



# Sir Ganga Ram Hospital

## newsletter

vol 27 no 3

visit us at [www.sgrh.com](http://www.sgrh.com)

July–September 2023



### 68th Founder's Day Celebrations

Chief Guest: Professor Yogesh Singh,  
Vice Chancellor, University of Delhi

... page 2



### सेवामयी अविरल धारा: सर गंगाराम हॉस्पिटल

... page 4



### Robotic Surgery

... page 7



# 68th Founder's Day Celebrations

## Chief Guest: Professor Yogesh Singh, Vice Chancellor, University of Delhi



From left to right: Dr Jayashree Sood, Mrs Sujata Sharma, Dr D.S. Rana, Professor Yogesh Singh, Dr Ajay Swaroop

Dr D.S. Rana, Chairman, Sir Ganga Ram Trust Society, welcomed the Chief Guest, Professor Yogesh Singh, Vice Chancellor, University of Delhi and greeted the guests on the occasion of Baisakhi, which is a landmark day in the history of Sir Ganga Ram Hospital.

Dr Ajay Swaroop, Chairman, Board of Management, SGRH briefly introduced Professor Yogesh Singh, who besides being an academician par excellence has been Vice Chancellor of the University of Delhi for two terms. Dr Swaroop said that on Founder's Day, we remember the great philanthropist, Sir Ganga Ram Ji and meet to re-dedicate ourselves to this hospital, to work together and maintain the highest standards of efficiency, to provide cutting-edge medical services and technology with compassion to all segments of the society. The two years of COVID brought us extreme hardships, both workwise and financially, but all the hospital staff stood together like a rock and carried on working amidst all hardships. Today, we honour our doctors, nurses, general staff, who have excelled and also for their long-term loyalty and attachment to the hospital.

Dr Jayashree Sood, Secretary, Board of Management, SGRH,



Chief Guest Professor Yogesh Singh lighting the lamp in the presence of Dr Jayashree Sood, Mrs Sujata Sharma, Dr D.S. Rana and Dr S.P. Byotra

after welcoming the Chief Guest, Professor Yogesh Singh, said that the foundation of Sir Ganga Ram Hospital, Delhi, was laid in 1954 by the then Prime Minister, Pt. Jawahar Lal Nehru. In 1976, Padma Bhushan Dharma Vira Ji a visionary ICS officer and an active trustee of the Sir Ganga Ram Trust Society conceived the idea of handing over the management of the hospital to a team of dedicated doctors. Since then, the Board of Management consisting of eminent doctors have contributed to the growth of the hospital. The hospital has witnessed phenomenal growth over the last few decades. Today, SGRH is a 675-bedded multispecialty tertiary care hospital providing healthcare at affordable cost to all sections of the society. We have two associated hospitals, Ganga Ram City Hospital with 120 beds and Ganga Ram Kolmet Hospital with 45 beds.

In the morning hours, we run a general OPD which runs for all specialties where everybody gets free consultations and also are entitled to highly subsidized investigations. However, patients belonging to the EWS category get both free investigations as well as drugs. The Sir Ganga Ram Trust Society has been providing free treatment to patients on 20% of the total beds and this has been right from the inception and when there was no statutory directive from the Government of India, at that time when the land was allotted. The hospital has a strong commitment for medical education and research. We have a postgraduate training programme of the National Board of Examinations in 47 disciplines with more than 300 postgraduate students. This is the largest postgraduate DNB accredited centre in India. This programme took a new direction after creation of the Ganga Ram Institute of Postgraduate Medical Education and Research (GRIPMER) under the leadership of Professor Samiran Nundy, an eminent surgeon and academician par excellence. Our hospital has been awarded as

the best DNB institution in the country. We have a journal – *Current Medicine Research and Practice*. We also run a very well-recognized research programme under the guidance of Professor N.K. Ganguly who is an internationally recognized scientist and researcher. At present 46 clinical departments including the Department of Research of our hospital are carrying out research along with multidisciplinary institutes. A new 10-storey block is expected to be completed by the end of this year. We have recently acquired our second state-of-the-art robot, the Hugo Robotic System. The hospital is running a School of Nursing, which has been graded as the best school of nursing by the Nursing Council of India. During the last two years, our hospital has featured 853 times in print media and 398 times in visual medial for positive healthcare needs. A total of 7442 patients with COVID were admitted in our hospital.

Mrs Sujata Sharma, Vice Chairperson, Sir Ganga Ram Trust Society gave a brief overview of the life and times of Sir Ganga Ram, who was born on 13 April 1851, at Mangatwala in Punjab to a poor family. He had his early schooling in Amritsar and Lahore and won many scholarships which paid for his education. He became the first Indian to obtain a degree in Civil Engineering from Thomason College of Engineering, Rourkee, built by the British, to train their own engineers where he passed with a Gold Medal in 1873. He served the Punjab Government as Executive Engineer, Lahore, for 12 years, a period which in retrospect has been called the Ganga Ram Period of Architecture. He has been called the father of modern Lahore. He was knighted in 1922 for his engineering, agriculture, and philanthropic work. Recognizing the need for medical attention to the poor, he started Sir Ganga Ram Charitable Dispensary in Lahore in 1921, which became the Sir Ganga Ram free hospital in 1923 and to this day is called Sir Ganga Ram Hospital. To look after various charities, he founded the Sir Ganga Ram Trust Society in 1923 and gave all his wealth for the projects of public welfare.

Professor Yogesh Singh thanked the management of SGRH for inviting him for Founder's Day Celebrations. He said that on 13 April 1954, Pt. Jawahar Lal Nehru laid the foundation of the hospital. A



*From left to right: Mrs Sujata Sharma, Dr Jayashree Sood, Dr Chand Wattal, Professor Yogesh Singh, Dr S.P. Byotra, Dr Ajay Swaroop and Dr D.S. Rana releasing the latest issue of the newsletter*

small plant has grown into a big tree, a big institution that helps others. He said that there is a lot to learn from Sir Ganga Ram. People remember him even after 96 years for what he did. These days people don't remember anyone even after 96 days. Sir Ganga Ram believed in 'Doing good to others, without expecting anything in return.'

