

Indian Society of Anaesthesiologists Lucknow Chapter Newsletter 2025



*Anaesthesia is the single largest blessing ever given to surgery.
by Crawford Long.*

ISA Lucknow chapter

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From the Desk of the President, ISA UP State



Dear Colleagues,

It gives me immense pleasure to extend my heartfelt greetings and appreciation to the Indian Society of Anaesthesiologists, Lucknow City Branch, on the release of its Annual Newsletter. The Lucknow Branch continues to be one of the most vibrant, active and accomplished branches of ISA UP, setting a shining example of commitment, academic excellence, and unity under the dynamic leadership of Dr S. S. Nath (President) and Dr. Prem Raj Singh (Hon. Secretary).

Over the past year, the branch has consistently demonstrated an extraordinary spirit of innovation and inclusivity through a wide spectrum of activities, including not only high-quality academic meetings, CMEs, PG-oriented teaching sessions and competitions, workshops but also sports and cultural events that strengthen professional camaraderie and wellness among members. Particularly commendable are the online initiatives, literary competitions, and art contests that reflect the holistic and progressive ethos of the branch — nurturing not just the intellect but also the creativity and well-being of anaesthesiologists. Their concern towards environmental protection, reflected by the plantation drive executed by branch members on Environment Day was also appreciated not only by state officials but also by national office bearers of ISA. Many anaesthesia awareness activities through COLS training for the general public has also been noticed and recognised. These initiatives not only enhance professional competence but also strengthen unity and well-being within the anaesthesia fraternity.

The Lucknow branch has played a pivotal role in aligning with the vision of ISA UP State —to promote academic growth, clinical excellence, and professional camaraderie across all branches. Such initiatives truly embody the spirit of “Together we rise, together we serve.”

I extend my warm congratulations to the entire team of ISA Lucknow led by energetic and ever enthusiastic Hon Secretary Dr Prem Taj Singh and the editorial team for compiling this Newsletter. This newsletter not only chronicles the achievements of the year but also inspires other branches to emulate the energy, dedication, and innovation that the Lucknow team exemplifies.

With best wishes for continued success and excellence.

Jai Hind Jai ISA!

Dr. Kapil Singhal

President, ISA UP State

Deputy Medical Director

Director and Head – Anaesthesia & Critical Care

Metro Hospitals & Heart Institute, Noida

Regional Coordinator, Indian Resuscitation Council

From the Desk of the Hon. Secretary, ISA UP State

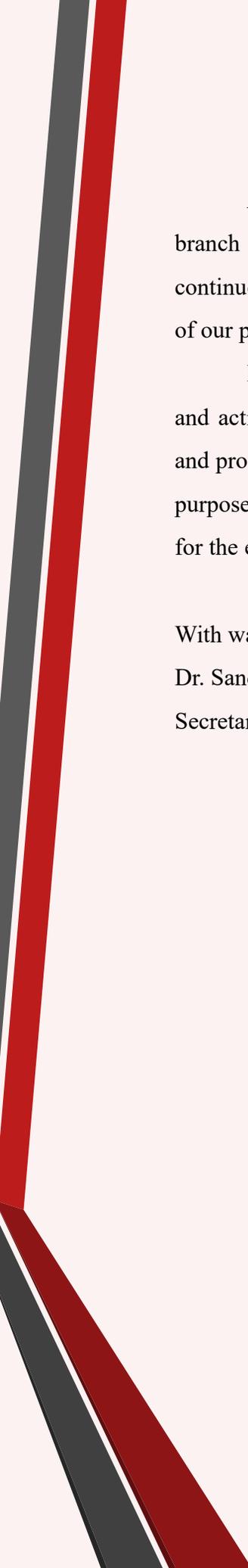


Dear Esteemed Members,

It gives me immense pleasure to share this message for the ISA UP Newsletter and to begin by extending heartfelt appreciation to the ISA Lucknow City Branch one of our most vibrant and active chapters. The chapter has consistently demonstrated academic leadership and social responsibility, setting an example through its dynamic events, innovative workshops, and community outreach programs. Their tireless efforts and cohesive teamwork have earned well-deserved recognition across the state and beyond.

