

September 2023

Volume 01/ Issue 01

THE GRIPMER NEWSLETTER

#SGRHSpeaks

Getting candid
with Dr. D S Rana

Dr. AI will
see you now!

Life Beyond
Medicine



EDUCATE . ENTERTAIN . ENLIGHTEN

The logo for the GRIPMER Newsletter ingeniously captures the essence of both Ikigai and the core ethos of the GRIPMER institution, forming a cohesive and powerful representation that embodies purpose, excellence, and unity. At the heart of the logo, the iconic GRIPMER emblem takes center stage. This symbol represents the institution's legacy, expertise, and commitment to healthcare and education. Enveloping the GRIPMER symbol in the Ikigai circle, which encases and intertwines with the emblem seamlessly.

This circle is divided into sections representing the key components of Ikigai: what you love, what you are good at, what the world needs, and what you can be rewarded for. The saffron and maroon combination is used as a dedication to GRIPMER and it evokes a sense of tradition, sophistication, and vibrancy. Saffron is a bright and warm color often associated with energy, enthusiasm, and spiritual significance, while maroon is a deep, rich color that exudes a sense of class, strength, and tradition. When used together they create a focal point and a feeling of authority and timelessness.

The seamless integration of the GRIPMER emblem with the Ikigai circle signifies the institution's alignment of purpose with the principles of Ikigai. This emblematic logo encapsulates the institution's commitment to holistic growth, excellence, and the harmonious balance of personal and professional fulfillment.

GRIPMER NEWSLETTER

Unveiling Life's Spectrum Beyond Medicine

In the GRIPMER newsletter, we envision a holistic approach to the world recognizing that their lives extend far beyond the walls of the hospital. Our newsletter aims to illuminate the diverse facets of a doctor's journey, fostering a thriving community that values work-life balance, harnesses the power of artificial intelligence for smarter work, celebrates mentors' accomplishments, and empowers the next generation of medical minds.

We are committed to foster a sense of community among medical professionals and encourage them to embrace their individuality while thriving in their careers.

We believe that by acknowledging the diverse dimensions of a doctor's life and highlighting the power of innovation, mentorship, and resilience, we can elevate the medical field and create a positive impact on patient care and overall well-being. Join us on this enriching journey of exploration, empowerment, and celebration.

Together, we illuminate the path to a fulfilling life that extends beyond medicine, while nurturing the healthcare pioneers of tomorrow.



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MESSAGES



Dr. D S Rana



I am honored to announce the launch of our hospital's latest endeavor, the newsletter centered around the theme of "Life Beyond Medicine". The articles and insights contained within this publication are a testament to the depth of talent and intellectual curiosity present in our ranks. This newsletter serves as a reminder that while medicine is at the core of our mission, our roles as healthcare practitioners encompass far more than clinical expertise alone. May it serve as a catalyst for enriching our perspectives and deepening our commitment to a well-rounded approach to healthcare.

Dr. Ajay Swaroop



I am delighted to extend my heartfelt congratulations on the launch of institutional newsletter, "The GRIPMER Newsletter." This visionary initiative beautifully embodies our commitment to a merger of medicine and mind, the broader impact of healthcare. I commend the emphasis on fostering research among our young faculty and residents – their curiosity and innovation will undoubtedly shape the future of medical excellence. Here's to a successful journey of sharing stories, innovations and expanding the horizons.

Dr. S P Byotra



It gives me immense pleasure that GRIPMER is coming up with its first issue of GRIPMER Newsletter on Teacher's Day. Since its inception GRIPMER has been successful in creating a niche for itself in the sphere of Post Graduate medical teaching, training, research and super speciality care at SGRH. I do hope and wish that through Sincere and continuous effort, our institution would not only sustain the leading edge in the realm of competitive medical world but also continue to set newer examples for others to follow and emulate as it has successfully done so far. I extend my Best Wishes.

Dr. Jayashree Sood



I am pleased to express my heartfelt congratulations on the inauguration of the institutional newsletter, "The GRIPMER Newsletter." This remarkable endeavor is a testament to the dedication and innovative spirit of our young faculty members. Their commitment to sharing knowledge, insights, and discoveries is truly commendable. The GRIPMER Newsletter not only reflects the intellectual prowess of our budding talents but also exemplifies our hospital's ongoing commitment to fostering a culture of continuous learning and growth. I encourage everyone to eagerly embrace The GRIPMER Newsletter as a platform to engage, learn, and collaborate.

Dr. Sumiran Nundy



As doctors, we often have to be reminded that there are other dimensions to life beyond medicine. I firmly believe that for advancement in personal as well as professional life, we must transcend towards these dimensions. This newsletter sets out to do just that. I wholeheartedly commend our young peers for their endeavour to initiate an unique newsletter which shall reflect not only upon the academic achievements, but also the non-academic talents of our faculties and the vibrant activities of our glorious institution. I wish the entire team all the success in this initiative.



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Editorial

It gives me immense pleasure to place this Newsletter in your hands. But why this newsletter has been eminently put in the vision statement by the editorial group? Simply put it is aimed at providing a forum for creative expression besides getting residents to know their alma mater better.

We have chosen Dr. Rana's journey in his own words to describe what's popularly called the SGRH model as the curtain raiser. He traces his journey as a village lad to being the Chairman of the Trust, an accomplishment hitherto unheard of! His is an inspiring story that validates 'no dream is too big provided one has the gumption to put in the matching efforts'. This segment is going to be a regular feature of our Newsletter because we believe 'one spark can start an inferno.' The lives of great men provide a road map that can alter our journey, in the words of HW Longfellow...

**"The lives of great all remind us,
We can make our lives sublime
And departing leave behind
Us footprints on the sand of time"**

Read the full interview with Dr Rana and get inspired to start your own extraordinary journey!

Shrihari's piece on Artificial intelligence should prepare the young and not-so-young to face the bold future. His balanced view is quite in contrast to the alarmist view that AI will take away many jobs and render some redundant. Well, he reassures that such is not the case. Read his full article to understand how AI is going to impact the profession and how to make ourselves future-ready.

Dr Praveen Bhatia is an avid traveller, motivational speaker and storyteller par excellence. His prescription of regular holidays that act as stress buster is sure to find many takers, it is indeed a good idea to plan a getaway and make the most of it. The devil here is 'plan', which may require managing busy practice such that patients get seamless quality care even when the Chief is on holiday !

Dr Anil Arora is an astute commentator on things around the campus. His dispatches on WhatsApp are keenly awaited, drawing attention to the ordinary in an extraordinary manner and elevating the whole experience. In this issue we are reproducing his commentary on the annual mango party. Sure enough, it will bring back the taste of your favourite variety of mango in your mouth.

