



VOLUME 1.1A FEBRUARY 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, event updates, and suggestions to make this endeavour truly representative of our fraternity.

FORTHCOMING EVENTS

National

Criticare 2025 March 07-09, Kochi
RSACPCON 2025 March 28-30, Bhatinda
ICACON 2025 August 29-31, Jodhpur
ISACON 2025, November 26-30, Raipur

Uttar Pradesh

YUVAISACON 2025 April 11-13, Vrindavan
UPISACON 2025 October 24-26, Lucknow

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Supplement*

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ISA Uttar Pradesh

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ed-i-to'-ri-al



Dear Readers,

ISA UP presents another edition of our newsletter, "Nischetak" Volume 1.1A. This supplementary edition summarises significant news from October to December 2024. In addition to articles from various ISA branches in Uttar Pradesh, the highlight of this issue is the celebration of World Anesthesia Day. Read about the enthusiastic celebrations held by all branches, which included resuscitation training for the public, awareness skits, walkathons, and CMEs. The theme for 2024, "Workforce Well-being," was prominently featured throughout the edition.

In line with this theme, this issue discusses strategies for achieving a work-life balance and promoting overall wellness. It also includes an article on the latest guidelines for managing post-dural puncture headaches and an obituary honouring Dr Aldrette, a legendary figure in our field. I would like to extend my gratitude to Dr. Chavi Sethi for sharing her reflections on organizing UP ISACON 2024. Additionally, we have included some light reading material—a collection of interesting anecdotes and stories from the field—just for fun. We hope this edition brings as much joy to you, dear readers, as it did to our editorial team while compiling it.

With the constant encouragement of ISA UP President Dr Kapil Singhal, ISA UP Secretary Dr Sandeep Sahu, and the executive committee members and the invaluable support of our dedicated editorial team, we continue to strive for clinical excellence, knowledge dissemination, and educational outreach resources.

Enjoy reading, and keep smiling! We are grateful for your continued support and interest in our newsletter.

[Divya Srivastava]



Welcome, dear ISAIans!

The current supplement of 'Nischetak' covers World Anesthesia Day Celebrations by different branches of Uttar Pradesh on 16th October 2024. It's a day meant to advocate for safe anaesthesia techniques, educate the public, and reinforce the achievements of the worldwide anaesthetic community. World Federation of Societies of Anaesthesiologists (WFSA) declared the theme "Workforce Well-being" for the year 2024.¹ It observed that the health and well-being of the anaesthesiology workforce globally is integral to patient safety and health outcomes. The toll of long hours, intense stress, and the critical nature of the work can lead to burnout and other well-being challenges. This theme was chosen because it's a vital issue for the profession, and there is an urgent and ongoing need to ensure that those who care for patients are cared for themselves. Thinking along the same lines makes one wonder what the pathway to achieving this well-being we speak of could be. Should we quit on the stress, hide in some wellness retreat, and relax? How are our bills going to be paid? Or should we quit complaining and consider work as life and power through? But this is what leads to 'n' several lifestyle diseases and even death due to untimely myocardial infarction.

Recently, I saw a 2005 English movie, "Just Like Heaven". The protagonist is a young senior resident working at what seems like an emergency department. She works 26 hours straight, taking six minutes of power naps in between. Work is her life and passion, leaving no time for recreation or family. She has no complaints, though. Seeing her hard work, she was even given the post of 'Attending Consultant' in her hospital. She is extremely happy and drives off to celebrate with her sister and her family. En route, she meets with an accident and lands in a coma. For once, she had everything she wanted in life, but now there was no life to live. Of course, it was a movie, so she woke up, found the man of her dreams and lived happily. But in the real world, leading such a life leads to severe exhaustion and mental fatigue and can even manifest in physical well-being. The risks of not achieving work-life balance are not just personal, but also professional, as they can impact patient care and safety. What's important is to strike a work-life balance, a balance that can bring about positive changes in your personal and professional life.

The concept of work-life balance has gained significant traction in recent years, particularly within the demanding field of medicine. For anesthesiologists, a speciality characterised by high-stress levels and responsibility, achieving this balance is crucial for both personal wellbeing and professional efficacy. Evidence suggests that anesthesiologists face unique pressures, which may contribute to a risk of burnout that impacts their health and their performance in the operating room. A recent survey of cardiac anesthesiologists revealed concerning levels of emotional exhaustion, depersonalisation, and a sense of reduced personal accomplishment, with a notable percentage reporting high levels of burnout risk.² The impact of this fatigue not only jeopardises the health of the anesthesiologist but poses serious risks to patient safety, as noted in studies that highlight the correlation between sleep deprivation and clinical errors.³ Thus, exploring the intricacies of this work-life balance strategy becomes essential for fostering a sustainable career in this vital medical field.

1. Time management: Effective time management techniques play a crucial role in reducing burnout among anesthesiologists, By setting realistic goals, prioritizing and delegating tasks when appropriate and employing tools such as calendars and to-do lists, we can better organize our time, thus minimizing the feelings of being overwhelmed. Clear boundaries need to be set as what is work time and what is personal/family time. Avoid checking mails/messages outside of work time. Avoid work calls unless absolutely necessary. But it's easier said than done. For most of us work is so intricately embroidered into our lives that clear cut demarcation is impossible.

2. Supportive work environments: When work cannot be separated from rest of the life having a supportive work environment goes a long way in maintaining well-being. Environments that prioritize individual needs, such as flexible scheduling and adequate time for family responsibilities, can alleviate professional stress. Focus is rising on anesthesia resident issues, emphasizing the importance of fostering supportive environments for resident wellness.⁴ National medical Council (NMC) too is in favour of establishing programmes for welfare of resident doctors.

3. Family Time: Spending time with family is important for both mental peace of anesthesiologist as well as his family. Merely providing for their financial needs is no longer enough to lead a successful family life. Try as much as possible to minimise taking work home. Quality undivided time spent with spouse and family even if less in quantity has a great deal of positive impact on mental and emotional health.

4. Utilising technology: Technological advancements such as automation and artificial intelligence can significantly alleviate the burdens placed by optimizing clinical workflows and reducing cognitive load⁵. Ghita M et al proposed an integration of a cyber-physical-human system (CPHS) in the clinical practice. Through a context-aware control system, optimal propofol/ sedative infusion rates can be guided and it can release the anaesthesiologist from repetitive tasks, such as continuous assessment of patient's state. While computer-based drug delivery handles routine situations for anaesthesia and haemodynamic maintenance, the medical specialists can focus on high rated tasks. But until such technology is available to a regular practitioner traditional methods of reducing stress need to be observed.

5. Mindfulness practices: Mindfulness is a psychological practice that involves being aware of your thoughts, emotions, and surroundings without judgment. They have emerged as a powerful tool for reducing stress and enhancing emotional regulation among healthcare professionals. Such techniques, alongside self-compassion and resilience-building exercises, can substantially alleviate stress and enhance overall job satisfaction, ultimately improving quality care in the healthcare system⁶. Daily consistent meditation and Yoga practices can go a long way in achieving this.

