

Hon'ble Vice President Visits SGPGI



SGPGI was honored to welcome Hon'ble Vice President of India Shri M. Venkaiah Naidu, as he visited SGPGI to inaugurate the National Interventional Council Cardiology Meet organized by The UP Chapter of National Cardiological Society of India (CSI) on 5th April 2019 at SGPGIMS Lucknow. Mr. Vice President urged the doctors to educate people to keep away from sedentary lifestyles and follow a healthy diet. He emphasized that 'Yoga' was for body and mind and hence should be practiced as a habit since childhood.



Known for his sense of humor, the Vice President interspersed his speech with wit and humor and anecdotes and stressed that the need of the hour was to go back to lifestyle prescribed by our ancestors. He said that with the advent of technologies we refuse to walk or bend and instead use remotes which are a serious problem. He said 'instant food' meant 'constant disease'. We should consume food which is cooked properly and not get carried away by the advertisement.



He said 65% of the population of India was youth and that population should remain healthy. Primary health care centers should be strengthened as a large population is dependent on them and urged the doctors to improve their knowledge and impart awareness in public.



Violence against Doctors

This year in mid June, West Bengal became the epicenter for wrong reasons as the doctors across the state went on a strike protesting violent attacks against a few doctors. One of them suffered a skull injury when he was assaulted for alleged medical negligence by the family of deceased. The State was sucked into a whirlpool of violence and mayhem. This further sparked a number of protests across the country. The week long agitation ended with the intervention of the Chief Minister of the State and accepting all their genuine demands.

This incident which was flayed by the media incessantly brought back memories of my brother - a doctor who was subjected to deadly violence by a disgruntled patient. The city was in shock then and the protests by IMA, intellectuals and social organizations went placid by and by, but for the family... Over two decades but our scars still remains fresh... our heart still bleeds and the tears still roll down silently from our eyes....

Nothing has changed over the years, really. While working in a government hospital we have all witnessed and dealt with reprisal attacks on doctors and healthcare professionals by agitated relatives of patients. Besides, "verbal violence" is the most common form of violence experienced by doctors. No healthcare professional however conscientious or careful, can tell what day or hour he may not be the object of some undeserved attack, malicious accusation, black mail or suit for damages.... One needs to understand that these pains are for lifetime ... it doesn't fade away...the repercussions stays along...because the intention of a doctor while treating a patient can never be malicious, spiteful or nasty. Their job is to save lives. Mistakes are not deliberate; they are more of human errors. In yester years, doctors were treated like God and people revered and respected them. The rising acts of violence against doctors have been extremely disturbing not only for the victims but also their family and friends...their colleagues and also the youngsters who aspire to one day step in their shoes to serve humanity. The society needs to realize that continued incidents of this kind may be instrumental in swaying the best brains away from this noble profession.

Government took strict cognizance and a long pending draft legislation seeking to punish people who assault on-duty doctors and other healthcare professionals by imprisoning them for up to 10 years, was finalized within a month of the Bengal incident. The draft bill says those "grievously hurting" doctors and other healthcare professionals in clinical establishments may face imprisonment between three and ten years and fine upto Rs 10 lakh. It also says that those commissioning violence or causing damage to the property of a healthcare facility can be imprisoned for six months to five years and fined between Rs 50,000 and Rs five lakh. Healthcare professionals include doctors and para-medical staff and also medical students, diagnostic service providers in a health facility and ambulance drivers.

It is indeed morale boosting but is stringent punishment only an effective solution for curbing the violence? While fear of the law is a significant deterrent for many crimes, this does not seem to be effective in the case of healthcare. If we want to end violence against doctors we need to change the attitudes of healthcare providers and the patient

community towards one another. Understanding on both sides should be initiated. A doctor should understand some of those patient-related characteristics which may be associated with violence. They should work on to enhance their communication skills, as often miscommunication or lack of communication are the basis of conflicts. While on the part of patients immense responsibility rests on them, their relatives and society at large to prevent these violence. Disputes between patients and hospitals or doctors are not to be sorted through violence, but in a civilized society, there are avenues of dispute redressal which should be used.

On the other hand management in Hospitals can do much to reduce the violence. In government hospitals, this can be done as a part of general reform for the hospital services in the form of (i) Improvement of services in a global fashion; (ii) employment of adequate number of doctors and other steps to ease the rush of patients and long waiting hours; (iii) hospital security should be strengthened and it needs to be properly interlocked with nearby police station; (iv) no arms/ammunition by patient or their relatives should be allowed inside the hospital; (v) there should be transparency on communicating diagnosis and prognosis; and most importantly (vi) there should be a proper complaint redressal system in the hospital.

All said and done a pertinent issue still remains to be addressed-the need to stress on teaching all healthcare professionals empathy as part of the medical curriculum. In a country like India, due to the scarcity of doctors and healthcare facilities, these issues are seldom given importance, making this one of the important causes of rising violence against healthcare professionals.

Dear Readers, these were my views on the much burning topic of this quarter. I invite you all to mail me your views which we shall carry in our next issue. Your concern and voices will reach far and wide as the flight of our SGPGIMS Newsletter swathes around almost all the Medical Institutes, Government Departments, lawmakers of our country. Voice your opinion...it does make a difference!!

Monalisa Chaudhari

*"Love is a chemical reaction,
But it cannot be fully understood or defined by science.
And though a body cannot exist without a soul,
It too cannot be fully understood or defined by science.
Love is the most powerful form of energy,
But science cannot decipher its elements.
Yet the best cure for a sick soul is love,
But even the most advanced physician
Cannot prescribe it as medicine.*

INCOMPLETE SCIENCE by Suzy Kassem"

- Suzy Kassem, Rise Up and Salute the Sun: The Writings of Suzy Kassem

Centre of Robotic Surgery@ SGPGIMS



transplant, thoracic, urologic and gynecologic surgeries. This Centre of Robotic surgery in SGPGIMS shall be a boon to the patients and public of Uttar Pradesh.

Advantages for Surgeons:

The advantages of robotic systems are many because they overcome many of the obstacles of laparoscopic surgery. They increase dexterity, restore proper hand-eye coordination and an ergonomic position, improve visualization, eliminate hand tremors, allow greater technical precision. The surgical endo-wrist can articulate and rotate by 360 degrees, thus improving maneuvering around organs and vessels. The endo-wrist simulates normal wrist movement. Telemanipulators offer a higher precision by down-scaling the surgeon's movements and by increasing the degrees of freedom of the instruments. So the robotic surgery is free of tremors and hence more precise. In robotic-assisted surgery, a three-dimensional image is obtained, mimicking the natural surgical field with the added advantage of optical magnification. This helps in saving important structures like nerve and vessels.

SGPGI one of the leaders in the field of surgical training in India, under the able leadership of its Director, Prof Rakesh Kapoor and support from the Govt of UP, now has the facility of Robotic Surgery; initially four departments (Urology, Endocrine Surgery, GE surgery and CVTS) shall be involved and eight surgeons shall be trained to perform these complex and innovative surgical procedures. The Nodal officer for this Robotic Surgery initiative is Prof. Amit Agarwal, who is also the Chief Medical Superintendent of the Institute. The cost of Robotic set up is approximately 30 crores and can help in performing all the complex surgical procedures. This facility is the first time in the state of Uttar Pradesh and shall help the patients from UP and neighboring states to be obtain state of art patient care at affordable prices.

