



Sir Ganga Ram Hospital

newsletter

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January–March 2023



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Change of Guard at SGRH

Interview with the Chairman Board of Management (BoM) and Member Trust Society, SGRH by the Editor *SGRH Newsletter*



Q1. The *SGRH Newsletter* is privileged to interact with you as Chairman, BoM and publish your thoughts for our readers. This has been a ritual of the *SGRH Newsletter* whenever there is a change of guard at the top management level of SGRH to convey to our readers the Leader's thoughts! Your response please.

I have been a grassroots worker of this hospital. Starting my career as a Junior Consultant in the Department of ENT under the Late Dr I.S. Sindhu way back in 1984. I have gradually risen step by step and now have reached this coveted position. This is a unique organization in many aspects. Management is in the hands of doctors. The Trust Society acts as a guiding agency without any active persuasion. Charity and service are in-built in our ethos. I would like to maintain this basic fabric and strive hard for value addition in improving patient satisfaction, enhanced academic and research activities, increased meaningful contribution of the consultants and the staff in day-to-day running of the hospital. There is increased competition and we cannot afford to rest on our laurels. We have to change our approach to project the values and excellence of our hospital and consultants.

Q2. In my interview with Late Shri Dharma Vira Ji in the year 1998, where he referred to the values of Sir Ganga Ram and said (quote): 'The Chairman Board of Management has to be the guardian of the philosophy of the hospital. At present, it is to make this hospital one of the most outstanding in the Country

and continue to be charitable as was the desire of its founder' (unquote). How do you see this statement that was made in 1998 in the present-day context?

The concept of being outstanding in our field can never lose its relevance even after 25 years and it will be my constant endeavour as Chairman to keep this organization as a distinct healthcare facility and preserve its perception among people as an outstanding professional body pursuing ethical practice.

Q3. You have served the hospital for more than 35 years. What is it that you think ails this hospital? Since there is always scope for improvement!

Complacency and living in a comfort zone are the two challenges that have to be met by every cadre of the hospital.

Q4. Had you ever thought when you joined this hospital that you would be one day the Chairman of the Board of Management?

Never, I was a pure clinical person with no interest in administration.

Q5. Medical tourism has not come in a big way to this hospital; do you see your role in pushing for it? If not, what are the reasons that even if our hospital is admired as a tertiary care super specialty centre, patients from other countries coming here are less?

Fortunately, over the years, we have always worked at full capacity, giving us no scope for constructing and setting up a separate infrastructure to deal with foreign medical tourism. However, now with our new block coming up, a serious thought to this aspect is being given by the management.



*Dr Ajay Swaroop Mathur, Chairman Board of Management and
Dr Chand Wattal, Editor SGRH Newsletter*

DR AJAY SWAROOP MATHUR



Born on 15 April 1954, Dr Ajay Swaroop did his MBBS from the prestigious Maulana Azad Medical College, New Delhi in 1976. He did his clinical training at Lok Nayak Jai Prakash Narain Hospital, New Delhi. He joined the DLO course at Maulana Azad in 1978 and completed it in 1979.

He joined M.S. (ENT) course at Maulana Azad in 1979 and completed it in 1981. He was awarded the prestigious SS Tolani Gold Medal by the University of Delhi for standing First in the M.S. (ENT) course. In 1981, he joined as a Senior Resident in the Department of ENT, Lok Nayak Jai Prakash Narain Hospital and continued there till 1984 under Dr Prem K. Kakkar – a Padma Shri awardee.

In 1984, Dr Ajay Swaroop joined Sir Ganga Ram Hospital as a Junior Consultant. By virtue of his hard work and perseverance, he

became Associate Consultant and then Senior Consultant. He has been the Chairman of the Department of ENT since 2006 and under his dynamic leadership it is now one of the premier departments in the country having cutting-edge technology, boasting of CO₂ laser, navigation instrument for sinus surgery, etc.

Dr Ajay Swaroop has many academic achievements. He served as Editor of the *Journal of ENT* (Delhi State). He was President of the Society of ENT (Delhi State). He has attended and conducted various seminars, workshops and hands-on clinics on various aspects of ENT. He has publications in reputed international and national journals.

Dr Ajay Swaroop was inducted in the Board of Management (BoM), SGRH in 2001. From 2011 to 2016, he served as Joint Secretary-cum-Treasurer, BoM. From 2016 to 2022, he served as Honorary Secretary-cum-Treasurer, BoM. From September 2022, he has taken over as Chairman, BoM, Sir Ganga Ram Hospital.

