DMC&H Capsule

DAYANAND MEDICAL COLLEGE & HOSPITAL

HERO DMC HEART INSTITUTE

DMC&H CANCER CARE CENTRE

Vol.26 Issue 2 : April - June 2026



Dear Reader,

The period from April to June 2026 was marked by significant activities and achievements. Our commitment to environmental conservation through the "Save the Planet" initiative continued with active participation from DMC&H family, under the inspiring guidance of our Secretary, Sh. Bipin Gupta.

Our dedication to reaching underserved communities and providing accessible healthcare remained steadfast through our mobile healthcare initiative, "Primary Care on Wheels". Our liver transplant programme continued to bring renewed hope to patients across the region. We extend our heartfelt gratitude to the families who consented to organ donation, thereby giving others the invaluable gift of life.

The institution further strengthened its academic and clinical capabilities with the induction of several talented faculty members and the acquisition of new medical equipment. Our faculty members represented the institution at international academic forums, while eminent guest speakers from leading institutions enriched our academic environment through their expertise.

Recognising the importance of evolving educational practices, we organized the Curriculum Implementation Support Programme (CISP). Our students, too, continued to bring laurels to the institution through their achievements.

Overall, the quarter was both fulfilling and eventful, marked by meaningful progress in patient care, academic excellence, research, and community service. Through this newsletter, we present a glimpse of the many activities and accomplishments that shaped this period.

May the Almighty continue to bless us with the wisdom, strength, and compassion to serve ailing humanity with dedication, empathy, and the best of modern medical science and technology.

Dr. Gurpreet S. Wander
Principal

"Save the Planet" Initiative

Under the leadership of Sh. Bipin Gupta, Hon'ble Secretary, Managing Society, DMC&H is committed to environmental sustainability alongside its mission of healing lives. In addition to advocating regular tree plantation, Sh. Gupta encourages doctors, employees, students, and the public to celebrate special occasions by planting trees and gifting saplings as symbols of hope and a greener future.

Marking World Environment Day, DMC&H, in collaboration with the District Administration, Ludhiana, organized a plantation drive at Village Ajnod, bringing together around 80 participants, including medical professionals, staff members, and district administration officials, united by a shared commitment to environmental conservation.





SOCIAL ACTIVITIES

'Primary Care on Wheels' - a Mobile Unit Project Launched

DMC&H launched 'Primary Care on Wheels' a Mobile Unit Project in CSR collaboration with Siemens Healthineers, India. This project aims to benefit 40 villages in & around Ludhiana, providing primary healthcare facilities at the doorsteps. This initiative will provide free health care services including consultation by expert doctors, investigations, medicines and health awareness on various common, seasonal & chronic diseases under the supervision of Department of Community Medicine of DMC&H. Under this initiative, a total population of approximately 50,000 across these villages will be benefitted. The services under this project will be delivered through a dedicated **Mobile Medical Van** staffed with a qualified team of doctors, nurses & supporting staff experienced in serving rural communities, supported by specialists and diagnostic services based at the hospital.



Cadaver Organ Transplants Performed



Demonstrating exceptional clinical excellence, coordination, and commitment to saving lives, DMC&H team successfully performed two cadaveric liver transplants within a span of 48 hours, including a first-of-its-kind combined liver and kidney transplant in the region.

In a remarkable act of humanity, families of two patients, who were declared brain-dead, consented to organ donation. The process was facilitated and sensitively guided by Dr. P. L. Gautam, Head of Critical Care Medicine and his team. A transplant team from DMC&H, led by Dr. Gursagar Singh Sahota, immediately travelled to Chandigarh to retrieve the liver. The organ was transported back to Ludhiana via a green corridor in approximately 1 hour and 20 minutes, showcasing seamless inter-institutional coordination and rapid response.

Free Cataract Surgeries Performed

The Department of Ophthalmology at DMC&H successfully completed 40 cataract surgeries for patients identified during the outreach camp held at Guru Har Sahai, a border town near Firozpur. These surgeries were carried out in two batches of 20 patients each. The surgeries were performed by Dr. Priyanka Arora, Professor, and Dr Ritesh Verma, Associate Professor, Ophthalmology.



