



SIR GANGA RAM HOSPITAL

Newsletter



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National Workshop on AI-Driven Multi-Omics Integration



Left to right: Prof (Dr) N.K. Ganguly, Dr D.S. Rana, Dr Jitendra Singh, Dr Shivkumar Kalyanaraman, Dr Ajay Swaroop

The Department of Biotechnology and Research, SGRH organized a landmark three-day national workshop titled 'Harnessing Artificial Intelligence for Multi-Omics Data Integration and Analysis' on 15–17 October 2025. The event brought together leading national and international experts in genomics, proteomics, metabolomics, computational biology and artificial intelligence, positioning India at the forefront of AI-enabled biomedical innovation.

The workshop opened with an impressive inaugural ceremony graced by Chief Guest Dr Jitendra Singh, Hon'ble Union Minister for Science and Technology, and Guest of Honour Dr Shivkumar Kalyanaraman, CEO, Anusandhan National Research Foundation (ANRF). Senior dignitaries including Dr D.S. Rana, Dr Ajay Swaroop, Professor (Dr) N.K. Ganguly, and Dr Rashmi Rana welcomed the guests with a lamp-lighting ceremony, national anthem, and felicitation session.

The scientific programme began with an introduction by Padma Bhushan Professor N.K. Ganguly, who emphasized the growing need for integrating multi-omics with artificial intelligence to advance personalized medicine. The first lecture, 'AI in Single-Cell Genomics' by Dr Debarka Sengupta (IIIT-Delhi), set the tone by showcasing how AI uncovers cellular heterogeneity at an unprecedented resolution. This was followed by Dr Arvind Kumar (AIIMS Delhi) discussing AI-enabled infectious disease diagnostics, a critical area for India's public health landscape.

International participation was marked by Dr Kirsten Tief-Küry and Dr Shrihari Jathanakodi from Thermo Fisher Sweden, who explained how next-generation proteomics platforms are unlocking real-time insights into human health. Additional highlights included Professor G.P.S. Raghava's session on designing therapeutic proteins using machine learning and Dr Brijesh Pandey's talk on advancements in clinical mass spectrometry. Hands-on demonstrations in untargeted proteomics and metabolomics enriched the learning experience for participants across academic and industry backgrounds.



Dr Jitendra Singh, Hon'ble Minister of State (Independent Charge) for Science and Technology, Government of India, inaugurating the Poster Presentation Session



Day 2 focused on systems biology, computational modelling, and clinical AI applications. Dr Karthik Raman (IIT Madras) delivered an engaging lecture on metabolic modelling and network biology, followed by Dr Anoop Ambikan (Karolinska Institute, Sweden) who discussed deep-learning models for multi-omics integration. Dr Ravi Sirdeshmukh elaborated on combining genomics and proteomics using AI for robust biomedical insights. The afternoon included hands-on sessions on targeted analysis led by Thermo Fisher experts, culminating with a gala dinner at the India International Centre.

The final day showcased future-ready innovations

in AI-enabled healthcare. Dr Geeta Manjunath (Niramai) presented cutting-edge thermal imaging techniques for non-invasive cancer detection. Dr Sanjeeva Srivastava (IIT Bombay) illustrated how proteomics and machine learning are revolutionizing early disease diagnosis. Dr Rajesh Pandey (IGIB) discussed integrative genomics for disease modelling, while Dr Amit Kumar Yadav (THSTI) explored intersections between proteomics, NLP and digital pathology. Hands-on demonstrations on NGS workflows and high-dimensional multi-omics analytics followed, led by experts including Dr Rintu Kutum and Dr Agnieszka Ciesielska.

With participation from students, clinicians, researchers and industry specialists, the workshop successfully provided a comprehensive platform for learning and collaboration. The event underscored SGRH's commitment to advancing AI-driven precision medicine in India and fostering next-generation multi-omics research infrastructure.

