

# DAYANAND MEDICAL COLLEGE & HOSPITAL

DMC&H  
*Capsule*



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VOLUME-24 No.3 & 4 July to December 2024

Wishing you all a very happy new year!

As we move forward with our common and shared mission of serving the patients of this region with cutting edge, evidence based, ethical and compassionate care, we are happy to share some new developments. Department of Orthopaedics has started Robotic Knee Replacement with excellent results. The Liver Transplant Unit has performed 7 liver transplants successfully, three of them cadaver transplants. The Renal Transplant Unit also did a cadaver transplant. This is a very significant development in health care for this region.

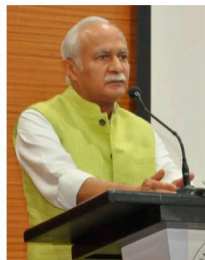
The institution recently held the annual Convocation, ECTOPIA: Cultural Event, SMASH: Annual Sports Meet and LAMHE: Alumni Meet. We are sharing information on all these events in the present issue. The Mentor- Mentee program is helping the faculty to connect better with the students. We are encouraging our students to participate in the research work more proactively. The institution is developing new collaborations with like-minded institutions.

The issue covers many of the events in the vibrant institution. Some events get left out due to limitation of space. I thank the faculty, staff and students who are all contributing towards improving the processes to make patient care better.

**Dr Gurpreet S Wander**  
Principal

## DMC&H launches Mentor-Mentee Program

To enhance students development, a Mentor-Mentee Program was launched at DMC College campus for the medical students. This program is designed to foster meaningful connection, promoting holistic development and provide support to undergraduate students through dedicated faculty mentorship. The programme was launched by Secretary, DMC&H Managing Society Sh Bipin Gupta along with Treasurer, DMC&H Managing Society, Sh Mukesh Kumar. Speaking on the occasion Sh. Gupta highlighted that this programme will pave the way forward for better relationship, to enhance clinical skills and build a strong support network for students throughout their academic journey. All the committee members of Mentor Mentee Programme also graced the occasion.



## A meeting on 'STOP-Epilepsy Project

Department of Neurology, DMC&H organized a meeting to advance the ongoing STOP-Epilepsy Project. The chief guest for the event was Dr Balbir Singh, Hon'able Health Minister of Punjab. DMC&H is the lead institution for the "Scaling up the Competency of Primary Care Workers to Manage Epilepsy by Task Sharing (STOP-Epilepsy)" project supported by Department of Biotechnology (DBT) - Wellcome Trust India Alliance.

It is being implemented in three districts of India including Nawanshahr (Punjab), Hamirpur (Himachal Pradesh) and Bhimavaram, West Godavari (Andhra Pradesh) with the support of collaborators and consultants from UCL Queen Square Institute of Neurology, London along with All India Institute of Medical Sciences, New Delhi; The George Institute for Global Health, New Delhi, University of Hyderabad and IIT Ropar.





# Events & Conferences (July to December)

## 37th IAP quiz held for Undergraduate Students (August 16, 2024)

Department of Paediatrics, DMC&H conducted 37th IAP Paediatric quiz for UG Students at DMC College Campus. The session featured a diverse range of questions across multiple rounds. The winners of the quiz were Harjas Singh Sahota and Rishabh Garg (MBBS batch 2020) while Maitri and Yukta (MBBS batch 2020) secured the runner-up positions. Certificates were awarded to all the winners to recognize their achievement. Participation certificates were awarded to Pratham, Archit Ohri, Ritvik Gupta, Aadit, Siddhant Singla, Aaditya Uppal, Prisha Goyal and Aditya Kakkar (MBBS batch 2020).



## Tobacco Cessation Centre inaugurated (September 24, 2024)

Tobacco Cessation Centre was inaugurated under the initiative of the Ministry of Health and Welfare, Govt. of India at DMC&H OPD Block. This campaign is especially designed for tobacco free youth nation-wide.

Sh Bipin Gupta Secretary, DMC&H Managing Society, highlighted that this centre will assist the patients to change their tobacco consumption behaviour through quitting or reducing tobacco as well as to increase their confidence and commitment to staying tobacco-free. Our institution is declared as 'No Tobacco Zone'.