In the tapestry of medical advancement, some moments define a leap forward. Our Neurosurgery Department, led by Dr Ajit Sinha and Dr Shrey Jain, recently etched a historic chapter by performing Sir Ganga Ram Hospital's inaugural deep brain stimulation procedure for progressive Parkinson's disease. This pioneering step not only showcases our insti-

-tution's commitment to innovation but also highlights the compassionate care we provide.

Our Residents are our big support, it is our constant endeavour to provide an enabling academic environment to ensure their professional growth. This newsletter aims to provide a forum for their creative yearnings. Dr. Swaroop and Dr. Rana have given us their full support to organise residents-focused activities like Sports Meet, Teachers day celebration and induction programme for the new entrants. In this issue, Chahat Verma narrates her experience of navigating her journey as a resident. And this is just the beginning, I hope many more stories are waiting to come out of the closets of the fabled duty room.

I wish to place on record my thanks to the BoM, all members of the GRIPMER Board, Dr. Jayashree Sood and Dr Saluja in particular for their advice and suggestions.

I am pleased to highlight the remarkable efforts of the GRIPMER staff, led by Mr. Sansar Thakur, who swiftly stepped up to offer expedited logistical assistance. I extend my sincere gratitude to each and every staff member for their invaluable contributions.

I also place on record my sincere appreciation to all members of the Editorial working group for working with passion to bring out this issue in a short time.



Dr. V K Malik
Dean GRIPMER,
Chairman Dept of laparoscopic
laser and General surgery,
Editor - GRIPMER Newsletter



GRIPMER

(The Ganga Ram Institute of Postgraduate Medical Education and Research)

GRIPMER (the Ganga Ram Institute of Postgraduate) was created to bring all the academic activities, namely, the DNB programme, CMEs patient education and publications under one overarching body. The current Chairman of the BoM, Dr D S Rana was instrumental in the broad conceptualization of the idea of setting up the institute on these lines. The first Dean and now Advisor, Prof Samiran Nundy worked with a dedicated set of faculty members to bring the whole concept to fruition. Earlier, it began as an Academic committee created by the Board of Management in 1996 under the stewardship of Dr K.C. Mahajan. It flourished under his guidance to a full-fledged Department of Academics. The department was then converted into GRIPMER in 2012.

GRIPMER coordinates the academic, training and research programmes of various departments of the hospital. It ensures that the curriculum set by the National Board of Examinations is strictly adhered to over the year regularly by each department. Periodic meetings of the GRIPMER with the DNB students of each department are held in groups in every quarter to get adequate feedback. They are encouraged to come forward with their difficulties and problems and every attempt is made to solve them in-house or if necessary, seeking assistance from other hospitals.

GRIPMER encourages academic activities in the hospital such as doing and publishing original research as well as holding seminars, workshops, panel discussions and journal

clubs. It has over the past few years regularly conducted very high-quality seminars and workshops in the hospital. Such activities are recognized by the Delhi Medical Council for which a certification is given to the person attending the conferences in order to accumulate their CME hours, which are necessary for renewal of their accreditation.

The consultants and residents are encouraged to publish their original research and in this regard the hospital has the largest number of publications from the private sector general hospitals in India which have appeared in both national as well as international journals. For any paper read by a clinical assistant, resident, or postgraduate student in any part of India, the travelling allowance and expenses for registration fee are borne by the hospital. The department also assists various other departments in conducting national and international conferences and the hospital has become synonymous with hosting well planned and conducted conferences in different specialties.

To ensure the above activities, GRIPMER has an office on the 6th floor of the Casualty Block where its hardworking staff consisting of Mr Sansar Chand, Deepak Shaklya, Deepak Negi and Harinder Negi, Harnam Das, and SC Tiwari offers the following services:

- Secretarial assistance to the students and faculty towards preparation of the slides and the publication data.



- Accessing the Medline to make available material to write papers. The data are then stored in the computer so that they can be accessed at any time.
- Providing the latest LCD/DLP projection facilities. One expert accompanies the speaker to the venue of the lecture in Delhi and even in adjoining towns. This facility is available for a nominal fee that covers the transport and the TA/DA of the person who accompanies the speaker.
- Making available 24-hour internet services.
- Making possible live demonstrations of various procedures. The hospital has invested in fiberoptic cabling from the General Operation Theatres, Cardiac operation theatre and the Endoscopic Room to the main Auditorium. The staff of the GRIPMER is capable of relaying live telecasts of various procedures and a two-way communication is possible without inviting an outside agency.

Another task of GRIPMER is to conduct a clinical meeting on the first of each month where individual departments in turn present their achievements and latest trends in their respective fields. Two of these meetings in a year are in the form of clinico-pathological conferences, the discussant of which is an invited faculty member from the best-known institutions of the country. It is a matter of immense pride that the hospital has such a large wealth of good and interesting clinical data that the GRIPMER has been able to conduct clinico-pathological conferences of a high standard.

The department publishes a quarterly Hospital Newsletter which provides information on the hospital activities both academic and otherwise and invites interesting and relevant articles from the hospital faculty.

To ensure an environment conducive to effective learning, the hospital library is a state-of-the-art functional unit with a paper as well as an electronic section. In the electronic section, students and faculty are provided computer facilities with access to the internet where they can perform Medline searches. The library has also procured the full set of teaching CDs available with the National Boards, which are used by the students to update their knowledge and has facilities to view videotapes of various operative procedures. GRIPMER also manages the official website of the hospital regularly updating the information on it. Last but not least, the department conducts the DNB entrance examination in the hospital for various Diplomate of National Board of Examination (DNB) courses in India. This is done in a fair and impartial manner and is based on the pattern of the best known institutions of the world. The good reputation of this system is reflected by the yearly increase in the number of applicants.

GRIPMER has been tasked to produce bimonthly multi-specialty journal Current Medicine Research and Practice. The journal features topics of current scientific and public health interests, the journal is indexed in Embase indexing system. It is a matter of pride that our journal has been coming out regularly, for last 10 years of its existence; it has never missed



any deadline. Every year the best original paper published in CMRP is selected by an eminent jury and a cash price and certificate is given to the author.

Every year GRIPMER oration is organized by the Hospital, the orators are renowned experts in their fields. The topics chosen are ones of current medical or socio medical interest. This activity which was suspended in '2020-21' due to Covid pandemic is likely to be restarted this year.

Since our hospital has many centers of excellence in subspecialty areas, for this reason, there is a great demand for training in these areas by professionals working in other medical colleges and private hospitals. To perform this service to the community, the institute offers the GRIPMER Fellowships.

Under these fellowship/observership programmes many specialists have been trained in relatively new and scarce disciplines, namely, neurophysiology, paediatric nephrology, endoscopy, interventional radiology, fetal medicine, and IVF. The duration scope curriculum and entry exit criteria are strictly defined and monitored by GRIPMER.