Organized and compiled by

Dr Rashmi Rana

Department of Biotechnology and Research

Technology Meets Healthcare

Sir Ganga Ram Hospital, Delhi

a leader in patient care and clinical excellence,

and

Netaji Subhas University of Technology, Delhi

a hub of innovation and research, joined hands together to

revolutionize healthcare through Artificial Intelligence

on

18 September 2025

Sir Ganga Ram Hospital (SGRH), known for its commitment for providing high-quality comprehensive healthcare *joined hands* with **Netaji Subhas University of Technology (NSUT)**, a national centre for technical education, research and innovation, with a strong mandate to translate science and engineering, to initiate a strategic, collaborative partnership intended to bridge the gap between healthcare needs and technological solutions using **Artificial Intelligence (AI)**



Meeting of the Teams: SGRH and NSUT



Left to right: Dr Satya Prakash Singh (Coordinator, Centre of Excellence in AI), Prof M.P.S. Bhatia (Dean, Faculty of Instrumentation and Communication), Lt. Col. Ashish Aggarwal (Registrar), Dr Sangeeta Choudhury (Coordinator AI-SGRH), Hon'ble Vice Chancellor, Prof Ananda Srivastava, Dr Ajay Swaroop (Chairman, Board of Management), Dr N.K. Ganguly (Chairman, Department of Biotechnology and Research)



Left to right: Dr Jayashree Sood (Vice Chairperson, Board of Management), Dr Samiran Nundy (Member, Board of Trust), Dr Kriti Jain, Dr D.S. Rana (Chairman, Board of Trust) [front row]; Dr Evanka Madan [back row]

genetic data, medical history, and lifestyle factors to recommend personalized treatment plans.

programming, which will lead to innovation and improve patient outcomes.

This partnership will foster development of AI-powered prototypes, to name a few areas:

- *Diagnostic tools*: Developing AI algorithms to analyse medical images to detect diseases earlier and more accurately than is possible manually.
- *Predictive analytics*: Using machine learning to identify patients at high risk for certain conditions (e.g. sepsis or re-admission) so that timely interventions can be made.
- *Personalized medicine*: Utilizing AI to analyse a patient's

The MoU comprehends the gap with the **Vision**: 'To harness the power of AI to enhance diagnostics, treatment, and healthcare delivery' and **Mission**: 'To develop cutting-edge AI tools for medicine; Train healthcare professionals in AI applications; Advance research integrating clinical expertise with technological innovation'.

The scope of collaboration encompasses student exchange, faculty development, research collaboration, clinical training, and community outreach.

Compiled by Dr Sangeeta Choudhury
Department of Biotechnology and Research



Dr Chintamani, Chairperson, Department of Surgical Oncology, SGRH, was conferred with the prestigious 'Honorary Fellowship of The American College of Surgeons' at the American College of Surgeons Clinical Congress held in Chicago from 4 to 7 October 2025.



Dr (Prof) Kusum Verma, Senior Consultant and Advisor, Department of Cytopathology, SGRH was conferred the prestigious Lifetime Achievement Award 'recognizing her iconic contribution to Cytopathology practice and academics' at the Annual Conference of Delhi Chapter of the Indian Academy of Cytologists held at AIIMS, New Delhi from 26 to 28 September 2025.

MICROCON 2025 – ‘Transforming Patient Outcomes’

Advancing Science, Inspiring Collaboration

MICROCON 2025, the Annual National Congress of the Indian Association of Medical Microbiologists, was successfully organized by the Institute of Clinical Microbiology and Immunology, SGRH in association with Maulana Azad Medical College (MAMC), New Delhi. The congress was held from 29 October to 2 November 2025 at the iconic Hotel Ashok, New Delhi, bringing together eminent medical microbiologists, clinicians, researchers, scientists and industry leaders from across India and around the globe. The theme of the congress, ‘Clinical Microbiology: Changing Patient Outcomes’.

The congress commenced on 29 October with 23 pre-conference workshops at different institutions of excellence throughout Delhi, covering a diverse set of specialized and rapidly advancing topics. One of the highly appreciated workshop, ‘How to publish in a peer reviewed journal’ was organized by the Institute of Clinical Microbiology and Immunology, SGRH and was blessed by Dr Mahantesh B. Nagmoti (President, IAMM), Dr Ajay Swaroop (Chairman, Board of Management, SGRH), Dr Jayashree Sood (Vice-Chairperson, Board of Management, SGRH) and Dr A.K. Bhalla (Secretary, Board of Management and Director Labs) at the inaugural function.

