

VOLUME 1.4
August - September 2025

LOOKING AHEAD

**Independence
Day Issue**



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

UPIACON October 24-26 2025, Lucknow

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ISA National HQ

 PRESIDENT DR. J. BALAVENKATA SUBRAMANIAN 22, BRIDGE STREET, CHENNAI, TAMIL NADU, INDIA - 600 009 09849444113 ISA No. : 10347 9942245737 subramanika@gmail.com	 VICE-PRESIDENT DR. VIRENDRA SHARMA 17/20, KESHAV NAGAR, 1st FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 10477 9415142440 virendra_sharma@rediffmail.com	 PRESIDENT ELECT DR. NAVEEN MALHOTRA 10/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 10343 9820919551 naveenmalhotra@yahoo.co.in	 HONORARY SECRETARY DR. SUKHMINDER JIT SINGH BAJWA 11/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 12507 9915025828 www.sukhinderjit.com	 TREASURER DR. MANOJ KUMAR 22, BRIDGE STREET, CHENNAI, TAMIL NADU, INDIA - 600 009 09849444113 ISA No. : 11658 9901904962 manojkumar1992@gmail.com
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 EDITOR-IN-CHIEF ISA DR. RAKESH GARG 11/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 11331 9810144950 rakeshgarg@gmail.com	 PAST PRESIDENT DR. JIGEESHA DIVATIYA 11/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 10402 9849073455 jigeesha@divatia.com	 GC MEMBER DR. MANISHA D. KATKAR 11/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 11829 9820144824 manishadkatkar@gmail.com	 GC MEMBER DR. PANKAJ RAMKRISHNA GUPTA 11/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 10347 9834618133 pankajr@gmail.com	 GC MEMBER DR. INDRANI HEMANTKUMAR 11/20, KESHAV NAGAR, 1ST FLOOR, CHENNAI - 600 029, TAMIL NADU, INDIA 9942245737 ISA No. : 11829 9820144824 indranihemant@gmail.com
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ed-i-to'-ri-al

Sustainability in Anaesthesia

Our Shared Responsibility



The field of anaesthesiology has always valued innovation – from ether to ultrasound, muscle relaxants to multimodal analgesia. However, as we approach 2025, one of the most pressing revolutions we face is not technological but ecological. The climate crisis urges us to look beyond the individual patient and consider the health of our planet.

Anaesthetic gases such as desflurane and nitrous oxide have a high global warming potential and contribute significantly to healthcare-related emissions. The “green anaesthesia” movement calls us to re-evaluate our traditional practices: adopting low-flow anaesthesia, preferring total intravenous techniques when possible, and questioning the routine use of high-impact agents.

But sustainability is not just about gases – it’s about mindset. Reducing waste, reusing safely, adopting energy-efficient equipment, and integrating eco-conscious decision-making into our daily practice can profoundly impact. As perioperative leaders, anaesthesiologists are uniquely placed to champion this change.

The time has come to redefine “safety” – patient and planetary safety. Every litre of fresh gas flow we save, every unnecessary disposable we avoid, is a silent act of healing – for both patient and planet. Let our anaesthesia not only sustain life, but also sustain the world.

Dr Rajeev Kumar Dubey
Chief Editor (Nishchetak)



Message from our President

Together We Build, Together We Progress

As I pen this final column as President of the Indian Society of Anaesthesiologists, Uttar Pradesh, I feel a deep sense of fulfilment and gratitude. This Quarterly Newsletter, which I had the privilege to initiate during my tenure, has reflected our fraternity's strength, commitment, unity, and purpose.

When we first envisioned this publication, the idea was simple – to connect our members, celebrate achievements, give members a platform to express their academic and literary talent, and showcase the remarkable educational and social activities taking place across the state. Today, it stands as a proud testimony to ISA UP members' collective energy, creativity, and dedication.

Over the past year, ISA UP has made tremendous strides – from organising impactful National, Zonal, and State CMEs, the First Ever ISA National Premier League (ISA National Cricket Tournament), and resuscitation programs to expanding our outreach through city branches.

Our members' unparalleled unity and proactive participation have been the true driving forces behind this success.



Message from our President

I am particularly heartened to see how our younger colleagues have come forward with enthusiasm, innovation, and leadership. Their collaboration with our senior members has created a beautiful continuum of learning and mentorship – the very essence of what a professional society should embody.

As I prepare to hand over the baton, I wish to emphasise one thought close to my heart –

“Progress is not an endpoint, but a journey of continuity and shared vision.”

The initiatives we started together – academic programs like UP YUVAISACON, UP Midterm CME, Academic Webinars, PG Case Presentation Series, HOD Club, online social and educational competitions and communication platforms- must now be taken to greater heights. I urge the next team to sustain this momentum and continue nurturing excellence and unity within our fraternity.

The formation of new city branches, increasing the strength of members, better communication with members, and the involvement of city representatives and state executives in ISA activities are areas that need to be addressed, and I’m sure we'll see better results.



Message from our President

ISA UP today stands stronger, more cohesive, and more visible than ever – thanks to your collective effort and unwavering support. Leading this prestigious organisation has been an honour and a privilege in my professional life.

As I conclude my tenure, I do so with immense pride and optimism for what lies ahead. ‘Together, we have built a foundation; we will continue to progress.’

Jai Hind Jai ISA

With warm regards and heartfelt gratitude,

Dr. Kapil Singhal

President, ISA UP State Branch



“Excellence is not an act,
but a habit –
practised quietly
behind the mask.”

Secretary Speaks



It is a matter of great pride to present this edition of *Nishchetak* on **World Anaesthesia Day**, which reminds us of our collective journey – from the origins of anaesthesia to the heights of modern excellence.

Nishchetak was envisioned as a bridge – connecting members, celebrating achievements, and providing a platform for academic, cultural, and literary expression. Today, it stands as a vibrant reflection of the strength and unity of ISA Uttar Pradesh. The past year has been remarkable for our society. The dedication and active participation of our members made these milestones possible.

It has been deeply encouraging to see young anaesthesiologists taking the lead with enthusiasm and creativity, working hand in hand with senior colleagues in a spirit of mentorship and collaboration. This harmony between experience and energy truly defines our organisation.

As I prepare to hand over responsibilities, I am grateful and optimistic. Our collective efforts – through academic initiatives, communication platforms, and professional growth programs – have strengthened the foundation of ISA UP. The road ahead is full of promise, and I am confident that our society will continue to grow in unity, excellence, and visibility. Let *Nishchetak* remind us that progress is a shared journey – built on learning, service, and togetherness.

Warm regards,
Dr Sandeep Sahu
Secretary, ISA UP

Directly From The Desk

Flights of Freedom and Wisdom

Blending the spirit of independence with the guiding strength

As the months usher in the tricolour skies of August and the heartfelt tributes of September, this quarter of *Nishchetak* takes flight with a theme close to every heart – “*Flights of Freedom and Wisdom.*” It celebrates two profound forces shaping our lives – **freedom** and teacher **guidance**.

Independence Day reminds us of the courage and vision of those who fought for a free nation – a freedom that allows us to think, innovate, and serve humanity with dignity. Teachers’ Day, soon after, pays homage to the mentors who continue that legacy by freeing minds from ignorance and inspiring generations to reach new heights. This blend of freedom and wisdom finds a beautiful parallel in medicine, especially in anaesthesiology. Our teachers empower us to make independent clinical judgments, yet guide us with the collective wisdom of experience – ensuring that every decision upholds safety, compassion, and excellence.

This edition features patriotic tones from members and celebration of knowledge through regular CMEs. ISA UP initiated online PG classes to empower the next generation with current concepts and tools to guide them clinically and during examinations.

Through this issue, we honour our mentors and celebrate our independence. True *flights of freedom* are those taken with knowledge as our compass, compassion as our fuel, and teamwork as our wings.

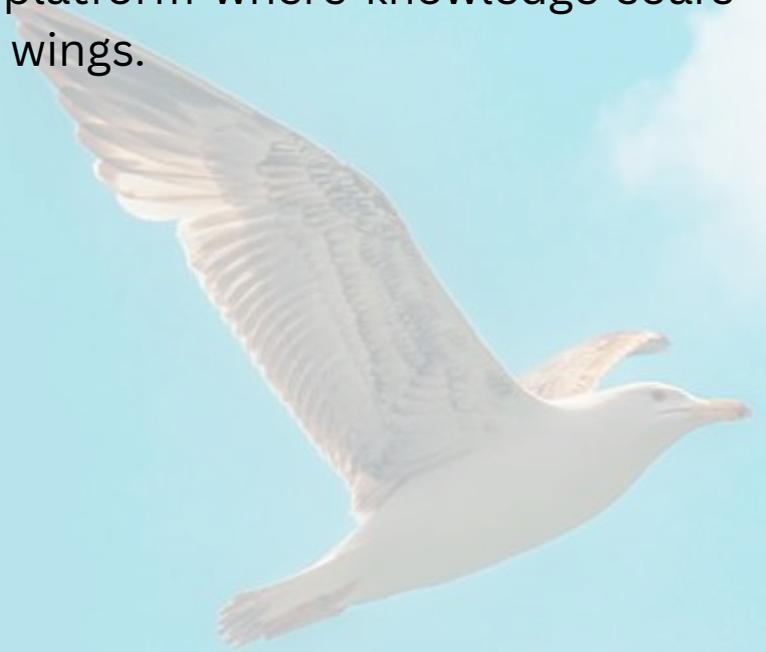
Directly From The Desk

It lies not only in choice, but in the responsibility that accompanies it. Every student we teach, every patient we care for, and every innovation we embrace takes the specialty a step further on its flight toward excellence.

