

स्थापना दिवस – 2017



परम्परागत दीप प्रज्जवलन के साथ कार्यक्रम का प्रारम्भ



माँ सरस्वती का आह्वान सरस्वती वंदन



व्याख्यान के उपरान्त प्रो० सरीन को स्मृति चिन्ह प्रदान करते संस्थान के निदेशक एवं संकायाध्यक्ष

प्रत्येक वर्ष 14 दिसम्बर संस्थान के स्थापना दिवस के रूप में मनाया जाता है। इस वर्ष इस अवसर पर व्याख्यान देने के लिए डा० एस. के. सरीन को आमंत्रित किया गया था। उन्होंने अत्यन्त ही प्रासंगिक विषय 'रीजुवेनेशन ऑफ मेडिकल एजुकेशन इन इंडिया—यू कैन डू इट' पर प्रभावशाली व्याख्यान दिया। डा० सरीन 'इंस्टीट्यूट ऑफ लीवर एण्ड बिलियरी साइंसेज' के निदेशक हैं। स्थापना दिवस के अवसर पर एक स्वैच्छिक रक्त-दान शिविर का आयोजन डा० आर.के. चौधरी के निर्देशन में किया गया जिसमें 30 से अधिक लोगों ने रक्त-दान किया। इस अवसर पर श्री राजीव कुमार, संस्थान के अध्यक्ष एवं प्रमुख सचिव, उत्तर प्रदेश सरकार, द्वारा संस्थान के रेजिडेंट डाक्टर्स, डा० साई सरन पी.वी. (डी.एम., सी.सी.एम. विभाग), डा० पीयूष वाण्येय, एम.सी.एच. (गैस्ट्रो सर्जरी विभाग), अलका मोहन सी.वी.टी.एस. विभाग (सिस्टर ग्रेड-१) एवं रोजिला मनी अब्राहम (सी.सी.एम. विभाग सिस्टर ग्रेड-२) को सम्मानित किया गया। संस्थान के ही कर्मचारियों एवं चिकित्सकों द्वारा प्रस्तुत किये गये अनेक मनोहारी सांस्कृतिक कार्यक्रमों के साथ 34वाँ स्थापना दिवस समारोह सम्पन्न हुआ।



प्रभावशाली व्याख्यान से मंत्रमुग्ध श्रोतागण



इस अवसर पर सम्मानित संस्थान परिवार के सदस्य



स्थापना दिवस के कार्यक्रमों का आनन्द उठाते संकाय सदस्य



मनोहारी सांस्कृतिक संध्या



स्वैच्छिक रक्तदान करते सदस्य



दैदीप्यमान श्रुति प्रेक्षागृह

Foundation Day Oration

A Brief Recall

Prof. Shiv Kumar Sarin



Foundation Day Oration is a tradition which has been followed since 1994 and since then over the years many eminent scientists, renowned academicians, distinguished intellectuals have delivered the prestigious Foundation Day Orations. This year Prof. (Dr.) S.K. Sarin, Director, Institute of Liver and Biliary Sciences,

delivered the Foundation Day address at the institute. Prof Sarin's is well known for his contributions in reforms in medical education and health sciences. His approach for primary prevention of variceal bleeding by band ligation has become the standard of care worldwide. He has more than 350 International publications to his credit and has edited eleven books on liver diseases. Prof. Sarin was nominated to lead the Medical Council of India (MCI) as the Chairman of the Board of Governors, 2010-2011. He developed with other BOGs the 'Vision 2015' document for Medical Education in India and delivered his oration on this topic, before a jam packed auditorium of elite audience consisting of Institute's faculty, students, scholars, staff, officers and invited guests.

Prof Sarin highlighted the ever increasing need for improved medical services in India and proposed his vision to accomplish this mammoth task. The changes proposed broadly will be applied to the MBBS curriculum. These will improve the graduates to be capable of learning newer experiences through foundation course, early clinical exposure with alignment and integration of instruction. He further opined that the young medical graduates must be aware of principles of family medicine with emphasis on clinical exposure at secondary care level. There must be competency based learning with emphasis on self directed learning. There must be integration of ethics, attitude and professionalism into all phases of learning. He proposed that by following a particular curriculum the doctors thus proposed may be able to accomplish following roles. 1. Clinician who understands and provides preventive, promotive, curative, palliative and holistic care with compassion. 2. Leader and member of health care team and systems with capabilities to collect analyze and synthesize health data. 3. Communicator with patients, families, colleagues and community. 4. Lifelong learner committed to continuous improvement in skill and knowledge. 5. Professional who is committed to excellence is ethical, responsive and accountable to patients, community and profession. Such doctors need more postgraduate seats in various disciplines. Capacity development and lateral learning for them will develop them into faculty who can in turn improve the future education of medical graduates. He further added that government needs to fulfill its role by increasing the number of medical colleges in each districts thus increasing the opportunity for these doctors. Finally, he said that the society with government must make sure that the doctor must also be ensured his worth; only then one can expect a wholesome healthy society.

Shantanu Pandey

Editorial

Healthcare providers always advice patients, friends and family members to be health conscious, have a check on what they eat and be calorie conscious by consuming lots of green vegetables, sprouts, fresh fruits etc while mindfully avoiding fried and junk food. Rightfully, if there was ever a place that you could promote healthy eating you would think it's at a hospital, as you have a captive audience, people who are likely seeing a dear family member being put through the ringer and is actually thinking of their own health. But unfortunately, what is preached is not really practiced. But the paradox is that a hospital's Canteen, whether it is for patients and visitors or for doctors or staff....all that is available is anything but healthy. ? It's astounding and disappointing to see the junk food that usually is on offer for visitors, day patients and staff who have to heavily depend upon the canteens for their meals due to paucity of time.

This also goes with smoking and tobacco chewing because it's important for hospitals to promote healthy living in all aspects. And if clinical staff would encourage hospital patients to quit smoking and tobacco chewing, why should hospital employees be allowed to smoke cigarettes and consume guthka?

The Food Safety and Standards Authority of India (FSSAI) has turned its sights towards hospitals and other healthcare facilities to ensure they serve safe, nutritious and healthy food options to patients, visitor's as well as the doctors, nurses, and Admin staff of the hospital.

Inspired by the commitment towards health, can our hospital and campus turn tobacco free and should we look forward to have the options of sprouts, upma, soup, kichdi, salads, chapattis with green vegetables, fresh juice, coconut water, jaljeera replacing the samosas, pakoras, patties, poori -aaloo, Maggie, coke, saccharin coffee and over boiled tea in our canteens, subsequently committing ourselves to practice what we preach.

This quarter has been hub of activities and achievements. You will find the glimpses of them as you flip the pages of October to December 2017 SGPGIMS Newsletter. We shall anxiously await your feedback and as usual insist you to write your interesting anecdotes, articles and feedbacks and post them to sgpgimsnewsletter@gmail.com with. This is the last issue of 2017, with new meanings, hopes, and aspirations let us usher in 2018.

Monalisa Chaudhari

NTPC Blast – Crisis Management at SGPGIMS

A disaster is a catastrophic event that disrupts the societal or community infrastructure to such a degree that extraordinary means are necessary to cope.

Disaster Management:

Disaster Management is defined as the organization and management of resources and responsibilities for dealing with all humanitarian aspects of emergencies, in particular preparedness, response and recovery in order to lessen the impact of disasters.

Disaster Management in a Hospital:

A disaster is a sudden increase in patient workload of Emergency services beyond its capacity that disrupts patient care. Subsequently disrupting and altering the very philosophy of medical care. Although there is a mass of limitless resources devoted to the needs of a patient, the focus during a disaster shifts to doing the greatest good for the greatest number of patients.

