



ISA
Indian Society of
Anaesthesiologists



**UTTAR PRADESH
STATE BRANCH**

Nishcheta

The official newsletter of ISA UP State

*Anesthetists: The Unsung Heroes Guarding
Every Breath, Sustaining Every Beat*



Vol 4 - Issue 2 | 2026 - Apr to Jun





Nishchetak

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Message from President, ISA UP State



Dear colleagues,

Greetings!

It is a pleasure to connect with you through another issue of Nishchetak, the official newsletter of ISA Uttar Pradesh. This publication highlights our collective dedication to academic excellence, professional development, and the growth of anaesthesiology.

Our field continues to extend beyond the operating room into areas like perioperative medicine, critical care, pain management, emergency medicine, and patient safety. As healthcare rapidly advances with new technologies and evidence-based approaches, we must keep learning, innovate, and lead with compassion and professionalism.

I am pleased to share that the ISA Uttar Pradesh Postgraduate Assembly 2026, held from 24-26 July 2026 at Dr Ram Manohar Lohia Institute of Medical Sciences, Lucknow, was a tremendous success. The active participation of postgraduate students, faculty, and experts made it a memorable academic event—my heartfelt congratulations to the organising team and all contributors.

Looking ahead, we are excited about our main annual conference, UPISACON 2026, scheduled from 2-4 October 2026 in Varanasi. I warmly invite all members to join this esteemed event, which will feature a rich scientific program, valuable academic exchanges, and opportunities to enhance our professional relationships.

I sincerely thank our office bearers, executive committee, city branches, and Nishchetak's Editorial Board for their unwavering dedication and efforts in strengthening ISA Uttar Pradesh.

Let us continue to work together with a spirit of excellence, innovation, and service, upholding the highest standards of patient care and professional integrity.

Warm regards,

Rajeev Kumar Dubey

Dr. Rajeev Kumar Dubey



Nishchetak



Message from Secretary, ISA UP State



Greetings fellow anesthesiologists!!

It is with great pride and satisfaction that I reflect upon the vibrant academic and organizational activities undertaken by ISA Uttar Pradesh in recent months. We have witnessed the successful conduct of several prestigious academic events, including the Central Zone PG Assembly at RMLIMS, Lucknow; AirPro at Rohilkhand, Bareilly; ISA Noida Foundation Day Ceremony; ISA Agra CME on advanced anesthesia techniques; the ISA UP State monthly webinar series; and the collaborative CMEs at ISA Prayagraj and United Institute focusing on pain interventions. These initiatives highlight our collective commitment to academic excellence and continuous professional development.

In addition, notifications have been issued for the ISA UP State Awards 2026, with special emphasis on the prestigious ISA UP PK Singh Young Anesthesiologist Award and the ISA UP Anil Agarwal Best Researcher Award. Members are encouraged to apply, and the detailed application format may be obtained from the website www.isaupstate.com.

I am also pleased to inform you of the successful and transparent conduct of the ISA UP State Elections 2026. The final list of eligible candidates is on the website, ensuring inclusivity and adherence to democratic processes within our society.

Looking ahead, I warmly invite all members to participate in the upcoming UPISACON 2026, scheduled to be held in the spiritual city of Varanasi from 2nd to 4th October 2026. Your active participation will undoubtedly contribute to making this conference a grand academic and professional success

Dr. Tanmay Tiwari

Click to visit website -
www.isaupstate.com



Editor's Note, Nishchetak

Greetings, fellow anaesthesiologists!

It is my privilege to present Anaesthesia in the Modern Era: Clinical Pearls, Current Guidelines, and Research Perspectives – Part 2, a continuation of our endeavour to bring contemporary, evidence-based knowledge to everyday clinical practice. Building on the foundation of the previous issue, this edition incorporates newly published research and concise summaries of the latest national and international guidelines across multiple subspecialties of anaesthesia and critical care, including the latest ASRA recommendations and other important practice updates. As our specialty continues to evolve through advances in perioperative medicine, critical care, pain management, and technology, this newsletter aims to translate emerging evidence into practical clinical pearls that support informed decision-making while promoting patient safety, quality of care, and ethical practice in diverse healthcare settings.

This issue also highlights original research, review articles, and case-based discussions contributed by colleagues from across the state and beyond, reflecting the growing academic and research culture within our fraternity. We hope these contributions inspire collaboration, mentorship, and scholarly inquiry while encouraging young anaesthesiologists to actively engage in research and academic writing. On behalf of the editorial team, I extend my heartfelt gratitude to all our authors, reviewers, contributors, and the leadership of the ISA Uttar Pradesh State Branch for their unwavering support. Your continued participation and valuable feedback remain the driving force behind Nishchetak, and we warmly welcome your suggestions and contributions for future issues.

With warm regards,

Dr Bhavya Naithani Dube



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ISA UP STATE ANNUAL AWARDS 2026

Applications are open for the following awards:

Award	Type & No. of awards	Deadline
ISA UP State Late Smt. Sushmita Malviya Lifetime Achievement Award 2026	Plaque & Certificate	15 th August 2026
ISA UP State Oration Award 2026	Plaque & Certificate	
ISA UP State Executive Committee Appreciation Award 2026	<i>Individual Category:</i> Certificate Maximum 10 awards <i>Special Category:</i> 2 awards	
ISA UP Best City Branch Award 2026	Maximum 5 awards	
ISA UP STATE Prof P K Singh Young Anesthesiologist Award 2026	Notification to be released on 20 July 2026	
ISA UP STATE Prof Anil Agarwal Best Researcher 2026 Award		
Prof. D.D. Verma Competitive Oral Paper Awards	Three awards – Plaque, Certificate, Cash award (INR 2000)	As per UPISACON 2026 guidelines
Dr. M.S. Sachan Competitive Poster Awards 2026	Three awards – Certificate, Cash Award (INR 1000 only)	

For more details visit:
<https://isaupstate.com/notices.php>



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ISA UP State - Annual Awards 2026



To read the notification regarding the ISA UP State Awards 2026, visit the following link:

<https://isaupstate.com/images/notices/notice-5.pdf>

To apply for the ISA UP State Prof. Anil Agarwal Best Researcher of the Year Award or the ISA UP State Prof. PK Singh Young Anesthesiologists Award, visit the Google form:

<https://forms.gle/so9Wh8fr76HupTL3A>



INDIAN SOCIETY OF ANESTHESIOLOGISTS UP STATE BRANCH



Reg No.:003298/2022-2023 | Dated 05/11/2022 | PAN -AABAI3096A

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9839927283

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➤ **Past Treasurer**
Dr Tanmay Tiwari

ISAUPHQ/JULY-2026/009

Date- 28/07/2026

List of Valid Nomination received for the ISA UP State Election 2026

Greetings from **ISA UP Headquarters**,
In reference to election notification issued by **ISA UP state 2026 on 10th of July 2026**, the following applications have been received on email by **25th of July 2026**.

President Elect (1 post) – Dr Kushant Gupta (K1104, Ghaziabad)

Vice President (1 post) – Dr Ratan Pal Singh (S3352, Bareilly)

Executive member (1post)-

- 1) Dr Himanshu Prince (H0534, Saifai)
- 2) Dr Ankita Sharma (A3169, Noida)

Last date of **withdrawal of nomination** is **1st of August 2026**.