Another function that GRIPMER performs is coordinating the training of overseas doctors seeking training in our hospital. We have a great ongoing relationship with KGMU Thimphu, Bhutan, wherein we have helped them establish postgraduate programmes in the specialties of General surgery Paediatrics, Medicine, Gynaecology, Anaesthesia and Ophthalmology. We have been mentoring this Institution for the past seven years and helping it build capacity in some specialized areas.

GRIPMER has now become the hub of all academic activities of SGRH; it is a reflection of our belief that 'sound academics is the bedrock of clinical excellence.'



A Journey, A Dream ?

The Remarkable Journey of Dr. D.S. Rana: An Inspiring Dialogue "From the Depths of his Heart"

In this candid interview, we had the honor of exploring the rich experiences and profound insights of Dr. D.S. Rana, who presently holds the distinguished positions of Chairman at the Institute of Renal Sciences and the Chairman of the Sir Ganga Ram Hospital Trust Society.

He is a luminary who has been bestowed with the prestigious Padma Shree Award and numerous other esteemed honours. Dr. D.S. Rana is considered as a father figure in Indian Nephrology circles, thanks to his extensive experience and expertise in Nephrology.

Though, most of us must have seen and interacted with the master himself, very few are aware of the marvellous journey that has propelled Dr. D.S. Rana to this towering stature. Presenting excerpts from an inspiring dialogue that we recently had with him.

Dr. Anita Ganger: Please provide insights about your schooling and college years. Who was the main source of inspiration to you in those early days?

Dr. D.S. Rana: I held the role of class monitor from 1st to 11th standard and had a 3-hour daily walk to school. Even though I wasn't initially on the path of a formal medical education due to the absence of Biology in our school's curriculum, I was encouraged to delve into Biology at DAV College. This advice stemmed from my desire to become a doctor and was bestowed upon me by Principal Triloki Nath. I achieved a notable accomplishment by covering a year's worth of syllabus material in just three months, a feat that I take pride in. Upon graduating in Shimla, I earned two scholarships. In 1974, as I embarked on my post-graduation journey, I had the privilege of crossing paths with Dr. K. S. Chugh. His profound expertise and fervour for the field of Nephrology ignited my own interest in the subject. This meeting marked the beginning of my journey into the world of Nephrology.

Dr. Anita Ganger: If you had not chosen the medical profession, what alternative career path you might have taken?

Dr. D.S. Rana: Had I not pursued a career in medicine, I would likely have followed in my father's footsteps and joined the army. Alternatively, I might have become a Physics professor, a subject that held a deep place in my heart.





Dr. Anita Ganger: Please share one thing which you love doing the most either related to personal or professional life?

Dr. D.S. Rana: I derive immense satisfaction from engaging in tasks that demand my full attention/focus. When I commit to something, I invest my complete effort without reservation.

Dr. Anita Ganger: Could you provide some insight into your family background and dynamics?

Dr. D.S. Rana: I was married after reaching the age of 30, and my wife, who is 11 years younger than me, joined me in this life journey. Together, we have been blessed with three children and six grandchildren. While my parents are no longer with us, their memory lives on within me as I fondly recall them on a daily basis. Their influence has greatly shaped the course of my life, reaffirming the belief that parents are indeed a living embodiment of divinity.

Dr. Anita Ganger: The adage states, “Behind every successful man is a woman.” How has your wife support contributed to your accomplishments?

Dr. D.S. Rana: Undoubtedly, she played a pivotal role in bolstering my journey towards success. Her unwavering dedication and tireless efforts have been remarkable. Her affinity for nature and her passion for planting have transformed our home into a lush oasis. Throughout my demanding schedule, she never uttered a word of complaint. She consistently ensured that I had a comfort filled atmosphere at home and always affectionately cared for both me and our children.

Dr. Anita Ganger: What principles do you follow to effectively harmonize your personal and professional life?

Dr. D.S. Rana: Maintaining equilibrium between one's professional commitments and personal life is imperative. Personally, I've tended to invest more time in my profession. I must confess that I might not possess the practical expertise to address this question. Theoretically, I could advise that striving for balance is ideal. The current generation, however, seems to be excelling at achieving this equilibrium quite effectively.

Dr. Anita Ganger: What words of wisdom would you like to share with young practitioners to help them achieve excellence in their respective fields?

Dr. D.S. Rana: I'll begin this answer with a quote from Sai Baba: “Love all, Serve all; Help ever, Hurt never.” This quote encapsulates the values of compassion, selflessness, and kindness towards others. Furthermore, it's important to emphasize that our work should evoke a sense of belonging, fostering profound connections not only with the tasks at hand but also with the individuals around us.

Getting Candid

"Honesty and integrity stand as unwavering pillars of our character. They define who we are and the reputation we build for ourselves. It is essential to focus on our individual journey rather than comparing ourselves to others' achievements which can impede our growth.

The quote I'd like to share is, "Fortune rarely bestows its gifts until the opportune moment." You should have confidence in the value of your diligent efforts

Dr. Anita Ganger: Could you shed light on your social and charitable work which you have been doing since many years?

Dr. D.S. Rana: Social service ingrained within the family: My father stood as the sole individual with a matriculation education in our entire region back in 1928. He dedicated himself to aiding the community by assisting in composing letters and other literary tasks. Simultaneously, my mother was devoted to providing nourishment to those in need. Throughout my years as an undergraduate and postgraduate student, my living quarters became renowned as the "Himachal room" due to its frequent use by individuals seeking accommodation for medical treatment.

In 2009, through a collaboration with the Rotary Club, we inaugurated the first dialysis center in our home town area. Following this, in 2018, we successfully

established a hospital equipped with a range of specialized departments. A vision close to my heart has been the integration of larger institutions adopting smaller centers in remote areas, thereby shining as beacons of community service.

Dr. Anita Ganger: From your perspective, what is the meaning of successful and content life?

Dr. D.S. Rana: Believing in life, maintaining unwavering faith, diligently working with honesty, and practicing patience are undoubtedly crucial aspects. While it is acknowledged that attaining high career goals can demand substantial time and dedication, it is not a universally applicable principle that medical professionals or any individuals should forgo having a family. Achieving harmony between personal and professional commitments is undeniably challenging, but it's a pursuit worth undertaking.

Our heartfelt gratitude extends to Dr. D.S. Rana for generously imparting his wealth of knowledge and experiences with us. His emphasis on significance of developing a sense of belonging to the profession and workplace was inspirational. Fostering a supportive and inclusive workplace was his mantra for all colleagues and juniors, a goal we should all strive to achieve. His enriched experiences and invaluable advice will serve as a great motivation to future generations of doctors!



Dr. Anita Ganger
Associate Consultant
Ophthalmologist,
Sir Ganga Ram Hospital

Dr. Vaibhav Tiwari
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Dr. AI Will See You Now!

AI will unquestionably change the practice of Medicine in future. The bigger question is will it be conflicting or complementary to the Physician?

