



VOLUME 1.3 JUNE-JULY 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 2026 Feb 25-March 1, Chennai

ICACON 2025 August 29-31, Jodhpur

ISACON 2025, November 26-30, Raipur

Uttar Pradesh

ISA UP Sponsored Mid-term CME 2025

August 17, Varanasi

UPISACON 2025 October 24-26, Lucknow

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The Imperative of Well-Being in Anaesthesiology Guardians of Sleep in 2025

Anaesthesiologists have long been recognised as the “guardians of sleep,” ensuring patient safety and comfort during surgical procedures. Yet, in 2025, a topic resonating at conferences, in journals, and within professional discussions worldwide is the paradigm shift in focus from patient care to the well-being and resilience of the global anaesthesiology workforce itself.

The Burnout Epidemic

Recent years have seen rising awareness of burnout among anaesthesiologists. High-dependency care, long shifts, traumatic events, and the constant pressure to minimise error make our speciality uniquely vulnerable. Emerging literature emphasises the toll this takes not only on providers’ mental health but also on patient outcomes and healthcare systems.



Why Well-Being Matters

Maintaining clinician well-being is no longer a “soft” issue. Scientific research demonstrates a link between provider fatigue and mental distress and increased rates of perioperative complications and diminished quality of care. Professional associations and editorial platforms now advocate for the implementation of routine support systems, peer counselling, and accessible mental health resources within hospitals.

Innovative Solutions

Anaesthesiology is leading the way in reimagining workplace culture:

- Fatigue management initiatives are now standard at many institutions, with evidence suggesting better performance and fewer errors.
- Mentorship programs and advocacy for manageable rotas promote sustainable careers and prevent attrition.
- The importance of work-life balance is discussed at major meetings, with practical sessions on mindfulness and stress reduction alongside technical lectures.

ed-i-to'-ri-al



Looking Forward

2025 is a year of renewal for the speciality, as clinics and academic centres move to integrate well-being into the core fabric of anaesthesiology practice and training. As the guardians of patient sleep, we should also safeguard our own—through collective action, institutional protocols, and a steadfast commitment to supporting one another.

As we move forward, we should embrace both clinical innovation and the essentials of resilience and compassion that define our profession. In doing so, we ensure a healthier, safer future for both anaesthesiologists and the patients under our care.

Regards,

Jai Hind, Jai ISA

Rajeev Kumar Dubey

Editor-in-Chief

Nishchetak

ISA UP Newsletter

“Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.”

— **Albert Einstein**



Message from our President

Dear ISA UP State Members,

As we continue to strive for excellence in anaesthesia care, we are committed to fostering a culture of innovation, education, and camaraderie among our members. I am highly delighted to see so many new initiatives planned and executed not only by the ISA UP state office but also by many city branches. I want to share with you the exciting new initiatives that our state chapter has undertaken.

These initiatives are designed to benefit our members in various ways, including, but not limited to:

Professional development: Our webinars and competitions offer opportunities for members to enhance their knowledge, skills, and networking capabilities.

Community building: Our initiatives will foster a sense of community among our members, promoting collaboration and camaraderie.

Wellness and stress relief: Our Yoga Day competition and other initiatives will encourage members to prioritise their well-being and manage stress.

New Initiatives

Although there has been a plethora of activities all across the state, a few are worth mentioning-

First and foremost, the **Inaugural UP YUVAISACON**, organised by a young and vibrant team from ISA Mathura, was a resounding success, featuring three pre-conference workshops followed by two days of the conference. Its phenomenal success has shown the resolve adopted by members of ISA UP State.

The start of the **Case Presentation** series, exclusively for DNB residents, was another landmark activity of the ISA Lucknow city branch, alongside many other ISA events.

The **Mid-term Meeting of ISA UP** Office bearers with the organising team of UPISACON 2025 proved to be very fruitful, providing direction and new vigour to the organising team to ensure its success. Apart from this, ISA UP State held regular online meetings with city branch office bearers.

Our **Summer Literary Competition** provided a unique opportunity for members to showcase their writing skills and share their experiences, insights, and knowledge.

New Initiatives....

We are proud to announce that our **Inaugural Online Yoga Day Competition**, designed to promote wellness and stress relief among our members, received an overwhelming response. This initiative aims to encourage a healthy work-life balance and provide a platform for members to showcase their yoga skills.

Launch of **HOD Club** to bring together Head of Departments of all academic institutions from across the state to share best practices, discuss challenges, and collaborate on initiatives that benefit our members and patients was another long-awaited event. It has received a very encouraging response and was appreciated mainly during its first online meeting.

We are starting a series of **Online State Webinars**, featuring expert speakers and topics relevant to anaesthesia care. These webinars will provide a valuable platform for members to stay updated on the latest developments in our field.

I invite all members to participate in these initiatives and take full advantage of the opportunities they offer. Your active participation and feedback are crucial to the success of these initiatives.

I want to express my gratitude to our members, office bearers, and team for their tireless efforts in making these initiatives a success.

Dr Ankit Sahdev for conducting UP YUVAISACON, Dr Divya Srivastava for spearheading various online activities, and Dr Neha Mishra for taking responsibility for conducting webinars are to be conveyed my special thanks.

I am confident that these new initiatives will take our state chapter to new heights and benefit our members and patients.

Best regards,
Jai Hind, Jai ISA

Dr Kapil Singhal
President, ISA UP State

“Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.” 9

— **Bernard M. Baruch**

Secretary Speaks



The ISA Uttar Pradesh State expresses its delight over the recent progress and initiatives undertaken to enhance anaesthesia care, foster professional growth, and strengthen member engagement across the state. I commend both the state office and city branches for their innovative activities and collaborative spirit.

One major highlight was the inaugural UP YUVAISACON, hosted by ISA Mathura, which featured three pre-conference workshops followed by two days of scientific sessions. Its resounding success demonstrated the commitment and energy of ISA UP members. Another significant milestone was the launch of a case presentation series for DNB residents by the ISA Lucknow city branch, along with other academic programs.

The mid-term meeting between ISA UP Office bearers and the UPISACON 2025 organising team proved highly productive, setting a clear direction for the event. The state office also maintained regular online meetings with city branch leaders to coordinate efforts.

In addition to academic activities, creative and wellness-focused programs were introduced. The Summer Literary Competition encouraged members to share their writings and experiences, while the first online Yoga Day competition promoted health, stress relief, and work-life balance. Both initiatives received enthusiastic participation.

Secretary Speaks



A long-awaited development was the launch of the HOD Club, uniting heads of anaesthesia departments from academic institutions statewide. This platform facilitates the sharing of best practices, promotes discussions on challenges, and encourages collaboration on initiatives that benefit members and patients. Its first online meeting was well-received.

To keep members updated on advancements in anaesthesia, the ISA UP State has begun a series of online webinars with expert speakers on relevant topics.

These initiatives aim to support professional development through educational events, foster a strong sense of community, and encourage personal well-being. I urge members to actively participate and provide feedback to ensure the continued success of these programs.

I am confident that these efforts will elevate the state chapter, benefiting both members and the patients they serve.

Jai Hind, Jai ISA

Sandeep Sahu
(Secretary, ISA UP)

Patient: Doctor, are you sure it is jaundice? I have heard of two cases when a doctor treated a patient with jaundice, and the patient ended up dying of something else.

Doctor: Don't worry. When I treat a patient for jaundice, he dies of jaundice.

Directly From The Desk

Embracing Balance – Mind, Body & Community

Dear Esteemed Colleagues,

As the monsoon sets in and we bid farewell to the scorching summers, we look back on the grace, warmth, and energy brought to us by the mighty sun. It serves as a reminder of the importance of balance—between work and rest, mind and body, and growth and reflection. This edition of Nischetak continues its echoes of harmony of mind and body, showcasing a vibrant tapestry of academic rigour, wellness initiatives, and environmental responsibility from ISA UP branches across the state.

The long summer months, while often intense in clinical schedules, also offered moments for well-deserved relaxation and rejuvenation. Several members took time to reflect, recharge, and re-engage with passions beyond the operating room—whether it was travel, reviving old hobbies, creating new ones, or simply slowing down. We celebrate these moments of life that often go unnoticed, yet are vital to our overall well-being.

Directly From The Desk

Embracing Balance – Mind, Body & Community...

June witnessed a spirited celebration of **International Yoga Day**, with enthusiastic participation from our members across branches. The emphasis on yoga as a tool for mental clarity and physical vitality is especially relevant for anesthesiologists, whose roles demand calm precision and sustained focus. The theme "Yoga for One Earth, One Health" emphasises that personal wellness is deeply linked to planetary health and encourages adopting yoga as a means to achieve both individual well-being and a healthier environment.

The 'healthier environment' concept was taken a step further by the ISA Lucknow City Branch with its '**Plant today, Breathe tomorrow**' plantation initiative, determined to plant at least 101 trees over one month. It brought together members and students in a shared commitment to sustainability. It was a beautiful expression of growth—literal and symbolic—as saplings were planted with hope and intention for a cleaner, greener future.

Directly From The Desk

Embracing Balance – Mind, Body & Community...

Academically, ISA UP branches continued to flourish with diverse activities—ranging from workshops on POCUS and complex airway management to journal clubs and CME programs. Equally heartening were the recreational pursuits—the evening get-togethers—reminding us that camaraderie outside the OR strengthens bonds within it.

In all these activities, the common thread remains clear: ***a community of anesthesiologists committed not just to clinical excellence, but to personal well-being, collective learning, and environmental stewardship.***

As we move ahead into a new season filled with fresh challenges and opportunities, let us carry forward this spirit of balance, compassion, and collaboration. After all, healing the world begins with caring for ourselves and those around us.

Warm regards,

Divya Srivastava
Editor (Nishchetak)



Nishchetak celebrates **Cool Summers!**

In line with ISA UP's tradition of nurturing literary and photographic talents, we invite you to participate in our literary competition,

A Summer Well Spent

Don't Miss Out! Showcase your literary prowess!



AWARDS & RECOGNITION:

3 awards in each category!
Winners receive certificates from ISA!
Chance to feature in the next volume of **Nishchetak!**

JUDGING CRITERIA:

Entries will be evaluated by the esteemed **Nishchetak** editorial team.

SUBMISSION CATEGORIES:

- Craft a captivating **narrative** (max 1500 words) that showcases your summer experience, accompanied by relevant **photographs**.
- Both professional and personal anecdotes are welcome!

Last Date of submission - **30th June 2025** | Email entries to- nishchetak@gmail.com



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Results of the competitions held in June

Summer Well Spent

We thank all the participants for their overwhelming response to our call on literary celebrations this summer. The editorial team, after much deliberation, has decided the winners as follows.

Consultant Category

First: "Rebel break: No kids allowed." By **Dr Parul Jindal**, Professor, Department of Anaesthesiology & Pain Management, Himalayan Institute of Medical Sciences, SRHU Dehradun

Second: (jointly shared by)

"From Scrubs to Strokes: A Doctor's Summer of Colours, Calm & Creativity" by **Dr. Ruchi Saxena**, Assistant Professor, Department of Anaesthesia, Kalyan Singh Superspecialty Cancer Institute, CG City, Lucknow.

&

"A Summer Well Spent: Rediscovering Oneself in Rishikesh" by **Dr. Tanushree Srivastava**, Associate Professor, Department of Anaesthesiology, IIMSR, Lucknow

Third: "Waves of Duty, Shores of Peace: A Summer Well Spent" by **Dr. Anshu Priyanka Lakra**, Assistant Professor, Department of Trauma and Emergency Medicine, AIIMS Bhopal

Resident Category

First: "Summer, Sterile Scrubs & Shattered Silence" A Resident's Reflection from Lucknow's Blazing Corridors by **Dr Zahwa Rizwan**, Senior Resident, Hind Institute of Medical Sciences and Hospital, Safedabad.

Second: An incident down memory lane. **Dr. Jeel Modh**, Resident, Anesthesiology and CCM, AIIMS Jodhpur.

