



SORD Synapse

Quarterly update of
Sri Guru Ram Das
University of Health Sciences
Sri Amritsar

The Golden Hours: Excellence in Emergency Care



Department of Emergency Medicine hosted CME in which Dr. Swaiman, an Interventional Cardiologist & Clinical Assistant Professor at UC Davis Health division of the University of California, shared his vast knowledge and experience regarding heart failure and shock with the delegates, captivating them with insights that are both profound and practical. By drawing on real-world case studies and the latest research findings, Dr. Swaiman effectively illustrated the challenges healthcare professionals face in managing these conditions, while also inspiring a sense of urgency and responsibility among the students to apply this knowledge in their own practice. This CME provided an opportunity for healthcare professionals to expand their knowledge regarding the critical initial hours during an emergency, often referred to as "Golden Hours."

Cracking The Code: USMLE, Residency & Beyond



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Dear Friends,

The 12th International Day of Yoga was marked by the theme "Yoga for Healthy Ageing," highlighting the invaluable role of yoga in promoting both physical and emotional well-being, particularly among older adults. This ancient practice is adaptable to various fitness levels and health conditions, making it accessible to everyone. By integrating physical postures, breath control and meditation, yoga offers a wealth of scientifically supported benefits, such as enhanced flexibility, increased muscle strength and improved balance. Additionally, it plays a crucial role in mental health by alleviating stress, reducing anxiety, uplifting mood and improving sleep quality. Balance therapists often recommend yoga as a means to foster independence, minimize the risk of falls and enhance overall well-being in the elderly population. In collaboration with the Government of India, the WHO has introduced the mYoga app, providing users with convenient access to yoga videos that encourage an active lifestyle. Embracing yoga is essential, all it takes is the determination to start.

Yoga is the way all we need is will...!

Be yoga-holics Be healthy.



Dr. Manjit Singh Uppal
Vice Chancellor

For Private Circulation only



Sim Connect: Integrating Reality & Virtual Healthcare Simulation



Indo UK Airway & Swallowing Conclave



CME on Teaching & Learning Anatomy Using Advanced Technology



Sensitization Program: Sentinel Surveillance For Typhoid Fever



CME on Schizophrenia



CME on Roadmap to Cervical Care from Screening to Cure



CME on Bridging Clinical Neurology with Electrodiagnostic Skills



CME on Pharmacotherapy of Septic Shock



► Clinical Snippet

Facial Rejuvenation with Botulinum Toxin

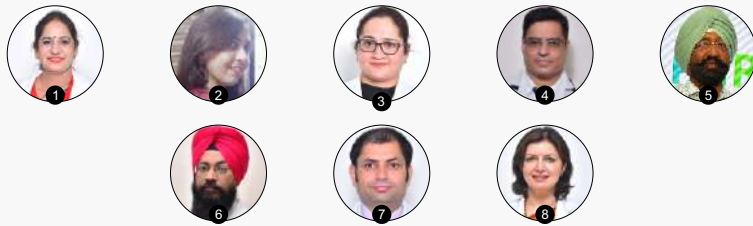


A 43 year old female visited the Dermatology OPD with complaint of Prominent forehead lines (fig - 1a, fig - 1b), particularly noticeable during facial expressions, with a desire for a youthful and natural appearance. After ruling out relevant history, she was advised Botulinum Toxin A injections for Forehead lines (wrinkles). Injection points were marked across the upper forehead while maintaining a safe distance from the supraorbital rim. Small aliquots of diluted botulinum toxin were administered at multiple sites. **Patient was advised to:** Avoid massaging the treated area and avoid strenuous exercise for 24 hours.

At the 2-week follow-up, there was significant reduction in dynamic forehead wrinkles and softening of static lines giving a smoother forehead contour with preservation of natural facial expressions. (fig - 2). This case highlights that Botulinum toxin A when administered by trained dermatologist, is a safe non surgical procedure for the management of dynamic forehead wrinkles with high patient satisfaction.

Dr. Pooja Dhawan
Associate Professor, Department of Dermatology

Resource Faculty for Scientific Sessions



Department of Anatomy

- ① Dr. Anupama Mahajan represented India as President of the ASI and delivered a guest lecture in 2nd international conference of Society of Nepalese Anatomists at Army institute (NAIHS), Kathmandu, Nepal.

Department of Obstetrics & Gynaecology

- ② Dr. Sangeeta Pahwa was guest speaker, panelist and chairperson in many National and International online webinars & CMEs.

Department of Dermatology

- ③ Dr. Jyoti Budhwar chaired a scientific session during CME on 'World Vitiligo Day Patient Awareness Camp' at Amritsar.

Department of Chest & TB

- ④ Dr. Sunil Grover Chaired a Scientific Session in CMEs at Jalandhar and Amritsar.

Department of Psychiatry

- ⑤ Dr. Manjit Singh Chaired a Scientific Session during 'IAPP Punjab & CHG Conference' at Ludhiana.
- ⑥ Dr. Amandeep Singh delivered Guest Lectures in CMEs at Jalandhar and Amritsar.

Department of Pharmacology

- ⑦ Dr. Vikram Bhandari chaired a scientific session in 'OpEx Conclave - 2026' at Amritsar.

