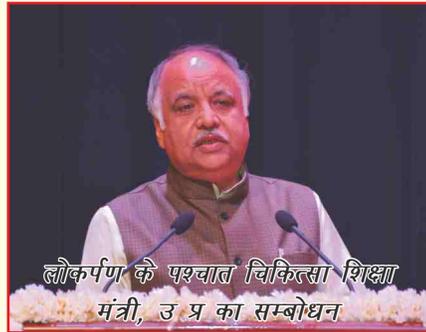


पी.जी.आई. में कुछ विशिष्ट सेवाओं का शुभारंभ



कार्यक्रम का शुभारंभ दीप प्रज्वलन द्वारा



लोकार्पण के पश्चात चिकित्सा शिक्षा मंत्री, उ प्र का सम्बोधन



राष्ट्र गान के सम्मान में खड़े मंचस्त सम्मानीय विशिष्ट अतिथि गण



लोकार्पण समारोह में खासखुश भरा हुआ दर्शक दीर्घा



8 विशिष्ट सेवाओं का एकसाथ लोकार्पण

उत्तर प्रदेश के प्राविधिक शिक्षा एवं चिकित्सा शिक्षा मंत्री माननीय श्री आशुतोष टण्डन ने 6 मार्च, 2019 को संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, में कुछ विशिष्ट सुविधाओं के विस्तार का लोकार्पण संस्थान में आयोजित एक भव्य समारोह में किया। साथ ही माननीय मंत्री जी ने नोयडा स्थित सुपर स्पेशियलिटी बाल चिकित्सालय एवं शैक्षणिक संस्थान के 8 नवीन परियोजनाओं का भी लोकार्पण किया। इस अवसर पर संस्थान के निदेशक प्रो० राकेश कपूर ने उत्तर प्रदेश सरकार द्वारा दिये जा रहे निरन्तर सहयोग के लिए आभार व्यक्त करते हुए रोगी सेवा में संस्थान की प्रतिबद्धता का विश्वास दिलाया। माननीय चिकित्सा शिक्षा मंत्री श्री आशुतोष टण्डन जी ने संस्थान की उपलब्धियों पर बधाई दी तथा विश्वास व्यक्त किया कि इन नये चिकित्सीय संयोजनों से प्रदेश की जनता को अपने ही प्रदेश में उत्कृष्ट इलाज उपलब्ध होगा। सीटी0 स्कैन एवं पावर प्लांट की सुविधाओं को छोड़कर उपरोक्त सभी निर्माण एवं सुविधाओं को 'कन्स्ट्रक्शन एण्ड डिजाइन एण्ड सर्विसेज उत्तर प्रदेश जल निगम' द्वारा किया गया है।

इस अवसर पर संस्थान के निदेशक प्रो० राकेश कपूर, के साथ श्री रजनीश दुबे, प्रमुख सचिव चिकित्सा शिक्षा, श्री जयन्त नार्लिकर, सचिव, आयुष एवं अपर निदेशक संजय गाँधी, पी0जी0आई0 भी उपस्थित थे। कार्यक्रम में नोयडा बाल सुपर स्पेशियलिटी के निदेशक डा० डी0 के० गुप्ता, सी0बी0एम0आर० के डा० राजा राय के साथ पी0जी0आई0 के मुख्य चिकित्सा अधीक्षक प्रो० अमित अग्रवाल, कुल सचिव प्रो० सोनिया नित्यानन्द, चिकित्सा अधीक्षक डा० ए०के० भट्ट तथा शासन व जल निगम के वरिष्ठ अधिकारी एवं संस्थान के वरिष्ठ संकाय सदस्य तथा अधिकारी व कर्मचारी उपस्थित थे।

- पुरानी ओपी0डी0 के स्थान पर 6 विभागों के लिए 134 शैयाओं के बार्ड का उद्घाटन।
- रेडियोलॉजी विभाग में रोगियों की बढ़ती संख्या को देखते हुए एक और सीटी0 स्कैन मशीन जिसकी लागत रु. 650.00 लाख है, स्थापित की गई।
- भारत सरकार के सहयोग से 1112 किलोवाट का सोलर पावर प्लांट स्थापित किया गया, जिससे संस्थान में विद्युत व्यवस्था मजबूत हो तथा बिजली पर आने वाले व्यय भी सीमित हो सके।
- संस्थान के चिकित्सीय छात्रों एवं संकाय सदस्यों के अध्ययन हेतु अत्याधुनिक सुविधाओं से युक्त पुस्तकालय में बिना अवरोध विद्युत आपूर्ति

हेतु 03 डी0जी0सेट लगाये गये।

- एपेक्स ड्रामा सेन्टर में जल आपूर्ति हेतु राज्य सरकार से रु० 44.19 लाख की वित्तीय सहायता से नलकूप लगाये गये।
- संस्थान परिसर में स्थित सेन्टर फॉर बायोमेडिकल रिसर्च में राज्य सरकार के सहयोग से एक अतिविशिष्ट अतिथि गृह का निर्माण का परियोजना प्रारम्भ।
- टाइप 4 के बहुमंजिला भवन जिसमें 40 आवास सम्मिलित हैं का लोकार्पण किया गया।
- विवाहित परिचारिकाओं के लिये 100 आवासों का लोकार्पण।

"Follow your Heart"

This year, when you are making your goals and resolutions, why don't you try something a little different, that you may find tremendously fulfilling. Instead of setting practical, monetary, and professional goals, decide to make goals to follow your heart. If you have spent your professional life living in your head, pushing yourself harder and harder, this may be a dramatic and welcome change. You can stop trying to prove yourself to the world, to your boss, to your patients, and focus on proving that you are good enough and content enough to be yourself. You can show those that you care about that they matter more to you than working long hours, getting ahead, and making the bottom line.

"Follow your heart" have been watchwords for centuries, and with good reason - We know instinctively our heart's intuition yields the highest outcome. There is no greater truth that when we follow our heart, we cease to have regrets. While things may not always go in favor, at least we will not live asking ourselves, "what if...?" Trusting your instincts and to know that if you listen, your heart will guide you in the right direction. When we are willing to ask the tough questions about what really matters to us, we may surprise ourselves, that we can find a way to make our hearts desire come to fruition. When we listen to our heart, it tells us that it does not want us to be hurt. It does not want us to hold grudges or be vengeful, as the person that we end up hurting most is ourselves. Time flies ...it does today becomes yesterday and soon a history, which shall remain as such beyond our control... but from this moment forward, what if we focus on the present, forget the past, and not worry about the future... Will it not be a future of kindness to self and others? This was just a 'healthy food for thought' with the much intended pun...

The success of the *SGPGIMS Newsletter* is directly related to the hard work and devotion of the individuals who make up the editorial team. We are very fortunate to have extraordinary and talented members who provide wise counsel and serve as role models for the SGPGI community. I would like to extend a very special thank you to all our dedicated Editorial Board members who have been instrumental in bringing out this quarterly in-house journal showcasing all that we do to the public at large. We bid a heavy hearted good bye to **Sri Ram Pramod Mishra** on his superannuation. He has been an intricate member of the team since we launched the *Newsletter*. We are deeply grateful to him for his invaluable dedications beyond his routine work to bring out this *Newsletter* especially his contributions to bring out the Hindi pages are immeasurable. We wish him a long, healthy and happy retired life and bring to you his memories of PGI, on page 11.

This is yet another issue of *SGPGIMS Newsletter*, which has entered its 5th year with nonstop catering of your news, reports, features, soft stories and pictorial overviews. Urging you, as always, to feed us more with your information and feedback. Do write to us at -

sgpgimsnewsletter@gmail.com

Monalisa Chaudhari

पुरानी ओपीडी का नवीनीकरण



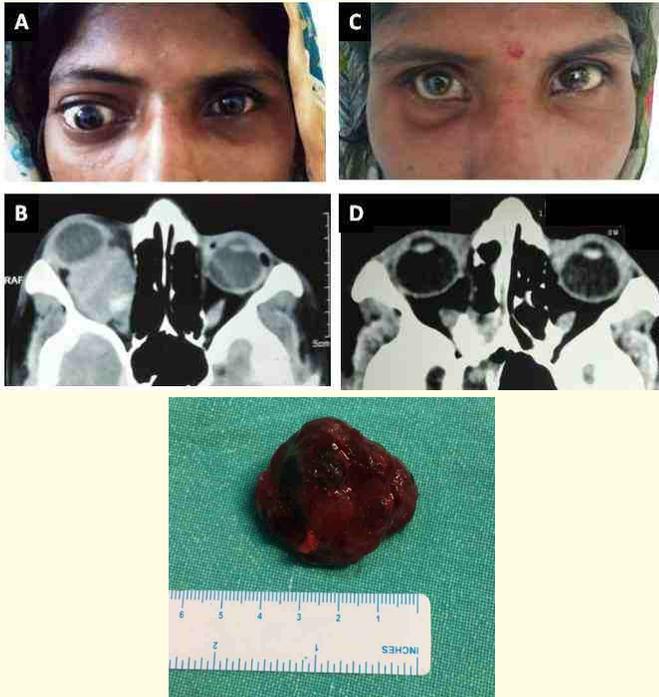
संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ की उत्कृष्ट चिकित्सा सेवा के चलते ओपीडी में मरीजों की संख्या में होती अत्यधिक वृद्धि की समस्या के समाधान के विचार से एक नए, भव्य एवं सभी आधुनिक सुविधाओं से सुसज्जित ओ.पी.डी. की परिकल्पना की गई, जिससे बाह्य मरीजों को एक ही छत के नीचे सभी आवश्यक सेवाएं उपलब्ध हो सकें। यह नवीन ओपीडी भवन तैयार होने के पश्चात अस्पताल खण्ड में पहले से स्थापित ओपीडी के समस्त विभाग नये ओपीडी भवन में जनवरी, 2017 से कार्य करने लगे।

