

## SGPGIMS Celebrates 35<sup>th</sup> Foundation Day



*Dazzling illumination of the Shruti Auditorium*



*Curtain raiser Press Conference being addressed by authorities of Instt.*



*Blood Donation Camp to mark the occasion*



*Tree plantation to commemorate the day*

Sanjay Gandhi Postgraduate Institute of Medical Sciences celebrates its Foundation Day on December 14<sup>th</sup> every year. On this day in 1980, Sri Neelam Sanjeeva Reddy, the then President of India had laid the Foundation stone of this Institute. Over the years, SGPGI has constantly endeavored to provide state-of-art medical care to patients, and quality medical education and training to medical students.

The first Foundation Day of SGPGI was formally celebrated in 1994 with an oration by Prof. Asis Dutta. This tradition has been followed since then & over the years many eminent scientists, renowned academicians, distinguished intellectuals have delivered the prestigious Foundation Day Orations. The Foundation Day Oration this year was delivered by Padma Bushan Dr. Naresh Trehan on "**Indian Healthcare-The Road Ahead**". An excerpt of the Oration is in the following page.

The Chief Guest of the occasion was the Chief Secretary of Uttar Pradesh & President of the Institute Sri Anup Chandra Pandey IAS. He congratulated the staff, students and doctors of the Instt for bringing SGPGIMS to the level of top superspeciality Medical Institute of not only India but the world. The gathering was welcomed by Prof Rakesh Kapoor, Director, SGPGIMS and Prof S. K. Mishra, Dean, SGPGIMS proposed the vote of thanks.

Earlier during the day, a voluntary blood donation Camp was organized by the Blood Transfusion Deptt in the Institute's Blood Bank. More than 70 staff and doctors of PGI donated blood and platelet in the camp. A tree plantation ceremony was also held to mark the occasion. The day ended with a lively cultural program by employees of the Institute.



*Chief Secretary of the Uttar Pradesh & President SGPGI, being greeted with flowers*



*Lighting of the auspicious lamp by the dignitaries*



*Audience packed auditorium*



*Presenting the Plaque to Foundation Day Orator*

## Editorial

I just finished reading 'When Breath Becomes Air' by Paul Kalanithi, a memoir written by a young neurosurgeon writer, husband, and father in the last year of his life. The experience of reading this book was surreal and I thought I would begin my column with some excerpts from the book which may give an insight into never ending question of what makes human life meaningful. Paul being a medical professional recalls his moments in medical school... "Anatomy lab, in the end, becomes less a violation of the sacred and more something that interferes with happy hour, and that realization discomfited. In our rare reflective moments, we were all silently apologizing to our cadavers, not because we sensed the transgression but because we did not." I think it takes an exceptional person to keep the humanity in the profession and maintain it. Paul unfortunately lands up being a patient himself and finds the role of a doctor as one that helps a patient through tough times... 'Patients' standing at those critical junctures, the question is not simply whether to live or die but what kind of life is worth living'. His realization that the role of a doctor is not only to save lives, but to help a patient and family understand death and illness is a powerful one and worth emulating. Destiny turned Kalanithi as one of those patients, facing his doctors with some vital and legitimate expectations gave him the special insight... "It occurred to me that my relationship with statistics changed as soon as I became one," he writes. He ponders the times when "I had pushed discharge over patient worries, ignored patients' pain when other demands pressed. The people whose suffering I saw, noted, and neatly packaged into various diagnoses, the significance of which I failed to recognize - they all returned, vengeful, angry, and inexorable." The reflection of Paul's insight on the relationship between doctor and patient certainly needs to be contemplated by all of us, who are in medical professions.

Foundation Day special is in your hands. Let us know how you liked it. We are also eagerly waiting for your suggestions on what you want to read. We worked on your suggestions and have added few interesting columns which I am sure you have noticed and liked. Please mail your suggestions, feedback, news, anecdotes, features and articles etc to [sgpgimsnewsletter@gmail.com](mailto:sgpgimsnewsletter@gmail.com) --- till then happy reading and a Happy New Year.

**Monalisa Chaudhari**

## Message from the Dean

Dear Alumni, Students and Friends,

SGPGI is known for its superb, outstanding and acclaimed medical services and at the same time offers excellent canvas for the medical academicians to create new horizons in patient care. To bring this Institute to such an international level is an effort of many leaders and numerous faculty, staff and students. I consider myself fortunate to take over as the Dean of an organization with such a fine reputation.

The most important mission of our Institute is to cultivate world-leading medical and health practitioners. Students through their studies, services and their interactions with faculty members can enhance their skills and abilities to become world-leading human resources in the medical world. In keeping with the faculty's long-standing traditions, I assure that I and my team will spare no effort in providing the support our faculty members and students need to continue the trajectory of its reputation.



**Saroj Kanta Mishra**

## Indian Healthcare-The Road Ahead

### Foundation Day Oration 2018



35th Foundation day of SGPGI was celebrated on 14th of December, 2018 with its usual fanfare. On this occasion, Dr. Naresh Trehan, a noted cardiac surgeon was invited to deliver the Foundation day Oration, a ritual which has been followed since beginning. Dr. Trehan has many professional accomplishments in his name. He is the architect of the cardiac care in north India. His achievements were recognized by the Government of India, which adorned him with Padma Vibhushan.

He delivered the talk on future direction of medicine in India. Excerpts from his oration is as follows :

To begin he emphasized on the changing pattern of illness in India. The country once known for high rates of infection and its complications is now becoming the hot bed of non communicable diseases. These rising trends of diabetes mellitus, cardiac diseases, cancer and other lifestyle diseases have won country the unwanted tag of world leader in non communicable diseases. These diseases, combined together put the burden to 60% of all existing diseases. These illnesses require superspecialists to treat them. While these diseases take center stage, other causes of infectious diseases remain relevant in the country. Infectious disease treatment can be achieved with information spread and primary care, which should remain the primary focus of the government. The other

disease require secondary care, for this government and many small hospitals and polyclinic are there to take care and is being done efficiently. The problem in government care arises with referral or tertiary care, when superspecialist care is required. There is dual problem in this area, one of infrastructure and the other of trained manpower and doctors. While both are in adequate numbers in private sector, government lags in both. However there are few government facilities those are functioning with care given at par with the world, most are languishing in neglect due to factors discussed. These world class tertiary care facilities run by government have a very long wait list disappointing the patients. At the same time there are at least 20 - 30% beds vacant in private tertiary care hospitals. An efficient referral system should be developed that can intelligently distribute the patients so that all the high input specialty beds are optimally utilized across the health system. It is also important that hospital approval must be need based and this should be controlled by the government. There exist a problem of steep difference in the price paid by the patient for his treatment between government hospital and private sector. Recently there has been an initiative by introduction of Ayushman Bharat scheme to bridge this gap. Though there are adequate beds and trained manpower in the country, its distribution between government and private sector is differential. To achieve the best care for the patients a synergistic approach by both is required. Ayushman Bharat scheme of government is one such step in right direction to address the future of healthcare in India.

