



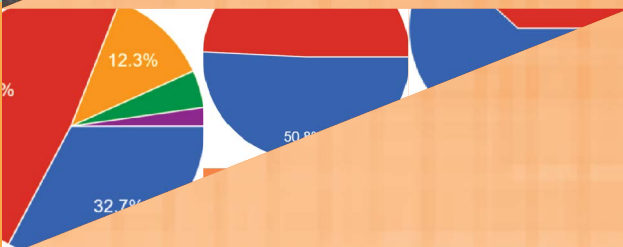
# Sir Ganga Ram Hospital

*newsletter*

vol 26 no 1

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January–March 2022



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# Anaesthesia Update 2021

The Institute of Anaesthesiology, Pain and Perioperative Medicine, SGRH organized Anaesthesia Update 2021, under the aegis of the Indian College of Anaesthesiologists on the topic 'Ethical and Legal Considerations in Anaesthesia' on 21 November 2021. This was the first onsite 'Update' after a hiatus of one and half years, due to the Covid pandemic. The update was held at the SGRH auditorium. It was attended by more than 100 delegates and faculty from Delhi, Rohtak, Mumbai and Bengaluru (pre-recorded).

Dr D.S. Rana was the Patron, Dr Jayashree Sood and Dr Anil Kumar Jain were the Organizing Chairpersons, Dr Anjali Gera the Organizing Secretary and Dr Mithilesh Kumar the Joint Organizing Secretary of the update. Dr Girish Tyagi, Secretary of the Delhi Medical Council (DMC), was the Chief Guest and Dr S.P. Byotra the Guest of Honour.

The update highlighted the ethical and legal issues in medical practice. Advancements in science, technology and medical research trigger new medicolegal issues and ethical dilemmas every day. An understanding of law and ethics can help the physicians in their decision-making process.

There was a panel discussion on medicolegal issues in daily practice where a lot of stress was given on good communication between the doctor and the patient and 'documentation' of the communication. Various aspects of medicolegal issues including 'Vicarious liability', 'Medical negligence' and 'Criminal liability' were discussed. Vicarious liability is a legal principle according to which the employer is held liable for negligence committed by employees within the course and scope of their employment. The term under which a doctor is employed is immaterial as far as the hospital's liability to the patient is concerned.

A talk on 'Informed consent' by Dr O.V. Nandimath, Professor, NLSIU, Bengaluru, was very informative. The concept of 'Implicit and explicit consent', 'Prior informed consent' and 'Patient's autonomy' were emphasized.

Telemedicine guidelines, which have been included in the 'MCI

Code of Professional Conduct and Ethics 2002' regulations, were also discussed. These guidelines are the need of the hour especially during the corona virus pandemic. All healthcare workers must be aware of these guidelines. Both synchronous and asynchronous modes of communication are allowed and both the first and follow-up consultations could be facilitated through telemedicine.

Biomedical waste generated by a hospital has direct and indirect effects on human health and environment. The Ministry of Environment and Forest, Government of India issued 'Biomedical Waste Segregation' (BMW) rules which came into effect on 20 July 1998. An eminent speaker Dr Rajeshwari Subramaniam, Head, Department of Anaesthesia, AIIMS spoke about BMW segregation rules and how we can reduce plastic waste by limiting the number of syringes used in operation theatres. The incinerators used to burn the non-recyclable waste produce toxic substances such as dioxins (carcinogenic) and furans besides chemicals causing neonatal abnormalities and reproductive and skin disorders. Diligent use of colour-coded bags and segregation will help in reducing the mixing of hazardous (70%–90%) and non-hazardous waste (10%–25%).

Ethics and legal issues of 'End of life Care' (EOL) was a topic in a panel discussion. Ethical issues in EOL care often arise because of concerns about how much and what kind of treatment would be best for patients with limited life expectancy. Four fundamental ethical principles in EOL decision-making are: autonomy, beneficence, non-maleficence and distributive justice. Advance directives and present legal framework for EOL care were discussed. A lecture on 'Workplace harassment issues' and 'Legal remedies' were discussed. A talk on 'Violence against medical professionals and ways to overcome' was very informative and much appreciated by the audience.

With time, new health issues are emerging and a patient's rights are taking centre stage. It is important for us to keep ourselves updated with health law.

The DMC accredited 5 hours of CME to this update.



