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## मा. मुख्यमंत्री द्वारा नवीन ओ.पी.डी., लाइब्रेरी एवं व्याख्यान कक्ष का लोकार्पण



मा. मुख्यमंत्री अखिलेश यादव, पी.जी.आई. के कर्मचारियों को सम्बोधित करते हुए



नवीन ओ.पी.डी. तथा लाइब्रेरी व लेक्चर थियेटर का लोकार्पण करते हुए

संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, उत्तर प्रदेश तथा भारत के अन्य प्रदेशों के मरीजों के लिए बेहतर इलाज एवं कम खर्च में उत्कृष्ट चिकित्सा सुविधाओं को प्रदान करने के लिए पिछले तीन दशक से सक्रिय है। संस्थान चिकित्सा विज्ञान में नयी प्रणाली को अधिक से अधिक लोगों तक पहुँचाने हेतु सदैव कृत संकल्प है। पिछले कुछ वर्षों में प्रदेश ही नहीं, वरन् अन्य प्रदेशों तथा विदेशों से भी मरीज इलाज हेतु यहाँ आते हैं। पी.जी.आई. की ख्याति एवं नवीन

इस नवीन ब्लॉक का उद्घाटन उत्तर प्रदेश के मुख्यमंत्री माननीय श्री अखिलेश यादव जी द्वारा 20 दिसम्बर, 2016 को किया गया। नये ओ. पी.डी. में कुल 144 परामर्श कक्ष है, जिसमें प्रत्येक विभाग के लिए 10 परामर्श कक्ष बनाये गये हैं। यहाँ मरीजों, डाक्टर एवं कर्मचारियों के लिए अलग-अलग कैन्टीन की सुविधा भी उपलब्ध है। ओ.पी.डी. में इको. न्यूरो लैब, अल्ट्रासाउण्ड इत्यादि जाँचों की व्यवस्था भी की गई है तथा मरीज प्रतीक्षा कक्ष की भी समुचित व्यवस्था है।



संकाय सदस्यों के साथ मा. मुख्यमंत्री, उ.प्र.



नवीन ओ.पी.डी. भवन का विहंगम दृश्य

उपलब्धियों के कारण यहाँ दिन प्रतिदिन मरीजों की संख्या में अत्यधिक वृद्धि हो गई है। यहाँ ओ.पी.डी. में लगभग 1 लाख नये मरीज तथा फालोअप के लिए लगभग 4 लाख मरीज सालाना आते हैं। लंबे समय से मरीजों की संख्या में निरन्तर होती वृद्धि के कारण नवीन ओ.पी.डी. ब्लॉक की आवश्यकता अनुभव की जा रही थी।

माननीय मुख्यमंत्री जी ने हाल ही में पूर्ण हुए नवीनतम लाइब्रेरी एवं लेक्चर थियेटर कॉम्प्लेक्स का उद्घाटन भी किया। इन भवनों में अनुसंधान कार्यों में लगे हुए छात्रों और संकाय सदस्यों के लिए अनुसंधान व राष्ट्रीय तथा अन्तराष्ट्रीय गोष्ठियों का आयोजन किया जायेगा।

## 21<sup>st</sup> CONVOCATION- An Academic Pilgrimage



Twenty First Convocation ceremony of SGPGIMS was celebrated on 1st October 2016. Convocation is the most important ceremony for an academic institute

and a day to celebrate the success of efforts and endeavors for students and faculty alike. This day brought cheers for 129 students. While 37 of them received DM degrees for super specialization in medical branches 15 were awarded MCh in surgical super specialties. Other 21 students received MD degrees for medical specialties and 31 were awarded PDCC in various medical branches.



*Dignitaries lighting the auspicious lamp*

Another 13 students were awarded BSc degree in Nursing. HE Sri Ram Naik, Governor of UP and visitor of the Institute graced the occasion and adorned successful students with their respective degrees.



*Director and Dean with Chief Guest Prof. M.C. Mishra*

This year's Prof. SS Agarwal Award for Excellence in Research was received by Dr. Praveen Kumar of Molecular Medicine & Biotechnology Deptt on his research on Maternal thyroid hormone. Dr. Monik Sen Sharma of Pediatric Gastroenterology also received the award for the year 2015. The recipient of the prestigious Prof S.R. Naik Award for Outstanding Research Investigator was received

by Prof. Jayanti Kalita, of Neurology Deptt. The Prof. R. K. Sharma Award to the best DM & MCh student was received by Dr. Arun K of Gastroenterology Deptt and Dr. Ashwani C of Endocrine Surgery deptt.



*Dignitaries on the dias*

Institute has a reputation of inviting national and international dignitaries of high scientific repute. This year, Prof. M C Mishra, Director of All India Institute of Medical Sciences shared his thoughts with the students and faculty of the institute. He raised the concern of brain drain in medical field happening in our country. He suggested means



*Prof. M.C. Mishra delivering convocation address*

for containing this problem. He also raised the issue of digitization in medicine and hospitals. He advocated the need for affordable healthcare for all Indians as the majority of healthcare in our country is provided by private hospitals. Governor Sri Ram Naik congratulated all the awardees and gave them advice on proper conduct with patients.



*The proud recipients of Degrees*

This occasion was also attended by Cabinet Minister for Health and Medical Education, Shri Shivpal Yadav and Chief Secretary of UP & President of the Institute Shri Rahul Bhatnagar.

*Shantanu Pandey*

## Excerpts From the Director's Report

### Patient care

The Institute provided medical care to an ever-increasing number of patients. The new outpatient registrations were 93,487. This year 3,85,131 patients were followed up in outpatient clinics, while 47,789 patients were admitted for care on total bed strength of 972 beds, apportioned to different specialties. Major surgical procedures numbering 11,884 were performed.



Institute under the UP Government scheme of BPL & Asadhya Rog provided financial assistance to the patients who were considered below the poverty line, for their treatment. The total financial that was provided to these patients was approximately 4 Crores.

### Research

The Ministry of Human Resource Development (Dept of Higher Education) has in the past year short-listed the Institute for establishment of a center of excellence in field of Biomedical sciences and Modern biology. Bigger grants are also flowing to department of Medical Genetics & Clinical Immunology.

The Institute has always attached much importance to high quality clinical and basic research and has made significant contributions in this area with the faculty contributing to nearly 1546 reviewed papers in indexed medical journals in last 5 years of which 1121 publications have found place in international journals.

In the year 2015-16, institute faculty members were successful in getting 10 new extramural grants amounting to Rs 1.91 Crore. The Institute's intramural research fund is designed to encourage new research aspirants, and in the year 2015-16, it supported 26 projects with a total amount of Rs 82lacs.

### Short Term Training

The Institute provides short-term training /observer ship to doctors serving in the Armed forces, government medical colleges or from private organizations. The institute also provides training to postgraduate students from various universities as summer training course or dissertation and project training. About 131 students and doctors have been trained during the year 2015-16.

