

News Letter
December 2024



**ASI DELHI
STATE CHAPTER**

**ASSOCIATION OF
SURGEONS OF INDIA**



SCISSORS

Official Newsletter of Delhi State Chapter ASI

Delhi State Chapter ASI

GC-ASI

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EDITORIAL

Dear Members,

It is with great enthusiasm that we present this edition of the ASI Delhi State Chapter Newsletter—a platform that reflects not only the clinical and academic vigor of our surgical community but also its creative spirit and intellectual diversity.

This issue is particularly special as we celebrate the **Launch of Surgery Digest**, the official journal of our chapter. This milestone marks a significant step toward fostering scientific research, publishing high-quality original articles, and advancing surgical knowledge. We invite you to contribute your research, reviews, and case reports to **Surgery Digest** and make it a beacon of academic excellence.

Inside this edition, we feature a thought-provoking article on **Artificial Intelligence in Surgery**, exploring its current applications and future potential. Don't miss the **Exciting Page 3 Interview** with two stalwarts of Indian surgery, **Dr. Probal Neogi** and **Dr. K.N. Srivastava**, where they share their professional journeys, experiences, and perspectives on the evolving surgical landscape.

In addition, we showcase a rich tapestry of contributions from our members. Beyond clinical reports and research updates, we feature poems and philosophical musings that offer a glimpse into the reflective side of surgeons' lives. Articles on wildlife provide a refreshing escape from the

operating room, reminding us of the broader world beyond our daily practice.

Our chapter's recent activities have been dynamic and inspiring. From hands-on surgical workshops and CME sessions to outreach programs aimed at improving healthcare access, our collective efforts continue to strengthen our mission of professional growth and social responsibility.

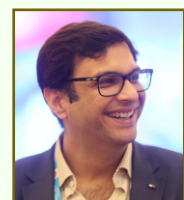
I would like to extend my heartfelt gratitude to my editorial team — **Dr. Pawan Malik, Dr. Shardool, Pooja Ji, and Akshay Jain** — for their invaluable contributions and dedication. A special thanks to our chapter leadership — **Dr. P.S. Sarangi** (President), **Dr. Ashish Dey** (Secretary), and **Dr. Tarun Mittal** — for their constant guidance and support.

As we move forward, let us embrace both scientific curiosity and creative expression. Together, we can advance the art and science of surgery while nurturing our shared human experience.

Thank you for your continued support and engagement. We look forward to receiving your contributions and feedback.

With warm regards,

Dr. Anmol Ahuja
Editor-in-Chief ASI
Delhi State Chapter
Newsletter



FROM THE DESK OF THE PRESIDENT

Respected seniors and dear colleagues,

As a President of this prestigious State Chapter and at the fag end of my tenure, when I look back, I feel grateful to all members of the association for giving me this opportunity. Over the past year, due to the hard work of our secretary, Dr. Ashish Dey and sheer commitments of all executive members, we have seen plenty of exchange of knowledge in the form of CMEs, Conferences and workshops. I thank all organizers for their efforts. The past year has also seen lots of social activities, like, blood donation camp, cancer awareness program, hernia awareness program etc. I appreciate the efforts of the organizers too.

As an outreach program, for the first time in the history of the state chapter, the chapter has given hands-on BLS training to more than 450 CRPF personnel and conducted online awareness program to 26 CRPF center all over India. Also, for the first time in the history of the state chapter, the chapter conducted offshore training program at Andaman and Nicobar Island. I thank Dr. Ashish and Dr. S.K.Dash for this initiative.

It will be unfair on my part if I do not mention the historic achievement of the chapter, the publication of “Surgery Digest”, The official journal of the state chapter of Delhi. The journey was not without hurdles, and was only possible due to the dedication and hard work of our Editor in chief Dr.

Chintamani and Dr. Ashish. My heartfelt thanks to both of them. In this journey, I also appreciate the financial help from ASICON CME foundation and my special gratitude to Dr. V. K. Malik and Dr. Jahuri for their help.

State chapter news letter is the flagship of the academic activities. I appreciate the efforts of our dynamic Editorial Secretary – Dr. Anmol Ahuja, in giving a completely new shape to our state chapter news letter, which has become more attractive, Informative and most importantly is being published regularly. I wish success for the forth coming edition.

Respected Seniors and dear colleagues, I am proud to inform you all that, due to dedicated efforts of our secretary, Dr. Ashish, and sheer commitments of our all members, though this time it was very competitive and challenging, we have again won the best State Chapter Award at the National Level.

Once again, thank you all seniors, all national executive members, executive members and all members of this association for giving me this opportunity.

Long Live Delhi State Chapter ASI

Jai Hind

Dr. P. S Sarangi
President,

Delhi State Chapter of ASI



FROM THE SECRETARY'S DESK

Dear Readers,

It gives me great pleasure in presenting to you this edition of 'SCISSORS', the official newsletter of the Delhi State Chapter of the Association of Surgeons of India. As we delve into the world of advanced surgery, we realise that technology becomes an integral part of the surgical management of various conditions. This should progress into Research and their publications into Journals and Newsletters of this kind to further academics. As Secretary, Delhi State Chapter of ASI, it gives me immense pleasure to announce that Delhi along with 3 other states has bagged the Best State Chapter award in the Annual National Conference of Association of Surgeons of India, ASICON 2025 held in JayPee Convention Centre, Agra by the esteemed President of ASI, Dr Probal Neogi.

I thank our President, Delhi State Chapter, Dr P S Sarangi Sir for leading the way from the front, GC members Dr C K Durga Ma'am, Dr Rana A K Singh, Dr Pawanindra Lal Sir and Dr Tarun Mittal, Past President Dr S K Poddar Sir, President Elect Dr Sanjeev Singhal Sir and the entire Executive, members of the Chapter, our secretarial staff member, Pooja Pant for all the efforts that brought the laurels to the State bestowed by the Headquarters, ASI. A special mention to ASICON CME led by Dr Harsha Jauhari Sir, Dr Vinod Malik Sir and the

Editor in chief of Surgery Digest, Dr Chintamani Sir for also making it possible. We have followed in the footsteps of our predecessors and achieved the milestone. This achievement is a testament to the hard work, dedication, and passion of all the members of the State of Delhi.

Thank you to our volunteers for their tireless efforts, our leaders for their guidance, and our supporters for believing in our mission. Your commitment has made a significant impact, and this award belongs to each one of you. We also just had a very successful Annual conference of the State Chapter, SURGICON 2024 organised by the Department of Surgery, VMMC and Safdarjung Hospital from 15th to 17th November.

Dr Anmol Ahuja has put in a lot of efforts into bringing this edition of the newsletter and performing his dues as the Editorial Secretary to the hilt.

Thank you for your continued support and readership.

Let's continue to inspire and uplift one another as we strive for even greater heights!

Long Live ASI, Delhi State Chapter

Warm regards,

Dr Ashish Dey

Honorary Secretary
Delhi State Chapter of ASI





Dr. Probal Neogi

MS, FRCS Edin., FRCS Glasg.,
FACS(USA), FAIS.

President, ASI

Professor Surgery

Moti Lal Nehru Medical College
Prayagraj

YOUR BIRTH PLACE

Allahabad

FAVORITE COLOR

Blue

FAVORITE BOLLYWOOD ACTRESS

Katrina Kaif

FAVORITE MOVIE

Zindagi na milegi dobara

PERSON YOU LOVE THE MOST

Loved-grandmother, Love-wife

YOUR FAVORITE PERFUME

Dior Sauvage

FAVORITE CUISINE

Mughlai

YOUR HOBBIES

Doing nothing (if you insist, then
traveling/reading)

FAVORITE BOOK

Most of P G Wodehouse

FAVORITE CHILDHOOD MEMORY

Driving my Dad's car sitting on his lap.



Prof. Dr. K. N. Srivastava

MS, FICS, FMAS, FIAGES, FCLS
Fellow MIS UK & USA

Senior Director and Head

Dept. of General and Minimal
Access Surgery,
BLK-MAX Super Specialty Hospital
New Delhi.

YOUR BIRTH PLACE

Badaun (UP)

FAVORITE COLOR

Blue

FAVORITE BOLLYWOOD ACTRESS

Amitabh Bachchan

FAVORITE MOVIE

Deewar

PERSON YOU LOVE THE MOST

Rita, my wife

YOUR FAVORITE PERFUME

Tom Ford

FAVORITE CUISINE

Baigan ka Bharata

YOUR HOBBIES

Badminton, Cricket, Movies

FAVORITE BOOK

Munshi Premchand ki Sarvashreshth
Kahania

FAVORITE CHILDHOOD MEMORY

Taking down unripe mangoes by
throwing wooden stick

AWARDS

ASI LIFE-TIME ACHIEVEMENT AWARD 2024

Prof. B M L Kapur awarded "ASI Life-time Achievement Award" for 2024 during inauguration ceremony of ASICON 2024, Agra on the 12th December 2024.

ASI JEWEL AWARD 2024

Dr. Samiran Nundy, "ASI Jewel Award" for 2024 during inauguration ceremony of ASICON 2024, Agra on the 12th December 2024

PRESIDENT MEDAL AWARD 2024 - DELHI CHAPTER, ASI

Dr. Aakanksha Giri Goswami from AIIMS has been awarded "President's Medal 2024" for best published PG paper during SURGICON 2024 inaugural function.

TRAVEL FELLOWSHIP AWARD 2024

1. **Dr. Mohd Junaid Ansar** - Surgical Oncology Fellowship (Code - DATFS2024) at AIIMS Rishikesh under the guidance of Prof Amit Gupta, In charge, Surgical Oncology, AIIMS Rishikesh
2. **Dr. Devender Singh** - Hernia Surgery Fellowship (Code- DATFH2024) at Digestive Surgery Clinic, Kolkata under the guidance of **Dr Sarfaraz Baig** - HOD Surgery, Digestive Surgery Clinic.