## FICCI Healthcare Excellence Award for 'Reach Out'

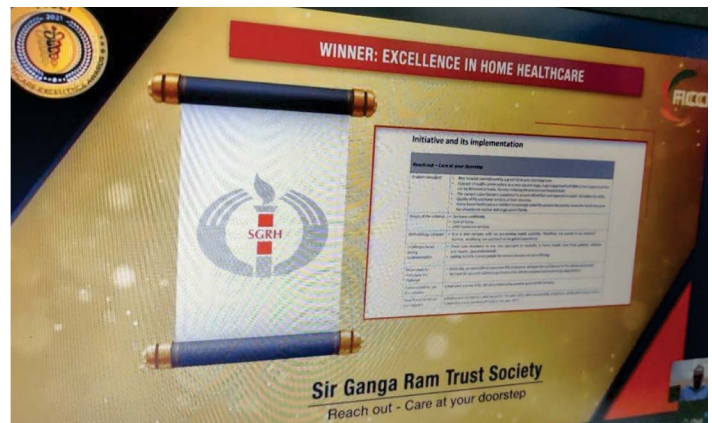
It gives 'Reach Out' immense pleasure to announce that another feather has been added to its cap. On 20 October 2021, the prestigious 13th FICCI Healthcare Excellence Awards were organized on a virtual platform, and 'Reach Out' – An Initiative of Sir Ganga Ram Trust Society won the 1st position, under the category 'Excellence in Home Healthcare'. A jury of eminent members came together to evaluate the three rounds to qualify for the awards. The ceremony was graced by Dr Bharati Pravin Pawar, Hon'ble Minister of State, Ministry of Health and Family Welfare, Government of India as the Chief Guest and Mr C.K. Mishra, Former Secretary, Ministry of Environment, Forest and Climate Change, Government of India as



the Guest of Honour. The award was accepted by Dr Harsha Jauhari, Chairman, Reach Out. This achievement has motivated the team to work harder and bring more applause and recognition to SGRH.

The FICCI Healthcare Excellence Awards were conceptualized in 2009 to felicitate organizations and individuals for their contributions to the industry by innovating for increased efficiency, affordability and improved performance of healthcare delivery at large. Over the years, the FICCI Awards have emerged as the definitive recognition for contribution to healthcare in the country based on Innovation, Impact, Sustainability and Scalability, which are the four criteria for evaluation.

We extend our sincere gratitude to everyone who believed in us and congratulations to the entire Reach Out team for the hard work and dedication to make this award a reality!



Dr Jaswinder Kaur Oberoi was given the R.A. Bhujwala award for excellence in Diagnostic Microbiology in Infectious Diseases at the Micro-D-Con 2021, 13th Annual Conference of IAMM Delhi Chapter, on 27 November 2021, held at Silver Oak, Habitat World, New Delhi.



Professor (Dr) Neelam Kler was invited to deliver the Keynote address during the joint conference of NNF (National Neonatology Forum) in collaboration with FOGSI (Federation of Obstetricians and Gynaecologists Society of India) during the 1st PERCON (Perinatology Conference) at Gurgaon on 21 November 2021. The theme of the Keynote address was 'Maternal Obesity and its Generational Impact'.

## Introduction

Globally, obesity has been recognized as a pandemic since the late 1990s.<sup>1</sup> The World Health Organization (WHO) estimates for 2020 suggest that 39 million children under the age of 5 years were overweight or obese and in 2016 over 340 million children and adolescents aged 5–19 years were overweight or obese. These statistics have serious implications for public health, as most of the population lives in countries where overweight and obesity kills more people than underweight.<sup>2</sup> A systematic review in 2016 revealed that rates of overweight and obesity among Indian children and adolescents are increasing not just among the higher socioeconomic groups but also in the lower income groups where underweight remains a major concern. This analysis showed an increase in the prevalence of childhood obesity from 16.3% in 2005 to 19.3% in 2010.<sup>3</sup> This trend was confirmed in the recently published National Family Health Survey-5 (NFHS-5) dataset, where the prevalence of overweight children in India increased from 2.1% in NFHS-4 (2015–16) to 3.4% in NFHS-5 (2019–20). This trend was noticed in many states including Delhi.<sup>4</sup> A meta-analysis published in 2021 showed significant increases in body weight, body mass index (BMI), overweight and obesity during the Covid-19 pandemic and lockdown among school-aged children and adolescents, globally.<sup>5</sup> Publications from India have highlighted this issue where the unprecedented morbid influence of the Covid-19 pandemic was observed in relation to obesity and depression in adolescents.<sup>6</sup> We at the Institute of Minimal Access, Metabolic and Bariatric Surgery, SGRH decided to profile the impact of the Covid-19 pandemic and lockdowns in a sample of Indian population.

## Methodology

We did an online survey to assess the influence of the Covid-19 pandemic and lockdown on Indian children and adolescents. Demographic data regarding the respondent's age, gender, weight-gain during the pandemic, degree of weight-gain and reasons for weight-gain were captured. The link to the online survey form was shared with the parents of children/adolescents and adolescents.

## Results

A total of 1309 respondents participated in the survey. The average age of the respondents' children was 15+5 years. The male-to-female ratio of the respondents was near 1:1 (659:650) (Fig. 1).

About 62% of the respondents agreed that their children or adolescents had weight-gain during the pandemic (Fig. 2).

The majority of respondents (48.2%) affirmed that their children and adolescents had 1%–10% weight-gain during the

pandemic followed by 12.3% of respondents confirming that their children and adolescents had 11%–20% weight-gain during the pandemic. Lesser number of respondents clarified that their children and adolescents had 21%–30% and >30% weight-gain during the pandemic (Fig. 3).

The main reason attributed to weight-gain during the Covid-19 pandemic and lockdown-related obesity was a 'sedentary lifestyle' (38.5%), followed by 'sleeping late' (29.4%), 'overeating' (23.8%) and 'stress' (14.9%) (Fig. 4).

