



# SHARDA HOSPITAL

## SCHOOL OF MEDICAL SCIENCES AND RESEARCH



## NEWSLETTER

VOLUME-4 • ISSUE-2



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## Dean's Message

I warmly welcome you to the new issue of School of Medical Sciences & Research's newsletter covering the events and achievements of the school in the last four months.

The school organised various successful events such as 'World Health Day', cervical cancer prevention week, malaria awareness program, 'World TB Day', 'World Thalassemia Day', 'World Immunisation Week', workshop on measles and vaccine preventable diseases, 'World Blood Donor Day' and successful awareness programs on diseases such as vitiligo and hepatitis. The students of the school also participated in these programs and helped spread the information in general public by role playing and highlighting some of the important health problems of the society. I congratulate all the faculty and students involved in successful organisation of these programs.

It is a matter of pride for the school as some of its students excelled in sports and extracurricular activities winning trophies not just at the university level but at the national level too. These students have once again proved the presence of excellent pool of versatile talent among the medical students. My best wishes to all of them!

**Dr. Manisha Jindal**

**Dean**



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## Editor's Note

The Newsletter is an effort to highlight the wide range of academic, scientific, community-centric, patient care and student activities, going on round the clock in SMSR and Sharda hospital.

It reflects the dynamism of our faculty and students in taking our budding school and hospital to a higher pedestal, to rival the best.

**We solicit support from our respected HODs, Senior Faculty and Colleagues, to provide guidance, valuable opinion, feedback, suggestions for improvement.**

With your support, we hope to make the newsletter a chronicle, recording the evolution of SMSR and Sharda hospital.

For the forthcoming issues of Newsletter, we request all to provide the following information as and when applicable:

1. Awards received & Achievements of the department / faculty member(s).
2. Conference attended / paper presentations by the faculty members of the department.
3. Events / CMEs / Symposia conducted by the department.
4. Collaborative Research undertaken
5. Publications
6. Visiting Faculty
7. Community Healthcare Initiatives
8. Student directed activities
9. Write-ups on clinical meetings
9. New Faculty profiles

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# NEWS & EVENTS

## World Health Day 2018

SMS&R and Sharda Hospital celebrated 'World Health Day 2018' on 5<sup>th</sup> & 7<sup>th</sup> April 2018. Every year 7<sup>th</sup> April is observed as World Health Day. The theme of World Health day, 2018 is 'Universal Health coverage: Everyone, Everywhere', and Indian Association of Preventive & Social Medicine (IAPSM) decided to organize a Nation-wide Quiz competition for MBBS students in medical colleges on 7th April 2018.

The community medicine department nominated Dr. Amit Singh Pawaiya, Assistant professor, as the nodal person for the activities.

1. Activities in College: Quiz competition involving MBBS students of SMS&R.
2. Activities at the centres on 7th April 2018: Health awareness sessions by interns and health workers in the community – Masoda village RHTC and Geja village at UHTC.



NCD Clinic in the community - Masoda village in RHTC and Geja Village in UHTC.

In recent decades, Universal Health Coverage (UHC) has emerged as a key strategy to make progress towards other health-related and broader development goals. Access to essential quality care and financial protection not only enhances people's health and life expectancy, it also protects countries from epidemics, reduces poverty and the risk of hunger, creates jobs, drives economic growth and enhances gender equality.



World Health Day highlighted a spotlight on the need for UHC - and the advantages it could bring. The Director-General of WHO has said “No one should have to choose between death and financial hardship. No one should have to choose between buying medicine and buying food.” Throughout 2018, the aim is to inspire, motivate and promote UHC.

The day long events were planned and coordinated by Dr. Amit Singh Pawaiya, Dr. Khushboo Juneja, Dr. Shushila Verma and Dr. Vats of department of community medicine

under the guidance of Dr. S Nagesh, Professor and head of department; Professor, Dr. Shalini Srivastav, and Dr. Harsh Mahajan, Associate professor.

The day started with a health talk given by interns Arjun Dhingra, Srishti Kaushik, Priyanka Chawla, Madeha Drabu and Sanjana Kumar in the village of Masauta in which the people were made aware about various



aspects of health: social, mental, physical and the health talk as attended by a gathering of villagers including women and elderly who actively participated and shared their experiences about hurdles faced in day to day life. Finally, Dr. Amit Singh Pawaiya, in charge of RHTC highlighted the importance of universal health coverage for all, in a very lucid and simplified way.

