



# SORD Synapse

Vol. 4 / No. 6  
November - December 2023

Monthly update of Sri Guru Ram Das University of Health Sciences, Sri Amritsar

## Genomics Research Memorandum



The Memorandum of Understanding (MoU) has been signed between Sri Guru Ram Das University of Health Sciences, Amritsar and Central University of Punjab, Bathinda to enhance higher end research in the field of Genomics and Medical Sciences.

## International Disability Week Celebrated



Department of Physiotherapy hosted a 3-day event to commemorate 'International Disability Week', uniting students and faculty in a collective spirit of inclusion, unity and advocacy for people with disabilities. As part of the celebrations, the department organized a free physiotherapy and BMD camp. The highlight of the event was an immersive hands-on workshop on 'Lumbosacral Manipulation'. During the insightful workshop, resource person Dr. Chirag Verma, a well-known Chiropractor of North India, demonstrated innovative therapy techniques to manage lumbo sacral stiffness, pain & other ailments related to lumbosacral region. By facilitating important learning opportunities like these, Department of Physiotherapy promoted their mission of empowering students and professionals to provide effective, evidence-based care to people with disabilities and musculoskeletal conditions.



Dear friends,

A commitment to excellence is a first step to continuous improvement and a great force behind any organization.

To achieve this, limit the number of things you manage at one time as working on a single task at a time increases your productivity and efficiency.

Multitasking splits the brain and causes us to make more mistakes. It scatters our attention, worsens the memory and hinders our performance.

Focusing on one task at a time leads to a much better brain storming and linear progression of thought process to the highest possible level leading to much superior outcomes.

So Keep it simple. Stay focused.

Dr. Manjit Singh Uppal   
Vice Chancellor



## Freshers Day Celebrated



Freshers Day was organized for nursing students. Dr. Manjit Singh Uppal, Vice Chancellor, SGRDUHS elegance the moment with their presence. The program was hosted by B.Sc. and GNM students. More than 30 Freshers participated in the Ms. Fresher competition. Ms. Sehajpreet Kaur bagged the titl of Ms. Fresher.

## Advanced Birthing Simulator Faculty Training



Advanced Birthing Simulator Training was held in skill lab of the institute. Department of Gynae and Obs, PGs and Interns participated in the workshop. It was a hands-on training on a simulated human female body. Both normal delivery and complicated delivery were demonstrated. The workshop also had a peer-to-peer teaching-learning component, where final-year postgraduates came forward to train the first-year Pgs.

### ► Clinical Snippet

#### Essential Vocal Tremor: A Clinical Variant of Essential Tremor

A 20 years old male presented to ENT OPD with the complaint of change in voice since 4-5 years. A routine laryngoscopic examination revealed normal laryngeal structure and function. The patient was further referred to the Voice & Deglutology Unit of the ENT department. After a detailed investigation of the voice using acoustic and videostroboscopic examination, the patient was diagnosed with Essential Vocal Tremors (EVT). The vocal characteristics noted include rhythmic alterations of pitch and loudness that give the voice a quavary quality. It was observed in the stroboscopy that the larynx was moving vertically in concert with voice arrests. Other symptoms included voice instability, increased vocal effort during speech, weakness, hoarseness, difficulty increasing vocal volume, difficulty in being understood over background noise or on the phone, and neck discomfort during vocalization. The tremor has been reported to become worse with increased emotional stress, physical fatigue. It is important to differentiate between EVT and other conditions that include tremor as a component, such as spasmodic dysphonia, Parkinson's disease, and cerebellar disease. It is important to understand that neither treatment cures the tremor, but simply helps with its symptoms. Patients with organic voice tremor do not recover from the condition. They must learn to adapt or compensate for speech and voice deficits. Propranolol is the only drug approved by the FDA for ET. It is a nonselective beta-blocker that has shown tremor reduction of up to 50%. Propranolol is useful in reduction of tremor amplitude, but not frequency in mild cases of EVT. Along with voice therapy, there can be significant improvement in the condition with a better quality of life.