## सम्मान

संस्थान के दीक्षान्त समारोह में इस वर्ष अनेक चिकित्सकों को चिकित्सा के क्षेत्र में महत्वपूर्ण योगदान के लिए सम्मानित किया गया। न्यूरोलॉजी विभाग की प्रोफेसर जयन्ती कलिता को 'माइग्रेन' (कपाल-पीड़ा) के उपचार में विशिष्ट योगदान के लिए सम्मान प्राप्त हुआ। उन्होंने अपने शोध से यह जानकारी दी कि 'माइग्रेन' की बीमारी में औषधि के उपयोग की तुलना में 'ट्रान्सक्रेनियल मैग्नेटिक स्टिमुलेशन थेरेपी' (टी.एम.एस.टी.) अधिक उपयोगी है। इसके अतिरिक्त डा. कलिता जापानी इन्सेफलाइटिस, विल्सनडिजीज और टी.बी मेनेंजआईटिस जैसे जटिल रोगों से सम्बन्धित अनेक शोध किये गये हैं। ये शोध-पत्र राष्ट्रीय एवं अन्तराष्ट्रीय जर्नल्स में प्रकाशित हुए हैं।

इन्डोक्राईन सर्जरी में एम.सी.एच. की उपाधि प्राप्त डा. अश्वनी सी ने 'पैराथायराड ग्लैंड' में कैंसर के बाद उसके निकालने से होने वाली हानि पर शोध किया। उनका निष्कर्ष था कि 'पैराथायराड ग्लैंड' को निकाल देने के पश्चात् रोगियों के शरीर में कैल्शियम की कमी पाई गई जिसके कारण हड्डियाँ दुर्बल हो जाती हैं। डा. अश्वनी सी को उनके इस शोध कार्य के लिए सम्मानित किया गया।

डा. अरुण कुमार ने 'गैस्ट्रोइन्ट्रोर्लॉजी' में डी.एम. की उपाधि प्राप्ति की। अपने शोध के परिणाम के आधार पर उन्होंने यह जानकारी दी कि 'इसोफेगल रिफ्लक्स' की बीमारी से ग्रस्त रोगी को 'ओमीप्रोजीन' औषधि देने से लाभ मिलता है। 42 रोगियों पर किये गये उनके इस शोध-पत्र को 'जर्नल आफ गैस्ट्रोइन्ट्रोर्लॉजी' में स्वीकार किया गया है। डा. अरुण कुमार को उनकी इस उपलब्धि के लिए संस्थान ने सम्मानित किया।

इसी श्रृंखला में 'पीडियाट्रिक गैस्ट्रोइन्ट्रोर्लॉजी' में डी.एम. डा. मोनिक सेन शर्मा को 'लीवर सिरोसिस' से सम्बन्धित शोध के लिए सम्मानित किया गया। उन्होंने अपने शोध परिणामों के आधार पर यह बताया कि 'लीवर सिरोसिस' से पीड़ित रोगी के पेट में पानी भर जाने पर 200 मि.ली प्रति किलो शरीर भार के अनुसार पानी निकालना चाहिए और यह दर 680 मि.ली. प्रति घंटा होनी चाहिए अन्यथा अधिक पानी निकालना बच्चे की जान के लिए खतरा हो सकता है। ऐसा इसलिए कि अधिक पानी निकालने से गुर्दे के खराब होने के साथ ही रोगी के बेहोश होने की संभावना होती है। डा. शर्मा के इस शोध-पत्र को 'जर्नल ऑफ हीपेटोलॉजी' में स्वीकार किया गया है।

इसी प्रकार गर्भस्थ शिशु पर थायरायड हार्मोन के कारण होने वाली परेशानी को दूर करने के लिए पी.एच.डी. की उपाधि प्राप्त करने वाले डा. प्रवीन कुमार ने 'एनिमल मॉडल' पर शोध किया। उन्होंने पाया कि थायरायड की कमी से गर्भस्थ शिशु के मस्तिष्क का विकास समुचित नहीं हुआ किन्तु 'वेलपोरिक एसिड' देने से उसमें काफी सुधार पाया गया। इस प्रकार उन्होंने 'वेलपोरिक एसिड' की उपयोगिता को प्रस्तुत किया।

यह कहना गलत न होगा कि परिश्रम लगन और परोपकार के उद्देश्य से किया गया कोई भी कार्य सम्माननीय होता है, जब ऐसे कार्य निस्वार्थ हों। कोई भी सम्मान हमें और अधिक कार्य करने के लिए प्रेरित एवं प्रोत्साहित करता है।

राम प्रमोद मिश्र

On the occasion of Children's day, the department of Medical Genetics organised -"Down Syndrome Milan Samaroh" in Shruti Auditorium on 14 November 2016. The program aimed to provide information, foster speech and occupational physiotherapy and highlight the achievements of children with Down syndrome. Around fifty Down syndrome children and their families participated enthusiastically in the function. Before the main events, various fun games, drawing and dance competition infused zeal and jubilation in the kids. Ms. Swati Sharma, Principal of 'Asha Jyoti' - the school for special children, passionately reinforced the idea of Down syndrome kids being differently able rather than being disable. The Saraswati Vandana and dance performed by the

## Down Syndrome Milan Samaroh

### Children's Day with Special Children



Down syndrome kids of this school was well appreciated. Dr Bhawna discussed the perspective of a parent, highlighting the immense joy and happiness these kids inculcate in the family. This was followed by felicitation of kids with Down syndrome excelling in sports, dance and other activities. The Director Dr Rakesh Kapoor, and other chief guests Ms. Hekali Zimomi, Health Secretary of State and Mr. G S Priyadarshi, Special Secretary, Basic Education applauded the efforts of organisers and the enthusiasm of the families. The beautiful smiles, cheerfulness and innocence of the Down syndrome kids left everlasting imprints in the minds and hearts of everyone present.

**Meenakshi Lallar**

In 1846, the first public demonstration of ether was held and it

paved the way for a new branch of medicine that came to evolve into a specialty and even super-specialty. Over the past few decades, Anesthesiology, which was earlier largely confined to the operating room, has expanded into subspecialties eg Perioperative Medical Practice, Acute and Chronic Pain Medicine, Postoperative and Intensive Care Unit care and sleep and palliative care medicine.

Anesthesiologists played a major role in the creation of Intensive Care Units (ICUs), a logical extension of anesthesia practice. Most of the ICUs worldwide are manned by Anaesthesiologists because of their expertise in understanding the physiology of lung ventilation, resuscitation, intubation, anesthesia and sedation.

Profound knowledge of anatomy, understanding of pain mechanisms and knowledge of analgesic drugs make Anaesthesiologists into competent Pain Therapists. Narcotics were used for managing chronic pain earlier but newer technique of intervention pain procedures (regional nerve blocks etc.) have changed the outcome. Obstetrical Anaesthesiologists are involved in the care of pregnant women for the relief of labor pain, and for anesthesia in obstetric surgery or any complications. In Palliative Care they help reduce symptom burden, most often involving pain, dyspnea, anxiety and depression and improve the quality of life of patients and their families facing problems associated with life-threatening illnesses like cancer. As Perioperative Physician, Anaesthesiologists coordinate care for patients in the pre-, post- and intraoperative phases, helping to lessen patients' risk factors and improve their outcomes. Perioperative Medicine ("peri-

## Anaesthesiologist: Role in Contemporary Medicine

### Commemorating World Anesthesiology Day



patient before surgery (preoperative), consulting with the surgical team, providing pain control and supporting life functions during surgery (intraoperative), supervising care after surgery (postoperative) and discharging the patient from the recovery unit.

An increasing number of surgical patients nowadays have comorbidities like diabetes mellitus, hypertension, heart disease, lung disease etc. Anesthesiologists optimize these patients and prepare for surgery. In the operating room, their main

roles are to provide continual medical assessment of the patient, monitor and control the patient's vital life functions, including heart rate and rhythm, breathing, blood pressure, body temperature and body fluid balance and control the patient's pain and level of consciousness to make conditions ideal for a safe and successful surgery. After surgery, patients are transferred to the Postanesthesia Care Unit, where they continue to emerge from the effects of anesthesia under the observation of anesthesiologists.

Evidence of recovery including patient's activity level, adequacy of breathing, circulation, level of consciousness and oxygen saturation are continuously monitored. Pain control is optimized. In most cases, the anesthesiologist decides when the patient has recovered enough to be sent home following outpatient surgery or has been stabilized sufficiently to be moved to a regular room in the medical facility or transferred to an intensive care unit.

Thus, Anaesthesiologists are considered at the core of medical healthcare services and provide utmost care in many fields related to patient care.