Surge Capacity Management – NTPC Blast Victims

On 1st November 2017 at 5:30pm, following the intimated command by the State Govt. that NTPC blast victims be admitted and treated at Sanjay Gandhi Post Graduate Institute of Medical Sciences, the formulation of a ward in surge capacity was conducted. Since the hospital does not oversee trauma cases, the real challenge became the availability of beds, mobilizing resources. The swine flu ICU was thus decided to be equipped into a disaster management ward for the victims being brought in from the area of the blast. A total of 11 beds were made available for the extreme cases of burn and 15 beds were found and made available in different ward areas. The hospital thus in

a span of 4 hours made the necessary requirements of beds, resources and manpower ready for the burn victims.

At 9:30 pm, the ward was activated fully to receive the patients. The first patient with 100% burn was in 'Brought Dead' situation. The patient could not be revived despite being resuscitated. Over the span of next 5-7 hours, 5 more patients were brought and provided with immediate care and treatment. Doctors of pulmonary medicine, plastic surgery and anaesthesia were made available to tackle the situations as per the different complications that were foreseen to occur with Burn victims.



The patients with utmost importance and their day to day needs were well kept by the staffs that were deployed with them. It was a perfect example of exemplary companionship and teamwork by the administration, clinical staff, paramedical staff and the supportive staff of the hospital which lead to a successful Disaster Management.

By 10th November 2017, all the patients showed signs of recovery and by 22nd November 2017, all 5 patients were shifted to the Plastic Surgery Ward from the ICU. Thereafter, grafting as per their level of burns was done. The first patient was discharged on 05th December 2017 and the next 4 were discharged on 1st January 2018 in full strength.

*Aina Mehra
Hem Chandra*

A New Era in TB Management Under RNTCP



Recently a paradigm shift in tuberculosis control in India under the RNTCP guidelines has been made. The Ministry of Health & Family Welfare has recently announced the launch of daily regimen for TB patients across the country under the Revised National TB Control Program (RNTCP). The program was providing thrice weekly regimen for the treatment of tuberculosis (TB), however it has now been decided to change the treatment strategy for TB patients from thrice weekly to daily drug regimen using fixed dose combinations (FDC) for treatment. This change will bring transformation in the approach and the intensity to deal with this disease. In the RNTCP DOT cum Microscopy center at General Hospital too, this daily regimen has been

launched and is being now given free of cost. to all new patients who register.

Prerna Kapoor

Malnutrition –A Challenge to Overcome

Workshop to share Nutritional Status Report for Mother and Child

A one day workshop to share Nutritional Status Report for Mother and Child, Uttar Pradesh-2017 was held on October 04, 2017 at the Institute. The report that was shared before an august audience was the result of combined survey exercise carried out by GAIN, St. John Research Institute, Bangalore and UP-USI Coalition, SGPGIMS, Lucknow.



The workshop was presided over by Shri Siddhartha Nath Singh, Minister of Medical Health & Family Welfare. Chief Guest of the inaugural session was Smt. Rita Bahuguna Joshi, Minister of Maternal and Child Welfare.

The presentation of report and dissemination of data base by Prof. Lynnette Neufield, Director of Monitoring, Learning and Research, Global Alliance for Improved Nutrition, was an eye opener, which stated that as malnutrition is a critical public health challenge in Uttar Pradesh and required to fulfill the need for planning intervention programs in state of Uttar Pradesh. This resource sharing provided impetus to all stake holders (Academics, planners & policy makers, nutraceutical industry partners as well as funders) to plan and implement intervention strategies to meet this critical challenge.

The key findings of the study conducted over a period of two years by SGPGIMS and Global Alliance for Future Nutrition were based on the sample size which included 1,238 women (aged 18 to 49 years) and 1,238 children (aged 4 to 7 years). The stupendous primary findings are:

55.8% children in UP suffer from anemia; 20.3% children suffer from slow growth; 36.4% women in UP suffer from anemia; 50.3% women are iron deficient; 28.7% women are deficient in vitamins; 40.8% women are vitamin A deficient, suffering from weak eyesight; 17.2% women are vitamin B12 deficient; 50.7% women are zinc deficient; 34% women are underweight and 14.8% women are overweight.

Biostatistician Meet

The Department of Biostatistics and Health Informatics, SGPGIMS, Lucknow, organised the 35th Annual Conference of the Indian Society for Medical Statistics from November 2-4, 2017. Established in 1983 ISMS is a body consisting of biostatisticians, medical teachers, researchers, demographers and scientists from various related disciplines. This is the only Society of scientists working in medical field in the South East Asia region. The Society provides a common platform to medical researchers, statisticians and computer specialists, working in medical institutions to interact and benefit mutually towards development and application of biostatistical techniques.

The academic sessions of the Conference deliberated advances in biostatistical methods, emerging issues in health and population policies, reproductive and child health, human growth and nutrition, sustainable development goals (SDG) for health, communicable and non-communicable diseases, clinical trials, clinical & life course epidemiology, population genetics, monitoring and evaluation of health programs, family of international classification of diseases, health informatics, stochastic modeling, to name a few.



Earlier to the conference, two pre conference workshops were organized especially for early career researchers in epidemiology, public health & program evaluation and health statistics. The first one was a Workshop on Systematic Review and Meta Analysis. This workshop focused on the conceptual framework of meta-analysis along with hands on training to carry out meta-analysis. The applications of fixed-effect and random-effects models were demonstrated. The participants were trained to compute the effect sizes, prepare funnel and forest plots using Comprehensive Meta-Analysis (CMA) tool.

A sound study design is of vital importance for conducting epidemiological research. The choice of design has significant impact on study outcome. A study without proper design often results into misleading evidence. Hence the second

pre conference workshop was on Epidemiological Study designs. The workshop had discussions on the fundamentals of observational, experimental and quasi experimental study designs. The role of sampling error, bias and confounding were also discussed. Participants were introduced to data analysis tools for different designs.

India-Russia Round Table on Telemedicine



Various collaborative activities were initiated by both the countries round the year 2017 to commemorate the 70th Anniversary of India –Russian Diplomatic Relations. India Russia Round Table on Telemedicine was conducted in School of Telemedicine & Biomedical Informatics, SGPGIMS. Prof. Rakesh Kapoor, Director, SGPGIMS inaugurated the event. Shri G.V. Srinivas, Joint Secretary, Eurasia Division, Ministry of External affairs, in his key note address highlighted Government of India's Telemedicine initiatives in Armenia and Kirgystan. He expressed the desire for optimal utilization of the systems for healthcare access for citizens living in rural areas of those countries. Many medical and research centers shared their products, solutions and operational experience of indigenous telemedicine technology in the two day meeting.

Telemedicine is identified as one of the area of collaboration in IT sector for which Regional Government of Ugra at Khanty Mansiysk signed MoU with School of Telemedicine, SGPGI to practice telemedicine based master classes and clinical decision making of complex medical problems. Four Russian Telemedicine experts were on a visit to India to take part in the Indo Russian round table on Telemedicine from 6th to 8th Nov 2017 in SGPGIMS, Lucknow after which they proceeded to Pune to participate in the 13th International Congress of Telemedicine Society of India. Six Russian Professors actively involved in Telemedicine practice also participated through video conference from Moscow.

International CME on Gastrointestinal Disease



The Department of Gastroenterology took a pioneering initiative in promoting education and research in Functional Gastrointestinal diseases as the Indian Motility and Functional Diseases Association led by Dr. U C. Ghoshal, Professor, Department of Gastroenterology, SGPGI, organized a two day Educational Event in Gastroenterology on 11th November at Hyatt Regency, Lucknow. It was in conjunction with Asian Expert Group on Irritable Bowel Syndrome Singapore, Rome Foundation, USA and Shanti Public Educational and Development Society (www.spreadhealth.in). The theme for the meeting was "FGIDs in the New Rome IV Era: from Science to Clinical Application."