भर्ती रोगियों की बढ़ती हुई संख्या का निवारण करना भी आवश्यक हो गया। अतः निर्णय लिया गया कि संस्थान में नवीन ओपीडी बनने के बाद पुरानी ओपीडी की जगह को वार्ड में तब्दील किया जाये। इसका प्रस्ताव फरवरी, 2018 में लाया गया, एवं अगस्त, 2018 से निर्माण कार्य प्रारम्भ हो गया एवं इस स्थान को 4 महीने में पूरा करने का संकल्प लिया गया। अनुमानित समय के अनुसार दिसम्बर, 2018 में 06 विभागों के रोगियों को भर्ती कर उपचार दिये जाने के उद्देश्य से 134 बेडों का वार्ड तैयार हो गया, जिन्हें रेडियोलॉजी, न्यूक्लीयर मेडिसिन वार्ड, जेनेटिक्स वार्ड, पैलियेटिव केयर आनकोलॉजी, रेडियोथेरेपी विभागों में आवंटित कर दिया गया है। जनवरी, 2019 से ये वार्ड क्रियाशील है। इन वार्डों के क्रियाशील होने से रोगियों को उच्च स्तरीय चिकित्सा की प्रतिक्षा सूची में भी कमी आई है। इस परियोजना की कुल लागत ₹ 1480.77 लाख है। जिसमें वार्डों के निर्माण में 880.77 लाख तथा उपकरणों हेतु ₹ 600.00 लाख व्यय प्राविधानित किया गया। इस वार्ड को रिकार्ड समय में पूरा किया गया है।

Endoscopic Total Excision of Orbital Tumor through Nose

An Incision less Surgery

A 26 year old lady presented to neurosurgery OPD with complaints of painless protrusion of right eyeball associated with progressive visual deterioration and reduced ocular movements (Figure-1A). Radiological investigations revealed a 4 cm. large tumor filling the right orbit and pushing the right eyeball forward (Figure-1B). Patient underwent total excision of tumor through the nose with the help of endoscope by Dr. Awadhesh Kumar Jaiswal (Professor, Neurosurgery department) and his team. Her symptoms resolved immediately after surgery (Figure-1C). Post operative CT scan showed complete tumor excision (Figure-1D). She was discharged on third post operative day. The histopathology of the tumor was hemangioma.



Surgical excision is the mainstay of treatment of tumors located in the orbit. Conventionally, surgery of these tumors is done by making an incision on the scalp and performing an opening in the skull bone over the forehead. Surgical removal of orbital tumor through the nose with the help of endoscope does not require any skin incision or skull bone opening, thereby making it an Incision Less Tumor Surgery. The operative time and hospital stay are also much shorter as compared with convention procedures. To the best of our knowledge, surgical excision of such a large orbital tumor through nose with help of endoscope has never been reported in medical literature. Till now, more than 30 similar cases with excellent results have been operated in SGPGI.

पैंक्रियाज के ट्यूमर का ऑपरेशन कर जिंदगी दी

दस लाख में एक व्यक्ति ऐसा होता जिसमें जन्म से ही शरीर के अंदर के सारे भीतरी अंग सामान्य लोगों से अलग उल्टे स्थान पर होते हैं। ऐसे में लोगों में सर्जरी के लिए विशेष प्लानिंग की जरूरत होती है क्योंकि सारे उपकरण और सर्जन के हाथ राइट हैंड पर सेट होते हैं। संजय गौधी पी0जी0आई0, लखनऊ के गैस्ट्रोसर्जन प्रो0 आनंद प्रकाश अपने सहयोगी डा0 विश्वनाथ, डा0 सोमनाथ और एनेस्थेसिया विशेषज्ञ प्रो0 आशीष



प्रो0 आनंद प्रकाश

कनौजिया के सहयोग से एक ऐसे मरीज जिसके शरीर में सारे अंग उल्टे थे, उसमें पैंक्रियाज के ट्यूमर की सर्जरी सफलतापूर्वक करने में कामयाबी हासिल की है। यह उत्तर भारत का पहला मामला है जिसमें इस तरह के मरीज में ट्यूमर की सर्जरी कर तिल्ली (Spleen) को भी बचाया गया है। प्रो0 आनंद प्रकाश के मृताबिक 26 वर्षीय सगुन पेट की दर्द की परेशानी लेकर बिहार से यहाँ रेफर होकर आई। पेट दर्द के कारण वहाँ के डॉक्टरों ने अल्ट्रासाउंड कराया तो देखा कि सब कुछ उल्टा है। अमूमन ट्यूमर के साथ तिल्ली भी निकाल दिया जाता है लेकिन यहाँ इसे बचाते हुए ट्यूमर निकाल दिया गया। यह आपरेशन फरवरी माह में किया गया। मरीज आपरेशन के पश्चात पूरी तरह से ठीक है। ऐसे व्यक्ति जिनके शरीर के अंग उल्टी तरफ होते हैं उनको मेडिकल भाषा में साइटस इनवर्सेस टोटलिस कहते हैं जिसमें दिल बाएं के बजाय दाएं तरफ, लिवर दाएं के बजाय बाएं, तिल्ली बाएं के बजाय दाएं, फेफड़े भी आपस में उल्टे थे। परीक्षण करवाने पर पता चला कि पैंक्रियाज के पिछले हिस्से में ट्यूमर है जिसका इलाज केवल सर्जरी था लेकिन समस्या थी, सब बाएं तरफ होना जिसके लिए पहले पूरी प्लानिंग की गयी। प्रो0 आनंद प्रकाश ने बताया कि तिल्ली निकालने से फेफड़े का संक्रमण की आशंका बढ़ जाती है तथा मरीज़ एक 26 साल की लड़की है। ऐसे में आगे भी कोई परेशानी न हो, इस बात को ध्यान में रखकर तिल्ली को बचाया गया।

संजय द्विवेदी

Gender Reassignment Surgery

During the Pediatric and Adolescent Urology workshop organized by the department of Urology and Renal transplantation at SGPGI, Lucknow in early March 2019, several demonstrations of surgeries were done amongst which the Gender Reassignment surgery was the main highlight of the workshop.

The surgery was performed on a 21 year old patient who was genetically a male but had ambiguous genitalia and was reared as a female. She had a well formed phallus and both the gonads (testes) were palpable in labioscrotal folds. After basic workup and psychological analysis she underwent female genitoplasty. Currently she is on hormonal replacement therapy for the development of female secondary sexual characters.

M S Ansari

Pompe Disease

Pompe disease, also known Glycogen Storage Disease Type II (GSD II) is a rare inherited metabolic disorder caused by deficiency of lysosomal acid α -glucosidase (GAA). As GAA is the only enzyme that hydrolyses glycogen to glucose in the acidic environment of the lysosome, its deficiency leads to glycogen accumulation within lysosome and hence is considered to be a Lysosomal storage disorder as well.

Pompe disease is classified by age of onset, organ involvement, severity, and rate of progression.

- Infantile-onset Pompe disease (IOPD): Onset is before age 12 months with cardiomyopathy. Typically onset is at the median age of four months with hypotonia, generalized muscle weakness, feeding difficulties, failure to thrive, respiratory distress, and hypertrophic cardiomyopathy. Without treatment by enzyme replacement therapy (ERT), IOPD commonly results in death by age two years from progressive left ventricular outflow obstruction and respiratory insufficiency.
- Late-onset Pompe disease (LOPD): Onset is generally after 12 months of age and is characterized by proximal muscle weakness and respiratory insufficiency. Clinically significant cardiac involvement is not observed. All children who have symptoms starting before age 12 months, without cardiomyopathy are also grouped under LOPD.

In our experience, symptoms of infantile Pompe disease starts earlier than stated in literature and eventually death occurs, many a times, before the first birthday of the baby. This is probably because of the increased incidence of associated pulmonary infection in our setting.