Q6. You along with Dr Rana, as Secretary, SGRH, BoM faced the challenge thrown by the Covid pandemic when all healthcare facilities suffered unprecedentedly! What were the learnings from this lifetime event for us? You led this institution from the front!

The Covid era is a dark period for the whole world, SGRH included. The biggest lesson has been that we are human beings and the ultimate force is nature, and natural calamities being unavoidable need to be faced with clarity of thought and compassion.

We should always be humble and recognize this fact.

Practically, there were multiple challenges: (i) having a qualified task force to lay down the principles; (ii) procurement of quality protective material for the staff; (iii) motivate consultants, residents, nurses and rest of the staff to work under difficult and at times life-threatening conditions; and (iv) somehow manage finances with high level wisdom and far-sightedness – a financials balance.

Q7. What is your vision as Chairman BoM and Trustee of the hospital for this institution which has been under construction ever since it was built? In fact, what would be your dream-come-true event for SGRH?

Any expansion of an existing facility will require continuous construction, which is a source of irritation for all concerned but there is no choice. My dream is the early commissioning of the new facility and reorganization of space for various specialties to the optimum.

Q8. You are being seen as a straight talker and upfront with your constructive suggestions. What brings you a clarity of thought on diverse issues? Who has been your role model?

I have always believed in patiently listening to each and every person that I come in contact with, learn from them and then do what I feel is best for the situation or the organization. My role model, guide and philosopher from whom I learnt immensely has been Dr D.S. Rana, who is now our Chairman, Sir Ganga Ram Hospital Trust Society.



Q9. As a Secretary, what are the areas you would strongly like to address for better patient care delivery, now that you are at the helm of the affairs?

One – Increased dedication and discipline from doctors, nurses and rest of the staff. Second – Improvement in existing infrastructure for increased patient comfort.

Q10. It is said that uneasy lies the head that wears the crown! Is it true for you as well?

Firstly I don't consider it as a crown. It is a responsibility which I propose to share with everybody, so there is no question of feeling uneasy.

Q11. How do you see the growth of this multispecialty hospital having an elaborate transplant programme?

The existing transplant programme needs a lot of encouragement and inputs since I feel it is working much less than its potential. This is one area of priority for me.

Q12. While the new oncology building is under construction, is there any further expansion programme? When is the current expansion project going to get completed and what should consultants look forward to once the project is over?

God willing, the new block will be functional by July 2023. There is a new project in the pipeline which will provide additional chambers for the private OPD/Diagnostic facility within the campus. In consultation with the Trust Society there are plans to take up projects outside the city in order to capitalize over the good name and reputation of SGRH.

Q13. What are your hobbies and who is your favourite Bollywood/Hollywood, hero/heroine? Which sport you enjoy the most and what is your spiritual ideology?

I have always been a sportsperson since my school days. I have played cricket, table tennis and now my ultimate love is golf. I am a little out of touch with the present Bollywood generation but I feel Alia Bhatt is a fantastic actress and Aayushmann Khurana is a very versatile actor. I am a Hindu, which in my opinion not just a religion but a way of life and in my own humble way I try to follow it.

Q14. What message do you have for the doctors and the staff of our hospital?

I am one of you and our common goal is to take this hospital to greater heights.

Q15. How do you want to be remembered by the SGRH family?

A good down-to-earth human being with a nerve of steel.

Beauty lies in the beholder's eyes: Thoughts of Mrs Gopi Swaroop

Mrs Gopi Swaroop provides us a peep into the personal life of a professional Dr Ajay Swaroop. Her man is born Aries and as described by Linda Goodman (with malice towards none):

'I go my ways And when I find a mountain- nil I set it in a blaze...'

'So either way I'll get into the garden, and I don't care what happens.'