On 30 October, the academic momentum continued with three pre-conference CMEs including the highly appreciated CLSI – IAMM bioMérieux Global Symposium – featuring valuable insights from experts from CLSI including Dr Randall Hayden, Dr Amy J. Mathers and Dr Virginia Pierce. The other two CMEs, i.e. ‘The Consultant in Clinical Microbiology and Infectious Diseases: Preparedness for the Role’ and ‘Non-Tuberculous Mycobacterial Infections: The Neglected Threat’, also witnessed excellent participation and generated vibrant academic exchanges.

The congress was inaugurated on the evening of 30 October at 6:30 p.m. and was graced by Professor Yogesh Singh (Vice Chancellor, Delhi University) as the Chief Guest, with Dr



Inauguration: Launching the Souvenir

Left to right: Prof Sonal Saxena (Secretary IAMM), Prof Chand Wattal (Organizing Chairman), Prof Ajay Swaroop (Guest of Honour), Prof Yogesh Singh – Chief Guest (Vice Chancellor, Delhi University), Prof Mahantesh B. Nagmoti (President IAMM), Prof Munisha Agarwal – Guest of Honour, Dr Jaswinder Kaur Oberoi (Organizing Secretary)

Ajay Swaroop (Chairman, Board of Management, SGRH) and Dr Munisha Aggarwal (Dean, MAMC) as Guests of Honour. The ceremony, attended by national and international dignitaries including past presidents IAMM, international experts and experts from other medical societies celebrated scientific excellence and collaborative spirit. A congress souvenir was also released on this occasion. A captivating cultural programme followed, adding warmth, vibrancy, and joyful energy to the evening.

The scientific programme beginning 31 October was intellectually stimulating and comprehensive. Over two and a half days, MICROCON 2025 featured 2 plenary sessions, 4 keynote lectures, 12 Meet-the-Expert sessions, 2 debates, 2 clinical case discussions, and 15 parallel symposia.

A significant highlight was the participation of four distinguished international faculties, whose expertise enhanced the global academic outlook of the congress: Dr Dilip Nathwani (Scotland) ID Physician, Professor Patrice



SGRH workshop: How to publish in a peer review journal; Faculty and participants



Left to right: Prof Chand Wattal, Prof Dilip Nathwani, Prof David Livermore, Prof Patrice Nordmann, Lt Gen Raghunath (Retd), Prof N.K. Ganguly, Dr Subramanian Swaminathan



Dr David Denning, Mycology Expert



Valedictory Function – Change of guard

Nordmann (Switzerland), Professor David Livermore (UK), and Dr David Denning (UK). Their talks offered critical insights into antimicrobial stewardship, fungal diseases, and global infectious disease trends – earning immense appreciation from the attendees.

The two high energy debate sessions emerged as memorable highlights, addressing provocative themes as below:

- ‘Molecular diagnosis will replace conventional diagnosis of infectious diseases’
- ‘The present MD Medical Microbiology curriculum is in the right direction’



SGRH Organizing Committee

Packed halls, spirited discussion, and strong academic engagement made these sessions unforgettable.

The conference concluded with a memorable Valedictory Ceremony, where Dr Chand Wattal was elected the President of IAMM, marking a proud moment for the fraternity. Another landmark announcement was the establishment of the Indian College of Medical Microbiology (ICMM), aimed at strengthening advanced training, certification, and structured professional development in the field. Professor Chand Wattal was appointed as the chancellor of ICMM.

The conference highlighted the vital role of laboratories as strategic partners in patient care, enabling diagnostic stewardship to improve outcomes and combat antimicrobial resistance. With sincere gratitude to the management of SGRH and Dr D.S. Rana, Chairman, SGRH Trust Society, MICROCON 2025 concluded with renewed commitment to innovation and better healthcare.

Compiled by

*Dr Jaswinder Kaur Oberoi, Organizing Secretary
Institute of Clinical Microbiology & Immunology*

(All individual session contents are available on YouTube.)