Along with this a NDMC camp was also set up in the village where blood pressure measurement and blood sugar monitoring were done for the villagers. They were also given appropriate advice and suggestions for their health. Overall the camp was organised very successfully.



## Cervical Cancer Prevention Week

Department of community medicine, SMSR, organized a free health check up camp and awareness talk with demonstrative charts at rural health training centre (RHTC) in Panchaytan. The health awareness camp had its main focus on spreading awareness about the cause and prevention of cervical cancer.



The event was coordinated by Dr. Harsh Mahajan, associate professor, Dr. Amit Singh, assistant professor, Dr. Khushboo Juneja, assistant professor, and Dr. Sushila Verma, lady medical officer, from Dept. of community medicine, SMS&R, Sharda Hospital. Dr. Soniya, assistant professor, dept.

of Obs. and Gynae presented an educational talk and further examined the participants. Interns Dr. Lipi Mittal, Dr. Manpreet Kaur, Dr. Mohit Dabas and Dr. Manan Gupta also actively participated in the event.

Under this program, the following activities were carried out :

1. Introductory talk on cervical cancer was given by Dr. Khushboo Juneja.
2. Awareness talk on cervical cancer, risk factors, symptoms, causes and prevention was delivered by Dr. Soniya, Assistant Professor, OBG, Sharda Hospital.
3. Free check up of females with VIA, VILI was carried out and those who were found to be positive were called to Sharda Hospital for further assessment.

4. All the queries regarding personal hygiene. HPV vaccine, menstrual problems and cervical cancer were answered and participants were satisfied with the camp.
5. A chart depicting prevention of cervical cancer was presented by interns posted at RHTC.

Overall the camp was very successful due to the combined efforts of department of community medicine, team from department of OBG, interns and staff from RHTC.



## National Immunization Week

Department of community medicine organized an awareness talk, a skit, and demonstration of charts along with administration of polio drops to the children in Sharda RHTC, Panchayat on 27th April, 2018. The health awareness camp had its main focus on clarifying myths and social taboos about immunisation and throwing light on the importance of immunisation in children under the age of 5 years thus spreading awareness about vaccine preventable diseases like Tuberculosis, whooping cough, tetanus, polio, pneumonia, typhoid, etc. On this occasion, multiple activities were planned throughout in the college as well as the PHC of the department (RHTC).





The day long events were planned and coordinated by Dr. Amit Singh Pawaiya, Dr. Khushboo Juneja, Dr. Sushila Verma, department of community medicine, under the guidance of Dr. S. Nagesh, Dr. Shalini Srivastav and Dr. Harsh Mahajan. Interns Dr. Amrita Kaur, Dr. Priyanka Chawla, Dr. Sanjana Kumar, Dr. Srishti Kaushik, and Dr. Vidushi Bhardwaj actively participated in the event.

Overall the camp was very successful due to the combined efforts of the department of community medicine, interns, and staff of RHTC.



## Awareness Talk on Malaria

Malaria has been a problem in India for centuries. Details of this disease can be found even in the ancient Indian medical literature like the Atharva Veda and Charaka Samhita. Department of Community Medicine, SMS&R, organised an awareness talk with demonstrative charts in RHTC Sharda, Panchayatan on 25th of April, 2018.



The main focus of the health talk was to stress on the importance of spreading awareness about malaria and its prevention and community participation that can help to put an end to the suffering that comes with the disease. The need to build more awareness to take preventive measures against mosquito bites was emphasized.

On this occasion, multiple activities were planned and carried out in the rural health and training center (RHTC) of the Community Medicine department, in

Panchayatan village. The day long events were planned and coordinated by Dr. Amit Singh Pawaiya, Dr. Khushboo Juneja and Dr. Susheela Verma, under the guidance of Dr. S. Nagesh, Dr. Shalini Srivastava and Dr. Harsh Mahajan. Intern, Dr. Madeha Drabu, also actively participated in the event.

