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Volume 01/ Issue 02

THE GRIPMER NEWSLETTER

#SGRHSpeaks

Unforgettable Lessons

"A Captivating interview with *Dr. Ajay Swaroop*

The Artistic Alchemy
Exploring Creativity, Painting, and Happiness

Residents Corner



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.

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.

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Editorial

It gives us great joy to place the second issue of GRIPMER Newsletter in your hands! The enthusiastic response to our first issue spurred the members of the working group to produce this issue in such a short time, that too with more pages and more content. Broadly this issue of the newsletter has the same sections as the previous one.

However the crowning jewel is the Interview with our Chairman Dr. Ajay Swaroop. Our lady with the roving mic was able to draw Dr. Swaroop in candid conversation about his life's journey. All phases of his life were touched, his answers, as his administrative style, were short, to the point and without flourish or cryptic. We have a question on work life balance, this interview has very nicely captured how our chairman achieves this balance in his high pressure job. This interview also gives a glimpse into his administration style, his vision and mission for the hospital and how he plans to achieve his goal. Knowing him more closely through this interaction and knowing his priorities will no doubt help the fraternity follow the leader in sync to achieve the cherished goal of our founder.

In the section on **Know your alma mater**, we are presenting all information about our Library and its various activities in one place for the benefit of our users. Our library on which the Hospital spends close to two crore rupees is a very rich resource for our young scholars. But due to lack of proper awareness this resource remains poorly utilised, instead our resident community takes help from some illegal sites where the information is incomplete and even not upto date. This article aims to empower our residents and faculty alike. I am confident that once you learn to login our online library resources from the comfort of your home, you will appreciate the difference between chalk and cheese! Our library staff will be happy to provide you with the tour of these sites. You can also obtain a comprehensive list of Journals and Books from the Library for your reference.

In our section on **Issues in Medical practice** we are featuring our views on the much debated topic of prescribing generic medicines. Earlier the NMC came out with some guidelines which were later withdrawn, it is anybody's guess whether they have been kept in the cold freeze forever or will be reintroduced in some form or the other sooner or later! In the meantime it is good to debate and articulate our views on the subject, this article is an attempt in that direction.

In the **Innovate inHouse** segment our colleague has picked Allergy Diagnostics and Therapeutics, a first of kind set up for testing and immunotherapy for children in any multi speciality hospital. The topic is all the more topical with rising levels of pollution and increased incidence of allergies amongst the children, a demon that takes away over 7 years of life!

The section on **Life beyond medicine**, brings out the other side of one of our accomplished faculty in public view. He is

a glaring example that when you accord priority to something that's not part of your profession you can always find time to pursue it; be it sports, painting, reading or singing! The two together are complementary, and not diversionary or distracting. These paintings are at once eye catching, sure these pages will become collector's items!

The cover page photo captures once in a blue moon event, that of the blue moon itself. I am indeed mesmerised by the talent of our colleagues, young and not so young alike!

With this issue we are introducing a new column on **Book review**, one of our colleagues reviews one such book that has left an enduring impression on him. Life's lessons learnt through books can be transforming and enriching experiences that help us put our lives in perspective.

The myriad experiences of our resident community are featured in the section, **Residents corner**. This newsletter aims to foster a stronger bond between the Faculty and residents, and what better way to achieve this objective than knowing their experiences, expectations and aspirations. The contributors in this section have just done that, I hope we will have even more participation by our trainee community in the future issues of our newsletter!

In the section on **Campus byte** our new contributor has captured the mood and ambience of Teacher's Day celebrations. Read her story and relive those moments of gratitude. This year four stalwarts of academics were accorded GRIPMER Emeritus Professorship and 21 senior faculties were presented with GRIPMER Appreciation awards. Please read the section on **Honours and awards** for full coverage.

With the completion counselling process for NEET PG, we welcome on board the batch of 2023. Over 50 residents have enrolled for various programs. Hope your stay in SGRH will be enriching to launch you on a career trajectory of your liking!

Finally, this newsletter is a work in progress, it will become what you, the readers, want it to become. In our next issue we will introduce a section on Letters to the Editor to feature your feedback, criticism and your expectations from us.. So pick up the pen and start scribbling your thoughts. Happy reading.

My greetings for a happy Vijay Dashmi and Deepawali.

Dr. V. K. Malik
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Letter to Editor is welcome on this email id: gripmernewsletter@gmail.com



SGRH Library: From Basics to Breakthroughs

The Sir Ganga Ram Hospital stands as a testament not only to modern technical infrastructure for disease management but also as a center for fostering rational and evidence-based clinical decision-making. One of the pillars of this academic excellence is its graduate training programme in various specialities.

It has been actively supporting and nurturing the research culture amongst the faculty and resident trainees. During their tenure, the trainees delve into areas of contemporary medical significance under the vigilant guidance of the esteemed consultants. This enables them to understand the nuances and value of medical research. Central to all these academic pursuits is its well-equipped library.



About the SGRH Medical Library

Situated on the sixth floor of the old building, the Sir Ganga Ram Hospital Medical Library came into being in 1983. Growing in tandem with the hospital, it effectively caters to the informational needs of the faculty, postgraduate students, and avid research workers.

The library's management is overseen by the Library Committee, steered by Chairperson Dr.S.Nundy, Co-chairperson Dr. V.K Malik, and other renowned members. At the heart of the library's operation are the librarians, Dr. (Mrs.) Indu and Mrs. Preeti, ensuring that the library's vast resources are accessible and organized.

Library Collection at a Glance.

Books: 2223
Current Journals: 59
Clinics of North America: 2316 (with Back Volumes)
DNB DVD Learning Material: 202
Thesis: 1127

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

Library Services

Periodical Alert Service:

A curated weekly listing of the newly received periodicals.

Internet Search and Reprographic Service:

Catering to the digital age, we facilitate internet searches and have provisions for reproductions.

Scanning Facility:

Especially useful for postgraduate students preparing for their seminars.

Bibliographies on Demand:

Tailored bibliographies compiled as per the reader's request.

Computerized Thesis Search:

A vast collection of 1127 thesis retrievable through searches by titles, authors, guides, and co-guides.

Guidance for Platform Searches:

Expert assistance in navigating and extracting relevant information from prominent medical platforms like pubmed.com, uptodate.com, remotexs.in, and clinicalkey.in.

Library Timings

Monday to Saturday – 8:00 am to 10:00 pm
Sundays and Holidays – 9:00 am to 5:00 pm
Photocopy timings – 9:00 am to 7:00 pm

Special Note: The library remains operational 24 hours for 10 months in a year, focusing on DNB and FNB student's examinations.



Accessing the Treasures of SGRH Library

1- Accessing Clinical Key

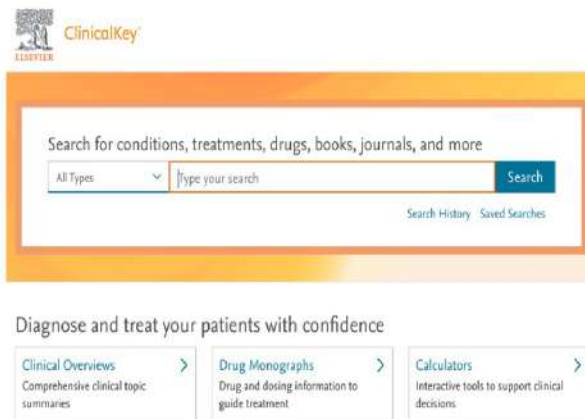
Website: www.clinicalkey.in.

Login:

Enter username & password: Each department has a separate username and password that can be obtained from the librarian

Remote Access: Click on the remote access option after logging in.

Selection: Choose resources or information as per your requirements.