Professor Singh found it inspirational 'when you say every year that we re-dedicate ourselves to the path laid down by our great founder'. These words need to be repeated so that people remember them because generally bad things are remembered and good things are forgotten.

Professor Singh appreciated the fact that SGRH offers free treatment for 20% of people. He also lauded the fact that consultants of SGRH contribute 20% of their professional fees towards the growth of the hospital. He said that in India, the most difficult task is to expect people to give you money or praise. He praised the consultants for their outstanding contribution. He said that it is a matter of pride that this hospital has been contributing to the service of health of the common man for the past seven decades. He said that SGRH did exemplary work during the COVID pandemic. He recounted the treatment his brother received at SGRH during the difficult COVID times.

Professor Singh said that it's not easy to be like Ganga Ram Ji. Money doesn't make a man big. It's what he does with money for others that makes him big. Sir Ganga Ram Ji's life and work teach us how to remain big after becoming big. That's why we should always value, promote and protect kindness and goodness. He said that we should possess kindness and compassion, because one can only give what one has. That's why Ganga Ram Ji is remembered even after 96 years. Sir Malcolm Hailey, Governor of Punjab said about him that he 'won like a hero and gave like a saint'.

Professor Singh expressed his wish that there should be a training programme for doctors to 'be happy'. He said that such training programmes are required because doctors are in stress and they are overwhelmed with work. They face too many problems even though they work for the betterment of people. If patients meet a happy doctor, they too will feel happy. There should be a training programme so that doctors, nurses and staff all are happy. He said: 'Creating and running this type of hospital is not easy. It requires commitment, it requires dedication and lots of effort, but for the past 70 years you are doing it and doing it with commitment, dedication for the people of India.' He said that it's high time SGRH replicates its model in other parts of India; delay will lead to more delay. He wished SGRH all the very best in this endeavour.

Dr S.P. Byotra, Vice Chairman, Board of Management, SGRH gave a vote of thanks.

## सेवामयी अविरल धारा: सर गंगाराम हॉस्पिटल

उसी उदार की सदा सजीव कीर्ति कूजती,  
तथा उसी उदार को समस्त सृष्टि पूजती।  
अखण्ड आत्म भाव जो असीम विश्व में भरे,  
वही मनुष्य है कि जो मनुष्य के लिए मरे।।

- राष्ट्र कवि मैथिलीशरण गुप्त

उन्नीसवीं शताब्दी के कालखंड में, अविभाजित भारत के पंजाब में शेखुपुरा स्थान पर 13 अप्रैल सन् 1851 को श्री दौलतराम अग्रवाल जी के यहाँ एक दिव्य शिशु ने जन्म लिया। मुझे यह तो ज्ञात नहीं कि वह शिशु शुभ मुहूर्त में पैदा हुआ था या उसके पैदा होने से वह मुहूर्त शुभ हो गया था, कारण चाहें जो भी हो पर वह एक ऐतिहासिक दिन था। उस असाधारण बालक का नाम 'गंगाराम' रखा गया। उनकी प्रारंभिक पढ़ाई अमृतसर और लाहौर से तथा सिविल इंजीनियरिंग की शिक्षा रुड़की से संपन्न हुई, जहाँ सन् 1873 को उन्हें गोल्ड मेडल भी मिला। आज भी इस नामचीन संस्थान की सबसे बड़ी इमारत 'गंगा भवन' उन्हीं के नाम पर है। सिविल इंजीनियरिंग के क्षेत्र में उन्होंने अनेक उत्कृष्ट कार्य किए, दूरदर्शी निर्णय लेकर हजारों एकड़ बंजर भूमि को उपजाऊ बनाया व समाज के उत्थान के लिए ना जाने कितने शिक्षण संस्थान (एटकिंसन कॉलेज, मेयों कॉलेज, सर गंगाराम हाईस्कूल, हेली कालेज) व इमारतें (जनरल पोस्ट आफिस, लाहौर म्यूजियम) बनवाईं। यही कारण है कि उन्हें 'फादर आफ माडर्न लाहौर' भी कहा जाता है। उन्होंने शिक्षा को हमेशा बहुत जरूरी बताया और अनेक शिक्षण संस्थानों की स्थापना की व यथोचित सहयोग किया। पवित्र-पुरातन वाराणसी में बनने वाले भव्य काशी हिन्दू विश्वविद्यालय के भूमि पूजन समारोह में अनेक गणमान्य व्यक्तियों के साथ ही साथ श्री गंगाराम जी भी शामिल थे।

उन्होंने अपने अथक परिश्रम, बुद्धिमत्ता व विलक्षण प्रतिभा के बल पर भारतीय उपमहाद्वीप में एक नयी पहचान बनाई। उनके बारे में कहा जाता था कि वह 'एक हीरो की तरह कार्य करते और एक संत की तरह अपना सर्वस्व समाज के लिए समर्पित कर देते।' उनके इस अविश्वसनीय व अद्भुत कार्य के कारण ही उन्हें प्रतिष्ठित 'राय बहादुर' और 'सर' की उपाधि से विभूषित किया गया।

1921 में सर गंगाराम अस्पताल, लाहौर में बनाया गया, बाद में 1951 में स्वतंत्र भारत की राजधानी दिल्ली में भी

उनके नाम से जाना-माना हॉस्पिटल बनाया गया, जिसमें आज भी सारा जनमानस स्वास्थ्य लाभ पाता है। धनवान हो या निर्धन, विशिष्ट हो या साधारण, इन सभी को समान रूप से स्वास्थ्य लाभ देने की परंपरा आज भी वैसी ही है। एक अच्छे शिक्षण संस्थान की तरह यहाँ भविष्य के लिए सेवामयी व उत्कृष्ट चिकित्सक भी तैयार किये जाते हैं।