## Massive Hypertension & Diabetes screening drive (September 13-14, 2024)

A two day blood pressure and blood sugar screening camp was organized in collaboration with PAU, at the Kisan Mela. The initiative focused on raising awareness, monitoring blood pressure and blood sugar, as well as providing treatment and counselling to the public.

Dr Bishav Mohan, Chief Cardiologist & Coordinator, HDHI and project head of 'Mission Swasth Kawach' said that this two-day health screening drive successfully screened 3,000 individuals for hypertension and diabetes, of whom 40% were found to be hypertensive and 11% were found to be diabetic, most attendees were unaware that the disease can progress silently.



## Students Shine at NMC Essay Writing Competition (October 15, 2024)

PG and UG students from the Department of Community Medicine DMC&H won laurels in an essay writing competition organized by the National Medical Commission (NMC), Delhi. The theme of this competition was 'Experiences about the Family Adoption Program,' in which students shared their own on-ground experiences of helping families to overcome various challenges and improve their quality of life.

Dr Daljit Kaur, a PG Resident, bagged 2nd position in India, recognized by Sh. JP Nadda, Minister of Health and Family Welfare. Additionally, the essays of five other students, including Ms. Amrita Legha (UG 2nd year), Shruti Sharma (UG 2nd year), Apeksha (UG 3rd year), Dr Suhas Bakaya (PG Resident) and Dr Sarleen Kaur Arora (PG Resident) were published in the NMC Book for their outstanding contributions.



## Workshop on 'New You' held (December 14, 2024)

Ms. Gauri Chhabra, Process Consultant, DMC&H hosted a series of workshops titled 'New You' for nursing staff, clerical staff and ward boys to enhance their soft & communication skills, essentials for delivering high-quality patient care.

So far, these sessions were conducted for the Department of Obstetrics and Gynaecology, the Principal's office staff, the Emergency Department. The sessions focused on improving skills, streamlining processes and promoting teamwork for better patient outcomes.



## An Evening with Gratitude hosted by HDHI (December 19, 2024)

Hero DMC Heart Institute hosted an inspiring and memorable Evening of Gratitude, at Maharaja Regency, Ludhiana. It was an evening that brought together passionate individuals, all united in their dedication to advancing heart health.

Special guests for the evening were Dr. Dorairaj Prabhakaran, Director of the centre for Chronic Disease Control, Vice President Public Health Foundation of India (PHFI), New Delhi, President – Elect of the World Heart Federation (WHF) & Dr. R. Krishna Kumar, Head of the Department Paediatrics Cardiology, Amrita Institute of Medical Sciences & Research Center, Kochi.

The evening was filled with knowledge, inspiration and a deep commitment to promoting heart health in our community.





## Recently Joined Faculty Member



**Dr Gursagar Singh Sahota**  
Chief Liver Transplant Surgeon  
Department of  
Liver Transplant



**Dr Shuchita Pathak**  
Assistant Professor  
Department of  
Medical Oncology



**Dr Tanish Dhir**  
Assistant Professor  
Department of  
Nephrology



**Dr Rashmi Malhotra**  
Assistant Professor  
Department of  
Ophthalmology



**Dr Akriti**  
Assistant Professor  
Department of  
Pathology



**Dr Akanksha Chhabra**  
Consultant  
Department of  
Medical Oncology

## Newly acquired equipment



DMC&H is one of the first few prestigious institutions in India to procure the groundbreaking high-tech **Endoscopic Ultrasound (EUS)** system (Aloka Arietta 850). This represents a remarkable advancement in diagnostic precision, minimally invasive endoscopic therapeutic interventions in gastroenterology, and provides vital support for accurate cancer diagnosis and staging.

## New Initiatives

### SWASTH NARI ABHIYAN

To enhance women's health and wellness 'Sawasth Nari Abhiyan' was inaugurated at Urban Health Centre (UHC) at Shimlapuri. This centre of DMC&H serves as a primary healthcare facility to deliver the accessible and comprehensive medical care services to the community. OPD services have been extended to Pediatrics, Skin and Eye. A state of the art operation theatre has been operational. Till now 500 deliveries has been performed under this initiative. Dr. Ashima Taneja, Prof. & Head Dept. of Obst. & Gynae. was actively involved in this program, contributing significantly to its success.