## Discussion

According to the WHO, childhood obesity is one of the most serious public health challenges of the 21st century.<sup>7</sup> Childhood and adolescent obesity have serious health consequences. Obese children and adolescents are at increased risk of type 2 diabetes, systemic hypertension, high cholesterol and triglycerides, coronary

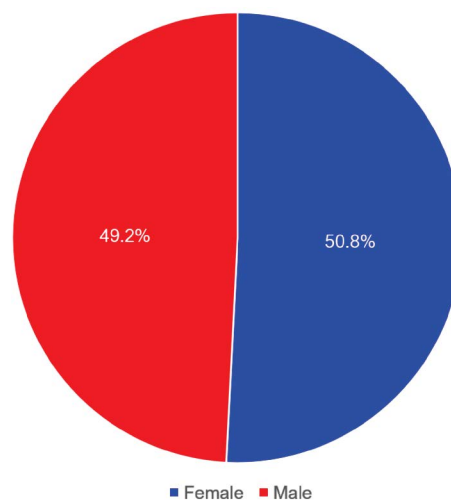


Fig. 1. Gender of the respondent

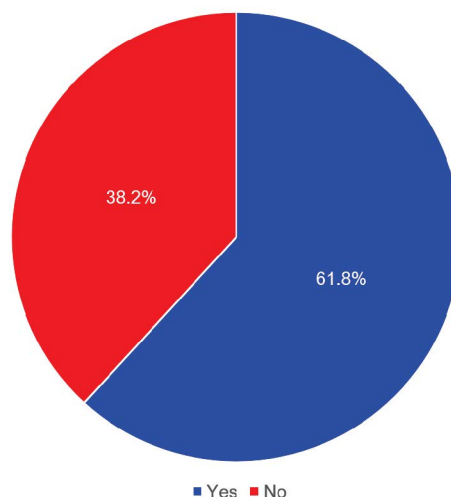


Fig. 2. Incidence of weight-gain among respondents

heart disease, stroke, fatty liver disease (NAFLD), gallbladder disease, respiratory problems, osteoarthritis, emotional disturbances, poor academic performance, and cancers, especially in adult life.<sup>8</sup> The trends revealed in our survey, along with historical clinical evidence, suggest an emerging, potentially catastrophic effect on national public health and expenditure. Two in three obese children will remain obese as adults.<sup>8</sup> Furthermore, India is projected to become the diabetes capital of the world.<sup>9</sup>

With portents such as these, the public health response needs to be on a war-footing both at the local and national level. The Institute of Minimal Access, Metabolic and Bariatric Surgery, SGRH in tandem with its public health survey organized the 'Obesity Conclave – Childhood and Adolescent Obesity', on 13 November 2021 at SGRH. This event focused on the impact of the Covid-19 pandemic and lockdowns on accelerating obesity among children and adolescents. Over a dozen leading specialists from all branches

of paediatrics, adolescent medicine and minimal access surgery from SGRH spoke at and chaired the sessions. The meet addressed the wide clinical spectrum of obesity from its roots in parental obesity, maternal influence, neonatal impact, psychological profile, metabolic disease, endocrine disorders, adult medical, oncological impact, the role of lifestyle changes, psychological support, physical activities, dietary modification, medications and bariatric surgery. More than 110 physicians attended the meet and it was also transmitted live online.

## Conclusion

The pandemic of childhood and adolescent obesity continues to rise unabated exponentially in India. The Covid-19 pandemic and its attendant lockdowns have only served to accelerate this problem further. It is high time we addressed this growing catastrophe in a multidisciplinary and multipronged manner locally and nationally.

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Institute of Minimal Access, Metabolic and Bariatric Surgery