The Department of Radiation Oncology and the Department of Paediatric Haemato-oncology under the banner of the Delhi Oncology Forum, SGRH and GRIPMER, organized a two-day Paediatric Oncology Masterclass on 6–7 December 2025. A total of 48 eminent faculty members from across Delhi-NCR, representing premier government and corporate institutions, participated as teachers. About 50 MD/DNB and DM students attended the programme, and the academic sessions were very well received by both learners and faculty.

On this occasion, a *Pocket Guide for Paediatric Radiation Oncologists* was released, designed to serve as a quick reference during treatment planning and for examination preparation.



World Hospice and Palliative Care Day, 2025

In a profoundly moving and intellectually rich gathering, healthcare professionals, educators, legal experts, and policy advocates came together to celebrate the World Hospice and Palliative Care Day on 11 October 2025 at Auditorium Hall A, Sir Ganga Ram Hospital (SGRH), New Delhi. The programme was organized by the Department of Palliative Medicine, SGRH. The theme this year was 'Achieving the promise: Universal access to palliative care', which explored the evolving dimensions of palliative care in India.

The programme was inaugurated by Dr D.S. Rana, Chairman of Sir Ganga Ram Trust Society, and Dr R.K. Mani, the Guest of Honour, whose visionary leadership in critical and palliative care set the tone for a day of reflection, dialogue and innovation. Dr V.K. Malik, Dean of GRIPMER, highlighted the importance of palliative care in society.

The programme was attended by about 150 delegates, including doctors, nurses, educators, legal experts and policy advocates, to examine the evolving aspects of palliative care and end-of-life ethics in India. The proceedings began with an inspiring opening address by Ms Vandana Mahajan, who spoke on 'Caregiver burden in palliative care' and explored the emotional, financial, and physical toll on caregivers. This was followed by a panel discussion on 'Advance Medical Directive' moderated by Dr Kinshuki Jain.

Dr R.K. Mani delivered an engaging and insightful talk on palliative care, emphasizing his pioneering work in critical and end-of-life care and setting a compassionate, forward-looking tone for the event. He highlighted the role of palliative care in end-of-life scenarios globally and showcased this journey within the Indian context.



This was followed by a short cultural programme. The prize distribution ceremony that followed honoured young school children who participated in different categories of our annual national competition. The competition aims to sensitize young minds to the needs of the elderly population in their homes and communities. Another panel discussion on 'Kidney supportive care' highlighted the integrated approaches to symptom management, dialysis decisions and psychosocial support in renal care.

A session on 'Legal aspects of End-of-Life Care' by Dr Bimla Sharma, HOD, Palliative Medicine, addressed laws and policies in India and other countries, emphasizing the need for

regulatory clarity and interdisciplinary collaboration. It also stressed the role of medical documentation in protecting both patients and providers.

A special segment reflected on HOPE at the end-of-life. It reflected on spiritual care, emotional dignity, and culturally sensitive frameworks for dying well. The session culminated with an important session on 'Medical cannabis in palliative medicine', which discussed its therapeutic potential for managing pain, nausea, anorexia, insomnia, fatigue and anxiety, and the regulatory legal pathways for clinical integration.

Compiled by

Dr Bimla Sharma, Dr Ruparna Khurana
Department of Palliative Medicine

Mantras for leading a happy, healthy and peaceful life



Dr P.S. Gupta

Everyone wants to be happy. Studies on positive psychology have shown that happy people are more creative and productive. They earn more money, enjoy better married life, have good family relationship and attract more friends. They stay healthier and outlive their grumpier colleagues.

Those blessed with reasonably good health, economic security, good family support and friends, have no reason to be unhappy. Yet some people possessing these prerequisites remain unhappy and distressed. The remedial measures (mantras) for such a state of mind are given below:

- **Count your blessings:** By counting your blessings in comparison with those of your counterparts who are a little less privileged, you will find that you are much more fortunate; then be happy and contented.
- **Have an attitude of gratitude:** Be thankful to those who have helped in your development and progress. Express deep gratitude to God, your parents, your teachers, mentors, your life partner and all those who have helped you in need.
- **Live in the present:** While living in the present, one should cherish memories of the happy moments of the past but should not continue regretting about the traumatic experiences of the time gone by but learn from the past mistakes, if any. The present is the gift of life and that's why it is called 'present'. Live this present fully, mind fully, happily and usefully. Useful not only for yourself but for others also.
- **Do not have expectations:** Carry out all your duties happily with keen interest and do good acts without expecting any gratitude or appreciation. Your happiness will be immense if the reward comes to you without your expectations for it.
- **Try to reduce your dependence:** Do not be fully dependent on others as far as possible. Be self-reliant and do some of your work yourself. You will realize its value when the help on which you are so dependent will not be available at that time. It will also help in increasing your physical activity and help in promoting health.
- **Use a portion of your earning for a noble cause:** Studies have shown that the happiness quotient of those who use some part of their income for a charitable cause is significantly higher than that of their counterparts who spend all their earnings on themselves.

- **Avoid the habit of criticizing:** Do not disturb the peace of others, particularly if they are younger or lower in status. Do not habitually criticize. Try to notice good qualities in them and be generous in appreciating them.

- **Be tolerant and compassionate:** Do not lose temper on trifling matters. Control your anger and get rid of ego, be considerate and sympathetic. Do not harbor, grudge, hostility and vindictiveness. Keep your mind devoid of ill feelings. Be forgiving, cultivate humility, compassion and a helpful attitude. This approach will provide happiness and peace of mind.

- **Accept adverse situations:** There are ups and downs in life. Accept life as it comes. Do not run away from problems and responsibilities. Face the problem and try to solve it with the best of your ability and resources and having an even mind throughout. A successful solution of the problem will provide not only happiness but also a feeling of fulfilment.

- **Maintain good relations:** For happiness and success in life, it is essential to maintain good relations with everyone concerned. The greatest of all happiness is to be at peace with immediate relatives with whom you live every day. Then of course, have good relations with all the members of the extended family, neighbours, friends and colleagues at workplace, close contacts and most importantly the helpers, especially all domestic employees and also help them generously to meet their essential financial and other needs.

- **Lead a disciplined life:** 'Early to bed and early to rise' – is a popular saying and this advice should be followed regularly. Have 7–8 hours of deep sleep. On getting up in the morning, perform yogic exercises and walking for a minimum of 45 minutes and do meditation for a few minutes in the morning and if feasible in the evening also. This ritual will help in controlling the chattering mind and will make it CALM and free from anxiety and stress. Have a balanced diet, take your prescribed medicine and keep your weight under proper control. Continue working happily and usefully even after retirement as long as physically fit. Have an afternoon nap if possible. It will be found to be very refreshing and soothing. This routine, carried out regularly will help in promoting a state of physical, mental, social and spiritual well-being.

Thus, by practising the above-mentioned mantras one can lead a happy, healthy and peaceful life.

Contributed by Dr P.S. Gupta, Emeritus Consultant, Medicine

Social oocyte freezing: A new ERA in fertility preservation

What is social egg freezing?

This refers to the process of freezing a woman's eggs to preserve her fertility for future use whenever she desires.

Why is there need for social egg freezing?

- The age at first delivery in women is continuously rising. It is well known that age is the most important indicator of fecundity. There is no known treatment to avoid or reverse age-related natural decline in fecundity.
- Societal changes and women empowerment have led to narrower gender gaps in career opportunities, which in turn have led to changes in reproductive choices and a tendency towards delayed childbearing.
- Social egg freezing (or planned oocyte cryopreservation) can give women an opportunity to extend their reproductive lifespan and time to fulfil educational and career aspirations as well.

Why do we need to freeze the eggs of a woman before a certain age?

- There is inverse relationship between age and ovarian reserve, and this can be measured by serum anti-Mullerian hormone (AMH) levels.
- Age and egg quality is inversely related. After 35 years of age, the risk of chromosomal aberrations in eggs increases.
- Mitochondrial viability in women vary significantly depending on age. In older women (>37 years), the oocyte mitochondrial function is impaired, granulosa cell apoptosis increases and oxidative stress increases further leading to poor egg quality.

Therefore the mean number of eggs required to make one healthy embryo leading to a live birth mainly increases with advancing age.