Aries men are fairly possessed with ideas and creative energy. Keeping up with them may be tiring, but keep up you'd better. At least mentally. Aries has a way of leaving the snails behind and not glancing back. He can be the soul of generosity, giving his time, money, sympathy and possessions by the carload cheerfully to strangers. But he can also be exasperatingly intolerant, and demanding, when his desires are delayed, or he is forced to be around negative people. When it comes to love, his heedless attitude is absolutely amazing. He will plunge into an affair, positive that this is the only true love ever known by any two people ever born, with the possible exception of Romeo and Juliet. To hold him, you will have to be a combination of Grace Kelly, Ursula Andress, Marie Dressier, Madame Curie and Queen Victoria, with a little bit of Clare Boothe Luce thrown in. He will be a warm and wonderful fun daddy, but he might have to be reminded that the youngsters need independence as much as he does. Fatherhood is definitely a role Aries enjoy.

On asking Mrs Gopi Swaroop various personal questions, the following were her thoughts:

She appreciates him as a crisp and straightforward medico, who explains details to his patients very clearly but she is not pleased by his mild bedside manners. She describes him enjoying his various hobbies such as cricket or table tennis or billiards and lately he enjoys golf. He likes to read fiction of John Grisham and Geoffrey Archer but somehow does not get into philosophical literature as of now. He likes to relax in comfortable surroundings where he can put his feet up. He is a doting father and a grandfather. He enjoys to spend his weekends playing golf and spending time with the family. During his earlier period of bringing up the family, he spent all his free time with children. He was a perfect antidote to her strict disciplinary attitude. She would love to describe him as a loving, supporting and caring family man. For his gastronomics, she describes him as a big foodie who enjoys experimenting with different cuisines. However, as a couple they are not really into watching movies for the last 10–15 years, but both enjoy a good murder mystery or a suspense movie in the comforts of their own home.

Dear Readers,

I hope I have been able to sum up our leader to the best of my ability and hope you will enjoy reading and knowing a bit about our new Chairman, Board of Management, Dr Ajay Swaroop Mathur.

Season's Greetings and Happy New Year, 2023!

The new look Board of Trust Society and Board of Management, Sir Ganga Ram Hospital

Board of Trust Society

Name, Designation	Name, Designation
Dr D.S. Rana Chairman	Mrs Sujata Sharma Vice Chairperson
Mrs Hema Siddartha Chand Honorary Secretary	Mrs Vinita Chopra Honorary Joint Secretary
Mr Amitabh Vira Honorary Treasurer	Shri Ashok Chandra Member
Mr Ajay Goel Member	Dr A.K. Seth Member
Mr Vijay Ram Member	Dr S. Nundy Member
Dr S.P. Byotra Member	Dr Jayashree Sood Member
Ms Parul Datta Member	Dr Ajay Swaroop Member

Board of Management

Name, Designation	Name, Designation
Dr Ajay Swaroop Chairman	Dr S.P. Byotra Vice Chairman
Dr Jayashree Sood Honorary Secretary	Dr A.K. Bhalla Honorary Joint Secretary-cum-Treasurer
Mrs Vinita Chopra Member	Dr Sunil Jain Member
Mrs Sujata Sharma Member	Dr Shankar Acharya Member
Dr B.K. Rao Member	Dr Abha Majumdar Member
Dr P.K. Khanna Member	Dr Neelam Kler Member
Dr A.K. Grover Member	Dr Anil Arora Member
Dr Vijay Arora Member	Dr Shyam Aggarwal Member
Dr C.S. Agrawal Member	Dr Neeraj Jain Member
Dr H. Jauhari Member	Dr Lalit Duggal Member
Dr J.P.S. Sawhney Member	Dr Ganesh Shivnani Member
Dr Sudhir Chadha Member	Dr Saumitra Rawat Member
Dr Satnam Singh Chhabra Member	

Environmental change and kidney health



Professor Vivekanand Jha
Executive Director, The George Institute
for Global Health, India
Professor and Chair of Global Kidney
Health, Imperial College, London, UK
Conjoint Professor of Medicine,
University of New South Wales,
Sydney, Australia
Professor, Prasanna School of Public
Health, Manipal Academy of Higher
Education, Manipal, India
Immediate Past President
(2019–2021) International Society
of Nephrology

Climate or environmental change, commonly referred to as Global Warming, affects at least 80% of the land mass globally and is being perceived as the biggest and most immediate existential threat humans have ever faced. Global warming is mainly caused by greenhouse gas emissions (mostly carbon dioxide), which traps heat in the earth's atmosphere.

Heat stress-related kidney diseases linked to environmental change are being increasingly identified globally

Increasing ambient temperature has been linked to a range of kidney diseases, such as acute kidney injury (AKI), chronic kidney disease (CKD) and kidney stones.

