



**SGRD**  
*Synapse*  
An update of Sri Guru Ram Das University of Health Sciences  
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## Convocation: College of Nursing



The first Convocation ceremony of College of Nursing under the SGRD University of Health Sciences was held for the BSc, Post Basic BSc and MSc Nursing batches of 2017, 2018 and 2019. Degrees were conferred on about 140 graduates and postgraduates. Medals and prizes were awarded to the toppers.

## White Coat Ceremony for MBBS Students



White coat ceremony was held for the 2021 Batch of Phase 1 MBBS Students, in which 150 new entrants were initiated to wear their white coats indicating entry into the medical profession. They were administered the Maharshi Charak Shapath. Candle light was passed among the students, signifying collaborative learning in the professional career. The students were advised to be regular and punctual in their studies. They should lose no opportunity of learning from their teachers and patients, not just from books.



Dear friends,

It is natural for people to have different perspectives and opinions. Conveying one's thoughts effectively to the other person is a skill needing a positive approach.

The manner in which you express yourself is even more important than what you actually say. Body language along with tone and volume of the voice determine how pleasantly and productively the communication will progress. An argument usually degenerates into a futile exercise with no winners.

Explaining the points gently, instead of aggressively pushing them with hostility, is the key to a fruitful outcome of a conversation.

It is a point to ponder (last page).

*Dr. Daljit Singh*  
Vice Chancellor



## PG Orientation Program



A 5-day Orientation Program was conducted for 2021 Batch of PG students. Sessions on introduction

to hospital facilities, procedure for patient admission, medicolegal issues, prescription writing, good laboratory practices, bioethics, thesis timeline, and biomedical waste management were undertaken by faculty members. BLS course was also conducted. There were special sessions on pranayama and meditation, communication skills and 'theater of the oppressed' to enhance soft skills and values in the new residents. Comprehensive feedback was obtained from the residents.

## Cadaveric Oath for new MBBS Students



The Ceremonial Cadaveric Oath was taken by MBBS Students of 2021 Batch in the presence of the Faculty of Anatomy in the Dissection hall. The ceremony instills respect and dignity for the cadaver, the first teacher, in the impressionable minds of first year students. This will translate into respect for patients in the future.

### ► Clinical Snippet

#### Recurrent Chest Wall Tumor Mimicking Ca Breast



A 56-year-old female presented with a history of recurrent chest wall tumor-like large swelling, for which she underwent mastectomy 2 years back. Histopathology revealed Phylloides tumor. Though named a tumor, it actually does not have malignant potential. It is more common in patients with Li Farumeni syndrome, Tp53 gene mutation.

**Dr. Rajeev Gupta**  
Medical Oncologist, Professor of Medicine

## Training Program on Cancer Care



SGRDUHS organised a CME as district level training program for medical officers jointly with Homi Bhabha Cancer Hospital and Tata Memorial Centre, Mumbai under the project 'Access to affordable cancer care for one and all'. Dr Ashish Gulia, Deputy Director, Tata Memorial Centre, Mumbai was the Chief Guest and Dr Amarjit Singh, Assistant Civil Surgeon, Amritsar was the Guest of Honour. Dr Atul Budukh and Dr Paramjot Bindra delivered lectures and Dr Manpreet Kaur was the resource person.

## CME on Rebooting Skills in Physiotherapy



The department of physiotherapy conducted a CME on 'Rebooting Skills in Physiotherapy'. Dr. Dinesh Kumar, Dr. Mandeep Kang and Dr. Sandeep Kaur delivered lectures while Dr. Supreet Bindra from Fatehgarh Sahib conducted a Hands-on workshop on Kinesio-therapy.

## Diabetes Education Program



A Diabetic Education Program was organized for patients in the OPD Area under the BIRAC Diabetology Project on World Health Day. Patients were provided information about the basics of diabetes, treatment modalities and lifestyle changes which can lead to prevention and control of diabetes. Nutritious refreshments were provided to all patients and health care workers who attended the event.

## World Liver Day Celebrated



An academic program was organized by the Dietetic Department on World Liver Day. Students and faculty of Clinical Nutrition and Dietetics, SR Government College, Amritsar participated. Dr. Cheenam Bhatia delivered a lecture on Hepatic Nutrition while a session on Palliative Care was conducted by Dr. Harjot Singh and Dr. Paramjot Bindra.

# Awards and Achievements

## Institutional Recognitions

- \* The Institute is recognized by the Knowledge Review magazine in an annual listing of Colleges of the Year 2022 for providing exceptional educational facilities and guiding students for a bright future.
- \* SGRD University is now live on Digi locker web portal and mobile app.