Freezing timeline

In a natural ovulatory cycle only one egg is released every menstrual cycle but if we stimulate the ovaries by injectable gonadotropins we can develop and extract 10 to 20 eggs within one menstrual cycle. Ovarian stimulation is started with injectable gonadotropins from day 2/3 of the cycle and continued for $\approx 9/10$ days. These eggs are retrieved vaginally with the help of needle attached to the vaginal ultrasound probe under short anaesthesia. Mature eggs are identified and assessed by the embryologist and frozen by the process of vitrification, and stored in liquid nitrogen cylinders in



groups of three eggs per cryopreservation straw at -196°C . For women with low ovarian reserve or advanced age more than one cycle of ovarian stimulations may be required, which can now with newer advancements in stimulation protocols can be done within the same menstrual cycle.

Egg freezing programme and cost at IVF SGRH

Even though oocyte freezing had been introduced at our centre in 2008 for women awaiting cancer treatment but social freezing started in 2016 and we have done about 100 oocyte cryopreservations till date. The cost of one cycle at our centre is Rs 95,000, which includes all hormone testing, ultrasound monitoring and egg retrieval under general anaesthesia and their freezing for one year. The injectable gonadotropin cost \approx Rs 50,000 for a cycle, and renewal charges for freezing for a year is approximately Rs 10,000.

Social egg freezing; hope or hype?

- Social egg freezing is generally well received, mostly by single women who wish to buy time before starting a family. Our study showed an overall positive attitude towards social egg freezing. Most felt very secure about their fertility and did not regret their experience. At present, it is the only way that enables career-oriented women to have reproductive autonomy.
- It is important to understand that age is an important factor in successful egg freezing. Therefore, it is pertinent to undergo this procedure at the right age. It is also important

to have it in a good IVF centre with high implantation rates and live birth rates, otherwise this would only give a false sense of security. However, the long-term safety for offspring in prolonged oocyte cryo-preservation for over 10 years is still being established.

Embryo freezing

Married couples are undergoing IVF only to freeze their embryos and delay child-bearing either for the first child or maybe make certain that they have their second child later with ease with advancing age.

Conclusion: Planned egg cryo-preservation appears to be generally well received by women who are mostly single and who wish to buy time while they seek a suitable partner to create a family. At present, it is the only way that enables carrier-oriented women to have reproductive autonomy. This procedure also precludes the need of donated eggs, which may become mandatory while desiring a child at an advanced age.

Contributed by

**Prof Dr Abha Majumdar, Director and Head
Centre of IVF and Human Reproduction**

HOSPITAL NEWS

Best Multispecialty Hospital (Private)

Sir Ganga Ram Hospital has once again reinforced its reputation as one of India's leading healthcare institutions by being awarded the prestigious title of 'Best Multispecialty Hospital (Private)'. The award was proudly received on behalf of the Chairman, Board of Management (BoM), by Dr (Prof) A.K. Bhalla, Honorary Secretary, BoM, and Chairman and HoD, Department of Nephrology at The Week Health Summit 2025, held on 15 November at The Ashok, New Delhi. This distinguished recognition highlights the hospital's unwavering dedication to quality healthcare, clinical excellence, and patient-centric service.



Exceptional All-India Rankings Across Specialties

On the national stage, SGRH has further distinguished itself with remarkable all-India performance in The Week's Best Hospital Survey 2025, securing top positions across several disciplines:

- Paediatrics: Rank 8
- Gastroenterology: Rank 5
- Pulmonology: Rank 7
- Infertility: Rank 5

These achievements underscore the hospital's commitment to excellence, innovation, and medical leadership at the national level.

Adding to this achievement, SGRH has secured the top position as the Best Hospital Zone Wise – North (Rank 1). In the North Zone category, the hospital excelled across key specialties, reflecting its

leadership and advanced clinical capabilities:

- Paediatrics: Rank 3
- Gastroenterology: Rank 3
- Infertility: Rank 2

These rankings demonstrate the hospital's strong regional dominance and its consistent delivery of specialized, high-quality medical care.