Clinical Key boasts a vast repository of clinical resources. Specifically, it encompasses over 580 Elsevier Medical and Surgical Journals and over 1,100 Elsevier Medical and Surgical Reference Books. In addition, it provides complete access to all Medical and Surgical Clinics of North America, as well as an extensive collection of Elsevier Medical and Surgical Procedure Videos, totalling more than 2,500. Additionally, users can explore all Elsevier-associated and supplemental images and videos. The platform is further enriched with Clinical Pharmacology Drug Monographs among other valuable resources.

2- Accessing UpToDate

Website: Visit www.uptodate.com.

Registration (if not already registered):

Each user has to register through the SGRH IP address to create a username and password, to access from anywhere and continue to re-login through the same IP address within 60 days.

Home Page:

Once on the homepage, locate the "Search" option. Enter your keywords in the search bar.

Search Results:

A list of articles related to your keywords will be displayed.

Access Full Text:

Click on the relevant entry to view the full article.



3- Accessing Remotexs

Website: www.libraryremotexs.in

Registration:

Approach the librarian and fill out the required form to register for Remotexs access.

SGRH library has subscriptions to 56 journals through Remotexs, which includes the BMJ Package.

Email Confirmation:

After registration, you will receive an email from "librarys-grh@remotexs.in".

Setting Up Password:

Click on the link provided in the email.

Login: enter your username and password

Search: E-resources- click A-Z journals.



The SGRH Library is a key source of knowledge for everyone in the medical field. It has a wide range of resources perfect for doctors, researchers, and students. If you're working on a research project or looking for information for evidence-based practice, its collection has what you need. With a mix of the newest journals and important classics, the SGRH Library encourages you to visit, explore its materials, and start your journey towards better understanding and growth."



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

Dr. Vaibhav Tiwari
Associate Consultant
Nephrologist,
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“Unforgettable Lessons: A Captivating interview with Dr. Ajay Swaroop”

It is indeed an honor to have the opportunity to interview Dr. Ajay Swaroop, who is a distinguished figure in the field of Otolaryngology. Dr. Swaroop's impressive career showcases his expertise and dedication to the medical profession. As the Chairman of the Board of Management at Sir Ganga Ram Hospital in New Delhi, his leadership and contributions to the field have been invaluable. In this exclusive interview, Dr. Swaroop shared his life experiences and insights, offering a glimpse into his remarkable journey and invaluable lesson he has to offer.

Dr. Anita Ganger: What motivated you to pursue a career in medicine? Did you have a role model, and did you consider any alternative career options?

Dr. Ajay Swaroop: I come from an era where children had limited freedom to choose their career paths, and I never wanted to disobey my parents' wishes. My father desired that I become a doctor, while my mother favoured a career in civil services. My father's wish took precedence, and thus, I pursued a career in medicine. However, once I had committed to the medical profession, I realized that it was the right path for me. Regarding role models, I have always been greatly impressed by the late Prof. Prem Kakkar, who served as the Head of the ENT department and as the Medical Superintendent at that time. He was a well-rounded individual, and I always looked up to him. Interestingly, my mother believed in my strong administrative capabilities. So civil services were indeed my second choice.

Dr. A.G. : Both personally and professionally, what activities bring you the most enjoyment?

Dr. A.S. : I have always been passionate about sports. During my school and college days, I achieved a fairly decent level of proficiency, even at the state level, in sports like table tennis and cricket, which have remained close to my heart.



Currently, I am an avid golfer, playing twice a week. So, in essence, I am an outdoorsy person. In my professional life, my focus has evolved over the years. Initially, I dedicated myself to honing my surgical skills as an ENT consultant and everything related to that field. However, as my role has shifted more towards administration, my primary objective is to raise the flag of Sir Ganga Ram Hospital higher and higher.



Dr. A.G. : Could you share a memorable or amusing experience that you've had while interacting with patients?

Dr. A.S. : I'm not sure if it's truly memorable, but there's an incident from my early practice that stands out. 78-year-old lady who was suffering from severe deafness and had been brought to me by her family. After a thorough evaluation, when I recommended a hearing aid for her, she suddenly stood up and began shouting at the top of her voice, expressing her outrage at the idea that I thought she needed a hearing aid. At that moment, I was taken aback, but looking back, I find it somewhat amusing, given her strong reaction. It's a reminder of the stigma that still exists around wearing hearing aids.

Dr. A.G. : Can you provide some details about your family?

Dr. A.S. : Well, my parents have both passed away. I have one elder sister who was an economist and is now retired. I am married to Mrs. Gopi, who is a textile designer by profession. We have two daughters, named Madhvi and Pallavi. My elder daughter is a lawyer by profession, and the younger one is a chef. So, I have a small, close-knit family. Speaking of the father-daughter bond, it's quite evident that in every family the daughters are the real boss, as they have their father wrapped around their little fingers.



Dr. A.G. : Your public speaking abilities are impressive. Could you offer some tips on delivering a powerful speech.

Dr. A.S. : I must express gratitude to my mother for instilling in me the habit of voracious reading, starting from comics to authors like P.G. Wodehouse and Sidney Sheldon, among many others. The more you read, the more your vocabulary improves. I always make it a point to research the audience before giving any speech because knowing your audience is crucial. Additionally, another essential aspect is speaking from the heart, as that is the ultimate secret to success.

Dr. A.G. : Achieving a healthy work-life balance is crucial. How do you do it? Please share some words of wisdom with us.

Dr. A.S. : I believe that achieving a work-life balance is a highly personal matter, and it's challenging to establish rigid rules. In my view, not placing too much importance on success and failure and finding contentment with what you have can help. Once I leave my workplace, I don't dwell on the events of the day, whether I succeeded or fell short. I understand that I'm not an exceptionally significant figure in this world, and things can function with or without me. Developing a sense of contentment makes it easier to balance work and personal life.



Dr. A.G. : For those interested in pursuing research work, what guidance would you offer to help overcome potential hurdles?

Dr. A.S. : When it comes to research, two key factors are essential. First, you must have a natural inclination toward research. Many individuals possess this inclination, but unfortunately, not all

Getting Candid

have the right environment for it. If you are naturally inclined toward research and have access to a good institution and strong leadership, you're on the right track. One step leads to another, and there are no fixed rules.

Dr. A.G. : Within the field of medicine, how vital are research and academic accomplishments?

Dr. A.S. : This is an intriguing question. Success in medicine is often associated with financial achievements, but it's also about recognition, contributing to society, and excelling academically. Other significant factors are the impact of your work on your country and society. While financial success is important, it's crucial to strike a healthy balance between financial success and other forms of achievement if possible.



Dr. A.G. : What essential skills and qualities are necessary for clinicians to excel in their respective domains?

Dr. A.S. : The obviously the basic fundamental thing is that you should be good in your subject. Beyond that, hard work and perseverance are crucial. Keeping an open mind, learning from seniors, colleagues, and juniors, and embracing new ideas are the pathways to success.



Dr. A.G. : In your opinion, what defines a successful and content life?

Dr. A.S. : In my case, I express gratitude every morning for the success I've achieved, more than I perhaps deserve. I believe that people should adopt a similar attitude, recognizing that their achievements come through hard work and finding contentment with what they have. Pursuing success relentlessly can lead to frustration. Being content and enjoying what you have should be the mantra.

In Conclusion, I would like to express my heartfelt gratitude to Dr. Ajay Swaroop for sharing his knowledge, experience and passion with us. It was truly a pleasure to speak to him, The wealth of knowledge he has gained through his diverse experiences and his priceless guidance will undoubtedly serve as a source of motivation for the upcoming generation of medical professionals.