MAINTAINING WORK-LIFE BALANCE.....

6. Self-Care: Regular balanced diet, and not just Samosas/ Burgers from cafeteria as lunch or dinner, maintaining hygiene, sufficient sleep and adequate physical exercise are essential elements of self-care that need to be taken care of at all cost. No compromise is acceptable in this strategy.

7. Recreation: Dedicate time to activities outside of work that bring enjoyment and relaxation. Following a relaxing hobby be it painting, photography, dancing or music helps in unwinding after a stressful operation or ICU duty. ISA Cultural club (<https://www.isaweb.in/programs/isa-cultural-club>) goes a long way in appreciating and encouraging such hobbies amongst its members. One needs to carve out 'me time' in their daily routine. This time should not be confused with time spent with family or friends. Even if it's for 15 to 20 minutes daily, this 'me time' goes a long way in creating mental harmony.

8. Support System: Our families, friends and colleagues form our support system. Maintain a strong support and don't fail to reach out to them in times of need. Open communication with colleagues is suggested for workload distribution and comradeship. Effective communication among team members has been identified as a crucial factor in job satisfaction and retention in nursing community⁷. There is no reason to believe that same would not positively affect our community as well. If experiencing high stress or burnout please talk to your colleagues, mentors, or another healthcare professional. Sometimes just venting to someone in similar situation who gets it can be a huge stress-reliever.

9. Professional Development: Stay updated on the latest advancements in anaesthesia while balancing your workload with continuing education. Constant growth in one's field gives a sense of accomplishment and fulfilment. It also gives you an edge over others and respect from colleagues.

10. Spread awareness: Recognize signs of burnout in those around you. Be each other's support system and take steps proactively to address them. Spread awareness on importance of healthcare worker well-being.

Follow above strategies and maintain a balanced approach to work and personal life. This mitigates stress, enhances job satisfaction, and improves overall mental health, ultimately leading to improved performance in clinical settings.

But if one is not able to follow through any of the above strategies please recall why you became an anesthesiologist in the first place. Though a tough job, it's also incredibly rewarding. A critically ill patient navigated successfully through a prolonged difficult operative period or through an intense ICU stay gives a feeling of massive accomplishment. Whenever in doubt, please remind yourself of the positive impact you're making in the lives of patients around you.



References:

MAINTAINING WORK-LIFE BALANCE.....

WORK

LIFE

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PDPH GUIDELINES- CURRENT SCENARIO

Dr Pallavi Ahluwalia

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Moradabad

A well-known side effect of dural puncture procedures, such as spinal anaesthesia, epidural analgesia, or diagnostic lumbar punctures, is post-dural puncture headache (PDPH). Several variables, including patient demographics and procedural methods, affect the incidence of PDPH. New research and guidelines have offered up-to-date information on PDPH management, diagnosis, and prevention.

Incidence and Risk Factors

Depending on several variables, the prevalence of PDPH can vary from less than 2 per cent to as high as 40 per cent. Younger patients—especially those under 40—are more vulnerable, and the incidence sharply declines as people age. Women are more vulnerable, particularly in the obstetric population. While obesity may provide some protection because higher epidural pressure reduces cerebrospinal fluid (CSF) leakage, a lower body mass index (BMI) is linked to increased risk. Patients are also at risk for PDPH if they have a history of frequent headaches. Using non-cutting (atraumatic) needles and appropriate needle orientation can lower the risk; procedural factors are important. Inexperienced operators and repeated puncture attempts increase the risk of PDPH even more.

Clinical Presentation

PDPH usually shows up in the first five days following surgery. The patient experiences a typical postural headache that worsens when standing up and gets better when lying down. Vertigo, visual changes, auditory disturbances, and a stiff neck can accompany symptoms. Complications like cerebral venous sinus thrombosis or subdural hematoma may arise in extreme situations. Even though most headaches go away in two weeks, the severity of some can significantly interfere with day-to-day activities, especially for those who have recently given birth.

PDPH GUIDELINES- CURRENT SCENARIO.....

Prevention Techniques

Proactive measures are crucial in reducing the prevalence of PDPH. The use of atraumatic (pencil-point) needles has been shown to lower the risk compared to cutting needles. Similarly, needles with a narrower gauge can also lead to lower incidence rates. When using cutting needles, it is advised to align the bevel parallel to the longitudinal dural fibres. Operator proficiency and reducing the number of puncture attempts are two key tactics. While prophylactic epidural blood patches (EBP) have been considered in some high-risk situations, their routine use is still under debate due to conflicting evidence about their effectiveness.

Diagnosis

A comprehensive clinical evaluation is necessary to diagnose PDPH. Within five days following a lumbar puncture, the International Classification of Headache Disorders (ICHD-3) defines PDPH as a headache caused by low CSF pressure. Headache is often described as a dull, throbbing pain in the frontal-occipital region, worsening when sitting or standing and improving when lying down. Neurological Symptoms may include neck stiffness, subjective hearing changes, visual disturbances, and vertigo. Due to the variability in symptom presentation and possible delayed onset, a thorough and diligent evaluation is required to differentiate PDPH from other headache etiologies.

Management Approaches

1. Conservative Treatment:

Conservative measures, such as bed rest and hydration, are often used in the initial management of PDPH, although there is little evidence to support their efficacy.

2. Pharmacological Interventions:

With differing degrees of success, analgesics, such as caffeine and nonsteroidal anti-inflammatory drugs (NSAIDs), have been used to reduce symptoms.

3. Epidural Blood Patch (EBP): An EBP is a gold standard for situations where ineffective conservative treatments or PDPH substantially interfere with day-to-day functioning. This treatment, which often provides quick symptom relief, entails injecting the patient's autologous blood into the epidural space to seal the dural puncture site.

4. Emerging Therapies:

Sphenopalatine Ganglion Block: This novel interventional technique is being investigated for the management of PDPH. When applied transnasally, it has demonstrated promise in short-term pain relief, but more research is required to determine its efficacy and safety profiles. **Greater Occipital Nerve Block**: This new treatment, which involves injecting a local anesthetic near the greater occipital nerve, needs more solid proof before being used frequently in clinical settings.

Greater Occipital Nerve Block: This new treatment needs more solid proof before being used frequently in clinical settings.

Current Guidelines:

Recent consensus guidelines provide a structured approach to PDPH, offering guidance and support in its management.

1. **Risk Assessment**: By identifying patients who are at higher risk, customized preventive measures can be implemented.
2. **Diagnosis**: Based on clinical presentation, early identification of PDPH is essential.

Management:

It is advised to take a methodical approach, starting with conservative measures and moving on to interventional treatments like EBP as needed.

Conclusion

PDPH is still a significant clinical concern after dural puncture procedures. It is crucial to comprehend the risk factors, follow preventative guidelines, and implement evidence-based management techniques of PDPH. Ongoing research into new treatments could improve future patient outcomes.

