



SRI GURU RAM DAS UNIVERSITY  
OF HEALTH SCIENCES, SRI AMRITSAR

SGRD  
*Synapse*

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An Update of  
Sri Guru Ram Das University of Health Sciences

## Inauguration of New Gynae & Pediatric Block



Hon'ble President SGPC Bibi Jagir Kaur laid the foundation stone of new 3-storey Gynaecology and Pediatric block that will include ICU, Private Rooms, IVF Lab, Genetic Lab and Rehabilitation Unit. She also released two books co-authored by Dr Shakeen Singh and Dr Sahiba Kukreja respectively.

## Annual Conference of North Zone IAPSM 2021



Department of Community Medicine organised 24th North Zone conference of IAPSM 2021 on the theme of 'The Great Gatsby In Health Care - Bridging The Gap' in a hybrid mode. The inauguration was presided over by Dr GB Singh, Director, Health Services and Dr Baljit Kaur, Assistant Director, Department of Health and Family Welfare.



Dear friends,

A person in a troubled state is expected to be anxious and stressed. This is true whether the matter of concern is physical, mental or emotional. The mind of an otherwise calm individual becomes restive and turbulent.

A patient usually has a combination of stress factors leading to a disturbed state. Demeanour and disposition are affected and sometimes apparently unreasonable behaviour is exhibited. This phenomenon needs to be understood by everyone dealing with him or her.

It is natural for a patient to be impatient. In fact, it is the doctor who has to be patient and compassionate at all times.

It is a point to ponder (last page)

*Dr. Daljit Singh*  
Vice Chancellor





## World Plastic Surgery Day celebrated



World Plastic Surgery day was celebrated on 15th July. Renowned plastic surgeons Dr Bhupinder Singh, Dr Ravi Mahajan, Dr Gurvinder Singh and Dr Vikas Kakkar in their speech emphasized that people think that plastic surgery is only about tummy tucks and cosmetic surgery but in reality, it deals with all complex and neglected wounds, head and neck surgeries, correcting congenital anomalies, microvascular reconstructive procedures, treating severe nerve & burn injuries helping the patients in improving the quality of life.

## IAP Pediatrics Quiz for Undergraduates



Department of Pediatrics conducted a preliminary round of the 34th IAP Pediatrics quiz for undergraduates. Selected students participated in the final college round. Anmol Mahajan and Harleen Kaur were the winners who will now participate in the State level quiz.

## CME on Diabetic Foot: A Team Approach



Department of General Surgery in association with Indian Podiatry Association (IPA) conducted CME on Diabetic Foot Care with the theme of 'I Prevent Amputation'. Punjab Chapter of IPA was launched under the aegis of National President Dr APS Suri and new state President Dr Vikas Kakkar, Plastic Surgeon at SGRDIMSR. Renowned personalities Dr KK Arora, Dr Kamal Gupta, Dr Amarjit Singh, Dr Neeru, Dr Desraj, Dr Bharat Kotru, Dr Anand Suri and other members were present.

## World Breastfeeding Week celebrated



World Breastfeeding Week was celebrated from 2nd to 6th August. The Pediatric department organised a poster making competition on the theme of 'Protect Breastfeeding: A Shared Responsibility'. Skit presentation, public awareness talks, poem recitation and interaction with mothers & family members was done. Community Health Nursing and Obstetric Nursing department organised rangoli, collage making and poster making competitions. Students participated in role play, health education and 'no cook' recipe exhibition with enthusiasm. Dr Daljit Singh delivered a guest lecture at the inauguration. Quiz competition, choreography and seminar was also held.

## Workshop on Dry Needling and Diversified Cupping



The Department of Physiotherapy conducted a two days hands-on workshop on 'Dry Needling and Diversified Cupping' which is the latest technique to relieve inflammation and to increase the range of mobility. Dr Rishab Arora, founder Cortex Sports Therapy and CSRT from Spain was the Chief Instructor. This was the first such event conducted in the district.

### » Clinical Snippet

#### Frontonasal Encephalocele & Subependymal Heterotopias



An 18-months-old male child was referred with congenital swelling in the frontonasal region. MRI revealed a large midline defect 1.4 x 1.1 x 1.1 cm with herniation of brain parenchyma into a sac-like structure, ectopic gray matter tissue bilaterally along the ventricular walls, hypoplasia of left cerebellar hemisphere and thinning of left middle cerebellar peduncle. On frontal and basal VRT, frontonasal encephalocele with subependymal heterotopias and cerebellar dysplasia was diagnosed. No association of cerebellar dysplasia with anterior encephalocele and heterotopias has been described in the literature.

**Dr Kunwarpal Singh**  
HOD, Radiology



## Courses Completed

### Department of Dermatology



Dr Saurab Sharma completed eWorkshop on 'Artificial Intelligence and Machine Learning in Dermatology and Interaction with social media'.

### Department of Microbiology



Dr Sarabjit Sharma completed the 'MO-ICTC Online Induction Course' organised by NACO, New Delhi.