Nishchetak continues to be a platform where knowledge soars freely and wisdom anchors our wings.

Dr Divya Srivastava

Editor (Nishchetak)



“A day planned with a purpose ends in peace.”

The Anaesthesiologist as a Silent Teacher

Mentorship in the Operating Room

**Dr Divya Srivastava
Lucknow**

Mentorship is often subtle. It is not always about formal teaching sessions or lectures; it demonstrates meticulous planning, calm handling of emergencies, and thoughtful clinical reasoning. Trainees learn by observing, reflecting, and then applying these lessons. This “silent teaching” creates a learning culture where trainees gain confidence while appreciating the art and science of anaesthesia.

In every operating room, a unique form of teaching unfolds quietly, almost invisibly. Anaesthesiologists, while managing complex perioperative care, are also shaping the minds and skills of the next generation. Their mentorship is subtle, yet it leaves a lasting impact—especially in India, where the need for skilled, confident anaesthesiologists continues to grow.

The Role

Anaesthesiologists are uniquely positioned to mentor due to their comprehensive understanding of perioperative care. Their involvement spans preoperative assessments, intraoperative management, and postoperative recovery, allowing them to impart a holistic perspective to trainees. This continuous presence in the perioperative environment enables them to guide medical students, residents, and fellows through real-time decision-making processes, emphasising the importance of patient safety, critical thinking, and effective communication. (1)

Impact on Trainees

Effective mentorship extends beyond teaching technical skills. It encompasses non-technical competencies such as teamwork, leadership, communication, and ethical decision-making. A recent study assessing operating theatre learning environments among undergraduate anaesthesia students in Ethiopia found that factors like preoperative discussions, respect for students, role modelling, and structured supervision were strongly associated with positive learning experiences. (2)

In India, mentorship assumes even greater significance due to the cultural and socioeconomic diversity of the student population. Mentors provide not only clinical guidance but also emotional support and professional advice. They help trainees navigate ethical dilemmas, manage stress, and develop confidence to handle complex perioperative challenges. The cumulative effect of this mentorship is the cultivation of well-rounded, competent anaesthesiologists who are prepared to deliver high-quality patient care.

Challenges

Despite its vital importance, mentorship in anaesthesia faces several challenges in India. Senior anaesthesiologists' reluctance to mentor their juniors, a shortage of experienced mentors in smaller hospitals and rural areas, and the increasing clinical workload of anaesthesiologists often limit opportunities for practical guidance. Additionally, many institutions lack structured mentorship programs, leaving trainee development to chance or informal interactions.

Addressing these challenges requires a systemic approach. Institutions should implement structured mentorship programs with clear objectives, regular feedback mechanisms, and progress assessments.

Furthermore, technology can play a crucial role: virtual mentorship platforms can bridge geographical barriers, providing trainees in remote locations with access to expert guidance and continuous learning opportunities. (3)

The Future

Looking ahead, the role of anaesthesiologists as mentors is poised to become even more significant. With rapid advancements in medical technology, minimally invasive techniques, and perioperative monitoring, anaesthesia is becoming increasingly complex. Mentors will be critical in guiding trainees through these advancements, ensuring they are competent and confident in their skills. (1)

Mentorship also has a strategic impact on healthcare delivery in India. By training and mentoring local healthcare professionals, anaesthesiologists contribute to decentralising anaesthesia services and improving surgical care access in underserved regions. This ripple effect strengthens the healthcare system and ensures more patients benefit from safe and effective perioperative care (2,3)

Conclusion

Anaesthesiologists, through their silent yet profound mentorship, shape the future of medical practice. By fostering a culture of mentorship, they enhance not only the technical skills of their trainees but also their professional growth, ethical reasoning, and confidence.

Mentorship may often be invisible, but its impact is enduring. By valuing and supporting the silent teaching of anaesthesiologists, India ensures that its next generation of practitioners is equipped with the knowledge, skill, wisdom, and compassion to provide exceptional patient care.

References

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TRUST

“The best anaesthesiologists don’t just numb pain – they awaken trust.”

I am a Doctor – My Oath, My Heart



**Dr Chavi Sethi
Jhansi**

I am a doctor – a healer by grace,
In silent theatres, I've found my place.
Where breaths are counted, pulses fade,
I stand with strength, both calm and brave.

An anaesthetist – I ease the pain,
In moments quiet, I hold the strain.
Through sleepless nights and patient cries,
I walk with care, where pressure lies.

I teach, I guide, I gently steer,
For young, bright minds who hold me dear.
Each student's growth, each lesson taught,
Adds meaning deep to all I've sought.

In pain's domain, I've found my cause,
With blocks and skill, I give life pause.

No greater joy than easing fear,
No sweeter win than seeing cheer.

Not for the glory, nor for fame,
But for each soul who knows my name.

Today I stand with humble pride—
A doctor's heart, with God as guide.

Arena

Competitions Section

Nishchetak has welcomed contributions from ISAians nationwide, encouraging reflections, stories, and experiences on various themes. The response has consistently been enthusiastic, and the best entries receive a special place in these pages.

INDIAN SOCIETY OF ANESTHESIOLOGISTS UP STATE

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!

CATEGORIES:

- Residents
- Consultants

AWARDS & RECOGNITION:
5 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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INDIAN SOCIETY OF ANESTHESIOLOGISTS UP STATE BRANCH

Wishes you a

Happy Independence Day!

Let's celebrate the spirit of freedom, unity, and pride!
This Independence Day, ISA UP brings a unique opportunity to get featured in the Fall Edition of Nishchetak!

FLAUNT YOUR PATRIOTISM! SEND US:

- A photograph with our beloved Tiranga
- For the literary enthusiasts, write a short story or essay on "How or what this Independence Day made you feel patriotic?" (Poems are invited too)

Selected entries will be published in the upcoming edition of Nishchetak and receive an appreciation certificate!

Let your voice and spirit shine!

Last Date of submission - **20th August 2025**
Email your entries to - nishchetak@gmail.com

Event coordinators: Dr. Divya Srivastava

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INDIAN SOCIETY OF ANESTHESIOLOGISTS UP STATE BRANCH

Wishes you a

Happy Teachers' Day

"A teacher plants seeds of knowledge, sprinkles them with love, and patiently nurtures their growth."

Share Your Memories! We invite all ISA UP members to celebrate Teachers' Day with us.

SEND US YOUR:

- Photographs of Teachers' Day celebrations
- Short Write-ups appreciating your teachers
- Inspiring Stories / Poems reflecting the role of a teacher in your life

It can be about your school teacher, medical mentor, guide, or anyone who shaped your journey

Selected entries will be featured in the Fall edition of ISA UP Newsletter - Nishchetak

Let your voice and spirit shine!

Last Date of submission - **10th September 2025**
Email your entries to - nishchetak@gmail.com

Event coordinator: Dr. Divya Srivastava

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WAVES OF DUTY, SHORES OF PEACE

A SUMMER WELL SPENT

Summer vacations are often seen as a time for rest and rejuvenation. Still, for me, the summer of May 2025 unfolded as a rollercoaster—marked first by national duty and then by a once-in-a-lifetime family adventure to the tropical paradise of Mauritius.

A Sudden Detour: From Excitement to Emergency

On 1st May 2025, I booked our long-awaited family trip to Mauritius, scheduled for 18th to 23rd May. My heart brimmed with joy: sun, sand, and the serenity of island life awaited. However, just as we began our countdown, a sudden turn of global events changed everything. On 9th May, amidst rising tensions and the outbreak of the India-Pakistan war, the Ministry of Health issued an official directive: all sanctioned leaves were to be cancelled with immediate effect.

Duty called. I returned to AIIMS Bhopal without hesitation and took charge. Together with my team in the Department of Trauma and Emergency Medicine, we conducted multiple mock drills and training to prepare for potential mass casualty scenarios like bomb blasts. The air was heavy with uncertainty. Personally, it was disheartening to see the family's excitement dwindle. Yet professionally, I knew I was in the right place—serving where I was needed the most.

A Turn of Joy: The Vacation Resurrected

In a fortunate twist, on 14th May, the Ministry rescinded the cancellation order. My leave was reinstated. Within hours, my family and I were repacking our bags, the thrill of adventure back in our hearts.