Robotic Surgery in terms of academic shall aid in teaching and training of super specialist trainees in par with any other facility in the world and also shall attract observers and students from other institutions. The Robotic Surgery at SGPGI has been installed and preliminary surgeries under supervision of a proctor.

Robotic Surgery shall be useful in the following ways a shorter hospital stay, less blood loss, good vision, and fewer complications, less pain, less invasive and less infection. This can be used in all surgeries Endocrine, Cardiac, head and neck,

Surgery of a Huge Ovarian Mass



Mrs X 50 years old, resident of Bihar and mother of two grown up children (both caesarian deliveries) came to Gynecology OPD of General Hospital, SGPGIMS. Her main complaints were heaviness and abdominal swelling for last 8 to 10 months, for which she took some treatment initially at her place, but when the swelling did not regress when she came to SGPGI, Lucknow.

On evaluation with clinical examination & investigation a diagnosis of benign ovarian mass with previous two caesarian sections was made. On 1st May 2019 Laproctomy was done under General Anesthesia. A huge mass of 40 x 35cm, dimension of 11.5kg weight was resected out followed by hysterectomy (removal of uterus) with removal of right tube & ovary. Patient stood the procedure well and was fine in post operation.

The team of doctors involved in the surgery were Drs. Anju Rani, Deepa Kapoor, Shalini Agarwal, Priya Singh. (Surgeons) and Drs. Aarti Agarwal, Aakansha (Anesthesiologists).



Save the Joints & Walk Free

(The World Haemophilia Day Celebration at SGPGIMS)



On the occasion of World Haemophilia Day on 17th April 2019, an awareness and recreational programme was organised for Haemophilia patients by the entire team of Medical Genetics department under the leadership of Dr. Shubha R Phadke. The program was held at the Mini Auditorium of the Institute. One hundred and twenty Haemophilia patients and their families participated in the program and benefited by knowing the importance and regularity of factors infusions, techniques of self infusion and mechanisms of involvement of joints, role of physiotherapy in preventing the joints deformities and also the importance of exercises and supportive therapies. The programme was complemented with recreational activities for children and their families. The programme started with Drawing Competition for children. Musical Chair, Magical Show and stand up activities which were much enjoyed by all. The family members of the patients participated actively and were given opportunities to ask questions and get their doubts cleared.

Manish Mishra

International Nurses' Week 2019



International Nurses Week was celebrated from May 6th to 12th at SGPGIMS with **p a r a m o u n t** excitement and much fanfare. This was for the first time that the entire week was dedicated for Nurses.

The celebration began with Blood Donation Camp on 01st May to show the social commitment of nurses here. Later extensive sports and athletics fest was conducted with participation by huge number of nursing staffs. It included badminton, cricket, shot-put, long jump, running competition, chess etc. and the fest concluded with funny games like Bomb in the city and Madka Phode.

An award for Best Nurse was started to appreciate and acknowledge the work done by nurses towards patient care. The marked difference in this award was the best nurse was selection process of the best one. It was done by the peer group i.e. by the colleagues themselves based on a predetermined criteria covering all the vital areas of patient care. Purely based on the scores assigned by the co-workers in nursing fraternity 50 nursing staff were given award and a commendation letter by Director, CMS and Chief Guest on closing day of International Nurses Week on May 12th, 2019.

Lizamma Kalib

World Fibromyalgia Day Celebrated



A Yoga teaching program was organized on the occasion of World Fibromyalgia Day on 11th May 2019 by the Department of Anaesthesiology. The program was organized in the Hobby center of

SGPGI campus. Fibromyalgia is a complex chronic pain disorder that affects 2-4% of the world's population. It is characterized by widespread body pain and fatigue. Active exercise program plays an important role in the management of fibromyalgia along with behavior modification therapy, so in order to promote awareness regarding fibromyalgia in general population a YOGA program was organized in SGPGI and a large number of patients attended the program. Patients learnt different yoga exercises for the treatment of fibromyalgia. This initiative was taken to create awareness and mobilize the general population towards Yoga to treat fibromyalgia. Dr Ashish Walian, Dr Sujeet Gautam and Dr Anil Agarwal were the initiators of the program.

Sujeet Gautam

World No Tobacco Day 2019



Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 this year was on "tobacco and lung health." In SGPGI, in keeping with this theme, Departments of Radiotherapy and Pulmonary Medicine and General Hospital held an interactive awareness session for the entire Engineering section. Dr Preeti Dabadghao from Endocrinology anchored the program crisply. Dr Punita Lal, Dr Sushma Agarwal from Radiotherapy department, Dr Prerna Kapoor from General Hospital, Dr Zia Hashim, Pulmonologist and Dr Anu Behari from Department of GASTROsurgery gave short, informative talks covering the entire range of topics like tobacco usage magnitude, health problems caused, how to get rid of the addiction, legislations in place and passive smoking. Dr Shalini Singh from Radiotherapy department also conducted a quiz to ensure that carry home messages had indeed struck a chord. The mini auditorium was full and participation was enthusiastic. Finally the audience were called upon to share their experiences-

probably this was the most important part of the evening. Mr BL Sharma from Air conditioning department shared his successful attempts, anguish and insightful thoughts. Mr Pratap Singh whose wife is a staff nurse in SGPGI shared his journey from being a heavy smoker to now having kicked the habit almost 20 years back and as to how much his health has improved since then. Another very inspiring speaker was a survivor of Cancer of lung who talked frankly about his tobacco habit, being diagnosed with lung cancer and how leaving the habit and regular treatment in SGPGI has benefitted him so much. Dr V K Kapoor, Professor, Surgical Gastroenterology wrapped up the session with conclusions drawn on his vast experience as a doctor, in his inimitable witty and insightful manner.

The only safe Cigarette or Gutka is the last one. We need to reinforce this repeatedly and awareness is key to preventing this deadly and costly habit.

Prerna Kapoor

World Thyroid Day 2019



World Thyroid Day is celebrated every year on May 25th to create awareness for thyroid disorders such as hypothyroidism, goiter, thyroid cancer and its implications in pregnant women & children besides adults. Any nodule or swelling in neck especially in front of neck and shoulder be shown to a Doctor and investigated by a simple blood test and almost painless fine needle biopsy. Most cancers of thyroid are curable if treated by surgery and Radioiodine Therapy. They do not require radiotherapy or chemotherapy. For young girls thyroid nodules can be surgically removed by Endoscopic or Robotic Surgery which leaves no scar in front of the neck.

General Physicians should also be aware when to refer patients early on for surgery so that total removal of thyroid can be performed safely. In expert centers like SGPGI, total removal of thyroid along with neck nodes is done safely without causing any damage to voice nerves or parathyroid glands which maintain the calcium level in the body. The quality of life of thyroid cancer patients is excellent even after a big surgery like thyroid removal and they can do their day to day duties and work.

SGPGI has carried out genetic studies in thyroid cancers specimen to find out what genetic defects are present especially in advanced cancers. This study was published in Indian Journal of Endocrinology & Metabolism. This will help to provide newer treatments for such patients.

