

SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES, SRI AMRITSAR

SGRD
Synapse

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



Jaipur Foot Camp



Free Jaipur Foot Camp is now permanently operational at Sri Guru Ram Das Institute of Health Sciences & Research, Sri Amritsar. Our heartfelt gratitude to Shri Gulab Chand Kataria, Hon'ble Governor of Punjab, who graced the occasion as Chief Guest and spoke passionately about the importance of providing free prosthetic limbs to empower patients with disabilities. S. Rajinder Singh Mehta, Member SGPC on behalf of Shiromani Gurdwara Parbandhak Committee has made a significant contribution by donating a cheque of Rs. 10,00,000/- to support the treatment of disabled patients. With free prosthetic limbs and mobility aids, we're not just offering support, we're restoring dignity, confidence and enhancing the quality of life for those facing physical challenges.

Launched SGRD SIGN



SGRD is the 1st Institute in Punjab and 4th in India to be a part of the initiative.

Dear Friends,

Year 1994, Plague paralyzes Surat. Year 2009 Swine flu spreads across continents. Year 2020 COVID-19 - A pandemic! World stands still, lives perish & we feel helpless; but this time we learn. We learn that our health is not an isolated entity but part of an ecosystem that involves environment, animals & human population. This realisation led to the emergence of the concept of "One Health". This unified vision promotes global security of health. It involves the core principles of communication & coordination among diverse sectors of agriculture, wildlife, environment & human population. Capacity building with training of workforce and collaborative efforts across countries are another important principles necessary for propagation of this idea. As a pioneer medical university we should lead this initiative not only as front liners but also as responsible inhabitants of this ecosystem. It's time to make this world a healthier place for our future generations. So research, share data, participate in surveillance and share your insights with all those around you. Let us pledge to bring this into action. "One health" Let it echo everywhere for the sake of our health and our future generations!


Dr. Manjit Singh Uppal
Vice Chancellor



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White Coat Ceremony



Cadaveric Oath



NABH Program on Implementation of 6th Edition Hospital Accreditation Standards



Awareness Rally & CME on "One Health"



A rally and CME on "One Health" was conducted by the Department of Community Medicine. One Health is the unifying approach that seeks to sustain balance and optimize the health of people, animals and ecosystems.

SGRD - Laerdal Signed MoU



Conference on Rhinoplast 2025



World Mental Health Day Celebrated



Conference on DFSICON 2025



World Anatomy Day Celebrated

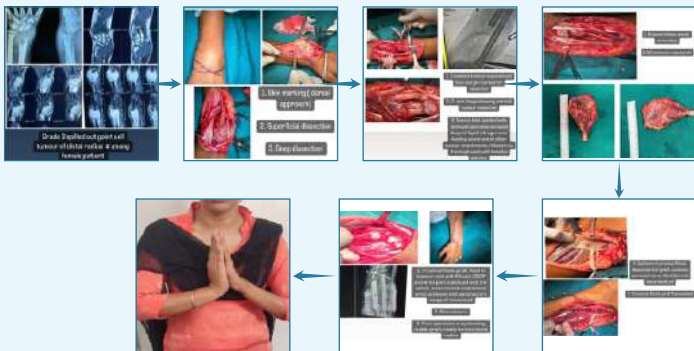


Newborn Week Celebrated



► Clinical Snippet

Distal Radius Giant Cell Tumor



A 28-year-old female presented with swelling on left wrist for past 10 months, which gradually enlarged and got painful at even at rest. On examination swelling was oval in shape, hard in consistency, non-adherent to underlying skin, non-compressible and non-fluctuant. Wrist ROM was markedly decreased. X-ray showed distal radius – soap bubble eccentric, expansile lesion. MRI showed Campanacci Grade-III Spilled Giant Cell Tumor of Left Radius. The lesion was biopsy proven GCT. Patient underwent wide tumour resection (5cm margin) with fibular head auto-graft reconstruction. Post-operation swelling resolved and patient regained satisfactory ROM of left wrist pain free.

