

SUMMER 2024

MEDIA & CREATIVE CELL

GMC ANANTNAG

PRESENTS NEWSLETTER CUM DIGEST

THE ASCENT

A Journey to wellness...

**PROF. (DR) RUKHSANA NAJEEB
JOINS IN AS PMC AT GMCA TO
NEW ENTHUSIASM**

**GMC ANANTNAG CONDUCTS
COMPLEX PROCEDURES &
SURGERIES**

GMC ANANTNAG BIDS
FAREWELL TO FIRST MBBS
AND PARAMEDICAL BATCH

RADIATION ONCOLOGY
REGISTERS ABOUT 1500
CANCER CASES IN HBCR.



ISSUE-01/S/24

GOVERNMENT MEDICAL COLLEGE
ANANTNAG CLINCHES
PRESTIGIOUS AWARD FOR
OUTSTANDING SERVICES IN
PRADHAN MANTRI JAN AROGYA
YOJANA (AB-PMJAY).



Copyright © 2024 Government Medical College Anantnag.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Principal, Government Medical College Anantnag/Editor-in-Chief, Media & Creative Cell, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, write to the Principal/Editor-in-Chief, addressed “Attention: Permissions Coordinator,” at the address below.

Initiative/Support/Supervision: Prof. Dr. Rukhsana Najeeb (PMC)

Compilation: Dr Owvass H Dar,
Peerzada Faizan Gul,
Aadil Rashid Bhat,
Abrar Gul

Design and Title suggested/drafted by Peerzada Faizan Gul

and approved by: Dr Owvass H Dar

Slogan/Tagline by: Dr Owvass H Dar

Front Cover Image by Abrar Gul.

Support: Department of Radiation Oncology

Support: Dr Mohmad Ashraf, Professor Radiation Oncology

Support: Shahid Hussam.

Issue 01/S/2024. Errors and omissions, if any, are inadvertent and are accepted.



Editor-in-Chief

Media & Creative Cell

GMC Anantnag-192101

www.gmcanantnag.net

Copy of the newsletter will be distributed as under:

1. Administrative Secretary, Health & Medical Education, UT of J&K.
2. Deputy Commissioner, Anantnag, J&K.
3. Director, SKIMS Srinagar, J&K.
4. Coordinator New Medical Colleges, J&K.
5. Vice Chancellor, University of Kashmir.
6. Vice Chancellor, IUST, Awantipora, J&K.
7. Vice Chancellor, SKAUST, J&K
8. Principal, GMC Srinagar/Jammu/Baramulla/Rajouri/Kathua/Doda/Handwara/Udhampur/SKIMS

'PREFACE'



Welcome to the inaugural summer issue of **The Ascent**, the new health newsletter from Government Medical College Anantnag. As we embark on this journey, our goal is to offer a vibrant and short snapshot of the achievements, advancements, and activities within our medical community.

In this debut edition, we celebrate the exceptional accomplishments of our health departments and the significant strides made in healthcare delivery and research. We also explore highlights from recent conferences that have enriched our academic environment and provide updates on various academic programs designed to propel our collective expertise forward.

To ensure that **The Ascent** remains engaging and accessible, we've crafted this issue to be concise and to the point. We aim to deliver crucial information without overwhelming detail, making it both informative and reader-friendly.

Additionally, this newsletter serves as a platform for health professionals to share their perspectives on pressing issues and emerging trends. We invite you to engage with the content, contribute your thoughts, and participate in the ongoing dialogue that shapes our field.

We are thrilled to present this first issue and look forward to your feedback and active involvement as we strive together toward excellence in healthcare. Any suggestions for improvement in the newsletter will be taken positively by the M&CC and will be considered in the future issues.

Peerzada Faizan Gul
Radiation Therapist,
Department of Radiation Oncology
Associate Editor, M&CC.

Thank You!

Government Medical College and Associated Hospitals Anantnag extends deepest gratitude for your exemplary leadership and steadfast commitment during your respective tenure. Your dedication and vision have significantly contributed to the growth and success. You will always be remembered!



PROF. (DR) SHAUKAT JEELANI



PROF. (DR) TARIQ SYED QURESHI



PROF. (DR) ANJUM FARHANA

Table of Contents

Preface

Gratitude to ex-PMCs

PMC's Assumption of Charge	1-3
From the Media Spokesperson's Desk	4
Departmental Highlights	5-13
Poster Competition	14
Workshop on Surgical Techniques (OB&GY)	15
Adnexal Masses & Womens' Health	16
Allergic Rhinitis-Master Class	16
Research Methodology Workshop	17
World AIDS Day	17
World Radiology Day	18
Advanced Trauma & Cardiac Arrest Management	19
Dental Health Frontiers	20
VIGIPHARM	21
Virtual Autopsy	21
Obesity: An overview	22
Caring for Health of Healthcare Workers	23
Toothpicks: A Case Study	24
Hair Cloning-A Reality?	25
Research in Nursing Profession	26
Zoonotic Diseases-Focus on Kashmir	27
Evidence Based Nursing	28
Radiotherapy in GMC Anantnag	29
Preventing Substance Abuse	30
Upper GI Prevalence in Kashmir	31
Farewell to the First Batch	32

M&CC GMC Anantnag Team

Government Medical College (GMC) Anantnag proudly welcomes the appointment of Prof (Dr) Rukhsana Najeeb as its new Principal, effective May 1st, 2024. Bringing a distinguished record of service as the former Head of the Department at Dept of Anesthesiology, GMC Srinagar, Prof (Dr) Najeeb stands poised to lead GMC Anantnag into a new era of excellence. The entire GMC Anantnag community, comprising esteemed faculty members, consultants, Medical Officers, Residents, Paramedical staff, and ministerial personnel, extends a warm and enthusiastic welcome to Prof (Dr) Rukhsana Najeeb. Her vast experience and expertise promise to invigorate our institution, setting a course for unprecedented levels of achievement.



Principal Joins in to reaffirm commitment to Quality Healthcare

Assumption Of Charge

Brief Achievements as Head: >>>

1. Organ Transplants (Cochlear, renal), First transplant performed on October 13, 2022., Nine kidney transplants have been performed. 42 cases of Cochlear implants done
2. Anaesthesia in Intervention Cardiology and Radio Frequency Ablation
3. Non operative room anaesthesia (Radiological Suite, Radiotherapy) Bariatric Anaesthesia
4. Live Workshops and Training Programs in Obstetrics, Urology, Robotics and Minimal Access Surgery
5. Increase in number of ICU Beds from 7 to 56 with starting of 4 new ICUs in various GMC Srinagar and Associated Hospitals in last four and half years.
6. Starting of Super Specialty Theatre Complex and Achieving Goals of More than 5000 Super Specialty Cases per year.
7. Starting of Maxillo-Facial Surgeries in Super Specialty Hospital on regular bases since last three years.
8. Constant promotion of research work and hands on training programs using simulator technology for improvement of skill and better patient outcome.
9. Special emphasis on teaching and learning process which is accomplished by thrice a week interactive class and seminars on monthly basis.
10. Starting of DrNB in Critical Care with three DrNB students intake per year.
11. FNB in Trauma and Critical Care, Paediatric Anaesthesia, three DrNB students per year..
12. B.Sc. Anaesthesia Technology since last three years with at least 10 student intake per year.
13. Increase in number of post graduate seats from 24 to 35.
14. Palliative care and pain-management training for 10 districts of J&K union territory.

Principal Speaks:

I am immensely honored to have joined Government Medical College (GMC) Anantnag as Principal on the 1st of May 2024. It gives me great pleasure to pen this address for our esteemed health bulletin/newsletter, "The Ascent."

GMC Anantnag has been performing outstanding work in providing exemplary healthcare services. The dedication and hard work of our staff, who tirelessly work around the clock, have been pivotal in ensuring that our community receives the best possible care. Our institution has been proactive in organizing awareness and health camps, which have significantly contributed to the well-being of our people. These camps have played a crucial role in spreading awareness about various health issues and providing medical assistance to those in need. Additionally, our continuous medical education programs have ensured that our medical professionals remain updated with the latest advancements in the field of medicine. We are proud to have added several new facilities to our institution, including a pacemaker facility, CT and ultrasound-guided biopsies, Fibro scan, cancer surgeries, and chemotherapies for cancer patients, among others.

These advancements are a testament to our commitment to enhancing patient care and expanding our medical capabilities. We are proud to have added several new facilities to our institution, including a pacemaker facility, CT and ultrasound-guided biopsies, Fibro scan, cancer surgeries, and chemotherapies for cancer patients, among others. These advancements are a testament to our commitment to enhancing patient care and expanding our medical capabilities. Looking ahead, my priorities include the establishment of a Surgical ICU, a Cath lab for cardiac patients, modular operating theatres,

bronchoscopy services, and MRI facilities, among others. We also plan to start indoor services for psychiatric patients, anesthesia for gastroenterological procedures, sedation in pulmonary procedures, and anesthesia in electroconvulsive therapy (ECT). I would like to extend my deepest gratitude to all faculty members, consultants, medical officers, SR/JRs, PGs, Paramedical staff, ministerial staff and sanitation workers. Your unwavering commitment and tireless efforts have been the backbone of our institution's success. Together, we will continue to strive for excellence in healthcare and education.

Regards.

setting the stage & WELCOMING THE PRINCIPAL



The medical college community extended a warm and heartfelt welcome to its new principal, marking the occasion with a series of thoughtful and celebratory events. The principal was presented with bouquets of



flowers and a custom welcome gift by various departments, symbolizing the collective appreciation of the college community. Throughout the day and till late evening, the atmosphere was one of optimism and collaborative spirit, reflecting a shared commitment to the college's mission and goals. The warm welcome set a positive tone for the principal's tenure, reinforcing the community's dedication to working together to advance the institution's success and academic excellence.



Subsequent upon joining as Principal GMC Anantnag, Professor (Dr) Rukhsana Najeeb, conducted a comprehensive inspection of various departments at MMABM Hospital, the Associated Hospital of GMC Anantnag located at Janglatmandi, taking stock of the functioning of various sections.



Principal GMC Anantnag inspecting General Surgery Ward, Principal GMC Anantnag with HOD Surgery, Dr Nazir Ahmad Wani and Medical Superintendent AH-GMC Anantnag, Dr Muzaffar Hussain Sherwani. The Principal was apprised of various facilities available with the department.



PMC Prof (Dr) Rukhsana Najeeb taking delayed overview of Modular theatres under installation along with experts from Anesthesia and surgical departments. The Principal emphasized the role of modular theatres in surgical interventions, seconded by HoDs of Surgery & Anesthesia.



The Advisory Committee on Health and Medical Education, led by Prof. (Dr) Ajit Nagpal, visited Government Medical College (GMC) Anantnag to assess its infrastructure, academic programs, and future needs. Principal Prof. (Dr) Rukhsana Najeeb welcomed the committee and provided an overview of the Institute.



Principal, GMC Anantnag with the Advisory Committee on Health and Medical Education, led by Prof. (Dr) Ajit Nagpal, visited Government Medical College (GMC) Anantnag to assess its infrastructure, academic programs and various facilities. The team was apprised by Principal of various developments in the hospital.



In a dedicated effort to enhance the educational and healthcare infrastructure, the Principal of Government Medical College (GMC) Anantnag, Prof. (Dr) Rukhsana Najeeb, conducted an extensive review of Nursing College Kulgam. The visit was one of the many to ensure smooth and quality education in all colleges.



Professor Dr Rukhsana Najeeb, Principal Medical College Anantnag conducted a comprehensive inspection of various departments at MMABM Hospital, focusing on the Medical OPD, Ayush OPD, Dental Section, CT sections, Day Care Radiation-oncology ward and the ATF and Psychiatry units.



The Government Medical College (GMC) Anantnag was honored to host Dr. Syed Abid Rashid (IAS), the Administrative Secretary of Health & Medical Education, for a comprehensive day-long visit to its Associated Hospitals in Anantnag and its main campus at Dialgam.



Prof. (Dr.) Rukhsana Najeeb, Principal of Government Medical College (GMC) Anantnag, conducted an extensive inspection of the operation theatres at MMABM Hospital Janglatmandi today. This inspection is part of the ongoing efforts to ensure that the hospital's surgical facilities are fully equipped.

INSPECTIONS & CHECKS



DR OWVASS H DAR

FROM THE MEDIA SECRETARY'S DESK

I am delighted to announce the upcoming release of the first edition of the health bulletin, "The Ascent: A Journey to Wellness," from Government Medical College (GMC) Anantnag. This marks a significant milestone for our esteemed faculty, consultants, medical officers, dental surgeons, and contributors. It symbolizes our collective effort to address crucial health issues in the region through innovative and technologically driven solutions.

The Evolution of GMC Anantnag

Witnessing the evolution of GMC Anantnag, from the erstwhile District Hospital Anantnag to a full-fledged medical institution, fills me with immense pride. As the Senior Consultant Radiologist, Spokesperson cum Member Secretary, and Editor of this health bulletin, I, Dr. Owvass Hamied Dar, proudly declare that significant achievements have been made in a remarkably short span of time. These advancements span both the academic front and healthcare services, which have seen tremendous improvements.

Dedicated Service and Public Impact

Having served as the Spokesperson for GMC Anantnag for the last five years, I have consistently worked with dedication and determination to highlight the exceptional developments at the college and its associated hospitals. Through print and electronic media, I have showcased the positive impact of GMC Anantnag on the general public, projecting its good work across all platforms, including national and UT level CMEs, conferences, and workshops held at GMC Anantnag. The collaboration of our faculty members, consultants, medical officers, and dental surgeons has greatly enhanced healthcare delivery across the region. GMC Anantnag now serves not only South Kashmir but also extends its services to the districts of Ramban, Reasi, Doda, and Kishtwar.

Across the Region

The collaboration of our faculty members, consultants, medical officers, and dental surgeons has greatly enhanced healthcare delivery across the region. GMC Anantnag now serves not only South Kashmir but also extends its services to the districts of Ramban, Reasi, Doda, and Kishtwar.

Appreciation for the Team

Our dedicated medical and paramedical staff, ministerial staff, and sanitation workers, have consistently contributed to the significant growth of GMC Anantnag. The expertise of our team in their respective fields will undoubtedly pave the way for groundbreaking contributions to healthcare. My sincere congratulations go to the Media and Creative Cell, headed by Principal GMC Anantnag, Prof. (Dr.) Rukhsana Najeeb, whose dedication made this health bulletin possible.

I also extend my gratitude to Peerzada Faizan Gul, Radiation Therapist and Associate Editor cum Writer, whose invaluable contribution ensured the timely release of this first edition. I also want to thank Abrar Gul, Photographer for his skill in capturing moments worth remembering.

With sustained dedication, I am confident that GMC Anantnag will ascend as a leading medical institution in the state, effectively translating knowledge into impactful action. As a proud member of this esteemed institution, I look forward to witnessing the continued growth and success of our collective endeavors in advancing medical education and healthcare delivery.



Sincerely,
Dr Owvass H Dar
Consultant Radiologist,
Spokesperson, M&CC,
GMC Anantnag

DEPARTMENTAL HIGHLIGHTS

DR OWVASS H DAR | PEERZADA FAIZAN GUL



Department of General Medicine

1. Department has started post graduate DNB courses.
2. 1st Batch of BSC Dialysis graduated.
3. Department is Providing three super specialty services viz Gastroenterology, Cardiology and Neurology apart from General Medicine.
4. Department has started Therapeutic endoscopic Procedures like: Removal of foreign body, polypectomy, H Pylori Test, EVL Banding etc.
5. Dialysis going on for last 8 years.
6. Cardiac Care in the form of thrombolysis for MI, Echocardiography tests, TMT and Cardio version of different dysrhythmias.
7. Permanent Pacemaker implantation started since August 2023, about 45 patients have been put on permanent pacemakers till date.
8. Neurology section is doing EEG, Sleep Studies and Thrombolysis of stroke patients
9. Respiratory section is doing PFT, Pleurodesis and Fibrinolysis.
10. Fibroscan installed.



INDIGESTION

First Endoscopic Removal of Intestinal Tumor at Govt Medical College Anantnag



The Department of General Medicine Govt Medical College Anantnag proudly performed a successful endoscopic removal of an intestinal tumor (colonic polyp). This groundbreaking procedure at our institution, was performed under the guidance of HOD Medicine Dr. Mushtaq Ahmad Lone and led by Associate Professor Dr. Mashkoor Ahmad Beg supported by a dedicated team including Mr. Farooq Ahmad Malik, Mr. Layeek Gular, Mr. Asif, and Mr. Tariq.

First Pacemaker Implantation



Two dual chamber Pacemaker implantation Surgeries were performed on 24.07.2023, the first of its kind in south Kashmir. The surgeries were conducted in Ortho theatre under C-arm and lasted for 3 hours. The cardiology team under the supervision of Ex-HOD medicine Dr. Gh. Jeelani Romsho, was led by Senior consultants Dr. Shameem Iqbal and Dr Showkat H shah and Registrar, Dr Bilal Ganie with full support from Anesthesia department, technical and nursing staff.

