



Sanjay Gandhi Postgraduate Institute of Medical Sciences



Raebareli Road, Lucknow

Newsletter

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*An institution of medical excellence is not built by bricks,
but by the unwavering dedication to healing, learning, and serving humanity*



Celebrating the 76th Republic Day at SGPGIMS with Pride and Progress

The 76th Republic Day of India was celebrated with great enthusiasm and patriotic fervor at Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS). The Director of the Institute, Prof. R.K. Dhiman, ceremoniously hoisted the national flag, marking the beginning of the celebration.

Following the rendition of the national anthem, Prof. Dhiman addressed the faculty and staff, highlighting the institute's achievements during his tenure. He urged all Heads of Departments to foster a culture of innovation and actively support the objectives of the STPI Incubation Centre, aimed at leveraging advanced technology for improved patient care.

To reduce waiting times for robotic surgeries, he announced that the institute will soon be equipped with two additional robotic systems. He also shared the encouraging news that a

Gamma Knife facility will soon be established at SGPGIMS, further enhancing its capabilities in neurosurgical care.

On this occasion, several staff members from various departments were honored for their outstanding contributions and exemplary performance in the workplace.

The event was graced by the presence of Dr. Prashant Agarwal, Medical Superintendent; Colonel Jaideep Singh Ghuman, Joint Director (Administration); Colonel Varun Bajpai, Executive Registrar; along with other esteemed faculty members.

The celebration concluded with a vibrant cultural program, thoughtfully choreographed and performed by the talented students of the College of Nursing, adding a festive spirit to the occasion.



Novel adrenal preserving “COBRA” procedure for bilateral pheochromocytoma performed for the first-time

Earlier this year, surgeons in the Department of Endocrine Surgery successfully performed a novel procedure – “Adrenal preserving-Combined Operating Bilateral Retroperitoneoscopic Adrenalectomy (COBRA)”, on a 23-year-old patient with rare genetic form of bilateral adrenal pheochromocytoma due to Von Hippel-Lindau (VHL) Syndrome. What made this minimally invasive procedure extraordinary was the adrenal sparing adrenalectomy performed on one side to preserve adrenocortical function, where Indo-cyanine green (ICG) based fluorescence was used to confirm viability of remnant adrenal cortex. This may possibly be the first of its kind procedure for pheochromocytoma in the country or globally, with no reported cases of this kind in medical literature. This procedure is a true example of great teamwork and the collaborative spirit that makes SGPGIMS unique.

This technically and logistically demanding procedure required meticulous planning and extensive discussions with the anaesthesia, endocrinology and cardiology teams. Additionally, considerable logistic planning went into securing an ICG detection enabled

laparoscopic surgical system- complete with dual CO2 insufflation machines, monitors, instruments etc. with support from robotic surgery centre, and



departments of urology and surgical gastroenterology. But what truly made it possible was availability of two surgical teams within the department, with surgeons- Drs Gaurav Agarwal and Gyan Chand, having the required surgical expertise to operate simultaneously on both adrenal glands, assisted by two sets of residents and scrub nurses. They were ably supported by an expert team of anaesthesiologists who ensured safe perioperative outcomes of this potentially high-risk pheochromocytoma patient. Retroperitoneoscopic adrenalectomy is applicable to a selected group of patients needing adrenalectomy. For this procedure, the patient is positioned prone, in a jack-knife posture, and it has substantial advantage over conventional transperitoneal laparoscopic adrenalectomy in the form of shorter operating time, and shorter convalescence. By performing retroperitoneoscopic adrenalectomy simultaneously on both sides, the operative time could be almost halved, thus reducing duration under anesthesia and the potential complications associated with long-duration surgery in a prone position. Our patient had a quick and uneventful surgery, and a complete post-operative recovery. He was discharged on the second postoperative day, is cured of the disease and doing well in follow-up.



A. Two teams of surgeons (shaking hands here) operating simultaneously. B. Adrenalectomy (pheochromocytoma) specimen, ex-vivo .

Dr Rinelle Mascarenhas, Assistant Professor
(contractual)

First Aid & Disaster Management Training

The College of Nursing, SGPGIMS, successfully organized a First Aid & Disaster Management Training Session and Mock Drill (Earthquake) in collaboration with the Uttar Pradesh State Disaster Management Authority (UPSDMA) and the State Disaster Response Force (SDRF), UP at SGPGIMS on 18th March. Dr. Radha K. Principal, Nursing College delivered the welcome address.

Speaking on the occasion, the Chief Guest, Padma Shri Prof. R. K. Dhiman, Director, SGPGIMS stressed upon the importance of disaster preparedness in healthcare settings. The Guest of Honor Lt. Gen. Yogendra Dimri, Vice Chairperson, UPSDMA emphasized the importance of disaster preparedness and response strategies. Special addresses were delivered by Dr. Satish Kumar (Commandant, SDRF, UP), Prof. Shaleen Kumar, Dean SGPGIMS, Col. Varun Bajpai (VSM) Executive Registrar, Prof. Amita Agarwal & Prof. Sanjay Dhiraj who emphasized the critical role of preparedness in disaster management.

The technical sessions covered essential topics such as the importance of disaster management in healthcare, legal aspects of first aid, disaster

risk reduction strategies, and earthquake preparedness. Experts Col. Varun Bajpai (VSM), Executive Registrar, SGPGIMS, Dr. Radha K., Principal, College of Nursing, SGPGIMS, Mrs. Aditi Umrao (Project Director, EOC, SDMA, UP) and Mr. Pravin Kishor (Project Coordinator, SDMA, UP) shared insights on state vulnerability to earthquakes and emergency response techniques.

A mock drill on earthquake preparedness was conducted at the College of Nursing, 2nd floor, Advance Diabetic Centre, where SDRF officials demonstrated emergency response strategies. The session concluded with a debriefing, followed by an engaging Q&A session & post-test, a felicitation ceremony, and with vote of thanks proposed by Mrs. Bhumika Singh, Teaching Faculty, College Of Nursing SGPGIMS.

The event aimed to increase awareness among participants, equipping them with crucial skills to respond effectively during emergencies. The National Anthem marked the conclusion of the program, reinforcing the collective commitment to disaster preparedness.

The program was successfully coordinated by Mrs. Bhumika Singh, Mr. Kamran, Mr. Arun and Mr. Mata Deen, Tutor, College of Nursing, SGPGIMS.





Promoting Nutrition and Accessibility

“Promoting Nutrition and Accessibility: Parag Dairy Kiosk Launched at SGPGIMS”

SGPGIMS caters to a large influx of patients and attendants, many of whom often face challenges in finding reliable and nutritious food options within the hospital premises.

In a significant move toward improving patient and visitor amenities, a **Parag Dairy Kiosk** was inaugurated on **March 12, 2025**, by **Prof. R.K. Dhiman**, Director, SGPGIMS, at the **Apex Trauma Centre (ATC)**. The kiosk aims to provide convenient access to essential dairy products that support nutrition and well-being.



Strategically located near the pathway adjacent to the patient waiting area, the kiosk was inaugurated in the presence of several dignitaries, including **Prof. Devendra Gupta**, Chief Medical Superintendent; **Prof. Prashant Agarwal**, Medical Superintendent; **Prof. Arun Kumar Srivastava**, Chief, ATC; and **Prof. R. Harshvardhan**, Additional Medical Superintendent, ATC & Head of the Department of Hospital Administration. The event also saw participation from the **General Manager of Parag Dairy** and his team, who played a key role in facilitating the initiative.

