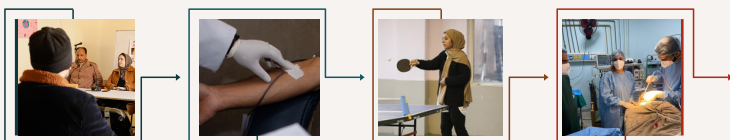
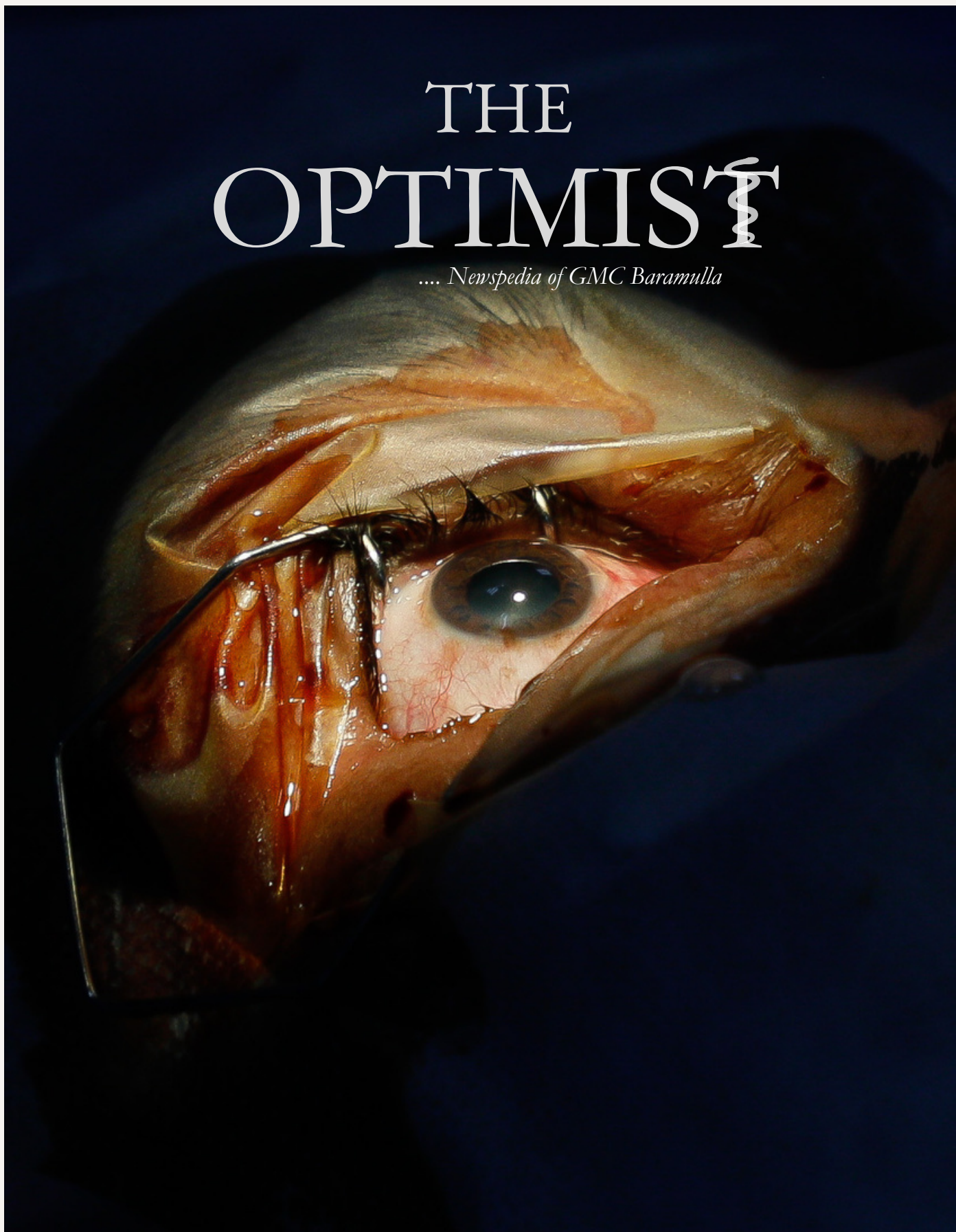


THE OPTIMIST

.... Newspedia of GMC Baramulla



PRINCIPAL'S MESSAGE



Harmony Powers Universe!

Unless small pixels come together we can't have a picture; unless all the elements come together though in different proportions, the Universe will not come to existence. This universality of small ingredients to coalesce and coming-together as one makes the reality happen with a new uniqueness yet retains the essence of each speck is what created harmony and a disciplined existence.

All these ingredients have a predefined mutual understanding towards an objective hence come and work together willingly or unwillingly. We humans though complex behave similarly, and must follow the principles of harmony and discipline to create a work culture wherever we are stationed in life to achieve our organisational goals for the greater good of society and the cardinal and guiding principle --to serve Public Interest.

This institution has been established to channel our energy in a disciplined and harmonious fashion to achieve and sustain those goals and objectives.

We have done it and have been doing it and shall do it for years to come as one Team. And this Newspedia is a documented witness of last year's glimpses into the efforts of different domains of this institution while at the delivery of Medical Academics and Patient Care Services.

Though still in infant stage, the institution as a team has come a long way with full fledged medical Academics with more and more processes being added with each passing month which the reader can traverse through different pages of this Newspedia.

Team work and positive cognition can make this year more productive and more fruitful for the public health delivery.

And I am sure my team will harken the call and deliver beyond the capacity especially the young faculty who are fertile and energetic to go beyond competencies and make this institution a centre of excellence in all the domains with rooting of new innovative processes for the generation to benefit. **Like a True Optimist!**

**March Ahead
March Long
What started centuries ago
May Endure for times to come
The Art of Medicine!**

Prof (Dr) Ruby Reshi

CONTENTS

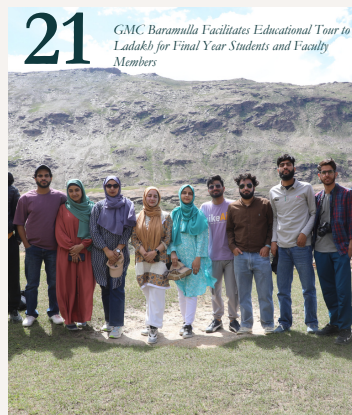


8 FEBRUARY

In a first dual chamber pacemaker implant performed in GMC Baramulla



32



21

GMC Baramulla Facilitates Educational Tour to Ladakh for Final Year Students and Faculty Members

42 DECEMBER

Government Medical College and Associated Hospital Baramulla Receives Visit from Chairman and Vice Chairperson of Piramal Group

37 NOVEMBER

GMC Baramulla performs four Cochlear Implant Surgeries thus bringing Advanced Healthcare to the North

PAGE

TITLE

01 PRINCIPAL'S MESSAGE

03 JANUARY

First Arthroscopic Surgery Performed in GMC Baramulla

09 MARCH

Two Days State Level Management Development Programme (MDP) for Healthcare Professionals Held in GMC Baramulla concludes.

13 APRIL

GMC Baramulla gets new Narrow Band UVB whole body chamber.

16 MAY

PMR Centre and gymnasium inaugurated in GMC Baramulla

20 JUNE

GMC Baramulla Celebrates World Blood Donor Day, Acknowledging Life-Saving Contributions

21 JULY

Government Medical College Baramulla Inaugurates Bacteriology Section in the Department of Microbiology

23 AUGUST

World Breastfeeding Week Concludes at GMC Baramulla

26 SEPTEMBER

Inauguration of Polysomnography Lab

31 OCTOBER

Sports Week



Media & Creative cell,
GMC Baramulla
mediacreativecellgmcb@gmail.com



WWW.GMCBARAMULLA.COM



Editor's Note

The Media & Creative Cell began its work and journey since the start of year 2022 completing two years on 17 January. The aim was to disseminate information regarding medical academics and patient care services to the wider audience of Citizens.

The Cell was conceptualized under the guidance of worthy Principal Prof (Dr) Ruby Reshi ; and the works were to be put out through multiple social media handles and WhatsApp groups.

In addition to these mediums of communication, we are here with our new endeavour, the yearlong Newspedia, quintessential glimpses into the world of Medicine of the preceding year!

This won't have been possible in a short duration of five days without the arduous efforts of my creative team: Mr Khursheed, Mr Altaf and Ms Taiba Hameed.

The photographs are that crystallization of our memories through the inter play between Mr Khursheed and the lights!

The illustrations and Art Works are testament to the years of finely chiselled experience through brush strokes and the canvas and innate understanding of colours that one wonders what is real and what is human intervention!

There would be absolutely no exaggeration in the fact that the most formidable force in all aspects has been Ms Taiba Hameed who has been on toes in the last five days including weekend with a display of great patience to the editorial intervention and execution of the tasks precisely as desired. Excellent.

And due to the paucity of time and resources there is possibility of errors and some stories may not have made it to the issue. We apologise for that but our Social Media Handles are filled with all the stories and content.

The Optimist must Win!

