



1st NZIACMCON Conducted



North Zone Chapter of Indian Association of Clinical Medicine (IACM) was launched at Amritsar and the first 2-day conference was organised by the Department of Medicine. There were more than 500 registrations, 3 workshops, 60 free papers and posters, 18 scientific talks, and a Postgraduate Quiz with 15 teams from different Medical Colleges of the region. Prominent past and present office bearers of IACM were present on this occasion.

World Head & Neck Cancer Day Celebrated



SGRDUHS hosted a 2-day CME on World Head and Neck Cancer Day to sensitize the public on how 'tobacco' chewing is the main factor in oral cancers. Dr. GK Rath, Head, National Cancer Institute, and Dr. Mani A Kuriakose, an internationally acclaimed surgeon, emphasized that head and neck cancer can be cured if detected early and treated adequately. Annual Oral Cancer Task Force guidelines on the management of oral cancer were released.



Dear friends,
The basic difference between animals and us humans is our ability to think. Our evolved brain gives us a huge advantage, allowing us to carry out complex tasks like analysis, reasoning, judging and decision making.
Our superior mental functioning enables mindful awareness, adaptability and rational cognition. However, we must not keep brooding over the past, worrying about the future and being confused about the present.
Too much contemplation on any issue tends to disturb the mind by dwelling on doubts and unfounded fears just by imagining negative possibilities. We only create tension and anxiety, robbing us of joy, peace and calm.
By thinking too much, we tend to become unhappy and stressed.
It is a point to ponder (last page).

Dr. Daljit Singh
Vice Chancellor



Training Program on Post-Partum IUCD



SGRD College of Nursing in collaboration with TNAI Punjab state organized a workshop on 'PPIUCD- Hands on Training'. Dr Kamlesh K. Sharma was the chief guest and Dr. Narinder Walia was the Guest of Honor. Dr Parvesh Saini presented the Overview of PPIUCD, Ms. Nidhi Arora discussed counseling of the mother for PPIUCD using Gather Technique, and Ms. Ekta Malik illustrated 'MEC and patient assessment' before insertion of IUCD. Dr. Sangeeta Pahwa elaborated the steps of PPIUCS insertion and removal technique.

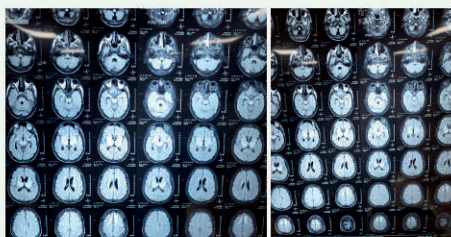
Food Safety Day Celebrated



The Dietetics department in association with the department of Pediatrics celebrated Food Safety Day to educate parents of school going children about healthy food habits. Interns presented a play to spread awareness on the importance of home cooked food and healthy hygiene practices to be followed at home to ensure appropriate growth and a stronger immune system in children.

► Clinical Snippet

Rare Presentation of Neurometabolic Disorder



A 16-year-old male presented with recurrent seizures since the last 3 months despite multiple antiepileptics. Patient eventually

progressed to having problems in moving all four limbs and further to speech arrest and extraocular muscle palsies. MRI brain confirmed the typical features of Wilson's disease. Metabolic parameters like ceruloplasmin levels were also low. Wilson's Disease is a neurometabolic disorder which results due to accumulation of excess copper in various organs of the body like brain, liver and eyes. It is also known as hepatolenticular degeneration. This is a rare case of a neurometabolic disorder presenting as Akinetic Mutism.

Dr. Dinesh Kumar
Assistant Professor of Medicine (Neurology)

National Plastic Surgery Day Celebrated



Surgery department celebrated Plastic Surgery Day on 15th July. CME on Horizons of Plastic Surgery was organised in which reconstructive as well as cosmetic aspects of plastic surgery were discussed.

Free HLA Screening and Consultation Camp conducted



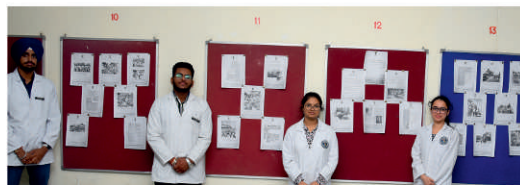
Department of Pediatrics in collaboration with Narayana Health City, Bangalore organised a free HLA screening and consultation camp for Thalassemic patients. Dr. Sunil Bhat, bone marrow transplantation surgeon and Dr. Shruti Kakkur from DMCH Ludhiana cleared queries of the parents of Thalassemic Children after which over 100 samples from more than 40 families were taken. Patients with matching HLAs will receive financial support from Government/ NGOs for Bone Marrow Transplantation and guidance from SGRD Charitable Thalassemic Society.

GCP Training Program Conducted



'Advanced Good Clinical Practice (GCP) Training Program was conducted jointly by the Clinical Research Center and Institutional Ethics Committee. Dr YK Gupta, Dr Monika Bahl and Dr Richa Thaman were the Resource faculty for the training.