This event was attended by more than 200 delegates from India and adjoining countries. Key international faculty members who deliberated in the meeting were Professor Douglas Drossman, University of Carolina, USA and President Rome Foundation, Professor Kok- Ann Gwee, National University of Singapore & President AEGIS, Prof. Ami D. Sperber, Ben Gurion University, Negev, Israel and Dr. Giovanni Barbara, University of Bologna, Italy and several members of Bangladesh Society of Gastroenterology.

This event was a well designed amalgamation of lectures and case discussions on lower and upper GI disorders, post infectious bowel dysfunction and management of FGIDs, issues in pediatric FGID. Rome Foundation is committed to improve knowledge in Functional Gastrointestinal diseases and bringing some of the newest information relating to the changes with Rome IV, information on newer medications and guidelines to improve communication skills to optimize the physicians- patient relationship.

It is expected that such meetings will improve understanding in management of these disorders among physicians and Gastroenterologists leading to better management of patients suffering from these maladies.

U C Ghoshal

World Diabetes Day

World Diabetes Day was celebrated at SGPGI on Sunday November 12th, 2017. A total of 210 members from families of 79 children and adolescents with diabetes, not only from Lucknow and nearby districts but also far off from Champaran, Bihar gathered at the telemedicine department auditorium at 9.30 am sharp, so that they may not miss the talk by Dr Aspi Irani, who had very kindly agreed to come and share his experiences. Starting with sharing of reactions when their child got diagnosed with diabetes, going on to hypoglycemia and sick days, he drew wide participation from the audience and kept them interested and engaged for more than an hour. Pragya Mangla, Suchit Gupta, Chaitra Ravi and Sapna Nayak, senior residents, delivered passionate talks and prepared a lovely quiz. The highlight was video clips of insulin injection, testing, etc, asking the team to spot out all the errors in the procedure. Our educators Sunita and Sayda and dieticians Zainab, Nirupma and Archana, saw to meal and snack arrangement, celiac diets, and kept the little toddlers engaged so that parents could listen and learn.



Carrying out the program in the telemedicine dept facilitated to beam out the sessions to Gorakhpur and Raebareli. With the help of "senior" families and educators, arrangements were made that no medical or paramedical staff were present in these two locations. The responsible families themselves welcomed the newer ones, and "looked after" them, and made arrangements beforehand for hypo management. Furthermore, a first for our telemedicine colleagues, they could achieve live streaming of our session on the internet. We managed to inform a few far flung patients who were also able to see the program live streaming. Last but not the least, a Hindi video on YouTube was also released <https://youtu.be/0OY-EXBEHWc> on Insulin A to Z.

Preeti Dabadgao

ECMO Workshop

The Department of Critical Care Medicine, SGPGI under the auspices of Lucknow Critical Care Society, organized a



2 day Simulation Based Advanced ECMO (Extra Corporeal Membrane Oxygenation) workshop, on 17th and 18th November, 2017.

ECMO is an extracorporeal life support (ELS) advanced system for a failing heart and lung when all conventional support measures have been exhausted. This modality is amongst the last of interventions for supporting a failed or failing respiratory and cardiovascular system, usually when all other conventional efforts have been exhausted. Dr R K Singh, Additional Professor, CCM, SGPGI in collaboration with Dr Sandeep Dewan, HOD, ECMO-ICU and Dr Munish Chauhan from Fortis Gurgaon, organized this advanced ECMO workshop.

Being an advanced workshop, only 25 delegates were allowed to participate and undertake the training. ICU doctors (Intensivists) were from New Delhi, Jaipur, Bhopal, Bareilly and Lucknow participated in the 2 day focused training. The advanced training involved simulation based case scenarios, hands-on training along with didactic lectures and thread-bare detailing of ECMO. This was the first of its kind workshop in SGPGI.

R.K. Singh

IRACON 2017

The 33rd Annual Conference of the Indian Rheumatology Association was held from 1st to 3rd Dec 2017 at the SGPGI Lecture Hall Complex and Shruti Auditorium. The conference was preceded by several Pre-conference courses and workshops including Musculoskeletal Ultrasonography for both Adult and Pediatric Rheumatologists, Fibromyalgia and Soft Tissue Rheumatism as well as Basic & Translational Immunology. The conference was attended by large number of national and international delegates including United States, Canada, Japan, Australia, Bangladesh, Sri Lanka, Egypt and Iraq. The conference covered the recent advances in Rheumatologic diseases and provided a balance between progress in basic sciences and clinical practice under the leadership of Scientific Committee Chaired by Prof Liza Rajasekhar of NIMS, Hyderabad.

Dr Vinod Paul, renowned

neonatologist and member of NITI Ayog inaugurated the conference. The thought provoking and brilliant talk by the chief guest on the public health and epidemiological challenges of rheumatology was widely appreciated by the Rheumatology community young and old.

Two hundred and forty research papers were presented by practicing rheumatologists and trainees which was a new record. The 'Meet the Professor' sessions where young fellows had opportunity to have in-depth interactions with senior rheumatologists had only standing room. Among international speakers, Dr Anne Louise Oaklander of Harvard University presented her pioneering work on small fiber neuropathy in patients with Fibromyalgia.



The MN Passey Award for Lifetime contribution to Rheumatology was given to Dr SJ Gupta of Delhi. While Dr Ashit Syngle presented the IRA Oration, Dr Varun Dhir (both from Chandigarh) gave the Young Investigator (Zyodus) Oration. Dr Remesh Bhasi of Kozhikode gave the Kolkon Oration for community service on the challenges of delivering rheumatology care in a resource poor setting. Prof Amita Aggarwal, the President of the Indian Rheumatology Association gave the Presidential Oration on the status of Rheumatology training in India.

At the valedictory function Prof Debashish Danda of CMC, Vellore took over as the new President of Indian Rheumatology Association from outgoing President Dr Amita Aggarwal of SGPGI, Lucknow.

Able Lawrence

Prof. B. N. Dhawan Memorial Oration & CME

Institutional Ethics Committee (IEC), SGPGI organized the 'Prof. B. N. Dhawan Memorial Oration' and CME on Guidelines in Biomedical Ethics' in the Telemedicine Auditorium of the Institute on Saturday, 9th December 2017. Dr Vinita Agrawal, Member Secretary, IEC, SGPGI was the Organizing Secretary. The CME was held in memory of former chairman



IEC, SGPGI, Late Prof BN Dhawan, who contributed immensely to the field of medical ethics in the Institute and in India. Mrs Juhi Dhawan was felicitated on behalf of Late Prof. BN Dhawan. Memoirs of Late Prof BN Dhawan were shared by Dr Alok Dhawan, Dr O P Asthana, Dr Vasantha Muthuswamy and several other senior persons. The oration was delivered by Senior Deputy Director General (Retd.), ICMR, Dr Vasantha Muthuswamy. She talked about the 'Evolution of Ethical Committees in India'. Several senior faculty from all over the country including Director CDRI and IITR, Dr Alok Dhawan, Dr Paul Kumaran, from Madurai, Dr Roli Mathur, Head, ICMR Bioethics Unit, NCDIR, ICMR, Bengaluru and Dr Urmila Thatte, KEM Mumbai participated in the CME.

The latest guidelines in biomedical ethics for research in human participants were discussed. The SOPs for IEC of the Institute were released by Dr Alok Dhawan. A panel discussion to address the queries of the investigators related to procedures and guidelines to conduct clinical trials was also held and attended by faculty from SGPGI and other Institutes in the city.