We landed in Mauritius on the night of 18th May, rented a self-drive car, and began our journey on this idyllic island known for its vibrant biodiversity, lush landscapes, and warm-hearted people.

Encounters at La Vanille Nature Park

Our first full day was spent at La Vanille Nature Park, a sanctuary of exotic reptiles and flora. I had my first face-to-face interaction with an iguana, followed by one of the most unforgettable experiences—feeding the Aldabra giant tortoises. Their sheer size and calm demeanour were both humbling and awe-inspiring.

We witnessed the crocodile feeding show, a spectacular (and slightly nerve-wracking) event. Curiosity led us to try the crocodile platter at the park restaurant—featuring samosas, sausages, and skewers made from ethically farmed crocodile meat aged 3-4 years. The taste was unique and bold.

Crocodile platter

A nature trail walk rounded off our afternoon, surrounded by chirping birds and tropical greenery.

Red Roofs and giant water lilies

We dressed in coordinated outfits and set off for the Red Roof Church (Notre-Dame Auxiliatrice de Cap Malheureux). Its vivid red rooftop against the turquoise sea and azure sky created a postcard-perfect setting.

After some peaceful time at red roof church, we visited the Sir Seewoosagur Ramgoolam Botanical Garden in Pamplémousses. It was a haven of tropical plants, the highlight being the giant water lilies floating like emerald discs on tranquil ponds.

Later that day, we headed to Trou aux Biches beach and indulged in snorkelling. The underwater world welcomed us with colourful corals and curious fish—a mesmerising glimpse into a different universe.

Sailing the Northern Islands

This day was all about the Catamaran Cruise to the Northern Islands, including Gabriel Island and Coin de Mire. The moment we arrived, we were speechless—crystal-clear waters, powdery white sand, and an endless blue horizon surrounded us.

Onboard the Catamaran / Northern Islands/snorkelling.

We snorkelled in serene lagoons, exploring vivid coral reefs and marine life so vibrant, it felt unreal. The return journey on the catamaran was a bit rough with rising waves. Still, it added to the sense of true ocean adventure.

underwater views...

Wildlife Wonders and Rainbow Earth

We began with a visit to Casela Nature Park, home to the Predator Kingdom. We witnessed majestic lions, cheetahs, and tigers up close, safely separated yet thrilling nonetheless. The Safari Ride introduced us to zebras, ostriches, rhinos, hippos, and more—my kids were wide-eyed with wonder.

We then travelled to Chamarel, where we marvelled at the Chamarel Waterfalls and the famous Seven-Coloured Earths. In this rare geological formation, the soil presents vibrant layers of colour.

Chameral seven colour earth/ waterfall

Driving through Mauritius with the local radio playing old Bollywood songs added a surreal charm. It was heartwarming to see how Mauritians embraced Indian culture, especially its music. After our thrilling day, we drove to the serene Flic en Flac beach to witness a breathtaking sunset with the family. The golden hues reflecting over the calm waters created a moment of pure tranquillity and togetherness.

Walking Underwater at Île aux Cerfs

Our final full day was reserved for a second catamaran cruise, this time to the exotic Île aux Cerfs island. The tranquillity and cleanliness of the island again swept us away. But the best was yet to come.

Ille aux curf/ catamaran cruise

We signed up for the undersea walk adventure—something I'd never imagined doing. After a brief training session, we wore 20-kg helmets and descended into the sea. With every step, the water surrounded us, and we were welcomed into the calm, colourful world of corals and fish. I reached out and touched the seafloor, surrounded by schools of curious marine life. It was as if time paused under the sea.

A Lesson in Living

On 23rd May, we boarded our flight back to Mumbai. As our plane soared above the island, I reflected on what Mauritius had given me—beyond natural beauty.

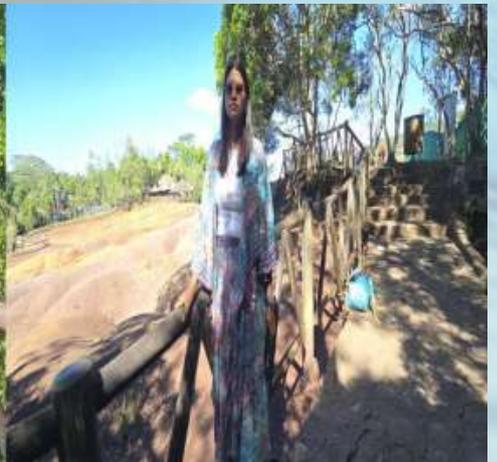
Mauritian life teaches simplicity. Shops close by 7 PM, and people gather with family. There is no rush, no race. They value life over livelihood. Despite being a popular tourist destination, the island maintains its pristine charm, and the people their contented spirit.

This trip, for me, wasn't just a break from work—it was a restoration of balance. From the chaos of the emergency department to the calm of coral reefs, my summer had come full circle. I returned not only with memories but with renewed energy and gratitude—for my family, my profession, and the small joys that make life so precious.

Icing on the cake: a surreal moment meeting Rujuta Diwekar at Mumbai airport. I've been following her fitness and diet philosophy for the past seven years—truly inspired by her simple yet powerful approach to health and well-being. Grateful for this unexpected encounter.

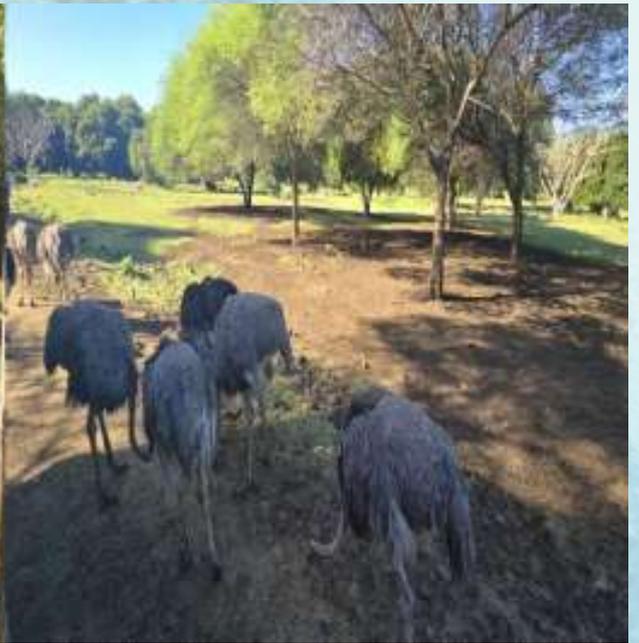


“Wisdom in action –
that’s the essence of anaesthesia.”



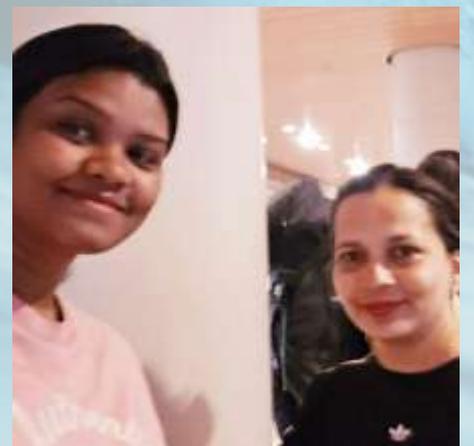








“Don’t chase time – design it.”



Arena

Competitions Section

Straight From The Heart: Patriotic Poems



Independence Day

A Bride for Life

A tribute to fellow warriors and their families

Lt Col Vivek Kumar
Anaesthesiologist

It was not too late when her parents had wept,
The flowers were yet fresh, on the bed they slept,
Her hands were full of red bangles...they clang,
Just then came the telegram, with a big bang.

"Motherland needs your duty", it stated,
The newlywed bridegroom was rejoiced and elated,
He turned to her & glanced at her pinkish beauty,
Whispered..O' sweetheart, motherland calls for her duty.

The reply was as expected, as she had told.
"Motherland is before wife." The decision was indeed bold.
His eyes reflected pride. What else could he say,
I will come to you after victory, though hell shall bar the way.

Being ordered to capture the enemy post with his troop,
Crawled in the blind night, amidst shellings with his group,
They climbed to the top, and he ordered to fire..
Like a lion he fought, which all did admire.

Arena

Competitions Section

Straight From The Heart: Patriotic Poems



Independence Day

Back home, she prayed for his health and victory,
The clock seemed to stop, and time passed in agony,
The next morning, two envelopes came,
The first one was his first love letter, in her name.

She opened the second with her other hand,
"Your husband was too brave- a real Martyr of the motherland"
the red dress-clad angel, neither wept nor cried,
She passed the letter to his parents, standing on her side.

Raised her shaking hands towards her head,
Saluted his photograph, remembered what he had said.
His parents wept, the wedding flowers were yet fresh,
Her proud eyes stared at his new tricoloured dress.

