



# SGRD Synapse

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SRI GURU RAM DAS UNIVERSITY  
OF HEALTH SCIENCES, SRI AMRITSAR

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



## National Voters' Day Celebrated



National Voters' Day was celebrated at SGRD Medical College with great enthusiasm. The event aimed to promote awareness and participation in the electoral process among young people. The college organized various activities to mark the day, including poster-making competitions, speeches, and panel discussions on the importance of voting. Students took a pledge to register as voters and to motivate others to vote as well. The students gained tremendous insight into the significance of their votes. The event made them reflect on how they can contribute to the country when they become eligible voters.

## Pariksha Pe Charcha



SGRD Medical College screened Pariksha Pe Charcha by the Prime Minister Sh. Narindra Modi in the college auditorium, which was packed to capacity with eager attendees. Pariksha Pe Charcha left a profound impact on the students of SGRD Medical College, providing them with wisdom and inspiration directly from the Prime Minister himself during this crucial exam period. The auditorium was filled with hope and enthusiasm as students left feeling equipped with practical tips to approach exams with renewed confidence and vigor.

*Dear Friends,*

Annual international education day was celebrated on January 24. The main theme this year is "Learning for lasting Peace". It is a wonderful and much needed initiative. Education and teachers transform life with an everlasting impact. It changes the way one views the world and influences how they treat others. Education can act as a catalyst to create more democratic, peaceful and respectful communities because it can transform the mindset. So let's pledge to bring this change in society through education as this commitment to peace is more urgent than ever!

*Dr. Manjit Singh Uppal*  
Vice Chancellor



## Folk Songs & Festivities Galore: How SGRD College of Nursing Rang in the Lohri Season



The lively sounds of traditional Punjabi folk filled the air as the annual Lohri festival was celebrated with great enthusiasm at SGRD Nursing College. Students, faculty and staff all gathered on the college grounds and circled the fire, singing folk songs and performing the traditional Gidda dance.



## Scribble Day Celebration by MBBS Batch 2018

### ► Clinical Snippet

#### Orbital Cellulitis Rare Complication of Parotitis in Newborns



Late preterm (35 weeks)/ Birth weight 2000 grams/ Male/ born via normal vaginal delivery with no perinatal complications. Baby presented to SGRD NICU at day of life 25 days with chief complaint of fever, swelling over the right parotid area and orbit. Septic workup was sent and USG local part was done, suggestive of parotid gland abscess. It was associated with features of orbital cellulitis such as proptosis, purulent discharge and chemosis for

which ophthalmology consultation was taken and advised MRI orbit which was suggestive of orbital abscess and mass effect on adjacent structures. Incision and Drainage was done by ophthalmologist under all aseptic conditions and patient was treated with topical and intravenous antibiotics. Gradually the general condition of the patient was improved and started on feeds. After completion of antibiotics course, patient was being discharged under satisfactory condition. Currently patient is 6 months old, developmentally normal, happy and healthy. Neonatal parotitis is a rare condition in neonates and orbital cellulitis is another rare complication of this. Early treatment with appropriate antibiotics or surgical intervention if required will prevent morbidity and mortality in neonates such as brain abscess.

**Dr Samandeep K. Samra**  
Assistant Professor

**Dr. Gursharan S. Narang**  
Prof. & Head, Pediatrics

## World Cancer Day Celebrated



To commemorate World Cancer Day and raise awareness about this devastating disease, the faculty and students of SGRD College of Nursing organized an impactful program at the Govt. Girls Sen. Sec. School, Kot Baba Deep Singh, Amritsar with the theme 'Close the Care Gap', emphasizing the need to improve access to cancer care and treatment across communities. The well-attended event was graced by the presence of several esteemed personalities including Dr. Manpreet Kaur, Dr. Meena Sudhan, Dr. Neeraj Jain and other faculty members. A total of 80 patients and their caregivers participated in the educational talks and activities.

## Dietetics Day Celebrated



The Clinical Nutrition and Dietetics Department of Sri Guru Ram Das University of Health Sciences celebrated Dietetics Day by educating budding Nutrition students about the principles of 'Hospital based dietetics'.