Vinita Agrawal

Endocrine Summit



Departments of Endocrinology & Endocrine Surgery, SGPGI jointly organized the 4th Endocrine Sciences Summit on 9-10 December 2017. The theme of the Summit was 'Diabetes & Adrenal Disorder'. A Pre conference workshop on 'Master classes in Diabetic foot' was organized on 8th December 2017.

This summit is an annual event with established track record in offering high quality education to participants. The summit was attended by eminent faculties from the field of Endocrinology, Endocrine

Surgery, nuclear physicians and allied specialists like radiologists, pathologists and orthopaedicians. The summit was attended by more than 400-500 delegates which include endocrinologists, endocrine surgeons, physicians, general surgeons, pediatricians and gynecologists across the country.

Workshop on Hospital Infection Prevention

Healthcare-associated infections (HAIs) are those that are acquired by patients during their stay in a hospital or other healthcare setting. In an effort to provide hospitals with a frame work for containing their HAI & Antimicrobial Resistance problems and to provide healthcare leaders with a strategic action plan, the Deptt. of Microbiology in collaboration with SGPGIMS Hospital Infection Control Committee organized a National CME cum Workshop on Hospital Infection Prevention & Control Practices and Antimicrobial Stewardship Program (SGPGIHICON-2017) from 12th to 15th December, 2017 at SGPGI.



It was conducted under the stewardship of Organizing Secretary, Dr. Richa Mishra, Associate Professor, Microbiology, Prof. Amit Agarwal, Chief Medical Supdt. & Prof. T. N. Dhole, HoD, Microbiology as Organizing Chairpersons along with Dr Rajesh Harsvardhan, Member Secretary of Hospital Infection Control Committee, as Co-organising Secretary.

The SGPGIHICON-2017 had been weaved as a 04 Day Residential Program focussing on Hospital Associated Infections (HAIs), Antimicrobial Stewardship, Hospital Surveillance, Biomedical Waste Management, Standard Precautions, Needle Stick Injury and Hepatitis B. To make this program more effective, sessions for field visit, live workshops, mannequin based skill inculcation apart from games and assignments had been embedded for capacity building in true sense.

More than 30 experts including faculty from AIIMS (New Delhi), PGIMER (Chandigarh), Apollo Spl. Hosp. (Chennai), CMC (Vellore), Apollo IMS & R (Hyderabad), to name a few had been roped in, apart from in-house faculty of SGPGIMS.

Richa Mishra

MoU with UK Hospital

A UK team from Chelsea & Westminster Hospital NHS Foundation Trust, London headed by Dr. Shashank Patil made an official visit to SGPGI to hold discussions for a possible collaboration between the two medical centers. The overseas team from Chelsea & Westminster Hospital, NHS Foundation Trust, London, UK also included Dr Zoe Penn-Medical Director, Dr Gary Davis, Clinical Director and Mr Robert Hodgkins, Chief Operating Officer. This team was also part of Royal College of Emergency Medicine. They were Institute Guests from 1 Oct to 4 Oct 2017.



Dr Shashank Patil also delivered a Guest Lecture on 3 Oct 17 on 'Medical Training Initiative-MTI Program of Royal colleges of UK and NHS with special emphasis on post cardiac resuscitation care and neuro-prognostication. The UK team expressed inclination for collaboration with MCI recognized govt. hospitals like SGPGIMS under the student exchange program. Under the agreement doctors and medical student would be sent to the hospital for any area of medical care free of cost and would exchange research ideas, as well as developing medical and surgical specialties like Acute Care, Emergency Medicine and Trauma and Critical Care. The deliberations between the SGPGI and UK team culminated on a concurrence of signing of MoU between the Medical Institutes of two countries.

Sandeep Sahu

International Guest Faculty



The Department of Neonatology invited Prof. Samir Gupta, Professor and Head of Research Neonatology, Durham University, Wolfson Research Institute for Health and Well Being, United Kingdom, on December 5th 2017 in order to provide hands on training in Functional Echocardiography, To update regarding the management of neonatal shock and use of non-invasive ventilation. The session was attended by various Neonatologists across the state including faculty from KGMC. The said training has been of immense help in fine tuning the management of shock as our Senior Residents are now able to do functional echocardiography on daily basis. Furthermore, our unit has now been able to avoid use of invasive ventilation in majority of the patients with the use of CPAP and NIMV. Such

initiative also helps us in making collaboration with the international institutes which can translate into exchange fellowships in future. Moreover being an academic institute, such activities serve as feast for senior residents and motivate them to aspire for more. We intend to conduct such academic activities more regularly in future.

Akash Pandita



Laugh a Little



A Busiest Doctor first time brings the child home from school and tells his wife, "He has been crying the whole way to home..

Is he sick or something..?"

Wife replied: "He was trying to tell you that he is not our son.."

Moral of the Story:

Spend time with family and friends and not always in Clinic or Hospital.



When an employment application asks who is to be notified in case of emergency, I always write, "A very good doctor".



Wife returns from the clinics and tells her husband:

- The doctor recommended me to spend one month at the sea, two weeks in the countryside and go for one week abroad. Where will you take me first?

- To another doctor...



Two kids were deciding what game to play.

One said, "Let's play doctor!"

"Good idea," said the other. "You be the doctor who operates, and I'll be the patient who sues."



SGPGI Excels in Research

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 Research and Practice. It simply reflects the amount of importance the Institute attaches to high quality clinical and basic research. Thanks to both extra- and Intramural funding, the faculty has contributed significantly to the research scenario in the country. 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.

Supporting C H D Children of Afghanistan

The department of Cardiovascular and Thoracic surgery has developed ties with Afghanistan to help children with congenital heart disease. Professor and head, Dr. Nirmal Gupta has developed this program and is



helping kids in need for complex cardiac surgery. In last few years Afghani children with complex congenital heart diseases are being referred to him for help. The recent one was the patient with cyanotic heart disease. The child suffered with a single ventricle physiology meaning, essentially the oxygenated and de-oxygenated blood is received and pumped by the single ventricle. This makes the blood impure (cyanotic) making child blue and symptomatic. This condition needs surgical correction. This surgery requires high skill and is complex. The venous drainage from the body needs to be connected to the pulmonary (lung) arteries. This makes the alone ventricle available for oxygenated blood to be circulated in the body. This completes the

operation. This procedure, Fontan procedure, is known by the name of surgeon who proposed this procedure for such patients. The de-oxygenated blood returning to lungs following this operation does not have any ventricle to pump it into the lungs, making this operation technically demanding and high on understanding and skill. This operation was done for this child and he recovered in the postoperative period. This kind of effort to help unfortunate children from underprivileged nation is indeed a noble cause.

Pragya Walks After 3 Years

This 26 year old young female had sustained a fall from stairs, suffered a D11 vertebral fracture with spastic paraplegia and was bedridden. She was operated at a private hospital for complaints of low backache, paraplegia, urine and stool incontinence. She underwent decompressive laminectomy and pedicle screw fixation at



some private hospital which only partly relieved her backache and there was no improvement in power of lower limbs. Thereafter she was referred to Neurosurgery deptt. of SGPGI. After 3 years of previous surgery she had lost all the hope that she would ever be able to walk again as power in spinal cord injuries usually does not improve after 6 months of injury. At our centre, patient's tightness in the legs (spasticity) worsened with the use of cocktail of allopathic & ayurvedic drugs, so it was planned to re operate her. Since the spinal cord at that level had become thin and there were chronic cord changes, there was very little hope of improvement. Patient after understanding the risks/benefits of surgery, gave consent. She was operated by Dr (Prof.) Raj Kumar and removal of the offending bony fragment of D11 and cord decompression was done. The patient made a miraculous recovery. After 10 days of surgery patient had significant improvement in power and sensation in her lower limbs to the extent that she could be ambulated with the help of 2 persons. At present, after 5 months of follow up, patient's spasticity has reduced to a great degree and she is able to ambulate by herself with the help of walker giving hope to other paraplegics that sometimes the combination of the strong will power of patient and the gifted hands of a surgeon can do wonders.