The launch of the Parag Dairy Kiosk reflects SGPGIMS' ongoing commitment to enhancing access to quality food and beverages for patients, attendants, and hospital staff.

The kiosk offers a wide variety of dairy products, including **fresh milk, flavored milk, curd, butter, paneer, lassi, buttermilk**, and a range of **nutritious snacks**. These offerings ensure that patients and their caregivers have access to **wholesome, hygienic, and nourishing** food options—reducing dependence on external



vendors and promoting healthier dietary choices within the hospital environment.

Speaking on the occasion, **Prof. R.K. Dhiman** remarked, “Our goal is to ensure that every patient and visitor at SGPGIMS has access to safe and healthy food choices. The introduction of the Parag Dairy Kiosk is an extension of our commitment to patient welfare and convenience. We appreciate the efforts of all those involved in making this initiative a reality.”

The success of this initiative has laid the foundation for the establishment of additional kiosks across SGPGIMS, further enriching the overall experience for patients, attendants, and staff.

“Health Care Worker Appreciation Day” Organised by Department of Orthopaedics 14th May 2025

The Department of Orthopaedics at Apex Trauma Centre recently organized “Health Care Worker Appreciation Day” a significant event dedicated to recognizing the unwavering dedication and hard work of all personnel involved in patient healthcare. This occasion served to



honor not only doctors and nurses but also patient helpers, housekeeping staff, and pharmacists who collectively contribute to the well-being of patients within the Orthopaedic ward.

The distinguished Chief Guest for this significant event was Prof. Dr. Arun Srivastava, Chief of the Apex Trauma Centre, accompanied by the esteemed Special Guest Prof. Dr. Rajesh Harsvardhan, AMS ATC. The gathering was

attended by all members of the Department of Orthopaedics, including faculty, resident doctors, nursing officers, and patient helpers. Additionally, the occasion was honored by the presence of all Nursing Incharges from various areas within ATC as well as the Nursing Supervisor ATC. The program commenced with a cordial welcome from Dr. Pulak Sharma, Head of Orthopaedics, who emphasized the critical role of teamwork in trauma care and highlighted how such celebrations contribute to fostering team spirit among healthcare professionals.

Prof. Arun expressed his appreciation for the initiative and emphasized that recognition should not be limited to special occasions but rather incorporated into daily practices to

sustain staff motivation and morale. In alignment with this sentiment, Prof. Harsvardhan advocated for a culture of appreciation that could be implemented across other wards and throughout the entire Apex Trauma Centre.

The program concluded with a heartfelt vote of thanks delivered by Sister Anita Singh, Incharge Orthopaedics General Ward, reinforcing the commitment to acknowledging the critical contributions made by all healthcare workers in delivering exceptional patient care.

Dr Pulak Sharma
Additional Professor,
Department of Orthopaedics

Cricket Match 1 Feb 2025



20-22nd March 2025: Training course on the topic “Hypothesis Testing, Study Design and Sample Size Estimation” was organized by the Department of Biostatistics and Health Informatics

Evidence-based medicine and **clinical decision-making** have emerged as crucial areas in health and biomedical research. Researchers in these domains often face challenges in reaching appropriate conclusions. A sound understanding of **research methodology** is essential not only for quality research but also for improving **patient care** through evidence generation.

SGPGIMS has long been recognized for excellence in teaching, training, and patient care. To train doctors and scientists in this important area, the **Department of Biostatistics and Health Informatics** organized a training course on the topic “Hypothesis Testing, Study Design, and Sample Size Estimation” from March 20–22, 2025.

During the **inaugural address**, **Director Prof. R.K. Dhiman** appreciated the initiative and encouraged the department to **increase the frequency** of such training programs. He also suggested organizing similar courses on emerging topics such as **Artificial Intelligence (AI)** in healthcare.

Course Coordinator Dr. Prabhakar Mishra



informed that around **40 participants** – including doctors and scientists from **SGPGIMS, KGMU, RML, Kalyan Singh Cancer Institute, CBMR, Amity University, Lucknow University, IMS BHU, Gorakhpur University, ICAR New Delhi, CSIR, CDRI Lucknow, Apollo Lucknow, GIMS Noida, IIPS Mumbai, and Army Medical College New Delhi** – took part in the program.

Prof. Uttam Singh, Head of the Department, stated that the course will empower medical professionals, particularly in the area of **clinical trials**, thereby promoting **evidence-based medical treatment** for improved patient outcomes.



SGPGIMS Celebrates World Down Syndrome Day with Awareness and Inclusion

“SGPGIMS Celebrates World Down Syndrome Day with Awareness and Inclusion”

The Department of Medical Genetics, SGPGIMS marked World Down Syndrome Day on 21st March with great enthusiasm, bringing together over 30 children with Down syndrome and their families for a day filled with awareness, activities, and celebrations.

The event featured a **Walkathon**, aimed at spreading awareness about Down syndrome and promoting inclusion. SGPGIMS Director, Padma Shri Professor R.K. Dhiman, participated in the walk and addressed the gathering, emphasizing the importance of **early intervention** and **societal acceptance** for individuals with Down syndrome.

The program included **expert-led sessions** by specialists from various fields:

- **Dr. Shubha Phadke**, HOD, Medical Genetics, provided valuable insights into the **genetic aspects** of Down syndrome.
- **Ms. Anjali**, an Occupational Therapist,

highlighted the crucial role of **occupational therapy** in improving daily life skills and independence.

- **Ms. Navneet**, Physiotherapist, discussed the importance of **physiotherapy** in enhancing motor skills and physical development.
- **Speech therapists and psychologists** conducted informative sessions, explaining their roles in **communication development** and **emotional well-being**. They also addressed **queries from parents**, offering guidance and support.

Adding joy to the occasion, the children participated in various **performances and games**, making the event lively and interactive. The celebration successfully fostered a sense of **community** among parents, professionals, and children with Down syndrome.

With such initiatives, SGPGIMS continues to **lead efforts** in promoting **awareness, early intervention, and holistic development** for children with special needs.



Foundation Day Critical Care Medicine Department: End of Life Care in the ICU" (EOLC) symposium



The department of Critical Care Medicine (CCM) held a symposium on “End of Life Care in the ICU” (EOLC) on February 15th, marking its Foundation Day.

With the ageing population of the country and advancements in medical technology, the relevance of choosing a ‘death of dignity’ was emphasized; and this requires understanding of EOLC. In the largely impersonal atmosphere of the hospital, the family is always overwhelmed by the fear of losing a loved one. To add to that, patient death is viewed as medical failure.

The symposium started with a welcome address by Dr. Banani Poddar followed by the address by the Director, Prof R. K. Dhiman. Dr. Banani emphasized, “Physicians must treat patients with dignity, ensure a dignified death, and prepare both the health workforce and the public for EOLC.”

The chief guest for the occasion, Dr R K Mani, Chairman, Critical Care and Pulmonology, Yashoda Hospital, Kaushambi, Ghaziabad gave an overview of the subject and urged the audience to “strive to provide comfort”.