**Shantanu Pandey**

## मुख्य मंत्री ने दो विभागों का शिलान्यास एवं तीन विभागों का लोकार्पण



इसके अतिरिक्त उसी दिन माननीय मुख्यमंत्री ने संस्थान के तीन विशिष्ट इकाईयों का सामूहिक लोकार्पण भी किया।

हिपेटो बिलियरी डिजीजेज एण्ड ट्रान्सप्लान्टेशन सेन्टर के नये भवन में यकृत रोग से ग्रस्त रोगियों को प्रत्यारोपण की सुविधा नयी अत्याधुनिक तकनीक के साथ उपलब्ध करायी जायेगी तथा इस विभाग में कुल 110 शैय्यायें (19 शैय्यायें बेड आई0सी0यू0 हेतु) निर्धारित हैं। इसके अतिरिक्त 24 संकाय सदस्य तथा 26 सीनियर रेजीडेन्ट के पद सृजित किए गये हैं जिनके द्वारा प्रदेश की जनता को यकृत प्रत्यारोपण हेतु विदेश पर आश्रित नहीं होना पड़ेगा।



उत्तर प्रदेश के माननीय मुख्यमंत्री योगी आदित्यनाथ जी ने 15 अक्टूबर, 2018 को संजय गॉंधी स्नातकोत्तर आयुर्विज्ञान संस्थान में दो नये विभाग इमरजेन्सी मेडिसिन विभाग एवं किडनी ट्रान्सप्लान्ट सेन्टर का शिलान्यास किया। इन दोनों विभागों में रोगियों की बढ़ती हुई संख्या एवं लम्बी प्रतीक्षा सूची को देखते हुए शासन की प्रतिबद्धता पर भारतीय स्टेट बैंक से प्राप्त ₹0 473.00 करोड़ के ऋण द्वारा उपचार की अत्याधुनिक सुविधायें उपलब्ध करायी जायेंगी।

इमरजेन्सी मेडिसिन विभाग में कुल 210 शैय्याओं की व्यवस्था रहेगी, जिसमें से 60 शैय्यायें आई0सी0यू0 के होंगे। इस विभाग में सभी आकस्मिक एवं महामारी जनित बीमारियों का इलाज किया जायेगा। इस विभाग के अधीन हृदय घात, ब्रेन स्ट्रोक, खून की उल्टी तथा अन्य सभी आकस्मिक रोगों का विश्व स्तरीय उपचार किये जाने की व्यवस्था होगी।

अत्याधुनिक गुर्दा प्रत्यारोपण केन्द्र में कुल 180 शैय्यायें होंगी तथा इसमें 04 माडयूलर आपरेशन थियेटर भी होंगे। गुर्दा प्रत्यारोपण केन्द्र में प्रतिदिन 100 डायलिसिस किये जाने की व्यवस्था होगी, साथ ही प्रति सप्ताह करीब 06 गुर्दा प्रत्यारोपण किये जायेंगे। इस केन्द्र के क्रियाशील होने से गुर्दा प्रत्यारोपण के रोगियों की बढ़ती हुई संख्या एवं लम्बी प्रतीक्षा सूची को न्यूनतम किया जा सकेगा।

बोनमैरो ट्रान्सप्लान्टेशन एवं स्टेम सेल इस सेन्टर के भवन का निर्माण उ0प्र0 शासन द्वारा स्वीकृत तीन परियोजनाओं, बोनमैरो ट्रान्सप्लान्टेशन यूनिट (बी0एम0टी0) एवं हिमैटोलॉजी वार्ड, हिमैटोलॉजी टीचिंग एवं डायग्नोस्टिक ब्लॉक तथा स्टेम सेल रिसर्च सेंटर



के अन्तर्गत हुआ है। जहाँ बी0एम0टी0 की सुविधा उपलब्ध है और विभाग द्वारा अभी तक 78 ट्रान्सप्लान्ट किये जा चुके हैं। नये बी0एम0टी0 में 09 बेड रखे गये हैं जिससे अधिक संख्या में मरीजों का ट्रान्सप्लान्ट हो सकेगा तथा वार्ड में 40 शैय्यायें हैं। थेलेसीमिया, एनीमिया एवं हिमोफीलिया जैसी बीमारियों का सम्पूर्ण इलाज एवं निदान सम्भव हो सकेगा।

कालेज ऑफ मेडिकल टेक्नोलॉजी का लोकार्पण प्रदेश के होनहार विद्यार्थियों को चिकित्सीय प्रयोगशाला से संबंधित उच्च शिक्षा प्रदान करने हेतु किया गया है। जिसमें अभी तक 52 छात्रों को प्रवेश दिया जा चुका है। इस कालेज

के पाठ्यक्रमों को उ0प्र0 स्टेट मेडिकल फेकल्टी, विश्वविद्यालय अनुदान आयोग एवं एटॉनिक एनर्जी रेग्युलेटरी बोर्ड का अनुमोदन प्राप्त है। इस परियोजना हेतु राज्य सरकार द्वारा 1422.86 लाख की धनराशि उपलब्ध करायी गई थी।

इस अवसर पर एक लघु वृत्तचित्र का प्रदर्शन भी किया गया जिसमें संस्थान वर्ष (2017-18) की उपलब्धियों पर प्रकाश डाला गया। माननीय मुख्यमंत्री ने संस्थान की उपलब्धियों पर बधाई देते हुए विश्वास व्यक्त किया कि इन नये चिकित्सीय संयोजनों से प्रदेश की जनता को अपने ही प्रदेश में दुरुह बीमारियों का इलाज सम्भव हो सकेगा।

राम प्रमोद मिश्र



## SGPGI Collaborative Program for BMT in Thalassemia MOU between MOHFW - CIL - SGPGIMS



A Memorandum of Understanding was signed between the Ministry of Health & Family Welfare, Govt of India & Coal India Ltd., and SGPGI's, Hematology Deptt for starting a collaborative program for Bone Marrow Transplantation for Thalassemic children. The Coal India Ltd under its CSR program will give a financial support of Rs. 10 Lac per patient for Bone Marrow Transplantation in children who cannot afford it. Overall Rs. 2 crore for 20 BMT will be funded by Coal India Ltd.

The MoU was signed before the Hon'ble Minister of Medical Education Sri Ashutosh Tandon, the Chief Guest of the occasion. He complimented the efforts of the Hematology Deptt of SGPGI for doing commendable job in medical and research. He also thanked the Coal India for their support in the noble cause. The program was attended by Mr Pankaj Kumar, IAS, Mission Director, NHM (UP) and Secretary Health, Govt. of U.P., Mrs. Vineeta Srivastava, Senior Consultant & Co-ordinator, Blood Cell, NHM, MoHFW, Govt. of India Mr. A.K. Pandey, General Manager, Coal India Ltd, Prof KK Gupta, DGME, Govt of UP along with other dignitaries and experts.

The MoHFW besides organizing awareness and training programs also support for genetic diagnosis and ante natal counseling, it provides funds to State NHM, for free transfusions and iron chelation therapy of thalassemic patients.

The curative therapy for Thalassemia is Bone Marrow Transplantation, and Coal India Ltd, under Corporate Social Responsibility is extending financial support of upto Rs 10 Lac/patient for Bone Marrow Transplantation in children who cannot afford it, in 5 centres in the country. The Dept of Hematology, SGPGIMS, has been selected as the sixth centre by CIL for this support. It is the only centre of UP performing BMTs and has performed 90 transplants till date with results comparable to good International Centres.

The program was followed by 3 public lectures by experts on Antenatal diagnosis and genetic counselling, optimal chelation and BMT in Thalassemia. The families of Thalassemic patients were also invited to the function. The program concluded with an interactive question answer session between national experts, Govt officials and representatives of Thalassemics India and Thalassemia Welfare Society with families of thalassemic patients.

## Bridge Program in Community Health for Nurses

Earlier this summer, Department of Hospital Administration, SGPGIMS, was notified by Ministry of Health and Family Welfare, Govt. of India as Program Study Center (PSC) to provide comprehensive training to selected candidates for Bridge Program for Certificate in Community Health for Nurses (BPCCHN).

BPCCHN program which has been developed by, MoH&FW in collaboration with IGNOU, aims ensure continuation of comprehensive primary health care services at Sub-Centers, strengthened as Health and Wellness Centers (H&WC), implementing the New Health Policy. The centres will eventually be staffed by the trained registered nurses (RNRN), who successfully complete the BPCCHN Program and subsequently be posted as Community Health Officers (CHO).

Forty seven candidates of the first batch have undergone the six month training from July 2018 to December, 2018. During this tenure of six months candidates were vigorously trained at the program study center (Department of Hospital Administration, SGPGI), to provide Care in pregnancy and child-birth; Neonatal and infant health care services; Childhood and adolescent health care services including immunization; Family planning, Contraceptive services and other Reproductive Health Care Services; Management of Communicable diseases: National Health Programs; Management of Common Communicable Diseases and General Out-patient care for acute illnesses and minor ailments; Prevention, Screening and Management of Non-Communicable diseases; Screening and Basic management of Mental health ailments; Care for Common Ophthalmic and ENT problems; Basic oral health care; Geriatric and palliative health care services; Trauma Care (that can be managed at this level) and Emergency Medical services.