In this event, the following points were touched upon:

1. A brief introduction on malaria, how it spreads and its signs and symptoms.



2. The various diagnostic tests and medicines that are available in the RHTC Sharda (Panchayatan) and Sharda Hospital.
3. Awareness to measures for preventing malaria.
4. Charts depicting the preventive measures were presented.

Overall the event was highly successful.

## World TB Day 2018

World TB day 2018, was celebrated by the Dept. of Respiratory Medicine, SMS&R. Events organized on this occasion were:

1. Free health check up from 9:00 am to 12:00 pm: 70 patients were advised for sputum examination, out of these 12 were found positive (AFB +VE)
2. Poster competition from 12.00 to 1.00 pm: 80 students of MBBS, Physiotherapy and nursing participated and accordingly, they were awarded by 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes.
3. Guest lecture by Prof. K. B. Gupta, HOD, Respiratory medicine, PGIMS, Rohtak, on RNTCP: Current recommendations.

## World Thalassemia Day

Department of Pathology, SMS&R & Sharda Hospital organized an academic programme on the occasion of 'World Thalassemia Day on 8th May 2018.

Speaker: Dr Richa Gupta, Associate Professor, University College of Medical Sciences & GTB Hospital, Delhi

Event Coordinators: Dr Geeta Deshmukh, Professor & HOD (Department of Pathology)

Programme Details:

1. Voluntary Blood Donation Camp
2. Poster competition





Topic for Poster- Thalassemia past, present and future: Documenting progress and patient's needs globally.



## Celebration of World Immunization Week

Department of Paediatrics and Community Medicine, SMS&R & Sharda Hospital celebrated World Immunization Week - 2018.

Every year 24<sup>th</sup>-30<sup>th</sup> April is observed as World Immunization Week worldwide. The theme of World Immunization week, 2018 is 'Protected Together, # Vaccines Work'. The Departments of Paediatrics and Community Medicine jointly organized activities to highlight the collective action needed to ensure that every person is protected from vaccine-preventable diseases among community members.

### 1. Activities in College:

Quiz competition involving MBBS students of 6th and 8th Semester SMS&R except for Interns (26.04.18)

Guest Lecture by Dr. Jyoti Joshi, Head South Asia (CDDEP) (27.04.18)

### 2. Activities at the RHTC on 27th April 2018:

Health awareness sessions by interns and health workers in the community – Masoda village RHTC – Geja village at UHTC

Co-ordinator : Dr. Ranjit Ghuliani, Professor, Pediatrics

Dr. Khushboo Jhuneja, Community Medicine.

## Workshop on AFP, Measles & VPD

A workshop on Acute flaccid Paralysis (AFP), Measles, and Vaccine preventable disease (VPD) was organized by SMS&R in collaboration with CMO Office, Gautam Budh Nagar on 19th May, 2018 at 11.00am in 5th Floor, SMS&R Auditorium, for the departments of Paediatrics, Medicine, Orthopaedics, ENT, Physiotherapy, Casualty, ICU, Neurology & Neurosurgery.

Dr. Manisha Jindal, Dean, SMSR and Professor Dept. of Physiology was the Coordinator and Dr. Manik Relan, Surveillance Medical Officer - G.B. Nagar was Co-Coordinator.

## World Blood Donor Day

Department of Pathology, SMS&R, organized an academic programme on the occasion of World Blood Donor Day on 14<sup>th</sup> June 2018 by organising the following activities.



1. Voluntary blood donation camp was organized, in which students and staff participated. Around 30 donations were done.
2. A guest lecture was taken by Dr Sangeeta Pahula Sindhwani who is Professor and Head of Dept of blood transfusion, Lady Harding Medical College. The topic was "Current protocols for Antenatal testing and Neonatal transfusion".



She discussed about importance and role of transfusion medicine in hemolytic disease of newborn and in females with recurrent losses.





## World Vitiligo Day

Department of Dermatology, SMS&R, organized 'World Vitiligo Day' on 25th June 2018 by organizing the following activities.

1. Screening camp for the Public
2. The public awareness campaign about vitiligo by showing audio visual videos to the patients and attendants in the department about available treatment modalities about vitiligo.