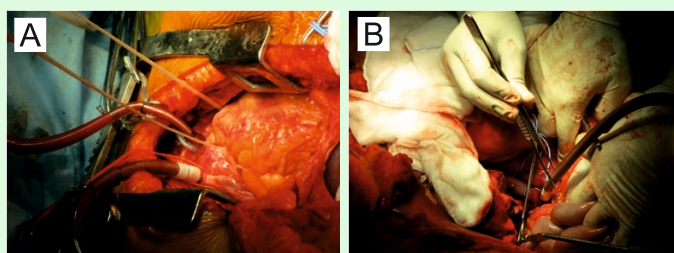
Raj Kumar

Rare Adrenocortical Carcinoma Operated

Evaluation & Management

Malignancy of the adrenal cortex is a uncommon but aggressive and grows rapidly and metastasizes to liver, lungs, kidneys, bones. Very rarely tumor thrombus may extend through via adrenal vein to the inferior vena cava and even may extend up to the right atrium. Such scenarios are rare and poses a real surgical challenge. A case of right adrenocortical tumour with IVC thrombus extending till right atrium was presented. She successfully underwent right adrenalectomy with nephrectomy and retroperitoneal lymphadenectomy and removal of its intravascular extension with the assistance of cardiopulmonary bypass and Intraoperative transesophageal echocardiography.

At presentation a 32 years old lady who was



Intraoperative pictures showing IVC, SVC and Aortic cannulation prior to Bypass

In Fig A: Red solid aortic cannulation, white arrow SVC cannulation

Fig B: White arrow IVC cannulation

evaluated for right flank pain, weight loss and generalized weakness and diagnosed as a case of right sided large adrenal tumour with tumour thrombus extending to right atrium via right adrenal vein and IVC by means of CECT abdomen and thorax and MR angiography. An echocardiographic evaluation confirmed the presence of the tumor thrombus in the right atrium. The patient underwent right adrenalectomy with nephrectomy and retroperitoneal lymphadenectomy and removal of its intravascular extension with the assistance of cardiopulmonary bypass and intraoperative transesophageal echocardiography. Post operative recovery was uneventful and discharged on 8th day surgery. Histopathology confirmed adrenocortical carcinoma. Follow up at 3 & 6 month with USG whole abdomen and Doppler and CECT scan was normal.

Conclusion: ACC with tumor thrombus extending into the IVC or even up to right atrium does not represent a contraindication to surgery and curative resection is feasible. Preoperative optimal surgical planning and execution of each and every step carefully in a multidisciplinary setting is the key.

Amit Agarwal

Diwali Party for Sick Children

Diwali is a special time of the year, but many families spend the festive season in hospital to



take care of their little ones. To help, bring joy and smiles to all of our sick kids and their families, the Pediatric Gastroenterology ward celebrated Diwali by lighting candles and having some fun and sparkle in otherwise painful journey of treatment. Dr. Mrs Deepa Kapoor, together with dedicated faculty members of the Pediatric Gastro ward joined in the celebrations. Patients and their families at the hospital enjoyed an array of festive activities.

Continued from Page 11.....

I told everyone that I had done my MS thrice. The first time in Bhopal but the training was incomplete. I had done work equivalent to 2 times of MS at SGPGI because I had learnt each and every aspect of surgical training right from taking history, examination, surgical skills and handling complications. There was a slight improvement in my language too since I had studied in a Hindi medium school. Whatever I have achieved in my life is because of training at SGPGI and Dr Kapoor who had given me free hands. I received complete open surgery training and good basic laparoscopic training. I applied my open surgery knowledge to laparoscopic skills. I recall that Dr Kapoor had asked me during my entrance interview, "Do you have any experience of Ileal pouch surgery" and I replied, "I have never seen this procedure, but I know how to do it" and told him all the steps. Retrospectively I guess I told him the truth and that was one of the reasons of my selection.

Rakesh Shivhare

Presently Senior Consultant & Head
Minimal Access Surgery, GI surgery,
Bariatric Surgery VATS and Transplant Unit
Apollo Hospitals, Indore

No wound is as painful as,
caused by "Self Inflicted Anxiety and Anger"
taking birth from the womb
of personal mistrust!

-Nirmal Kumar Gupta

Courtesy Facebook Post

All about Stroke

World Stroke Day

Stroke (paralysis) is one of the foremost causes of morbidity and mortality in India and the world. The lifetime risk of stroke after 55 years is 1 in 5 for women and 1 in 6 for men. Almost every 40 seconds somebody develops a stroke and a person dies because of stroke every 4 minutes. More than 80% of strokes occur in the developing countries.

Stroke may be ischemic because of blockage of cerebral blood vessels, or hemorrhagic secondary to rupture of blood vessels. The important risk factors for stroke include high blood pressures, diabetes, heart disease, high cholesterol levels, smoking, alcohol intake and a sedentary lifestyle. By 2025, India will be the leading nation in terms of diabetes, cardiovascular disease and stroke.

Public awareness for early identification of stroke symptoms is essential, to facilitate early treatment. Every person needs to know and recognize the basic symptoms of stroke. The sudden onset of weakness or numbness on one side of the body and face, inability or difficulty in speaking or understanding conversation, vertigo and imbalance or unconsciousness with or without a convulsion is highly suggestive of a stroke and should not be ignored. 'FAST' stands for Facial asymmetry, Arm/leg weakness, Slurring of speech and Timely shifting of the patient to the stroke facility.

Every effort must be taken to shift the patient to a stroke center as soon as possible within the first hours itself. Thrombolysis is a procedure where rTPA (recombinant Tissue Plasminogen Activator), which is a clot buster, is administered intravenously within 4.5 hours of onset of stroke. This clot buster dissolves the clot and restores blood supply to the brain. The minimum investigation required is a plain CT scan of the head. Our emphasis is to reduce the time delay between detection of stroke and treatment for the injection to have maximal benefit, as best results are seen within the first hour (Known as the Golden Hour).

This will reduce the disability related to stroke.

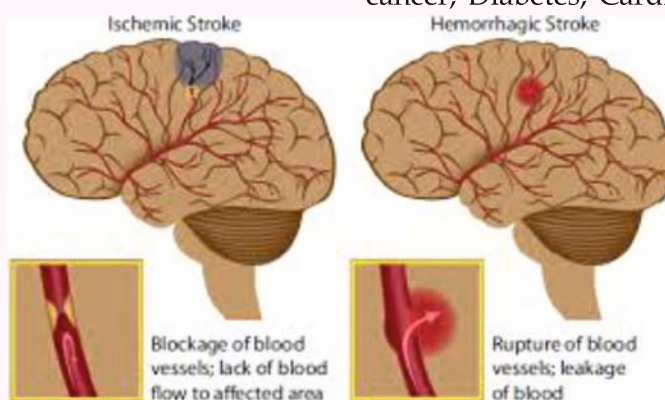
All facilities are available at SGPGIMS, Lucknow for imaging and management of stroke. Patients are assessed in the Emergency Department by a neurologist round the clock and after CT scan shifted to the ward/ICU for further management. rTPA is freely available in our hospital pharmacy.