Successful candidates, will subsequently be posted as Community Health Officer(CHO) at the designated Health and Wellness Centre under the respective District Health Society of different Districts in Uttar Pradesh. The candidates shall serve District Health Society-NHM thereafter for a minimum period of three years after successful completion of the Program.

Program co-ordinators of this prestigious program were Dr. Saima Alvi, Dr. Ankita Srivastava and Dr. Tanvi Arora, PG-HA, SGPGIMS.

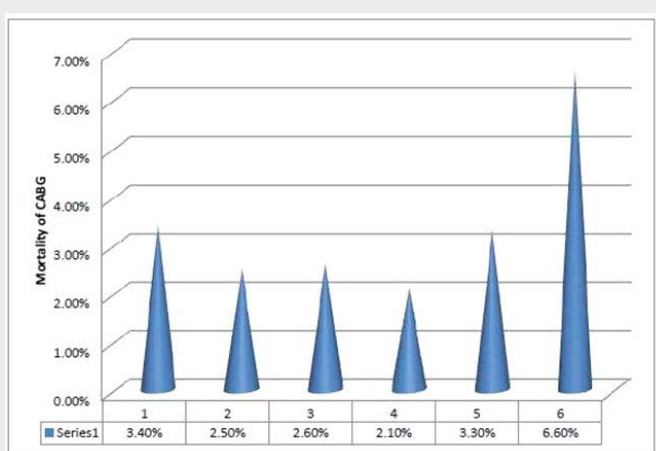


*R. Harsvardhan*

## Obesity Paradox

Obesity (malnutrition) is epidemic and precursor of many systemic diseases leading to higher morbidity and mortality in general as well as after surgical intervention. Coronary artery bypass surgery is no exception as we believe. But there is a twist; it has been observed that under nutrition (group 6, 6.6% mortality) is more vulnerable to death after bypass surgery than morbid obesity (group 1, 3.40%). Death among severe obese group is nearly equal to normal weight group (3.30%) after CABG in stable angina patients.

(1: Morbidly (severely) obese: BMI  $\geq 40.0$  kg/m<sup>2</sup>; 2: Moderately obese: BMI 35.0–39.9 kg/m<sup>2</sup>; 3: Mildly obese: BMI 30.0–34.9 kg/m<sup>2</sup>; 4: Overweight: BMI 25.0–29.9 kg/m<sup>2</sup>; 5: Normal weight BMI 18.0–24.9 kg/m<sup>2</sup>; 6: Underweight: BMI  $\leq 18.49$ )



Anyway, while operating in severe obese patients, preoperative lung function optimization is must. Surgery is no different except utmost care in sternal stabilization. Postoperative: Optimal analgesia, physiotherapy and early mobilization, if required intermittent CPAP/Bi Pap to avoid basal atelectasis.



These two patients 103 kg and 115 kg underwent elective CABG for stable triple vessel coronary artery disease. An- aortic total arterial beating heart coronary artery bypass grafting was done using both mammary artery with good outcome and discharged from ICU after 48 hrs.

*Gaurang Majumdar*

## Evidence-Based Endocrine Surgery

### Book Review

#### About the Book

In this textbook, leading experts from highly acclaimed institutions describe evidence-based best practice in the management of a wide range of benign and malignant thyroid, parathyroid, adrenal, and neuroendocrine conditions. Detailed attention is devoted to the current role of surgery, including minimally invasive surgery and robotic surgery, in different endocrine disorders. The reader will also learn how best to respond to the problems that may be encountered during endocrine surgical practice. While much of the focus is on surgical aspects, the approach is multidisciplinary, with inclusion of information on recent advances in epidemiology, genetics, cytology, pathology, imaging modalities, and other treatment options. The clear text is complemented by instructive clinical cases as well as numerous high-quality illustrations and tables summarizing key points. This book will be of value for specialists in endocrine medicine and surgery as well as general surgeons with an interest in endocrine surgery.



#### About the Authors

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## Nursing Heroes

Sisters Mrs. Tulika Sharma and Miss Mona Prakash from the department of Neonatology stood second in the all India Neonatology quiz conducted by National Neonatology Forum of India, at Varanasi on 16 December 2018. A total of six teams participated in the final round, out of which the team of Neonatology department, SGPGIMS were runners up and brought laurels to the department and the institution.

National Neonatology Forum Nurses quiz is a regular national level academic activity, where teams from all over the India participate. The teams first compete at a divisional level which is followed by the zonal rounds. The winners of the different zones then compete at the national level every year. The department of Neonatology puts in special efforts in organizing regular nursing academic activities and special classes for the preparation of such quiz activities throughout the year.

### Training course

#### "Sample Size Estimation: Concept & Application in Health Research"



The Department of Biostatistics and Health Informatics is actively involved in development and dissemination of advanced research techniques, conducting teaching and training for clinical, biomedical and public health researchers. In this series, a 4 days training course was organized on "Sample Size Estimation: Concept & application in Health Research" during 12-15 September 2018. This training course was focused on sample size estimation for various objectives involved in the biomedical research including test for single mean/proportion, comparisons of parameters between two or more clinical setting or patients groups i.e. comparison of means, proportions etc. Sample size estimation methods for Correlation, Regression, Survival analysis, diagnostic methods and clinical trials were also discussed. In this training course various aspects related to the sample size estimation including level of confidence, power of the test, effect size, relative error, margin of error and its impacts on sample size were also demonstrated. The sample size estimation was demonstrated and practice session was held in the freely available software's including G\*Power, R and others. A total of 25 participants attended the training course including medical faculty, residents and biomedical researchers of various medical colleges and universities. In this training course, 10 resource faculties were involved belonging to SGPGI, KGMU and BBAU.

*Prabhakar Mishra*

### Acute Critical Care Course for Clinicians

(SGPGI-UK Partnership to develop an apex nodal centre to teach and develop Acute Critical Care to Clinicians for better patient care)



Sudden deaths in hospitals are not usually 'sudden' as we first think they are. A careful analysis of many of these deaths in India and other low middle income countries show that signature signs of clinical deterioration had existed for several hours if not days in these patients before the 'sudden death' is finally pronounced. More accurately phrased many of these institutions and doctors do not have a systematic approach to identify and correct some of the tell-tale signs frequently seen in a deteriorating patient. Such variations in health outcomes are frequently due to inadequate training of junior doctors, nurses and other health care professionals in the recognition and management of deteriorating patients in hospitals. Such deteriorations in patients' condition, at times following routine surgical procedures or other reversible diseases have frequently not received due recognition in undergraduate nursing or medical training programmes and the gaps in knowledge/skills amongst junior health care professionals continues to be a challenge in India. NHS doctors in the UK (Dr Geeta Sheety, from Birmingham, Dr S Selvakumar, London, UK) and the University of Manchester in the United Kingdom have developed a close partnership with their counterparts in India in developing and delivering a two-day multi-disciplinary course 'Acute Critical Care Course for Clinicians (ACCC)' in order to address this problem.

The programme was the brain child of Professor Mahesh Mishra, Vice Chancellor Mahatma Gandhi International University in Jaipur (and Former Director of AIIMS, Delhi) in partnership with Dr. Ajay Sharma who is a transplant surgeon in Liverpool United Kingdom. The programme is now supported by several senior NHS doctors in the UK and India and has been conducted at over 18 venues all over India - including some of the most remote villages. The latest course in this series was successfully concluded on the 9th-12th October at SGPGIMS.

Dr Sandeep Sahu Additional Professor, Anaesthesiology is the Course Co-Director and coordinator at SGPGI and is dedicated to conduct and development of similar courses all over UP.

*Sandeep Sahu*

### Clinical Skill Update on Physiotherapy Techniques

The physiology of therapy revolves around basic mobilization concepts. The intricate bond of physiotherapy is to strengthen the overall psycho-socio-mental health with ease of leading healthy life to overcoming a disease is not a mere conjecture in this complex arena.