The journey of Medicine has been remarkable since its inception. When Hippocrates and Sushruta first wrote their treatise in 400-600 BC, never would they have dreamt of the astounding achievements medical sciences would achieve. Today in Generation Alpha, we find ourselves at the dawn of what many believe to be a new era in medicine. An era in which artificial intelligence (AI) is poised to make notes for us, diagnose our patients, and possibly even treat them.

In 2016, the first scientific demonstration of AI was published, where algorithms were able to diagnose disease from pictures, on par with experts in the field. Since then, the use of AI in medicine has grown leaps and bounds. Rapid progress in machine learning, a science which harnesses advanced computer processing power to enable the handling of massive data sets, have made this possible. Machine learning algorithms have become so sophisticated that they can now learn on the go, improvising themselves without human intervention.



The potential of what AI can achieve in medicine is just mind-boggling. No wonder, one of the oldest and most reputed contemporary medical journals, The New England Journal of Medicine (NEJM) has recently announced the launch of a dedicated subsidiary journal NEJM-AI (ai.nejm.org) in 2024; in anticipation of the vast potential and rapid progress in the field of Medical AI in future.

Recent progress of AI in medicine

One of the earliest applications of AI in medicine was in the medical device industry and has progressively evolved into a specialized domain called “Internet of Things”(Iot), a prized invention of the “Fourth Industrial Revolution”. It is now commonplace to find wearable devices capable of diagnosing and transmitting information on cardiac arrhythmias, blood sugar levels and epileptic electroencephalogram (EEG) waves and having apps capable of tracking and even suggesting lifestyle interventions.



Image : Internet of Things. Seamless connectivity of everyday essentials using AI enabled devices

In the conventional medical domain, several studies, mostly retrospective, have been published entailing the use of AI in nearly all branches. As of now, the use of AI has really blossomed in the fields which rely primarily on image interpretation like Radiology, Pathology, Ophthalmology and Gastroenterology. Deep learning, a machine learning science in which neural networks learn to extract higher level features directly from raw data, with minimal or no human input, has enabled this. This was a trait unique to the human brain, only until now.

Radiology assessments like mammography, cardiac function and lung cancer screening have shown significantly improved accuracy with use of AI, sometimes even exceeding 95% success. No wonder, several large tech companies like Google, Siemens, Philips, General Electric (GE) and Canon are seen aggressively foraying into the radiology AI space, eyeing an exponential market which has been growing at rate of 45% per year since 2021.

In Pathology, whole slide imaging using AI models has consistently helped identify areas of interest within cumbersome histopathology slides, greatly speeding up diagnostic workflows. Some AI programs are even trained to discern primary tumor origin and detect driver mutations, providing insights way beyond conventional expert reviews. Survival predictions using AI, hence have shown exceeded accuracy when compared to traditional grading and histopathological subtyping.

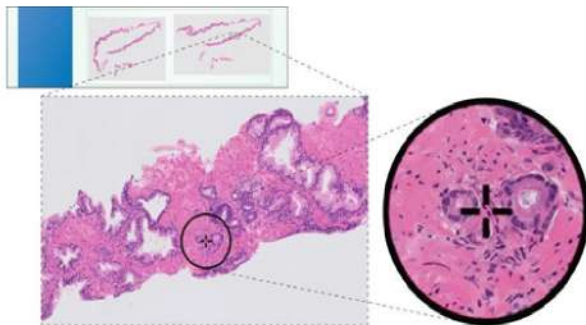


Image : Paige Prostate – an AI software capable of identifying prostate tissue which is likely to harbor cancer

In Gastroenterology, several AI enabled endoscopes are being installed in endoscopy suites. Apart from other uses, polyp detection and characterization to predict the risk of dysplasia and malignancy during colonoscopy is one task which efficiently achieved with an AI software, with accuracies matching highly skilled and experienced endoscopists.

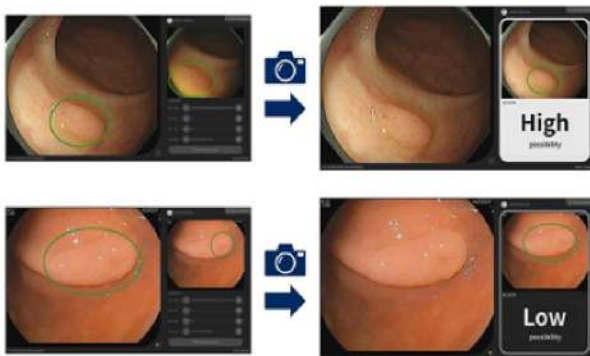


Image : AI in Colonoscopy - Cx20 by NEC corporation showing detection of polyps with risk stratification for malignant potential based on imaging (without actual biopsy)

An interesting innovation which uses a facial image analysis framework called DeepGestalt is now commercially available in a mobile application Face2Gene, is having an increasing impact on diagnosis of genetic diseases by analysing the features of affected individuals and is being increasingly used by medical geneticists.



Image : Face 2 Gene App

What lies on the horizon?

Apart from image classification, using AI for other forms of medical data like numbers, texts and combination of various

inputs are now on the anvil. Very recently, GPT-4 an AI program developed by Open-AI was shown to comfortably pass a standard medical licensing exam with an 83 %, a worthy score for any intelligent medical aspirant.

Much is being drawn from rich data sources like EEG data, molecular information and natural language. An interesting development is AI's ability to directly transform brain waves to speech and text which can have magical potential for patients with aphasia or strokes.

AI-based analysis of microbial transcriptomics and genetics is helping shape antibiotic stewardship programs for health-care institutions. Discovery of novel drugs is soon likely to become much faster, more efficient and cheaper due to the use of AI; as it is capable of overcoming the hurdles of slower and costlier physical experiments.

Medical health records are another field where AI is likely to enormously help considering the complexities involved in maintaining, reproducing and standardizing huge troves of jargoned patient data. This is as yet underdeveloped on the AI front as it depends on a multimodal model involving diverse data types like diagnoses, vital signs, laboratory results, prescriptions etc. Ambient Clinical Intelligence (ACI) and Natural Language Processing are exciting AI programs under development and are soon likely to fill in as an all-encompassing digital environment surrounding physician patient interactions, eerily similar to sci-fi films.



Image : Nuance DAX – an AI powered Ambient Clinical Intelligence program

The challenges and potential downsides of AI

Despite strides of advancement, medical AI faces many challenges – technical, logistical and ethical.

Devices required for AI inputs are prohibitively expensive and hence may be under the domain of only a selected corporate technology giants, potentially placing underserved countries and communities at a disadvantage. Usefulness of AI systems depends heavily on how humans provide input and interpret output making it prone to quality bias, single or multiple source bias, regulatory bias and so on. Ethical considerations like ongoing monitoring and privacy violations by AI enabled devices, potentially stigmatizing chronically ill or more disadvantaged citizens are difficult questions that are not yet answered.