Suggested reading:

[1]<https://www.aafp.org/pubs/afp/issues/2024/0700/practice-guidelines-postdural-puncture-headache.html>

[2]https://journals.lww.com/joac/fulltext/2024/14010/incidence_and_management_of_post_dural_puncture.4.aspx

[3]<https://pubmed.ncbi.nlm.nih.gov/38361721/>

[4]<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2808365>

JUST BEING SILLY

Can you think of Bollywood Songs resonating with our Fraternity.

Here are some

Song-Movie-Year

Madhosh Dil Ki Dhadhkan Jab Pyar Kisi se Hota Hai 1998

Hosh walon ko Khabar kya Sarfarosh 1999

Jadu Hai Nasha Hai, Madhoshiyan Jism 2003

Madhosh Teri Ankhein Raja Bhaiya 2003

Madhoshi Hai Madhoshi 2004

Pahla Nasha Jo Jeta Wahi Sikandar 1992

Nasha Yeh Pyaar ka nasha hai Mann 1999

Nashe si Chad Gayi Befikre 2016

To add to the list please mail us at nishchetak@gmail.com

Answers of the Crossword

Down: 1. John Lundy, 2 John Murphy, 3. Robert Macintosh

Across: 3. Ronald Miller, 4. August Bier, 5. Archie Brain, 6. Arthur Guedel, 7. William Morton, 8. Ralph m Walter, 9. Jackson Rees

**This newsletter is published by the
Indian Society of Anaesthesiologists,
Uttar Pradesh Chapter**



World Anesthesia Day Celebrations

World Anesthesia Day, or Ether Day, is celebrated on 16 October every year. It is a day of great pride for any anesthesiologist. Today the world saw the wonders of anesthesia and painless procedures through a live demonstration of use of Ether by W.T.G. Morton at Massachusetts General Hospital in 1946.

The World Federation of Societies of Anaesthesiologists (WFSA) established the day early in the 20th century to promote awareness about the role of anaesthesiologists in patient care.

WFSA suggested the theme for 2024 be “Work force well-being”. This theme was chosen to highlight the importance of supporting the well-being, mental, emotional, and physical health, of professionals who provide anesthesia care. The theme also emphasized the role of anaesthesia in cancer treatment.

Different branches of ISA (Uttar Pradesh) enthusiastically celebrated the day, reverberating our common pledge to maintain high standards of patient care.

World Anesthesia Day Celebrations



Gorakhpur



CME, cake cutting ceremony, followed by walkathon focusing on public awareness about safe anesthesia practices

World Anesthesia Day Celebrations



Aligarh



COLS workshop for school children



With a family get together of members



Mathura

World Anesthesia Day Celebrations



Meerut



Grand family get-together
with games, music, singing
and dance

World Anesthesia Day Celebrations



Gautam Buddha Nagar

The Indian Society of Anaesthesiologists (ISA) Noida GB Nagar Branch proudly celebrated World Anesthesia Day on October 16th at Metro Hospitals and Heart Institute. Key Highlights of the whole event were :

1. **COLS Training:** ISA Noida GB Nagar Branch organised Cardiopulmonary Resuscitation COLS training for Housekeeping and General Duty Assistants (GDAs).
2. **Academic Sessions:** Two informative lectures were delivered by Dr Deepak Thapa and Dr Kritika Agrawal on “Haemodynamic Monitoring- present to future” and “Elevating Anaesthesia Care- lessons from NHS”, respectively
3. **Skit:** A thought-provoking skit, “The unequal dose”, was performed by ISA Noida GB Nagar Branch members- Dr Ankita Sharma, Dr Vibha and Dr Kanika. It was followed by slogans/ quotes on anaesthesia by fellow anaesthesiologists.
4. This was followed by a **cake-cutting ceremony** and a speech by Dr Peeyush, Dr Subrat, and Dr Mukul, who addressed the gathering and expressed their vision for the branch’s future. Dr Sameer T Bolia, Dr Sonia, Dr Kamini, and many other members attended the event.

The President of ISA UP State, Dr Kapil Singhal, graced the program. In his message, he praised the Noida GB Nagar branch’s commitment to patient safety and care.

World Anesthesia Day Celebrations



Gautam Buddha Nagar



World Anesthesia Day Celebrations



Gautam Buddha Nagar



Clinical Meets

October 2024

A clinical meeting was held at Metro Hospital, Noida. The topics of CME were “Recent Advances in Anesthesia Monitoring’ presented by Dr Deepak Thapa, Senior Consultant Anaesthesia and Critical Care, Metro Hospitals and “Elevating Anesthesia Practices - Few Lessons from NHS UK” presented by Dr Kritika Agrawal, Consultant Anesthesia and Critical Care, Metro Hospitals.

November 2024

Monthly CME was conducted by Max Super Speciality Hospital, Noida (formerly Jaypee Hospital). The topics of presentation were “Our experience with ultrasound-guided FICB catheters in Hip surgeries”, presented by Dr Pooja Mavi, Attending Consultant Anesthesia, “Our experience with bougie in double lumen tube insertion for lung isolation in unanticipated difficult airway” presented by Dr.Malika Mukherjee, 3rd year DNB resident and “Takosubo cardiomyopathy: A case report” which was presented by Dr Harinder, 2nd year DNB student. More than 50 anesthesiologists were present. CME ended with a vote of thanks from Hon. Secretary Dr Subrat Dam.

Clinical Meets

December 2024

The monthly meeting was conducted by the Department of Anesthesiology, Intensive Care and Pain Medicine, Government Institute of Medical Sciences in online mode. The topics of presentation were “Anaesthetic management of a 9-year-old child with empyema thoracis scheduled for decortication surgery.” presented by Dr Shoraj Singh, postgraduate student, moderated by Dr Anupriya Saxena, Associate Professor, “Case report on the rare presentation of systemic toxicity due to local anaesthetic injection while conducting an ultrasound-guided brachial plexus block.” presented by Dr Sushma Athota, post graduate student, moderated by Dr Ruchi Singh, Associate Professor.



Dr Ankita Sharma, Executive member of ISA GB Nagar and Consultant Anesthesiologist and Critical Care Specialist in Neo Hospital, conducted a live CME in collaboration with Clirnet on 27.12.2024 in an online mode under the aegis of ISA GB Nagar. The topic of live CME was ANAESTHETIC IMPLICATIONS IN THE MANAGEMENT OF AN ACUTE BURN CASE .“

Dr Vishvindu Gaur, Consultant Plastic and Reconstructive Surgeon at Sarvodaya Hospital, Greater Noida West, and Assistant Professor at Rama Medical College Hapur, was the Panelist during the session. The feedback received by attendees nationwide underscores the significant impact of her expertise and the engaging manner in which she presented the case-based CME. Her active participation in live CMEs on difficult cases is a boon academically. Dr Ankita Sharma has presented such academic sessions monthly over the last six months. We, on behalf of ISA GB Nagar, appreciate her dedication and never-ending enthusiasm for academics.