The Vermillion on her head.. shone..as it had never,
She was clad in red; her legs didn't quiver.
Who gave her husband to the motherland - she was that wife,
"She was a bride - A bride for life"

Arena

Competitions Section

Straight From The Heart: Patriotic Poems



Independence Day

Salute to Tiranga

Dr Manjaree Mishra

Varanasi

As the Tiranga soars in the Ether,
It brings joy and pride to the weather.

Long ago, freedom we sought,
and in a great struggle, we fought.

Heroes brave, they didn't fall,
At the price of their lives, they gave freedom to all.
On the fruit of their struggles, we stand,
With the gift of freedom in hand.

Through all storms, they lit the way,
And let us see this golden day.
Don't let their sacrifices go to vain,
Let courage and unity always reign.

Arena

Competitions Section

दिल की क़लम से

यह स्वतंत्रता दिवस याद दिला रहा है,
भारतीय सेना की वीरता का इतिहास।
आओ मिल के हम सब मनाएं,
आजादी का पर्व और उल्लास।

ऊनीश सौ पैसठ के घुसपैठ में,
हमने उनको धूल चटाया।
ऊनीश सौ इकहत्तर के युद्ध में,
विजय ध्वज से बांग्लादेश बनाया।

फिर भी उन्होंने किया दुस्साहस,
कारगिल में किया अट्टहास।
ऑपरेशन विजय में विपरीत परिस्थिति में
हमने अपना लोहा मनवाया,
गन हिल से टाइगर हिल तक,
हमने अपना तिरंगा लहराया।

फिर चीनी सेना ने की क्रूरता,
शांति वार्ता में महा दुष्टता।
डोकलाम में था समझाया,
फिर भी तुम्हे समझ न आया।
धोखे और मक्कारी से,
तुमने गलवान में गदर मचाया।



Independence Day

Straight From The Heart: Patriotic Poems

Lt Col Vivek Kumar

Anaesthesiologist

चीनी सेना ये मत समझ कि ये बासठ का भारत है,
दांत खट्टे कर देते हम जब कोई हमें ललकारत है।

फिर भी निहत्थे भिड़ पड़े हम,
ऊंचा रखा तिरंगे का परचम।
१६ बिहार के वीरों ने लड़ते लड़ते सर्वस्व लुटाया,
तेरी संख्या ज्यादा थी, फिर भी तुमको धूल चटाया।

हम थे शांत, न कोई विध्वंश
फिर पहलगांव में दुश्मन ने आतंक मचाया।
हम डरे नहीं, हम थके नहीं,
हर आपदा से लड़ते, रुके नहीं।

न रुकें तुम्हारे आतंक से, न डरें हरकतें क्रूर से।
जवाब दिया तुम्हे हमने ऑपरेशन सिंदूर से।

हर भारतवासी अब खड़ा हुआ है,
देशभक्ति से भरा हुआ है।
भारत की भू को छूने का अब स्वप्न देखना छोड़ दे,
ये नव भारत की सेना है,
निहत्थे गर्दन मरोड़ दे।

यह स्वतंत्रता दिवस याद दिला रहा है,
भारतीय सेना की वीरता का इतिहास।
आओ मिल के हम सब मनाएं,
आजादी का पर्व और उल्लास।

Arena

Competitions Section

रंग तिरंगे का

Dr Prakriti Maurya

Varanasi

आज फिर तिरंगा लहराया,

दिल में जोश उमंग जगाया।
सूरज की पहली किरण के साथ,
भारत माँ का चेहरा मुस्काया।

आज हमें जो सुख मिला,
वो लाखों बलिदानों से है।
हर सीमा पर सैनिक खड़े,
देश बचाने प्राण दिए हैं।

पर दुःख के पल भी आए हैं,
पाहलगाम की रात याद है।
गोलियों की आवाज़ों में,
कितनों की दुनिया उजड़ गई है।

आसमान ने भी परखा हमें,
एक बड़ा विमान गिर पड़ा,
माँओं की आँखें भर आईं,
सपनों का दीपक बुझ पड़ा।



Independence Day

Straight From The Heart: Patriotic Poems



हम रोए, हम लड़े, हम सँभले,
पर हिम्मत कभी न टूटी है।
भारत माँ के हर बच्चे ने,
कसम अमरता की ली है।

आज तिरंगा फिर गगन चूमे,
हर दिल में जोश जगाएगा,
बलिदानों की इस पावन धरती पर,
भारत सदा मुस्कुराएगा।

जय हिंद! जय भारत!

Arena

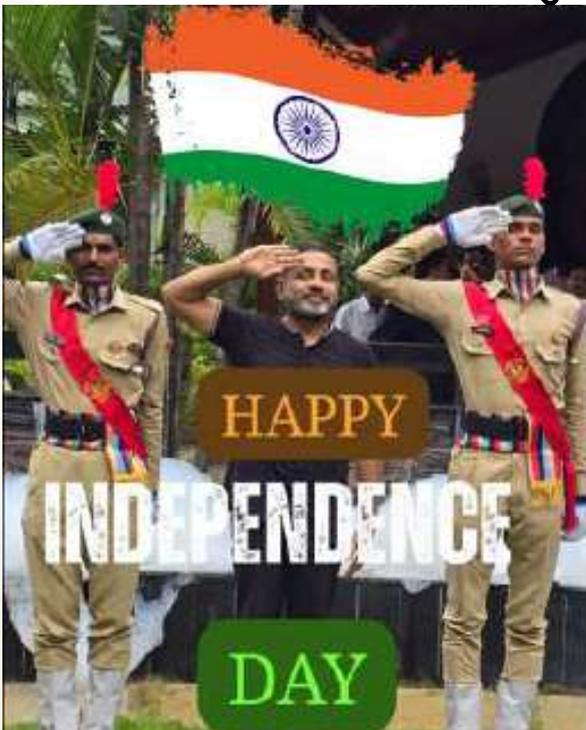
Independence Day

Competitions Section

Dr S S Nath
Lucknow



Dr Avinash Bhosale,
Satara



Lens Set

Dr Hemlata
Lucknow



Patriotism is a potent force that unites and inspires a nation toward a brighter future.. It should be nurtured daily, not just on special occasions.

Arena

Teachers Day

Competitions Section

A Tribute to Teachers

Dr Bhaya Naithani Dube

Lucknow

Teachers are gardeners of the spirit under whose loving tutelage
knowledge and talent bloom,

Not only our minds but our character they groom.

Thank you for taking so much pains to make us learn,

Knowing you may get nothing in return

For stooping down to our level a, and handling our silly queries
with infinite patience,

Maybe you may not be aware of your significance.

But through the innumerable students you teach, you touch so
many lives, heal so many people.

And, in the end, we know that our degrees will gather dust and
fade

And the only thing that will last is the good we do

The profound lessons of dedication and humility that we have
learnt from you

The ideals that you practice effortlessly, yet never tell

The sheer beauty of doing a task simply, but well

The principles that you stand by and inspire us to emulate

It is more important to be good than to be great

You may think we do not appreciate your efforts, but we do

May God keep you going strong for many more years to come,

because not only us, but Humanity needs more caring and
conscientious teachers like you.

Arena

Teachers Day

Competitions Section

I dedicate this poem to all my teachers who, in school, inculcated in me a love of learning, an affinity towards both science and literature.

At the undergraduate level, how to unlock the mysteries of the human body

How to conduct myself with grace under pressure,

And, most importantly, at the postgraduate level, teachers and seniors who sharpened my reflexes (Prof Jaishri Bogra, Prof Anita Mallik, Prof Monica Kohli, Prof Bhatia, Late Prof Girish Chandra, Prof Vinita Singh, Prof GP Singh, to name a few) taught me the art and craft of anesthesiology and transformed me into the professional I am today. A mere “Thank you” is not enough to express my gratitude.

**“The measure of success
is not hours worked,
but lives touched.”**



Arena

Teachers Day

Competitions Section

Teaching Beyond Textbooks

Inspiring Minds, Creating Impact

Dr Neha Kumar
Kanpur

I express my heartfelt gratitude to my revered mentor, whose constant guidance has shaped my Journey in Anaesthesia. From my postgraduate days to today, my mentor's wisdom has been a source of strength in both academics and clinical practice.

Through my mentor's teaching, I have learned not only the science of Anaesthesia but also the art of precision, compassion, and professionalism. The emphasis on patient safety, attention to detail, and respect for sterility has left a lasting impression on my practice.

As a teacher, my mentor has shown me that proper education goes beyond textbooks—by engaging students, making learning memorable, and inspiring curiosity. I aspire to emulate these qualities and create a similar impact for future generations.

I remain deeply grateful for the values and principles instilled in me, and I commit myself to carrying forward this legacy of excellence in Anaesthesia.

“A true mentor doesn't just teach what to do—they inspire who to become.”

Arena

Teachers Day

Competitions Section

SILLY TEACHER

Dr Ankita Sharma
Noida

Our teacher gave detention to the fountains in the hall,
She handed in extra homework for the artwork on the wall.