Jai Hind

On behalf of ISA Uttar Pradesh

Dr Kapil Singhal
Chief Electoral Officer 2026

President
Dr R.K Dubey

Secretary
Dr Tanmay Tiwari

Treasurer
Dr Divya Srivastava

Secretariat- Dept. of Anesthesia & Critical Care, KGMU, Lucknow
Email- isauphq@gmail.com | Phone- 9452526270



ISA UP State News & Activities



Walk to Win Life program

- Branch - ISA UP State + ISA National
- Date - 2026-04-01
- Venue - Remote
- Description - ISA National is conducting Walk to Win Life program for Life Members & ALMs between 1st April to 6th April on the occasion of World Health Day on 7th April.



RA EXPERT MEET

- Branch - ISA UP State
- Date - 2026-04-26
- Venue - Hotel Renaissance, Lucknow
- Description - The Executive Committee of ISA UP invite the members for the RA EXPERT MEET on 26th April 2026 Sunday at Hotel Renaissance, Lucknow Limited seats (30) Registration at Rs 399 only.



ISA UP State News & Activities



ISA UP State PG Case Series - Apr 2026
GUIDED BY HOD CLUB ISA UP STATE
16th April 2026 | 4 to 5 pm | Online Mode

ACADEMIC CHAIRPERSON

Dr. Kapil Singhal
Director & HOD, Anaesthesia and Critical Care, Metro Hospital & Heart Institute, Noida

HOD CLUB COORDINATOR

Dr. Monica Kohli
HOD Dept of Anaesthesia KGMU, Lucknow

MODERATORS

Dr. Leena Goel
PROF and HOD Anaesthesia Santosh Medical College Gaziabad


Dr. Nishant
Assistant Professor, Anaesthesia Santosh Medical College Gaziabad

PROGRAM COORDINATOR

Dr. Neha Mishra
Associate professor GSVM medical college Kanpur

PG STUDENTS

Dr. Sugam (JR-3)
Topic - Anesthetic Considerations in a Patient with Dilated Cardiomyopathy Undergoing Total Hip Replacement [THR]


Dr. Darshak (JR-3)
Topic - Anesthetic Management of a 45-Year-Old Female Undergoing Total Thyroidectomy for Long-Standing Neck Swelling

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Vice-President


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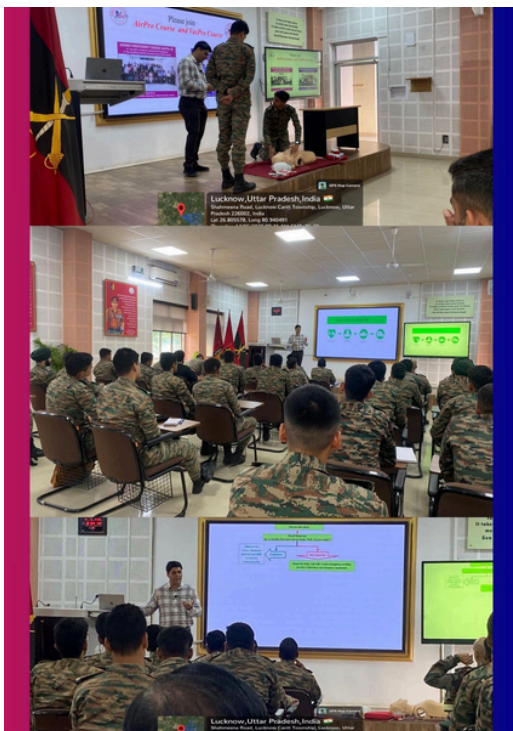
Email: isauppg@gmail.com | Website: isaupstate.com | FB, Insta, LinkedIn, X: isauphq
Secretariat: Dept. of Anaesthesia & Critical Care, KGMU, Lucknow | Phone: 9452326270

ISA UP State PG Case Series - Apr 2026

- Branch - ISA UP State + ISA National
- Date - 2026-04-16
- Venue - Virtual
- Description - Monthly PG Case Series - April 2026

Basic Life Support (BLS) training session for Indian Army officers

- Branch - ISA UP State
- Date - 2026-05-14
- Venue - Officers Training College, Central Command, Lucknow
- Description - Dr. Tanmay Tiwari, Professor, Department of Anaesthesia, KGMU, and Secretary, ISA UP, conducted a Basic Life Support (BLS) training session for Indian Army officers undergoing the Combat Training Course at the Officers Training College, Central Command, Lucknow. The program was organized as a joint collaborative initiative between the Centre for Advanced Skill Development (CASD), Department of Anesthesia KGMU, and ISA UP.





ISA UP State News & Activities



Joint Webinar of RSA (Research Society of Anaesthesiology) UP
& ISA (Indian Society of Anaesthesiologists) UP
RSAPCON 2027 Website Launch

Date : 18th June 2026 | 6 to 7 pm

SPEAKER

TOPIC - "LAST: Beyond Lipid Rescue" Current Concepts in Prevention,
Recognition and Management of Local Anesthetic Systemic Toxicity



Dr. Chavi Sethi, MD, FIPM
Associate Professor, Department of
Anaesthesiology
Maharaja Luxmi Bai Medical College (MLBMC),
Jhansi, Uttar Pradesh



WEBINAR MODERATOR
Dr. Neha Mishra
Associate professor
GSVM Medical College, Kanpur

Delegate Link

<https://clrn.in/?lgDRdy>



Joint Webinar of RSA UP + ISA UP & RSAPCON 2027 Website Launch

- Branch - ISA UP State + ISA National
- Date - 2026-06-18
- Venue - Remote
- Description - Date : 18th June 2026 | 6 to 7 pm

Airway Proficiency Course (AirPro)

- Branch - ISA UP State
- Date - 2026-07-12
- Venue - Rohilkhand Medical College Bareilly
- Description - Department of Anesthesia Rohilkhand Medical College Bareilly and ISA Uttar Pradesh present the much acclaimed Airway Proficiency Course (AirPro) on 12th of July 2026 at Rohilkhand Medical College Bareilly.



UTTAR PRADESH
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ISA UP
City Branches
News & Activities

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ISA Agra



ISA AGRA INVITES YOU TO A CME EVENT

We are pleased to invite you to our upcoming Continuing Medical Education event, with the following details.

DATE: June 18th, 2026 (Thursday)
TIME: 8:30 PM Onwards
VENUE: Hotel Bhawna Clarks Inn, Agra

TOPIC 1: "Anesthesiologists - Should they emerge from behind the curtain?"
SPEAKER: DR RAJNEESH MISHRA
 M.B.B.S., M.D.

TOPIC 2: "NEW DRUG: REMIFENTANIL"
SPEAKER: DR B. K. SINGH
 M.B.B.S., M.D., FCCS (USA)

TOPIC 3: "SEGMENTAL SPINAL ANAESTHESIA: Basics to Applied"
SPEAKER: DR MIHIR GUPTA
 M.B.B.S., M.D., FIPM

SCIENTIFIC INVITATION BY: TEAM ISA AGRA
 ACADEMIC PARTNER: **THEMIS MEDICARE LTD.**

CME on Advanced Anesthesia Techniques

- Branch - ISA Agra
- Date - 2026-06-18
- Venue - Hotel Bhawna Clarks Inn
- Description - Dr. B.K. Singh delivered an in-depth lecture on Remifentanyl, highlighting its unique ultra-short-acting properties, rapid recovery profile, and its growing importance in modern, precise intraoperative patient care. Dr. Mihir Gupta presented a comprehensive session on Segmental Spinal Anesthesia, discussing its specialized, targeted application in specific surgeries to minimize systemic side effects and improve patient outcomes.

