



VOLUME 1.1 JANUARY 2025

LOOKING AHEAD

The launch of Nishchetak marks the beginning of a new chapter in our society's journey.

However, its success depends on the active participation of our members.

We invite contributions in the form of articles, case reports, and event updates, as well as suggestions to make this endeavour truly representative of our fraternity.

Inaugural Issue

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PRESIDENT AND SECRETARY, ISA UP

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ISNACC 2025 January 24-26, Kovlam

IAPA 2025 February 14-16, Pune

IACTACON 2025 February 20-23, Kochi

Criticare 2025 March 07-09, Kochi



ISA National HQ

 PRESIDENT DR. J BALAVENKATA SUBRAMANIAN <small>233 DR. SUBBAYYAN ROAD, TATASAI, COIMBATORE, TAMIL NADU, PIN: 560040/012</small> ISA No. : J0349 9842245757 <small>drbalavenkat@gmail.com</small>	 VICE-PRESIDENT DR. VIRENDRA SHARMA <small>110/2, INDRA NAGAR, NEAR CENTRAL ACADEMY SCHOOL, LUCKNOW, PIN: 226001</small> ISA No. : V0477 9415142460 <small>virendra_doo@yahoo.co.in</small>	 PRESIDENT-ELECT DR. NAVEEN MALHOTRA <small>NAVEEN AHETAH, 126/11, CIVIL HOSPITAL ROAD, DOCTOR SLANE, RIKHTAK, FARIDABAD</small> ISA No. : N0343 9812091051 <small>rnaveenmalhotra@yahoo.co.in</small>	 HONORARY SECRETARY DR. SUKHMINDER JIT SINGH BAJWA <small>11/10/27 MITTAN NAGAR, TRIPURI TOWNS, PUNJAB PATIALA - 147004</small> ISA No. : S2507 9915025828 <small>sukhminderajwa@gmail.com</small>	 TREASURER DR. MANOJ KUMAR <small>100, MANNA NARAIN HUBBANA LA ROAD, SHIVPURI BHARI SHAMFI DALANCAJ - 801001</small> ISA No. : M1938 9801804962 <small>manojkumarshw@gmail.com</small>
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 EDITOR-IN-CHIEF IJA DR. RAKESH GARG <small>B-3, FIRST FLOOR-HOUSING SOCIETY SOUTH KRISHNA PARK-1 DELHI NCR DELHI-110049</small> ISA No. : R1371 9810394950 <small>rngarg@hotmail.com</small>	 PAST PRESIDENT DR. JIGESHU VASISHTHA DIVATIA <small>A-18, SHAKTI, AZAD LANE, ANDHERI WEST, MAHARASHTRA MUMBAI</small> ISA No. : D0417 9869077455 <small>jdivatia@yahoo.com</small>	 GC MEMBER DR. MANISHA D. KATIKAR <small>BALWANT INSTITUTE OF NEUROSURGERY AND INTENSIVE CARE (BINTI), MEDICHPURA, OPP. LILAP MANGAL KARWAL, KY. VEHAR SAT RAETA, MAHARASHTRA-421301, PUNE-421001</small> ISA No. : M1001 9822194824 <small>mkatikar@gmail.com</small>	 GC MEMBER DR. PANKAJ RAMKRISHNA GUPTA <small>2/A, RAMKRISHNA BUNGLOW, DAKWAD NAGAR, MUMBAI NAKA, GAOVAD NAGAR BEHIND ST MAHABURG BUS STAND, MAHARASHTRA, PINCODE - 400002</small> ISA No. : G0679 9834018133 <small>drpankaj99@gmail.com</small>	 GC MEMBER DR. INDRANI HEMANTKUMAR <small>3003-A, LADY RATHN TOWERS, D.S. MARG, GAZDHI NAGAR, WOLLA, MUMBAI, MAHARASHTRA, PINCODE: 400038</small> ISA No. : I0078 9819967609 <small>indranth@yahoo.com</small>
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 GC MEMBER DR. HEENA SUNIL CHHANWAL <small>B/103, SHREEDEHAR MIST, NEAR CHITVAN FLAT, KOTESHWAR BHAR ROAD, MOTERA STATION, AHMEDABAD</small> ISA No. : H0225 9925497393 <small>drmrstc@gmail.com</small>	 GC MEMBER DR. RASESH PADMAKANT DIWAN <small>L. NOVEX BOW HOUSE, SATELLITE, AHMEDABAD-380015</small> ISA No. : D0255 9824024808 <small>pdivan_59@hotmail.com</small>	 GC MEMBER SUJATA GHOSH <small>BANSARA APARTMENTS, FLAT NO 203, 406, ST ROAD, DALLY HONRAH, KOLKATA</small> ISA No. : S3044 9903663696 <small>dr.sujata44@gmail.com</small>	 GC MEMBER TANVEER SINGH <small>681-C, MODEL TOWN, LUDHIANA, PIN: 141001</small> ISA No. : T0570 9872828106 <small>singhtanveer99@gmail.com</small>
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ISA Uttar Pradesh

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 Dr. Neha Kumar	 Dr. Ankita Sharma
 Dr. Bhavya Naithani Dube	2

From our President's Pen



I am immensely pleased to congratulate you on re-launching the Newsletter of ISA Uttar Pradesh, “Nishchetak.” It’s a dream come true for me as sitting president of ISA UP State to re-launch this newsletter. This initiative reflects our society’s relentless pursuit of excellence and its unwavering commitment to fostering unity and knowledge-sharing among anaesthesiologists in our region. Nishchetak is not merely a collection of articles and updates; it is a beacon of clarity, aptly named to symbolise the precision, awareness, and dedication that define our profession.