We saw her point a finger at a banner and a sign,
She said their bad behaviour was entirely out of line.

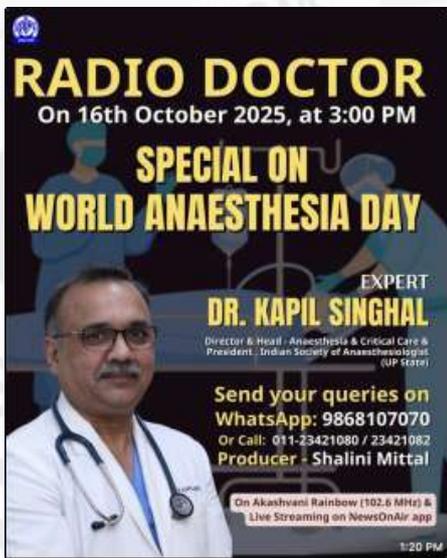
The Principal approached her and said, "What is all this fuss?"
I heard you tried to punish all the tyres on a bus.

"You've made the teachers angry by messing up all their
classes,
So if you want this job, you have to wear your glasses!"

"Even in silence
behind the drape,
Your presence
can speak volumes."

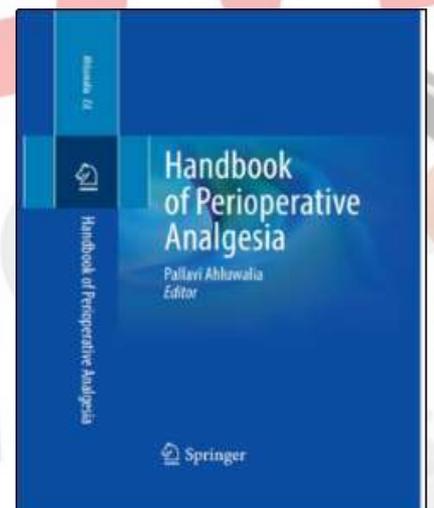
Answer to Quiz Time

1. MORTON, 2. BOSTON, 3. NEWTON, 4. LISBON, 5.
GUYTON



Radio presentations by ISA UP President Dr Kapil Singhal and ISA UP Treasurer Dr Tamay Tiwari on World Anaesthesia Day

Acheivers Section



Dr Pallavi Ahluwalia received the prestigious Fellowship of The Indian College of Anaesthesiologists and published a book on Perioperative analgesia.

YOUR MAJESTY IN HIS GLORY

Dr Kapil Singhal
Noida



IJA

EDITORIAL FELLOWSHIP

RESULTS ANNOUNCED

Selected	Waitlisted
1. Dr. Simran Chatteropadhyay	1. Dr. Shagun Bhatia Shah
2. Dr. Sadik Mohammad	2. Dr. Gaurav Chanchalani
3. Dr. Gauri Ranjan Gangakhedkar	3. Dr. Thiruvengadam Selvaraj
4. Dr. Rajesh M.C.	4. Dr. Divyesh Das
5. Dr. Divya Srivastava	5. Dr. Divya Gupta
	6. Dr. Pratibha Jain Shah
	7. Dr. Kavindu Dutta
	8. Dr. Merlin Thomas
	9. Dr. Merlin Shalini Ruth S

IJA REVIEWER FELLOWSHIP (2025-2026)

HEARTIEST Congratulations

SELECTED	WAIT LISTED
Dr. Kamakshi Garg	Dr. Divya Gupta
Dr. K.V. Ravi Teja	Dr. Saunabh Taneja
Dr. Balakrishnan N.	Dr. Saumitra Misra
Dr. Priya Shrivastava	Dr. Ananya Nanda
Dr. Savita Gupta	Dr. Rengith Viswanath
Dr. Shivani Rastogi	Dr. Archana Endigeri
Dr. Neeta Bose	Dr. Ajita Suhrud Annachatre
Dr. Adithi Devi E	Dr. Merlin Shalini Ruth
Dr. Ragi Jain	Dr. Sudha Ravindran
Dr. Abhishek Vidyadhar Lonkar	Dr. Swathi Balakrishna Kalluraj
Dr. Bhavya Naithani Dube	Dr. Anun Ahirwar
	Dr. Anvita Taneja
	Dr. Gayathri Warrior

ISA Lucknow members Dr Divya Srivastava and Dr Bhavya Naithani Dubey got selected for the Prestigious IJA Fellowships.



Dr Rajeev Kumar Dubey was elected as the Executive Council member of the Neurocritical Care Society of India at Chandigarh

Achievers Section



Dr Rajeev Kumar Dubey from Varanasi received the Dr Sarvapalli Radhakrishna Memorial National Award in the Distinguishe Professor category at New Delhi

After the first term of office bearers was over, election was conducted and following members joined the managing committee in place of Dr. Saxena, Dr. Sinha and Dr. Raichur. Dr. Rishabh Rana, Associate Professor of preventive medicine from Dhanbad, Jharkhand as Joint Secretary, Dr. Rajeev Kumar Dube, Physician from Varanasi as Joint Treasurer and Dr. Suresh Vasishtha, Endoscopic surgeon from Noida as Vice President.

We welcome the new committee which assumes office from 24th Aug 2025 for a period of 3 yrs



Dr. Rishabh Rana



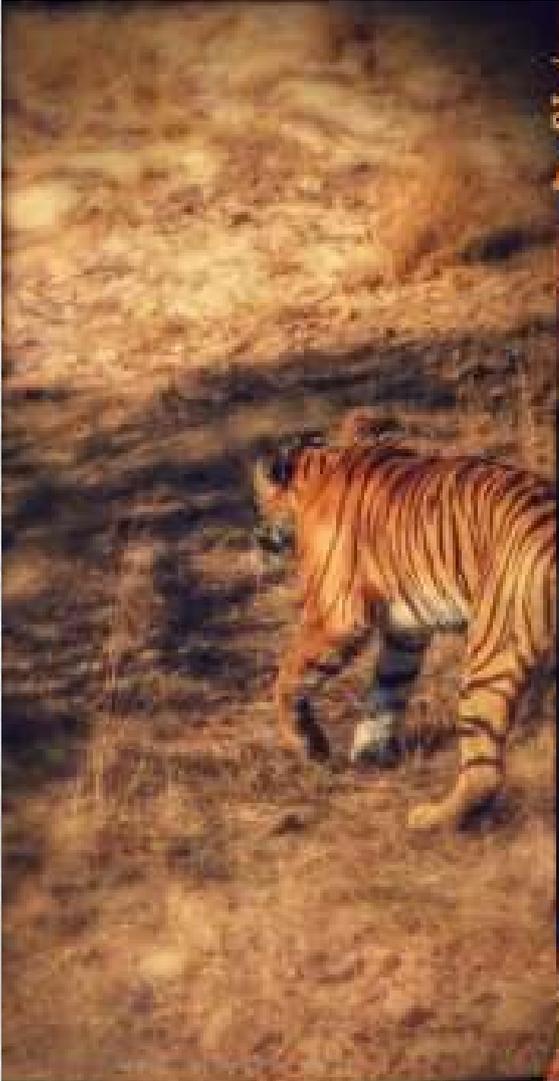
Dr. Rajeev K. Dube



Dr. Suresh Vasishtha

Dr Rajeev Kumar Dubey from Varanasi was elected as an Executive Council Member and Editorial Board member of Medicolegal Society of India

YOUR MAJESTY IN HIS GLORY



Quiz Time...ON

1. Who is known as the Father of Modern Anaesthesia?

____ ON

2. Where was the first public demonstration of ether anaesthesia performed?

____ ON

3. Who discovered the gravitational force?

____ ON

4. Which city is known as the City of Seven Hills?

____ ON

5. Who is renowned for his groundbreaking research on cardiovascular physiology?

____ ON

The answers have been stashed elsewhere in this issue only. Carefully go through all the pages to discover them.

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



**ISA UP State
&
City Branch News**



ISA UP STATE AWARDS Results

 **Indian Society of Anesthesiologists UP State Branch
(ISA UP STATE BRANCH)** 
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. Rajeev Kumar Dubey
9839927283

Honorary Secretary
Prof. Sandeep Sahu
9235563953

Treasurer
Prof. Tanmay Tiwari
9452526270

Executive Members

Prof. Yashpal Singh
9918424416

Dr. Divya Srivastava
7839098150

Prof. Prem Raj Singh
9918478136

Prof. Dharmendra Kumar Yadav
9580766306

Dr. Neetu Singh
8755801013

Prof. Somnath Longani
9559308300

Past Office Bearers
Prof. Apurva Agarwal
Immed. Past President
(Academic Chairman)

Dr. Amit Rastogi
Immed. Past Treasurer

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

ISA UP State Prestigious Awards Results 2025

The ISA UP Awards Selection committee 2025 had received applications and based on merit the following are the awardees, requested them to present physically during UPISACON 2025 at SGPGMS, Lucknow on 25 Oct 2025, 12 pm, Main Hall, for award ceremony. Please contact Dr Ashish Kannauja, Organising Secretary, UPISACON 2025 for further processing.