ISA Varanasi



CPR Training Session

- Branch - ISA Varanasi
- Date - 2026-05-15
- Venue - D.A.V. Inter College, Mau
- Description - On 15 May 2026, the Inner Wheel Club Mau organized a CPR training session for students, teachers, and staff at the city's prestigious D.A.V. Inter College. The training was conducted by senior anesthesiologist Dr. Nilesh Kumar Srivastava, Secretary of the Varanasi Society of Anaesthesiologists and Chief Medical Superintendent of the District Women's Hospital, Mau. The program was supported by Dr. Kanchan Lata Azad, Vice President of IMA Mau and a pediatric specialist.



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ISA Lucknow



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INDIAN SOCIETY OF ANAESTHESIOLOGISTS
Lucknow City Branch
invites you to join us

Perioperative Patient Blood Management
(PBM)
Reducing Transfusions, Improving Outcomes

Friday 10 April 2026
| 3:00-5:00 PM |
RMLIMS, Lucknow

Dr. MANISH SINGH
PRESIDENT



Dr. MAMTA HARJAI
VICE PRESIDENT



Dr. PREM RAJ SINGH
SECRETARY



Editor: Dr. Indu Bala Maurya

Executive Members:
Dr. Proteek Singh, Dr. Vinod Shrivastav, Dr. Himanshu, Dr. Zia Arshad, Dr. Kriti Nagar

Perioperative Patient Blood Management

- Branch - ISA Lucknow
- Date - 2026-04-10
- Venue - RMLIMS, Lucknow
- Description - Reducing Transfusion, Improving Outcomes

Safe Anaesthesia in Neonates & Infants - The Vulnerable Brain

- Branch - ISA Lucknow
- Date - 2026-04-28
- Venue - 5th Floor Auditorium, Trauma Centre, KGMU
- Description - We cordially invite you to attend our Joint Academic CME on "Safe Anaesthesia in Neonates & Infants - The Vulnerable Brain" on Tuesday, 28 April 2026, from 3:00 PM to 6:00 PM.

INDIAN ASSOCIATION OF
PAEDIATRIC ANAESTHESIOLOGISTS
ISA LUCKNOW CITY BRANCH
JOINTLY ORGANISED

Safe Anaesthesia
— The Vulnerable Brain —
Safe Anaesthesia in
Neonates & Infants in 2026
Academics • Collaboration • Excellence

DATE: Tuesday, 28 April 2026
TIME: 3:00 PM - 6:00 PM
VENUE: 5th Floor Auditorium, Trauma Centre, KGMU

Time	Session & Topic	Speaker
1. 3:00-3:35	Welcome & Objectives	Branch Secretary
2. 3:35-3:50	Lecture 1: The Tiny Airway — Intubating Neonates & Infants Without a Crisis	Dr. Kirti Nagar
3. 3:50-4:05	Lecture 2: Neonates on the Table — 10 Things That Will Catch You Off Guard	Dr. Prem Raj Singh
4. 4:05-4:20	Lecture 3: Clinical Evidence — GAS Tidal, PANDA, MASK & What Humans Tell Us	Dr. Nayab Farzana
5. 4:20-4:35	Lecture 4: Drug Dosing in Neonates & Infants — What Works, What Kills & Why Not Just Body Weight	Dr. Ashish Kanouja
6. 4:35-4:50	Lecture 5: Less Drug, Less Time, Less Harm — Neuroprotective Strategies for the Neonatal OT	Dr. Bijesh Pratap Singh
7. 4:50-5:05	Lecture 6: Regional Blocks in Neonates & Infants — Spinal, Caudal & Epidural	Dr. Abhishek Rajgout
8. 5:05-5:20	Case Discussion: Preterm Neonate for Emergency Laparotomy — Every Minute Counts	Moderator: Dr. Satish Varma
9. 5:20-5:35	Panel Q&A — Audience Questions — Live & Unscripted	All Faculty
10. 5:35-6:00	Valedictory	Branch President

ORGANISING COMMITTEE

Dr. Manish Kumar Singh
President
ISA Lucknow City Branch

Dr. Mamta Harjai
Vice President
ISA Lucknow City Branch

Dr. Prem Raj Singh
Secretary
ISA Lucknow City Branch

All ISA Members, PG Residents & Faculty are cordially invited

ENTRY FREE | TOGETHER FOR KNOWLEDGE, TOGETHER FOR CARE

ISA Lucknow City Branch & UP IAPA | 5th Floor Auditorium, Trauma Centre, KGMU | 28 April 2026



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ISA Lucknow



HIGHLIGHTS
A THREE DAY LONG ACADEMIC EXTRAVAGANZA DESIGNED TO DISCUSS AND SHARE ALL THAT IS PERTINENT FOR POSTGRADUATE STUDENTS

- ✓ EXAM-ORIENTED
- ✓ DIDACTIC LECTURE
- ✓ INTERACTIVE SESSIONS
- ✓ EMINENT FACULTY

Central Zone-PG Assembly (RARC)
24th - 26th July 2026
ISA Sponsored

Hosted by: Lucknow City Branch of ISA
Organized by: Department of Anaesthesiology and Critical Care, Dr. RML Institute of Medical Sciences, Lucknow
Venue: 10th Floor, Academic Block, Dr RMLIMS, Lucknow

REGISTRATION FEES:
Rs.7,500 till 24th June 2026
After 24th June: Rs.9,000

QR Code for Fees payment

Contact us:
Prof. Sujeta Rai - 9161758940
Dr. Shilpi Misra - 9839932239

Email:
anaesthesiarmlims@gmail.com

Google form for Registration
<https://forms.gle/L1RT13Xq7BUbm2577>

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Dept. of Anaesthesia
Dr. RMLIMS Lucknow

SCIENTIFIC SECRETARY

Dr. Shilpi Misra
Dept. of Anaesthesia
Dr. RMLIMS Lucknow

Central Zone - PG Assembly (RARC)

- Branch - ISA Lucknow
- Date - 2026-07-24
- Venue - Dr RMLIMS, Lucknow
- Description - ISA-SPONSORED CENTRAL ZONE POSTGRADUATE ASSEMBLY RMLIMS Anaesthesia Refresher Course (RARC-2026) The Department of Anaesthesiology, Dr. Ram Manohar Lohia Institute of Medical Sciences (Dr. RMLIMS), Lucknow, along with the Lucknow City Branch of ISA, successfully organized the ISASponsored Central Zone Postgraduate Assembly/RARC-2026 from 24th to 26th July 2026 at DR RMLIMS, Lucknow.