Published by Media & Creative Cell

THE OPTIMIST | 2024

EDITOR-IN-CHIEF

Prof(Dr)Ruby Reshi

EDITOR

Umar Shafi Banday

WRITERS

Taiba Hameed | Umar Shafi Banday

PHOTOGRAPHY

Khursheed Ahmad Parray

ILLUSTRATOR

Altaf Hussain Khan | Taiba Hameed

LAYOUT DESIGNER

Taiba Hameed

CONTENT NOTICE

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FIRST ARTHROSCOPIC SURGERY PERFORMED IN GMC BARAMULLA

First arthroscopic procedure of knee was performed by the department of Orthopaedics successfully of a female patient in presence of worthy Principal Dr. (Prof) Ruby Reshi, the patient was diagnosed with tear of meniscus.

“This facility will help people of North Kashmir, Now they don’t need to go to Srinagar or outside state for arthroscopic procedures of knee”, said Principal GMC Baramulla Dr (Prof) Ruby Reshi.

“Her presence at the time of our first knee Arthroscopic procedure was encouragement for whole orthopaedic surgical team”, Dr Ishtiyaq Abdullah (Asst. Professor Orthopaedics) added.

The procedure was done by Dr Ishtiyaq Abdullah (Assistant Professor), Dr. Zamir Ali (Asst Professor), Mr Jaffar, Mr Fareed, Mr. Javid, Mr Mufeed and others. “We are very thankful to our Principal Dr (Prof) Ruby Reshi for her efforts to bring this institute in limelight”, said in charge OT Mohammad Hussain Geelani.



DIALYSIS CENTER IN GMC BARAMULLA - A BOON FOR PATIENTS IN THE NORTH

Since its inception in 2018, the Dialysis Center in GMC Baramulla has conducted 15,306 dialysis sessions.

The Jammu and Kashmir government has been operating three such centres in the valley. One each at Anantnag District Hospital in South Kashmir, GMC Baramulla in North Kashmir, and the third one at Rainawari in Srinagar.

The North Center has been sanctioned under the Pradhan Mantri National Dialysis (PMND) program and has brought relief to the patients who live in far-off areas of North Kashmir.

The dialysis centre sees a steady influx of people each day. Speaking to the media cell GMC, in charge of the dialysis center Mr Umer said “We do 340 sessions monthly and have done 15,306 sessions till now”. The centre has specific machines designed for HCV+ patients to keep all other patients safe from getting infected.

For patients that fall below the poverty line, the centre has made the facility free of charge, while others have to pay less than 1000 for a single sitting.

“I used to spend more than 10000 every week, but now I feel relaxed. I had to go to Srinagar every week this centre has made it easier for me, even though I live in Uri but it still makes a lot of difference” said a patient who has been attending dialysis sessions since 2019.



MEGA HEALTH CAMP CONDUCTED AT SHIRIPORA KALANTRA BY THE DEPARTMENT OF COMMUNITY MEDICINE GMC BARAMULLA.

The Department of Community Medicine GMC Baramulla through Rural Training Health Centre Kalantra conducted a Mega Health Camp in the remote area of Shiripora Baramulla.

Following Health Care Services were delivered under the supervision of Dr. Urui, Assistant Professor Community Medicine:

1. Free Medical Checkup of 97 Patients.
2. On spot NCD Screening of 73 patients.
3. Distribution of free medicines viz., Albendzol, Vit C and D, Calcium, Metformin, Telmisartan, Amlodipine, ORS, Zinc tablets, IFA tablet and Multi Vitamin, PCM and other essential drugs.
4. Moreover, extensive community awareness lectures on Hypertension, Diabetes and CVD diseases, their causes and prevention were held to make the citizens well informed.

The team braved the harsh winter conditions and travelled by foot to reach the area of Shiripora Baramulla which included: Dr. Salman Rafiq, Dr Basaina Gulzar, Dr Shazia, Dr Saadat, Dr Muzamil, Dr Ayman, Dr Fiza, Dr Sadaf, Ab Qayoom, Irfan Hussain and Ab Aziz and Media & Creative Cell Officials.

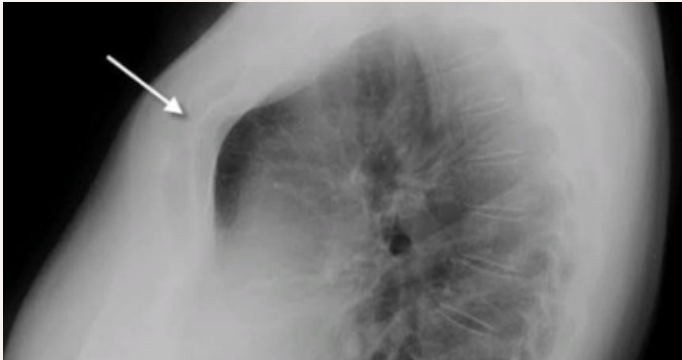
As per the recent estimates, the population of this sub-centre is 2444 with very little medical help at their disposal. The sub center Shiripora is located 25 km from GMC Baramulla.



FIRST CHEST WALL RECONSTRUCTION SURGERY PERFORMED IN THE INSTITUTION

In a first for the institution, GMC Baramulla conducted a chest wall reconstruction surgery. A 25-year-old female with pectus carinatum was operated on with excision of 8,9,10 ribs. The chest wall reconstruction surgery was headed by Dr Mir Mushtaq and Dr Fozia. Dr Fayaz assisted with the surgery as the anaesthetist.

The patient is recovering well and is looking cosmetically better too. The surgery is the first chest wall reconstruction surgery done at GMC Baramulla.



2-day mega health camp concludes at STC Sheeri

The camp was organized by Department n of Microbiology GMC Baramulla in collaboration with National Tuberculosis Elimination Programme and Integrated Counseling & Testing Center.



“

Optimism can be prescribed and applied as a medicine, and is a remedy in proportion to its purity and the wisdom displayed in its use.

”

FEBUARY

GMC BARAMULLA OBSERVES WORLD CANCER DAY. SEES HEALTHY PARTICIPATION FROM THE MASSES.

World Cancer Day was observed by GMC Baramulla today. The event was observed at the Public Health Centre, Bagh-e-Islam in association with the Department of Radiation Oncology to raise awareness among the general public about cancer prevention, detection, and treatment.

The program was held in the presence of worthy Principal GMC Baramulla, Dr. (Prof) Ruby Reshi, under the supervision of Dr. Safoora Bilquees, Associate Professor, Community Medicine, and Dr. Lone M. Maqbool, Professor & Head of the Department of Radiation Oncology.

Opening remarks to the gathering were made by Dr. Safoora Bilquees, Associate Professor, Community Medicine. She laid down the need for more awareness of cancer and spoke heavily about the early detection of certain cancers. "Breast cancer in women is one of the most prevalent types of cancer and the second most deadly cancer. It is about 30% (or 1 in 3) of all new female cancers each year."

"Women should conduct physical exams regularly and immediately report any anomalies to their doctors. The earlier a cancer is detected, the better the chances of beating it."

Addressing the availability of treatment at GMC Baramulla, Dr. Lone M. Maqbool took the stage. He informed the people that the right infrastructure is available for cancer treatment now, "The hospital (GMC Baramulla) is now well-equipped to deal with cancer treatment as well as its detection."

"Previously people from North Kashmir would have to visit Srinagar now they do not have to worry they have all the facilities available here. There is no need to be afraid of cancer, it can be treated just like other diseases if it is caught and treated on time," he continued.

"The key is getting the treatment on time. Some people squander the valuable time required to treat the disease by relying on faith-based medical treatment. This needs to stop and people should incline more towards proven medicine."

In the concluding remarks, the worthy Principal further emphasized the need to keep a healthy lifestyle to keep cancer at bay. "We have the right technology, the right people, and the right environment needed to deal with all types of cancers. People in North Kashmir are in very good hands."

World Cancer Day is an international day marked on 4 February to raise awareness of cancer and to encourage its prevention, detection, and treatment.

Each year, hundreds of activities and events take place around the world, acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.



GMC Baramulla starts the National leprosy eradication programme

Continuing its efforts to raise community health awareness in rural areas, GMC Baramulla concluded the Village Health Nutrition Programme today. The day was marked by conducting a health camp under the National Leprosy Eradication Programme.

The program is being undertaken under the supervision of Dr Uruf in charge of Rural Training Health Centre Kalantra under the guidance of worthy Dr. (Prof) Ruby Reshi, Principal GMC Baramulla. Under this program, a door-to-door survey from Kalantra Baramulla on 02-02-2023 was done.

The following activities were carried out during this program:

1. BMI check-ups of enrolled children of Kalantra Bla Center "A"
2. On-spot NCD Screening of old cases of Kalantra Bla.
3. Nutritional and clinical antenatal counselling of pregnant ladies of the concerned villages.

The team included Ab Qayoom Shah, Irfan Hussain, Ishfaq Ali, AWWS, and Asha workers. The health team conducted activities to raise awareness and address the taboo surrounding the disease. The community stakeholders and households were educated about eliminating and tracking leprosy patients as well as its prevention. Information about government schemes that are available for such patients was also given to them.

As per recent estimates, the population of Kalantra is 8940.



An inaugural function for the Blood Centre Associated Hospital GMC Baramulla was celebrated today. It was done under the supervision of Dr. (Prof) Ruby Reshi, worthy Principal Govt. Medical College Baramulla.

The Blood Centre will provide the following services -

1. Whole Human Blood -I.P.
2. Packed Red Blood Cells I.P.
3. Platelet Concentrate I.P.
4. Platelet Rich Plasma BP.
5. Fresh Frozen Plasma B.p.
6. Cryo-Precipitat

National Deworming Week Concludes at RHTC Kalantra GMC Baramulla, with the Village Dendmo as Target Delivery Point of the Health Programme.

