



## Resonance 2025: A Spectacular Cultural & Sports Fest



SGRD University celebrated a big sports and cultural fest to promote the holistic approach of all the scopes of education. Students were encouraged not only to participate and achieve excellence in cultural and sporting endeavours, but also to inculcate among the students, zeal of self discipline, confidence and self reliance. Soulful melody, music, dance-delight, fashion-feast, spoof, comedy and various other on-stage and off-stage events were part of this gala festival spree. The main captivation of this Mega event was dazzling live performances by various renowned celebrities. Students from more than 50 Medical, Dental and Nursing Colleges from all over the India were part of this fest.



*Dear Friends,*

The practice of yoga is something that brings alignment of our body and mind. From postures to consistent focus on breathing it is inextricably associated with universal laws of respect to one's body, perpetuating calmness of mind and firmness of will.

So yoga is much more than an exercise. It's connection between our body, our conscience and then our soul. The theme for yoga day this year is "One Earth One Health" It's to attain the health and sustainability of our planet along with our own. The focus is on connecting the ecological sensitivity with community practices of yoga. I dearly wish yoga becomes a way of life for each one of us evolving higher in the pursuit of self. Have yoga blessed day everyday!

  
*Dr. Manjit Singh Uppal*  
Vice Chancellor



## CME on Body Donation.....



Department of Anatomy hosted a conference on 'Body Donation: The Dead Teach The Living' on 24th May 2025. Eminent speakers shared their expertise on procedures, processing & protocols of Body Donation and ethical & Legal Issues associated with body donation in India. The personal experiences shared by the Speakers highlighted the selfless act of generosity and the lasting legacy of those who choose to donate their bodies.

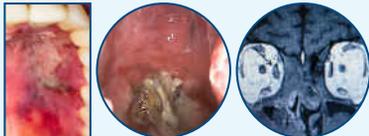
## CME on Haematology



Pathology Department of SGRDIMSR, Sri Amritsar, hosted a CME focussed on "Haematology". Participants benefited from engaging lectures and discussions led by distinguished experts, delving into advanced diagnostic methods and the latest biomarkers, which greatly enriched their understanding of the subject.

### ► Clinical Snippet

#### Rhino-Orbito-Cerebral Mucormycosis-Revisited



A 57-year-old diabetic female, presented in OPD with left eyelid and facial swelling for 1 week associated with bloody nasal discharge mixed with pus, congestion, stuffiness and blurred vision. It was associated with headache and fever. No H/O of smoking / alcohol use. On examination, she was febrile (38.1 °C). Her left eyelid was tender and swollen with diminished vision and restricted eye movements. There was a dark discoloration patch in hard palate. Nasal endoscopy revealed blackish discoloration, necrotic left inferior turbinate with no septal perforation. There was paraesthesia in the area of distribution of infraorbital nerve. Lab results indicated a high RBS, elevated BUN, Sr. Creatinine and leukocytosis. CT & MRI of head, orbit and paranasal showed opacification of sinonasal air spaces, loss of fat planes in the orbit along with bone destruction and thrombosed cavernous sinus with loss of flow voids on T1W and T2W images with a convexity along its lateral margin. KOH staining of nasal sample revealed non-septate, branching (90 bifurcations) confirming the diagnosis of mucormycosis. Antifungal therapy using 5-10 mg/kg of liposomal amphotericin B was started immediately along with aggressive surgical debridement which included left total maxillectomy, orbital exenteration and surgical debridement within 72 hrs after admission. However, on 5th day of admission, the patient's condition deteriorated. Her chest X-ray revealed fulminant pulmonary infiltrates indicating disseminated mucormycosis, necessitating mechanical ventilation. On 10th day, she succumbed to the illness. Mucormycosis is a fulminant angioinvasive fungal disease.

Dr. a  
Professor, Department of

## International Yoga Day Celebrated



## CME on Trends in Cardiovascular Pharmacotherapy



A one-day CME on "Trends in Cardiovascular Pharmacotherapy" was conducted by department of Pharmacology, SGRDUHS, Asr on 6th June 2025.

## CME on Body & Mind in Motion



Department of Physiology organised a CME on Body and Mind in Motion" comparing the Physiology of Exercise, Sport and Meditation, as exercise and meditation both play vital roles in maintaining our health.

## CME on Tropical Fevers.....



A one-day CME on "Tropical Fevers: Lessons Learnt and Way Forward" was conducted by department of Microbiology SGRDUHS, Sri Amritsar, to commemorate National Dengue Day 2025.

## World Environment Day Celebrated



World Environment Day was celebrated from May 24th to June 5th, 2025. A series of dynamic activities was planned to raise the environmental awareness and promote sustainable practices among students and faculty.

## Resource Faculty for Scientific Sessions



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Department of Obstetrics & Gynaecology

- 1 Dr. Sangeeta Pahwa was the chairperson during conference at GMC, Amritsar.

Department of Physiology

- 2 Dr. Richa Ghay Thaman completed R-FACE program at Philadelphia, appointed executive member of Punjab Chapter of ASSOPI & NAHPE and resource faculty at CMC Ludhiana.

Department of Anaesthesia

- 3 Dr. Sachreet Kaur & 4 Dr. Jonny Dhawan were the chairpersons during conference at DMC Ludhiana.

## Awards and Achievements



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- 5 Dr. Anupama Mahajan, selected as member of International Advisory Committee for 11th APICA 2025 at Guangzhou, China.

- 6 Dr. Sahiba Kukreja was Chairperson & Judge in 4th National PG Update held at GMC, Chandigarh.

- 7 Dr. Sarbjeet Sharma awarded certificate course in 'Antimicrobial Stewardship (CCAMS) organized by PHFI & DSPRUD.