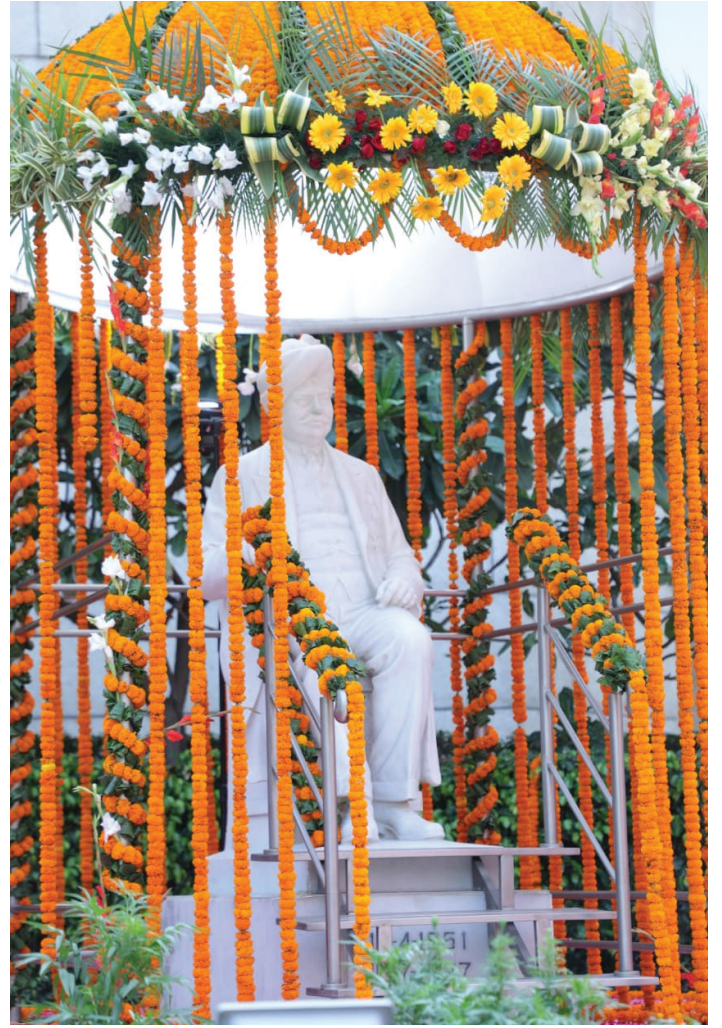
लगभग एक दशक पूर्व जब मैंने इस चिकित्सालय में कार्य करना प्रारंभ किया तो मुझे केवल एक ही बात पता थी कि यह एक 'अच्छा हॉस्पिटल' है। शुरुआत के दिनों में ऐसा विलक्षण कुछ नहीं लगा। लेकिन फिर जल्दी ही जब मैं एक वार्ड में मरीज़ को शल्य चिकित्सा से पूर्व होने वाली निश्चेतना जाँच के लिए गया, तो मुझे पहली बार एहसास हुआ कि यह 'सर गंगाराम अस्पताल' इतना प्रख्यात क्यों है। मरीज़ (बच्चे) की माँ व नानी दोनों ही वहाँ उपस्थित थे, बच्चे के स्वास्थ्य संबंधी प्रश्न पूछने के बाद, मैंने उनको बेहोशी से संबंधित प्रश्नों के उत्तर दिए व डॉढ़स बंधाया ताकि वे सहज हों सकें। तभी नानी बोलीं 'मैं डेढ़ महीने से बिटिया से कह रही थी गंगाराम हस्पताल आ जाओ, पर यह सुन नहीं रही थी, अब जाकर यह आई है और मुझे पूरा भरोसा है कि अब यह यहाँ से ठीक होकर ही जाएगा।' और फिर सच में मैंने देखा कि एक हफ्ते बाद वो बच्चा हॉस्पिटल के निकास गेट पर अपनी नानी की गोद में चिप्स का पैकेट लिए और चेहरे पर मुस्कान बिखेरता हुआ जा रहा था। मेरा मन उस निर्धन महिला के असाधारण विश्वास के सार्थक होने से अभिभूत था।



काशी हिन्दू विश्वविद्यालय के भूमिपूजन समारोह में समिल्लिता के बीच में काशी नरेश, उनके पीछे महामना पंडित मदन मोहन मालवीय जी काशी नरेश जी के दाहिने सर गंगाराम जी

अभी कुछ ही दिन और बीते थे कि अर्ध-रात्रि के समय इमरजेंसी ड्यूटी के दौरान एक भयानक सड़क दुर्घटना के बाद अत्यधिक खून बह जाने की वजह से एक मरीज़ हमारे यहाँ मरणासन्न स्थिति में लाया गया। सभी संबंधित वरिष्ठ सर्जन, एनेस्थीसिया के मेरे वरिष्ठ व आपरेशन थियेटर के सभी लोग लगातार कई घंटों तक इतने व्यस्त रहे कि पता ही न चला सवेरा कब हुआ। सर्जरी खत्म हो गई और उसे कुछ दिन सघन चिकित्सा कक्ष (आइ.सी.यू.) में रखने पर वह काफी ठीक हो गया और बाद में वार्ड से उसकी छुट्टी हो गई। सभी की कड़ी मेहनत से वह काल के गाल से बाहर निकल आया था। घर जाते समय उस बुजुर्ग पिता ने आँखों के ऊपर हाथ का छज्जा बनाकर कहा कि हम उम्मीद छोड़ चुके थे, ना ही हमारे पास कोई पैसा है, ना कोई पदवी, और ना किसी की पैरवी, फिर भी आप लोगों की मेहनत की वजह से ही आज मेरा पुत्र जीवित है। मैं केवल आप लोगों को आशीर्वाद ही दे सकता हूँ। ऐसे ही एक बार एक बुजुर्ग ने हँसते हुए कहा कि जब गंगा भी यहीं और राम भी यहीं तो मैं और कहाँ जाऊँ, आज के इस युग में ऐसा भरोसा मेरे लिए अकल्पनीय था। ना जानें कितने लोग मिले जो दूर दराज से आए, वो ठीक से बात भी नहीं कर सकते थे, पर मैंने महसूस किया कि ठीक होकर घर वापस जाते समय उनकी वाणी में मधुरता व एक ईश्वरीय आशीर्वाद समाहित होता है, जो इस चिकित्सालय की एक अनमोल निधि है।