ROLLING TROPHY AWARD 2024 - AIIMS, Delhi

SURGERY DIGEST **Journal of Delhi Chapter - ASI**

The first edition of the Journal of the Delhi State Chapter 'SURGERY DIGEST' was launched at the inaugural function of SURGICON 2024, organised by VMMC and Safdarjung Hospital at 6 pm on 15 November 2024 at PHD Chamber of Commerce. The publishing house is the reputed Wolters Kluwer. We are grateful to Dr Probal Neogi, President of ASI and Chief Guest of SURGICON 2024 for launching the Journal and blessing us. We previously had a virtual launch of the journal at 11 am during the Operative Workshop by the Editor in chief of the journal, Dr Chintamani.



ARTIFICIAL INTELLIGENCE IN SURGERY Transforming the Landscape of Surgical Care

Artificial intelligence (AI) is rapidly transforming the field of medicine, and surgery is no exception. AI encompasses a range of machine learning algorithms and computational tools that are revolutionizing how we approach surgical procedures. This article explores the current applications of AI in surgery, its potential benefits, and the ongoing challenges that need to be addressed. AI tools and algorithms are being developed to improve surgical care at every stage, from pre-operative planning to post-operative recovery.

Here are some of the ways AI is being used in surgery:

- **Pre-operative planning:** AI can be used to analyze medical images, such as CT scans and MRIs, to identify potential problems and help surgeons plan their procedures. For example, AI can be used to create 3D models of a patient's anatomy, which can help surgeons visualize the surgical field and plan their approach.



AI 3D models of patient's anatomy

- **Intra-operative guidance:** AI can be used to guide surgeons during surgery. For example, AI-powered surgical robots can be used to perform complex procedures with greater precision and accuracy than is possible with traditional techniques.



AI powered surgical robots

- **Post-operative monitoring:** AI can be used to monitor patients after surgery for signs of complications. For example, AI can be used to analyze a patient's vital signs and identify patterns that may indicate an infection or other problem.

The use of AI in surgery has the potential to improve patient outcomes in a number of ways. For example, AI can help to:

- Reduce surgical errors

-
- Improve the accuracy of surgical procedures
 - Shorten hospital stays
 - Reduce healthcare costs

However, there are also some challenges associated with the use of AI in surgery. For example, AI systems are only as good as the data they are trained on. It is important to ensure that AI systems are trained on high-quality data that is representative of the real world. Additionally, it is important to develop AI systems that are transparent and accountable. Surgeons should always be in control of the surgical decision-making process, and AI systems should be used to support, not replace, surgeons' judgment.

Preoperative Applications

AI's impact begins even before a patient enters the operating room. Machine learning algorithms can analyze vast amounts of electronic medical records (EMRs) to identify patients at higher risk of complications. This allows for better preoperative planning, risk stratification, and potential adjustments to surgical strategies. AI can also analyze medical images, such as CT scans, to detect subtle anatomical variations or identify potential abnormalities, aiding surgical planning and reducing intraoperative surprises.

Intraoperative Applications

The operating room itself is witnessing a significant evolution with the integration of AI. Surgical robots, co-controlled by surgeons and AI algorithms, offer greater precision and dexterity, particularly in minimally invasive laparoscopic procedures. AI can also analyze real-time surgical video feeds, highlighting critical structures, identifying bleeding sources, and even recommending optimal surgical maneuvers. This can significantly enhance a surgeon's decision-making during complex procedures.

Postoperative Applications

AI's role extends beyond the surgery itself. AI-powered algorithms can monitor a patient's vital signs and physiological parameters after surgery, allowing for early detection of potential complications like infections or bleeding. This enables a more proactive approach to postoperative care, improving patient outcomes and reducing hospital readmission rates.

The Potential Benefits

The integration of AI in surgery offers a multitude of potential benefits. Improved preoperative planning and risk assessment can lead to safer surgeries. Intraoperative guidance from AI can enhance surgical precision and minimize tissue damage. Additionally, AI-powered postoperative monitoring can lead to faster recovery times and reduced healthcare costs.

Challenges and Considerations

Despite its promise, AI in surgery is still in its early stages. Challenges include the need for robust training datasets, ensuring the generalizability of AI algorithms across diverse patient populations. Ethical considerations regarding bias in algorithms and the ultimate responsibility for surgical decisions need careful discussion.

Conclusion

AI represents a transformative force in surgery. By assisting surgeons, improving decision-making, and enhancing surgical precision, AI has the potential to revolutionize patient care. As we move forward, addressing the challenges and ensuring ethical implementation will be crucial for harnessing the full potential of AI in this critical field.

Dr Shardool Vikram Gupta

MCH, MS

Assistant Professor Surgery

ABVIMS AND DR RML HOSPITAL, NEW DELHI



WHERE WE WILL REACH BY NEGLECTING OUR OWN HEALTH KNOWINGLY OR UNKNOWNLY ??? **Time For Health Introspection.**

Good health and good sense are two of life 's greatest blessings. Health is wealth, we never know its value until we lose it. From bitterness of disease man learns the sweetness of health. Take care of your body it's the only place you have to live. The best and most efficient pharmacy is within our own system.

There is a saying in Spanish "A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

A number of factors affect our wellness including fitness, nutrition and finance. Exercise itself is a major driver of neuroplastic changes in the brain when done on regular basis and becomes one of the most important factors restoring and maintaining mental as well as physical health across the life span starting from the moment one begins such program.

Encouraging physical activity among medical students during medical school does not routinely occur. A primary reason that medical students are at risk of neglecting health habits is not only the workload and the amount of time spent on studies but also the suboptimal facilities. Beginning in the first year of medical college students significantly decreases their exercise practice and these changes have been associated with emotional maladjustment and academic difficulties. And surprisingly this is not the end of it, during post-graduation, senior residency, superspeciality training, it increases by many folds. After substantial years of hard work, one reaches to some regular post provided private or government set up, become habitual defaulter for health practices.

Collaborative fitness intervention makes exercising easier through planned events and foster competition across teams and ensures achieving health goals in spite demanding time of doctors.

Personal commitment to exercise can be sustained over time and the effect can be seen as ability to care emphatically for their patients. Literature supports that personal physical fitness habits among doctors predicts one's future professional growth.

Throughout history great healers have discovered the power of breathing

to enhance the physical, mental and spiritual wellbeing. When centenarians were asked to divulge the secrets to their longevity, they invariably mentioned two factors, good genes and healthy living. Laughter medicine is not new, and the most beneficial aspect of laughter is the strengthening of the immune system via endorphins and positivity it brings. After all a healthy mind leads to happier view of life and with a happier view of life it is much easier to counter the negative impact, other issues will have on us.

Alternative medicine is gaining acceptance now, and it plays crucial role in health and human welfare beyond what anyone could have imagined a decade ago.

Three pillars of good health

- 1) Diet- Eat healthy food to live, not live to eat junk food to satisfy taste buds.
- 2) Exercise - Awakening and nourishing mind, body and soul.
- 3) Sleep - Repair mechanism of body to ensure one is feeling fit and energized the next day.

All will agree when we pursue a life of greater health and happiness we treat our body with dignity, respect and absolute care and that becomes path to improve our self-esteem by thousand fold.

He who has health has hope and he who has hope has everything.

Dr Kusum Meena
Professor Surgery
L.H.M.C, New Delhi



THE WILDERNESS WITHIN Nature's Scalpel for a Surgeon's Soul

The journey of becoming a surgeon transcends technical expertise; it is a multidimensional process encompassing personal growth, mindfulness, and an intimate connection with the world beyond the operating room. Over time, many surgeons find unexpected parallels between the operating room (OR) and the natural world, both of which require precision, focus, and a sharp, trained mind.

As the saying in clinical sciences goes, "The eyes will only see what the mind knows." This resonates deeply, especially when nature unveils its hidden treasures to those attuned to observe them. For me, the wilderness—and particularly wildlife photography—has become an enriching extension of my surgical training, nurturing both my professional and personal life.

Finding Solace in the Wild: Lessons from Nature

Throughout my four-decade-long journey as a surgeon and educator, I have discovered that the art of surgery extends far beyond the confines of classrooms and operating rooms. Nature, with its raw beauty, has provided moments of deep enlightenment and spiritual comfort. Spotting a Grey Hornbill in my backyard or showing green pigeons nesting near my home to trainees brought immense joy and connection. Similarly, encountering the Golden Oriole or the vibrant Oriental Dwarf Kingfisher in the Aravalli forest near my workplace at Sir Ganga Ram Hospital were moments of shared wonder. These experiences reminded me of the harmony between observation, patience, and precision—qualities essential for any surgeon.

Wildlife Photography: A Living Laboratory for Skill and Balance

Wildlife photography, a cherished hobby of mine, has evolved into more than just a leisure activity. It has become an extension of surgical training, offering numerous parallels to my profession:

1. **Skill Enhancement** Observing intricate details, perfect timing, and maintaining steady focus during wildlife photography echo the precision required in surgery. Both demand a sharp eye and unwavering concentration.
2. **Mental Rejuvenation** Immersing oneself in nature serves as a powerful

antidote to the stress and burnout often associated with the medical profession. The serenity of the wilderness fosters mental clarity and inner peace.

3. **Fostering Creativity** Adapting to unpredictable conditions in wildlife photography hones problem-solving skills, directly aiding the management of unexpected challenges in the OR.