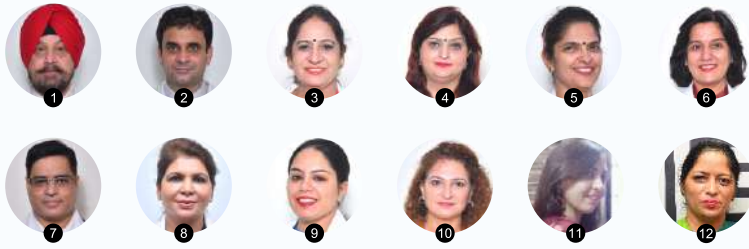


## Istari Kavi Darbar



The spiritual event 'Istari Kavi Darbar' organized by Guru Gobind Singh Study Circle, was held at the historic and sacred Gurudwara Ber Sahib in Sultanpur Lodhi. This meaningful program brought together followers to celebrate and honor the revered Sikh Gurus thoughts through devotional poetry. The highlight of the event was the soulful recitation of religious verses by four students from SGRD College of Nursing. To honor their dedication and melodious kirtan, they were presented gleaming trophies.

## Resource Faculty for Scientific Sessions



### Department of Ophthalmology

- ❶ Dr. Shakeen Singh gave talks during '1st AIOS International Conference' and '39th APAO Congress' held at Singapore and at Bali, Indonesia respectively. He was also a panelist and gave a talk in a CME on 'Winter Conference IIRSI 2024' held at Amritsar.
- ❷ Dr. Pawan Prasher gave video presentation during 'Winter Conference IIRSI 2024' held at Amritsar.

### Department of Anatomy

- ❸ Dr. Anupama Mahajan, ❹ Dr. Anterpreet Kaur, ❺ Dr. Punita Salwan and ❻ Dr. Monika Piplani chaired a scientific session in 5th Conference of NCAS on 'Basic Life Support Program' held at GMC, Patiala.

### Department of Chest & TB

- ❼ Dr. Sunil Grover gave talk during 'World AIDS Day' held at Amritsar.

### Department of Dermatology

- ❽ Dr. Jasleen Kaur delivered a guest lecture during CME on 'Management of Ageing Free' at KEMS Lahore.
- ❾ Dr. Guneet Awal gave talks during "Pigmentary Disease" & 'Dermacon2024' held at Amritsar and Hyderabad respectively.

### Department of Physiology

- ❿ Dr. Kawalinder Kaur Girgla chaired a session at a conference on 'Clinical Exercise Physiology for Health & Sickness' held at Mohali.

### Department of Obstetrics & Gynae

- ⓫ Dr. Sangeeta Pahwa was panelist in a CME on 'Probiotics in Modern Obstetrics and Gynaecology' held at Hotel Clark Inn, Amritsar. She was also a moderator during e-conference on "3rd MMLCON 2024 (Managing midlife - Prevention & Solutions) Embracing Golden Years".



SGRD  
*Synapse*

## » Marching forward....

### NeuroEquilibrium Posturography



The Audiology and Speech-Language Pathology (ASLP) wing of the ENT Department at Sri Guru Ram Das Institute of Medical Sciences & Research, Vallah, Sri Amritsar,

is outfitted with the latest and most sophisticated NeuroEquilibrium posturography instrument. This advanced assessment tool gives our experienced ASLP team the power to pinpoint the root causes of patient's balance issues, whether they stem from visual, proprioceptive or vestibular system challenges. By analyzing the body's responses to various sensory stimuli, our ASLP specialists can develop a targeted, evidence-based treatment plan tailored to each patient's unique needs, whether that involves customized vestibular rehabilitation exercises, assistive devices or other interventions, restoring their confidence and get them back to living life to the fullest.

**Dr. AP Singh**  
Dean, SGRDUHS

### College of Nursing

- ⓬ Dr. Manpreet Kaur was panelist during 'Principals Meet' held at Mohali. She was the judge in a scientific session during '12th National Conference on Outcome Based Education and Application of Generative AI' held at MIMS College of Nursing, Kozhikode, Kerala.