ISA Noida



ISA GAUTAM BUDDHA NAGAR
4TH FOUNDATION DAY & ANNUAL CME 2026
5th July 2026, Sunday | Max Super Speciality Hospital, Sector 128, Noida

Theme - "Evolving Anaesthesiologists - Clinician, Innovator & Leader"

REGISTRATION FEE
₹1000 CME ONLY | ₹2000 CME WITH DINNER
SPOT REGISTRATION
₹1500 CME ONLY | ₹3000 CME WITH DINNER
**FOR AN ADDITIONAL PERSON - 15 YEARS RS 500
FOR AN ADDITIONAL PERSON >15 YRS- RS 1000**

Click to Register

QR Code

CME 8.30 am to 5 pm, followed by Banquet Dinner at the Golf Club, Sec 37, Noida

Scan the QR Code for Payments

ORGANISING COMMITTEE

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Dr. Mukul Kumar Jain
Dr. Sania Mathur

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Dr. Gagan Shrivastava
Org Co-Secretary
Dr. Deepak Kumar Thapa

Scientific Chair
Dr. Kapil Singhal
Scientific Secretary
Dr. Poonam Motiani

Org Treasurer
Dr. Sameer T. Bolla

Scientific Committee Members
Dr. Vibha Chhabra | Dr. Anshu Sharma
Dr. Nita Hazarika | Dr. Kanika Goel

ISA GBN OFFICE BEARERS '26

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Dr. Mukul Kumar Jain (Vice President)
Dr. Sania Mathur (Joint Secretary)
Dr. Sameer T. Bolla (Treasurer)
Dr. Deepak Thapa (Joint Treasurer)

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

ISA Gautam Buddha Nagar - 4th FOUNDATION DAY & ANNUAL CME 2026

- Branch - ISA Noida
- Date - 2026-07-05
- Venue - Max Super Speciality Hospital, Sector 128, Noida
- Description - Theme - "Evolving Anaesthesiologists - Clinician, Innovator & Leader"

ISA Noida



INDIAN SOCIETY OF ANAESTHESIOLOGISTS
NOIDA CAUTAM BUDH NAGAR

MOTHER'S DAY ACTIVITY

Theme: "The Heart Behind Every Doctor"

LADY ANAESTHESIOLOGISTS
can send a picture with their child/children

GENTLEMEN ANAESTHESIOLOGISTS
can send a picture with their mother

Along with the picture, kindly add:

- A short handwritten note (1-2 lines only) about your bond with your child/mother
- "What does a Mother or being a Mother mean to you?" (In one line)

📅 Last date for submission: 13th May
🏆 Results declaration: 15th May
🎉 Prize celebration: Weekend (16th-17th May)

Pictures and notes will be judged, and prizes will be awarded.
All entries will later be displayed together as a beautiful memory wall.

Dr. Rishi Singh
(Founder & past President)

Dr. Parvash Choudhary
(President)

Dr. Mahesh Kumar Jain
(Vice President)

Dr. Sanjay Mathur
(Hon. Secretary)

Dr. Sameer T. Bhatia
(Treasurer)

Dr. Deepak Thapa
(Joint Treasurer)

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

Mother Day Activity - 2026

- Branch - ISA Noida
- Date - 2026-05-13
- Venue - Virtual
- Description - Last date for submission: 13th May
Results declaration: 15th May
Prize celebration: Weekend (16th-17th May)

Emergency Life Saving Skills

- Branch - ISA Noida
- Date - 2026-05-19
- Venue - IMS BHU
- Description - 3 days workshop for "Emergency Life Saving Skills" for the employees of Central Office of Banaras Hindu University, Varanasi has been organised by Prof Manjaree Mishra, Professor of Anesthesia, IMS BHU. In this course on Day 1 Group A employees, on Day 2 Group B employees and on Day 3 Group C&D employees of BHU have been trained for Primary Care and Transportation of a Trauma Victims, Identification and primary care in stroke and acute coronary syndrome and Basic Life Support.





ISA Prayagraj



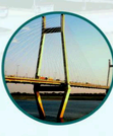
Under the Aegis of

 **ISA**
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Prayagraj

 **UNITED
MEDICITY**
Hospital & Medical College
Prayagraj

CME Cum Workshop

With Eminent Faculty from KGMU, Lucknow



**Reg. Charges
2500/-**

**Theme: Airway Excellence:
Bridging guidelines and Real World Practice**

Organised by
Department of Anaesthesiology, Critical Care & Pain Medicine

Date: 17th May 2026
Venue: Lt5, 1st Floor, Hospital Building, UIMS, Prayagraj

CME cum Workshop

- Branch - ISA Prayagraj
- Date - 2026-05-17
- Venue - United Medical College, Prayagraj
- Description - THEME - Airway Excellence - Bridging Guidelines and Real-world Practice

 **UNITED
INSTITUTE OF MEDICAL SCIENCES
(UIMS), PRAYAGRAJ**

 **INDIAN SOCIETY OF
ANAESTHESIOLOGISTS
PRAYAGRAJ CITY BRANCH**

 **UNITED
UNIVERSITY**
The Future is United

in collaboration with
UNITED INSTITUTE OF MEDICAL SCIENCES (UIMS), PRAYAGRAJ
in collaboration with
DEPARTMENT OF ANATOMY, UIMS, PRAYAGRAJ

Presents

DUAL-MODALITY USG GUIDED REGIONAL ANAESTHESIA & FLUOROSCOPY GUIDED CADAVERIC HANDS-ON FOR PAIN INTERVENTIONS

Conference - CME cum Workshop

1ST & 2ND AUGUST 2026

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Hands that Heal, Relief that Matters.*

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 **DELEGATE** ₹ 3500/-

 **POSTGRADUATE
STUDENTS** ₹ 3000/-

 **CURELIX**
CONNECT CONSULT CARE

DATE 1ST & 2ND AUGUST 2026

VENUE United Medicity Hospital,
Prayagraj

COLLABORATIVE EFFORT
Academia, Healthcare
Professionals & Industry

OUR MISSION
Advancing Knowledge,
Enhancing Care,
Serving Humanity

UNITED INSTITUTE OF MEDICAL SCIENCES (UIMS)
Prayagraj, Uttar Pradesh - 211013

CME cum Workshop- Advancing the practice of Regional Anaesthesia & Pain Interventions

- Branch - ISA Prayagraj
- Date - 2026-08-01
- Venue - United Institute of Medical Sciences (UIMS), Prayagraj
- Description - The Department of Anaesthesiology, United Institute of Medical Sciences (UIMS), Prayagraj, in association with the Indian Society of Anaesthesiologists - Prayagraj City Branch and the Department of Anatomy, proudly presents a unique CME cum Workshop focused on advancing the practice of Regional Anaesthesia and Pain Interventions. This academic event will bring together eminent national faculty from across the country to share their expertise, clinical experience, and latest evidence-based approach

ISA Prayagraj



AHA-certified BLS ACLS Workshop

- Branch – ISA Prayagraj
- Date – 2026-07-18
- Venue – United Institute of Medical Sciences, Prayagraj
- Description – The Department of Anaesthesiology and Critical Care, United Institute of Medical Sciences (UIMS), successfully organised a two-day American Heart Association (AHA)-Certified Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) Workshop. The workshop provided intensive hands-on training to healthcare professionals in essential lifesaving skills, including high-quality CPR, airway management, defibrillation, recognition of cardiac emergencies, and advanced resuscitation protocols.
- Conducted by certified AHA instructors, the program combined interactive lectures with simulation-based practical sessions, enabling participants to gain confidence in managing real-life medical emergencies. The workshop highlighted the importance of rapid response, effective teamwork, and adherence to international resuscitation guidelines to improve patient survival.