### LIVER TRANSPLANT UNIT

State of the art 'Liver Transplant Unit' was inaugurated by Prof.(Dr) Pammi Gauba, Dean Academics and Research, Jaypee Institute of Technology, Noida along with Sh. Sunil Kant Munjal, President, DMC&H Managing Society; Sh Bipin Gupta, Secretary, DMC&H Managing Society; Sh Mukesh Kumar, Treasurer DMC&H Managing Society. All the medical administrators also graced the occasion. Led by Dr. Gursagar Singh Sahota, Chief Liver Transplant Surgeon and his team this unit is equipped with latest technology and provides comprehensive care, from pre-transplant evaluations to post-operative support, ensuring that patients receive seamless and life-saving interventions.



### CADAVER ORGAN TRANSPLANTATION PERFORMED

We achieved a significant milestone in organ transplantation when a 56-year-old brain-dead female patient from Ludhiana became a multi-organ donor. The Critical Care and Anaesthesia team along with the Liver Transplant team under Dr. Gursagar Singh Sahota, successfully retrieved her organs. The liver was transplanted to a cirrhosis patient at DMC&H, while both kidneys were transferred to private hospitals via a green corridor and her corneas were preserved for future transplants. Sh. Bipin Gupta, Secretary of DMC&H, expressed gratitude to the donor's family and praised the medical teams for their dedicated efforts. He emphasized that every organ donor is a hero and leaves behind legacy of life.



### INAUGURATION OF ROBOTIC SURGERY

A state of the art velys Orthopaedic Robot for Joint Replacement Surgery was inaugurated as part of cutting-edge orthopaedic treatment. This latest technique offers precision, reduced recovery time and better outcomes for patients suffering from joint issues. The chief guest for the ceremony was Sh Bipin Gupta, Secretary, DMC&H Managing Society.

Dr Rajnish Garg, Professor & Head Department of Orthopaedics, highlighted that this Robotic system provides real time 3D visualization allowing surgeons to plan and execute during surgery. The Robot acts as a guide, ensuring that cuts and placements are made with precision and helps to minimize the risk of complications and ensures more accurate results.





# Academic & Cultural Events

## ECTOPIA 2024 – A Three Day Cultural Fest (Sept. 25-27, 2024)

A three day cultural fest 'Ectopia 2024' with the theme of 'Kafila' was hosted by MBBS batch 2019. A newsletter 'Ectoipa Times' also released during the event. All the students actively participated in the various events, showcasing their talents in dancing, singing, quiz and poetry. The event was concluded with a glittering prize ceremony. The fest included different events like duet & solo singing, chance pe dance, fashion show, antakshri, quiz, and poetry. The interbatch western dance made the audience danced on their toes. The titles of Mr Ectopia were given to Gurnoor Singh Thind and Navdeep Singh (2019). Ishita Garg (2019) became the Ms Ectopia 2024. The best batch trophy was bagged by MBBS batch 2019.



## SMASH 2024 - Annual Athletic Meet (October 8, 2024)

Annual inter batch sports meet, SMASH 2024 was held at DMC&H College Campus for all the batches of MBBS students. The meet commenced with the inaugural ceremony attended by faculty members of DMC&H and Sports Committee. The sports meet featured a wide range of athletic events for both boys and girls namely short-distance racing events (hundred meters race, two hundred meters, four hundred meters relay race) shot put, tug of war, football, badminton, basketball, lawn tennis, kho-kho cricket, volleyball, table tennis. These activities encouraged healthy competition between the participants.