ऐसा नहीं है कि हर गंभीर मरीज़ ठीक हो जाता है पर मरीज़ को भी हमारा प्रयास दिखता है। अनेकों बार मरीज़ के ना बच पाने की स्थिति में भी रिश्तेदार हमें भरपूर प्रयास के लिए धन्यवाद दे जाते हैं तो ऐसा लगता है भले ही परिणाम हमारे अनुकूल नहीं था पर प्रयास करना सार्थक हुआ। हालाँकि हर बार ऐसा नहीं होता है और हमें कड़वे घूँट भी पीने पड़ते हैं। खट्टे-मीठे अनुभव हमें और सुदृढ़ व अनुभवी बना देते हैं। हम हर संभव प्रयास करते हैं कि चाहें दवाई हो या परामर्श, सर्जरी हो या फिर पैसों की तंगी, यह सभी आड़े ना आए और प्रत्येक मरीज़ को यथोचित इलाज मिले। यह विचार-धारा हमें हमारे सीनियर्स से ही विरासत में मिली है। परन्तु हमारी भी अपनी सीमाएँ हैं, पर हमारा मुख्य उद्देश्य रहता है कि चिकित्सा के क्षेत्र में सभी को उचित सलाह, सुविधा व मार्गदर्शन देना, फिर चाहे वो राजा हो या रंक।



सर गंगाराम अग्रवाल

हमारे एक वरिष्ठ ने बताया कि एक बार एक व्यक्ति मिलने आया, उसने पैर छुए फिर बोला, डाक्टर साहब क्या आपने मुझे पहचाना? हमारे सर को ठीक से याद नहीं आया, तब उसने मुस्कुराते हुए बताया कि मैं एक साल पहले लगभग 3-4 महीने तक आई.सी.यू. में सबसे किनारे वाले बिस्तर पर था और लम्बे समय तक वेंटिलेटर पर रहा, आप सभी लोगों की दिन-रात की मेहनत से ही मेरी जान बच पायी है और अब मैं बिल्कुल ठीक हूँ। साधारण सी प्रतीत होने वाली यह भावनात्मक कृतज्ञता किसी भी उपहार व शब्दों की सीमाओं से परे है, यह आपके अंतर्मन को उत्साह से भर देती है तथा पहले से भी ज्यादा बढ़िया तरीके से काम करने के लिए प्रेरणा देती है।

इसी प्रकार एक अधेड़ उम्र का व्यक्ति जिसका नाम हमारे हॉस्पिटल के नाम से मिलता था, किसी सर्जरी के लिए आया, मुझे लगा कि एक समान नाम होना एक संयोग मात्र है। मैंने कहा 'अरे वाह आपका नाम तो हमारे हॉस्पिटल के

नाम से मिलता जुलता है'। उत्साहित होकर उसने बताया कि जन्म के समय, कुछ वजहों से मेरी माँ नाजुक अवस्था में थी और कई जगह भागने के बाद जब बचने की कोई उम्मीद नहीं थी तो यहाँ आकर ही मेरी माँ व मेरी जान बचा पायी थी। यही कारण है कि माता-पिता ने मेरा नाम गंगाराम रख दिया था। मैं निःशब्द था और गौरवान्वित भी।

एक बड़े संस्थान को चलाना आसान काम नहीं है। जितना बड़ा संगठन उतनी ज्यादा परेशानियाँ। फिर उनको सुचारू रूप से चलाने के लिए समझ बूझ कर निर्णय लेना, एक असाधारण आत्म विश्वास व गहन चिंतन के बिना सम्भव नहीं है। ऐसा मैंने महसूस किया जब समूचा विश्व व हमारा देश, शताब्दी की सबसे भयानक महामारी 'कोविड-19' से जूझ रहा था। सब तरफ मरीज़ ही मरीज़, इमरजेंसी ड्यूटी के दौरान चहुँओर हाहाकार मचा हुआ था। कोई वेंटिलेटर पर था तो कोई अधिकाधिक ऑक्सीजन पर, किसी की साँस में तकलीफ तो किसी का ब्लड प्रेशर कम हो रहा था। कुल मिलाकर मानसिक अवसाद कई गुना बढ़ गया था। कैसे इतने लोगों को उचित दवाइयों व चिकित्सा संबंधी सुविधाएँ उपलब्ध हों? कैसे लगातार आते मरीज़ों को बिस्तर मिल पाए? राउंड लेते हुए मैं यही सोच रहा था। तभी कुछ आवाज आई, मैंने पीछे पलट कर देखा कि पी.पी.ई. किट पहने गंभीर चाल से कुछ व्यक्ति चले आ रहे हैं, उन्होंने मरीज़ का हाल चाल लिया फिर नर्सों से कुछ पूछा। मैंने नजदीक जा कर देखा तो आश्चर्य था, सबसे आगे हमारे हॉस्पिटल के वरिष्ठतम पद पर विद्यमान 'चेयरमैन सर' थे। उन्होंने सबकी कुशल पूछी और व्यवस्था को देख कर कुछ दिशा-निर्देश दिए और हमें आश्वस्त किया। प्रत्येक दिन होने वाला सर का यह राउंड हम सभी को ऊर्जा व उत्साह से भर देता था। केवल सर ही नहीं हमारे संस्थान के 'बोर्ड ऑफ मैनेजमेंट' के सभी वरिष्ठ अधिकारी व विभागाध्यक्ष रोज ही घंटों तक विचार विमर्श व मंथन करते कि कैसे ज्यादा से ज्यादा लोगों को उचित उपचार दे पाएँ और साथ ही साथ गंगाराम परिवार के सदस्यों को भी इस महामारी से बचा पाएँ। वरिष्ठ अधिकारी प्रतिदिन 60-70 मीटिंग कर रहे थे, मैं भी उनमें से कई मीटिंग का हिस्सा बना, हर मीटिंग में लगातार बजते फोन और उन सभी को विनम्र वाणी से यथोचित उत्तर देना एक अलग ही चुनौती थी। नित-नयी परेशानियाँ, मीटिंग का कभी ना खत्म होने वाला दौर और उसके बाद समयानुसार