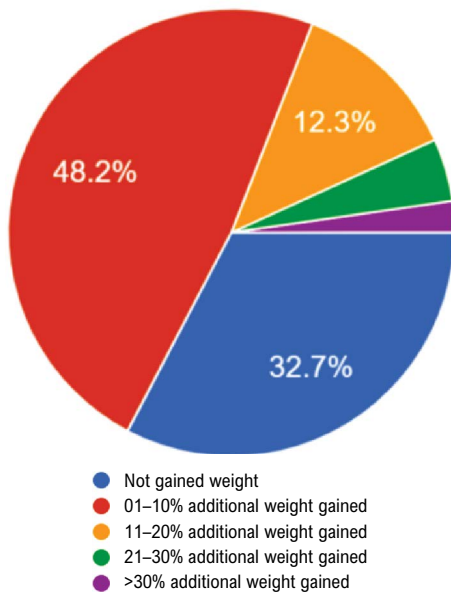


Fig. 3. Additional weight-gain (%) during Covid-19 pandemic

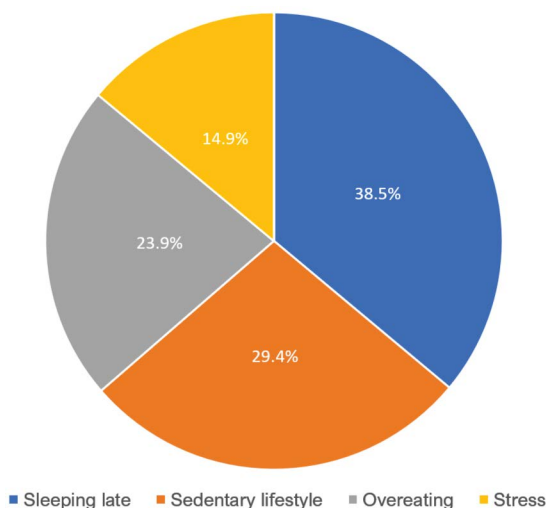


Fig. 4. Dominant aetiological categories for obesity

# Pandemic highlights the need to focus on mental health of doctors

The world has gone through a cataclysmic period during the Covid-19 pandemic and humans, the acme of evolution, are struggling to overcome the challenge of a dot of protein supposedly without mind or intellect. In the post-Covid period, revival of disturbed areas of life is under way in a mood of caution, brotherhood and hope.

One area that needs urgent attention is to help those who were at the forefront in the fight against Covid-19 disease, i.e. the healthcare professionals. All of them, the nurses who are the backbone of patient care; support staff, the invisible structure of healthcare system; diagnostic teams, the indispensable light in the dark; administrators, the critical resource and service managers; and the doctors who led the war against Covid-19 disease, literally camped in the hospitals with makeshift arrangements. They faced shortage of resources, risking their lives to infection, body-defying PPEs, thirst, hunger and sleeplessness while striving to learn about the disease as it unfolded and its management as it evolved. They supported people around them in the midst of agonizing human suffering, helplessness and death, without time to support their own families or one another. Working under tremendous stress, burnout and trauma, they bore it all with their training, experience, resilience and most of all, admirable compassion and dignity. Their physical and mental well-being was under serious threat.

In this perspective, I focus on the mental health of doctors due to their unique leadership role, without minimizing the pivotal role of other healthcare professionals.

The post-pandemic period is the time to process the emotional overload experienced during the Covid-19 calamity comprising personal loss, disturbing images, moral injury, guilt and omission of family duties and other serious issues. Stress is inherent in a doctor's life and work during catastrophic times like disasters and epidemics compounds it, endangering their psychological well-being. Abundant research shows that mental health issues spiked among healthcare personnel during past epidemics such as SARS and H1N1 to as much as 75%. This spike was significantly more than that in the general population.

For a long time, mental health of doctors has been a mounting concern in medical circles. Mental health surveys and systematic research on various aspects of psychiatric morbidity among doctors have been done in the past two decades. Prevalence of mental disorders, their aetiology, interventions, barriers to care-seeking, prevention and promotion of psychological well-being have been

studied. The lifetime prevalence of mental health issues among doctors is as high as 85% in some surveys (Oxtoby, 2016) while depression is seen in 10%–20%, substance use disorders in 10%–12% and burnout in 40%–80% of doctors.<sup>1,2</sup> Risk of suicide, the tragic culmination of poor mental health, is twice that in the general population, and in India it is supposed to be even higher. All of us have known at least one student, if not more, who committed suicide during our medical college days itself.

The prolonged onslaught of the Covid-19 pandemic too has caused a rise in psychiatric morbidity in doctors. It is further complicated by underlying psychological trauma, grief and anxiety. A recent meta-analysis on mental health of doctors showed

depression in about 50%, anxiety in 44%, sleep disorders in 34%,<sup>3</sup> while symptoms of post-traumatic stress disorder have shot up to 73%.<sup>4</sup> Occurrence of somatization, obsessive compulsive disorder, phobia and insomnia too has increased. Indian mental health surveys have shown similar results.

Alarmed by a steep rise in psychopathology in medical professionals, many dedicated mental health helplines were started by medical institutions and psychiatric societies. Special counselling cells and mental health clinics were started by hospitals and individuals, but the turn out rate was close to zero. These initiatives were shut down unceremoniously after both the Covid-19 waves without having achieved anything. This was a disturbing observation as no amount of measures to promote mental health of doctors will serve the purpose without their own participation.

It is notable that doctors do their best for health of patients including mental health. Liaison Psychiatry thrives on their referrals. Mentally ill patients also prefer to consult them before being convinced by them to visit Psychiatrists. Paradoxically, doctors themselves refuse to tread the same path.

There is a serious discussion in the concerned circles about the barriers among doctors to seek care for mental health. Do the healers get stuck in their saviour role and forget the troubled being inside themselves? The troubled being that comes to attention off and on after a tragic suicidal end. Knowingly or unknowingly, doctors are in denial of their psychological issues. They appear to succumb to the same prejudices, cognitive biases and myths about mental illness and its treatment that prevail in the society, ignoring their knowledge to the contrary that the aetiology of mental disorders lies in biology.

Importantly, the Covid-19 pandemic has proven to be a boon in creating awareness about mental health. It has united the world through information technology in the effort to contain the pandemic and the widespread surge of psychological issues.