The Indian Thyroid Society has been established with the aim of exchanging ideas amongst Endocrine Surgeons, Endocrinologists and Nuclear Physicians.

उद्घाटन समारोह

रोबोटिक सर्जरी एवं लीनियर एक्सीलरेटर मशीन



उ०प्र० सरकार के चिकित्सा शिक्षा मंत्री माननीय आशुतोष टंडन जी ने 08 जून, 2019 को संजय गाँधी, पी०जी०आई० में रोबोटिक सर्जरी का उद्घाटन करके संस्थान को शल्य क्रिया की विश्व की आधुनिकतम तकनीक का प्रयोग करने वाला प्रदेश का पहला सुपरस्पेशलिटी सर्जरी का केन्द्र बना दिया। इसके साथ ही उन्होंने कैंसर के इलाज के लिए एक नवीनतम लीनियर एक्सीलरेटर मशीन का भी उद्घाटन किया, जिसे रेडियोथेरेपी विभाग में लगाया गया है।

रोबोट द्वारा किये गये प्रारम्भिक 250 आपरेशन निःशुल्क किये जायेंगे। आपरेशन के दौरान मरीज को सिर्फ अस्पताल का खर्च ही देना होगा।

चिकित्सा शिक्षा मंत्री श्री आशुतोष टंडन ने रोबोटिक सर्जरी का उद्घाटन करते हुए कहा कि, "ऐसे उत्कृष्ट तकनीक द्वारा सर्जरी से मरीजों में आपरेशन के खतरे न्यूनतम होंगे एवं वो शीघ्र स्वास्थ्य लाभ प्राप्त करेंगे।" माननीय मंत्री जी ने आश्वासन दिया कि राज्य के अन्य चिकित्सा संस्थानों में भी रोबोटिक सर्जरी को बढ़ावा दिया जायेगा। इस भव्य उद्घाटन समारोह में प्रदेश के प्रमुख सचिव चिकित्सा शिक्षा श्री रजनीश दुबे, संस्थान के निदेशक प्रो० राकेश कपूर तथा मुख्य चिकित्सा अधीक्षक प्रो० अमित अग्रवाल के साथ अनेक गणमान्य अतिथि मौजूद थे। अमेरिका में बसे संस्थान के पूर्व निदेशक तथा विख्यात यूरोलॉजिस्ट डा० महेन्द्र भण्डारी भी इस अवसर पर मौजूद थे।

(FAME) for School Children



The Department of Anesthesia under the stewardship of Dr. Sandeep Sahu organized the FIRST AID IN MEDICAL EMERGENCIES (FAME) COURSE for school children of SGPGI

Campus on 30 JUNE 2019. The participants were students of 5th to 12th class. The 3 hrs Course had hands-on training and workshop. It was free of cost and earlier an information notice was circulated through social media in the campus for participation.

The participating students were awarded completion certificates. The participants found the course very fruitful and worthwhile.

National Interventional Council Cardiology Meet



The UP Chapter of National Cardiological Society of India (CSI) organized the National Interventional Council Cardiology Meet from 5th to 7th April 2019 at SGPGIMS. This was one of the most prestigious meeting of Interventional cardiologists of India attended by leading experts from India, Europe, USA, Japan, Singapore South Korea, Indonesia and Australia who deliberated on latest topics of Interventional cardiology and cutting edge technology. The Chief Guest of the inaugural function was Shri M. Venkaiah Naidu, Vice President of India and the Guest of Honour was Hon'ble Shri Ram Naik, Governor of Uttar Pradesh.

The National Interventional Council (NIC) is the interventional faction of the Cardiological Society of India (CSI), representing more than 3000 interventional Cardiologists. Every year this meet is held in the month of April, where interventional cardiologists gather together to share and exchange knowledge and expertise through discussions, deliberations, lectures and case presentations. This year too academic sessions were organized on latest topics of interventional cardiology and cutting edge technology. Interactive sessions on case presentations on various coronary and non coronary intervention techniques, technologies, complications and nightmares was also organized with the aim of advancing cardiology care to the highest level.

The state of Uttar Pradesh (U.P.) has developed as a state of medical care and providing state of the art medical facility to the patient population. Being held for first time in Uttar Pradesh, knowledge and insights gained from this conference would go a long way in enhancing quality cardiology care for the population of the state and neighboring areas. SGPGIMS, is rated amongst the top centre for tertiary care,

teaching training and research and the department of Cardiology at SGPGIMS is recognized as one of the leading centers for invasive interventional Cardiology in India and offers comprehensive and holistic care to all sections of society including underprivileged patients from the state of Uttar Pradesh, Bihar, Chattisgarh and Madhya Pradesh, and also from neighboring countries like Nepal and Bangladesh.

CPAP Workshop



The department of Neonatology SGPGIMS organized a workshop on use of CPAP on 7th April 2019 in the Telemedicine Auditorium, SGPGIMS, Lucknow, to increase the awareness of benefits of CPAP and train the budding doctors in the art of CPAP. CPAP is an upcoming noninvasive mode of respiratory support. Majority of the preterm neonates are managed with CPAP alone. CPAP avoids intubation and allows baby to breath spontaneously.

The workshop was attended by 60 participants from across the state. The workshop was inaugurated by Prof Rakesh Kapoor, Director SGPGIMS and Prof Amit Agarwal, Chief Medical Superintendent, SGPGIMS. The dignitaries also unveiled two books on invasive ventilation and CPAP published by the Department of Neonatology. The workshop was a joint venture by the Lucknow Neonatology Foundation and the Neonatology Department SGPGIMS. Prof Niranjan Singh from the Lucknow Neonatology Foundation and Prof Girish Gupta, Head Department of Neonatology, SGPGIMS chaired the academic sessions. The presentations and workshop were conducted by faculty from the department of Neonatology SGPGIMS, Prof Girish Gupta, Dr Kirti M Naranje, Dr Anita Singh, Dr Aakash Pandita and Dr Vasanthan T. The department plans to continue the training of young doctors across the country by conducting similar workshops in near future to make healthy India a reality.

Kirti M Naranje

5th Advanced Course In Renal Nutrition & Metabolism



The 5th Advance Course in Renal Nutrition and Metabolism was organised by the department of Nephrology on 20th and 21st April 2019 at the local hotel in Lucknow, under the banner of Society of Renal Nutrition & Metabolism (SRNM). The Society of Renal Nutrition & Metabolism (SRNM) is the first and foremost Indian scientific organization dedicated towards prevention of malnutrition in patients with chronic kidney disease. The society organizes a course in renal nutrition and metabolism for an update on recent advances in the care of patients with kidney disease to streamline nutritional intervention in order to delay progression of the disease and prevent and treat malnutrition.

The faculties of the course were nephrologists and physicians from all over India and Nepal. Around 140 delegates including nephrologists, physicians and dieticians from all over India attended the course. The sessions were focused on pathophysiology of malnutrition in chronic renal failure, rationale for medical nutritional intervention, and management of specific conditions like acute kidney injury, diabetic nephropathy, involvement of cardiovascular diseases and conditions specific to kidney transplant recipients.