GRATITUDE



PROF. DR. GHULAM JEELANI ROMSHOO

Ex-HoD, Gen. Medicine

As you step into this new chapter, may you enjoy the well-deserved relaxation and endless adventures that await. Your legacy of excellence and passion will continue to be admired and cherished. Cheers to a fulfilling and joyful retirement!



DR. SYED ABDUL LATIEF SIDDQUI

Ex-HoD, Gen. Medicine

Your legacy will undoubtedly leave a lasting impact, and we celebrate you and all that you've accomplished. Wishing you a retirement filled with happiness and fulfillment!

DEPARTMENTAL ACHIEVEMENTS

Department of General Surgery

The department has conducted CME on "Update on Gastric Carcinoma on 20.06.2019, "Mid-term CME" under the aegis of JAKASI on 07.07.2022 and "CME on GERD" on 20.05.2024

2. Department started Post Graduate DNB Courses.

3. The department performed these surgeries for the first time in this hospital.

a) Laparoscopic hernia surgeries (TEP, TAPP, IPOM, IPOM Plus)

b) Pancreatic surgeries (Frey's procedure, pancreato-splenectomy)

c) Urological procedures (radical cystectomy with ileal conduit, Lap Nephrectomy)

d) Laparoscopic GI Surgeries (Lap gastrectomy, Lap Hemicolectomy, Lap low anterior resection for rectal cancers)

e) Different chest surgeries like decortication, hydatid cyst excision.

4. Dr Mir Mujtaba Ahmad received prestigious Dr N. Rangabhysham Gold Medal for outstanding academic excellence in Surgical Gastroenterology in DrNB Exit 2022.

5. Dr Nazir Ahmad Wani (HoD Surgery), Dr Zahid Mohd Rather and Dr Nadeem Rashid attended 18th International Conference of Association of Minimal Access Surgeons of India (AMASICON 2023) at Raipur Chhattisgarh.

GRATITUDE



DR. ALTAF AHMAD WANI

Your remarkable career has been marked by dedication, skill, and an inspiring work ethic. As you move into this new phase of life, may you enjoy the fruits of your hard work and embrace each day with joy and adventure.

Government Medical College Anantnag Successfully Performs Complex Pancreatic Surgery



Department of General surgery successfully performed a complex surgical procedure on a 60-year-old female patient diagnosed with a mucinous tumor of the pancreas diagnosed at the Department of Radiology, GMC Anantnag. The complex procedure was performed by dedicated surgical team led by Dr. Khalid Basheer, Surgical Gastroenterologist, under the leadership of Dr. Nazir A. Wani, HOD Dept of General Surgery. The anesthesia team was led by Dr. Anjum Shamim, HOD of Anesthesia.



GMC Anantnag Performs Successful Radical Cysto- prostatectomy, Pioneering Local Advanced Urology Care



GMC Anantnag, a beacon of medical excellence in the region, has achieved a remarkable feat with the successful completion of a radical cysto-prostatectomy, underscoring its commitment to advancing uro-oncological care within the community.

The medical team led by Urologist Dr. Zahoor Ahmad Gilkar with the assistance of Dr Malik Suhail and technical team performed a groundbreaking procedure on a 65-year-old patient diagnosed with Cancer Urinary bladder. Dr Nazir Ahmad Wani, HOD, Dept of Surgery supervised the team.

The Anesthesia team was led by Dr. Anjum Shameem, HOD Dept of Anesthesia. The department endeavors to perform such cases routinely.

GRATITUDE

- Dr Mohd Ashraf**
Associate Professor, Pediatrics
- Mohd. Yaqoob Dar**
Administrative Officer
- Syed Mohamad Shafi**
Section Officer
- Farooq Ahmad Parray**
Sup. Theater Tech.
- Abdul Gani Mugloo**
Supervisor Pharmacist
- Mushtaq Ahmad Khanday**
Sr. Pharmacist
- Dilshada Akhter**
Sr. Grade Nurse
- Abdul Rashid**
Bhat Sup. Dental Tech.
- Nazir Ahmad Sheikh**
Chauffer
- Felory Akhter**
Nursing Orderly

Their contribution in patient care and development of AH GMC Anantnag will forever be remembered and etched in the memories. GMC Anantnag through **The Ascent** is grateful to every member for their contribution and congratulates them on their superannuation.

DEPARTMENTAL ACHIEVEMENTS

Department of Pediatrics

- Dept started Post Graduate DNB Courses
- The Department of Pediatrics GMC Anantnag hosted first ever North Zone Neocon in UT of Jammu and Kashmir on 9th & 10th June 2023.
- Department organized 5 Preconference workshops in June 2023 and CME/Workshop on Advanced trauma and cardiac arrest management in collaboration with the British Kashmiri Medical Association on 12th October, 2023.
- Pediatrics department presented research work in 4 international conferences (SKAUST Srinagar, Ahmadabad Gujrat, Dubai UAE, Paris France (online) in 2023.
- HOD Pediatrics received best researcher award and APJ Abdul Kalam Inspirational Award and Atal Achievement award, 2023



Department of Pediatrics at GMC Anantnag Successfully Performs Double Volume Exchange Transfusion on Neonate.



The Department of Pediatrics at Government Medical College (GMC) Anantnag achieved a significant medical milestone by successfully performing a double volume exchange transfusion on a 60-hour-old neonate at the Maternal and Child Health Hospital (MCCH) Anantnag.

The procedure was conducted by postgraduate DNB students, Dr. Yamesh Bardwaj and Dr. Shabir Ahmad Mallah, under the expert supervision of Dr. Showkat Hussain Tali, Head of the Department of Pediatrics.

Treating Gastroenteritis

1. Drink plenty of fluids to replace the fluids lost from vomiting & diarrhea.
2. Rest at home to avoid further contagion.
3. Take probiotics to reduce the duration and severity of diarrhea in children.

Supplements

Information: Sacharomyces boulardii is an effective treatment for children with diarrhea associated with gastroenteritis & acute diarrhea. It has been shown to significantly reduce the duration of diarrhea by one day and is known to reduce the duration of vomiting in infants with acute diarrhea.

Warning: If a child has been vomiting excessively and/or having multiple bouts of diarrhea per day and has not been able to tolerate any food or fluids, they should be assessed by a medical professional.

Department Of Psychiatry

- Establishment of Addiction Treatment Facility (ATF)
- Registration OF IEC-GMCA with DHR and CDSCO
- IEC-GMCA was awarded registration with National Ethics Committee Registry For Biomedical And Health Research (NECRBHR)
- Department Of Health Research (DHR).
- Celebration of NO TOBACCO DAY
- Celebration of WORLD MENTAL HEALTH DAY
- Establishment of Opioid Substitution Therapy Centre
- Dept started Post Graduate DNB courses.
- E-poster was presented by Dr Rasikha Khan (2nd year DNB resident, in a national level conference (MIDCIPS 2024) held on 21st April 2024 at SKIMS Medical College Srinagar



GMC Anantnag's Ethics Committee Granted Dual Registration by DHR and CDSCO, Elevating Medical Research Standards



GMC Anantnag proudly announces the dual registration of its Ethics Committee by the Department of Health Research (DHR) and the Central Drugs Standard Control Organization (CDSCO) on April 18, 2024. This milestone underscores GMC Anantnag's commitment to advancing medical research and innovation, positioning it as a frontrunner in ethical biomedical studies, bioequivalence assessments, and clinical trials.

SAY NO TO DRUGS

CHOOSE A BETTER LIFE

Let's take a stand and say no to drugs. Let's choose a healthy and fulfilling life instead. Together, we can make a difference and create a drug-free society.

A BETTER LIFE CHOOSE TO DRUGS

DRUGS DESTROY FAMILIES

DEPARTMENTAL ACHIEVEMENTS

Department of Orthopedics and Spine Surgery

- More than 1300 major surgeries have been done since Jan 2023. Out of these procedures more than 1100 patients have been operated under SEHAT scheme.
- In addition to routine OPDs, IPDs and surgeries, the department has started performing complex spine surgeries including cervical spine surgeries.
- The department has started arthroscopy procedures, management of sports injuries, HIP arthroplasty, TKR, pelvic surgeries and adult deformity correction.

1st Total Knee Replacement Surgery done in GMC Anantnag



60-year female suffering from severe OA both knees with deformity on left side and difficulty in walking underwent successful Total Knee Replacement (TKR) on left side with excellent results.

Operating Team included HOD Orthopedics, Dr Younis Kamal assisted By Senior Residents, Dr Mir Sami Ullah, Dr Khalid Nisar and Dr Ajaz Ahmad. Anesthesia support was given by HOD Anesthesia Dept, Dr Anjum Shamim, Assoc Prof, Dr Zaffar Ahamd malik and Consultant Dr Shaista

Illizarov method of deformity correction started at GMC Anantnag



12-year-old girl with neglected congenital club foot with difficulty in walking underwent Illizarov method of deformity correction and deformity corrected fully. Patient remained admitted in our hospital for 4 months and was done under golden card.

Operating Team included HOD Orthopedics, Dr Younis Kamal assisted By Senior Residents, Dr Mir Sami Ullah, Dr Khalid Nisar and Dr Ajaz Ahmad. Anesthesia support was given by HOD Anesthesia dept, Dr Anjum Shamim, Assoc Prof, Dr Zaffar Ahamd malik and Consultant Dr Shaista

Department of Community Medicine

- Sub-National Certification for TB Free India was conducted wherein Dr. Irfa Naqshbandi & Dr. Fouzia Nazir were Nodal officers.
- Family Adoption Program was conducted for the MBBS batch 2023.
- Conducted annual surveys, school health survey and outreach Screening Programs in the field practice areas of UHTC-Brakpora, RHTC-Sagam and NTPHC – Larkipora (Family Adoption Program area).
- Influenza vaccination drive conducted for health care workers of GMC Anantnag
- The faculty was organisers in various conferences of the institution viz; ACOIN, KASOCON.

- Dr. Mahbooba Rasool (Associate Professor) was conferred with award of excellence in community ophthalmology in annual conference of ACOIN at Bilaspur, Chhattisgarh
- Seminar on World Rabies Day, World AIDS day in collaboration with Blood and Transfusion Medicine and World Mental Health Day in collaboration with Department of Psychiatry
- Conducted two-day Bio-Medical Research Methodology workshop/sensitization program for DNB scholars of the institution.



Family Adoption Program organized by Department of Community Medicine GMC Anantnag



The Department of Community Medicine, GMC Anantnag orchestrated a remarkable medical camp as part of its Family Adoption Program. This initiative epitomized a unified endeavor involving faculty, residents, interns, and students, underscoring the institution's dedication to community engagement and public health.

The Family Adoption Program, a pioneering approach to healthcare delivery, endeavors to furnish comprehensive medical services to underserved communities while instilling a sense of responsibility and empathy among healthcare professionals towards the families they serve.

DEPARTMENTAL ACHIEVEMENTS

Department Of ENT & Head and Neck Surgery

- The Department of ENT procured high-end ZEISS microscope, Karl Storz FESS system, Medtronic neuro nerve monitor, navigation system, Ethicon harmonic system, Karl Storz drill and debrider system etc.
 - In 5 years among various routine surgeries the Department has done 200+ thyroid surgeries, 40+ parotid surgeries, a few maxillectomies and diagnosed more than 75 CA larynx/hypopharynx cases.
- CME on Salivary gland tumors (21.02.2023)

- World Hearing Day. (03.03.2023)
- ENT Masterclass 1: CME "on Obstructive Sleep Apnea Syndrome in Children" ON 26.07.2023.
- ENT Masterclass 2: CME "Update on Allergic Rhinosinusitis" on 20.09.2023.
- Postgraduate DNB students presented various research projects in state and national level conferences/CME's and received awards.
- Department of ENT conducted various Outreach Camps in collaboration with Department of SPM.

Dr Owvass H Dar, Consultant was appreciated by Hon'ble LG, Sh. Manoj Sinha.

Medical Milestone: Successful Total Laryngectomy at GMC Anantnag



The Department of ENT & Head and Neck Surgery at GMC Anantnag accomplished a groundbreaking cancer surgery on a 62-year-old patient. Admitted on December 5, 2023, with advanced laryngeal carcinoma with cartilage invasion. On January 1, 2024, the patient underwent a six-hour-long Total Laryngectomy with elective Neck dissection (R), Hemithyroidectomy (R), and the placement of a voice prosthesis (TEP). The surgical team, led by Prof (Dr) Sajad Qazi, included ENT specialists Dr Amir Yousuf, Dr Umar Shafi, Dr Salman Khurshid, and Dr Ehsan Ahmad. The anesthesia team, headed by Dr Zafar Ahmad Malik and Dr Khalida, supported by assistants Riyaz Ahmad and Firdous Ahmad.

Department of Radiology

- Installation of 128 Slice CT Scanner & 3 high End Color doppler USG Machines with 3D/4D Facility
- Starting of CT and USG guided biopsies, Guided PCN, Pigtail drainage etc.
- 1st Batch of BSC Radiography students Graduated.
- 08 Post Graduate DNB Students undergoing training.
- Celebration of "World Radiography Day".
- Dr Owvass H Dar received appreciation award from FAIMA, India, given by Delhi Health and Family Welfare Minister.
- Syed Nahida, Radiography Technician presented paper on Imaging of VVF and large bladder calculus at World.

Congress ISRRT Hong Kong.

Ultrasound guided Interventions are also routinely being done in the department of Radiology



USG Guided Percutaneous Nephrostomy (PCN)

Done by Sr Consultant Radiologist, Dr Owvass Hamied Dar with Assoc Prof Surgery Dr Zahid Mohd Rather assisted by HOD Radiology Dr Mir Saiqa Shafi and Senior Residents, Dr Younis Sediq.



CT guided Biopsies are routinely being done in department of Radiology



The Department of Community Medicine, GMC Anantnag orchestrated a remarkable medical camp as part of its Family Adoption Program. This initiative epitomized a unified endeavor involving faculty, residents, interns, and students, underscoring the institution's dedication to community engagement and public health.

The Family Adoption Program, a pioneering approach to healthcare delivery, endeavors to furnish comprehensive medical services to underserved communities while instilling a sense of responsibility and empathy among healthcare professionals towards the families they serve.

DEPARTMENTAL ACHIEVEMENTS

Department of Ophthalmology

- Celebrated Glaucoma week in the month of March along with outreach programme with Glaucoma Seminar conducted in MMABM Hospital GMC Anantnag
- Celebrated organ donation week in the month of September 2023
- Introduction of Post Graduate DNB courses in the department with 4 Allotted Seats Per Year
- Introduction of new surgeries like Pediatric glaucoma surgeries and Squint surgeries.
- Research projects viz Vascular Occlusion in young patients and water drinking test in Glaucoma are currently going on.



Dr Rayees Ahmad (Assistant professor) received “FOTI President appreciation award” at AIIMS New Delhi and award of excellence in community ophthalmology ACOIN 2023 at Bilaspur.

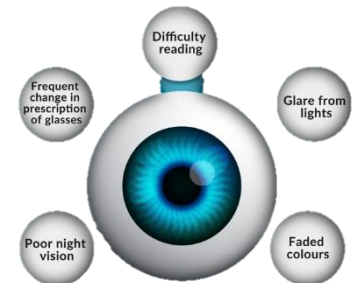
Groundbreaking Bilateral Cataract Surgery Performed at GMC Anantnag in single sitting



A remarkable medical achievement, a 27-year-old syndromic patient from the remote area of Banihal, suffering from bilateral blindness and mental health issues,

underwent successful bilateral cataract extraction with lens implantation at GMC Anantnag in single sitting. The surgery was expertly conducted by a dedicated team of professionals: Dr. Rayees Ahmad (Assistant Professor), Dr. Aisha (Senior Resident), Dr. Khalida (Consultant Anaesthesia), Dr. Zaffar (Associate Professor, Anaesthesia), and Dr. Showkat (Senior Resident, Anaesthesia).

What are the symptoms of cataract?

**Department of Physiology**

- From last two academic years (2022 and 2023) University toppers in 1st year MBBS (overall and particularly in the subject of Physiology) are from GMC Anantnag.
- The department has been recently sanctioned 02 PG DNB seats in Physiology
- Department regularly conducts Model exhibitions, Chart competitions, seminars for the students.