### Department of Physiology



Dr Harkirat Kaur completed online Certificate Course on 'Hospital Management' conducted by Ministry of MSME, Government of India. She also delivered a guest lecture 'Obesity an Overview' in the CME organised by GMC, Patiala.



Dr Deepinder Kaur completed Diploma in 'Community Mental Health for Doctors' from NIMHANS, Bengaluru.

## Lectures/ Resource Faculty for Online Webinars

### Department of Radiology



Dr Amandeep Singh delivered two faculty lectures at Sono Summit 2021, was also appointed as North Zone coordinator for IRIA National YUWA PG Quiz.

### Department of Obst & Gynaecology



Dr Sangeeta Pahwa delivered a guest lecture on 'Intra-natal care in APH' in CME at GMC Amritsar, was moderator in episode No.-10 Breast Cosmesis to Disease.

### Department of Ophthalmology



Dr Pawan Prasher moderated a digital CME on 'Corneal Diseases and Glaucoma' by city Eye Bank, Chandigarh.

### Department of Anaesthesia



Dr Ruchi delivered a lecture 'Recognition and management of arrhythmias' in e-PPLS organized by ASPA and Indian Association of Paediatric Anaesthesiologists.

### Department of Anatomy



Dr Anupama Mahajan Chaired a scientific session during eNational Conference entitled 'Virtual Vs Explicit: Opportunities & Challenges' organized by Teerthanker Mahaveer Medical College & Research, Moradabad.

### Department of Physiology



Dr Kawalinder Kaur Girgila was instructor in 'IAP Basic Life Course Support' conducted by department of pediatric, GMC Amritsar.

### College of Nursing



Dr Amandeep Kaur Bajwa was moderator in the second national webinar organised by Federal Organisation for Nursing Services, Jaipur.



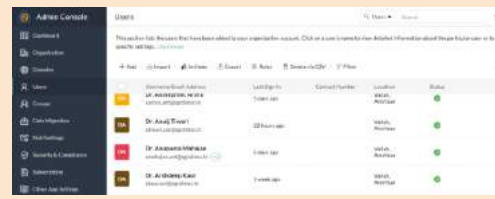
Mr. Gopal Singh Charan delivered online guest lecture on 'Choose the appropriate statistical test' in a webinar organised by RGC College of Nursing, Jammu.

## Azadi Ka Amrit Mahotsav

SGRD University celebrated the 'Azadi Ka Amrit Mahotsav' with great enthusiasm and patriotism by organizing competitions like poster making, quiz, debate and on-the-spot speechmaking. Students Gurnyamat Kaur (M.Sc. Nursing), Manpreet Kaur (B.Sc. Nursing) and Jasmine Kaur (MBBS) were the winners.

## Marching forward....

### Official email based communication system launched



A new email based system has been launched for effective communication

and collaboration. The aim is to make official communication paperless which helps in saving cost, time, human resources, and space. It can be used for sharing academic material, circulars, notices, applications, inter/intra departmental communication, recommendation authentication, and many more.

**Dr. AP Singh**  
Dean, SGRDUHS

## Achievements and Awards

### Department of Medical Education



Dr Tejinder Singh released the second edition of the book 'Principles of Assessment in Medical Education'.

### Department of Ophthalmology



Dr Shakeen Singh was co-author of a book 'Ophthal Next - A Conceptual Hand book of Ophthalmology'.

### Department of Biochemistry



Dr Sahiba Kukreja was co-author of a book 'A Case-oriented Approach towards Biochemistry'.

### Department of Medicine



Dr Gurinder Mohan published a chapter on 'Autoimmune Encephalitis' in the book Medicine Update 2021.

### Department of Surgery



Dr Maneshwar Utaal was awarded Fellowship in minimal access surgery (FMAS) by the Association of Minimal Access Surgeons of India.

### Department of Genetics



Dr Amarjit Singh Bhanwer has been engaged as adjunct faculty at Manipal School of Life Sciences for a period of two years.

### Department of Community Medicine

The following are the achievements at the annual conference of NZIAPSM 2021:



\* Dr Priyanka Devgan was elected president for the year 2021-22.

\* Dr Harjot Singh won first prize in poster presentation.

\* Mrs. Mandeep Kaur and Mrs. Sukhjeet Kaur from biochemistry department presented scientific paper.

\* Ms. Rajwant Kaur, Ms. Gurjit Kaur, Ms. Kulwinder Kaur, Ms. Onkardeep Kaur, Ms. Harjot Kaur from college of Nursing presented ePosters.





### CASE SCENARIO

### Facial Recalcitrant Melasma



A 42-year-old female with Fitzpatrick skin type 4 presented with patches of brown pigmentation on both cheeks for 5 years, worsening in the last couple of years. Clinical examination showed brown pigment macules over both malar areas. She had earlier received unsuccessful treatment with oral and topical medications. She was now given topical depigmenting agent (hydroquinone 4%) followed by other agents like kojic acid, retinoids, arbutin, liquor ice derivatives etc. with partial relief only. Noting refractoriness to these, chemical peeling was done after priming with hydroquinone (4%) for 4 weeks. Glycolic acid (30-70%) peeling was done for 6 sessions 3 weeks apart. She has improved significantly.