I feel sad to see a meagre representation of ISA UP State nationally in different award categories. I would appeal to members of ISA UP state to actively participate and organise various activities under the banner of ISA UP State and make it the most vibrant state branch in the country. I’m indebted to past office bearers of ISA UP State who have worked relentlessly to bring laurels in the past. Still, I also understand that I have a herculean task lying ahead. I will have to work hard to restore the real glory to ISA UP State, which we can not achieve without active participation from every member. We should not limit ourselves to only academic events; other activities like social responsibilities, sports, yoga, COLS training, family gatherings, etc., can also be organised.

This newsletter will undoubtedly serve as a platform to showcase our achievements, exchange innovative ideas, and inspire one another to reach greater heights in clinical practice, research, and education. Members are also encouraged to contribute to the field of poetry, story writing, painting, photography, etc.

I want to express my deep gratitude to the editorial team and contributors whose tireless efforts have brought this vision to life. Your dedication to creating a platform connecting and empowering our community is commendable. It would be unjust not to mention the name of Dr Rajeev Kr Dubey, who has burnt his heart out and put extraordinary efforts into publishing this newsletter, as well as our editor, Dr Divya Srivastava.

As we turn this new page in our society’s history, I encourage all members to actively participate in making Nishchetak a vibrant and valuable resource. Share your stories, experiences, and insights, for it is through collective wisdom that we can continue to advance the field of anaesthesiology and critical care. Together, let us uphold the values of compassion, precision, and continuous learning, and let Nishchetak become a shining testament to the spirit of our society.

Warm Regards,
Jai Hind, Jai ISA

Dr. Kapil Singhal



Our Secretary Speaks



Dear Members,

It is a moment of pride to present the inaugural issue of Nishchetak, our society's newsletter. This platform symbolizes our shared commitment to progress and collaboration within anaesthesiology and critical care.

Nishchetak aims to unite us by sharing knowledge, celebrating achievements, and fostering connections. This milestone reflects the hard work of our editorial team and contributors, to whom I express my heartfelt thanks.

I encourage all members to contribute actively and make this newsletter vibrant and impactful.

Together, let's shape Nishchetak into a source of inspiration and growth for our community.

Long live ISA

Dr Sandeep Sahu



The Dawn of Nishchetak

With immense pride and enthusiasm, we present the inaugural issue of Nishchetak, the official newsletter of the Indian Society of Anaesthesiologists, Uttar Pradesh Chapter. This is more than just a publication; it is a testament to our collective vision, an enduring commitment to professional excellence, and a step toward fostering a deeper sense of community among anaesthesiologists in the region.

Deriving its meaning from the Sanskrit roots, the name *Nishchetak* is deeply symbolic. In anaesthesiology, where precision and vigilance govern every action, the title resonates with our dedication to ensuring patient safety and advancing the frontiers of medical sciences. It is this spirit that this newsletter seeks to embody.



Goals and Aspirations

The launch of Nishchetak is aligned with the broader objectives of the Indian Society of Anaesthesiologists, Uttar Pradesh Chapter:

- **Knowledge Dissemination:** In an era of rapid advancements, staying abreast of the latest developments in anaesthesia and critical care is crucial. Nishchetak aspires to serve as a platform for sharing innovations, research updates, and clinical insights, enriching our collective understanding.
- **Community Building:** Our newsletter aims to bridge the geographical and professional divides among anaesthesiologists in Uttar Pradesh. By featuring stories, profiles, and achievements from across the state, Nishchetak fosters a sense of belonging and mutual respect.
- **Educational Outreach:** Nishchetak will serve as a valuable resource for young anaesthesiologists and trainees, providing them with mentorship opportunities, case studies, and updates on workshops, conferences, and continuing medical education programs.
- **Celebrating Excellence:** Highlighting the remarkable contributions of our members, from pioneering research to community service, is a cornerstone of this initiative. Nishchetak will spotlight these achievements, inspiring others to strive for similar excellence.

As we turn the pages of this inaugural issue, let us reaffirm our commitment to the values that define our profession: compassion, precision, and continuous learning. Together, through Nishchetak, we can illuminate the path ahead, enriching lives within and beyond our community.

With warm regards and high expectations,

Rajeev Kumar Dubey

President-Elect and Chief Editor

ISA, Uttar Pradesh

Meet our Editor Dr Divya Srivastava



The ISA, UP Chapter extends its heartiest congratulations to **Dr Divya Srivastava** on the successful publication of the inaugural issue of Nishchetak!

Your dedication, meticulous efforts, and unwavering commitment have been instrumental in bringing this vision to life.

Publishing the first edition of a newsletter is no small feat, and your leadership has set a high standard for quality and excellence. Nishchetak reflects your passion for fostering connections and sharing knowledge within our anaesthesiology community, and it will undoubtedly inspire and engage our members.

On behalf of the entire Indian Society of Anaesthesiologists, Uttar Pradesh Chapter, we extend our deepest appreciation for your hard work and perseverance. May this achievement mark the beginning of many more milestones in your editorial journey.

Mukesh Kumar Prasad

MD, MBA, PGDHHM, FIPM

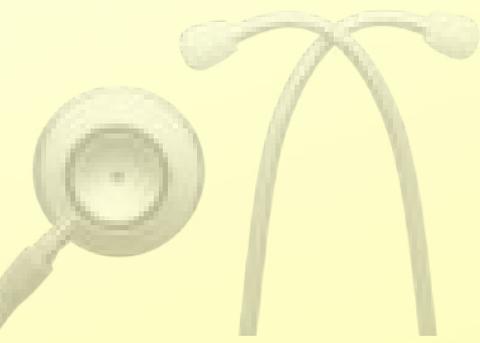
Professor and HOD, Department of Anaesthesia,
Teerthanker Mahaveer Medical College and Research Centre,
Moradabad, UP

The National Medical Commission (NMC) recently mandated Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) training as compulsory for postgraduate students to qualify for their final examinations. This directive initially caused an uproar, particularly among non-clinical and para-clinical students who are not directly involved in patient care. However, a rule is a rule, and all students were required to comply.