Researches Published:

- Prevalence of Menstrual problems and their Association with psychological stress among students of a medical college in Northern India.
- Evaluation of Self-directed Learning Readiness among Students of Medicine and Allied Branches in South Kashmir, India.
- A comparative study of oxygen saturation (SpO₂) at rest and after 6-minutes walking test in young adults with variable BMI.
- Impact of covid-19 pandemic on medical education challenges for faculty and medical and paramedical students in medical college.
- Department conducts regular grand rounds



Model exhibition

**Department of Anatomy**

- 1. The department so far has trained 400 undergraduate Medical students and 430 Nursing Paramedics students
- From last two academic years (2022 and 2023) University toppers in 1st-year MBBS are from GMC Anantnag

Research Projects:

1. Correlation of Dermatoglyphics. Blood Group & Gender-A. J&K based observational study
2. Anthropometric study of Nasal parameters for sex determination among medical students
3. Study of Sensorineural hearing loss in patients of CSOM
4. On Going Researches:

Case Report: High Bifurcation of Brachial Artery with Superficial course of Radial Artery in Forearm

- The Department is actively participating in academic activities including CMEs, conferences, workshops, grand rounds and master classes.
- The Department is also taking part in extra cocurricular activities held regularly by the college, encouraging students to participate.

DEPARTMENTAL ACHIEVEMENTS

Department of Gynaecology and Obstetrics

- Performed exceptional cases like Lap per-vaginal Repair., Lap Scar Ectopic and Lap Fallopian tubal recanalization

CMEs/Seminars/Workshops/Conferences:

- Conducted CME on "Infertility" on 05/12/2022.
- Conducted workshop on IUI (Intra-uterine insemination) on 05/12/2022.
- Conducted grand rounds on "thyroid disorders during pregnancy" on 30/08/2023.
- Starting of laparoscopic operational theatre.

- Department conducted two workshops in the year 2022 viz; Open Surgical Suturing knotting techniques and Endoscopic suturing workshop in collaboration with the Department of Surgery. Faculty working in the Department participated in CBME where one of the faculty members namely Dr Aquisa Bashir acted as teacher. Faculty working in the Department also take part in basic course in Biomedical research and later all faculty members qualified exam of the same.
- Conducted CME on "Adnexal Masses and Women Health" on 28/09/202
- First batch of DNBs completed this course successfully.

- Conducted Workshop on suture knotting techniques along with Bowel Anastomosis/Tendon repair/Bladder repair on 16/05/2024.
- Started both undergraduate and post-graduate courses in the Department.
- Basket of choice contraceptives.
- Implementation of Anemia control programme.

Special Case

- We did a Colonic growth resection who was having multiple comorbidities (CKD, HTN) under Epidural Anaesthesia only.
- Intra-Operatively patient remained haemodynamically stable and pain free. Hypotensive events were managed by Mephetermine boluses.



Advanced Laparoscopic Procedures are routinely performed at MCH Hospital



Successful Laparoscopic Management of Patient with Grade IV, deeply infiltrating endometriosis with bilateral Ovarian endometriomas, bilateral hydrosalpinx and associated rectal involvement.

Dr Syed Nawaz, Assoc Prof and HOD Gynaecology operated upon the patient with his team including Dr Tanzeela, Dr Rehana, Dr Shagufta, Dr Zohra, Dr Nighat Majeed, Dr Riyaz Malik, Dr Showket, Mr Zubair, Mr Peer Javaid, Mr Bhat Javaid, Mr Mohd Aslam, Mr Firdous and Mr Iqbal.

Such procedures are routinely performed in the department leading to improved patient care and very less referral rates. The Department is working in other dimensions as well to provide modern, updated and technologically advanced treatment to patients in the region.

Department Of Forensic Medicine

- An international conference cum workshop on Virtual Autopsy conducted by the department of FMT in June 2023 (22 & 23 June).
- The department of FMT conducted training of medical officers, JRs, and SRs of clinical departments to train them in MLCs and post mortem with a theme of Training of Trainers- A Medico-Legal Update in the year 2019, 2020 & 2021.
- The department of FMT also conducted a One-day workshop for training of Police Officers of district Anantnag in association with DPL Anantnag regarding training of police officers while dealing with Medico-legal cases.
- In addition to this, the department of FMT has also done more than 350 cases of post mortem, around 40 cases of Sexual Assault Examination
- Estimation of age in more than 200 Medico & Non-Medico-legal cases and other works related to FMT. More than 14 publications in National & International journals.
- In the Year 2021-22 HOD FMT, Dr Azia Manzoor got best paper presentation award.

Department Of Anesthesiology

- Department has started regional blocks which are safer with better patient compliance. Regular epidural and nerve blocks have made patient satisfaction and safety our primary aim.
- Starting of BSC OT/AT courses has boosted academics in anesthesia department.
- Challenging cases which required referral to GMC Srinagar and SKIMS Soura has reduced immensely.
- Surgical intensive care Unit (SICU) and Pain clinic are in pipeline.
- Eight (8) hour long radical uretero-cystectomy with ileal conduit was recently done.
- Introduction of USG guided blocks such as supraclavicular block, TAP block, obturator blocks, popliteal block, etc have become a day-to-day norm being actively pursued by Dr Zafar Malik, Associate Professor.
- Conduction of FAT exams.
- The Department recently held a grand round in collaboration with the Department of Radiation Oncology.

DEPARTMENTAL ACHIEVEMENTS

Department of Microbiology

1. Establishment of COVID-19 testing lab
2. Establishment of Microbiology Service Laboratory in for Bacteriology, Tuberculosis, Parasitology, Mycology, Serology and Virology
3. Establishment of Medical Level - Viral Research and Diagnostic Laboratory (VRDL) under Department of Health Research (DHR) sanctioning of Sentinel Site for the National One Health Programme for Prevention and Control of Zoonoses (NOHP-PCZ) by National Centre for Disease Control (NCDC)
4. Department is going to start DNB Microbiology course from the session 2024-25"
5. Running Hospital Infection Control program for associated hospitals, conducting regular workshops and training programs on Hospital Acquired Infection
6. Sterilization and disinfection of OTs, ICUs and other patient care areas, standard precautions etc. within and outside the campus on various topics.
7. Hepatitis B control program for HCW.
8. Antimicrobial stewardship needle stick injury prevention and management.
9. Biomedical waste management.

Antimicrobial Resistance Awareness Programme held in Kashmir University at its South Campus



Antimicrobial Resistance awareness week Workshop held in KU South Campus

First ever successful Tooth Re-implantation case by Dr Mirza Aumir Beg, Consultant Pedodontist assisted by Dr Jawad Rather.



Department of Blood Bank and Transfusion Medicine



1. Blood Donation Camps: Successfully conducted 29 blood donation camps, collecting a total of 1,394 units of blood.
2. In-House Blood Collection: Gathered 2,844 units of blood through in-house collections.
3. Blood Distribution: Supplied 3,328 units of blood to patients at AH GMC Anantnag.
4. Support to Other Hospitals: Provided 704 units of blood to various blood storage units and other hospitals.

Blood Components Separated in 2023

1. Packed Red Blood Cells (PRBCs): Successfully separated 3,211 units.
2. Fresh Frozen Plasma (FFP): Processed and separated 2,580 units.
3. Platelet Concentrates (PC): Generated 1,357 units through separation.

Department of Dentistry

- The Department introduced state of the art facilities such as Dental Laser System, Apex Locators, RVG System (a computer based digital X-Ray system).
- The Department of Dentistry carried out first Maxillary Cyst surgery case under general anesthesia was done by consultant Dr Latief Ahmad Najar under the supervision of HOD Dentistry Dr Sanjeet Singh Risam.
- The department performed First ever successful Tooth Re-implantation case. Case was done by Dr Mirza Aumir Beg, Consultant Pedodontist.
- Department has started taking biopsies from oral lesions. The Department of Dentistry held a seminar on TMJ & its disorders.

Achievements (2023-24)

1. Pioneers in Blood Component Services: Among the first new medical colleges to obtain a blood component license and initiate blood component services from 1st January, 2023.
2. Mother Blood Centre: Serving as the primary blood center for 7 licensed blood storage units (4 government and 3 private).
3. National Participation: Actively participated in the nationwide Blood Donation Mahotsav drive.
7. AIDS Awareness Program: Organized a seminar in collaboration with the Department of Social and Preventive Medicine on 1st December, 2023



Principal GMC Anantnag, Prof (Dr) Rukhsana Najeeb Presenting a certificate to one of the regular Blood donors.

- Trauma cases and Temporomandibular joint disorder management is now being done routinely.
- The Department of Dentistry conducted a CME/CDE Programme on 11th May 2024.
- Dr Adil Wani Received Divisional Commissioners Award for managing the RAT COVID-19 facility.



First Maxillary Cyst surgery case under general anesthesia was done by consultant Dr Latief Najar under the supervision of HOD Dentistry Dr Sanjeet Singh Risam, members included Dr Adil Wani, Mr Saleem and Mr Javaid

DEPARTMENTAL ACHIEVEMENTS

Department of Pathology

- Department of Pathology provided services like Histopathology, Cytopathology, Hematopathology and Clinical Pathology.
- The Department started rendering full-fledged Histopathology services within just two years of inception of the newly established five new Medical Colleges, making GMC Anantnag,
- Three Post Graduate DNB seats have been allotted to the department from current session.
- Immuno-Histo-Chemistry (IHC) which will not only help in confirming our Histopathology Diagnosis but also give therapeutic benefits to the Cancer Patients.



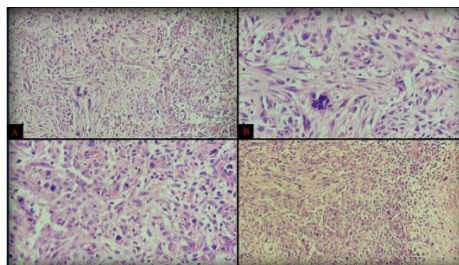
- The Department has been actively participating in various academic activities and has been conducting grand rounds every year.

Department Of Radiation Oncology

- Maintaining Hospital Based Cancer Registry wherein about 1500 cancer patients have been registered, primarily during the last 3 years.
- About 2500 Chemotherapies delivered.
- Palliative procedures (Taps, pleurodesis etc.) are routinely performed.
- Organization of World Cancer Day every year.
- Teaching of UG (MBBS/Paramedical).
- Department has a liaison with SCI and CSK for cancer management.
- Establishment of Tumor Board



Rare variant of Squamous Cell Carcinoma, Sarcomatoid Carcinoma of Larynx diagnosed in department of Pathology



One of the rare variants of Squamous Cell Carcinoma is the Sarcomatoid Carcinoma, also called Spindle Cell Carcinoma was diagnosed at Dept of pathology, GMC Anantnag. Team headed by HOD Pathology; Dr Shuaeb Bhat diagnosed this rare cancer on Histopathology.

The Immunohistochemistry report was received later which confirmed the diagnosis of Sarcomatoid Carcinoma with the tumor showing positivity for p53, p63, EMA along with Ki-67 proliferation index of 60-70%. Many similar cases have been diagnosed in the Department. The Department is continuously improving in diagnosis.

Radiation Oncology strives in the fight against Cancer



The Department of Radiation Oncology has worked tirelessly over the years in the treatment and management of cancer patients despite inadequate facilities. The Department has successfully treated numerous cancer cases. However, the lack of radiotherapy equipment has greatly limited the ability to treat and cure many cases. Hundreds of patients have found a hope in our Department which is evident from the fact that more than 2500 chemotherapy sessions have been delivered to such patients over the years.

Department of Pharmacology

1. Appreciation for contributing towards ICSRs to National Coordination Centre (NCC) Pharmacovigilance Programme of India (PVPI) from Ministry of Health & Family Welfare, Govt. of India.
2. Pharmacovigilance week under the aegis of Indian Pharmacopoeia Commission (IPC) was celebrated in the last week of September 2023.
3. Conduct of Antimicrobial Resistance week on 18th - 24th November 2023
4. VIGIPHARM: National CME cum workshop on Pharmacovigilance & Material vigilance was conducted on 15th June 2023.
5. Post Graduate DNB Courses started in Dept of Pharmacology, two batches currently undergoing PG Courses.

Department of Biochemistry

1. The department is not only teaching MBBS students, but are also involved with B.Sc Nursing and B.Sc paramedical students.
2. The department has so far trained 400 under graduate medical students & 430 nursing & paramedical students
3. Department regularly conducts Model Exhibition, Chart Competition, Seminars for the students.
4. Grand Round on the topic CRISPR: "Genome and Editing and Beyond" delivered by Dr Masroof Ahmad Malik.
5. The Department regularly holds festive poster presentation competitions to enhance creativity of students.

DEPARTMENTAL HIGHLIGHTS

DR OWVASS H DAR | PEERZADA FAIZAN GUL



Department of General Medicine

1. Department has started post graduate DNB courses.
2. 1st Batch of BSC Dialysis graduated.
3. Department is Providing three super specialty services viz Gastroenterology, Cardiology and Neurology apart from General Medicine.
4. Department has started Therapeutic endoscopic Procedures like: Removal of foreign body, polypectomy, H Pylori Test, EVL Banding etc.
5. Dialysis going on for last 8 years.
6. Cardiac Care in the form of thrombolysis for MI, Echocardiography tests, TMT and Cardio version of different dysrhythmias.
7. Permanent Pacemaker implantation started since August 2023, about 45 patients have been put on permanent pacemakers till date.
8. Neurology section is doing EEG, Sleep Studies and Thrombolysis of stroke patients
9. Respiratory section is doing PFT, Pleurodesis and Fibrinolysis.
10. Fibroscan installed.

First Endoscopic Removal of Intestinal Tumor at Govt Medical College Anantnag



The Department of General Medicine Govt Medical College Anantnag proudly performed a successful endoscopic removal of an intestinal tumor (colonic polyp). This groundbreaking procedure at our institution, was performed under the guidance of HOD Medicine Dr. Mushtaq Ahmad Lone and led by Associate Professor Dr. Mashkoor Ahmad Beg supported by a dedicated team including Mr. Farooq Ahmad Malik, Mr. Layeek Gular, Mr. Asif, and Mr. Tariq.

First Pacemaker Implantation



Two dual chamber Pacemaker implantation Surgeries were performed on 24.07.2023, the first of its kind in south Kashmir. The surgeries were conducted in Ortho theatre under C-arm and lasted for 3 hours. The cardiology team under the supervision of Ex-HOD medicine Dr. Gh. Jeelani Romsho, was led by Senior consultants Dr. Shameem Iqbal and Dr Showkat H shah and Registrar, Dr Bilal Ganie with full support from Anesthesia department, technical and nursing staff.

GRATITUDE



PROF. DR. GHULAM JEELANI ROMSHOO

Ex-HoD, Gen. Medicine

As you step into this new chapter, may you enjoy the well-deserved relaxation and endless adventures that await. Your legacy of excellence and passion will continue to be admired and cherished. Cheers to a fulfilling and joyful retirement!



DR. SYED ABDUL LATIEF SIDDQUI

Ex-HoD, Gen. Medicine

Your legacy will undoubtedly leave a lasting impact, and we celebrate you and all that you've accomplished. Wishing you a retirement filled with happiness and fulfillment!



INDIGESTION

DEPARTMENTAL ACHIEVEMENTS

Department of General Surgery

The department has conducted CME on "Update on Gastric Carcinoma on 20.06.2019, "Mid-term CME" under the aegis of JAKASI on 07.07.2022 and "CME on GERD" on 20.05.2024

2. Department started Post Graduate DNB Courses.

3. The department performed these surgeries for the first time in this hospital.

a) Laparoscopic hernia surgeries (TEP, TAPP, IPOM, IPOM Plus)

b) Pancreatic surgeries (Frey's procedure, pancreato-splenectomy)

c) Urological procedures (radical cystectomy with ileal conduit, Lap Nephrectomy)

d) Laparoscopic GI Surgeries (Lap gastrectomy, Lap Hemicolectomy, Lap low anterior resection for rectal cancers)

e) Different chest surgeries like decortication, hydatid cyst excision.

4. Dr Mir Mujtaba Ahmad received prestigious Dr N. Rangabhysham Gold Medal for outstanding academic excellence in Surgical Gastroenterology in DrNB Exit 2022.

5. Dr Nazir Ahmad Wani (HoD Surgery), Dr Zahid Mohd Rather and Dr Nadeem Rashid attended 18th International Conference of Association of Minimal Access Surgeons of India (AMASICON 2023) at Raipur Chhattisgarh.

GRATITUDE



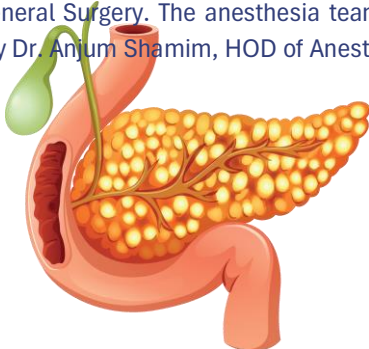
DR. ALTAF AHMAD WANI

Your remarkable career has been marked by dedication, skill, and an inspiring work ethic. As you move into this new phase of life, may you enjoy the fruits of your hard work and embrace each day with joy and adventure.