Dr. Anita Ganger
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Associate Professor (GRIPMER)
Sir Ganga Ram Hospital



Generic medicine - A sweet elixir or a bitter pill?

“Generic medicines were again in limelight recently. The stakeholders involved physicians, patients, pharmaceutical industry, pharmacists, government and general public at large have diverging opinions on this topic. Why are we at loggerheads and can there be a consensus?”

In august 2023, The National Medical Commission (NMC) released their guidelines titled Registered Medical Practitioner (Professional Conduct) Regulations, which made it mandatory for doctors to only prescribe generic drugs. There was a huge backlash from Indian Medical Association (IMA), as well as the Indian Pharmaceutical Alliance (IPA) calling it “not feasible”. Interestingly, the country’s apex drug regulator, the Central Drugs Standard Drug Control Organisation (CDSCO) also questioned the language in the notification. The proposal was held back after several discussions between the government and stakeholders, much to the agony of several sections of society who thought of it as a welcome and much needed step. Many commentators in the media, went a step further to demonise the medical and pharmaceutical fraternity who they thought were opposing a desirable social scheme for perceived commercial interests.



The contentious topic of generic medicines has often evoked praise and criticism even in the past, not only in India, but also in the West. To understand why a consensus is still elusive, we need to understand the intricacies involved in the complex process of drug discovery, manufacturing, distribution, prescription and regulation.

What are Generics? ... and Innovators?

World Health Organization (WHO) defines generic drug as, “A pharmaceutical product, usually intended to be interchangeable with an innovator product that is manufactured without a license from the innovator company and marketed after the expiry date of the patent or other exclusive rights.

The process of new drug development is arduous, involving rigorous pre-clinical and clinical trials for testing safety and efficacy. It is also time and cost intensive. Average estimated cost of developing a single new drug is a staggering 2.6

billion US dollars! To incentivize and protect the interests of drug inventors for their mammoth effort and expenditure, new drugs are protected by patent laws akin to intellectual property. During this patent protection period (usually 20 years), no other manufacturer can produce the same drug without permission or license from a patent holder.

Once innovator patent expires, the drug can then be manufactured and marketed by any pharmaceutical company through a legal patent transfer process after payment of royalty. The original drug now enters the generic drug domain. Generic drug manufacturers just have to replicate the proven drug without having to undergo the rigors of extensive trials (and their failures). They can hence produce and sell the drug at a substantially cheaper price as compared to innovator drug.

Generic drug approvals – a defined process

Generic drug manufacturers have to ensure good manufacturing practices at various steps before marketing of their drug.

Manufacturing units need certification from respective state authorities. Stringent quality checks on the active pharmaceutical ingredient of the generic drug in comparison to innovator drug are mandatory. Pharmacokinetic properties like in-vitro dissolution and in-vivo bio-availability and bio-equivalence (BA-BE) of generic drug should be nearly identical (or within acceptable range) of innovator drug. Quality assurance of generic drugs is thus a daunting task, especially when the numbers of manufacturers and variety of drugs and market size is large. Drug regulators across the globe use various strategies like product sampling, document verification, unscheduled inspections and licensing to ensure quality control of generic drugs.

In India, the regulation of manufacture, sale and distribution of drugs is primarily under the purview of state authorities while central agencies are responsible for approval of new drugs and clinical trials, laying down the standards for drugs, control over the quality of imported drugs and coordination of the activities of State Drug Control Organizations. CDSCO under the Ministry of Health and Family Welfare is the nodal agency dealing with all drug related issues. Drug testing laboratories, entrusted with ensuring availability of quality medicines are located at central and regional levels.

The Indian conundrum – are we ready?

India is the world’s largest producer of generic drugs, catering to both local and international markets. Over 20% of the global generic drug supply comes from India. This

quantum is a matter of pride for the country, but are we assured of the quality?

A report by United States Trade Representative (USTR) found that 20% of all pharmaceutical products sold on the Indian market are counterfeit. Between 2007 and 2020, more than 7,500 drugs sampled in just three of India's 28 states and three union territories had failed quality tests. In 2018, the CDSO identified about 4.5% of all generic drugs in the Indian market to be substandard. Just one-fourth of the 12,000 manufacturing units in India were found to fulfill with the WHO's good manufacturing practices.

Considering the huge Indian market and the exponential growth of drug manufacturing companies in recent years, the regulatory bodies are grossly understaffed to ensure laid benchmarks.

The effects are palpable on the ground. In 2013, Ranbaxy Laboratories, a leading Indian drug manufacturer pleaded guilty to felony charges over the manufacture and distribution of adulterated drugs. Two years ago, 17 children died in Jammu & Kashmir after consuming a syrup made by a company named Digital Vision. Recently, In Gambia, 66 children died after being administered an Indian made cough syrup. It was manufactured by a company named Maiden Pharmaceuticals and exported to the African country under four different brands.

Generic drugs or generic names – contention and confusion

The NMC notification issued on 2 August said, "Every RMP (registered medical practitioner) should prescribe drugs using generic names written legibly and prescribe drugs rationally, avoiding unnecessary medications and irrational fixed-dose combination tablets."

Generic names connote only the active molecule of the drug whereas, generic drug refers to any non-innovator drug.

Majority of the drugs manufactured and marketed in India are by default, generics. There is no restriction for the number of generic manufacturers for the same original drug. Markets are replete with hundreds of available generics for same drug molecule, some marketed by large corporates ("branded generics") and others by smaller local manufacturers ("unbranded generics").

The above directive seemed to pass the onus of selecting the brand name of drug and manufacturer to the pharmacist, putting the health of patients in pharmacist's hand instead of the physicians. Considering the general experience with generics, a clarion call for prescribing generic medicines tends to evoke doubt and uncertainty in the minds of treating physicians.

Branded generics might still have the cushion of being under a large corporate umbrella to fend for the costs of their good manufacturing practices, but this might not always be true with smaller manufacturers. Looking at it the other way around, pharmaceutical trading agencies and drug makers also usually tend to portray superiority of branded generics via advertising and promotion.

For patients, however, the emphasis should always be value, safety, quality as well as cost effectiveness of medicine. Branded or unbranded shouldn't matter as much.

The way forward

A pivotal solution to the problem of branded versus generic lies in reforming and strengthening the existing quality control structure rather than just banking on forced legislation. Opening up of new laboratories (pharmacology departments of medical colleges can play an important role) and augmenting manpower and resource capacity of existing regulatory authorities is the need of the hour.

"Jan aushadhi" scheme is an excellent initiative towards providing cheaper generic options to the public at large, but these should be equipped with in house quality control reports of each batch of medicines supplied and these firm must be subject to external audit and quality control.

Physicians are best placed to monitor the safety and efficacy of prescribed medicines and hence should be integral to policy making process. Instead of allowing a flood of branded and non-branded generic drugs in the market, the government might as well restrict to a few good quality and cheap generics in each segment.

In a resource constrained country like ours, generic prescribing can help make the most of our patients, and this ideal is well accepted by majority of the physician community. The major problem with unified acceptance is doubt regarding the quality of generic in question. Tighter regulation would best help to boost confidence in the process.

Dr. Shrihari Anikhindi
Consultant Gastroenterologist,
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Allergy Diagnostics and Therapeutics

Different manifestations of allergies are among the common causes of seeking medical advice in every health care facility. The clinical presentation can vary from milder symptoms like cough, sneezy or runny nose, ear ache, itchy skin or abdominal complaints to severe symptoms like difficulty breathing, low BP or life-threatening anaphylaxis. Timely diagnosis and appropriate treatment are the key factors in improving both quantity and quality of life. A personalized long-term home action plan can prevent majority of the recurrent events, thus economical to the out-of-pocket consumers in society.