## PIMACON 2021

- \* Dr Daljit Singh was the Guest of honour in the Academic Program. Dr Shakeen Singh received an achievement award for writing a book on Ophthalmology.

## Department of Radiology



Dr Amandeep Singh received the President Appreciation Award by IRIA at the 74th annual National Conference of Radiology. He also delivered a guest lecture and started online and offline 'Radiology Update Series' education programme in Punjab.

## Department of Ophthalmology



Dr Shakeen Singh was awarded as Sushrut Samman by Forum of Ophthal Professors of India.

Ocular Trauma fellowship has been approved by the Ocular Trauma Society of India.

## College of Nursing



Dr Amandeep Kaur Bajwa was assigned 'he Inspiring Icon' by UIJIR Academic Research Foundation.

## Resource Faculty for Scientific Sessions



## Department of Dermatology

- 1 Dr Jasleen Kaur was invited judge for the e-poster in Pigmentarycon 2022 conference. She was also a panelist in discussion on Botulinum toxin upper face.
- 2 Dr Saurabh Sharma and
- 3 Dr Guneet Awal chaired a scientific session in SODC conference.
- 4 Dr Saurabh Sharma also chaired a scientific session in IACDC 2022.

## Department of Obst. & Gynae

- 4 Dr Sangeeta Pahwa was speaker in 2 CMEs and was moderator in panel discussion and quiz master in North Zone YUVA FOGSI conference at Ludhiana.

## Department of Ophthalmology

- \* Dr Shakeen Singh was a panelist in the session by AIOS-EBAI
- 5 Dr Pawan Parashar completed a short-term fellowship in Retina.
- 6 Dr Mandeep delivered a guest lecture on 'digital eye strain'.



## ▶ Marching forward....

### Electroglottography Device Installed

Electroglottography has been introduced in the ENT department. It is a hi-tech device that enables monitoring



of variations of vocal fold contact by measuring motion induced variations in impedance of neck tissue in the area of vocal

folds. EGG gives information about vocal folds contact during voice production. It has become an increasingly popular clinical and research tool and provides insight into numerous phonatory characteristics including call fundamental frequency, extent of vocal fold abduction during phonation and alteration in phonological height during voicing.

**Dr. AP Singh**  
Dean, SGRDUHS

## Department of Surgery

- 7 Dr Vikas Kakkar delivered a guest lecture and chaired a scientific session in NZAPSCON at Faridkot.

## Department of Anaesthesia

- 8 Dr Ruchi Gupta was panelist and chaired a scientific session in ISSPCON 2022 at Bhubaneshwar. Many residents presented posters.

## Department of Radiotherapy

- 9 Dr Neeraj Jain chaired a scientific session and was a panelist in NZ-AROICON at Jammu.

## Department of Community Medicine

- 10 Dr Manisha Nagpal completed ACME from CMC, Ludhiana.

## College of Nursing

- 11 Dr Parvesh Saini was chairperson,
- 12 Dr Manpreet Kaur was resource person and
- 13 Ms Onkardeep Kaur won consolation prize in SOMI Chandigarh Chapter conference.
- 14 Dr Sukhbir Kaur was resource person in 2nd National conference, Jaipur and in International eConference organized by Symbiosis College of Nursing, Pune. She reviewed two books by CBS Publishers.

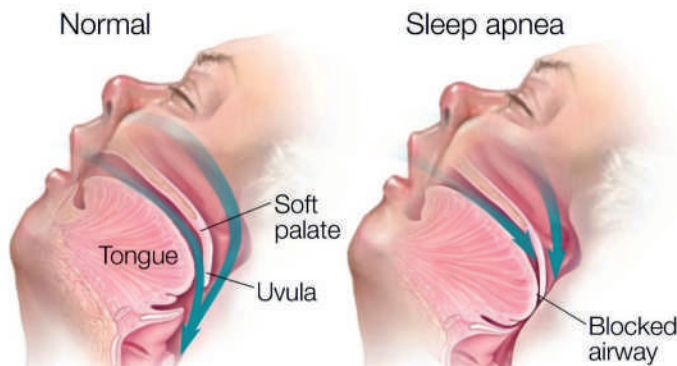
## World Health Day

Community Health Nursing department celebrated World Health Day. A National e-symposium and Mind Map competition on the theme 'Our Planet, Our Health' was organized. External nursing faculty Dr K. Rajarajeshwari, Dr. Sushma Saini, Dr K Punithalakashm and Dr. Utalbasha Danadigiri in their lectures emphasized the nurse's role in combating climate changes and encouraged each individual to contribute for collective change.