In response to the mandate, we began training postgraduate students from all disciplines. The course spanned three days, but it was Day 3 that posed the greatest challenge. The ACLS exam required candidates to identify various ECG rhythms—a task that left many confused and perplexed. As an observer, I found myself analysing not just the rhythms but also the students.

The ECG rhythms kept changing, much like the moments of our lives ever dynamic, ever unpredictable. The key difference, however, is that while we can control ECG rhythms on monitor, we have little control over the rhythms of our daily lives. This observation struck me as a metaphor for the current relationship between teachers and postgraduate students.

Gone are the days when a natural, unspoken bond developed between teachers and students—a connection that grew stronger over time and was nurtured for life. Today, we seem to have lost this "sinus rhythm" connection with our students. The question arises: What has changed? What is the missing link?



The Missing Rhythm



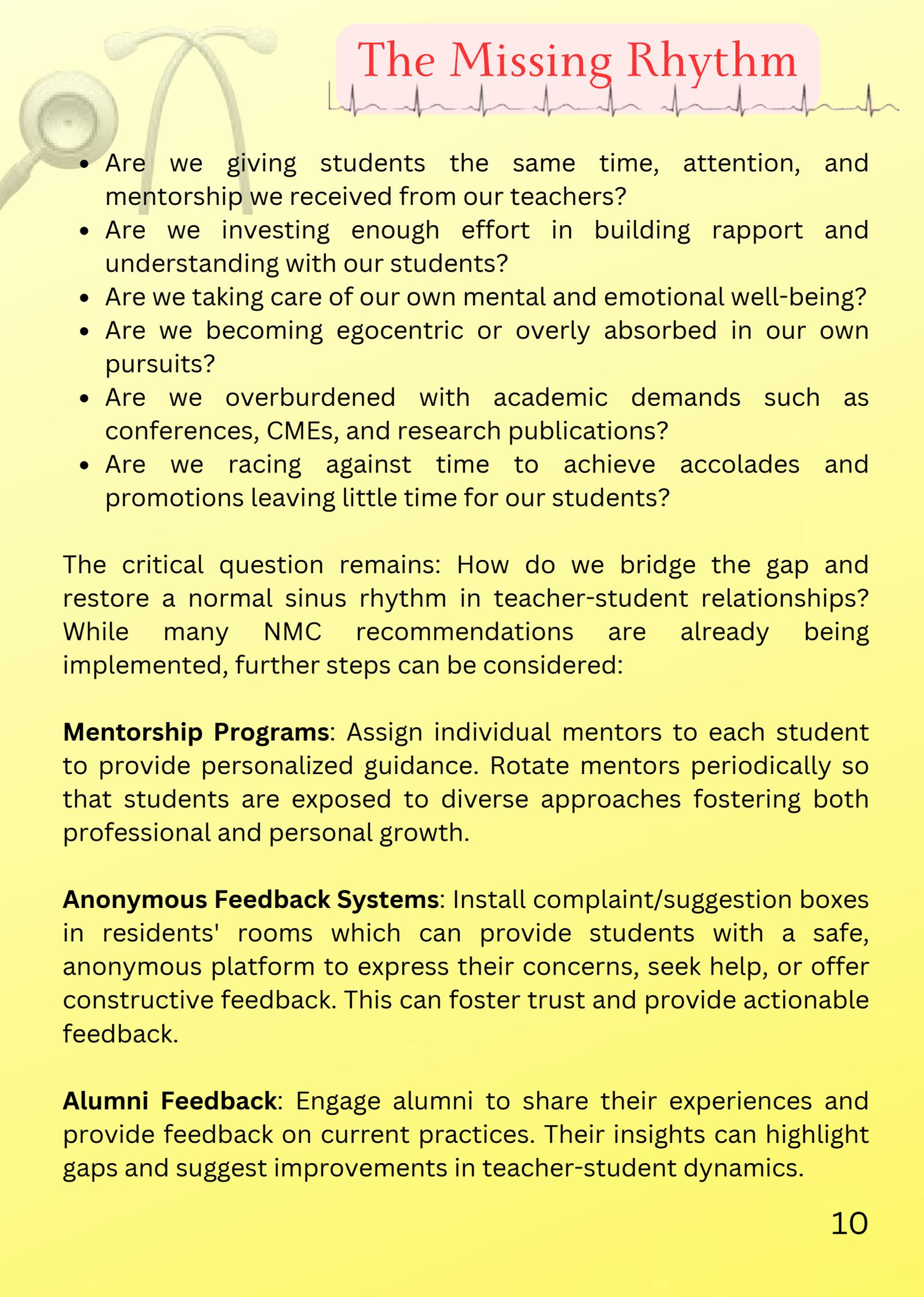
Several factors contribute to this “arrhythmic” relationship:

- i. Reduced tolerance and patience both among teachers and students
- ii. Overwhelming influence of social media
- iii. A shift toward virtual friendships over real, personal connections
- iv. Increased mental stress and burnout among students
- v. Deteriorating patient-doctor relationships, exacerbated by frequent instances of violence and vandalism
- vi. Stringent academic requirements to qualify and pass examinations, lead to additional pressure

Students today are burdened and emotionally drained, struggling to bridge the widening gap with their mentors. Teachers, on the other hand, face their own dilemmas. They hesitate to be strict or critical, fearing unpredictable psychological or emotional reactions from students. This apprehension has intensified following tragic incidents of suicide among postgraduate students—a harsh reality that deeply impacts the entire medical as well as non-medical academic community.

Why are we unable to identify these "arrhythmic events" before they escalate into "asystole"? The dilemma is clear: How do we bridge this gap? How do we re-establish the normal sinus rhythm in our relationships?