International Yoga Day Celebration



To mark the occasion of International Yoga Day (21st June), a specialized five-day yoga camp was conducted at the DMC&H college campus from June 17 to June 21, 2026. Led by Dr. Sanjeev Singh Rawat, Senior Yoga Consultant, the live interactive sessions provided MBBS, nursing, and paramedical students, alongside faculty members, with effective and practical wellness methods for their daily lives. Shreya (Student Secretary of yoga club), Hitaishi (student president of yoga club), Pensia (social media head) actively coordinated the event.

NEW INITIATIVES

NEWLY JOINED FACULTY



Dr Ankita Maingi
Assistant Professor
Dept. of Anaesthesia



Dr Arshdeep S. Rekhi
Assistant Professor
Dept. of General Surgery



Dr Charu Gupta
Assistant Professor
Dept. of Anatomy



Dr Mamta Singla
Professor
Dept. of Psychiatry



Dr Mehak Arora
Assistant Professor
Dept. of Obst and Gynae



Dr Mukul Chauhan
Assistant Professor
Dept. of Pediatrics



Dr Paras Anand
Assistant Professor
Dept. of Anaesthesia



Dr Prateek Gupta
Assistant Professor
Dept. of General Surgery



Dr Purnima Bhanot
Assistant Professor
Dept. of Anaesthesia

MoU Signed with Thapar University





DMC&H signed an MoU with Thapar Institute of Engineering & Technology for two Projects: evaluation of devices for early detection of breast cancer and evaluation of 3D printing devices for orthopedics. This collaboration marks an important step towards advancing healthcare innovation, supporting the evaluation of emerging medical technologies, and strengthening efforts to improve patient care through research and technological development.

Launch of OCT

DMC&H has strengthened its ophthalmic diagnostic services with the acquisition of an advanced ZEISS CIRRUS 6000 OCT Angiography (OCT-A) system, enhancing diagnosis and management of complex retinal and glaucoma disorders through high-resolution, non-invasive imaging. Dr. Gurvinder Kaur, Professor & Head, Department of Ophthalmology, emphasized its value in conditions including diabetic retinopathy, AMD, retinal vascular diseases and glaucoma.





ACADEMIC ACTIVITIES

FACULTY'S ACCOMPLISHMENTS

International



Dr. Omesh Goyal, Professor, Gastroenterology, was conferred the "Asian Future Leader in Neurogastroenterology" Award at the Asian Neurogastroenterology and Motility Conference held in Seoul, South Korea. His research paper on Functional Gastrointestinal Disorders was also recognized with the "Best Abstract Award" at the conference.



Dr. Ritesh Verma, Associate Professor, Ophthalmology, successfully completed advanced training in Oculoplasty under the mentorship of Prof. Ho Seok Sa at Asan Medical Center, Seoul, South Korea. During the training, he gained expertise in advanced oculoplasty procedures, including lacrimal, orbital, and reconstructive techniques.



Dr. Sumeesha Jaswal, Assistant Professor, Psychiatry, presented her research paper, "Prevalence and Sociodemographic Correlates of Behavioral Addictions Among Medical Students," at the European Congress of Psychiatry held in Prague.

National

Dr. Veenu Gupta, Professor & Head, and **Dr. Manisha Aggarwal**, Assistant Professor, Microbiology, participated in the Hands-on Training Workshop on Wastewater Surveillance of Antimicrobial Resistance (AMR) Pathogens, organized by ICMR, New Delhi, in collaboration with the National Centre for Biological Sciences, Bengaluru.

Dr. Hem Lata, Professor, Physiology, delivered a lecture at the "3rd Physicon Raj-2026" conference at Government Medical College, Pali (Jodhpur).

Dr. Amandeep Kaur, Associate Professor, Critical Care Medicine, was awarded the Fellowship in Neurocritical Care at the Annual Society of Neurocritical Care Conference held in Gurugram.

GUEST LECTURES HELD

A guest lecture on "Building a Successful Robotic Surgery Center: Patient Expectations & Faculty Growth" was delivered by **Dr. Jasneet Singh Bhullar**, Henry Ford Health – Michigan State University, USA. He shared valuable perspectives on advancing robotic surgical practices, meeting patient expectations and fostering faculty growth to enhance patient outcomes.



