



# DMCH Capsule



PULLOUT

A Monthly Update From the Principal's Desk

Vol. 6

No. 4

April, 2008

- Convocation '08
- NOZIT '08

- Chairman's Visit
- Pre-NOZIT '08

## Dear Friends

Adjusting to ever-changing situations requires an inherent skill called intelligence, which involves decision-making at the conscious and/or subconscious level.

A wide range of challenges can occur, demanding response over a time-frame varying from milliseconds to days. Also, different occupations involve separate domains of intelligence, like abstract thinking, logical reasoning, language, music, mathematics, physical movement and social adaptation. The higher the intelligence, the more appropriate and timely is the use of the concerned domain.

As suggested in 'thought for the month' (last page) the degree of intelligence is reflected by the quality of response to situations.

Dr. Daljit Singh  
Principal



## North Zone Workshop on Elementary Statistics

Medical Education Unit of DMCH organised the first North Zone Elementary statistics (NoZeStat) workshop on Statistics in the Old DMC campus. Above 100 delegates from Punjab, Haryana, Delhi & Uttar Pradesh attended the workshop. Resource faculty included Dr. SC Chopra, Organising Secretary, Dr. R.K. Soni, Dr. Sandeep Kaushal, Dr. Shalini Arora and Dr. Bharti Mahajan. The highlight of the workshop was training imparted to the participants regarding the use of computers and scientific calculators in statistics. The post workshop evaluation showed remarkable improvement in all the aspects. [Pic. A, C, D]

## Annual Convocation

Fifty four medical graduates of the 2002 batch of DMCH were awarded degrees and prizes at the Annual Convocation on 11th March, 2008. The chief guest was Dr. Ravinder Singh, Hon'ble Vice-Chancellor of Baba Farid University of Health Sciences, Faridkot. The Principal's report highlighted the achievements and progress made by its various departments in the last one year. The chief guest presented 67 prizes and 13 medals including special academic awards to the students of all the batches who had excelled in various subjects. [Pic.B, Masthead,





## North Zone Inter Medical & Dental Colleges Sports Tournament (NOZIT)

This 3-day tournament started on 27th March, 2008 and was inaugurated by Sh. Prem Kumar Gupta. 500 students from 17 medical and dental colleges of North India participated in the event. The teams competed in Cricket, Football, Basketball, Volleyball, Chess, Table Tennis and Badminton. The prizes were given away to the winning teams by the chief guest Sh. Ramesh Inder Singh, IAS, Chief Secretary, Govt. of Punjab. The winning host team graciously gave the overall trophy to the team from GMC Patiala.

## International Folk Music & Dance Festival

A pre-NOZIT (North Zone Inter-Medical & Dental College Tournament) event "Punjab International Folk Music & Dance Festival" was held on 19th March, 2008. The event was jointly organised by Sports Committee of DMCH and Punjab Cultural Promotion Council. Scintillating performances of folk music, dances and pipe bands by international folk ensembles from Germany and Scotland made the event impressive and absorbing. Happy German Bagpipers and Alba pipe band performed excellent tunes much to the delight of the students and guests. (Pic. Pullout)

## Guest Lecture at DMCH

Dr. Gurpal Singh Sandha, Gastroenterologist at University of Alberta, Edmonton, delivered a lecture on "Endoscopic Ultrasound". [Pic.E, F]



## Sessions Chaired

Dr. H.S. Bains (Pediatrics) chaired a scientific session on "Short Stature" and "Ambiguous Genitalia" at Govt. Medical College, Chandigarh.

Dr. Navjot Bajwa (Biochemistry) chaired a session on "New Frontiers in Lab Technology" at Maulana Azad Medical College, New Delhi.

Dr. BS Shah (Pathology) chaired a session on 'Finding Ways for Peace Education' on 10th March at the 18th World Congress of International Physicians for Prevention of Nuclear War (IPPNU).