**Devendra Gupta**

## Idiopathic Pulmonary Fibrosis

Idiopathic pulmonary fibrosis (IPF) is one of the major subtypes of diffuse parenchymal lung disease also commonly referred to as interstitial lung disease (ILD). Interstitial lung diseases are heterogeneous group of disorders which primarily involve surrounding structures of alveoli which constitute breathing units of the lung. Unfortunately it is the deadliest among all ILDs. The causative factors of IPF are not known to best of the scientific evidence. However several risk factors for the IPF are identified. IPF is more common in elderly, males and tobacco smokers. Inhalant exposures like organic dust in agricultural practices to industrial exposure pose risk of IPF. Gastroesophageal reflux disease (GERD) is linked to the presence and progression of IPF, but no proof on causation. GERD is believed cause lung injury due to repeated micro-aspiration. Genetic predisposition to develop IPF is observed in minority of patients amounting to less than 5% of total cases.

IPF is constantly on rise due to increasing prevalence and increasing awareness among physicians. Global data varies from region to region. Prevalence data from USA shows overall prevalence of IPF of 13.2 per 100,000 for women and 20.2 per 100,000 for men. In Asia literature shows that disease severity is high, suggesting that the lower estimates were due to poor recognition, with only more severe cases recognized. In SGPGI we run an ILD clinic once a week where all patients with ILD are evaluated and managed and followed in systematic manner. IPF is the most common subtype of ILDs seen in our ILD clinic. The prevalence of IPF in our clinic is approximately 30-35 %.

IPF causes socioeconomic burden, which further increases with associated comorbidities like diabetes mellitus, hypertension, coronary artery disease, emphysema, embolism and disease complications like pulmonary hypertension. Based on a prevalence of 89,000 patients with IPF in the United States, it was estimated that the aggregate incremental cost due to IPF was over \$1 billion per year.

Idiopathic pulmonary fibrosis usually presents in 4th, 5th, and 6th decade of life but early and late presentation than this is also well described. IPF usually presents with dry cough and progressive breathing difficulty. Initially dyspnoea is on exertion but may end up in crippling respiratory distress. Cough is the most distressing symptom of IPF. As surrounding structures of the alveoli gets thickened oxygen will find resistance to diffuse across the capillary network, which uniformly worsens with disease progression. Clinical examination is mostly unremarkable apart from presence of clubbing (bulbous swelling of finger tips) bibasilar crepts on

auscultation (crackling sound on auscultation with stethoscope) and. Cyanosis may be present in advanced disease.

Due to poor understanding and lack of awareness about this disorder diagnosis is quite often significantly delayed. Chest x-ray has a sensitivity of 80% and a specificity of 82% percent for detection of ILD and it can provide a confident diagnosis in only ~ 23 % of cases. High resolution CT scan of the thorax is the most sensitive investigation for the diagnosis of IPF. In patients where a confident diagnosis of IPF cannot be made a surgical or VATS guided lung biopsy is usually required for correct diagnosis and characterisation of ILD. Due to slowly progressive and nonspecific signs and symptoms a high index of suspicion is required for appropriate and early diagnosis of IPF.

Initially oxygen supplementation will be able to mitigate respiratory distress; however it has minimal effect on natural history of the disease. Majority of patients are oxygen dependent and bed bound within 2-3 years of diagnosis. Median survival of these patients is 3 years with or without therapy.

Traditionally the treatment of IPF had been glucocorticoids with or without immunosuppression and antioxidants; mainly N-acetyl cysteine. But in a recent RCT above treatment regimen was found to be associated with higher mortality and morbidity and therefore currently not recommended.

Recently some newer agents have been introduced like pirfenidone and nintedanib which have anti fibrotic properties and they have shown promising results in retarding the disease progression but these agents also have not shown any significant reduction in mortality.

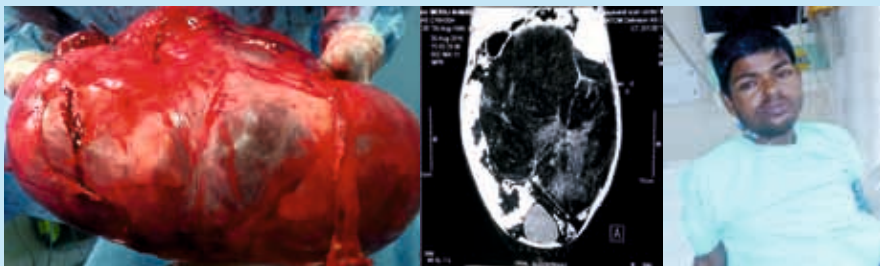
The only effective modality for management of IPF at present is lung transplantation. It has been reported that five year survival of lung transplanted patients with IPF is about 50 %. But currently lung transplant is not routinely done in India and is only available in few private hospitals in South India.

To summarize, IPF is a disorder which carries a very poor prognosis and its treatment options are limited. High index of suspicion and early diagnosis is key to favourable outcomes. A lot of research is ongoing in this field therefore identifying disease and counselling patients regarding prognosis and limited therapy options is extremely important while awaiting breakthrough in therapeutic options.

**Alok Nath**

30 year old male Mr Siraj Ahmad (name changed) resident of village Narayanpur Distt. Sant Kabir Nagar had a complaint of huge abdominal distention since 3 yrs which was gradually increasing in size. It was causing a lot of difficulties in respiratory efforts and in his daily activities. The patient was referred to Urology Deptt., SGPGI. The case was further evaluated and found to have large abdominal growth involving almost

## Removal of Huge Mass



whole of the abdomen. On 21st December, 2016 the patient was operated by Dr Rakesh Kapoor and team. It was a huge mass of 9 KG & 35 x 20 cm in dimensions. Interestingly there was also mullerian structures found to be associated with mass. The surgery was successful and the patient got great relief after removing this mass.

**Rahul Soni**

Adding glory to the Institute, the Department of

## First Haploidentical Bone Marrow Transplant

Hematology performed the first haploidentical (half matched) bone marrow transplant (BMT) in Dec 2016, which was successful. The patient is well 40 days after the transplant. This is a great achievement for the Dept of Hematology and SGPGI, since haploidentical BMT is currently being done only in one academic center of the country CMC, Vellore.

The patient is a 38 yrs old gentleman, who first presented to us in March 2016, and was diagnosed to have an incurable disease- Myelodysplastic Syndrome with Monosomy 7. He was transfusion dependent and required recurrent packed red blood cell and platelet transfusions. He did not respond to any medical treatment and was counseled for allogeneic bone marrow transplantation (BMT), which is the only curative treatment for this disease. Patient opted for BMT, but a complete HLA match was not found in his siblings. However, HLA typing revealed a haplo match (6/10) with his brother. Haploidentical BMT carries a very high risk of graft rejection and Graft versus Host Disease (GVHD). However, in view of his progressively deteriorating clinical condition, it was decided to take him up for a haploidentical BMT and he was admitted on 27/11/16. He received a uniquely designed conditioning regimen-myeloablative and immunosuppressive, to ablate him as well as prevent graft rejection and GVHD. He was nursed in strict aseptic conditions, protocols for which have been standardized over the last few years by the BMT nursing staff. Post transplant he developed febrile neutropenia along with severe mucositis, which were promptly and aggressively managed. Patient successfully engrafted on day +14 after the transplant, and the chimerism sent on day +24 showed a complete donor chimerism. He was discharged on

31/12/2016 and is presently doing well, with normal blood

counts and no GVHD.

Haploidentical BMT would be the way forward for doing bone marrow transplants in India, when no HLA matched sibling donor is found, since HLA registry for unrelated donors in India is very small and most often donors have to be searched from foreign registries. Because of this matched unrelated BMT in India is cost prohibitive. Haploidentical BMT is difficult with a high risk of GVHD and graft rejection. However, an appropriately designed conditioning regimen and post transplant GVHD prophylaxis can circumvent these two complications.

BMT is a team effort and several persons within and outside the Dept of Hematology have contributed towards the success of the haploidentical transplant. These include Prof Suraksha Agarwal, Dr Ruchi Gupta and Khaliqur Rahamn involved in HLA Typing and chimerism studies, Mr Manoj Singh, Mr Ashish Mishra and Dr Naresh Tripathi for harvesting

and cryopreservation of stem cells, Sister Madhuri Smith, specialist nurse BMT and all the other nursing staff of BMT, departments of Transfusion Medicine and Microbiology, and most important my clinical team (my two arms) of Dr Anshul Gupta and Dr Akanksha Garg.