होते नित-नये बदलाव, सभी एक अत्यंत कठिन दौर से गुजर रहे थे। अधिकतर जगह जहाँ लोग घर में बैठे थे वहीं हमारे यहाँ वरिष्ठ चिकित्सक भी इलाज व मीटिंग में कोई कमी नहीं कर रहे थे। बहुत से हमारे सीनियर्स को कोरोना भी हुआ पर भगवान की दया से लगभग सभी ठीक होकर 'सेवा परमो धर्मः' की राह पर पुनः इस पुनीत यज्ञ में सेवा रूपी हविष्य देने में लग गये। यही कारण है कि हमारे हॉस्पिटल में पुष्प वर्षा कर उसे सम्मान दिया गया। यह सम्मान था हर उस व्यक्ति के लिए जो इस महामारी में अपनी परवाह न कर, दूसरों को बचाने में हर संभव लगा हुआ था। हर व्यक्ति सही मायने में 'सर्वे संतु निरामया' की सनातन विचार धारा को सही सिद्ध करने में लगा था। इस चिकित्सालय को विश्वसनीय व प्रख्यात बनाने में हमारे पूर्व के एवं वर्तमान के सीनियर्स का त्याग व अद्भुत योगदान है। कुछ समय रहने के पश्चात यहाँ लोग प्रेम व विश्वास के उस पक्के धागे से जुड़ जाते हैं जो अगोचर रहता है। इसलिए इस परिवार में दशकों से भी ज्यादा समय तक रहना कोई नई बात नहीं है, हमारे बहुत से प्रिय वरिष्ठ चार दशकों से भी ज्यादा समय से यहाँ सेवा दे रहे हैं। मतलब पूरी जिंदगी का स्वर्णिम काल यहाँ लगा दिया और आज भी मार्गदर्शन दे रहे हैं। शायद इन सभी वजहों से यह एक प्रतिष्ठित 'गंगाराम हॉस्पिटल' है।

समय की धारा का प्रवाह कभी किसी के लिए नहीं रुकता है, आज मुझे इस हॉस्पिटल में बारह वर्ष से अधिक का समय हो गया है, धीरे-धीरे 1-2 दशक और हो जाएँगे और एक दिन बाकी सीनियर्स की तरह मैं भी चला जाऊँगा। पर मैं हमेशा ऋणी रहूँगा इस पवित्र संस्थान का, हर एक वरिष्ठ का, सभी साथियों व चिकित्सालय में कार्यरत प्रत्येक व्यक्ति का जो हमेशा कुछ न कुछ सीख दे जाते हैं और प्रेरित करते हैं और ज्यादा निखरने के लिए। मुझे कभी-कभी ऐसा एहसास होता है कि हो न हो यह मेरे और मेरे साथियों के पूर्व जन्मों के संचित पुण्य कर्म ही रहे होंगे जो हमें इस पवित्र हॉस्पिटल में काम करने का मौका मिला है। मैं प्रभु से करबद्ध हो, विनम्र वाणी से प्रार्थना करता हूँ कि पुण्यात्मा स्वर्गीय श्री गंगाराम जी द्वारा प्रारंभ की गयी इस सेवामयी गंगा की अविरल धारा, सदैव ही वेग और शीतलता से प्रवाहित होती रहे।

भुवन चंद्र पांडेय

(सर गंगाराम हॉस्पिटल परिवार का एक सदस्य)

# Robotic Surgery

Robotic surgery, also called robot-assisted surgery, allows doctors to perform many types of complex procedures with more precision, flexibility and control than is possible with conventional techniques. A robotic system seamlessly translates the surgeon's hand, wrist and finger movements into precise, real-time movements of surgical instruments.

The advantages of these systems are many because they overcome most of the obstacles of laparoscopic surgery. They enhance dexterity, restore proper hand-eye coordination and an ergonomic position and improve visualization. The instruments are designed with seven degrees of motion – a range of motion even greater than the human wrist. The surgeon operates seated comfortably at a console while viewing a high definition, 3D image inside the patient's body.

The technology consists of:

- **Surgical arms** with tiny instruments with wrists at the tip.
- **A special camera** that provides enhanced, magnified 3D views of the surgical area.
- **A surgical console** where the surgeon controls the instrument and camera's every move.

These features make the surgery not only comfortable, precise and technically easy for the surgeons but also results in better outcome for patients. Robotic assistance has benefited the patient in many ways. It increased the indications for the surgery and the morbidity associated with the surgery is less. Patients get the advantages of small scars, less blood loss and early recovery to normal life.

In 2012, SGRH was among the first hospitals to instal the da-Vinci robotic system in India. From 2012 to March 2023, we have done 1800 cases using the da-Vinci robotic system with promising results. Though the robotic system had a multi-disciplinary applications, a major utilization



*Robotic surgery team with members of the management*

of this cutting-edge technology is in the field of Urology, Thoracic Surgery, Gynaecological Surgery and Minimal Access Surgery.

These 1800 cases have enabled us to understand the real potential of the machine and justified the use of the machine. The main obstacle in this course is the cost, which can be sorted out by using it where it really matters.

Ten years was the life of a da-Vinci

**Robotic assistance has benefited the patient in many ways. It increased the indications for the surgery and the morbidity associated with the surgery is less. Patients get the advantages of small scars, less blood loss and early recovery to normal life.**

robotic system, so from mid-2022 we started searching the next robotic system. We explored extensively to find the best choice to continue the ever-growing robotic programme in SGRH.

Our efforts made us to finalize the HUGO robotic system by Medtronics. HUGO-RAS has the advantage of being cost-effective along with other technical advantages. It provides an open surgical console in contrast to a closed console. The

closed console is exclusive to the surgeon who is operating, on the other hand open console of HUGO is more inclusive as being open it provides an easy proctoring and learning experience.

HUGO provides four independent carts compared to an integrated cart of da-Vinci. As the camera and endovision system is not exclusive, it allows conversion from robotic to laparoscopy and vice-versa, if needed. So, we found HUGO-RAS as a modular, flexible and immersive soft-tissue robotic surgery platform.

HUGO-RAS was installed at SGRH in the first week of April 2023 and became the first major hospital in the Asia-Pacific region to have this system. We did our first case using this system on 6 April 2023. The first case we did was Robotic-assisted Radical Cystectomy with Intra-corporeal Conduit, the most complex urological surgery. The successful outcome of this surgery gave us confidence in using this new machine. By 20 May we have done 25 surgeries in SGRH by the robotic platform HUGO. We intend to develop an integrated multi-departmental robotic programme, which not only makes our hospital a centre of excellence in robotic surgery, but also gives us confidence to serve the patients with the best of surgical technique at an affordable price.