Awareness programmes

Ek Dost Heals Thy Heart, a unit of Danias Assisted Living, celebrated its Founders Day on 5th December 2024, focusing on a group of senior citizens at the Dementia Care Centre in Sec93B, Noida. Inner Wheel Club Noida joined as the support partner of Ek Dost Heals thy Heart. Guest of Honour at the program was Dr Kapil Singhal, the President of ISA UP State, Deputy Medical Director and Head-Anesthesia and Critical Care, Metro Hospitals and Heart Institute, Noida. He spread awareness about the importance of Anaesthesiologists in Dementia care and the Critical care challenges faced by anaesthesiologists in senior citizen care. Dr Kapil Singhal helped provide CPR training at different locations, colleges, schools, and RWAs on behalf of ISA Noida GB Nagar.

Ek Dost Heals Thy Heart provides home-like care at its Seniors Glow facility in Noida and plans to expand to multiple cities nationwide. The event also included O2 separate programs for senior citizens. Barsha Chabbria, the RJ of the community Radio channel Salaam Namaste, covered the event.

Inner Wheel Club Noida, in association with Ek Dost Heals Thy Heart, a unit of Danias Assisted Living, and ISA Noida GB Nagar, conducted a Cardiopulmonary Resuscitation Awareness Program on 21st December 2024 in Sector 93B, Noida. Dr Kapil Singhal led the event. This event included a CPR Awareness and COLS Training workshop to help each citizen be a life saver. The team and the attendees also performed hands-on demonstrations on dummies. This event was a mega hit among senior citizens.

Noida GB Nagar City Branch has also been releasing its Newsletter quarterly since October 2023. Volume 1 Issue 6, i.e., October 2024–December 2024, has also been released by Noida GB Nagar Branch.

ISA Lucknow Chapter News

ISA Lucknow celebrated the day at the Chancellor's Club. Esteemed anaesthesiologists from all over Lucknow attended the event. Prof Bharat J Shah, Ex-Dean of BJ Medical College, Ahmedabad, was the chief guest and delivered Prof. Deepak Malviya's oration.

Several awards were distributed to members. Dr Tanmay Tiwari bagged the Col. RK Tripathi Young Achiever Award. Lifetime achievement awards were given to Dr (Gen) VN Vaid, Prof GP Singh, Prof SP Ambesh and Prof Archana Agarwal. Dr. Shubhi, the winner of the Golden Laryngoscope Award for the best PG paper, was awarded a cash prize of Rs 5000. The runners Dr. Vaishali, Dr Esther and Dr Snehpriya M were acknowledged with certificates.

A poster competition for resident doctors on the theme of "Anaesthesia and the Environment" was organized earlier, and winners Dr. Sonam Pandey, Dr. Surbhi Negi and Dr. Runit Bhagat were felicitated during the celebration. The old executive committee of ISA Lucknow handed over the charge to the newly elected members. The event concluded with dinner.

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

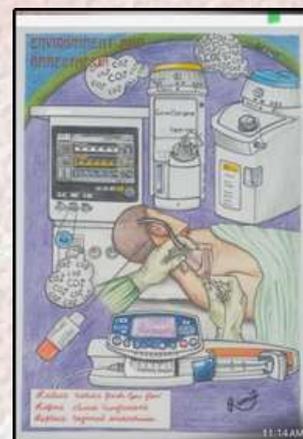
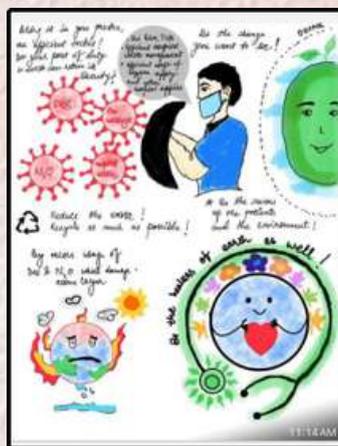
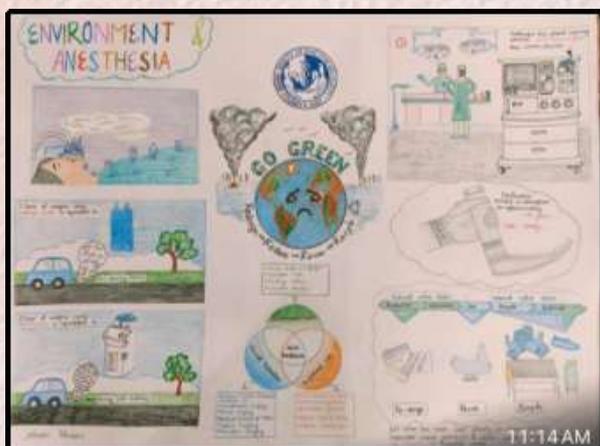


ISA Lucknow Chapter News

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



A poster competition on “Anaesthesia and the Environment” was organized for resident doctors. Enthusiastic participation from residents of various institutions was seen. The winners Sonam Pandey (SGPGIMS, Lucknow), Surbhi Negi (KGMU, Lucknow) and Rumit Bhagat (SGPGIMS, Lucknow) were felicitated on World Anaesthesia Day.



First prize

Second Prize Third Prize

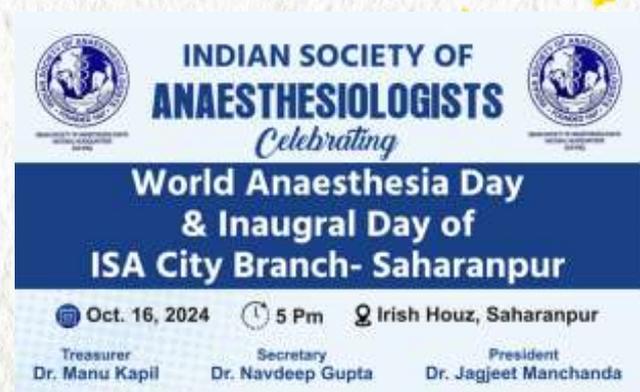
ISA City Chapters News

Moradabad

The branch enthusiastically celebrated the day at Mansarover Paradise Hotel. The event featured a Continuing Medical Education (CME) program, showcasing insightful sessions on “Advancements in anaesthesia practices.” A highlight of the evening was the formation of the new executive team of the ISA Moradabad City Branch. Newly inducted members were honored with mementos. The celebration was successfully blended knowledge sharing, camaraderie, and professional development.

Saharanpur

ISA Saharanpur branch was inaugurated at Irish House Restaurant, during WAD celebrations in the city. The pioneer executives are Dr. Jagjeet Manchanda, Branch President, Dr. Navdeep Gupta, Secretary and Dr. Manu Kapil, treasurer. The branch celebrated the day with cake cutting.