He also chaired a session on 'Bone Marrow Biopsy Aspiration Analysis' at Govt. Medical College, Patiala.

## Conferences Attended

Dr. GPI Singh and Dr. Anurag Chaudhary (Community Medicine) attended the 52nd National Conference of Indian Public Health Association at Maulana Azad Medical College, New Delhi.

Dr. Vineet Galhotra (Dentistry) attended hands-on-training on "Endodontics post and cores" at Ludhiana.



## Lectures Delivered

Dr. HS Bains (Pediatrics) delivered a guest lecture on "Vaccines Update" at a CME organised by IAP, Ludhiana.

Dr. Sunil Katyal (Anaesthesia) was invited as faculty at the Advanced Airway Workshop held at New Delhi.

Dr. BS Shah (Pathology) delivered a guest lecture on 'Semen Analysis' at a seminar organised by the Indian Association of Pathologists and Microbiologists (NW Chapter) at Patiala.

Dr. Navjot Bajwa (Biochemistry) attended a two day conference on "Molecular Biology Update" held at Maulana Azad Medical College, New Delhi.

## Workshops

Dr. HS Bains (Pediatrics) was faculty at a training workshop on "Breast feeding" at CMC, Ludhiana.



# Annual Convocation 11<sup>th</sup> March, 2008 DMCH Capsule

April 2008



The Chief Guest Dr. Ravinder Singh, Hon'ble Vice Chancellor of Baba Farid University of Health Sciences, Faridkot, delivering the Convocation address.



Mr. Sunil Kant Munjal, President, Managing Society, DMCH, addressing the audience.



Best Graduate – Anamika Garg



Best All-Rounder – Mukul Mohindra



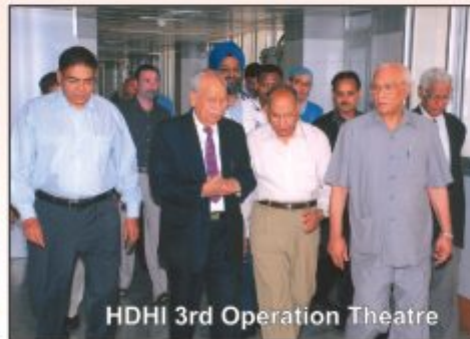
Best Intern – Aditi Gupta

## Chairman's Visit

Shri. Brijmohan Lall Munjal, Chairman DMCH Managing Society inaugurated the new Emergency Triage Area, FFA Unit, renovated Principal's Staff Office, Surgery OT Recovery, Histopathology, New Ultrasound, Deluxe Pvt. Rooms and 3rd OT in HDHI. He also visited recently inaugurated areas viz. Hair Transplant Unit and Dietary Section.



Histopathology Section



HDHI 3rd Operation Theatre



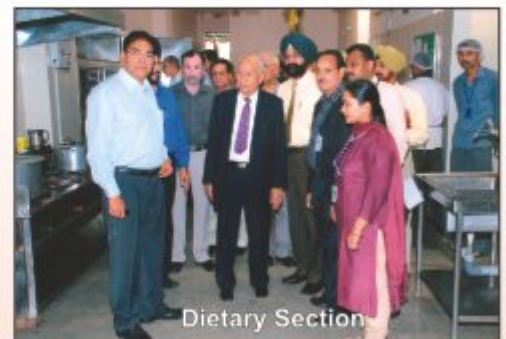
Surgery Recovery



New Ultrasound Machine



Hair Transplant Unit



Dietary Section



# NOZIT-08

North Zone Inter Medical & Dental College Sports Tournament



Guest Performance :  
Comedian  
Mr. Gurpreet Ghuggi



Team from GMC, Patiala.



Guest Performance :  
Singer Mr. Yudhvir Manak



The Dunkers in Action



The Champions : DMCH Team



Award Winning Group Dance

Trophies being released by Sh. Prem Gupta,  
Secretary, DMCH Managing Society.