With this successful haploidentical transplant, SGPGI has become the second academic center of the country and the first in North India to have performed successful haploidentical BMT and this opens up a new horizon for all those patients with hematological disorders, in whom an appropriate matched HLA donor cannot be found.

**Soniya Nityanand**



*The BMT team with the patient*

## जाने चले जाते हैं कहाँ



28 अक्टूबर 2016 को सी.एस.एस.डी. विभाग में कार्यरत अस्पताल परिचर **श्री राज कुमार** का एक सड़क दुर्घटना में आकस्मिक निधन हो गया। श्री राज कुमार ने अप्रैल 1996 को संस्थान में कार्यभार ग्रहण किया था। वे अपनी मृदुभाषिता, कार्यकुशलता व व्यवहारकुशलता के कारण संस्थान तथा सी.एस.एस.डी. विभाग के समस्त कर्मियों के बीच अत्यंत लोकप्रिय थे। अन्धाधुन्ध गाड़ियों की रफ्तार ने सड़क दुर्घटनाओं को भी रफ्तार दे दी है, और इसके चलते कितने ही असामयिक निधन हो रहे हैं। हम सबको प्रयास करना होगा कि सड़क पर सावधानी से चले और यातायात नियमों का पालन करें जिससे ऐसी दुर्घटनायें न हों जिससे हंसते-खेलते परिवार को उजड़ने से बचाया जा सके।

**सुनील शिशु**



संस्थान के रेडियोलॉजी विभाग में अटेण्डेन्ट ग्रेड-1 के पद पर कार्यरत **श्री शम्भू प्रसाद** जी का दिनांक 29.10.2016 को असामयिक निधन हो गया। श्री शम्भू ने दिसम्बर 1991 को संस्थान में अपना कार्यभार ग्रहण किया था। अपने सेवा काल में विभिन्न विभागों में निष्ठापूर्वक कार्य किया। अपनी मृदुभाषिता, व्यवहार कुशलता, कार्य के प्रति समर्पण और हँसमुख स्वभाव के कारण शम्भू प्रसाद जी संस्थान में सभी के प्रिय थे।

श्री शम्भू जी का संस्थान में दो बार गुर्दा प्रत्यारोपण किया गया। इसके बाद भी उन्होंने जीवन से हार नहीं मानी और निरंतर संस्थान में अपनी सेवाओं का निर्वहन किया। विधाता के द्वारा निर्धारित जीवन की समय सीमा तक अपने हौसले से समस्त कर्तव्यों को कुशलता पूर्वक पूरा किया। हम ईश्वर से प्रार्थना करते हैं कि वह दिवंगत को शांति प्रदान करे और इनके परिजनों को इस अपूर्णीय क्षति को सहन करने की शक्ति दे।

**रतन लाल निगम**



**श्री बृजलाल पाठक** वाहन चालक ग्रेड-2 का स्वर्गवास दिनांक 15 दिसम्बर, 2016 को हो गया। श्री पाठक इसके पूर्व भी 2009 में गम्भीर रूप से बीमार थे और उनका इलाज संस्थान में हो रहा था। परन्तु वे इलाज के बाद भी पूर्ण ठीक नहीं हो पाये। उनके बायें हाथों की अँगुलियाँ हथेली के खराब हो गयी थीं जिससे वे पुनः वाहन चलाने का कार्य करने में अक्षम थे। वाहन अनुभाग के अन्य कार्यों का निर्वहन उन्होंने अपने अन्तिम समय तक किया। वे एक कुशल चालक थे। उन्होंने आई.टी. आई. डिप्लोमा भी किया था। स्व. श्री बृजलाल पाठक के परिवार में पत्नी सहित तीन पुत्र हैं। ईश्वर उनकी आत्मा को शान्ति प्रदान करें।

**योगेन्द्र भारद्वाज**



Late **Sri Pramod Kumar Gupta**, was one of the first Officers who joined the Institute. A civil Engineer Graduate from Roorkee University (now IIT Roorkee) joined SGPGI in 1988 as Assistant Engineer (Civil). This was the formative phase of the Institute and most of the Institute buildings were under construction at that time, by UPRNN. A diligent, capable civil engineer Sh P.K. Gupta, many times used to be at loggerheads with the UPRNN due to quality and estimated costs for the constructions. As an Executive Engineer, he has the main credit for improving the ambience and hygiene levels of the hospital and residential buildings. His sudden and untimely death on 25 November, 2016 came as a rude shock to all of us and it was hard to believe that an assertive, labourious and healthy person like PK Gupta is no more.

**Pradeep Jha**



**Mr. Sunil Charan**, Technician Grade- 1 in Nuclear Medicine passed away on 5 December 2016 due to heart failure. A native of Rampur, Uttar Pradesh, he completed his professional training in Radiography from CMC, Ludhiana. He joined SGPGIMS as a Technician in Urology department in 1991 and was later transferred to Nuclear Medicine. Sunil attended his duty even on his last day and left the department after finishing his morning shift. The end came so unexpected within 30-40 minutes of his reaching home at Indrapuri in the afternoon. Mr. Sunil Charan was a warm person and was liked by everyone. He will be deeply missed by his friends and colleagues in the department. May his soul rest in peace.

**S. Gambhir**



**Shri Om Prakash** joined the department of Microbiology in November, 2012 as LDA and was associated with the institute for a very long time. He had a good knowledge of administrative and secretarial work. He left for heavenly abode on 2.11.2016 after a brief illness. We join in to pray for the peace of the departed soul and the courage to his family members to bear the loss.

**T.N. Dhole**



43 वर्षीय खुशमिजाज एवं शान्त व्यक्तित्व के धनी स्व. **श्री आसिफ अली** निश्चेतना विभाग में वर्ष 1997 से टेक्नीशियन के पद पर कार्यरत थे जिनका देहान्त दि. 20 दिसम्बर 2016 को हो गया था। वह अपने कार्य के प्रति दृढ़ संकल्प रहते थे तथा दूसरों की हर तरह से मदद करने के लिए सदैव तत्पर रहते थे तथा किसी की कोई अनुचित बात बर्दाश्त नहीं करते थे। वह एक महत्वाकांक्षी एवं दानी स्वभाव वाले व्यक्ति थे। ईश्वर उनके परिवार को इस इस असहनीय दर्द को सहन करने की शक्ति दे तथा उनकी आत्मा को शान्ति प्रदान करें।

**महेन्द्र कुमार वर्मा**

## 33rd Foundation Day

Foundation day is the day to recall the milestone in the journey of the institution which has grown from its humble beginnings to its eminent stature today. The 33<sup>rd</sup> Foundation Day of SGPGI was celebrated on 14<sup>th</sup> December, 2016. This day is earmarked as on this day the foundation of SGPGIMS was laid by the then President of India Late Neelam Sanjeeva Reddy.

Since the first celebration of Foundation day the tradition of an oration by eminent personality has been followed over the years. Abiding by the tradition this year's Foundation Day had a distinguished orator, who is a well-known yogi, author and founder of Isha Foundation - Sadhguru Jaggi Vasudev, fondly addressed as 'Sadhguru' by his streaming followers and disciples.

Yogi, mystic, and visionary, Sadhguru is an author, poet and spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown.

The stage of 'Shruti Auditorium' was tastefully decorated with white flowers, the fragrance of 'loban' and the soothing 'bhajans' sung by the team of Isha Foundation made the ambience sanctimonious and receptive and each one in the audience could feel the aura of the spiritual master much before he arrived. Expecting a large crowd the adjacent New Lecture Theatre was also arranged with live telecast of the oration.