Achievements and Awards



Achievements and awards of Noida GB Nagar Branch

1. ISA Noida GBN bagged 3rd prize in the best city branch (small) category at ISACON 2024, 71st Annual National Conference of ISA, Patna.
2. ISA Noida GBN won the Best City Branch Award at the 15th Annual Central Zone ISACON 2024, and 46th UPISACON held at Orchha.
3. Dr Kapil Singhal, founder and past president of ISA Noida GBN, won ISA Uttar Pradesh the State EC appreciation award at the 15th Annual Central Zone ISACON 2024 held at Orchha.
4. Prof Mukul Kumar Jain, previously honorary secretary and now vice president of ISA Noida GBN, won the ISA Uttar Pradesh state EC appreciation award at the 15th Annual Central Zone ISACON 2024 held at Orchha.

Gleanings from the Press

मंगलवार, 28 जनवरी, 2025

दैनिक जागरण

गोरखपुर

रजनी सर के लिए विषय नहीं सोच पाया

रोज शीशे के सामने गालियां देती थी : यामी गौतम

www.jagran.com

मैंने सीखा, दूसरों को भी सिखाऊंगा सीपीआर से कैसे बचाई जाती है लोगों की जान

दैनिक जागरण हृदय की बात

जगन साठव्या, गोरखपुर : भारतीय रिजिस्ट्रेशन (सीपीआर) केन्द्रों के तहत सीपीआर को जान बचाने का सबसे उच्च स्तर का कार्यक्रम है। इस कार्यक्रम में तीन-चार घण्टा के दौरान सीपीआर के तरीके सीखे जाते हैं। इस दौरान डॉक्टरों की मदद से सीपीआर के तरीके सीखे जाते हैं।

सीपीआर से पसली टूटने की विशेषज्ञ टीम का दौरा

एक विशेषज्ञ टीम ने गोरखपुर में सीपीआर के तरीके सीखने के लिए एक कार्यक्रम आयोजित किया। इस दौरान डॉक्टरों की मदद से सीपीआर के तरीके सीखे जाते हैं।

मिरे हुए व्यक्ति को सीधा कर दे, उठाए नहीं

एक व्यक्ति को सीधा कर दे, उठाए नहीं। इस दौरान डॉक्टरों की मदद से सीपीआर के तरीके सीखे जाते हैं।

आज रात तक

आज रात तक सीपीआर के तरीके सीखने के लिए एक कार्यक्रम आयोजित किया। इस दौरान डॉक्टरों की मदद से सीपीआर के तरीके सीखे जाते हैं।

Please send the reports of ISA City Chapter programmes published in local or national media for the column **Gleanings from the Press**

BHU hospital achieves milestone with successful TAVI procedure on 65-yr-old

Binay Singh | TNN

Varanasi: A team of skilled doctors at the Cardiology department at the Institute of Medical Sciences (IMS), Banaras Hindu University (BHU), successfully performed a TAVI (Transcatheter Aortic Valve Implantation) on a 65-year-old man suffering from a bicuspid aortic valve with severe stenosis. This case marks a significant achievement in structural interventional cardiology. The patient is discharged now and is currently doing well.

TAVI, also known as TAVR (Transcatheter Aortic Valve Replacement), is a catheter-based procedure used to replace a diseased aortic valve without open-heart surgery. It is primarily used to treat severe aortic stenosis, especially in patients who are at high or intermediate surgical risk. The procedure is performed via a catheter, usually inserted through the femoral artery (transfemoral approach) or other alternative access points (subclavian, transapical, or direct aortic). A bioprosthetic valve is delivered and expanded inside the diseased aortic valve. Since it avoids open-heart surgery, patients usually have shorter hospital stays and quicker recovery times.

The team was led by professor Vikas Agrawal, Dr Pratibha Rai, and Dr Suyash Tripathi from the cardiology department, along with professor A P Singh, Dr Sanjeev, and Dr Pratima from the cardiac anaesthesia, and professor Siddhartha Lakhota from the cardiothoracic and vascular surgeons department.

The doctors said that the aortic valve is a left-sided valve of the heart that guards the aorta, which supplies oxygenated blood to the body. In case of obstruction to the aortic valve, the patient will have a limited supply of blood to the body and presents with chest pain, fatigue, and syncope.

The valve obstruction can be congenital, called a bicuspid aortic valve, and once diagnosed, should be followed up regularly since childhood. A bicuspid aortic valve is the most common congenital heart disease (1-2%) and can have varied presentations from asymptomatic to severely symptomatic aortic stenosis and aortic regurgitation. Acquired old age-related sclerosis without timely intervention carries a very high mortality. Traditionally, surgical repair was the primary treatment, but it came with considerable risks, particularly in elderly patients with comorbidities, they explained.

Professor Vikas Agrawal underscored the technical difficulties of TAVI in elderly patients with multiple comorbidities. He highlighted that advancements in structural interventional techniques now make it possible to repair these defects with minimally invasive procedures, providing a safer alternative to open-heart surgery for high-risk individuals. IMS director, professor S N Sankhar, and medical superintendent professor K K Gupta congratulated the team.



Homage

DR. ALDRETE

(1937-2025)



-Dr Bhavya Naithani Dube

Associate Professor (Critical Care),
King George's Medical University, Lucknow

Dr Jorge Antonio Aldrete (1937-2025) left a massive void in the world of anaesthesia. He left the earthly realm on 20 January 2025 at the ripe age of 87. Unfortunately, little has been written about him and his extraordinary contributions to anaesthesia. His life story inspires every practising anesthesiologist, even today.

Dr. Aldrete began his postgraduate medical career in 1960 after completing two years of surgical residency in Denver and Charleston, West Virginia. He started his anaesthesia training in 1963 at Case Western Reserve University School of Medicine, Cleveland, under the supervision of Robert Hingson, MD.



Homage

DR. ALDRETE

(1937-2025)

In 1965, he moved to Denver to begin a fellowship in anaesthesia at the University of Colorado School of Medicine under the guidance of Robert W. Virtue, MD. Dr. Aldrete became part of Thomas E. Starzl's pioneering liver transplant team in Denver. Dr. Starzl performed the first human liver transplant in 1963, and Dr. Aldrete was a stellar team member. He was always attuned to the vulnerability and the emotional responses of his patients, which led him to create the first-ever anaesthesia protocol for patients undergoing liver transplants. Dr. Aldrete acknowledged that his actions were guided by the phrase, "Compassionate consideration of a patient's suffering is a long way to relief from emotional pain and trauma." He revolutionized the approach of the entire branch of anaesthesia by lending it a humane touch with his insight and sensitivity. Today, the ALDRETTE score is used universally by anaesthetists all over the world to assess the condition of patients in the post-anesthesia recovery unit.