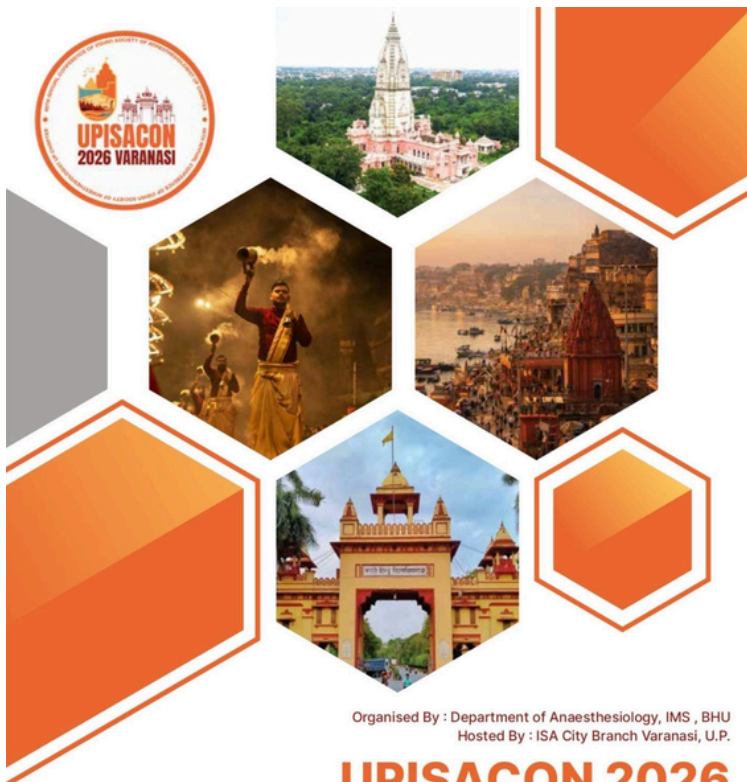
Nishchetak

Upcoming Activities



UPISACON 2026

- Branch - ISA UP State
- Date - 2026-10-02
- Venue - Varanasi, UP
- Description - Good afternoon, members of ISA! The executive committee of ISA Uttar Pradesh is pleased to announce the dates for the 48th UPISACON 2026, to be held in Varanasi from 2nd to 4th October 2026. Please join the academic event and be a part of the UPISACON 2026.



Organised By : Department of Anaesthesiology, IMS , BHU
Hosted By : ISA City Branch Varanasi, U.P.

UPISACON 2026 VARANASI

48TH ANNUAL CONFERENCE
OF ISA UP

OCT OCT OCT
2 3 4

2026 &
Conference- K N UDUPA AUDITORIUM
WORKSHOP - Skill centre , IMS



For more details visit:

<https://isaupstate.com/indi-conference.php?submit=8>



Upcoming Activities



RSACPCON 2027

- Branch - ISA UP State
- Date - 2027-04-01
- Venue - Holiday Inn, Lucknow
- Description - RSACPCON 2027

1st-4th April 2027 | Lucknow

Theme: Anesthesia 2035: Shaping the Future with Clinical Excellence

We invite the anaesthesia fraternity to visit www.rsacpcon2027.com for registration details & conference updates. Muskuraiye... Aap Lucknow Aa Rahe Hain!

The poster for RSACPCON 2027 features a central illustration of a city skyline with domes and minarets. It includes logos for the Society of Anaesthesiologists, India and King George's Medical University, Lucknow. The text provides details about the event dates (1st-4th April 2027), venue (KGMC, Lucknow), and activities (Paramedics & Intern Activity, Conference, Workshops). It also promotes the official website and a webinar launch on 18th June at 06:00 PM. A QR code is provided for registration.

RSACPCON 2027
KGMU | 1st - 4th APRIL 2027
Hosted by RSA UP State and
Organised by Department of Anaesthesia & Critical Care,
King George's Medical University, KGMU Lucknow

Paramedics & Intern Activity: 1st April 2027 | **Venue:** KGMC, Lucknow
Conference: 2nd and 3rd April 2027 | **Venue:** Holiday Inn, Lucknow
Workshops: 4th April 2027 | **Venue:** KGMC, Lucknow

BIG NEWS The Official Website of
RSACPCON 2027
is going to be live tomorrow!

Your gateway to

- Registration
- Scientific Program
- Workshops
- Abstract Submission
- Conference Updates & many more..

Be part of India's premier academic gathering in Anaesthesiology & Clinical Pharmacology.

Visit on: www.rsacpcon2027.com

Scan here to
Join Webinar
and be a part of
website launch on
18th June at 06:00 PM



Nishchetak

Quiz



Question: Identify this anesthesiology giant of the 20th century. What were his contributions to anesthesia? What was the personal tragedy that shaped his life?



Peter Josef SAFAR
1924 - 2003

Intensive Care Unit
ABC of Resuscitation
Paramedic Training
Rapid Sequence Induction
Suspended Animation



Answer on the next page



Nishchetak

Quiz



- Father of modern CPR: Peter Safar integrated airway opening, mouth-to-mouth ventilation, and chest compressions into the ABC framework that became modern basic life support
- Airway clinician before “critical care” existed: His work showed that simple airway maneuvers and effective ventilation can reverse potentially fatal hypoxia, a principle central to anesthesia and ICU practice
- Founder of ICU thinking: Safar helped establish one of the first multidisciplinary ICUs, emphasizing continuous monitoring, ventilatory support, and organized team-based care for the critically ill.
- Builder of prehospital critical care: He helped design modern ambulances, paramedic systems, and EMS standards so resuscitation could begin before hospital arrival.
- Shifted resuscitation toward the brain: After his daughter Elizabeth died following post-asthma hypoxic brain injury, Safar pushed cardiopulmonary-cerebral resuscitation and therapeutic hypothermia, stressing that survival without neurologic recovery is not enough.
- He connected airway management, ventilation, circulation, ICU care, and neurologic outcome into one continuous resuscitation pathway. That is why his legacy sits at the intersection of anesthesiology, emergency medicine, and critical care rather than in CPR alone

On a winter evening in 1966, an 11-year-old girl named Elizabeth developed a rapidly worsening asthma attack while her physician parents, Peter and Eva Safar, were away at a medical meeting. Despite emergency efforts, she progressed to respiratory failure and cardiac arrest; circulation was eventually restored, but prolonged hypoxia left her deeply comatose with devastating, irreversible brain injury. She died soon after, her heart having been “saved” while her brain could not be brought back, a contrast that haunted her father. For Peter Safar, already a pioneer of CPR, this loss became a turning point: resuscitation could no longer mean just restarting the heart, it had to mean preserving the mind. The tragedy crystallized his lifelong mission to develop cardiopulmonary-cerebral resuscitation, hypothermia protocols, and systems of care aimed not merely at survival, but at meaningful neurologic recovery. “I want to save the hearts and brains of those who are too young to die “

By Dr Bhavya Naithani Dube

Editor

Nishchetak

The Official Newsletter of ISA UP State

ARDSnet Ventilation Protocol- Dr Pallavi Singh

ARDSnet Ventilation Protocol

PAGE 1 OF 2

Definition

ARDS: Acute Respiratory Distress Syndrome – acute onset lung injury characterized by severe hypoxemia and bilateral pulmonary infiltrates



