



Vol. 6 / No. 3
July - September 2025

Vertigo & Balance Centre



Sri Guru Ram Das Charitable Hospital inaugurated the state's first highly equipped super-speciality Vertigo & Balance Centre. This state-of-the-art facility is equipped with advanced diagnostic technologies & offers tailored rehabilitation therapies for individuals suffering from balance disorders, ensuring comprehensive care and improved quality of life for patients. This centre was inaugurated by S. Harjinder Singh Dhama, Honourable President, SGPC, Sri Amritsar.

Beyond Words: A Collection of Insights



A book titled 'Beyond Words: A Collection of Insights' authored by Dr. A.P. Singh, Dean, SGRDUHS was launched by S. Harjinder Singh Dhama, Honourable President, SGPC, Sri Amritsar.

Dear Friends,

Rains have not been a pleasure this year, and it's not just flood in Punjab but so many calamities all over the world. All this is so overwhelming!! We should all take a pause and give it a serious thought.

Are these natural calamities or man-made disasters?

Aren't we jeopardising our ecosystem to a point that it will become extinct?

It's our home!!!

Please give some time from your daily lives to nourish, rebuild our niche, our planet. Make little efforts to plant trees, let squirrels climb your garden trees and sparrows build their nests.

Let earthworms transform your soil.

Let it be a happy earth !


Dr. Manjit Singh Uppal
Vice Chancellor



SGRD Synapse

CME on Vaccination



CME on Me-No-Pause (में नहीं रुकूंगी)



Head & Neck Symposium



Deeksharambh



A Guide to Student Induction Program

► Clinical Snippet Morel-Lavallée Lesion



A 45-year-old man presented with a swelling on the front & side of his left thigh, 3 months after a roadside accident. It gradually enlarged and caused discomfort while walking. The patient also noticed a small wound on the front side of the thigh with serous discharge. O/E, the swelling was soft, fluctuant, and non-pulsatile. The overlying skin was intact except for the small discharging wound. No systemic signs of infection. MRI left thigh shows fluid collection in left mid thigh along the deep subcutaneous plane/fascia. It measures approx 0.8cm in thickness and 11cm in length. It appears hypointense on T1W images. Moderate subcutaneous stranding with thin septations. Lesion suggestive of Morel-Lavallée lesion. Patient underwent surgical debridement with complete excision of pseudocapsule and drainage. Subcutaneous plication done with underlying muscle. Postoperative care included compression dressing and antibiotics. The swelling resolved completely and the patient regained full mobility with no recurrence. Early diagnosis and management are essential.

Dr. Seema Mittal
Professor, Department of Surgery

Eye Donation Fortnight



40th National Eye Donation Fortnight was celebrated at SGRDUHS, focusing on the critical need for eye donation and encouraging individuals to pledge their eyes after death.

ILD Masterclass



Department of TB & Respiratory Diseases, Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar conducted CME on "ILD Masterclass: Basics to Recent Advances".

CME on Laboratory Risk Management



Department of Biochemistry, Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar conducted CME on "Laboratory Risk Management".

CME on Advances in Gastrointestinal Surgery



Department of Surgery, SGRDIMSR, Sri Amritsar conducted CME on "Advanced in Gastrointestinal Surgery: From Evidence to Practice".

MUS-GE Wrist Bootcamp 2025



Department of Radio-diagnosis, Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar conducted CME on "MUS-GE Wrist Bootcamp 2025".



Resource Faculty for Scientific Sessions



Department of Ophthalmology

1 Dr. Shakeen Singh was the Co-chairman, Speaker Panelist and Moderator during conferences at Chennai, Jalandhar, New Delhi and Amritsar.

Department of Anatomy

2 Dr. Anupama Mahajan was Guest Speaker and Judge in poster making competition in an International Conference '8th IASCBC 3rd MAAC' held at Kuala Lumpur, Malaysia.

Department of Biochemistry

3 Dr. Sahiba Kukreja was the panelist, 4 Dr. Jaskiran Kaur Sandhu & 5 Dr. Anju Sharma chaired the scientific sessions in CME held at CMC, Ludhiana.

Department of ENT

6 Dr. Arvinder Singh Sood was the Faculty at 'IASSACON 2025 Amritsar' held at Radisson Blu Hotel.

Department of Microbiology

7 Dr. Manmeet Kaur Gill was the Guest Speaker during CME 'Tricity Pathology Update 2025'

Department of Physiotherapy

8 Dr. Mandeep Kang was the Chairperson in '3rd National Conference of IAP Women Cell & Physiomanthan' conducted by IAP.

College of Nursing

9 Dr. Amandeep Kaur Bajwa was Guest Speaker in CME organized by Anand Group of College.

Awards and Achievements



Department of Microbiology

10 Dr. Sarbjeet Sharma completed training on 'Cervical Cancer Elimination in India through HPV Vaccination' conducted by FOGSI India in collaboration with CFI&ACS.

Department of Radio-diagnosis

11 Dr. Kunwarpal Singh completed PG Diploma in 'Musculoskeletal Ultrasound' affiliated with university of MURCIA, Spain.

College of Nursing

12 Dr. Sukhbir Kaur completed Certificate Course in 'Forensic Nursing' organised by GINRA Foundation in association with ACN, Karnataka.