**MD. Nadeer Musthafa**  
Asstt. Prof., Speech Language Pathology,  
Dept. of ENT

**Dr. Arvinder Singh Sood**  
Prof. & Head, Dept. of ENT

## New Born Week Celebrated



The Department of Pediatric Nursing celebrated New Born Week and National Children Day. The Chief Guest for the event was Vice Chancellor Dr. Manjit Singh Uppal from SGRDUHS, who contributed important insights on newborn care. On this occasion a guest lecture was delivered by Dr. Bharat Mehra. The event captured enthusiastic participation from M.Sc. Nursing, B.Sc. Nursing and Post Basic B.S. Nursing students. Activities included theme based poster competition, creative 'Best Out of Waste' challenge, role play, formal theme opening ceremony and an informative talk delivered by the Principal of SGRD College of Nursing. Prizes were distributed to motivate the students.



## World Diabetes Week Celebrated



World Diabetes Week was celebrated by Department of Medical Surgical Nursing of SGRD College of Nursing in collaboration with BIRAC CTN Diabetology Project on the theme 'Access to Diabetes Care'. A central session was held on the topic "Time in Range – from Theory to Practice" by Dr Gurinder Mohan, laying focus on continued glucose monitoring. A role play including Health Education was performed by students to educate the patients. Demonstration was provided on diabetic foot care and step by step guide to Insulin injection.

## Resource Faculty for Scientific Sessions



### Department of Orthopaedics

- 1 Dr. Raj Kumar Aggarwal chaired a scientific session in a CME on '2nd AMACON 2023' held at Amritsar.

### Department of ENT

- 2 Dr. Arvinder Singh Sood chaired a scientific session in a CME on 'AMACON 2023' held at Hyatt, Amritsar.
- 3 Dr. Arvinder Singh Sood and Dr. Vanita Sarin chaired a scientific session during Hands on Workshop at Patel Hospital, Jalandhar.

### Department of Plastic Surgery

- 4 Dr. Seema Mittal delivered a talk on 'Tips to celebrate safe Diwali' at SGRD Hospital, Amritsar.

### Department of Community Medicine

- 5 Dr. Manisha Nagpal chaired a scientific sessions in CMEs on 'SOMSCON 2023' and '4th IAPSM Young Leaders' National Conclave' held at Pt BD Sharma PGI, Rohtak, Haryana and DMCH, Ludhiana respectively.
- 6 Dr. Harpreet Kaur and 7 Dr. Amanpreet Kaur chaired a scientific session in a CME on '4th IAPSM Young Leaders' National Conclave' st DMCH, Ludhiana.

### Department of Ophthalmology

- 8 Dr. Shakeen Singh was the panelist in a CME on 'OTSI Traumacon 2023' held at Mumbai. He also chaired a scientific session in a CME on 'North Zone Ophthalmological Society'.
- 9 Dr. Pawan Prasher gave talk in CMEs on 'Midterm Conference of Himachal Pradesh Ophthalmological Society' held at Shimla. He also presented papers during 'Metrokon 2023 - Annual Conference of Punjab Ophthalmological Society' held at Ludhiana.

### Department of Microbiology

- 10 Dr. Sarabjeet Sharma judged the poster presentation session held at GMC, Amritsar. She also judged the oral presentation session and chaired a session during 'National MICROCON 2023' held at Lucknow.

### Department of Physiotherapy

- 11 Dr. Mandeep Kang gave talk during '9th International Conference of Physical Therapy' held at AIIMS, New Delhi.

### Department of Obstetrics & Gynae

- 12 Dr. Sangeeta Pahwa gave talks during eConference on 'Menopause an Eternal Truth' held by IMS and HARObGyn and during conferences on 'Mother to Child Transmission of HIV/AIDS' and 'NZIMS' held at Amritsar and Agra respectively.

