unexplained bruises, redness, or bleeding of the child's genitals, anus, or mouth?
- Pain at the genitals, anus, or mouth?
- Genital sores or milky fluids or repeated infections in the genital area?

The above mentioned signs should raise the suspicion of sexual abuse. One must immediately report the case at the nearest Police Station and take the child to a doctor.

Safety Action Plan For Your Family

- Adults must watch for any inappropriate behaviors in other adults/ Youth. Speak up when you see any inappropriate behaviors.
- Stay attuned to your children's use of technology
- Set and respect family boundaries. Show in your own life how to say "no."
- Report anything you know or suspect might be sexual abuse.
- Be receptive with both the adults and the children in your life about their difficult issues.
- Use the proper names of body parts.
- Be clear with adults and children about the difference between good touch and bad touch
- Make it clear that children will be supported when they request privacy or say "no" to an activity or a kind of touch that makes them uncomfortable.
- Give kids permission to tell anyone they trust if they feel scared, uncomfortable or confused by someone's behavior toward them.
- Explain to the adults and children you know about the difference between a secret and a surprise

Teach your children that their "no" will be respected, whether it's in playing or tickling or hugging and kissing. All members of the family have rights to privacy in dressing, bathing, sleeping, and other personal activities. If anyone does not respect these rights, an adult should clearly tell them the family rules

For younger children, teach more concrete rules such as "talk with me if anyone-family, friend, or anyone else-touches your private parts." Also teach kids that it is not okay to use manipulation or control to touch someone else's body

Kids and even adults can easily stumble into inappropriate or possibly dangerous situations and exchanges. Educate yourself. Establish clear, firm guidelines and stick to them.

Piyali Bhattacharya

श्रद्धा सुमन

अर्पित पुष्प तेरे चरणों में
करता मैं अभिमानी
अश्रु गिरते नेत्र से मेरे
बनकर स्मृति के पानी
कल्पित करता स्वप्न सा तुझको
नहीं था तुझसा 'सानी'

नींव रखी तूने विभाग की
कहकर स्वप्न है तेरा
लक्ष्य बनाया 'मील' का पत्थर
सुनता प्रचलित बानी

वृक्ष वही फल देते
हमको

तूने रोपा क्यारी
छत्रक सा जो आज खड़े हैं
जिनका था तूं माली
मात्र स्मृति अवशेष हैं तेरी
जीवन शिक्षा प्यारी

अनुभव करता आज भी तेरी
'चिरस्थायी' छाया
स्मृतियों सा घुला हुआ
हृदय जो निर्मल पाया

वर्णित करता आज मैं तेरी
'श्याम स्वरूप' सी माया
'सुन्दर' कल्पित छाया

ध्रुव सिंह 'एकलव्य'
(आदरणीया, डा. शुभा फड़के की प्रेरणा से)

"श्रद्धा" ज्ञान देती है।
"नम्रता" मान देती है।
"योग्यता" स्थान देती है।
तीनों मिल जाएं तो
व्यक्ति को हर जगह
"सम्मान" देती है।

The Real Heros

The dictionary defines a 'Hero' as a person who is admired for courage, outstanding achievements, and noble qualities. By this standard, Dr. Devender Gupta and his wife Dr. Shelley are indeed heroes. Recently there was a mishap at the SGPGI swimming pool and one of our doctors got nearly drowned. Luckily for him, these two people were swimming too. An alarm was raised by one of the kids in the pool. The husband wife duo swiftly rose to the occasion, and with the help of the lifeguards present there, they got the person out of the pool and together administered CPR (Cardiopulmonary Resuscitation) till he was revived and could be sent to the Hospital ICU in an ambulance.

It was a test not only of medical skills, but also their

coolness of temperament and clarity of scientific thought in the face of such an emergency. SGPGI salutes these two heroes. We are proud of them and indeed lucky to have them here as part of our Faculty. The affected doctor is now hale and hearty.



Further, the Anesthesia department responded to this adversity by deciding to train lay people, including children and adults staying in the campus. The department imparted Basic Cardiac Resuscitation skills to batches of people. Hands-on teaching was done with the help of dummies at the poolside. Dr. Devender Gupta and Dr. Shelly and the Anesthesia department deserve our heartiest thanks.