After discharge from the hospital it is also important to continue taking the medications, especially blood thinners in case of ischemic stroke and controlling blood pressure and blood sugars. Hence continued follow up and rehabilitation of the patient is essential to make him independent for his daily activities.

The Central Government has included stroke in its National Program for Prevention and Control of cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS). The program emphasizes the importance of spreading awareness, taking preventive steps and treating stroke in time. On 29th October, celebrated as the World Stroke Day, the World Stroke Organization has issued a document which impresses the world population to be more aware about risk factors

and warning signs of stroke. It emphasizes that stroke is a treatable disorder and public awareness, access to treatment and rapid shifting of the patients will reduce overall disability and death.

Sunil Pradhan

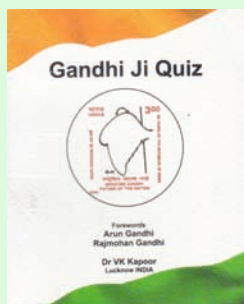


Arrogance comes with
power and more so with
absolute power
unfortunately, it destroys
everything, including the Arrogant !

-Nirmal Kumar Gupta
Courtesy Facebook Post

A Touching Gesture

Book Review



On a recent visit to Lucknow, Dr Vinay Kapoor, who I have known since the days he joined the SGPGI faculty in the late 1980s, presented me with a copy of his recent book "Gandhi Ji Quiz". The small, (10cm by 12 cm) and handy book, tells us nothing new about Gandhiji. And that is probably not possible, as more has been written about him than of any other person in modern times. But by adopting a simple and innovative format, Vinay has made it possible to quickly revise the many little facts about this unique life that even those of us who have read about it, may have forgotten. Gandhiji's life has been divided into various sections, such as childhood, family, UK, South Africa etc. and for each section a set of simple questions have been framed. Each of the 200 odd questions has 4 possible answers and the correct answer along with a brief explanation, are provided at the end of each section. I was happy that I could correctly answer a fairly large number of the questions. Its light and attractive format is an excellent

way to introduce the subject to younger people and I do hope it gets wide publicity.

That Vinay had selected this subject did not take me by surprise. Vinay, beside being an excellent professional, has carried a reputation for simplicity and straight forwardness. These qualities, which are under constant stress in the rapidly changing world, give him a Gandhian spirit. In many ways, this was also true for Subhash Naik, my late husband who many of you would know. And that was why probably, Subhash always had a soft corner for Vinay. Over the years I had seen glimpses of Vinay's deep admiration for the Father of the Nation. I was personally touched to receive a signed copy of the book, with a personal dedication to Subhash. Thank you Vinay.

Sita Naik

(Former Head Clinical Immunology & Dean SGPGI)



SGPGI Memories

I joined SGPGI on 5th July, 2000 with great fear because I was unable to speak in front of teachers. Prof V K Kapoor had asked me my first question, "What is your aim?" I replied with a fumble, "Siiirrr, to complete 3 years of residency." Sir had replied, "You are mistaken -this appointment is only for 1 year which is extendable for up to 3 years based on your performance." I realized I was sweating. I came from Bhopal and my MS training was not up to the mark, neither was I good at computers nor did I know how to take the history of gall stone patient. Prof Kapoor had given me 15 days to learn computers. My friend Dr Shaleen Agrawal, Dr Sajis and my seniors Dr G Srikant and Dr Sanjay Shrivastav had helped me a lot to learn things in ward. After 1 month, on grand round Saturday I was presenting patient status and Kapoor sir had asked me the reason for being afraid. I replied with a pause and said, "Sir I am worried because if complications happen in post op period I will be the one responsible. Sir had replied -why do you think that you will be responsible? Complications are bound to happen after procedure and ward residents are not responsible for this. That day my fear had completely vanished and subsequently I completed my 3 years at SGPGI with great dedication.

Everyone was afraid of Dr Sadiqe Sikora in those

days, but I never had any problem with him even though he was extremely strict, but as a teacher, he always worked for betterment of students. Training given by him had helped me a lot. My friend Dr Sajis had the courage to take all complicated cases although he knew that the chances of committing mistakes were high. I took up outside work like booking of CT scan, PTBD and Enteroclysis to name a few. I showed all investigations to Dr Sadiqe on same day and he appreciated my work.



Prof Rajan Saxena and Dr Ashok Kumar were always friendly and everybody was eagerly waiting for the change over because everyone was exhausted after 6 months of fear from Dr Sadiqe and hard work. One day, Dr Dash was presenting the audit of the week and mentioned the case of re-exploration that instead of making a Roux-en-Y loop, Roux-en-O loop named was made and he had to re-explore the patient. Dr Richa Lal always requested me for extra night duty because I had experience of pediatric surgery during my MS training. Dr Richa had managed to take out some data and I compiled choledochal cyst data and later on there were many publications with my name written on them.

Contd. on Page 9.....

Vibrant Campus

"Education teaches children how to become good citizens. Education is not just for a privileged few, it is for everyone. It is a fundamental human right," Said Ban Ki-moon

To take our initiative for a Clean, Green SGPGI and India forward, the Vibrant campus group planned to have a session with the kids of the domestic helpers staying in SGPGI, on Sunday ,17th December, 2017 in the hobby center. The attendance was overwhelming. The entire hall was jam-packed. The kids were very bright, responsive and enthusiastic.

In a nutshell, with the help of simple question answers and YouTube videos (Haath mooh bum by

Hindustan Levers, Geela kachra sookha kachra by Environment Ministry, Swaccha Bharat advertisement featuring Kangna Ranaut etc)

Cleanliness, personal hygiene, using toilets, saving water and electricity, using jhola instead of polythenes, no littering and separating biodegradable kachra from non biodegradable were discussed. At the end of the session, the children were provided Frooti and snacks.

The older kids, those more than 10 years were given a sapling each to nurture. All in all, the response was heartening but we still have miles to go.

Prerna Kapoor



Ushering in 2018

Retro Bollywood Style

SGPGI Faculty Club ushered in the New year 2018, in a jazzy and energetic atmosphere on 31st December night. Good food, rocking music, tapping steps and unwinding with friends and colleagues made the night memorable



Couple with dancing feet

Mesmerising "Bhoomro"



Tonga Waliya



Rock N Roll Buddies



The first couple on the ramp

2 अक्टूबर समारोह



इस वर्ष भी 2 अक्टूबर को संस्थान में गोंधी जयन्ती एवं शास्त्री जयन्ती उत्साह पूर्वक मनाया गया। दोनों महापुरुषों के चित्रों पर माल्यार्पण और पुष्प अर्पित किये गये। मुख्य चिकित्सा अधीक्षक प्रो० अमित अग्रवाल ने कहा कि जहाँ

गोंधी जी से हमें न्याय और सत्य पर चलने की प्रेरणा मिलती है वहीं शास्त्री जी से सादगी की प्रेरणा मिलती है। चिकित्सा अधीक्षक, डा० हेम चन्द्रा ने भी उपस्थित श्रोताओं को सम्बोधित करते हुये कहा कि दोनों महापुरुषों से हमें अनेक गुण आत्मसात् करने के लिये मिलते हैं। चिकित्सालय के वातावरण में हमें अपने उत्तरदायित्वों के प्रति निष्ठा और दृढ़ता का मनोभाव रखना चाहिये तथा सरल एवं सहज भाव से रोगियों की सेवा करनी चाहिये। उपस्थित जन समूह ने इन सम्बोधनों को ध्यानपूर्वक सुना और इस प्रकार इस पुण्य दिवस का समारोह सम्पन्न हुआ।