Government Medical College Anantnag Successfully Performs Complex Pancreatic Surgery



Department of General surgery successfully performed a complex surgical procedure on a 60-year-old female patient diagnosed with a mucinous tumor of the pancreas diagnosed at the Department of Radiology, GMC Anantnag. The complex procedure was performed by dedicated surgical team led by Dr. Khalid Basheer, Surgical Gastroenterologist, under the leadership of Dr. Nazir A. Wani, HOD Dept of General Surgery. The anesthesia team was led by Dr. Anjum Shamim, HOD of Anesthesia.



GMC Anantnag Performs Successful Radical Cysto- prostatectomy, Pioneering Local Advanced Urology Care



GMC Anantnag, a beacon of medical excellence in the region, has achieved a remarkable feat with the successful completion of a radical cysto-prostatectomy, underscoring its commitment to advancing uro-oncological care within the community.

The medical team led by Urologist Dr. Zahoor Ahmad Gilkar with the assistance of Dr Malik Suhail and technical team performed a groundbreaking procedure on a 65-year-old patient diagnosed with Cancer Urinary bladder. Dr Nazir Ahmad Wani, HOD, Dept of Surgery supervised the team.

The Anesthesia team was led by Dr. Anjum Shameem, HOD Dept of Anesthesia. The department endeavors to perform such cases routinely.

GRATITUDE

- Dr Mohd Ashraf**
Associate Professor, Pediatrics
- Mohd. Yaqoob Dar**
Administrative Officer
- Syed Mohamad Shafi**
Section Officer
- Farooq Ahmad Parray**
Sup. Theater Tech.
- Abdul Gani Mugloo**
Supervisor Pharmacist
- Mushtaq Ahmad Khanday**
Sr. Pharmacist
- Dilshada Akhter**
Sr. Grade Nurse
- Abdul Rashid Bhat**
Sup. Dental Tech.
- Nazir Ahmad Sheikh**
Chauffer
- Felory Akhter**
Nursing Orderly

Their contribution in patient care and development of AH GMC Anantnag will forever be remembered and etched in the memories. GMC Anantnag through **The Ascent** is grateful to every member for their contribution and congratulates them on their superannuation.

DEPARTMENTAL ACHIEVEMENTS

Department of Pediatrics

- Dept started Post Graduate DNB Courses
- The Department of Pediatrics GMC Anantnag hosted first ever North Zone Neocon in UT of Jammu and Kashmir on 9th & 10th June 2023.
- Department organized 5 Preconference workshops in June 2023 and CME/Workshop on Advanced trauma and cardiac arrest management in collaboration with the British Kashmiri Medical Association on 12th October, 2023.
- Pediatrics department presented research work in 4 international conferences (SKAUST Srinagar, Ahmadabad Gujrat, Dubai UAE, Paris France (online) in 2023.
- HOD Pediatrics received best researcher award and APJ Abdul Kalam Inspirational Award and Atal Achievement award, 2023



Department of Pediatrics at GMC Anantnag Successfully Performs Double Volume Exchange Transfusion on Neonate.



The Department of Pediatrics at Government Medical College (GMC) Anantnag achieved a significant medical milestone by successfully performing a double volume exchange transfusion on a 60-hour-old neonate at the Maternal and Child Health Hospital (MCCH) Anantnag.

The procedure was conducted by postgraduate DNB students, Dr. Yamesh Bardwaj and Dr. Shabir Ahmad Mallah, under the expert supervision of Dr. Showkat Hussain Tali, Head of the Department of Pediatrics.

Treating Gastroenteritis

1. Drink plenty of fluids to replace the fluids lost from vomiting & diarrhea.
2. Rest at home to avoid further contagion.
3. Take probiotics to reduce the duration and severity of diarrhea in children.

Supplements

Information: Sacharomyces boulardii is an effective treatment for children with diarrhea associated with gastroenteritis & acute diarrhea. It has been shown to significantly reduce the duration of diarrhea by one day and is known to reduce the duration of vomiting in infants with acute diarrhea.

Warning: If a child has been vomiting excessively and/or having multiple bouts of diarrhea per day and has not been able to tolerate any food or fluids, they should be assessed by a medical professional.

Department Of Psychiatry

- Establishment of Addiction Treatment Facility (ATF)
- Registration OF IEC-GMCA with DHR and CDSCO
- IEC-GMCA was awarded registration with National Ethics Committee Registry For Biomedical And Health Research (NECRBHR)
- Department Of Health Research (DHR).
- Celebration of NO TOBACCO DAY
- Celebration of WORLD MENTAL HEALTH DAY
- Establishment of Opioid Substitution Therapy Centre
- Dept started Post Graduate DNB courses.
- E-poster was presented by Dr Rasikha Khan (2nd year DNB resident, in a national level conference (MIDCIPS 2024) held on 21st April 2024 at SKIMS Medical College Srinagar



GMC Anantnag's Ethics Committee Granted Dual Registration by DHR and CDSCO, Elevating Medical Research Standards



GMC Anantnag proudly announces the dual registration of its Ethics Committee by the Department of Health Research (DHR) and the Central Drugs Standard Control Organization (CDSCO) on April 18, 2024. This milestone underscores GMC Anantnag's commitment to advancing medical research and innovation, positioning it as a frontrunner in ethical biomedical studies, bioequivalence assessments, and clinical trials.

SAY NO TO DRUGS

CHOOSE A BETTER LIFE

Let's take a stand and say no to drugs. Let's choose a healthy and fulfilling life instead. Together, we can make a difference and create a drug-free society.

A BETTER LIFE CHOOSE TO DRUGS

DRUGS DESTROY FAMILIES

DEPARTMENTAL ACHIEVEMENTS

Department of Orthopedics and Spine Surgery

- More than 1300 major surgeries have been done since Jan 2023. Out of these procedures more than 1100 patients have been operated under SEHAT scheme.
- In addition to routine OPDs, IPDs and surgeries, the department has started performing complex spine surgeries including cervical spine surgeries.
- The department has started arthroscopy procedures, management of sports injuries, HIP arthroplasty, TKR, pelvic surgeries and adult deformity correction.

1st Total Knee Replacement Surgery done in GMC Anantnag



60-year female suffering from severe OA both knees with deformity on left side and difficulty in walking underwent successful Total Knee Replacement (TKR) on left side with excellent results.

Operating Team included HOD Orthopedics, Dr Younis Kamal assisted By Senior Residents, Dr Mir Sami Ullah, Dr Khalid Nisar and Dr Ajaz Ahmad. Anesthesia support was given by HOD Anesthesia Dept, Dr Anjum Shamim, Assoc Prof, Dr Zaffar Ahamd malik and Consultant Dr Shaista

Illizarov method of deformity correction started at GMC Anantnag



12-year-old girl with neglected congenital club foot with difficulty in walking underwent Illizarov method of deformity correction and deformity corrected fully. Patient remained admitted in our hospital for 4 months and was done under golden card.

Operating Team included HOD Orthopedics, Dr Younis Kamal assisted By Senior Residents, Dr Mir Sami Ullah, Dr Khalid Nisar and Dr Ajaz Ahmad. Anesthesia support was given by HOD Anesthesia dept, Dr Anjum Shamim, Assoc Prof, Dr Zaffar Ahamd malik and Consultant Dr Shaista

Department of Community Medicine

- Sub-National Certification for TB Free India was conducted wherein Dr. Irfa Naqshbandi & Dr. Fouzia Nazir were Nodal officers.
- Family Adoption Program was conducted for the MBBS batch 2023.
- Conducted annual surveys, school health survey and outreach Screening Programs in the field practice areas of UHTC-Brakpora, RHTC-Sagam and NTPHC – Larkipora (Family Adoption Program area).
- Influenza vaccination drive conducted for health care workers of GMC Anantnag
- The faculty was organisers in various conferences of the institution viz; ACOIN, KASOCON.

- Dr. Mahbooba Rasool (Associate Professor) was conferred with award of excellence in community ophthalmology in annual conference of ACOIN at Bilaspur, Chhattisgarh
- Seminar on World Rabies Day, World AIDS day in collaboration with Blood and Transfusion Medicine and World Mental Health Day in collaboration with Department of Psychiatry
- Conducted two-day Bio-Medical Research Methodology workshop/sensitization program for DNB scholars of the institution.



Family Adoption Program organized by Department of Community Medicine GMC Anantnag



The Department of Community Medicine, GMC Anantnag orchestrated a remarkable medical camp as part of its Family Adoption Program. This initiative epitomized a unified endeavor involving faculty, residents, interns, and students, underscoring the institution's dedication to community engagement and public health.

The Family Adoption Program, a pioneering approach to healthcare delivery, endeavors to furnish comprehensive medical services to underserved communities while instilling a sense of responsibility and empathy among healthcare professionals towards the families they serve.

DEPARTMENTAL ACHIEVEMENTS

Department Of ENT & Head and Neck Surgery

- The Department of ENT procured high-end ZEISS microscope, Karl Storz FESS system, Medtronic neuro nerve monitor, navigation system, Ethicon harmonic system, Karl Storz drill and debrider system etc.
 - In 5 years among various routine surgeries the Department has done 200+ thyroid surgeries, 40+ parotid surgeries, a few maxillectomies and diagnosed more than 75 CA larynx/hypopharynx cases.
- CME on Salivary gland tumors (21.02.2023)

- World Hearing Day. (03.03.2023)
- ENT Masterclass 1: CME "on Obstructive Sleep Apnea Syndrome in Children" ON 26.07.2023.
- ENT Masterclass 2: CME "Update on Allergic Rhinosinusitis" on 20.09.2023.
- Postgraduate DNB students presented various research projects in state and national level conferences/CME's and received awards.
- Department of ENT conducted various Outreach Camps in collaboration with Department of SPM.

Dr Owvass H Dar, Consultant was appreciated by Hon'ble LG, Sh. Manoj Sinha.

Medical Milestone: Successful Total Laryngectomy at GMC Anantnag



The Department of ENT & Head and Neck Surgery at GMC Anantnag accomplished a groundbreaking cancer surgery on a 62-year-old patient. Admitted on December 5, 2023, with advanced laryngeal carcinoma with cartilage invasion. On January 1, 2024, the patient underwent a six-hour-long Total Laryngectomy with elective Neck dissection (R), Hemithyroidectomy (R), and the placement of a voice prosthesis (TEP). The surgical team, led by Prof (Dr) Sajad Qazi, included ENT specialists Dr Amir Yousuf, Dr Umar Shafi, Dr Salman Khurshid, and Dr Ehsan Ahmad. The anesthesia team, headed by Dr Zafar Ahmad Malik and Dr Khalida, supported by assistants Riyaz Ahmad and Firdous Ahmad.

Department of Radiology

- Installation of 128 Slice CT Scanner & 3 high End Color doppler USG Machines with 3D/4D Facility
- Starting of CT and USG guided biopsies, Guided PCN, Pigtail drainage etc.
- 1st Batch of BSC Radiography students Graduated.
- 08 Post Graduate DNB Students undergoing training.
- Celebration of "World Radiography Day".
- Dr Owvass H Dar received appreciation award from FAIMA, India, given by Delhi Health and Family Welfare Minister.
- Syed Nahida, Radiography Technician presented paper on Imaging of VVF and large bladder calculus at World.

Congress ISRRT Hong Kong.

Ultrasound guided Interventions are also routinely being done in the department of Radiology



USG Guided Percutaneous Nephrostomy (PCN)

Done by Sr Consultant Radiologist, Dr Owvass Hamied Dar with Assoc Prof Surgery Dr Zahid Mohd Rather assisted by HOD Radiology Dr Mir Saiqa Shafi and Senior Residents, Dr Younis Sediq.



CT guided Biopsies are routinely being done in department of Radiology



The Department of Community Medicine, GMC Anantnag orchestrated a remarkable medical camp as part of its Family Adoption Program. This initiative epitomized a unified endeavor involving faculty, residents, interns, and students, underscoring the institution's dedication to community engagement and public health.

The Family Adoption Program, a pioneering approach to healthcare delivery, endeavors to furnish comprehensive medical services to underserved communities while instilling a sense of responsibility and empathy among healthcare professionals towards the families they serve.

DEPARTMENTAL ACHIEVEMENTS

Department of Ophthalmology

- Celebrated Glaucoma week in the month of March along with outreach programme with Glaucoma Seminar conducted in MMABM Hospital GMC Anantnag
- Celebrated organ donation week in the month of September 2023
- Introduction of Post Graduate DNB courses in the department with 4 Allotted Seats Per Year
- Introduction of new surgeries like Pediatric glaucoma surgeries and Squint surgeries.
- Research projects viz Vascular Occlusion in young patients and water drinking test in Glaucoma are currently going on.



Dr Rayees Ahmad (Assistant professor) received “FOTI President appreciation award” at AIIMS New Delhi and award of excellence in community ophthalmology ACOIN 2023 at Bilaspur.

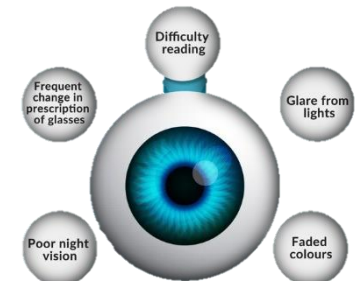
Groundbreaking Bilateral Cataract Surgery Performed at GMC Anantnag in single sitting



A remarkable medical achievement, a 27-year-old syndromic patient from the remote area of Banihal, suffering from bilateral blindness and mental health issues,

underwent successful bilateral cataract extraction with lens implantation at GMC Anantnag in single sitting. The surgery was expertly conducted by a dedicated team of professionals: Dr. Rayees Ahmad (Assistant Professor), Dr. Aisha (Senior Resident), Dr. Khalida (Consultant Anaesthesia), Dr. Zaffar (Associate Professor, Anaesthesia), and Dr. Showkat (Senior Resident, Anaesthesia).

What are the symptoms of cataract?

**Department of Physiology**

- From last two academic years (2022 and 2023) University toppers in 1st year MBBS (overall and particularly in the subject of Physiology) are from GMC Anantnag.
- The department has been recently sanctioned 02 PG DNB seats in Physiology
- Department regularly conducts Model exhibitions, Chart competitions, seminars for the students.

Researches Published:

- Prevalence of Menstrual problems and their Association with psychological stress among students of a medical college in Northern India.
- Evaluation of Self-directed Learning Readiness among Students of Medicine and Allied Branches in South Kashmir, India.
- A comparative study of oxygen saturation (SpO₂) at rest and after 6-minutes walking test in young adults with variable BMI.
- Impact of covid-19 pandemic on medical education challenges for faculty and medical and paramedical students in medical college.
- Department conducts regular grand rounds



Model exhibition

**Department of Anatomy**

- 1. The department so far has trained 400 undergraduate Medical students and 430 Nursing Paramedics students
- From last two academic years (2022 and 2023) University toppers in 1st-year MBBS are from GMC Anantnag

Research Projects:

1. Correlation of Dermatoglyphics. Blood Group & Gender-A. J&K based observational study
2. Anthropometric study of Nasal parameters for sex determination among medical students
3. Study of Sensorineural hearing loss in patients of CSOM
4. On Going Researches:
Case Report: High Bifurcation of Brachial Artery with Superficial course of Radial Artery in Forearm

- The Department is actively participating in academic activities including CMEs, conferences, workshops, grand rounds and master classes.
- The Department is also taking part in extra cocurricular activities held regularly by the college, encouraging students to participate.

DEPARTMENTAL ACHIEVEMENTS

Department of Gynaecology and Obstetrics

- Performed exceptional cases like Lap per-vaginal Repair., Lap Scar Ectopic and Lap Fallopian tubal recanalization

CMEs/Seminars/Workshops/Conferences:

- Conducted CME on "Infertility" on 05/12/2022.
- Conducted workshop on IUI (Intra-uterine insemination) on 05/12/2022.
- Conducted grand rounds on "thyroid disorders during pregnancy" on 30/08/2023.
- Starting of laparoscopic operational theatre.

- Department conducted two workshops in the year 2022 viz; Open Surgical Suturing knotting techniques and Endoscopic suturing workshop in collaboration with the Department of Surgery. Faculty working in the Department participated in CBME where one of the faculty members namely Dr Aquisa Bashir acted as teacher. Faculty working in the Department also take part in basic course in Biomedical research and later all faculty members qualified exam of the same.
- Conducted CME on "Adnexal Masses and Women Health" on 28/09/202
- First batch of DNBs completed this course successfully.

- Conducted Workshop on suture knotting techniques along with Bowel Anastomosis/Tendon repair/Bladder repair on 16/05/2024.
- Started both undergraduate and post-graduate courses in the Department.
- Basket of choice contraceptives.
- Implementation of Anemia control programme.

Special Case

- We did a Colonic growth resection who was having multiple comorbidities (CKD, HTN) under Epidural Anaesthesia only.
- Intra-Operatively patient remained haemodynamically stable and pain free. Hypotensive events were managed by Mephetermine boluses.



Advanced Laparoscopic Procedures are routinely performed at MCH Hospital



Successful Laparoscopic Management of Patient with Grade IV, deeply infiltrating endometriosis with bilateral Ovarian endometriomas, bilateral hydrosalpinx and associated rectal involvement.