- 8 Dr. Sukhbir Kaur awarded a 'Best Paper Award' in a virtual conference organized by TKSCCE, Tamil Nadu.

## CME on Evolution of Interdisciplinary Rehabilitation



A one-day CME session on the Evolution of Interdisciplinary Rehabilitation, where experts from diverse healthcare domains came together to shed light on the importance of collaborative care in patient recovery.

## BLS ACLS Courses Conducted



Department of Anaesthesia and SGRD AHA Training Site conducted three BLS ACLS courses in the months of April and May. 72 postgraduate students and interns were trained imparting the skills & knowledge necessary for saving precious lives.

## CME on USMLE Lunch & Learn Session



SGRD  
*Synapse*

## ► Marching forward....

### Inauguration of Jaipur Foot Centre



SGRDIMSRS in collaboration with the Bhagwan Mahaveer Viklang Sahayata Samiti, Jaipur, Rajasthan, has inaugurated Jaipur Foot Centre, Sri Amritsar in the Institute campus. It will provide the world-renowned Jaipur Foot artificial prosthetic limbs, callipers and other aids and appliances to Divyangs. This is the only such centre in the Punjab. A person using Jaipur Foot below knee limb can walk, run, climb, swim, drive and lead a normal life. It can be worn with or without shoes. The Jaipur Knee joint was developed by world famous Stanford University of the US.

Dr. AP Singh  
Dean, SGRDUHS

## World Thalassaemia Day Celebrated



SGRD Thalassaemia Welfare Society and the Amritsar Academy of Pediatrics, organized a significant awareness program in recognition of World Thalassaemia Day. Around 180 children from Amritsar, Tarn Taran and Gurdaspur districts, who are born unable to produce their own blood and require regular transfusions, are supported by the organization.

## International Nurses Day Celebrated



Sri Guru Ram Das College of Nursing organised National Conference on International Nurses Day (NATCON 2025) on 17 th May, 2025 on the theme "Navigating Work Place Risks: Safeguarding Nurses Against Occupational Hazards".



## Breast Carcinoma: Early Detection, Timely Action Dr. Rana Ranjit Singh, Professor & Head, Department of Surgery

### Case Scenario

#### A Lump Ignored: Locally Advanced Breast Cancer



A 48-year-old woman presents to the surgery OPD with a history of a painless lump in her right breast for 6 months. The lump has gradually increased in size. On examination, there is a 5 cm hard, irregular, fixed mass in the upper inner quadrant of the right breast, with fixity to skin and nipple retraction. Palpable axillary lymph nodes are present. In this case, the diagnosis of Locally Advanced Breast Carcinoma was confirmed through a trucut biopsy, which revealed a triple-negative invasive ductal carcinoma. Given the tumor size and nodal status, the patient was started on neoadjuvant chemotherapy, which resulted in a significant reduction in tumor burden. Following the chemotherapy, she underwent a Modified Radical Mastectomy (MRM) as per protocol. Post-surgery, the remaining cycles of chemotherapy were completed to address microscopic residual disease and reduce the risk of recurrence. As the tumor was triple-negative (ER, PR and HER2 negative), no hormonal or targeted therapy was indicated in this case.

#### Food for thought

*Yoga Is The Journey Of The Self  
Through The Self To The Self*



#### Q1 - What is breast carcinoma?

- ♦ Breast carcinoma is a malignant tumor originating from breast tissue, most commonly from the ductal or lobular epithelium. It remains the most common cancer among women globally.

#### Q2 - What is the most common type of breast carcinoma?

- ♦ Invasive Ductal Carcinoma (IDC) is the most common type, accounting for 70–80% of all breast cancers.

#### Q3 - What are the common risk factors?

- ♦ Family history (especially BRCA1/2 mutations)
- ♦ Early menarche, late menopause
- ♦ Nulliparity
- ♦ Hormone replacement therapy
- ♦ Obesity and alcohol consumption

#### Q4 - What are the typical clinical signs of breast cancer?

- ♦ Painless, hard breast lump
- ♦ Nipple retraction or discharge
- ♦ Skin dimpling (peau d'orange)
- ♦ Axillary lymphadenopathy

#### Q5 - What is the role of triple assessment?

- ♦ Triple assessment (clinical exam, imaging and biopsy) is a cornerstone protocol to ensure accurate and early diagnosis.

#### Q6 - How does the TNM staging help?

- ♦ It guides treatment and prognosis:
  - T for tumor size
  - N for nodal spread
  - M for metastasis

#### Q7 - How has the department improved surgical outcomes in breast cancer?

- ♦ Through skilled implementation of Modified Radical Mastectomy (MRM) and Breast-Conserving Surgery, along with routine use of sentinel lymph node biopsy, minimizing morbidity and maximizing outcomes. Also expert guidance for chemotherapy and radiotherapy is taken from our medical and radiation oncologists.

#### Q8 - What molecular classifications are used in breast cancer?

- ♦ Based on receptor status:
  - Luminal A/B
  - HER2-enriched
  - Triple-negative
 This guides personalized therapy — a concept emphasized in our clinical teaching.

#### Q9 - What are the major treatment modalities?

- ♦ Surgery, Chemotherapy, Radiotherapy, Hormonal therapy (e.g., tamoxifen), Targeted therapy (e.g., trastuzumab for HER2+)

#### Q10 - How can awareness and early detection save lives?

- ♦ Regular self-breast exams, clinical screenings, and mammography can detect cancer early — when it's most treatable. Our department actively conducts camps and public education sessions as part of its community.





Jaggo

# RESONANCE 2025

Ranjit  
Bawa





# Inauguration



# Sanam Band

# Comedian Manpreet Singh



# Anu Amanat

# Nirvair Pannu

# Prem Dhillon



# SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES SRI AMRITSAR Presents RESONANCE 2025