Occupational exposure to prolonged heat increases CKD-related mortality. A substantial proportion (>40%) of sugarcane workers in certain parts of Nicaragua, El Salvador and Costa Rica were noted to have high serum creatinine (>1.5 mg/dl) after 10 years of work.

Heat stress is also associated with AKI and electrolyte disorders. In a report from China, 44% of heat stroke patients developed AKI associated with raised muscle damage biomarker creatine kinase. The 2006 California heat wave led to increased hospitalizations from AKI. Elevated levels of urinary markers of AKI have been demonstrated among agricultural workers reporting heat stress symptoms in endemic region of Sri Lanka and Central America.

Kidney stones are precipitated in the presence of dehydration as the latter causes concentrated urine and low urine pH. A well-known association exist between high daily temperatures and prevalence of kidney stones. The 'stone belt', named so due to a high prevalence of kidney stones, extends from Southeast America and Central America, North Africa, Middle-east and South-east Asia

and Europe.

Biodiversity loss is linked to environmental change

Biodiversity reflects the variety of biological species in a given area. Global warming has caused a shift of many species of terrestrial organisms to higher latitudes (which were colder earlier) as warm environment is favourable for vectors, parasites and reservoir hosts. This has led to an increased incidence of endemic infections in previously cold temperate zones that were hitherto free from such infections. Many of these infections such as malaria, dengue, scrub typhus, leptospirosis, etc. can cause AKI and CKD. Biodiversity loss has been linked to the emergence of new vector-borne diseases and infections (e.g. COVID-19 and Ebola).

Extreme environmental events linked to environmental change reduce access to healthcare for those with kidney diseases

Extreme environmental events and natural disasters lead to population displacement, transport disruptions and damage to essential infrastructure and medical equipment. This reduces access to care healthcare, and can have dire consequence for patients on dialysis. Disaster-induced sympathetic activation is known to induce hypertension among survivors.

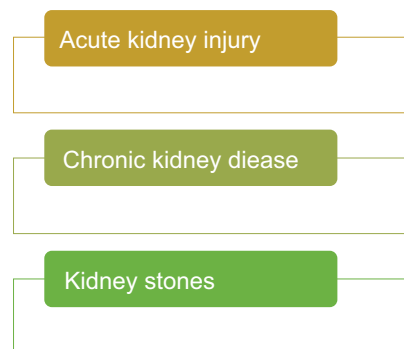
CKD of unknown origin is linked to environmental change

Over the last quarter century, an endemic type of kidney disease has been increasingly identified in young male outdoor workers in certain geographical areas. Initially described from the central American countries of Nicaragua, El Salvador, Costa Rica, this was dubbed Mesoamerican Nephropathy. Clusters have been reported from other parts of the world as well – Sri Lanka, India, Egypt, Tunisian, Brazil, etc. Most affected individuals are typically asymptomatic until they reach terminal stages of kidney failure. While the exact pathogenic mechanisms have not yet been elucidated, it is believed that cyclical dehydration is the root cause of CKD among these agricultural workers.

The linkage between anthropogenic air pollution and kidney diseases

Air pollution is now firmly established as a risk factor for a range of non-communicable diseases (NCDs). An association between the ambient PM_{2.5} concentration (indicative of presence of particulate matter <2.5 µM in diameter) and CKD has been shown in epidemiological studies from USA and China.

Heat-related kidney diseases



Metabolic diseases predisposing to kidney diseases are linked to environmental change

Rapid, unplanned urbanization has limited the space available for outdoor physical activities which is further coming down due to heavy reliance on automobiles. Changing food habits, e.g. increasing consumption of packaged and frozen calorie-dense preserved foods, increase the risk of metabolic diseases. These are further perpetuated by the food industry influencing behaviour change through advertisements in mass media and through influencers like sportspeople and movie stars. Plant-based diets are beneficial for patients with kidney disease.

Care delivery to patients with kidney disease contributes to environmental change

Renal services carry a substantial carbon footprint, mainly because of the dialysis services. According to one study in 2010, a renal service in the UK had a carbon footprint of 3006 tonnes carbon dioxide equivalents per annum, with dialysis services contributing 62.5% of all carbon gas emissions. Each session of haemodialysis (HD) requires ~500 L of high-quality water. The reverse osmosis system used for water treatment in HD rejects two-thirds of the supply water. A typical patient receiving twice-a-week HD will consume about 52,000 L of water annually. Cumulatively, the

150,000 patients currently on dialysis in India will consume about 7.8 billion L of water every year. Extreme weather events and water scarcity are wake-up calls to rapidly implement ways to make dialysis services more sustainable and environment-friendly.