Dr Syed Nawaz, Assoc Prof and HOD Gynaecology operated upon the patient with his team including Dr Tanzeela, Dr Rehana, Dr Shagufta, Dr Zohra, Dr Nighat Majeed, Dr Riyaz Malik, Dr Showket, Mr Zubair, Mr Peer Javaid, Mr Bhat Javaid, Mr Mohd Aslam, Mr Firdous and Mr Iqbal.

Such procedures are routinely performed in the department leading to improved patient care and very less referral rates. The Department is working in other dimensions as well to provide modern, updated and technologically advanced treatment to patients in the region.

Department Of Forensic Medicine

- An international conference cum workshop on Virtual Autopsy conducted by the department of FMT in June 2023 (22 & 23 June).
- The department of FMT conducted training of medical officers, JRs, and SRs of clinical departments to train them in MLCs and post mortem with a theme of Training of Trainers- A Medico-Legal Update in the year 2019, 2020 & 2021.
- The department of FMT also conducted a One-day workshop for training of Police Officers of district Anantnag in association with DPL Anantnag regarding training of police officers while dealing with Medico-legal cases.
- In addition to this, the department of FMT has also done more than 350 cases of post mortem, around 40 cases of Sexual Assault Examination
- Estimation of age in more than 200 Medico & Non-Medico-legal cases and other works related to FMT. More than 14 publications in National & International journals.
- In the Year 2021-22 HOD FMT, Dr Azia Manzoor got best paper presentation award.

Department Of Anesthesiology

- Department has started regional blocks which are safer with better patient compliance. Regular epidural and nerve blocks have made patient satisfaction and safety our primary aim.
- Starting of BSC OT/AT courses has boosted academics in anesthesia department.
- Challenging cases which required referral to GMC Srinagar and SKIMS Soura has reduced immensely.
- Surgical intensive care Unit (SICU) and Pain clinic are in pipeline.
- Eight (8) hour long radical uretero-cystectomy with ileal conduit was recently done.
- Introduction of USG guided blocks such as supraclavicular block, TAP block, obturator blocks, popliteal block, etc have become a day-to-day norm being actively pursued by Dr Zafar Malik, Associate Professor.
- Conduction of FAT exams.
- The Department recently held a grand round in collaboration with the Department of Radiation Oncology.

DEPARTMENTAL ACHIEVEMENTS

Department of Microbiology

1. Establishment of COVID-19 testing lab
2. Establishment of Microbiology Service Laboratory in for Bacteriology, Tuberculosis, Parasitology, Mycology, Serology and Virology
3. Establishment of Medical Level - Viral Research and Diagnostic Laboratory (VRDL) under Department of Health Research (DHR) sanctioning of Sentinel Site for the National One Health Programme for Prevention and Control of Zoonoses (NOHP-PCZ) by National Centre for Disease Control (NCDC)
4. Department is going to start DNB Microbiology course from the session 2024-25"
5. Running Hospital Infection Control program for associated hospitals, conducting regular workshops and training programs on Hospital Acquired Infection
6. Sterilization and disinfection of OTs, ICUs and other patient care areas, standard precautions etc. within and outside the campus on various topics.
7. Hepatitis B control program for HCW.
8. Antimicrobial stewardship needle stick injury prevention and management.
9. Biomedical waste management.

Antimicrobial Resistance Awareness Programme held in Kashmir University at its South Campus



Antimicrobial Resistance awareness week Workshop held in KU South Campus

First ever successful Tooth Re-implantation case by Dr Mirza Aumir Beg, Consultant Pedodontist assisted by Dr Jawad Rather.



Department of Blood Bank and Transfusion Medicine



1. Blood Donation Camps: Successfully conducted 29 blood donation camps, collecting a total of 1,394 units of blood.
2. In-House Blood Collection: Gathered 2,844 units of blood through in-house collections.
3. Blood Distribution: Supplied 3,328 units of blood to patients at AH GMC Anantnag.
4. Support to Other Hospitals: Provided 704 units of blood to various blood storage units and other hospitals.

Blood Components Separated in 2023

1. Packed Red Blood Cells (PRBCs): Successfully separated 3,211 units.
2. Fresh Frozen Plasma (FFP): Processed and separated 2,580 units.
3. Platelet Concentrates (PC): Generated 1,357 units through separation.

Department of Dentistry

- The Department introduced state of the art facilities such as Dental Laser System, Apex Locators, RVG System (a computer based digital X-Ray system).
- The Department of Dentistry carried out first Maxillary Cyst surgery case under general anesthesia was done by consultant Dr Latief Ahmad Najar under the supervision of HOD Dentistry Dr Sanjeet Singh Risam.
- The department performed First ever successful Tooth Re-implantation case. Case was done by Dr Mirza Aumir Beg, Consultant Pedodontist.
- Department has started taking biopsies from oral lesions. The Department of Dentistry held a seminar on TMJ & its disorders.

Achievements (2023-24)

1. Pioneers in Blood Component Services: Among the first new medical colleges to obtain a blood component license and initiate blood component services from 1st January, 2023.
2. Mother Blood Centre: Serving as the primary blood center for 7 licensed blood storage units (4 government and 3 private).
3. National Participation: Actively participated in the nationwide Blood Donation Mahotsav drive.
7. AIDS Awareness Program: Organized a seminar in collaboration with the Department of Social and Preventive Medicine on 1st December, 2023



Principal GMC Anantnag, Prof (Dr) Rukhsana Najeeb Presenting a certificate to one of the regular Blood donors.

- Trauma cases and Temporomandibular joint disorder management is now being done routinely.
- The Department of Dentistry conducted a CME/CDE Programme on 11th May 2024.
- Dr Adil Wani Received Divisional Commissioners Award for managing the RAT COVID-19 facility.



First Maxillary Cyst surgery case under general anesthesia was done by consultant Dr Latief Najar under the supervision of HOD Dentistry Dr Sanjeet Singh Risam, members included Dr Adil Wani, Mr Saleem and Mr Javaid

DEPARTMENTAL ACHIEVEMENTS

Department of Pathology

- Department of Pathology provided services like Histopathology, Cytopathology, Hematopathology and Clinical Pathology.
- The Department started rendering full-fledged Histopathology services within just two years of inception of the newly established five new Medical Colleges, making GMC Anantnag,
- Three Post Graduate DNB seats have been allotted to the department from current session.
- Immuno-Histo-Chemistry (IHC) which will not only help in confirming our Histopathology Diagnosis but also give therapeutic benefits to the Cancer Patients.



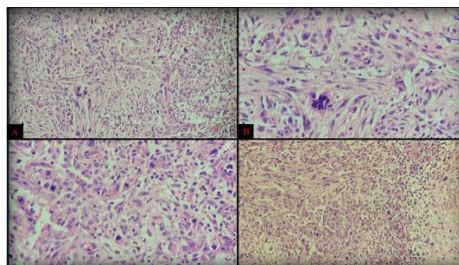
- The Department has been actively participating in various academic activities and has been conducting grand rounds every year.

Department Of Radiation Oncology

- Maintaining Hospital Based Cancer Registry wherein about 1500 cancer patients have been registered, primarily during the last 3 years.
- About 2500 Chemotherapies delivered.
- Palliative procedures (Taps, pleurodesis etc.) are routinely performed.
- Organization of World Cancer Day every year.
- Teaching of UG (MBBS/Paramedical).
- Department has a liaison with SCI and CSK for cancer management.
- Establishment of Tumor Board.



Rare variant of Squamous Cell Carcinoma, Sarcomatoid Carcinoma of Larynx diagnosed in department of Pathology



One of the rare variants of Squamous Cell Carcinoma is the Sarcomatoid Carcinoma, also called Spindle Cell Carcinoma was diagnosed at Dept of pathology, GMC Anantnag. Team headed by HOD Pathology; Dr Shuaeb Bhat diagnosed this rare cancer on Histopathology.

The Immunohistochemistry report was received later which confirmed the diagnosis of Sarcomatoid Carcinoma with the tumor showing positivity for p53, p63, EMA along with Ki-67 proliferation index of 60-70%. Many similar cases have been diagnosed in the Department. The Department is continuously improving in diagnosis.

Radiation Oncology strives in the fight against Cancer



The Department of Radiation Oncology has worked tirelessly over the years in the treatment and management of cancer patients despite inadequate facilities. The Department has successfully treated numerous cancer cases. However, the lack of radiotherapy equipment has greatly limited the ability to treat and cure many cases. Hundreds of patients have found a hope in the Department which is evident from the fact that more than 2500 chemotherapy sessions have been delivered to such patients over the years.

Department of Pharmacology

1. Appreciation for contributing towards ICSRs to National Coordination Centre (NCC) Pharmacovigilance Programme of India (PVPI) from Ministry of Health & Family Welfare, Govt. of India.
2. Pharmacovigilance week under the aegis of Indian Pharmacopoeia Commission (IPC) was celebrated in the last week of September 2023.
3. Conduct of Antimicrobial Resistance week on 18th - 24th November 2023
4. VIGIPHARM: National CME cum workshop on Pharmacovigilance & Material vigilance was conducted on 15th June 2023.
5. Post Graduate DNB Courses started in Dept of Pharmacology, two batches currently undergoing PG Courses.

Department of Biochemistry

1. The department is not only teaching MBBS students, but are also involved with B.Sc Nursing and B.Sc paramedical students.
2. The department has so far trained 400 under graduate medical students & 430 nursing & paramedical students
3. Department regularly conducts Model Exhibition, Chart Competition, Seminars for the students.
4. Grand Round on the topic CRISPR: "Genome and Editing and Beyond" delivered by Dr Masroof Ahmad Malik.
5. The Department regularly holds festive poster presentation competitions to enhance creativity of students.

POSTER COMPETITION

Organised by Department of Biochemistry



The Department of Biochemistry at Government Medical College (GMC) Anantnag successfully hosted a "Poster Presentation Competition" at its main campus in Dialgam. This event was designed for first-year MBBS students, focusing on the theme "Biochemistry in Health and Disease."

The competition saw enthusiastic participation from the students, who showcased their understanding and creativity through informative and visually appealing posters. The event aimed to enhance students' knowledge and presentation skills while fostering a deeper understanding of the role of biochemistry in health and disease.

A distinguished panel of judges, comprising Prof. Mumtaz Din, Prof. Mushtaq Ahmad Lone, Dr. Sami Magray, and Dr. Mehak Mufti, evaluated the presentations. The judges commended the students for their hard work and innovative approaches to presenting complex biochemical concepts.



The event was graced by the presence of Principal GMC Anantnag, Prof. Dr. Rukhsana Najeeb, who served as the Chief Guest. Prof. Dr. Rukhsana Najeeb congratulated all participants and distributed prizes among the winners, encouraging them to continue their academic pursuits with the same zeal and dedication.

This competition not only provided a platform for students to demonstrate their academic prowess but also highlighted the importance of biochemistry in medical education and its application in understanding health and disease.

Principal Dr Rukhsana Najeeb said "Poster presentations offer invaluable opportunities for medical students to enhance their educational experience. They promote critical thinking and research skills by encouraging students to distill complex information into concise, visual formats. This process improves their ability to communicate scientific findings effectively. Additionally, presenting posters at conferences allows students to network with peers and professionals, receive constructive feedback, and gain insights into emerging trends in medicine. Overall, poster presentations foster professional growth, deepen understanding of research, and contribute to career development in the medical field. They also provide a platform for students to showcase their work and build confidence in their presentation abilities.

RESULTS:

THE FIRST THREE:

The results of the competition as conveyed by HOD Biochemistry, Dr Saima Mushtaq are as follows:

1st Position: Poster No. 01 on Diabetes, bagged by Wasil Zahoor

2nd Position: Poster No. 03 on Folic Acid Deficiency, bagged by Shweta

3rd Position: Poster on Hyperthyroidism, bagged by Suhaib Firdous



OBSTETRICS AND GYNAECOLGOGY



COMPREHENSIVE WORKSHOP ON SURGICAL TECHNIQUES

The Department of Gynecology and Obstetrics at Government Medical College (GMC) Anantnag successfully conducted a one-day hands-on workshop focusing on essential surgical techniques including bowel anastomosis, bladder repair, tendon repair, and various knotting and suturing methods.

The event was inaugurated by Prof. (Dr.) Rukhsana Najeeb, Principal of GMC Anantnag. In her opening remarks, Dr. Najeeb emphasized the critical importance of continuous medical education and the need for regular workshops to keep healthcare professionals updated with the latest surgical practices and innovations. The workshop featured several focused sessions, each expertly led by Prof. (Dr.) Chintamani, Former Head of the dept of Surgery, VMMC and Safdarjung Hospital, Delhi. In the Bowel Anastomosis session, Prof. (Dr.) Chintamani provided in-depth training on the intricate techniques of bowel surgery. The Tendon Repair Workshop, also conducted by Prof. (Dr.) Chintamani, covered advanced methods of tendon repair, highlighting recent advancements and practical applications. Finally, the Bladder Repair Workshop, led by Prof. (Dr.) Chintamani, offered hands-on experience in bladder surgery, with an emphasis on precision and patient safety.

OB GY'S DELIVERY OF MEDICAL EDUCATION

Dr. Syed Nawaz, Head of the Department of Gynecology and Obstetrics, expressed his appreciation for the active participation and highlighted the workshop's role in enhancing the surgical skills of attendees. The workshop was well-attended by a diverse group of medical professionals, including faculty members, consultants, medical officers, and DNB residents among others. Their enthusiastic participation underscored the collaborative spirit and commitment to medical excellence within the GMC Anantnag community.

The event concluded with a vote of thanks delivered by Dr. Tanzeela Nazir, who extended her gratitude to the course director, organizers, and all the delegates and participants for their contributions to the workshop's success.



GYNECOLOGY AND OBSTETRICS

CME on "Adnexal Masses and Women's Health



The Department of Obstetrics and Gynecology at GMC Anantnag organized a highly informative one-day Continuing Medical Education (CME) event focused on "Adnexal Masses and Women's Health" in collaboration with Gaziabad Obstetric and Gynecological Society. This significant gathering took place at the main campus in Dialgam on the 28th of September 2023, aiming to shed light on critical issues related to women's health.

The event commenced with great enthusiasm as Dr (Prof) Anjum Farhana, the Principal of GMC Anantnag, inaugurated the function and welcomed all the delegates from across the country including Dr Sarita Anand, Head Ghaziabad Gynecological Society, Dr Ritu Jain, President Obstetrics and Gynecology society Ghaziabad, Prof Rizwana Habib, HOD Gynecology GMC Srinagar and Dr Humaira

Noor, HOD Gynecology GMC Baramulla, and in particular the eminent Gynecologist, Dr Mannu Bhatnagar, wife of Hon'ble Advisor to LG of Jammu and Kashmir, Shri R R Bhatnagar. Her presence and support emphasized the importance of the conference in the field of women's health and gynecology. To provide an insightful introduction to the conference's themes and objectives, Dr. Syed Nawaz, the Head of the Department of Gynecology, and Dr. Razia Amin, both renowned experts in their respective fields, addressed the attendees.

Allergic Rhinitis as part of ENT Master Classes

Dr (Prof.) Anjum Farhana, Principal GMC Anantnag inaugurated the event, as part of ENT Master classes organized by Dept of ENT-GMC Anantnag and said that such academic activities are now being routinely held by all departments of GMC Anantnag. She further added that academic activities in the form of seminars, CMEs, Conferences, workshops are needed on day-to-day basis so as to keep pace with rest of the world.

Dr. Sajad Majid Qazi, HoD ENT provided an overview of Allergic Rhinitis which is commonly known as hay fever. Dr. Aamir Yousuf, Associate Professor in ENT, extended a warm welcome to the delegates and said that continuous medical updates and conferences are needed to keep ourselves updated about ever emerging medical practices. Dr. Saiqa Shafi, Head of Radiology, delivered a detailed lecture on CT Anatomy of Paranasal sinuses, anatomic variations and common findings in Allergic rhinitis on NCCT PNS.

Dr. Sumer Bashir discussed the basics of allergic rhinitis including its causes, symptoms, signs and basic treatment protocols. Dr. Omer Mohd Shafi, a consultant in ENT, addressed phenotypic assessment and current challenges in Allergic Rhinitis. He spoke about detailed current Treatment protocols including medical as well as surgical management.



ENT, HEAD & NECK SURGERY



RESEARCH METHODOLOGY WORKSHOP

DEPARTMENT OF COMMUNITY MEDICINE



The Department of Community Medicine and the Medical Education Unit at GMC Anantnag hosted the 2nd Biomedical Research Methodology Workshop on May 8th and 9th, 2024. This workshop aimed to enhance biomedical research skills among DNB Residents and address the evolving research needs within the medical community.

