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DMCH Capsule

A Monthly Update From the Principal's Desk



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Pullout Included
Convocation Special Issue

Dear Friends

There is a natural tendency to be impressed by numbers; they are more visible and easy to interpret.

Value, however, is not always numerical. Virtues like honesty, sincerity, integrity and character cannot be assigned a figure. Sentiments like love, compassion and trust cannot be measured. Yet we know their worth. These are treasured attributes, cherished for just being there.

As suggested by the 'thought for the month' (last page), quantity can never be a substitute for quality. Everything that can be counted does not count, and vice versa.

Dr Daljit Singh

Annual Convocation

The Annual Convocation was held on 24th February at DMCH. Graduates of Batch 2001 were awarded degrees by the Principal. The academic prizes were given by the Chief Guest, Dr. S.B. Khurana, former Principal of DMCH. Dr. Brijmohan Lall Munjal, President of DMCH Managing Society, congratulated the graduates and their proud parents. He exhorted them to fulfil their duty with utmost dedication and sincerity. The Principal's report highlighted the achievements and progress made by faculty and various departments and units. Dr. Harmeet Ryat was awarded gold medal for being the best graduate of the batch 2000. She was also adjudged the Best All Round Student. The silver medal was bagged by Dr. Divya Mittal.

Ectopia - 2007

A panorama of art, culture and music was presented in the form of inter-batch competitions of undergraduates - Ectopia 2007. Debate, Dances, Quiz, Painting, Singing, Choreography and Mono-acting were the hallmarks of this festival. 'Batch 2003' was winner and 'Batch 2002' was runners-up.



CONGRATULATIONS

- **Dr. J.S. Sekhon** – appointed as member of Oncology Task Force by ICMR.
- **Dr. Rajoo Singh Chhina** – awarded distinguished and outstanding Rotary Foundation Alumnus by the Rotary International at PAU, Ludhiana.
- **Dr. Deepinder Chhina** – elected as executive member of Gastro Intestinal Infection Society of India at PGI, Chandigarh.
- **Dr. GS. Bajwa and Dr. Sandeep Kaushal** – conducted Instruction Course on 'Drug Use in Ophthalmology Protocol, the need of the hour' at All India Ophthalmological Society Conference at Hyderabad. (Pic. A1&A2)



- **Dr. Devinder Sandhu** – nominated as Vice-President of IMA, Ludhiana.
- **Dr. Gautam Ahluwalia** contributed a chapter on 'Tropical Pulmonary Syndromes' in International text book on 'Respiratory Emergencies' edited by Dr. Fein, et al of New York University School of Medicine, USA.

Conferences Organised

PGI - Chandigarh

Indo-Pak Neuroscience Colloquium and International Symposium on Epilepsy was jointly organised by departments of Neurology, DMC and PGI. Dr. Gagandeep Singh was the organising secretary. (Pic. B)



DMCH - Ludhiana

CME on Tuberculosis was organised by DMCH in collaboration with District Tubercular Society. **Dr. Rajeshwari Ramachandran**, Deputy Director and **Dr. Balambal**, Astd. Director, TRC, Chennai delivered guest lectures. (Pic. C)



Conference/ Workshop/ CME

IAP-IPA-WHO Workshop, Delhi.

Dr. Praveen C. Sobti attended the workshop on Children Health and Environment.

Therapeutic Drug Monitoring and Drug Development, AIIMS, New Delhi.

Dr. Kirandeep Kaur attended the workshop.

National Congress on Assisted Reproduction Technology and Advances in Infertility Management, PGIMER, Chandigarh.

Dr. Suman Puri attended the Conference and two workshops on Advanced Micromanipulation Techniques and Live Ultrasound.

Sessions Chaired

International Update on Liver Transplant and Portal Hypertension SGPGI, Lucknow.


Dr. Rajoo Singh Chhina chaired a session on Community Hepatology and Surgery in Liver Transplant recipient. (Pic. D)

Indo-US Seminar on Cosmetic and Reconstructive Plastic Surgery IMA, Jalandhar

Dr. Sanjeev Uppal chaired a session. (Pic. E)



Talks Delivered

- **Dr. Rajoo Singh Chhina** delivered lecture in Distinguished Guest Lecture Frontiers on 'Recent trends in diagnosis and management of Peptic Ulcer Disease' at Third Update CME, PGIChandigarh.  (F)
- **Dr. GS Bajwa** delivered a lecture on 'Ophthalmology Today and Tomorrow' at ESIC Hospital, Ludhiana.
- **Dr. Promila Jindal** delivered guest lecture on 'Isoflavones in management of Menopause'. (Pic. F)
- **Dr. GPI Singh** delivered guest lecture Female Foeticide at GNG College, Model Town, Ludhiana.

Papers Presented

APICONGOA

Dr. Gautam Ahluwalia presented a guest lecture on HIV-TB co-infection.

Conference of Hospital Infection Society of India , PGI Chandigarh.

Dr. Raj Kumar, Dr. Deepinder Chhina and Dr. Veenu Gupta attended the conference. Dr. Deepinder Chhina and Dr. Veenu Gupta presented two papers.



Conference of Indian Association of Preventive and Social Medicine AIIMS, New Delhi

Dr. Anurag Chaudhary presented a paper.

DERMACON, Chennai

Dr. Sunil Gupta and Dr. Aman Dua attended the conference and presented two papers.

National Conference on Infectious Disease, Tata Memorial Hospital, Mumbai.