A book entitled "Pearls of Renal Nutrition, SRNM Advance Course in Renal Nutrition and Metabolism" and official journal of society "Latest issue of Journal of renal nutrition and metabolism" was released by the Chief Guest. Dr Anita Saxena, Professor Department of Nephrology SGPGIMS was the Organizing Secretary of the program.

Awareness on World Hand Hygiene Day

Theme: "Clean Care for All - It's In Your Hands"



World Health Organization (WHO) calls on everyone to be inspired by the global movement to achieve Universal Health Coverage (UHC), i.e. achieving better health and well-being for all people at all ages, including financial risk protection, access to quality essential health care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.

Infection Prevention and Control (IPC), including Hand Hygiene, is critical to achieve UHC as it is a practical and evidence-based approach with due impact on quality of care and patient safety across all levels of the healthcare system. An effective infection prevention and control practices reduces Health Care Associated Infections (HCAI) by at least 30%.

Emphasizing importance of Hand Hygiene practices by Healthcare Providers (HCPs) in order to reduce the HCAI, Dr. R. Harsvardhan, In-charge, Hospital Infection Control Cell (HICC), Deptt. of Hospital Administration organized an Awareness Program on World Hand Hygiene Day to celebrate World Hand Hygiene Day, on 8th May, 2019 at SGPGIMS.

The inaugural of the program was graced by presence of Prof. Amit Agarwal, C.M.S., SGPGIMS. Further, this program was sub-divided into two sessions, first being Scientific Session dedicated on key

issues pertaining to Hand Hygiene and Best Phlebotomy Practices followed by an Open House Quiz focussed upon Hand Hygiene, Best Phlebotomy Practices, Needle Stick Injury and Occupational Safety.

The second session was tailored as an activity cum creativity session comprising of slogan writing, collage making, poster designing and poetry recitation competitions. The program witnessed participation of over 100 delegates across nursing staff, students from College of Nursing & CMET whose creative skills took this program to a new level. The activity session was judged by panel of jury members comprising of Prof. Rajan Saxena, HoD, SGE, Dr. Vijaya Mohan Consultant Paediatrician, Lucknow & Shri. Mukesh Meshram, I.A.S., Secretary, Medical Education, Lucknow U.P. and Dr. Richa Mishra, Assoc. Prof., Microbiology who had also distributed the prizes & certificate of appreciation to best performer under each category. The event concluded with the Vote of Thanks by C.N.O., SGPGIMS.

The backend team comprised of PG-HAs Drs. Ruchi Kushwaha, Ayush Mehrotra and Arushi Omar.

CTO Summit



The 7th live summit of IJCTO which is held once every year in the first week of June was organised by Cardiology Department, at SGPGI. The conference was attended by approximately 500 interventional cardiologists from all over the country and SAARC nations along with interventional experts from Japan and a few from Europe and USA also. The (IJCTO) Indo Japanese CTO club was formulated in 2013 as an association between the Indian experts and Japanese experts on Chronic

Total Occlusion (CTO) intervention in Cardiology. Four Interventional Cardiologists from India namely, Drs. PK Goel, HOD, Cardiology, SGPGIMS, Lucknow, N Prathap Kumar from Trivandrum, Kerala, V Surya Prakash Rao from Hyderabad and AV Ganesh Kumar from Mumbai, have been founder members of the group along with Japanese experts including Drs Masahisa Yamane, Kenya Nasu, Ueda and Asakura, and formed the CTO teaching group.

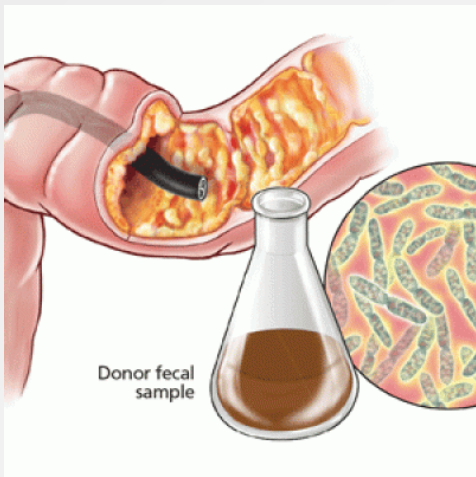
There were 13 live demonstration of CTO cases through which the delegates and faculty present imbibed major learning and advanced their knowledge and skills in the field of CTO interventions of cardiology/cardiovascular medicine. The meeting spanned its scientific deliberations over 3 days from 31st May to 2nd June 2019. CTO intervention includes a specific subset of patients where in the heart arteries are totally blocked and are usually not amenable to interventional therapy as per standard techniques. They need special expertise and skill levels to be opened percutaneously (needle hole technique) so that one could resume normal flow without having to open the chest. Alternately the standard therapy for such blockage would have been a bypass surgery which is a major surgery with all its associated morbidities and longer hospital stay. The highest expertise in this interventional procedure worldwide is available largely with the Japanese interventional cardiologists, hence this pivotal collaboration.

The details of techniques involved in CTO intervention including the tips and tricks were discussed in details so that it works as a platform of learning for several younger physicians and other experts who are not well versed with these techniques. The major advantage for a physician having skills in opening a CTO (chronic total occlusion of the heart artery) is the capability of avoiding a bypass surgery which would have otherwise been needed in these patients. Bypass surgery as such involves long waiting times and has to be performed by a surgeon with open chest and total stoppage of heart and longer periods of hospitalization.

(Compiled by Editorial Team)

Fecal Microbiota Transplantation

A potential new hope in a hopeless situation!



Ulcerative Colitis is a chronic inflammatory bowel disease that causes inflammation of the digestive tract. The inflammation is limited to the innermost lining of the large intestine (colon)

and rectum. The severity of the disease ranges from mild to severe. 70-80% patients are treatable with medications such as 5-aminosalicylic acid, corticosteroids, and azathioprine, which are affordable by most people. For the remaining 20-30% patients not responding to these medicines, very expensive medicines such as biologicals (infliximab and adalimumab), are needed. The original biological agents used to cost about 80,000 rupees per dose, which had to be repeated every fortnight. Though biosimilars, the cheaper made-in-India alternatives of original biological agents are as effective as the original molecule, the cost of treatment with these agents is also as high as Rs. 15,000 - 20000 every fortnight. Poor patients having to pay out of the pockets for these biosimilars find it difficult. They can't afford for surgical treatment for ulcerative colitis also. We thought it is a duty of us to find out whether there is an alternative for those people who can't help themselves due to financial constraint.

Fecal microbiota transplantation is a cheap option for these patients. As early as pre-2nd century CE, in the Charaka Samhita, an Indian book on medicine, it was mentioned that the human being is a microcosmic replica of the universe, and the three humors (Vayu or gas, Pitta or bile, and Kapha or mucus) are responsible for most ailments. There is increasing evidence that suggests many gastrointestinal diseases including ulcerative colitis may result from abnormal gut microbiota and altering the abnormal microbiota to normal by transplanting the fecal microbiota from healthy person to a diseased donor is useful. Fecal microbiota transplantation is the administration of a

solution of fecal matter from a donor into the intestinal tract of the patient in order to directly change the patient's microbial composition. This is done either by anal route (using colonoscopy or retention enema) or by orogastric/nasogastric tube. We prefer the former over the latter. Preparing for the procedure requires careful selection and screening of potential donor without a family history of autoimmune, metabolic disorders, cancer or gastrointestinal infection. Spouses are preferred over blood relatives as blood relatives may carry a closely similar microbiota as the patient due to genetic reason. Since there is regular biological sharing among spouse, the potential for disease transmission due to fecal transplantation is mitigated when a spouse is used as a donor.