Diagnostic modalities aim to identify both causes (allergen) and effects (functional and inflammatory) to devise the personalized plan for an individual. Both in-vivo (Skin Prick Test, Intradermal Test, Patch Test, Food or Drug Challenges) and in-vitro (specific IgE and allergen components) can be useful to identify the culprit allergens when combined with clinical correlation by the allergist. Correct allergen identification can help in dictating selective preventive measures along with targeted immunotherapy. Functional assessment includes spirometry and oscillometry (advanced lung function testing), whereas inflammatory assessment includes FeNO analysis. These will help in optimizing pharmacotherapy at diagnosis and during follow-up.

Pediatric Allergy and Pulmonology Lab at Sir Ganga Ram Hospital, Delhi is the country's first dedicated place for allergy testing and immunotherapy among multi-disciplinary hospitals. Facilities of skin prick test, intra-dermal test, patch test, food or drug challenges, oscillometry and FeNO (both bronchial and Nasal) are available at the lab. FeNO and allergy testing can help in identifying the disease phenotype in an individual patient, which can help in choosing among available biologics. Patients of all age group are regularly getting benefitted by allergy services. After identifying the responsible allergen/s, we are able to provide immunotherapy and desensitization facilities to the needy.

In the current post-pandemic era, allergic disorders are on rising trend. Quality diagnostics and targeted therapeutics are the key factors to optimize its management.



A - Nasal FeNO analysis in patients with allergic rhinitis; **B** - Bronchial FeNO analysis to determine the asthma phenotype and to decide about choice of biologicals; **C** - Impulse Oscillometry, an advanced pulmonary function evaluation technique for small airway problems (both obstructive and restrictive) which can be performed by patients of any age, poor muscular reserves or post-surgery; **D** - Skin Prick Test helps in determining the causative allergen in a given patient thus helping in developing personalized treatment plan.

Dr. Neeraj Gupta
Allergist, Pediatric Intensivist & Sleep Specialist
Consultant, Department of Pediatrics
Sir Ganga Ram Hospital



The Artistic Alchemy: Exploring Creativity, Painting, and Happiness

Modern living is characterized by hectic schedules which have now been further worsened by digital distractions. Our day to day work schedules and the increasing stress of medical practice can be overbearing. In the world of artistic expression, and especially painting stands out as a medium that not only embodies creativity but also becomes a powerful catalyst for satisfaction and happiness.

Therapeutic Palette of Painting

Painting serves as a canvas for emotional expression. The act of transferring emotions onto a blank canvas is therapeutic, providing a safe space to release pent-up feelings, and leading to a sense of emotional catharsis. It fosters mindfulness, anchoring individuals in the present moment. The process of creating art can induce a "flow state," where the mind is fully absorbed, promoting a profound sense of satisfaction and joy.



Through painting, individuals can embark on a journey of self-discovery. It allows for introspection and reflection, leading to a deeper understanding of one's thoughts, values, and desires. Completing a painting, whether simple or intricate, instills a sense of accomplishment. Art has the power to connect people. Sharing paintings with others, whether in-person or through virtual platforms, fosters a sense of community and shared joy. This interconnectedness enhances happiness on both personal and collective levels.

Engaging in artistic pursuits promotes relaxation, lowers cortisol levels, and contributes to an overall sense of well-being. The interplay between creativity, painting, and happiness is a symbiotic relationship that enhances the quality of life. Cultivating creativity through painting not only enriches the soul but also radiates positivity, fostering a more content and joyful existence.

Painting as a hobby offers doctors a multitude of therapeutic benefits, from stress reduction and creative expression to improved focus and problem-solving skills. By embracing this artistic outlet, doctors can enhance their overall well

being and maintain a healthier work-life balance. Moreover, the act of painting can strengthen the doctor-patient relationship and provide valuable tools for patient care.



In a profession where self-care is often overlooked, painting stands as an accessible and rewarding hobby for doctors to nurture their creativity and maintain a sense of balance in their lives.



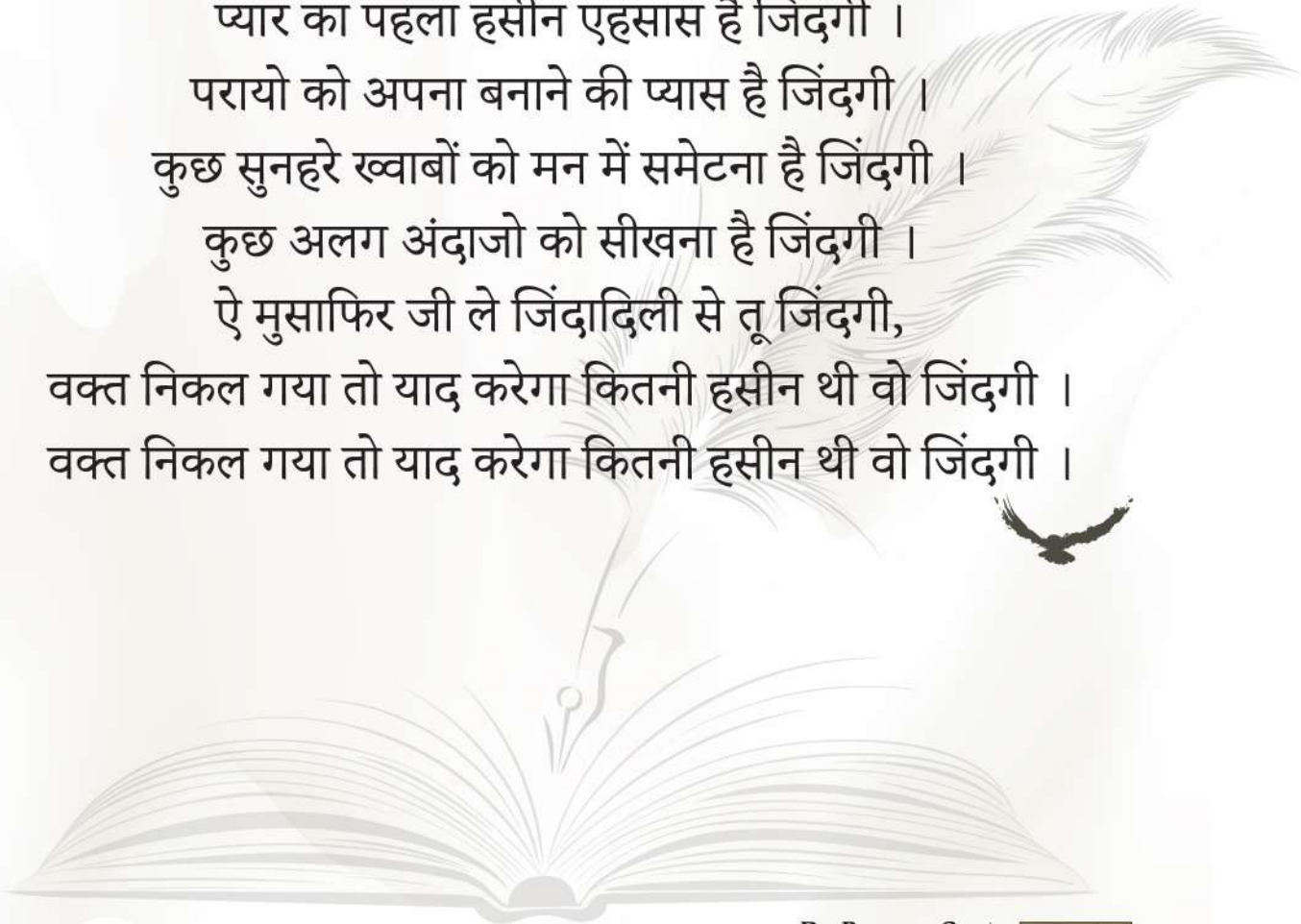
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जिंदगी