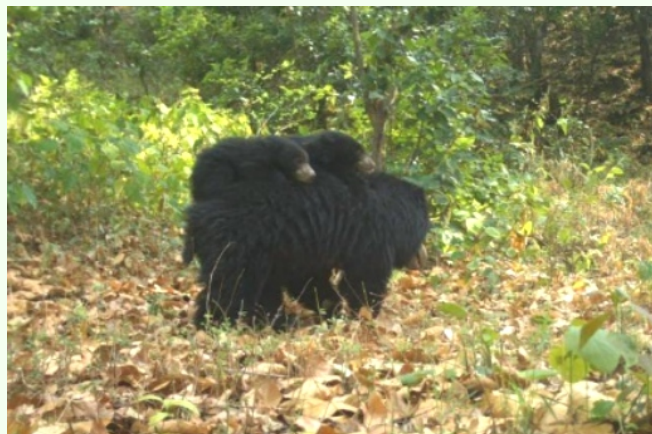
4. **Work-Life Balance** Pursuing hobbies like photography cultivates a well-rounded identity. This balance prevents professional fatigue and sustains enthusiasm for both work and life.

Nature as a Teacher

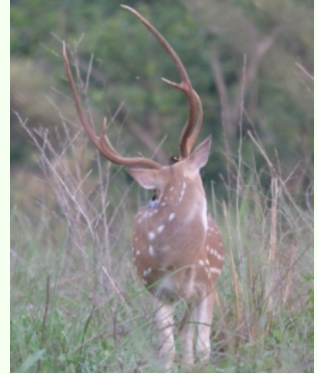
While not every surgeon needs to take up photography, hobbies that connect us with the natural world—whether through hiking, birdwatching, or other activities—impart invaluable lessons. They sharpen instincts, nurture mindfulness, and provide grounding. These pursuits allow surgeons to reconnect with their humanity, fostering both personal fulfillment and professional excellence.

I invite you to join in this unique and joyful endeavor to make surgical training an enjoyable, holistic experience for trainees. Together, we can rekindle the glory of surgery and make it a sought-after field once more.

P.S: Join us at “Gurukul of Surgical Disciplines”- for the surgeons, by the surgeons..” Youtube: surgery by Prof.Chintamani or www.drchintamani.org



SCISSORS



Legends :

- Fig.1:** Sight is a faculty ,seeing is an art
- Fig.2:** Mama bear carrying the cubs- my favourite picture [Chilla Rajaji-Garhwal]
- Fig.4:** Grey Hornbill in my backyard
- Fig.3:** Green pigeons nesting in my backyard.
- Fig.5:** Sighting a Leopard in the wild is a rare but divine sight [Jhalana Rajasthan]
- Fig.6(a,b):** Having sighted a tiger almost every time that I visited the forest since early 90`s, each time is a super special experience [Corbett-Jhirna & Bijrani]
- Fig.7:** Spotted deer with a rider (Bank Myena)
- Fig.8:** Spotted dove – [lovely Aravalli Ridge behind my hospital]
- Fig.9(a)&(b):** With my students at Corbett and Okhla Bird Sanctuary-the surgical class in wilderness .

Prof. Chintamani
Chairman and Head
Department of Surgical Oncology
Sir Ganga Ram Hospital, New Delhi



HOBBY SECTION

Negativity Is Strong Or Did I Get It Wrong?

Midst of celebrations, flashes one bad news,
Try harder than you can, U can't mend the fuse.

Easy is to destroy, difficult is creation
Be it Life, Be it relation or be Reputation

Cheer up the crying? hard even to try
Easy though to turn cheers into cry

Comfort of bed of roses - in a flicker is gone,
Should one get pricked by a little thorn

For our buds we have - sweet, sweeter, sweetest,
but only one bitter to spoil even the best

Victory Of Good Over Evil-?
YES ... will happen in the end, they say
But then, Good is left battered
And Evil had a field day!



Dr Maninder Kaur Chhabra

"Named Hernias "

Appendix जब Sac में आई **Appendix** हर्निया कहलाया
Hydrocele का साथ मिला तो **Gibbon** बन इसने डराया
Meckel's Diverticulum ने **Littre's** हर्निया का नाम बनाया
Barth's ने PVD और Abdominal wall के बीच आँत का Sandwich बनाया
Peterson ने Roux En Y Limb को खिजाया
Malgaigne ने Infant बच्चों को चिढ़ाया
Kronlein's, retroperitoneum में जा घरना दे बैठा
Velpeau's Femoral vessels के सामने जा बैठा
Richter ने तो आँत को थोड़ा सा सताया
Maydle ने तो दो लूपों का W बनाया
Narath ने बच्चों में Hip Joint का बाजा बजाया
Serafini ने Femoral vessel के पीछे रास्ता बनाया
Lacunar Ligament में **Laugier** हर्निया आया
Phantom हर्निया muscle paralysis से भागकर आया
Pantaloon ने Direct और Indirect को मिलवाया,
Sliding ने तो Sigmoid colon को बुलाया
Stammer's Retrocolic GJ के बाद हकलाया
Beclard, हर्निया Saphenous vein से आया
Ogilvie हर्निया Rectus sheath के बगल से झाँका
Treitz ने तो DJ Flexure को छकाया
Grynfelt's ने Upper Lumbar triangle को छेड़ा
Petit ने Lower Lumbar triangle में बनाया पेडा
Cloquets हर्निया Pectineal fascia को भाया
Mery's को Perineal region सुहाया
Berger's ने Douglas pouch को घर बनाया
Obturator हर्निया obturator foramen से आँया

A Plea For Breath

Spigelian ने arcuate line के Level पर घौंस जमाया

De Garengeot ने femoral hernia में appendix को गलाया

Hiatal हर्निया ने Upper stomach पर छतरी डाली

Holthouse में आँत skin के नीचे से पोपट के साथ सैर पर निकली

तीस नाम है तीस प्रकार,

बचे रहे अभी ढेरों उपप्रकार

नए काम होते रहेंगे

और नए नाम जुड़ते रहेंगे

हर्निया तेरे परिवार में

नए Members, भर्ती होते रहेंगे

Dr Kusum Meena

Professor Surgery

L.H.M.C, New Delhi



A Plea For Breath

In the heart of Delhi, where skies are gray,
Where the air we breathe has lost its way,
We face the smog, the haze, the blight,
And wonder if we'll see the light.

Lung cancer looms, a silent thief,
Stealing health, causing grief.
But we can fight, we can prevent,
The battle starts with how we're bent.

Protect your lungs, don't let them fade,
Breathe deep, but never in the shade,
Of toxic winds and polluted streams,
Guard your health, chase your dreams.

Walk away from fumes that choke,
Step into fresh air, renew, revoke,
The habits that darken your path,
And break the chains of nature's wrath.

A mask may help, but let it not
Be the only shield you've got.
Stay indoors when the air's unkind,
Seek respite, peace for your mind.

Eat the fruits, the green, the pure,
Let your body's strength endure.
Hydrate often, cleanse the day,
Fight the haze, in every way.

We're the guardians of our own fate,
Take action now, don't hesitate.
For lung cancer is a fight we win,
With mindful steps and strength within.

So let us rise, and strive to be,
A city breathing wild and free.
Together we can find the cure,
By keeping lungs and hearts secure.



Dr Rohit Rathi

Associate Consultant

Dept of Thoracic Surgery, SGRH

CASE REPORT

Rare Case Report of Sigmoid Volvulus – An important differential to consider in Acute Abdomen

Authors: Dr Akshaya Jnana Chandraraj (Junior Resident), Dr Ashok Kumar Gupta (Professor), Dr Vikram Singh Chauhan (Professor & HOD), Dr Danish Khan (Senior Resident), Dr Akhilesh Dalal (Junior Resident)

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Abstract

Background: Sigmoid volvulus an uncommon source of bowel obstruction in middle-aged individuals. This perilous condition pervades globally, with a pronounced predilection for elderly population burdened by concurrent health ailments. While both genders can fall victim, males (1) are more frequently affected.

Case Report: A middle aged gentleman presented to emergency center reporting pain abdomen, vomiting, obstipation. On palpation generalized tenderness, guarding present, X – ray abdomen showed classic coffee bean (volvulus) immediately underwent emergency laparotomy - found sigmoid colon was distended and gangrenous. Sigmoidectomy with Hartmann's performed.

Conclusion: This case underscores the criticality of swift action in addressing this life-threatening ailment. Its evaluation should be of utmost importance among the potential diagnoses for individuals reporting with abdominal distention and pain, vomiting, obstipation. An abdominal X-ray (3) both erect and supine positions provides excellent diagnostic results.