A guest lecture on "End-of-Life Care: Legal Perspectives, Policy to Practice and Implementation" was delivered by **Dr. Savita Butoia**, DIG (Medical), BSF Composite Hospital, Srinagar, who shared valuable perspectives on the legal, ethical, and practical aspects of end-of-life care and highlighted the importance of translating policy into effective clinical practice.



ACADEMIC ACTIVITIES

Two day Curriculum Implementation Support Programme (CISP) held

The Curriculum Committee, DMC&H, Ludhiana, successfully organized a two-day Curriculum Implementation Support Programme (CISP) under the aegis of the National Medical Commission (NMC). The programme focused on strengthening faculty competencies in implementing the Competency-Based Medical Education (CBME) curriculum through innovative teaching-learning and assessment strategies.

Thirty faculty members from various departments participated. Dr. Dinesh K. Badyal, Vice Principal (Medical Education) and Professor & Head, Department of Pharmacology, CMC Ludhiana was the official observer for the programme appointed by the National Medical Commission. Dr Sandeep Kaushal, Dean Academics, DMC&H coordinated the program.



MBBS STUDENTS' ACTIVITIES

Inter College Events

Euphoria 2026, GMCH Chandigarh: Chaahat Taank (Batch 2023) won the Women's Singles Badminton and, along with Aadhya (Batch 2025), also secured victory in Women's Doubles. Baldaksh Badal (Batch 2023) won 1st prize in chess competition.

CARES 2026, Chris-med Annual Research and Education Symposium CMC Ludhiana: Bisman Kaur (Batch 2023) won the best Undergraduate Case Report award for her presentation titled "Idiopathic Intracranial Hypertension beyond Obesity."

INFUSE 2026, Undergraduate Medical Conference at AIIMS Bathinda: Manas (Batch 2024) won the best team award in debate, 1st prize in poster case presentation, 3rd position in practical case presentation, and was also adjudged the overall best delegate. In the cultural arena, Avighna Deora secured a prize in solo singing.