*Compiled by*

**Dr Ajay Sharma, Director**  
**Dr Vipin Tyagi, Coordinator**  
**Robotic Surgery**



Dr Satnam Singh Cbbabra, Chairman, Department of Neurosurgery, SGRH was elected as president, Neuroendoscopy Society of India on 25 March 2023 at the 9th annual meeting of the Neuroendoscopy Society of India at PGIMER, Chandigarh.



Dr A.K. Grover, Chairman, Department of Ophthalmology, SGRH was awarded the inaugural 'Outstanding Contribution Award' of the Asia Pacific Society of Ophthalmic Plastic and Reconstructive Surgery, at the biennial conference of the Society held at Chengdu, China on 9-10 June 2023.



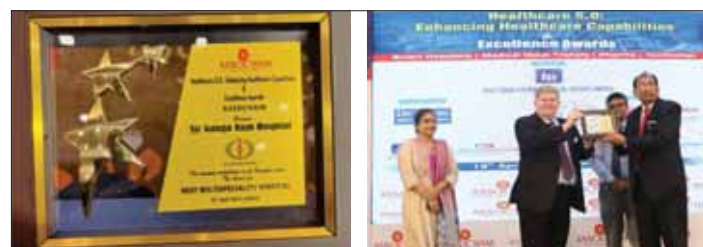
Dr Ajay Swaroop, Chairman, Board of Management, SGRH was awarded the Distinguished Doctor Award at the annual award ceremony of the Delhi Medical Association on 26 March 2023. At the same ceremony, Dr Prakash Shastri, Co-Chairman, Institute of Critical Care Medicine, SGRH was also awarded the Distinguished Doctor Award. On 2 April 2023, Dr Ajay Swaroop received the Healthcare Changemakers Legend award at the Healthcare Changemakers Conclave.



A parent awareness camp for early detection of kidney diseases in children was organized on 23 April 2023 by the division of Paediatric Nephrology and Renal Transplantation, Institute of Child Health, SGRH. Dr A.K. Bhalla, Chairman, Department of Nephrology and Joint Secretary-cum-Treasurer, Board of Management, SGRH enlightened the audience about the importance of kidney health and also released an information booklet on Renal Transplantation in children. A magic show with drawing and painting competition on the theme of kidney health was also held on the occasion.



Dr D.S. Rana, Chairman, Board of Trustees and Chairman, Institute of Renal Sciences, SGRH was awarded the life-time achievement award by the Delhi Nephrology Society on 29 April 2023.



Dr Ajay Swaroop, Chairman, Board of Management, received the Best Multispecialty Hospital Award for SGRH at the ASSOCHAM function held at Kolkata on 19 April 2023. According to the Best Hospital Ranking 2023 released by Outlook Health, SGRH is ranked number 1 multispecialty hospital in Delhi, number 2 in the North Zone, and number 4 in the all India ranking.



Dr Jayashree Sood, Chairperson, Institute of Anaesthesiology, Pain and Perioperative Medicine and Honorary Secretary, Board of Management, SGRH has been recognized by the World Federation Society of Anaesthesiologists (WFSA) as among the top female anaesthesiologists worldwide and five from India as anaesthesia's female innovators, pioneers and leaders.



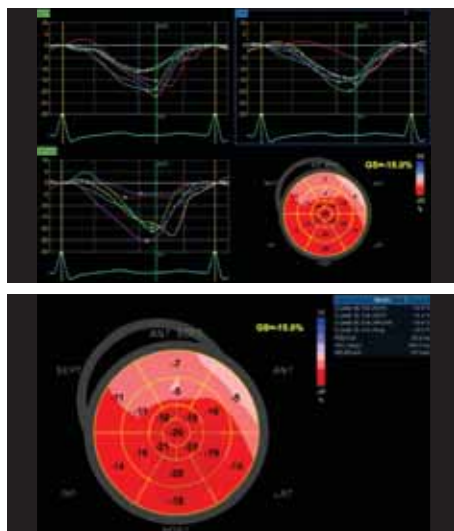
# Strain imaging: An add-on to ejection fraction in assessment of cardiac systolic functions

Strain imaging is a new way to quantify cardiac systolic functions along with accurate assessment of regional wall motion analysis. It differentiates between the active and passive movement of the myocardium. It is a measure of myocardial deformation, which is measured as a shortening of two points (speckles – natural acoustic markers in an echo image) on the myocardium. The movement of the speckles in all directions is picked up by the Doppler system and is displayed as a negative value during a measure of longitudinal strain, i.e. contraction from the base to the apex. The more negative the value, the better is the cardiac contractile performance.

We mostly tend to use longitudinal strain which is seen as a measure of global left ventricle (LV) systolic function. The normal values in healthy individuals are around -20%. GLS (global longitudinal strain) helps to assess early systolic dysfunction in the face of normal ejection fraction.

GLS can be used in a wide array of cardiac diseases:

- LV systolic function assessment is very important in patients who are undergoing chemotherapy to identify early systolic dysfunction before a drop in ejection fraction
- to detect early systolic dysfunction in



*Bull's eye and graphic representation of myocardial segments*

regurgitant lesions (mitral/aortic regurgitation)

- risk stratification in aortic stenosis
- it is extremely helpful in detection of subclinical myocardial disease in hypertensive and diabetic individuals
- quantification of intraventricular dyssynchrony
- assessment of myocardial viability
- it helps in detection of acute allograft rejection after heart transplantation
- diagnosis of cardiac amyloidosis is supported with its characteristic pattern where there is a reduced strain at the base of the heart and a normal strain at the apex.

The strain images are displayed as a graphic representation of deformation of myocardial segments and also as colour-coded bull's eye appearance where the segments are marked depicting the basal segments at the periphery and apical at the centre. Colour coding helps us to appreciate the individual strain of the myocardial segments. Thus, it helps in ready assessment of systolic dysfunction of individual myocardial segments and at the same time tells us about the global performance of the LV.