राम प्रमोद मिश्र

श्रद्धा सुमन



संस्थान के न्यूरोसर्जरी वार्ड ए में मरीज सहायक के पद पर कार्यरत श्री देवतादीन का निधन दिनोंक 18.12.2017 को अपराह्न लगभग 9 बजे अचानक हृदय गति रुक जाने के कारण हो गया था। उन्होंने संस्थान में 10.04.1996 में कार्यभार ग्रहण किया था। वे एक कर्मठ कर्मचारी तथा अपने कार्य के प्रति काफी जिम्मेदार व्यक्ति थे। इनके परिवार में पत्नी सहित तीन पुत्रियाँ एवं तीन पुत्र हैं। संस्थान परिवार के तरफ से इनकी आत्मा की परमशांति के लिए शोक सभा भी आयोजित की गई थी। हम ईश्वर से प्रार्थना करते हैं कि उनकी आत्मा को शांति प्रदान करें तथा इनके परिवार को इस अपूर्णनीय क्षति को सहन करने की शक्ति प्रदान करें।

दीपक चन्द्र



संस्थान के यूरोलॉजी वार्ड-ए में सिस्टर ग्रेड-01 के पद पर कार्यरत श्रीमती दुर्गेश नंदिनी का दिल की बीमारी से दिनांक 05.11.2017 को आकस्मिक निधन हो गया। श्रीमती नंदिनी दिनांक 05.11.1994 में संस्थान का कार्यभार ग्रहण किया था। वे अपनी मृदुभाषिता, व्यवहार कुशलता एवं कार्य कुशलता के कारण अपने वार्ड में काफी लोकप्रिय थीं। श्रीमती नंदिनी अपने पीछे एक भरा पूरा परिवार छोड़ गयी हैं। इनके परिवार में इनके पति सहित एक पुत्र तथा एक पुत्री है। मरीजों के प्रति इनका व्यवहार काफी हंसमुख था तथा यह अपने सहकर्मियों से हमेशा ताल-मेल बनाकर रखती थीं। इसके अतिरिक्त इतनी गम्भीर बीमारी के बावजूद वार्ड में इन्होंने अपनी ड्यूटी सुचारु रूप से निभाई। संस्थान को इनके निधन से काफी क्षति पहुंची है। हम ईश्वर से प्रार्थना करते हैं कि इनकी आत्मा को शांति प्रदान करे तथा इनके परिवार को इस अपूर्णनीय क्षति को सहन करने की शक्ति दें।

छाया सान्याल

भावभीनी विदाई

ऐसे कर्मचारी जो संस्थान की स्थापना के समय या प्रारंभिक वर्षों में ही संस्थान से जुड़ गए थे— शनैः शनैः अब वे पदनिवृत्त होते जा रहे हैं। इस क्रम में 2017 में भी कुछ कर्मचारी सेवानिवृत्त हुये हैं।

प्रो० ए.के. वर्मा ने 1991 में इन्डोक्राईन सर्जरी विभाग में सहायक



प्राध्यापक के पद पर अपना पदभार ग्रहण किया। अपने कार्यकाल में प्रो० वर्मा अनेक जटिल शल्य-क्रियाओं को प्रतिपादित करने के साथ-साथ वे शिक्षण एवं शोध में भी अपना महत्वपूर्ण योगदान देते रहे। विभाग के अनेक अध्ययन सम्बन्धी कार्यक्रमों विशेषकर 'डायबीटीज फुटकेयर' सम्बन्धी शोध प्रशिक्षण तथा सी.एम.ई. के कार्यक्रमों में वे सक्रियता से जुड़े रहे। वे स्वभाव से भी अत्यंत सरल, मृदुभाषी, मितभाषी एवं हंसमुख प्रकृति के व्यक्ति थे। अपनी दीर्घ अवधि की सेवा प्रदान करने के उपरांत प्रो० ए.के. वर्मा भी वर्ष 2017 में 30 नवम्बर को सेवानिवृत्त हो गये।

श्रीमती शाहीन रिजवी ने संस्थान में दिनांक 24.03.1987 को लिपिक, सह-स्वागती के पद पर कार्यभार ग्रहण किया। इस पद पर उन्होंने निदेशक कार्यालय में एवं कालान्तर में चिकित्सालय के कई विभागों में निष्ठापूर्वक अपने उत्तरदायित्वों का निर्वहन किया। सेवानिवृत्त होने के समय वे सहायक जनसम्पर्क अधिकारी के पद पर कार्यरत थीं। वे मृदुभाषी एवं मिलनसार कर्मी थीं। 30.11.2017 को वे संस्थान की सेवाओं से निवृत्त हो गईं।



श्रीमती बेबी सरोजम ने संस्थान में दिनांक 05.10.1992 को



सिस्टर ग्रेड-02 के पद पर डे-केयर वार्ड में कार्यभार ग्रहण किया था। वर्तमान समय में ये ए०एन०एस० के पद पर कार्डियोलॉजी की ओ०पी०डी० में कार्यरत थीं। इन्होंने अपने दायित्वों का कुशलता से निर्वहण करते हुए अपनी अधिवर्षता आयु पूर्ण कर दिनांक 31.10.

2017 को संस्थान से सेवानिवृत्त हो गयीं हैं। ये बेहद शालीन एवं मृदुभाषी थीं। इन्होंने अपनी 25 साल की दीर्घ कालीन सेवाएं पूर्ण लगन एवं पूर्ण निष्ठा से प्रदान की। संस्थान के सी०एम०एस०, एम०एस० एवं अन्य वरिष्ठ अधिकारियों, द्वारा भावभीनी विदाई दी गई और उनके सुखद भविष्य की कामना की।

श्री राम विलास यादव ने भी 60 वर्ष की अधिवर्षता आयु प्राप्त कर ली। श्री यादव ने 29.09.1991 को प्रयोगशाला परिचर के पद पर इस संस्थान में अपना पदभार ग्रहण किया था। 19.12.2012 को वे टेक्नीशियन ग्रेड-2 के पद पर प्रोन्नत हुये और इन्डोक्राईनोलॉजी लैबोरेटरी में कार्यरत थे। कार्य के प्रति सजगता और समर्पण उनके व्यक्तित्व की विशेषतायें थीं इसी वर्ष दिसम्बर को श्री यादव भी सेवानिवृत्त हो गये।



राम प्रमोद मिश्र

The children celebrated Christmas with Santa Claus at the Nursery School & Crèche. They spread the festive cheer by singing and dancing to Christmas carols and also received goodies.



Nursery School



Crèche

A Drive to Pokhara, Nepal

We drove to Pokhara in Nepal this Diwali. After a night halt at Lumbini, we took the picturesque, winding road from Lumbini to Pokhara, passing through hilly terrain next to lush green paddy fields and through sleepy towns. While mountain streams glittered in the sun, the distant mountains beckoned to us and snow-capped mountains peeped out here and there. Interestingly, Diwali is an occasion for children to gather in traditional attire and dance to Nepali songs played loudly on portable music systems and collect money from passersby; we encountered this at several points along the road.



The next morning, as advised by our hotel manager, we woke up around 6 am and looked out of our hotel window. Oh what a sight greeted us! The entire Annapurna range of snow-clad mountains was covered in a soft golden glow as the sun's first rays touched the peaks!



The ethereal beauty of the Himalayas washed away any

trace of tiredness of the previous two days. Roaming around the place during the day, we wandered around the peaceful lake and watched the paragliders in the sky. And wherever we went, the majestic Himalayas presented beautiful backdrops for all our pictures. A quick ascent to one of the peaks brought us to a Japanese pagoda; the views from the top were breath taking. In spite of the clouds, the view from the sunset point with several peaks cloaked in pink clouds was worth the effort of another steep ascent. Pokhara has many small cafes serving all kinds of continental cuisine and a variety of alcoholic beverages and are equipped with free wifi! The drive back to Lumbini through deserted streets was only interrupted by an occasional motorist as all were busy with bhai dooj or 'tika', as it is called here.