Prerna Kapoor

Garbage to Garden

Vibrant Campus

The Vibrant campus group is actively involved in IEC activities within the campus to make it more environment friendly. Continuing in the series was learning from Dr Sudarsana Gogoi Das, actively involved in Composting: A simple and a sustainable way of converting household trash into treasure. Following is an insight as to why and how composting can be done

Why composting:

1. To curb ongoing environment pollution and evolving a healthy ecosystem.
2. A mix of compostable and recyclables in landfills may lead to production of methane, a toxic gas which can contribute to the greenhouse effect and global warming.
3. Nearly 50% of the garbage in a city emanates from households and nearly a half of these wastes is generated in our kitchens. The items that can be converted into compost are fruits and vegetable peels, tea leaves/bags, coffee residue, food wastes, paper shredding, plants, dry leaves, cardboard boxes, etc. On the other hand, plastics and glasses cannot be composted and thus need to be recycled. These wastes can be segregated right at the point of generation, which makes the subsequent process rather easy. Once it is done, there will hardly be anything left to throw into the trash bins! So, to begin with having two dustbins at our houses, one for 'wet' waste and one for recyclables is required.

The science behind compost:

Compost is nothing but nutrient rich soil derived from the process of systematic degradation of "green" and "brown" organic matter aided by bacteria, fungi and worms. It is an aerobic process

Green organic matter is mostly composed of vegetable and fruit peels, grass clippings & food wastes. It provides nitrogen to the compost. Brown organic matters like cardboard boxes, newspaper shredding, dried leaves, saw dust, etc. contribute

carbon to the compost. These need to be present in the right proportion (4:1), with adequate amount of moisture and air for production of an ideal compost.

How to start:

1. Some simple gardening tools including gloves, some compost as starter, or some garden soil or even curd or buttermilk, to introduce some bacteria to start the process.
2. Different compost bins are available in the market or any container which may be made of plastic or metal with lids to prevent access to flies or pets, holes on the sides, at the bottom and at the top for proper ventilation. Placing a tray below the bin really helps in avoiding spillage of egressing fluid, it is called compost tea which is also a very rich liquid fertilizer.
3. Green and brown organic matters are added in layers. Once the bin is full, the process takes about 3 months for the compost to completely form. Addition of earthworms may significantly hasten the process and worms are commercially available for this purpose. The latter is known as the "vermi-compost".

Using Your Compost:

Once the compost is ready, there are multiple ways of using it which include:

1. Potted plants.
2. Bushes outside the houses.
3. Flower pots.
4. Neighbourhood composting projects where applicable.
5. Community flower garden.
6. Any nearby park.
7. Offering it up as fertilizer on Craigslist.
8. Rooftop garden etc.

Composting is a feasible and a very fruitful exercise, which needs only 5 minutes from our busy schedule, to convert our spoils into nutrient rich soil. Choice is ours - whether to increase the waste heap in the landfills or turn the trash to treasure.

Prerna Kapoor

Inputs by : Sudarsana Gogoi



Club Buzz

Summer Camp Finale



The end of summer camp culminates to a grand show by children. Traditional igniting of the lamp was followed by variety of programs presented by the kids of the campus. Whether it were the plays Solution X and रविवार की खोज or the stupendous dance performance by the girls on the song ऐसी धाकड़ है or the tiny tots jazzing to the tunes like काला चश्मा and बद्री की दुल्हनिया all were much appreciated by the audience. The cynosure of program was the taekwondo show of boys & girls. The Champs put up some incredible show, justifying their five year long training. At the end of the show all the participants were aptly rewarded by Prof Rakesh Kapoor, Director, SGPGI.

Faculty club added a dose of dandiya and masti on the eve of Dussherra. Diya dance by campus ladies was much appreciated.



Rally for Rivers



Rally for Rivers is an initiative of Sadhguru Jaggi Vasudev of Isha Foundation to rejuvenate the fast depleting rivers of our nation. Volunteers of this program propagate this most burning issue of our times by addressing the teachers, staff and students of various schools and colleges. Ms Sudha Singh and I met the students of Kendriya Vidyalaya SGPGIMS, on 21st August 2017



and motivated them to support the movement by giving a missed call. This event was organized in coordination with the school principal Mr GK Dwivedi and Vice Principal Ms Sangeeta Saxena. The missed call on the designated number 8000980009 was being done to generate a public support and pledge to save rivers which is the lifeline of our nation.