ISA UP State Prof. Anil Agarwal Researchers of the Year Award:
Dr. Anju Gupta, AIIMS, New Delhi

ISA UP State Prof. PK Singh Young Anaesthesiologist Award:
Dr. Shibu Sasidharan, Indian Army

  
Dr Kapil Singhal Dr Sandeep Sahu Dr Tanmay Tiwari
President Hony Secretary Treasurer

Date: 28/09/2025

Copy to: The Organizing Committee UPISACON 2025 for necessary action and arrangements.

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ISA UP State Prestigious Awards Results 2025

The ISA UP awards Selection committee received applications and based on recommendations the following are the list of winners of various awards:

ISA UP State Late Smt. Sushmita Malviya Life time achievements awards: Prof. Anita Malik, Ex-HOD, Dept. of Anaesthesiology, KGMU, Lucknow (on 25 Oct 2025, 12 pm, Main Hall, UPISACON 2025)

ISA UP State Oration award: Prof. Apurva Agarwal, HOD, GSVM Medical College, Kanpur (on 25 Oct 2025, 12 pm, Main Hall, UPISACON 2025)

ISA UP State EC Appreciation Awards (on 25 Oct 2025, 4 pm, at AGBM, UPISACON 2025, individual awardee should present)

Prof. Vaibhav Tiwari, Meerut
Dr Divya Srivastava, Lucknow

Dr Peeyush Chaudhary, Noida GB Nagar

Dr Amrita Rath, Varanasi

Dr Bhavya Nalhari, Lucknow

Dr Neha Mishra, Kanpur

Dr Ankita Sharma, Noida GB Nagar

Prof. Yogesh Manik, Meerut

Dr Ankit Kumar, Mathura

UPISACON 2025 Organizing Chairman: Prof. Prabhakar Tewari

UPISACON 2025 Organizing Secretary: Prof. Ashish Kannauja

*Outgoing ISA UP EC members completing tenure

ISA UP Best City Branch Awards (on 25 Oct 2025, 4 pm, at AGBM, UPISACON 2025, Officials of respective branch be present)

- ISA Lucknow City branch, & ISA Noida - GB Nagar City branch
- ISA Mathura City branch, ISA Varanasi City branch, ISA Meerut City branch, & *ISA Barabanki City branch (Youngest Active Branch)

  
Dr Kapil Singhal Dr Sandeep Sahu Dr Tanmay Tiwari
President Hony Secretary Treasurer

Date: 18/09/2025

Copy to: The Organizing Committee UPISACON 2025 for necessary action and arrangements.

ISA UP STATE Elections Results and EC Meeting at UPISACON 2025



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



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Immediate Past President

Dr. Amit Rastogi
Immediate Past Treasurer

ISA UP State branch Elections Result 2025, dated 27/08/25

As per election notification, dated 7-8 Aug 2025 of ISA UP State Branch, the following are the final elected member with name and posts:

1. President Elect (2025-26): Dr Sandeep Sahu (Lucknow, S/2652)
2. Vice President (2025-26): Dr Kushant Gupta (Ghaziabad, K/1104)
3. Honorary Secretary (2025-2028): Dr. Tanmay Tiwari (Lucknow, T/0620)
4. Treasurer (2025-2028): Dr Divya Srivastava (Lucknow, S/3355)
5. Editor (2025-2028): Dr Bhavya Naithani (Lucknow, B/1748)
6. Executive Member (2025-2028): 05 posts
 - Dr Ashu Hirani (Bareilly, H/0534)
 - Dr Vaibhav Tiwari (Meerut, T/0496)
 - Dr Amrita Rath (Varanasi, A/2552)
 - Dr Ankit Kumar (Mathura, A/2177)
 - Dr Rajneesh Kumar Mishra (Agra, R/2634)

Dr. Kapil Singhal
(President)

Prof. Apurva Agarwal
(Chief Election Officer) &
Immediate Past president

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



Indian Society of Anesthesiologists UP State Branch
(ISA UP STATE BRANCH)



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Immed. Past Treasurer

To ISAUP/2025/0710/21/10/2025
ISA UP city branches official & Members
Greetings from the EC of ISA UP

ISA UP Executive committee (ISA UP EC) welcome all the city branches officials and members for attending following ISA UP State events at UPISACON 2025 from 24-26 Oct 2025 at SGPGIMS, Lucknow, UP

25 Oct 2025, Saturday: Day 1 of Conference

1. **ISA flag hosting:** 8 am at main gate of Conference venue
2. **ISA UP Annual Oration & Award, ISA UP Late Sushmita Malviya Life time achievement award, ISA UP Prof. Anil Agarwal researcher of the year award and ISA UP Prof. PK Singh Young Anesthesiologist award on 25 Oct 2025, 12 pm to 1.25 pm, Hall A**
3. **ISA UP EC meeting** only EC members from 3.00 pm to 3.30 pm, Prof. Soma Kaushik Mini-Auditorium, Dept of Anaesthesiology, SGPGIMS
4. **ISA UP EC and City branches officials meeting** 3.30 pm to 4.00 pm, Prof. Soma Kaushik Mini-Auditorium, Dept of Anaesthesiology, SGPGIMS
5. **AGBM 2025 and ISA UP Individual and City branch awards:** sharp 4 pm to 5.30 pm in **Hall B** at SGPGIMS, Lucknow, UP.
6. **Inauguration of conference, 5.30 pm to 6.30 pm, Hall A**
7. **Work Life Balance Program** 6.30 to 8.00 pm, Shruti Auditorium
8. **GALA Dinner and BANQUET, 8 pm**

We shall be highly obliged for your kind considerations and cooperation.

Dr Kapil Singhal

Dr Sandeep Sahu

Dr Tanmay Tiwari

Secretariat: Room No.27, Department of Anaesthesiology, 'A' Block, SGPGIMS, Lucknow-226014, UP, India



Teachers Day Celebrations: It was an excellent evening for the members of ISA Noida GB Nagar who could spare time for on-table and in-person interaction with our National ISA President, Dr Balavenkat. He shared his thoughtful insights on teaching.

The Compression Only Life Support (COLS) training was conducted on 02.09.2025 by ISA Noida GB NAGAR Branch at a Toddler's school, First Cry Intellitos, Sector -50, Noida. Dr Kanika Goyal (Associate Consultant at Apollo Hospital, Noida), Dr Vibha Chhabra (Consultant at Manas Hospital, Noida), and Dr Peeyush Chaudhary (President, ISA Noida GB Nagar) served as trainers for the COLS ACTIVITY. Dr Ankita Sharma (Senior Consultant, Neo Hospital, Noida) was the event coordinator for the same. The highlight of the activity was the toddlers' learning CoLS, too.



INDIAN SOCIETY OF ANAESTHESIOLOGISTS
NOIDA GAUTAM BUDDH NAGAR

ON THE OCCASION OF TEACHERS' DAY

COLS Activity

AT FIRST CRY INTELLITOS PRE-SCHOOL AND DAYCARE
in association with
ISA NOIDA GB NAGAR



Sector 50 Noida

Event Co-ordinator - Dr Anshu Sharma
Trainers - Dr Faizyash Chaudhary
Dr Vibha Chhokra
Dr Karishma Deyal

Date - 2nd September 2025 | Time - 5pm
Venue - First Cry Intellitos Pre-School & Daycare, Noida Sector-50





ISA Noida GB Nagar

The Department of Paediatric Anaesthesia, Postgraduate Institute of Child Health (PGICH), Noida, celebrated its 2nd Foundation Day by organising a CME titled RAPACON 2025 on 4th August 2025, in collaboration with ISA-GBN and IAPA. It was attended by anaesthesiologists and paediatricians, who successfully facilitated academic exchange, clinical updates and collaborative learning in paediatric anaesthesia.





The Indian Society of Anesthesiologists - Gautam Buddh Nagar City Branch (ISA-GBN) celebrated its 3rd Annual Foundation Day on 2 August 2025, with great enthusiasm.

The event was organised by the Department of Anesthesiology, GIMS, Greater Noida, under the leadership of Dr Nazia Nazir and team. It was a blend of academic excellence and creativity featuring a Continuing Medical Education (CME) program titled "Diverse Roles of Anaesthesiologists in Healthcare Emergencies". It was attended by almost 150 faculty and delegates.

Key Highlights of the CME

- ***Release of book for OT technicians***: The book titled "Foundation of Operation Theatre technology" authored by Dr Nazia et al, was unveiled during the event, showcasing the society's commitment to disseminating knowledge and updates in the field of anesthesiology and OT technology.

Paper and Poster Competition

Students from various medical colleges and hospitals participated in the paper /poster competition, with meritorious students emerging as winners

- ***Expert Sessions***: The CME featured expert-led sessions, panel discussions, and debates on cutting-edge anaesthesia practices.