Inclusion Criteria



$\text{PaO}_2/\text{FiO}_2 \leq 300$



Bilateral infiltrates on CXR



No left atrial hypertension

Ventilator Settings



Calculate PBW

Male: $50 + 2.3 \times (\text{Ht} - 60)$

Female: $45.5 + 2.3 \times (\text{Ht} - 60)$



Tidal Volume
6–8 ml/kg PBW

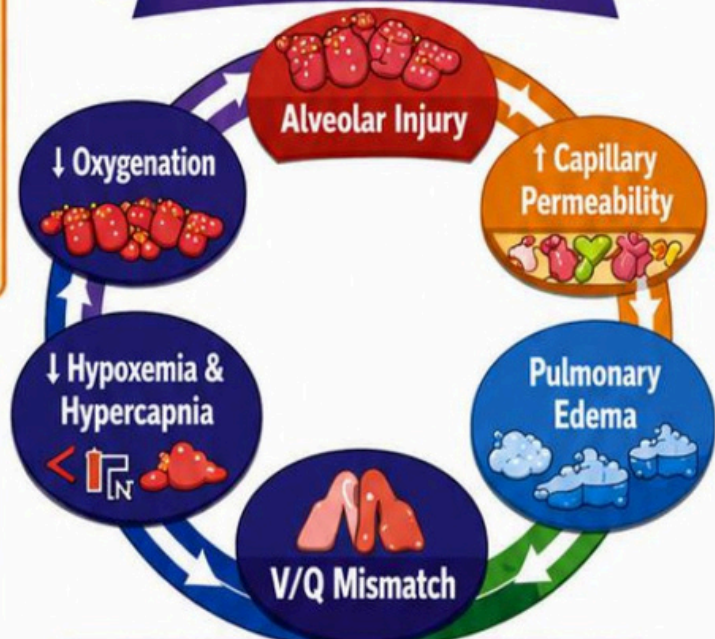


Oxygenation
 PaO_2 55–80 mmHg
 SpO_2 88–95%



PEEP 5+ cm H₂O

ARDS Pathophysiology



Monitoring & Adjustments



$\text{Pplat} \leq 30$ cm H₂O
Adjust VT if needed



pH 7.30–7.45
Tweak RR & VT



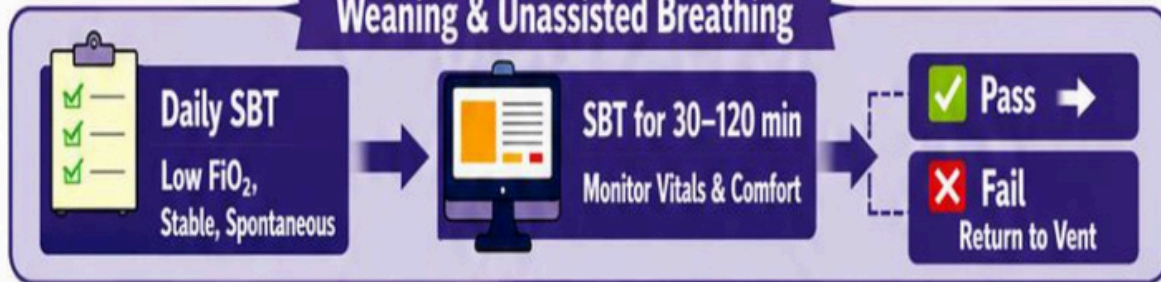
I:E Ratio
Inspiration < Expiration

ARDSnet Ventilation Protocol- Dr Pallavi Singh

ARDSnet Ventilation Protocol – Weaning & Liberation from Mechanical Ventilation

PAGE 2 OF 2

Weaning & Unassisted Breathing



Unassisted Breathing



References

1. Park KJ. Lung-protective ventilation strategy in acute respiratory distress syndrome: a critical reappraisal of current practice. *Crit Care* **29**, 444 (2025). doi:10.1186/s13054-025-05675-2
2. Biuzzi C, Modica E, De Filippis N, Pizzirani D, Galgani B, Di Chiaro A, et al. Old and New Definitions of Acute Respiratory Distress Syndrome (ARDS): An Overview of Practical Considerations and Clinical Implications. *Diagnostics*. 2025 Jul 31;15(15):1930. doi:10.3390/diagnostics15151930

Dr Pallavi Singh

Associate Professor

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United Institute of Medical Sciences, Prayagraj

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ASRA 2025 Anticoagulation Guidelines Major Changes from Previous Editions - Dr. Chavi Sethi

ASRA
American Society of
Regional Anesthesia
and Pain Medicine

ASRA 2025
ANTICOAGULATION GUIDELINES
Regional Anesthesia in the Patient Receiving Antithrombotic or Thrombolytic Therapy
5th EDITION (January 2025)

SAFETY THROUGH EVIDENCE

WHAT'S NEW IN ASRA 2025?

- New **RISK STRATIFICATION** of regional anesthesia procedures.
- Anticoagulants classified as **LOW-DOSE** and **HIGH-DOSE** (replaces "prophylactic" and "therapeutic").
- More individualized recommendations for DOACs considering renal function and pharmacokinetics.
- Greater emphasis on drug-specific laboratory assays where available.
- Clear distinction between **NEURAXIAL BLOCKS** and **DEEP PLEXUS/PERIPHERAL NERVE BLOCKS**.
- Updated guidance on **REVERSAL AGENTS** and management of VKA and DOACs.

RISK STRATIFICATION OF PROCEDURES

- LOW RISK**
 - Superficial peripheral nerve blocks
 - Peripheral nerve blocks not near major vessels or plexuses
 - Trigger point injections
 - Infiltration / Field blocks
 - Joint injections
- INTERMEDIATE RISK**
 - Deep peripheral nerve blocks (e.g., Lumbar plexus, Paravertebral)
 - Needle placement near non-compressible sites
 - Catheter techniques (non-neuraxial)
- HIGH RISK (Neuraxial)**
 - Spinal anesthesia
 - Epidural anesthesia
 - Caudal anesthesia
 - Epidural catheter placement / removal

Higher the risk → Longer the interval

GENERAL PRINCIPLES

- RESPECT THE TIMING**
Follow recommended intervals for block & catheter removal.
- ASSESS BLEEDING & THROMBOTIC RISK**
Balance risk of hematoma vs. thrombosis for each patient.
- CONSIDER RENAL FUNCTION**
Especially important for DOACs and LMWH.
- USE LAB TESTS WHEN NEEDED**
Especially for VKA, Dabigatran, and in renal impairment.
- RESTART ANTICOAGULATION**
Only after adequate hemostasis and as per recommended interval.