Age & Gender	Fitzpatrick Skin type	No. of cases Time of onset of melasma (years)	No. of cases Grade of melasma	No. of sessions of peeling	No. of cases Improvement in pigmentation
20-40 years	3 and 4	<2 = 8 2-5 = 10 >5 = 4	Gr 1 - 5 Gr 2 - 5 Gr 3 - 8 Gr 4 - 4	6	Slight = 3 Moderate = 6 Significant = 13
M = 4 cases F = 18 cases					

#### Point to Ponder



**The patient is always impatient**

Dr Jasleen Kaur, Professor & Head, Department of Dermatology

#### Q1 - What are the types of chemical peels?

- There are four types of chemical peels - very superficial light peels which produce injury upto stratum corneum, superficial light peels (injury upto basal layer), medium depth peels (necrosis upto reticular dermis), and deep peels (necrosis upto mid reticular dermis).

#### Q2 - What are the uses of chemical peels?

- They are used in pigmentary disorders e.g. melasma, hyperpigmentation and freckles, in acnes, aesthetic-photoaging and epidermal growths like warts, seborrheic keratoses, sebaceous hyperplasia etc.

#### Q3 - What are the contraindications of chemical peeling?

- Active infections, open wounds, history of drugs with photosensitizing potential, preexisting inflammatory dermatoses, uncooperative patient, patient with unrealistic expectations and history of abnormal scarring are contraindications.

#### Q4 - What are the complications of chemical peeling?

- Chemical peeling can lead to ocular exposure, erythema, scarring, hypo or hyperpigmentation and infections.

#### Q5 - What should I expect following a chemical peel?

- Following a chemical peel, the skin may feel tight. Patient should not go out in the sun for a few days or peel off the loose skin.

#### Q6 - Is there downtime and is one peel enough?

- Superficial peel has minimal downtime. After a medium or deep peel, one will have downtime. A deep chemical peel requires recuperation at home for 2 to 3 weeks. Best results will be obtained through a series of six to eight fortnightly to monthly peels. To maintain results, mild and medium chemical peels can be repeated.

#### Q7 - When will the results be seen and what is the safety record?

- Once the skin heals, one will see the results. Healing time ranges from 1 day for a refreshing or lunchtime peel to 14 days or longer for a deep peel. Best results will be obtained through a series of six to eight fortnightly to monthly peels. Dermatologists have been performing chemical peels for more than 50 years, with an excellent safety record.

#### Q8 - Can patient exercise after the peel and put makeup over the treated area?

- Exercise that produces a lot of heavy sweating should be avoided the day of the peel. All regular activities may be resumed the next day. No cosmetics should be applied for one week after treatment, but for superficial peels makeup can be applied after one day.

#### Q9 - Does the treatment hurt and can the skin be over peeled?

- Immediately after the solution is applied the skin will feel very hot, lasting around 20 minutes. If the procedure is performed by well qualified doctors the procedure is safe. One should avoid getting peel from non-qualified persons.

Executive Team - SGRD

*Synapse*  
 Dr. Daljit Singh (Chairperson),  
 Dr. Anupama Mahajan (Vice Principal) Convener,  
 Dr. Deepinder Kaur (Physiology), Dr. Punita Salwan (Anatomy),  
 Dr. Amandeep Singh (Radiology), Dr. Jaskaran Singh (ENT),  
 Dr. Pooja Verma (Community Medicine)

#### HELP LINES

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 EMERGENCY: 01832870281  
 AMBULANCE: 0183-2870368  
 FAX: 0183-2870205, 2870344  
 E-MAIL: info@sgrduhs.in  
 WEBSITE: sgrduhs.in



# CME on Diabetic Foot: A Team Approach



CME was conducted by department of Plastic Surgery on 24th August on the theme of 'Putting your best foot forward'. Faculty from various departments delivered guest lectures. (B) Dr Anupama Mahajan on 'Clinical Anatomy of Foot' (C) Dr Mandeep Kang on 'Biomechanics of Foot' (D) Dr Gurinder Mohan on 'Approach to diabetic foot: A Physician Perspective' (E) Dr Kunwarpal Singh on 'Role of imaging in diabetic musculo skeletal complications' (F) Dr Raj Kumar Aggarwal on 'Orthopaedic Management of Charcot Foot' (G) Dr Ruchi Gupta on 'Blocks in Foot Surgery' (H) Dr Vikas Kakkhar on 'Diabetic Foot Ulcer: A surgeon perspective' (I) Dr Cheenam Bhatia on 'Nutrition in Diabetes' (J) Dr Seema Mittal on 'Prevention of foot ulcer'.

## Revised Basic Workshop on Medical Education



Dr Tejinder Singh and Dr Sahiba Kukreja organized rBCW under the aegis of NMC, in which 28 faculty members from different departments were trained in medical education.



# World Breastfeeding Week Celebrations



A-S - Various activities performed by students of Pediatrics Department and Nursing College during World Breastfeeding Week.