Besides this, Dr. Aldrete made significant contributions to various areas of anaesthesia. He was a prolific teacher and writer, besides being a practising and dynamic anesthesiologist till he was an octogenarian. In 2000, Dr. Aldrete published the first book on arachnoiditis, "Arachnoiditis: The Silent Epidemic," to address questions from healthcare professionals, patients, and families. He also developed a website to provide information and guidance to those interested in staying updated on new developments in the study and treatment of arachnoiditis and research toward a possible cure. Through his website and lectures, Dr. Aldrete has provided information and advice to thousands of physicians on treating the inflammatory phase of arachnoiditis.

Homage

DR. ALDRETE

(1937-2025)

He published 480 articles and abstracts in medical journals and 80 textbook chapters, authored 12 medical books, lectured extensively and received umpteen awards. His extensive and indefatigable career in anesthesiology and pain management has changed how doctors treat patients worldwide; his contribution to pain relief and suffering is unparalleled. We at ISA pay a humble obeisance to his extraordinary life and vision, and we hope to continue his legacy of innovation, compassion, and professionalism.

Aldrete Score

Score	Activity	Respiration	Circulation	Consciousness	Oxygen Saturation
2	Moves all extremities	Breathes deeply and coughs freely.	BP \pm 20 mm of preanesth. level	Fully awake	SpO ₂ \geq 92% on room air
1	Moves 2 extremities	Dyspneic, or shallow breathing	BP \pm 20-50 mm of preanesth. level	Arousable on calling	SpO ₂ \geq 91% With suppl. O ₂
0	Unable to move extremities	Apneic	BP \pm 50 mm of preanesth. level	Not responding	SpO ₂ \geq 92% With suppl. O ₂

REFLECTIONS ON ORGANIZING THE 1st ICITAAC AND 15TH CZISACON AT ORCHHA, JHANSI



-Dr. Chavi Sethi
Associate Professor,
Department of Anaesthesia, MLB Medical College,
Jhansi

As the Organizing Secretary of the International Conference on Innovations in Technology and Advanced Anesthesia Care (ICITAAC) and the 15th Central Zone Indian Society of Anaesthesiologists Conference (CZISACON) held in the historic town of Orchha, I am filled with a profound sense of accomplishment and gratitude. This event marked a significant milestone for me and the entire Department of Anesthesia at MLB Medical College, Jhansi.

Key Takeaways and Reflections

Seamless Coordination Across Teams:

Organizing a conference of this scale required meticulous planning and coordination across various teams, from logistics to scientific sessions. I am immensely proud of how each team member contributed to the success of this event, demonstrating remarkable dedication and teamwork.



REFLECTIONS ON ORGANIZING THE 1st ICITAAC AND 15TH CZISACON AT ORCHHA, JHANSI

Hosting Multiple Pre-Conference Workshops:

For the first time, MLB Medical College organized eight pre-conference workshops covering advanced anaesthesia and pain management topics. Given the scale, this was an ambitious task, but it was a highly appreciated aspect of the conference. The workshops provided a platform for hands-on learning, allowing participants to gain practical skills and insights from experts in the field.

Enhancing Knowledge and Skills:

The scientific sessions were a treasure trove of knowledge. From technological innovations to advanced anaesthesia care, the topics covered were diverse and addressed many pressing issues anesthesiologists face today. The exchange of ideas and research presentations helped all attendees expand their horizons and learn about the latest advancements in the field.

The Unforgettable Experience of Orchha:

Hosting the conference at Orchha added a unique charm to the event. The historical and cultural backdrop provided a perfect setting for a gathering of this magnitude. Participants not only enjoyed the scientific sessions but also had the opportunity to explore the town's rich heritage, making it a memorable experience.



REFLECTIONS ON ORGANIZING THE 1st ICITAAC AND 15TH CZISACON AT ORCHHA, JHANSI

Overcoming Challenges with Resilience:

Like any large-scale event, we faced our share of challenges, from coordinating with international speakers to managing last-minute changes in the schedule. However, the organizing team's resilience shone through as we tackled each hurdle with determination and a problem-solving mindset.

Support from Mentors and Colleagues:

I am deeply grateful for the unwavering support of our Principal, Dr. Senger, and the Head of the Anesthesia Department, Dr. Anshul Jain. Their guidance was invaluable throughout the planning and execution phases. The collective effort of the entire organizing committee, including faculty members, residents, and support staff, made this event a grand success.

Fostering a Culture of Learning and Growth:

The conference was a testament to MLB Medical College's commitment to fostering a culture of continuous learning and professional growth. It provided a platform for young anesthesiologists to present their research, learn from seasoned experts, and network with peers nationwide and beyond.



REFLECTIONS ON ORGANIZING THE 1st ICITAAC AND 15TH CZISACON AT ORCHHA, JHANSI

Looking Ahead:

While the curtains have closed on the first ICITAAC and 15th CZISACON, the experience has left a lasting impact. It has reinforced my belief in collaboration, continuous learning, and innovation in anaesthesia care. The overwhelmingly positive feedback from participants has motivated me to aim even higher in future endeavours.

This event culminated months of hard work and began a new chapter for our department. It has set a benchmark for future conferences, and I am confident that we will continue to organize events that contribute meaningfully to the field of anaesthesia.

In conclusion, I am grateful for the opportunity to serve as the Organizing Secretary, and I look forward to new challenges and opportunities to enhance our collective knowledge and skills in anaesthesia and pain management.





Minutes of the Executive Council Meeting ISA (UP) held at October 26th, Orchha

The meeting of Executive Committee of the Indian Society of Anaesthesiologists (Uttar Pradesh) was held on October 26th, 2024 at 1500 hrs in the Board room of the conference venue at Orchha. The meeting commenced with a welcome address by the ISA UP president, Dr Apurva Agrawal. The ISA UP Secretary, Dr Sandeep Sahu appraised the members about the affairs of the state chapter, and emphasised the need for more active collaboration among the state chapters of the Central zone.

ISA UP Treasurer, Dr Tanmay Tiwari informed the members that the finances and expenditures of UP ISA over the last year had already been shared digitally with them. The house heartily welcomed the new ISA UP President, Dr Kapil Singhal and the ISA UP President-Elect, Dr Rajeev Kumar Dubey.

The members unanimously decided to abolish the custom of honouring the Organizing Chairperson/ Secretary of the concluding UPISACON conference as the Vice-President for that year and confirmed that the same post would be subject to election. Therefore, Dr. Kushant Gupta from Noida was chosen as the new Vice-President, which was confirmed by the members in the General Body meeting on the same day.

It was further decided that the next State conference, UPISACON 2025, will be conducted by the ISA Lucknow branch in collaboration with SGPGIMS, Lucknow. The Mathura branch will conduct the first Yuva UPISACON in April 2025. The valuable contributions from all the members were well acknowledged and addressed.

The members also expressed their long-cherished wish regarding the regular and timely publication of the ISA UP Newsletter, Nischetak. Dr Rajeev Kumar Dubey and Dr Divya Srivastava were unanimously elected as the newsletter's Chief Editor and Editor, respectively. Moreover, Neha Kumar, Dr Ankita Sharma and Dr Bhavya Naithani Dube were also added to the editorial board for smooth and coordinated compilation of news and articles from the various city branches of UP State Chapter. It decided that the newsletter shall be published quarterly, and any supplementary issue, if needed, may be published subject to the decision of the editorial board members.