Keywords: sigmoid volvulus, middle aged, intestinal obstruction, sigmoidopexy, Hartmann

Introduction: Sigmoid volvulus, a seldom encountered but crucial instigator in mechanical obstruction of intestine in surgical emergencies, poses a grave risk to life. Prompt diagnosis and immediate surgical intervention are imperative due to

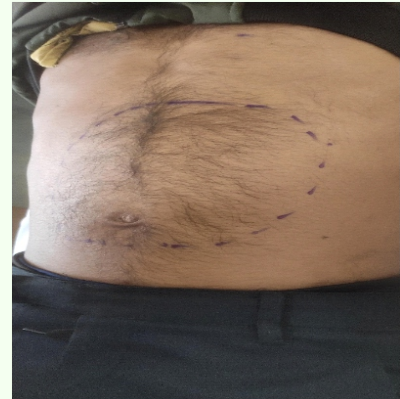
the potential for necrosis and perforation if left untreated. This term stemming from Latin roots indicating coiling of a loop around both itself and its mesentery. Interestingly, in geographical areas referred to as the volvulus zone, including Middle East, Indian subcontinent, Africa, Turkey - condition is more prevalent. Despite the sigmoid being frequently affected area (50-70%) can also manifest in the caecum. (6) and infrequently at splenic flexure. Sigmoid volvulus manifests in two discernible forms: gangrenous and non-gangrenous. The former carries a notably elevated morbidity risk. Gangrene can manifest at three distinct sites: origin of the twist (neck of volvulus), within twisted segment (twisted sigmoid loop) or in the distal descending colon and proximal segment of rectum. Older patients (4) with comorbidities such as psychiatric illnesses or chronic bed-bound conditions are particularly susceptible to developing sigmoid volvulus. However, this case report highlights that it should also be considered in younger individuals. Treating volvulus (2,6) involves considering several factors, such as patient's clinical condition, site of blockage, existence of peritonitis, gut health, expertise of the operating surgeon. Additionally, discovering blood during rectal examination raises concerns about possible ischemia or bowel necrosis. In cases of uncertainty, performing a double-contrast barium enema becomes necessary for definitive diagnosis. Sigmoidopexy (2), whether conducted endoscopically or through open surgery, is the preferred treatment for non-gangrenous sigmoid volvulus. Conversely, the Hartmann procedure, resulting in an end colostomy, is the life-saving option for gangrenous cases. Top of Form

Case Report - A gentleman aged 45 arrived at Emergency room with pain abdomen for 4 days initially colicky, later became dull aching and diffuse. He also reports not passing flatus and feces for 4 days and abdominal distension since 2 days, which was progressive with multiple episodes of bilious and feculent vomiting. There was no history of trauma, previous abdominal surgery or abdominal infections, specifically tuberculosis. No history of drug addictions, allergy. On general examination he was moderately built, severely dehydrated, altered sensorium, GCS –E3V4M5, PR being 112/min and BP – 90/50 mm Hg. RR – 28cpm spo2 – 86% on Room air.

On Per abdomen examination, we observed a grossly distended abdomen (Figure

1) with guarding and tenderness present all over. No particular mass or lump could be felt, and there was no hepatosplenomegaly. Percussion – tympanic note. No shifting dullness or fluid thrill. Auscultation – absent bowel sounds. External genitalia – normal. On digital rectal examination – anal sphincter increased tone, gloves stained with blood and feces.

Figure 1: Initial inspection- distended and tense abdomen.



Patient was resuscitated with IV fluids (D5 and NS), Antibiotics, Nasogastric tube and Foley's catheter was inserted. Blood work up revealed a notable increase in the white blood cell count, measuring at 23,000 cells/mm³. Furthermore, the blood gas analysis unveiled a complex metabolic derangement characterized by metabolic acidosis with compensatory alkalosis, elevated lactate levels, suggesting tissue hypoperfusion and septic shock. Radiological study - abdominal ultrasound revealed dilated bowel loops with absent peristalsis, fluid in abdominal cavity.

X-ray abdomen (figure 3) revealed- coffee bean appearance (3) of bowel loop, suggestive of sigmoid volvulus.

Figure 2: Chest x-ray film (PA view)
No air under diaphragm



Figure 3: Xray abdomen erect film - showing coffee bean sign, omega sign.

Patient was taken up for Emergency Exploratory Laparotomy – midline incision given.



Intra op findings - 500 ml of seropurulent foul smelling fluid present in peritoneal cavity. The sigmoid colon was looped on its mesosigmoid and found to be gangrenous, the Ascending and transverse colon appeared dusky. (Figure 4). Treatment – Gangrenous sigmoid colon excised (sigmoidectomy-Figure 5) and proximal stump brought out as stoma, distal loop sutured and left inside (Hartmann). For completion, the bowel was examined in toto for any further ischaemic areas, or twists and extensive peritoneal lavage given and two abdominal drains placed.



Figure 4: Intra op view of gangrenous sigmoid colon.

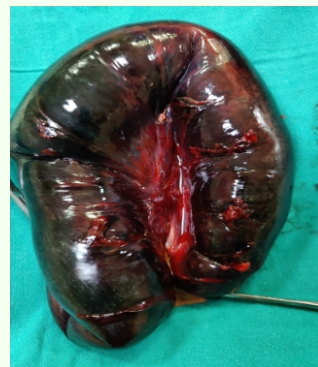


Figure 5: Resected specimen of gangrenous sigmoid colon

Patient was shifted to the ICU in view of sepsis, and started of broad spectrum antibiotics. He gradually improved & was discharged on post op day 17. Follow up visits - no complications. Planned for stoma reversal after 1 month.

Discussion: Volvulus arises due to segment of intestine that wraps around itself and its supporting mesentery (7,11), resulting in an intestinal blockage and hypoperfused bowel. Earliest document of volvulus dates back to 19th century, where Rokitansky attributed as causative factor in strangulation of intestines. The mesocolon's ability to twist either clockwise or counterclockwise can trigger a condition known as closed loop obstruction in the intestine. This occurs when the intestine wraps around itself, obstructing the flow of its contents. Further, hyperperistalsis worsens the situation by propelling additional contents into this narrowed passage, elevating intra-abdominal pressure and stressing the mesentery. As pressure builds, it exceeds venous pressure, compromising blood supply due to mesentery torsion. This compromised blood flow eventually leads

to tissue ischemia and gangrene. The primary contributors to the development of bowel gangrene include shock, cardiovascular conditions, delayed hospital admission, excessive torsion (twisting beyond 360 degrees). This condition is attributed to reasons, such as eating pattern (high fibre diet), weather conditions that are hot and humid cause greater amount of water to be lost from body & sedentary lifestyle. Elderly patients, especially those with psychiatric comorbidities such as chronic schizophrenia, Alzheimer's disease, pseudobulbar palsy, parkinson are also prone to developing volvulus. (5,7). Further in young age group, the prevalence of sigmoid volvulus often aligns with megacolon due to conditions like Hirschsprung's disease, Chagas disease, Ogilvie syndrome. Although in this case, patient presented at delayed state but above mentioned comorbidities not found. Plain abdominal X-rays are fast and effective (3,4,6) tool to investigate. Sigmoid volvulus detected by X-rays in 88% of cases by Javors et al. (14) and 83% by Welch and Anderson (7) respectively. Management (2,11,12) begins with the crucial steps of resuscitating followed by untwisting of volvulus, effectively managed by reduction via endoscope using sigmoidoscopy, administering a barium enema. However, it's important to acknowledge that some techniques carry potential to perforate, generally reserved for cases without indications of peritonitis or ischemia of gut. Top of Form

Operative treatment

- Necessitates exploratory laparotomy, visualisation of bowel, manual detorsion.
- Resection and primary anastomosis if bowel is viable.
- Other procedures such Sigmoid colopexy is linked to a greater recurrence rate (22%). Mesosigmoidoplasty, which involves widening the narrow sigmoid mesocolon, presents a steep learning curve and performing it becomes exceptionally challenging in cases of mesentery edema.
- If gangrenous then sigmoidectomy with End colostomy and rectal stump closed (Hartmann's procedure)
- Further, reversal of stoma done 10- 12 weeks later (9,10,11).

Conclusion: This constitutes a rare scenario of sigmoid volvulus in middle-aged individual, notable for its distinct clinical presentation compared to previously documented cases. The takeaway message is the importance of maintaining a high index of suspicion, enabling prompt and aggressive management in such cases, as proactive approach not only mitigates risk of further bowel loss and septic shock but is also critical given the life-threatening nature of condition.

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Election Result for the post of President Elect 2025 Delhi State Chapter

Nominations were invited only for the post of President Elect 2025. The Election Officer was Dr. S K Poddar. An Election Committee was made comprising of four members – Dr S K Poddar (Election officer), Dr. Rana AK Singh, Dr. C K Durga & Dr. Pawanindra Lal for the same. Two nominations were received for the above post.

1. Dr. Tarun Gupta (ASI NO. 7674 FL)
2. Dr. Subhash Aggarwal (ASI NO. 6092 FL)

Dr. Tarun Gupta gracefully withdrew his application for the above post before 6 pm on 6 November 2024. So Dr. Subhash Aggarwal was unanimously elected as President Elect 2025. The result was declared in the GBM of SURGICON 2024 at 12 pm on 17 November 2024 at the venue by the Election Officer.

Dr. S K Poddar
Election Officer &
Imm Past President - DSC ASI

CHAPTER ACTIVITIES

Monthly Meetings & PG Masterclasses

The April monthly meeting and PG Master Class of Delhi State Chapter was held at Maulana Azad Medical College, New Delhi on May 4, 2024 (Saturday), 2.00 pm - 4.00 pm at MAMC, New Delhi.

PG Masterclass

1. Midline neck swelling - Dr. Rinki Meena
2. Obstructive jaundice with abdominal lump - Dr. Shubham Ahuja

Cases

S No	Topic	Unit
1	An ovary in the Groin, all the time!	Unit 1 Prof Pawanindra Lal
2	Uncommon Recurrent Chest Wall Tumor	Unit 4 Prof Rajdeep Singh
3	To drain or not to drain	Unit 5 Prof Sushanto Neogi
4	Die Another Day - A saga of 520 days!	Unit 6 Prof Anubhav Vindal
5	Combined Tracheoesophageal Injury Following Blunt Trauma Neck	Unit 1 Prof Pawanindra Lal



The monthly Clinical meeting for the month of May was held at D D U Hospital on 18th May 2024, Saturday at Seminar Hall 3rd floor Trauma Block from 6 P M to 7 P M.

Cases to be presented-

S.no	Title	Presenter	
1	A rare case of renal malignancy	Dr. Sibaram Gaudo	Unit II Dr PS Sarangi
2	An unusual presentation of Enterocutaneous fistula	Dr Virender Singh	Unit I Dr Puneet Chhibber
3	Two Rare Cases Of Small Gut Obstruction In Adult	Dr. Ashish Kumar Rana	Unit II Dr PS Sarangi
4	A challenging case of Stab Abdomen	Dr Harikrushn Laheri	Unit I Dr Puneet Chhibber
5	Train on a wrong track	Dr. Aman Martolia	Unit II Dr PS Sarangi



The June Monthly meeting and PG Master Class of Delhi State Chapter was held at Hindu Rao Hospital (HRH) on June 29, 2024 (Saturday), 2.00 pm - 4.00 pm. This was jointly organized by HRH and Northern Railway Central Hospital, New Delhi.