The ISA UP has always been at the forefront of academic excellence and professional growth. This year has been particularly eventful and productive. Across UP, our city branches have actively organized CMEs, hands-on workshops, clinical case meets, and public awareness campaigns, ensuring that the knowledge and skills of our anaesthesiologists remain updated with the evolving standards of perioperative care and critical care medicine. ISA UP has also been instrumental in encouraging young anaesthesiologists and postgraduate students through paper presentations, quiz competitions, and research initiatives. Several branches, including Lucknow, Kanpur, Agra, Varanasi, and Meerut, have hosted remarkable academic sessions, reflecting the growing enthusiasm within our community. We take pride in the continued collaboration between ISA UP and its local branches in promoting safe anaesthesia practices, patient awareness campaigns such as Basic Life Support (BLS) workshops, and the celebration of World Anaesthesia Day across medical institutions.

These initiatives mirror the core vision of ISA to serve humanity through safe, compassionate, and evidence-based anaesthesia care.



As we move forward, ISA UP remains committed to supporting every city branch in their academic, cultural, and community endeavours. Together, we continue to strengthen our fraternity, inspire innovation, and uphold the dignity of our profession.

I extend my sincere gratitude to all the office bearers, branch secretaries, and active members whose dedication and enthusiasm keep our society vibrant and progressive. Let us continue this momentum with renewed energy, unity, and purpose, making Uttar Pradesh a model of excellence for the entire ISA family.

With warm regards,

Dr. Sandeep Sahu

Secretary, ISA UP State Branch

From the Desk of the President ISA Lucknow Branch



Senior and Colleague ISAIans of Lucknow,

Warm greetings!

As we celebrate World Anaesthesia Day 2025, it is also an opportunity to reflect on the year gone by. The last year had been a busy year for the Lucknow Chapter of ISA with several programmes conducted in different institutes of the city. The focus had been our residents, the youngsters, poised to make the big leap in this exciting speciality. The WAD is also an occasion when we acknowledge the efforts of our brethren in our field. Be it the lifetime achievement awards to the veterans or the appreciation awards to those in the middle of their career, it is a matter of pride for all of us to recount the amazing work done by them in advancing the speciality.

Awards aside, we humbly record our appreciation to each member, who are doing brilliant work each day. We have also tried to make the selection process of the Col R K Tripathi award for outstanding achievement, nomination-based and on objective criteria.

We are also fortunate to have Dr Mukul Kapoor, an excellent Orator, editor of Annals of Cardiac Anaesthesia and Head of Department of Amruta Institute of Medical Sciences, Faridabad, delivering the coveted Prof Deepak Malviya Oration. WAD is also that occasion which should be used to celebrate our camaraderie, our uniqueness as a speciality, our triumphs and our resolve to do even better in the coming years. Let's all strive to make ISA strong and vibrant.

Long live ISA

In gratitude

Dr Soumya Sankar Nath

President, Lucknow Chapter of ISA

A Message from the Hon. Secretary, ISA Lucknow Branch



Dear Esteemed Members,

As we draw the curtains on another remarkable year, I feel honoured and deeply proud to present a glimpse of the vibrant academic and professional journey that the ISA Lucknow Chapter has undertaken in 2025. It has indeed been a year of growth, collaboration, and innovation — one that reflects our collective passion for excellence in anaesthesiology.

From the very beginning, our vision for 2025 was to make it a landmark year in terms of academic outreach, professional development, and community engagement. Guided by the leadership of our President, Dr S.S. Nath, and the enthusiastic support of our executive committee, we organised a series of academic and social programs that enriched our members and strengthened our fraternity.

The year commenced with a highly successful CME on Perioperative Pain Management: Optimising Outcomes, Enhancing Recovery held at Career Medical College, Lucknow in February. Soon after, the 14th SEED Airway Workshop and CME was conducted at KGMU in March, providing residents and young practitioners an invaluable opportunity for hands-on learning.

In March, the ISA Sports Fest 2025 was organised at SP Ground, KGMU an excellent initiative that combined health, sportsmanship, and team spirit. This was followed by the CME on Acute Kidney Injury (AKI) in ICU: Challenges and Management at ERA Medical College, and the Postgraduate Clinical Case Presentation Competition at KGMU in April, fostering academic enthusiasm among students. May witnessed the Integrated Conclave on Anaesthesia Machine (I-CAN) at Integral University, which focused on safety and innovation in anaesthesia technology.