Special Mention

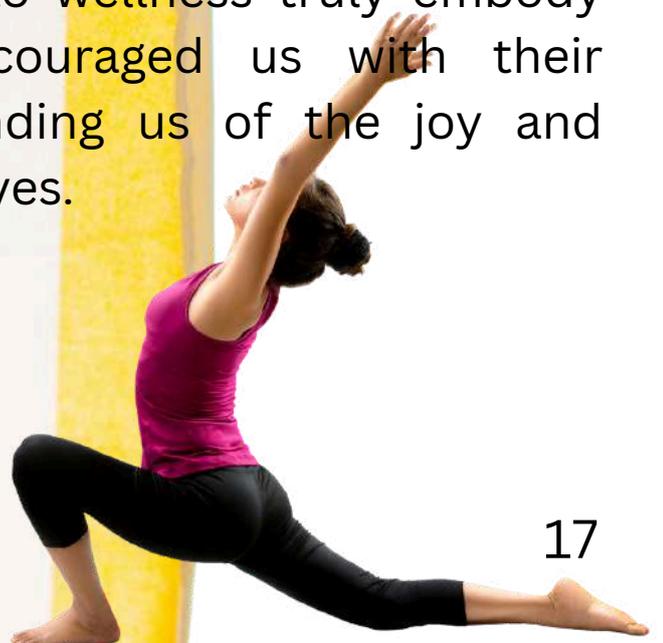
Dr. Deepika Tiwari, Associate Professor, Dept. of Anaesthesia, Govt Doon Medical College, Dehradun – Poem: "Sunshine"

Yoga Day Competition

We are delighted to announce the winners. Their inspiring participation and commitment to wellness truly embody the spirit of yoga. They encouraged us with their enthusiastic submissions, reminding us of the joy and balance that yoga brings to our lives.

Congratulations to:

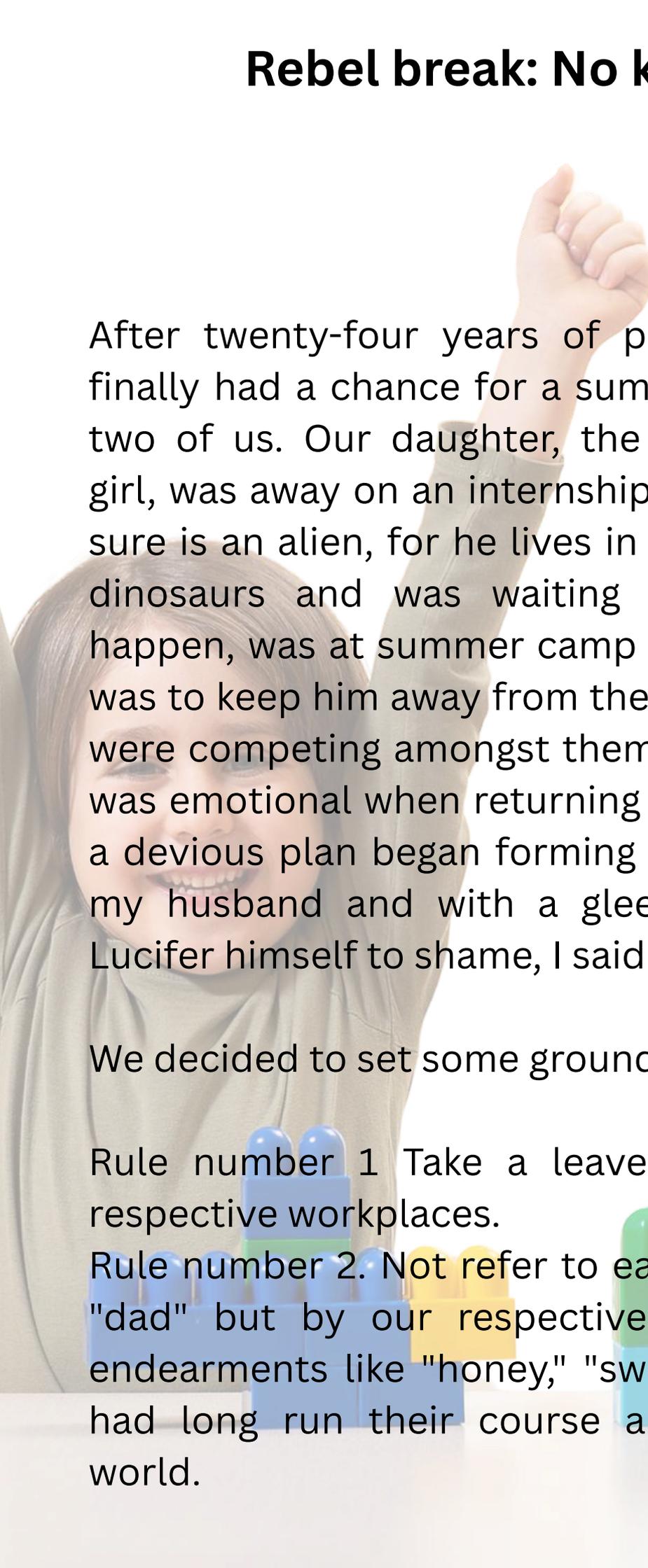
1. **Dr. Hemlata**
2. **Dr. Sanjay Gupta**
3. **Dr. Indubala Maurya**



Rebel break: No kids allowed

Dr Parul Jindal

Dehradun



After twenty-four years of prioritizing our kids, we finally had a chance for a summer vacation – just the two of us. Our daughter, the picture-perfect golden girl, was away on an internship, and our son, who I am sure is an alien, for he lives in a world of zombies and dinosaurs and was waiting for an apocalypse to happen, was at summer camp in another city. The aim was to keep him away from the two grandmothers who were competing amongst themselves in spoiling him. I was emotional when returning to an empty house, but a devious plan began forming in my mind. I turned to my husband and with a glee that would put even Lucifer himself to shame, I said, "Let's take a break."

We decided to set some ground rules:

Rule number 1 Take a leave of absence from our respective workplaces.

Rule number 2. Not refer to each other as "mom" and "dad" but by our respective names, as the sweet endearments like "honey," "sweetheart," and "darling" had long run their course and departed from our world.

Rule number 3. My husband decided I wouldn't spend time cooking; instead, we'd order food from outside. How thrilled I was to hear this I could have hugged literally hugged my husband

Rule number 4. We wouldn't answer our mobile phones.

Rule number 5. We wouldn't call our kids or parents.

We changed into mismatched clothes and relaxed on our recliners, binge-watching our favourite web series, just like Joe and Chandler from the sitcom Friends. One episode, my husband enthusiastically sang along to a silly song, complete with dramatic hand gestures and a questionable dance move that left me giggling. Following rule number three (God bless Zomato and Swiggy!), we ordered food of our choice – no leftovers of the kids' food or junk food they love. We both looked like homeless creatures lapping up these small luxuries.



The next morning my husband decided to cook – or rather, attempt to cook – a breakfast. Let's just say his culinary skills didn't quite live up to my expectations. We ended up with burnt toast, overcooked omelette, and a kitchen covered in flour. We looked at each other, burst out laughing, and decided to order instead. As we waited for the pizza, we played a game of "who can make the most creative excuse for why he can't cook." My husband won with "I think the kitchen is haunted by the ghost of my college roommate's failed soufflé." One evening, we went stargazing, lying on a blanket, gazing at the stars. We shared secrets, dreams, and aspirations. We felt carefree, like our younger selves.

The next day, we visited a nearby café, indulging in coffee and pastries. We watched people and shamelessly judged them, giggling like teenagers and felt grateful for this break. Next we decided to take out his Harley 650cc for a spin. From planning to go on bike trip with his friends the bike was now reduced to getting bread and eggs from the nearby store.

As the days passed, we realized we'd forgotten what it meant to be ourselves, without parental responsibilities. We rediscovered our love, laughter, and connection.

Next, the benevolent people that we both are, we decided to share our newfound happiness with our friends. We planned a party for them – no fancy clothes or food, just a dance party to let our hair down and dance like Govinda to the head-banging music of the '90s. This generation can never understand the beauty of loud music with tacky dance movements. The playlist was from the era before we became parents, when we'd listen to various music, not just the title tracks of Shinchon and Chota Bheem.



The next evening, friends continued to arrive, and food kept pouring in. At one point, my friend did the Macarena so enthusiastically that he knocked over a lamp. We all laughed, and I joked, "I think that's the most excitement I've seen from you since the Wi-Fi router arrived." We were all having a great time dancing and laughing when I saw my husband standing in the corner, staring wistfully at the wall opposite. I followed his gaze to the family photograph hung there. The picture was taken several summers back, capturing a moment when our daughter was in her pre-teens and had an opinion on everything and everyone, and our son then a toddler, would dangle like a monkey from the curtains. I would scream in horror and this encouraged him to swing even harder.



The candid photo showed our daughter hugging her dad, and our son snuggled like a baby kangaroo in my arms. My husband had his arms around all of us. As we looked away from the picture, our eyes met, and a sad smile curled up on our lips. A tiny tear threatened to reveal itself, and we broke the fifth rule – we took out our mobiles and called the kids. Our son answered with "Dad, I'm busy hatching a plan to save the world from an alien invasion in the future." My husband replied, "That's great, son. Just don't forget to eat your veggies." We both chuckled, knowing that some things never change.



From Scrubs to Strokes

A Doctor's Summer of Colors, Calm & Creativity

Dr. Ruchi Saxena

Lucknow

Usually Anesthesiologist' summer season flows by in a blur of OT lights, patient charts, and hurried coffee breaks. But this summer, I decided to change – just a little. Somewhere between duty hours and diapers, I carved out space for creativity, calm, and connection. And what unfolded was a summer filled with color and small joys that made a big difference.

Brushes Over Bottles

A Newfound Love for Painting

It all started with something seemingly insignificant – an empty Ringer lactate/ IV fluid glass bottles at the end of the duty hours. Most would discard it without a second thought. But I found myself looking at it differently. Their clear surface felt like a blank canvas waiting to be reborn. So, I collected them from technicians, brought few bottles home, cleaned them up, and picked up a paintbrush – something I hadn't done ever before. I transformed them into vibrant vases and home decors. Each piece carried a story – of healing, of waste turned wonder, and of moments stolen from a hectic schedule.

My four-year-old son became my unofficial art assistant this summer. From enthusiastically helping me applying the primer (gesso) to giving the final acrylic varnish coat, he was by my side through every step. Painting bottles together became our little vacation ritual daily, filled with laughter, color, and quality time.



Then came the stones. On one of our evening walks at a hill station visit, my son and I picked up a handful of smooth-surfaced stones. To him, they were toys. To me, they became a canvas. I soon found myself collecting stones wherever I went, always on the lookout for the next little canvas. I painted Sunset Dreams, Tranquil Nights and silly smiles - hand-painted summer memories for my little one, made with love and laughter.

Motherhood and Meaningful Moments

Summer vacation also meant more precious time with my family. Between my son's endless energy and my unpredictable work schedule, our days became a colorful mix of paint-streaked clothes, playful chaos, and constant reminders to stay curious. Together, we also built a tiny herb garden and searched Instagram/youtube for experimenting new breakfast ideas.

The Doctor Side of Summer

Of course, the stethoscope didn't hang still all summer. The hospital was as demanding as ever — emergency calls, OR schedules and the 'sarkari' administrative work. While my work life stayed just as hectic, painting became a small but meaningful space where I could pause, breathe, and feel a sense of personal joy outside the hospital walls.

Even my colleagues noticed. Some teased me about becoming a "bottle artist". My room now has a painted OT bottle holding flowers and water plants— a small but powerful reminder that beauty can bloom anywhere.

I rediscovered the joy of creating something with my hands. I made memories with my child. And I found ways to make art out of waste, moments out of minutes.

In the end, this summer reminded me that joy often hides in the simplest things — like a painted stone or a shared smile. Reusing hospital waste for art wasn't just an eco-friendly gesture; it felt symbolic, transforming something discarded into something beautiful and full of life. I turned empty bottles into joy and ordinary days into something a little magical. And amidst the paints and playful mess, the most meaningful moments were the ones spent with my child — no gadgets, no schedules, just us. Because sometimes, the best kind of therapy isn't in silence or solitude, but in togetherness.