PG Masterclass

- Case 1. Breast lump NRCH- Dr Yogesh
Case 2. Thyroid swelling. HRH- Dr Muni

Cases for Monthly meeting (2 cases each by NRCH and HRH), 3 to 4 pm

- Case 1. Retroperitoneal tumor - Dr Ravinder, NRCH
Case 2. Goldilock's mastectomy, Dr Shyam, HRH
Case 3. Skin malignancy- Dr Lokesh, NRCH
Case 4. Intra anal pilonidal sinus - Dr Swamy, HRH

This was followed by a Hands-On Suturing course on endotainers as well as on special 'Hernia suturing endotrainer'. And a Trucut biopsy training course for all the residents followed by certification and rewards.



The July monthly meeting & PG Master class of Delhi State Chapter was organized by ABVIMS Dr. RML Hospital on July 27, 2024 (Saturday), 3 to 4 pm. Venue: Room no. 104, PGI First Floor, ABVIMS Dr. RML Hospital

Case list

1. Loop gastrojejunostomy revisited: unique problems and innovative solutions in 3 cases. Unit S2 (Dr. Rana AK Singh)
2. Impromptu Surgical management of " A rare case of Ileo-colic Intussusception due to Leiomyoma in an Adult patient ". Unit -S3 (Dr. Rana M Rajneesh)
3. A case series on percutaneous drainage of liver abscess: an indigenous method for resource-limited setups. Unit S4 (Dr. Neeti Kapur)
4. Isolated gallbladder perforation from ice pick injury: clinical management and lessons learned. Unit S5 (Dr. Deborshi Sharma)
5. Laparoscopic drainage of a hidden lymphocele in post-renal transplant case. Unit S6 (Dr. Manoj Dokania)



The August monthly meeting & PG Masterclass of Delhi State Chapter was organized by VMMC & Safdarjung Hospital on August 31, 2024 (Saturday), 2 to 4 pm.

Cases were as follows: -

1. Diagnostic dilemma in a case of ileal GIST- Dr Raj Kumar Chejara unit
2. Recurrent Abdominal Pain-A Diagnostic Odyssey- Dr SV Arya unit.
3. Unraveling Complexity in a Congenital Diaphragmatic Hernia- Dr Shivani B Paruthy unit
4. Loner in the neck- Dr Ashok Sharma unit
5. Out of Sight, Not Out of Mind: Vulval Fibroadenoma Revealed- Dr VC Agarwal unit



The September monthly meeting for & PG Masterclass of Delhi State Chapter for September was organized by LHMC & Associated Hospitals on SEPTEMBER 21, 2024 (Saturday), 2 to 4 pm

PG Masterclass – 2 to 3 pm

Cases were as follows: -

S.no	Topic	Unit
1	Management of pancreatic laceration in blunt trauma abdomen- a case	Unit S1. Dr Romesh Lal
2	Unsolved puzzle of mucocele appendix	Unit S2 Dr Anup Mohta
3	Thyroid Cancer with lung metastasis	Unit S3 Dr Manoj Andley
4	Two tales of vascular malformations	Unit S5 Dr Nain Singh
5	Challenges in management of severe obesity with barrets esophagus with severe OSA with incisional hernia	Unit S6 Dr Priya Hazrah



The October monthly meeting of Delhi State Chapter was organized by UCMS and GTB Hospital on OCTOBER 19, 2024 (Saturday), 3 to 4 pm.

Cases were as follows: -

S.no	Topic	Presenter & Moderator
1.	A rare case of Complete androgen insensitivity syndrome and its management	Presenter – Dr. Shailender Moderator – Dr. Rahul Rohitaj Dr. Himanshu Agrawal Dr. Iqbal Singh
2.	Progressive pneumoperitoneum in treatment of loss of domain large incisional Hernia	Presenter - Dr. Tiyasa Moderator – Dr. Supreet Kaur Dr. Sanjay Gupta
3.	An uncommon presentation of breast filariasis	Presenter - Dr. Garima Chawla Moderator – Dr. Kritika Tiwari Dr. Deepak Kumar Presenter Dr. Garima Chawla Moderator – Dr. Kritika Tiwari Dr. Deepak Kumar
4.	Total Gastrectomy as a damage control surgery in corrosive injuries	Presenter – Dr. Nisha Moderator – Dr. Ram Bharosh Dr. Arun Gupta
Below cases : subject to availability of time		
5.	Non-operative treatment for intestinal pneumatosis	Presenter – Dr. Aamir Khan Moderator – Dr. Shubham Goel Dr. Arun Gupta
6.	An interesting case of recurrent unilateral gynecomastia	Presenter – Dr. Munish Moderator – Dr. Navneet Kaur



CONFERENCES & CMES Young HSICON 2024 - New Delhi

Department of Laparoscopic, Laser & General Surgery. Sir Ganga Ram Hospital, New Delhi, India in association with Hernia Society of India (HSI) and Delhi State Chapter, ASI hosted the prestigious “Young HSICON 2024” from 29th to 30th March 2024 at India Habitat Center, New Delhi, India.

Highlights of the Conference

29 March 2024: Live operative Workshops, Video-based presentations, Troubleshooting in hernia, Innovations in hernia, Quiz

30 March 2024: Competitive poster, Competitive video & free video presentations, Competitive paper & free paper presentations, How to do Systematic review and meta-analysis, Healing the healers - by Sister Shivani, Robo Talks, TED Talks, Keynote addresses and Panel discussions.



ASICON CME - May 2024

Delhi State Chapter & Northern Railway Central Hospital, New Delhi in association with ASICON CME Foundation organized ASICON CME 2024 on 12th May 2024. Theme was **Diseases of colon, rectum and anal canal**. Railway Museum, Chanakyapuri, New Delhi. Org. President : Dr. Sanjeev Singhal, Org Secretary: Dr Pawan Malik

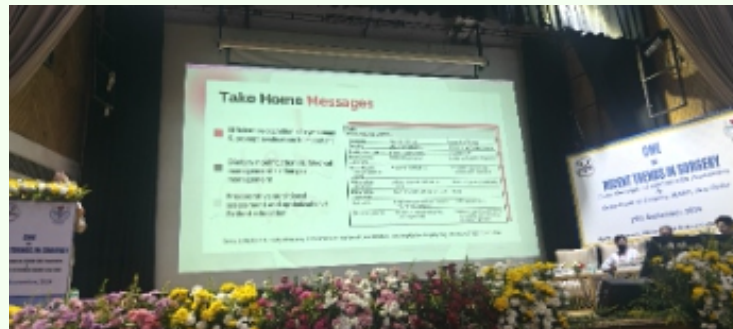
HIGHLIGHTS :6th Dr K C Mahajan Oration delivered by Dr. Sanjeev Haribhakti from Kaizen Hospital, Ahmedabad, PG Masterclass, Panel Discussion on difficult cases, Poster and paper presentation, Quiz, Da-vinci Robotic hands-on training with certification



MAMC ASICON CME - September 2024

The Department of Surgery, Maulana Azad Medical College, organized the ASICON CME 2024 in association with ASI Delhi Chapter & ASICON-CME Foundation on 29th September 2024 at 3rd Floor BL Taneja Block, MAMC.

Theme of the CME was "Recent trends in Surgery".



CME on Bariatric Surgery & Robotics in Urology

Max Superspecialty Hospital, Dwarka in association with ASI Delhi State Chapter - WEST ZONE organized a CME on Bariatric Surgery & Robotics in Urology by Dr. Lokesh Gupta on 31 May 2024 at Hotel Hyatt Centric, District Center, Janakpuri, New Delhi. Speakers Dr. Randeep Wadhawan and Dr. Sanjay Gogoi were invited to talk on their respective topics.

Guest of Honor : Dr. P S Sarangi, Dr. Ashish Dey



WEST ZONE CME- Sehgal Neo Hospital

An ASI Delhi State Chapter - WEST ZONE CME was organized by Sehgal Neo Hospital on June 1, 2024. Topic was : Abdominal wall hernia imaging : your road map in operative success. Org Chairman - Dr. Narin Sehgal, Org Secy : Dr A K Dhingra

Guest of Honor - Dr. P S Sarangi, Dr. Sameer Nain, Dr. Ravi Gupta.



CME organized by Indraprastha Apollo Hospitals

Indraprastha Apollo Hospitals, Sarita Vihar in association with Delhi State Chapter ASI organized a CME on 2nd August 2024, Friday, 8:30 pm onwards at The Panchshilla Rendezvous, Malviya Nagar, New Delhi.

The topics were: 1. "Anti Microbial Resistance: Current challenges and future directions , Speaker : Dr. Raju Vaishya, Sr Consultant, Orthopedic Surgeon & 2. Management of renal mass by robotic surgery - Dr. Anshuman Agrawal, Sr. Consultant, Urology and Robotic Surgeon

Moderators invited for the sessions were Dr. P S Sarangi, President DSC-ASI, Dr. S K Poddar, Past President DSC-ASI, Dr. Ashish Dey, Secretary DSC-ASI. There was an interactive session attended by surgeons.