Dr. Deepinder Chhina and Dr. Rama Gupta attended the conference and presented a paper. (Pic. G)

Inauguration of New Blocks

Inauguration of various blocks was done which included addition of new ones and up-gradation of existing ones. (See insert)

Faculty Exchange Programme

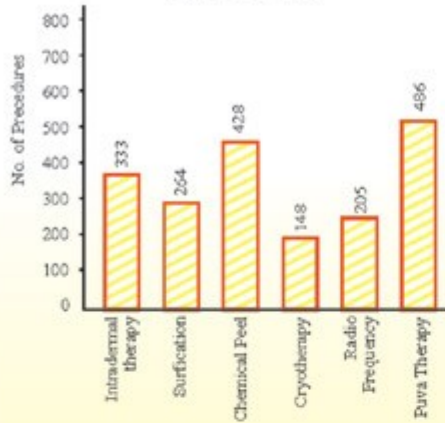
Two lectures were delivered under programme of Guest Lectures in different colleges affiliated to BFUHS, Faridkot. **Dr. Kulbir Kaur**, Prof. and Head, Transfusion Medicine, Patiala and **Dr. Kim Mammen**, Prof. and Head, Urology, CMC, Ludhiana were invited under this programme. (Pic. H-I)



Camps

- Voluntary Blood Donation Camps were organised by Shiromani Khalsa Panchayat, Dugri, Ludhiana and Blood Donors Council, Rampura Phul, Bhatinda. 83 units and 168 units were collected respectively by Dept. of Transfusion Medicine.
- Eye Check-up camps were organised at Vill. Badra, Barnala and at Jain School, Ludhiana. 150 patients and 90 school children were examined respectively by Dr. G.S. Bajwa and his team.
- Lions Club, Raikot collaborated with **Dr. Rajoo Singh Chhina** for gastro intestinal check-up camp. 100 patients were checked-up in this.
- 6865 children were covered under Pulse Polio Programme by **Dr. Sunil Juneja** and his team.
- 64th Foundation Day of Oriental Bank of Commerce was marked by Voluntary Blood Donation Camp in collaboration with department of Transfusion Medicine. 64 units of blood were collected by **Dr. Amarjit Kaur** and her team.
- Free Medical Check-up camp was organised by Bhai Ghanaya ji Charitable Hospital. 317 patients were examined by consultants of Medicine, Paediatrics, Skin, Gynaecology, Dental and ENT department of DMCH.

Dermatology Lab & Skin O.T. Procedures
(Mar 06-Feb 07)



Be Yourself

If you can't be a pine on the top of the hill,
Be a scrub in the valley-but be.
The best little scrub by the side of the rill,
Be a bush, if you can't be a tree.
If you can't be a highway, then just be a trail,
If you can't be the sun, be a star;
It isn't by size that you win or you fail-
Be the best of what you are.

Douglas Malloch

Thought for the Month



**Everything that counts
cannot be counted**

Executive Team – DMCH Capsule

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C.Sobti (Secretary),
Dr. J.L. Bassi, Dr. Navjot Bajwa*, Dr. Manish Murjal,
Dr. Dinesh Garg, Dr. Sandeep Kaushal, Dr. Parma Gupta,
Dr. Anju Grewal, Dr. Anurag Chaudhary and Dr. Gautam Biswas

* Issue Co-ordinator

WHAT YOU MUST KNOW ABOUT...

Cryotherapy

Dr. Alka Dogra

Prof. & Head, Skin Dept., DMCH, Ludhiana

Q : 1 What is Cryotherapy ?

Ans : Cryotherapy is that branch of therapeutics in which local freezing is used for controlled destruction or removal of living tissues.

Q : 2 What is the mechanism of action of cryotherapy ?

Ans : In cryotherapy tissue injury is caused by freezing (cold injury) through cryogen. The mechanism of injury involves three major components.

- i) Direct effect of freezing on the cells.
- ii) Vascular stasis.
- iii) Immunomodulation

Q : 3 What is a cryogen ?

Ans : Cryogen is a freezing substance used for freezing in cryotherapy.

The various types of cryogens used are :

Cryogen	Effective Temperature
i) Carbon dioxide	-79°C (snow)
	-20°C (slush)
ii) Nitrous oxide	-75°C
iii) Liquid nitrogen	-196°C (spray/probe)

Q : 4 What are the various indications of cryotherapy ?

Ans : Warts, corns, callosities, molluscum contagiosum, milia, cystic acne, keloids, freckles, lentigenes, moles, seborrheic keratosis, actinic keratosis, basal cell carcinoma, squamous cell carcinoma, malignant melanoma.

Q : 5 What are the side effects ?

Ans : Side effects are minimal.

- i) Immediate side effects include Burning sensation, mild pain and edema.
- ii) Delayed complications – Hypopigmentation or Hyperpigmentation.

Q : 6 What are the advantages ?

- Ans :
- i) Simple, cost effective out patient procedure useful for treating a variety of benign, premalignant and selective malignant skin lesions.
 - ii) High cure rate with excellent cosmetic results.
 - iii) All ages can be treated even those at poor risk for surgery and general anesthesia.
 - iv) Complications are rare.
 - v) Less painful than most of other physical therapies.

Q : 7 Is cryotherapy available in DMCH ?

Ans : Yes. The cryotherapy equipment is available in the department of dermatology with nitrous oxide as a cryogen. Cryotherapy is being routinely used with excellent results in various dermatoses.

HELP LINES

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