Lumbini, a world heritage site dedicated to the memory of Gautam Buddha, was another experience. It is believed that he was born here to queen Mayadevi. The Lumbini park houses 34 Buddhist monasteries of different countries, paying obeisance to the Buddha, and the Mayadevi temple, where the actual 'nativity' site is claimed to be. A bronze statue of 'boy' Siddhartha, a rare sight, is seen outside this temple.

What a memorable trip!

Banani Poddar

Dr. S.K. Yachcha

The prestigious ICMR -Dr. M. N. Sen Oration Award is given to a scientist for the sustained research work carried out in the field of practice of medicine (clinical, laboratory or therapeutic). This award for the year 2016 was received by Dr. Surender Kumar Yachha, Department of Paediatric Gastroenterology, SGPGI for the research work on "New dimensions of mechanism and therapeutic impact explored at global level for specialized childhood disorders".



Dr. K.N. Prasad

The prestigious ICMR Professor B. K. Aikat Oration Award is conferred upon a scientist for the research work carried out in the field of tropical diseases. The Award for the year 2016 was received by Dr. Kashi Nath Prasad, Department of Microbiology, SGPGI for the research work on "What trigger seizure in patients with neurocysticercosis?"



Dr. R. Harshvardhan

Dr. Rajesh Harshvardhan received the 1st Prize at the International Patient Safety Congress at Mumbai in Scientific Presentation which had a participation of nearly 40 countries. He also received the Champion Award for Patient Safety Initiatives.



Dr. Sandeep Sahu

Dr. Sandeep Sahu, Additional Professor, Deptt of Anesthesia received the Prestigious International award Jan Suraksha Paritoshik of Indo-USA joint venture of development of Emergency Medicine (INDUSEM) 2017. This award was presented at World Academic Congress of Emergency Medicine 2017 on 13 Oct 2017 at Colombo, Sri Lanka. This award had been given for life saving knowledge and skill development for emergencies management and prevention like cardiac and Trauma resuscitation and other first aid and prevention programs to save lives.



Neonatology Nurses Excel

The nurses of department of Neonatology of Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow have made the Institution and the State of Uttar Pradesh proud by standing third amongst top seven medical institutes of India in the Nursing quiz recently held at the 37th Annual National conference of Neonatology (NEOCON 2017) in Gurugram, Haryana. The National Neonatology forum of India organizes nursing quiz annually, where nurses from various elite medical institutes providing quality newborn care in India, participate and reach the national level round through process of elimination. This year, Sister Tulika Sharma and Sister Divya MV from department of Neonatology of Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow have represented central zone in the nursing quiz held on 10th December 2017 at NEOCON 2017. Only two nursing teams (AFMC, Pune and Fernandez hospital, Hyderabad) were ahead of team from SGPGI. Their journey to success began by winning zonal round held at King George Medical Collage (K GMC), Lucknow followed by divisional round at Varanasi and then qualifying for final round at Gurugram.



Kirti M. Naranje

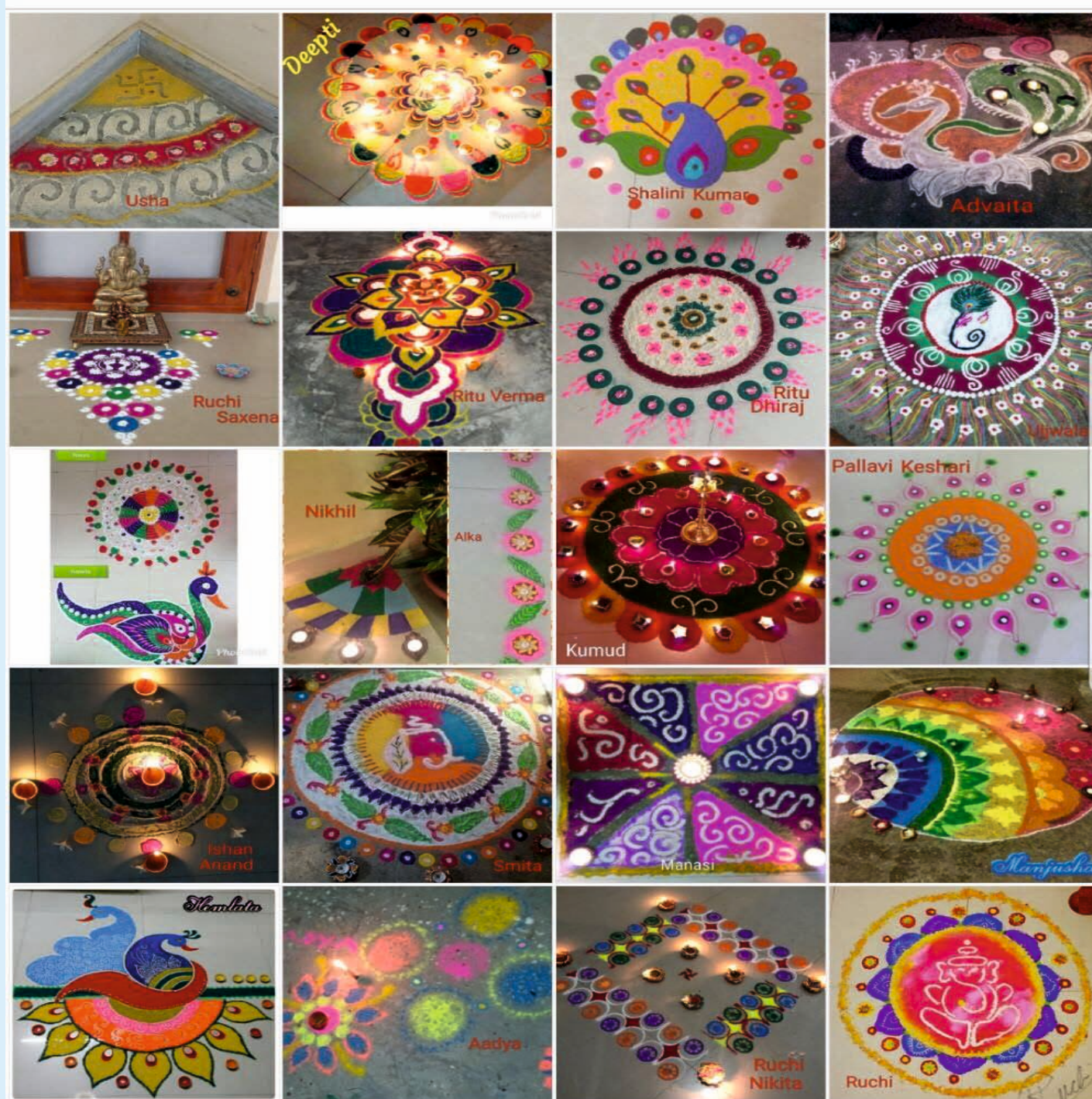
Forthcoming Events

- VI SGPGI PG Course Anesthesiology Refresher Course 2018 -23 to 25th February 2018
- National Update & CME on Hemostasis- 17th March 2018 9.30 AM – 5 PM
- Mid Term CME of UP AGOI-2018 Theme: Ovarian Tumors – An Engima 25th March 2018

Rangoli - Visual Retreat

Rangoli is an art form, originated in India in which patterns are created on the floor in living rooms or courtyards using materials such as colored rice, dry flour, colored sand or flower petals. Besides a creative expression of art, they are also considered auspicious and symbol of good-luck.

Dr Jyotsna Agarwal has put together rangolis made by PGT faculty, spouses and children during Deepavali in form of a collage to share with you all, the visual retreat.



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