Partition Horrors Remembrance Day Observed



In this year of Azadi Ka Amrit Mahotsav (AKAM), when the nation completes 75 years of independence, 14th August is observed as 'Partition Horrors Remembrance Day' throughout the country. An exhibition curated jointly by Indian Council of Historical Research (ICHR) and Indira Gandhi National Centre for Art (IGNCA) was showcased with sobriety and solemnity in SGRD University to bring to light the suffering of millions of people during partition.

Awards and Achievements



Department of ENT

- 1 MRCS ENT from Royal College of Surgeons of England was awarded to Dr Jaskaran Singh Gill. This is a prestigious honour and is a gateway to various fellowships in the UK.

Department of Biochemistry

- 2 Dr Sahiba Kukreja has been appointed as the expert member of advisory committee, SHPER, DMIMS, Wardha, completed Diploma in clinical research from SSODL, Pune, was panelist in the CME at Nagpur and conducted a workshop in 1st NZIACMON. Poster making competition on Bioethics was conducted by the department for phase - 1 MBBS Students.

Department of Psychiatry

- 3 Dr Piyush Mahajan completed a course on 'Psychological aspects of Constipation' and delivered a talk on Cariprazine.

College of Nursing

- 4 Dr Sukhbir Kaur completed an online course on 'Forensic Nursing', was a reviewer, coauthor and contributor of different text books. Ms. Harshdeep Kaur student of GNM won 3rd prize in National ePoetry Recitation Contest.

Resource Faculty for Scientific Sessions



AMACON 2022

- 1 Dr BC Sarin, 2 Dr Sunil Grover, 3 Dr Gurinder Mohan, 4 Dr Manish Chandey, 5 Dr Parminder Singh, 6 Dr Sangeeta Pahwa, 7 Dr Jasleen Kaur, 8 Dr Saurab Sharma, 9 Dr Rajan Sharma, 10 Dr Deepinder Kaur chaired scientific sessions.

Department of Radiology

- 11 Dr Amandeep Singh was the coordinator of 'Artist in Me - Best Sonographic Image' contest, delivered faculty guest lectures at Sonosummit 2022 and Fetal Cardio - Neurocon 2022.

Department of Obstetrics & Gynecology

- 6 Dr Sangeeta Pahwa was a judge in Renaissance Workshop, was guest of honor and delivered a talk in Railway Health Checkup Camp, and participated as faculty in a workshop on Essentials of Perinatology. Dr Japjit Kaur was awarded first prize and Dr Sukhmanjit Kaur was awarded second prize in poster presentation in fertility concept 2022.

Department of Chest & TB

- 2 Dr Sunil Grover delivered a Webcast lecture on Revolutionizing the obstructive airway disease management with ultra LABA+ICS.



SGRD Synapse

▶ Marching forward....

SGRDUHS Among Top Emerging Universities



IIRF 2022, University Ranking India has declared that Sri Guru Ram Das University of Health Sciences, Sri Amritsar, established just 6 years ago, is ranked among the Best Emerging Universities of India. It is a matter of pride and satisfaction for all our stakeholders.

Dr. AP Singh
Dean, SGRDUHS



Department of Genetics

- 14 Dr AJS Bhanwer chaired a scientific session in 7th annual international conference at JSS Medical College, Mysore.
- 15 Dr Inder Mohan was awarded 2nd prize in e-poster competition in the same conference.

Department of Ophthalmology

- 12 Dr. Shakeen Singh presented a video in an interactive CME on External Disease and Dry Eye Management organised by AAO, was guest speaker and co-chairperson in ISCKRS Meet 2022.
- 13 Dr. Pawan Prasher was guest speaker in an interactive session on New Paradigm in Ophthalmology organised by JOS and ISCKRS Meet 2022.

Department of Microbiology

- 16 Dr Sarabjit Sharma and 17 Dr Poonam Sharma chaired scientific sessions in a CME at DMC Ludhiana.
- 16 Dr Sarabjit Sharma chaired a scientific session at GMC Patiala.

Farewell for Nursing Students

Farewell party for outgoing batches of B.Sc. Nursing, Post Basic B.Sc. Nursing, GNM and M.Sc. Nursing was held. Students were also awarded for their academic achievements.