The denial of mental health issues may stem from many factors such as fear of lack of confidentiality, loss of job or cancellation of medical licence, embarrassment, shame and expectation from others to appear healthy. These barriers prevent early detection and management of their psychological problems, with serious implications for themselves, their patients, families and the community. It is important to note that vulnerability for some mental illnesses, diagnosed later in life, starts manifesting early during medical career.

Experts have suggested a multipronged strategy to promote the psychological well-being of doctors. They have advised individual, institutional and national policy-level measures to prioritize mental health of healthcare professionals. Integration of mental health education including self-care, fostering coping skills and resilience, building social support, periodic assessment and care-seeking in the medical curriculum is recommended, which will be a step in the right direction.

Importantly, the Covid-19 pandemic has proven to be a boon in creating awareness about mental health. It has united the world through information technology in the effort to contain the pandemic and the widespread surge of psychological issues. It led to an exponential increase in the use of Telepsychiatry, mushrooming of online mental health websites, counselling helplines, surveys and multilevel international dialogue about

mental health promotion. Moreover, it helped in reducing the stigma and brought a fundamental change in attitude of people towards mental illness. Hopefully, doctors will not be left untouched by this because the 'raaga of life' is out of harmony without good mental health.

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Contributed by  
Anita Mahajan, Department of Psychiatry

## Delhi Rhinoplasty Workshop

The Department of Plastic and Cosmetic Surgery, SGRH proudly hosted this year's Delhi Rhinoplasty workshop on 26–28 November 2021. The live hands-on workshop was presided over by Dr Mahesh Mangal as the Organizing Chairperson and Dr Swaroop Gambhir as the Organizing Secretary. The delegates got an excellent opportunity to learn from the distinguished personalities of plastic surgery who have excelled in the field of rhinoplasty: Dr P.S. Bhandari, Dr Amar Singh, Dr Kapil Aggarwal and Dr Swaroop Singh Gambhir. The delegates attended the workshop from all over India with great enthusiasm.

Day 1 of the workshop was dedicated to cases of deviated nasal septum, dorsal augmentation, different osteotomies and FESS. Day 2 was dedicated to cases such as cleft rhinoplasty, extracorporeal septoplasty, and different types of septal and spreader grafts. Day 3 was dedicated to cases of tip plasty, cosmetic correction and different types of tip grafts. Not only did the delegates have the opportunity to learn hands-on surgery in different cases, they also got the privilege to ask questions and clear their doubts from the esteemed faculty during the workshop. Each case was discussed preoperatively as well as intraoperatively with the delegates to



improve the decision-making on how to plan the steps of the surgery preoperatively. The attendees had an exciting experience in the harvest of various types of cartilage and fascial graft, cartilage grafts handling and moulding, and different instruments used for graft shaping. Each day, the workshop concluded with seminars covering various topics of rhinoplasty by the faculty.

We thank all our faculty and delegates for making this conference a great success and a memorable experience. We hope to organize more such educational experiences of live workshop for young plastic surgeons in near future.

## World Down Syndrome Day



World Down Syndrome Day was celebrated by the Indian Association of Pediatrics (IAP) Delhi along with SGRH on 26 November 2021 in the hospital auditorium. The programme was

inaugurated by Dr Jayashree Sood, Honorary Joint Secretary, Board of Management, SGRH; Dr Neelam Kler, Head, Department of Neonatology; Dr Ratna Puri, Head, Genetics Department; and Dr Pankaj Garg, Secretary Elect, Delhi IAP and Senior Consultant, Department of Neonatology, SGRH. The attendees were addressed by Dr Lalit Mendiratta, President IAP Delhi.

The programme was attended by paediatricians, geneticists, developmental paediatricians, and the parents of children with Down syndrome. There were dance presentations by the children with Down syndrome. A panel discussion on the common problems faced by the parents was held in Hindi. It was moderated by Dr Sameer Bhatia (Geneticist) and the panelists were: Dr Ratna Puri (Geneticist), Dr Pankaj Garg (Neonatologist), Dr Shalabh Sharma (ENT Specialist), Dr Nidhi Gupta (NICU discharge follow-up consultant), Dr Tinku Bali (Eye Surgeon), Imran Noorani (Child Psychologist) and Asha Aggarwal (Audiologist). All children and their parents were given gifts and all panelists were given planters.

The vote of thanks was given by Dr Sunita Bijarania and Dr Veronica Arora. The meeting ended with lunch for all the participants.



Dr Abha Majumdar received the 'Lifetime Achievement Award' conferred by the 'Indian Fertility Society' at the inaugural function of their annual conference 'FERTIVISION 2021' (17th Annual National Conference of Indian Fertility Society) on 4 December 2021.



Dr Harsh Jauhari, Senior Consultant and Chairman, Department of Renal Transplant, Institute of Renal Sciences, SGRH was awarded the 'Eminent Transplant Professional' award from the Honourable Minister of Health and Family Welfare on the occasion of 12th Indian Organ Donation day.