Symposium on Colo Rectal Cancer Prevention - SGRH

It gives us immense pleasure to inform you that Colo Rectal Surgery unit, Sir Ganga Ram Hospital organized a symposium on "Colo Rectal Cancer Prevention " on 17th August 2024, 1 pm onwards, under the aegis of Delhi State Chapter, ASI at Auditorium SGRH. There were 50 delegates who attended the CME. I

 PREVENTION OF COLO RECTAL CANCER 17 August 2024, Auditorium, SGRH			
Scientific Programme			
Platform Dr. Ajay Swaraj, Dr. D. S. Rana Dr. Jayashree Bhat, Dr. A. K. Shukla Lunch at 12:30 pm			
Time	Topic	Topic	Speaker
12:30 - 1:30 pm	Magnitude of problem - Colorectal cancer burden in India	100 Minutes of Evidence (100% Attendance)	Dr. Anand K. Bhatnagar
1:35 - 3:30 pm	How to reduce the colorectal cancer burden to prevent colorectal cancer		Dr. Anand K. Bhatnagar
3:35 - 4:30 pm	Role of Endoscopy in colorectal cancer prevention		Dr. Anil Arora (SGRH)
Chairpersons : Dr. Ajay Swaraj, Dr. Anand K. Bhatnagar, Dr. Anand K. Bhatnagar, Dr. Anand K. Bhatnagar			
Time	Topic	Topic	Speaker
4:35 - 7:00 pm	Surgeon at Laparoscopic minimising in Colorectal cancer		Dr. Anand K. Bhatnagar (SGRH)
7:05 - 8:00 pm	Diagnosis, advice to prevent Colorectal cancer		Dr. Ramesh Patel (SGRH)
8:05 - 8:30 pm	Hereditary presentation of Colorectal cancer		Dr. Shantanu Agarwal (SGRH)
Chairpersons : Dr. A. K. Shukla, Dr. Ramesh Patel, Dr. Anand K. Bhatnagar, Dr. Anand K. Bhatnagar			
Time	Topic	Topic	Speaker
7:05 - 7:45 pm	Microsatellite instability associated colorectal cancer: Is there a role of surveillance?		Dr. Anand K. Bhatnagar (SGRH)
7:50 - 8:30 pm	Surveillance to prevent Colorectal cancer		Dr. S. K. Talwar (SGRH)
8:35 - 9:30 pm	Role of case studies in colorectal cancer prevention		Dr. Anand K. Bhatnagar (SGRH)
Chairpersons : Dr. S. K. Talwar, Dr. Anand K. Bhatnagar, Dr. Anand K. Bhatnagar, Dr. Anand K. Bhatnagar			

Pancreas CME-SGRH

Department of Laparoscopic, Laser & General Surgery, SGRH organized its annual "Pancreas CME" at Sir Ganga Ram Hospital on 14th September 2024 (Saturday), Auditorium, 9 am to 5 pm in association with Delhi State Chapter, ASI. This year, the topic of the CME was "Currently debates in Pancreatology". The current topic of debate focused on pancreatic cancer management and was discussed by eminent gastroenterologists, pancreatic surgeons, and oncologists. This was followed by master video presentations in Pancreatic Surgery.



TRAINING PROGRAMME, INSTRUCTIONAL COURSES & WORKSHOPS

Hernia Courses & Operative Workshop- Young HSICON 2024

Sir Ganga Ram Hospital, New Delhi, India in association with Hernia Society of India (HSI) and Delhi State Chapter, ASI organized a “Hernia Courses & Operative Workshop” during “Young HSICON 2024” on 28th March 2024 in the following centers. It was very well attended and the maximum participation was in the Inguinal hernia workshop where almost 40 delegates had attended and participated.

1. Inguinal Hernia (RML), 2. Ventral Hernia (Manipal), 3. Complex Ventral Hernia (Apollo), 4. Robotic Hernia Surgery (Max Saket), 5. Hiatus Hernia (SGRH), 6. Radiology in hernia (Medicity Gurgaon)



Cadaveric Workshop -ASICON CME 2024

This is to inform you that **Delhi State Chapter in collaboration with ASICON CME Foundation (Delhi)** organized Cadaveric workshop on 11th May 2024 at Deen Dayal Upadhyaya Hospital, New Delhi. There were 20 participants and 10 faculty members. Dr PS Sarangi (HOD Surgery DDU and

President DSC) was the course convener.

Highlights

- Hands-on bowel anastomosis on cadaver tissue under guided mentorship- Wet laparoscopic training and suturing on endotainers.



Cadaveric Workshop- DDU Hospital

There was daylong hands-on Cadaveric workshop on “ Exposure and repair of Peripheral vessels” from 9 am to 5 pm on 18 May 2024. Registration was free. The aim was to give adequate exposure of vascular surgery to each candidate. Approx 15 candidates had participated in the workshop.



Wet Lab training Session & workshop - SGRH

The Department of Laparoscopic, Laser & General Surgery in collaboration with Delhi State Chapter had organized Hands-on- Wet Lab training Session & workshop on 14 September 2024 . Hands-on wet lab training on Harvested tissues for various anastomosis in Whipple's procedure was proctored by eminent surgeons across Delhi . This workshop was organized by Dr. Brij B Agarwal, Dr. Neeraj Dhamija & Dr. Vasu Vashistha. This course was free for the benefit of post graduates.



SCOPE Course - January 2024

The flagship course of Delhi State Chapter of ASI, 'Surgery Clinical Oriented Postgraduate Examination Course (SCOPE) 2024' of this year was successfully organised from 11th to 14th January at ABVIMS auditorium, RMLH hospital. Dr Probal Neogi, President, ASI and Dr Pravin Suryavanshi, President Elect ASI was present for the course in person and was a tremendous source of encouragement and support to the Chapter and the Course in particular. The four-day compact course like every year was focused on Case presentations by the Residents, mock examination using clinical Case scenarios, Ward rounds, instructional video

sessions and sessions on Radiology, Instruments and specimens, Ward rounds and AET-com and OSCE based discussions. There were cash prizes for the Winners. It was attended by close to 200 delegates. We thank all the Faculty and particularly the Delegates for attending the meet and making the program a success.



SCOPE Course - July 2024

Second 'Surgery Clinical Oriented Postgraduate Examination Course (SCOPE) 2024' of this year was successfully organised from 18th to 21st July 2024. The venue was the National Rail Museum auditorium, New Delhi. Dr Ashish Dey was the SCOPE Coordinator ably supported by Dr. P S Sarangi, Dr. Sanjeev Singhal, Dr. Sameer Nain and all GC members-DSC ASI. Dr Probal Neogi, President, ASI was present as Chief Guest and was a tremendous source of encouragement and support to the Chapter and the Course in particular. Dr. Pravin Suryawanshi, President Eelect, also joined virtually during the inauguration and gave his words of encouragement. The four-day compact course like every year was focused on Case presentations by the Residents, mock examination using clinical Case scenarios, Ward rounds, instructional video sessions and sessions on Radiology, Instruments and specimens, Ward rounds and OSCE based discussions. There were cash prizes for the Winners. It was attended by close to 160 delegates.



Skill enhancement Programme of ASI (SEPA) at various centers in Delhi

Date	Course Name	Hospital and Course Coordinators
30th April 2024	Thyroid Diseases	Dr. Vivek Agarwal, Sri Action Balaji Hospital
7th May 2024	Perianal Diseases	Dr. Neeraj Goyal, Max Superspeciality Hospital, Patparganj
15th May 2024	Breast Diseases	Dr. Vaishali Zamre & team, Rajiv Gandhi Cancer Institute
17th May 2024	Inguinal Hernia Ventral / Incisional Hernia	Dr. P K Chowbey & Team, Max Super Specialty Hospital, Saket
20th May 2024	Inguinal Hernia	Dr. Tarun Mittal, Dr. Ashish Dey, Dr. Anmol Ahuja, SGRH
6th June 2024	Perianal Diseases	Dr. Tarun Mittal, Dr. Ashish Dey, Dr. Anmol Ahuja, SGRH
1st July 2024	Ventral Hernia	Dr. Tarun Mittal, Dr. Ashish Dey, Dr. Anmol Ahuja, SGRH
26th July 2024	Hernia & AWR	Dr. P S Sarangi, Dr. Tarun Mittal, Dr. Ashish Dey, Dr. Srikrishna Das GB Pant Hospital, Port Blair, Organized by Delhi State Chapter.
29th August 2024	Hernia TEP, TAPP, ETEP for inguinal, IPOM Plus, Patch mesh lap assisted, etep-RS for ventral hernias	Dr. Tarun Mittal, Dr. Ashish Dey, Dr. Anmol Ahuja, SGRH
23 September 2024	Perianal diseases including laser haemorrhoid, stapled anopexy, VAAFT, Laser LIS, Epsit	Dr. Tarun Mittal, Dr. Ashish Dey, Dr. Anmol Ahuja, SGRH





SEPA Program organized by Delhi State Chapter for the first time outside the boundaries of the state in the Pristine Blue Shores of Andaman & Nicobar Islands

We are delighted to announce that a first-of-its-kind SEPA Course, is being conducted by the Delhi State Chapter of Association of Surgeons of India outside its own state boundaries. This involves a Single Day Surgical training programme on Common surgical procedures that includes a Operative workshop followed by a CME. This course will be conducted in association with ANIIMS (Andaman and Nicobar Institute of Medical Sciences) associated G B Pant Hospital, Port Blair, in

the pristine blue shores of Andaman and Nicobar islands. The 'SEPA' (Skill Enhancement Programme of ASI) is a landmark initiative of the Dynamic President of ASI, Dr Probal Neogi for enhancement of Academics and training. The State Chapter of Delhi had taken this initiative to conduct this course and CME in the Islands for the first time. This is organized by the Delhi State Chapter of ASI as a National initiative to bring about the awareness and implementation of the cutting-edge technology to the less developed centers. It has been ably supported by Medtronics, whose help and support to the logistics and planning is commendable and deeply appreciated. The Organisers, the Executive of the Delhi State Chapter of ASI is led by its president, Dr P S Sarangi, Secretary, Dr Ashish Dey, Dr Tarun Mittal, Country Lead- SEPA and Dr S K Das, programme coordinator, SEPA course.