Continuing this momentum, the CME on Organ Transplant Anaesthesia: Challenges and Current Practices was held at SGPGI on 22nd August 2025, marking another significant milestone in our academic calendar.

In September, ISA Lucknow collaborated with the Society of Onco-anaesthesia and Perioperative Care (SOAPC) to organise a joint CME on Anaesthesia in Gynaecological Oncological Surgeries: Challenges & Perspectives at KGMU. The session brought together experts to discuss advanced anaesthetic strategies and perioperative management in oncological cases. Our social commitments also remained a priority. The ISA UP Lucknow Plantation Drive, organized in association with ISA UP, reflected our commitment to a greener and healthier environment. Looking ahead, October 2025 promises to be equally inspiring, with the Golden Laryngoscope Award Presentation on 30th September at RMLIMS, followed by a Quiz Competition for Nursing and Paramedic Students on 11th October at KGMU, and an Art Competition for Resident Doctors. The celebrations will culminate with the grand World Anaesthesia Day Celebration on 16th October 2025, where we look forward to honouring our teachers and celebrating the spirit of anaesthesia together. Each of these initiatives embodies the spirit of ISA Lucknow academic excellence with compassion and community service.

I extend my heartfelt gratitude to all our members, faculty, and residents whose constant support and active participation made this year so memorable. Let us continue to move forward with enthusiasm and unity, keeping alive our mission to serve, teach, and inspire. Together, we can make every year a milestone in the journey of anaesthesiology.

With warm regards,

Dr. Prem Raj Singh

Secretary, ISA Lucknow Chapter

From the Editor's Desk

Dear Esteemed Readers,

Warm greetings from the ISA Lucknow Chapter!



It is my honour and privilege to present this edition of our newsletter. I humbly seek the blessings of all our seniors and colleagues as we continue working together in the service of science, care, and community. In this issue, you will find snapshots of the academic and non-academic activities undertaken by the ISA Lucknow Chapter over the past one year. We remain committed to organising programs that keep us all at the forefront of advances in anaesthesia, critical care, and allied disciplines.

The WFSA's 2025 Annual Theme: "Anaesthesiology in Health Emergencies" has been chosen to highlight the indispensable role of anaesthesiologists in responding to crises, disasters, and acute care situations. From natural disasters to pandemics, and routine hospital emergencies to mass casualty events, this theme underscores how our speciality is central to preparedness, resilience, and life-saving care. This edition of the newsletter features two insightful feature articles and highlights of our chapter's academic and extracurricular activities. We warmly invite all ISA members to contribute their work — whether academic, reflective, or creative — as every contribution adds depth and diversity to our newsletter and strengthens the spirit of our shared professional community.

Wishing you a joyous festive season filled with well-being, happiness, and renewed energy.

Happy Reading!

Long Live ISA!

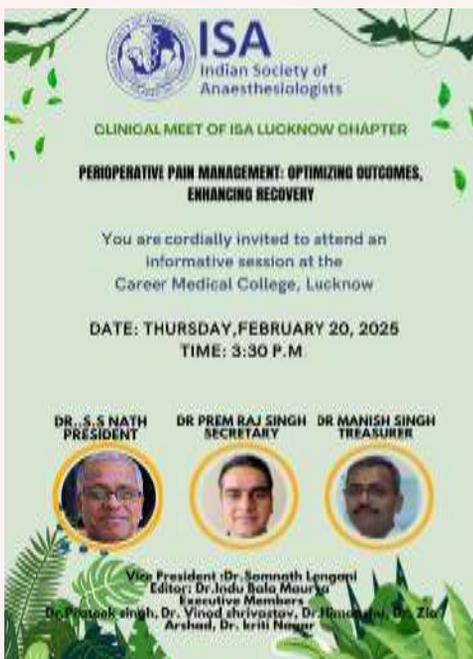
Warm regards,

Dr. Indubala Maurya

Editor, ISA Lucknow Chapter

ISA Lucknow events

1. Clinical meet on “ Perioperative Pain Management: Optimising Outcomes, Enhancing Recovery” was held on 20th February 2025 at Career Medical College, Lucknow. The event featured expert lectures and interactive discussions focusing on multimodal analgesia, regional techniques, and strategies to improve postoperative recovery and patient satisfaction. It was well-received by participants.