The event was inaugurated by the Principal of GMC Anantnag, Prof. Dr. Rukhsana Najeeb, underscoring the institution's commitment to fostering research excellence. Prof. Dr. Mumtaz ud Din Wani, Coordinator of the Medical Education Unit, and Dr. Fouzia Nazir, Head of the Community Medicine Department, were also present, highlighting the collaborative effort behind this initiative.

SPM

World AIDS Day 2023



Government Medical College (GMC) Anantnag marked the observance of World AIDS Day 2023 with a solemn gathering at the main campus in Dialgam. The distinguished occasion was inaugurated by Principal GMC Anantnag, Prof. Dr. Anjum Farhana, who articulated that this



Dr. Fouzia Nazir stressed the importance of the commemoration, highlighting the shared responsibility in addressing the challenges posed by HIV/AIDS. The effort was lauded as a holistic approach in tackling HIV/AIDS.

Government Medical College Anantnag marked the observance of World AIDS Day 2023 with a solemn gathering at the main campus in Dialgam. The distinguished occasion was inaugurated by Ex-Principal, Prof. Dr. Anjum Farhana, who articulated that this event not only prompts reflection but also serves as a compelling call to action. Dr. Fouzia Nazir, Head of the Department of PSM, extended a gracious welcome, particularly acknowledging the presence of participants from the Departments of SPM and the Transfusion Medicine. She underscored the significance of collaboration and unity, asserting that a lasting impact on public health is achievable through joint efforts. Reflecting on this year's theme, "End Inequalities. End AIDS. End Pandemics," the call to address disparities & work towards a world with universal access to prevention & treatment, and support was reiterated.

DEPARTMENT OF RADIOLOGY

WORLD RADIOLOGY DAY

November 8, 2023



IN HONOR OF WC ROENTGEN

The Department of Radiology at Government Medical College Anantnag organized a spectacular event to commemorate World Radiology Day at MMABM Hospital, Janglatmandi. The event featured a series of engaging segments and was honored by the presence of Dr. Anjum Farhana, the Principal of GMC Anantnag, who served as the esteemed chief guest.

Dr. Anjum Farhana, the chief guest, kicked off the event with an enlightening keynote address. She emphasized the pivotal role of radiology in modern medicine, its impact on diagnosis and patient care, and the need for continuous advancement in this field to meet evolving healthcare demands.

Dr. Saiqa Shafi, the Head of the Radiology Department, provided a comprehensive overview of the department's notable achievements, ranging from innovative diagnostic techniques to exceptional patient care. She also candidly discussed the challenges faced, emphasizing the department's commitment to overcoming them while ensuring the highest standards of care and safety.

A Senior radiologist and spokesperson for GMC Anantnag, Dr Owvass H Dar took the stage to highlight the remarkable contributions of the Radiology Department in MMABM Hospital and MCH Hospital. He shared insights into groundbreaking research, collaborations, and advanced technologies incorporated in patient care.

Dr. Munaza Yaqoob addressed the vital topic of radiation hazards protection and its status at GMC Anantnag. Mr Majid Yousuf gave a detailed lecture on Trauma cases and show cased important representative cases. Dr. Atieq-ul-Islam engaged the audience with a journey through the evolution of Radiology, tracing its historical development and current status. Dr. Yasmeen Massrat delivered an informative session on contrast nephropathy, offering insights into the latest updates and guidelines in this area. Dr. Younis Sediq, Senior Resident and Ms Naheeda Ahmad, Radiographic Technologist, added an interactive element to the event with an engaging Radiology quiz, testing the knowledge of attendees and fostering a sense of participation. BSc Radiology students contributed a creative touch with a captivating skit that illustrated the role of radiology in patient diagnosis and treatment.

Vote of thanks was given by Dr Sartaj Hassan, Senior Radiologist at MMABM Hospital, GMC Anantnag.

CHIEF GUEST

Prof. Dr. Anjum Farhana

GUEST OF HONOR:

Dr. Aubid Hussain Malik, MS

CHAIRPERSON:

Dr. Mir Saiqa Shafi, HoD

MODERATORS:

Dr Younis Sediq

Ms. Naheeda Ahmad





CME cum Workshop on Advanced Trauma and Cardiac Arrest Management Alongside Emergency Medicine Awareness

DEPARTMENT OF PAEDIATRICS

The Department of Paediatrics, Government Medical College (GMC) Anantnag, in collaboration with the British Kashmiri Medical Association, successfully organized a Continuing Medical Education (CME) cum Workshop focusing on advanced trauma and cardiac arrest management, as well as raising awareness about emergency medicine. This significant event was held at Anantnag, and witnessed participation from medical professionals, educators, and healthcare enthusiasts. The event commenced with a warm welcome address from Dr. Showkat Hussain Tali, Associate Professor in the Department of Pediatrics at GMC Anantnag. Dr. Tali set the stage for a day of learning and knowledge sharing, emphasizing the importance of staying updated in the ever-evolving field of healthcare. The inauguration and opening of the CME were graced by the esteemed presence of Prof. (Dr.) Anjum Farhana, the Principal/Dean of GMC Anantnag. Dr. Farhana's presence marked the official start of the event and highlighted the institution's commitment to advancing medical education and clinical practices.

The heart of the event featured lectures that covered a broad spectrum of critical topics, delivered by the renowned Dr. Mehdi Hassan Teeli. As a Consultant in Emergency Medicine at the University Teaching Hospital of East Lancashire NHS Trust and a Senior Lecturer, Dr. Teeli brought invaluable expertise to the attendees. Prof. Sheikh Mushtaq Ahmad, who served as the Organizing Chairman of this event, played an instrumental role in ensuring its seamless execution. Alongside him, special guests including CMO Anantnag Dr M Y Zago, Dr. Mohd Ashraf Bhat, former Associate Professor Paediatrics, Dr GJ Rumshoo Head Internal medicine and Dr. Wani Shahid Hussain, Deputy MS at MCCH Hospital, Anantnag, added to the event's significance with their presence.

This CME cum Workshop not only contributed to the advancement of medical knowledge but also emphasized the commitment of GMC Anantnag and its partners in enhancing healthcare services and emergency medical care in the region. Such events are essential in promoting the well-being of the community and ensuring that healthcare professionals remain at the forefront of medical advancements.

VoT

Dr. Malik Shakir Hussain, an Assistant Professor in Paediatrics, extended a heartfelt vote of thanks at the conclusion of the event, expressing gratitude to all the participants, speakers, organizers, and sponsors who made this event a resounding success.



Dental Health Frontiers

Dr. Latief Najar delivered a compelling presentation on "Dental Implants: Catapulting Dentistry to the Next Level".

NOTABLE:

- ➔ The CME program was inaugurated by the Principal of GMC Anantnag, Professor (Dr.) Rukhsana Najeeb.
- ➔ Dr Muzaffar H Sherwani was special guest on the occasion.
- ➔ Professor (Dr.) Mohammad Shakeel discussed "Contemporary Cranio-Maxillofacial Surgery in India".

The Department of Dentistry at the Government Medical College (GMC), Anantnag, conducted a one-day Continuous Medical Education (CME) program focused on dental health. The theme of the event, "Dental Health Frontiers: Side by Side on the Frontiers and Catapulting Dentistry to the Next Level," drew attention to the latest advancements and emerging trends in dentistry.

The CME program was inaugurated by the Principal of GMC Anantnag, Professor (Dr.) Rukhsana Najeeb. In her opening remarks, she emphasized the crucial role of continuous medical education in enhancing dental hygiene and promoting advanced dental treatments. She also noted the importance of keeping pace with the latest developments in dentistry to provide the best care to patients. Dr Muzaffar H Sherwani was special guest on the occasion. Dr. Sanjeet Singh Risam, HOD Dept of Dentistry GMC Anantnag shared insights into the progress of the Department of Dentistry at GMC Anantnag and outlined the futuristic prospects that lie ahead. Dr. Latief Najar delivered a compelling presentation on "Dental Implants: Catapulting Dentistry to the Next Level." This was followed by a talk from Dr. Afreen Nadaf, who discussed the potential applications of BRONZI in dental procedures. A notable session was led by Professor (Dr.) Mohammad Shakeel, who discussed "Contemporary Cranio-Maxillofacial Surgery in India." This was complemented by Dr. Shahzaib Nasti, who provided a futuristic perspective on maxillofacial surgery. Dr. HU Malik, ex HOD, Prosthodontics GDC Srinagar contributed to the program with a discussion highlighting the ongoing evolution in dental practices and the importance of continuous innovation.



The event began with a welcome address by Mr. Adil Rashid Bhat. Throughout the day, various experts presented on a range of topics related to dentistry.

DEPARTMENT OF
DENTISTRY

FOCUS



The day concluded with a vote of thanks delivered by Dr. Mudassir Tramboo. She thanked HOD Dept of Dentistry, Dr Sanjeed Risam, Dr Mudasir Khan, Dr Adil Wani, Dr Aamir Beigh, Dr Saba, Dr Imtiyaz Ahmad, Dr Sabeena, Mrs Anjali, Mr Saleem among others for organising the successful event. She extended the vote of thanks to all the speakers, delegates and participants for making the event successful

WORKSHOP CUM CONFERENCE ON PHARMACOVIGILANCE AND MATERIOVIGILANCE



Department of Pharmacology conducted day long workshop cum conference on Pharmacovigilance and materiovigilance under the banner of "VIGIPHARM" at Main Campus Dialgam Anantnag. The theme of the programme was "A step towards Patient Safety". Dr Nasreen Jan while welcoming the delegates

said that Pharmacovigilance is a continuous process that involves monitoring, detecting, assessing, understanding and preventing adverse effects or any other drug-related problems. Dr Mehvish Majeed in her talk told that it is a collaborative effort that involves healthcare professionals, regulators, industry, and patients among others while maintaining vigil over adverse effects of various drugs in market and patient safety thereof. Chief Patron of the conference and Ex-Principal, Dr (Prof) Tariq Syed Qureshi said that while we continue to advance in the field of medicine, it is important that we remain vigilant and proactive in our efforts to ensure that the benefits of medicines outweigh their risks. Dr (Prof) Vishal R Tandon from GMC Jammu gave a detailed lecture on medical content writing and vigiflow while as Dr (Prof) Harmeet Singh Rehan, Director Pharmacology Lady Hardinge Medical College Delhi gave a detailed speech about current challenges of Pharmacovigilance. Dr Shakir-ul-Rehman from GMC Baramulla, Dr Syed Sajad Hussain and Dr Majid Farooq gave detailed lectures on Materiovigilance, signal detection in Pharmacovigilance and medication errors and drug safety respectively.



Dr Masrat Nabi conducted a workshop on ADR and Materiovigilance form filling. Delegates from Himalayan Institute of Medical sciences Dehradun, Lady Hardinge Medical college Delhi, GMC Jammu, SKIMS Bemina, GMC Srinagar and GMC Baramulla attended the conference cum workshop. Dr Sajad Majid Qazi was patron of the programme while as Prof Sheikh Mushtaq Ahmad, Prof Gh Jeelani Romshoo, Prof Mohd Ashraf, Dr Juhi Kalra, Dr Mansoor Ahmad and Dr Sameera Imran acted as chairpersons for various sessions during the conference. Dr Sami Magray, Head, Dept. of Pharmacology GMC Anantnag and chief organizer of the conference/workshop thanked all the participants and delegates for their contribution and participation in making the conference successful.

VIRTUAL AUTOPSY CONFERENCE



Govt Medical College (GMC) Anantnag continuing with its academic feasts kick started two daylong Conference conducted by Department of Forensic Medicine on Virtual Autopsy, novel way of autopsies and first of its kind in the Union Territory of Jammu and Kashmir.

The conference was inaugurated by Chief Guest, DIG South Kashmir, Mr Rayees Mohammad Bhat (IPS) in presence of Principal GMC Anantnag, Dr (Prof) Tariq Syed Qureshi, Dr Ash Govind, CEO virtual autopsy UK, Dr Hemant Naik, CMO virtual autopsy India, Dr (Prof) Showket Jeelani, Dr Yadukul S, Dr (Prof) Sajad Majid Qazi and Dr (Prof) Sheikh Mushtaq Ahmad among others.



Dr Azia Manzoor, Head Dept of Forensic Medicine and chief organiser of the conference gave overview about Virtual autopsy. Dr Hemant Naik, CMO Virtual Autopsy India and Dr Yadukul S from AIIMS Hyderabad gave a detailed lecture on radio-anatomy and its medico legal importance while as Dr Manigandraj from Govt Medical College Tamil Nadu will be tomorrow talking about natural death, its causes and its forensic evaluation. Mrs Savita Chavan, CEO virtual autopsy of India will be giving a detailed scientific overview about forensic information system.

Dr Rayees Mohammad Bhat (IPS), DIG South Kashmir said that autopsies always come with new challenges and many a times it becomes difficult to convince family members of deceased person for undergoing traditional Autopsy, this is where Virtual Autopsy will become useful and can overcome many challenges. He further said that Forensic experts, trained autopsy technicians and police officers can make the job more effective and precise.

Dr (Prof) Tariq Syed Qureshi while thanking all the delegates and participants, congratulated the organizing team for organizing such kind of Virtual Conference which is first of its kind in the UT of Jammu and Kashmir. He further said that GMC Anantnag is regularly conducting "continuous Medical education" (CME) programmes and conferences so as to remain updated with current knowledge and best medical practices around the world.



Dr. M. D. Wani

**Professor,
General Surgery**

Mal-absorptive procedures have not gained any popularity owing to the gamut of the complications associated with it. The bariatric training program is organized by minimal access and bariatric surgery centers all across the country. It is mandatory on the part of laparoscopic surgeons to get trained with different techniques of bariatric surgery and acquire skills from masters and mentors of this field before embarking on this journey at his/her own. The laparoscopic surgeon having basic laparoscopic training or performing basic laparoscopic surgeries can update themselves by formal presentation of surgeries, intensive discussion to further the technique and thought process on laparoscopic bariatric surgeries with a view to understand the overall management of obese patients. Let us not wait for someone to bell the cat on. Better late than never. Let us check our weight before it is too late.

Obesity: An Overview

Fat does not only make you look shabby but as diseased too. It is beyond doubt to say that the disorder and abnormal body disposition of fat leads to disease. Prevention is better than cure. So let us check our weight before it is too late. An ideal body weight (IBW) is one of the most important parameters for the sound body to house a sound mind. The body frame, height and the weight ought to be proportionate to each other to reflect an appealing personality. An obese patient opens an early gate of disorders and diseases for himself and there by jeopardizing his healthy life. It is proved beyond doubt on scientific grounds that there is a direct relationship between the amount of excess weight and incidence of arthritis, cerebrovascular diseases, hypertension, diabetes hernia, gallstone common in morbidly have often difficulty in landing into dreadful carcinoma, breast tumors. The pregnancy in with increased risk of foetal weight gain, DM, obesity limits the availability of the educational opportunities and choice for finding a mate. It is recognized as single most important disease draining health resources in various parts of world and has become pandemic. In India too obesity is on surge.



coronary heart disease, congestive heart failure, mellitus, cancer of stomach, diseases. Sudden deaths are obese persons. Obese females conceiving in addition to diseases like endometrial diseases, PCOD, ovarian obese patients is associated pre-eclampsia, HTN, poor and wound infections. The

Kashmir is not immune to obesity and due to the changing life style, use of vehicles, less physical exercise, use of fatty foods, less consumption of fresh vegetables and fewer intake of fluids. These habits will altogether soon push us into the lap of so-called metabolic syndrome. It may be not out of place to mention here as to what exactly qualifies for being called as obese person. The guidelines have been formulated for treating obese patients and their associated co morbidities by different specialties of medical sciences. Body Mass Index (BMI) is a useful measure to categorize individuals based on their body weight relative to their height. A BMI within the range of 18.50 to 24.99 is considered normal, indicating a healthy weight. Individuals with a BMI of 25 or higher are classified as overweight. Within the overweight category, there are further distinctions: a BMI from 25.00 to 29.99 is considered pre-obese, while a BMI of 30 or more is classified as obese. The obesity classification is divided into three classes: Obese Class I (BMI 30.00–34.99), Obese Class II (BMI 35.00–39.99), and Obese Class

III (BMI 40 or higher).