Keeping in sync with aforementioned dynamics the SGPGI Physiotherapy Forum and Department of Hospital Administration weaved out a Continuous Medical Education session on October 27, 2018, so as to upgrade the existing skill set of physical therapy



providers under an umbrella series of talks which enables one to delve deeper into sea of luminance so as to soak up the best, from amongst the best trainers this discipline has to offer.

The domains of rehabilitative care were coupled with audio- video aids interlaced with personal touch added by each speaker helped the participants to tinker upon what this beautiful specialty has in its depth and the unexplored horizons waiting to have imprints of mankind etched over it. The active integration of showcasing ways to release trauma by exercising and other demonstrations made the session worth an experience of lifetime.

The diverse range of talks was collaborated with the stalls showcasing the tangible interventions in vogue. The sprouts of success lay deep down in what the learners take with them and administer upon the patients in healthcare scenario in upcoming ages of time to come.

*R. Harsvardhan*

### AMASICON 2018

*13<sup>th</sup> International Congress of Association of Minimal Access Surgeons of India*



The Department of Surgical Gastroenterology organised 13th International Congress of the Association of Minimal Access Surgeons of India (AMASICON2018) at SGPGIMS, Lucknow, from November 15-17, 2018. The theme for this year's conference was Futuristic **Minimal Access Surgery from East to West**.

The congress comprised of live surgical demonstrations, operative videos, didactic lectures and open house discussion with Masters on all issues pertaining to the subject. The inaugural ceremony took place on November 15, 2018. Dr. Dilip Gode the President of Association of Surgeons of India was the Chief Guest and the Guest of Honour were Dr. Rakesh Kapoor, Director, SGPGI and Dr C Palanivelu, the founder president of AMASI. The second day of the conference was marked by the fellowship ceremony of the AMASI where more than 250 surgeons from India and overseas were awarded the Fellowship of the AMASI. The chief guest of the fellowship ceremony was Dr ML Bhatt, Vice Chancellor of KGMU Lucknow. Conference was preceded by several pre-conference courses and workshops including Simulator Basic, Simulator advance, Endoscopy Simulator and Robotic Training. Conference was attended by more than 1000 participants both national and international delegates including faculty from Japan, United Kingdom, Singapore, Bangladesh and Sri Lanka. There were huge mix of General Surgeons, laparoscopic and robotic surgeons, Surgical Gastroenterologists, Oncologists, Urologists and Gynaecologists who attended this mega event. Twenty five live surgeries were performed by various experts which included Colorectal, upper GI Surgery, Hernia, HPB, Urology, Gynaecological and Endocrine minimal access surgery. In addition there were best papers, best video and best poster presentation. In each category presenters were given certificates and prize money.

*Ashok Kumar*

## Survey Research Methodology

### "Advanced Training Programme"

The Department of Biostatistics and Health Informatics organized a 3 days training program on "Survey Research Methodology" during 19-21 November, 2018. In this training course various important topics including sampling



techniques, sample size estimation, hypothesis testing, parametric and non-parametric methods, study tools development, validation and plan of the statistical analysis, format of the research projects were discussed. Statistical software's like SPSSR was demonstrated and used for the data analysis while study questionnaires development and online data collection tools were demonstrated using Epi-info software. Sample size estimation was demonstrated and practice session was conducted using G\*Power and other freely available online software's. More than 40 biomedical researchers including medical faculty and residents from the various organizations had attended the training course. Total 12 resource faculties were involved in teaching and training belonging to SGPGI, KGMU, and University of Lucknow etc.

*Prabhakar Mishra*

## Abhilasha - Enriching Soft Skills

The axis mundi of an ingeniously operational and scaling statures Institution rests in the competent hands of beacon bearers of The Hippocratic Oath and The Nightingale Pledges discharging their duties effortlessly. The program was christened as 'Abhilasha -



Enriching Soft Skills' which clearly justifies the intent with which program was aimed at i.e. to elevate and drive the Nursing Staff of Institute to a higher echelon from the pre-existing ones. The Department of Hospital Administration had been pioneering this Four Module Program interspaced over a year with the commitment as exemplified in liaison with the vision of the Sanjay Gandhi Post Graduate Institute of Medical Sciences. This one day program was scheduled on 24th November, 2018 at Mini Auditorium, SGPGIMS, Lucknow. The total targeted audience for this program is 200 Nursing Staff of SGPGIMS, which is over one-seventh of the presently employed ones.

In this venture, we had joined hands with the DRFHE as our knowledge partner. The modalities of teaching cum training to be imparted give an equal emphasis to audio-visual aids with the throughout interactive session with the Speakers and the issues faced by its Nursing Staff at core of its heart. The department had a clear anticipation that, when, the participants finally walk outside venue, post conclusion of the final session, they would be a much better version of what the able Homo sapiens that had walked in today. This program was also enthusiastically supported by the top leadership of the Nursing Staff, SGPGIMS.

The program's Inaugural Session was graced by Prof. Amit Agarwal, Chief Medical Superintendent, SGPGIMS as the Chief Guest, alongside Dr. R. Harsvardhan, Head, Department of Hospital Administration, SGPGIMS. The other eminent speakers were Prof. Puneeta Lal from Department of Radiotherapy, SGPGIMS and Dr. Tripti Barthwal, Director, Lal Bahadur Shastri Institute of Management, Lucknow. The program coordinators of the event were PG's of department - Dr. Ruchi Kushwaha, Dr. Shweta Kumari, Dr. Dimpi Singh along with other residents notably, Dr. Ayush Mehrotra.

*R. Harsvardhan*

## Symposium on Hemophilia



A one and a half days hemophilia symposium was organized by the Dept of Transfusion Medicine, SGPGI Lucknow in association with NHM, UP on 30th Nov and 1st Dec 2018 at Hotel Piccadilly in Lucknow. This program was mainly for clinicians who are involved in hemophilia care at their center. Two doctors each from 26 designated hospitals across UP (all government medical colleges and 8 district hospitals) attended this academic program. Dr Naresh Gupta, Professor-Director, Dept of Medicine at LNJP hospital in Delhi delivered a talk on comprehensive hemophilia care. Eminent speakers from SGPGI (Dr Shubha Phadke and her team) and KGMU (Dr A K Tripathi and his team) delivered their lectures covering various clinical aspects of hemophilia.

Approx 3500 patients of hemophilia are registered at various centers in UP, majority being hemophilia A having F VIII deficiency. UP has maximum number of 26 centers (initially 9 centers few years back) in the country where free clotting factor concentrates are being made available by NHM and state government. State Nodal officer, Hemophilia Dr Anupam Verma welcomed the participants of the symposium and briefed about the challenges and possible solutions in implementing the government policy on hemophilia. Many centers like Saifai, AMU, Noida presented their data and shared their experience in treating hemophilia patients. Dr Neeta from Noida discussed about the new emerging therapy like emicizumab which can be given subcutaneously once a month which may bring a paradigm shift in hemophilia treatment. Dr Sonia Nityanand, Head Dept of Hematology, SGPGI, Dr Priti Elhence, Head, Dept of Transfusion Medicine, RML Institute of Medical Sciences, Lucknow and Dr R K Chaudhary, Head Dept of Transfusion Medicine, SGPGI chaired sessions and latter also informed about the genesis of PIL filed for hemophilia court

case. Dr Dheeraj Khetan played an important role in organization and smooth conduction of this academic program with support from the residents and staff of Deptt. of Transfusion Medicine. Dr Rahul Katharia conducted the panel discussion involving clinicians, a lawyer from high court and NHM personnel and SNO besides delivering vote of thanks.