Lily Kapoor

Nursery School



15th August celebrations



Raksha Bandham in school. Rakhi's were made in the school by the children with help from teachers



Janmashtmi celebrations



Ravan Dahan : The Ravan was made and put up entirely by the school staff with no help from outside.

Crèche



The kids celebrated Raksha Bandhan, Janmashtami and Dussehra at the crèche with great enthusiasm.

Dr. Aneesh Srivastava

- Dr. Aneesh Srivastava has been elected as Chairman "Board of Education" for the Urological Society of India. He will serve the society in this capacity for 2 years.
- He was felicitated at the Command Hospital Lucknow by the Chief of the Staff on occasion of celebration of completion of 100 renal transplants in their hospital. He was associated with the development of kidney transplant programme in their hospital since its inception about 12 years ago.
- He has been instrumental in starting the kidney transplant programme at the Ram Manohar Lohia Institute of Medical Sciences Lucknow from the beginning of this year and the programme is now sailing smoothly.



Dr. CM Pandey

Prof. CM Pandey, Head of Department, Biostatistics and Health Informatics, SGPGI Lucknow, has been elected as President of International Epidemiological Association (IEA). He has taken the charge of President in the World Congress of Epidemiology, held in Saitama, Japan, as the 21st president of IEA and the first Indian to hold this office. The IEA is a global body of epidemiologists with members belonging to more than 100 countries. It is primarily engaged in dissemination of knowledge and technical skills in the field of epidemiology and public health in close collaboration with World Health Organization. The association currently stands strong with a total membership of approximately 4000 people, coming from both industry and academia.



Dr. Hem Chandra

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.



From the Editors Desk

Convocation year 2015 saw a substantial change in the dress code. Heeding to the appeal of Sri Ram Naik ji, our respected Visitor & Governor of U.P., for creating a dress code, the conventional colonial convocation robes were replaced to a more somber bhartiya angwastram. The view behind the change was perhaps a dress code with an Indian essence matching the environment, culture and need of the day. In fact the same quintessence applies to the dress of the workplace too. It has been said, that the way we are dressed can influence the way we work and how we are perceived.

The relationship between color and the environments we live in is one of great dynamics. It not only helps us to define our personal spaces, but it can also affect our temperaments and our reactions. In the medical field, color is equally as important, as it has the ability to heal and to comfort. Scientists say that colors can stimulate, excite, depress, tranquilize, increase appetite and create a feeling of warmth or coolness. Obviously, the blue, white and greens thus are said to be the hospital colors as they significantly impress the strong emotional content in the environment.

The uniforms in the patient care area accordingly plays an important role to let the public know who you are, that you are at work, and that you are not some stranger off the street who comes into a patient room in the middle of the night. A well defined dress with a well groomed persona, neat hair and nails, subtle make up or fragrance, clean professional shoes and simple minimum jewelry will indeed present a more professional image. Perhaps it is high time for us to retrospect on a patient friendly appearance and color.

Convocation is a propitious function of an academic Institute, thus this time we bring to you 'Convocation Special' issue. From present to past we have lots of memories to share. The quarter was full of academic activities complimenting the spirit of Convocation so a quick trip across the symposiums will be one for records. We urge the Organizing Secretaries of the conferences to send the inputs as early as possible so that nothing is missed out. Also e-mail your opinion, feedback and literary contributions to sgpgimsnewsletter@gmail.com

Someone beautifully said, "Convocation Ceremony is an event where the commencement speaker tells thousands of students dressed identically that 'individuality' is the key to success." With this note we from the editorial board wish all the pass outs a bright shining future. Prove yourself and make your Alma Mater proud.

Monalisa Chaudhari

Convocation # Retros – Those were the days...

Inspired by the excitement which was ignited by the '#Throwback -When #SGPGI was Young' published in the last issue of SGPGIMS Newsletter we are presenting some more throwbacks of Convocations



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Editorial Board : **Chief Editor :** Monalisa Chaudhari **Members :** Shantanu Pandey, Prerna Kapoor, Ankur Bhatnagar, Kusum Yadav, Ram Pramod Misra **Photographs :** Anil Kumar, **Secretarial Assistance :** Deepak Chandra, Rishi Misra, **Office Attendants :** Sunil Kumar

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