To drive home the concept further, Prof. Afzal Azim, CCM, moderated a panel discussion with the experts as detailed further, thus enriching the discourse on EOLC.

“EOLC largely refers to health care options provided in the time leading up to a person’s death and understanding this helps families. Further, while terminal illnesses like cancer allow time for families, acute injuries and illnesses present tough calls.” said Prof Punita Lal, head of radiation oncology at SGPGI.

Dr. Mani urged doctors to openly discuss options with patients and caregivers, encouraging both sides to ask questions. He emphasized tailoring care to individual needs, helping them make informed decisions. He highlighted the importance of setting clear treatment boundaries and adhering to plans.

Drawing from their diverse professional backgrounds, the other panelists, Prof Sanjay Dheeraj, Chief medical superintendent, Prof Kirti Naranje, head of Neonatology, Brigadier Shaleen Trivedi, Command hospital, Lucknow, brought unique expertise to the panel discussion exploring diverse scenarios and ethical considerations.

Advocate Shraddha Agarwal, currently practising at the Lucknow high court highlighted that the Supreme Court legalised advance medical directives and withdrawal of life-sustaining treatment in January 2023.

Draft guidelines from the Health Ministry, soon to be finalized, uphold the right to die with dignity. Conscious individuals can create advance directives detailing treatment preferences for submission and execution.

Without legal binding, family consensus is crucial for a comfortable end. Dr. Mani concluded, "This will save them from the guilt of bringing their dear one to the hospital, knowing that he/she may not return home alive".

The session ended with a renewed emphasis on the importance of advance care planning, aiming to minimize suffering and ensure dignified end-of-life experiences for patients and their families.



Dr Banani Poddar
Professor and Head,
Critical Care Medicine

Empowering Women, Enriching Lives: Free Health Checkup Camp on Women's Day at Apex Trauma Center, SGPGIMS

In celebration of International Women's Day, Apex Trauma Center, SGPGIMS conducted a two-day free health checkup camp exclusively for women on March 7th and -8th. The event, themed "Healthy Women, Healthy Nation," aimed to promote women's health and well-being, and witnessed an overwhelming response with 108 women beneficiaries availing the various health facilities.

The camp offered a comprehensive range of free services, including hemoglobin report, bone density scans, dietary consultations, orthopedics, physical medicine and rehabilitation and gynecological consultations. Under the guidance of Prof. Arun Kumar Srivastava a team of experienced doctors and healthcare professionals, conducted the checkups with compassion and care, providing valuable insights and advice to the beneficiaries.

To further support the well-being of the participants, each beneficiary was given a packet of fresh fruits and sanitary pads, promoting



healthy eating habits and menstrual hygiene.

The initiative was well-received by the beneficiaries, who expressed gratitude for the free services and appreciated the efforts of the organization in promoting women's health. The camp not only provided a platform for women to prioritize their health but also fostered a sense of community and camaraderie among the beneficiaries.

Apex trauma Center, SGPGIMS has always been



committed to empowering women and enriching their lives. This initiative is a testament to our dedication to promoting women's health and well-being. We believe that healthy women are the backbone of a healthy nation, and we will continue to conduct such camps and initiatives in the future.

Dr Awale Rupali Bhalchandra
Additional Professor,
Laboratory Medicine, ATC

Awareness Walkathon Held at SGPGIMS on World Kidney Day

An **Awareness Walkathon** was organized by the **Department of Nephrology, SGPGIMS, Lucknow**, in collaboration with **Aalamban Associate Charitable Trust**, on **World Kidney Day (13th March)** to raise awareness about kidney health.

Prof. R.K. Dhiman, Director, SGPGIMS, emphasized the importance of healthy eating, recommending **home-cooked food** for better health and hygiene. **Prof. Narayan Prasad**, HoD Nephrology, warned about both **traditional (diabetes, hypertension, obesity)** and **emerging (pollution, pesticides, dehydration)** risk factors for **Chronic Kidney Disease (CKD)**.

Dr. Ansari, HoD Urology, cautioned against **uncertified alternative medicines** that can harm kidney function. **Shri Sandeep Kumar**,

President of **Aalamban Charitable Trust**, stressed the urgent need for **organ donation**, stating that **30,000 patients in Uttar Pradesh** are awaiting transplants.

Around **500 participants** joined the walk, which started at the **Apex Trauma Center** and ended at the **Emergency Medicine and Renal Transplant Center**, followed by expert lectures.

Other key attendees included **Dr. Devendra Gupta (CMS)**, **Dr. Prashant Agarwal (MS)**, and senior faculty members **Dr. Anupama Kaul**, **Dr. Manas Ranjan Patel**, **Dr. Manas Ranjan Behera**, **Dr. Ravi Shankar Kushwaha**, **Dr. Atul**, and **Dr. R. Harshvardhan** (President, SOTTO, Uttar Pradesh).

Prof. Narayan Prasad concluded the event with a **Vote of Thanks**.



4th Annual Symposium of the Lucknow Orthopaedic Society

The 4th Annual Symposium of the Lucknow Orthopaedic Society was held on 30th March 2025 at the C.V. Raman Auditorium, SGPGIMS.

The symposium aimed to explore **recent advancements in the management of hip fractures**, a common orthopaedic issue affecting individuals across all age groups – from children to the elderly.



Hip fractures pose significant clinical challenges, as **postoperative mobility** and **quality of life** heavily depend on surgical outcomes. Recent developments have enabled **reduced surgical time, shorter hospital stays,** and **early mobilization**, helping patients return to their normal routines more quickly.

The event drew over **200 orthopaedic surgeons** from Lucknow and neighboring districts. **Eminent attendees** included:

- **Dr. Anup Agarwal**, President, Asia Pacific Trauma Society and Indian Orthopaedic Association
- **Dr. Jamal Ashraf**, President, Asia Pacific Orthopaedic Association
- **Dr. Piyush Kumar Misra**, President, UP Orthopaedic Association



The **Chief Guest, Prof. R.K. Dhiman**, Director, SGPGIMS, graced the occasion and lauded the **Department of Orthopaedics** for its efforts. He emphasized the importance of **precise and timely surgical management** of hip fractures to improve long-term outcomes.

Dr. Anup Agarwal delivered the prestigious **Dr. P.R. Mishra Oration**, focusing on **360-degree care for the elderly**. **Dr. Jamal Ashraf** emphasized the need for **evidence-based approaches** to optimize treatment outcomes.

The event featured lectures by renowned orthopaedic surgeons:

- **Dr. Amit Ajgaonkar**, Mumbai
- **Dr. Samarth Mittal**, AIIMS Delhi





Both experts shared valuable insights and best practices in **hip fracture management**, enhancing the knowledge base of attendees.

The symposium also included **case discussions** presented by surgeons from various hospitals and institutes across Lucknow, fostering collaborative learning and knowledge exchange.

A special highlight of the event was the presence of **Mr. Gaurav Khanna, Padma Shri** and

Dronacharya Awardee, and Head National Coach for Para-Badminton. He expressed his appreciation for the medical community's contributions to public health and mobility.

On this occasion, a unique initiative titled **"Quest for Para-Badminton Gold: 2028, 2032, 2036 Paralympic"** was launched. The program aims to **identify individuals with locomotor disabilities** and nurture them into potential **Para-Badminton athletes**. The initiative will start with the circulation of a **helpline number** across hospitals and health centers, enabling doctors to **refer eligible individuals**. A dedicated team will oversee the **screening, selection, and training process**, offering selected candidates **free coaching, accommodation, meals, prosthetics, and more**.