# 10th Annual CME of the Department of Biochemistry

The Department of Biochemistry, SGRH, under the aegis of the Delhi Chapter of the Association of Clinical Biochemists of India (ACBI), conducted the 10th Annual CME titled 'Therapeutic Drug Monitoring – The Right Test At The Right Time' on 16 November 2021 through virtual mode. The delegates included academicians and clinicians of our hospital as well as other reputed hospitals from all over the country and abroad. A significant recurring feature of this CME has been Professor L.M. Srivastava Gold Medal (which was instituted to encourage academic activities among young scientists) and a few more prizes. The CME started with the warm welcome and motivational address to all the young scientists by Professor L.M. Srivastava, Consultant Advisor, Department of Lab Medicine, Kolmet Hospital and President ACBI.

The Young Scientists' Presentations was moderated by Dr Parul Singla, Consultant, Dr Anisha Sharma and Dr Manushri Sharma, Associate Consultants, Department of Biochemistry, SGRH. A total of 17 candidates from different medical colleges and research institutes across the country were selected to present their research. This session was judged by Professor Arif Ali (formerly Head, Department of Biosciences, Jamia Milia Islamia, New Delhi), Dr Nibhriti Das (Retired Professor and Head, Department of Biochemistry, AIIMS), Dr Anju Jain (Director Professor, Department of Biochemistry, LHMC), and Dr Farzana Mahdi (Vice Chancellor, Era University, Lucknow).

Dr Mamta Kankra, Senior Consultant, Department of Biochemistry, SGRH and Delhi Representative, ACBI, moderated the inaugural session. Dr Seema Bhargava, Chairperson and Senior Consultant, Department of Biochemistry, SGRH and Vice President, ACBI, addressed the gathering with a warm welcome note and an obituary to the late Dr K.K. Srivastava (President, ACBI-DC). This

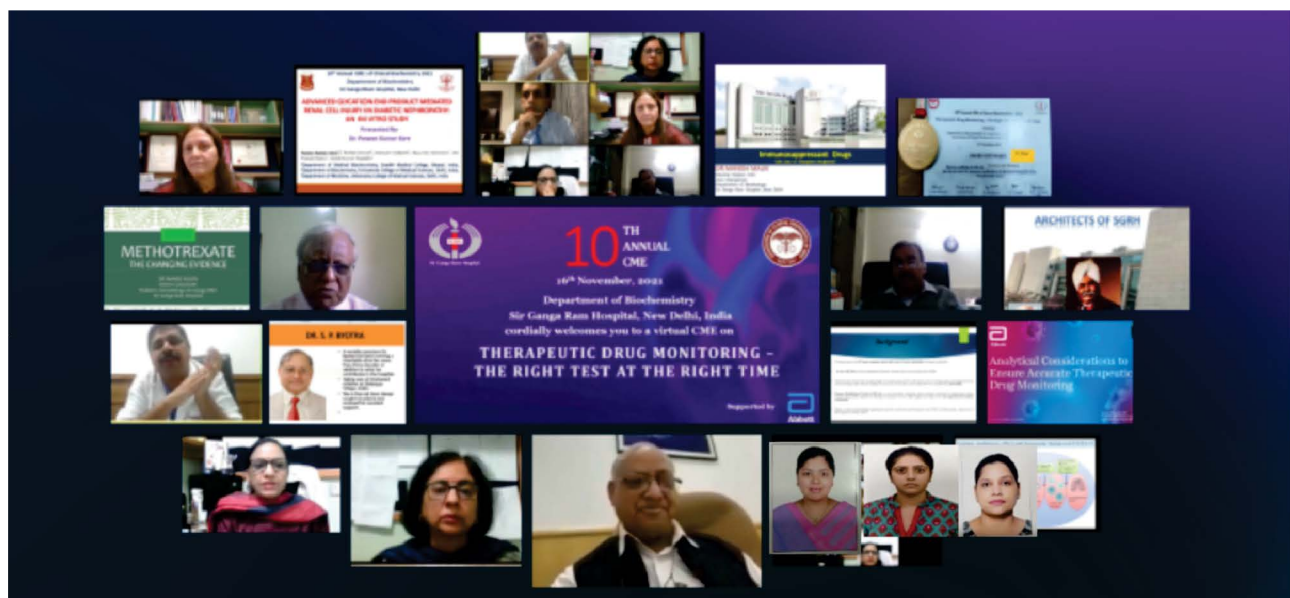
was followed by encouraging words of Dr S.K. Bansal (Acting President, ACBI-DC).

Dr Mamta Kankra then invited Dr S.P. Byotra, Vice Chairman, Board of Management, Director Laboratories and Chairperson, Department of Medicine, SGRH to give the inaugural address. Dr Byotra addressed the gathering by highlighting the role of labs in patient care. He gave a detailed overview of SGRH and appreciated the high quality work being done in the Department of Biochemistry. He also released the Annual Newsletter of the department which included clinical write-ups, the new tests introduced and departmental highlights.

Dr Seema Bhargava introduced the Keynote speaker, Dr Randal Schneider, Associate Professor, Department of Pathology Medical College of Wisconsin, Milwaukee, USA and Member, International Association of TDM and Clinical and Forensic Toxicology. He elaborated on 'Analytical considerations to ensure accurate therapeutic drug monitoring'.