The meeting concluded cordially with a vote of thanks from the ISA UP Secretary, Dr Sandeep Sahu.



**Minutes of the
Executive Council Meeting
with the Office-Bearers of the
ISA-UP State City Branches**
held at October 26th, Orchha

Date: 26/10/2024

Venue: Board Room, Orchha Palace

Time: 04.00- 05.00 PM

Mode- Hybrid

The **UP-STATE OFFICE BEARERS MEETING WITH CITY BRANCH REPRESENTATIVES** was called upon at the request of President-Elect Dr Kapil Singhal and was chaired by President Dr Apurva Agarwal.

Attendees

UP ISA Office bearers:

- Dr Apurva Agarwal, President
- Dr Kapil Singhal, President Elect
- Dr Sandeep Sahu, Secretary
- Dr Tanmay Tiwari, Treasurer
- Dr Divya Srivastava, Editor
- Dr Dharmendra, Dr Prem Raj, Dr Yashpal, Dr Kushant (State Executives)
- And City branch office bearers:

A. **In-person:** Representatives from Lucknow, Noida, Varanasi, Ghaziabad, Prayagraj, Mathura, Kanpur and Bareilly

B. **Online:** Representatives from Moradabad, Meerut, Agra, Kanpur, Barabanki and Aligarh

[Gorakhpur, Saharanpur and Safai missed the representation.]

Objectives

To draft a roadmap for UP ISA and City branches to achieve their goals and objectives.

Discussions

1. Introduction and Welcome: The President of UP ISA welcomed the City branch office bearers and invited the President-Elect to conduct and introduce the meeting's objective.

2. Current Status: The Secretary of UP ISA presented an overview of the current status of UP ISA and City branches, highlighting their strengths, weaknesses, opportunities, and threats.



**Minutes of the
Executive Council Meeting
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ISA-UP State City Branches
held at October 26th, Orchha**

Date: 26/10/2024

Venue: Board Room, Orchha Palace

Time: 04.00- 05.00 PM

Mode- Hybrid

Discussions (continued...)

3. Goal Setting: The office bearers discussed and agreed upon the short-term and long-term goals for UP ISA and City branches, including:

- Increasing membership
- Improving communication and collaboration among branches
- Organizing workshops, conferences, and CME programs
- Enhancing the website and social media presence

4. Roadmap: The office bearers brainstormed and drafted a roadmap to achieve the set goals, including:

- Creating a membership drive plan
- Identify the branches and various programs that were allotted to them

Noida- First ISA NPL cricket tournament (February 2025)

Noida - ISA sponsored National CME(February 2025)

Mathura- First Ever UPYUVAISACON(April 2025)

MEERUT- PG Assembly (To be announced)

Lucknow- UP State ISACON (October 2025)

Other Branches were also requested and encouraged to come forward and implement different ISA programs on the city, state, and national levels.

5. Assigning tasks and responsibilities to office bearers: Dr Rajeev Kumar Dubey was inducted as the President-Elect and Editor-in-Chief of to give momentum to UP State Newsletter, Nishchetak.

6. Action Plan: The office bearers agreed on an action plan to implement different programs

Decisions

1. The office bearers agreed to finalize the roadmap and action plan within the next two weeks.
2. The President of UP ISA will convene a quarterly meeting to review progress and provide feedback.

Conclusion

The meeting concluded with a sense of accomplishment and a clear direction for UP ISA and City branches. The office bearers work together to achieve their goals and objectives.

Dr Sandeep Sahu, Secretary, ISA-UP State, adjourned the meeting with vote of thanks.



ISA COON 2025

73rd Annual Conference
of the Indian Society of
Anaesthesiologists

26 - 30 NOV 2025
Hotel Salyon
International,
Rohini, Delhi-110085

Organising Committee Members



Dr. Mahesh Bhatia
Chairman



Dr. Sudhir Tachibane
Honorary Chairman



Dr. Praveen Sharma
Honorary Secretary



Dr. Prabhata Shah
Secretary



Dr. Subrata Kumar Singh
Secretary



Dr. Jaya Lakshmi
Secretary



Dr. Mayank Kumar (CISA) (MRCOGN)
Secretary



1st TIME IN UP
14th SEED WORKSHOP & CME (LUCKNOW)
 of **Airway Management Foundation**
 at KGMU, Lucknow
1st - 2nd March 2025

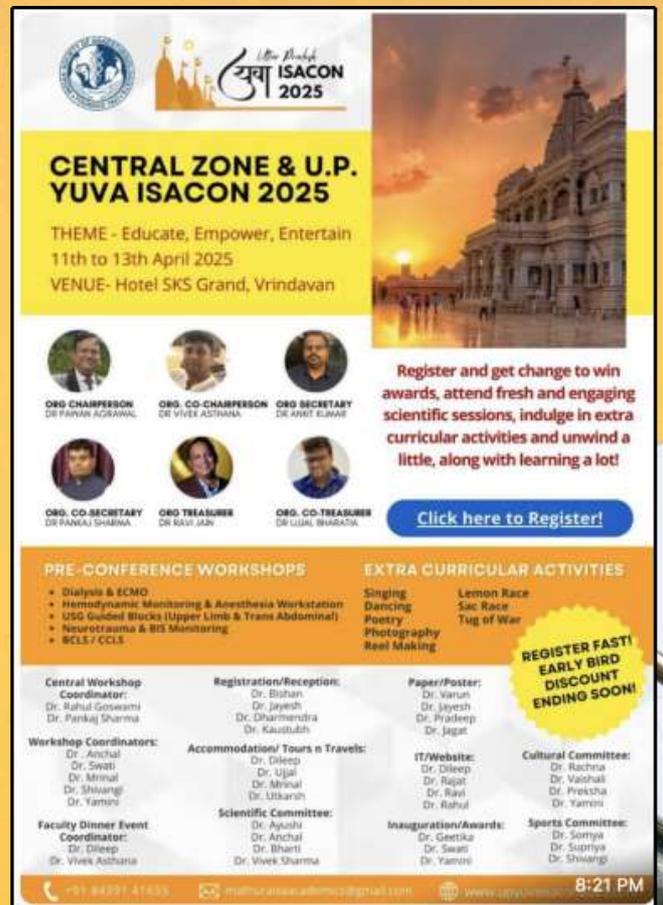
Organizing Committee

 Dr. Monica Kohli Prof. & HOD, Dept. of Anaesthesia KGMU	 Dr. P.K. Das Prof. & HOD, Dept. of Anaesthesiology KGMU	 Dr. Mamta Harjai Professor Dept. of Anaesthesia KGMU	 Dr. Prem Raj Singh Additional Professor Dept. of Anaesthesia KGMU	 Dr. Tanmay Tewari Additional Professor Dept. of Anaesthesia KGMU
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Faculty Members