## Case Scenario

### Obstructive sleep apnea



Mr. A, a 55-year-old male presented with excessive daytime sleepiness, snoring and choking during sleep. He also complained of breathlessness on walking up a flight of stairs as well as fatigue, lethargy and poor concentration at work and while driving. Patient had a short neck with a BMI of 35 kg/m<sup>2</sup> and BP 150/90 mmHg. ENT examination showed crowded oropharyngeal airway and soft tissue swelling. Full night sleep studies revealed severe obstructive sleep apnea (OSA). Uvulopalatopharyngoplasty was performed. On follow up, the patient was significantly relieved of daytime sleepiness and had improved general wellbeing.

#### Q1 - What is sleep apnea or hypopnea?

- Apnea is defined as cessation of airflow for  $\geq 10$  sec during sleep with persistent respiratory effort (obstructive apnea) or absence of respiratory effort (central apnea).

Hypopnea is defined as  $\geq 30\%$  reduction in airflow for  $\geq 10$  seconds during sleep accompanied by either  $\geq 3\%$  desaturation or an arousal.

#### Q2 - What is obstructive sleep apnea (OSA)?

- OSA is a common sleep related breathing problem characterized by repetitive collapse of the upper airway during sleep leading to frequent night awakenings and daytime sleepiness with inability to remain fully awake during the day.

#### Q3 - How common is obstructive sleep apnea?

- It is a common problem with a prevalence of around 5% in the Indian population. It is more common in males than females. As the incidence of metabolic syndrome is increasing worldwide, OSA is also increasing with time.

#### Q4 - What are the clinical features of OSA?

- Daytime sleepiness.
- Fatigue, low energy, tiredness and poor concentration.
- Falling asleep while reading, watching TV or while driving.
- Snoring and choking during sleep.
- Morning headache and irritability.

#### Q5 - Which risk factors are involved?

- Elderly age, male gender, obesity, hypothyroidism, smoking and craniofacial and upper airway abnormalities are the most common risk factors for OSA.

#### Q6 - What are the complications?

- Patients of OSA are more prone to develop the following: hypertension, coronary artery disease, pulmonary hypertension, stroke, insulin resistance/ diabetes, motor vehicle accidents due to falling asleep while driving and depression.

#### Q7 - How can we diagnose OSA?

- OSA is diagnosed by clinical evaluation and overnight sleep studies. Apnea hypopnea index(AHI) is measured as number of apnea plus hypopneas per hour of sleep.

#### Q8 - How do we manage OSA?

- Majority of OSA patients can benefit from lifestyle changes including weight reduction in overweight patients, increased physical activity, treating thyroid dysfunction if any, and avoiding alcohol (especially 3 hours before bedtime).

Night time use of CPAP during sleep causes significant improvement in symptoms in OSA patients with reduction in night time awakenings and daytime sleepiness.

Oral appliances to reposition the lower jaw may be useful for patients with craniofacial problems.

Upper airways surgery may be required in selective patients.

#### Obstructive Sleep Apnea/ Hypopnea severity scale (OSAHS)

Mild OSAHS	*AHI of 5-14 events / hour
Moderate OSAHS	*AHI of 15-29 events / hour
Severe OSAHS	*AHI of $\geq 30$ events / hour

\*AHI = Apnea-hypopnea index

### Point to Ponder

## Have discussion, not argument



#### Executive Team - SGRD

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)

SGRD Synapse

#### HELP LINES

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 E-MAIL: info@sgrduhs.in  
 WEBSITE: sgrduhs.in




# PG Orientation Program

A 5-day orientation program was conducted by faculty members for new PG students. Sessions were conducted by Dr Daljit Singh, Dr Anupama Mahajan, Dr Richa Thaman, Dr BC Sareen, Dr Sahiba Kukreja, Dr Rajiv Chaudhary, Dr Priyanka Devgan, Dr Arvinder Sood, Dr Preeti Malhotra, Dr Meenakshi Gupta, Dr Manish Chandey, Dr Guinder Mohan, Dr Parminder Singh, Dr Poonam Sharma, Dr Jaskiran Kaur, Dr Manas Madan, Dr Manmeet Kaur, Dr Harjot Kaur, Dr Sunil Chawla, Dr Gifty, Dr Sudershan Kapoor, Dr Amandeep Singh, Dr Sarabjit Sharma, Dr Ruchi Gupta, Dr Gursharan Narang, Dr Sangeeta Pahwa, Dr Kawlinder Girgila, Dr Vikram Bhandari, Dr Shubhdeep Kaur, Dr Shashi Mahajan, Dr Roopam Basi, Dr Harjot Singh, Dr Paramjot Bindra.

## Faculty 2022

*Sri Guru Ram Das Institute of Medical Sciences  
Sri Amritsar*





*White*  
**Coat Ceremony**  
New MBBS Batch



CONGRATULATIONS  
GRADUATES.



*Convocation*  
*College of Nursing*

