



DAYANAND MEDICAL COLLEGE & HOSPITAL



DMC&H
Capsule

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Dear Reader,

As we bring you the latest issue of our newsletter "Capsule," we are delighted to share the remarkable strides our institution has made recently. Driven by the visionary leadership of our President, Mr. Sunil Kant Munjal, and the meticulous stewardship of Secretary Mr. Bipin Kumar Gupta we are moving forward. Their unwavering commitment to transparency, compassionate patient care, and the integration of cutting-edge technology continues to propel us forward.

We have added 50 MBBS seats with the approval of the National Medical Commission, and a vibrant new batch of 150 students has already joined our community. We are also in the process of increasing postgraduate and postdoctoral seats in many specialties.

The introduction of the robotic knee replacement program, state-of-the-art neuro-navigation system and the latest O-Arm precision microscopes is already enhancing surgical outcomes in neurosurgery, while a full range of interventional radiology procedures offers minimally invasive solutions for a wide array of conditions.

We are keen to involve our younger faculty members in key administrative and technical committees, giving fresh perspectives to shape our future. Meanwhile, the digitization of medical records is an ongoing journey, streamlining patient information and improving the efficiency of care across departments.

Every day brings new milestones, and while it is impossible to capture every achievement in a single edition, we hope this snapshot conveys the spirit of innovation, compassion, and excellence that defines our institution.

We extend our heartfelt thanks to all the members of the DMC&H family who are all contributing to the progress of the institution.

Dr Gurpreet S Wander
Principal

BCME Workshop 2025

Medical Education Unit (MEU) DMC&H conducted a three-day Basic Course in Medical Education (BCME) from 25th to 27th August 2025 under the guidelines of the National Medical Commission (NMC). Thirty faculty members participated in the workshop. This workshop focused on innovative teaching methodologies, assessment strategies, and modern educational concepts to enhance the quality of medical training.

The inaugural ceremony was graced by Sh. Bipin Gupta, Secretary, DMC&H Managing Society, Dr. G.S. Wander, Principal, DMC&H, Dr. Sandeep Kaushal, Dean Academics, DMC&H and Dr. Dinesh K Badyal, official observer appointed by NMC. The workshop featured lectures and interactive activities led by the Medical Education Unit (MEU) team. Certificates were distributed to all participants, marking the successful completion of the workshop.



Cadaver Organ Donation

Our institution stands as a leading centre for cadaver organ donation and transplantation, offering hope and a new lease of life to patients in need. With a highly skilled multidisciplinary team, the hospital has successfully performed multiple multi-organ retrievals and transplants, including liver, kidney, and corneal transplants. Supported by advanced infrastructure, swift coordination, and the use of green corridors for timely organ transport, DMC&H continues to promote the noble cause of organ donation and remains dedicated to delivering compassionate, life-saving care to the community. DMC&H paid tribute to the donor's brave and generous gift, and to their family's noble decision during a difficult time.



Events & Conferences

CME on Rheumatology

The Department of Medicine, DMC&H organized a CME on Rheumatology under the aegis of the Punjab Medical Council. The program was held under the leadership of Organizing Chairman Dr. Rajesh Mahajan, Professor & Head of Medicine, with Organizing Secretaries Dr. Vipin Kumar and Dr. Joban Preet Singh.

More than 200 doctors from across the state participated in the CME. A State-level Rheumatology Quiz was also conducted, in which the DMCH team emerged winners and will now represent Punjab in the Zonal Round. Teams from AIIMS Bathinda and Mohandai Oswal Hospital secured the second and third positions respectively.



Paediatric Quiz conducted

Department of Paediatrics, DMC&H under the headship of Dr. Puneet A. Pooni, conducted 38th IAP Paediatric Quiz for undergraduate students in July, 2025 at DMC College Campus. The quizmaster was Dr. G S Dhooria, Professor Department of Paediatrics. Dr. Siddharth Bhargava, Associate Professor, and Dr Sumati Verma, Assistant Professor, coordinated the quiz. The winners of the quiz were Dr Karanvir Singh and Dr Pooja Jindal (1st Position) & Dr Ishan Bansal (2nd position). Certificates were awarded to all the winners to recognize their achievement. Participation certificates were awarded to Dr Pranav, Dr Nandita, Dr Radhika, Dr Namit, Dr Simranpreet and Dr Dhruv.



Free Eye Screening Camp held

As part of its ongoing efforts to support eye health, DMC&H under Project ROSHANI – 'Restoring Optical Sight & Hope for New India', organized a free eye check-up camp in July, 2025 at Maa Sharda Vidya Peeth, Bhagat Singh Colony, Moti Nagar, Ludhiana. The camp was led by Dr. Priyanka Arora, Professor, Department of Eye, DMC&H. The objective of the camp was to spread awareness about eye health and provide quality eye care to underserved communities. A total of 269 patients were examined during the camp. Out of these, 94 patients were prescribed spectacles, and 9 patients were advised for eye surgeries. Free medicines and spectacles were distributed free of cost to the needy.