Many AI systems used as of now still function like “black boxes”, with little information for the user as to how the results have been derived, thus limiting trust of the end user.

Will AI really replace physicians in the future?

This is one hard question that all doctors will need to answer soon. In 2016, an oft quoted article predicted that “machine learning will displace much of the work of radiologists and anatomical pathologists”, with some even prophesying that these branches may soon become dinosaur professions; doomed to extinction! But, similar analogies were also made when Magnetic Resonance Imaging (MRI) machines became available. We have all been witness to only a constant ascending trajectory of radiologists since then.

As compared to other fields, health and medicine is a very holistic space and AI may not be potent enough to fill the space completely. Medicine is way too complicated and there are too many factors which are not, and cannot be really recorded. Empathy, an integral and one of the most desirable attributes of physician-patient interaction is unlikely to be provided by any AI-driven bot. AI will never replace a hand at the bedside, eye contact, feelings and real understanding of the patient and his circumstances; qualities endowed only to astute physicians.

AI may actually be collaborative rather than competitive to the physician. The value of AI comes from its ability to effortlessly change inefficient clinical workflows and mundane and repetitive operational processes, rather than from technology alone. The diagnoses offered by AI are likely to become an adjunct to our own thought processes, not replacing us but allowing us to augment ourselves.

Rather than AI replacing physicians, the future is likely to see physicians embracing AI displacing physicians who don't. This debate of a good, bad and evil of AI in medicine will keep engaging us for some years to come. In all this commotion though, I must admit that I have already downloaded an AI app and experienced its great utility. When faced with an intriguing question in my medical rounds tomorrow, rather than just depending on my human intellect, I might just look up to see what Dr. AI has to say!

Dr. Shrihari Anikhindi
Associate Consultant
Gastroenterologist,
Sir Ganga Ram Hospital



Announcement

GRIPMER is organizing "Dangal: The Sports Meet" for all residents, consultants, and alumni. The exciting event, known as the SGRH Saga, will take place in mid-October 2023. Prepare to have a blast, get active, and burn some serious calories!

Mid October 2023



Parkinsonism: Better lifestyle is not just a dream anymore

Over 7 million people are suffering from Parkinson's disease alone in India and this disease can be debilitating. It is a neuro-degenerative disease where dopaminergic cells of substantia nigra undergo degeneration resulting in a myriad of symptoms including tremors, bradykinesia and rigidity. The mainstay of treatment is through different types of medicines targeted to increase the levels of dopamine in central nervous system. With progression of the disease, the efficacy of medicines starts decreasing and patients start experiencing side effects from increased dosages, severely impacting the quality of life. In such cases, there is a surgical option available called 'Deep Brain Stimulation' (DBS).

DBS is a non-destructive minimally invasive surgery where electrodes are placed in the brain with targets decided according to predominant symptoms experienced by the patient and these electrodes are connected to an Intermittent Pulse Generator (IPG).

Patients have shown excellent results with the surgery with significant improvement in their quality of life.

Other diseases which have shown positive results with Deep Brain Stimulation include tremors, dystonia, depression, OCD, epilepsy and chronic pain. With the advancing technology and surgical skills, people should be aware about such options so as to get the best chance to lead a normal life in spite of having these problems.

Patient, Savitri Devi, 51 years lady, was suffering from Parkinson's disease for last 9 years. It started with tremors and bradykinesia and later she developed rigidity. She was being managed with medicines but her symptoms kept on worsening and she started developing side effects from the medicines she was taking, she was not able to walk, turn, or get up from bed properly without medications. With medications, she was not able to control her hands and legs and they would move without her control. She tried taking treatment at various hospitals but she did not improve and her symptoms kept getting worse. She finally came to us where she was thoroughly evaluated and we gave her an option of Deep Brain Stimulation.

In this case, we planned to stimulate Subthalamic nucleus of the brain. The surgery is done while the patient is awake during the whole surgery and it took approximately 8-9 hours to complete the procedure.

It is a minimally invasive surgery wherein electrodes are passed bilaterally in the deep brain through two small holes in the skull. Location was confirmed during surgery by examining the patient continuously and recording brain

electric current. Her speech, eye movements, and power of the limbs was being monitored during the surgery and it was being observed how her symptoms are improving so as to make sure the effect of the surgery is maximum with minimal complications.

During surgery, she stopped speaking at one point so electrodes were repositioned and her speech came back. CT Scan was also done after the surgery to make sure the electrodes are at the correct position. Later battery was inserted in the chest wall like a pacemaker.

This patient after the surgery improved quite well and is able to lead a normal life with no side effects from the medications. The dosage of the medications has reduced and their side effects are minimal. Savitri devi is very happy and leading a near normal life again which she thought was near impossible.



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Exploring the World Beyond the Operating Room

In the swift current of the medical world, where time elusive and patient demands can be relentless, it's effortless to become submerged in the profession. As a senior surgeon, I've had the privilege of unraveling the complexities of the human body and playing a pivotal role in restoring health. Yet, I've discovered the significance of achieving equilibrium and embracing pursuits beyond the hospital's confines. My personal passion for traveling to new horizons and cultivating a harmonious work-life balance has been a transformative force in my life.

A Journey Beyond the Scalpel: Unveiling New Horizons

Beyond the surgical theater, my heart is stirred by the allure of exploration. Venturing to uncharted territories has not only granted me an essential respite from the career's pressures but has also enriched my life in ways that defy imagination. The thrill and wonder accompanying immersion in diverse cultures, savoring unfamiliar cuisines, and beholding breathtaking vistas are profoundly rejuvenating.

Each journey unfurls an avenue for self-discovery and growth. Cross-cultural interactions and immersion in diverse ways of life broaden my worldview, underscoring the vast expanse of existence beyond the medical realm. Amidst bustling Asian markets, serene European landscapes, or ancient civilizations' historical tapestries, each odyssey provides an opportunity for introspection, relaxation, and a profound reverence for life's beauty.

Striking Balance: Nurturing Synergy between Work and Life

Thriving in the medical arena mandates unwavering commitment, yet the cultivation of work-life balance is equally essential. In my early career, the realization dawned that perpetual on-call duty and personal time sacrifices could lead to burnout, tarnishing patient care quality. Consequently, a deliberate pursuit of equilibrium emerged, benefiting both professional and personal spheres.

Imposing boundaries and delegating responsibilities became cornerstones of this equilibrium. Entrusting colleagues and team members with tasks ensures optimal patient care while affording moments to pursue personal passions. This balance revitalizes my medical fervor, rejuvenating my commitment, and revitalizing my rapport with patients through renewed energy and focus.

Harmonizing Intersection: Life Inspires Medicine, Medicine Enhances Life

The harmony observed within nature's tapestry - a symphony of ecosystems, mountains, and wildlife coexisting-resonates

deeply within me. As a senior surgeon, this harmony profoundly influences my surgical practice. Analogous to ecosystems, surgical teams embody synchronized teamwork, swiftly adapting to unforeseen challenges. Humility and adaptability, drawn from nature's lessons, guide my approach.