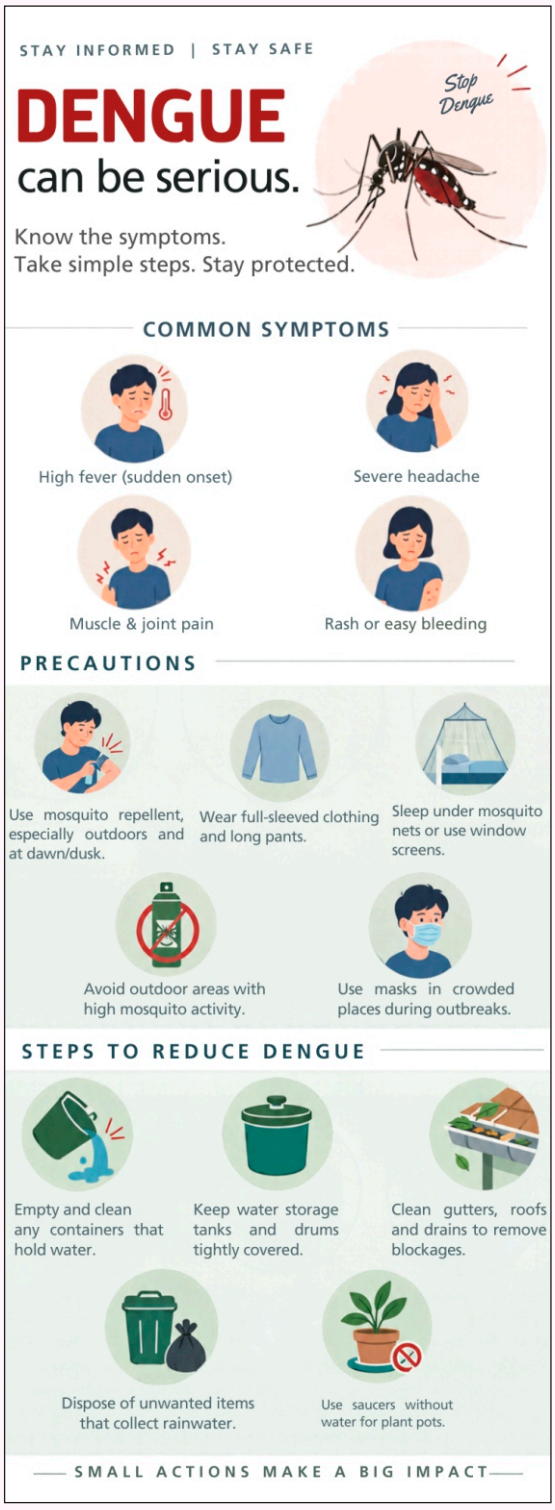


WORLD MUSIC DAY CELEBRATION

'RAAGA' The Music Club of DMC&H organized a special event on World Music Day in the college auditorium to encourage musical pursuits among students. The program began with a welcome address by Dr Garima Sharma, Incharge of the Music Club and Professor of Physiology.

The music club led by Sehaj (president) and Khushi (secretary) batch 2022 played an important role in organizing the event. The event coordinators were Jasmine (Batch 2021) and Dishant Nafra (Batch 2021), and Anshul (Batch 2025) handled the social media coverage.





"Google can suggest.
Your doctor can diagnose."

Autoimmune Rheumatic Diseases (AIRDs): The enigma explained

Q: What is Autoimmunity? What are AutoImmune Rheumatic Diseases (AIRDs)?

A: Autoimmunity is a state when the immune system mistakenly attacks its own body, instead of protecting it. This can cause problems in the joints, skin, muscles, eyes, lungs, kidneys and other organs, which are classified broadly as AutoImmune Rheumatic Diseases (AIRDs). These are commonly referred to as **'Gathiya bai'** in everyday language.

Q: When to suspect a case of AIRD and whom to seek help from?

A: Recognize the symptoms: joint pain and swelling, prolonged morning stiffness, chronic low back pain, unexplained fever, oral ulcers, skin rashes, excessive hair fall, limb weakness, muscle aches, difficulty breathing, feet swelling or urinary complaints, painful red eye, etc. Anyone with these symptoms must immediately consult with the Physician/Rheumatologist.

Q: How to diagnose a case of AIRD?

A: Various immunological investigations like Rheumatoid factor (RF), Anti-CCP, HLAB27, ANA, ANCA, ESR, CRP can hint towards an autoimmune problem. However, these investigations must be interpreted by the Physician/Rheumatologist in the context of patient's symptoms for confirmation of diagnosis of specific AIRD.

Q: What is the role of steroids in AIRDs? What are the other drugs in our armamentarium?

A: Steroid is the wonder drug for AIRDs. Steroids in the right way, at the right time, in the right patient, at the right dose, for the right duration, under the supervision of the Physician/Rheumatologist can be live-saving.

Another chief treatment component for complete cure is the immunosuppressant (or steroid sparing agent) which is selected depending upon the type of AIRD, organ involvement, and other patient factors. Various options are: csDMARDs, tsDMARDs, immunosuppressives, and biologics like HCQS, Methotrexate, Sulfasalazine, Tofacitinib, Rituximab to name a few.

Q: What is the goal of treatment and prognosis for AIRDs?

A: The goal is to achieve complete disease control and prevent organ damage so as to improve quality of life. With proper treatment and care, the disease can go into remission completely and patients can lead a normal healthy pain-free and disability free life.

Key message: AIRDs are very much treatable. Early diagnosis, timely treatment and proper follow-up with the Physician/Rheumatologist, can not only save lives and vital organs, but also transform lives by alleviating pain and improving Quality of life.

Dr. Rohan Goel
Assistant Professor, Clinical Immunology & Rheumatology

Executive Team-DMC&H Capsule
Dr. G S Wander (Chairperson), Dr. Omesh Goyal (Secretary)
Dr. Rama Gupta (Issue Co-ordinator)
Dr. Sandeep Kaushal, Dr. Gurdeep Singh Dhooria,
Dr. Monika Singla, Dr. Gautam Biswas,
Dr. Gunchan Paul and Mr. Gurjeet Singh
PRO Team: Ms. Deepak Sharma and Mr. Umesh Gautam

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HDHI : 0161-2304282 to 87
DMC&H Cancer Care Centre : 0161-4051111
Ambulance : 98155-55101
Fax : 0161-2302620
Website : www.dmch.edu

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