A Summer Well Spent

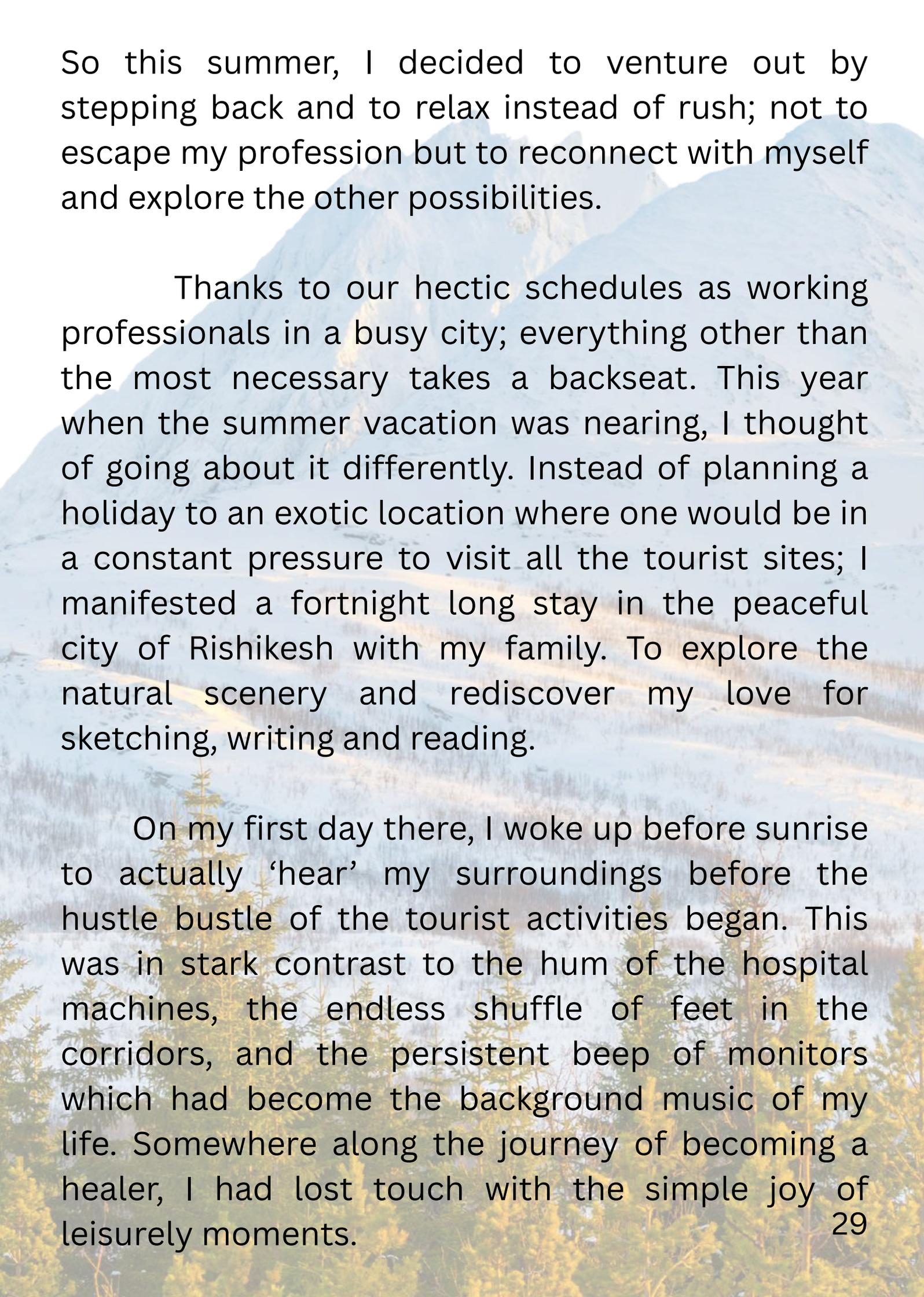
Rediscovering Oneself in Rishikesh

Dr Tanushree Srivastava

Lucknow

"Every life contains many millions of decisions. Some big, some small. But every time one decision is taken over another, the outcomes differ. An irreversible variation occurs, which in turn leads to further variations." (Matt Haig)

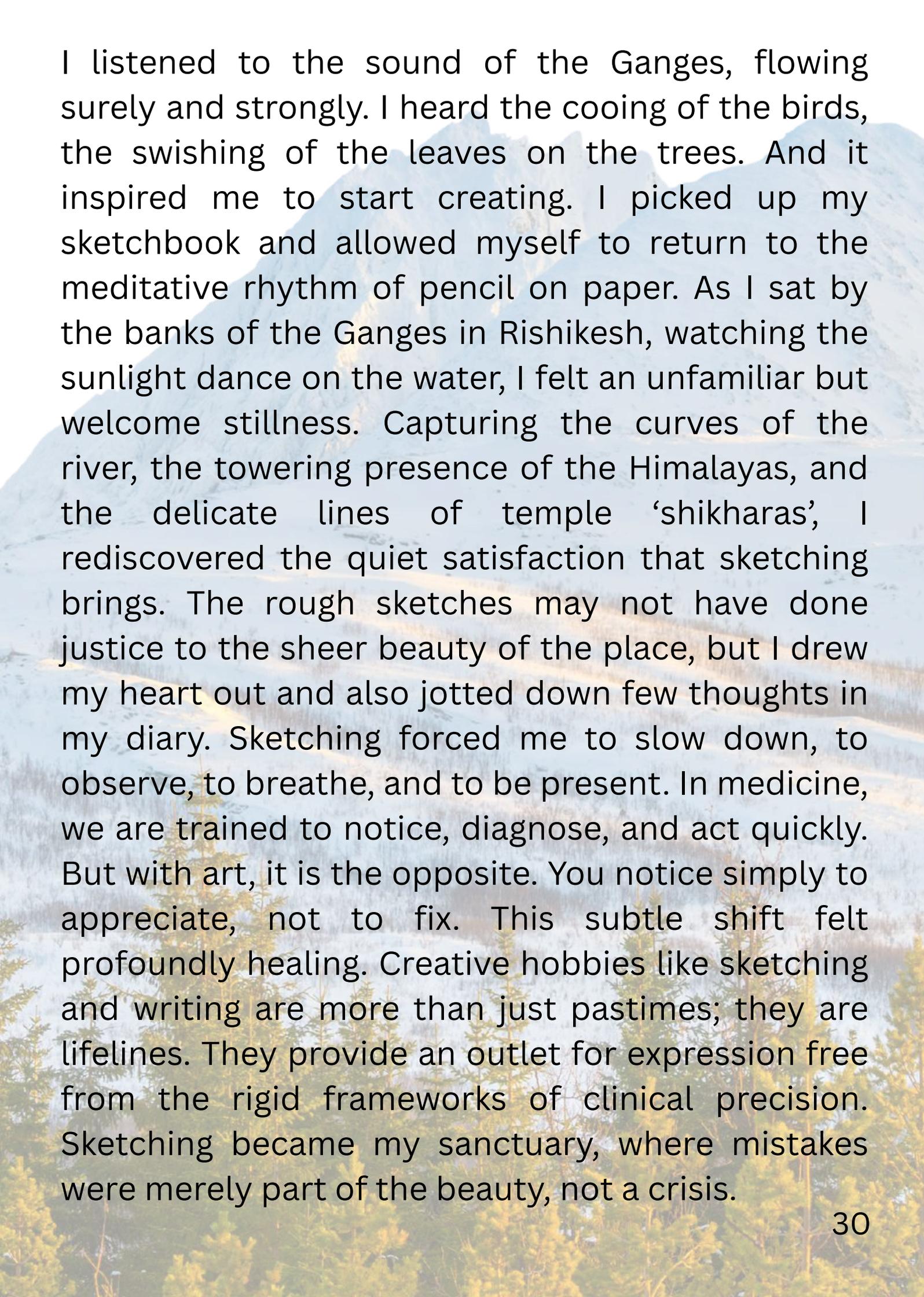
This thought from a book got me wondering how the minutest decisions during childhood and adolescent days had shaped my life, decided my fate, my profession, my place of residence, everything. I pondered how different my life would have been if perhaps I had followed my passion for art and writing, rather than being the studious one trying to ace medical entrance exams. How exciting or boring would a day in the life of an artist be compared to mine? A day in the life of an anaesthesiologist can be a swirling vortex of emotions, from a straightforward boring case to an unexpected difficult airway, it is full of ups and downs, adrenaline surges and the lull phases; however, there is a constant feeling of carrying the burden of responsibility.



So this summer, I decided to venture out by stepping back and to relax instead of rush; not to escape my profession but to reconnect with myself and explore the other possibilities.

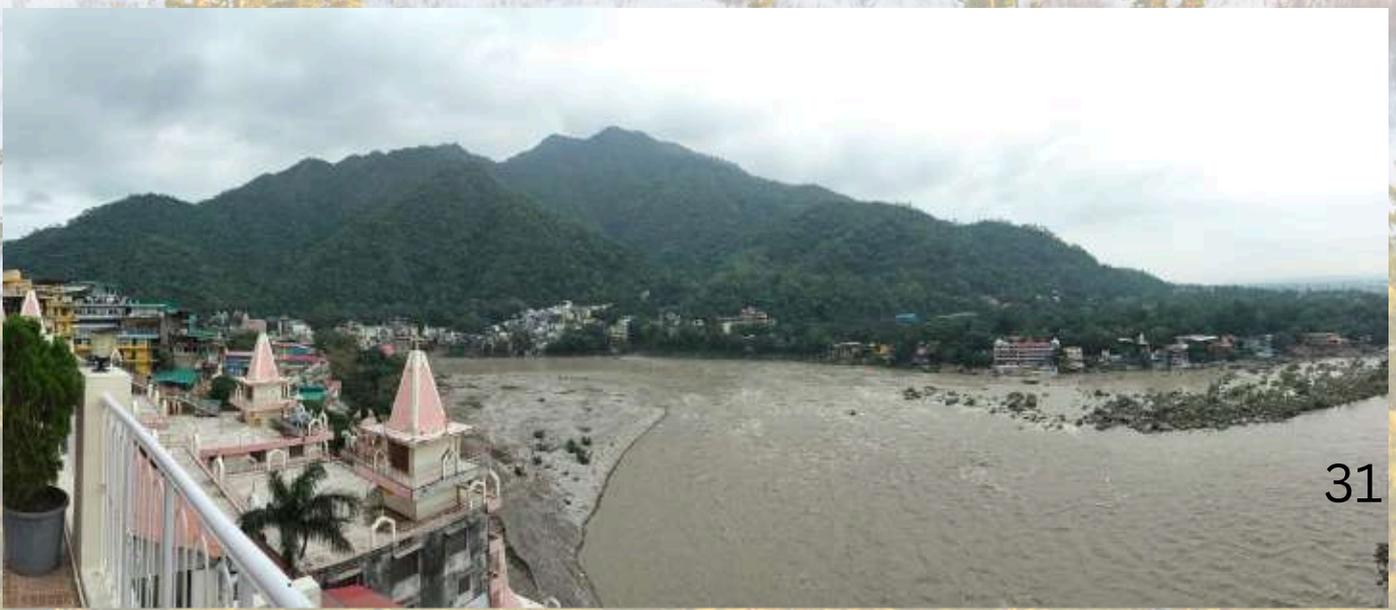
Thanks to our hectic schedules as working professionals in a busy city; everything other than the most necessary takes a backseat. This year when the summer vacation was nearing, I thought of going about it differently. Instead of planning a holiday to an exotic location where one would be in a constant pressure to visit all the tourist sites; I manifested a fortnight long stay in the peaceful city of Rishikesh with my family. To explore the natural scenery and rediscover my love for sketching, writing and reading.

On my first day there, I woke up before sunrise to actually 'hear' my surroundings before the hustle bustle of the tourist activities began. This was in stark contrast to the hum of the hospital machines, the endless shuffle of feet in the corridors, and the persistent beep of monitors which had become the background music of my life. Somewhere along the journey of becoming a healer, I had lost touch with the simple joy of leisurely moments.



I listened to the sound of the Ganges, flowing surely and strongly. I heard the cooing of the birds, the swishing of the leaves on the trees. And it inspired me to start creating. I picked up my sketchbook and allowed myself to return to the meditative rhythm of pencil on paper. As I sat by the banks of the Ganges in Rishikesh, watching the sunlight dance on the water, I felt an unfamiliar but welcome stillness. Capturing the curves of the river, the towering presence of the Himalayas, and the delicate lines of temple 'shikharas', I rediscovered the quiet satisfaction that sketching brings. The rough sketches may not have done justice to the sheer beauty of the place, but I drew my heart out and also jotted down few thoughts in my diary. Sketching forced me to slow down, to observe, to breathe, and to be present. In medicine, we are trained to notice, diagnose, and act quickly. But with art, it is the opposite. You notice simply to appreciate, not to fix. This subtle shift felt profoundly healing. Creative hobbies like sketching and writing are more than just pastimes; they are lifelines. They provide an outlet for expression free from the rigid frameworks of clinical precision. Sketching became my sanctuary, where mistakes were merely part of the beauty, not a crisis.

While the sketchbook was a companion for solitude, the real treasure of the trip was the chance to reconnect with my family. Our days at the resort in Tapovan, Rishikesh were a beautiful blend of laughter, quiet conversations, shared silence during Ganga Aarti, and adventurous treks to hidden waterfalls. In the soft morning light, we would walk along the Ram Jhula, unburdened by the usual urgency that defines our everyday lives. We practised some Yoga and meditated under the guidance of a teacher. At the yoga sessions we were able to connect with fellow travellers. Afternoons were spent rafting down the rapids or simply watching the river flow, a gentle reminder that life moves forward whether or not we race with it. These unhurried moments reminded me of the richness of relationships often sidelined by the demands of my profession. It wasn't the activities that mattered most, but the togetherness, the shared experience of slowing down.