## Awards and Achievements

### Department of Psychiatry



Dr. Amandeep Singh was honored with a prestigious award from the American Psychological Association. He was elected to an international status for one-year.

## Sayonara MBBS Batch 2018



for they precede new beginnings .....



### Case Scenario

### Role of physiotherapy in Chikungunya Arthritis



A 50-year-old diabetic male came to physiotherapy OPD with the chief complaint of severe pain in small joints of his hand and feet bilaterally and early morning stiffness for the last 2 months. The past history revealed an episode of high-grade fever and rash 2 months back. Chikungunya IgM immunoassay was positive and was treated on lines of chikungunya arthritis with NSAIDs, hydroxychloroquine and supportive care. Since then he had persistent pain and swellings in both hands and feet with severe pain in his ankles, knees (figure 1) and wrist bilaterally causing a lot of difficulty in day-to-day activities.

The pain improved with medication only to reoccur after some time. The physiotherapeutic plan was made and followed for eight weeks. On the first visit, he was having a limping gait, with no assistive aids. There was oedema on right knee (++/4+), wrist (+/4+) and hands (+/4+) on assessing oedema (grading) performed on 1ST day. On palpation joints were painful rating 8 on VAS pain rating scale and squeeze test was positive. There was a limitation of joint range of motion and reduced muscle strength to grade 4. After 8 weeks of individualised programme consisting of hot fomentation, TENS therapy, myofascial release, isometrics, closed chain exercises, stretching and strengthening exercises along with home based exercises plan, pain was reduced to level 3 on VAS, no oedema and marked improvement in joint range and muscle strength. He is able to perform his daily physical activities and became socially active again.

#### Q1 - What is chikungunya?

- Chikungunya is an emerging, epidemic-prone mosquito-borne disease caused by chikungunya virus (CHIKV), an RNA virus in the alphavirus genus of the family *Togaviridae*, transmitted by mosquitoes like *Aedes aegypti* and *Aedes albopictus* which also transmit Dengue and Zika viruses.

#### Q2 - What are the different phases of Chikungunya arthritis?

- Acute phase (3 weeks):** fever and intense polyarthralgia and/or arthritis, edema and tenosynovitis.  
**Subacute phase (3 weeks to 3 months):** fever usually disappears but moderate to severe musculoskeletal symptoms along with morning stiffness.  
**Chronic Phase (>3 months):** Persistent arthralgia and arthritis leading to joint erosions and damage, and mimics rheumatoid arthritis.

#### Q3 - What is the role of physiotherapy in chikungunya arthritis?

- Physiotherapy plays a significant role during all stages of infection to decrease pain, swelling and strengthen the muscles around the inflamed joints as an adjuvant with standard medicine care, especially in patients with comorbidities where NSAIDs, steroids and DMARDs are to be used very cautiously. Home based physiotherapy in addition to hospital based observed protocol greatly improves the outcome.

#### Q4 - How can physical therapy help in managing the pain and other symptoms during initial phases?

- Physiotherapy based on kinesiotherapy and manual therapy is a priority treatment option as a part of non-pharmacological therapy, planned and individualized according to the phases of the disease and co-existing conditions.
  - In Acute Stage:** Cryotherapy and rest is given to the swollen and inflamed joints as per the patient's arthralgia.
  - In Sub-Acute Stage:** Myofascial release therapy, active assisted movements within pain free range and non-weight-bearing exercises to lower limb joints and ice compressions are to be continued if the joints show swelling.

#### Q5 - Briefly explain the physiotherapy protocol in the chronic phase?

- TENS therapy, Isometrics and closed chain exercises, assisted pulley exercises, aerobics, strengthening and stretching exercises are the mainstays. Articular mobilization and neuromuscular coordination are helpful in some patients. Low effect aerobic exercises such as walking and mild form of exercise to major joints of upper limb can also be included in the exercise protocol.

#### Q6 - What are the newer therapies for pain management?

- Recent trials of rehabilitation therapies with transcranial direct current stimulation and pilates are known for their role in reducing pain and improving functionality.

### Food for thought

Education is the most  
**POWERFUL WEAPON**  
which you can use to  
**CHANGE THE WORLD.**