Dr Anjali Manocha, Senior Consultant and Vice Chairperson, Department of Biochemistry invited Dr Manas Kalra, Consultant, Department of Paediatric Hematology, Oncology and BMT, SGRH to give a talk on 'Methotrexate – The Changing Evidence'. The scientific feast ended with a talk by Dr Manish Malik, Senior Consultant, Nephrology, SGRH on 'Immunosuppressant Drugs – Lifeline of Transplant Recipients'.

Thereafter, a panel discussion with all the three speakers was moderated by Dr Anjali Manocha. Last but not the least, the winners of Young Scientists' Presentations were announced by Dr Seema Bhargava and awarded by Dr Byotra and Professor L.M. Srivastava. The CME was concluded with a vote of thanks given by Dr Mamta Kankra.



## Lifetime Achievement Award



Professor M. Gourie Devi, Advisor and Senior Consultant Neurologist, Sir Ganga Ram Hospital, and Emeritus Professor of Neurology, Institute of Human Behaviour and Allied Sciences (IHBAS), was awarded the Lifetime Achievement award by the Indian Academy of Neurology.

She is an accomplished neurologist of international repute and combines in herself an excellent clinician, teacher and researcher. Her significant contributions to motor neuron disease and neuroepidemiology have attained national and international recognition. Formerly, she was Director and Vice Chancellor at National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.

Professor Gourie Devi has been the founding editor of the *Annals of Indian Academy of Neurology* and also a recipient of the prestigious Dr B.C. Roy award.

## Institute of Anaesthesiology, Pain and Perioperative Medicine



Dr Naresh Dua, Senior Consultant, Institute of Anaesthesiology, Pain and Perioperative Medicine was facilitated by NIMA (National Integrated Medical Association) during Ayurveda day celebrations on 28 October 2021 for propagating awareness on palliative care.

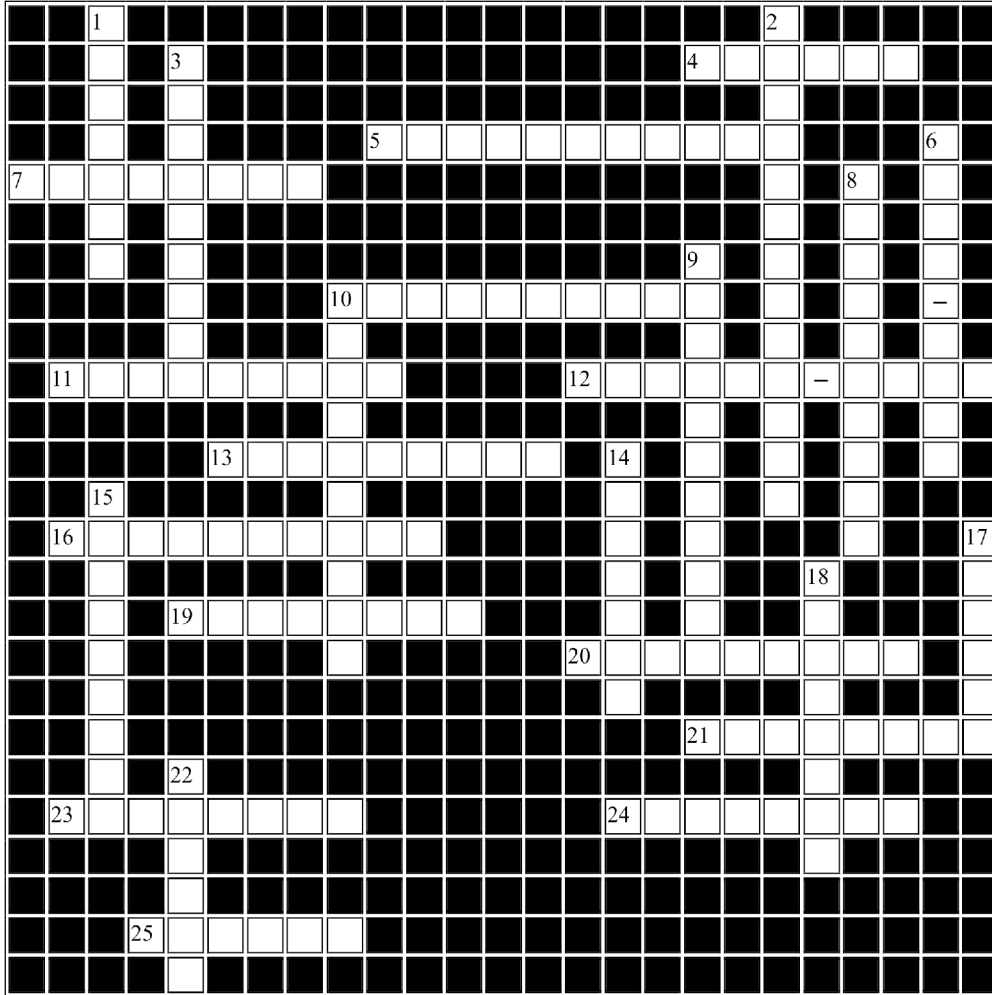


Dr Pradeep Jain, Senior Consultant and Vice-Chairman, Institute of Anaesthesiology, Pain and Perioperative Medicine delivered the Late Dr Abhijeet Bhattacharya Memorial Oration on the topic 'Artificial intelligence in pain medicine' during the 5th India Pain update organized by the Delhi Pain Management Centre on 13 November 2021.