उम्मीदों की उलझन पर चल रही है जिंदगी ।
 कुछ खुशियों कुछ गमों के बीच पल रही है जिंदगी ।
 कुछ खोने कुछ पाने की कशमकश है जिंदगी ।
 कुछ रोने कुछ हंसने की डगर है जिंदगी ।
 उसकी एक झलक से दिल बहल जाना है जिंदगी ।
 उसकी एक मुस्कुराहट पर सब कुछ लुटाना है जिंदगी ।
 प्यार का पहला हसीन एहसास है जिंदगी ।
 परायो को अपना बनाने की प्यास है जिंदगी ।
 कुछ सुनहरे ख्वाबों को मन में समेटना है जिंदगी ।
 कुछ अलग अंदाजो को सीखना है जिंदगी ।
 ऐ मुसाफिर जी ले जिंदादिली से तू जिंदगी,
 वक्त निकल गया तो याद करेगा कितनी हसीन थी वो जिंदगी ।
 वक्त निकल गया तो याद करेगा कितनी हसीन थी वो जिंदगी ।



Dr. Prasoon Gupta
 Associate Consultant
 Institute of critical care medicine
 Sir Ganga Ram Hospital



The Teachers' Day Festivities

A day of commemorative jollification to express our sincerest gratitude for our former president, Dr. Sarvepalli Radhakrishnan, filled the SGRH auditorium with joy and pride. He was a distinguished scholar in philosophy and receiver of several prestigious awards, a politician and statesman who served as the second president (1962-67) and previously first vice-president (1952-62) of India. The celebrations commenced with the Saraswati Vandana and welcome address by the Dean. This was followed by the lamp lighting ceremony.

The key event was the launch of GRIPMER Newsletter, a reflection of immense hard work by our team of young consultants (Dr. Veronica, Dr. Vaibhav, Dr. Anita, Dr. Anmol, Dr. Lakshmikanth and Dr. Shrihari) under the guidance of Dr. Jaya Sood, Dr. Vinod Malik and Dr. Satish Saluja. An introductory talk was delivered by Dr. Veronica to give us more insight into this beautifully designed newsletter.



A heartwarming award ceremony to appreciate the remarkable journey of our senior professors served as a poignant reminder of the brilliance of each of their achievements. It is said "Great teachers never try to be the best, they simply try to bring out the best in their students" and our institute has been blessed with a multitude of such extraordinary individuals who nurture the geniuses of tomorrow. Among the awardees were our senior most professors, Professor B.G. Kotwani, and Professor P.S. Gupta, who joined SGRH in 1982 and have been instrumental in establishing DNB programmes in their respective specialities. Dr. Kotwani, pinnacle of knowledge and diligence, is a teacher par excellence and her incessant enthusiasm of taking regular teaching classes for her students, at the age of 90+, is phenomenal. Dr Gupta, who holds prestigious positions both at National and international level, has been a role model for our young doctors. His exemplary character and willingness to assist his students is laudable.

Our teachers' day celebration was highlighted by our residents with their stunning and soul - stirring dance and musical performances that created a state of euphoria amongst the audience.



As Geoffrey Chaucer once said "Everything has an end", this excellently organized programme concluded with a vote of thanks by Dr. Satish Saluja

We wish a Joyful teachers' day to all our mentors for illuminating our path and shaping our minds!!

Dr. Amrita
Associate Consultant,
Department of Ophthalmology
Sir Ganga Ram Hospital



A Story of a Missed Flight- A Blessing in Disguise

Often as young individuals we have a meagre saving and making a trip, and let alone to a foreign land, seems like an impractical joke. If given a proper thought, you see that with time your bank balance takes a leap but so does your responsibilities and health issues. Going by the mantra of "you only live once", with my not so pleasing bank balance, decided to start saving and make my first international trip. This was last year, and I was in my first year of residency.

Planned a 12 days trip to the Austrian cities of Vienna, Salzburg and Innsbruck along with Bratislava (capital city of Slovakia) and Prague. The visa process went smooth and we were all ready to fly to Vienna with a layover of 1hr in Istanbul.

The Turkish Airlines flight, which was supposed to depart at 7.30 am from the Indira Gandhi International Airport, was late by 30 minutes. Naturally it was late to arrive at the Istanbul airport, where we were to change over for our flight to Vienna. And the layover period being too short, we had to almost run for our lives, to catch the connecting flight. Running that fast with all the hand luggage felt like my heart would give up anytime. By the time we reached the gate, boarding had closed. Our first overseas trip started with a bang. In spite of all the requests, they didn't allow us on board. With none of the phones working and not knowing where to go and what to do, we were so scared.

We managed to reach the airlines help desk where they agreed to put us on the next flight to Vienna, which was scheduled the next morning. They provided hotel accommodations for the stay and we got ourselves Turkish visas. And now we had an entire day to explore this beautiful city of Istanbul. We were sad, scared and yet so excited to roam around this new city which was not at all in our itinerary.

After having been installed in our rooms we ventured out straight away. We collected various maps from the reception desk with us, and immediately set off for this surprise adventure. We only had an evening to cover a big city like Istanbul.

First, we took a cab to the famous Taksim Square, which stole our hearts with the lively ambience and colorful crowd. Thereafter we visited the Galata tower with bridge and finally followed by the Hagia Sofiya. We love photography, so for us, being alone in a huge monumental building is photography heaven. We managed a couple of minutes alone in the main part of the Hagia Sophia, before we were joined by other tourists. A good tip is to head straight for the part you want to see most, and not see a monument or building in the "right" order - that way you get a better chance of seeing what is important to you properly. The building was lovely, with dusk light hitting the domes and all that yellow paintwork giving off a warm, golden glow. As the masses of people increased, we left for the Basilica Cistern, pretty much across the street.

We were anxious to explore, so didn't hang around for long, but headed to the Suleymaniye Mosque with a short detour to the turbe of Sinan at the street corner. When in Istanbul, it sort of feels right to pay homage to the man who was the genius of so many of the buildings. The Suleymaniye Mosque stunned us. So beautiful. And relatively visitor free compared to some mosques. We enjoyed the tranquility and the fact that visitors here seemed quite respectful.

Being the biggest foodies, we didn't miss the Turkish ice-cream and also the Doner kebabs and Baklava. By the time we came back, we were dead exhausted from the journey as well as the trauma of a missed flight and financial setback. Put an alarm for 3.30 am the next morning as we had our flight to Vienna at 8. We also had a plan to wake up at around 9pm and go on a night city tour but miserably failed to stay awake. By the time our eyes opened it was 3.50 am by the watch and we had less than 10 minutes to get ready and catch the airport bus. Once again, we hurried like crazy but finally managed to board it. The rest of the morning went smoothly and we were on time for our flight to Vienna. We reached Vienna and immediately set off for Salzburg.

It's impossible to cover the entire city of Istanbul in half a day, so we will surely be coming back soon, keeping it as the top most priority in our travel list. The rest of our trip was not at all uneventful. With multiple minor setbacks along with a lot of fun exploring the various beautiful cities of a different continent, altogether made my first international trip so memorable and special. Word limit is too less to write about them here, so I'm keeping them for another day. Returned with a bag full of hilarious stories, and still thinking of writing a book titled, "What not to do when you are on a foreign trip."