It takes a team approach to handle a patient of obesity and our moral, ethical duty to create awareness among the our few humble suggestions in this regard as academic may be started in this regard for creating awareness grounds. A team of endocrinologists, dieticians, trained nurses needs to work together for the betterment in obese patients who qualify as medical defaulters, co morbidities and having BMI's of more than 32 with co morbidities. The literature and evidence-based medicine with systemic reviews, case series, articles, analysis, trials, the surgical management of Obesity with metabolic

Laparoscopic adjustable gastric banding (LAGB) was shortly fell into disrepute owing to complications. This subsequently bariatric surgeons went ahead to find a patients. Sleeve gastrectomy saw the light of the day in late management of morbidly obese patients. It is technically as the restrictive procedure. It helps the patients to reduce their co morbidities. Laparoscopic roux-en-y gastric these patients who are super obese or the ones who

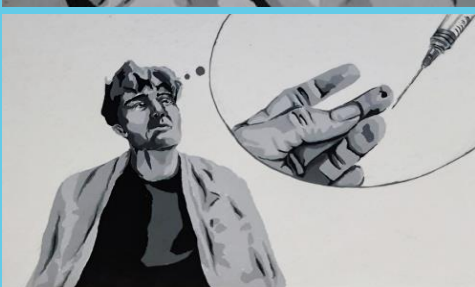
metabolic syndrome. We as medical professional feel masses for weight management program. We put forth surgeons to the health administrators. An OPD, clinics among masses for handling them on multi factorial anaesthesiologist, psychologists, bariatric surgeons of these patients. We as surgeons have a definitive role patients who require rising doses of medication for the morbidities, or BMI of more than 35 without co-has come up with observations. and published data meta-analysis and results are beyond doubt in favor of syndrome.

initially tried as a laparoscopic procedure which was tried as a reversible method of weight loss surgery, better alternative for the surgical management of these 90's and gained popularity as a first line surgical easy procedure and suited to these patients qualifying to the weight of 35-50 kgs in one year which treats bypass is reserved as the second line management of relapse after sleeve gastrectomy.



CARING FOR HEALTH OF HEALTH CARE WORKERS

How Needle Stick Injuries threaten health of Medical Professionals?



Dr. Rashid, a diligent student who's life revolved around his studies. His hard work bore fruit when he became a Cardiovascular surgeon and got a high profile job in a prestigious hospital. His journey from a studious medical student to a distinguished cardiovascular surgeon was a testament to his unwavering dedication. However, fate had a cruel twist in store for him. His beloved son Zafar fell ill and was diagnosed with Hepatitis B infection.

As he delved deeper into the cause of Zafar's illness, a haunting truth emerged. Actually Dr. Rashid had contracted Hepatitis B infection from a needle stick injury (NSI) during his internship, a moment of oversight in his hectic schedule. It was a busy day at the hospital, with patients lined up in need of urgent care. In a haste of moment while attending a patient in need of an IV line, a sudden slip had resulted in a NSI. Despite of the potential risks, he hadn't received proper vaccination or post exposure prophylaxis. This oversight had inadvertently passed the infection to his wife and son.

The shock of diagnosis reverberated through every aspect of his life. His carrier shattered; he was barred from performing surgeries due to the risk of transmission of the viral disease to the patients as his viral load was very high. The burden of guilt weighed heavily on Dr. Rashid, realizing that his family's sufferings could have been prevented if he had taken vaccine for Hepatitis B and other preventive measures earlier.

'Prevention is better than cure especially when there is no cure'.

NEEDLE STICK INJURIES

Needle stick injuries pose a serious threat to the wellbeing of health care workers. These accidental punctures or cuts usually from syringes, suture needles, intravenous catheter stylets, scalpels etc. expose HCWs to the risk of transmission of blood borne viruses (BBVs). The risk of seroconversion due to sharp injury from a known positive source is 6-30% for Hepatitis B virus (in HCW not vaccinated for Hepatitis B), 2% for Hepatitis C and 0.3% for HIV infection. Addressing this issue demands a comprehensive approach involving prevention strategies and prompt post exposure prophylaxis.

Strategies to prevent NSIs include:

1. Following standard precautions
2. Regular disinfection of work surfaces.
3. Proper management of spillages of blood and other body fluids.
4. Not recapping needles and if required should be done by single hand scoop technique.
5. Proper disposal of used sharps/needles.
6. Using devices with safety measures.
7. Hepatitis B vaccination of HCWs.

Post exposure prophylaxis (PEP)

In the event of NSI, timely intervention is of paramount importance. The protocol typically includes:

1. First aid: Earlier the first aid, lesser is the chance of transmission of BBVs. The site should be thoroughly irrigated with water for at least 5minutes.

Don'ts:

- Don't panic
- Don't squeeze blood from wound.

- Don't use antiseptics and detergents.

- Don't place pricked finger into the mouth reflexively.

2. Prompt reporting: Any NSI should be reported immediately to the designated authority within the healthcare facility.

3. Medical interventions: Based on the assessment, the health care professional might require proper treatment in the form of antiretroviral drugs, Hepatitis B immunoglobulins, Hepatitis B vaccination etc. Testing for BBVs of both source and HCWs should also be done immediately. Testing of HCW and counselling regarding the precautions to be adopted during follow up period are important.

Dr. Abiroo Jan

Assoc. Professor & Head
Department of Microbiology
GMC Anantnag.

Use Toothpicks with Caution: A Case Study

Public Advisory



DR OWVASS H DAR

Consultant Radiologist

A few weeks ago, while I was performing a routine ultrasound in the OPD section with my senior resident, Dr. Younis Sediq, a senior resident from the Department of Pathology arrived for guided FNAC procedures with patients. One patient, a 40-year-old woman, presented with a right submandibular swelling that had persisted for four weeks. The swelling was mildly tender, and the clinician had sent the patient for FNAC to rule out a submandibular gland mass lesion. When I placed the ultrasound probe over the swelling, I observed mild inflammatory changes in the right submandibular gland. While thoroughly screening the gland, I detected an echogenic thin linear structure measuring 3.5 cm in length, oriented cephalo-caudally, with mild surrounding inflammatory changes and thin streak of fluid, suggestive of a foreign body. When I inquired about any history of injury to the neck, the patient initially denied any such incident. However, after insisting she recall any minor incidents, she suddenly remembered that one day, while using a makeshift toothpick (a piece of grass) in her apple orchard, a piece of it had slipped under the floor of her mouth on the right side. She mentioned minimal bleeding and thought she had removed it, but perhaps only partially.



We decided against performing FNAC and referred the patient to the ENT Department. There, Dr. Amir Yousuf evaluated her and ordered a CT scan. Subsequently, Dr. Amir Yousuf and his team successfully retrieved the toothpick foreign body through surgery. The patient recovered well and was happily discharged.

A few days ago, while conducting a high-resolution ultrasound on a neck patient with my senior resident, Dr. Yasmeen Massarat, we encountered a similar case. A 60-year-old male patient presented with findings indicating a toothpick foreign body in the left submandibular

Public Advisory: Preventing Foreign Body Incidents with Toothpicks



1. Use standard toothpicks: Avoid using makeshift or non-standard toothpicks, such as pieces of grass or other objects not designed for oral use.
2. Inspect toothpicks before use: Ensure that the toothpick is intact and not splintered, which can increase the risk of breakage and foreign body incidents.
3. Be gentle and cautious: Use toothpicks gently and avoid applying excessive force, especially near the floor of the mouth where tissue is delicate.
4. Seek immediate help for accidents: If a toothpick or any foreign object is accidentally ingested or lodged in the oral cavity, seek immediate medical attention.
5. Educate and Inform: Spread awareness about the risks associated with improper toothpick use to prevent similar incidents in the community.

By following these simple guidelines, we can reduce the risk of such accidents and ensure better oral and overall health.

DO YOU HAVE ANY ENT RELATED CONCERN?

CONSULT US IN:

ROOM 110, 111

MONDAY-SATURDAY

DERMATOLOGIST SPEAKS

Hair cloning- a new beginning in hair restoration. Is it a reality?

How hair loss affects Kashmir?



Dr Ummer Yaseen
Asstt. Professor,
Dermatology

Hair loss affects 50-60% in men and women aged >40 years worldwide. However, we conducted a study in Kashmiri population and the results were astonishing with 88% men having some degree of Androgenetic alopecia in age group 45-55 years which is a very huge number. It not only affects a person cosmetically but has psychological ramifications as well. Predominantly seen in males but a good percentage of females are also affected. Here the focus is to discuss the most common type of hair loss and that's Androgenetic Alopecia. Typically begins in 18-25 year age group, in this condition the hair line starts receding and fronto-temporal angles start becoming obvious. More research is being conducted to determine the connection between Androgenetic Alopecia and other internal disease like Coronary heart disease and Polycystic Ovarian Syndrome in women.

Good news now is that hair cloning has become a reality now. What's it and how it can help the patients suffering from this disease?

Here are scientifically proven studies which reveal that the back & side of head are DHT resistant areas of scalp. DHT is the hormone which affects the sensitive follicles of scalp and causes hair thinning and baldness. When transplanted these grafts grow well and are rarely lost. This led researchers to think about these resistant stem cells (dermal papilla) in these areas of scalp to be harvested and multiplied in labs and stored for future use. As these cells are cloned and their multiple copies are produced, they can be used in future and injected into the scalp in those patients who have thinning of hair and loose hair.

The beauty of this treatment is that it can avoid transplants and just an injection into the scalp can grow hair which thrills the scientists.

What's available and what's not?

There are two parts of this process.

Part 1:

Any patient willing to preserve his occipital/donor hair in the age group 18-35 years can 'save' his hair for future use. Around 100 hair follicles are harvested from DHT resistant area and packed in the preservative containing packets and sent to laboratories. In the labs the dermal papilla cells are multiplied and cryo preserved.

Part 2:

This part involves injecting the stem cells back into the scalp in case the patient develops hair loss in future. This step is currently being evaluated and researchers are excited to initiate this process but it's yet to be done.

Here is a catch:

Despite the fact that successes have been claimed but it's yet to be injected back into scalp of those who have 'banked' it. Started in 2019, it faced a severe setback after COVID crisis. And fortunately this process has been reinitiated now.

So we can see the light at the end of the tunnel. We are optimistic and wish this process will be beneficial to all those who are affected by Androgenetic Alopecia. It's also important to mention here that this preservation of hair follicles is currently being done only for Androgenetic Alopecia type of hair loss and not for hair loss caused by other reasons. And the cost of this preservation is currently very high but once in coming years this becomes a reality the costs are expected to come down sharply.



Dr. Mir Uzma Ashraf
Assistant Professor
Govt Nursing College GMC Anantnag



ROLE OF RESEARCH IN NURSING PROFESSION

Nursing research is an important ingredient to improve nursing practice. A profession can enhance its progress through continual development of a scientific body of knowledge through scientific research. Since the earliest days of modern nursing, nurses have connected clinical inquiry with clinical practice to advance care and outcomes. One of the 1st known practitioners was Florence Nightingale, who linked poor sanitary conditions to high death rates among soldiers in the Crimean War. Nursing research has a tremendous influence on current and future professional nursing practice, thus rendering it an essential component of the educational process. Throughout the 21st century, the role of nurse has evolved significantly and they work in a variety of settings, including the hospital, the classroom, the community health department, the business sector, home health care, and the laboratory. Although each role carries different responsibilities, the primary goal of a professional nurse remains the same that is to be the client's advocate and provide optimal care on the basis of evidence obtained through research. Research is typically not among the traditional responsibilities of an entry-level nurse. Many nurses are involved in either direct patient care or administrative aspects of health care. Nursing research is a growing field in which individuals within the profession can contribute a variety of skills and experiences to the science of nursing care. There are frequent misconceptions as to what nursing research is. Some individuals do not even know how to begin to define nursing



research. According to Polit and Beck (2006), nursing research is a “systematic inquiry designed to develop knowledge about issues of importance to nurses, including nursing practice, nursing education, and nursing administration”. Nurses provide direct care to their patients on a daily basis, so they know which approaches work well and which need adjusting. An essential trait of a caring, competent practitioner is questioning standard procedure and determining ways to improve it. This concept of refining nursing practices and procedures is at the heart of nursing research. In fact, research skills are so important to the field that nursing research is a core element of study in reputable degree programs like the B.sc Nursing , Post-Basic B.sc Nursing , M.sc Nursing & Ph.D. Nursing. Nursing professionals work to advance the health and well-being of everyone. The research they conduct often has lasting impacts. Nursing research uncovers knowledge to build the foundation of clinical practice and reinforce the goals of nursing. The National Institute of Nursing Research(NINR) focuses on five “research lenses” that are particularly important given the healthcare challenges currently faced by nurses and society at large:

- Health equity
- Social determinants of health
- Population & community health
- Prevention and health promotion
- Systems and models of care

Nurses use research to effect positive outcomes for their patients and for others within the healthcare system. As patients’ needs become more complex and

Healthcare systems become more varied, nurses use evidence-based practice to adapt and improve care by incorporating nursing research with their professional experience and patient preferences. Nurses may conduct their own research, use research in their everyday practice and teach others using existing research.

The role of nursing research in driving change and innovation is crucial for improving practice and enhancing patient health. Nursing research provides a scientific foundation to guide evidence-based practice (EBP), enabling nurses to deliver the highest quality care. Through rigorous investigation, nursing researchers identify gaps in knowledge, develop innovative interventions and evaluate their effectiveness. Nursing research also plays a pivotal role in driving change within healthcare systems.

Nursing research identifies areas where current practices may be outdated or ineffective, prompting the need for innovative approaches. By investigating new technologies, treatments and care models, nursing researchers contribute to the evolution of healthcare delivery. Nursing research promotes collaboration among healthcare professionals by fostering interdisciplinary partnerships. Nurses can work alongside physicians, therapists, pharmacists and other professionals, sharing knowledge and expertise to develop comprehensive solutions that address complex patient needs.

At last ,We can say that nursing research empowers nurses to advocate for evidence-based changes in policies and practices that directly impact patient outcomes. Research is integral to modern nursing practice.

ZOONOTIC DISEASES IN NORTH INDIA: A FOCUS ON THE KASHMIR VALLEY

A BRIEF DESCRIPTION OF COMMON ZOONOTIC DISEASES IN THE REGION.



Dr Tufail Ahmed Wani

*Asst. Professor/Nodal
Officer NOHP-PCZ
Department of
Microbiology*

The Kashmir Valley, nestled in the northernmost part of India, is renowned for its breath-taking landscapes and rich cultural heritage. However, this region also faces significant public health challenges, particularly concerning zoonotic diseases. Zoonotic diseases, or zoonosis, are infections that are naturally transmissible from vertebrate animals to humans. The region's extensive livestock farming, wildlife biodiversity, and human-animal interactions contribute to the spread of these diseases. The most notable zoonotic diseases in this region include:

Brucellosis: Caused by *Brucella* species, brucellosis is commonly transmitted through direct contact with infected animals or consumption of contaminated animal products. Symptoms in humans include fever, joint pain, and fatigue.

Rabies: This deadly viral disease is primarily transmitted through the bite of infected dogs and other animals. Rabies remains a significant public health concern in the valley, with both domestic and wild animals acting as vectors.

Leptospirosis: Caused by *Leptospira* bacteria, this disease is often spread through contact with water contaminated by the urine of infected animals. Symptoms range from mild flu-like symptoms to severe illness affecting the liver and kidneys.

Anthrax: *Bacillus anthracis*, the bacterium responsible for anthrax, affects both humans and animals. Human infections typically occur through handling infected animals or animal products. Anthrax can manifest in cutaneous, inhalational, or gastrointestinal forms.

Avian Influenza: The Kashmir Valley,

with its diverse bird population, faces periodic threats from avian influenza. This viral infection can spread from birds to humans, causing respiratory illness and posing pandemic risks.

Microbiological investigations play a crucial role in the diagnosis, monitoring, and control of zoonotic diseases. These investigations involve the identification and characterization of pathogens using advanced laboratory techniques.

1. **Sample Collection and Processing:** Accurate diagnosis begins with the collection of appropriate samples from suspected human and animal cases. Blood, urine, tissue samples, and swabs from lesions are commonly collected.

2. **Culture Techniques:** Traditional microbiological culture methods remain fundamental in identifying bacterial pathogens. Growth characteristics, colony morphology, and biochemical tests help in the identification process.

3. **Molecular Diagnostics:** Polymerase Chain Reaction has revolutionized the detection of zoonotic pathogens. These methods offer rapid, sensitive, and specific identification of pathogens.

4. **Serological Tests:** Serological assays detect antibodies or antigens in blood samples, providing evidence of current or past infections. Enzyme-linked immunosorbent assay (ELISA) and agglutination tests are commonly used.

5. **Antimicrobial Susceptibility Testing:** Determining the susceptibility of bacterial pathogens to various antibiotics is essential for guiding treatment decisions. Techniques such as disk diffusion and automated systems are employed to assess resistance patterns.

In response to the pressing need for effective control of zoonotic diseases, the Department of Microbiology is set to launch the National One Health Programme for Prevention and Control of Zoonoses (NOHP-PCZ), a fully funded by the National Center of Disease Control

(NCDC). This initiative aims to enhance early detection, improve diagnostic capabilities, and implement effective prevention strategies across the Kashmir Valley.

The program will focus on:

1. **Enhanced Surveillance:** Establishing a comprehensive surveillance network to monitor zoonotic diseases in both human and animal populations. This network will involve regular sample collection, real-time data sharing, and rapid response mechanisms to contain outbreaks.

2. **Advanced Diagnostics:** Equipping laboratories with cutting-edge diagnostic tools to ensure accurate and timely identification of pathogens. This will include training for healthcare workers in the latest diagnostic techniques.