Hands-on upskilling drive under Mission Swasth Kavach

Under the banner of Mission Swasth Kavach project led by Dr Bishav Mohan, Chief Cardiologist and Coordinator, HDHI, DMC&H in collaboration with District Administration, Ludhiana launched - a 3 days hands-on upskilling drive (August 25-27, 2025) for teachers and students to learn essential life-saving skills like CPR and blood pressure monitoring in Dumra Auditorium of DMC&H. This mission aims to prepare government teachers and students as Health Mentors, who can guide others in simple but vital health practices.

The training focuses on practical skills like CPR (Cardio pulmonary Resuscitation) and blood pressure monitoring and awareness. In Ludhiana, 534 Government Schools will be part of this mission. Each school will nominate teachers as Health Mentors, who will be trained through a three-day workshop at DMC&H. These trained mentors, along with DMC&H experts, will then train students of Classes 9 to 12 in essential life-saving skills. To support this initiative, DMC&H will also donate about 500 blood pressure monitoring machines to government schools.



Award Ceremony held

DMC&H felicitated Mr. Sanjeev Arora, Vice President of the DMC&H Managing Society, on his appointment as the Cabinet Minister for Industries, Commerce, Investment Promotion and NRI Affairs, Punjab. On this occasion Employee Excellence Award Ceremony was also held, to recognize and appreciate the outstanding dedication and hard work of nursing staff, clerical personnel, security guards, ward boys, sanitation staff, and support staff for their dedication and hard work in delivering exceptional patient care and service over the past year.



In his address, Sh. Sunil Kant Munjal, President, DMC&H Managing Society, said, "We are extremely proud of Sh. Sanjeev Arora for being elected to the role of Cabinet Minister. He has always been a guiding force at DMC&H, and his success is a matter of great pride for the entire DMC&H family. On this memorable occasion, I also congratulate our 'Employee Excellence Award' recipients. Your dedication, compassion, and hard work are truly inspiring."



Events & Conferences

Annual Convocation 2025

DMC&H conducted its prestigious Convocation Ceremony for the MBBS Batch of 2019, conferring 80 MBBS degrees, 67 certificates and 16 medals to its outstanding graduates. Chief Guest for the event was Dr. Balbir Singh, Hon'ble Minister of Health & Family Welfare, Medical Education & Research, Punjab, and Guest of Honour was Dr Deepak John Bhatti, Chairperson Dean, College Development, BFUHS, Faridkot.

President DMC&H Managing Society, Sh Sunil Kant Munjal; Secretary, DMC&H Managing Society, Sh Bipin Gupta; Treasurer DMC&H Managing Society, Sh. Mukesh Verma; Principal, Dr G S Wander; Dean Academics, Dr Sandeep Kaushal, Medical Suptds. Dr Ashwani K Chaudhary, Dr Sandeep Sharma, Chief Cardiologist cum co-ordinator HDHI, Dr Bishav Mohan, Dr Ashima Tanjea, Addl. Medical Suptd also graced the event.

This year, several new awards were introduced. The College Colour Award for Sports was conferred upon Dr. Abhaev Pratap Singh Sodhi, while the College Colour Award for Cultural Activities was presented to Dr. Ishita Gupta (Batch 2019). Dr. Shubham Munjal (Batch 2019) was honoured with the Best Graduate and Best All-Rounder awards. The Second Best Graduate title was awarded to Dr. Ishita Gupta.



Best Graduate - Dr Shubham Munjal



2nd Best Graduate - Dr Ishita Gupta



College Colour Award for Sports - Dr Abhaev Pratap Singh



What's NEW at DMC&H....

Recently Joined Faculty Members



Dr. Joban Preet Deol
Assistant Professor
Clinical Immunology
and Rheumatology



Dr. Kajal Arora
Assistant Professor
Department of
Respiratory Medicine



Dr. Jasneet Kaur
Assistant Professor
Department of
Pathology



Dr. Neha Mittal
Assistant Professor
Department of
Microbiology



Dr. Parth Chopra
Assistant Professor
Department of ENT



Dr. Pranshu Dhingra
Assistant Professor
Department of
Biochemistry

MBBS seats increased from 100 to 150

"Nurturing more future doctors with quality education & compassionate care"



With the approval of the National Medical Commission (NMC), the MBBS seats at DMC&H have been increased from 100 to 150. DMC&H is committed to shaping the future of medical education through quality teaching, innovations & compassionate care.

Premium Rooms Inaugurated

DMC&H is always committed to provide world-class healthcare services to ensure that every patient receives not only the best medical treatment but also a healing environment. With the inauguration of 12 Premium Rooms on the first floor, DMC&H has enhanced systems to ensure seamless clinical management and patient care.