The beauty of nature isn't confined to distant landscapes; it enriches my interactions with patients. Nature's awe instills reverence, grounding me in my mission to foster holistic care. Nature's fluidity enhances adaptability, nurturing patient-centered care that addresses physical, emotional, and psychological needs.

In Conclusion: A Journey Worth Embracing

Life's beauty lies beyond the confines of medicine. Pursuing personal passions, like exploration, complements my profession, establishing equilibrium. Striking balance enriches me as a surgeon and a global citizen, fostering effectiveness and happiness.

These experiences intertwine, cultivating harmony and grounding. From standing before majestic waterfalls to standing by the operating table, these moments converge, weaving a tapestry of a well-lived life. The beauty of nature's equilibrium enriches each surgery, fostering collaboration, adaptability, and compassion - a legacy echoing the world's elegant harmony.

In embracing the world, I've discovered a harmonious surgical practice, enriching my life and enhancing patient care. In this synthesis of nature's beauty and medical practice, I've found profound fulfillment. Life beyond medicine is a journey well worth taking.



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The Changing Room

इस सकल ब्रह्माण्ड में एक ही चीज़ स्थिर है और वह है 'बदलाव' इसलिए आज 'बदलाव करने वाले कक्ष' के बारे में लिख रहा हूँ, प्रतिदिन का हमारा बदलाव हमारे 'चेंजिंग रूम' में होता है जहाँ हम दिन में दो बार तो अवश्य ही जाते हैं। मौसम चाहे जो भी हो, चिल्ला जाड़ा हो या चिलचिलाती धूप और या फिर मूसलाधार वर्षा, सवेरे-सवेरे अपने घर के काम निपटा कर ऑपरेशन कक्ष में काम करने वाले हम सभी लोग मेट्रो, कार या अन्य साधनों से हॉस्पिटल पहुँचते हैं, यहाँ समय पर पहुँचना जरूरी है क्योंकि ओ. टी. का क्षण - क्षण बढ़ा कीमती होता है। हमारे हॉस्पिटल में ऑपरेशन प्रारम्भ होने का निर्धारित समय प्रातः 8 बजे है और ओ. टी. से सम्बन्धित लोग 7.20-8.0 के अंतराल में कपड़े बदलकर अपने गन्तव्य स्थान पर पहुँच जाते हैं। चेंजिंग रूम पहुँचने तक सभी लोग व्यस्त रहते हैं और यहाँ आने के बाद ही कुछ सुकून मिलता है। पूरे दिन में जितने लोग इस चेंजिंग रूम में आते हैं उसमें से अधिकांश इसी 30-40 मिनट में आ जाते हैं। यह समय अंतराल निश्चित तौर पर कुछ अलग ही होता है, बहुत से हमारे वरिष्ठ, साथी व कनिष्ठ (जूनियर), ये सभी एक साथ व एक ही समय पर यहाँ होते हैं। प्रणाम, गुड़ मॉर्निंग व शुभ प्रभात के अभिनन्दन के साथ ही साथ शुरुवात हो जाती है दुनिया भर की प्रमुख समाचारों के विश्लेषण की, ऐसे-ऐसे विलक्षण दृष्टिकोण से इस समाचार का भेदन किया जाता है कि शायद बड़े से बड़ा न्यूज़ एंकर भी ना कर पाये और फिर उन समाचारों के अच्छे- बुरे अर्थ जैसे यहीं विराम पाते हैं। कुछ लम्बी चलने वाली बहस के दौरान यह भी पता चल जाता है कि कौन किस तरफ रुझान रखता है, ऐसे में निष्पक्ष आंकलन वही कर सकता है जिसमें विवेक हो और जो चिंतन-मनन करता हो।

उसके बाद नंबर आता है एक दिन पहले हुई निश्चेतना या शल्य चिकित्सा के समय महसूस की गयी परेशानियों का, फिर धीरे-धीरे वरिष्ठ लोग अपने अनुभव को साझा करते हुए उसे सुधारने व पहले से ज्यादा अच्छा करने के उपाय बताने का। उसके पश्चात वक्त आता है आज होने वाली शल्य चिकित्सा व बेहोशी की कठिनाइयों व बारीकियों के बारे में विचार विमर्श करने का।

जहाँ एक ओर एक ओर सीनियर सर्जन अपने कनिष्ठ को आज होने वाली सर्जरी के बारे में सरल शब्दों में दृढ़ निर्देश देते हैं, जिससे वो सजग रहे, कोई त्रुटि ना करे और सभी मरीजों की शल्य चिकित्सा निर्विघ्न संपूर्ण हो। वहीं दूसरी ओर बेहोशी के वरिष्ठ भी अपने जूनियर को बताते हैं कि कौन सी दवाई देनी है, कैसे देनी है तथा सर्जन के बारे में भी कुछ विशेष बातें बता देते हैं, जिससे ओ. टी. में कार्य करना सुखमय हो जाता है। सही दिशा निर्देशों का पालन ना करने पर उन्हें उपहार स्वरूप कुछ ना कुछ असामान्य मिलना अवश्यमभावी हो जाता है।

यहां केवल ज्ञान का ही वर्धन नहीं होता है, नोक झोंक व टीका -टिप्पणी भी बहुतायत में होती है जिससे माहौल खुशनुमा व उत्साहित रहता है। किसी भी बात पर कभी कोई शुरुवात भर कर दे तो वह वाक्य अंत तक आते आते राई का पहाड़ बन जाता है। कोई कही घूमने या पार्टी में गया हो तो वहां की मुख्य बातें या महसूस कि गयी दिक्कतों के ऊपर कटाक्ष, सब कुछ उस पटल पर रख दिया जाता है। कल रात को पार्टी या भोज के समय किसने क्या कहा व अब उन बातों की परत-दर-परत अलग करके उसका विच्छेदन कर एक नया अर्थ लगाया जायेगा। ये किसी को नहीं पता होता कि उसका क्या अर्थ निकाल कर लोग चटकारे लेंगे। अगर वह व्यक्ति सामने है तो वह अपनी पूरी सफाई भी दे देता है, पर उससे ज्यादा फर्क नहीं पड़ता है। कुछ वक्र गति से चलने वाले लोगों पर भी तीव्र गति से विचार विमर्श कर 2-3 मिनट में ही मानसिक रूप से शल्य चिकित्सा कर दी जाती है।