Faculty Development Program



A two-day hands-on workshop on 'Simulation Based Education' – Faculty Development Program was conducted in the Simulation Center of SGRDUHS.

Marching forward....

Rhinomanometry!



We are pleased to announce that a Rhinomanometry instrument has been successfully installed and made fully functional in the Department of ENT. It is non-invasive diagnostic instrument designed to objectively measure nasal airflow and airway resistance during breathing. This innovative system allows clinicians to assess how easily air passes through the nasal passages and to identify any functional or structural causes of nasal obstruction. The test involves the patient breathing naturally through a specially designed mask connected to sensitive flow and pressure sensors. It is completely safe, painless and repeatable, suitable for both adult and pediatric evaluations.

This equipment provides quantitative data that are extremely valuable in the diagnosis and management of various nasal and sinus conditions, including Deviated nasal septum, Hypertrophy of turbinates, Allergic and vasomotor rhinitis, Nasal polyps and chronic nasal obstruction, Pre- and post-operative assessment following septoplasty, turbinate surgery, or FESS.

Dr. AP Singh
Dean, SGRDUHS

World Physiotherapy Day Celebrated



World Physiotherapy Day filled with service, celebration & creativity was celebrated by Department of Physiotherapy. Free BMD & Camp was conducted. Students participated in rangoli, anatomical body painting, poster & 3D model making.

International Organ Donation Day



Anti Ragging Week Celebration



Case Scenario

Osteosarcoma - Proximal Tibia



A 16-year-old male presented with pain and swelling around the right knee for 3 months. X-ray and MRI revealed an expansile destructive lesion of the proximal tibia with cortical breach and soft tissue extension. Biopsy confirmed Osteosarcoma. After staging work up (chest CT and bone scan to rule out metastasis), amputation would have been the simpler surgical option; however, the team opted for the technically more demanding limb salvage procedure, and the patient underwent tumor resection with joint reconstruction using a mega prosthesis. Postoperative course was uneventful and the child was mobilized with physiotherapy. He has been planned for adjuvant chemotherapy as per protocol.



Food for thought



Q1 - What is osteosarcoma?

♦ Osteosarcoma is the most common primary malignant bone tumor in children and adolescents. It arises from primitive bone-forming mesenchymal cells and is characterized by production of osteoid matrix.

Q2 - What are the common sites?

♦ Most commonly affects metaphyseal regions of long bones – distal femur, proximal tibia, and proximal humerus.

Q3 - What are the clinical features of osteosarcoma?

- ♦ Clinical features are:
 - Pain and swelling at the affected site.
 - Limitation of movement if near a joint.
 - Occasionally presents with pathological fracture.
 - Systemic features are rare.

Q4 - How is osteosarcoma diagnosed?

♦ Diagnosis is based on clinical suspicion, radiographs showing a destructive lesion with periosteal reaction (sunburst appearance, Codman's triangle), MRI for local extent, and biopsy for histopathological confirmation.

Q5 - What is the treatment protocol?

- ♦ Following are the treatment options:
 - Neoadjuvant chemotherapy
 - Surgical resection with wide margins
 - Limb salvage with prosthetic reconstruction whenever feasible
 - Adjuvant chemotherapy

Q6 - Why is early diagnosis important?

♦ Early diagnosis allows timely chemotherapy and surgery, which reduces risk of metastasis and improves chances of limb salvage.

Q7 - What are the advantages of limb salvage surgery over amputation?

♦ Limb salvage surgery preserves limb function and body image, leading to superior mobility, cosmesis, and psychological well-being compared to amputation. With proper surgical margins and adjuvant therapy, it offers oncological outcomes equivalent to amputation. Advances in prosthetic reconstruction allow early mobilization and improved quality of life.

Q8 - What is the prognosis?

♦ With multimodal treatment, 5-year survival rates are 60–70% in localized disease. Prognosis depends on response to chemotherapy and presence of metastasis at diagnosis.

Q9 - What public health message does this case highlight?

♦ This case underscores the need for early recognition of persistent bone pain and swelling in adolescents, prompt referral to specialized centers, and access to multidisciplinary care to improve survival and functional outcomes in bone cancers.



SGRD
Synapse

Free Medical Camp for Flood Victims

SGRD organized a Free Medical Camp for Flood Victims and needy patients at Beer Baba Budha Ji Charitable Hospital, Tarn Taran Sahib. A dedicated team of doctors, nurses and volunteers from SGRD offered screening, treatment and counselling to ensure community well-being. This humanitarian effort reflects the institution's commitment to serve society and to extend compassionate healthcare to all, especially in times of need.



Swasth Nari Sashakt Parivar Abhiyaan'



SGRD
Synapse

SGRD proudly celebrated the 'Swasth Nari Sashakt Parivar Abhiyaan', an initiative launched by the Hon'ble Prime Minister of India, Shri Narendra Modi Ji. The campaign carries the powerful message — "Healthy Women, Empowered Families" — emphasizing that women's health forms the foundation of strong families and a progressive nation. As part of this program, comprehensive screening for Obesity, Diabetes, Hypertension, and Tuberculosis was conducted, along with counselling sessions on menstrual hygiene.