Courses Completed

Department of Physiology

- ⑧ Dr. Richa Ghay Thaman was conferred with the Fellowship of the Royal College of Physicians Edinburgh (FRCP Edin).

International Day Against Drug Abuse & Illicit Trafficking



World Parkinson's Symposium Day Celebrated



MSK USG KNEE BOOT CAMP 2026



SGRD
Synapse

► Marching forward....

The Helix System for Accurate Healing



We are delighted to announce that India's first Helix System from Accuray - an innovative radiotherapy machine is going to be functional very soon in the Department of Radiation Oncology for Cancer treatment. Helix System, the

most advanced system, is unique in offering daily, 360-degree helical fan-beam MVCT, enabling adaptive, image-guided radiation therapy (IGRT) for every fraction, very efficient and precise cutting-edge system which will be a True Helical Delivery from any angle with the patient moving inside the gantry similar to CT Scanner. The system will enable the clinicians to achieve highly conformal radiation doses to the tumor while maximum sparing of the normal structures with its fastest Binary multileaf collimators (50x faster than conventional systems).

The Helix System provides full range of treatment of cancers from head to toe; superficial lesions, Brain, Head & Neck, Breast, Gastrointestinal. Lung & Liver, Prostate, Cervix and Bone Marrow.

It is completely safe, painless and non-invasive radiotherapy treatment system with utmost patient comfort.

Dr. AP Singh
Dean, SGRDUHS

CME on Sleep - The Hidden Pillar of Health



CME on Vitiligo - Recent Updates



World Environment Day



to look at ourselves from within.....



Varicose Veins - Minimally Invasive Treatment

Dr. Amandeep Singh, Professor, Department of Radiodiagnosis & Imaging

Case Scenario

Varicose Veins - Minimally Invasive Treatment



A middle-aged male presented with pain, heaviness and prominent tortuous veins involving the left lower limb for several years. Symptoms worsened on prolonged standing and were associated with skin discoloration, itching and difficulty in prolonged walking.

Clinical examination revealed multiple dilated superficial veins with features of chronic venous insufficiency. Duplex Doppler ultrasonography demonstrated significant reflux at the saphenofemoral junction with incompetence of the great saphenous vein. No evidence of deep venous thrombosis was identified.

After multidisciplinary evaluation, the patient underwent minimally invasive endovenous treatment under ultrasound guidance. Modern techniques such as Radiofrequency Ablation (RFA), Endovenous Laser Therapy (EVLT) and Glue Embolization (VenaSeal) are now preferred alternatives to conventional surgery because they provide excellent clinical outcomes with minimal discomfort, early ambulation and superior cosmetic results.

Food for thought



YOGA IS THE ART OF AWARENESS

On The Canvas Of Body, Mind And Soul....

Q1 - What are varicose veins?

- Varicose veins are enlarged, elongated and tortuous superficial veins caused by venous valvular incompetence, resulting in venous reflux and pooling of blood in the lower limbs.

Q2 - Why are varicose veins called a "disease of gravity"?

- Prolonged standing increases hydrostatic pressure in the leg veins. Over time, weakened venous valves fail, allowing blood to flow backward (reflux) instead of returning to the heart.

Q3 - Who is at risk?

- Risk factors include:
 - Increasing age
 - Family history
 - Obesity
 - Pregnancy
 - Sedentary lifestyle
 - Occupations involving prolonged standing

Q4 - What are the warning symptoms?

- Patients may experience:
 - Leg heaviness
 - Aching pain
 - Evening swelling
 - Itching
 - Night cramps
 - Skin pigmentation
 - Visible bulging veins

Q5 - What is the role of Duplex Doppler ultrasound?

- Duplex Doppler ultrasound is the gold standard investigation. It helps to:
 - Detect venous reflux
 - Measure reflux duration
 - Assess SFJ/ SPJ incompetence
 - Identify incompetent perforator veins
 - Exclude deep venous thrombosis
 - Map veins before intervention
 - Guide treatment planning

Q6 - What is the CEAP classification?

- C2: Varicose veins
- C3: Edema
- C4: Skin changes/pigmentation
- C5: Healed venous ulcer
- C6: Active venous ulcer

Q7 - What are RFA and EVLT?

- Radiofrequency Ablation (RFA) and Endovenous Laser Therapy (EVLT) are minimally invasive image-guided procedures that seal the diseased vein from within and redirect blood flow into healthy veins.
 - RFA: Uses radiofrequency heat energy.
 - EVLT: Uses laser energy delivered through a fibre inserted into the vein.

Q8 - What is Glue Embolization (VenaSeal)?

- VenaSeal™ is a non-thermal, non-tumescent minimally invasive procedure in which a medical adhesive is delivered into the diseased vein under ultrasound guidance to seal it permanently.
 - Advantages include:
 - No heat energy
 - No multiple tumescent injections
 - Minimal discomfort
 - Immediate ambulation
 - Excellent cosmetic outcome

SARS

SGRD ACADEMIC & RESEARCH SOCIETY

Scholars Conclave 2026



WORLD THALASSEMIA DAY