3. **Community Engagement:** Conducting extensive public awareness campaigns to educate the community about zoonotic diseases and preventive measures. Workshops, seminars, and informational materials will be distributed to promote safe practices and encourage reporting of suspicious cases.

4. **Research and Collaboration:** Fostering collaboration between academic institutions, veterinary services, and public health authorities to drive research on zoonotic diseases. This will include studying disease transmission dynamics, developing new vaccines, and evaluating the effectiveness of intervention strategies.

The program represents a significant step forward in safeguarding the health of Kashmir Valley's residents. By leveraging advanced diagnostic techniques, enhancing surveillance, and promoting public awareness, the Department of Microbiology, in collaboration with local and international partners, aims to create a resilient public health framework. This initiative will effectively address current and future zoonotic threats, highlighting the critical intersection of human, animal, and environmental health in the region.

BRUCELLA

AVIAN FLU

ANTHRAX

RABIES

N1H1



Dr. Jeelani Saima Habeeb
Assistant Professor,
Govt Nursing College, GMC Anantnag

IMPORTANCE OF EVIDENCE BASED PRACTICE (EBP) IN NURSING

Five steps of the EBP process:

The five steps of the EBP process include:

1. Asking a well-structured clinical question (PICO): Patient/Problem, Intervention/Exposure, Comparison, and Outcome.
2. Acquiring the best available evidence by searching Evidence-Based Practice (EBP) is a critical component of nursing, in which clinical decision-making is based on the best available evidence, clinical expertise, and patient preferences. This approach leads to better healthcare outcomes, better use of resources, and higher job satisfaction among nurses. EBP is crucial to nursing practice as it promotes safe, effective, and high-quality patient care. It helps healthcare professionals make well-informed decisions, minimize medical errors, standardize care procedures, and enhance the nursing profession's credibility. EBP addresses the



dynamic nature of healthcare, ensuring that nursing practice is continuously updated with the latest research findings. relevant databases, journals, and online resources

3. Appraising the quality and relevance of the evidence, considering factors like the study design, sample size, and potential biases

4. Applying the evidence to individual patients, taking into account their preferences, values, clinical context, and local resources

5. Assessing and evaluating the EBP process to ensure it has resulted in improved patient outcomes and informing future practice.

Common barriers to implement EBP in nursing

Common barriers to implement EBP in nursing include:

1. Insufficient time for research and evidence appraisal
2. Lack of access to relevant, up-to-date information resources
3. Limited research and critical appraisal skills
4. Resistance to change and a culture that doesn't support EBP
5. Insufficient organizational support, resources, and infrastructure

Nurses can overcome barriers to EBP implementation by:

1. Enhancing their research literacy and critical appraisal skills through continuing education programs, journal clubs, and workshops
2. Collaborating with colleagues, mentors, and experts in the field for guidance and support
3. Advocating for the importance of EBP and promoting a culture of evidence-based decision-making within their organization
4. Seeking administrative and leadership support to allocate time and resources for EBP implementation. Implementing evidence-based practice in nursing bridges the theory-to-practice gap and delivers innovative patient care using the most current health care findings. Nurses can expand their knowledge and improve their clinical practice, experience by collecting, processing, and implementing research findings. Evidence-based practice focuses on what's

at the heart of nursing — your patient. Learn what evidence-based practice in nursing is, why it's essential, and how to incorporate it into your daily patient care.

Evidence-based practice requires you to review and assess the latest research. The knowledge gained from evidence-based research in nursing may indicate changing a standard nursing care policy in your practice. Discuss your findings with your nurse manager and team before implementation. Once you've gained their support and ensured compliance with your facility's policies and procedures, merge nursing implementations based on this information with your patient's values to provide the most effective care.

Other Benefits of Evidence-Based Practice in Nursing

Besides keeping health care practices relevant and current, evidence-based practice in nursing offers a range of other benefits to you and your patients:

- Promotes positive patient outcomes
- Reduces health care costs by preventing complications
- Contributes to the growth of the science of nursing
- Allows for incorporation of new technologies into health care practice
- Increases nurse autonomy and confidence in decision-making
- Ensures relevancy of nursing practice with new interventions and care protocols
- Provides scientifically supported research to help make well-informed decisions
- Fosters shared decision-making with patients in care planning
- Enhances critical thinking
- Encourages lifelong learning

When you use the principles of evidence-based practice in nursing to make decisions about your patient's care, it results in better outcomes, higher satisfaction, and reduced costs. Implementing this method promotes lifelong learning and lets you strive for continuous quality improvement in your clinical care and nursing practice to achieve nursing excellence



Peerzada Faizan Gul
Radiation Therapist
Department of Radiation Oncology

THE VITAL ROLE OF RADIOTHERAPY EQUIPMENT IN CANCER TREATMENT AT THE RADIATION ONCOLOGY DEPARTMENT OF GMC ANANTNAG

The Government Medical College Anantnag has made significant strides in cancer care, but the absence of radiotherapy equipment is a glaring void that must be addressed.

In the picturesque landscape of South Kashmir, where the mountains touch the sky and the rivers flow with a timeless grace, lies the Government Medical College Anantnag. This institution stands as a beacon of hope for thousands of cancer patients in the region, offering chemotherapy and palliative care to those in dire need. However, despite its commendable efforts and achievements—having registered around 1,500 cancer patients and delivered thousands of chemotherapy sessions—the Department of Radiation Oncology faces a critical gap in its services: the absence of radiotherapy equipment.

The Heartbreaking Journey of Asiya

To understand the pressing need for radiotherapy equipment, we can look at the story of a local resident, Asiya, a 45-year-old mother of three. Asiya's journey with cancer began with persistent abdominal pain, which she initially dismissed as a common ailment. However, after numerous consultations and tests, she received the devastating diagnosis: stage II ovarian cancer.

Asiya's world turned upside down, but she was determined to fight for her life, for her children. She began her treatment at the Government Medical College Anantnag, where she was warmly welcomed by the compassionate staff. She started her chemotherapy regimen, and though the side effects were daunting, she found strength in the support of her family and the healthcare team.

As her treatment progressed, her oncologist informed her that she would need radiotherapy as part of her comprehensive care plan. For patients like Asiya, radiotherapy can be a pivotal treatment modality, particularly for certain cancers where it plays a critical role in controlling the disease and improving survival rates. Yet, the harsh reality loomed over Asiya and many others like her: the Government Medical College Anantnag, despite its dedication and service, did not have radiotherapy equipment. The nearest facility offering radiotherapy was several hours away, which posed significant challenges, both logistically and emotionally. The financial burden of daily travel soon became overwhelming. Asiya's husband, a daily wage labourer, struggled to provide for their family while also covering the costs of transportation to the distant center. Each trip consumed a large portion of their meager income, and as the weeks turned into months, their savings dwindled. Despite her desperation, Asiya faced a

Heartbreaking choice.

The toll of travelling long distances for treatment began to take its own toll on her health and spirit. She often returned home exhausted, both physically and emotionally, feeling the weight of her cancer and the burden of her family's struggles. Asiya tried to make her situation work, but the daily trips became increasingly difficult to manage.

As the cancer progressed, Asiya's health began to deteriorate rapidly. Without the timely radiotherapy that could have controlled her tumor, her options dwindled. The inability to access treatment led to mounting pain and suffering, ultimately forcing Asiya to watch as her life slowly slipped away. Her once-vibrant spirit dimmed as she was surrounded by the love of her children, who felt helpless in the face of their mother's worsening condition.

Tragically, Asiya passed away, leaving behind her husband and three young children who had fought so hard alongside her. The family was left grappling with their loss and the unanswered questions of "what if" — what if Asiya had been able to receive the radiotherapy she desperately needed?

The Critical Role of Radiotherapy

Asiya's story is a heart-wrenching reminder of the essential role radiotherapy plays in cancer treatment. It is often the linchpin that can determine the trajectory of a patient's battle against cancer, providing opportunities for tumor control and improved quality of life. The absence of such equipment in South Kashmir means that patients face delays in their treatment, additional travel burdens, and increased emotional and financial strain.

The demand for radiotherapy in the region is evident. With the increasing number of cancer patients and the rising incidence of various cancers, having local access to radiotherapy equipment is not just a medical necessity; it is a matter of life and death for many.

A Call for Compassionate Action

The plight of patients like Asiya highlights the urgent need for radiotherapy equipment at the Government Medical College Anantnag. The establishment of a radiotherapy unit would not only enhance the treatment capabilities of the department but also provide patients with timely and effective care closer to home.

Imagine a future where families like Asiya's can receive treatment in a familiar and supportive environment, without the unbearable burden of travel. The introduction of radiotherapy services would transform the lives of countless patients, providing them with hope, dignity, and the chance to fight their battles with the necessary tools at hand.

Dr Rasika Rasool Khan | Dr Mansoor Ahmad
DNB Scholar HoD Psychiatry



Understanding and Preventing Substance Abuse: Causes and Solutions



Substance use disorder is a complex condition in which there is uncontrolled compulsive use of a substance despite being aware of its harmful consequences. In 2020, an estimated 284 million people worldwide aged 15–64 years, mostly men, had used a drug within the last 12 months. This corresponds to approximately 1 in every 18 people in that age group, or 5.6 per cent, and represents a 26 per cent increase on 2010 when the estimated number of people who used drugs was 226 million and prevalence was 5 per cent.). Illegitimate drugs and elements like tobacco, cannabis, heroine, alcohol sedatives, cough syrups, and inhalants are foremost drugs employed for use.

The impact of drug abuse is multifaceted:

- **Health Crisis** (Increasing cases are overwhelming the limited healthcare infrastructure),
- **Crime** (There is a rise in drug-related crimes, including theft and violence, further destabilizing the region),
- **Family Breakdown** (these individuals often face estrangement from their families, leading to broken homes and neglected children.) and
- **Economic Drain** (Resources are diverted to tackle addiction, draining the already strained economy).

According to the Ministry of Social Justice and Empowerment's recently released the "National Survey on Extent and Pattern of Substance, It is estimated that about 8.5 lakh people are injecting drugs.

To tackle this monster, prevention is the key. Preventing substance abuse involves a multifaceted approach that addresses various factors contributing to its onset. Some key strategies and guiding paths for prevention are enlisted below:

1. **Education and Awareness:** Providing accurate information about the risks and consequences of substance abuse through school programs, community initiatives, and media campaigns can increase awareness among individuals of all ages.
2. **Early Intervention:** Identifying and intervening in risky behaviors early, such as through school counseling, family support programs, and regular health screenings.
3. **Promotion of Mental Health:** Addressing underlying mental health issues and providing adequate support can reduce the likelihood of individuals turning to substances as a coping mechanism.
4. **Environmental Strategies:** Implementing policies and regulations that limit access to substances, especially for minors, can deter substance abuse.
- Supportive Communities:** Building strong community-based support systems that promote healthy activities, positive peer influence, and alternatives to substance use can be useful.
6. **Family Involvement:** Encouraging open communication within families and fostering positive relationships can significantly influence children's decisions regarding substance use.
7. **Treatment and Rehabilitation:** This includes both medical treatment and psychosocial support to facilitate recovery and prevent relapse.
8. **Policy and Legislation:** Advocating for policies that support prevention, treatment, and harm reduction measures at local, national, and international levels.

In recent years Jammu and Kashmir has seen an exponential increase in drug abuse. According to official data shared by the Central Government in Parliament, the number of people affected by drug abuse in Jammu and Kashmir has reached nearly 10lakh, which is around 8% of the total population of Jammu and Kashmir. A 2022 survey in 10 districts of Kashmir estimated opioid dependence in Kashmir to be 2.23% with total number of opioid dependent individuals estimated to be 52,404, of whom 32,097 inject. Overall, participants spent about INR 88,183.58 monthly (~USD 1,065) on heroin. The idyllic valleys and serene lakes hide a grim reality: a rising tide of addiction affecting the youth and tearing at the social fabric of the community. The menace of substance use among adolescents is often traced to social, economic, psychosocial and environmental factors. Also, the economic and social marginalization has drastically increased the matter of drug trafficking in Kashmir. Since the models of complete abstinence from drugs have failed in the pandemic of hardcore drug abuse, the approaches like long-term substitution are taking the lead. Family-based treatments are currently recognized as among the most effective approaches for adolescent drug abuse. The drug abuse crisis is a pressing issue that requires immediate and sustained action. While the challenges are significant, a combined effort from the government, civil society, and international organizations can pave the way for a drug-free World. Addressing the root causes, providing adequate healthcare, and fostering a supportive environment are crucial steps towards mitigating this crisis and restoring hope to the affected communities. A multipronged, compassionate, non-judgmental,

CHOOSE FREEDOM, NOT ADDICTION.

Need help with de-addiction, visit OPD 115 (Mon-Sat)

Upper GI Cancer Prevalence in Kashmir: Causes, Prevention and the Role of Radiotherapy



DR SHAHID BASHIR WANI
Assoc. Professor & Head
Radiation Oncology

Upper gastrointestinal (GI) cancers, including esophageal, gastroesophageal junction and gastric cancers, have shown a concerning prevalence in the Kashmir region. This can be attributed to a combination of environmental, dietary, and genetic factors unique to the area. The high incidence of these cancers in Kashmir is notable due to the region's distinct lifestyle and dietary habits, as well as potential genetic predispositions.

Possible Causes:

- 1. Dietary Factors:** Traditional Kashmiri cuisine includes a high intake of salted and smoked foods, such as dry fish and meat, which can contribute to the development of upper GI cancers. The high salt content can lead to chronic irritation of the gastric mucosa, increasing cancer risk.
- 2. Helicobacter pylori Infection:** This bacterium is a significant risk factor for gastric cancer. Studies indicate that the prevalence of *H. pylori* infection is high in Kashmir, potentially due to unsanitary conditions and lack of clean drinking water.
- 3. Environmental Factors:** The region's harsh climate and possible exposure to certain environmental pollutants might also play a role in cancer risk. For example, exposure to certain pesticides and industrial chemicals could contribute to cancer development.
- 4. Genetic Predisposition:** There may be genetic factors that increase susceptibility to upper GI cancers in the Kashmiri population. Research into specific genetic markers and familial patterns is necessary to understand this better.

Role of Radiotherapy in Upper GI Cancers:

Radiotherapy is a crucial modality in the management of upper GI cancers for several reasons:

- 1. Localized Treatment:** Radiotherapy targets cancer cells with precision, minimizing damage to surrounding healthy tissues. This is particularly important in upper GI cancers, where the proximity to vital organs necessitates careful treatment planning.
- 2. Adjuvant Therapy:** It is often used as an adjuvant therapy following surgery to eliminate residual cancer cells and reduce the risk of recurrence. This is essential for improving long-term survival rates.
- 3. Neoadjuvant Therapy:** In some cases, radiotherapy is administered before surgery to shrink tumors, making them more manageable and increasing the likelihood of successful surgical resection.
- 4. Palliative Care:** For advanced-stage cancers, radiotherapy can help alleviate symptoms such as pain, bleeding, and obstruction, significantly improving the quality of life for patients.

In summary, the prevalence of upper GI cancers in Kashmir can be linked to dietary, environmental, and genetic factors. Preventive measures focusing on diet, hygiene, and early detection can significantly impact cancer rates. Radiotherapy plays a vital role in the treatment of upper GI cancers, offering both curative and palliative benefits, and should be an integral part of comprehensive cancer care strategies in the region.



Prevention Strategies:

- 1. Dietary Modifications:** Reducing the intake of high-salt and smoked foods and promoting a diet rich in fruits, vegetables, and whole grains can help lower cancer risk. Public health campaigns can raise awareness about healthy eating habits.
- 2. Screening and Early Detection:** Regular screening for *H. pylori* infection and subsequent treatment can help prevent gastric cancer. Additionally, implementing community-based screening programs for early detection of upper GI cancers can improve outcomes.
- 3. Improving Hygiene and Sanitation:** Ensuring access to clean drinking water and proper sanitation can reduce the incidence of *H. pylori* infection and other gastrointestinal conditions.
- 4. Public Awareness and Education:** Educating the population about the risks of upper GI cancers and the importance of early detection can encourage preventive measures and prompt medical consultations.

THE ASCENT | MILESTONE | 27 April, 2024

Farewell to Inaugural MBBS Batch (2019)



IN FOCUS AT RANDOM



BEHIND THE ISSUE



Prof. (Dr) Rukhsana Najeeb
Principal & Dean
Chief Editor & Chairperson, M&CC.



DR OWVASS H DAR
Consultant Radiologist
Spokesperson, M&CC



ADIL RASHID BHAT
Computer Operator
Member, M&CC



Peerzada Faizan Gul
Radiation Therapist
Associate Editor, M&CC



Abrar Gul
Photographer
Member, M&CC



MEDIA & CREATIVE CELL GOVT. MEDICAL COLLEGE ANANTNAG.