The department of Medical Genetics, had seen few such children earlier; but therapy could not be provided due to the rapid course of the disease and non-availability of the drug compounded by its prohibitive cost. We have to be very aggressive in diagnosis and management, so that we can pick up the disorder early and start therapy if possible.

Recently in a span of 3 months (March 2019 to May 2019) three infants with infantile Pompe Disease has been picked up at our Institute and ERT has been made available to all three free of cost under 'charitable access program' of the drug manufacturing company. This could only happen due to the alertness and dedication of the resident doctors of Medical Genetics department and inter-departmental coordination mainly involving Medical Genetics, Neonatology, Endocrinology, Neurology and Cardiology departments. A special mention should be made about the clinical acumen and skills of the doctors of the Cardiology department, who could pick up this disorder

easily and refer them for clinical genetic evaluation.

Though the outcome of babies, who came to us by the age of 7 to 8 months, is not favourable, we are very hopeful about



a baby picked up by the Neonatology department, early at 4 months of age.

There needs to be awareness amongst clinicians so that we don't miss this disorder, which is not as rare as it is thought of. We should remember that the disorder is treatable and that it has a recurrence risk of 25% in subsequent pregnancies. Prenatal testing can be provided during pregnancy in these families, if mutation is detected in the affected child, which we have done for all these three families. The most important positive experience we gained from this case series is that, if we can concentrate on inter-departmental and intra-departmental coordination rather than individual feats; once thought difficult disorders, can be to diagnosed and managed easily.

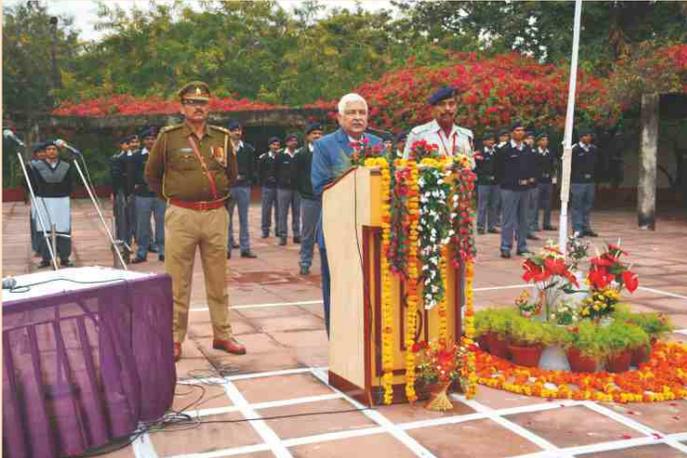
On A Lighter Vein

Working in healthcare is no joke. But when you're working in an intense environment, it's important to enjoy some lighthearted moments...so here they are--

- ☺ Why do we tell actors to "break a leg?"
Because every play has a cast. ☺
- ☺ What do you call a parade of rabbits hopping backwards?
A receding hare-line. ☺
- ☺ What's the different between a cat and a comma?
A cat has claws at the end of paws; A comma is a pause at the end of a clause. ☺
- ☺ What did the bald man exclaim when he received a comb for a present?
Thanks- I'll never part with it! ☺
- ☺ What did the left eye say to the right eye?
Between you and me, something smells. ☺
- ☺ What did the shark say when he ate the clownfish?
This tastes a little funny. ☺
- ☺ Why did the frog take the bus to work today?
His car got toad away. ☺
- ☺ What did the buffalo say when his son left for college?
Bison. ☺

Courtesy : Reader's Digest

गणतंत्र दिवस समारोह



गत वर्ष की भांति इस वर्ष भी दिनांक 26 जनवरी को देश का सत्तरवाँ गणतंत्र दिवस संस्थान में अत्यंत हर्षोल्लास के साथ मनाया गया। इस अवसर पर संस्थान परिवार के सदस्य एवं संकाय सदस्य अधिकाधिक संख्या में मौजूद थे। इस शुभ अवसर पर संस्थान के निदेशक डा० राकेश कपूर ने ध्वजारोहण किया व संस्थान परिवार को संबोधित किया। तत्पश्चात सांस्कृतिक कार्यक्रम का आयोजन भी किया गया।

World TB Day

An awareness and sensitization session was held at General Hospital, SGPGI to mark World TB Day on March 24, 2019. The target audiences were the Staff nurses and Community nursing students. It was a successful, well attended and interactive event. A signature campaign for awareness too was carried out on this occasion.



The theme this year is **"IT's TIME"-Time to find patients, treat them fully, time to end stigma or discrimination!**

The World Health Organization, the Stop TB Partnership, and The Global Fund to Fight AIDS, Tuberculosis and Malaria have launched a joint initiative titled **"FIND. TREAT. ALL. #ENDTB"**, to scale up the universal access to TB prevention and care, and call on all countries and partners, including civil society, affected communities and development financing partners, to join in the effort with concrete commitments.

The event was organized by Dr. Prema Kapoor, Nodal Officer of the RNTCP (Revised National TB Control Program) in SGPGI, and the session was supported by the District TB Society and all the DOT program workers at the Institute's DOT centre.

Prerna Kapoor

IXth Lamp Lighting Ceremony



College of Nursing, SGPGIMS, Lucknow, celebrated its 11th Foundation Day and 9th Lamp Lighting Ceremony on 1st Feb, 2019 with huge zeal & enthusiasm. The celebration was witnessed by fully packed Shruti Auditorium.

The programme started off with welcome address by Prof. Sanjay Dhiraaj, Nodal Officer (CON). He highlighted the importance of day of Lamp Lighting in Nursing Student's life. This was followed by Lamp Lighting by the distinguished Chief Guest Mrs. Swati Singh, Hon'ble Minister of Women & Family Welfare, Maternity & Child Welfare Govt. of UP and Guest of Honor, Prof. Rakesh Kapoor, Director, SGPGI. Dean, Executive Registrar, CMS, Principal, College of Nursing and Faculty Members of SGPGI were present on the occasion. B.S.c Nursing 1st year student took ceremonial Florence Nightingale's pledge before joining Nursing profession.

Cultural Programme was also organized by the students on the occasion which was highly appreciated by one and all.

Usha Rani



Otoplasty Update & Cartilage Carving Workshop



Department of Plastic Surgery SGPGIMS along with Unit of Neuro-otology SGPGIMS organized 1st Otoplasty Update & Hands on Cartilage Carving workshop on 16th January 2019 at Mini Auditorium and Animal House SGPGIMS.

Ear reconstruction especially for congenital deformities is a very complex surgery needing precision, practice and expertise. Attention to detail especially during carving of cartilage using specially designed instruments and surgical techniques a game changer. This meeting was conducted keeping this in mind and included Master Class, video and paper presentation, along with Hands on cartilage carving workshop on various Otoplasty techniques by experts from all over India.

This update and workshop was organized for 1st time in SGPGI and faculty for this workshop came from all over India, headed by Prof. P.S.Bhandari, (World Renowned Otoplastic Surgeon) HOD, burns and plastic surgery, LNJP and Associate Maulana Azad Medical College, New Delhi, Prof. Ravi K. Chittoria, HOD Plastic Surgery JIPMER,

Puducherry, and Prof. A.K Singh, HOD, Plastic and Reconstructive surgery KGMU Lucknow.

Delegates were from different institutes, medical colleges and private practitioner of plastic surgery and ENT surgery from all over state. With help of Telemedicine department SGPGI, remote centers like JIPMER Puducherry, MLN Medical College Allahabad and Safdarjung, Delhi participated for live discussions and presentations during the workshop. Live Cartilage Carving Workshop were attended by many Plastic and ENT surgery trainees and young plastic surgeons from various institutes, who improved their surgical skills on bovine cartilage under guidance of renowned otoplasty surgeons. This session was coordinated by Dr Ankur Bhatnagar, Dr Amit Keshri and Dr Barnwal Veterinary surgeon Animal House SGPGI. The Chairman of the workshop was Dr. Rajiv Agarwal.

Anupama Singh

BRONCOCON 2019



The department of Pulmonary Medicine, SGPGIMS under the aegis of Indian Association for Bronchology organized the Annual Conference of Interventional Pulmonology: BRONCOCON 2019 from February 8 to 10, 2019.

On 8th Feb a pre conference workshop on basic and advanced bronchoscopic techniques was arranged. Workshop on basic

bronchoscopy included simple bronchoscopic procedures like examination of the brochial tree, bronchoscopic lavage, bronchoscopic FNAC and bronchoscopic biopsies and advanced bronchoscopic techniques consisting of endobronchial ultrasound (EBUS), cryo lung biopsy, and rigid bronchoscopic placement of airway stents. The workshop was followed by the conference which purely aimed to disseminate training and knowledge to the young and budding pulmonologists to excel in patient care and service.

The main conference was held on 9th and 10th February 2019, in which both national and international speakers delivered lectures on various advancements in Interventional Pulmonology. About 500 delegates participated in the conference. The chief guest of the inaugural function was Dr Randeep Guleria, Director AIIMS, New Delhi Prof SK Jindal the pioneer for recognizing Pulmonary Medicine as super speciality and introduce DM course in pulmonary medicine for the first time in PGIMER Chandigarh was the guest of Honor.