It will be started with the Operative workshop on the theme of 'Abdominal wall hernias', both Open and Laparoscopic in the O.R. complex of G B Pant Hospital, led by its Head of Department, Dr Gajaraj G, ably supported by Dr Bharat and Dr Mustafa. The workshop will be attended by over 15 delegates from both government and private practice from all over the islands. The workshop would be followed by an Inauguration programme, where the Dignitaries would be among the Leaders of Surgery, the Naval forces and the top rung of the Administration. We have received tremendous support by Dr Keshav Chandra, Chief Secretary, Dr Pragya Sharma, the Director of ANIIMS, Dr M S Saha, MS of the hospital, Dr Gajendra HoD, G B Pant hospital and Surg. Commod. (Dr) Sanjeev Tandon. We had the pleasure of having our Chief Guest, Nandini Paliwal, IAS, Commissioner-cum- secretary, A&N islands Inaugurating the workshop and CME among the dignitaries invited to the ceremony. The CME dwelt extensively on the varied aspects of Laparoscopic management of Inguinal and Ventral hernias.

We believe that more such programmes should be conducted where the experienced Faculty come and Mentor the faculty of the other centers, which goes a long way in dissipation of the academic culture and surgical temperament. Such programmes should be conducted more often with the able support of the ASI and Industry. The Bonhomie and camaraderie between the surgical fraternity would help not only to improve the technical knowledge among the surgical community but also help the patients be the ultimate beneficiary. Poor patients from the less developed areas thereby gets access to the latest and cutting edge

technology that would go a long way in improving the health and the community ad society at large.

First-of-its-kind Skill Enhancement Programme of ASI held at ICMR Auditorium
Commissioner-cum- Secretary (Health) hails ASI for organizing the event for the benefit of doctors of A&N Islands

Port Blair, July 26
 A first-of-its-kind Skill Enhancement Programme (SEP) of ASI Course, in association with ANIEMS (Madras) and NIOSH (Madras) Institute of Medical Sciences & C. B. Pant Hospital, Port Blair, was conducted by the Delhi State Chapter of Association of Surgeons of India (ASI). The State Chapter of Delhi had taken this initiative to conduct this course and CME in the Islands for the first time. The Programme involved a Single Day Surgical training programme on Common surgical procedures that also included a Operative Workshop followed by a

Addressing the gathering, the Commissioner-cum-Secretary said, better health care is being provided to the people of these Islands with available resources. She also acknowledged the support being provided by the Andaman Nicobar Command. She mentioned that the exposure level of the medical team in these remote Islands needs more interaction, more frequent collaboration, which will surely increase the competency level of doctors. She further stated that the A&N Administration is making a giant stride with regard to enhancing the competency of doctors and upgrading the health

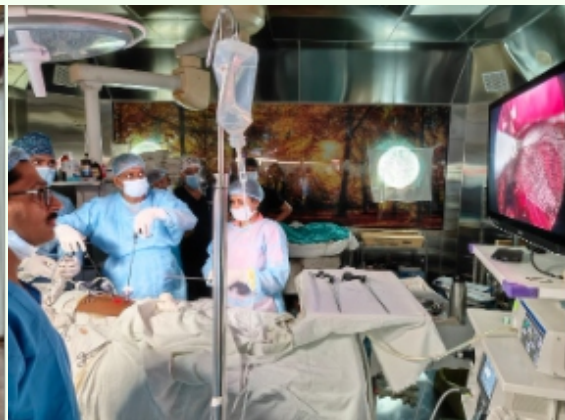
CME. The Skill Enhancement course was inaugurated by the Commissioner-cum-Secretary (Health), A&N Administration, Sri. Nandini Palwal, IAS, the chief guest in the presence of senior officers of A&N Administration, dignitaries from the mainland, doctors from ANIEMS & C. B. Pant Hospital and others in the Auditorium of ICMR, Surg. Comm. (Dr) Sanjeev Tanti, CSO (Medical) and Dr. Pragy Sharma, Director ANIEMS were the guests of honor.

(Cont. on next page)

Daily Telegrams

PM pays homage to bravehearts on Kargil Vijay Divas and attends Shradhanjali Samaroh in Ladakh
Kargil Vijay Divas reminds us that the sacrifices made for the nation are irreplaceable.

Commissioner-cum-Secretary (Health) hails ASI for organizing the event for the benefit of doctors of A&N Islands



PUBLIC EDUCATION PROGRAMS & SOCIAL SERVICE ACTIVITIES

Cancer Awareness Camp- Dr RML Hospital

Delhi State Chapter, ASI in association with Dr RML Hospital organized a "Cancer Awareness Camp" under the leadership of Dr. Neeti Kapur, HOD, Dept of Surgery, Dr RML Hospital and Dr. Sameer Nain, Prof, Dept of Surgery, Dr. RML Hospital in the lead on 20 April 2024 (Saturday). Almost 100 patients attended the awareness camp along with their attendants and were benefitted by the interaction with almost 20 postgraduate students and consultants of Dr. RML Hospital who helped to explain in detail along with the posters they had made so painstakingly. Dr. P S Sarangi, President DSC-ASI & HOD Surgery, DDU Hospital had led from the front to make it a successful event.



CHernia Awareness Camp - VMMC & Safdarjung Hospital

Department of Surgery, VMMC & Safdarjung hospital under the guidance of Dr Shivani Paruthy in collaboration with Delhi State Chapter ASI organized an *"Hernia Awareness Camp" on 4 May 2024, Saturday from 9 am to 12 pm. The program was started of by a very absorbing lecture by Dr. Vandana Talwar, Medical Superintendent of VMMC. Around 40 patients along with their relatives and staff of VMMC attended the meeting, that was followed by refreshments. Local organizing committee are as follows: Dr. Shivani Paruthy, Dr. S V Arya & Dr. Meghraj Kundan.



Voluntary Blood Donation Camp -SGRH

The Delhi State Chapter ASI organized the Voluntary Blood donation camp in association with the Department of Blood Bank & Transfusion Medicine, Sir Ganga Ram Hospital led superbly by Dr Vivek Ranjan, Chair and HoD and Dr Kamini Khillan, Vice Chair of the Department on 21 April 2024, Sunday. Almost 40 volunteers had come and donated blood for this benevolent cause. Dr P S Sarangi, President Delhi State Chapter of ASI and HoD, DDU hospita I had led from the front in the event to make it successful



Blood Donation Camp - Nationwide organized by ASI

The Association of Surgeons of India, Delhi State Chapter had successfully organised the Nationwide Blood donation camp on 15th June and, in a few hospitals in a 2-day affair (14th and 15th June 2024) in association with a number of Government and Private hospitals across the state. It was in response to the nationwide clarion call by the National President of ASI Dr Probal Neogi. This camp was enthusiastically organised by the Executives of ASI DSC who were also the chief coordinators in their respective hospitals and other standalone hospitals. A total of 615 people voluntarily donated blood with great enthusiasm in 12 hospitals across the State. The importance & benefits of blood donation were highlighted to the general public and the voluntary donors for a few days before the camp as a build-up to the final event. This was also covered by the media both in vernacular and in the English language.



Health Walk -*'My Health My Right'* - IMA

The Delhi Medical Association in collaboration with Indian Medical Association and *Association of Surgeons of India, Delhi State Chapter* had organised a Health Walk with the theme *'My Health My Right'* on 30th June 2024 in Connaught Place, New Delhi-1. It was well attended by many Surgeons from Delhi and neighbouring states and helped IMA make it a landmark event!!





Public Awareness Camp - SGRH

Colo Rectal Surgery unit, Sir Ganga Ram Hospital organized a camp on “Colo Rectal Diseases” on 16th August 2024, 1 pm onwards, under the aegis of Delhi State Chapter, ASI at Auditorium SGRH. Approx 40 patients attended the camp. It was organized by Dr. Sheikh Mohammad Taha Mustafa, Senior Consultant, Color Rectal Surgery Unit.



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CPR Awareness Course with Hands-on training for CRPF personnel

Delhi State Chapter of ASI conducted a single-day CPR training hands-on workshop' on 21 June 2024 for C R P F personnel as part of the ASI social service activity for 350 - 400 CRPF personnel by approximately 20-25 Faculty members from DDU hospital, Indira Gandhi Hospital, and Sehgal Neo Hospital at the CRPF camp, Kadarapur, Haryana from 10 am to 5 pm. Dr P S Sarangi (President-Delhi Chapter ASI) and Dr. Ashish Dey (Secretary-Delhi Chapter ASI) were the main coordinators for the event. Dr Probal Neogi, President of the Association of Surgeons of India was present as the Chief Guest. Dr. Susmita Sarangi from DDU Hospital was the chief instructor at the event. Commandant Vijay Khatana and Commandant Ashish Jha were Guest of Honour. The event was greatly appreciated by the top brass of the CRPF camp as a great social service activity and promised to hold bigger events of this nature in the future



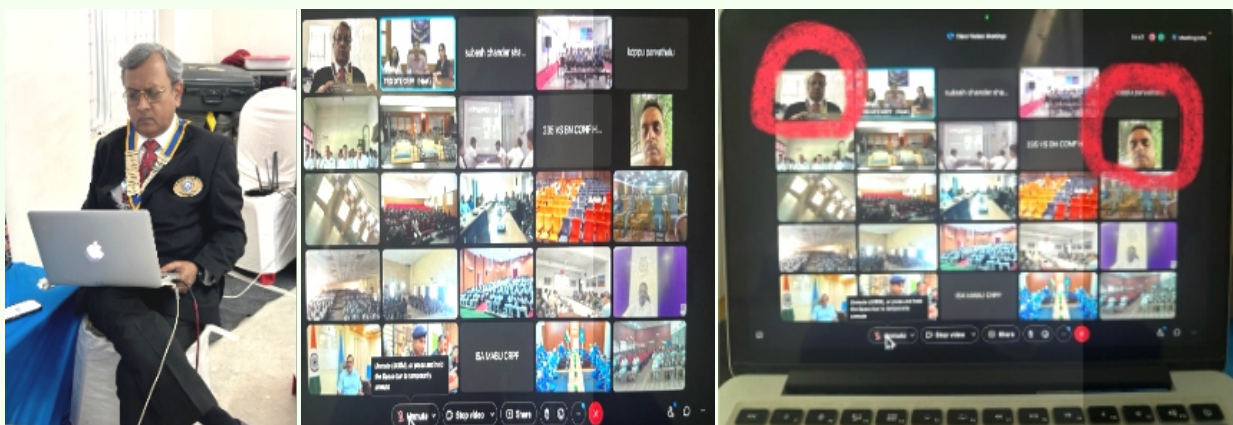
Online training course -Training Directorate in CRPF camp

In view of the overwhelming response of the last CPR awareness and training programme in the CRPF training camp in Gurgaon on 21 June, the higher authorities of the CRPF had expressed a keen interest in conducting more such training courses across the country.