Fecal microbiota transplantation laboratory has been initiated recently in the Gastroenterology Department, SGPGI with very limited resources. Three patients have been successfully transplanted. Laboratory staff members including include Shri Surendra Shukla and Miss Moni Chaudhary are also doing a commendable job. The effectiveness of fecal microbiota transplantation has already been established in clinical trials. Prof. Ajit Sood from Dayanand Medical College, Ludhiana had conducted a randomized controlled trial on patients with severe and difficult to treat ulcerative colitis and showed fecal microbiota transplantation induced remission in these patients and was more cost-effective than biologicals.

Uday C Ghoshal

New Joinings

Sl.No	Name	Designation	Department
1.	Dr. Jalaj Gupta	Assistant Prof.	Stem cell Research (Basic Science)
2.	Dr. Naveen Km. Gautam	Assistant Prof.	Urology (Basic Science)
3.	Sri. Saurabh Verma	Lab Attendant G-2	
4.	Mrs. Pooja Gautam	Attendant Gr-2	Establishment
5.	Sri. Avdhesh Km. Yadav	Attendant Gr-2	Establishment
6.	Mrs. Pappo Devi	Gardner Gr-2	Horticulture

Dispelling The Myths About Inhalers



Asthma and COPD are 'chronic respiratory diseases', which means that they are lifelong diseases which have to be treated by taking medicines regularly. Inhalers are the safest and most effective way to treat and control

these diseases, as inhaled medications reach the lungs directly. Their effectiveness is determined by the patient's inhalation technique, which is influenced by the characteristics of individual inhaler devices and the medication therein.

Broadly, the inhaler devices can be classified under four categories - **Pressurized Metered Dose Inhalers (pMDIs)**, Dry Powder Inhalers, Breath Actuated Inhalers and Nebulizers. Amongst these, the most commonly used devices are the pMDIs (*the pump inhalers*).

While people across the world have accepted inhalers as the most effective way to treat breathing problems, there are still many myths due to which some people are often a little worried in using inhalers. These are some of the common myths that people have when it comes to inhalers:

Myth #1- Inhalers are the last resort

Inhalers have been found to be the most effective, safe, convenient and quickest way of treating breathing problems. Inhalers therefore, are never the last but the first line of treatment for Asthma and COPD. In fact, inhalers can be safely taken by everyone, including children, elderly, pregnant women and even mothers who are breastfeeding their children.

Myth #2- Oral medications are cheaper and as effective

Since inhaled drugs directly go to the lungs, they are much more effective than tablets and syrups which affect our whole body. With oral drugs, only a very limited amount reaches the lungs. With inhalers, we need lesser quantity of medication (almost 40 times less) with fewer side effects. They are the least expensive and safest form of treatment in the long run for your health.

Myth #3- Inhalers cause addiction

Inhalers are a necessity to treat breathing problems, and the medication used in inhalers is not habit forming. Just like brushing your teeth, taking inhalers cannot be considered an addiction. Inhalers are not addictive, but rather a good habit to keep control over asthma/COPD. In fact, early discontinuation of inhalers may cause the symptoms to reappear.

Myth #4- Inhaled steroids are harmful

Inhaled steroids being effective anti-inflammatory drugs are often prescribed for breathing problems. The amount of steroids given through inhaler is small and even a lesser amount gets absorbed into our blood. In addition, steroids used as inhaled medication are not the anabolic steroids used by athletes and body

builders for improving their performance. There are very minimal chances of having any kind of side effects due to inhaled steroids.

Myth #5- Using inhalers stunt children's growth

Contrary to popular belief, children who use inhalers to treat their breathing problem grow up to normal adult height. On the other hand, untreated asthma can result in permanent lung damage, which may have an effect of normal growth patterns of your child.

Thus, when it comes to treating your breathing problems such as asthma and COPD, inhalers are your best friends. The benefits of use far outweigh any risk. But, incorrect use and lack of compliance to inhalers have well-demonstrated detrimental implications. Here are some general principles to be kept in mind while using inhalers:

Do-

- Try to use your inhalers with spacers to improve their effectiveness.
- Label your controller and reliever inhalers to avoid confusion.
- Breathe out fully before inhaling the medication.
- Hold your breath for at least 10 seconds after inhaling the medication.
- Wait for at least 1 minute before taking the second dose (if another dose is required).
- Keep a check on the number of doses (on the dose counter) left in your inhaler.
- Keep your reliever inhaler and doctor's prescription handy while travelling.
- Talk to your doctor and clarify any doubts you might have about the inhalers.

Do not-

- Exhale into your inhaler.
- Tamper with the numbers on the dose counter.
- Use the inhaler beyond the expiry date.
- Exceed the recommended dose.

Mansi Gupta



SGPGI - Our Shantiniketan



My Journey from Osmania Medical College, Hyderabad to Lucknow was made possible initially by Prof. P Krishnam Raju, Senior Cardiologist at Hyderabad, my mentor in Cardiology, who suggested it.

Our SGPGIMS Hospital - A well planned and constructed hospital with beautiful OP departments, IP wards and ICUs, good OT complex backed by good surgery and Anesthesia teams.

Individual separate cabins in ICUs were just the in thing in ICUs at that time in order to prevent cross infections and other complications and they were backed up by Telemetry EKG monitoring facilities which we saw for the first time. The cath labs, NI labs had the best equipment brought through the help of JICA funding and all the staff were very committed and were extremely nice to us. We can never forget the learning which used to happen in Cath meetings in which Dr.PK Goel used to teach angiography and interventions with lot of passion. The kind words that Dr Nakul Sinha used for me in Director's viva were music to my ears. Prof Savitri Srivastava, an extremely strict taskmaster, wanted all to be very meticulous, punctual and insisted that each and every minute detail regarding the patient during rounds should be known to the resident taking care of the patient.

The huge patient load at SGPGIMS which in those days was the one and only referral center for all across North Eastern India and the way faculty was interested in training fellows was the right combination to get both theory as well as practical training in various procedures and all other areas of Cardiology. Dr. Savitri Srivastava and Dr. S. Radhakrishnan taught us pediatric cardiology both clinical, echo evaluation as well as trained us in various cath lab procedures. We learnt Coronary Interventions from Dr.Nakul Sinha and Dr.PK Goel and are very thankful to both of them for allowing us to do various procedures in Cath lab and develop confidence in all Cardiac Interventions.

Another thing which we were fortunate to have was both our DM Cardiology Seniors Dr. Aditya Kapoor and Dr.Madhukar Shahi became faculty immediately due to retirement and shift of other senior cardiologists from PGI. We could discuss freely and perform various procedures with them as well as independently. I can never forget the late nights which I spent with Dr. Aditya Kapoor writing various research papers (using the just launched MS Office & MStat softwares) which got published in various prime Cardiology journals.