## LAMHE 24 - Alumni Meet 2024 (December 25, 2024)

Annual DMC Alumni Meet 2024 'Lamhe...the nostalgic imprints' was held for all graduate & postgraduates of DMC, which was attended by more than 200 alumni from different parts of the country and abroad. The students of the Diamond Jubilee Batch 1964, Golden Jubilee Batch 1974 and Silver Jubilee Batch 1999 were felicitated. The day began with a hospital and college campus round. To honor the academic excellence and inspire the current medical students a Wall of Fame – 'DMC&H Best Graduates', which displays the names of best graduates, was also inaugurated. Alongside this the first edition of magazine 'Alumni Times' was launched. This magazine highlights the achievement and success stories to keep all the alumni connected.



## CONVOCATION (October 26, 2024)

Convocation 2024 was hosted for MBBS Batch 2018, conferring 73 MBBS degrees, 71 merit certificates, and 15 medals to its outstanding graduates. The chief guest for the event was Professor Dr. Pammi Gauba, Dean Academics and Research, Jaypee Institute of Information Technology, Noida. Guest of Honour was Dr Rakesh Gorea, Registrar, Baba Farid University of Health Sciences, Faridkot (an alumnus of DMC&H Batch 1975). In her key note address, Dr. Pammi Gauba congratulated all the students for their accomplishments and reaching a remarkable milestone. She urged the students to grab each opportunity and challenges of life boldly. She spoke 'Being a doctor you are a leader for the society, and it is your responsibility to improve the access and affordability of medical care facilities. Use technology wisely to promote preventive care, well being and healthy lifestyle within your community.'

'Dr Bhavik Sethi' was awarded the title of Best Graduate, Second Best Graduate was 'Dr Nishma Dhand' and best all rounder award was bagged by Dr Harpavit Singh Sahota, MBBS batch 2018.



## WHITE COAT CEREMONY (October 28, 2024)

The White Coat Ceremony was held for upcoming MBBS Batch 2024 at DMC College Campus. All the students were introduced to the audience and white coat was adorned to them by their parents which was really a heartwarming moment for both the parents as well as their children. The ceremony commenced with opening remarks from Dr. Sandeep Kaushal, Dean Academics, who gave a tone of aspiration, dedication and encouraged students to embrace this journey with discipline, focus and resilience.





# Academic Activities

## Guest Lectures held at DMC&H

**Topic:** Surgical Futures and Artificial Intelligence.

**Speaker:** Dr. Inderbir Singh Gill, Ex alumni of DMC&H, Prof. & Chairman Catherine and Joseph Aresty, USA, Dept. of Urology.

**Topic:** Development of R&D in an Institution- Steps and Lessons from Our Experience.

**Speaker:** Professor Mark Johnson, Director of Research and Development, Campus Director, and Prof. of Clinical Obstetrics at Imperial College, Chelsea & Westminster Hospital, London.

**Topic:** Innovations in Pediatric Cardiology.

**Speaker:** Dr. R. Krishna Kumar, Clinical Professor and Head of the Department of Pediatric Cardiology at Amrita Institute of Medical Sciences & Research Center, Kochi.

**Topic:** Newer Teaching Learning Methods.

**Speaker:** Dr. Tejinder Singh, Professor of Medical Education, Adesh Institute of Medical Sciences, Bathinda.

**Topic:** Pollution and Impact on Health.

**Speaker:** Dr. Poornima Prabhakaran (Ph.D.), Director of the Centre for Health Analytics Research and Trends, Ashoka University, Gurgaon, Head, Environmental Health at the Public Health Foundation of India.

**Topic:** Why is Inflammatory Bowel Disease on the rise?

**Speaker:** Dr Shaji Sebastian, Service Lead at Hull University Teaching Hospitals, United Kingdom. Chair of the BSG Research Committee.