## Pre-NOZIT-08

Cultural Programme – German Bagpipers



Alba Pipe Band



Eagle Dance



German Bagpipers



## Camps

In-hospital check up camp was organised by the department of Medicine and Eye. Dr. Vipan Kumar, Dr. Prashant, Dr. Dinesh Garg and Dr. Harpreet Kaur attended to the patients. [Pic. G, H]

A multidisciplinary medical camp was held at Kotha Surjitpura, Dist. Bathinda. Several consultants and senior residents attended the camp.

Dept. of Transfusion Medicine organised two voluntary blood donation camps in collaboration with the Lions Club, Mandi Nihalsinghwala and Nagar Vikas Sabha, Chaunkimaan, where 136 and 65 units of blood were collected respectively.

Dr. RK Sachar, Dr. RK Soni (SPM) and Dr. Sandeep Kaushal (Pharmacology) were appointed as independent monitors by WHO for special Pulse Polio Campaign for migratory population in rural and urban areas of Ludhiana district. In a Special Pulse Polio Campaign for migratory population undertaken by Dr. Sarit Sharma. 7719 houses were covered and 2943 children were given polio drops.

## Forthcoming Camps

- a) Endocrinology, Obesity & Skin : April, 08
- b) Obstetrics, Gynaecology & Pediatrics : May, 08.



G



H

What's

**NEW!**

at DMCH....

## Fundus Fluorescein Angiography

(Digital Unit)

This equipment installed recently in the Eye Department is a high end Carl-Zeiss Unit enables report of various retinal and choroidal diseases immediately. It can compare disc profile for diagnosing glaucoma patients. Follow-up of glaucoma patients is also carried out.



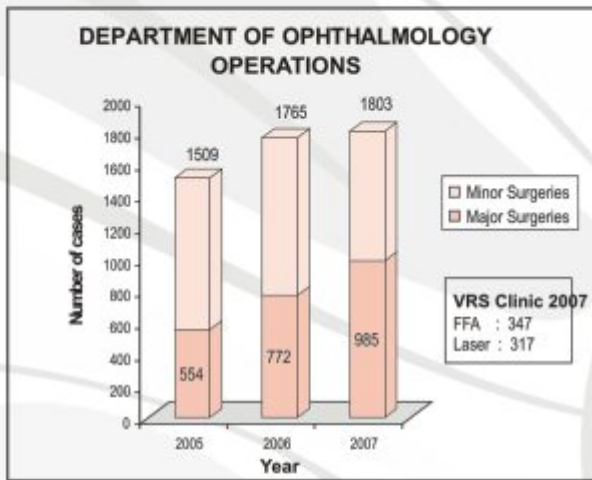
## Pain Management

Dr. Suneet Kathuria (Anaesthesia) has been awarded the 'Aesculap Academy Fellowship in Pain Management' at Delhi. The course was held under the expert guidance of Prof. GP Dureja. The following techniques for the amelioration of acute and chronic pain are being carried out at DMCH. Stellate Ganglion Block, Celiac Plexus Block, Lumbar Sympathetic Plexus Block, Trigeminal Nerve Block and Obturator & Posterior Tibial Nerve Block in Cerebral Palsy, Transforaminal Root Sleeve Block, Facet Block, Facet Rhizotomy, Caudal Epidural Block and Ozone Discectomy for low back ache.