As a part of continuous Health Service at the grassroots and Health for All initiatives of the Govt of India, RHTC Kalantra held a week-long National Deworming Programme, covering the catchment areas of the RHTC Kalantra with the Village Dendmo being specific target area.



Blood Donation camp held in Delina Baramulla

Al Umaah Welfare Foundation organized a voluntary blood donation camp today. The camp was organized in collaboration with the Blood centre Department of Immunohaematology GMC Baramulla at Public Health Center, Delina.

Department of Psychiatry GMC Baramulla in collaboration with District Administration Baramulla conducted Training Workshop on Drug Abuse.

The Department of Psychiatry GMC Baramulla organized a training workshop on Drug Abuse for Counsellors working in different health institutes across district Baramulla. This is an initiative started by District Administration Baramulla in collaboration with GMC Baramulla under Nasha Mukht Bharat Abhiyan. In today's workshop, 12 counsellors were trained on different aspects of Drug Abuse like early identification, counseling skills and proper referral. It was an interactive session in which the participants also gave their suggestions and feedback.

This was the first of the series of workshops which the department intends to organize for different departments every month



In a first dual chamber pacemaker implant performed in GMC Baramulla.

In a first, permanent dual chamber pacemaker implant in an 80-year-old patient with complaint of recurrent loss of consciousness and conduction block was performed in Govt. Medical College Baramulla. This is a first-of-its-kind facility among the new Medical Colleges and will prove to be a boon to the health sector of North Kashmir. This facility will benefit the people of North Kashmir in general and senior citizens in particular, who otherwise had to travel to Srinagar or outside state for Pace Maker Implants.

A team of doctors' lead by Dr. Mudassir Muzamil & Dr. Owais performed this procedure which took 1 hour. The team was assisted by Dr. Javaid Ahmad and technical staff led by Mr. Jaffar Ahmad. The patient is doing well post-surgery.

Principal Govt. Medical College Baramulla and Medical Superintendent Associated Hospital congratulated the team of Doctors of the Department of Medicine for achieving the feat in cardiac surgery domain. They said that such operations are being performed at very few centres in Kashmir. They asserted that Medicine department will be provided with advanced surgical equipment for delivering top end facilities to the heart patients of North Kashmir.



MARCH

TWO DAYS STATE LEVEL MANAGEMENT DEVELOPMENT PROGRAMME (MDP) FOR HEALTHCARE PROFESSIONALS HELD IN GMC BARAMULLA CONCLUDES.

The Academy of Hospital Administration (AHA), India, in collaboration with the Government Medical College Baramulla, organized a two-day State Level Management Development Programme (MDP) for doctors, nursing professionals, and tutors of nursing colleges from districts Baramulla, Kupwara, and Bandipora.

The programme aimed to provide healthcare professionals with the necessary skills and knowledge to manage and lead healthcare facilities effectively. The event saw the participation of more than 100 healthcare professionals from the region.

The MDP covered a range of topics, including healthcare management, Material Management, Ethical & Legal Issues Management, Women Empowerment & Development, communication skills, and Quality Assurance in Health Care. The programme was designed to enhance the participants' abilities to manage and lead healthcare facilities effectively, enabling them to provide better services to patients.

Dr Yashpal Sharma, president, AHA India, briefed the participants about ethical and legal issues in healthcare management. While speaking to the participants he urged them to keep their skills up to date throughout their working life. In particular, to take part regularly in learning activities that develop their competence and performance.



Dr Syed Sehrish Asgar, Deputy Commissioner Baramulla addressed the participants at the concluding ceremony. She said that the programme was a step in fulfilling the needs of the people of this region. She further felicitated the participants. She appreciated the efforts of the participants and said that the event was a great success. She also congratulated all those who participated in the programme.

Dr Shumail Bashir, Associate Professor, Chest Diseases on behalf of Prof (Dr) Ruby Reshi, Principal GMC Baramulla extended her warmest regards to all of the participants.

A cultural programme was also presented on the occasion followed by the distribution ceremony of certificates to the programme coordinators, volunteers and staff of GMC Baramulla.

Psychiatry Department, GMC Baramulla, Conducts a one-day workshop on Drug Abuse for representatives from different government institutions.

Under the guidance of worthy principal GMC Baramulla Dr. (Prof) Ruby Reshi, the Department of Psychiatry GMC Baramulla today organized a 2nd Training Workshop on Drug Abuse for representatives from different government institutions.

The workshop saw the participation of 18 government employees from the departments of health, education, ICDS, and Social Welfare. The government employees were trained on different aspects of Drug Abuse like early identification, counseling skills, and proper referral. It was an interactive session in which the participants also gave their suggestions and feedback.

The workshop is part of an initiative of the District Administration Baramulla in collaboration with GMC Baramulla under Nasha Mukta Bharat Abhiyan and today's event was the second of the series of workshops that the department intends to organize every month.



World TB Day Celebrated at GMC Baramulla



GMC Baramulla in collaboration with the Centre for Health Research Innovation CHRI organized a program on the eve of World TB Day, celebrated every year on 24 March.

The program started with the flag off the IEC Van flagged by Incharge Principal GMC Baramulla Dr.(Prof.)Iffat Hassan in the presence of faculty members and students of the college. To generate mass awareness an IEC van equipped with banners and a public addressal system was also flagged off.

Later a day-long program was held in the academic block of the hospital in which the principal medical college, faculty members, and students participated.

Dr. Waseem Iqbal(Assistant Professor) Department of Pediatrics moderated the program and welcomed the guests and participants.

Dr. (Prof.) Iffat Hassan in her inaugural address discussed in detail the global TB scenario and the efforts which are being taken to eliminate tuberculosis. She also talked about the political commitment the country has made toward the United Nations' sustainable goal of eliminating tuberculosis by 2025.

Professor Ab Majid HOD Community Medicine in his address discussed in detail the reason behind the celebration of World TB Day.

Dr. Shumail Bashir (Associate Professor) Department of Chest Medicine and Nodal Officer NTEP gave a detailed presentation on the Global TB burden and the concept of programmatic management of tuberculosis preventive treatment (PMTPT) to stop the transmission of tuberculosis at the latent level. She also spoke about the facilities available and services being provided at GMC to tuberculosis patients and the progress achieved in the elimination of tuberculosis.

Dr. Manzoor Mir, HOD Department of Bioresources gave a detailed presentation on Drug Resistance Tuberculosis (DR-TB) and discussed the research going on to develop an effective drug regimen against tuberculosis.

Dr. Manzoor in his lecture also spoke about his expertise and publications regarding the research on tuberculosis while giving details of the global TB burden and the efforts being taken in India to achieve the target of TB elimination by 2025.

Dr. Wasim Iqbal (Assistant Professor) Department of Pediatrics (Master Trainer PMTPT program) shared his experience of association with the Project JEET team and the efforts being undertaken by the JEET to promptly implement the program in the territory of J&K.

Lastly, Dr. Wasim presented the vote of thanks and the program ended with the felicitations of participants.

EVENTS

The Rural Health Training Centre (RHTC) successfully concluded the 'national health oral program' at the Government High School Kalantra on March 20, 2023.

The primary objective of the program was to alleviate the impact of oral diseases that have a detrimental effect on individuals, healthcare systems, and economies worldwide.

The Department of Oral and Maxillofacial Surgery and Dentistry at GMC and Associated Hospital BLA celebrated World Oral Health Day today with various events aimed at promoting oral health awareness. The event was attended by numerous individuals, who were educated on the importance of maintaining good oral health.

Department of Surgery GMC performs breakthrough surgery. Sets high standard for future.

The Department of General Surgery at GMC Baramulla made a significant breakthrough in the field of colorectal cancer surgery, performing its maiden laparoscopic-assisted Low Anterior Resection on a 65-year-old female with Adenocarcinoma of the rectum.



DEPARTMENT OF MEDICINE GMC BARAMULLA SUCCESSFULLY IMPLANTS THIRD DUAL CHAMBER PACEMAKER

The Department of Medicine, GMC Baramulla achieved a significant milestone by successfully implanting a dual chamber pacemaker in a 75-year-old patient who was admitted with multiple episodes of syncope.

The procedure was carried out after an ECG revealed LBBB with a high degree AV block.

The team of doctors, including Dr. Yasir Bashir (Assistant Professor) Department of Medicine, Dr. Mudasar Muzamil, DM Cardiology, and Dr. Javaid Wani, Medical Officer, successfully implanted the pacemaker without any complications. The team was supported by other technical staff.

The pacemaker implantation was performed under the PMJAY Scheme, which aims to provide accessible and affordable healthcare to all the patients. The program covers the costs of medical procedures for patients in need, and this successful implantation is a testament to the scheme's effectiveness in providing quality healthcare to all.

The team of doctors expressed their gratitude to the worthy Principal Dr. (Prof.) Ruby Reshi for their support. They also expressed hope for future advancements in the field of cardiology, which will enable them to provide even better care to their patients.