Trans-thoracic echocardiography is very reliable for the assessment of wall motion analysis and ventricular function but there is always a lot of inter- and intra-observer variability. The wall motion analysis on conventional echo takes into account the velocity and displacement (which could be active areas of myocardium contracting normally) or passive i.e. akinetic areas being pulled by the areas, which are contracting normally of a particular region of the myocardium but not the actual deformation or stretching between the two points in the myocardium. However, strain imaging is important as an additional tool for the proper assessment of cardiac systolic function. The procedure is reproducible with good diagnostic accuracy.

*Compiled by* Dr Rajat Mohan  
Senior Consultant, Cardiology

**Dr Kanav Anand**, Senior Consultant, Paediatric Nephrology, Institute of Child Health, SGRH was awarded the 'Most trusted Pediatric Nephrologist in Delhi' award by Dr Sanjeev Gulati, president, Indian Society of Nephrology at the Golden AIM Conference on 1 May 2023.



**Dr Anil Arora**, Chairman, Institute of Gastroenterology and Biliary Sciences was felicitated with the Life-time Achievement award by the Northeast Liver Foundation during the Northeast Medicon held at Guwahati on 13 May 2023.

**Dr Sunita Bijarnia**, Senior Consultant, Institute of Genetic Medicine, SGRH was awarded the best oral paper on her work on a rare metabolic disorder – methylmalonicacidaemia – at the 6th Asian Congress on Inherited Metabolic Diseases, Bangkok, 22–24 March 2023.



**Dr V.S. Madan**, Emeritus Consultant, Neurospine Unit, Department of Neurosurgery, SGRH was awarded the lifetime achievement award during the Annual Conference of the Delhi Spine Society on 25 March 2023.

## Annual ASICON CME 2023

The Annual ASICON-CME 2023 with the theme: 'Abdomen: Trauma and Emergencies' on 6–7 May 2023, under the aegis of the ASICON CME Foundation and in association with the Delhi State Chapter, Association of Surgeons of India (ASI) was organized by SGRH.

Comprehensive 2-day sessions included a cadaveric workshop on 'Abdominal emergencies' on the first day of the CME. This included both solid organ and hollow viscus surgeries at Deen Dayal Upadhyay Hospital, New Delhi under the able guidance and mentorship of Dr P.S. Sarangi and other experienced faculty. The second day of the CME featured expert talks, debates, panel discussions and the Fifth Dr K.C. Mahajan Memorial Annual Oration in CSOI, Chanakyapuri, New Delhi.

The welcome address was delivered by Dr Harsha Jauhari, Chairman, ASICON CME Foundation. Dr Ajay Swaroop, Chairman, Board of Management, SGRH was the Guest of Honour. The address by the Chief Guest, Dr Samiran Nundy, Senior Gastro Intestinal Surgeon, SGRH was followed by the Fifth Dr K.C. Mahajan Memorial Oration on 'Trauma care: Lessons learnt and the way forward' and



delivered by Professor Satish Balkrishna Dharap, Additional Dean, Professor and Head, Department of Surgery, T.N. Medical College and B.Y.L. Nair Charitable Hospital, Mumbai, India. Vote of thanks were delivered by Dr Ashish Dey, Organizing Secretary.

*Compiled by*

*Dr Ashish Dey, Senior Consultant*

*Department of Laparoscopic, Laser and General surgery*

### 14th Annual event of cochlear implant recipients: Hearing for Life

On the occasion of World Hearing Day on 3 March 2023, the hospital organized an awareness programme about hearing loss and its prevention among the paediatricians (IPA, Delhi branch). Dr Ajay Swaroop, Chairman, Board of Management, SGRH was the Chief Guest. The programme was attended by patients, doctors and other healthcare professionals.

The programme was initiated by Neonatologist Dr Pankaj Garg, who emphasized newborn hearing screening and its importance. Audiologist Mrs Asha Agarwal (Cochlear Implant [CI] Consultant) interacted with CI candidates. The panel discussion was enlightened by Dr A.K. Lahiri and all eminent ENT surgeons where they gave their expert opinion on the subject.

### World Thalassaemia Day

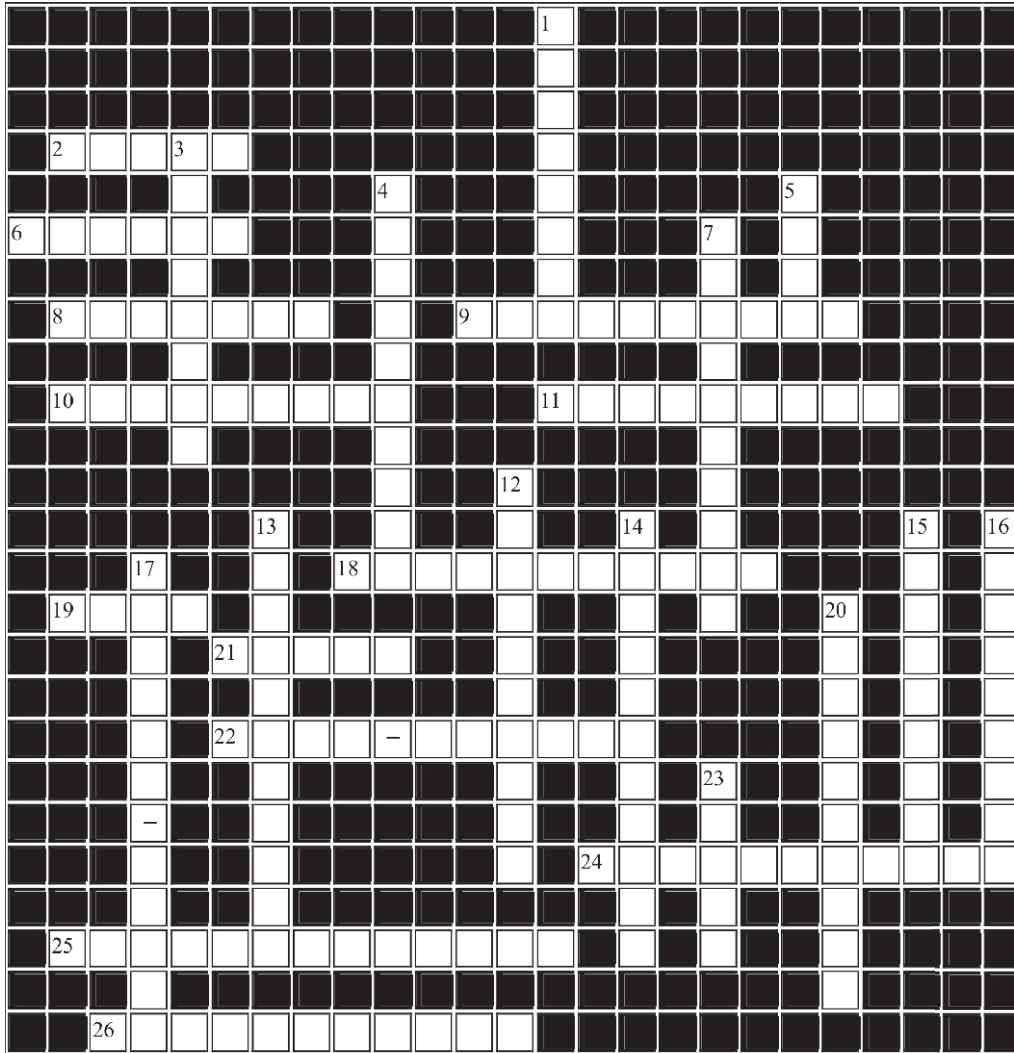
A screening camp, along with carrier detection and point-of-care testing, was organized on World Thalassaemia Day, 9 May 2023. Dr Anupam Sachdeva, Chairman, Paediatric Haematology and