The Ganga Aarti at the ghats as well as the private aarti at the resort was a unique experience for me. The palpable strength in the mantras being chanted along with the power of the fire in the aarti lamps can quell any fear and rid you of all negativity. After the aarti in the late evenings, we would walk to nearby cafes with mesmerizing view of the river and savour the local cuisines. I was able to meet people from different walks of life, everyone had their own perspective of the experience of the distinctive place that Rishikesh is. Night skies were clearer than any sky you can imagine in the city. Just by being in this city, one felt pure, mindful, introspective and meditative.

Setting boundaries during this time was crucial. I turned off work notifications, resisted the urge to check messages and emails, or scroll social media. Instead, I was fully available to my family, to the beauty around me, and to myself. I read this in a magazine and was in full agreement to the quote by Anne Lamott.



"Almost everything will work again if you unplug it for a few minutes... including you."

This summer's journey to Rishikesh wasn't just a vacation — it was a healing. It reaffirmed that a well-spent summer isn't about grand gestures but about intentional choices that heal the soul. It was a lesson in balance. I learned that rest doesn't always mean doing nothing; sometimes it means doing what fills your soul. These shared moments with the family strengthened the emotional scaffolding that supports me when work becomes overwhelming.

I took this break to explore and investigate what difference one or several small decisions would have made in my life. As a human being, we always imagine the grass to be greener on the other side, we always feel that the other path was easier or the other fruit was sweeter. But we are limited in our imaginations as we tend to over-simplify every situation. I was lucky to get this time off to introspect, to look within. And I learnt that while medicine is my calling, I am more than my profession. I am an artist, a traveller, a parent, a partner, and a person who, like everyone else, needs space to breathe, create, and love. The lesson is clear: Caring for others begins with caring for yourself.

Summer, Sterile Scrubs & Shattered Silence

A Resident's Reflection from Lucknow's Blazing Corridors

Dr Zahwa Rizwan

Safedabad

They said summer would be quieter. Fewer surgeries, lighter duties, maybe even a quick trip home. No one mentioned the kind of summer where the ACs would give up before we did, or where we'd sweat through our scrubs before noon.

Lucknow in June wasn't just hot—it was punishing. The Operation Theatres became furnaces of steel and silence. The hostel fans spun like they were in denial, and the transformers failed so often, we stopped noticing the power cuts. Water coolers turned into warm water dispensers, and our cold-chain emergency drugs flirted dangerously with room temperature.

We were still expected to show up, show up strong, and keep people alive. It was a late afternoon—the kind of hour when the sun hangs low but burns high, and even the walls radiate heat. My 24-hour duty had just ended, and I was stepping out, my scrubs clinging to me like second skin, thoughts already drifting toward rest. That's when the call came. Two patients. Road traffic accident. Severe facial trauma. No anesthesiologist available. Could I come back?

I turned on my heels and returned, sweat already pooling at the back of my neck as I rushed down sunlit corridors that felt like preheated ovens. The Emergency was a furnace of motion—nurses rushing, relatives wailing, alarms beeping. And there, in the middle of it, lay two young men who barely resembled themselves.

Their faces were no longer faces—just blood, fractures, fragments. The maxilla, mandible, and nasal bones shattered beyond structure. Teeth broken into tiny pieces, some lodged in the oropharynx. Airway management by laryngoscopy was a non-option. Even bag-mask ventilation fought us at every step.

We did have a fiber optic scope—but it was three floors up, in the OT, and the time was past 4 PM. As per protocol, the OTs were locked, equipment inaccessible without formal process and delay—luxuries we couldn't afford when seconds were racing us.

We stabilized the first patient as best we could—secured vitals, optimized oxygenation, and prepared him for referral to a higher center where advanced airway could be secured more immediately. The second patient coded blue on the trolley. We tried—CPR, multiple rounds of vasopressors, every intervention we had, right there in the heat-soaked emergency bay. But sometimes the body lets go, even when the team doesn't.

Once both cases were handed over—one to the referral ambulance, one to silence—I stepped out again, drenched in blood and sweat. The air outside was heavier than the one we had just lost. I made my way slowly back to the hostel room, the heat still rising off the concrete like a slow, bitter exhale.

Our on-call rooms offer the bare minimum—no AC, no real bed, just a fan that hums louder than it cools. As a female resident, there are added layers to navigate—not barriers, but quiet inconveniences. The kind that aren't spoken of much, but are always present: the constant calculation of safety, the search for a corner of quiet in a place that rarely sleeps. Still, we adapt with the kind of resilience that doesn't make noise. A folded veil for comfort, a steel chair for a bed, and the steady pride of showing up—even when the space isn't built for ease.

And if all that wasn't enough, I carry with me another constant companion: a chronically sore lower back. A loyal souvenir from years of standing through marathon surgeries, shifting stretchers, and waiting endlessly outside locked OTs. I often joke that my L4-L5 deserves a residency certificate of its own—it's been through more rotations than I have.

Teone else's father. When her fevers rose just as I was shifting patients into the ICU. And in those silences between cases, I asked myself:

Was I only a doctor to those inside hospital walls?

Was my morality as a daughter measured against my efficiency as an anesthetist?

Could I hold a dying stranger's hand in the ICU and still call myself a good daughter, knowing my own mother's pulse was rising unattended?

Was this the kind of doctor she wanted me to be? One who could care for the world, but not always be there for her?

As a female senior resident, the time we get to give our own families is often rationed—not just by hours, but by expectation. We are applauded for our stamina, but rarely forgiven for our absence. The morality we carry is doubled: to heal the world and still serve our own homes with grace. Somewhere in the quiet corners of on-call rooms, that pressure grows heavy.

And still, we show up. Quietly, fully, and with our hearts scattered across corridors and kitchens.

This summer didn't give me beaches or mango vacations or a trip to Nainital.

It gave me CPR in 42-degree ICUs.

It gave me expired ACs, locked-down OTs, and a backpack for a pillow.

It gave me patients I couldn't save, and some I could.

It gave me questions I still haven't answered.

And somehow, it was a summer worth spending in noble service— where Hippocrates smiles from above, and everything is fair in love, war, and emergency medicine.

An incident down the memory lane

Dr Jeel Modh

Jodhpur

At the beginning of June, a warm sunny day, was planned for a trek. One day hike, early morning and returning before dusk; just 30-40 km away from the place I lived, a journey of an hour and a half.

After a van ride of an hour or two, with some tea snacks along the way; we reached a point from where our trek began. Early hours of morning, the sun had just started to shine with orange hues spread across the wide sky. The forest, couldn't look much beautiful at this moment of time, as rain had swept a night before our venture.

The trek was chosen considering the monsoon season and the possibility of encountering many water bodies along the way. The streams, small water tributaries, with water not more than knee length and flora spread across the dense forest.

My only concern was tight trekking shoes, which I had one size smaller than my normal shoe size. Initially, it was just tight but after a couple of hours, pain followed. It was still bearable though. The petrichor and the cloudy morning were a constant source of aesthetic appeal, throughout. Coursing in search of a beautiful 'JHEEL'; we crossed many tributaries along the way. But my feet had other ideas. My mind, still appreciating the pristine, was being constantly interrupted by the dermatome supplying the toenails, as they were struggling for the space in the shoe's toe box. Lo, the water got added into the equation, as we coursed along the small streams. Initially, wet feet, swelled, making toe nails vulnerable, and irrespective of the size, all of them, started showing more rubor than before, as those wet toe nails constantly struck the rigid toe box with each step.

The picturesque, now started in my nails, which I frequently, checked upon, removing my shoes, just for that temporary relief, I sought. Finally, rubor had grown like a tumor, with blood slowly making a way out of the nail, wasn't much though but left me with pain. I was in no condition to wear my shoes, as bare minimum touch to it, evoked pain.

The road also wasn't in my favor, as afternoon approached, was turning into lava of gravels, thorns and stones. I had to carry them in hand, and walk barefoot for the remaining 7 km. The bystanders watched me in awe and questioned my approach. I asked for a pair of slippers, if anyone had any, in exchange for shoes, but to no avail.

The scenery, which I admired much was now a curse, as I didn't want to continue. Mere vibration of a foot step, evoked pain now. Final 3-4 kms were horrible, as my sole was starting to wear off, and made every foot step count. No transportation facilities, with no option to carry me. All I had was highly activated pain receptors, tiredness and my longing for home. I was busy counting my steps and distance left, which was the only thing that mattered above all flora and fauna. Reaching the van, on my way home, I was overjoyed resting my feet. Pain is what gives meaning to life, and the joy of small things, was more appropriate than ever.



The next day, infection set in. After a lousy sleep; I woke up with more pain which I had thought to get lessened with time. The 'reddish-blackish' nail was turning into shades of yellow and black; with a little tinge of green. The greater toe nail looked more colorful than the lot. That day had started with a face palm look and like the colors of mehendi, the expressions brightened with time. The joy of getting into college, which was just two days away had an exponential decrement.

Then, I had to visit a doctor, in the evening, as the nail colour and pain both were adamant. Of course, he prescribed a course of antibiotics, which I was doubtful of; as I was ready to give away my toenails. Take away the pain, take away my toenails, I prayed. Now, as I ended up staying with them, I prayed that; nothing should come in contact with them. I became conscious of people's feet, in order to protect mine, when standing in a group.

Repeating this whole story, if someone would step on it, as I would shout with pain, and fulfilling their curiosity, how I landed with my all toenails 'black'.

SUNSHINE

Dr Deepika Tiwari

Dehradun.

Oh! That sunshine through the windows,
The sweet smelling, flowery meadows,
The valleys with lush green grass,
Creates a sight so magnificent,
And takes away my heart!

Spring has just gone by,
Sunny summer is here again,
For us to enjoy the weather, Until the arrival of
the rain.

The bright, golden rays,
Of the freshly arisen sun,
Shower upon the river waters, Creating a
glittery reflection.

It's glimpse is so calming,
The spectacle is soulful enough,
To comfort the grim,
And to pacify the gruff.

“Change” we know is natural,
And nature is too bound to change,
Seasons are nature’s way,
To instill freshness in the mundane.

Be it spring or summer,
Be it monsoon or winter,
Each season brings about,
So much for us to nurture.

Thank you, God, for
The colorful nature’s canvasses,
That mesmerises us and leaves us spellbound
As each season passes!!!!

Answers of the Quiz

1. b) Yoga Sutras: Patanjali’s Yoga Sutras provide the systematic framework of Eight Limbs of Yoga (Ashtanga Yoga).
2. c) Union: “Yoga” comes from the Sanskrit root Yuj, meaning to unite—representing the union of body, mind, and spirit.
3. c) Hatha Yoga: Hatha Yoga emphasizes balancing physical body and mind through asanas, pranayama, and discipline.
4. a) June 21: Declared by the United Nations in 2014, June 21 (summer solstice) is celebrated globally as Yoga Day.
5. c) Anulom Vilom: Anulom Vilom (a form of pranayama) involves inhaling and exhaling through alternate nostrils to balance energy and calm the mind.