ADVANCED LAPAROSCOPIC SURGERY PERFORMED AT GMC BARAMULLA

Under the supervision of the Principal of GMC Baramulla, Dr. (Prof) Ruby Reshi, Dr. H. Vaqar, Head of the Department of General Surgery, Dr. Shakeeb Nabi, Assistant Professor of General Surgery, and Dr. Waseem Akbar (SR) performed a complex Spigelian hernia operation today. Dr. Fayaz Munshi, Professor in the Department of Anaesthesia, assisted as the anaesthetist.

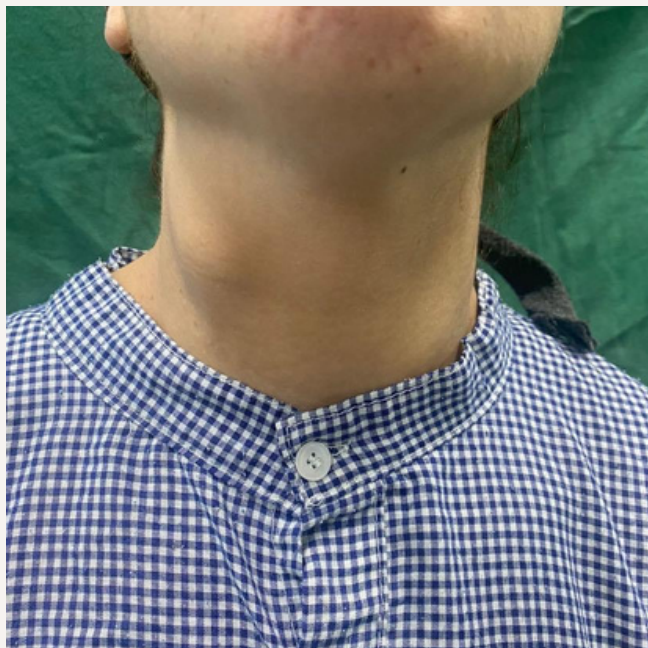
Spigelian hernias are extremely rare, accounting for 0.12% to 2% of all abdominal wall hernias. The team performed a transabdominal preperitoneal mesh plasty, an advanced laparoscopic procedure.

The costs of the surgery were covered by PMJAY, which aims to provide accessible and affordable healthcare to those in need.

This successful surgery highlights the importance of having skilled healthcare professionals and accessible healthcare schemes in place to handle rare medical conditions and provide affordable healthcare to all.

Major neck tumour removed in GMC Baramulla.

A major neck surgery was conducted by the department of ENT, GMC Baramulla, headed by Prof. Nazir Ahmad Khan. The surgery involved the removal of a cystic schwannoma, in a 29-year-old patient. The surgery was performed by Dr Zafarullah Beigh, Assistant Professor, ENT, who successfully dissected the tumour completely without any complications. Principal GMC Baramulla, and Dr.(Prof.)Ruby Reshi, appreciated the team for their exceptional work. This successful surgery is a testament to the excellence of the ENT department at GMC Baramulla and the high level of medical expertise available in the northern region of Kashmir.



World Health Day observed at GMC Baramulla

On 7th April 2023, the World Health Organization (WHO) marked its 75th anniversary with a call for renewed efforts towards achieving health equity worldwide. The theme for this year's World Health Day was "HEALTH for ALL", emphasizing the need for universal access to quality healthcare.

In line with this global event, the Department of Community Medicine at GMC Baramulla Under the Leadership of Dr (Prof) Ruby Reshi, organized a day-long programme to observe World Health Day. The event commenced with an opening address by Dr Zahid Ali Khan, Associate Professor, Department of Community Medicine, who introduced the theme and purpose of the occasion.

The Head of the Department of Community Medicine, Dr Abdul Majeed Ganai, delivered an awareness generation talk on the significance of the day and the need for promoting health equity.

Dr Nazir Ahmad Khan, Professor & Head Department of ENT and Registrar academics, was the chief guest for the event, and he shared his ideas on the subject with the students.



Medical Superintendent GMC Baramulla, Dr Parvaiz Masoodi, spoke about the importance of celebrating World Health Day, emphasizing the need for health equity as a fundamental right for all.

he programme also included a quiz competition among the MBBS students from different batches, moderated by Dr Zahid Ali Khan, and assisted by Dr Muzammil Nazir, Dr Syed Najmul Ain, Dr Saima Nazir, Dr Ishtiyah, Dr Zubair, Miss Nadiya, Mr Waseem, and Mr Satish.

Additionally, a drawing competition was conducted, with judges from different departments, including Dr Shakeelur Rehman (Associate Professor Department of Pharmacology), Dr Shumail Bashir (Associate Professor Department of Chest Medicine), and Dr Berjina Farooq (Assistant Professor Department of Anatomy).

After the competitions, the winners were felicitated, and the event ended with a vote of thanks by Dr Uruj (Associate Professor Department of Community Medicine).

The event was attended by faculty members, paramedical staff, MBBS students from GMC Baramulla, and staff of District Legal Services Authority Baramulla, who were also collaborators for the event.

APRIL

GMC BARAMULLA GETS NEW NARROW BAND UVB WHOLE BODY CHAMBER.

Narrow Band UVB whole body chamber was inaugurated at GMC Baramulla by the worthy Principal Dr. (Prof) Ruby Reshi on 31 March 2023. Head of the Department of Dermatology Dr. (Prof) Syed Mubashir, Academics Registrar Dr. (Prof) Nazir Ah Khan, head department of Anaesthesia Dr. (Prof) Basharat Saleem and Medical Superintendent Dr. Parvaiz Masoodi were also present on the occasion.

It is the first of its kind machine in North Kashmir to facilitate the patients who had to be referred to a higher centre like SMHS/SKIMS for this procedure.

Speaking on the occasion Dr. (Prof) Ruby Reshi said, "The new medical facilities in North Kashmir will be of immense help to the people of the region. Before these facilities, patients had to travel to Srinagar three times a week for medical assistance. But with these new facilities, they will be able to receive the necessary care and treatment closer to home."

Narrowband UVB treatment is to be given thrice a week which affects the patient's day-to-day activities due to long-term compliance to the treatment for months and would be problematic in view of time efforts and financial implications.



Due to the efforts of worthy Principal Dr. (Prof) Ruby Reshi in collaboration with the Department of Dermatology GMC Baramulla availability of this service has made it easy for people of north Kashmir to avail the treatment facility.

The department of Dermatology is hopeful for further improvement and betterment of the Department of Dermatology GMC Baramulla.





EVENTS

The Department of Psychiatry, in collaboration with the district administration of Baramulla, organized a day-long workshop cum training program on Drug Abuse under Nasha Mukht Bharat Abhiyan (NMBA) and Narco Coordinator Centre (NCORD) on April 25, 2023, at its college premises.

The workshop aimed to create awareness about the harmful effects of substance abuse and addiction, and the measures that can be taken to prevent and treat them. It also focused on educating the attendees about the different aspects of Drug Abuse like early identification, counselling skills and proper referral.

Principal GMC Baramulla, reviewed the Covid care facilities in Government Medical College Baramulla

In a bid to ensure the readiness of Government Medical College Baramulla to handle COVID-19 cases, Dr (Prof) Ruby Reshi, the Principal of GMC Baramulla, led a team of doctors including Medical Superintendent AHGMC Dr Parvez Masoodi, HOD Anaesthesia Prof. Basharat Saleem, Dr Yasir Bashir and Dr Towseef of Medicine department to review the hospital's COVID care facilities.

MAY

Discussion on starting CVTS Surgeries in GMC Baramulla held with doctors from Medanta

On 2nd May 2023, an interactive meeting was conducted in GMC Baramulla, as per the directions of the worthy Principal GMC Baramulla Dr. (Prof) Ruby Reshi and the Medical Superintendent, Dr. Parvaiz Masoodi.

This special meeting aimed to collaborate with the team of doctors from Medanta Multi-Super Specialty Hospital, New Delhi and share knowledge and experience in the medical field, and discuss ways to improve thoracic surgeries.



Principal GMC Baramulla assesses UTHC Bagh-e-Islam, plans to establish OST Centre to combat substance abuse

In a recent development, Principal GMC Baramulla, Dr (Prof) Ruby Reshi, along with Dr Tajamul Dhar and Dr Zahid Ali Khan, visited the urban health training centre (UTHC) Bagh-e-Islam on May 4, to assess the functioning of the centre and establish the Opioid Substitution Therapy (OST) Centre at the UTHC.

The UTHC Bagh-e-Islam is affiliated with the Department of Community Medicine and is a part of the initiative taken by the GMC Baramulla administration to provide community-based healthcare services to the people of District Baramulla.



A health awareness camp on the topics of Polycystic Ovary Syndrome (PCOS) and anaemia was conducted at Girls Higher Secondary School (GHSS), Old Town Baramulla.

The primary objective of the program was to provide awareness and health education sessions to adolescent girls regarding Polycystic Ovary Syndrome (PCOS). During the camp, on-the-spot haemoglobin tests were carried out on 83 female students, revealing that 60% of the students were anaemic. To address this, iron and folic acid tablets were distributed among the affected students.



Inauguration of Dining Hall in Girls' Hostel and Introduction of Bus Services for GMC Students

The GMC Baramulla girls' hostel witnessed the inauguration of a newly built dining hall, led by the Principal, Dr. (Prof) Ruby Reshi. The event was attended by students, doctors, and faculty members from GMC Baramulla.

The main objective of this facility is to enhance the overall experience of female students residing in the hostel, fostering a sense of community and camaraderie within its premises.