Dr. Sreetama Sanyal
DNB Resident,
Department of Anaesthesiology,
Pain and Perioperative Medicine



Student to doctor : My journey of transformation

Becoming a doctor is a long and excruciating journey with lots of sacrifices. Even after all the hardwork, the intense feeling of not being adequate in your work is something that haunts most of the young medical graduates in this country. With unexpectedly high demand for PG seats and broad perception of MBBS graduates as not-so-worthy underlings, the coveted MBBS degree has been reduced to not more than a qualifying certificate for a PG examination. No surprise, this had led to medical students focusing all their energies on getting ready to face this mammoth examination at the end of the course, NEET-PG, instead of learning how to treat a patient, something which they had actually entered this stream for. When they pass out, they are highly proficient in solving MCQs but fail miserably in treatment of even the most common diseases found in the community.

I too was not different, PG exam was the hurdle that had to be crossed at any cost. I focused all my energies from 3rd year onward on preparing for that examination. Fast forward to 2021, I somehow managed to cross MBBS and crack the NEET-PG examination, but couldn't correct someone's measly Vitamin D deficiency fearing I'll cause hypercalcaemia in him. My clinical skills were nothing, a fever not getting relieved with Cefixime was a nightmare, all diarrheas in theory didn't require Loperamide but practically I was clueless on how to go about it. To put it in words, I was a fresh medical graduate with MBBS degree but I was nowhere near of being a doctor that I was meant to be, and this was the case when I had completed my MBBS from one of the most prestigious institutes of this country, AIIMS-Patna.

In 2022, after multiple delays in examination and counselling I finally entered the premises of this amazing hospital. Observing complex cases became a habit, medical dilemmas became the refreshing morning coffee, finding ways out of clinical dead ends became a daily exercise, and just before I could know, the boy who hesitated to give Vitamin D capsules developed the ability to diagnose and start treatment of HLH on its own. It was not just about being able to handle what I knew, the fear of handling the unknown had vanished. Many a times I faced situations in casualty duties when I didn't know what I was dealing with, knowing that ICU team was just a call away and all super specialties were available under one roof to consult, I was able to sail through many nights while dealing patients of MODS coming out in the

morning a much more learned person. Each time such tricky situation arrived, I learned more out of it, requiring lesser and lesser help the next time, and this journey continues till this date.



Being able to work in this hospital with some of the best doctors of this country in a resource-rich setting has been an overwhelming experience for me. Just by being around these great minds and observing how they work makes you learn so much, what to say of when you are directly working under their guidance. Thankfully I am just halfway across my journey, so much has yet to be learned, and I am lucky to be able to spend some more time doing that here. I can say without a doubt, that while my college just gave me a degree, this hospital actually made me the doctor that I was meant to be.



Dr. Kulwant Sesodia
DNB 3rd year Family
Medicine Resident,
Sir Ganga Ram Hospital



25 years ago

The year was 1998 and havoc was about to unravel itself.

The quiet early morning streets of porur was about to witness a spectacle. It was not unusual for this neighborhood to experience this, but everytime it happened, they wanted to know what had caused the uproar

I was three years old and it had just hit me that I was going to a place called school today. I did not know what it was , but it wasnt home and that was license to cry.

Like every 3 year old I loved attention. And on this day my grandma (referred to as 'paatima' henceforth) was faced with an uphill task of calming me down.

And she was good at it.

She was the best at it.

So while my parents got ready for the day, my patti told me my favorite stories and took my mind off things. She says that I briefly stopped crying and then once again resumed. It began as small well spaced sulk, then a shrill cry which soon turned to a howl. And then the tears followed, elegant and drop by drop.

Mom rushed to pick me up and as I was being hoisted above her head I saw her happy face and I paused to take a deep breath. She wore a bright orange saree. It was beautiful.

Appa was ready. And he took me from my mom and carried me on his shoulders as we left home.

The school was somewhere close by so they decided to walk, I guess. The roads were busy now. Shutters were being pulled up and the street vendors were setting up their articles for sale.

A nearby temple Bell resounded. It echoed partially with my cry.

I had the best view though. I could see over the bald heads and the even above small vehicles. I remember looking at skies and being scared that it was all water which would one day pour over us.

It was 1998 and Chennai was breezy in the morning.

1998 when global warming was only mentioned in Sidney Sheldon's books and was mostly a myth.

The weather and the view definitely calmed me.

A few minutes later we reached our destination. An old house which housed a playschool on the first floor. We ascended past the steep stairway and I was ushered in by my teacher. There were a lot of smiles exchanged while I tried to fathom how terrible it was.

New kids.

A new place and no patti.

That sucked at multiple levels.



I was made to sit with a few kids: some were crying and the rest were as confused as me.

To my left my mom sat, filling up a few forms. She would occasionally look up and smile at me. I knew it wasn't a long time before I went home so I decided to endure the storm.

I glanced around the room which was notable for its beautifully decorated walls, painted desks with small building blocks scattered on the top and randomly placed indoor potted plants. Right in the middle was a black board with shapes drawn on it. Tactfully designed to keep a kid's curious eyes wondering; and my curious mind was scheming and planning as to what I can topple or throw.

I turned to smile at my mom and she wasn't there.

Panic.

The how I began as I got up in fear.

Tears followed.

I Swiftly got up and raced to the stairs. I started climbing down one at a time and looked up as I was nearing the last one to see the familiar orange saree. Without thought, I just tugged on to it and hugged it. My mom must have felt the pull and looked back to see me crying. She picked me up and spent 15 minutes trying to make me understand. My dad watched the scene unfold and asked me what I really wanted. "Patti" was the reply.

Within minutes, the paperwork was nullified and I was hoisted over my dad's head as we walked back home.

It's been 25 years and I still want my Patti with me.

Karun Saathveeg Sam
2nd year DNB Resident
Department of Internal Medicine
Sir Ganga Ram Hospital



Zen and the Art of Motorcycle Maintenance : An inquiry into values

‘When one person suffers from a delusion, it is called insanity. When many people suffer from a delusion it is called a Religion’

‘For every fact there is an infinity of hypotheses’
‘Sometimes it is a little better to travel than to arrive’

Robert M Persig in Zen

Robert M Persig, the author of this masterpiece, in an alternate universe, would have competed with J K Rowling and Stephen King, as he faced 121 rejections before this book was published. The book, first printed in 1974, went on to become one of the best-selling Philosophies of all time.

This book is written in an autobiographical form, about a 17-day road trip that Persig undertakes with his son Chris on his Honda motorcycle across the American landscape along with, a couple of friends. Throughout the journey, he compares various aspects of motorcycle maintenance with ‘Zen’, a Buddhist philosophy based on meditation and introspection

Much like our ‘Bhagwad Gita’, this book is written in the form of conversations discussing Philosophies, arising from the stories of the author's past, in which he refers to himself as Phaedrus, a fictional character.

Persig has compared various approaches to life, based on how his friend who is a ‘Romantic’ and chooses not to learn, how to maintain his expensive new motorbike and is dependent on the mechanic to manage the day to day faults, versus himself, who is a ‘Classic’ and has an old motorcycle which he maintains nicely by diagnosing the problems by his rational thinking.

He says that traveling in a car is like being enclosed in a cocoon, where you are a passive observer as if watching a television, in a boring frame. On a Motorcycle that frame is gone. You are completely in contact with it all. You are in the scene, not just watching it anymore, and the sense of presence is overwhelming.

Persig introduces the concept of ‘Gumption Traps’ as an event or mindset that causes a person to lose enthusiasm and become discouraged from starting or continuing a project. It may be a ‘setback’ arising from external events or a ‘hang up’ which is a product of internal factors. He says that the solutions to these traps arise from basic tenets like being slow and meticulous, reducing hyperfocus, and the concept of frequent breaks.

A reason why this book is still relevant, even after five decades of its publication, is the fact, that it encourages the reader to explore and seek accommodation with modern life, governed by neither a reflexive aversion to technology, nor a blind faith in it.