The NMC has taken commendable steps to alleviate student stress, including reducing duty hours, relaxing thesis requirements, granting more leaves, and encouraging social and recreational activities. However, teachers must also reassess their roles and responsibilities. Some key questions we must ask ourselves include:



The Missing Rhythm

- Are we giving students the same time, attention, and mentorship we received from our teachers?
- Are we investing enough effort in building rapport and understanding with our students?
- Are we taking care of our own mental and emotional well-being?
- Are we becoming egocentric or overly absorbed in our own pursuits?
- Are we overburdened with academic demands such as conferences, CMEs, and research publications?
- Are we racing against time to achieve accolades and promotions leaving little time for our students?

The critical question remains: How do we bridge the gap and restore a normal sinus rhythm in teacher-student relationships? While many NMC recommendations are already being implemented, further steps can be considered:

Mentorship Programs: Assign individual mentors to each student to provide personalized guidance. Rotate mentors periodically so that students are exposed to diverse approaches fostering both professional and personal growth.

Anonymous Feedback Systems: Install complaint/suggestion boxes in residents' rooms which can provide students with a safe, anonymous platform to express their concerns, seek help, or offer constructive feedback. This can foster trust and provide actionable feedback.

Alumni Feedback: Engage alumni to share their experiences and provide feedback on current practices. Their insights can highlight gaps and suggest improvements in teacher-student dynamics.

Teacher-Student Time: Encourage dedicated time for informal interactions between teachers and students to build trust, understanding, and a sense of belonging.

Work-Life Balance for Teachers: In pursuit of fulfilling all, we must not forget to recognize the pressures on teachers and promote work-life balance to ensure first we must be better equipped to mentor students effectively.

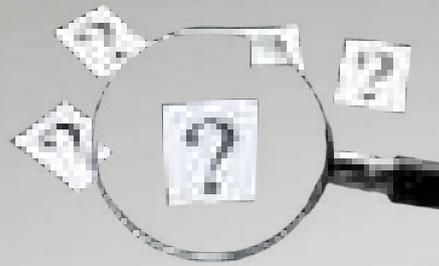
As teachers and mentors, we must actively work to rebuild trust, communication, and empathy with our students. Just as stabilizing “arrhythmia” requires knowledge to identify, attention, patience, and care, we must strive to restore the "normal sinus rhythm" in our teacher-student relationships—a rhythm marked by mutual understanding, support, and respect. Of course, this is a big challenge, but it is one worth undertaking. The well-being of our students and the future of our profession depend on our ability to adapt, connect, and inspire.

please
rate us



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Pradesh Chapter**





Journal Scan

excerpts from our members

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ORIGINAL RESEARCH

Comparison Of Effect Of Two Different Doses Of Succinylcholine On Neuromuscular Blockade In Patients Undergoing Laparoscopic Surgeries Under General Anaesthesia

¹Alaksh Kher, ²Pooja Bihani, ³Ankit Vyas, ⁴Caren C. Selvin, ⁵Mathura L. Tak

^{1,3,4}Junior Resident, ²Assistant Professor, ⁵Professor and HOD, Department of Anaesthesiology and Critical Care, Dr. Sampurnananda Medical College, Jodhpur, Rajasthan, India

Corresponding Author

Alaksh Kher

Junior Resident, Department of Anaesthesiology and Critical Care, Dr. Sampurnananda Medical College, Jodhpur, Rajasthan, India

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Abstract

Aim: To compare effect of two different doses of succinylcholine on neuromuscular blockade in patients undergoing laparoscopic surgeries under general anaesthesia.

Methods: Total 56 patients belonging to ASA PS class I and II, who were undergoing elective laparoscopic surgery under general anaesthesia between ages 18 to 60 years old, were randomly allocated into either succinylcholine at 1 mg/kg BW (Group A) or succinylcholine at 1.5mg/kg BW (Group B). We assessed the duration of neuromuscular blockade, hemodynamic parameters, postoperative complications and anaesthetic variables between both groups.

Results: The duration of neuromuscular blockade was also less in group A than group B (6.89±0.68 seconds and 8.42±0.83 seconds respectively) ($p < 0.01$). The hemodynamic responses and Post-operative Complications in both doses were found to be comparable.

Conclusion: The duration of neuromuscular blockade was also found to be lesser when patients were given succinylcholine at 1mg/kg BW in comparison with 1.5 mg/kg BW, also indicating a dose dependent response. The hemodynamic responses were found to be comparable. Therefore, we would like to conclude by saying that succinylcholine can be safely used to perform endotracheal intubation at both 1mg/kg and 1.5 mg/kg BW doses, with 1 mg/kg BW being a safer and better dose

Keywords: Succinylcholine, Neuromuscular blockade, Laparoscopic surgeries

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Achievements

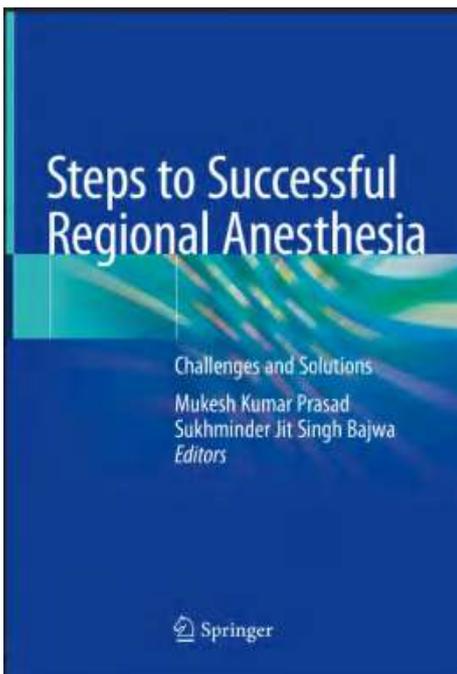
Dear Colleagues,

It is with immense pride that we highlight the remarkable achievements of the members of ISA in the field of academics. We have tried consistently and contributed to the advancement of anaesthesiology through innovative research and impactful publications.