How can healthcare professionals help combat this threat?

The system level response to environment change can be divided into two categories: mitigation and adaptation. Mitigation refers to efforts to reduce or prevent emissions of greenhouse gases (by using new technologies, renewable energy sources, changing human behaviour or making system-level changes in the way we live our lives and conduct our business) while adaptation involves taking actions that will reduce the impact of environment change on human health. Some actions can provide dual benefits by helping both with reducing greenhouse gas emission and also reducing kidney disease risk through increased physical activity. Similarly, reducing consumption of processed food and meat-based diet and promoting dietary diversity by increasing the intake of locally grown food items including fruits and vegetables helps decrease carbon emission while at the same time cutting down NCD risk. Other actions with similar dual benefit actions can include using rural ways of air cooling, and retrofitting of storage tank to water treatment system for reverse osmosis of reject water (reducing global warming, air pollution, water wastage, and improving human health).

All healthcare facilities should strive to adopt environment-friendly policies including investing on eco-friendly infrastructures such as solar panel powered hospital units, creation of green corridors, investing on environmental-friendly instruments, replacing paper products with effective electronic record system, etc.

Contributed by

**Professor Vivekanand Jha, Executive Director
The George Institute for Global Health, India**

Dr Shri Hari, Consultant Gastroenterologist, SGRH was given the 'Best Gastroenterologist and Hepatologist of the year North Zone' award by the *Economic Times* at a function held in Gurugram on 17 November 2022.

Professor Dr O.N. Nagi, Senior Consultant and Director, Joint Replacement Unit, has been bestowed with the prestigious Dr B. Makhopadhaya Lifetime Achievement Award by the Indian Orthopaedic Association at IOCON Amritsar on 30 November 2022.



Reach-Out, an initiative of the Sir Ganga Ram Trust Society, was awarded the 'Special Jury Recognition' award at the FICCI 14th Healthcare Excellence 2022 Awards on 11 October.

Launch of the most awaited book: *Lectures on The Art of Surgery*

The book *Lectures on The Art of Surgery* has been compiled and written by Dr Harsha Jauhari, Chief Editor and Dr Ashish Dey, Co-Editor. The book was launched on 26 November 2022 in the presence of Dr D.S. Rana, Chairman, Board of Trustees, SGRH; Dr Ajay Swaroop, Chairman, Board of Management, SGRH; Dr Samiran Nundy, Emeritus Consultant, Department of GI Surgery, SGRH at the SGRH auditorium. This book is about surgical techniques, the surgical planning process and many other aspects of the conduct of the surgeon during surgery.

The book is a gist of experiences of medical practitioners and surgeons. It is a leap of faith both for the editors as well as the industry. The book is divided into four sections. The main section is focused on 'Concepts and Attitudes', touching on vital but largely minimized, subjects. Some presentations cover topics such as 'Surgical Department and Opinions', 'Conceptualization and Visualization of an operation' or 'Knowing your instruments and planning your operation'.

Training sessions on the best use of 'Surgical Tools' or the optimum techniques of various 'Ward Procedure Skills', demonstrated by seasoned clinicians, are discussed in other sections. A section on 'Poly Trauma – Where the young surgeon is the 1st responder' is included. 'What do I do now?' – The young surgeon, in a particular specialty, can perform most emergency procedures but is unsure. What is good for the experts in their specialties is good for him. A pregnant woman, in an accident, do I turn her to left side or right or on back? A fractured and bent limb – do I straighten it? Glass fragments in both eyes, a baby in trauma, etc. what do I do? The book aims to provide some answers.

This is not a textbook in the classical sense of the word, but it provides answers to some simple and basic questions a young surgeon will face. This humble offering is presented to the public and medical profession in the hope that it will generate interest in



From left to right: Dr Ashish Dey, Dr Ajay Swaroop, Dr D.S. Rana, Dr Rashmi Saluja, Dr S. Nundy, Dr Harsha Jauhari

the facets of surgery that are taken for granted – the 'Art'.

Readers can soon purchase the book from newsstands, bookstores and online booksellers. Limited copies of the book will be available at select libraries of educational institutions and hospitals for students and medical professionals, etc.