## Awards and Accolades

- **Dr G S Wander, Principal and Professor of Cardiology** attended the 76th annual conference of Cardiology Society of India Conference 2024 & delivered the 'VV Shah Oration' on CAD in South Asians (Prevalence, Peculiarities, Predicament, Prevention) at Lucknow.
- **Dr Sarit Sharma, Professor of Community Medicine** received the 'Top Educational Oral Presentation Award' for his paper on Quality Improvement in Blood Transfusion Practices at the Asia Pacific Intensive Care Symposium, Singapore.
- **Dr Shibba Takkar Chhabra, Professor of Cardiology** completed the American College of Cardiology's Wael Al Mahmeed Research, Clinical Trials and Publishing Series, and has been nominated as a Member of the ACC Scientific Publications Committee.
- **Dr Omesh Goyal, Professor of Gastroenterology** received the 'Top Cited Article' award for the year 2022-2023 by the Journal of Gastroenterology and Hepatology, for the research article on Dietary management of IBS.
- **Department of Immuno-Haematology and Blood Transfusion**, DMC&H has been awarded with 1st prize in the state, by the Punjab State Blood Transfusion Council for outstanding performance and the commitment in accomplishing maximum voluntary blood donations by Dr. Balbir Singh Hon'ble Health and Family Welfare Minister, Punjab.
- **Dr. Sonalika Sharma, Resident, Department of Surgery**, won the Nabeel Ibrahim Memorial Prize for Best Original Hernia Surgery Presentation at the Australia NZ Hernia Annual Conference.
- **Ms. Yashika, MBBS batch 2024 student secured** 1st position in **Inline Hockey** held at Coimbatore.

## Lectures/Paper Presentation at National and International Conferences

- **Dr. Sandeep Kaushal**, Dean Academics and Prof. & Head of Pharmacology, delivered a lecture on "Microbiota Therapeutics" at Annual Conference of the Indian Society for Rational Pharmacotherapeutics held in Pahalgam. He also conducted an ICMR-sponsored capacity building workshop at the Model Rural Health Research Unit in Darjeeling.
- **Dr. Suman Puri**, Professor and Unit Head of Obstetrics and Gynecology delivered a talk on "Antral Follicular Count - A Marker of Ovarian Reserve" at National Conference of ISAR (Indian Society of Assisted Reproduction) held at Chandigarh.
- **Dr Veenu Gupta**, Professor & Head of Microbiology delivered a talk on "Management of Needle Stick Injuries" at Global South Conference on Infection Prevention and Control, at Hyderabad.
- **Dr Monika Singla**, Professor of Neurology delivered a talk on "Diplopia- A Practical Systematic Approach" in the Neuro-ophthalmology Symposium, at Annual National Conference of the Indian Academy of Neurology, (IANCON 2024) held at Visakhapatnam.
- **Dr Anu Sharma**, Professor of Anatomy was elected as Vice President and **Dr Ajay Kumar**, Professor of Anatomy was elected as an Executive member of North Chapter of Anatomist Society (NCAS).
- **Dr. Ashvind Bawa**, Professor of Surgery, was invited as faculty to Harvard Medical School's annual MINT 2024 Conference. He presented on "AI Tools for the Modern Surgeon" and participated in hands-on sessions with the new Da Vinci 5 (DV5) robotic system.
- **Dr Shruti Sharma**, Associate Professor of Critical Care Medicine, presented two research papers at Asia Pacific Intensive Care Symposium - 2024, at Singapore.
- **Dr Gunchan Paul**, Professor; **Dr Shruti Sharma**, Associate Professor and **Dr Rubina Khullar**, Associate Professor from Department of Critical Care Medicine organised the "Preceptorship Program" at Civil Hospital, Ludhiana.
- **Department of Anatomy** actively participated in the 71st national conference of Anatomical Society of India in November 2024 at SGRD University of Health Sciences, Sri Amritsar.

## Books Released

**Early Clinical Exposure-** A Case Based Approach in Clinical Anatomy by Dr Anu Sharma, Prof. and Dr Ajay Kumar, Prof. from Department of Anatomy.

**Histology Quick Review-** by Dr Hitant Vohra, Prof. & Head and Dr Sonia Singh, Prof. from Department of Anatomy.

## Fellowship Received

**Dr Gunchan Paul**, Professor of Critical Care Medicine has been awarded with Fellowship of Society of Neurocritical Care (FNCC).

**Dr Ritesh Verma**, Assistant Professor of Ophthalmology, completed "International Council of Ophthalmology fellowship in Ocular Oncology" at University of Michigan.