अगर कोई वरिष्ठ उस कमरे में नहीं होता है तो कनिष्ठ व्यक्ति अपने मन की बातें एक दूसरे से साझा करते हैं, जैसे कि फलों की वजह से मुझे डांट पड़ गई या उसकी गलती की वजह से मुझे बहुत कुछ सुनना पड़ा, कल मुझे एक सर्जरी देखनी थी जो साथी की वजह से नहीं देख पाया, कल रात भर काम करते-करते मैं थक गया, पूरी रात लगातार फोन आते रहे और मैं भाग दौड़ करता रहा और आज भी झूटी करनी है। मेरी मानो तो ओ. टी. में भी सोने के लिये व्यवस्था होनी चाहिए। वहीं किसी को कुछ और परेशानियां हैं, कोई कहता है कि इस विशेष

प्रकार के इंस्ट्रूमेंट में मुझे काम करने में थोड़ी दिक्कत आ रही है आज मैं दूसरी तरह से कोशिश करूंगा अलग-अलग दिक्कतें व परेशानियां और उनके अलग-अलग निवारण। एक आश्चर्य की बात यह है कि कनिष्ठ लोग अधिकतर परेशानियों का हल आपस में बातचीत कर के ही निकाल लेते हैं, जो वास्तव में सराहनीय कार्य है।

कभी-कभी जल्दीबाज़ी में अपने सारे कपड़े बदलकर ऑपरेशन कक्ष के कपड़े पहनना भी कुछ लोगों को परेशान करता है और कपड़े बेतरतीब तरीके से इधर-उधर रख दिये जाते हैं जिससे सारा कमरा तितर-बितर हो जाता है और यह स्थान हल्दी-घाटी का युद्धस्थल प्रतीत होता है। हमारे वार्डबॉयज लगातार कपड़े लाने-ले जाने का काम बहुत ही तत्परता से करते हैं जिससे सफाई बनी रहती है, परन्तु हमारा भी कर्तव्य है कि यहाँ की स्वच्छता बनाये रखें।

अगर मैं केवल एक ही चेंजिंग रूम की बात करूँ तो न्यायसंगत नहीं होगा, इसलिए मैंने अपनी कुछ महिला सहकर्मियों से बात की तो पता चला कि कुछ बातें दोनों जगह समान थी पर यहाँ ज्यादातर कपड़े, गहने, घर, परिवार या बच्चों की ही बातों की बहुतायत रहती है। सास - ससुर के मुद्दे, सदियों से हमारी गृहस्थी का अभिन्न हिस्सा रहे हैं। एक पीढ़ी और दूसरी पीढ़ी के बीच की समस्याएं, व्यसतता, सामाजिक रूप से अपने परिवार को सही दिशा देना व उचित संस्कार देना, ये सभी यहाँ की बातचीत का अहम हिस्सा होते हैं। इन सभी आयामों में सामंजस्य बैठा कर एक साथ काम करना, वो भी अपने इस कार्य के साथ एक अलग ही चुनौती है। एक शक्ति-संपन्न महिला ही इसे ठीक से निभा सकती है। सबसे ज्यादा वे तब दुखी होती हैं जब घर में 'घरेलू काम वाली' आना बंद कर देती है और लगभग सारा बोझ इन्हीं के ऊपर आ जाता है।

चूँकि हमारा हॉस्पिटल दिल्ली के केंद्र में स्थित है और यहाँ पास ही बड़ा सा बाजार है जहाँ बहुत सी नामी-गिरामी चाट-पकोड़ी की दुकानें हैं, यहाँ जाने के लिए अलग से प्लान बनाने की कोई जरूरत नहीं है, झूटी के बाद अनेकों बार मैंने अपने साथियों को कपड़े या अन्य खरीददारी के लिये जाते देखा है, और फिर वहाँ गये और कुछ पेट पूजा नहीं की, यह तो हो ही नहीं सकता, बिना चाट के शॉपिंग कैसी। फिर अगले दिन उसकी बातें, कि फलों की चटनी चटनी ज्यादा अच्छी थी और गोल-गप्पे सबसे अच्छे यही

के हैं, इसके जैसे कोई नहीं बनाता है। बाकी सत्य बात तो यह है कि महिलाओं के मन में क्या चल रहा है यह तो स्वयं ब्रह्मा जी भी नहीं बता सकते हैं।

नोकझोंक, राजनीति, हंसी-मजाक, संक्षिप्त मेडिकल अपडेट व होने वाली परेशानियां, इतना सब कुछ मात्र उस 30-40 मिनट के अल्प समय में घटित हो जाता है और इतने कम समय में 70 से 100 लोग कपड़े बदलकर ओटी में अपने-अपने गंतव्य स्थान पर चले जाते हैं। इस समयाकाल में आवत-जावत का टर्नओवर इतना अधिक है कि शायद एक मेट्रो स्टेशन में भी ना होगा।

हमारा 'चेंजिंग रूम' असल में हमारे ओ टी काम्प्लेक्स की जान है, यह साक्षी है निरंतर होने वाले बदलावों का, जूनियर से सीनियर बनते हुए लोगों का, या यूँ कहा जाये कि अपरिपक्व (कच्चे नींबू) से एक परिपक्व या अनुभवी बनने का। हंसी मजाक के साथ-साथ गंभीर विचार-विमर्श का, किसी के कुछ खोने और पाने का। कई वर्षों तक यहाँ काम करने के बाद विदाई के समय साथियों की बातचीत और मन में उठ रहे ज्वार-भाटे के समान भावों का। यहाँ बहुत कुछ सीखने को भी मिलता है और तनाव भी कम होता है। यह स्थान अद्भुत है व एक विलक्षण अनुभूति कराता है। इसलिए यहाँ की गरिमा व पवित्रता बनाए रखना हम सबका पुनीत कर्तव्य भी है और दायित्व भी, बदलाव के भाव से भरे इस स्थान को शत-शत नमन है।



भुवन चंद्र पांडेय,
सीनियर कंसल्टेंट,
एनैस्थीसिया



The Mango Party

Drowning in advice from my own inner self I can not resist the temptation of writing you my own missive as a grumpy man suddenly began to feel happy and bingo.

Without batting an eyelid, as i sheepishly, trundled and ventured into the supposedly empty courtyard of DFS (presuming that the golden hours would have been over as the party had started at 12:30 noon) I had to eat a humble pie, as the vibrant, evergreen and bubbling enthusiasm of the party of mangoes lovingly professed as the king of fruits, had not only, weaned off, but was being kept alive by the frequents bursts of the consultants ,pouring in regularly (like the short bursts of the rain so well(un) predicted by much maligned IMD) after a well earned break, from their mundane routine ,to be the part of festivities, which has been a regular feature of the society, cartwheeled, so effortlessly by the ageless, untiring always smiling, PROF. H.N. AGARWAL



It is all the more creditable that he has been upholding, this noble tradition for the SGRH diaspora, for more than 35 years with monotonous regularity, unending enthusiasm and undwindling stamina, establishing records of consistency, and proficiency of the highest order for three decades which even the GOAT, Novak djokovic the legendary tennis mastero could not sustain on Sunday at centre court in london The icing on the cake was his personal touch for all of us.