*Anupam Verma*

## Pediatric Gastroenterology & Hepatology Update



The Department of Pediatric Gastroenterology organised a "Pediatric Gastroenterology and Hepatology Update" on 8-9 Dec 2018. The meeting was attended by 70 delegates and practising consultants including SGPGI alumni, renowned gastroenterologists and gastro surgeons from all over the country. This two day deliberation was an unique event which addressed recent updates and difficult to manage situations related to hardcore pediatric gastroenterology. The programme was designed in such a way that there was ample time for discussion of experiences and thoughts by the delegates after every talk. It was well received and highly appreciated by all. A constructive way forward was outlined in certain disorders such as biliary diversion, bile acid synthetic defects, complicated Wilson disease, surgical dilemmas of pancreatitis and endoscopic disinfection. An "Alumni Meet" at the Hobby Center was also hosted by the department on 8th December. Alumni who have been trained in the Department of Pediatric Gastroenterology from 2001 till date met for a warm social interaction. This was the first event of its kind in the country and was truly a trip down the memory lane.

*Moinak Sen Sharma*

## ISMM 2018

### *International symposium on Molecular Medicine*

The International symposium on Molecular Medicine (ISMM 2018) was organized from the 14-16 of December 2018. It was hosted by



the Department of Molecular Medicine & Biotechnology, SGPGI.

The theme of the symposium was molecular diagnostic and therapeutic strategies for diseases including kidney disease, cancer, neurological conditions, maternal and neonatal disorders and other life threatening diseases. Financial support for the symposium was provided by the Ministry of Human Resource Development & Department of Science and Technology, Government of India.

The program was a resounding success and was attended by more than 150 national and international delegates, distinguished faculty members and eminent speakers from India and overseas. The symposium was inaugurated by the Director SGPGIMS Prof Rakesh Kapoor, and the Guest of Honor was Dr Carolyn Ecelbarger from Washington DC USA. The inaugural ceremony was also graced by the presence of dignitaries like Prof SK Misra Dean SGPGIMS, Prof. Magdy Abdelaal, Mansoura University, Egypt, Prof Amit Gupta, Head of Nephrology, and Prof. M.M Godbole, Molecular Medicine & Biotechnology, SGPGI. The sessions spanning over two days included talks on diverse subjects such as kidney disease, oncology, neurobiology, maternal and neonatal health, immunology and nanotechnology. Eminent researchers from institutes in the United States including Georgetown University, Tulane University, University of Utah and the Mayo Clinic, and distinguished faculty from prestigious national institutes such as AIIMS New Delhi, AIIMS Bhopal, CCMB Hyderabad, BITS Pilani, BHU, Varanasi, presented their cutting-edge research in the symposium.

The scientific session started with keynote lectures which highlighted current clinical challenges faced by clinicians in the diagnosis and management of kidney diseases and novel molecular strategies for addressing the key issues. Several young investigators, faculty members and research fellows also showcased their original research work through oral and poster presentations. The program ended with two practical workshops on microfluidics and big data analysis which was enthusiastically attended by both budding researchers and established scientists.

*Swasti Tewari*



## My Time in SGPGI

As I look back at my time in SGPGI,  
I start thinking about my very first day here.  
As I walked into the sprawling campus,  
My eyes glittered and my heart gave a cheer!  
I walked towards the Ped Gastro ward,  
Which was a world of its own,  
Separate from the rest of the hospital,  
With airy wards and floors that shone!

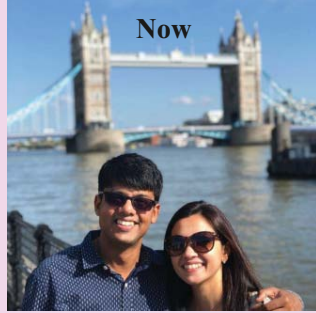
I remember the ward rounds  
And never ending discussions!  
As we discussed different diseases  
And their varied manifestations.  
We argued whether the stool was  
pigmented, ambiguous or pale?  
And the vomiting-  
projectile, bilious or stale?  
Is the liver soft or is it firm?  
What is causing the child's tummy pain,  
-Is it a worm?  
The kid with diarrhoea -  
Is it watery or with mucus and blood?  
And could the child with ascites have HVOTO,  
First described by Budd?

I remember our OPDs that would occur twice in a week,  
Crowded and patients falling over you,  
Would make even the timidest of us shriek!  
Even in this craziness, all cases were discussed.  
Every child was seen thoroughly, was ensured.

Endoscopy days were what we looked forward to,  
Even though we were on our feet whole time  
And often got covered in poo!  
It was always exhilarating when we got a case to do,  
To top it all we often had a chai - samosa party too!

And when talking about endoscopy-  
How can we forget our dear DADA who used to say  
"Maine kitne DM banaye hain ki ab ginti hi nahi,  
aap mano ya na mano ye baat hai sahi..!

Night duties would be hectic, especially on nights  
That came the Gorakhpur train,



And days would be dreary collecting reports or  
going for sedation- always a big pain!

Record keeping and meticulous data entry  
Is something that we learnt,  
Which in this era of Consumer Protection Act  
Seems utterly important,  
We learnt to make our presentations "crisp" and perfect,  
& rehearsed them again & again, till they had no defect!

All our consultants were different,  
Each having their own individual style-  
But they are by far the best in the country,  
With no one else within a mile!  
I had some awesome colleagues,  
a strong bond grew between us,  
That made working here so great,  
With no worries, and no fuss!  
Efficient nurses, working with them was always a joy,  
But try messing with them at tea - time,  
they'll no longer be coy!

I remember my days in the campus,  
As I moved from new PG, Old PG and finally to MRA,  
With free electricity privilege,  
The ACs & heaters would run all night and day!  
Here in the campus I saw my first "Neel guy"  
Let me tell you they are dangerous, definitely not shy!  
Breakfast, tea and lunch at Shamsher's canteen  
Was a permanent fixture,  
Our favourite the Friday biryani,  
Flavorful with a great texture!

The 4 years that I spent here will always be my best,  
And the invaluable things that I learnt here  
Will help me soar through every test!



**Rishi Kumar Bolia**

*Dr. Rishi Kumar Bolia -MD,DM ( Pediatric Gastroenterology) was in SGPGI from 2011 - 2015 as PDCC (2011- 12) and then DMPediatric Gastroenterology resident(2012-15)  
Currently working as Assistant Professor Division of Pediatric Gastroenterology PGIMER, Chandigarh.*

## संस्थान - एक घर, एक परिवार



अक्सर, बहुत सी वस्तुएँ और सुविधाएँ जो हमें आसानी से उपलब्ध हो जाती हैं, हम उनका मूल्य एवं महत्व तब तक समझ नहीं पाते हैं जब तक हमें उनकी आवश्यकता न पड़े।

अभी हाल में मुझे एक ऑपरेशन के लिए संस्थान में भर्ती होना पड़ा. उस दौरान जो अतुलनीय सहयोग मुझे और मेरे परिवार को मिला वो मेरे मन को छू गया।

संस्थान के विभिन्न विभागों एवं वर्गों के अनेक सदस्यों जैसे फैंकल्टी (न्यूरो सर्जरी डॉक्टर संजय बिहारी, अवधेश जायसवाल, अरुण श्रीवास्तव, जयेश, कुंतल, एवं अन्य, ऐनेस्थीसिया डॉक्टर शशि श्रीवास्तव एवं डॉक्टर देवेन्द्र गुप्ता, न्यूरोलॉजी डॉक्टर सुनील प्रधान, रेडियोलोजी डॉक्टर सुनील जैन, यूरोलॉजी डॉक्टर संजय सुरेका), सीनियर रेजिडेंट (डॉक्टर संजोग, आशीष, अश्विन, यशवीर एवं अन्य), नर्सज़, एच.आर.एफ. स्टाफ, अटेंडेंट, सफाई कर्मचारी, किचन कर्मचारी, इत्यादि ने परोक्ष अथवा अपरोक्ष रूप से मेरे इलाज में योगदान दिया. मैं और मेरी पत्नी लिली कपूर तहे दिल से सबका शुक्रिया करते हैं. मेरा परिवार उन सब का भी धन्यवाद करता है जो मुझे देखने वाई या घर पर आये (खास तौर से मेरे अनेक पुराने शिष्य जो उन दिनों एक कॉन्फरेन्स के लिए PGI आये हुए थे) तथा जिन्होंने मेरे स्वास्थ्य लाभ की कामना की।

ऑपरेशन के बाद मुझे फ़िज़िओथेरेपी के साथ चलने की भी सलाह दी गयी - आवासीय परिसर की समतल सड़कें एवं हरे भरे कैम्पस की शुद्ध ताज़ी हवा - और कहाँ मिल सकती थीं।

संस्थान में अपने जीवन के बहुमूल्य ३० साल बिताने के बाद अब जब मैं अपनी पारी का आखिरी 'ओवर' खेल रहा हूँ तो कुछ वर्षों के बाद यह घर, यह परिवार छूट जायेगा यह सोच कर भी मन सिहर जाता है।

**वी. के. कपूर**

## Public Awareness Program Against Rabbits



Knowledge is the best weapon and prevention is the best cure. Following this principle, a public awareness session was held in General Hospital on November 3rd, 2018 on Dog bite Management Do's and Don'ts. Sanitation workers and domestic helps staying in the campus were the target audience and they turned up in large numbers for the program.