Indian Society of Anaesthesiologists Lucknow Chapter

Registered Under Society Registration Act

Registration Number: 1-170891/436-2013-2014 Renewal certificate number: 159920

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9648935430

Vice President

Dr.Somnath
9559308300

Secretary

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Senior Advisors.

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Dr. Deepak Malviya
Dr. Anil Agarwal
Dr. S.P Ambesh

Greetings from the Indian Society of Anaesthesiologists (ISA), Lucknow Chapter!

Respected members,

The **Executive Committee of ISA Lucknow Chapter** is pleased to announce the **Awards and Orations** for the year 2025. These honours will be presented during the World Anaesthesia Day program on October 16, 2025.

Awards and Oration for 2025:

- **Prof. Deepak Malviya's Oration:**
Prof. Mukul Chandra Kapoor, Head, Department of Anaesthesiology and Critical Care, Amrita Hospital, Faridabad.
- **Col. R. K. Tripathi Award for Outstanding Achievements:**
Dr Shefali Gautam, Additional Professor, Department of Anaesthesiology, King George's Medical University (KGMU), Lucknow.
- **Lifetime Achievement Awards:**
Prof. Dinesh Singh, Former Professor, KGMU, Lucknow.
Dr. Sanjay Kumar Doharey, Senior Consultant, Veerangana Avantibai Mahila Hospital, Lucknow.
- **ISA Lucknow City Appreciation Awards:**
Dr Kapil Rastogi, Integral Institute of Medical Sciences, Lucknow.
Dr Priyesh Bhaskar, Career Institute of Medical Sciences, Lucknow.
- **Young Entrepreneur Awards:**
Dr. Amit Tyagi, Jivasha Medical Centre, Lucknow.
Dr Jagdeep Verma & Dr Dipanshu Mallan, Allyantra Hospital, Lucknow.
Dr. Amitesh Pathak, Sahaj Hospital, Lucknow

With warm regards, **ISA Lucknow Chapter**

Dr.S.S.Nath
President, ISA Lucknow

Dr.Prem Raj Singh
Secretary, ISA Lucknow

Secretariat Office:
Department of Anaesthesia & Critical Care, KGMU,
LucknowEmail: isalucknowchapter@gmail.com



WAD- Drawing Competition Results

1st Prize:

Dr Dinesh Kumar Ramesh, Dr Ram Manohar Lohia
Institute of Medical Sciences,

2nd Prize

: Dr Sophia Saba, Career Institute of Medical Sciences and
Hospital, Lucknow

3rd Prize (Joint Winners)

Dr Shefali Chandra, SGPGI, Dr Shreyanshi Teotia, KGMU

Certificates presented on 16th October 2025 during the
World Anaesthesia Day programme at Dayal Paradise,
Gomtinagar.

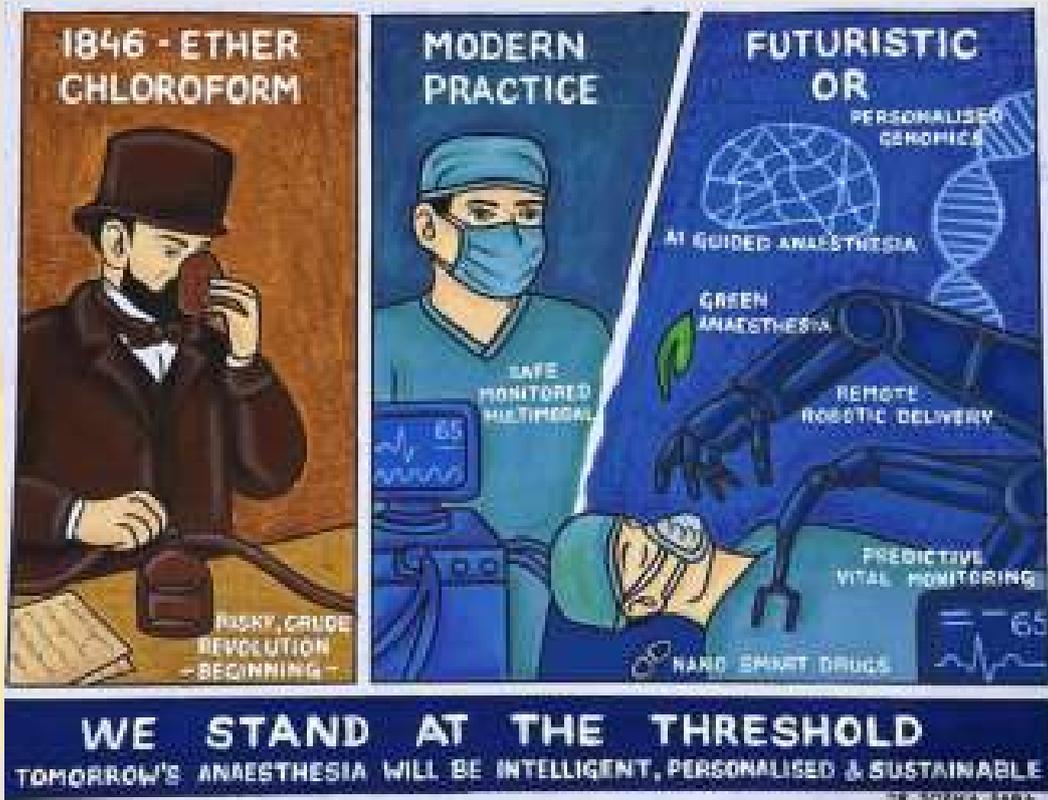
The ISA Lucknow Chapter conducted the prestigious
Golden Laryngoscope Award competition for the best
original paper at RMLIMS on 7th October 2025. The event
was judged by Dr Sanjay Dhiraj (SGPGI), Dr P. K. Das
(SGPGI), Dr Shashi Shrivastava (RMLIMS), and Dr Aparna
Shukla (KGMU).

Dr Kaushal from KGMU was declared the winner,
Dr Bikash Kumar N. Oil from ERA Medical College secured
the 2nd position, and
Dr Twarita Singh from SGPGI stood 3rd.

Congratulations to all the winners and participants!



ISA Lucknow





ISA Lucknow



ISA
Indian Society of Anaesthesiologists

INDIAN SOCIETY OF ANAESTHESIOLOGISTS (ISA) LUCKNOW CITY BRANCH AND SOCIETY OF ONCO-ANAESTHESIA AND PERIOPERATIVE CARE (SOAPC), LUCKNOW CITY BRANCH

regularly organising and contributing towards advancement of Anaesthesia, Perioperative, and Critical Care

THEME:
"ANAESTHESIA IN GYNAECOLOGICAL ONCOLOGICAL SURGERIES: CHALLENGES & PERSPECTIVES"

DATE & TIME:
17TH SEPTEMBER 2024 | 4:00 PM - 6:00 PM

VENUE:
TRAUMA CENTER AUDITORIUM 5TH FLOOR, KGMU, LUCKNOW

ORGANISING COMMITTEE

ISA LUCKNOW CITY BRANCH	SOAPC LUCKNOW CITY BRANCH
DR. S.S. NATH, PRESIDENT	DR. SANDEEP SAHU, PRESIDENT
DR. PREM RAJ SINGH, HON. SECRETARY	DR. INDUBALA MAURYA, SECRETARY
DR. MANISH KUMAR SINGH, TREASURER	DR. ABHISHEK KUMAR, TREASURER





ISA Varanasi



A mid-term ISA UP State-sponsored CME was conducted on August 16 and 17, 2025 at Varanasi



ISA Varanasi



A mid-term ISA UP State-sponsored CME was conducted on August 16 and 17, 2025, at Varanasi. The programme was inaugurated by Dr Deepak Malviya, Brig (Dr) T Prabhakar (both past Presidents), Dr Sanjay Gupta (Dean, IMS, BHU), Dr U P Shashi (EC member, BHU), Dr Kapil Singhal (President, ISA UP), Dr Rajeev Kumar Dubey (President-Elect, ISA UP) and Dr A P Singh (HOD, Anaesthesiology, IMS)



ISA Meerut



A Postgraduate Assembly, sponsored by the ISA UP State, was conducted on August 2nd- 5th, 2025, at Meerut. The programme was inaugurated by Dr Rakesh Garg, Editor IJA

BHU prof gets Devbhoomi Award

PIONEER NEWS SERVICE ■
Varanasi

Banaras Hindu University professor of anaesthesiology Rajeev Kumar Dubey, who is an acclaimed physician, poet and social influencer, was conferred with the Devbhoomi Rastriya Ratna Award at a prestigious ceremony held on Saturday in Dehradun,

Uttarakhand. The award was presented by Uttarakhand Minister of Forest and Technical Education Subodh Uniyal, who graced the occasion as the chief guest. The event was organised by the Institute of Social Reforms and Higher Education, recognising exemplary individuals who have made outstanding contribution to the nation through their professional excellence and

social commitment.