The program concluded with a **Vote of Thanks** by **Dr. Pulak Sharma**, Organising Secretary, who expressed gratitude to all participants and contributors for making the event a success.

3rd SGPGI Pediatric Gastro Clinics and Foundation Day celebration: March 22-23, 2025

In recent times, there has been significant surge in various gastrointestinal and liver diseases in children. Besides usual diarrheal diseases, inflammatory bowel disease (IBD) is on the rise in children in the world as well as in India. Among the liver diseases, more and more cases of various metabolic liver diseases are being diagnosed due to increasing awareness and availability of molecular diagnostic facilities. The newer entity called progressive familial intrahepatic cholestasis (PFIC) is no longer uncommon in India. There is significant rise in the incidence of acute pancreatitis in children and the management of pancreatitis has gone sea changes in recent times. In addition, functional gastrointestinal disorders such as functional abdominal pain constitute a significant propor-



Figure. 1: Felicitation to Our Guest of Honor Dr V S Sankaranarayanan, Professor, Institute of Child Health, Chennai by Our Director Prof R.K.Dhiman Sir, Prof Dr S.K.Yachha sir and Prof Dr Ujjal Poddar sir.



Figure. 2: Our international speaker Dr. Winita Hardikar, Professor of Pediatric Gastroenterology, Head of the Department, Liver and intestinal transplantation, Royal Children's Hospital (RCH), Melbourne, Australia delivering a lecture.

tion of our outpatient attendance. Awareness among the public as well as the treating physician is required to avoid misdiagnosis and to get timely and appropriate treatment. The department of Pediatric Gastroenterology, Sanjay Gandhi Post Graduate Institute Medical Sciences, Lucknow organized its "3rd SGPGI Pediatric Gastro Clinics 2025" along with 17th Foundation Day celebration of the department on 22nd and 23rd March 2025 in the Lecture Theatre Complex, SGPGIMS.

More than 150 delegates from all over the country and neighboring countries such as Bangladesh and Nepal attended this academic feast. Our Guest of Honor, Dr V S Sankaranarayanan, Former Professor, Institute of Child Health, Chennai and one of the founders of Pediatric Gastroenterology in India, has given an inspiring Foundation Day speech on the topic 'My Journey from sowing the seed of Pediatric Gastroenterology in India to harvest its fruits'.



Figure. 3: Portion of delegates attended the conference.

Our Chief guest of the occasion, Director, Prof RK Dhiman sir has attended the foundation day celebration and gave a motivating speech.

On the day one of the conference various interesting topics including acute hepatitis due to tropical infections (such as typhoid, dengue, etc.), management of acute and chronic pancreatitis, non-biopsy diagnosis of celiac disease, approach to a child with constipation, approach to a child with corrosive ingestion, recurrent vomiting, etc. were discussed. Prof Dr Amita Aggarwal, Head of the Department, Immunology delivered a talk on "gastrointestinal manifestations of immune deficiency disorders." Dr Sanjay Rao, Senior Consultant Pediatric Surgeon, Narayana Health city, Bengaluru discussed an important topic, 'Meso Rex shunt: Game changer in EHPVO'. Dr Zaheer Nabi, Senior Consultant from Asian Institute of Gastroenterology, Hyderabad gave an enlightening lecture on "small bowel bleeding: diagnostic and therapeutic approach."

On day two of the conference, our international speaker, Prof Dr. Winita Hardikar, Professor of Pediatric Gastroenterology and Head of Liver and intestinal transplantation, the Royal Children's Hospital (RCH), Melbourne, Australia, delivered a talk on "Diagnostic approach and medical management of progressive familial intrahepatic cholestasis (PFIC)." Dr. Vijayalakshmi Bhatia, Professor of Pediatric Endocrinology delivered a lecture on "Approach to Short Stature." Other topics that were discussed include, very early onset inflammatory bowel disease (VEO-IBD), management of functional abdominal pain disorders, refeeding syndrome, and many more.

The program was designed in such a way that it covered most of the common gastrointestinal problems prevalent in children.

Dr. Ajay Aravind
(Organizing Secretary)
Assistant Professor
Dept of Pediatric Gastroenterology

Safe Roads, Safe Lives: A Journey Begins with Awareness”

National Road Safety Month, a commendable initiative by the Ministry of Road Transport and Highways, Government of India, was observed from **January 1st to 31st, 2025**. Road traffic accidents have tragically emerged as the leading cause of death among individuals aged 18 to 45 in India. In 2024 alone, over **1.7 lakh lives were lost**, and nearly **4.5 lakh people were left permanently disabled** due to road crashes.

In line with this year's theme, the healthcare workers of **Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI), Lucknow**, organized a comprehensive **Road Safety Awareness Program** on the morning of **January 31st, 2025**.

The program was inaugurated by the institute's director, **Prof. Radha Krishan Dhiman**, who also led and participated in the **Road Safety Awareness Walkathon**. In his address, Prof. Dhiman emphasized the life-saving importance of adhering to traffic rules and highlighted the devastating consequences of road accidents, particularly head injuries.

The event witnessed enthusiastic participation from nearly **200 doctors, nurses, nursing students**, and students from the **College of Medical**

Technology. At the **Vrindavan Yojana crossing**, walkathon participants engaged with the public to spread awareness about road safety rules.

Bike riders wearing helmets were acknowledged and felicitated with flower bouquets, while those without helmets were sensitized about the importance of helmet use, with **helmets distributed free of cost**.

The **Department of Neurosurgery** spearheaded the walkathon, with leadership from **Prof. Awadhesh Kumar Jaiswal**, who commended the efforts of **Organising Secretary Dr. Ved Prakash Maurya**. Additionally, under the guidance of **Prof. Arun Kumar Srivastava**, Chief of the **Apex Trauma Centre**, doctors conducted **Safety Pledge drives** in various schools across **Vrindavan Yojana and Lucknow**.

These kinds of public engagement initiatives are crucial in instilling road safety awareness and turning responsible road behavior into a daily habit. Sustained efforts like this are vital to reducing the alarming toll of road traffic accidents in our country.