### College of Nursing

- 13 Dr. Manpreet Kaur chaired a scientific session during virtual consortium on '4th Edition of CUDC 2023' held at Rajpura.
- 14 Dr. Amandeep Kaur Bajwa imparted virtual lecture during 'Global Scout Kitchen Jamboree' organised by Pakistan Boy Scout Association, Jamboree.



SGRD  
*Synapse*

## » Marching forward....

### Special Ambulance for Neonates in the service of Humanity



This state-of-the-art ambulance is specially designed to transport fragile newborns in comfort and safety. The Special Ambulance for Neonates is vital for giving vulnerable babies the urgent care they need. The onboard incubators and life support systems allow sick or premature newborns to be safely transported to hospitals with high-level NICUs. Having specialized equipment and staff helps ensure babies get the best treatment as soon as possible.

**Dr. AP Singh**  
Dean, SGRDUHS

## Awards and Achievements

### Department of Community Medicine

- 6 Dr. Harpreet Kaur awarded certificate on Data Analysis using Excel & SPSS from Institute of Applied Statistics, Kanpur.
- 7 Dr. Amanpreet Kaur awarded certificate on Data Analysis using Excel & SPSS from Institute of Applied Statistics, Kanpur.

## Courses Completed

### College of Nursing



Ms. Amandeep Kaur completed 'Capacity Building Program of Midwifery Faculty' organized by Indian Nursing Council in collaboration with SGT University, Gurugram.



Ms. Onkardeep Kaur completed 'Capacity Building Program of Midwifery Faculty' organized by Indian Nursing Council in collaboration with SGT University, Gurugram.



## Case Scenario

### Obsessive Compulsive Disorder (OCD)



A 20 years old boy learns in class that vomiting is an involuntary response to an illness. One day he reads in Newspaper that a young boy dies in his sleep due to aspiration of his vomit. He became obsessed with about getting ill and vomiting. The boy shuns anyone who appears to be sick at school. His friends wonder why he is not talking to them. The boy carries hand sanitizer everywhere he goes, and avoids public restrooms. He won't touch food that he thinks might be contaminated by germs. He avoids all eating outlets that he used to enjoy with his family. The boy's parents worry about him as it was affecting his academics.



Food for thought



**Multitasking  
eats away  
at your brain**

## An Overview....

### Obsessive Compulsive Disorder (OCD)

Dr. Manjit Singh, Professor & Head, Psychiatry

#### Q1 - What are obsessions?

- ♦ Obsessions are recurrent and Persistent thoughts/impulses or images that cause distressing emotions such as anxiety or disgust.

#### Q2 - Typical obsessions?

- ♦ It includes excessive concern about contamination or harm, the need for symmetry or forbidden sexual or religious thoughts.

#### Q3 - What are Compulsions?

- ♦ Compulsions are repetitive behaviors or mental acts that a person feel driven to perform in response to an obsession to reduce distress.

#### Q4 - Common Compulsions?

- ♦ Common Compulsions are:
  - Cleaning
  - Repeating
  - Checking
  - Ordering and arranging
  - Mental Compulsions like counting etc.

#### Q5 - What is OCD?

- ♦ OCD is a common, chronic and long lasting disorder in which a person has uncontrollable, recurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over.

#### Q6 - What are its Causes?

- ♦ Main causes are:
  - Psychoanalytic theories
  - Serotonin deficiency
  - Genetic Factors

#### Q7 - Treatment Modalities?

- ♦ There are several modalities or methods of treatment:
  - Psychotherapy
  - Pharmacological Treatment like SSRI, S, Clomipramine
  - E.C.T.
  - Self-help and coping
  - Psychosurgery

#### Q8 - What is Psychosurgery?

- ♦ Psychosurgery is a type of surgery used in rare cases to treat severe mental health problems, when all other treatments have failed. These include:
  - Anterior Cingulotomy
  - Capsulotomy
  - Limbic leucotomy

These surgeries involve the separation of the frontal cortex from deep limbic structures.