The auspicious lamp lighting was done by the dignitaries with a difference, as the lamp was placed off stage for the first time and there was no formal dais on the stage except a small sofa for the enlightened Yogi.

Director SGPGIMS Prof Rakesh Kapoor, while welcoming the Honorable Guest and audience said that "Today our lives have become slaves to ambitions and expectations which often results in frustration and depression. To override these we actually need to know our inner selves. Great visionary and spiritual master like Sadhguru enlighten us to develop our inner strength which helps us to lead a happy and contented life." Prof. Rajan Saxena, Dean of SGPGIMS in his inimitable style introduced the Yogi, who actually needed no introduction.

Sadhguru induced feelings of pragmatism and wisdom while addressing a packed audience which comprised of bureaucrats, elites, invited guests apart from faculty, students, officers and staff of SGPGIMS.

The audience instantly felt connected to Sadhguru who with his enchanting style of intermittent jokes and enthralling stories, engraved the importance of engineering our inner self.

Sadhguru's latest book 'Inner Engineering: A Yogi's Guide to Joy' which reached the New York Times and Washington Post Best Seller list in multiple categories, was also launched for the first time in India after his enchanting discourse on 'Inner Engineering - Technologies of Wellbeing' at SGPGIMS. Published by Penguin India, the book was released in the US and UK in September. With close to 7500 copies already pre ordered in India, the book is already

among the top three most popular books on Amazon.

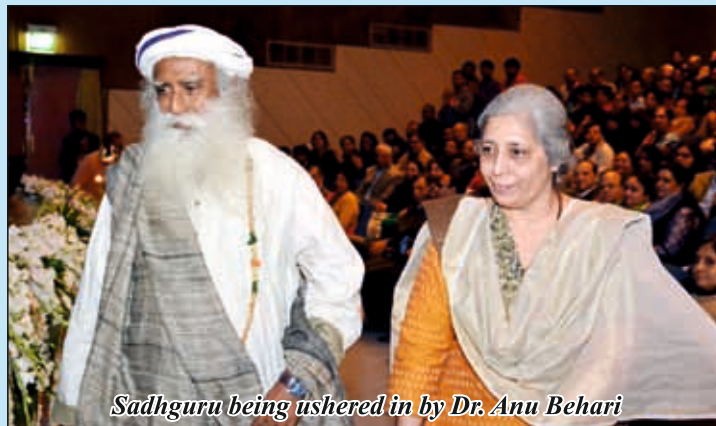
While describing the book, Sadhguru explained, "My aim in this book is to help make joy your constant companion. To make that happen, this book offers you not a sermon, but a science; not a teaching, but a technology; not a precept, but a path. All our other titles are inspirational. This book is transformational."

After the oration annual awards to Residents and Para medical staff were presented. The recipients of awards were DM student, Hematology Dr. Shinto Francis T.; McH student, Urology Dr. Priyank Yadav; Technician Gr I Mrs Soniya Mehrotra; Technician Gr II Radhey Shyam Kushwaha; Sis Gr I Sri PN Tripathi; Sis Gr II Sri B.R. Krishnan.

Earlier during the day a blood donation camp was organized by Deptt. of Transfusion Medicine.

**Rajesh Harsvardhan**  
**Monalisa Chaudhari**

## Glimpses of Fo



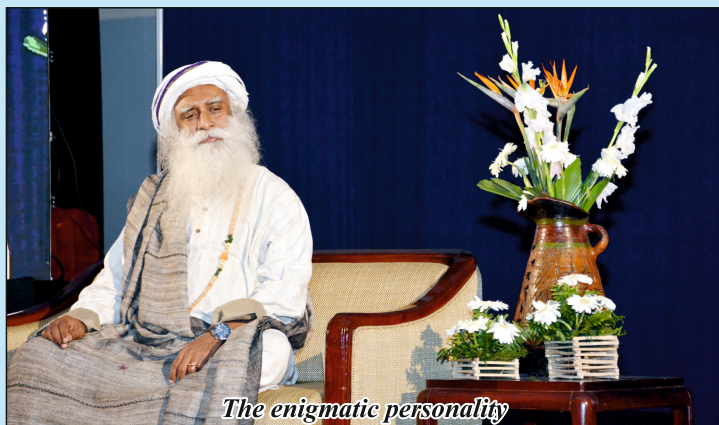
*Sadhguru being ushered in by Dr. Anu Behari*



*The simple soothing musical rendition by Isha Foundation*



*The lighting of the lamp-a journey from darkness to light*



*The enigmatic personality*



*The packed auditorium listens to Sadhguru with apt attention*



*Launching of the bestseller 'Inner Engineering' in India*



*The Proud Awardee*

## Yogi Said....

*The Only Way Out is In*

Sadhguru, a contemporary Guru, who straddles with ease the ancient and the modern worlds, invites us to look at the present day human condition. He said, "It is not difficult to see that with the fantastic development of technology we have been able to engineer the external world in such a manner that we are undeniably far more comfortable than earlier generations and have almost too much, materially speaking. And yet, it is equally clear that this has not resulted in human beings becoming more joyful and loving. Despite almost ripping our planet bare, our quest for well-being has not been fulfilled. On the contrary, we seem to be more stressed, anxious, with a host of chronic diseases reaching epidemic proportions. So where have we gone wrong?"

Sadhguru invites us to explore our own selves and says, "see afresh the most valuable instrument of immense potential that we have at hand and that we have not even started exploring - our own bodies and minds. One can see that the human body and mind are one of nature's most wonderful and complex instruments. But right now for the vast majority the huge potential of this "super-gadget" are un-explored, even inaccessible."

He gives us a simple (but not necessarily easy!) solution.

**THE ONLY WAY OUT IS IN!**

"We have the capability and resources needed for solving all the problems that mankind is facing, the only thing missing is willingness and inclusiveness. Till we realize the true nature of who we are, we will not be able to go to the root of the problems besieging us. This can only come from a fundamental transformation within us. From a perception that is limited to and identified with the body and mind to an enhanced perception that knows experientially- the world is me."

Sadhguru offers...." the tools of INNER ENGINEERING to go on this journey of self-realization, without which all that we will do is put band aids on our gaping wounds. For a joyful, peaceful, healthy world we need joyful, peaceful, healthy human beings!"

*Anu Behari*

## कभी अलविदा न कहना

इस गौरवशाली संस्थान की प्रगति में सभी अपने योगदान में सतत प्रयत्नशील रहते हुए पूरे कार्यकाल की समयावधि को बड़े लगन और परिश्रम से निभाते हैं। समय जैसे पंख लगा कर उड़ जाता है और अलविदा का वो पल भी आ जाता है। वर्ष 2016 में भी ऐसी दो उप नर्सिंग अधीक्षिकाएं भी सेवा मुक्त हुईं। जिनमें एक सिस्टर एंजेलिना मैसी जोकि 5 दिसम्बर 1988 को संस्थान में सम्मिलित हुईं और 28 वर्षों की दीर्घकालीन सेवाएं पूर्ण लगन, परिश्रम व निष्ठा से प्रदान की। अपने पूर्ण सेवाकाल में उन्होंने विभिन्न विभागों में क्रमशः सामान्य अस्पताल, एम.आई.सी.यू., एंडोक्रिनोलॉजी ओ.पी.डी. में रोगियों को सेवा प्रदान की। सिस्टर इंचार्ज के पद पर उन्होंने न्यूरो सर्जरी बी, गैस्ट्रो सर्जरी ए एवं कार्डियोलॉजी वार्ड का कार्यभार ग्रहण किया व अपनी कार्यकुशलता का परिचय दिया। अपने दायित्वों को कुशलता से निभाते हुए 30 नवम्बर 2016 को डी.एन.एस. पद से सेवा मुक्त हुईं।



साथ ही सिस्टर चिन्नामा स्कारिया जोकि इस संस्थान में 6 फरवरी 1989 को उपचारिका के पद पर तैनात हुई थीं जिन्होंने विभिन्न पदों पर कार्य कौशल दिखाते हुए अपनी सेवाओं को रोगियों के प्रति