Compiled by
Dr Harsha Jauhari, Senior Consultant, Renal Transplant
Dr Ashish Dey, Senior Consultant
Laparoscopic, Laser and General Surgery

Dr Ankita Kumari, DrNB 2nd year, Neurology department, SGRH participated in Rare Disease Symposium organized by the Rare Disease India Foundation on 15–16 October 2022. She won three prizes in different categories. She stood First in 'Physical poster presentation', Second in 'E-poster presentation' and Second in 'Oral presentation'.



Dr V.S. Madan, Senior Consultant, Department of Neurospine, was honoured with the prestigious Lifetime Achievement Award by the Neurological Society of India at the 70th NSI Conference held at Agra from 8 to 11 December 2022.

World Hospice and Palliative Care Day Celebration

The World Hospice and Palliative Care Day with the theme 'Healing Hearts and Communities' was celebrated on 7 October 2022 by the Department of Palliative Medicine at SGRH. The Chief Guest was Dr Ajay Swaroop, Chairman Board of Management, SGRH, and the Guest of Honour was Dr Sushma Bhatnagar, President of the Indian Association of Palliative Care and Chief of the All India Institute of Medical Sciences (AIIMS) Delhi and AIIMS Jhajjar, who kindly took out their valuable time for the programme.

Dr Ajay Swaroop, Dr S.P. Byotra, Dr V.K. Malik, Dr S.C. Manchanda and Dr Sushma Bhatnagar inaugurated the programme. The experiences shared by the caregivers marked the event. Several competitions were organized, in which many schools and colleges participated. The chief guest facilitated the winners. A special award, 'The Ashoka Award' for extraordinary work in the field of Palliative Medicine, was presented to Mr Hardik for his beautiful self-



From left to right: Dr Vinod K. Malik, Dr Atul Kakar, Dr Puneet Rathore, Dr Bimla Sharma, Dr Sushma Bhatnagar, Dr Ajay Swaroop, Dr S.C. Manchanda

music and song composition.

Young MBBS students from Maulana Azad Medical College presented a mesmerizing skit about the need and awareness of Palliative Care in society. A successful three-hour academic feast was organized, including on Stress Management,

End of Life Care, and panel discussions. The event ended with a commitment to develop better palliative care services in the hospital.

Contributed by
Dr Puneet Rathore, Associate Consultant
Dr Bimla Sharma, Chairperson
Department of Palliative Medicine

FALS Colorectal Course and CME 2022

The Department of Laparoscopic, Laser and General Surgery, SGRH in collaboration with the Indian Association of Gastrointestinal and Endoscopic Surgeons (IAGES) organized the Fellowship in Advance



From left to right: Dr Deep Goel, Dr Ramen Goel, Dr Ajay Swaroop, Dr Vinod K. Malik, Dr Tarun Mittal

Laparoscopic Surgery (FALS) Colorectal Course and CME 2022 from 4 to 6 November 2022 at Jaypee Siddhartha, New Delhi. The fellowship was conducted in the Exam and Non-Exam categories. The initial two days were packed with didactic lectures which were delivered by stalwart national faculties.

There were exciting panel discussions on a plethora of topics. Nine live surgeries were performed by national faculties. The surgeries included advanced minimal access procedure like lasers for proctology, Lap APR, Lap rectopexy, etc. All patients were discharged uneventfully. The programme was attended by 100 delegates. A total of 64 national faculties participated in this academic extravaganza. The programme was inaugurated by Dr Ajay Swaroop, Chairman, Board of Management; Dr L.P. Thangavelu, IAGES President; Dr Vinod K. Malik, Organizing Chairman and Dr Tarun Mittal, Organizing Secretary.

Contributed by
Dr Tarun Mittal, Senior Consultant
Department of Laparoscopic, Laser & General Surgery

Hospital News



The Institute of Clinical Microbiology and Immunology, SGRH was awarded the Professor S.K. Joshi Laboratory Excellence Award. The Clinical Microbiology Laboratory at SGRH was among the five laboratories out of 720 across the country, which were chosen for this prestigious award (from left to right: Mr Vipin Sondhi, Dr S. Datta, Mr Adil Zainulbhai, Dr C. Wattal, Dr Neeraj Goel).