We published approximately more than a half a dozen articles in short span of four months which earned me recognition by Cath Cardiovascular Interventions Journal as reviewer of their prestigious journal (may be because of level of articles and high number in short span they might have thought of me also as

Senior cardiologist from this prestigious Institute) a rare honor which was first of its kind I think in the life of any fellow of SGPGIMS.

We also had unforgettable non- academic moments during our stint- when I was elected as President, Resident Doctors Association - had to lead RDA strike for stipend enhancement and other additional problem solving for residents- during which I was fortunate to have support from our Head, Dr.Nakul Sinha and Director and all residents who understood our sincerity in our struggle and we could come out with a permanent solution to resident doctors stipend hike and other problems during our period. We enjoyed the greenery and horticultural beauty of SGPGI in front of Admin Block during our strike, of course in spite of hot weather conditions which prevail in UP during summers.

Our MRA @ SGPGI : I feel our Alma mater has one of the best resident doctors accommodation in the form MRA- for married resident doctors. My wife Mrs. Anitha also feels that trips from Campus to Hazratganj & back in cold winters on our Bajaj Chetak were best moments in her life which kept us anchored together in years to come till now. Lessons in work life balance and how to conduct ourselves were learnt from seeing our busy professors while their better halves bestowed love and affection on the residents. With all these memories though I have not personally experienced Shantiniketan of Bengal (but heard a lot of good things about it as best University campus of our country) we feel SGPGIMS is the Shantiniketan of our lives.

Wherever we are today and whatever we could achieve - I feel SGPGIMS campus, Faculty and staff have had a major role to play in moulding our careers and shaping our future from then to now. I was thrilled and extremely happy to present our Cardiology experiences during Silver jubilee celebrations of PGI which were held in the recent past. Another memorable milestone moment is just about to happen soon in my life where I will be presenting Cardiological Society of India - National Interventional Council (CSI-NIC) data and presenting NIC Conference in April 2019 at SGPGIMS auditorium as Chairman, CSI-NIC.

Thank you one and all. Wishing SGPGIMS campus, faculty and all the Alumni and student community to follow a bright and progressive future in shaping up modern India.

A. Sreenivas Kumar

(Dr.A.Sreenivas Kumar MD, DM(Cardio),FACC

Presently Director Cardiology and Clinical Research, Apollo group of Hospitals, INDIA.

Chairman, FPS & Facts Foundation Hyderabad, INDIA.

He Joined SGPGI Cardiology department as Non DM fellow in 1995, and then did DM from 1996-99)

A Poetic Evening



On 28th June, 2019, SGPGI had its very first open mic poetry session for residents and doctors.

Organized by Dr. Siddharth Warriar, a final year neurology resident, with the enthusiastic support of Dr. Prerna Kapoor and Dr. Shubha Phadke, the event was well received. It was attended by many residents and faculty members, all sharing a keen interest in poetry, both in listening and sharing their own work. Indeed, it is rare for a poetry gathering to have more listeners than performers, but ours was one of those.

Amongst the faculty, Dr. Shubha Phadke graced the occasion with two poems of her own while Dr. Harshvardhan captivated the gathering with his writing as well as his knowledge of literature. Devyanshi, Dr. Shelly Gupta's daughter and Nikunj, Dr. Manjusha Garg's son, both showed how good poetry often begins at an early age. Dr. Shilpi, Dr. Hemlata, Dr. Aruna, Dr. Manjula and Dr. Shalini all participated in the conversation and helped make the event a success. Amongst the residents, Dr. Ajay Shukla showed his poetic side with two poems, one in English and the other in Hindi. Dr. Aathira revealed poetry as another of her talents, with two wonderful poems. Dr. Amrit Gopan had us in splits with his clever poetic take on polyps. Dr. Kanishk and Dr. Nidhi also shared wonderful poems.

An institute like SGPGI with a lot of untapped talent and an abundance of subjects, deserves a cultural and literary platform and hopefully this poetry session is a first step towards that.

Siddharth Warriar

Sufiyana Shaam

After several expressions of interest and intent a musical evening was organized at Shruti Auditorium on 28.04.2019. The theme essentially was relaxation under the cover of melody and music. The Vibrant Campus Initiative in alliance with SPICMACAY (Society for the Promotion of Indian Classical Music and Culture Amongst Youth) invited the Bandhu Brothers for an evening of bhajan and sufi songs. The idea was to introduce the audience to the beauty, grace, wisdom and mysticism embodied in these art forms.



Sufism has been described as a religion of intense devotion, with love as its manifestation, poetry, song and dance as its instrument or worship and passing away in God as its ideal. It aims to deepen our relationship with the creator. Similarly, since time immemorial, bhajans are a form of congregational singing and bonding that gives

each individual an opportunity to share in the music driven spiritual and liturgical experience. Devotional singing enables one to overcome other distracting sounds, attain concentration and thus calms the mind so that the heart can open up to the divine.

Gathered in the auditorium were faculties, residents, officers, nursing staff, technicians and invited guests from the city. Padamshree GCD Bharati with his troupe presented the gathering to the sublime purity and depth of Kabir gyan and bhajans. The rendition had the audience gasping at the sheer scale of its pitch and melody and musical reverberations. Not only was the voice of Bharatijee mesmerizing, his simple explanations of the dohas made the entire 90 minutes an enthusiastic, soul stirring interaction. Nobody in the audience could miss his simplicity and energy and conviction. He was accompanied by Sri Harish Pandya on tabla and Sri Rudraksh Bharati on the dholak. Sri Joga Bharti was his accompanying singer while the chorus was provided by Sri Pavas Bharati and Sri Gopi Bharati. As time flew by, so did the frenzy of artists. The repeated rounds of gentle but prolonged applause from the audience were testimony to the feeling of bliss and peace pervading the hall. Even after one and half hours the audience yearned for more and encore. The evening ended with acknowledging and honoring the artists by the Director, Dr Deepa Kapoor and other senior faculty.

Supriya Sharma

Let Me Choke

I am breathless, let me smoke
I get "kick".....let me choke
wafting smoke rings, maketh me young
staining my teeth, it chaffed my tongue
vibrant energy sored, I now ruminate
it gives the joy, let me celebrate

They say it convoyed strokes and cancer
But I adore this smog, maketh me a death dancer
The feel of celeb, and of the goliath
cigarette makes me the mammoth

blue my tongue black my toe
chop off my leg, let me creep let me go

passive smokers I don't care
kids are watching I don't care

I am guilty , i don't care...
I smoke on my porch, ...plopped in chair
I am hitler, I am the fire ...
I don't fear death, it's my desire..