Dr. Ajmal Khan, Associate Professor was the organizing secretary of the conference under chairmanship of Dr. Alok Nath, HOD Pulmonary Medicine, Dr. Zia Hashim (Associate Professor) and Dr. Mansi Gupta (Assistant Professor) of department of Pulmonary Medicine contributed to the success of this grand academic event.

Annual Oration and (MISS) Workshop

The department of Neurosurgery, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow organized a Minimally



Invasive Spine Surgery (MISS) workshop alongwith "Prof DK Chhabra Oration" and "Prof VK Jain Oration" from 22nd to 24th February, 2019 in the institute premises.

The workshop focussed on Minimally Invasive Spine Surgery (MISS), a field of Neurosurgery that represents the meeting point of surgical skills and advancement in the technology in Neurosurgery. A number of experts from all over the country delivered talks, shared their experiences and interacted with the audiences. More than 250 delegates from different corners of the country and two international delegates, attended the meeting. The aim of this workshop was to enhance the skills of the budding neurosurgeons of India so as to translate these technical advances to patient care so that the community is eventually benefitted.

This year the prestigious orations in the name of Prof. D.K. Chhabra and Prof V.K. Jain both former Heads of the deptt of Neurosurgery, SGPGI were started. These Orations henceforth will be an yearly event of the department. Two internationally acclaimed experts in the field of spine surgery, Prof Norman D Fisher-Jeffes, Capetown, South Africa and Prof. Kang Taek Lim, Seoul, South Korea delivered these orations.

Alumni get together witnessed more than 60 alumni of the department. This was an occasion for the alumni of the department to meet old friends and interact with the staff, faculty members and rejuvenated their memories of the good old times.

The department also felicitated its employees who had completed 25 years of selfless service in the department before a large gathering of more than 300 people.

Basic Neonatal Ventilation Workshop

The department of Neonatology at Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, organized a Basic Neonatal Mechanical Ventilation workshop on 17th February, 2019 which had an overwhelming response.

Mechanical ventilation is one of the most common life saving & life supporting intervention in the neonatal intensive care unit (NICU). It is an area where technical complexity overlaps with individual preferences due to lack of extensive scientific evidence. Mechanical ventilation is a highly specialized area of neonatology, made more complicated by the availability of many different modes, techniques, and devices. There is an increasing trend in the NICUs to use non invasive ventilation modes; however, invasive ventilation is still often necessary for treating preterm and term infants with respiratory insufficiency. If mechanical ventilation is not done appropriately, then it has potential to harm the newborn with both short & long term consequences.

This workshop focused on imparting fundamental knowledge and skills required for invasively ventilating a newborn. The program included lectures and hands-on workstations. (Prof) Girish Gupta, Dr. Kirti



Naranje, Dr. Anita Singh, Dr. Aakash Pandita, were the Faculties of the workshop. Dr. Vasanthan T. and Col. R.K. Thapar from Command Hospital, Lucknow also gave their inputs as Faculty. Over 45 doctors from different medical colleges in Lucknow, Kanpur, Gorakhpur and Kolkata participated in the workshop which included pediatricians and anesthesiologist. The program received positive feedbacks from all the delegates, including request from a UP Medical College & local Indian Academy of Pediatrics to conduct the Neonatal Ventilation workshop in their city. The department of Neonatology now plans to conduct workshops in future periodically with regular intervals, on different aspects of neonatology, with the aim to train doctors & nurses from state of Uttar Pradesh in art & science of neonatal care.

ISOPES 2019



The Department of Endocrine & Breast Surgery, SGPGI hosted the Biennial meeting of ISOPES (International Society of Oncoplastic Endocrine Surgeons) and 4th National Conference of the Indian Society of Thyroid Surgeons with the theme of "Newer Horizons in Scarless Thyroid Surgery".

ISOPES 2019 started with live workshop, on 15 February, 2019 and from SGPGI four live surgeries were transmitted. Endoscopic Transaxillary thyroidectomy was live transmitted and the procedure was performed by Prof. Sang Wook Kang. Dr. Poonpeera Jithaproom performed Transoral thyroidectomy. Dr. Surendra Babbas from

Delhi performed retroauricular robotic thyroidectomy which was also live transmitted. The procedure was viewed by delegates in 3D vision. Prof. June Choi from Korea performed BABA (Bilateral Axillo Breast Approach) and Prof. Pratamesh Pai from Tata Memorial Hospital performed open thyroidectomy with neck dissection. The procedures were well appreciated by the delegates and faculty from all over India.

Paediatric and Adolescent Urology workshop



Pediatric & Adolescent Urology workshop and conference was organized by the department of Urology and Renal transplantation at SGPGI, Lucknow, from 2nd to 3rd March 2019. The conference was attended by more than 150 pediatric urologists and pediatric surgeons including 12 from SAARC nations. The international guest faculty came from the Children's Hospital of Philadelphia, U.S.A that included eminent pediatric urologists like Mark R. Zaontz, Christopher J. Long and Arun Srinivasan. The conference was a combination of academic feast and deft surgical demonstrations spread over two days. The theme based lecture sessions included a series of talks by national and international faculty on topics such as hypospadias, bladder bowel dysfunction, neurogenic bladder, posterior urethral valve, vesicoureteric reflux, disorders of sexual differentiation and urodynamics. Operative

workshop included demonstration of hypospadias repair, posterior urethral valve fulguration, Deflux and Botox injection, PCNL, laparoscopic pyeloplasty, gender reassignment surgery, diagnostic laparoscopy for cryptorchidism, laparoscopic gonadectomy, epispadias repair and many more.

The main highlight of the workshop was the gender reassignment performed on a 21 year old patient. *(Details of surgery given on page-3).*

State CME on Antimicrobial Stewardship



Department of Hospital Administration & the Lucknow Chapter of Hospital Infection Control Society- India (HISI) has made its formal foray to cull the indiscriminate usage of antibiotics and advocating their principled use based on current scientific & evidentiary lines by organizing a State Continuing Medical Education (CME) on Antimicrobial Stewardship on March 09, 2019 at Telemedicine Auditorium SGPGIMS.

The unremitting urge to take parent national body to a regional forum stems from the objective element of national body, which envisages a common stand to nurture a symbiotic self - sustaining knowledge ecosystem of microbiologists, administrators, clinicians and other health care professionals involved in the noble

profession of Healthcare Infection Control. The persona to occasion was magnified by presence of Honorary Secretary from its parent body- Hospital Infection Society, India's Dr. Raman Sardana and Technical Officer, Antimicrobial Resistance from WHO - India Office, Dr. Anuj Sharma. The other prominent stalwarts who galvanized the entire knowledge kaleidoscope of delegates were Prof. Rajan Saxena, Head, Surgical Gastroenterology, SGPGIMS & Prof. Amit Agarwal, Chief Medical Superintendent, SGPGIMS alongside other intellectual stewards from SGPGIMS, King Georges' Medical University (KGMU) Ram Manohar Lohiya (RML) & Sahara Hospital, Lucknow to name a few in the arena of infection control.

This event also marked the release of first edition of Hospital Infection Control Newsletter - a biannual ready reckoner for the infection statistics of SGPGIMS. This newsletter was the fine example of team lead under C.M.S., SGPGIMS with notable contribution of Dr. Richa Mishra & others.

This co-aggregation of healthcare professionals eloquently advocated the pertinent need of such CME's to deter the healers in developing resistance to unremitting use of drugs and stall the further development of multi-drug resistant superbugs of tomorrow. They also appreciated coherent cum coordinated efforts of the Office bearers of HISI - Lucknow to sensitize the medical citizenry.

R Harsvardhan

27th Annual Gastroenterology Conference

The Department of Gastroenterology, SGPGI, organized the 27th Annual Conference of UP Chapter of Indian Society of Gastroenterology on 29th and 30th March. It provided a national forum for educational

update in the field of Hepatology, Luminal Gastroenterology and GI Endoscopy through academic discussions and deliberations. The conference and live endoscopy workshop were attended by about 200 delegates.

The first sessions of the day were dedicated to Luminal Gastroenterology which included interactive case-based discussions on Achalasia Cardia, Inflammatory Bowel Disease and Crohn's disease. Speakers and Moderators in this session were eminent Gastroenterologists of national repute, namely Dr. Govind K Makharia from AIIMS, N Delhi, Dr. A S Puri from G B Pant Hospital, New Delhi, Dr. Ajit Sood from DMC, Ludhiana, Dr. Shobna Bhatia from KEM Hospital Mumbai and Dr. UC Ghoshal from SGPGI. The focus shifted to Hepatology in the post-lunch session.