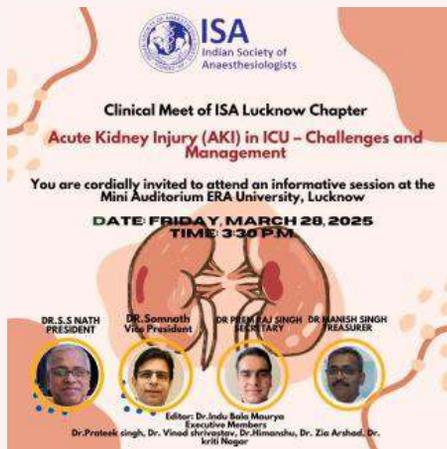
2. The 14th SEED Airway Workshop and CME was held on 1-2 March 2025 at KGMU, Lucknow. The program featured hands-on airway management sessions, expert demonstrations, and lectures on advanced airway techniques. Participants gained valuable insights into difficult airway management and emergency preparedness, making it a highly enriching academic experience.



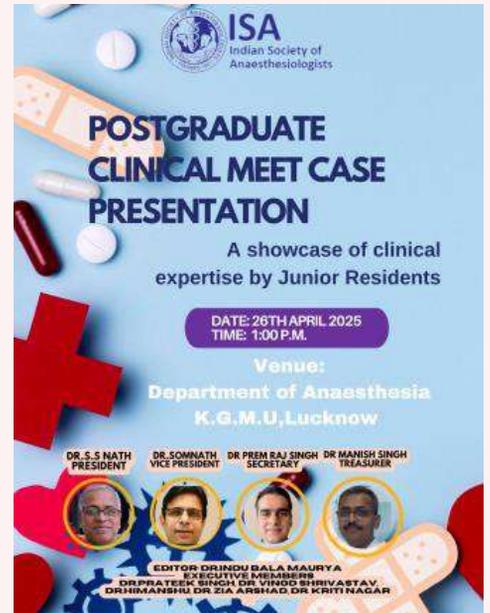
3. Sports Fest 2025, organised by the ISA Lucknow Chapter, was held on 9th March 2025 at SP Ground, KGMU, Lucknow. The event brought together passionate participants and enthusiastic spectators for a day of spirited competition and celebration. It showcased athletic excellence and camaraderie. A memorable fest that truly embodied the spirit of sportsmanship and unity!



4. The CME on Acute Kidney Injury (AKI) in ICU—Challenges and Management, organised on 28th March 2025 at the Mini Auditorium, ERA Medical College, Lucknow, brought together experts and practitioners for an insightful exchange. The session addressed critical care complexities, shared evidence-based strategies, and fostered collaborative learning. It was a valuable academic gathering that enriched understanding and advanced clinical approaches to AKI management in intensive care settings.



5. The Postgraduate Clinical Meet Case Presentation organised by the ISA Lucknow Chapter for anaesthesia postgraduates was held on 26th April 2025 at KGMU, Lucknow. The event provided a dynamic platform for young anaesthesiologists to showcase their clinical expertise and presentation skills. It fostered academic growth, peer learning, and professional exchange, making it a valuable milestone in postgraduate medical education.



6. The Integral Conclave on Anaesthesia Machine (I-CAN), held on 17th May 2025 at the Central Auditorium, Integral University, Lucknow, brought together anaesthesia professionals and students for an in-depth exploration of anaesthesia machine mechanics. It was an academic excellence; the conclave fostered hands-on learning and expert discussions, making it a pivotal event in advancing anaesthesia practice and education.



7. The ISA Lucknow organised the Green Earth Initiative to promote environmental awareness and sustainability. It was held with enthusiastic participation, and the drive saw members come together to plant saplings and reaffirm their commitment to a greener future. It was a meaningful step toward ecological responsibility.



8. The Clinical Meet, titled “Organ Transplant: Anaesthesia Challenges & Current Practices,” was successfully held on 22nd August in SGPGI, Lucknow. The session offered concise, practical updates tailored for immediate clinical application, addressing the evolving landscape of transplant protocols and anaesthetic challenges.