Let's Celebrate Health

Yoga Day Celebration with ISA UP

Featuring winners of the competition



Dr Hemlata



Let's Celebrate Health

Yoga Day Celebration with ISA UP

Featuring winners of the competition

Dr Sanjay Gupta



Let's Celebrate Health

Yoga Day Celebration with ISA UP

Featuring winners of the competition

Dr Indubala Maurya



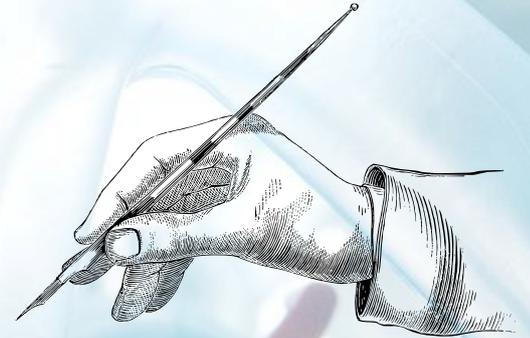
सभी एनेस्थेसियोलॉजिस्ट, पेन मैनेजमेंट एवं
क्रिटिकल केयर विशेषज्ञों को समर्पित।

लोग कहते हैं
बेहोश करता हूँ मैं

दर्द में जब कभी तुम तड़पते मिले
मर्ज़ लेकर मेरे दर पे आकर रुके
चेहरा उतरा हुआ, होठ सूखे हुए
चाल बदली हुई, आँख भीगी लिए
पहले बातों से हिम्मत बँधाता हूँ मैं
कुछ दवाओं की सुइयाँ चुभाता हूँ मैं
सारी तकलीफ़ खामोश करता हूँ मैं
लोग कहते हैं बेहोश करता हूँ मैं

पर ये करता हूँ क्यूँ ये भी जाना है क्या
जब कभी कोई बीमारी हो रोग हो
दूर करने का जब भी मनोयोग हो
काटने छाँटने की कोई बात हो
तन पे छुरियाँ चलाने के हालात हों
पास आते हो तुम डर के हालात में
तेज धड़कन लिए मन के संताप में
हाँ तुम्हें दूर इन सबसे करता हूँ मैं
लोग कहते हैं बेहोश करता हूँ मैं ।

फिर कहानी बताता हूँ उस रोज़ की
ले के आये थे तुम साँस टूटी हुई
नब्ज़ मुश्किल में थी, दिल भी बेजान था
जिस्म ठंडा पड़ा और परेशान था
इस जहां उस जहां के कहीं बीच तुम
हाथ थामें रहो और ना हो जाओ गुम
ये समझ के ही छाती पे जा मैं चढ़ा
साँस मेरी भी फूली थी कड़ियों दफ़ा
ऐसे ही मौत से रोज़ लड़ता हूँ मैं
लोग कहते हैं बेहोश करता हूँ मैं ।
लोग कहते हैं बेहोश करता हूँ मैं।।



डॉ अरुण राज पांडेय
वाराणसी



In Memory of Ahmedabad's Fallen Skies

TRIBUTE
TRIBUTE

Dr Bhavya Naithani Dube
Lucknow

Two hundred sixty-five lives, extinguished in an instant's fleeting span,
Their stories, dreams, and future, forever lost in fate's dark plan.

A moment's lapse, a fatal misstep,
Existences obliterated, leaving only sorrow and irreparable regret.

A family of five, a newlywed bride
With smiles in their hearts and hope in their stride;
Two brothers from Britain who were returning home-
All heartbreakingly, chillingly oblivious to the impending doom.

Interns, having a hurried lunch, medical students, with futures aglow-
Eating, laughing, living life's vibrant glow.
The plane descended, fate's cruel and heartless hand
Crushing dreams, ending promising lives with an absolution that no force could
withstand.

Their smiles, their laughter, their hopes, and their fears
Frozen in time, as their lives disappeared.
No warning, no farewell, just a sudden cataclysm,
Leaving loved ones heartbroken, with a grief that would never bridge the chasm.

Death claimed the last triumph, a cruel and merciless jest,
Leaving the ones left behind with tears and a grief that would forever persist.
Their memories linger, a bittersweet and haunting refrain,
A poignant reminder of life's fragility and mortality's relentless strain.

Death stood at the threshold, with no warning sign,
A sudden arrival, a tragic and inexorable decline.
No time to bid farewell, no chance to utter a final goodbye,
Just a crash, a moment, and lives vanished into eternity's sigh.

In Memory of Ahmedabad's Fallen Skies

It could have been you, it could have been me,
A capricious fate, a divergent destiny.
We're left to ponder, to lament, and to mourn
For lives we lived, but not fully realised or born.

Let this calamity remind us of life's ephemeral nature
To cherish every moment, to love and nurture;
Embrace your loved ones tightly, express your affection true,
Live each day as if it were your last, with love shining through.

May the victims find solace in eternal light,
May their families find the strength to heal in their darkest hour and alleviate
their plight.

Let us all learn from this tragedy to rise above petty skirmishes and be grateful
for all that we possess.

To hold on to the incredible bounty on Earth, the skies, the melting sunsets
and our loved ones caress.

Let this calamity remind us of life's ephemeral and transient nature,
To cherish every moment, to love and nurture with all our might and fervour.
"Embrace your loved ones tightly, express your affection with unbridled joy.
Let love guide your heart, and not be a mere decoy"

Quiz Time

- 1. Which ancient text is considered one of the foundational guides on Yoga philosophy, written by Sage Patanjali?**
 - a) Bhagavad Gita
 - b) Yoga Sutras
 - c) Vedas
 - d) Upanishads
- 2. What does the word “Yoga” literally mean in Sanskrit?**
 - a) Peace
 - b) Meditation
 - c) Union
 - d) Energy
- 3. Which Yoga practice focuses primarily on physical postures (asanas) and breathing techniques (pranayama)?**
 - a) Karma Yoga
 - b) Raja Yoga
 - c) Hatha Yoga
 - d) Bhakti Yoga
- 4. International Day of Yoga is celebrated every year on:**
 - a) June 21
 - b) July 15
 - c) May 5
 - d) August 20
- 5. Which breathing technique in Yoga is known as “alternate nostril breathing” and is believed to balance energy channels?**
 - a) Kapalabhati
 - b) Bhastrika
 - c) Anulom Vilom
 - d) Ujjayi

**This newsletter is published by the
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Uttar Pradesh Chapter**



**ISA UP State
&
City Branch News**





ISA Mathura

This April, UP witnessed its first-ever **UPYUVAISACON** from the 11th to the 13th. Hosted by the UP state branch of ISA, State President Dr. Kapil Singhal and State Secretary Dr. Sandeep Sahu entrusted the Mathura city branch of ISA to organise the same in a show of farsightedness and a quest for the leadership of the future. The youngest city branch of the ISA took up the challenge as a moment of reckoning.

Their belief and inspiration from Swami Vivekananda's quote 'Arise, Awake and stop not till the goal is reached' helped in overcoming the hurdles for a fruitful and encompassing conference. Some highlights from the event are summarised here.

Day 1

The first day started with a Hands-On Workshop in the prestigious CIMS (City Institute of Medical Sciences). Dr. Apoorva Agrawal, Dr. Richa Chandra, Dr. Geetanjali, Dr. Praveen Talawar and team imparted the nuances and skills of ultrasound-guided upper and lower limb blocks and Segmental Spinal block. The enthusiastic and curious delegates were not only taught about the essential topics, but they also got to practice them themselves for better understanding. The gracious presence of our National President, Sir Dr. J.B. Subramanian, followed the Workshop. He was benevolent enough to grace a relatively new conference. His encouraging words, enlightening insights and enticing views on the way forward were inspirational to one and all present.



ISA Mathura

It was followed by followed a faculty dinner, which brought forth the camaraderie amongst the various office bearers and others present. Everyone retired for the day, looking forward to what lies next.

Day 2

The day started with seeing off the National President to his next set of commitments early in the morning. ISA flag hoisting and oath ceremony was conducted at 9 am in the morning at The SKS Grand Hotel in Mathura in the presence of National GC member Dr. R K Bhasker, National IJA Editor Dr. Rakesh Garg, ISA-UP State President, Dr. Kapil Singhal, ISA UP State Vice President, Dr. Kushant Gupta, ISA UP State Secretary, Dr. Sandeep Sahu, ISA UP State Treasurer, Dr. Tanmay Tiwari, the Organising the team, other faculty, and delegates paved the way for the conference lectures to begin. It was a sharp display of youth and dynamism. The YUVA faculty presented their lectures, papers and posters to share the knowledge with the delegates as well as an intellectual to and fro with the learned Chairpersons. Time flew by as the lectures rolled on, with only brief breaks for lunch.

Everyone regrouped in the evening for the Inauguration and Lamp lighting ceremony. It was extremely kind and generous of Shri Shailesh Kumar Pandey, IAS (DIG Mathura) and Shri Chandra Prakash Singh, IAS (DM Mathura) to take time out from their very hectic schedule and grace us as the Chief Guest and Guest of Honour, respectively. Their words of support and appreciation meant the elixir to the fraternity.



ISA Mathura

The Patron of the event, Dr. Gaurav Bharadwaj (MD CIMS), received the distinguished guests and co-hosts organised for the smooth conduct of the event. Various awards were presented to deserving candidates, and special mementoes were presented to Brig. Dr. Prabhakar and Dr. Malviya as a show of gratitude.



As the evening progressed, it was time to let the hair down. Distinguished office bearers, faculty and delegates rejoiced in the unique event with some fun and frolic. It became prominently evident that an anesthesiologist never gets old.



ISA Mathura

Day 3

The day started vibing with energy from the fountain of youth as everyone continued sharing knowledge not only about academic topics but also about mental well-being and fiscal prudence. Lastly, it was time for Valediction and lunch, which brought this dynamic event to its conclusion. We parted ways only to meet again very soon.

Dr. Pawan Agrawal
Organising Chairperson

Dr. Ankit Kumar
Organising Secretary

Dr. Pankaj Sharma
Scientific Secretary

Dr. Ravi Jain
Treasurer





ISA Meerut

A CME-cum-Quiz Contest was conducted by the Meerut ISA branch on 9 May 2025. The topic of the Quiz was 'Problems in day to day Practice.' Around twenty eight people attended the CME.

A Blood Donation Camp was organized by Meerut ISA branch in Nutema blood bank on 17 June 2025





ISA Prayagraj

A seminar on Postoperative Pain management was organised on May 24, 2025. Speaker: Dr Anil Singh, Assistant Professor, MLN Medical College Prayagraj





ISA Noida, Gautam Budh Nagar, successfully organised the **3rd Annual Hospital Infection Prevention Week** in association with Metro Hospitals and Heart Institute, Noida, from May 21st to May 24th. It was a four-day program, during which lectures and workshops were conducted by eminent faculty – Anesthesiologists and Intensivists – of the region.

On May 21st, Day 01 began with disinfection, biomedical waste management, and hand hygiene training for GDAs and housekeeping staff, attended by more than 500 delegates across various hospitals in Noida and Greater Noida, under the leadership of Dr. Peeyush Chaudhary and coordinated & co-performed by Dr. Ankita Sharma. It was a Marathon task completed & conducted a workshop simultaneously in many hospitals of Noida & Greater Noida in one day, both offline and online.

They were made aware of the importance of disinfection, hand hygiene, and BMW management, and were also trained in all the implementation techniques.



From May 22nd to May 24th, Days 2-4 were reserved for nurse training, during which around 100 nurses from various hospitals in Noida and Greater Noida registered as delegates. On Day 02, 20 didactic lectures were delivered and chaired by eminent faculty of Noida NCR and were very well appreciated by all the delegates.

The inauguration function was presided over by the Directors of the Metro group of Hospitals, Dr. Sonia Lal Gupta and Dr. Sameer Gupta, as well as Dr. Kapil Singhal, Dr. Peeyush Chaudhary, and Dr. Kanika Kanwar (Medical Director of Metro Hospitals and Heart Institute), who were other dignitaries on the dias. Dr Sonia Lal Gupta lauded the efforts of ISA Noida GB Nagar in partnering for various academic endeavours. She pledged to take this annual event to a larger scale from next year onwards.

All the dignitaries on the dias addressed the audience, and the inauguration function ended with a vote of thanks by organising secretary Dr Kapil Singhal. Workshops on high-level disinfection of scopes, Surgical Sterilisation, Hospital-Acquired Infections, and care bundles were conducted, and all delegates were allowed to gain hands-on experience.



On May 24th, the Last and final day was an exciting one for the participants –poster presentations, quiz competitions, and a slogan competition marked it. A total of 20 teams participated in the quiz competition, 16 posters were displayed, and 15 slogans were received. All participants, delegates, and winners were felicitated by Dr. Kapil Singhal, Dr. Peeyush Chaudhary, Dr. Kanika Kanwar, Dr. Sameer T. Bolia, and Dr. Deepak K. Thapa.





ISA Noida GB Nagar





▶ LIVE CME

**Anaesthesia Management
in Emergency and
Trauma Surgeries:
A Narrative Review**

INDIAN SOCIETY OF ANAESTHESIOLOGISTS
NOIDA GB NAGAR BRANCH

9th April
2025
6:30 PM - 7 PM

Dr. Ankita Sharma
MBBS, MD
Medical Consultant Neo Hospital
Noida, Uttar Pradesh, India
Executive Member ISA Noida GB Nagar
Branch

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Dr Ankita Sharma, Senior Consultant, Anaesthesia Department and Critical Care Specialist at Neo Hospital, Neo, in collaboration with CLIRNET under the aegis of ISA NOIDA GB NAGAR, conducted an online live CME on the topic 'ANAESTHESIA MANAGEMENT IN EMERGENCY AND TRAUMA SURGERIES: A Narrative Review' on 9th April, 2025.

The feedback received from this session pan-India underscores the significant impact of her expertise and the engaging manner in which the case-based discussion was presented during the session.

Such sessions have greatly enriched our community of doctors, fostering an environment of shared learning and understanding.