Furthermore, in a forward-thinking move to prioritize the convenience and safety of its students, GMC Baramulla has introduced an exclusive bus service solely for transportation purposes, catering to GMC students.

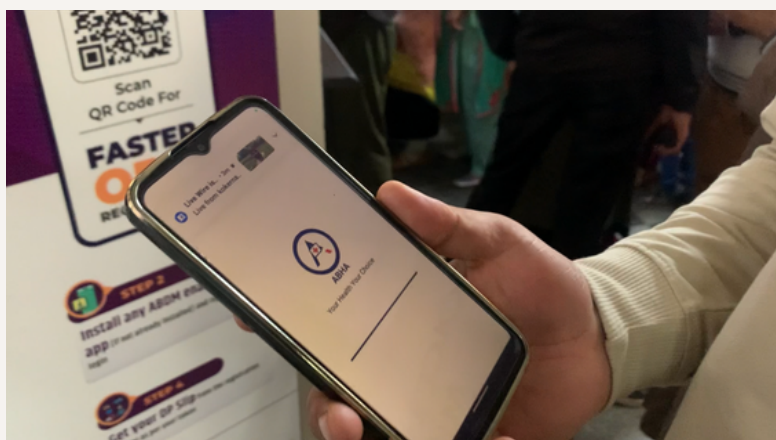


Revolutionizing healthcare with technology: GMC Baramulla starts QR code-based OPD registration service under Ayushman Bharat Digital Mission.

In a significant development in the healthcare sector, Government Medical College (GMC) in Baramulla starts QR code-based Outpatient Department (OPD) registration services as part of the Ayushman Bharat Digital Mission. This innovative service will enable patients to register for medical appointments through a unique QR code generated by the hospital.

The QR code-based OPD registration service allows patients to scan the hospital's unique QR code with their mobile phones and submit their data to the hospital. The hospital then issues a queue number or token after the profile is shared. This token is delivered as a notice to the patient's chosen app and is also displayed on screens located at the OPD registration counters for the convenience of patients.

This service aims to streamline the OPD registration process and reduce waiting times for patients. With the use of technology, patients will no longer have to wait in long queues to register for medical appointments. They can simply scan the QR code and provide their details from the comfort of their homes or while on the go.



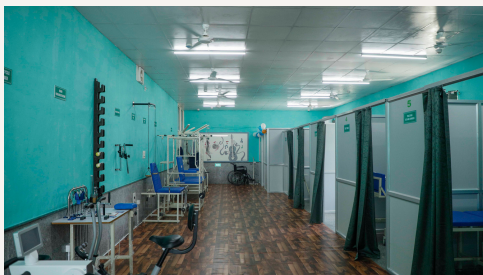
INAUGURATION

Principal GMC Baramulla inaugurates high-end colour Doppler USG machine at RTHC Kalantara

The inauguration of a high-end Colour Doppler USG machine was conducted on May 6th at the rural training health centre (RTHC) Kalantara, a field practice area of the Department of Community Medicine. The machine was inaugurated by Dr (Prof) Ruby Reshi, the principal of GMC Baramulla, under whose guidance the machine was procured and installed. The machine boasts the latest features, accessories, and probes to scan different parts of the body. A sonologist from Radiodiagnosis GMC Baramulla has been deputed weekly to perform Ultrasound. The inaugural function was attended by HOD Community Medicine, Prof. Abdul Majid Ganie, Dr. Zahid, and Dr. Uruj (Associate Prof. Community Medicine), staff of RTHC, community leaders, and senior citizens.

This initiative is a significant step towards providing better diagnostic services at the grassroots level as part of comprehensive clinical care at the primary health level. It is expected to improve the overall health delivery at the primary healthcare level, as people need not travel long distances to avail of such facilities.

The senior citizens and community leaders who attended the inauguration were highly appreciative of the principal of GMC Baramulla for taking such a positive initiative. They acknowledged the immense benefits of having such high-end diagnostic services at the primary healthcare level and expressed their gratitude for the same



PMR Centre and gymnasium inaugurated in GMC Baramulla

The PMR Centre and Gymnasium primarily caters to post-trauma, post-stroke, orthopedic patients, and congenital ortho patients. The centre is equipped with advanced equipment and specialized care, emphasizing rehabilitation and recovery to enhance the patient's quality of life.

During the inauguration, the Head of the PMR Department provided an overview of the available amenities and emphasized the benefits for individuals in North Kashmir, especially those in need of post-trauma and orthopedic care. The centre's services will offer targeted rehabilitation programs tailored to meet the unique needs of patients, ensuring optimal recovery and functional improvement.

Subsequently, a presentation session was conducted to showcase the accomplishments and ongoing work of GMC Baramulla since its establishment. Dr Waseem Iqbal presented the institution's achievements and the challenges it has faced as it evolves and grows.

Dr Parvaiz Masoodi, the Medical Superintendent of Associated Hospital GMC Baramulla, along with other Heads of Departments of GMC Baramulla, graced the inaugural function.

Under the Aspirational District Program, the DC recently approved projects worth 1 crore for GMC Baramulla. These projects include the construction of a new MRD Block, the establishment of a Urological Unit, and the upgrade of the Emergency Resuscitation Unit. These initiatives will greatly benefit healthcare services in North Kashmir and prove to be a boon for the region.

Serum-Based Electrolytes Investigations panel inaugurated at Govt. Medical College Baramulla

In a significant step towards improving patient care, the GMC Baramulla inaugurated the Serum-Based Electrolytes Investigations panel on 11, May 2023. The event was graced by the presence of the esteemed Principal of GMC Baramulla, Dr (Prof) Ruby Reshi, along with Dr Parvaiz Masoodi, the Medical Superintendent of Associated Hospital and the Heads of the Departments of Pathology, Medicine, and Bio-Chemistry.

Serum-based Electrolytes Investigations is a cutting-edge laboratory testing method that measures the levels of electrolytes in a patient's bloodstream. This information is invaluable for the diagnosis and treatment of various medical conditions and can help provide personalized treatment plans for patients. With the integration of this innovation into their diagnostic procedures, the medical staff at GMC Baramulla can better understand their patient's health needs and provide improved healthcare services.

Dr Mosin Saleem Khan, Assistant Professor, Bio-Chemistry and In-charge of the Central Laboratory was also present at the inauguration ceremony. In addition, the in-charges of the Medical Records Department (MRD) and other staff members were also in attendance.

During the ceremony, Professor Ruby Reshi expressed her delight at the introduction of the Serum-Based Electrolytes Investigations panel in the hospital. She highlighted the importance of advanced laboratory testing in improving patient care and commended the efforts of the Departments in making this innovation a reality.

The Medical Superintendent of Associated Hospital and the Heads of the Departments of Pathology, Medicine, and Bio-Chemistry also spoke about the benefits of Serum-Based Electrolytes Investigations and their potential for enhancing healthcare services at GMC Baramulla.



Surgery For disseminated Hydatid disease of the abdomen performed at Govt. Medical College Baramulla

A 24-year-old female patient underwent a fourth redo surgery at GMC Baramulla on May 16, 2023, for disseminated Hydatid Disease of the abdomen.

Under the supervision of the principal, GMC Baramulla Dr (Prof) Ruby Reshi, The day-long surgery was performed by Dr H. Vaqar and Dr Mahmood Rashid, Associate Professors, Surgery department, along with Dr Mohsin, Consultant CVTS, and Dr Farah, Consultant Gynae. The surgical team was assisted by Dr Wasim Salman, Associate Professor, Anesthesia, and Dr Gulzar, Consultant Anesthesia.

All the cysts were removed entirely without any spill and the use of harmonic dissector was done due to difficult access of cysts and adhesions with great vessels.

Following the surgery, the patient was extubated and is currently recovering well in the postoperative ward. The successful execution of the surgery procedures at GMC Baramulla has been made possible through the encouragement, logistic support, and patronage provided by the principal.

GMC Baramulla successfully performs first Ventriculoperitoneal Shunt Operation of a patient with NPH

As part of its commitment to improving healthcare services in the region, the Department of General Surgery, GMC Baramulla successfully conducted its first Ventriculoperitoneal (VP) Shunt Operation of a patient suffering from Normal Pressure Hydrocephalus (NPH).

The VP shunt surgery was a resounding success, and the patient showed significant improvement in his condition post-surgery. He regained his memory and balance and even started ambulating, which was a remarkable achievement for the surgical team. The patient, who was previously diaper-dependent, regained his continence and started going to the washroom on his own. The patient had been bedridden for two months, suffering from memory loss (Dementia), imbalance, and incontinence of urine.

For the first time in GMC Baramulla, they used the Bispectral index (BIS) and Neuromuscular monitor, which are the most advanced techniques in anaesthesia administration and monitoring.

Laparoscopic Assisted Total Gastrectomy conducted successfully at GMC Baramulla

Continuing its pursuits to complete complicated surgeries, the Department of General Surgery Government Medical College Baramulla operated on a 40-year-old male patient with Endoscopic and CT documented Gastric (stomach) cancer.

A Laparoscopic Assisted Total Gastrectomy (stomach removal) and esophagojejunostomy with jejunoejejunostomy (stapled anastomosis) with mesenteric lymph node sampling was done by Dr H Vaqar HOD General Surgery. Dr. Mir Mushtaq was Consultant Surgery with anesthesia support and control provided by Dr Fayaz, Dr Tahira, Rubiya with the support of theater assistants Juneed and Mudasir.