Followed by panel discussions on the management of anti-tubercular drug toxicity in liver disease, on management of refractory ascites and the prospects for functional cure in hepatitis B infection featured in this session. Eminent speakers and moderators included Prof. YK Chawla and Dr. RK Dhiman from PGIMER Chandigarh, Dr. Aakash Shukla from BYL Nair Hospital Mumbai and Dr. Deepak Agarwal from Lucknow.

The highlight of the first day was the Prof. S R Naik Memorial Oration, which was introduced for the first time in UPI SG. Late Dr. S R Naik, first Head of the Department of Gastroenterology, SGPGI, and the founder of UPI SG, was an eminent gastroenterologist, active researcher, excellent teacher and a committed clinician who played an important role in establishing

the department at SGPGI and in the field of Gastroenterology in UP. The oration was delivered by Dr. S K Sarin, renowned hepatologist and Director of Institute of Liver and Biliary Sciences, New Delhi, who deliberated on the "Impact of Regenerative therapies in decompensated chronic liver disease".

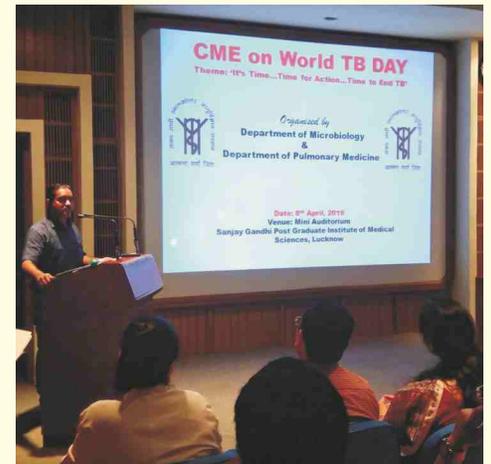
The meeting was inaugurated by Principal Secretary Medical Education, Dr. Rajneesh Dubey, in his inimitable style. Director SGPGI, Prof. Rakesh Kapoor and Honorary Secretary General, ISG, Prof. GK Makharia graced the dais on the occasion along with Dr. VA Saraswat and Dr. Samir Mohindra, Organizing Secretary of the meeting. The gala dinner and evening entertainment program were greatly appreciated by the delegates and SGPGI faculty.

The second day began with interesting sessions on fatty liver disease and pancreatic diseases. Eminent speakers included Dr. Abhijit Chowdhury, IPGMER, Kolkata, Dr. Ajay Duseja, PGI Chandigarh, Dr. Anoop Saraya and Dr. PK Garg from AIIMS, New Delhi. The rest of the day was dedicated to video lectures and endoscopy workshop, with live transmission of cases from the endoscopy theatre, that was coordinated by Dr. Praveer Rai, Joint Organizing Secretary, UPI SG. The procedures were performed by some of the best GI endoscopists in India, including Dr. D N Reddy, Chairman, Asian Institute of Gastroenterology, Hyderabad, Dr. Amit Maydeo from Mumbai, Dr. Randhir Sood from Medanta Medicity, Gurugram, Dr. Gourdas Choudhuri from Fortis Hospital, Gurugram, Dr. MK Goenka from Apollo Gleneagles, Kolkata and Dr. Malay Sharma from Jaypee Hospital, NOIDA.

The first UPI SG oration was delivered by Dr. D N Reddy, Chairman, Asian Institute of Gastroenterology, Hyderabad who spoke on "Bariatric and Metabolic Endoscopy: is it the future of therapy for Obesity, Diabetes and Metabolic syndrome".

VA Saraswat

CME on World TB Day



The Departments of Microbiology & Pulmonary Medicine at SGPGIMS jointly organized a CME on the occasion of World TB Day at Mini Auditorium, SGPGIMS. The theme of the program was 'Its Time...Time for Action...Time to End TB'.

As per WHO Global TB Report, India is a country with the world's highest burden of Tuberculosis (including Drug Resistant TB) cases accounting for 27% of the TB cases in the world.

The main aim of this event was to create awareness about TB and encourage early detection of cases and appropriate intervention.

The role of recent advances in the molecular diagnosis of the disease such as Gene Xpert Ultra assay, Line Probe assay version 2 and role of Next Generation Sequencing in diagnosis of TB was highlighted.

Newer Drug Containing Regimens for management of Tuberculosis with Bedaquiline and Delamanid was also discussed.

Eminent speakers and panelists like Dr. Rajendra Prasad - Former Director, VPCI, Delhi; Dr. Ashwini Khanna - State TB Officer, Delhi and HOD TB Chest, MAMC; Dr. Mandira Verma, Professor, VPCI, Delhi had been invited to drive interactive discussions and enhance the knowledge of stakeholders regarding Drug Resistant Tuberculosis.

Delegates from state medical colleges and other medical Institutes of U.P. attended the program.

Richa Mishra

Evoking Glaucoma Awareness

Glaucoma is an important cause of Irreversible blindness. Worldwide, 64 million people are affected by this disease out of which 1/5th are in India. The burden of disease has been projected to increase as the life expectancy of people in India has been increasing due to multiple factors including improved socioeconomic conditions and access to health care. We have formulated few common questions and their explanations related to this disease evoking awareness about this problem.



Query 1: How Glaucoma affects our eyes and how it is different from Cataract which is another cause of blindness?

Response: Glaucoma is a spectrum of disorders in which optic neuropathy occurs usually due to raised intraocular pressure (IOP) but it may be associated with normal IOP as well. It usually occurs due to impaired aqueous humor drainage either due to sclerosis of trabecular meshwork which is a filter kind of tissue located in the irido-corneal angle (Open angle type) or obstruction to the aqueous humor drainage (Angle closure type). Cataract is a cloudiness of natural lens inside the eye which can be removed by surgery (phacoemulsification with intraocular lens implantation).

Query 2: Is blindness from Glaucoma can be avoided?

Response: Yes, if detected early and treated properly, the blindness could be avoided in most of the patients. Unfortunately, the goal of the treatment of glaucoma is mainly aimed to preserve the residual visual function (visual field), not to recover the lost visual function which is difficult to achieve.

Query 3: What are the common symptoms do glaucoma patients experience?

Response: More than 50% patients do not experience any symptoms so this is also called as silent thief of vision. Some patients may experience mild ache over eyeball, frequent changes of near glasses, rainbow type of halos around light, blurred vision. In acute attack of angle closure glaucoma, patients may have severe headache, nausea, and vomiting.

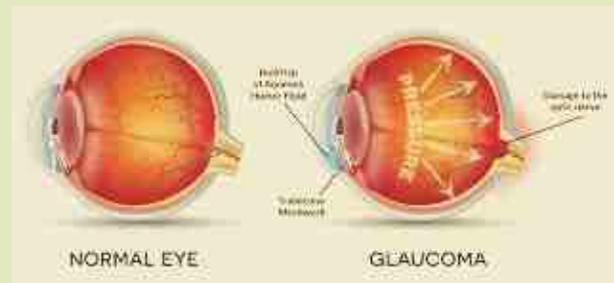
Query 4: How this symptomless disease could be diagnosed?

Response: There are several risk factors identified in various population based studies: Age >40 years, family history, diabetes mellitus, hypertension, thyroid disorders, myopia, history of steroid intake. The diagnosis is possible mainly on the basis of screening which includes measurement of IOP (>21 mm Hg),

optic disc evaluation (>0.7 cup or asymmetry of >0.2), and visual field examination.

Query 5: How it affects the visual function and why patients are unable to experience it in early stages?

Response: Glaucoma causes the peripheral visual field loss first which may go unnoticed to many patients and central vision is affected in very advanced disease. So it is possible for a patient to have a central visual acuity of 6/6 with dense peripheral ring scotoma in visual field. This is also called as tunnel vision.



Query 6: What are the preventive measures and various treatment options for this disease?

Response: The early diagnosis and treatment is a key strategy to detect hidden cases, so anyone with the above mentioned risk factors must have an ophthalmological examination. The secondary glaucoma can be treated by diagnosing and treating the cause of glaucoma like reducing the dose of steroid in steroid induced glaucoma, cataract surgery in phacomorphic glaucoma etc. Laser iridotomy also helps to prevent the progression of glaucoma in many cases of primary angle closure disease.

Treatment is mainly aimed to reduce the IOP to a target level that causes the minimal damage to the already compromised optic nerve head. Medical treatment (topical eye drops and systemic acetazolamide), surgical (trabeculectomy, glaucoma valve surgery), and laser (peripheral iridotomy, diode laser cyclophotocoagulation, endoscopic cyclophotocoagulation) are the therapeutic options currently available.

Query 7: What advice do you give to all including patients with Glaucoma?

Response: Since this is life long disease so compliance with medications and proper follow-ups are very important. Regular exercises, meditation, blood sugar and blood pressure control, balanced diet rich in fibers are also advised to keep eyes healthy.

With the armamentarium of sophisticated equipment, improved diagnosis and treatment modalities, the people living with glaucoma can have a normal, active and productive life. The more information on this disease can be accessed on the following video link <https://youtu.be/dFMVXMZRPSs> which was made on the occasion of World Glaucoma Week (10th to 16th March 2019) during an interaction on a health show.