Dr Perna Kapoor introduced the subject and discussed primary wound care and tried to dispel wrong beliefs and myths on dog bite and its treatments. While Dr Atul, Assistant Professor, Microbiology Department provided sharp and crisp information on vaccination and Immunoglobulin use and dosages. An interactive discussion and question answer session followed the awareness lectures.

*Perna Kapoor*

## Run for Unity

"Run for Unity" was organized by the Resident Doctors Association at the Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, on 2nd December, 2018. Over 300 doctors, including residents, faculty members and staff of SGPGI participated in this race. There were two classes in the race one of three Km and the other of six Km.

The event was organised to spread the message of "Run a Mile, Spread a Smile". The objective of this event was to spread awareness on staying fit mentally and physically by adopting a healthy life



style to combat stress of day to day life. Running together also raises the sense of unity and brotherhood and removes the distances.

Dr. Rakesh Kapoor, Director of the Institute, inaugurated the race and praised and welcomed the initiative taken by the Resident Doctor Association to organised such an event. He said that such events not only helps you to stay fit but also develops solidarity amongst fellow workers. The participants who completed the race were adorned with medals.

## The Paw's Garden

Soon after joining SGPGIMS I was made incharge of horticulture and campus development and later Dr Gaur choudhuri of Gastroenterology deptt took over. Both of us tried to develop the campus in our own way. I developed the park in front of my old house Type IV/11old campus and when I moved to Type V - B- 6 old campus I thought of clear out the area in front which was neither like a jungle nor like a green belt. So without disturbing the fauna of the place and without cutting any tree I tried to clean up and made a cordoned area for relaxing and appreciating the birds butterflies etc in the serenity of the waterfall and calm mornings. The trees were painted with



pictures of birds and animals etc with the help of young students like Samreen, Shohbit, Shivam, Vishal, and Jyotsna. Both young and old can enjoy the paw's garden. It was a proud moment for all of us when our esteem Director Prof. Rakesh Kapoor and Dr Deepa Kapoor formally inaugurated the paws garden on 29th Oct.2018, and was dedicated to the residents of our campus.



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*Aruna Parashar*

## मधुमेह: खान-पान में मिथक व तथ्य

डायबिटीज/मधुमेह संबंधित अनेक मिथक हैं। सर्वप्रथम डायबिटीज एक संक्रमण या छुआछूत का रोग नहीं है।

1. मिथक:— बहुत चीनी या मिठाई खाने से डायबिटीज होता है।

तथ्य:— असंतुलित आहार/भोजन जैसे अत्यधिक चीनी, मिठाई, गरिष्ठ भोजन से वजन बढ़ सकता है और मोटापा बढ़ता है। मोटे लोगों में डायबिटीज होने की संभावना पतले लोगों से अधिक है। यदि आप अपना वजन भोजन व व्यायाम के संतुलन से अपनी लम्बाई के अनुकूल रखें तो डायबिटीज (टाइप 2) होने से बच सकते हैं।

2. मिथक:— डायबिटीज के मरीज को विशेष भोजन की आवश्यकता है।

तथ्य:— डायबिटीज के मरीज को संतुलित भोजन (**Balanced Diet**) लेना चाहिए जो एक स्वस्थ आहार है और सभी लोगों को उसका पालन करना चाहिए। हर व्यक्ति को अपनी लम्बाई और दिनचर्या के अनुरूप कैलोरी लेनी चाहिए। हम सबको घी/तेल का सेवन सीमित मात्रा में और सब्जी/फल/छिलके वाली दालें व चोकर युक्त आटे की रोटी खानी चाहिए।

3. मिथक:— चावल बिल्कुल नहीं लेना चाहिए।

तथ्य:— एक कप (150 मिली लीटर) पके चावल में उतनी ही कैलोरी होती है जितनी की 20 ग्राम (छोटे नींबू के बराबर) आटे की गोली से बनी रोटी तो एक रोटी के बदले इतना चावल मरीज ले सकता है। शक्कर यदि वर्जित है तो मरीज गुड़/शहद ले सकता है। 5 ग्राम चीनी/गुड़ और एक चम्मच शहद में समान कैलोरीज होती है। चीनी के स्थान पर बाजार में उपलब्ध अनेक विकल्पों को अपनाया जा सकता है।

4. मिथक:— मुझे कोई परेशानी नहीं इसका मतलब डायबिटीज कंट्रोल में है।

तथ्य:— डायबिटीज का कन्ट्रोल सिर्फ ब्लड शुगर और ग्लायकोसेलेटेड हिमोग्लोबिन जाँच से ही पता चलता है। आमतौर पर मरीज को कोई भी परेशानी नहीं होती, पर उच्च शर्करा का असर आँख, गुर्दे, हृदय, ब्लड वेसेल, (स्नायु तंत्र) पर निरंतर होता रहता है। रोगी से जुड़ी जटिलताओं के लक्षणों के आने पर स्थिति अक्सर अपरिवर्तनीय हो जाती है।

5. मिथक:— ब्लड शुगर की जाँच गोली बिना करनी चाहिए जिससे कितनी शर्करा बढ़ती है, पता चले।

तथ्य:— ब्लड शुगर की जाँच, डायबिटीज कंट्रोल में है या नहीं व दवा की मात्रा उचित है-या नहीं जानने के लिए की जाती है, इसलिए दवा लेकर ही जाँच करवाइये।



6. मिथक:—जाँच करने पर ब्लड शुगर कंट्रोल में है तो दवा बंद या कम कर सकते हैं।

तथ्य:— ब्लड शुगर कंट्रोल में है इसका मतलब जो मात्रा आप ले रहे हैं वह उचित है और लेते रहें।

7. आहार:— इसी प्रकार मधुमेह के रोगियों के आहार (**Diet**) के विषय पर अनेक भ्रान्तियाँ हैं। अतः व्यवहारिक रूप से आहार किस प्रकार का हो इस पर एक संक्षिप्त टिप्पणी निम्नलिखित है:—

मिथक:— डायट (**Diet**) बिस्किट/आइस्क्रीम असीमित मात्रा में खाई जा सकती है।

तथ्य:— यह वस्तुएँ साधारण बिस्किट या आइस्क्रीम से महंगी होती हैं। इसके अलावा इन वस्तुओं को स्वादिष्ट बनाने के लिए इनमें **Fat** की मात्रा सामान्य से अधिक होती है जबकि कैलोरी बराबर की होती है। इसलिए इन्हें सीमित मात्रा में ही लें। खानपान संबंधी जानकारी के लिए डायटीशियन से नियमित रूप से सम्पर्क करें।

मधुमेह एक गम्भीर रोग है और इसकी संख्या हमारे देश में निरंतर बढ़ती जा रही है। एक नियमित दिनचर्या, संतुलित आहार और व्यायाम से इससे बचा जा सकता है या होने पर उचित नियंत्रण पाया जा सकता है और आप एक सामान्य जीवन व्यतीत कर सकते हैं।

प्रीति दबड़गाँव

### Welcome New Faculty Members

(Joined during October to December 2018)