समर्पित रखा। वैसे भी वो नन सिस्टर होने के नाते अपना संपूर्ण जीवन दीन-दुखियों एवं रोगियों की सेवा में अपर्ण करती रहीं। उन्होंने एम.आई.सी.यू. में कार्य करते हुए वहाँ के कार्यभार के साथ ही साथ नेफ्रोलॉजी वार्ड में भी अपने दायित्वों का निर्वहन किया। वो बेहद शालीन व मृदुभाषी थीं। 30 नवम्बर 2016 को उन्होंने अपनी दीर्घकालीन सेवाओं के उपरांत सेवा मुक्त हुईं। इस अवसर पर मुख्य चिकित्सा अधीक्षक डा. पी.के. सिंह, चिकित्सा अधीक्षक डा. अमित अग्रवाल, अस्पताल प्रशासन विभाग अध्यक्ष डा. हेमचन्द्र पाण्डेय एवं समस्त सिस्टर इंचार्जों ने दोनों सिस्टरों को भाव-भीनी विदाई दी व उनके सुखमय भविष्य के लिए शुभकामनाएं दीं। समस्त संस्थान मुख्य रूप से नर्सिंग संवर्ग उनकी कार्यशैली एवं नम्र व्यवहार का अनुसरण करता रहेगा।

**छाया सान्याल**



श्रीमती मुन्नी सीनियर अटेंडेंट अपने लम्बे कार्यकाल के उपरांत रेडियोलॉजी विभाग से 31 दिसम्बर 2016 को सेवानिवृत्त हो गईं। श्रीमती मुन्नी का विभिन्न विभागों में दिया गया योगदान लम्बे समय तक याद रखा जायेगा।

श्री नलिन राज कासलीवाल अक्टूबर, 2016 में सेवानिवृत्त हो गये, उनकी नियुक्ति संस्थान में सहायक भण्डार क्रय अधिकारी के पद पर मार्च 1990 में हुई थी।



तत्पश्चात उनका

पदनाम परिवर्तित होकर भण्डार क्रय अधिकारी हो गया था। तब से लेकर उनके सेवानिवृत्त होने तक श्री कासलीवाल द्वारा उस पद पर आसीन होते हुये कई महत्वपूर्ण कार्य किये गये।

श्री कासलीवाल जी उच्च शिक्षित थे एवं उनको अपने विषय पर गहन पकड़ थी एवं उनकी कार्यशैली अत्यंत ही सारगर्भित होती थी जिससे कि संस्थान का कार्य मरीज हित में सदैव अत्यंत ही सराहनीय रहा है। इनके उच्च कार्य कुशलता का ही परिणाम था कि वर्ष 2002 में इनकी देख-रेख में लैब से सम्बन्धित सामग्रियों का क्रय एवं उसके निर्गमन हेतु एक सेल की स्थापना की गई जिसका नाम आई.आर.एफ. दिया गया। आई.आर.एफ. की स्थापना से लेकर उनके सेवानिवृत्त होने तक श्री कासलीवाल जी के परिवेक्षण में आई.आर.एफ. सेल ने नियमित रूप से प्रगति किया। श्री कासलीवाल जी की सौम्यता, कार्य के प्रति निष्ठा एवं उनकी लगन सभी के लिये अनुकरणीय रही है। उनके कार्य के प्रति हमेशा दर्शाये जाते रहे लगन का ही परिणाम था कि उनके कार्यकाल में कभी भी लैब का कार्य प्रभावित नहीं हुआ।

श्री कासलीवाल जी सेवानिवृत्त होने के पश्चात जो रिक्तिता आई है, उसके वर्णन हेतु शब्दों की सामर्थ्यता नहीं है। व्यक्तिगत रूप से उनके स्वस्थ एवं सार्थक भविष्य हेतु मंगलकामना है।

**यू.सी. त्रिपाठी**



संस्थान में लम्बे कार्य-काल को अत्यंत लगन, मेहनत, परिश्रम से पूर्ण करते हुए अपने पद के दायित्वों से उप निदेशक उद्यान, श्री आर. के. त्रिपाठी दिनांक 31 दिसम्बर, 2016 को अपने कार्यभार से मुक्त हुए। इन्होंने संस्थान में उप निदेशक उद्यान पद के रूप में 01 मई 1989 से सेवा निवृत्ति के दिन तक अनवरत रूप से उद्यान कार्यों का सम्पादन किया। शांत, सौम्य, कुशल व्यवहार एवं मृदुभाषी श्री त्रिपाठी ने अपने कार्यों का अत्यंत कुशलतापूर्वक निर्वहन किया। उन्होंने अपने 27 वर्षों के लम्बे कार्यकाल में संस्थान की ऊसर भूमि को हरे-भरे बाग में न केवल परिवर्तन किया वरन संस्थान में उद्यान के रखरखाव इत्यादि के लिए प्रायः प्रत्येक वर्ष राज्य स्तर पर कोई न कोई पुरस्कार प्राप्त किया है।

**राजेश मिश्र**

## Remembering Gandhi ji

Through Quotes by Mahatma

"The best way to find yourself is to lose yourself in the service of others."

"The weak can never forgive. Forgiveness is the attribute of the strong."

"Live as if you were to die tomorrow. Learn as if you were to live forever."

"I will not let anyone walk through my mind with their dirty feet."

"Be the change that you want to see in the world."

"Strength does not come from physical capacity. It comes from an indomitable will."

"Happiness is when you think, what you say, and what you do are in harmony."

"First they ignore you, then they laugh at you, then they fight you, then you win."

## Farewell

Ms. Ranju Baijal, Senior Technical Officer [STO], Department of Pathology, superannuated on 31st, October, 2016. She joined the Institute services in the month of

August, 1986 and has served the Institute for over 30 years. She was a highly meticulous worker, had pleasant manners and contributed a lot for the Department as well as for the Institute. The Institute wishes her an enjoyable and a healthy retired life.



V. Ramesh

## दर्द से सुकून का सफर

मौत से किसकी यारी है,  
आज मेरी, तो कल तेरी बारी है।  
मेरे जाने से कोई जी सके,  
बस कुछ ऐसी ही तैयारी है।

मृत्यु! अटल, अवश्यम्भावी, जीवन का अंतिम सत्य! जीवन पथ पर अग्रसर हम इसके मनोहर और मोहक दृश्यों का आनंद लेते और इसके कठिन व विषम थपेड़ों को झेलते क्रमशः अपने सफर के अंत तक पहुँच जाते हैं, जो एक शाश्वत सत्य है।

किन्तु अकस्मात्, अचानक व असमय ही अपने प्रियजन को खोने का दर्द, उसके सामीप्य को फिर कभी न पा सकने की पीड़ा अभिव्यक्ति से परे है। क्या एक परिवार की अपूरणीय क्षति किसी अन्य परिवार की किसी जिन्दगी की पल-पल बुझती लौ को प्रदीप्तमान कर सकती है, क्या एक ऐसे प्रयास से किसी अन्य के जीवन संबल को पुष्ट किया जा सकता है? अंतर्दन्तों के इसी झंझावातों से उबरकर श्रीमती ललिता जायसवाल ने जब सड़क दुर्घटना में गंभीर रूप से घायल व चिकित्सकों द्वारा 'ब्रेनडेड' घोषित अपने पति प्रो. महेश जैसवाल के अंगदान की अनुमति दी, तो इस बुझती लौ से पाँच जीवन-दीपक सहज ही प्रदीप्तमान हो उठे और आभार व्यक्त किया लखनऊ के जनसामान्य, चिकित्सा समुदाय और शासन-प्रशासन ने, जिनके सामूहिक प्रयास से एक ग्रीन कॉरीडोर बनाया गया और मात्र 21 मिनटों में अंगों को अपने नियत स्थान पर पहुँचाने हेतु किंग जार्ज मेडिकल कॉलेज से अमौसी हवाई अड्डे तक पहुँचाया गया।