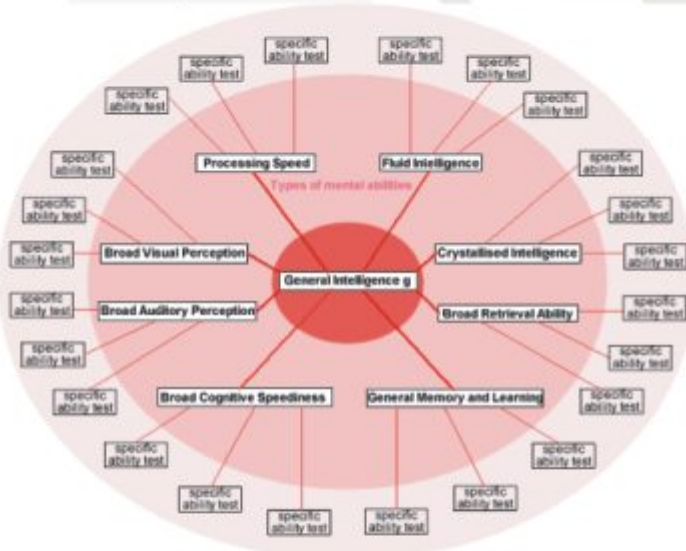
Other high-tech techniques being used are Implantation of Intrathecal Drug Delivery System, Spinal Cord Stimulation, Patient Controlled Analgesia and Radiofrequency Ablation.







### Specific Mental Abilities



### Thought for the Month



Intelligence simply means the ability to respond

— Osho

## WHAT YOU MUST KNOW ABOUT...

### OVERACTIVE BLADDER

**Dr. Baldev Singh Aulakh**, Professor of Urology, Head Transplant Unit

**Q.** What is an overactive bladder (OAB) and how common is it?  
**Ans.** An overactive bladder is a condition that results from sudden involuntary contraction of the muscles of the urinary bladder wall, causing a sudden and unstoppable need to urinate (urinary urgency).  
 Prevalence of overactive bladder is 9-16% of the population.

**Q.** What are the symptoms of overactive bladder?  
**Ans.** Frequent urination, urgency of urination and urge incontinence. There may also be significant associated social, psychological, occupational, domestic, physical and sexual problems.

**Q.** What are the conditions that mimic OAB?

- Ans.**
1. Benign hypertrophy of the prostate
  2. Bladder stones
  3. UTI
  4. Carcinoma Bladder (Carcinoma in situ)
  5. Painful bladder syndrome

**Q.** How is an OAB managed?

**Ans.** There are several options available for its management.

1. Pelvic muscle-exercises  
Kegel exercises  
Biofeedback  
Vaginal weight training  
Pelvic floor electrical stimulation
2. Behavioral therapies  
Bladder training  
Toileting assistance
3. Medications
4. Surgery

**Q.** What are the medications used to improve incontinence medically?

**Ans.** Oxybutynin, Tolterodine and Derafanacin, Estrogen  
 Other drugs : alpha-antagonists, beta adrenergic agonists, PG synthesis inhibitors.  
 Intravesical agents : Vanilloids and botulinum toxin.

**Q.** What are the surgical options available for the treatment of overactive bladder?

**Ans.** Neural stimulation/modulation  
 Detrusor myectomy  
 Cystoplasty

**Q.** What facilities are available at DMCH?

**Ans.** Comprehensive medical and surgical care including urodynamic evaluation is being offered to patients with OAB.

### Executive Team – DMCH Capsule

Dr. Harmesh Singh Bains (Convener), \*Dr. Praveen C.Sobti (Secretary),  
 Dr. Manish Munjal, Dr. Dinesh Garg, Dr. Sandeep Kaushal,  
 Dr. Rama Gupta, Dr. Anju Grewal, Dr. Harpal Singh, Dr. Gautam Biswas,  
 Dr. Varinder Pal Singh and Dr. Deepak Bhat.

\*Issue Co-ordinator

### HELP LINES

EPABX : 0161-4688888, 4687777 (60 lines)  
 HEART INSTITUTE : 0161-2304282 to 2304287  
 AMBULANCE : 98155-50100  
 Fax : 0161-2302620  
 E-mail : dmch\_ldh@satyam.net.in, dmch\_ldh@glide.net.in  
 Website : www.dmch.edu

**For Comments & Suggestions :** Mail us at dmchcapsule@gmail.com