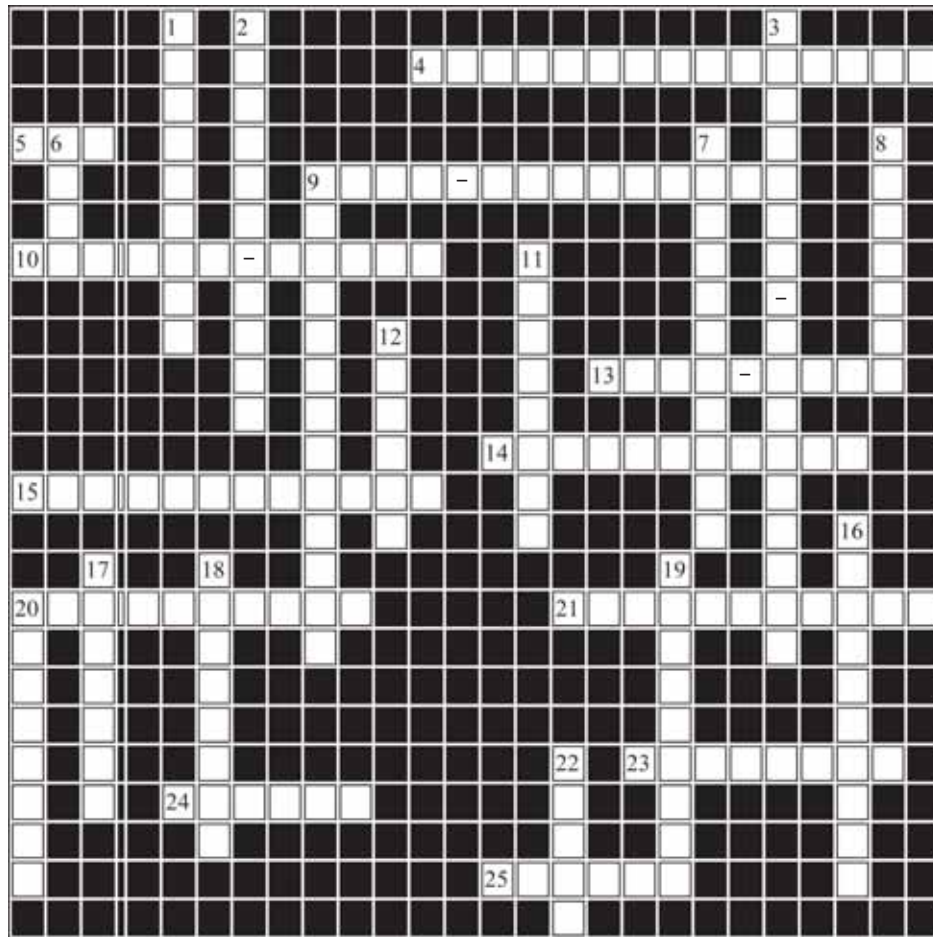


Dr D.S. Rana, Chairman, Sir Ganga Ram Hospital Trust Society and Chairman, Institute of Renal Sciences was conferred with the prestigious International Award by The Asian Society of Transplantation in Kuwait on 28 November 2025 in the category of 'AST achievement award for medical education'. Dr Rana has immensely contributed to the growth of the society by organizing annual conference twice in India and holding the office of President of the society and as a council member.

This award is a richly deserved recognition for his hard work of over five decades and dedication in pioneering and developing kidney transplantation in north India and training more than 100 DNB fellows at SGRH.

Dr Shyam Agarwal, Chairman, Department of Medical Oncology, SGRH, has been elected as the President-Elect of the Indian Society of Medical and Pediatric Oncology (ISMPO), one of the most prestigious national academic bodies in the field of oncology.

Newsletter Crossword



ACROSS

4. An effect or transformation that occurs when a clinician assigns a label to a patient's collection of symptoms (15)
5. This artery causes most heart attacks, in short (3)
9. This hormone has emerged as a unique biomarker in the pathogenesis of PCOS (4-9)
10. First major branch of abdominal aorta, itself has three branches; Haller's tripod (6-5)
13. Largest vein in the body has two parts (4-4)
14. These tiny warriors use myeloperoxidase (MPO) as their signature weapon (11)
15. A bridge between brain and hormones, your true mind-body link (12)
20. Severe deficiency in absence of enzyme catalase (10)
21. 5 to 10 micrometre in diameter, one cell thick, help in exchange of materials between blood and tissues (11)
23. This hormone is your natural alarm clock (8)
24. Moving towards midline (6)
25. A syndrome – triad of jaundice, haemolytic anaemia and hyperlipidaemia developing after alcohol-induced liver injury (6)