Dr. Ved Prakash Maurya
Additional Professor,
Department of Neurosurgery



तृतीय नेशनल टेक्नोकान 2025

संजय गांधी पीजीआई संस्थान में, एनेस्थीसिया विभाग के टेक्नोलॉजिस्ट संगठन एनेस्थीसिया एवं ऑपरेशन थिएटर टेक्नोलॉजिस्ट यूपी के द्वारा तृतीय नेशनल टेक्नोकान 2025 का आयोजन सी वी रमन ऑडिटोरियम एसजीपीजीआई में 15 फरवरी 2025 को मनाया गया।

इस आयोजन में देश भर के 12 राज्यों, के लगभग 70 शहरों से सीएसडी ओटी तथा एनेस्थीसिया के टेक्नोलॉजिस्टों ने अपने व्याख्यान दिए और नई तकनीक और नई विधाओं के बारे में पोस्टर प्रस्तुत किए गए।

इस अवसर पर एनेस्थीसिया में आर्टिफिशियल इंटेलिजेंस का इस्तेमाल कितना लाभप्रद कितना उपयोगी इस विषय पर पीजीआई चंडीगढ़ से आयी चंद्रकांता सैनी तथा जब टेक्नोलॉजिस्ट किसी उधमिता से जुड़ते हैं तो उनको दी जाने वाली जानकारी को स्टेट टेक्नोलॉजिकल पार्क ऑफ इंडिया के संयोजक श्री श्याम कुमार ने अपने व्याख्यान में विस्तार से समझाया। साथ ही साथ एक विज्ञान प्रदर्शनी का भी आयोजन किया गया था जिसमें एनेस्थीसिया विभाग की जटिल प्रक्रियाओं और उनसे रूबरू कराने के लिए जो संयंत्र और उपाय किए जाते हैं उन पर छात्रों को प्रशिक्षित भी किया गया।

इस बार के टेक्नोकान 2025 की विशेषता यह थी कि इसमें एनेस्थीसिया के विषय पर प्रेजेंटेशन थे ही परंतु साथ ही साथ बायोमेडिकल से श्री अंजीव श्रीवास्तव तथा एसटीपी एसजीपीजीआई के श्री श्याम कुमार जी साथ ही डाइटिशियन विभाग से श्रीमती अर्चना श्रीवास्तव तथा रेडियोलॉजी विभाग

के श्री अभय कुमार श्री शिवदयाल कार्डियोलॉजी विभाग श्री नरेश कुमार एवं चंद्रकांता सैनी भी पीजीआई चंडीगढ़ से आई हुई थी के साथ-साथ जुईन दत्ता घोष एसजीपीजीआई लखनऊ श्री प्रशांत मौर्य देहरादून श्री मनोज कुमार पीजीआई चंडीगढ़, गजेंद्र सिंह एसजीपीजीआई लखनऊ श्री कृष्ण गोपाल तिवारी वाराणसी श्री रवि फगवाड़ा, पंजाब श्री अनुज कुमार चंडीगढ़, मिस्टर योगेश एम्स नई दिल्ली मोहम्मद आलम एवं महेंद्र सिंह सैफई, मोहम्मद इमरान टाटा हॉस्पिटल, वाराणसी के प्रेजेंटेशन भी थे के साथ-साथ चेयरपर्सन के भूमिका में डॉक्टर संजय कुमार डॉ सुजीत गौतम, 'डा प्रेरणा कपूर, वरिष्ठ चिकित्सक डॉक्टर राहुल गैस्ट्रो सर्जरी विभाग डॉक्टर अनंत महरोत्रा जोकि वरिष्ठ न्यूरो सर्जन है एनेस्थीसिया विभाग से डॉ. दिव्या श्रीवास्तव, डॉ सुमित सचान, डॉक्टर अरुणा भारती डॉक्टर चेतना शमशेरी डॉक्टर तापस सिंह, डॉक्टर रुचि वर्मा डॉ प्रतीक सिंह बॉयस डॉ शिल्पी वर्मा डॉक्टर पल्लव सिंह इनके अतिरिक्त डॉक्टर आशीष कनौजिया, डॉ वंश डॉ अमित रस्तोगी तथा अन्य वरिष्ठ संकाय सदस्य मौजूद रहे'।

इस कार्यक्रम में लेबोरेटरी टेक्नीशियन के एसटीओ एवं सीटीओ ने भी चेयरपर्सन एवं मॉडरेटर की भूमिका अदा की जिनमें श्री मनोज सिंह हिमेटोलॉजी विभाग, श्री ई के शर्मा, कार्डियोलॉजी विभाग श्री वीरेंद्र मिश्रा माइक्रोलॉजिकल विभाग श्री संजय द्विवेदी इम्यूनोलॉजी विभाग श्री जे के उपाध्यक्ष ट्रांसप्लूजन मेडिसिन विभाग डॉक्टर निरूपमा सिंह डाइटिशियन एसजीपीजीआई एवं श्री टी एस नेगी गैस्ट्रोएंटेरोलॉजी विभाग के अलावा पंजाब के गुरु नानक कॉलेज के चेयरमैन श्री राजदीप थिडवार, और मिस पियूष यादव भी चेयरपर्सन के रूप में कार्यक्रम में शामिल रही।

इस अवसर पर निदेशक प्रोफेसर धीमान सर ने एनेस्थीसिया टेक्नोलॉजिस्ट की भूमिका एवं उनके उनके योगदान की सराहना करी, निदेशक महोदय ने विशेष कर जो नए उपकरण संस्थान में ही टेक्नोलॉजिस्ट ने विकसित किए हैं या कर रहे हैं उनको प्रोत्साहित भी किया तथा संस्थान स्तर से हर तरह की वित्तीय और टेक्नोलॉजिकल मदद का आश्वासन भी दिया।

सीएमएस प्रोफेसर संजय धीराज ने टेक्नोलॉजिस्ट की भूमिका और उनकी कार्य प्रणाली के बारे में बताया, की कोई भी सर्जिकल प्रक्रिया बिना एनेस्थीसिया टेक्नीशियन की सहायता के संभव नहीं है और ऑपरेशन के पश्चात भी पोस्ट ऑपरेटिव





केयर तक में इन टेक्नीशियन का योगदान रहता है मेडिकल सुपरीटेंडेंट डा. प्रशांत अग्रवाल ने इस कार्यक्रम के आयोजको और आए हुए अतिथियों को जो कि अपने-अपने क्षेत्र में कार्य कर रहे हैं उनको अपनी योग्यता और क्षमता को बढ़ाने के लिए वर्कशॉप आयोजित करने के लिए भी प्रेरित किया इस अवसर पर संयोजक श्री राजीव सक्सेना ने प्राइवेट कॉलेज व ऑर्गेनाइजेशन जो हॉस्पिटल्स/इंस्टिट्यूट चला रहे हैं उनके साथ एक एमओयू साईन करने की आवश्यकता पर बल दिया ताकि जो छात्र, बीएससी एनेस्थीसिया अथवा बीएससी ओटी का पाठ्यक्रम कर रहे हैं वह डिग्री प्राप्त करके निकलेंगे उनका

रोजगार के लिए एक प्लेसमेंट सेल स्थापित किए जाने की बात रखी।

इसी अवसर पर कॉलेज आफ मेडिकल एवं टेक्नोलॉजी के (बीएससी एनेस्थीसिया) छात्रों के द्वारा एक एनेस्थीसिया एवं ऑपरेशन थिएटर में प्रयोग किए जाने वाले मशीनों तथा अन्य उपकरणों को भी एक रंगोली के माध्यम से उत्कृष्ट रूप से दिखाया इस रंगोली को सजाने में 1. लक्ष्मी 2. मानसी 3. ज्योति 4. रितु 5. हर्ष 6. वंश 7. अभिषेक का योगदान रहा। कार्यक्रम का संचालन असिस्टेंट ऑर्गेनाइजिंग सेक्रेट्री श्री धीरज सिंह एवं चंद्रेश कश्यप ने किया।



श्री राजीव सक्सेना, सीनियर टेक्नीकल आफिसर,
एनेस्थीसिया विभाग

PhD speaks

PhD is about choosing “Mind over Matter”

It's also synonymous with Robert Frost's “The road not taken,”

The first step seems to be “A little more than better”

With time comes the odds, the bottlenecks and we tend to awaken.