MINIMUM INTERVALS FOR NEURAXIAL BLOCKS*

DRUG / CLASS	LOW DOSE	HIGH DOSE	BEFORE NEURAXIAL BLOCK / CATHETER INSERTION	CATHETER REMOVAL	AFTER CATHETER REMOVAL - NEXT DOSE
Aspirin (ASA)	Any dose	Any dose	No additional precautions	No additional precautions	No additional precautions
NSAIDs (Non-selective)	Any dose	Any dose	No additional precautions	No additional precautions	No additional precautions
P2Y ₁₂ Clopidogrel	—	—	5 – 7 days	—	24 hours
P2Y ₁₂ Prasugrel	—	—	7 – 10 days	—	24 hours
P2Y ₁₂ Ticagrelor	—	—	5 days	—	24 hours
VKA Warfarin (VKA)	—	—	INR < 1.5 (Normalize INR)	—	Evening of surgery or next day
Unfractionated Heparin (IV)	—	—	4 – 6 hours and normal coagulation	1 hour	1 hour
LMWH (Enoxaparin, etc.) Prophylactic dose	e.g. 40 mg OD	—	≥ 12 hours	≥ 4 hours	≥ 4 hours
LMWH (Enoxaparin, etc.) Therapeutic dose	—	e.g. 1 mg/kg 12 hourly	≥ 24 hours	≥ 4 hours	≥ 24 hours
Apixaban	≤ 2.5 mg BD	≥ 5 mg BD	≥ 36 hours	≥ 6 hours	≥ 24 hours
Rivaroxaban	≤ 10 mg OD	≥ 15 mg OD	≥ 24 hours	≥ 6 hours	≥ 24 hours
Edoxaban	≤ 30 mg OD	≥ 60 mg OD	≥ 24 hours	≥ 6 hours	≥ 24 hours
Dabigatran	≤ 110 mg BD	≥ 150 mg BD	Based on Renal Function (CrCl) ≥ 80 mL/min : ≥ 48 hours 50–79 mL/min : ≥ 72 hours 30–49 mL/min : ≥ 96 hours < 30 mL/min : ≥ 120 hours	≥ 6 hours	≥ 24 hours

*Or needle placement / catheter insertion for deep plexus blocks. Intervals may vary with renal function, bleeding risk, dose and procedure risk. Always consult full ASRA 2025 guideline and consider individual patient factors.

RESTARTING ANTICOAGULATION AFTER NEURAXIAL PROCEDURE

- Low Bleeding Risk Surgery : after 24 hours
- High Bleeding Risk Surgery : after 48–72 hours
- Ensure adequate hemostasis
- For DOACs – start at next scheduled dose
- For LMWH (therapeutic) – after 24 hours of catheter removal

SIGNS OF SPINAL / EPIDURAL HEMATOMA

- New back pain
- Motor weakness
- Sensory deficit
- Bladder / bowel dysfunction

URGENT IMAGING & NEUROSURGICAL CONSULTATION

KEY TAKE HOME MESSAGE

"Right Drug – Right Interval – Right Patient – Right Technique"
= Safe Regional Anesthesia

WHEN IN DOUBT, DELAY THE BLOCK.

This infographic is a quick reference only. Please refer to the full ASRA 2025 Guidelines for complete recommendations.

Stay updated. Patient safety first.



ASRA 2025 Anticoagulation Guidelines Major Changes from Previous Editions - Dr. Chavi Sethi



Key Updates

- Risk-based classification: Low-, intermediate- and high-risk procedures.
- Terminology updated: 'Low-dose' and 'High-dose' replace prophylactic/therapeutic.
- Individualized DOAC interruption using renal function and pharmacokinetics.
- Separate recommendations for neuraxial and deep plexus/peripheral nerve blocks.
- Greater role for drug-specific laboratory assays when indicated.
- Updated guidance on anticoagulant reversal agents.
- Simplified, clinically usable format with patient safety emphasis.

ASRA 2018 vs ASRA 2025

Previous editions

- Prophylactic/Therapeutic
- Less procedure stratification
- Limited DOAC individualization
- Grouped recommendations
- Less emphasis on assays

ASRA 2025

- Low-dose/High-dose
- Formal risk-based classification
- Renal function & PK emphasized
- Separate neuraxial vs deep blocks
- Drug-specific assays when indicated

Clinical Pearls

- Respect minimum drug-free intervals.
- Assess bleeding and thrombotic risk individually.
- Consider renal function before scheduling blocks.
- Restart anticoagulation only after adequate haemostasis.
- When in doubt, delay the block.

Reference

Kopp SL et al. Regional Anesthesia & Pain Medicine. 2025; ASRA Evidence-Based Guidelines (5th Edition).

Prepared by
Dr. Chavi Sethi
Professor, Department of Anaesthesiology
Maharani Laxmi Bai Medical College, Jhansi

Beyond the Textbook: Practical Pearls in Pediatric Anesthesia - Dr Shephali



Dr Shephali, MD, DM-Pediatric anesthesia, Assistant Professor, AIIMS-Raipur

Pediatric anesthesia is often described as the art of paying attention to the smallest details. While pharmacology and physiology provide the scientific foundation, everyday clinical practice is shaped by practical "pearls" that improve safety, efficiency, and patient outcomes. The following evidence-based pearls integrate current recommendations and practical experience into actionable points for daily practice.



1. Myth: Airway assessment is not possible in a neonate

Head-to-toe examination, including anterior and lateral inspection, provides valuable information (such as head size, facial dysmorphism, and any masses at the front or back of the head and neck). Retrognathia and micrognathia can be easily ruled out with lateral inspection of the head and face. However, do not rely solely on external airway examination. Always take a detailed birth history, look for syndromic associations, review previous anesthetic records, and assess for stridor, obstructive sleep apnea, or recurrent respiratory infections, which often predict airway difficulty better than the Mallampati score in children.

2. Myth: Cuffed endotracheal tubes cause airway trauma

Recent studies have shown that the real shape of the cricoid opening is oval rather than circular. Hence, a leak around the uncuffed tube is inevitable. Modern microcuff tubes reduce tube exchanges, improve ventilation, and decrease operating room pollution without increasing post-extubation airway complications when cuff pressure is maintained below 20–25 cmH₂O. However, in practice, the lowest pressure should be low enough to allow a safe 15–20% leak.

3. Myth: Age-based formulae are the best way to determine the endotracheal tube size

Age-based formulas provide only an estimate. An audible leak at an airway pressure of 20–25 cmH₂O usually indicates an appropriately sized tube.

4. Secure the LMA after final positioning

Most supraglottic airway failures occur after head movement rather than insertion. Fix the device only after the head has been placed in the final surgical position and reassess ventilation after draping.

5. Ventilate to carbon dioxide, not to weight

Children produce considerably more carbon dioxide per kilogram than adults. Adjust ventilation to maintain EtCO₂ at 35–40 mmHg in children with normal physiology, accounting for increased circuit dead space. In neonates, start with a tidal volume of 10 mL/kg and titrate down to 6–8 mL/kg.



Beyond the Textbook: Practical Pearls in Pediatric Anesthesia - Dr Shephali



6. Use the lowest FiO₂ that maintains adequate oxygenation

High inspired oxygen concentrations lead to increased oxidative damage in neonates and also, promote absorption atelectasis, particularly during emergence. Unless clinically indicated, avoid prolonged exposure to FiO₂ of 1.0 once oxygenation is stable. The target saturation in neonates is 92-95% and not 100%.

7. Myth: Atropine has a standard dose

Current pediatric practice supports atropine 20 µg/kg IV (0.02 mg/kg) for vagally mediated bradycardia. However, a minimum dose of 0.1 mg is recommended for all neonates and infants.