In continuation of our efforts we conducted an online training course on 10 Aug from 2 to 4.30 pm in the Training Directorate in CRPF camp, R K Puram. A total of 22 centres had joined online from all over India. The Director General of CRPF, Shri Anish Dayal and President ASI, Dr Probal Neogi addressed all stations at the beginning of the programme. It was a good interactive session with different stations individually after completion of live demonstration of the CPR presentation. We received an excellent feedback after completion of the course.

We have plans to conduct more such training programmes in prominent centres in Meerut and Greater Noida and across the country.

We plan to carry forward the rich legacy of ASI, Delhi and make it one of our flagship programmes.



SURGICON 2024 **Annual Conference of Delhi State Chapter ASI**

We organized a very successful and well attended SURGICON 2024 from 15th to 17th November 2024 at the PHD Chamber of Commerce New Delhi organized by VMMC & Safdarjung Hospital. Org Chairperson - Dr. Shivani Paruthy & Org Secretary - Dr. Ashok Sharma. More than 200 delegates and 100 faculties participated in the deliberations. Inauguration of the conference on 15 Nov 2024 at 6 pm, was the highlight where Prof **Probal Neogi, Respected President of ASI** was our Chief Guest during inauguration ceremony and blessed us by Formally launching the 'SURGERY DIGEST', the official journal of Delhi State Chapter, ASI. This year also we gave appreciation mementos to our members who organized Delhi state chapter endorsed meetings and CMEs and did Yeoman service towards the chapter. Prizes were given for President Medal, Travelling Fellowship awards, Rolling trophy to the institute for best PG presentation in the monthly meetings, Competitive paper and Poster winners and PG Quiz winners.

DAY 1 – 15 NOVEMBER 2024 - Live Operative Workshop, Prof Sandip Mukerjee PG Quiz (preliminary rounds), Formal launch of the first edition Delhi State Chapter Journal 'SURGERY DIGEST' at the inaugural function of SURGICON 2024, The publishing house is the reputed Wolters Kluwer and the editorial board has eminent academicians & scholars from Delhi launched the Journal, Inauguration ceremony

DAY 2 - 16 NOVEMBER 2024 - Competitive, Oral, Video and Poster paper sessions, Lectures, Debates & Panel discussions, Golden Jubilee Oration & T J Aggarwal Memorial Oration

DAY 3 - 17 NOVEMBER 2024 - Competitive, Oral and Dr Ravi Basil Poster paper sessions, Debates, Lectures & Panel discussions, Dr. S K Sen Memorial Oration, General Body Meeting & Election results, Master Videos, Prof Sandip Mukerjee PG Quiz (Final rounds), Valedictory ceremony & Prize distribution

WINNERS DURING SURGICON 2024

Dr T J Aggarwal Competitive Paper session

1st Prize - Dr. Amol Sood, AIIMS, Delhi 2nd Prize - Dr. Jyoti Sharma, AIIMS Delhi & Dr. Dhananjay Khera, VMMC & Safdarjung hospital, Delhi 3rd Prize - Dr. Palak Bhatnagar, MAMC, Delhi

Dr. Ravi Basil Poster Sessions

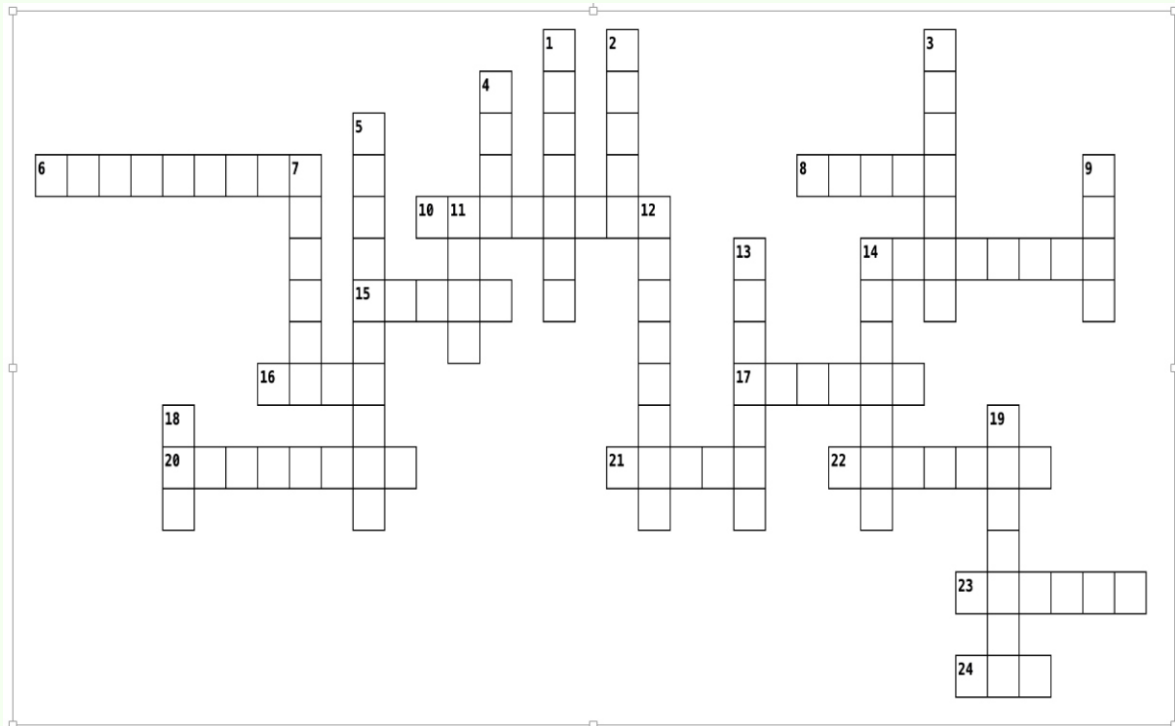
1st Prize- Dr. Neelam, AIIMS, Delhi 2nd Prize - Dr. Vikas Naik M, UCMS, Delhi 3rd Prize - Dr. Maneesha Goyal, LHMC, Delhi

Dr Prof Sandip Mukerjee Quiz Session

1st Prize- Team HRH - Dr. Meet Naresh Jajal & Dr. Singam Dharani 2nd Prize - Team Safdarjung Hospital - Dr. Nemi Chandra & Dr. Middela Sivagangadhar 3rd Prize - Team SGRH- Dr. Rakesh S & Dr. Ashik S



CROSSWORD



Across

- 6.** Division of the manufacturer General Motors (GM)
8. luxury vehicle division of the Japanese automaker Toyota Motor Corporation.
10. among the first automotive brands in the world from United States
14. Indian automobile manufacturing company headquartered in Mumbai, Maharashtra
15. Czech automobile manufacturer established in 1925
16. Indian USD 44 billion organisation, is a leading global automobile manufacturer
17. 9th largest automobile maker in the world from Japan
20. German multinational automotive company headquartered in Stuttgart,

Down

- 1.** British designer, manufacturer and marketer of luxury cars and SUVs
2. Japanese manufacturer famous for its "Accord" and "Civic"
3. a German automobile manufacturer headquartered in Stuttgart
4. American brand known for its trucks and muscle cars.
5. German automobile manufacturer based in Germany, established in 1937
7. Reliable Japanese brand known for its hybrid models.
9. largest automobile manufacturer in Italy
11. German automaker known for its "four rings"
12. The American automaker from the remains of the Maxwell Motor Company

Across	Down
<p>21. Elon Musk is a major investor and former CEO of the electric car company</p> <p>22. British luxury car manufacturer known for its ultra-luxury vehicles.</p> <p>23. brand of Land Rover, a British multinational car manufacturer</p> <p>24. South Korea's second largest automobile manufacturer, after its parent company, Hyundai</p>	<p>13. Korean car manufacturer that sells hatchbacks, sedans, SUVs, and EVs</p> <p>14. British luxury automotive manufacturer based in Woking</p> <p>18. German luxury brand with the famous kidney grille.</p> <p>19. Italian luxury sports car manufacturer based in Maranello</p>

Rules: The solved Crossword puzzle on a printout (as a pic) should be sent as an attachment to newsletter.dsc.asi@gmail.com from your registered email ID. The puzzle is open to all members of Delhi Chapter ASI. First correct email entry received will have the winner name mentioned in the next edition of SCISSORS.

Compiled by
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Delhi Chapter-ASI