EVENTS

Health awareness camp held at GHSS, Old Town Baramulla

A health awareness camp on the topics of Polycystic Ovary Syndrome (PCOS) and anaemia was conducted at Girls Higher Secondary School (GHSS), Old Town Baramulla.

The entire event was supervised by the Head of the Department of Community Medicine, Professor Ab Majeed, and Dr Zahid Hassan Khan in charge Urban Training Health Center (UTHC), Bagh-i-Islam.

GMC BARAMULLA HOSTS ONE-DAY CME "BARCON 2023"



The Department of General Surgery at Government Medical College (GMC) Baramulla organized a one-day mid-term conference, titled "BARCON 2023," in association with the J&K Chapter of the Association of Surgeons of India (JAKASI), the program took place on May 27th at the GMC Baramulla campus and saw participation from 160 delegates including esteemed members of JAKASI, prominent professionals, and eminent surgical masters, to exchange knowledge and insights.

The focal point of this program was the theme "Hydatid Disease: Challenges and Management Modalities," which drew the attention of the medical community and experts from across J&K.

The program encompassed a series of engaging sessions. Attendees were treated to enlightening paper presentations, thought-provoking guest lectures, an e-poster session, and an exhilarating postgraduate quiz competition.

The proceedings were presided over by Dr (Prof) Ruby Reshi, Principal GMC Baramulla, who was accompanied by the organizing chairman, Dr H. Vaqar Ahmad (HOD Surgery, GMC Baramulla)

Prof. Sanjay Bhasin, Chairman of JAKASI, Dr Zaffar S Khanday, Secretary of JAKASI, and other esteemed members of JAKASI who lent their expertise and support to the conference.

The conference was met with overwhelming acclaim from the delegates, who praised the comprehensive and enlightening nature of the scientific program. Distinguished personalities, including Chief Guest Prof. G.Q. Peer, former Chairman and Head of the Department of Surgery at SKIMS, and Guest of Honour Prof. Mufti Mehmood, Head of the Department of Surgery at GMC Srinagar, commended the event as a valuable learning opportunity for aspiring surgeons.

A notable highlight of the conference was the presence of ADDC Mr Aijaz Ahmad Saraf, who expressed their admiration for the knowledge-sharing platform provided by BARCON 2023.

Dr (Prof) Ruby Reshi, extended her heartfelt congratulations to the organizing team for their meticulous efforts in ensuring the event's success. She expressed gratitude to the office bearers of JAKASI for bestowing their trust in GMC Baramulla as the host institution for this crucial mid-term conference. Prof. Sanjay Bhasin, Chairman of JAKASI, acknowledged the conference's resounding success and expressed his aspirations for future CMEs to be held at GMC Baramulla.

Dr Pervaiz Masoodi, MS Assoc. Hospital GMC Baramulla, shed light on the functioning and accomplishments of the associated hospital in Baramulla.

Dr Mehmood Rashid and Dr Afak Yusuf Sherwani, the organizing secretaries, extended their heartfelt thanks to all the delegates from across J&K for their active participation, which contributed to the success of the event.



RTHC Holds a Successful Community Health Outreach Program in Kalantra's Village Payeen

Kalantra's Rural Training Health Center (RTHC) organized Community Health Outreach Program in Payeen village under the guidance of the principal GMC Baramulla Dr (Prof) Ruby Reshi, the primary aim of this initiative was to extend healthcare services and support to the rural areas of Kalantra.

The program concentrated primarily on providing essential nutritional and clinical counselling to pregnant women and lactating mothers. In addition to this, the program also commemorated World Hypertension Day, promoting the theme "Measure Your Blood Pressure Accurately, Control It, Live Longer."

The program resulted in significant accomplishments, showcasing the dedication and commitment of the team. The highlights of the event included extensive lectures on nutritional and clinical counselling delivered to 11 pregnant women and 9 lactating mothers. Furthermore, 34 participants above the age of 30 had their Body Mass Index (BMI) measured, aiding in assessing their overall health. Additionally, 49 participants underwent on-the-spot screening for non-communicable diseases (NCD), resulting in the identification of four high-risk cases who were promptly referred to RTHC for further examination and treatment.

It also witnessed contributions from several staff members, Abdul Qayoom, a Vocational Counselor/MSW, Mr Irfan Khan, Health Inspector, and Mr Zubair Ahmad, a Health Educator, who played pivotal roles in the event, actively engaging and making valuable contributions. Furthermore, the program received invaluable assistance from six FMG interns.

JUNE



In a remarkable medical feat, the Department of general surgery, GMC Baramulla successfully conducted a complex surgery on a five-year-old female child. The patient presented with a sizable hydatid cyst in segment 4 of the liver, exerting massive pressure on the stomach and causing obstructive symptoms.

Under the guidance of Dr H. Vaqar, Head of the General Surgery Department, the surgical team, led by Dr Mahmood Rashid, Associate Professor of General Surgery, and Dr Mohsin, Consultant Surgeon, exhibited exceptional skill and precision throughout the procedure. Assisted by Dr Fehmeeda, Assistant Professor of Anaesthesia, and Dr Gulzar, Consultant Anaesthetist, the patient was carefully anaesthetized, ensuring utmost safety and comfort.

EVENTS



Government Medical College Baramulla Hosts Workshop on Neonatal Nursing

In a significant initiative, Government Medical College Baramulla conducted a comprehensive one-day preconference workshop on "Neonatal Nursing" on 8th June 2023. The workshop served as a vital component of the larger North Zone NEOCON 2023 conference, held at SKICC Srinagar from 8th to 10th June 2023. This workshop was organized by the National Neonatology Forum of India J&K Chapter in collaboration with NNFI India.

The workshop witnessed a remarkable turnout of nursing officers from various healthcare institutions, including GMC Baramulla, GMC Handwara, SDH Sopore, SDH Kreeeri, and other peripheral hospitals in North Kashmir. Its primary objective was to enhance the knowledge and skills of nursing officers in neonatal care, with a specific focus on critical aspects such as infection control practices in NICU and SNCU, equipment maintenance, breastfeeding and KMC, antiseptic non-touch technique, and developmentally supportive care.

Total knee replacement surgery performed at GMC Baramulla

The Department of Orthopaedics at GMC Baramulla achieved yet another milestone with a successful total knee replacement procedure on a 65-year-old patient suffering from advanced osteoarthritis of the knee. Enduring persistent knee pain for over five years and relying on painkillers for relief, the patient's condition necessitated a decisive course of action.

World No Tobacco Day observed at UTCH Bagh-e-Islam

Today, under the guidance of the Principal GMC Baramulla Dr (Prof) Ruby Reshi, 'World No Tobacco Day' was celebrated at the urban training health centre (UTHC) Bagh-e-Islam.

The theme of the event was 'We Need Food, Not Tobacco.' Led by the supervision of HOD Community Medicine, Prof. Abdul Majeed, and Associate Professor, Dr Zahid Ali, the program saw the presence of MBBS students from GMC Baramulla and accredited social health activists (ASHAs) from the respective area.

Community Health Outreach Programme at Govt High School Dendmoo

In a significant effort to prioritize the health and well-being of students, a Community Health Outreach Programme was organized at Govt High School Dendmoo. Under the guidance of Dr (Prof) Ruby Reshi, the principal GMC Baramulla, the event aimed to educate and empower young minds on crucial health topics.

The programme held on 05 June, witnessed the active participation of a dedicated team of healthcare professionals and volunteers. The initiative focused on various key targets, addressing critical aspects of school health programs.

World environment day celebrated by GMC Baramulla

In a significant commemoration of World Environment Day, GMC Baramulla at the urban training health centre (UTHC) Bagh-e-Islam. The event was organized in collaboration with Girls High Secondary School (GHSS), Old Town and the Youth Service and Sports Department. Dr (prof) Ab Majid and Associate Professor Dr Zahid Ali Khan, both from the Community Medicine Department at GMC Baramulla, supervised the proceedings.

The program focused on the theme of "Solutions to Plastic Pollution"

First TB Core meeting of 2023 held at GMC Baramulla

Government Medical College (GMC) Baramulla hosted the first TB Core Committee meeting of the year, focusing on the goal of eliminating tuberculosis (TB) in India by 2025. The meeting aimed to strengthen the collaboration and coordination among stakeholders at the national, state, and district levels to achieve this ambitious target.



GMC Baramulla Celebrates World Blood Donor Day, Acknowledging Life-Saving Contributions

Government Medical College (GMC) Baramulla commemorated World Blood Donor Day with great enthusiasm, recognizing the significant contributions of blood donors in saving lives. The event, held on June 14th, aimed to raise awareness about the importance of blood donation and to express gratitude towards the selfless individuals who play a crucial role in ensuring the availability of safe blood for transfusions.

Under the guidance of the Principal, Dr (Prof) Ruby Reshi, GMC Baramulla organized a series of activities and programs to mark the occasion. The event witnessed the participation of faculty members, medical staff, students, and members of the local community.

The program began with an inaugural ceremony, where Dr (prof) Ruby Reshi delivered an inspiring speech emphasizing the significance of blood donation in healthcare and the profound impact it has on saving lives. She expressed her gratitude to all the blood donors for their invaluable contributions, highlighting their role in transforming the lives of patients in need.