His selfless, well grounded efforts to peel the mangoes for the individual consultants and acquaint and loathe us (the motley souls), with varieties of mangoes like Chausa,langra, safeda, dussehri etc. reminded me of the parental love being rekindled, as he made us live and relive, the livid, vivacious memories of our childhood being fed to eternity by our loving caring mothers and fathers.

Meanwhile I am in sync with, lively suggestion of DR. PEEYUSH, that we now must visit the orchard to see the origin of, not only mangoes, as the sun dapples though the rainbow clouds with a blitzkrieg sunshine on lush green fields of Hasanpir but also to discover the seat of endowment of humility, passion compassion and selflessness so well encapsulated in one and only one, the revered DR. HNA



May god bless you with a long prosperous life so that we keep on feasting on your generous treats Long live DFS.

Special thanks to Drs. Shweta and Satnam For immaculate arrangements.



Dr. Anil Arora
Director of Gastroenterologist,
Sir Ganga Ram Hospital
New Delhi



Roller coaster residency - SGRH version

Sun shining bright on calm, blue ocean waves, sand in my toes and cool beach breeze in my hair I'm just about to take a sip from my chilled Pina Colada drink....when suddenly, my alarm rings and I wake up to reality! I snooze my alarm, hoping to atleast taste that drink, but in vain as I couldn't get myself to dream about it again.

Talking about dreams, I have been living one myself for the past 4 years now, as a plastic and reconstructive surgery resident doctor of this prestigious institution.

After MBBS, I finished my internship from SGRH in 2018, and throughout my internship I used to wonder how lucky the residents were and what a sense of pride everyone must be having to work here.

Never in my life had I desired something so badly as my residency here and like they say 'agar kisi cheez ko dil se chaho to puri kayanat usey tumse milane ki koshish mein lag jati hai', kinda worked for me. I joined my residency in 2019 and it has been quite a roller coaster ride ever since.

While every day is different, on most days we have to report to the hospital before 8 am, fast forward the admission procedure of patients scheduled for surgeries, carry out the operation, manage post operative stay, take care of ward patients, dressings, prepare for morning/evening rounds, prepare for classes/webinars, attend casualties, send investigations, manage night duties and then repeat until we become pro at it.

I'll be honest, many times we residents are aware about the patients urine output, if they have passed flatus/stool or not than we are aware of our own bowel or bladder habits (just kidding!).

My residency has taught me so many things, hospital has become my 2nd home. I've established some unbreakable bonds with so many residents and staff here. Today as I'm learning to fine-tune my anastomosis skill on tiny blood vessels under microscope, I can't forget the day I was taught how to correctly hold a needle by an OT technician. I still remember my first RT insertion, difficult cannulation, the art of dressings all being taught to me very patiently by the nurses here. I can't wait to see how the remaining residency unfolds itself.....*kyu ki picture abhi baki hai mere dost*!



Dr. Chahat Verma
Resident Plastic Surgery
Sir Ganga Ram Hospital
New Delhi



Awards

Residents

Dr. Shyam Sunder Rengan (DNB Senior Resident, Laparoscopic, Laser and General Surgery):

- 3rd Prize in AWR Deep Impact Hernia Quiz, 2023, held at New Delhi.
- 1st Prize in Quiz on Abdomen: Trauma and other Emergencies, 2023, held at New Delhi
- 1st Prize in Quiz on Laparoscopic Bowel Anastomosis CME, 2023, held at New Delhi.

Dr. Mansi Shah (DNB Senior Resident, Internal Medicine)

- Awarded as “Ravi K. Jerath” Best DrNB Resident Doctor of Sir Ganga Ram Hospital (2023).

Dr. Ankita Kumari (DNB Senior Resident, Neurology)

- In Rare Disease Symposium held at New Delhi, by “Rare Disease Foundation of India: 2022”:
 1. 1st Prize in Poster Presentation: “A novel pathogenic mutation in VPS13A causing Choreaocanthocytosis: case report”.
 2. 2nd Prize E-poster: “CADASIL common presentation of uncommon disease”.
 3. 2nd Prize in Oral case presentation: “ABCD in Neurology”
- 3rd Prize in Oral Presentation at Annual Conference of Delhi Neurological Association (DNAACON: 2023): Correlation of retinal nerve fibre layer and ganglion cell/inner plexiform layer thickness with disease severity in Multiple sclerosis (original Article).

Consultants and Associate Consultants

Dr. Veronica Arora (Associate Consultant, Institute of Medical Genetics & Genomics)

- Awarded as “Young Achievers Award (North Zone)” by the Association of National Board Accredited Institutions (ANBAI) and National Board of Examinations in Medical Sciences (NBEMS), 2023.

Dr. Shrihari Anikhindi (Associate Consultant, Institute of Liver Gastroenterology & Pancreatic Biliary Sciences):

- 2nd Prize for Share & Learn Video contest in “IEE/ Endo Lumenal Surgery/ Third Space Endoscopy”, 2023, held at Pune.
- 2nd Prize for Video Contest at “Endoscopic Retrograde Cholangiopancreatography Live”, 2023, held at Mumbai.
- 3rd Prize for Video Digest Session in “Society of Gastrointestinal Endoscopy of India, 2023, held at Indore ENDOCON.

Dr. Laxmikant R Tomar (Associate Consultant, Neurology)

- 2nd Best Video in Movement Disorder at “6th National Conference of Movement Disorders Society of India, 2022, held at Mumbai” (MDSICON).

Dr. Anita Ganger (Associate Consultant, Ophthalmology)

- 1st Prize in “Free Paper Session Paediatric Ophthalmology & Strabismus”, 2022, New Delhi (DOSCON).

Dr. Raman Sharma (Associate Consultant, Plastic & Cosmetic Surgery)

- “NH Anita Best Publication Award (2020)”, “56th Annual Conference of the Association of plastic Surgeons of India, 2022, held at Amritsar (APSI).

Dr. Jatin Verma (Associate Consultant, E.N.T.)

- 1st Prize in the Category of Surgery, “19th National Conference of The Cochlear Implant Group of India”, 2022, held at the Leela Ambience, Gurugram, New Delhi.



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Chandratal: Where Fairies Dance and Myths Soar A Photographic Journey by Dr. Vipin Tyagi

This picture was taken by Dr. Vipin Tyagi, Senior Consultant Urologist and Robotic surgery on his trek of Chandratal lake spiti valley. Pic was taken with Nikon DSLR in early morning time when water is still at the height of 4300 meters.

According to Hindu mythology Chandratal is the place where Indra, the king of Gods, came down on his chariot to transport Yudhishtira, eldest of the five Pandavas, in his mortal form to Swarga (heaven). Locals believe that fairies visit the lake at night.



Life is like a balloon
If you never let go .
You will never know how High you can Rise.

I want
to
fly



Sketch By: Pranaya Suman (7 yr.)