8. Calculate the local anesthetic dose before calculating the volume

Drug toxicity depends on milligrams, not milliliters. Always calculate the maximum permissible dose (mg/kg) of that particular drug, select the concentration, and then calculate the injectable volume. For example, a 15-kg child receiving ropivacaine:

- Maximum dose = 3 mg/kg = 45 mg
- 0.2% ropivacaine = 2 mg/mL
- Maximum volume = 22.5 mL

9. Pause before every drug injection

Most pediatric medication errors are calculation errors. Before administering any drug, mentally verify the patient's weight, dose (mg/kg), final concentration, and the calculated volume.

10. Central venous catheter depth

Height-based formulas (e.g., height/10 for the right internal jugular approach) provide an initial guide. However, the skin prick point can alter this value, and using a more definitive method, e.g., ultrasound, can be cumbersome in day-to-day practice. Therefore, landmark techniques can be considered. For right IJV insertion, the distance from the skin prick point to the sternal end of the right clavicle, and from there to the angle of Louis, gives a rough estimate of the insertion depth. However, always monitor the ECG during line insertion and confirm the position postoperatively on X-ray.

11. Warm the child before they become cold

Children lose heat rapidly due to their large surface-area-to-weight ratio. Active warming should begin before significant heat loss occurs, using forced-air warming, warmed fluids (when indicated), and minimizing skin exposure.

12. Fluid therapy should replace physiology, not formulas

Maintenance, deficit, and replacement (blood loss and third-space losses) should each be assessed separately. Balanced isotonic crystalloids are preferred for most children, while glucose-containing solutions should be reserved for neonates and children at risk of hypoglycemia. The recommended intraoperative dextrose concentration for neonates is 1-2.5%, titrated according to the RBS range.



Upcoming Activities



— On this —
**WORLD
ANESTHESIA DAY**

We invite you to pause, reflect,
and return to where it all began.

Do you remember your first step
into the operating room as an
anesthetist? The quiet hum of
machines, the weight of responsibility,
the unspoken trust placed in your
hands.

Was it excitement, fear, awe—
or a blend of all three?

Travel back to that defining moment.

Relive the sights,
the sounds,
the racing thoughts,
and the steady breaths.

Share the story of your
beginning—the day you first
stood at the head of the table,
holding life between vigilance
and silence.

Express your journey in the form of a poem,
essay, or personal narrative.
Let your words capture not just what happened,
but what it meant—and how it shaped
the clinician you are today.

Please mail your entries to
nishchetak@gmail.com before
30th September.

♥ Your story. Your journey. Our inspiration. ♥
Happy World Anesthesia Day!





UTTAR PRADESH
STATE BRANCH

Nishcheta

***In fond
remembrance***

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time.

— Henry Wadsworth Longfellow —

ISA UP STATE

gathers to

bid a heartfelt

Farewell

to

revered

TEACHERS

whose dedication has shaped
generations of
anaesthesiologists.



With gratitude,
ISA UP State Family





Obituary

Prof. L. S. Mishra: A Teacher, Mentor, and Gentle Soul

It is with profound sadness and a deep sense of personal loss that I write this tribute to my revered teacher, mentor, and guide, Prof. (Dr.) L. S. Mishra. His passing marks the end of an era in the Department of Anaesthesiology at Moti Lal Nehru Medical College, Prayagraj. While we have lost an exceptional teacher and clinician, his values and teachings will continue to inspire generations.

Prof. Mishra began his association with Moti Lal Nehru Medical College as an MBBS student of the 1972 batch. After completing his MD in Anaesthesiology from the same institution, he served at Safdarjung Hospital, New Delhi, and later as Lecturer at BRD Medical College, Gorakhpur. In 1991, he returned to his alma mater, where he served with dedication as Assistant Professor, Associate Professor, Professor, and eventually as Professor and Head of the Department of Anaesthesiology and Critical Care from 2010 to 2020.

Throughout his career, Prof. Mishra made significant contributions to academic excellence and clinical services. He played a key role in strengthening anaesthesia and critical care services at MLN Medical College, improving patient care and postgraduate training. As an examiner across several universities and a mentor to more than 200 students, he shaped the careers of many anesthesiologists who now serve across the country.

As a teacher, Prof. Mishra was known for his humility and calm demeanor. His gentle approach made students feel comfortable and encouraged learning. He believed in leading by example and emphasized not only technical skill but also empathy, patience, and sound clinical judgment. Even in challenging situations, he remained composed and reassuring, leaving a lasting impression on all who worked with him.

Beyond his institutional role, Prof. Mishra served as Past President of the Uttar Pradesh Chapter of the Indian Society of Anaesthesiologists. His leadership contributed to the growth of the specialty at both state and national levels, earning him respect among peers.

On a personal level, he was a man of simplicity, integrity, and warmth. He was approachable and supportive, guiding students through both professional and personal challenges. His life reflected compassion and dedication, values that continue to inspire those who knew him.

As we bid farewell, we remember not only his achievements but also his humanity. His legacy will live on through the countless lives he touched.

May his noble soul rest in eternal peace.

— **Dr. Rajiv Gautam**
Professor and Head
Department of Anaesthesiology
Moti Lal Nehru Medical College, Prayagraj
Contact: 8756043432



Obituary



Prof D K Singh



The Indian Society of Anaesthesiologists mourns the sad demise of Prof. Dinesh Kumar Singh, an eminent teacher, visionary administrator, and distinguished anaesthesiologist, whose life was devoted to advancing education, patient care, and academic excellence.

After completing his graduation, Prof. D. K. Singh obtained his MD in Anaesthesiology from the University of Allahabad in 1985. He began his illustrious professional journey at Banaras Hindu University as a Senior Resident and subsequently rose through the ranks to become Professor in 2007. As Head of the Department from 2009 to 2012 and Professor-in-Charge of the ICU, he inspired generations of students and colleagues with his wisdom, dedication, and compassionate leadership.

Prof. Singh also rendered exemplary service as Head of Trauma and Emergency Medicine at All India Institute of Medical Sciences, Bhopal, and later as Director of Rajendra Institute of Medical Sciences. On 27 June 2020, he assumed office as the Founding Executive Director of the All India Institute of Medical Sciences, Bathinda, where his visionary leadership laid the foundation for institutional growth and excellence.

After a prolonged illness, Prof. Dinesh Kumar Singh departed for the heavenly abode on 20 May 2026. His passing is an irreparable loss to the fraternity of anaesthesiologists and the medical community at large. He shall always be remembered for his humility, scholarship, administrative acumen, and unwavering commitment to humanity.

May the Almighty grant eternal peace to his noble soul and strength to the bereaved family to bear this profound loss.

By Dr. Rajeev Kumar Dubey
President, ISA UP State

IN LOVING MEMORY



DR. PRAMESH AGARWAL

With deep sorrow, we remember Dr. Pramesh Agarwal, our senior, colleague and dear friend. His untimely passing has left us heartbroken, and no words can adequately express the grief of losing someone so respected, caring, and beloved. We will cherish his friendship, honor his memory, and remain grateful for the time we shared with him. He will be deeply missed and forever remembered. 🕊



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Nishchetak

The official newsletter of ISA UP State

*Anesthetists: The Unsung Heroes Guarding
Every Breath, Sustaining Every Beat*

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