मुंबई निवासी प्रो. महेश जायसवाल दीवाली पर्व पर प्रतापगढ़ आये थे। 3 नवंबर को एक सड़क दुर्घटना में वह गंभीर रूप से घायल हो गये थे। निरंतर बिगड़ती अवस्था में उन्हें क्रमशः प्रतापगढ़ से इलाहाबाद और लखनऊ लाया गया। लखनऊ के किंग जार्ज मेडिकल कॉलेज के चिकित्सकों द्वारा उन्हें 'ब्रेनडेड' घोषित करने पर जागरूक परिजनों ने यह साहसी निर्णय लिया। उनके लिवर, कार्निया व गुर्दों के दान से उन पाँच लोगों को नई जिन्दगी मिली जो असाध्य रोग से लड़ रहे थे। उनके गुर्दों को ग्रीन कॉरीडोर के द्वारा संजयगोँधी पी. जी.आई. लाया गया, जहाँ इसे शीघ्रतिशीघ्र प्रत्यारोपित किया गया।

अंग प्रत्यारोपण को एक अभियान का रूप देने और इस कोशिश को और आगे ले जाने की आवश्यकता है, जहाँ अधिकाधिक स्वर स्वेच्छा से इस पुकार से जुड़ सकें और दर्द के इस अहसास को सुकून और खुशी के रिश्ते में बदला जा सके।

कुसुम यादव

*After taking a journey through the archives, it is extremely amazing and gratifying to witness that so many of our colleagues are so well placed all over the globe. How nostalgic and exciting it would be to know their cinematic moments of journey from SGPGI. Introducing this column to experience their first hand details of trip down the memory lane.*

**Executive Editor**

## Those Were the Days

I thank Mrs Monalisa Chaudhari Mam for taking me down the memory lanes of my Alma Mater for Mch program - SGPGIMS. I joined in 2006 as a senior resident in Endocrine Surgery Department. When I passed out in 2010, I realized I had been overall groomed from all aspects of personality development, starting from patient care, interaction, behavior with colleagues, how to use technology, HIS system so unique of the institution and data management, statistics classes, how to make ppt, posters and videos for conferences (both national and international), upgrading knowledge with all recent changes and new guidelines, all latest technologies in operating room and communication with distant centers



*Moments to cherish Dr Pooja along with her batchmates in the department*

via telemedicine. The working atmosphere and facilities provided are excellent and very motivating for the growth of a person. The interdepartmental meets are very useful for joint decision makings about patient management and also helps in sharing knowledge. The greenery of the institution is very serene and gives a very nature friendly look. The sports complex and swimming pool is very enriching for maintain good health. I shall always look back with pride to say that I studied in such a prestigious institution and shall always represent it in the best possible ways.

**Pooja Ramakant**

Dr Pooja Ramakant is presently Associate Professor, Department of Endocrine and Breast Surgery, King Georges' Medical University, Lucknow

## वो दिन भी क्या दिन थे

दिसम्बर 1988 नई दिल्ली, और जनवरी 1989 लखनऊ, एक महीने में कितना कुछ बदल सकता है, ये मैं आज कह नहीं सकता हूँ। जब पीछे मुड़ता हूँ, यादों के गलियारों में, तो एक सुखद अनुभव होता है, उस एहसास का जिसमें पी.जी.आई. संस्थान में सभी एक परिवार की मानिंद रहते थे। जब भी कोई काम को अंजाम देना होता था, तो क्या तो रामकिशन और क्या संस्थान के निदेशक महोदय, सब सदस्य दिन रात एक कर देते थे। कई बातें याद हैं पी.जी.आई. में बिताये हुए अनमोल लम्हों की, जैसे की संस्थान की ईमानदार छवि के कारण, रोजमर्रा की परेशानियों को झेलते हुए भी यहां मरीजों ने हमें हमेशा सराहा। विभाग में हमेशा सहयोग और प्रोत्साहन मिला, कोई अच्छा कार्य करने से भी कभी किसी ने नहीं रोका, कंधे से कंधा मिलाकर सहयोग देते वो हाथ, वो साथी, आज भी मन मस्तिष्क को आंदोलित कर जाते हैं। आज विश्व में ख्याति प्राप्त सर्जन और फिजिशियन्स, कभी मेरे साथ उठते बैठते थे, उनका साथ, और उनसे जो सीखा, वो अद्वितीय और अविस्मरणीय है। वरिष्ठ पड़ोसी के यहां से मेरे घर जलेबी और मिठाई के टोकरे का आना, पी.जी.आई. के सिवा और कहाँ हो सकता है। आज भी जब पी.जी.आई. जाता हूँ तो दीवारें, दरवाजे बात करते हैं, सड़कें पूछती हैं, कैसे हो अतुल! दृश्य घूमते हैं नजरों के आगे, अनगिनत, यहां इस वार्ड में पहला वेन्टीलेटर लगाया था, यहां इसी केबिन में कार्डियोलॉजिस्ट के साथ मिलकर किसी को साँसे दी थीं, यहां इस दरवाजे को एक्स-रे प्लेट



*अपने परिवार के साथ डॉ. अतुल गौड़  
स्टाफ रेसीडेन्स के पीछे उन दिनों के एकमात्र पार्क में*

से खोला था, इस विभाग में कभी तीन-तीन आपरेशन थियटर चलाये थे, कभी इन्ही रिसेशन पर दोस्त बैठते थे, इन्ही को तो चुना था कभी, इसी हॉस्टल में कभी दोस्तों के साथ खाना बनाया और खाया करते थे, इसी सड़क पर कभी रात का खाना खाने के बाद, लेट कर गप्पे मारी थी, और ये तो वही बड़े बाबू हैं जो कभी दुआ सलाम किया करते थे। मलाल तो है कि आज इस संस्थान में कार्यरत नहीं हूँ, पर शायद नियति को ये ही मंजूर था। दोनों मियां बीबी आज अपनी-अपनी जगह, संस्थान में रखी गयी नींव के सहारे, एक सफल और संतुष्ट विशेषज्ञ चिकित्सक हैं। ईश्वर की बड़ी मेहरबानी और बड़ों का आशीर्वाद है, आज जो कुछ भी हैं, जहां भी हैं, संस्थान की वजह से हैं। फिर भी चाह तो यही थी कि पी.जी.आई. में काम करें, परन्तु जहां इतनी अच्छाईयां हैं, वहां थोड़ा सा नमक जुबान पर आ जाये तो स्वाद आ जाता है। अब जीने की एक और वजह होती है, अगले साल फिर से अपने वतन अपनों से मिलने जाना है, लखनऊ में पी.जी.आई. संस्थान में।

**अतुल गौड़**

Dr. Atul Gaur is now Consultant Anaesthetist University Hospitals of Leicester NHS Trust Leicester UK

## Awards & Accolades

- ❖ **Prof Rakesh Kapoor** Director SGPGIMS received the 'Yash Bharti Puruskar' the highest and the most coveted award of the state of Uttar Pradesh for his exemplary work in the field of Medical Science, as a surgeon.



- ❖ **Prof Raj Kumar**, Head Neuro Surgery Deptt received the Shyam Krishna Memorial Oration Award at the World Congress of Cranomedicine. He also received the Shree Rakesh Soni Memorial Guru



Ghasidas National Award-2016 at Delhi.

- ❖ **Prof. Ujjala Ghoshal**, Professor, Microbiology was awarded MAMS Degree of National Academy of Medical Sciences (INDIA) –at NAMSCON-2016. Dr U Ghoshal also received Travel grant at Asian Pacific digestive Disease week 2016, Nov 2nd -5th Kobe, Japan.



- ❖ **Dr Devendra Gupta** Additional Porfessor, Anesthesiology receive "The Best Presentation Award" in the Conference ICACCM 2016 (18th International Conference on Anesthesiology and Critical Care Medicine) at Dubai (UAE).