Dr D.S. Rana, Chairman Sir Ganga Ram Trust Society and Chairman Institute of Renal Sciences, was conferred with the ISN-BAYER Pioneering Award for 'Vascular Access in Haemodialysis' at the inaugural function of the annual conference of the Indian Society of Nephrology in Pune on 2 December 2022.

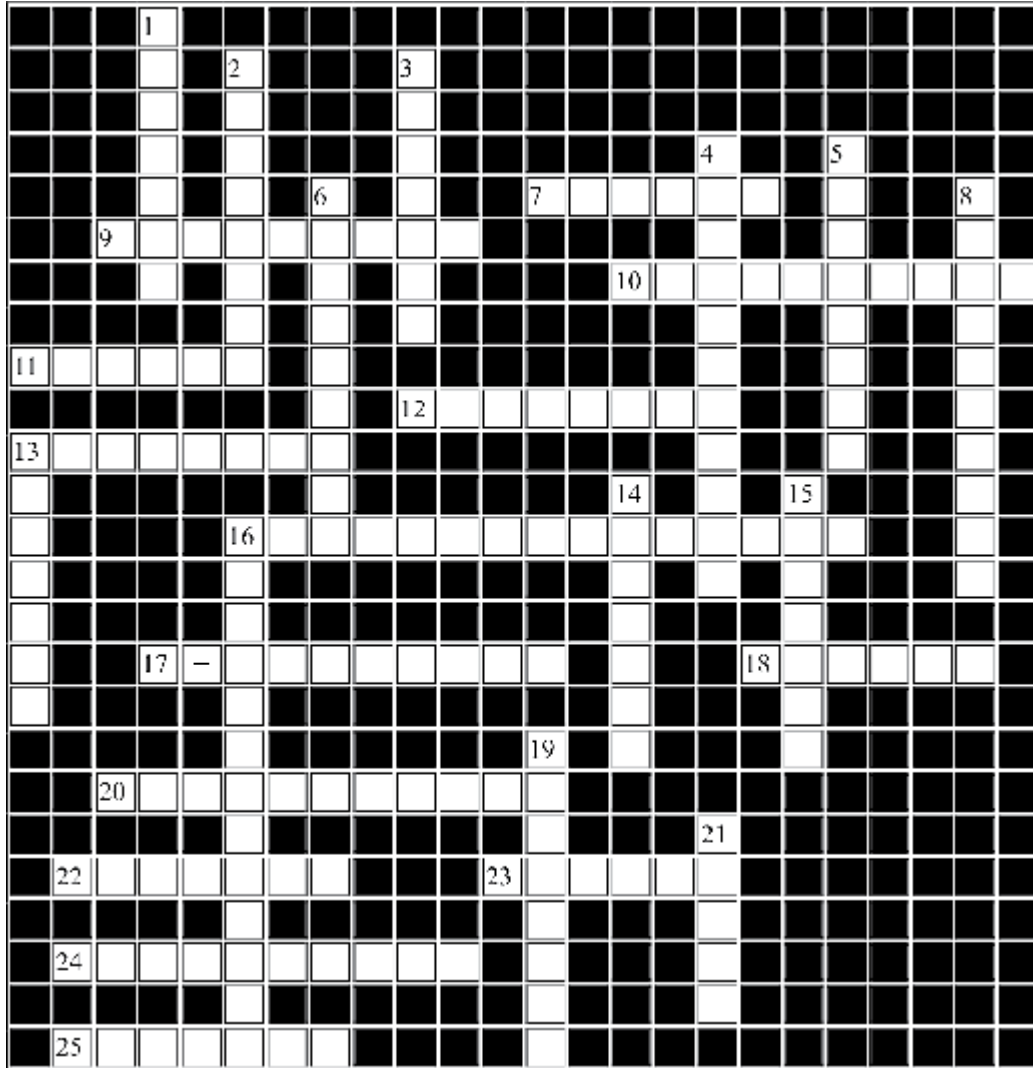


The Institute of Anaesthesiology, Pain and Perioperative Medicine organized a workshop on 'Haemodynamic monitoring' on 7 October 2022 as part of the 61st Annual Conference of the Indian Society of Anaesthesiologists, Delhi Branch. All the nuances of haemodynamic monitoring of patients during anaesthesia and critical care were dealt with. At the same conference, the Institute of Anaesthesiology, Pain and Perioperative Medicine was given the 'Best Clinical Meeting' award, which is being received by Dr Jayashree Sood, Chairperson of the department, in the above photo.