We have two significant publications in the year 2024 worth sharing.

A book on regional anesthesia “Steps to Successful Region Anesthesia: Challenges and Solutions” published by “Springer Nature.”

We took enormous efforts to make this dream come true under guidance of Dr Sukhminderjit Singh Bajwa (ISA ,Secretary National)



DR MUKESH KUMAR PRASAD,
DR PAYAL JAIN
DEPARTMENT OF ANAESTHESIA,
TMMC & RC , MORADABAD

Our innovative technique of lower limb block “SIMBA-A Single-Puncture Approach to Lower Limb Block” first time in world in the prestigious journal “Anesthesia Analgesia”

DELIVER

**Dr Alaksh Kher
Ghaziabad**

**On to the next I head
All out of gas as I write
The flame burns eternal
As I look upto the skies**

**The personal battles fought
And struggles overcome
The hustle the bustle
Have made me old and numb**

**And my heart set on the stars
My feet stay grounded
Treading through my rocky path
Plenty more i yearn**

**My skin and heart turned black
Bones grown weak and
A brittle crumbled frame
Fragile and ready to crack**

**and much more i seek
There's loads left to try
An endless ladder I've got to climb
A stormy mountain without a peak**

**Having lost all muscle
Through my motions and rigours
I have stood firm
Not a day without a wince**

**I wont give in, i wont give up
For my destiny is mine to write
As for now, i breathe a relieved sigh
But take this solemn vow**

**Nor one without a tussle
Dark nights spent groaning
Several scars left untended
With the hardened wit and will**

**I will keep charging on
Pedal to the metal
As i ride to my glory
Ill keep setting more goals**

**A new machine forged
That continues to function
And endures to deliver
Game set and match**

**and crossing newer milestones
All i ask of the world is to "witness me"
As I will continue to deliver.**

Branch News

Lucknow



Barabanki



Branch News

Kanpur



Moradabad



Branch News

NOIDA
Gautam Buddha Nagar



ISA Lucknow Chapter News

ISA Lucknow chapter organized problem-based learning discussions on labour analgesia at Apollo Medics Hospital, Lucknow, on 12 Jan 2023. The discussions included recent advances in labour analgesia, new practice guidelines on PDPH, and a panel discussion.

ISA sponsored the ISA Central Zone PG Assembly, organised by KGMU in association with the Lucknow ISA chapter, from 12-16 March 2024. The practical course included case presentations, panel discussions, and table viva.

The ISA Lucknow chapter Conducted a clinical meeting on Thoracic Anesthesia at KGMU on 12 April 2024. The meeting covered essential aspects of thoracic anaesthesia, from airway management to postoperative care.

A postgraduate clinical meeting was held at RML Hospital, Lucknow, in association with the ISA Lucknow chapter, on 25 May 2024, which included important exam-oriented case presentations for junior residents.

The ISA Chapter organised a clinical meeting titled "Recent Advances in Airway Management: Innovations, Challenges, and Future Directions." This event was planned for September 5th, 2024. On this occasion, ISA Lucknow felicitated esteemed teachers for their unwavering dedication and significant contributions to anaesthesia.

ISA Lucknow chapter successfully conducted the "Golden Laryngoscope Award for the best PG Paper Presentation" at Dr. RMLIMS on 9 September 2024. Sixteen postgraduate residents presented their original papers, and they were evaluated by our esteemed judges, Prof. Dinesh Kaushal, Prof. P.K. Das, Prof. Ashish Kannaujia and Dr. Priyesh.

The ISA Congratulations to the winners: Dr. Shubhi, Dr. Vaishali, Dr. Esther and Dr. Snehpriya M.

ISA Lucknow Chapter News

The Lucknow ISA Chapter organised a Quiz competition for nursing and paramedic students on 11 October 2024 at KGMU, Lucknow. The top three winners will be felicitated on World Anaesthesia Day, 16 October 2024. Students from various institutions actively participated. The quiz was coordinated under Dr Aparna Shukla's guidance and Dr Manoj's assistance.

The Lucknow ISA Chapter organized a poster competition for resident doctors on “Anaesthesia and the Environment.” The winners will be felicitated on World Anaesthesia Day, 16 October 2024. The ISA Chapter, Lucknow, saw enthusiastic participation from residents of various institutions. The top three residents selected by our esteemed judges are Sonam Pandey - SGPGI, Surbhi Negi - KGMU, Runit Bhagat—SGPGI

The Indian Society of Anaesthesiologists (ISA), Lucknow branch, conducted a Basic Life Support workshop at GGIC. During the event, the ISA Lucknow branch also distributed stationery to the students. A total of 100 students from grades 9 to 12 received hands-on training in CPR and essential life-saving skills.

Dr. Hemlata led the workshop, with assistance from Drs. Sateesh Verma, Manoj Chaurasia, Deepali, Shagun, and Anjana.

ISA GB Nagar Chapter News

October 2023 – October 2024



In ISACON (November) 2023 held at Gurugram, our branch's highlights were :

- 1.The branch won award in the Best Branch (small) category for the 3rd consecutive yr.
- 2.Our outgoing President Dr Kapil Singhal received the ISA National Proficiency Award for his tremendous contribution to ISA.
- 3.Dr Kapil Singhal also participated as Panelist in session On Private Practitioner Forum.
- 4.Dr. Peeyush Kr Chaudhary and Dr. Mukul Kr Jain attended the meeting of office bearers of City and State branches and raised relevant issues.

Dr Ankita Sharma, Consultant Anaesthesiologist , Neo Hospital, Noida shared the following poem on the Youtube channel of ISA National in an event organised to celebrate International Women’s Day on 8th March 2024, which was highly appreciated.