Bone Marrow Transplant, SGRH said that 50,000 women have been screened for thalassaemia since 2006. Dr V.K. Khanna, Chairman, Department of Paediatrics said that SGRH has done 200 bone marrow and stem cell transplants. Dr Ajay Swaroop, Chairman, Board of Management, SGRH attended the function.

The Chief Guest was Shri Om Birla, Speaker Lok Sabha, and the Guest of Honour was Shri Arjun Munda, Union Minister of Tribal Affairs. Also present were Dr Vinod K. Paul, Member Niti Aayog, Dr Sharad Aggarwal, President, Indian Medical Association and Dr Deepak Chopra, Chairman, Thalassaemia India. Shri Rajesh Bhushan, Secretary, Ministry of Health and Family Welfare joined the event virtually. Representatives from the ASSOCHAM and CII were also present. Gifts and medicines were distributed among children with thalassaemia.

# Newsletter Crossword



## Across

2. A new test introduced by the biochemistry lab which is a biomarker for inflammatory immune cell activation, short form (5)
6. A eukaryotic cell formed by fertilization between two gametes (6)
8. This is a funny bone (7)
9. A condition arising when meiosis fails, resulting in more than two copies of the genome (10)
10. Itchy welts, nettle rash (9)
11. FDA approved treatment for peanut allergy (9)
18. A man is hearing colours, feeling sounds and tasting shapes (11)
19. Largest organ (4)
21. Part of large intestine used to connect sentences (5)
22. Scientist who discovered peanut allergy treatment (4-6)
24. A single cell's ability to proliferate and create all differentiated cells in an organism including extra embryonic tissues (11)
25. Transforming spoken medical notes into accurate written form, cell makes a RNA (13)
26. When swallowing is painful (11)

## Down

1. A syndrome where a patient pulls his own hair and eats them developing gastric bezoars (8)
3. Suffix meaning weakness (8)
4. Provide treatment to patients in an outpatient setting (10)
5. A tape-like tissue that holds structures together and plays music (4)
7. Stinky feet (10)
12. What does A stand for in the abbreviation SOAP (10)
13. Statistical data relating to the population and particular groups within it (11)
14. Father of microbiology (11)
15. Diverging out from a central point, high energy to kill cancer cells (9)
16. An account of the history of medicine, to understand the nature that determines human destiny and mortality (9)
17. Smallest organ (6-5)
20. Pertaining to data that are obtained from conversation with a patient (10)
23. Catch a person committing crime by deceptive camera while doing endoscopic operation for VUR (5)

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

## Pearls of Wisdom

- *None of us is as strong as all of us*
- *Love ever, hurt never*

*Dr D.S. Rana, Chairman, Sir Ganga Ram Trust Society*

### NEW ENTRANTS

Dr Pallavi Purwar *Thoracic Surgery Consultant* 13.03.2023  
Dr Deepika Gupta *Clinical Haematology Associate Consultant* 24.03.2023  
Dr Puneet Rathore *Palliative Medicine Associate Consultant* 24.03.2023  
Dr Tanvi Batra *Medicine Associate Consultant* 24.03.2023  
Dr Setu Gupta *Endocrinology Associate Consultant (Ad hoc)* 10.04.2023  
Dr Ankit Tyagi *Urology Associate Consultant (Ad hoc)* 17.04.2023  
Dr Abhishek Gupta *Renal Transplant and Urology Associate Consultant (Ad hoc)* 17.05.2023  
Dr Kushal Monga *Plastic & Cosmetic Surgery Associate Consultant* 26.03.2023

### PROMOTIONS

Dr Abhinav Guliani *Pulmonology Consultant* 24.03.2023

### CROSSWORD ANSWERS

#### Across

2. Supar 6. Zygote 8. Humerus 9. Polyploidy 10. Urticaria 11. Palforzia 18. Synesthesia 19. Skin 21. Colon 22. Erik-Wambre  
24. Totipotency 25. Transcription 26. Odynophagia

#### Down

1. Rapunzel 3. Asthenia 4. Ambulatory 5. Band 7. Bromodosis 12. Assessment 13. Demographic 14. Leeuwenhoek 15. Radiation  
16. Etymology 17. Pineal-Gland 20. Subjective 23. Sting

**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,  
Dr Satnam Singh Chhabra, Dr Neeraj Jain, Dr Anubhav Gupta*

*Editorial and Production Consultants: BYWORD*

*Printed at: Indraprastha Press (CBT)*

*Design: Netra Shyam*

Sir Ganga Ram Hospital, Sir Ganga Ram Hospital Marg, Rajinder Nagar, New Delhi 110060

e-mail: gangaram@sgrh.com Fax: 011-25861002 EPABX: 25750000