Monthly Academic Meet held in Apollo Hospital, Noida on 24th April, 2025

ISA Noida GB Nagar

It was conducted in offline mode. The speakers were Dr KANIKA GOYAL, Associate Consultant, and Dr. Sarvanan, Clinical Associate, both working at Apollo Hospital, Noida. Dr Sameer Bolia, Senior Consultant of Anesthesiology at Apollo Hospital, Noida, chaired the session.

Dr Sravanan gives the first talk regarding the COMPARATIVE STUDY OF EPIDURAL DEXMEDETOMIDINE AND FENTANYL AS ADDITIVES WITH 0.2% ROPIVACAINE FOR POST OP ANALGESIA. A detailed discussion regarding the methodology and pharmacology of the study drugs was conducted, and the results were found to be comparable in both study groups.

The Second Topic for the session was 'COMPARATIVE STUDY OF I.V. PROPOFOL AND I.V. Dexmedetomidine as an Adjunct to SPINAL Anaesthesia. It was a Case series of 150 cases, showing a comparison of the duration of sensory and motor block, as well as a comparison of the sedation score in patients receiving i.v. Dexmedetomidine and IV propofol in lower limb surgeries. The inclusion and exclusion criteria, study design, and methodology were explained, along with a detailed pharmacology and physiology of the study drugs, including dexmedetomidine and propofol. The study concluded that patients who received dexmedetomidine were more easily arousable, with significantly longer sensory and motor blocks compared to the patients in the propofol group.

In both lectures, the use of sedation scores, such as BIS monitoring and Ramsay scoring, as well as the Bromage scale for assessing motor blockage, was discussed in detail during the methodology section. Other uses of fentanyl and dexmedetomidine in the ICU and in MAC cases were discussed. The session was overall fruitful, with around 20 attendees, and concluded with the distribution of certificates as a token of appreciation to both speakers.



Monthly Academic Meet held in Apollo Hospital, Noida on 24th April, 2025



Monthly Academic meet held in Government Institute of Medical Sciences, Greater Noida on 13th May, 2025

ISA Noida GB Nagar

It was conducted in the hybrid mode. The speaker was Dr Priyanshu, a junior resident in the Department of Anaesthesiology at the Government Institute of Medical Sciences, Greater Noida. Dr Savita Gupta, an Associate Professor in the Department of Anaesthesiology at the Government Institute of Medical Sciences, Greater Noida, chaired the session.

The topic for the session was ‘Anaesthetic Management Of A Pregnant Patient With Ovarian Cyst Posted For Exploratory Laparotomy: CASE REPORT AND DISCUSSION’—a 22-year-old primigravida with 5 months of amenorrhea and a large ovarian cyst presented at the session.

A detailed case was presented, along with the challenges associated with this type of patient. It was a case of an obstetric patient posted for non-obstetric surgery. Anaesthetic challenges, preparation of such a patient for OT and best possible management from an anaesthesia point of view were discussed. Recent advances and expertise of the attendees were discussed in such a case. Newer modalities available were discussed. The session was overall fruitful, with around 20 attendees, including virtual participants.

Monthly Academic Meet held in Apollo Hospital, Noida on 13th May, 2025



Perioperative Pain Management: Optimizing Outcomes, Enhancing Recovery

o Date: 20th February 2025

o Venue: Career Medical College, Lucknow

ISA Lucknow



14th SEED Airway Workshop and CME

o Date: 1st-2nd March 2025

o Venue: KGMU, Lucknow



Sports Fest 2025

o Date: 9th March 2025

o Venue: SP Ground, KGMU, Lucknow

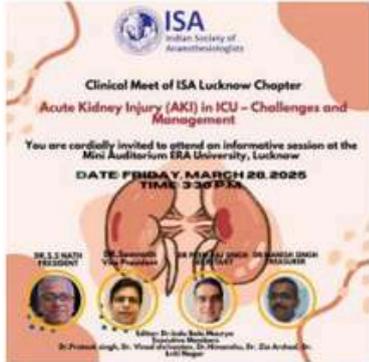




Acute Kidney Injury (AKI) in ICU—Challenges and Management CMI

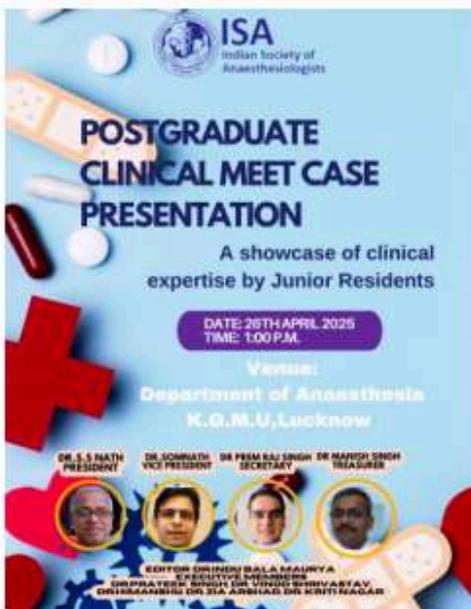
- Date: 28th March 2025
- Venue: Mini Auditorium, ERA Medical College, Lucknow

ISA Lucknow



Postgraduate Clinical Case Presentation Competition

- Date: 26th April 2025
- Venue: KGMU, Lucknow





ISA Lucknow



Integrated Conclave on Anaesthesia Machine (I-CAN)

o Date: 17th May 2025

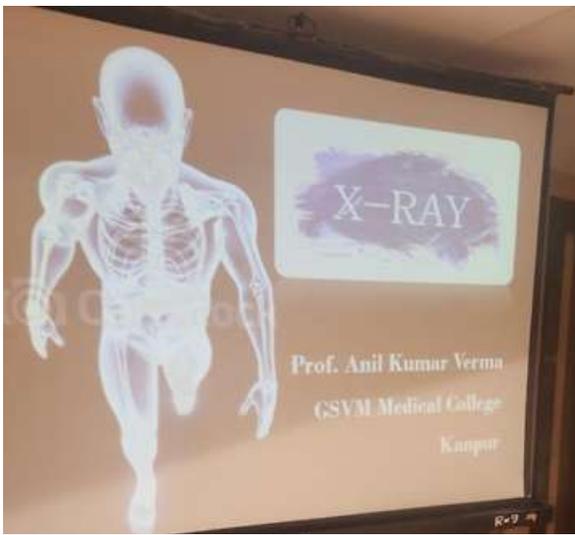
o Venue: Central Auditorium, Integral University, Lucknow

ISA UP Plantation Drive in association with ISA Lucknow





ISA Kanpur



INDIAN SOCIETY OF ANESTHESIOLOGIST
KANPUR CITY BRANCH
(PAN-AAAABH1Q)

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President
Ph.No. 9124833443

Dr. R. K. Mehta
Patron
Ph. No. 9852062006

Dr. Gyanendra Kr. Gautam
Hon. Secretary
Ph.No. 9802333348

CME ANNOUNCEMENT / REVISION

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Dr. PURANJAN

Dear Members,
ISA Kanpur City Branch is organizing a CME on Theme- Radiological Interpretation for Perioperative Optimization, Radiological Imaging for TPOC / CT Imaging / USG, is commonly used as such diagnostic tool to discover the causes behind during perioperative period. A thorough knowledge of radiological interpretation for an Anesthesiologist can help to avoid for patients, as this tool of analysis the operations procedure to minimize mortality without any delay in occurrence of Life threatening emergencies. This CME focuses on Chest X-ray interpretation incorporating the basic approach to common X-ray presentations in emergencies.

All ISA Kanpur Members are requested to participate.

Scientific/Apex/Radiological Interpretation for Perioperative Optimization

Module 1- Chest X-ray

Topic 1- Systematic Approach to Chest Radiograph Analysis

Speaker: Dr. Anil Kumar Verma
Professor, Department of Anaesthesia
GSVM Medical College Kanpur

Challengers: Dr. R. K. Mehta
Dr. Chandan

Topic 2- Diagnostic Mist to be Avoided in Chest X-ray

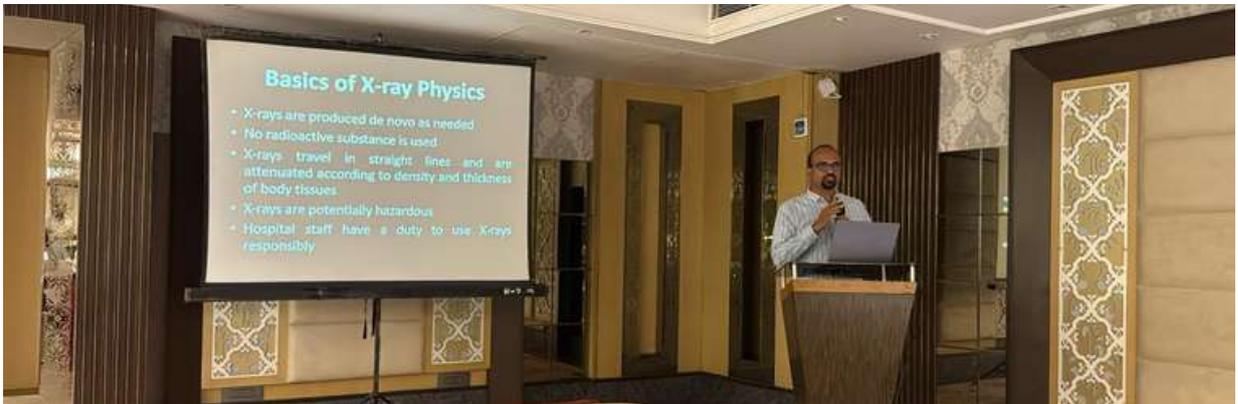
Speaker: Dr. Gyanendra Kumar Gautam
Associate Professor, Department of Critical Care
PGIEM, GSVM Medical College Kanpur

Challengers: Dr. Ashish Puri
Dr. Rishi S. Mishra
Dr. Gyanesh Kumar

Venue: Hotel Zaffran, Sector No. 5, Noida
28th June, 2025, Saturday
Time: 7 PM onwards

Dr. Ashish Puri
President ISA Kanpur

Dr. Gyanendra Kumar Gautam
Secretary ISA Kanpur



ISA Kanpur city branch conducted CME on 28 June 2025 on the interpretation of chest X-rays for perioperative optimisation.





ISA Aligarh



CPR training was done at
Mohan Hospital by ISA
Aligarh
on 26.04.2025



ISA Aligarh





ISA Varanasi

MISSION Red alert
CLINICAL SYMPOSIUM

Signutra
USA

Welcome you for Red alert meet
in association with ISA & ISCCM Varanasi City
21st June 2025 | 09:00 - 10:00 PM | Hotel India Varanasi, Cantonment, Varanasi

MODERATOR

- Dr. A. P. Singh
- Dr. Jaydipray Mishra
- Dr. Shashant Sahai

SPEAKERS

- Dr. Yash Mishra
- Dr. Arun Dig Dandey
- Dr. Rajesh Kumar

TIME	TOPIC	SPEAKER
7:30 PM - 8:00 PM	Risks of High protein in Hospital Malnutrition	Dr. Yash Mishra
8:00 PM - 8:30 PM	URGENT RECOMMENDATION on Nutrition in ICU	Dr. Arun Dig Dandey
8:30 PM - 9:00 PM	Malnutrition in special cases	Prof. Rajesh Kumar
9:00 PM - 9:15 PM	Q & A Session	Common session for Q & A
9:15 PM - 9:30 PM	Signutra Journey & Vision of Future	Mr. Shashank Sagar

Networking will be followed by Dinner



A CME on **Nutrition in ICU** was organised jointly by ISA, Varanasi Chapter and ISCCM, Varanasi Chapter

PRAYAGRAJ

Tree Plantation Campaign

by ISA PRAYAGRAJ under the ISA UP STATE Initiative

June 5th is World Environment Day, which encourages governments and organisations to undertake various activities to protect the environment.

The theme for 2025 was "BEAT PLASTIC POLLUTION". Some common ways by which we can save and protect the environment suggested were as follows:

- Community clean-up drive
- Tree plantation campaign
- Recycling initiative
- Educational workshop and seminar
- Social Media campaign

ISA Prayagraj city branch conducted activities on June 5, 2025, through a Tree plantation campaign and a social media campaign.

On this occasion, the branch president, secretary, treasurer and other senior members of the society were present.