DMC&H Website Upgraded

DMC&H announces the upgrade of its official website, www.dmcch.edu offering a more seamless, patient centric approach and user-friendly experience. With improved navigation, updated information and enhanced accessibility. The upgraded website was formally launched by Dr Balbir Singh, Hon'ble Health Minister of Punjab, along with Sh Sunil Kant Munjal President of the DMC&H Managing Society, Sh Bipin Gupta Secretary, Sh. Mukesh Verma, Treasurer, and other distinguished faculty members and team officials who contributed to this initiative.



New Initiatives

Complement Dependent Cytotoxicity Facility Launched

The Department of Pathology, DMC&H inaugurated of the state-of-the-art Complement Dependent Cytotoxicity (CDC) cross match and flow crossmatch testing facility. The newly introduced tests are a breakthrough for kidney transplant patients, ensuring precise compatibility assessments and minimizing the risk of organ rejection. These tests will play a pivotal role in pre-transplant evaluations, helping clinicians make informed decisions for better patient outcomes.



OptonPro Grade 4 Laser Launched

Department of Physiotherapy, DMC&H inaugurated the OptonPro Grade 4 Laser, on the occasion of World Physiotherapy Day. This equipment is an advanced therapeutic technology aimed at enhancing patient care and rehabilitation outcomes. Opton Pro Grade 4 Laser is a state-of-the-art physiotherapy modality, offering deep tissue penetration and faster pain relief for a wide range of musculoskeletal conditions. Its integration into the department is expected to expand treatment capabilities, improve recovery time, and contribute to cutting-edge patient management.



New Specialty Clinic Launched

The Department of Obstetrics and Gynaecology, DMC&H has launched two essential services to support women through pregnancy and early motherhood—Wellness Clinic and the Lactation Support Clinic. These services are offered free of charge in both the General OPD and Evening OPD. The Antenatal Wellness Clinic offers comprehensive care including routine check-ups, nutrition and lifestyle counselling, and emotional support for women from early pregnancy to postpartum. The Lactation Support Clinic is designed to guide and assist mothers with breastfeeding techniques, managing latching issues, breast discomfort, and building confidence.



Achievements & Accolades

Facultys' Achievements

- **Dr. Rajnish Garg**, Professor & Head, Department of Orthopaedics was invited to deliver a talk on 'Role of Sleeves in Revision Total Knee Replacement & Extensor Mechanism reconstruction in revision TKR at Punjab Knee & Hip Course held at Amritsar.
- **Dr Rajesh Kumar**, Professor & Head of IHBT, delivered a talk on 'Towards Universal Blood and Blood Components- Future Perspective at 50th TRANSCON at Gurugram.
- **Dr Hem Lata**, Professor of Physiology was appointed as an NMC Coordinator at GMC Chandigarh for Basic Course in Medical Education (BCME)
- **Dr. Omesh Goyal**, Professor of Gastroenterology, was invited to deliver a talk on 'Non-Pharmacological Management of Chronic Constipation' at the National Conference of the Indian NeuroGastro Motility Association in Kolkata.
- **Dr. Monika Singla**, Professor of Neurology was invited to deliver a talk on 'Neuroimaging in Acute Stroke at India Stroke Association, Jaipur. She was also invited as a Quiz Master in 11th Stroke Summer School 2025, Kolkata.
- **Dr. Gurvinder Kaur**, Professor & HOD Ophthalmology delivered a talk on Visual field testing in Glaucoma and small incision cataract surgery during CME titled 'Eye Banking and Corneal Transplantation: Vision for Life' at AIIMS Bathinda.
- **Dr. Priyanka Arora**, Professor of Ophthalmology delivered a talk on 'Complicated Strabismus' at the International Pediatric Ophthalmology & Strabismus Conference at Delhi. She also delivered a talk on management of Amblyopia in children at Indian Ophthalmological Society (AIOS) PG Fresher course held at PGIMER, Chandigarh.
- **Dr. Palak Upadhyay**, Assistant Professor of Clinical Psychology was invited to Punjabi University, Patiala for an awareness session on World Suicide Prevention Day on the theme "Changing the Narrative on Suicide: Start the Conversations."

Students' Achievements

Achievement at Divisional Pediatrics Quiz

Our PG residents Dr. Arashdeep and Dr. Ritvik have brought laurels to DMC&H by winning the Divisional Round of the Pediatrics Quiz for PGs held at PIMS, Jalandhar. A total of 10 teams from medical colleges across Punjab participated in the event. Sh. Bipin Gupta, Secretary, DMC&H Managing Society, Dr. G.S. Wander, Principal, DMC&H, along with faculty members lauded the outstanding efforts and achievements of our students.