Vaibhav Jain

Fat : Not Bad

Fat : A little word, but it gets a bad rap. As a Dietician at SGPGI I'm here to tell you that fat isn't the enemy, as many of us have been led to believe. Our misconceptions about this oily, greasy substance are sabotaging our ability to eat well and lose weight. Believe it or not, we need fat in our diet. Healthy fats, such as those from plant sources, can help lower our risk for chronic conditions, including cardiovascular disease, diabetes and stroke. Healthy fats also keep our skin supple and our hair radiant, and even help us absorb other nutrients like many vitamins and photochemicals. Here are some myth - busters related to **Fat**.

Zero Fat diets are the best It is unhealthy to remove fat completely from the diet. They are good for health if consumed sensibly and in moderation. Some amount of fat is needed in all diet to provide energy, absorption of fat soluble vitamin and to provide essential fatty. All fats are not bad. The key is to know which fats is the healthiest choice. We need to choose natural edible oil containing a healthy mix of combination of fatty acids. We should consume fat in moderation and keep on changing the brand of oils. Fat from varied sources is always better than any single kind.

Trans fat are present only in processed food Trans fat are produced by a process called 'Partial Hydrogenation' whereby a vegetable oil is converted into a semi-solid raises the melting point of the fat, reducing rancidity and increasing shelf life. Trans fats not only increase LDL cholesterol but also decrease HDL cholesterol It is found in snack foods (crackers, chips, cookies, deep fried foods biscuits) baked foods (cakes, pies, pastries, breads) and in processed foods (margarine, salad dressings, potato products, meat products, french-fries and most shortenings).

Zero trans-fat means no trans-fat One should look for the word "hydrogenated" to know if there is trans-fat in a product. Until trans fats is indicated in all food labels, products containing "partially hydrogenated" can be identified as containing some degree of trans fat.

Nuts are fattening and should be avoided Although nuts are high in calories and fat, most contain heart-healthy monounsaturated fat rather than saturated fat, low glycaemic index. contain protein, fibre and many other vitamins and minerals and so can contribute to a healthy diet. There is nothing wrong in eating a handful of nuts (almonds, walnuts, peanuts mixed together) as a mid-morning snack.

Eggs are bad because they contain cholesterol Dietary cholesterol has little effect on blood cholesterol levels. It's actually the saturated fat in food that has a bigger/greater impact, One egg has about ~210 mg of Cholesterol. Daily recommendation is 300 mg for normal healthy person. One egg contains ~ 6 grams of good quality protein and some healthy unsaturated fats. Eggs are also a good source of choline and many other vitamins and minerals.

Archana Sinha

स्मृतियों के झरोखों से



1989-न्यूरो ओपीडी में मरीजों के साथ

स्मृतियाँ हमारे अतीत की प्रतिछाया होती हैं। मेरी स्मृतियों में भी मेरे अतीत के जीवन के अनेक काल खंड हैं। इन्हीं में से एक है- इस संस्थान की स्मृतियाँ। फरवरी 1989 में मैंने जब इस संस्थान में कदम रखा तो यह संस्थान अपने स्वप्नों और

स्त्रा-चित्रों को पूर्ण करने की ओर अग्रसर था। जहाँ और जिधर दृष्टि जाती थी- एक ही बात दिखती थी- निर्माण और निर्माण। वह युग था- इस संस्थान के शिल्पकारों की नियुक्ति का और जो भी जिस भी पद पर आया-बस निर्माण से जुड़ गया। ऐसा प्रतीत होता था मानो किसी यज्ञ की पूर्णतः के लिए सभी हवन कर रहे हों।

इस संस्थान के प्रारंभिक दिनों को याद आते ही सबसे अतृपी बात याद आती है- अदभुत अपनेपन से जुड़े लोग। सभी वर्गों में एक निश्कलुष अपनापन था। परस्पर प्रेम, स्नेह, विश्वास और आदर का वह स्वर्णकाल सचमुच अविस्मरणीय है। मैं अपनी सेवा-अवधि में इस संस्थान के लिए क्या कर पाया- मुझे नहीं मालूम लेकिन संस्थान ने मुझे और मेरे व्यक्तित्व के विभिन्न आयामों को निखारने के प्रचुर अवसर प्रदान किये। संस्थान के अनेक वरिष्ठ संकाय सदस्यों, अधिकारियों एवं सहकर्मियों के साथ कार्य करने का अवसर प्राप्त हुआ और सब से मैंने कुछ न कुछ सीखा ही। रोगियों की निस्वार्थ सेवा करने के संस्कार को मैंने संस्थान से ही प्राप्त किया। उस युग के अनेक वरिष्ठ जन और मेरे संगी-साथी आज संस्थान में नहीं हैं लेकिन उनके स्नेह आदर और अपनेपन को मैं कभी नहीं भूल पाऊँगा।

मेरी रचनात्मक अभिवृत्ति को एक सम्मान जनक स्थान दिलाने व उसकी पहचान स्थापित करने में संस्थान के 'न्युज लेटर' के सम्पादकीय मंडल के योगदान को भला मैं भुला पाऊँगा ? कभी

नहीं। मेरी रचनाशीलता पर अनेक निदेशकों, विभागाध्यक्षों के अटूट विश्वास को बनाये रहने में 'सम्पादकीय मंडल' का योगदान अविस्मरणीय रहेगा।

अन्त में, तीस वर्षों की इस दीर्घ अवधि की सुखद स्मृतियों को शब्दों में समेटना कठिन है लेकिन यादें तो यादें ही हैं- इस संस्थान और मेरे कार्य-काल की ये स्मृतियाँ एक अतिथि की भाँति मेरे अचेतन में चिर-काल तक बसी रहेंगी और समय-असमय मेरी आँखों का पुरनम कर जाया करेगी।

स्वर्चित कुछ पंक्तियाँ याद आती हैं:-

देखो हमें, हम तो पत्ते हैं

बिखुड़ गये हम इस डाली से

मन, तू न व्यथित हो, न विलाप कर

न ही उलाहना दे माली से

संचित कर स्मृतियाँ सबकी

हो कृतज्ञ सबका हृदय से



2019-न्यूज लेटर सम्पादकीय मण्डल के साथ

रामप्रमोद मिश्र

Vibrant Campus : House Hold Waste Management



Vibrant Campus is a socially active group of the residents of SGPGI campus which is actively involved in enriching the lives of people living here by creating awareness towards simple but healthy ways of life. It regularly takes initiative in organizing sessions on various issues which are directly involved for clean & green living. This time on 8th February 2019 Dr Kirti

Srivastava of KGMU was invited for an interactive session on Household Waste Management - segregation and disposal and how to reduce, reuse and recycle. Dr. Kirti is Professor in Radiation Oncology Department and Heads the University Environment Department (UED)The program was attended by about 50 campus residents.

The program started with a small introduction of "Green and Vibrant Campus initiative" by Dr. Banani Poddar. Various activities like walkathon, talks with different groups of campus dwellers (maids, children and women), distribution of posters (regarding water conservation, composting, garbage disposal and use of plastics), distribution of jute bags etc. were showcased.

Dr Kirti gave a very informative presentation regarding household waste management and how we can contribute in keeping our surroundings and environment clean. She emphasized on segregation of dry and wet waste generated at home and their proper disposal. She showcased how, at KGMU, they had been able to generate revenue by selling off the dry waste generated from the residential area and then use this for poor patients. The presentation was followed by interactive session, in which our enthusiastic campus residents actively participated and discussed the problems faced in disposing of dry waste. In response to this particular problem Dr Harshwardhan assured all present that they would devise some method of collection of dry waste directly from the houses doing segregation, twice a month. He asked for the list of the houses doing dry waste segregation, so that garbage van can collect the waste directly from their houses. Incharges from the sanitation department also attended the program and disposal of horticultural waste in specific pits was discussed. Residents of the campus hope to have more such sessions in future, stimulate thought process on this issue and come up with user friendly solutions and make SGPGIMS a 'Model Campus'.

Roopali Khanna

Cervical Cancer Awareness Program at KVS



On the occasion of World Cancer Day, on 4th Feb 2019, the Department of Radiotherapy, SGPGIMS along with the Gynecologists, delivered talks to girl students and lady staff members of the Kendriya Vidyalaya School at SGPGI campus. The talks were regarding detection, screening, prevention and management strategies of cervical cancer. Cervical Cancer is said to be the second most commonest malignancy in Indian women with about a lakh being diagnosed and 60,000 deaths every year as per GIOBACON 2018.

On this occasion Dr Anju Rani and Dr Deepa Kapoor, Gynecologist, SGPGI discussed about the various causes of the disease, sign and symptoms, screening and preventive strategies while Dr Shalini Singh, Prof, Dept of Radiotherapy briefed about the treatment approach in early and advanced cervical cancer with inferior control in advanced stages. Dr Punita Lal, Head, Dept of Radiotherapy emphasized on good hygiene and preventive practices- keeping with the WHO theme " I Am and I Will".