इस अवसर पर ISA प्रयागराज की अध्यक्ष डॉ. सुषमा श्रीवास्तव, सचिव डॉ. अनिल कुमार सिंह एवं कोषाध्यक्ष डॉ. बी एन गुप्ता सहित अनेक वरिष्ठ चिकित्सकों ने भाग लिया। वृक्षारोपण कर पर्यावरण संरक्षण का संदेश दिया गया एवं सभी ने संकल्प लिया कि हर वर्ष अधिकाधिक वृक्ष लगाकर हरियाली को बढ़ावा देंगे।

कार्यक्रम में डॉ. प्रदीप शाही, डॉ. आलोक खरे, डॉ. प्रभाकर राय, डॉ. आर. के. त्रिपाठी, डॉ. अल्पना शर्मा, डॉ. धर्मेन्द्र यादव, डॉ. टी वी मौर्य, डॉ. अरविंद यादव, डॉ. अंजली श्रीवास्तव, डॉ. पल्लवी एवं डॉ. ज्ञान आर्यन एवं डॉ. अनस की गरिमामयी उपस्थिति रही।

ISA प्रयागराज द्वारा यह कार्यक्रम न सिर्फ पर्यावरण के प्रति जागरूकता का प्रतीक है बल्कि समाज में डॉक्टरों की सामाजिक जिम्मेदारी का भी उदाहरण प्रस्तुत करता है।

ISA City Chapters News

PRAYAGRAJ



दिनांक 5 जून 2025 को विश्व पर्यावरण दिवस के उपलक्ष्य में इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स (ISA), सिटी ब्रांच प्रयागराज द्वारा सरदार पटेल संस्थान के प्रांगण में वृक्षारोपण कार्यक्रम का आयोजन किया गया।

World Environ Day: Indian Society of Anaesthesiologists organized tree plantation prog

SANYAM BHARAT

Prayagraj: On the occasion of World Environment Day, a tree plantation program was organized by the Indian Society of

Srivastava, Secretary Dr. Anil Kumar Singh and Treasurer Dr. BN Gupta participated. By planting trees, the message of environmental protection was given and everyone pledged that they will promote greenery by planting more and more trees every year. Dr. Pradeep Shahi, Dr. Alok Khare, Dr. Prabhakar Rai, Dr. R.K. Tripathi, Dr. Alpna Sharma, Dr. Dharmendra Yadav, Dr. T B Maurya, Dr. Arvind Yadav, Dr. Anjali Srivastava, Dr. Pallavi and Dr. Gyan Arjan and Dr. Anas were present in the program. This program by ISA Prayagraj not only symbolizes awareness towards the environment but also presents an example of the social responsibility of doctors in the society.



Anaesthesiologists (ISA), City Branch Prayagraj in the premises of Sardar Patel Institute. On this occasion, many senior doctors including ISA Prayagraj President Dr. Sushma

उन्होंने नदी किनारे लगभग 15 किलोमीटर क्षेत्र में बांस और अर्जुन के 5000-5000 पौधों का रोपण किया। कार्यक्रम में डॉ. सुषमा श्रीवास्तव, डॉ. अनिल कुमार सिंह व डॉ. बीएन गुप्ता व अन्य मौजूद रहे।



इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स सिटी ब्रांच की ओर से सरदार पटेल संस्थान में पौधरोपण किया गया। इस मौके पर डॉ. सुषमा श्रीवास्तव, डॉ. अनिल कुमार सिंह व डॉ. बीएन गुप्ता व अन्य मौजूद रहे। स्रोत: संस्था

World Environ Day: Indian Society of Anaesthesiologists organized tree plantation prog

Prayagraj: On the occasion of World Environment Day, a tree plantation program was organized by the Indian Society of Anaesthesiologists (ISA), City Branch Prayagraj in the premises of Sardar Patel Institute. On this occasion, many senior doctors including ISA Prayagraj President Dr. Sushma Srivastava, Secretary Dr. Anil Kumar Singh and Treasurer Dr. BN Gupta participated. By planting trees, the message of environmental protection was given and everyone pledged that they will promote greenery by planting more and more trees every year. Dr. Pradeep Shahi, Dr. Alok Khare, Dr. Prabhakar Rai, Dr. R.K. Tripathi, Dr. Alpna Sharma, Dr. Dharmendra Yadav, Dr. T B Maurya, Dr. Arvind Yadav, Dr. Anjali Srivastava, Dr. Pallavi and Dr. Gyan Arjan and Dr. Anas were present in the program. This program by ISA Prayagraj not only symbolizes awareness towards the environment but also presents an example of the social responsibility of doctors in the society.



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World Environment Day Celebrations by ISA Prayagraj

इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स(ISA) प्रयागराज सिटी ब्रांच

○ विश्व पर्यावरण दिवस के अवसर पर इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स(कअ), प्रयागराज द्वारा वृक्षारोपण कार्यक्रम आयोजित

संयम भारत संवाददाता
प्रयागराज दिनांक 5 जून 2025 को विश्व पर्यावरण दिवस के उपलक्ष्य में इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स (कअ), सिटी ब्रांच प्रयागराज द्वारा सरदार पटेल संस्थान के प्रांगण में वृक्षारोपण कार्यक्रम का आयोजन किया गया। इस अवसर पर कअ प्रयागराज की अध्यक्ष डॉ. सुषमा श्रीवास्तव, सचिव डॉ. अनिल कुमार सिंह एवं कोषाध्यक्ष डॉ. बी एन गुप्ता सहित अनेक बरिष्ठ चिकित्सकों ने भाग लिया। वृक्षारोपण कर पर्यावरण संरक्षण का संदेश दिया गया एवं सभी ने संकल्प लिया कि हर वर्ष अधिकाधिक वृक्ष लगाकर हरियाली को बढ़ावा देंगे। कार्यक्रम में डॉ. प्रदीप शाही, डॉ. आलोक खरे, डॉ. प्रभाकर राय, डॉ. आर. के. त्रिपाठी, डॉ. अल्पना शर्मा, डॉ. धर्मेन्द्र यादव, डॉ. टी वी मौर्य, डॉ. अरविंद यादव, डॉ. अंजली श्रीवास्तव, डॉ. पल्लवी एवं डॉ. ज्ञान अर्जन एवं डॉ. अनस की गरिमामयी उपस्थिति रही। कअ प्रयागराज द्वारा यह कार्यक्रम न सिर्फ पर्यावरण के प्रति जागरूकता का प्रतीक है बल्कि समाज में डॉक्टरों की सामाजिक जिम्मेदारी का भी उदाहरण प्रस्तुत करता है।



English Daily
UJALA SHIKHAR
News Of The Depths

मंत्र भारत

इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स प्रयागराज सिटी ब्रांच

मंत्र भारत संवाददाता
प्रयागराज। विश्व पर्यावरण दिवस के अवसर पर इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स, प्रयागराज द्वारा वृक्षारोपण कार्यक्रम आयोजित विश्व पर्यावरण दिवस के अवसर पर इंडियन सोसाइटी ऑफ एनेस्थीसियोलॉजिस्ट्स, सिटी ब्रांच प्रयागराज द्वारा सरदार पटेल संस्थान के प्रांगण में वृक्षारोपण कार्यक्रम का आयोजन किया गया। इस अवसर पर डॉ. सुषमा श्रीवास्तव, सचिव डॉ. अनिल कुमार सिंह एवं कोषाध्यक्ष डॉ. बी एन गुप्ता सहित अनेक बरिष्ठ चिकित्सकों ने भाग लिया। वृक्षारोपण कर पर्यावरण संरक्षण का संदेश दिया गया एवं सभी ने संकल्प लिया कि हर वर्ष अधिकाधिक वृक्ष लगाकर हरियाली को बढ़ावा देंगे। कार्यक्रम में डॉ. प्रदीप शाही, डॉ. आलोक खरे, डॉ. प्रभाकर राय, डॉ. आर. के. त्रिपाठी, डॉ. अल्पना शर्मा, डॉ. धर्मेन्द्र यादव, डॉ. टी वी मौर्य, डॉ. अरविंद यादव, डॉ. अंजली श्रीवास्तव, डॉ. पल्लवी एवं डॉ. ज्ञान अर्जन एवं डॉ. अनस की गरिमामयी उपस्थिति रही।



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



ISA
Indian Society of
Anaesthesiologists



72nd Annual Conference of the Indian Society of Anaesthesiologists

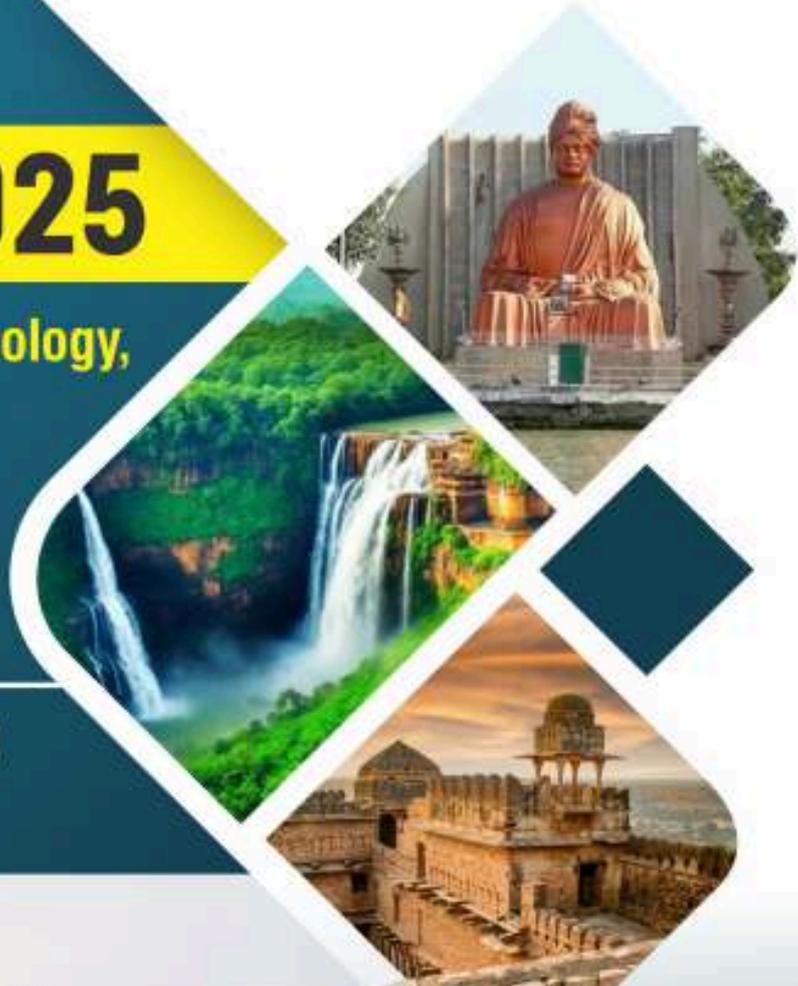


ISACON 2025

**Theme: Innovation, Technology,
Empowerment**

**26th - 30th
November 2025**

**Hotel Babylon International
Raipur, Chhattisgarh**



Announcement Brochure

www.isacon2025raipur.com

Forthcoming Events of ISA Uttar Pradesh



ISA
Indian Society of
Anaesthesiologists

**Clinical Meet ISA Lucknow
Chapter**

**"ORGAN TRANSPLANT
ANAESTHESIA
CHALLENGES & CURRENT
PRACTICES"**

**22 August, Anaesthesia Mini Auditorium,
SGPGI, Lucknow
AT 4:00 PM**

**DR.S.S NATH
PRESIDENT**

**DR.SOMNATH
VICE PRESIDENT**

**DR PREM RAJ SINGH
SECRETARY**

**DR MANISH SINGH
TREASURER**

Editor: Dr.Indu Bala Maurya
Executive Members:
Dr.Prateek singh, Dr. Vinod shrivastav, Dr.Himanshu, Dr. Zia Arshad,
Dr. Kriti Nagar

The poster features a dark blue background with colorful abstract shapes in red, pink, yellow, and light blue. It includes the ISA logo and text for a clinical meet event. Four circular portraits of the speakers are arranged in a row, each with a nameplate above it. The bottom of the poster lists the editor and executive members.

Forthcoming Events of ISA Uttar Pradesh



UP STATE MID-TERM CME CUM WORKSHOP
ORGANIZED BY- DEPARTMENT OF ANAESTHESIOLOGY, IMS, BHU
IN ASSOCIATION WITH- VARANASI SOCIETY OF ANESTHESIOLOGY
HOSTED BY: ISA UP STATE BRANCH



ISA-UP SPONSORED MID TERM CME

PRECONFERENCE WORKSHOP:
MECHANICAL VENTILATION ON 16TH AUGUST 2025
CME & INAUGURALS: 17TH AUGUST 2025



Theme: "Anesthesia 360°: The Future Is Now"

Venue- Trauma centre, Autodriuum, IMS, BHU

Exciting Prizes

Kahoot quiz

Paper poster presentation

Submit your abstract soon



For Contact for assistance:
Mr. Someshwar (+91 77839 70954)

Account Details:

Bank Name	:	Bank of Baroda
Branch	:	(BHU Campus)
A/C Name	:	Varanasi Society of Anaesthesiologists
A/C No.	:	27790200000765
IFSC Code	:	BARB0BHUVAR (Fifth digit is zero)
Mode of Payments	:	Online / Cash

Registration fee:
2000/- only!!!!