# Public Awareness

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## Ways to Protect Your Liver



## Congratulations



Dr Ashima Taneja, Professor & Head Department of Obstetrics and Gynaecology, has set a World Record of "FASTEST TO DELIVER BABY DURING A CAESAREAN SECTION SURGERY" She successfully delivered a baby through a skin incision during a Caesarean section surgery in 65 seconds and set a new record for International Book of Records.



"Your cholesterol levels may be  
higher than your WiFi signal"

### Executive Team-DMC&H Capsule

Dr G S Wander (Chairperson), Dr Sandeep Kaushal  
Dr Omesh Goyal (Secretary), Dr Gautam Biswas  
Dr Gurdeep Singh Dhooria, Dr Rama Gupta  
Dr Ashvind Bawa, Dr Pankaj Kumar, Dr Monika Singla  
Dr Gunchan Paul and Mr Gurjeet Singh  
Editor: Ms Deepak Sharma and Mr Umesh Gautam

## LIVER TRANSPLANT:

### Indications, procedure and outcomes

Dr Gursagar Singh Sahota

(Chief Liver Transplant Surgeon, Dept of Liver Transplant)

#### Who needs a liver transplant? (LT)

Anyone with a long-standing (chronic) or sudden onset (acute) severe liver disease leading to liver failure needs to be considered for a liver transplant. The common diseases requiring transplant are cirrhosis due to Hepatitis C, Hepatitis B or alcohol. The other diseases for which LT may be required are acute Hepatitis A, E, and B leading to acute liver failure, primary sclerosing cholangitis, primary biliary cirrhosis and biliary atresia (children), metabolic diseases, and primary liver cancer.

#### What are the symptoms of liver disease?

Mild or moderate liver disease may cause no symptoms at all. Severe liver disease causes water retention (swollen ankles, water in the abdomen or ascites), loss of energy and weakness, jaundice, blood vomiting or black stools, drowsiness, confusion or some behavioural changes, and repeated infections.

#### What is the procedure for proceeding with liver transplant?

If you need a transplant, consult your Gastroenterologist or liver transplant surgeon and get advice about your eligibility and all aspects of the process. If a transplant is considered suitable, you will then need a suitable donor from the family. Another option is to wait for a cadaveric organ (organs donated voluntarily by families of brain dead patients before artificial life support is withdrawn) but waiting list can be very long since the cadaveric organ donation rates in India are very low.

#### Who can be a liver donor?

For living donation, the person must be a close relative aged between 18-55 years, have a matching blood group, and weigh between 50-90kg, and having a healthy liver.

#### Is liver donation safe?

Liver donation is very safe since the liver has great reserve and regenerates to its original size quickly (within 2-3 months) after a part of it is removed. The donor suffers from no long-term effects, does not have to take any medication beyond 2-3 weeks, and is back to normalcy within a month. He/she can resume strenuous physical activity in 3 months.

#### What is the success rate of liver transplantation?

When a liver transplant is performed before the patient becomes too ill with liver disease, it is successful in more than 90% patients and gives an excellent quality of life with a normal life expectancy for age.

#### Are life-long medicines necessary after liver transplant?

Yes, but the number of medicines and the doses decrease with passage of time. Most patients are only on small doses of 1 or 2 medicines at about a year after transplant, and down to a single medicine in 2-4 years which needs to be taken life-long.

#### After a liver transplant, does a person have high infection rates and lead a very restricted life?

This is not true. Although such persons do have a higher susceptibility to infection than usual, this rapidly diminishes by 3-6 months after transplant when the doses of the immunosuppressive medicine are reduced. So they have to be a little cautious initially, but later, even though the infection rate remains a little higher, this does not interfere with normal daily activities. The infections that do occur can be treated easily in most cases.

### Helpline Numbers

DMC&H : 0161-4688800, 4687700 (60 lines)  
HDHI : 0161-2304282 to 87  
DMC&H Cancer Care Centre : 0161-4051111  
Ambulance : 98155-55101  
Fax : 0161-2302620  
Website : [www.dmch.edu](http://www.dmch.edu)

Please share your Comments & Suggestions at : [consummate@dmch.edu](mailto:consummate@dmch.edu)