Robert M Persig, born in 1928 was of German and Swedish descent, had an IQ of 170, and was expelled from the University of Minnesota during his post-graduation because of his strong belief that a number of hypotheses in science are unlimited and not just confined to the books. An army veteran, he went on to teach philosophy and creative writing in his later years.



Dr. Anubhav Gupta
Department of Plastic
and Reconstructive surgery
Sir Ganga Ram Hospital



Awards

Gripmer Emeritus Professorship Awards

Dr. B.G. Kotwani

(Emeritus Consultant, Obstetrics & Gynaecology)

- Joined as “Senior Consultant” in the Department of Obstetrics & Gynaecology in the year 1982.
- Prior to that she was a much celebrated “Professor” of Obstetrics & Gynaecology at Maulana Azad Medical Collage (MAMC), New Delhi.



Dr. P. S. Gupta

(Emeritus Consultant, Department of Medicine)

- Joined as “Senior consultant” in the Department of Medicine in the year 1982.
- He is credited with establishing the DNB programs in the Departments of Medicine as well as Family Medicine.
- Prior to joining Sir Ganga Ram Hospital, he was the “Head of the Department” of Medicine at Maulana Azad Medical Collage (MAMC), New Delhi.
- He has received Dr. B.C. Roy award in 1980.

Dr. A.K. Lahiri

(Emeritus Consultant, Department of ENT)

- Joined the Department of ENT, Sir Ganga Ram Hospital, in the year 1984.
- Prior to this, he was a “Faculty” at Maulana Azad Medical College (MAMC), New Delhi.
- He is the pioneer of Cochlear Implant in North India and has been instrumental in training many cochlear implant surgeons and establishing this program in many centres across India.



Dr. R. Bhalla

(Emeritus Consultant, Department of Orthopaedics)

- Joined as a Senior Consultant in the Department of Orthopaedics in 1985.
- Prior to this, he was a “Faculty” at Christian Medical Collage (CMC), Ludhiana
- He is a very popular teacher and an academician par excellence.
- He has a special interest in Orthopedic trauma cases and He is advisor to Indian Orthopedic Rheumatology Society.

Gripmer Appreciation Awards

Dr. D.S. Rana

(Emeritus Consultant, Department of Nephrology)

- An alumna of IGMCI Shimla, PGI Chandigarh and AIIMS New Delhi.
- He joined in 1981 as a “Consultant” with the mandate to start the specialty of Nephrology at Sir Ganga Ram Hospital. Currently he is the Chairperson Institute of Renal Sciences.
- He has comprehensively pioneered renal dialysis services at Sir Ganga Ram Hospital and seamlessly integrated them with renal transplantation programme.
- He is the former “Chairman” Board of Management and currently the “Chairman” of Sir Ganga Ram Trust Society.
- He is “Patron and the Creator” of the GRIPMER.
- He is recipient of many prestigious awards namely: Padma Shri Award 2009, Dr BC Roy National Award 2014, Himachal Gourav, Purna Strot (Inspirational Award) by the Govt. of Himachal Pradesh, Tridecimal National Award, Adjunct Professorship by the National Board of Examinations and “Dhanvantari Sehat Samman”.
- He is a member of sub-committee of NCD Working Group for the formulation of 12th Five Year Plan for National Organ Transplant Program, Government of India.
- Elected Member of Medical Council of India in 2007.
- He is the “Founder Chairman” of New Delhi Kidney Care Foundation (2003) and Parvati Education and Health Society, Himachal Pradesh (2005).



Dr. Ashok Anand

(Emeritus Consultant, Department of Institute of Critical Care Medicine)

- He is alumnus of Ranchi University and an intensivist with a diploma in intensive care from America Critical Care Society- Jaipur.

Dr. Chand Sahai

(Emeritus Consultant, Department of Anaesthesiology, Pain & Perioperative Medicine)

- An alumna of Christian Medical College (CMC) Ludhiana, she joined as “Senior Consultant” in Department of Anaesthesiology, Sir Ganga Ram Hospital in 1987.



Dr. Abha Majumdar

(Emeritus Consultant, Department of Obstetrics & Gynaecology)

- She is “Director” of the Centre for IVF and Human Reproduction at Sir Ganga Ram Hospital, New Delhi.
- She has initiated programs in infertility, ART, reproductive endocrinology, and endoscopic surgery for pelvic resurrection.
- Her team was responsible for the birth of the first In Vitro Fertilization (IVF) baby in North India in September 1991.
- Since 2007, she has served as the “Course Director” for the Post Doctoral Fellowship in Reproductive Medicine offered by the NBE.
- She received the Abdul Kalam gold medal (2015), the Rastriya Gaurav gold medal (2017), NBE’s Distinguished Teacher of Excellence award for PG medical education (2017), IVF Champion of the year award (2019) and the Bharat Ratna Rajiv Gandhi gold medal from the Global Economic Progress & Research Association (2023).

Dr. Harsha Jauhari

(Emeritus Consultant, Renal Transplantation)

- He is “Chairman”, Department of Renal Transplant Surgery, at Sir Ganga Ram Hospital, New Delhi for the past 35 years.
- He is the “Chairman” of the Sir Ganga Ram City Hospital.
- He has to his credit almost 6500 renal transplant & 4500 continuous ambulatory peritoneal dialysis (C.A.P.D).
- He is the “Chairman” of medicolegal committee of the Sir Ganga Ram Hospital.
- An example of a landmark achievement is the Reachout Program.
- He has received many awards: Dr. B.C. Roy National Award by the Hon’ble President of India (2016), “Hall of Fame”, Armed Forces Medical College, Pune (2020), “Lifetime Achievement Award” by the Honourable Minister of Health & Family Welfare, Govt. of India (2023).



Dr. Harsha Khullar

(Emeritus Consultant, Department of Obstetrics & Gynaecology)

- An alumna of Banaras Hindu University (BHU) Varanasi, she joined Sir Ganga Ram Hospital in 1988.
- She is currently the “President” of north zone “Indian Society of Perinatology and Reproductive Biology”.
- She has been awarded as “APJ Abdul Kalam Appreciation and Excellence Award” by Delhi Gynaecological Forum in 2022 and 2023.

Dr. Jayashree Sood

(Emeritus Consultant, Department of Anaesthesiology, Pain & Perioperative Medicine)

- She is the Hony. Secretary, Board of Management & Member, Sir Ganga Ram Trust Society.
- Chairperson, Institute of Anaesthesiology, Pain & Perioperative Medicine.
- Her credentials include being one of the “Top Five Female Innovators” in anaesthesia in India by the World Federation of Anaesthesia, IMA Mediko Healthcare Excellence Award for “Excellence in Anaesthesia Management”, Atal Swasthya Bhushan Samman awarded by the Sevron Foundation for her extraordinary contributions to her profession.



Dr. Kanwal Gujral

(Emeritus Consultant, Department of Obstetrics & Gynaecology)

- She joined as “Consultant” in SGRH in 1986.
- She is currently the “Chairperson” of the Institute of Obstetrics & Gynaecology.
- She is the “President” of the Society of Fetal Medicine Delhi Chapter and “Past President” National Association for Reproductive and Child Health of India (NARCHI), Delhi.
- She is the Advisor of Delhi Gynaecologist Forum (DGF) central and is an active member of editorial board working group of the journal Current Medicine Research & Practice.
- She has been conferred many awards: IOG Satya Paul Award (2017), Excellence in High-Risk Pregnancy Management Med-Gate 10th MT India Healthcare Award (2020), Dr. APJ Abdul Kalam Excellence Awards of DGF 2022.