If asked, I wouldn't choose the lessons learnt otherwise

I would still want to reprogram my mind,

A failed experiment is no more a surprise

And instead of losing my calm, I tell myself “Please be kind.”

My PhD will never just be a degree

It will be the definition of my hope and resilience,

For nothing in life comes for free

It will always be the tale full of my ups and downs, wrapped with strength and brilliance!!

Aditi Dwivedi (PhD scholar)

Department of Molecular Medicine and Biotechnology

Where Wheels Meet Wonder – Cycling Through Sunset and Still Waters

Each ride through the campus awakens the senses and uplifts the spirit. As the day begins to wind down, the golden hour casts a gentle, amber glow over the landscape, transforming the familiar paths into a dreamlike journey. The cool breeze whispers through the trees, and the rhythmic turning of the wheels becomes a quiet meditation.

One of the most breath-taking sights on the ride is the serene lake nestled within the campus. Its still waters mirror the blazing colours of the sunset—shades of gold and deep indigo blending seamlessly with the sky. Cyclists often pause here, letting the peaceful ripples and the soft hush of twilight fill the air around them.

The path around the lake, shaded by tall trees and lined with wild grasses, offers a perfect route for leisurely evening rides. The occasional call of a bird, the distant rustle of leaves, and the fading light together create a sense of quiet magic that makes every ride feel like a retreat into nature.



Where wheels rest and nature whispers!

With each pedal, you glide through a campus where healing extends beyond hospital walls, into the beauty of the earth and sky. It's a time to breathe, to reflect, and to simply be—bathed in the warm embrace of sunset and the calm mirror of the lake.

Dr Archana K
Assistant Professor
Department of Endocrinology

“You Are the Fire”

You are not the echo, you are the call,
Not the shadow, but sunlight through it all.
When the path is steep, and nights are long,
Inside your silence beats a song.

You're not your fear; you're not your fall-
You are the rise after losing it all.
Not just the dreamer, but the dream made real,
The wound that learns again to feel.

Storms may shake your trembling frame,
But even ashes can burn to flame.
Each scar a star, each crack a gate,
You're made of dust but also fate.

So, breathe in hope, let doubt retire-
You are not broken.
You are the fire.



Shakti Kumar
P.hD Student
Department of Neurology

This Art has a Heart!

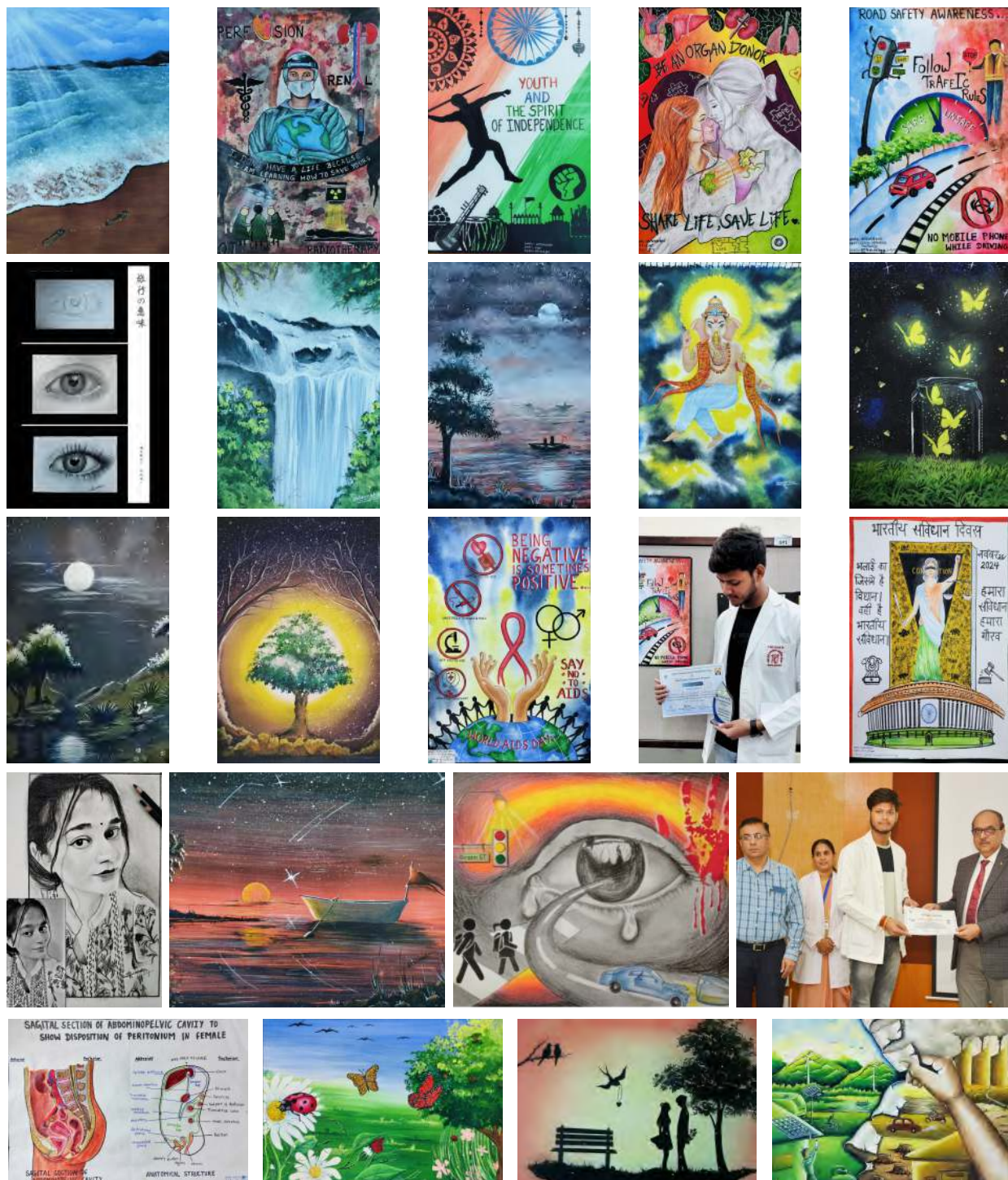


It's been a privilege to have contributed to the various events that transpire in the campus, through my creative expressions as rangolis, and add an artistic tinge to the proceedings. Looking forward to injecting more and varied art into whatever is in the tabs for times to come! I won't be discharged anytime soon! There's still a lot more art to transplant around here! I hope you all have enjoyed my arrhythmically stimulating artworks!

Ms Manju Singh (ANS) , Urology, EMRTC

Art by Shivansu

“Shivansu is an extremely talented student , currently enrolled in BSc 3rd year (Operation Theatre Technology) in the College of Medicine Technology,SGPGIMS. His artwork is a vibrant reflection of his creativity, with each piece telling a unique story, we are very happy to showcase some of his paintings here, wishing him all the very best of luck in his future endeavours.



SGPGI Through the Lens: Nature, Peace, and Purpose!



Dr. Vansh Priya

Additional Professor

Department of Anaesthesiology

From the Editor's pen.....

"Feel All the Feels"

"Feel all the feels" means to fully experience, acknowledge, accept, and embrace a wide range of emotions – whether joyful, sad, nostalgic, or simply overwhelming.