Dr Latika Bhalla, Senior Consultant, Institute of Child Health, was awarded the 'Distinguished Doctor of the Year' award at the ASSOCHAM Healthcare Summit and Awards 2022 held on 12 October (from left to right: Mrs Kavita Narayan, Dr Sudhir Kumar Kalban, Dr Latika Bhalla, Dr D.S. Rana).

Newsletter Crossword



Across

7. Connected to a hospital, but not residing in it (6)
9. Naturally occurring pain-killer produced by the pituitary gland (9)
10. Mouldy antibiotic (10)
11. New bone around a broken one (6)
12. Small artificial vesicles of spherical shape, promising system for digestive enzymes and destroying micro-organisms (8)
13. Masonry structures in Egypt where renal medulla is split up (8)
16. Group of drugs that slow down bone loss (15)
17. Family of proteins acting as molecular switches inside cells transmitting signals (1-8)
18. Artificial, typically electromechanical, body parts (6)
20. Sense of fear experienced in large open spaces and public spaces (11)
22. Disease causing acute neurological emergency in divers (7)
23. Paralyzing plant product (6)
24. An emotional release caused by recall of past unpleasant experience (10)

25. A 100-year-old drug, in a single dose, can help children with autism (7)

Down

1. Attaching a device to support or strengthen (7)
2. These hormones have 17 carbon atoms arranged in 4 rings (8)
3. Receptor opener, producing a biological response (7)
4. Patch drug (11)
5. This thickest tendon is a hero of Trojan war (8)
6. This cell is no more (9)
8. Preservative in vaccines (10)
13. Dummy pill, part of a study (7)
14. To protect or strengthen against attack with extra nutrients (7)
15. Protein piece, molecules consisting of between 2 and 50 amino acids (7)
16. Blinking you cannot control (13)
19. Promoting or intended to promote health (8)
21. Medical thread inserted into a fistulous tract (5)

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

NEW ENTRANTS

Dr Sandeep Joshi *Cardiac Anaesthesia Consultant* 01.10.2022
Dr Puneet Rathore *Palliative Medicine Associative Consultant (Ad hoc)* 29.10.2022
Dr Divij Sachdeva *Paediatric Hemato Onco & BMT Associative Consultant (Ad hoc)* 01.11.2022
Dr Bimlesh Thakur *Surgical Oncology Associative Consultant* 17.11.2022
Dr Rahul Maria *Paediatric Cardiac Sciences Consultant* 01.12.2022

PROMOTIONS

Dr Mahindra Singh Baansal *Anaesthesia Senior Consultant* 29.09.2022
Dr Kunal Chawla *Medicine Senior Consultant* 29.09.2022
Dr Ruma Satwik *IVF - Obstetrics & Gynaecology Senior Consultant* 29.09.2022
Dr Neeti Tiwari *IVF - Obstetrics & Gynaecology Senior Consultant* 29.09.2022
Dr Arti Anand *Psychiatry Senior Consultant* 29.09.2022
Dr Reena Khantwal Joshi *Paediatric Cardiac Sciences Senior Consultant* 07.11.2022
Dr Neeraj Aggrawal *Paediatric Cardiac Sciences Senior Consultant* 07.11.2022
Dr Varun Rai *ENT Consultant* 07.11.2022
Dr Sangeet Aggrawal *ENT Consultant* 07.11.2022

CROSSWORD ANSWERS

Across

7. Extern 9. Endorphin 10. Penicillin 11. Callus 12. Lysosome 13. Pyramids 16. Bisphosphonates 17. G-proteins 18. Bionic
20. Agoraphobia 22. Caisson 23. Curare 24. Abreaction 25. Suramin

Down

1. Bracing 2. Steroids 3. Agonist 4. Transdermal 5. Achilles 6. Apoptosis 8. Thiomersal 13. Placebo 14. Fortify 15. Peptide
16. Blepharospasm 19. Salutory 21. Seton

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

Founder Patron: Late Shri Dharma Vira

Patron: Dr D.S. Rana

Editor: Dr C. Wattal Co-editor: Dr Vijay Arora

*Editorial Board: Dr A.K. Bhalla, Dr P.K. Pruthi, Dr Archana Koul, Dr Nitin Sethi, Dr Rajat Mohan,
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