Dr. Swasti Tewari

Dr. Alok Kumar

Dr. Chandra P. Chaturvedi

Dr. Vinod Tiwari

Dr. Rohit Anthony Sinha

Dr. Santosh Kumar Verma

Dr. Lokesh Kumar Sharma

Dr. Vasantham T

Dr. Narsh Kumar Tripathi

Dr. Kulwant Singh

Prof Moleular Medicine & Biotechnology

Asso. Prof. Moleular Medicine & Biotechnology

Asso. Prof. Stem Research Centre

Asso. Prof. Stem Research Centre

Asstt. Prof. Endocrinology

Asstt. Prof. Moleular Medicine & Biotechnology

Asstt. Prof. Moleular Medicine & Biotechnology

Asstt. Prof. Neonatology

Asstt. Prof. Hematology

Asstt. Prof. Stem Research Centre

### Forthcoming Events

- SGPGI Minimally Invasive Spine Surgery Workshop & Annual Oration-2019 - 22-24th February 2019
- 7th SGPGI PG Anesthesiology Course (SGPGI-PG ARC 2019)
- Academic Anesthesia Teaching Program Update for MD/DNB/DA Students - 1-3 March 2019

## Taekwondo Belt Distribution Ceremony

The first ceremonial Taekwondo belt distribution ceremony was conducted on 21st Oct'2018 at Hobby centre in the SGPGI campus. Dr Deepa Kapoor, was the chief guest of the occasion. She encouraged the students to blend the essence of self defence of Taekwondo training with perseverance. Dr Deepa Kapoor and Dr Naveen Garg, did the cake cutting ceremony of award function. Total twenty six students were given Taekwondo belts in various categories (age 5-15 years). Mr Dharmendra, who is Joint Secretary in "Lucknow District Taekwondo Academy" Lucknow, UP., has been training the students of SGPGI from year 2013. He is himself a black belt (3rd DAN), Instructor and national referee in Taekwondo Academy. Under his guidance kids of SGPGI are learning the art of perseverance, courtesy, self control, integrity and indomitable spirit, which is said to be the five tenets of self defence in taekwondo. The function was well attended by parents of the students and officers of Taekwondo Academy. Dr Archana Gupta, Prof Radiodiagnosis, organised the event.



Archana Gupta



Ravan made entirely by the Nursery School staff !!



Fun and more fun at the Bal Mela in School

## Nursery School



Workshop on good touch... bad touch...at the Nurserie School.



Diwali aayi...diwali aayi...khushiyon ki bahar laayi.....!



Christmas is here !!!

## Creche



The Creche kids celebrated the victory of good over evil on Dussehra by dressing up as Durga roop.



Creche kids' designed creative Diwali cards and also danced to some songs to celebrate the festival of lights.



Children's Day was celebrated as Sports Day by focusing on health and fitness.



Santa dropped by the Creche to spread Christmas cheer and hand out gifts to the kids.

## Superannuated

**Mrs Chhaya Sanyal** superannuated on **31<sup>st</sup> Oct., 2018**. She joined the Institute on 10/12/1988 as staff nurse. She was promoted to nursing sister and rendered her services in various departments like SICU, CVTS Ward, Neuro surgery. General hospital and Neurology as Sister Incharge. Before she superannuated she was Chief Nursing Officer. She was exceptional in her interpersonal relationships and was like a mother to many nursing fraternity here.



**Dr. T. N. Dhole** superannuated on **30<sup>th</sup> Nov 2018** as Professor & Head, Dept. of Microbiology. He was an alumnus of Dr. V. M. Medical College, Sholapur, Maharashtra has outstanding research in Virology and infectious diseases. He was associated with SGPGI, Lucknow since May 1988 to November 2018 till his superannuation.



His contribution towards eradication polio in India has been remarkable and has also been acknowledged by WHO. Apart from Polio his contributions in Measles, Japanese Encephalitis and Dengue has also been immense and will be remembered for long.

**Professor Janak Kishore**, superannuated as Professor of Microbiology Deptt on **30<sup>th</sup> November, 2018**. He was the Chief of Molecular Virology and Serology Divisions of the deptt. He was Associate Editor Indian Journal of Virology, member National Academy Medical Sciences, American Society for Virology, Fellow of JICA, Japan. Dr Kishore taught for over 30 yrs and has over 50 published papers. His pioneer work on B19 bagged many awards. His contribution in the Microbiology deptt will be remembered for long.



**Prof. CM Pandey**, Head, Department of Biostatistics and Health Informatics superannuated on **31 Dec 2018**. He was the first and founder faculty member of Biostatistics department of the SGPGI and joined as Asst. Professor in this institute in August 1991. He continued as Head of the Dept. of Biostatistics throughout his stay at this Institute. His contributions to the Institute in several capacities such as Faculty In charge (Examination), Faculty In charge (Research), Chairman Security, Sub Dean and Executive Registrar of the Institute have been immense. He was the man behind bringing in the computer culture in this institute and established Hospital Information System (HIS) making SGPGI as first fully automated Govt. Hospital in the Country. He is globally acclaimed Biostatiscian and Public Health Expert. SGPGI family wishes a very happy and good health in his life.



**Lt. Col. (Retd) Ajay Kumar Gupta, Sr. System Analyst, SGPGI** superannuated on **31.12.18**. He was known as an upright, seasoned and knowledgeable officer who did his work in his own style. His contribution in bringing up the Computer Centre of SGPGI and implementing the HIS System will be acknowledged for long. We wish him a happy retirement filled with fun and happiness and best wishes on his new chapter in life.



**श्री महेश सिंह**, अवर वर्ग सहायक संस्थान के आर०एस०डी० विभाग में कार्यरत थे, और वे सम्पूर्ण कार्यकाल में डाक प्राप्ति एवं वितरण तथा उत्तर प्रदेश शासन से जुड़े डाक इत्यादि के कार्यों में संलग्न रहे। श्री महेश सिंह अपने कार्यों को बहुत कुशलता एवं ईमानदारी से सम्पादित करते थे। वे दिनांक **31.12.2018** को सेवानिवृत्त हो गये। उनके सहकर्मियों ने उनके स्वस्थ और आनन्दमय भविष्य की शुभकामनाएँ दीं।



**श्री पी०एन० स्वामी**, वरिष्ठ अटेन्डेंट संस्थान के सम्पत्ति विभाग में कार्यरत थे। वे अत्यन्त शालीन एवं ईमानदार तथा कर्तव्यनिष्ठ कर्मचारी थे। पूर्व में वे लिट आपरेटर के पद पर कार्यरत थे तथा प्रशासनिक भवन के लिट की देखरेख का कार्य करते थे। वे अपने कार्यों को कुशलता पूर्वक निर्वहन करते हुए दिनांक **31.12.2018** को सेवानिवृत्त हो गये। उनके विदाई समारोह में उनके साथियों ने उन्हें सुखद भविष्य की शुभकामनाएँ दीं।



## स्मृति शेष



**श्री राम विलास** जो संस्थान में अस्पताल परिचर ग्रेड-3 पद पर वर्तमान में संस्थान के गैस्ट्रोसर्जरी वार्ड-बी में कार्यरत थे। उनका दिनांक 03.12.2018 को असामयिक निधन हो गया। श्री राम विलास प्रतिभाशाली व्यक्ति थे तथा उनको अपने कार्य की अच्छी समझ भी थी। जो भी कार्य उनको सौंपा जाता वे उसे पूरी समझदारी एवं तत्परता से पूरा करते। सम्भवतः कुछ निजी कारणों अथवा अज्ञानता के कारण उनसे कई गलतियाँ भी हुई थीं जिनके कारण उनको कई परेशानियाँ भी झेलनी पड़ीं। हम सब को उनके जीवन से सबक लेना चाहिए कि किसी भी कार्य को करने से पहले भली-भाँति उसके प्रत्येक पहलू की जाँच-परख करने के उपरान्त ही उस कार्य को करे अन्यथा उसके विषम परिणाम हो सकते हैं।

हम सब यही प्रार्थना करते हैं कि ईश्वर उनकी आत्मा को शान्ति प्रदान करे तथा उनके परिवार को उनके असामयिक निधन को सहने की शक्ति दे।