Walkathon on World Kidney Day on 14th March 19, Organized by Department of Nephrology



Creche

Goodbyes and New Beginnings

At the crèche, we believe in 'learning by doing'- we focus on using visual aids and get the kids involved in as many activities as possible, so that they readily pick up on the concepts being taught and the entire learning process becomes thoroughly enjoyable.



The Fancy Dress display and Graduation Ceremony that were held on March 10, 2019 perfectly encapsulate this teaching methodology. For the former, the kids dressed up as our daily helpers--from vegetable vendors, police

personnel, doctors, teachers, etc. and this helped them develop a sense of understanding and appreciation for the different kinds of occupations that people have and how they contribute to society.

The Graduation Ceremony was organised to recognise all the hard work and effort put in by the students and staff alike and to celebrate their achievements over the past two years. Dr Deepa Kapoor, Dr Prerna Kapoor, Mrs Rashmi Jain and Mrs Urmila Singh graciously agreed to felicitate the tiny tots and wish them all the best for the next leg of their journey to another school.



G. Vijayalakshmi

"CRECHE"- My Daughter's Second Home

"It takes a big heart to help shape little minds"

One such place is our Crèche, SGPGI headed by Mrs.Vijayalakshmi ma'am who always believes "if a child can't learn the way we teach, maybe we should teach the way they learn." This Crèche is a second home for lot of our children in SGPGI, a place where exciting things always happen for kids and parents. It is one year already, my daughter finished her Preschool and graduated the same. The beautiful time spent here, are cherished memories of every single day.

We have watched our kids learn, grow and change from day to day. So it's with these many memories, we have confidence to send them out the door, with great hope and expectations for what next year holds in store. This beautiful second home has given back our children, the same children that we entrusted in last year but "a little bit older, a wee bit taller and a whole lot smarter."

It is an awesome feeling to send our kids to this beautiful home with nature around, a perfect place to be in early childhood days with such positive people and place. Also, the preschool have not only helped our kids learn to start climbing the life ladder, but also preserved the innocence, which is the essence of childhood.

This is incomplete if I personally don't thank the fairy behind this wonderland, Mrs G. VIJAYALAKSHMI ma'am who spreads her positive energy around and her elves, Miss. Reena Kumari, Miss Sarita Verma, Miss Sunita Devi, Mrs. Asha Chaudhary and Mrs.Geeta for having the patience to nurture our kids.

Neeraja Vijaykumar
(A parent)

Holi Celebrations at Nursery School



एस जी पी जी आई सम्मान



गणतंत्र दिवस पर परंपरातुसार संस्थान में कार्यरत अनेक सदस्यों को उनके उत्कृष्ट कार्य के लिए सम्मानित भी किया गया। सम्मानित होने वाले सदस्यों के नाम निम्नवत हैं- डा० आर० पी० सिंह, श्री कालिब सोलंकी, सुश्री ईश्वर एन० हारून, सुश्री रंजना मैसी, सुश्री विनीता शर्मा, श्री गंगा विष्णु, श्री गंगा सिंह बिष्ट, श्री सीताराम यादव, श्री अनिल कुमार एवं श्री मनोज कुमार यादव।

स्मृति शोष



संस्थान के सी.वी.टी.एस ICU में कार्यरत श्री राम सिंह का दिनांक 7 मार्च 2019 को असामयिक निधन हो गया। इन्होंने 10 अप्रैल 1996 को संस्थान के सिविल इंजीनियरिंग विभाग में कार्यभार ग्रहण किया था। श्री राम सिंह अपनी मृदुभाषिता एवं सौम्य व्यवहार के कारण संस्थान परिवार में सभी के प्रिय थे। इन्हें बीमार अवस्था में न्युरोलॉजी वार्ड में भर्ती किया गया था, जहाँ उपचार के दौरान ही उन्होंने इस संसार से विदा ली।

हम ईश्वर से प्रार्थना करते हैं कि वह दिवंगत आत्मा को शान्ति प्रदान करे और उनके परिजनों को इस अपूर्णीय क्षति को सहन करने की शक्ति दे।

Animal Research

The Animal Research Team of SGPGI is credited with another feather in their cap. This year **Dr Suyash Singh**, Post Doctoral Fellow (Neurosurgery), under Principal Investigator **Dr Arun Kumar Srivastava**, has been presented with Best Paper Award in World Federation of Neurosurgery, Belgarde, Europe, 2019. The paper was on **nerve regeneration research on small animals**. The award came as a culmination of collaborative efforts of Dr Arun Srivastav and Dr Ankur Bhatnagar and cooperation, guidance and support of Dr Amit Aggarwal and Dr Atul Baranwal. Dr Suyash and Dr Arun were exploring autologous alternatives for nerve repair, and are awarded with international fellowship and funded invitation for European Neurosurgery Congress. The award glorifies SGPGI's medical research activities.



नवजात शिशु विभाग की अनूठी पहल

नवजात बच्चों से जुड़ी बीमारियों के इलाज के लिए बनेगा प्रशिक्षण केन्द्र

संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ का नियोनेटल विभाग कनाडा के टोरंटो स्थित मेडिकल संस्थान के साथ मिलकर नवजात बच्चों को उत्कृष्ट देखभाल के लिए प्रशिक्षण केन्द्र तैयार करेगा। केन्द्र में नवजात बच्चों से जुड़ी बीमारी के इलाज के लिए अति विशिष्ट प्रशिक्षण दिया जायेगा। इससे नवजात बच्चों की मृत्यु दर में कमी आने की उम्मीद है। नियोनेटल विभाग के प्रमुख प्रो० गिरीश गुप्ता, कनाडा के माउंटसिनी अस्पताल के डा० सूकी ली और विश्व स्वास्थ्य संगठन के डा० राजीव बहल ने बताया कि नवजात बच्चों की सेवा-सुश्रुषा में अभी बहुत सुधार की आवश्यकता है। इसके लिए डाक्टर के साथ ही नर्सों को भी प्रशिक्षण की आवश्यकता है। कनाडा इसके लिए अपने विशेषज्ञ पी०जी०आई० भेजेगा। प्रशिक्षण के साथ ही शोध पर बल दिया जाएगा जिससे भारतीय स्थिति के अनुसार दिशा निर्देश तय किया जा सके।

डा० हर्षवर्धन को प्रशस्ति पत्र

डा० राजेश हर्षवर्धन, विभागाध्यक्ष हास्पिटल एडमिनिस्ट्रेशन संजय गाँधी, पी०जी०आई०, लखनऊ को उत्तर प्रदेश सरकार द्वारा गठित Medical Education Strategy Cell का कार्यकारिणी सदस्य नामित किया गया था। उक्त प्रकोष्ठ द्वारा विभिन्न राज्यों के मेडिकल कॉलेजों की आधारभूत एवं चिकित्सा व्यवस्थाओं विशेषकर अग्निशमन, विद्युत सुरक्षा, लिक्विड मेडिकल आक्सीजन गैस सप्लाई, ई-हास्पिटल का विश्लेषण करते हुए प्रदेश के राजकीय मेडिकल कॉलेजों में सुधार हेतु कार्य योजनाएं शासन को उपलब्ध कराई गईं,



जिससे राजकीय मेडिकल कॉलेजों की विभिन्न व्यवस्थाओं एवं अवस्थापना सुविधाओं में सुधारार्थक कदम उठाए गए। इस कार्य के लिए डा० राजेश हर्षवर्धन के योगदान की सराहना करते हुए प्रमुख सचिव उत्तर प्रदेश चिकित्सा शिक्षा द्वारा प्रशंसा पत्र प्रदान किया गया।

डा० राजेश हर्षवर्धन को ही चिकित्सा स्वास्थ्य एवं परिवार कल्याण विभाग उत्तर प्रदेश द्वारा वर्ष 2017-18 में 'Assessor' के रूप में सराहनीय कार्य के लिए प्रशस्ति पत्र प्रदान किया गया।

सेवा निवृत्तियाँ

संस्थान परिवार के जो सदस्य इसकी स्थापना के साथ ही इससे जुड़े थे, धीरे-धीरे सेवानिवृत्ति की ओर अग्रसर हैं। इस वर्ष के प्रथम तीन माह में जो सदस्य पूरी निष्ठा व परिश्रम से अपना सेवाकाल पूर्ण करते हुए सेवानिवृत्त हुए, वे निम्नवत हैं-



प्रो० आर० वी० फड़के (विभागाध्यक्ष, रेडियोलॉजी विभाग) - इन्होंने दिनांक 2 जनवरी 1989 को रेडियोलॉजी विभाग में अपना कार्यभार ग्रहण किया था और 28 फरवरी 2019 को स्वेच्छिक सेवानिवृत्ति का विकल्प चुना।