“WOMAN - A Matriarch?”

Life is strange
People are strange
What's on the outside, is not in the inside.
I wonder why?

Life is struggle for all, it is all about how you fight back?
When odds are rocked against you, this is how WOMAN is -
She keep taking the blows and yet manage to stay standing

And if she ever gets knocked down ,
people ask her , 'how the hell you have guts to back up and
keep fighting?

For the Women, let's end this Stuggle.
Let her take time to relax and enjoy the scenery, sooner or
later a natural gust of
wind will take her where she wants to be.”

Dr Poonam Motiani, Professor, Post Graduate Institute of Child Health, Noida won the consolation prize for her entry “A Paediatric Anaesthesia Conference: a professional dream” in the poem competition organised by Uttarakhand ISA to celebrate International Women’s Day.

A Paediatric Anaesthesia Conference: A Professional Dream

In the realm of medicine, a woman stands,
With skillful hands and caring plans.
She organizes, she leads the way,
In pediatric anesthesia, she shines each day.
With dedication, she plans and prepares,
For a conference that shows she truly cares.

Bringing experts together, sharing knowledge and skill,
Creating a platform for learning, a space to fulfill.

In the operating room, her presence is a gift,
Guiding young patients through their toughest fight,
With empathy and grace, she eases their fears,
A true testament to womanhood, through the years.

In every child she heals, a story unfolds,
A future shaped, a hand to hold.
She is woman, healer, warrior of care,
In her hands, the world, safe and fair.

In organizing a conference, she stands tall,
A leader, a healer, giving her all.
Womanhood shines in her strength and grace,
A pediatric anesthesiologist, in every case.

Dr Poonam Motiani

**Professor (Paediatric Anaesthesia),
Post Graduate Institute of Child Health, Noida**

National launch of campaign on Climate Change and Anaesthesia on World Environment Day (5th June 2024)

Consequent to the changing times i.e. the climate change events affecting every part of the globe—India, USA, South America, Europe, Antarctica—ISA Noida GBN unveiled the campaign Climate change.

We, the Anaesthesiologists, can make a difference on World Environment Day. The launch was an online event hosted by ISA UP state in collaboration with ISA Noida GBN. The welcome address was given by Dr Peeyush Chaudhary, President ISA Noida GBN while the event was moderated by Dr Kapil Singhal, President Elect ISA UP.

Senior office bearers of ISA UP state Dr Apurva Aggarwal, ISA UP state President and Dr Sandeep Sahu, ISA UP state Secretary along with Dr RK Bhaskar, GC member ISA National graced the occasion with their presence.

Ms Sanchita Jindal, former advisor (scientist G) Ministry of Environment, Forest and Climate change kindly agreed to be the chief guest at this event and shared some valuable notes on biomedical waste management.

Dr Priyankar Sarkar, Consultant anaesthesia at BLK-Max hospital New Delhi and lead collaborator for the campaign, was the speaker at the event.

2ND ANNUAL CME AND FOUNDATION DAY OF ISA NOIDA GB NAGAR 2024

The 2nd Annual CME and Foundation Day celebration was organised to bring anaesthesiologists of the district on a common platform for sharing knowledge. The CME was organised on the theme 'Emerging trends in Neuroanaesthesia and its implications in managing Neurosurgical problems'. Chief Guest Dr R.K Bhasker (GC ISA National), Guest of Honour Dr Apurva Agarwal (President ISA UP State), Chief Patron Dr Srikant Sharma (Director Kailash Hospital and Neuro Institute, Noida) graced the occasion of Flag Hoisting and inauguration ceremony along with office bearers of ISA Noida GB Nagar. Organising secretary Dr Kapil Singhal gave the welcome address when he highlighted various branch achievements and encouraged the members to participate in multiple ISA activities at branch, state and national levels. Dr Peeyush Chaudhary, President of ISA Noida GB Nagar, gave the vote of thanks. Annual CME was a great success in terms of around 110 paid registrations and a full house attendance at the time of scientific deliberations, where around twenty lectures, video presentations and panel discussions were conducted by eminent faculty in Neuroanesthesia and Critical Care. The icing on the cake was a panel discussion on private practitioners (private practitioners forum) issues, which witnessed the members' active participation. The General Body Meeting was conducted in the evening, and the meeting minutes were recorded.

World Anaesthesia Day Celebrations 2023

A CME was conducted by the Department of Paediatric Anaesthesia, Postgraduate Institute of Child Health (PGICH), Sector – 30, Noida, on the occasion of World Anaesthesia Day in the Seminar room of the Department under the aegis of ISA (Indian Society of Anaesthesiologists) Noida GB Nagar branch and IAPA (Indian Association of Paediatric Anaesthesiologists) National. Prof Arun K Jain, Director, PGICH, was the Chief Patron; Dr Mukul K Jain, Professor and Head of Department, the Organising Chairman; and Dr Poonam Motiani, Additional Professor, the event's Organising Secretary. The programme was held hybrid with the IAPA President, Dr Neerja Bhardwaj and Dr Kapil Singhal, President (Elect)ISA - UP, as the guests of honour. The CME was attended in person by the Dean, Dr D K Singh, Dr Peeyush Chaudhary, President ISA Noida GBN, Dr Sharmila Ahuja, Dr CK Dua, Dr Navdeep Sethi, Dr Priyankar Sarkar, all senior anaesthesiologists and stalwarts in the field of anaesthesia who travelled from various other institutions in addition to faculty from PGICH and culminated successfully with the attendance of about 70 anaesthesiologists online. The programme commenced with a Welcome address by Prof Mukul K Jain followed by a very well-attended painting competition organised for the Nursing students with the theme "Your Perception of Paediatric Anaesthesia", who participated with great enthusiasm. This was followed by a fascinating talk on the History of anaesthesia by Dr Nazia Tauheed and a very inspiring Talk and Hands-on Session on COLS by Dr Kapil Singhal. This was followed by a very appreciated quiz competition, conducted by Dr Poonam Motiani and Dr Sangeeth S as the quiz masters. The programme successfully concluded with a vote of thanks by Dr Poonam Motiani and a ceremonial cake cutting with refreshments.