Smokers seldom have Parkinson clutchwe don't live so much
Smokers shall not have Alzheimer's, we don't think so much
Smoker needs fewer knee replace, we hardly reach to that age

We don't die in second heart attack ...we die in first itself...
We don't get colitis nor the ulcers, but the cancers are our elf...
Stress is checked by the fag , coronary gets the plaque
Celibacy I didn't adore, ED impotence an unwelcomed sore
yet I take the drag, a mocking saint, don't close the door

So dude..just sing this folk
I am breathless, let me smoke
I carve the hoot.....let me choke

Ajay Shukla

गुड बाय

बीतते समय के साथ-साथ संस्थान जैसे-जैसे अपनी युवावस्था में प्रगति और विकास की ओर बढ़ रहा है, इसके स्थापना के समय से साथ जुड़े लोग सेवानिवृत्ति की ओर अग्रसर हैं। सभी लोगों ने संस्थान को चिकित्सा शिक्षा के क्षेत्र में शिखर पर पहुँचाने के लिए अपना-अपना योगदान दिया है, जो संस्थान के इतिहास में दर्ज है और रहेगा। अपने जीवन के अमूल्य वर्षों को संस्थान की सेवा में लगाने के पश्चात संस्थान से निम्नलिखित सदस्य माह अप्रैल से जून 2019 के बीच में सेवानिवृत्त हुए—



डा० अरुणा पराशर (एडीशनल प्रोफेसर) क्लीनिकल इम्यूनोलॉजी एवं रेमेटोलॉजी विभाग में 3 अगस्त 1987 को संस्थान में कार्यभार ग्रहण किया और 30 अप्रैल 2019 को सेवानिवृत्त हुईं। उन्होंने अपने तीन दशक से भी अधिक कार्यकाल के दौरान संस्थान के अनेक दुर्लभ-छायाचित्र का कलेक्शन किया था जिसे समय-समय पर प्रदर्शित भी करती थीं। उनकी देखरेख में तैयार किया गया 'पॉज गार्डन' कैम्पस के बच्चों एवं बड़ों का प्रिय भ्रमण स्थल है।

श्री अभयशरण जैन रेडियोलॉजी विभाग में तकनीकी अधिकारी के पद पर कार्यरत थे वे भी दिनांक 30 अप्रैल, 2019 को सेवानिवृत्त हुए। उनकी एम.आर.आई. मशीन पर कार्य करने की भी दक्षता थी। अपने मधुर स्वभाव के कारण वे विभाग में सभी के प्रिय थे।



श्री वाल्टर मसीह सेंट्रल स्टोर में सहायक स्टोर परचेज ऑफिसर के पद पर कार्यरत थे एवं वे दिनांक 31 मई, 2019 को सेवानिवृत्त हुए। श्री मसीह ने सेंट्रल स्टोर के पूर्व एच.आर.एफ. में कार्य किया था। वे खुशामिजाज व्यक्तित्व के स्वामी थे और अपना कार्य पूरी लगन से करते थे।

श्री वी०के० जायसवाल आई०आर०एफ० में सीनियर स्टोर परचेज ऑफिसर के पद पर कार्यरत थे एवं वे दिनांक 30 जून, 2019 को संस्थान से सेवानिवृत्त हुए। वे संस्थान में प्रारम्भिक काल से जुड़े हुए थे तथा अपने मिलनसार एवं मदद करने वाले स्वभाव के कारण सभी के प्रिय अधिकारी थे। एच०आर०एफ० हो अथवा आई०आर०एफ० या प्रशासनिक वे जिस विभाग से सम्बद्ध रहे वहीं अपनी छाप छोड़ी। उनका भव्य विदाई समारोह उनके लोकप्रियता का सबूत थी।



श्री सुभाष चन्द्र पैथोलॉजी विभाग में टेक्नीशियन ग्रेड-2 के पद पर कार्यरत थे। वे दिनांक 30 जून, 2019 को सेवानिवृत्त हुए। वे हेमेटोलॉजी लैब में कार्यरत थे और अपने ज्ञान, लगन व समय पर कार्य पूर्ण करना उनकी पहचान थी।

श्री सी०बी० मित्रा, संस्थान के अतिथि गृह में प्रबंधक पद पर कार्यरत थे एवं वे दिनांक 30 जून, 2019 को संस्थान की सेवाओं से सेवानिवृत्त हुए। उन्होंने अपने 30 वर्ष से भी अधिक सेवाकाल में संस्थान में पधारे अनेक विशिष्ट अतिथियों की बहुत ही लगन से देखभाल की। अत्यन्त कम संसाधन में भी श्री मित्रा ने संस्थान के इस विशिष्ट अतिथि गृह को बहुत ही सुचारू रूप से चलाया। उनकी कमी न केवल संस्थान के स्टाफ, फैंकल्टी व अफसर महसूस करेंगे वरन यहां पधारने वाले नियमित अतिथि भी महसूस करेंगे।



गुडबाय हमेशा के लिए नहीं होता, और न ही ये एक समाप्ति है। इसका साधारण अर्थ यह है कि जब तक लोग फिर से नहीं मिलते तब तक आप हमारी यादों में बने रहेंगे। संपादकीय मंडल की ओर से सेवानिवृत्त हुए इन सभी सदस्यों को उनके स्वस्थ व सुखी जीवन की कामना के साथ भावभीनी विदाई देते हैं।



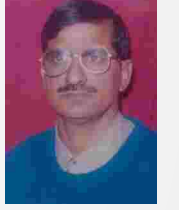
डा० रिचा लाल (प्रोफेसर एवं विभागाध्यक्ष पीडियाट्रिक सर्जरी) इन्होंने 22 मार्च 2000 को सर्जिकल गैस्ट्रोएन्ट्रोलॉजी विभाग में कार्यभार ग्रहण किया था। तदन्तर में पीडियाट्रिक सर्जरी विभाग के गठन के पश्चात वे इस विभाग की विभागाध्यक्ष बनीं। दिनांक 3 मई 2019 को संस्थान से स्वैच्छिक सेवानिवृत्ति ली। डा० रिचा लाल बच्चों के जटिल रोगों के शल्य के लिए एक बेहतरीन सर्जन थीं।

श्री एस० एन० सेमवाल गैस्ट्रोइन्ट्रोलॉजी विभाग में वरिष्ठ तकनीकी अधिकारी के पद पर कार्यरत थे। वे विभाग के सीरोलॉजी लैब का कार्य पूर्ण निष्ठा से सम्भालते थे। दिनांक 31 मई, 2019 को श्री सैमुअल सेवानिवृत्त हुए।



श्री तेज बहादुर यादव, कार्डियोलॉजी विभाग के वाहय रोगी विभाग में अवर वर्ग सहायक के पद पर कार्यरत थे एवं वे दिनांक 31 मई 2019 को सेवानिवृत्त हुए। वे अत्यन्त मिलनसार एवं योग्य कर्मचारी के रूप में जाने जाते थे।

श्री घनश्याम तिवारी, अवर वर्ग सहायक ओ०पी०डी० रिकार्ड रूम में कार्यरत थे मरीजों के विशाल रिकार्ड को उन्होंने बहुत ही लगन से सम्भाला था। वे दिनांक 31 मई, 2019 को सेवानिवृत्त हुए।



श्रीमती मालती ग्रे ए.एन.एस के पद से दिनांक 31 मई, 2019 को सेवानिवृत्त हुईं। उन्होंने 3 अक्टूबर 1991 को संस्थान में योगदान दिया था। जिसके पश्चात उन्होंने गेस्ट्रो, सी.सी.एम. तथा न्युरोलॉजी वार्ड में बहुत ही निष्ठा से रोगियों की सेवा की।

श्रीमती इडिथ साहनी डी.एन.एस के पद से 30 जून 2019 को संस्थान में 30 वर्ष की लम्बी सेवा के पश्चात सेवानिवृत्त हो गईं। उन्होंने अपने कार्यकाल में अस्पताल के विभिन्न विभागों में कार्य किया। वे एक मिलनसार व निपुण-नर्सिंग प्रशासक के रूप में जानी जाती थीं।



श्री अजय पाठक एवं श्री दयानंद यादव अभियंत्रण विभाग में सीनियर इलेक्ट्रीशियन के पद पर कार्यरत थे दिनांक 30 जून, 2019 को सेवानिवृत्त हुए। वे दोनों ही अपना कार्य पूर्ण निष्ठा व लगन से सम्पन्न करते थे।



Accolades



Prof Amit Agarwal, Prof Endocrine Surgery & Chief Medical Supdt was elected the President of Indian Thyroid Society.