It reminds us not to deny or dismiss the emotional impact of a moment—be it a powerful book, a meaningful memory, a beautiful sight, or a significant life event. The phrase encourages us to let emotions surface freely, without judgment or suppression.

You might "feel all the feels" when:

- You're deeply moved by a song, movie, or event.
- You form a strong emotional connection to a story or character.
- You find yourself overwhelmed by joy, sadness, nostalgia, or another intense emotion.

At its core, "feel all the feels" is about **emotional honesty**—allowing yourself to fully experience whatever arises and recognizing those feelings as a natural, human part of life.

While suppressing emotions might seem like a quick fix, it often leads to deeper issues over time. Embracing and processing your feelings—whether alone or with a trusted friend, family member, teacher, peer, or mental health professional—is essential for emotional well-being.

"Feeling all the feels is basically cardio for the soul. Exhausting, sweaty, but good for you."

Dr Prerna Kapoor



SGPGI employees who received awards for their excellent contribution to the Institute with their hard work, dedication and loyalty on 26th January 2025

1. Ms. Poonam Devi, ATC Office, Data Entry Assistant (Contractual)
2. Mrs. Rani Verma, Academic Section, Assistant Administrative Officer
3. Mr. Samar Bahadur Singh, Anesthesiology, Technical Officer
4. Mr. Ashfaq Ulla Khan, Bioethics Cell, Data Entry Operator (Contractual)
5. Mr. Awadesh Kumar Yadav, BHI, Office Attendant Gr-2
6. Mr. Rajesh K. Singh, Cardiology (Echo Lab), Chief Technical Officer
7. Mr. Jeevan Lal, College of Nursing, House Keeping Staff
8. Mr. Rajashree Mohanty, CCM, Senior Nursing Officer
9. Mr. Bhim Raj Singh, CSSD, OT Assistant
10. Ms. Alka Mohan, CVTS, ANS
11. Mr. Kamalendra Mohan, Central Library, Librarian Gr-3
12. Mr. Shyamu, Dean Office, Patient Helper (Contractual)
13. Mr. P.C. Gupta, Engineering Department, Superintendent Engineer (Electrical)
14. Ms. Meena Bitalu, Emergency Medicine, ANS
15. Mr. Brij Lal, Estate Department, Sr. Attendant
16. Ms. Radhey Shyam, Gastroenterology, Attendant Gr-1
17. Ms. Laxmi Yadav, General Hospital, Attendant Gr-2
18. Mr. Ajay Kumar, Horticulture, Horticulture Inspector Gr-1
19. Mr. S.K. Srivastava, HRF, Senior Purchase Officer
20. Mrs. Kanak Bal, Hepatology, Senior Nursing Officer
21. Mr. Ram Chandra, Microbiology, Technical Officer
22. Mr. Anil Kumar, MIU, Chief Artist
23. Mr. Kailash Nath, Neurosurgery, Office Attendant Gr-1
24. Mr. Gangesh, Neonatology, Patient Helper (Contractual)
25. Mrs. Arinamma Sridharan, Nephrology, DNS
26. Mr. Sunder Lal, Nursery School, Senior Attendant
27. Mr. Brahm Prakash Vyas, Neurology, Senior Nursing Officer
28. Mr. Manoj Kumar, Plastic Surgery & Burn, Patient Helper (Contractual)
29. Ms. Neelu, Pediatric Gastro (Under Kitchen & Diet), Dietician
30. Mr. Ram Kishor Vishwakarma, Pathology, Chief Technical Officer
31. Mr. Ramesh Kumar, Sample Collection (New OPD), JMLT
32. Mrs. Radhika Bisht, Urology, Junior Administrative Officer
33. Mr. Shubham Yadav, Vehicle Cell, Driver (Contractual)
34. Mr. Kishan Singh, JD(A) Office, Attendant Gr-1
35. Mr. Amit Mohan, Telemedicine, Content developer (Project)
36. Mr. Ravindra Agarwal, BHI, Sr. Programmer
37. Mr. Brijesh Pathak, Pathology, Technical Officer
38. Mrs. Divya Mishra, Stenographer
39. Mr. Vijay Pratap Sonkar, MSSCO

Best Staff Awardees



Prizes won in CRITICARE 2025 by participants from Critical Care Medicine, SGPGIMS

CRITICARE 2025 31st annual conference of Indian Society of Critical Care, was held in Kochi on 06-08 March.

1. Dr. PV. Sai Saran, Associate Professor, Dept of Critical Care Medicine won



1st Prize in Podium Presentation: “Hearing loss assessment by pure tone audiometry amongst the survivors of intensive care unit: A prospective observational cohort study.”

And

2. Dr. Arnavjyoti Das, Senior Resident, DM 3rd year, Dept of CCM got

2nd Prize in Podium Presentation: “ICU survivors’ follow up: Burden of Post intensive care syndrome on critical care unit and family”

Honored and Inspired: My Award-Winning Moment at CSI 2024

I had the privilege of presenting my research paper titled “Correlation Between Microparticle Levels and Severity of Coronary Artery Disease by SYNTAX Score in Young Patients” at the 76th Annual Conference of the Cardiological Society of India (CSICON-2024) on 8th December, 2024, where it was honoured with the Best Oral Abstract Presentation Award. I am also humbled



Dr. Satya Prasad Mahapatra, DM SR, Department of Cardiology

to share that my thesis was selected among the top five across India at CSICON-2024 and was appreciated by several esteemed cardiologists.

Alumni Corner

"It's not the distance you must conquer in running, it's yourself."

– Michael D'Aulerio

Dr Sarit Sekhar Pattnaik was

DM resident in the Immunology department, SGPGI from 2017 to 2020.

Currently he is working as Assistant Professor in Department of Clinical Immunology and Rheumatology at SCB Medical College, Cuttack, Odisha

He started running as a way to exercise ,but now it has grown into a passion and according to him it has been transforming in terms of physical and mental health.

On completing his first full marathon ,he declared that he felt amazing amidst a sea of Runners. "Great to see people in the group running, we should have such events in future IRACONS(Rheumatology Conferences)"

This year in March he has completed the very tough and prestigious PROCAM SLAM, it is a



Sarit just set a PR in the Marathon!

series of 4 races :

Bengaluru 10km

Delhi Half marathon 21.1km

Tata Kolkata 25km

Tata Mumbai 42km , to be completed in one calendar year within a stipulated cut-off timing

Congratulations to Dr Sarit ,may he run from strength to strength and run to his heart's desire!



My experience as Invigilator last 12 years Guardians of Knowledge

Seventy-five minds, bright and keen,
Chasing dreams once unforeseen.
Pages filled with wisdom deep,
Through long nights, they trade their sleep.
Silent halls, yet thoughts ignite,
Battles fought in black and white.
Each word they pen, a future's spark,
Lighting paths through moments dark.
Three years of toil, of sweat and strife,
A journey shaped by sacrifice.
Not just their own, but hands so true —

Departments, parents, spouses too.
I stand here, both guide and peer,
An eternal student, year by year.
Fascinated by their grand success,
Amazed by the talent they possess.
These DM, MCh minds so bright,
Pushing limits, chasing light.
They will heal, they will mend,
With hands of skill and hearts to lend.
And as they soar to heights anew,
Their journey shapes me, guiding too.