**Indian Society of Anaesthesiologists
Noida Gautam Budh Nagar**



ISA Sponsored National CME
16th February 2025, Sunday
Theme - "High Risk Obstetrics and Neonatal Anaesthesia"
Venue- Sandal Suites, Lemon Tree Hotels, Noida.

**Tennis Ball Cricket ISA Doctor's
Premier League (1st National ISA DPL
& 3rd ISA UP-UK DPL)**
15th February 2025, Saturday




Email: isanoidagbnagar@gmail.com
For more information visit our website: www.isanoidagbnagar.com

**Indian Society of Anaesthesiologists
Noida Gautam Budh Nagar**

INAUGURAL ISA-NPL
(Indian Society of Anaesthesiologists National Premier League)

TENNIS BALL CRICKET
15th Feb 25, Saturday
1st time in India, hosted by ISA Noida GBN City Branch
THE ORGANIZING COMMITTEE WISHES YOU A

Happy New Year

ALSO AVAIL THE

Extended Early Bird Offer

AND REGISTER YOUR CRICKET TEAM FOR A
MINIMUM REGISTRATION FEES
TILL 7TH OF JANUARY 2025

Forthcoming Events of ISA Uttar Pradesh

**Uttar Pradesh
युवा ISACON 2025**

**CENTRAL ZONE & U.P.
YUVA ISACON 2025**

THEME - Educate, Empower, Entertain
11th to 13th April 2025
VENUE- Hotel SKS Grand, Vrindavan




ORG CHAIRPERSON
DR PAPAN AGRAWAL


ORG. CO-CHAIRPERSON
DR VIVEK ASTHANA


ORG SECRETARY
DR ANKIT KUMAR


ORG. CO-SECRETARY
DR PANKAJ SHARMA


ORG TREASURER
DR RAVI JAIN


ORG. CO-TREASURER
DR UJJAL BHARATA

[Click here to Register!](#)

PRE-CONFERENCE WORKSHOPS

- Dialysis & ECMO
- Hemodynamic Monitoring & Anesthesia Workstation
- USG Guided Blocks (Upper Limb & Trans Abdominal)
- Neurotrauma & BIS Monitoring
- BCLS / CCLS

EXTRA CURRICULAR ACTIVITIES

- Singing
- Dancing
- Poetry
- Photography
- Reel Making
- Lemon Race
- Sac Race
- Tug of War

**Central Workshop
Coordinator:**
Dr. Rahul Goswami
Dr. Pankaj Sharma

Workshop Coordinators:
Dr. Anchal
Dr. Swati
Dr. Mrinal
Dr. Shivangi
Dr. Yamini

**Faculty Dinner Event
Coordinator:**
Dr. Dileep
Dr. Vivek Asthana

Registration/Reception:
Dr. Bishan
Dr. Jayesh
Dr. Dharmendra
Dr. Kaustubh

Accommodation/ Tours n Travels:
Dr. Dileep
Dr. Ujjal
Dr. Mrinal
Dr. Utkarsh

Scientific Committee:
Dr. Ayushi
Dr. Anchal
Dr. Bharti
Dr. Vivek Sharma

Paper/Poster:
Dr. Varun
Dr. Jayesh
Dr. Pradeep
Dr. Jagat

IT/Website:
Dr. Dileep
Dr. Rajat
Dr. Ravi
Dr. Rahul

Inauguration/Awards:
Dr. Geetika
Dr. Swati
Dr. Yamini

Cultural Committee:
Dr. Rachna
Dr. Vaishali
Dr. Preisha
Dr. Yamini

Sports Committee:
Dr. Somya
Dr. Supriya
Dr. Shivangi

**REGISTER FAST!
EARLY BIRD
DISCOUNT
ENDING SOON!**

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 [🌐 www.upyuvaisacon2025.com](http://www.upyuvaisacon2025.com)

ISA National Awards-2023

PUBLIC AWARENESS AWARD- INDIVIDUAL

DR. ATUL GANDHI/DR. DEVAYANI DESAI

DR. RANJU SINGH/DR. SANGEETA DESHPANDE

DR. ABHIJIT KUMAR/DR. RAJNISH MISHRA

DR. GEETA SINGARIYA/DR. RAJESH TAGADPALLE

DR. SATYENDRA UIKE/DR. SHWETA H. PATIL

PUBLIC AWARENESS AWARD: STATE

UTTARAKHAND

CONSOLATION- MAHARASHTRA

1.

PUBLIC AWARENESS AWARD: METRO

AHMEDABAD

CONSOLATION- MUMBAI

PUBLIC AWARENESS AWARD: CITY (LARGE)

THRISSUR

CONSOLATION- NAGPUR

PUBLIC AWARENESS AWARD: CITY (MEDIUM)

KOLHAPUR

CONSOLATION- AGRA

PUBLIC AWARENESS AWARD: CITY (SMALL)

KARAD

CONSOLATION- THANE

ISA National Awards-2023

MEMBERSHIP DRIVE – STATE

RAJASTHAN/TELANGANA/ HARYANA
CONSOLATION- HIMACHAL PRADESH

MEMBERSHIP DRIVE – METRO

DELHI/ MUMBAI/ PUNE
CONSOLATION- AHMEDABAD/BENGALURU

MEMBERSHIP DRIVE –CITY

NAGPUR/ VISHAKAPATNAM/ GURUGRAM
CONSOLATION- PATNA

BEST STATE CHAPTER

ANDHRA PRADESH
UTTARAKHAND
MAHARASHTRA
CONSOLATION- KERALA/SDAISA

BEST METRO BRANCH

DELHI
MUMBAI
AHMEDABAD
CONSOLATION-PUNE

BEST CITY BRANCH (LARGE)