Minutes of the meeting of UP state office bearers with Anaesthesia HODs of all academic institutions of UP, June 12 2025

The online meeting, held on June 12, 2025, was attended by the following members.

Dr Kapil Singhal, Dr Rajeev Dubey, Dr Sandeep Sahu, Dr Tanmay Tiwari, Dr Somnath, Dr Jyoti, Dr P K Das, Dr Arun Kapoor, Dr Rajnish Bajwa, Dr Upmanyu Singh, Dr Kapil Rastogi, Dr Anshuman Mishra, Dr Abhishek Baranwal, Dr Archana Agarwal, Dr Susheel and Dr S P Singh

The meeting began with a welcome address by Hon. Secretary Dr Sandeep Sahu, who further elaborated on the purpose of forming the group and requested that all members present give a brief introduction after the President's address. Dr Kapil Singhal elaborated on the purpose of forming this group and sought guidance and cooperation from all to uplift the ISA UP State.

The role of Dr Somanth and Dr Divya Srivastava in accomplishing the Herculean task of collecting the names and contact details of all the HODs was appreciated. All members were informed about various ISA UP State activities, including new launches and initiatives.

Dr Rajnish Bajwa suggested that it is better to have an exact aim and agenda for forming this group to achieve greater utilisation.

Dr Arun Kapoor raised the problems faced due to frequent changes in faculty at smaller institutes and requested help from a statistician for PGs. Dr Sahu was able to provide the name of a statistician.

Dr Anshuman Mishra mentioned that it will be helpful not only for academic purposes but also provides a platform to get to know each other and reach out to one another in times of need.

Dr S.P. Singh assured to come up with ideas during the next meeting.

It was decided to call another meeting within two months, and the meeting ended with a vote of thanks by President Dr Kapil Singhal and Dr Sandeep Sahu.

Seize the Moment

Building Strong Relationships

The Key to Growth

Key Points for Building Relationships

1. Value People First

- See others as individuals, not just roles or positions.
- Genuine respect attracts trust and loyalty.

2. Communicate Openly

- Honest and transparent communication prevents misunderstandings.
- Listening deeply is more potent than merely speaking.

3. Show Consistency and Reliability

- People connect with those they can count on.
- Small acts of reliability build long-lasting credibility.

4. Practice Empathy

- Try seeing the world from another's perspective.
- Empathy deepens bonds and fosters mutual understanding.

5. Give More Than You Take

- Offer help, encouragement, and support without expecting anything in return.
- The joy of giving creates a positive cycle of goodwill.

6. Celebrate Growth Together

- Share in others' successes with genuine happiness.
- Collective joy strengthens the bond.

7. Resolve Conflicts Gracefully

- Disagreements are natural, but how you handle them defines your relationship.
- Choose respect and solution over ego.

8. Invest Time and Energy

- Relationships thrive when nurtured consistently.
- A few moments of attention daily can sometimes outweigh grand gestures.

AWARDS



Indian Society of Anesthesiologists U P State Branch (ISA UP)



Reg No.:003298/2022-2023, Dated 05/11/2022

President

Dr. Kapil Singhal
9810384790

Vice- President

Dr. Kushant Gupta
9717355444

President Elect (2024-25)

Prof. Rajeiv Kumar Dubey
9839927283

Honorary Secretary

Prof. Sandeep Sahu
9235563953

Treasurer

Dr. Tanmay Tiwari
9452526270

Executive Members

Prof. Yashpal Singh
9918424416

Dr. Divya Srivastava
7839098150

Dr. Prem Raj Singh
9918478136

Dr. Dharmendra Kr Yadav
9580766306

Dr. Neetu Singh
8755801013

Prof. Somnath Longani
9559308300

Past Office Bearers

Prof. Apurva Agarwal
Immediate Past President

Dr. Amit Rastogi
Immediate Past Treasurer

ISA UP State Prestigious Awards 2025 Notification

Dear ISA UP State members / Office bearer of UP City branches

Greetings and Namaskar,

Kindly apply for the following below awards to be presented during 47th Annual Conference ISA UP State on 25-27 Oct 2025, organized by ISA Lucknow City branch with SGPGIMS, Lucknow UP, website <https://www.upisacon2025.com>.

The last date to apply for all below awards (your application cum CV with proof of work/achivments) is 15 Sept 2025 (by 5 PM) to Secretary, ISA UP State on email only (drsandeepsahu@yahoo.co.in).

- ISA UP State Late Smt. Sushmita Malviya Life time achievements award 2025:** for a very senior Anaesthesiologist for extraordinary contribution to ISA UP.
- ISA UP State Oration award 2025** (a plaque and certificate): for a senior Anaesthesiologist apply with CV with achievements and Proof.
- ISA UP State EC Appreciation Awards 2025** (up to Ten /each year to the most active members (individual category) who contribute academically, socially, and clinically for the upliftment of our specialty in UP (send your CV cum achievement)
- ISA UP Best city branch awards 2025** (up to five /each year for organizing ISA academic and social activities for upliftment of specialty and betterment of members at city/state/national level (President/secretary of city branches send application with report from 16 Oct 2024 to 15 Sept 2025)
- ISA UP State Prof. DD Verma competitive oral paper award 2025** to best three (1,2,3rd) oral papers to ISA UP member (on name of Late Professor Desh Deepak Verma, Department of Anaesthesiology, MLB Medical College, Jhansi, UP) (plaque and certificate and award money Rs 2,000/ each) by online (will be selected from submitted abstract for UPISACON 2025)
- ISA UP state Dr MS Sachan competitive poster award 2025:** for best three poster to ISA UP member (on name of Late Dr MS Sachan from Agra) certificate and award money Rs one thousand (Rs 1,000) each winner by online. (will be selected from submitted abstract for UPISACON 2025)
- ISA UP State Prof. PK Singh Young Anaesthesiologist Award 2025 #**
- ISA UP State Prof. Anil Agarwal Researcher of the year award 2025#**
G&H awards separate notification and need applications accordingly.

Thanks, and regards

(08/08/2025)

On behalf of Executive Committee of ISA UP State

Dr. Kapil Singhal

President

Dr. Sandeep Sahu

Hony. Secretary

Dr. Tanmay Tiwari

Treasurer

Secretariat: Room No.27, Department of Anaesthesiology, 'A' Block, SGPGIMS, Lucknow-226014, UP, India, Contact: 9235563953; Fax: 0522-2668017/78; Email: drsandeepsahu@yahoo.co.in



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8755801013

Prof. Somnath Longani
9559308300

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Immediate Past President

Dr. Amit Rastogi
Immediate Past Treasurer

ISA UP STATE PROF. PK SINGH YOUNG ANESTHESIOLOGISTS AWARD 2025

Basis requirements for application: Should be a life member of ISA (**valid to member from all over India**), **Within 10 years after the PG qualification completion. Award will constitute:** A cheque of Rs. 20,000/- (Rupees Twenty thousand), Certificate and medal, will be awarded during the inaugural function and present his /her research work at **47th Annual Conference ISA UP State on 25-27 Oct 2025, organized by ISA Lucknow City branch with SGPGIMS, Lucknow UP, website <https://www.upisacon2025.com>.**

Selection Criteria: Please provide all the relevant information with proof as:

1.Publications	Marks 20	As 1 st , 2 nd and correspond ing author	Type of publication	Details of publication Journal	Impact factor	Citation
Provide Details with proof			Original articles			
			Case reports/series			
			Editorials			
			Letter to editors			
2.reaserch Projects	10	Funded				Provide Details with proof
	10	Non funded				Provide Details with proof
3.Innovations	20					Provide Details with proof
4.Awards	20					Provide Details with proof
5.Contribution s to ISA	10					Provide Details with proof
6.Social welfare and public awareness	5					Provide Details with proof
7Any other achievements	5					Provide Details with proof

Note: Please submit your application cum detailed CV with publications details and its pdf and other details as above with proof as pdf attached and Google Research Scholar index with citation, H/i-10 index addressing to:

Addressing to: The Secretary, ISA UP state branch, online mode only at email: drsandeepsahu@yahoo.co.in, **Last date of submission is 15 Sept 2025**, results may be informed to successful participant by 30 Sept 2025 and decision of award committee 2025 of ISA UP state will be final.

Dr. Kapil Singhal

Dr. Sandeep Sahu

Dr. Tanmay Tiwari

(on behalf of ISA UP State branch)

Copy to: ISA National HQ

08/08/2025

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ISA UP STATE PROF. ANIL AGARWAL BEST RESEARCHER OF THE YEAR AWARD 2025

Requirements for the application:

1. Should be a life member of ISA (**valid to ISA member from all over India**)
Award will constitute: 1. An cheque of Rs. 20,000/- (Rupees Twenty thousand), Certificate and medal at the inaugural function of **47th Annual Conference ISA UP State on 25-27 Oct 2025, organized by ISA Lucknow City branch with SGPGIMS, Lucknow UP, website <https://www.upisacon2025.com>**. 2. Presentation of his/her major research work at the ISA UP State Annual Conference 2025

Selection Criteria's: Please provide all the relevant information and innumerate all the publications done in the field of anaesthesia & allied specialties in the **year 2024 (January –December) only** in following format:

1.Publications	Marks	As 1 st , 2 nd and correspond ing author	Type of publication	Detail of Journal	Impact factor	Citation
Details with proof	50		Original articles			
			Case reports/Series			
			Editorials			
			Letter to editors			
2.Reaserch Projects	10	Funded				Provide Details with proof
		Non funded				Provide Details with proof
3.Innovations	10					Provide Details with proof
4.Awards / other achievements	10					Provide Details with proof
5.Contribution s to ISA	10					Provide Details with proof
6.Social welfare and public awareness	10					Provide Details with proof

Must to: Please submit your application cum detailed CV with publication details with full paper proof as pdf attachment, and obtain Google Research Scholar index and attach all research publications (PubMed indexed only) and the attributes derived from this database (submit list with citation, H/i-10 index. Original articles shall be given maximum weightage.

Application addressing to: The Secretary, ISA UP state branch, online mode only at email: drsandeepsahu@yahoo.co.in, **Last date of submission is 15 Sept 2025**, results may be informed to successful participant by 30 Sept 2025 and decision of award committee 2025 of ISA UP state will be final.

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08/08/2025

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UP Best city branch awards 2025 (up to five /each year for organizing ISA academic and social activities for upliftment of specialty and betterment of members at city/state/national level (President/secretary of city branches send application with report from 16 Oct 2024 to 15 Sept 2025)

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UP state Dr MS Sachan competitive poster award 2025: for best three poster to ISA UP member (on name of Late Dr MS Sachan from Varanasi) certificate and award money Rs one thousand (Rs 1,000) each winner online. (will be selected from submitted abstract for UPISACON 2025)

UP State Prof. PK Singh Young Anaesthesiologist Award 2025 *

UP State Prof. Anil Agarwal Researcher of the year award 2025 *
G&H awards separate notification and need applications accordingly.

ISA UP State Election Notification

ISA UP State branch election notification 2025, dated 08/08/25

Nominations are being invited from members of ISA for the following posts of Executive Committee ISA UP State branch.

1. President Elect: One post, 2. Vice President: one posts
3. Honorary Secretary: One post 4. Treasurer: One post
5. Editor: One post, 6. Executive Member: 05 posts

Eligibility- As per ISA National's/ISANHQ/PTA/2025, dated 10/6/2025 & AGBM 2023 ISA UP state guidelines:

- Should be a life member of ISA & preferably ISA FBF.
- Should be practicing in UP for last 5-10 years
- preferably signed any 03 of last 05 AGBM of ISA UP state
- **For President Elect / Vice President / Hony Secretary/ Treasurer:** a senior member who served ISA UP State GC/ EC for at least a full term or more.

Important Dates: Last date sending nomination: 24 Aug 25, 5 PM

- Declaring the list of eligible candidates- 25 Aug 2025
- Last date of withdrawn of nomination – 31 Aug 25, 5:00 PM
- Final list publication: 1 Sept 2025
- Online / offline Online polls- 6-7 Sept 2025
- Date of declaring of result of polls: 10 Sept 2025.
- Handing over charge to new EC committee at UPISACON 2025 valedictory function or 16 Oct 25 whichever feasible

Chief Election Officer: Prof. Apurva Agarwal, Immediate Past president, ISA UP state branch



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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