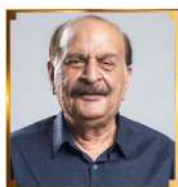
Dr. S.C. Bharija

(Emeritus Consultant, Department of Dermatology)

- An alumna from AIIMS, he joined as a “Consultant” in the year 1990 in the department of dermatology Sir Ganga Ram Hospital.



Accomplishments at a glance



Dr. R.K. Sabharwal
(Emeritus Consultant, Department of Paediatric Neurology)

- An alumna from GB Pant Hospital, New Delhi, he joined as “Senior Consultant” in paediatric neurology in 1993.
- He is currently “Head of Child Neurology & Epilepsy”, Institute of Child Health, Sir Ganga Ram Hospital, New Delhi.
- He was the first to use “Inhalation Anaesthesia and Electroconvulsive therapy” in a child with “Malignant Super-refractory Seizures” in India.
- He received the Air Marshal Srinagesh Medal and Life Time Achievement Award for dedicated and meritorious services by the Delhi Neurological Association in 2021.

Dr. Rajeev Kulshrestha
(Emeritus Consultant, Department of Paediatric Surgery)

- An alumna from A.I.I.M.S (1978). After superannuation from Safdarjung Hospital, New Delhi in June 1998, he joined as “Head of the Department” of Paediatric surgery at Sir Ganga Ram Hospital, New Delhi.
- Pioneer in starting DNB in Paediatric Surgery at Safdarjung Hospital, New Delhi and also at Sir Ganga Ram Hospital, New Delhi.
- In 1993, he was awarded WHO Fellowship (USA).
- He has authored 4 books on Paediatric Surgery which are very popular among the residents.



Dr. Rathindra Sarangi
(Emeritus Consultant, General and Laparoscopic Surgery)

- An alumnus of SCB Medical College Cuttack, he joined as “Senior Resident” in 1982 and rose to be “Senior Consultant” and “Head of Department” in the department of Laparoscopic, Laser and General surgery.
- He is a very versatile surgeon working on the cutting edge of the specialties of endocrine and laparoscopic surgery.
- He is known for his expertise in ‘focused parathyroid surgery’ for hyperparathyroidism.

Dr. S.C. Sharma
(Emeritus Consultant, Department of Institute of Critical Care Medicine)

- He is an alumnus of Patliputra Medical College, University of Ranchi and a Diploma from University of Barcelona, Spain.
- He joined Sir Ganga Ram Hospital, New Delhi in 1979.
- He was conferred with Best Performance awards for three consecutive years from 1983-1985 by Board of Management, Sir Ganga Ram Hospital, New Delhi.



Dr. V.K. Nijhawan
(Emeritus Consultant, Department of Orthopaedics)

- He joined Sir Ganga Ram Hospital, New Delhi in 1985 as a Senior Consultant in the department of Orthopaedics.
- In 2018, he was honoured with the Times Healthcare Achievers Award.



Dr. S.P. Byotra
(Emeritus Consultant, Department of Medicine)

- An alumna of the Government Medical College Jammu, he is the “Chairman” of the Department of Internal Medicine, Sir Ganga Ram Hospital.
- Alongside, he is the “Vice Chairman” of the Board of Management and a member of the Sir Ganga Ram Trust Society.
- Dr. Byotra is the recipient of the ‘Long Service Award’ and the “Dr. K.C. Mahajan” award for the Academician of the year, awarded by Sir Ganga Ram Hospital.
- He has been running a charitable clinic for more than 35 years now, and an orphanage at Shikarpur village for the past 15 years.

Dr. Anjali Arora

(Emeritus Consultant, Department of Cardiology)

- An alumna of Lady Hardinge Medical College, she is working at Sir Ganga Ram Hospital as a Senior Consultant with the Hyperlipidaemia Prevention Clinic in the Department of Cardiology.
- Her accomplishments include a series of 13 books aimed at both lifestyle change and patient care. Recently, she conducted a study on Familial Hypercholesterolemia, which concerned high cholesterol levels and genetic analysis.



Dr. Neelam Kler

(Emeritus Consultant, Department of Neonatology)

- Alumna from PGI, Chandigarh, she joined SGRH in 1988.
- She “Established” the department of neonatology in Sir Ganga Ram Hospital.
- Currently she is “Chairperson” of the department of neonatology.
- She was conferred with the “Padma Bhushan” by the President of India in 2014.
- She is the recipient of many awards namely: Best doctor award” from DMA (2014), “Citation Award” from The National private health care Business (2016), Express India, Academic Title of “Adjunct Professor” from NBEMS (2018).
- She has been the “President” of National Neonatology Forum of India.

Dr. Surender Kumar

(Emeritus Consultant, Department of Endocrinology & Metabolism)

- Dr Kumar served the nation as an “Army Medical Officer” for 25 years and joined SGRH in 1999.
- As “Chairman”, he was responsible for establishing the Department of Endocrinology.
- Currently he is an “Advisor” to the department.
- He has served as “President” of the SAARC Diabetes Association and was the Hon. Endocrinologist to the President of India.



Residents

Dr. Darshan Thummar

(DrNB Senior Resident, Interventional Radiology)

- 2nd Prize in Oral Presentation at “Indian Society of Vascular and Intervention Radiology (ISVIR)”, 2023, held at Hyderabad.
- 2nd Prize in E-Poster Presentation at “Indian Society of Vascular and Intervention Radiology (ISVIR)”, 2023, held at Hyderabad.

Consultants and Associate Consultants

Dr. Deepika

(Associate Consultant, Clinical Haematology)

- 1st Prize in Poster Presentation, “32nd Annual Conference of Delhi society of Haematology”, 2023, held at Maulana Azad Medical Collage, New Delhi.

Dr. Ankita Srivastva

(Associate Consultant, Obstetrics & Gynaecology)

- Awarded as “SAFOG Young Gynaecologist Award” 2023, at “14th South Asian Federation of Obstetrics and Gynaecology”, 2023, held at Mumbai.

Dr. Veronica Arora

(Associate Consultant, Institute of Medical Genetics & Genomics)

- 1st Prize in Oral Presentation on “Research Day 2023” - Sir Ganga Ram Hospital, held at Delhi.

Dr. Shivam Khare

(Associate Consultant, Institute of Liver Gastroenterology & Pancreatic Biliary Sciences)

- 2nd Best Video in “Endoscopy Premier league (EPL)”, 2023, held at New Delhi”.



COVER PAGE STORY



The Blue Moon

**Picture taken by Dr. Vasu Vashishtha Associate Consultant,
Department of Laparoscopic, Laser and General Surgery**

When this once in a "blue" moon spectacle occurred on the night of 30th August 2023. There I was, in awe of the celestial canvas unfolding, the moon bathing in the azure hue happening once only in 10 years and captured it through my lens against the dark velvety backdrop. The super blue moon which occurs as a combination of super moon and blue moon when the moon aligns very closely with Earth during its orbit called perigee...

CONTENT PAGE STORY



Tranquility of Nature

**Picture taken by Dr. Veronica Arora,
Associate Consultant, Department of Medical Genetics**

"Amidst the tranquil waters of Taj Kumarakom, vibrant hues dance with nature, crafting a mesmerizing tableau of serenity and splendor."

BACK PAGE STORY



Seeking horizons

**Pic credits: Ashwini Mehta,
Senior Consultant Department of Cardiology**

**Quote by: Dr. Veronica Arora,
Associate Consultant, Department of Medical Genetics**

*The horizon asks, why do u no believe in me ?
There is so much more to me than the sky,
there is so much core to me than the water passing by*

The Horizon asks,
why do u no Believe
in Me ?

There is so much
more to me than the
Sky,
There is so much
core to me than the
Water passing
by.