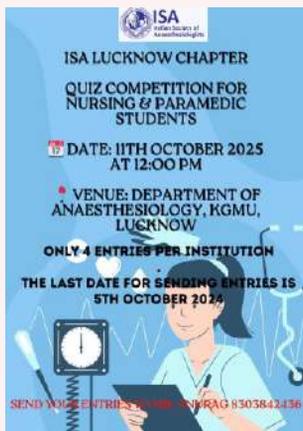
9. A joint Continuing Medical Education session was organised by the Indian Society of Anaesthesiologists (ISA), Lucknow City Branch, in collaboration with the Society of Onco-Anaesthesia and Perioperative Care (SOAPC), Lucknow City Branch on 17th September 2024 at the Trauma Centre Auditorium, KGMU. The event focused on the theme “Anaesthesia in Gynaecological Oncological Surgeries: Challenges & Perspectives.” The scientific programme featured insightful talks by distinguished speakers on topics ranging from the impact of radiotherapy and chemotherapy, ERAS protocols, and anaesthesia for cytoreductive surgeries and HIPEC, to surgical perspectives and the anaesthesiologist’s role in palliative care.



10. The ISA Lucknow Chapter successfully conducted the prestigious Golden Laryngoscope Award Competition for the Best Original Paper on 27th September 2025 at Dr. Ram Manohar Lohia Institute of Medical Sciences (RMLIMS). The event was evaluated by an eminent panel of judges comprising Prof. Sanjay Dhiraj (SGPGIMS), Prof. P. K. Das (SGPGIMS), Prof. Shashi Shrivastava (RMLIMS), and Prof. Aparna Shukla (KGMU). Dr. Kaushal from King George's Medical University (KGMU) was declared the winner, while Dr. Bikash Kumar N. Oil from ERA Medical College secured the 2nd position, and Dr. Twarita Singh from SGPGI stood 3rd. Heartiest congratulations to all the winners and participants for their outstanding academic contributions and enthusiastic participation!



11. On the occasion of World Anaesthesia Day, a Quiz Competition for Paramedics and Nursing Students was organized on 11th October 2025 in the Department of Anaesthesiology, King George's Medical University (KGMU) under the banner of ISA Lucknow Chapter. The event was efficiently arranged and moderated by Dr. Aparna Shukla and Dr. Kirtika Yadav, ensuring an engaging and educational experience for all participants. Teams from SGPGIMS, SNMC Agra, GSVM, Integral University, and KGMU actively participated, showcasing their knowledge and enthusiasm. The 1st Prize was awarded to Surbhi Jaiswal (KGMU), Shalini (SGPGI), Pratiksha (KGMU), and Aditya Gupta (KGMU). The 2nd Prize went to Mohd. Ubaid Bhad (SGPGI), Keerti Singh (SNMC Agra), Vishal Gupta (SGPGI), and Dayashankar (KGMU). The 3rd Prize was secured by Anuj Pathak (SGPGI), Prashant Kashyap (KGMU), Naincy Chaudhary (KGMU), and Geetanjali (KGMU). Congratulations to all the winners and participants for their commendable performance and spirited participation!



Anaesthesiologist in HealthCare Emergencies

Dr.(Prof.) Somnath Longani
Department of Anesthesiology,
Hind institute of medical sciences, Barabanki.



In the face of health emergencies—whether sudden disasters, pandemics, natural calamities, or routine critical incidents—anaesthesiologists serve as lynchpins in the healthcare response. Under WFSA’s 2025 theme, “Anaesthesiology in Health Emergencies,” the global anaesthesia community is called to spotlight the multifaceted, lifesaving roles of anaesthesiologists in emergency and critical care settings. From securing airways, supporting ventilation, managing shock, facilitating resuscitation, to ensuring safe anaesthesia for trauma, obstetric, paediatric, and surgical emergencies, their expertise is foundational to resilient health systems. As health systems worldwide confront increasing frequency and complexity of emergencies, the 2025 focus emphasises preparedness, resource allocation, capacity-building, and policies that ensure anaesthesia services are not reactive extras but deeply embedded in emergency response frameworks.