Prof. Ram Nawal Rao, Prof Pathology Department, was invited as international faculty speaker in "20th International Congress of Cytology Conference (ICC-2019)" held at ICC-SYDNEY, AUSTRALIA in May and received the best international E-poster research paper award.



Dr. Siddharth Warriar, a Final year DM Neurology Resident won a special prize in the International Hippocrates Conference for Medical Poetry in London. It is indeed a rare recognition for a medical professional to earn.



पी0जी0आई0 एन0आई0आर0एफ0 रैंकिंग में चौथे स्थान पर



मानव संसाधन विकास मंत्रालय (एम.एच. आर.डी) की ओर से जारी नेशनल इंस्टीटयूशनल रैंकिंग फ्रेमवर्क ;एन.आई. आर.एफ.द्व-2019 में पी.जी.आई ने पहली बार एन.आई.आर.एफ में आवेदन किया और मेडिकल संस्थानों में देश भर में चौथा स्थान प्राप्त कर राजधानी का नाम रौशन किया है। एन.आई.आर.एफ हर साल देश भर के शिक्षण संस्थानों की विभिन्न पैरामीटर पर रैंकिंग जारी करता है।

Plastic Ban in SGPGI Campus

An Initiative by Vibrant Campus

The shopkeepers inside SGPGI campus have been issued letters to stop giving plastic bags for various items purchased inside. Jute bags have been made available to them with the Institute logo and the vibrant campus logo. These are available for a nominal rate of Rs.25 and Rs. 30 each (2 different varieties). The customers are encouraged to buy these bags and reuse them as many times as required.



The 8Rs

- Refuse what you don't need
- Reduce what you do need
- Reuse what you consume
- Rehome what you don't want
- Repair what is broken
- Recycle what you can
- Rot the rest
- Repurpose what can't rot

Rest in Peace



Dr. Jyoti Zack

A Senior Demonstrator in the department of Molecular Medicine & Biotechnology died in a mishap while she was coming back from Delhi in a Volvo bus along with her daughter when the bus caught fire at 2.00 AM on 25th March 2019. Both mother and daughter died. Dr. Jyoti Zack had a pleasant nature and coordinated beautifully with her team. She had a bright future. Their untimely and sad demise left everyone in tears. May their soul rest in peace.



राम वीरेन्द्र यादव

दिनांक 28 अप्रैल 2019 को संस्थान के आधिशासी कुलसचिव कार्यालय में अटेन्डेंट ग्रेड-1 के पद पर कार्यरत श्री रामवीरेन्द्र यादव का आकस्मिक निधन हो गया। श्री यादव 18 दिसंबर 1991 से संस्थान में सेवारत थे। वे अत्यन्त मृदुभाषी, व मिलनसार कर्मचारी थे तथा काफी दिनों से बीमार थे। हम सभी दिवंगत आत्मा की शान्ती के लिए प्रार्थना करते हैं व ईश्वर से कामना करते हैं कि उनके परिवार को इस आघात को सहने की शक्ति प्रदान करें।

Inauguration



A State of the Art Post Op ICU and ward was inaugurated on 28th May, 2019 by the Director of the Institute, Prof Rakesh Kapoor.

Creche



Kids celebrated Mango day by dressing up in yellow clothes, colored mango cut outs and enjoyed mango smoothie.



International Yoga day was observed on 21st June. Kids have done different Yoga postures.



Eid was celebrated by the tiny tots, who made Eid cards and wished Eid Mubarak to each other.



Art and Craft exhibition took place in the Creche, where variety of items made by the children are displayed.

महासंघ चुनाव



संजय गांधी पीजीआई कर्मचारी महासंघ का द्विवार्षिक चुनाव (2019-2021) दिनांक 03 जून 2019 को बायोस्टेटिक विभाग, संजय गांधी पीजीआई, लखनऊ में श्री योगेन्द्र भारद्वाज, मुख्य चुनाव अधिकारी के सभापतित्व में सम्पन्न हुआ, जिसमें निम्नलिखित पदाधिकारी निर्वाचित घोषित किये गये-

अध्यक्ष-जीतेन्द्र कुमार यादव, **महामंत्री**- धर्मेश कुमार, **वरिष्ठ उपाध्यक्ष**- भीमराज सिंह, सुनीता सिंह, **उपाध्यक्ष**- एस0पी0 यादव, भगवती प्रसाद, **वरिष्ठ मंत्री**- रेखा मिश्रा, **संयुक्त मंत्री**- ए0के0 सिंह, सुनील कुमार द्विवेदी, **कोशाध्यक्ष**- रामलखन, **संगठन मंत्री**- मंजूलता यादव, रघुवीर सहाय द्विवेदी, **कार्यालय मंत्री**- रामकुमार, **प्रचार मंत्री**- आईडी पनेरू, अजय कुमार श्रीवास्तव **कार्यकारणी सदस्य**- किशन सिंह, आदित्य कुमार अवस्थी, कमल, प्रेम राज कटारा, शैलेन्द्र श्रीवास्तव, रमेश गौतम

Blood Donation Camp



A blood donation camp & symposium was organized on 14th June, 2019 on the occasion of World Blood Donation Day. This was followed by an Award Ceremony for the voluntary blood donors.

Summer Camps: Showcase of Talents *Some Glimpses*



People & Patient Friendly Initiative



- | | | | | |
|-----------------------|-----------------------------|-------------------------|--------------------|-----------------------------|
| 1. Vishramalya (AC) | 6. Ambulance | 11. Escalator | 16. Cafeteria | 21. New Emergency Bed |
| 2. OPD Physiotherapy | 7. Bus Service | 12. Online Registration | 17. Tap Water | 22. VIP Guest House |
| 3. Tin Shade | 8. SBI Cash Deposit Machine | 13. Kendriya Vidyalaya | 18. OPD Hall, (AC) | 23. Parking |
| 4. Tea & Coffee Stall | 9. Railway Booking Counter | 14. State Bank of India | 19. Nursery School | 24. HRF (Pharmacy) |
| 5. Wheel Chair | 10. SBI - ATM | 15. Post office | 20. OPD (TV) | 25. E-Corner & Vishramalaya |

Collage :- Anil Kumar

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