DOWN

1. This type of typhoid vaccine is given to children below 2 years of age (9)

2. A congenital syndrome where a drooping eyelid moves upwards or winks when the jaw moves (6-4)
3. The joint that nods without approval (7-9)
6. A syndrome of tonic pupil or large pupil in one eye and no deep tendon reflexes (4)
7. This brain structure remembers your way home even if you don't (11)
8. A genetic syndrome where electrical activity of heart is abnormal, channelopathy, ST elevation in V1 to V3 with RBBB. Also known as Pokkuri death syndrome (7)
9. Pain in the teeth due to change in pressure during air travel (13)
11. A muscle behind the elbow, helps in extension of the forearm (8)
12. This gland shrinks as children grow, but trains immunologically (6)
16. Loss of function or degeneration without apparent cause (10)
17. This artery has the strongest pulse (7)
18. Young people who are exposed to recommended levels of this element in drinking water perform better on tests of maths, reading and vocabulary (8)
19. A person working in glass manufacturing unit can develop this disease (9)
20. About 10% of the body's blood is in these vessels (8)
22. A tasty syndrome characterized by acute febrile neutrophilic dermatosis (5)

Created by Dr P.K. Pruthi, Institute of Child Health

Pearls of Wisdom

In the era of AI, don't lose the natural one!

*Dr Chand Wattal, Chairman
Institute of Clinical Microbiology and Immunology*

Dr Nishant Wadhwa, Senior Consultant, Department of Paediatric Gastroenterology; Dr Neeraj Aggarwal, Senior Consultant, Department of Paediatric Cardiology; Dr Kanav Anand, Senior Consultant, Department of Paediatric Nephrology; Dr Suresh Gupta, Senior Consultant and Director, Paediatric Intensive Care Unit;

and Dr Manas Kalra, Senior Consultant, Department of Paediatric Hemato-oncology, Institute of Child Health, SGRH were felicitated with the 'Distinguished Service award' at the Delhi IAP annual conference held on 7 December 2025.

New Entrants

Dr Anil Kumar Agarwal	Institute of Surgical Gastroenterology, GI & HPB Onco-Surgery and Liver Transplantation	Senior Consultant	06.10.2025
Dr Uma V. Perumal	Institute of Surgical Gastroenterology, GI & HPB Onco-Surgery and Liver Transplantation	Associate Consultant	22.10.2025
Dr Vibhushit Kaul	Renal Transplant Surgery & Urology	Associate Consultant	07.11.2025
Dr Shweta Mittal	Institute of Anaesthesia, Pain & Perioperative Medicine	Associate Consultant	05.12.2025

Promotions

Dr Shrey Jain	Neurosurgery	Honorary Consultant	25.09.2025
Dr Vaibhav Tiwari	Nephrology	Honorary Consultant	25.09.2025
Dr Sakshi Nayar	Obstetrics & Gynaecology	Honorary Consultant	25.09.2025
Dr Ila Sharma	Obstetrics & Gynaecology	Honorary Consultant	25.09.2025
Dr Rohit Batra	Dermatology	Senior Consultant	12.11.2025
Dr Shilpa Garg	Dermatology	Senior Consultant	12.11.2025
Dr Ashwin Mallia	Urology	Senior Consultant	12.11.2025
Dr Varun Rai	E.N.T.	Senior Consultant	12.11.2025

Crossword Answers

ACROSS: 4. Rumpelstiltskin 5. LAD 9. Anti-Mullerian 10. Celiac-trunk 13. Vena-cava 14. Neutrophils 15. Hypothalamus 20. Acatalasia 21. Capillaries 23. Cortisol 24. Adduct 25. Zieves

DOWN: 1. Conjugate 2. Marcus-Gunn 3. Atlanto-Occipital 6. Adie 7. Hippocampus 8. Brugada 9. Aerodontalgia 11. Anconeus 12. Thymus 16. Abiotrophy 17. Carotid 18. Fluoride 19. Silicosis 20. Arteries 22. Sweet

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