Dr. Sabaretnam Mayilvaganan
Additional Professor, Endocrine Surgery

Farewell & Gratitude: SGPGIMS Superannuations (Jan-Mar 2025)

January 2025

A career may conclude, but the impact of a lifetime of service continues to inspire long after the farewell.

Dr Mukesh Tripathi, Professor, Anaesthesia

Dr. Nirmal Gupta, Professor, CVTS

Ms Roji Kumari, ANS

Mr Malay Dhar, CTO

Mr Ram Naresh Sr office Attendant

Mr SRS Bhatnagar, AO

Mr Javed Iqbal, JAO

Mr Rajesh Kumar Sharma, JAO

Mr Rajkumar, PPS

Mr Amal Kumar Dey, CTO

Mr Ram Sagar Pal, Tradesman grade 2

Ms Lily Kutti Chacko, ANS

Mr Ram Singh, Sr Office Attendant

Mr Brij Bihari Ram, JAO

Mr Ganesh Prasad, Hospital Attendant, Gd 1

Ms Margaret Daniel, DNS

Mr Santram, Bearer Masalchi Gd 1

February 2025

Superannuation is a salute to years of hard work, and a welcome to new journeys waiting beyond the workplace

Ms Navita Bhagirathi, DNS

MR Ram Sharan, Senior Technical Officer

Mr Kishan Singh, Office Attendant Grade-I

Mr Jagdish Prasad, Office Attendant Grade-II

Ms Meena Pal, Hospital Attendant Grade-I

March 2025

Retirement marks the close of one chapter of service and the beginning of another — filled with freedom, fulfillment, and the legacy left behind.

Mr Sushil kumar Lal, Chief Technical Officer (Radiology)

Mr Shravan Kumar Srivastava, Senior Technical Officer (Radiology)

Mr Shive Raj Singh Parihar, PPS

Mr Shakti Mehta, ANS

Mr Ravi Singh, Assistant Public Relations Officer

Ms Saroj Tiwari, ANS

Mr Ram Shabad Sharma, Technical Officer

Mr Raj Kumar, Office Attendant Grade I





Farewell to a Visionary Leader and a Truly Multifaceted Soul – Dr. Shubha Phadke

As the Department of Medical Genetics at SGPGIMS turns a golden page in its history, we bid a deeply respectful and heartfelt farewell to Dr. Shubha Phadke, Professor and Head, who retires after more than three decades of unparalleled contribution to clinical genetics, academic mentorship, public health, and institutional growth.

Dr. Phadke is not just a pioneer – she is the first DM in Medical Genetics in India and has been instrumental in shaping the field from the ground up. As Founder President of the Society for Indian Academy of Medical Genetics, she created a platform for Indian geneticists to collaborate, learn, and grow together. Her authorship of "*Genetics for Clinicians*", editorship of the journal *Genetics Clinics*, and her role on the editorial boards of several prestigious international journals, including *AJMG* and *MGGM*, stand testament to her commitment to spreading knowledge far and wide.

Her academic and research portfolio is truly formidable, with over 300 PubMed-indexed publications, multiple OMIM entries (including Camptosyndactyly, Handigodu Disease, and Oro-facio-digital syndrome 18, coffin siris syndrome 9), and 48 citations in the London Dysmorphology Database. She has reported 10 novel syndromes, contributed to 15 research projects as Principal Investigator, and played a key role in identifying causative genes for 5 rare monogenic conditions.

Her vision extended beyond hospital walls. She launched the Uttar Pradesh state-funded Newborn Screening Program (screening lakhs of babies), and sustained critical government-supported programs for thalassemia and haemophilia. She has actively contributed to national policy through committees of ICMR, DBT, and other apex bodies, shaping India's genetic healthcare delivery at the grassroots and the national level.

A true artist at heart, she is known for her breathtaking rangolis, intricate craftwork, impeccable saree designing and stitching, and her radiant presence at every faculty-organized cultural event. Be it a



scientific symposium or a festive celebration, her graceful enthusiasm lit up every occasion. Her artistry and creativity have inspired many, proving that science and aesthetics can indeed go hand in hand.

Dr. Phadke is not only admired as a clinician-scientist but loved as a teacher, mentor, and colleague. Generations of students, residents, and faculty have benefited from her nurturing guidance, her razor-sharp intellect, and her deep sense of humility. Her ability to simplify complex concepts, her dedication to patient care, and her integrity in research have set the gold standard for all who follow. A testament to her profound impact as a mentor, most of her students now head major Medical Genetics departments across the country. For her farewell, these torchbearers of her legacy gathered in an emotional personal get-together that was no less than a national conference in spirit and

sentiment—a reflection of the deep admiration, respect, and affection she commands.

As we celebrate her extraordinary journey of over three decades, we do so with immense pride and gratitude. Her contributions will continue to echo in every corner of our department—in clinics, in classrooms, in research labs, and even in our cultural gatherings.

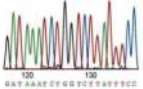
Dr. Shubha Phadke leaves behind not just a department, but a legacy.

We wish her a retirement filled with the same color, creativity, and joy that she brought to all our lives.

With deepest admiration and warmest wishes,

Department of Medical Genetics,

Sanjay Gandhi Postgraduate Institute of Medical Sciences



“सेंगर अनुक्रमण”

चार रंगों में सजी, ए बेसों की बारात,
A, T, G, C गाएँ, अपनी - अपनी बात।
चेन टर्मिनेशन का जादू, कदम – कदम पे रुके,
छोटे – बड़े टुकड़े बन, कैपिलरी में झूमें।



लेजर की नज़रों से, रंग जब निखर आएँ,
डेटा की महफ़िल में, पीक यूँ सज जाएँ।
हर अक्षर की पहचान, जैसे मोती पियरे जाएँ,
मेरी पूरी कहानी, स्क्रीन पे चमक जाए।



ये हैं सेंगर का सफ़र, बड़ा प्यारा और खास,
जहाँ हर सिक्वेस में छुपा, ज़िंदगी का एहसास।



मैं 1998 में एसजीपीजीआई के जेनेटिक्स विभाग से जुड़ा। 1998 से 2017 तक मैंने किडनी (2000 गुर्दा प्रत्यारोपण) और बोन मैरो ट्रांसप्लांट (200 अस्थि मज्जा प्रत्यारोपण) के लिए एचएलए टेस्टिंग पर काम किया। वर्तमान में मैं सेंगर सीक्वेंसिंग पर कार्यरत हूँ, विशेष रूप से प्रीनेटल टेस्टिंग में। गर्भावस्था के दौरान, हम एम्नियोटिक फ्लूइड लेकर परीक्षण करते हैं, जिससे परिवार अपने होने वाले शिशु को गंभीर आनुवांशिक रोगों से बचा सकते हैं। करीब 8000 सेंगर सीक्वेंसिंग किया मैंने, यह कार्य मुझे हर दिन एक नया उद्देश्य और गर्व का एहसास कराता है।

शशांक एस. शेंडे, एस.टी.ओ. मेडिकल जेनेटिक्स.

SGPGIMS Newsletter Committee



***The Editorial team of SGPGIMS Newsletter ***

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10. Mr Amit Mohan (Content Developer) helps design the Newsletter creatively and meticulously.

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