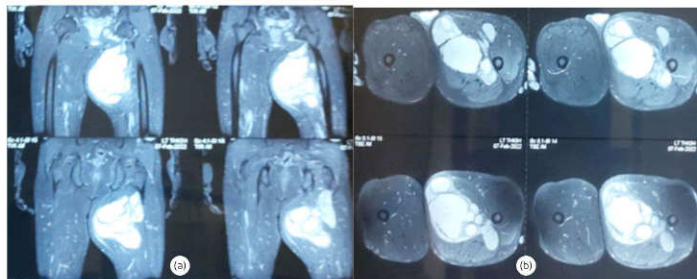


Case Scenario

Hydatid cyst of thigh



A 37 year old male working as a farmer, presented with complaint of swelling left thigh since 6 years. Initially the swelling was small in size but gradually increasing to the size of approx. 30x25 cm in size. It was rounded in shape, soft in consistency with rounded margins but not freely moving on muscle surfaces, looked like infiltrating in thigh muscles. Patient already had two episodes of anaphylaxis for which he was hospitalised. MRI was typical for Hydatid cyst. Patient was given two courses of albendazole of 14 days before surgery. Total excision of the cyst (pericystectomy) was done. No evidence of bone involvement was there. Parts of muscles have to be excised for the complete removal of the cyst. Post-operative period was uneventful. Post operatively Patient was put on Albendazole for days. Follow up showed no recurrence.



MRI showing inter & intra muscular Hydatid cyst with multiple daughter cysts in the left thigh (a) Coronal section (b) Axial section.



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)

Synapse

An Overview....

Hydatid Cyst in Skeletal Muscles

Dr. Sudershan Kapoor, Professor & Head, Department of Surgery
Dr Gagan Khanna, Prof Department of Orthopaedics

Q1 - What is is Hydatid cyst?

- Hydatid cyst is a zoonotic disease caused by the larval or cyst stage of the tapeworm *Echinococcus granulosus*, transmitted to humans through food and drinking water contaminated with eggs in the faeces of an infected animal.

Q2 - What are the common sites involved in Hydatid cyst?

- It can affect any organ of the body but liver (65-75%) and lungs (25-30%), are commonly involved. Otherwise, the spleen, brain, kidneys and any other organ can be involved. Skeletal muscle are rarely involved.

Q3 - What is the incidence of Hydatid cyst in skeletal muscles?

- Muscle hydatidosis accounts only for 3-5% of all hydatidosis cases, possibly because the cyst uses oxygen for growth while muscles usually contain lactic acid.

Q4 - What is the clinical presentation of Hydatid cyst?

- The common presentation in muscle involvement is painful muscle mass and thus is usually mistaken with soft tissue tumors. Although difficult to diagnose preoperatively, it is important to rule out hydatid cyst before biopsy to prevent cyst leakage and consequent anaphylaxis.

Q5 - What are the investigations required for diagnosis?

- Ultrasonography
- Radiography
- Serological test to detect specific antibodies.
- MRI findings include a multivesicular cysts in low intensity rim ('rim sign') on T2-weighted image or a detached membrane. The most pathognomonic sign is that of daughter cysts within larger cysts.
- Incisional biopsy and marginal excision are contra-indicated if hydatid disease is suspected, because of the likelihood of disease dissemination and possibility of allergic reaction.

Q7 - What is the treatment of Hydatid disease of skeletal muscles?

- If possible, total meticulous surgical excision of hydatid cyst in the muscle should be performed. (Pericystectomy). In cases affecting skeletal muscles without other organ involvement, where surgical excision is possible, the rationale of adjuvant chemotherapy is to reduce the risk of dissemination during surgery and to prevent re-currence. Bone involvement makes recurrence more likely after surgical excision, compared to muscle echinococcosis alone. Albendazole preoperatively, and six or more courses of 28 days postoperatively, with an interval of 14 days between them is the effective treatment..

Q8 - What is the required follow up?

- The patient should be followed up with a review of radiological investigations to check for the recurrence of the lesion. Overall recurrence rate appears to be high (4.6-22.0%).

Timely diagnosis and management is the mainstay of the treatment.

HELP LINES

EPABX: 0183-2870200, 0183-2870400
EMERGENCY: 01832870281
AMBULANCE: 0183-2870368
FAX: 0183-2870205, 2870344
E-MAIL: info@sgrduhs.in
WEBSITE: sgrduhs.in



Outgoing MBBS students of batch 2016 as well as 2017 in their formal feedback have named Dr. Sudershan Kapoor, Dr. Gurinder Mohan (Sitting), Dr. Bhanu Bhardwaj, Dr. Jaswinder Singh, Dr. Narinder Singh, Dr. Vanita Sarin, Dr. Richa Ghay, Dr. Monika Lalit, Dr. Gursharn Singh, Dr. Sahiba Kukreja, Dr. Kanika Sachdeva (Standing Left to Right) Dr. Gurpreet Singh Bhangu, Dr. Gurpreet Singh (not in pic), among the 10 best teachers of SGRDIMSAR for each batch, including overlap This recognition will motivate the faculty to continue putting in best efforts in the interest of students.

Department of Medicine and Surgery were considered by the MBBS 2016 batch as the best teaching departments, while batch 2017 named department of Medicine and Pharmacology.



Adios 2022

Sri Guru Ram Das College Of Nursing, Sri Amritsar



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Food Safety Day