Dr. Gagan Khanna
Professor, Department of Orthopaedics

Resource Faculty for Scientific Sessions



Department of Anatomy

- 1 Dr. Anupama Mahajan chaired a scientific session in CME at AIIMS Bathinda and in National Conference NCHPE 2025 at CMC, Ludhiana.
- 2 Dr. Seema & 3 Dr. Monika Piplani chaired a scientific session in Conferences at AIIMS, Bathinda & Darbanga Bihar respectively.

Department of Chest & TB

- 4 Dr. Sunil Grover delivered lecture during CME on "ILD-Master-class Basics to Recent advanced" held at Amritsar.

Department of Microbiology

- 5 Dr. Sarbjeet Sharma was the panelist in the conference "10th GISICON 2025" held at Jammu.
- 6 Dr. Poonam Sharma delivered a talk during CME held at Amritsar.

Department of Dermatology

- 7 Dr. Saurabh Sharma was the chairperson in the Conference held at Mohali, faculty & panelist in the CME held at Amritsar.

Department of Physiology

- 8 Dr. Richa Ghay Thaman organised Hackathon & was judge in National conference NCHPE 2025 at CMC Ludhiana.

Department of Community Medicine

- 9 Dr. Harpreet Kaur and 10 Dr. Manisha Nagpal chaired a session in the Conference "28th NZIMPSCON 2025" held at Jammu.
- 9 Dr. Harpreet Kaur was the Chairperson and Panelist in the Conference "VACCICON 2025" at Fardidkot.
- 11 Dr. Harjot Singh was the Chairperson and Delivered a plenary session in EFICON at AIIMS Delhi.

Department of Psychiatry

- 12 Dr. Piyush Mahajan, 13 Dr. Malvika Dahuja & 14 Dr. Amandeep Singh delivered guest lecture in the CME held at Amritsar.

Department of Physiotherapy

- 15 Dr. Mandeep Kang delivered a guest lecture in the CME held at AIIMS, New Delhi.

Awards and Achievements

Department of Chest & TB

- 4 Dr. Sunil Grover awarded Life Membership by HAF-25-112 Hriday-Amrit Foundation

Department of Microbiology and Psychiatry

- 6 Dr. Poonam Sharma, 16 Dr. Gurpreet Kaur and 12 Dr. Piyush Mahajan completed course on "Programme on Implementation of NABH 6th Edition Standards for Hospital".

Elected President of Anatomical Society of India



Dr. Anupama Mahajan was elected President of Anatomical Society of India in NATCON 72 at Darbhanga Bihar.



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► Marching forward....

ACUPLUSE DUO CO2 LASER



With the blessings of Sri Guru Ram Das Ji, on the occasion of Bandi Chhor Diwas, Sri Guru Ram Das University of Health Sciences, Sri Amritsar achieved a new milestone with laying foundation of new state-of-art Airway & Laryngology unit. This cutting-edge facility, featuring the latest technology including Advanced Lasers and Jet Ventilators, will be the first dedicated Trauma Airway and Laryngology Unit in North India. Dr. Kumar Muthalagappan OBE, Director of KM Foundation, UK along with Dr. Guri Sandhu, Chief of Airway and Laryngology Services, Imperial College of Medicine, UK and Dr. A.P. Singh, Dean, SGRDUHS inaugurated newly built state-of-art Airway and Laryngology Unit under department of ENT. This unit will not only function as dedicated Airway unit but also cater to the needs of professional voice users of the entire region.

Dr. AP Singh
Dean, SGRDUHS

World AMR WEEK Celebrated



Perspectiva - Intercollege Debate Competition



Saanjh - Silver Jubilee Celebration Batch 2000





Case Scenario

HIDRADENITIS SUPPURATIVA



A 28-year-old female presented with recurrent, painful nodules and discharging sinuses in both axillae for the past 4 years. The lesions were associated with foul-smelling discharge. There was a history of similar episodes in the groins. The patient reported significant impairment in daily activities and quality of life. On examination, multiple tender nodules, sinus tracts, and cord like scars were noted in the axillary region.