 Dr. Rajesh Kumar President IAMP	 Dr. Suresh Kumar Secretary IAMP Dr. Rajiv, KGMU, Lucknow	 Dr. Anil Mishra Exec. President IAMP Dr. Rajiv, KGMU, Lucknow	 Dr. Ranjay Singh Division Professor JIPMER & Anesthesiologist Muzaffarnagar, Uttar Pradesh	 Dr. Vikas Mishra Associate Professor KGMU, Lucknow	 Dr. Neena Gupta Head Department of Anaesthesiology KGMU, Lucknow
 Dr. Neelam Sharma Professor KGMU, Lucknow	 Dr. Divya Jain Professor KGMU, Lucknow	 Dr. Shashi Kant Sharma Professor KGMU, Lucknow	 Dr. Vikas Kishore Professor KGMU, Lucknow	 Dr. Shikha Saxena Senior Research Fellow KGMU, Lucknow	 Dr. Nisha Mishra Senior Research Fellow KGMU, Lucknow
 Dr. Rajesh Mishra Professor KGMU, Lucknow	 Dr. Nisha Senior Research Fellow KGMU, Lucknow				

8:11 AM



CENTRAL ZONE & U.P. YUVA ISACON 2025

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

Register and get change to win awards, attend fresh and engaging scientific sessions, indulge in extra curricular activities and unwind a little, along with learning a lot!

[Click here to Register!](#)

PRE-CONFERENCE WORKSHOPS

- Dialysis & ECMO
- Hemodynamic Monitoring & Anesthesia Workstation
- USG Guided Blocks (Upper Limb & Trans Abdominal)
- Neurophysiologic & BIS Monitoring
- WCLSI / CCLSI

EXTRA CURRICULAR ACTIVITIES

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

REGISTER FAST! EARLY BIRD DISCOUNT ENDING SOON!

Central Workshop Coordinator: Dr. Rahul Goswami Dr. Pankaj Sharma	Registration/Reception: Dr. Bishan Dr. Jayesh Dr. Dharmendra Dr. Kaustubh	Paper/Poster: Dr. Varun Dr. Jayesh Dr. Pradeep Dr. Jagat
Workshop Coordinators: Dr. Anchal Dr. Swati Dr. Minnal Dr. Shwagati Dr. Vamsy	Accommodation/ Tours n Travels: Dr. Dileep Dr. Ujjal Dr. Minnal Dr. Utkarsh	IT/WebSite: Dr. Dileep Dr. Rajat Dr. Ravi Dr. Rahul
Faculty Dinner Event Coordinator: Dr. Dileep Dr. Vivek Ashara	Scientific Committee: Dr. Ajaysh Dr. Anchal Dr. Bharti Dr. Vivek Sharma	Inauguration/Awards: Dr. Saetika Dr. Swati Dr. Vamsy

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

Sports Committee:
Dr. Somya
Dr. Supriya
Dr. Shwagati

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8:21 PM

Forthcoming Events of ISA Uttar Pradesh



लखनऊ
UPISACON
 25th & 26th October 2025

UP ISACON 2025

25th & 26th October '25 (Sat & Sun)
 Preconference Workshop on 24th Oct '25

38

Seize the Moment

10 points to nurture a positive relationship with yourself

Accept Yourself Completely

Embrace your strengths and weaknesses without judgment.

Prioritize Your Well-being

Take care of your physical, mental, and emotional health.

Set Healthy Boundaries

Say no when needed and protect your peace.

Forgive Yourself

Let go of past mistakes and grow from them.

Celebrate Your Achievements

Acknowledge both big and small victories.

Speak Kindly to Yourself

Your inner dialogue should be as gentle as you are with loved ones.

Follow Your Passions

Engage in activities that bring you joy and fulfillment.

Let Go of Comparison

Your journey is unique; focus on your progress.

Surround Yourself with Positivity

Be with people who uplift and inspire you.

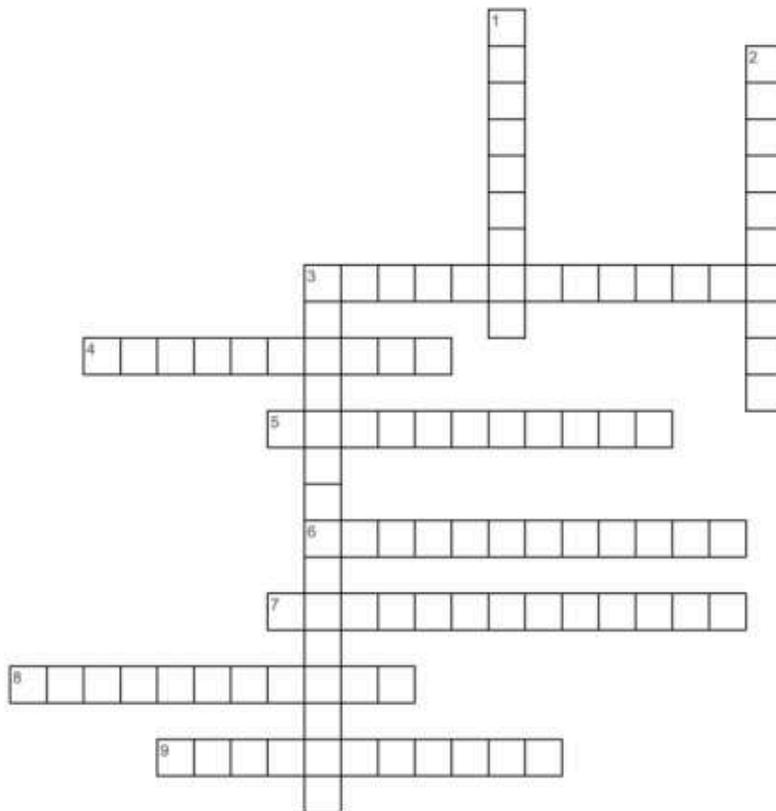
Embrace Your Spiritual Self

Connect with your inner divinity and trust in your path.



Cross word Puzzle

Remembering the Famous Anesthesiologists



Across

- 3 Considered one of the top living anesthesiologists. Book written by him is Bible of the subject
- 4 Pioneered spinal anaesthesia using cocaine
- 5 Known for inventing the Laryngeal Mask Airway
- 6 Described eye signs used to monitor the depth of Ether anesthesia
- 7 Father of anesthesia
- 8 Developed technique of endobronchial anesthesia
- 9 Paediatric anaesthesia pioneer

Down

- 1 Introduced Sodium Thiopental
- 2 Designed widely used endotracheal tubes
- 3 Creator of Macintosh laryngoscope blade

**Hint: there is no space between first and last names of Anesthesiologists
[Answers are given somewhere else in this issue]**

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 Kumar: Aligarh, Gorakhpur, Jhansi, Kanpur, Safai

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

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

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Uttar Pradesh Chapter**

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