श्री डी० पी० प्रधान (प्रमुख निजी सचिव) - श्री प्रधान 1 मार्च 1983 को संस्थान से जुड़े और 31 मार्च 2019 को गैस्ट्रोएन्ड्रोलॉजी विभाग से सेवानिवृत्त हुए।

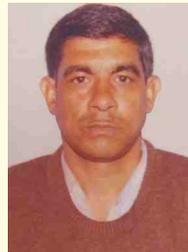
प्रो० एस० के० याचा (विभागाध्यक्ष, पीडियाट्रिक गैस्ट्रोएन्ड्रोलॉजी विभाग) - इन्होंने दिनांक 25 नवम्बर 1991 को गैस्ट्रोएन्ड्रोलॉजी विभाग में कार्यभार ग्रहण किया था और 28 फरवरी 2019 को सेवानिवृत्त हुए।



श्री हरीनाथ मिश्रा (लाइब्रेरियन ग्रेड-1) - श्री मिश्रा ने 10 जुलाई 1989 को संस्थान की केन्द्रीय लाइब्रेरी में अपनी सेवायें देनी प्रारंभ की और 28 फरवरी 2019 को सेवानिवृत्त हुए।



प्रो० के० एन० प्रसाद (विभागाध्यक्ष, माइक्रोबायोलॉजी) - डा० प्रसाद ने 2 जनवरी 1989 को संस्थान परिवार में प्रवेश किया और 31 मार्च 2019 को ये अपने पद से सेवा निवृत्त हुए।

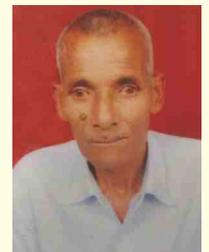


श्री रामदत्त तिवारी (सीनियर इलेक्ट्रीशियन) - श्री रामदत्त तिवारी ने दिनांक 14 फरवरी 1989 को इंजीनियरिंग विभाग में अपना कार्यभार ग्रहण किया था और पूर्ण समर्पण व लगन से अपना कार्य करते हुए दिनांक 31 जनवरी 2019 को सेवानिवृत्त हुए।

श्री डी० पी० त्रिपाठी (प्रमुख निजी सचिव) - श्री त्रिपाठी ने 6 अगस्त 1986 को संस्थान में अपना कार्यभार ग्रहण किया व 31 जनवरी 2019 को कॉलेज ऑफ मेडिकल टेक्नोलॉजी से सेवानिवृत्त हुए।



श्री राम आसरे (सीनियर अटेन्डेन्ट) - श्री राम आसरे ने संस्थान परिवार में दिनांक 1 मार्च 1983 को अपना कार्यभार ग्रहण किया था और दिनांक 28 फरवरी 2019 को ये अपने दायित्वों का अत्यंत कुशलतापूर्वक निर्वहन करते हुए स्वेच्छिक सेवामुक्त हुए।



श्री कालिब सोलंकी, (ओ०टी० सुपरवाइजर) - श्री सोलंकी ने संस्थान में दिनांक 10 सितम्बर, 1988 में स्टाफ नर्स के पद पर सामान्य अस्पताल में कार्यभार ग्रहण किया था। तत्पश्चात उन्होंने अपने सम्पूर्ण सेवा काल में संस्थान की गैस्ट्रो सर्जरी आपरेशन थियेटर में सेवा प्रदान की तथा दिनांक 31 मार्च 2019 को अपनी अधिवर्षता आयु पूर्ण कर संस्थान की सेवा से सेवानिवृत्त हुए।



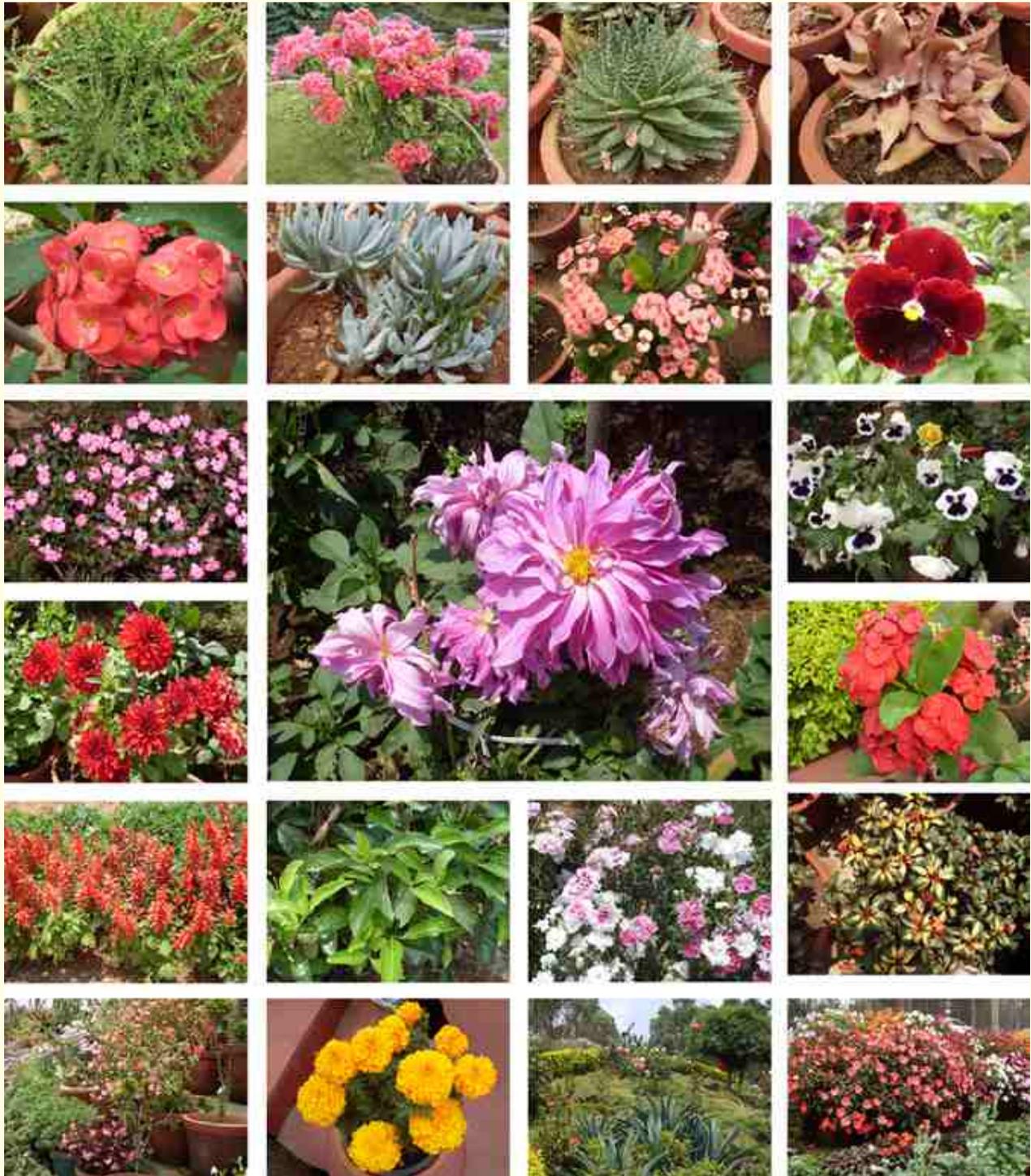
हम सभी अपने इन सभी सदस्यों को उनके स्वस्थ व सुखी जीवन की कामना के साथ भावभीनी विदाई देते हैं और आशा करते हैं कि जीवन की आपाधापी में समयाभाव के कारण उनकी जो भी रुचियाँ एवं इच्छायें (पठन-पाठन, लेखन अथवा देशाटन) पीछे रह गई थीं, वे पूरी हो सकेंगी। अंत में हम, आप सबके लिये यही कह सकते हैं कि -

वक्त की हो धूप या तेज़ हो आंधियाँ, कुछ कदमों के निशान कभी नहीं खोते जिन्हें याद करके मुस्कुरा दें ये आँखें, वो लोग दूर होकर भी दूर नहीं होते।।

कुसुम यादव

The Earth Laughs in Flowers

Just living is not enough... one must have sunshine, freedom, and a little flower. A flower cannot blossom without sunshine, and man cannot live without love. Every flower is a soul blossoming in nature. Anil Kumar presents some beautiful flowers of spring from various SGPGI lawns to bring in sunshine in your lives.



Published by Prof. Rakesh Kapoor, Director, SGPGIMS, Lucknow

Editorial Board : Chief Editor : Monalisa Chaudhari Member : Shantanu Pandey, Prerna Kapoor, Ankur Bhatnagar, Kusum Yadav

Photographs : Anil Kumar Secretarial Assistance : Deepak Chandra, Rishi Misra, Office Attendant : Sunil Kumar

E-mail : sgpnewsletters@gmail.com | Designed & Printed : Pratibha Printing Press, Lucknow (U.P.) Ph.: 0522-4002656