मोनालिसा चौधरी

संस्थान के सी.एस.एस.डी. विभाग में बियरर मसालची पद पर कार्यरत **श्री विजय कुमार** का निधन दिनांक 15 दिसंबर 2018 को गम्भीर बीमारी के कारण हुआ। वे एक कर्मठ, ईमानदार एवं कर्तव्यनिष्ठ व्यक्ति थे। गम्भीर बीमारी के बावजूद भी उन्होंने अपनी ड्यूटी पूरे लगन से निभाई। वे अपने व्यवहार, कार्यकुशलता एवं मृदुभाषिता के कारण विभाग के सदस्यों में काफी लोकप्रिय थे।

यह सत्य है कि आसमयिक किसी सहयोगी का सदा के लिए छोड़कर चले जाने पर श्रद्धांजलि व्यक्त करना भावुक कर देता है। हमारी ईश्वर से यही प्रार्थना है कि ईश्वर इनकी आत्मा को शान्ति प्रदान करे तथा इनके परिवार को इस अपूर्वनीय क्षति को सहन करने की शक्ति दे।



सुनील शिशु

### SGPGI Ethics Committee Best in Asia



The Institutional Ethics Committee (IEC), SGPGIMS, has been awarded recognition consecutively for the third time, by the Forum of Ethical Review Committees in Asia and the Western Pacific (FERCAP) developed within the Strategic Initiative for Developing Capacity in Ethical Review (SIDCER). Prof Rakesh Kapoor Director, SGPGIMS, and Prof Vinita Agarwal, Member Secretary, IEC received the prestigious award for recognition on 21st November 2018, in the FERCAP conference held at Taipei, Taiwan. Only about 15 centers in India are recognized by FERCAP and SGPGI is the third in India and the first in Uttar Pradesh to have received this recognition.

The 1st Award of recognition of the IEC, SGPGI was received during the 11th FERCAP General Assembly in Daegu, South Korea on November 23rd, 2011 and at that time only 3 Medical Institution were recognized by FERCAP. The second award of recognition was held at 15th FERCAP General Assembly in Nagasaki in Japan on November 24th, 2015.

### Centre of Excellence - Deptt. of Molecular Medicine

Department of Molecular Medicine & Biotechnology SGPGI has been identified as a Center of Excellence by the Indian Council of Medical Research, Govt. of India. The Department will also start Masters in Molecular Medicine in the next academic session.

### Foundation Day Annual Awards



Dr. Naresh Trehan gave away the Foundation Day Annual awards to the employees and student. The Best DM Student of the year was bagged by Dr. Suvrat Arya from Immunology Deptt., while the best McH student was Dr. Rahul Jena from Urology Deptt. Dr. Ushi Kiran Kaur of Anesthesiology received the Best MD student Award. Best Technician Gr. 1 Award was given to Mr. Rajiv Saxena of Anesthesiology deptt and Best Technician Gr. II was bagged by Mr. Dinesh Kumar of Nephrology Deptt. Sister Amrun Nisha and Brother Mahesh Chand Gupta of Pulmonary Medicine and Pediatric Gastroenterology respectively bagged the Sister Gr I and Gr II award.



**Dr. Rakesh Aggarwal**, Professor, Department of Gastroenterology, SGPGI has been appointed as the Director of Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Puducherry, India, a renowned medical Institute of India. Dr. Rakesh Aggarwal's untiring efforts and interest in the field of gastroenterology and basic science is evident by several awards in the field of gastroenterology and science. SGPGI is proud of him.

**Prof Rakesh Kapoor**, Director SGPGI, Lucknow received the most prestigious Dr. B. C. Roy Award 2018 in the 'Eminent Medical Teacher' category.

He also received the Creative & Innovation Award 2018 of LMA & AWOKE India.



**Prof Nirmal Kumar Gupta**, Head Deptt of Cardio Vascular Thoracic Surgery, SGPGI bagged the Vigyan Gaurav Award for the year 2015-16 for overall contribution in the field of science.

**Dr. VA Saraswat**, Professor and Head, Department of Gastroenterology, has been elected to the post of President Elect, Indian Society of Gastroenterology (ISG) for 2018-2019. ISG is the flagship national society of gastroenterologists in India and election to the apex post of this society is recognition of the high regard in which he is held by his peers. He delivered the Dr. PN Chuttani Memorial Award for 2018, which is the most prestigious award of the national society at the annual ISG conference in Kochi.

He has also been elected to the post of Vice-President of the Society for Gastrointestinal Endoscopy in India (SGEI) for 2018-2019.

He was recognized for his clinical work and patient care activities and awarded the Health Icon of UP for the year 2019 by Health Minister of UP, Dr. Siddharth Nath Singh.



**Dr. S. K. Yachha**, Professor and Head, Department of Pediatric Gastroenterology was conferred "Lifetime Achievement Award by Indian Academy of Pediatrics "Uttar Pradesh for his enormous contribution to the development in the field of Pediatric Gastroenterology and his services specially to the State of Uttar Pradesh at 39th U.P. PEDICON, Lucknow

**Prof S. K. Agarwal** was awarded Fellowship by the National Academy of Medical Sciences in 2018



## Cultural Get Together



A cultural evening is the ceremonial end of the Foundation Day celebration. This year the Dean Dr S K Mishra decided that the entire cultural evening program would be in-house and done by the employees. A cultural committee of Drs. Jayanti, Banani, Anupama, Arun Srivastava, Brajesh Singh and Namita was formed to oversee and facilitate the event.



The evening was off to a ceremonial start with a fusion dance-featuring Shiv Tandav and Durga and Ganesh Vandana. After this a play "Jan Jagran" was presented by nursing staff and technicians. The play focused on the menace of quackery followed by a hilarious mime act/skit "Munna Mobile" by members of the administrative staff which presented a very important message about overuse and abuse of mobile phones. 'Ek Shaam Sufiyana', a sufi medley, sung by faculty members had the entire audience mesmerized and joining in with full gusto.



Rocking punjabi dance presented by nursing students had everyone clapping and dancing on their seats and their play "Awadh ya Kashmir" tickled the funny bone by showing real life job interview scenarios. "Zindagi ek Safar" a play aptly named, was enacted by the dietetics team to highlight the importance of a healthy lifestyle and following safety rules, traffic rules etc. Doctors of the Institute then presented a hilarious modern day satire "Dard -e-Daant" based on Anton Chekhov's story "Surgery", the audience response to each and every punch line was a proof of how well the play was received. After the plays, it was time for music. A group of 3 nursing staff took the audience into a musical journey with a Bollywood song medley. Finally and last but definitely not the least, the showstoppers were the residents with their foot tapping numbers, their well coordinated medley was the tuneful finale to the great evening and had the audience asking for an encore!

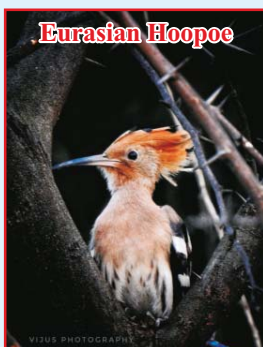
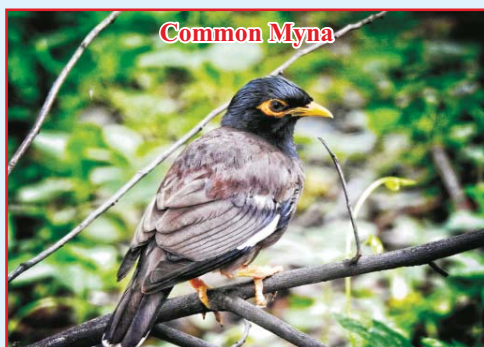


*Prerna Kapoor*



## Winged Beauties of Nature

*Bird photography is one of the most challenging types of nature photography, but remains an incredibly popular hobby for many people. The subject is usually small, may not stay still, moves rapidly from branch to branch, sits in less than favorable lighting conditions and is extremely aware of an approaching photographer. Tricky! But its worth the pain says Dr. Vijay Kumar who clicked some beautiful winged beauties of nature dwelling in our campus.*



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