Prof Dubey was honoured for his remarkable literary contributions, and his impactful work in promoting mental health and spiritual well-being. He has authored several books on poetry, philosophy, and time management and is widely appreciated for integrating science, compassion and spirituality into public discourse.

AWARDED

Prof Rajeev Kumar Dubey of Anaesthesiology, Banaras Hindu University (BHU), was conferred the prestigious Vishisht Chikitsa Sewa Ratna Award during the South Asian Excellence Awards programme held as part of the 6th Bharat-Bhutan Friendship Summit in Thimphu recently.

मरीज को सर्जरी के दौरान इंजरी से बचाएगी विशेष डिवाइस



डा. तन्मय तिवारी के डिजाइन को भारत सरकार से मिला पेटेंट

जलपा संवादक - जलपा - विश्व स्वास्थ्य संगठन (WHO) में एनेस्थीयोलॉजिस्ट के रूप में कार्य करने वाले डॉ. राजीव दुबे ने एक नए डिवाइस का आविष्कार किया है, जो सर्जरी के दौरान मरीज को इंजरी से बचाएगा। डॉ. दुबे ने इस डिवाइस का नाम 'एनेस्थीयोलॉजिस्ट के लिए सुरक्षा डिवाइस' रखा है। यह डिवाइस सर्जरी के दौरान मरीज के शरीर को सुरक्षित रखेगा और इंजरी से बचाएगा। डॉ. दुबे ने इस डिवाइस का आविष्कार अपने शोध के दौरान किया था।

BHU prof feted for contributions to lit, mental health

Varanasi: Prof Rajeev Kumar Dubey of anaesthesiology from Banaras Hindu University, and an acclaimed physician, poet, and social influencer, was conferred with the Devbhoomi Rashtriya Ratna Award at a ceremony in Dehradun on Saturday.

The award was presented by minister of forest and technical education, Uttarakhand, Subodh Uniyal. The event was organised by the Institute of Social Reforms and Higher Education, recognising individuals who made outstanding contributions to the nation through their professional excellence and social commitment. Dubey was honoured for his literary contributions and impactful work in promoting mental health. TWS



प्रो. राजीव कुमार दुबे देहरादून में हुए सम्मानित
कारणसे। बीएचयू में एनेस्थीयोलॉजी विभाग के प्रोफेसर डॉ. राजीव कुमार दुबे को देहली में हुए सम्मानित किया गया है। देहरादून में आयोजित एक सम्मेलन में उन्हें उत्कलनीय सहायक योगदान, मानविक स्वयंसेवा और अत्याधुनिक कल्पना को बढ़ावा देने में के लिए सम्मानित किया गया। प्रो. दुबे ने कहा कि यह पुरस्कार सेवा और जनसंख्या की अत्यंत सेवा को समर्पित है।



ISA
Indian Society of
Anaesthesiologists



**72nd Annual
Conference of the
Indian Society of
Anaesthesiologists**

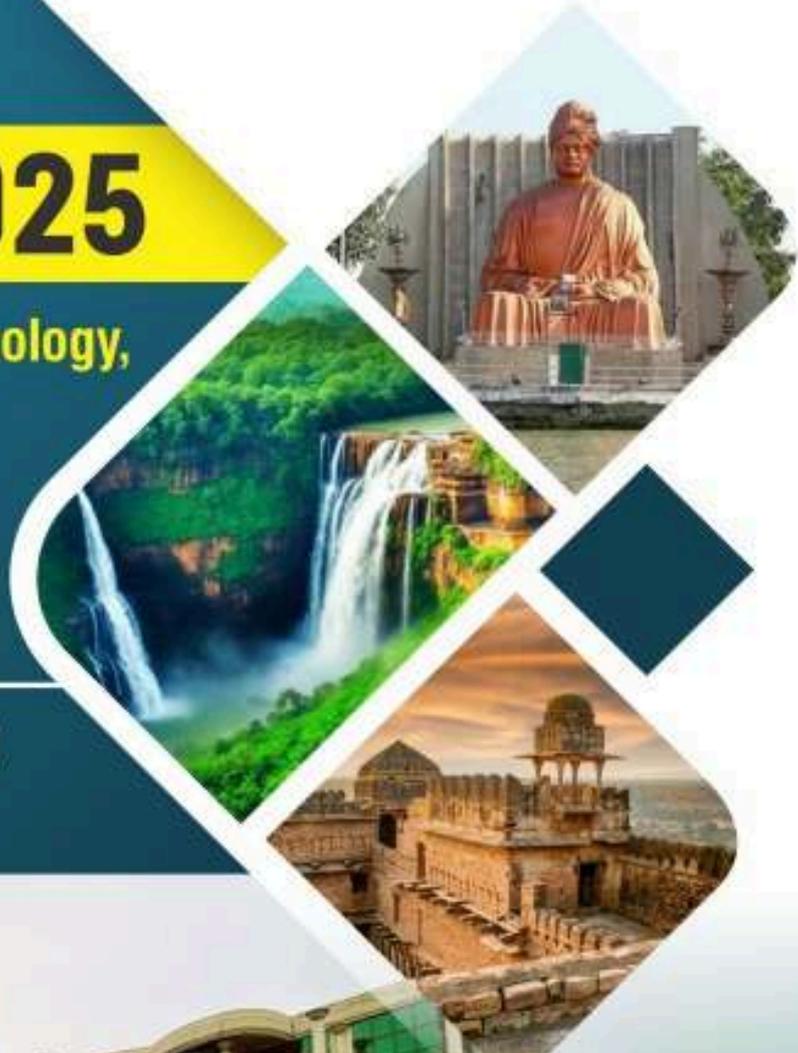


ISACON 2025

**Theme: Innovation, Technology,
Empowerment**

**26th - 30th
November 2025**

**Hotel Babylon International
Raipur, Chhattisgarh**



Announcement Brochure

www.isacon2025raipur.com

Seize the Moment

Planning the Day Wisely

The Anaesthesiologist's Way

Dr Rajeev Kumar Dubey

Varanasi

An anaesthesiologist's day begins long before the first incision – in preparation, anticipation, and precision: every second counts, every decision matters. In a profession that demands alertness, compassion, and quick judgment, **wise planning** is the key to balancing efficiency with inner calm.

Start with Clarity

- **Begin Early, Think Ahead:** A calm start sets the rhythm. Review the operation list, patient profiles, and possible challenges before reaching the OT.
- **Visualise the Day:** Mentally rehearse procedures, anticipate needs, and prepare backups. A few minutes of planning can prevent hours of stress.

Prioritise with Purpose

- **Identify High-Risk Cases:** Allocate additional time to patients with complex or critical needs.
- **Sequence Logically:** Arrange cases to optimise theatre efficiency and team energy.
- **Delegate Smartly:** Empower your residents and staff – teamwork is time management.

Seize the Moment

Stay Focused and Flexible

- **Minimise Distractions:** Protect your focus during critical moments – mobile phones and casual interruptions can wait.
- **Expect the Unexpected:** Emergencies are inevitable; a wise plan always includes room for the unpredictable.

Pause and Recharge

- **Take Micro-Breaks:** Even five minutes of mindful breathing between cases restores alertness.
- **Hydrate and Nourish:** A healthy body supports sharp decision-making – never skip meals or rest.
- **Reflect Briefly:** After each case, note what went well and what can improve – continuous refinement is silent mastery.

End with Gratitude

- **Wrap Up Mindfully:** Complete documentation, appreciate the team, and mentally close the day's work.
- **Detach After Duty:** Once you leave the hospital, leave the stress behind. Family, hobbies, and quiet moments are essential to renew empathy and enthusiasm.

“Efficiency is not doing more things – it’s doing the right things with full presence.”

Planning the day wisely transforms routine into rhythm, pressure into purpose, and work into worship. That’s the art – and heart – of an anaesthesiologist.

World Anaesthesia Day

Celebrating the Silent Guardians of Sleep and Safety

World Anaesthesia Day, observed on October 16, marks the anniversary of the first successful public demonstration of ether anaesthesia in 1846 at the Massachusetts General Hospital, Boston. That single event revolutionised medicine – transforming surgery from agony into healing, and pain into peace.

Today, as we celebrate this milestone, we honour the anaesthesiologists – the unseen sentinels of the operating room, whose calm vigilance, precision, and compassion ensure that patients sleep safely and wake up pain-free.

Beyond the operating theatre, the role of anaesthesiologists has expanded – from critical care and pain management to resuscitation, trauma care, and perioperative medicine. They stand as the backbone of modern healthcare, silently ensuring safety at every step.

Let this day remind us of our noble purpose –

- To uphold patient safety as our highest duty.
- To stay updated with science and technology.
- To balance technical skill with human empathy.
-

“Behind every successful surgery stands an unseen guardian
– the Anaesthesiologist.”

World Anaesthesia Day is not merely a commemoration – it is a celebration of dedication, vigilance, and compassion that define our profession.

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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