Based on clinical findings, a diagnosis of **Hidradenitis Suppurativa (Hurley Stage II)** was made. The patient was started on oral Clindamycin and Acitretin. Topical clindamycin was given and the patient was planned for Adalimumab therapy.



Food for thought



Q1 - What is Hidradenitis Suppurativa?

- Hidradenitis Suppurativa (HS) is a chronic, recurrent, inflammatory disorder of the follicular unit, characterised by follicular occlusion, rupture, and secondary inflammation, primarily affecting apocrine sweat gland-bearing, intertriginous skin.

Q2 - What are the common sites?

- Sites of involvement, in decreasing frequency, are: axillae, inguinal, perineal, perianal, retroauricular, mammary and inframammary areas, buttocks, pubic region, chest, scalp and eyelids.

Q3 - What are the clinical features of HS?

- HS is usually characterised by recurrent painful nodules, abscesses, purulent & malodorous discharge, sinus tract formation, fibrosis and scarring with a chronic relapsing course.

Q4 - How is HS diagnosed?

- Diagnosis is usually clinical
 - Typical lesion (1 or more) - painful nodules, abscesses, draining sinuses, double - open comedones, bridged scars.
 - Typical distribution - axillae, groins, buttocks, perineal, inframammary region.
 - Chronicity and recurrence of symptoms.
- There is no specific test, but swabs, skin biopsy or imaging (Ultrasonography) may be done to rule out other conditions.

Q5 - What is the treatment protocol?

- Lifestyle modification:**
 - Weight management, smoking cessation may help in many individuals.
 - Wearing loose clothing, maintaining skin care, avoiding deodorants, and laser hair reduction helps to reduce the episodes.

Medical management:

- Topical Clindamycin/ Benzoyl peroxide/ Metronidazole/ Mupirocin for mild disease.
- Oral antibiotics (e.g. tetracyclines) for milder flares and Clindamycin with or without Rifampicin for severe disease.
- Other drugs- Retinoids, Colchicine, Dapsone, Azathioprine, Cyclosporine, Intralesional corticosteroids can also be given.
- Hormonal therapy in the form of Spironolactone/ OCP (especially females).
- Biologic therapies (e.g. Adalimumab/ Infliximab/ Secukinumab).

Procedural treatment:

- Incision and drainage for acute abscesses (not curative)
- Laser therapy or wide surgical excision for advanced disease
- Laser hair reduction for frictional sites

Q6 - Why is early diagnosis important?

- Prevent progression to advanced stages
- Reduce sinus tract formation and scarring
- Improve long-term disease control
- Significantly enhances patient's quality of life

Q7 - What is the clinical course and prognosis?

- Disease onset is typically after puberty, with a reported age range from 16 to 81 years. Because HS can resemble other pustular dermatoses, delays in diagnosis of 7 to 12 years are not uncommon. Remissions are significantly more likely in non smokers, those who have quit smoking, and in non obese individuals.

Q8 - What public health message does this case highlight?

- This case highlights the need for early recognition of HS, reduction of stigma, patient education, and access to multidisciplinary care, as timely treatment can prevent physical disfigurement and psychosocial morbidity.

Q9 - What are the psychological and social impacts of Hidradenitis Suppurativa?

- Hidradenitis suppurativa is associated with significant psychological morbidity due to its chronic, painful, relapsing course, malodorous discharge, scarring, and involvement of intimate areas. Patients commonly experience depression, anxiety, low self-esteem, social withdrawal and impaired quality of life.





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Fresher Party - Ibtida 2025



Farewell Party - Rukhsat



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Fresher Party - Nouveau Fest



SPORTS MEET 2025



FAREWELL - MBBS BATCH 2020