Several engaging activities were conducted throughout the day to educate and engage attendees. Interactive sessions were held to dispel myths and misconceptions about blood donation, promoting accurate information and encouraging more people to come forward and donate. Medical professionals and experts shared their knowledge and experiences, shedding light on the importance of regular blood donations and the process of ensuring blood safety.

A blood donation camp was organized on the premises of GMC Baramulla, in collaboration with the Blood Transfusion Department. Dedicated medical teams efficiently screened and collected blood from willing donors, ensuring adherence to strict safety protocols. The camp witnessed an overwhelming response from donors, reflecting the altruistic spirit of the community.



GMC Baramulla Performs Complex Surgeries to Restore Facial Function and Aesthetics

In a remarkable display of surgical expertise, a patient with multiple injuries underwent a challenging procedure at Government Medical College (GMC) Baramulla. The surgical team successfully addressed complex maxillofacial injuries and restored facial aesthetics and function. The patient presented with a severe case of zygomaticomaxillary complex fracture, which not only caused cosmetic deformity but also resulted in functional deficits such as altered vision, restricted mouth opening, and paresthesia. The restitution of the zygomaticomaxillary complex posed a substantial challenge due to its intricate articulation within the craniofacial skeleton, requiring meticulous intra-operative assessment to ensure accurate reduction at all points. The Department of Maxillofacial Surgery, the team performed an open reduction and internal fixation to restore both the patient's facial aesthetics and functional deficits. The procedure involved open reduction and internal fixation, carried out under general anaesthesia provided by Dr Fehmeeda, with the assistance and collaboration of the Department of Orthopaedics on March 14, 2023.

Expressing gratitude for the support received, the surgical team acknowledges the contributions of Dr Budoo, Dr Zameer, Dr Basharat Saleem Head of the department of anaesthesia and their dedicated team for their assistance throughout the procedure. In a separate instance, GMC Baramulla also performed surgery on April 15, 2023, to address a mandibular fracture, further showcasing the hospital's commitment to providing specialized care for patients. Both procedures were conducted under the Ayushman Bharat scheme.

GMC Baramulla Facilitates Educational Tour to Ladakh for Final Year Students and Faculty Members

In a bid to offer students a holistic learning experience, Principal GMC Baramulla Dr (prof) Ruby Reshi, on Saturday, flagged off a team of 60 MBBS final-year students and faculty members for a seven-day exposure tour to Ladakh.

Amidst an air of excitement and anticipation, a flag-off ceremony was organized at the main campus, with students, doctors, and faculty members gathered to bid farewell to the touring group. Principal GMC, during the ceremony, had an interactive session with the students, advising them on maintaining discipline and cooperating with the staff during the tour.

Emphasizing the educational value of this tour, the Principal encouraged the students to make the most of this opportunity by closely observing hospitals, healthcare facilities, cultural heritage, and monastic institutions in Ladakh.

The exposure tour to Ladakh is part of GMC Baramulla's curriculum activity, designed to ensure a comprehensive and well-rounded educational experience for its students.



GMC Baramulla Performs Successful Laparoscopic Surgery of Paediatric Patient

In a significant development, Government Medical College (GMC) Baramulla started performing routine Paediatric laparoscopic surgeries.

A 9-year-old female child with an atypical diagnosis of symptomatic cholelithiasis was recently admitted for surgery, displaying an ultrasound abdomen with a gall bladder densely packed with multiple, small, faceted gallstones, along with features of chronic cholecystitis. After clearing the child for the procedure paediatric laparoscopic cholecystectomy was performed in the hospital on July 18, 2023.

The surgery was conducted by a team of skilled doctors led by Dr Mahmood Rashid and Dr Mohsin, under the supervision of Dr H. Vaqar Hod General Surgery. Anesthesia services were provided by Dr Fehmeeda associate professor of Anesthesia and Dr Gulzar, consultant Anesthesiologist.

Government Medical College Baramulla Inaugurates Bacteriology Section in the Department of Microbiology

Government Medical College (GMC) Baramulla marked another milestone in its journey towards providing advanced healthcare facilities to the people of North Kashmir by inaugurating the Bacteriology Section in the Department of Microbiology. The momentous inauguration was led by the Principal, Dr (prof) Ruby Reshi.

The event witnessed the presence of other dignitaries, including Medical Superintendent Dr Parvaiz Masoodi, and Dr Junaid Ahmad, Associate Professor, and Head of the Department of Microbiology, along with teaching and technical staff of the department.

Highlighting the significance of the newly established bacteriology section, Principal Dr (Prof) Ruby Reshi emphasized GMC Baramulla's crucial role in delivering state-of-the-art healthcare services to the region's residents. With the addition of the bacteriology section, patients no longer need to travel to Srinagar for Blood, Urine, Pus, or other culture tests.

Dr Junaid Ahmad, Head of the Department, provided insights into the range of tests to be offered in the bacteriology section, including blood/cerebrospinal fluid cultures, pus and other body fluid cultures, and urine cultures.

Dr Junaid Ahmad further emphasized the importance of surveillance data, stating, "The availability of surveillance data will help in making hospital antibiograms, which, in turn, will aid in formulating the hospital antibiotic policy, minimizing antimicrobial resistance by ensuring the judicious use of antimicrobial agents."

Congratulating the Department of Microbiology on this initiative, The Principal also stressed the significance of proper segregation and disposal of biomedical waste.



Exhibition and Poster Competition Promotes Academic Excellence at GMC Baramulla

GMC Baramulla, under the leadership of Dr. (Prof) Ruby Reshi, organized an Exhibition cum Poster Competition on 12th July 2023. This event, hosted by the Department of Physiology, aimed to foster a spirit of learning and academic excellence among Phase 1 MBBS students.

The competition witnessed enthusiastic participation from the students who showcased their creativity and knowledge by designing posters on various topics related to physiology.

GMC Baramulla Performs Complex Surgery on Young Male with Rare Operative Finding

A 35-year-old male hailing from a remote area in District Kupwara was referred to the Department of General Surgery at GMC Baramulla in critical condition. On 11th July 2023, the patient underwent exploratory laparotomy for a leaking small gut anastomosis with faecal peritonitis.

The surgery was carried out by a team of surgeons, including Dr Mahmood Rashid, Associate Professor of General Surgery, Dr Mohsin, CVTS Surgeon, and Dr Fuad, Urologist, under the supervision of Dr H. Vaqar Ahmad, HOD of General Surgery. The anaesthesia services were provided by Dr Fehmeeda, Associate Professor of Anaesthesia, and Dr Gulzar, Consultant Anaesthesia.

During the operation, the surgical team encountered a rare and intriguing finding - a long wandering roundworm (*Ascaris lumbricoides*) that had penetrated through the anastomotic suture line, causing leakage of faecal matter into the general peritoneal cavity.

The surgeons completed the four-hour-long surgery, meticulously performing thorough peritoneal lavages and mopping the peritoneal cavity. In light of the friable small gut and dense organized adhesions, a diversion loop ileostomy was performed to ensure the patient's optimal recovery.

After the surgery, the patient was moved to the high-dependency section of the Post Operative Unit, where he is currently showing signs of improvement and is under careful observation.

The success of such intricate procedures at GMC Baramulla is credited to the unwavering support and encouragement of the esteemed Principal, Dr (Prof) Ruby Reshi.

AUGUST

World Breastfeeding Week Concludes at GMC Baramulla

GMC Baramulla's Nutrition Rehabilitation Center (NRC) wrapped up its observance of World Breastfeeding Week with a series of enlightening activities that underscored the importance of breastfeeding for maternal and child health. The event commenced with a sensitization session aimed at mothers and third-year MBBS students. The attendees were educated about the pivotal role breastfeeding plays in nurturing infant health and fostering a strong maternal bond. Continuing the momentum, the second day of the event saw a seminar conducted by consultants and postgraduates. The focus was on exclusive breastfeeding and the practices that can be adopted within workplaces to support lactating mothers. Further extending the reach of the campaign, an awareness program was held on the third day. The ASHA workers, who play a critical role in rural health support, were actively engaged in understanding and promoting the benefits of breastfeeding. The program was facilitated by the staff from the Special Newborn Care Unit (SNCU) and Nutrition Rehabilitation Center (NRC). As part of the initiatives, pre-final year MBBS students were provided with a demonstration on proper breastfeeding techniques. This hands-on approach aimed to equip future medical professionals with practical insights into supporting breastfeeding mothers effectively. The week's activities culminated with a significant focus on postnatal mothers. On the fifth day, counselling sessions were held to guide mothers on breastfeeding practices during the postnatal period. This effort aimed to provide comprehensive support to new mothers in ensuring the well-being of both themselves and their infants.



Neglected Foreign Body Removal from Maxillary Sinus and Oro Antral Fistula Repair Successfully Performed

A 55-year-old male patient went through a surgical procedure involving the removal of a neglected foreign body from the maxillary sinus and the subsequent repair of an oro antral fistula.

GMC Baramulla's Women's Volleyball Team Displays Grit at Baramulla Tournament

The Women's Volleyball Team of Government Medical College (GMC) Baramulla exhibited tenacity and sportsmanship as they took part in the Women's Volleyball Tournament organized by 53 BN Baramulla in collaboration with the Department of Physical Education and Sports at Government Degree College (GDC) Baramulla.