- ❖ **Mrs Monalisa Chaudhari** Sr. PRO received the PRSI National Award for 'Best Program' in the 36<sup>th</sup> National PRSI Conference held at Kolkata.



## First Training Program of LASP at SGPGI



A month long training program on Laboratory Animal Science Procedure was conducted from 10.09.16 to 07.10.16 at Animal House under guidance & supervision of Prof. T. N. Dhole and Dr. A. K. Baranwal. Training duration was equally divided between theoretical classes and hands on training. A total of 16 candidates participated in the program. As per applicants' feedback and their continuous evaluation there was great learning of the discussed subjects and real hands on training of the procedures. Program has achieved its objective very successfully. This was first initiative of its kind at SGPGIMS.

A. K. Baranwal

## Pathological

*Maybe I've early onset Parkinson's;  
There's a tremor in my hands.  
I can't rule out a posterior stroke,  
For I can barely stand;*

*A myocardial ischemia could be  
Why my heart is aching;  
A bulbar MND would explain  
Why my voice keeps breaking.*

*Is Multisystem atrophy  
Causing my autonomic swings?  
Could an acute episode of psychosis  
Account for all these things?*

*But it turns out, that it was love!  
Behind all the symptoms that I'd got.  
So will someone tell me what is  
Pathological, and what's not?*

Siddharth Warrior

## Vibrant Campus

*We Do Not Inherit the Earth from Our Ancestors; We Borrow It from Our Children*

The SGPGI campus - our home is a wonderful place. Each time you enter the campus, a picturesque lush green main entrance takes ones breath away – yet once again! The rest of the campus is no different – it is beautiful, green, spread out and very pleasing to the eye from whichever angle you choose to look from. However there are still a few things that could be improved upon, for instance, the garbage disposal mechanism, avoidance of plastics and polythene, handle stray animals, and check the menace of speeding vehicles on campus. All these would make this campus an idyllic place to live in.

'Vibrant Campus Initiatives' is a small step taken by a few like minded individuals, who have volunteered to devote some time towards the cause. The objective was to sensitize and create awareness, and resolving low cost practical solutions.

large numbers. The presence of Director Dr Rakesh Kapoor gave further impetus to the activity.

The campaign was taken a step further in December. This time an awareness afternoon was held on 13<sup>th</sup> December for domestic helps residing in the campus. The event was kept interactive and informal and the response was receptive and overwhelming.

The message was conveyed through presentations, interactions and discussions. The highlights were the importance of personal hygiene and menstrual hygiene; proper disposal of garbage, creation of compost pits and guidance to save water and electricity etc. They were also told how to handle the growing menace of stray dogs.



The initiative took off about two months ago, when a awareness walkathon was organized in the campus, with the idea to walk together, assess the campus, identify the areas that need attention and come up with feasible solutions.

Children benefit the most from a clean, green safe campus. The first step, was to sensitize and involve the children of the campus. The movement was initiated on Children's Day. Theme based painting, slogan writing and poem writing competitions were organized. The theme was 'Clean, Green and Safe Campus'. The best entries were read out and displayed. Prizes and token of appreciation were presented to all the enthusiastic participants, who came in

To drive home the point of using reusable cloth bags jholas were distributed to all participants for their personal use. Dr Deepa Kapoor wrapped up the session with her warm and encouraging words.

The volunteers are deeply motivated on experiencing the overwhelming response and acceptance of their initial endeavor, and plan to have more such innovative and cost effective campaigns for all walks of people residing in the campus, with the sole motive to turn SGPGI into a safe and model residential place.

**Punita Lal  
Prerna Kapoor**

## Creche



*On the occasion of the Annual Sports Day of the Creche, on 14th November, 2016, many sports events like Yoga, Taekwando, and running races were conducted for Creche kids with active participation from the parents. Kids were presented medals afterwards.*



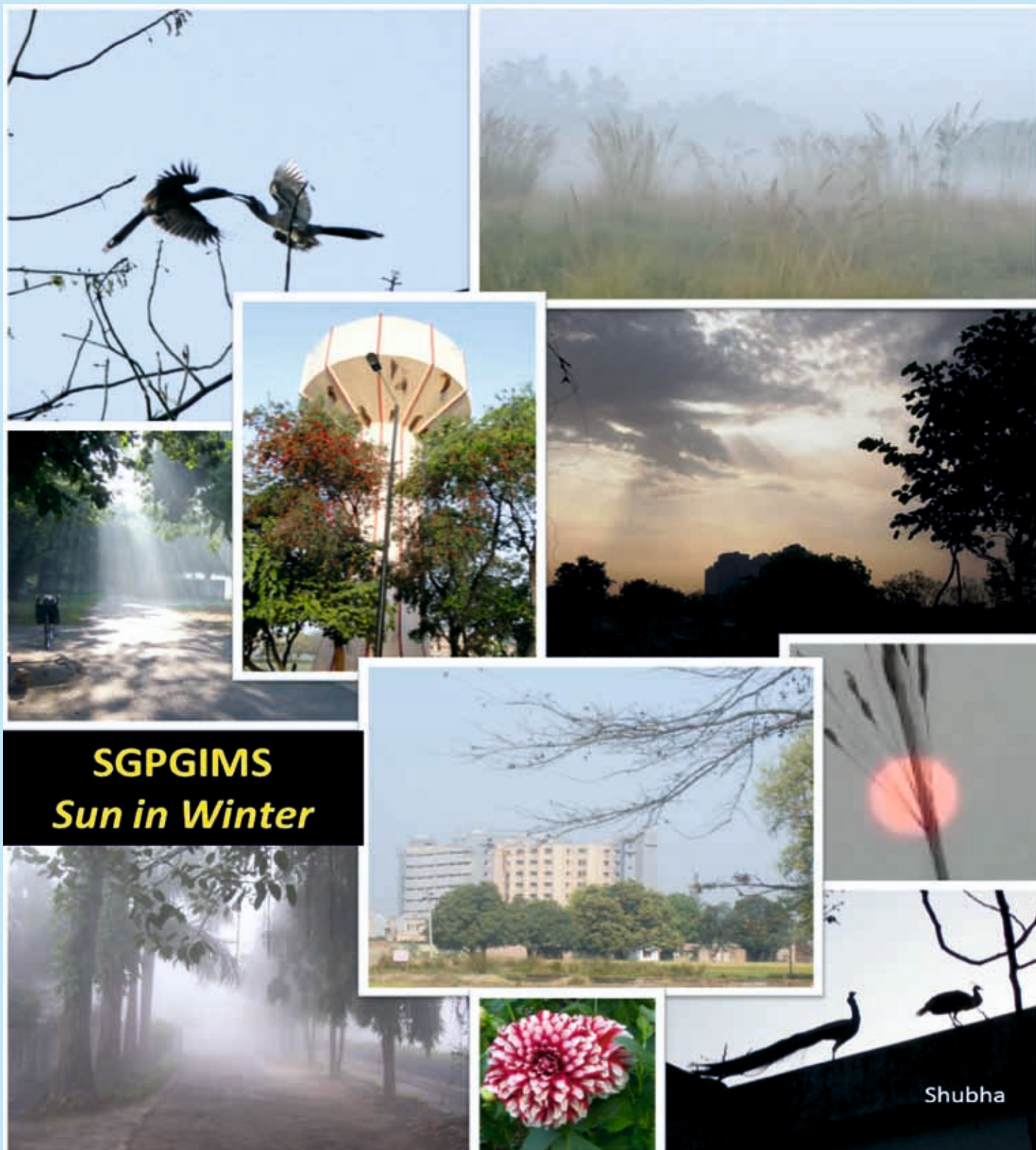
## Nursery School



*Ravan is made entirely in The Nursery School with no outside help.*



*Here we go round the Christmas Tree....the Christmas tree...the Christmas tree.....!!*



*Photographs & Collage by Shubha Phadke*

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