Anesthesiologists play a vital role in managing medical and surgical emergencies. Their expertise in airway management, resuscitation, critical care, and pain relief makes them essential during crises like trauma, cardiac arrest, or shock. They rapidly secure the airway, give oxygen and emergency drugs, and stabilise vital signs. In the operating room, they manage emergency anaesthesia, control bleeding, and maintain hemodynamic stability. In ICUs and emergency departments, they provide life support, mechanical ventilation, and care for multi-organ failure. Their pharmacological knowledge ensures safe drug use in unstable patients. Beyond hospitals, anaesthesiologists contribute to prehospital care, trauma response, and disaster management, while training healthcare teams in BLS and ACLS for system-wide preparedness. Thus, the anaesthesiologist is not only the guardian of life in the operating theatre but also a critical responder in any life-threatening emergency, ensuring rapid, precise, and coordinated care that often determines patient survival and recovery.

Let’s join for better training and inspire the next generation to see anaesthesiology not just as a speciality, but as a pillar of resilience in India’s emergency healthcare system.

The Other Side Of Empowerment: Caring For Male Anaesthesiologists' Mental Health

Dr Abhishek Kumar, MD, DM , Assistant Professor,
Department of Anaesthesia, KGMU Lucknow



Mental health disorders affect over one billion people worldwide, with conditions such as anxiety and depression causing immense human and economic tolls. Among these global challenges, men's mental health stands out as a critical and often underrecognised crisis. Men are less likely to seek mental health treatment and are disproportionately affected by suicide. Globally, men die by suicide nearly four times more often than women, despite experiencing similar or lower rates of diagnosed mental disorders. Nevertheless, many go undiagnosed or remain untreated due to stigma, social expectations of masculinity, and barriers in accessing care. With this background, obvious questions arise in front of us- *Are male anaesthetists also suffering from poor mental health? Is it even real? Have we overlooked these concerns in the era of gender empowerment? If yes, what are the reasons? What is the estimate of this burden? What can we all do to prevent and mitigate this problem?* .Without asking these questions or seeking honest answers, the growing burden of invisible suffering will remain hidden beneath the surface. Without awareness and action, the pain of male anaesthesiologists becomes a silent epidemic: one that erodes our teams, our profession, and even our own sense of self. Silence does not heal; it only deepens the wounds. We must face the truth before this silent crisis grows too big to ignore.

Mental Health Among Male Anaesthesiologists: Male anesthesiologists face high rates of stress, burnout, and depression, often worsened by long hours, isolation, and immense responsibility. Unlike their female peers, many struggle silently, suppressing emotions to appear strong and competent. Rising workloads, limited recognition, and infrastructural strain intensify fatigue and distress. Cultural expectations of stoicism, family and financial pressures, and reluctance to seek help worsen mental health issues. Social media and stigma further isolate men, leading to unhealthy coping like withdrawal or substance use. Recent suicides among Indian anesthesiologists highlight the urgent need for gender-sensitive mental health support and open dialogue within the profession. (SwagMagic, 2025).

A Compassionate Story: Behind the Scenes

A few years ago, one of my male colleagues broke down in front of me. When I asked what was wrong, he admitted he was trying hard to be perfect professionally and personally, but felt lost and disconnected. He had not talked to anyone except about work or family responsibilities. He said, and I quote, "mujhe kuch samajh nahi aa raha ki ho kya raha hai mere saath? I was alarmed by his words.

So, I took him to his favourite tea stall. We avoided work talk, instead discussing casual topics and college memories. Gradually, I saw him begin to relax. At the end, he said, "Thank you, I am going to call my old friend today ." This simple act of companionship made a difference. It showed that sometimes, just being present and offering a listening ear can help men reconnect with themselves and find support.

Celebrate and Promote Male Anaesthesiologists' Mental Health: For healthcare communities like anesthesiologists, a few of the following endeavours can be done to recognise and deal with mental health problems. Mental health initiatives should include workshops on stress management and early warning signs, along with peer support groups to reduce stigma and isolation. Team fitness challenges and weekly wellness check-ins can promote healthy coping and open dialogue. Sharing recovery stories through newsletters encourages awareness. Regular mental health screening, confidential counselling access, and mindfulness programs should be integral to occupational health. Institutional leadership must actively support these efforts through clear policies and commitment to staff well-being. **The Role of Women anaesthesiologists in Supporting Male anaesthesiologists' Mental Health: A Vital Contribution**

Women play a vital role in supporting men's mental health, both at home and in professional settings. As confidantes and caregivers, they often encourage men to acknowledge emotional struggles and seek help. Their empathy fosters safe spaces where men feel understood. In healthcare, women anesthesiologists and colleagues are leading efforts to promote mental wellness across genders. By building inclusive cultures that prioritize psychological safety and open dialogue, they help challenge stigma. Through collaboration and advocacy for integrated mental health care, women can create environments where male peers feel supported, enabling personal and professional growth in a demanding medical landscape.