Ambassadors for Pharmacovigilance Awareness

MBBS Batch 2022 students Ms. Aashini Bhat, Ms. Aaryan Bhandari, Mr Divyadeep Singh, Ms Jiya Garg, Ms Rhythm Verma, Ms Rhythm Sekhon, Mr Sehaj Goel, Ms Radhika Gupta and Mr Trishneet Singh actively spread awareness across OPDs during the observance of National Pharmacovigilance Week 2025 under the theme "Your Safety, Just a Click Away: Report to PvPI."



Public Awareness & Social Activities

Save The Planet Initiative

Under the able guidance of Sh. Bipin Gupta, Secretary DMC&H Managing Society, 'Save the Planet' initiative was launched in DMC&H on 5th June coinciding with The World Environment Day. To celebrate the success of this mission an event was organized in July, 2025 at Dumra Auditorium. DMC&H administration, faculty and staff members have successfully planted over 35,000 trees till September 2025.

The chief guest for the occasion was Mr. Sachit Jain, Vice Chairman and Director of Vardhaman Special Steels Ltd. The event was also graced by Sh. Bipin Gupta, Secretary, DMC&H Managing Society, Sh. Mukesh Verma, Treasurer, DMC&H Managing Society; Principal Dr. G.S. Wander; Dean Academics Dr. Sandeep Kaushal; Medical Superintendents Dr. Sandeep Sharma & Dr. Ashwani K. Chaudhary, Dr Bishav Mohan, Chief Cardiologist cum Coordinator, HDHI and Additional Medical Superintendent Dr. Ashima Taneja.



Dedicated Medical Team for Flood Relief

DMC&H launched a Public Outreach Programme to support flood-affected areas, deploying a dedicated Flood Relief Team under the guidance of Dr. G.S. Wander. Led by Dr. Bishav Mohan, along with Dr. Rajesh Mahajan, Dr. Vipin Kumar, Dr. Anubhav Sharma, Dr. Abhinav Gupta, Dr. Samir Kapoor, Dr. Ankit Gulia, Dr. Prabhleen, and Dr. Sandeep Sran, the team provided critical care, free consultations, medicines, and essential supplies in the worst-hit villages of Ferozepur and Ajnala.



"Your bones don't come with a return policy"

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 Monika Singla, Dr Gunchan Paul, Dr Ashvind Bawa
Dr Pankaj Kumar and Mr Gurjeet Singh
Editor: Ms Deepak Sharma and Mr Umesh Gautam

Understanding the autoimmune diseases and their implications on health

Dr Joban Preet Singh Deol
Assistant Professor, Clinical Immunology and Rheumatologist

What do rheumatologists diagnose ?

Rheumatologists specialize in diagnosing and managing diseases that affect the joints, muscles, bones, and immune system. They evaluate autoimmune and inflammatory conditions such as rheumatoid arthritis, SLE, vasculitis, and spondyloarthritis etc. They also diagnose allergic and immunodeficiency disorders. Early recognition and treatment of these conditions prevent long-term complications and improve quality of life.

When to seek a rheumatologist opinion ?

One should seek a rheumatologist opinion if you experience:

- Joint pains or swelling
- Early morning stiffness in hands
- Persistent low back ache (particularly <45 years)
- Bluish discoloration of fingers during winters
- Skin thickening
- Persistent dry eyes or dry mouth
- Skin rashes
- Recurrent oral ulcers
- Unexplained fevers
- Abnormal blood tests: raised ESR or CRP, positive ANA, rheumatoid factor, or anti-CCP etc.

When to seek a clinical immunologist opinion ?

If one experiences:

- Recurrent infections: infections of ear, nose, sinus, or skin occurring more than expected or taking unusually longer time to clear
- Serious infections: requiring hospitalization, iv antibiotics
- Failure to thrive or chronic diarrhea in children
- Recurrent hives/urticaria, lip swelling, joint pains, fevers in childhood
- Family history of immunodeficiency

Are rheumatic/autoimmune diseases curable ?

Most rheumatic diseases are not fully curable, but they are highly treatable. With early diagnosis and treatment, life-threatening and organ-threatening complications can be prevented. Deformities of hands and feet can be avoided with early treatment.

Do patients of rheumatic/autoimmune diseases require life-long treatment ?

Not all rheumatic conditions require life-long therapy. Treatment duration depends on the conditions, its severity, and how your body responds. If disease remains quite for a reasonable duration, medications can be safely tapered and sometimes stopped.

Do rheumatic/autoimmune conditions run in families ?

As most of the rheumatic/autoimmune diseases have a genetic component, so they can run in families. Having a close relative with autoimmune conditions can increase your risk. However, most people with a family history never develop the disease. Environmental factors like smoking, hormones, occupational exposure, sunlight, infections etc. modify the risk.

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.dmc&h.edu

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Please share your Comments & Suggestions at : consummate@dmch.edu