Dr Jayashree Sood, Senior Consultant and Chairperson, Institute of Anaesthesiology, Pain and Perioperative Medicine delivered the Dr Deepak Malviya Oration on the topic 'Anaesthesiologists in the forefront of COVID healthcare: Reinvigorating capacity, expanding scope' at the Annual Conference of the Indian Society of Anaesthesiologists, UP Branch (ISACON 2021) at Lucknow, Uttar Pradesh, on 16 October 2021.

# Newsletter Crossword



## Across

4. An antibody (homocytotropic) which is involved in allergic reaction causing the release of histamine when it combines with antigen in tissue, e.g. in syphilis (6)
5. Less than full mental capacity typically as a result of trauma (11)
7. Plasma membrane of an axon (8)
10. A homeostatic reflex that causes acceleration of heart beat following rise in atrial pressure (10)
11. A ring of lymphatic tissue formed by two palatine tonsils, the pharyngeal tonsil, the lingual tonsil and intervening lymphoid tissue (9)
12. A room where extra effort is used to deliver (6-4)
13. Having a chromosome number eight times the basic haploid chromosome number (9)
16. A method of draining fluid or secretions from the body cavities (e.g. stomach) by means of an apparatus that operates on negative pressure (10)
19. Marked with spots (8)
20. Resembling or characteristic of a fish, e.g. odour (9)
21. A narrow band-like structure as the stalk attaching the pineal gland to the thalamus (8)
23. The method and practice of teaching an academic subject (8)

24. A medical insignia bearing a representation of a staff with two intertwined snakes and two wings at the top (8)
25. A syndrome when there is mitral valve bulge into left atrium (6)

## Down

1. Not being one of a pair, e.g. lobe of lung (7)
2. Treatment of diseases by baths as in psoriasis (13)
3. An infarct in any area of the brain situated at the farthest point of blood supply, also known as border zone infarct (9)
6. Inactivated X chromosome seen in female somatic cells (4-4)
8. Favourable to or promoting health or well-being (10)
9. A new combination of genes not present in either parent (11)
10. Gram-negative facultative intracellular bacteria, can cause cat scratch fever (10)
14. A tendency to withdraw from a stimulus, object or situation (7)
15. The number and visual appearance of the chromosomes in the cell nuclei (9)
17. Defect in muscular coordination causes this type of walk (6)
18. An instrument used to locate the position of optical axis (8)
22. A frame which provides overhead weight and pulleys for traction (6)

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



Dr Seema Bhargava was awarded the IMA NDB Award of Excellence in November 2021 for her work in Clinical Biochemistry.



Dr Vijay Arora, Chairman, Department of General and Laparoscopic Surgery, SGRH delivered the Dr S.K. Sen Memorial Oration on the topic 'Role of sphincters in benign anorectal disease' at SURGICON 2021, at the India Habitat Centre, New Delhi on 21 November 2021.

The Department of Neonatology, SGRH celebrated Newborn Care Week (15–21 November) and World Prematurity Day (17 November) on 18 November 2021 at the hospital auditorium (Hall A). This year's theme was 'Safe maternal and newborn care'. The event was organized by Dr Nidhi Gupta along with Sister In-charge Ms Thresiamma Abraham (under the guidance of Chairperson Dr Neelam Kler and Co-Chairperson Dr Satish Saluja).

Dr Jayashree Sood, Senior Consultant Anaesthesia and Joint Secretary, BOM and CNO, Ms Josephine Cyril were the guests of honour. The faculty of Neonatology department – Dr Neelam Kler, Dr Satish



Saluja, Dr Pankaj Garg, Dr Arun Soni, Dr Manoj Modi and Dr Anup Thakur – shared their experiences with parents of babies born premature.

## PROMOTIONS

Dr Ambuj Garg *Medicine Senior Consultant* 16.10.2021

Dr Manas Kalra *Paediatric-Hemato Oncology, Paediatrics Senior Consultant* 16.10.2021

## CROSSWORD ANSWERS

**ACROSS:** 4. Reagin 5. Obtundation 7. Axolemma 10. Bainbridge 11. Waldeyers 12. Labour-room 13. Octoploid 16. Wangesteen  
19. Maculate 20. Ichthyoid 21. Habenula 23. Pedagogy 24. Caduceus 25. Barlow

**DOWN:** 1. Azygous 2. Baineotherapy 3. Watershed 6. Barr-body 8. Salubrious 9. Recombinant 10. Bartonella 14. Abience  
15. Karyotype 17. Abasia 18. Axometer 22. Balkan

We welcome your comments. Please send us your feedback at 'sgrhnewsletter@sgrh.com'

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