THRISSUR
NAGPUR
JODHPUR
CONSOLATION- PATNA/ GUWAHATI

.BEST CITY BRANCH (MEDIUM)

VARANASI
AURANGABAD
MALAPPURAM

CONSOLATION- NASHIK/ TIRUNELVELI/KOLHAPUR

BEST CITY BRANCH (SMALL)

NANDED AGARTALA NOIDA

CONSOLATION- KHAMMAM/BOKARO



WORLD ANAESTHESIA DAY (STATE)

MAHARASHTRA

ANDHRA PRADESH

UTTARAKHAND

CONSOLATION- KERALA

WORLD ANAESTHESIA DAY (METRO)

MUMBAI

DELHI

JAIPUR

CONSOLATION- KOLKATA/CHENNAI

WORLD ANAESTHESIA DAY (CITY)

MALAPPURAM

THANE

AMRITSAR

CONSOLATION- JODHPUR/ MIRAJ/ SANGLI

DR. VENKAT RAO ORATION

DR. BALBIR CHABBRA

ISA BHOPAL NATIONAL AWARD FOR ACADEMIC EXCELLENCE

DR. SANDEEP SAHU

ISA - LALIT MEHDIRATTA YOUNG RESEARCHER AWARD

DR. MANISHA GUPTA J

ISA - SHASHI CHANDRA NATIONAL AWARD

DR. RUDRASHISH HALDAR

DR. Y. G. BHOJRAJ NATIONAL AWARD

DR. SHEILA NAINAN MYATRA

ISA DR. S.M. BASU NATIONAL AWARD

DR. NARINDER PAL SINGH

ISA PRESIDENT'S APPRECIATION NATIONAL AWARD

ISA NAGPUR CITY BRANCH DR. ALLA PRASANTHI DR. MADHURI KURDI

ISA PROFICIENCY NATIONAL AWARD

DR. KAPIL SINGHAL DR. PARUL JINDAL DR. PRATHIBA JAIN SHAH

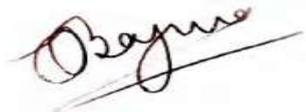
DR. (BRIG) RAHUL YADAV DR. UPENDRA GOUD

ISA DILIGENT NATIONAL AWARD

DR. JAY PRAKASH DR. LALIT PANDEY DR. MURALEEDHARAN A.K.

DR. NEHA SINHA DR. SHILPA TIWASKAR DR. SHRADDHA NAIK

DR. TANVEER SINGH DR. VAISHALI CHAVAN



Sukhminder

Dr. Sukhminder Jit Singh Bajwa

Honorary Secretary

Indian Society of Anaesthesiologists

Arrange the letters to find a meaningful answer

1. The sacred river that emerged from Lord Shiva's matted locks.
(N A G A G)

2. The king of Lanka in the Ramayana.
(V A N A R A)

3. The son of Arjuna and Subhadra in the Mahabharata.
(B H I M A N A U Y)

4. The celestial drink of immortality.
(M I R A T A)

5. The festival celebrating the victory of light over darkness.
(W I D I A L)

6. The vehicle of Lord Vishnu, the eagle king.
(U R G A D A)

7. The mountain used as a churning rod during the Samudra Manthan.
(D A N A R M A)

8. The demon king who was a great devotee of Lord Vishnu.
(L H A P D A R A)

9. The husband of a river goddess
(U N S A H A T N)

10. The warrior teacher of the Kauravas and Pandavas.
(R O A D N A)

Quiz

Seize the Moment

1. Prioritize

Focus on what's truly important, and tackle those tasks first.

2. Be Present

Engage fully in the current moment, putting away distractions about the past/future.

3. Take Calculated Risks

Weigh the potential benefits against the risks

4. Speak Your Mind

Express your thoughts, feelings, and desires clearly and respectfully to avoid regrets.

5. Embrace Opportunities

Be open to new experiences and challenges

6. Let Go of Fear

Recognize that fear often holds us back

8. Set Goals and Take Action

Break it down into smaller steps
and start taking action today.

7. Practice Mindfulness

Regular mindfulness practice can help you stay present and focused on the current moment.

10. Celebrate Small Wins

Acknowledge and celebrate your daily achievements

Dear readers!

We are thrilled to announce the relaunch of our ISA UP State newsletter, *Nishchetak*, a cherished tradition making a grand comeback!

This initiative aims to rekindle the spirit of engagement, communication, and coordination within our state chapter.

The newsletter will serve as a vibrant platform to:

1. Share updates about our society's *activities, achievements, and milestones*.
2. Highlight contributions from our members, including *articles, research, and reflections*.
3. Provide insights into *upcoming events, conferences, and initiatives*.
4. Encourage a *collective voice* on matters of professional and societal significance.

As we embark on this exciting journey, we invite you to contribute your ideas, content, and suggestions to make this newsletter successful. Let's make it an accurate representation of our dynamic and diverse membership!

Together, let's keep the spirit of our society alive and thriving.

We welcome your contributions and feedback!

Please send your contributions in MS Word format only. Kindly send the photographs as a separate png/jpg/jpeg format. Please do not join multiple pictures into one merged form.

Please send your contributions to nishchetak@gmail.com. The city branches may contact our editorial board members for regular updates.

Dr Neha: Aligarh, Gorakhpur, Jhansi, Kanpur, Safai

Dr Ankita: Ghaziabad, Mathura, Meerut, Moradabad, Noida, Saharanpur

Dr Bhavya: Agra, Bareilly, Barabanki, Lucknow, Prayagraj, Varanasi

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