The Role of World Mental Health Day and Men's Mental Health Month: World Mental Health Day, observed every year on October 10th, is a global platform to raise awareness, mobilise efforts, and reduce stigma (important for male anesthesiologists) around mental health issues (WHO, 2024). It emphasises that mental health is essential to overall health and encourages governments, organisations, and communities to prioritise mental well-being.



"Movember", celebrated throughout November, focuses on men's health and initially began with awareness of prostate and testicular cancer, and also includes mental health and suicide prevention. Originally a moustache-growing movement, Movember today mobilises millions to change the face of men's health by funding research and promoting early intervention, especially in high-risk groups like men in healthcare. Our professional bodies should take this opportunity to create awareness of physical and mental health among our fellow male anesthesiologists.

Conclusion: Male anesthesiologists shoulder immense responsibility, often masking emotional exhaustion, anxiety, and burnout beneath composure. With depression and burnout rates exceeding the general population, ignoring these struggles risks personal, familial, and professional harm. Hope lies in acknowledging vulnerability, seeking support, and fostering open dialogue. By prioritising compassion and connection, we can create a culture where male anesthesiologists are valued as whole individuals, not just unwavering professionals.

Further read :

- <https://www.nimh.nih.gov/health/topics/men-and-mental-health>
- <https://www.who.int/health-topics/mental-health>
- <https://www.sciencedirect.com/science/article/pii/S2468266725001963>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC12117241/>
- <https://www.iffcotokio.co.in/blog/health-insurance/international-mens-health-day>
- <https://www.revamedpca.com/blog/why-men-s-mental-health-support-is-essential-for-a-balanced-life>
- <https://healthwatchwandsworth.co.uk/news/2024-11-19/mens-mental-health-awareness-month>
- <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/men-and-mental-health>



47TH CONFERENCE OF ISA UP

UPISACON

24TH TO 26TH OCT 2025

ORGANIZED BY-
ISA LUCKNOW CITY BRANCH & SGPGI
HOSTED BY-
ISA UP STATE BRANCH

THEME - Anaesthesia Reimagined:
moving away from convention

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SGPGIMS Lucknow - 226014

Venue -
SGPGI Lecture Theatre &
Convention Center, Lucknow



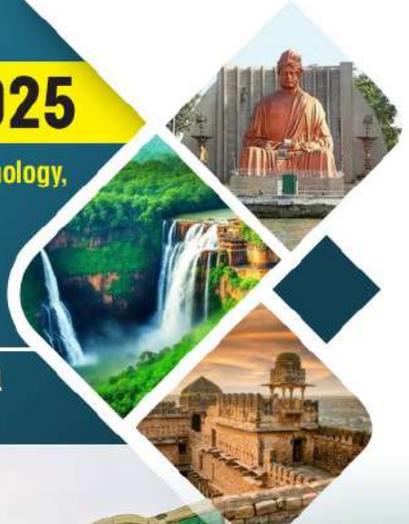
72nd Annual Conference of the Indian Society of Anaesthesiologists

ISACON 2025

Theme: Innovation, Technology,
Empowerment

25th - 30th
November 2025

Hotel Babylon International
Raipur, Chhattisgarh



Announcement Brochure

www.isacon2025raipur.com

As we wrap up this edition of the ISA Lucknow City Newsletter, it reminds us of the pulse that drives our speciality, not just the vital signs on the monitor, but also curiosity and collaboration. This year has been a whirlwind of academic brilliance, hands-on training and Sports Fest adrenaline. ISA Lucknow EC thanks every postgraduate who presented, every expert who taught, and every member who planted a tree or an idea, for keeping the flame of anaesthesia bright.

Stay inspired, stay inquisitive.

We also encourage your comments or feedback.

Happy Festivities!

Warm Regards,

Dr Indubala Maurya

Editor, ISA Lucknow chapter

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