## Lecture on "Mind Management of Stress Reduction & Increased Enthusiasm"

A talk was given by Dr Gaytri Koley, Associate Professor, Dept. of Paediatrics, in the college auditorium on 6th July. The subject of the talk was mind management. She emphasized that in today's age stress was increasingly becoming a part of successful life. As per WHO every third human is suffering from mental illness and stress is a major contributor. Just as emotions affect our breathing pattern, breath can be used to modulate the mind and give a happy peaceful and focused mind. All this has been documented through scientific research and was highlighted in her talk.

## World Hepatitis Day

Department of Pathology and Medicine, School of Medical Sciences & Research (SMS&R), Sharda Hospital jointly celebrated 'World Hepatitis Day' on 28th July 2018 by organizing Poster competition. Dr. Abhinandan Mishra, Consultant Gastroenterologist, Sharda Hospital, spoke about serology of viral hepatitis. Students participated in the event enthusiastically. Winners were awarded certificates at the end of the program



Dr. A.K Agarwal, Professor & Head Dept of Medicine, Dr. Monisha Choudhury, Professor & Head of Pathology were event Coordinators.

# ACHIEVEMENTS OF SMS&R STUDENTS

## Sharda Cup 2018

Sharda cup is an annual interschool cultural and sports festival organised by Sharda University. This year it was organised from 9th to 12th April.



**Arpit Singhal (3rd year MBBS)** won silver medal in the badminton singles event, 2 bronze medals along with Ritish Gupta (2nd year MBBS) in badminton doubles and team events and a Gold medal along with Isha Dash in the badminton mixed doubles event.

Apart from it SMS & R Girls team led by **Isha Dash (1 year MBBS)** won gold in every single badminton event held. Later she was awarded as the **best player** of the tournament in the girls category.



## ONGC-HANS All India Senior Ranking Badminton Championship 2018

The ONGC-HANS All India Senior Ranking Badminton Championship was organised by Badminton Association of India from 13th -18th February 2018 on the Parade Ground stadium, Dehradun, Uttarakhand.



**Isha Dash, 1<sup>st</sup> year MBBS** student of SMSR represented Delhi state. She took part in two events, singles and mixed doubles event. In singles event, there were 128 qualifiers and she was one of the 16 to qualify for the main draw.

In mixed doubles her team had already qualified for the main draw

She won against the players seeded no.1 in the mixed doubles event but lost in the semi-final round. She won the bronze in mixed doubles event.



## OJASVAT 2018

Ojasvat is an annual inter college sports festival organised by Sharda University. This year it was held from 28 April to 1 May.

Sharda University boys and girls team emerged as the winners of the tournament where boys won in the finals against MMU Ambala and girls won against Amity University.

**Arpit Singhal (3 year MBBS) and Isha Dash (1 year MBBS)** participated from the boys and girls team respectively. Isha Dash was awarded as the best player of the tournament in girls' category.



## MBBS Student Shines at Anastomosis 2018

Anastomosis is an annual inter medical cultural and sports festival organised by Hamdard Institute of Medical Sciences and Research (HIMSR), Jamia hamdard. This year's edition was held from 9th to 11th May. **Arpit Singhal, 3<sup>rd</sup> year MBBS student** of SMS & R participated and won the trophy in the **Badminton** singles event against AIIMS in the finals.



Along with a BDS student (also from Sharda university), he claimed another trophy in Badminton doubles event against HIMSR in the finals.

# NEW FACULTY

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SMS&R welcomes the following new faculty members to its family who joined the institute after March 2018.

## Department of Microbiology

Dr Dalip Kumar Kakru, Professor

## Department of Pathology

Dr Atul Verma, Assistant Professor

Dr Salony Mittal, Assistant Professor

## Department of Community Medicine

Dr Preeti Tiwari, Assistant Professor

## Department of Pediatrics

Dr Priya Tomar, Assistant Professor

## Department of Medicine

Dr Prem Kumar, Assistant Professor

Dr Esha Singhal, Assistant Professor

## Department of Ophthalmology

Dr Anushri Lochan, Assistant Professor

## Department of Radiology

Dr Swati Paliwal, Assistant Professor

## Department of Surgery

Dr Puneet Dargan, Professor

Dr Shashi Kr. Chaurasiya, Assistant Professor

## Department of ENT

Dr Sunil Kumar Singh Bhadouriya, Associate Professor



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