Government Medical Baramulla Introduces Mortality Meeting and Grand Round Presentation Program

Government Medical College (GMC) Baramulla initiated a mortality meeting and grand round presentation program, marking a notable academic achievement. The institution takes pride in being a frontrunner among the newly established medical colleges in the UT of Jammu and Kashmir for such initiatives.



GMC Baramulla Conducts Awareness Program on Parasitic Infection

Government Medical College (GMC) Baramulla organized an awareness program on parasitic infection at the college school bungalow, Baramulla. The initiative was spearheaded by the Department of Community Medicine and aimed to educate the students about the various aspects of parasitic infections.

Dr Sozia, LMO UTHC, delivered a detailed presentation during the program, shedding light on the modes of transmission, preventive measures, and available treatments for parasitic infections. A key highlight of the event was the distribution of albendazole tablets among the students of the school.

The program witnessed active participation from staff members, including Mr Abdul Aziz Parray, Lab Technician, Mr Zahoor Ahmad Harray, Vocational Counsellor, Mrs Ruksana Ali, Public Health Nurse, and Mr Mohsin Rasool, Health Inspector of Community Medicine Development.



Department of Psychiatry, GMC Baramulla Hosts 6th Training Workshop on Drug Abuse for District Institutions

The Department of Psychiatry, GMC Baramulla organized a Training Workshop on Drug Abuse today. The workshop, the 6th in the series, aimed to provide training to representatives from various institutions in District Baramulla.

A total of 24 educators from different private schools actively participated in the training, which focused on multifaceted aspects of combating drug abuse. The workshop emphasized early identification, essential counselling skills, and proper referral procedures. The interactive session encouraged participants to provide valuable insights and feedback, fostering a collaborative approach to tackling this pressing concern.

This event, organized under the Nasha Mukta Bharat Abhiyan initiative by the District Administration Baramulla in collaboration with GMC Baramulla, aimed at raising awareness and combating drug abuse in the region.



GMC Baramulla Excels in Ayushman Bharat Digital Mission, Leading the Way in Digital Health Services

In a stride towards contributing to India's digital transformation in the realm of healthcare, Government Medical College (GMC) Baramulla achieved a significant feat. The efforts of the administration and the Department of Medical Records resulted in the college securing the 4th position at the national level and maintaining the top spot in the entire Union Territory of Jammu and Kashmir in the recently launched Scan and Share portal under Ayushman Bharat Digital Mission (ABDM).

By embracing the national vision of digitalizing healthcare services, GMC Baramulla's dedicated team tirelessly implemented this initiative, placing the college on the national map of excellence. The Scan and Share portal ensures patient registration, creating secure digital health profiles accessible anytime and anywhere.

To recognize these achievers, an awards ceremony was organized under the patronage of the principal Dr (prof) Ruby Reshi and Medical Superintendent Dr Parvaiz Masoodi, along with other professors and department heads. The college remains steadfast in its commitment to providing quality healthcare services in alignment with government directives.



GMC BARAMULLA SUCCESSFULLY PERFORMED COCHLEAR IMPLANT SURGERIES

In a first-of-its-kind initiative, GMC Baramulla successfully performed two cochlear implant surgeries. Surgeons at the college operated on two 4-year-old patients who had been deaf since birth.

Professor Dr Kapil Sikka and Dr Arvind Kairo from AIIMS New Delhi acted as mentor surgeons for these procedures.

The surgeries were performed without any charges, and the hearing aid devices were also provided free of cost under the Government of India's ADIP scheme.



INAUGURATION OF SUPER SPECIALITY CONSULTATION CLINIC

In a major leap Forward GMC Baramulla under the patronage of Principal GMC Baramulla started the Super Speciality Services in all the major domains for the delivery of the advanced and more specific healthcare services to cater to the ever growing needs of the citizens. This step shall usher in a new time wherein the patients with the need of specialised treatment shall take services at their door steps without any need to travel outside the district or a need to visit private establishments. Though in its nascent stage the promising step is slowly making progress with more and more patients availing the services.



SEPTEMBER



Inauguration of Polysomnography Lab

Govt. Medical College Baramulla achieved a momentous feat by inaugurating an advanced Polysomnography Lab, a first in North Kashmir and among the newly established Government Medical Colleges in Jammu and Kashmir, specialized in diagnosing and treating sleep disorders like sleep apnea, narcolepsy, and insomnia.

The lab's inauguration marks a significant milestone for the college and the local community, eliminating the need for patients to travel long distances for specialized services.

Principal Dr (Prof) Ruby Reshi lauded the Department of Chest Medicine for their dedication and extended gratitude to the Jammu and Kashmir Medical Supplies Corporation Ltd. (JKMSCL) for their instrumental support in procuring advanced equipment.

This state-of-the-art lab not only enhances patient care but also elevates GMC Baramulla's status as a centre of medical excellence and education in the region.



Principal GMC Baramulla Dr (prof) Ruby Reshi, alongside CMO Dr Bashir Ahmad Malik, HOD Community Medicine Dr Ab Majeed, and Medical Superintendent Dr Parvaiz Masoodi, led a meeting with BMOs from Baramulla district. The gathering focused on the upcoming launch of the Ayushman Bhava program on September 13th by the LG of UT J&K. The principal briefed attendees on the program, Swachta Abhiyan, and the organisation of blood donation camps, emphasizing organ donation pledges. She stressed effective ground-level implementation and urged BMOs to ensure the event's success on 13th September.



Celebrating the 1st Anniversary of PMTBMBA

Today tuberculosis Unit, GMC Baramulla organized the distribution of Nutritional Food Baskets among Tuberculosis Patients as part of the Pradhan Mantri TB Mukut Barat Abhiyan.

During this event, the concerned STS interacted with patients, emphasizing the importance of timely intake of ATT, adherence, and follow-ups. Additionally, discussions on DBT and other related matters were facilitated by the PPM Coordinator.

As part of 3rd National Pharmacovigilance Week Celebrations at Govt. Medical College Baramulla, Awareness cum Sensitization Program for School Children was held on 20th Sep. 2023 among the students of Govt. Girls Higher Secondary School Baramulla.

In a commendable display of medical expertise and teamwork, the team at GMC Baramulla successfully operated on a polytrauma patient with a history of a fall from height. The patient presented with a head injury along with associated maxillofacial injuries, underlining the critical need for integrated care.

Seventy-seven MBBS 2nd year students from Govt Medical College Baramulla recently attended AIIMS Delhi's annual event "PULSE" from September 15 to September 22, 2023.

The students were accompanied by Dr. Mudasir Hassan and Mr Babar Bashir, The trip began on September 13, with students exploring AIIMS and engaging in sports and departmental visits. They also toured Delhi's iconic landmarks, expressing gratitude to Principal Dr (prof) Ruby Reshi for her support. The educational journey was made possible by the support of Medical Superintendent Dr. Parveez Massoodi and others from GMC Baramulla. The students and accompanying faculty praised Dr. Reshi for fostering holistic student development. This experience broadened their understanding of medicine, culture, and the world



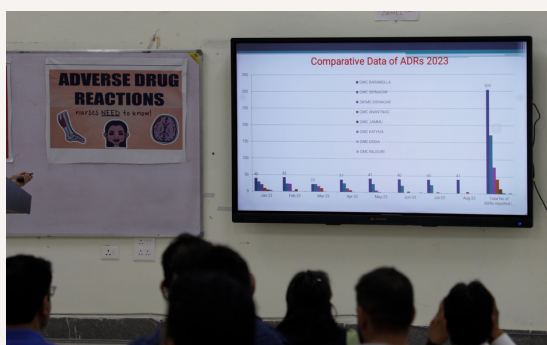
The Department of Pharmacology at GMC Baramulla organized a comprehensive Sensitization Programme on Pharmacovigilance & Materiovigilance, as part of the 3rd National Pharmacovigilance Week celebrations. The event was tailored for the Faculty, Residents, Post-Graduate & undergraduate students, and Nursing Staff. Principal GMC Baramulla Dr. (Prof.) Ruby Reshi presided over the event as the chief guest, and the Chief Medical Officer of Baramulla graced the occasion as the guest of honour. Additionally, the Medical Superintendent of AH GMC Baramulla attended the program, highlighting the significance of the topic. The event drew active participation from both faculty and students, offering hands-on training on filling ADR and MDAE reporting forms to enhance awareness and understanding of pharmacovigilance and materiovigilance principles.



The Department of Pharmacology at GMC Baramulla hosted a Quiz competition that brought together 5 talented teams as part of the 3rd National Pharmacovigilance Week celebrations. Dr. Junaid Ahmad, Associate Professor in the Department of Microbiology, served as the esteemed judge.

The MBBS final year students have emerged as the WINNERS of this highly competitive quiz competition!

Pharmacovigilance plays a crucial role in ensuring the safety and effectiveness of medications, and events like these not only foster healthy competition but also raise awareness about the importance of pharmacovigilance in healthcare.



A 60-year-old patient from Baramulla sustained an injury to the back following a fall from height. The patient was diagnosed with a highly unstable D10 D11 and D12 spine fracture.

The patient was operated on successfully by Dr Zameer Ali (consultant orthopaedic) and assisted by Dr Ovais (Senior resident). Anesthesia was given by Dr. Fahmeeda and the team.

the spine was successfully fixed with Pedicle screws from D9 level to L1.

This surgery was done under Ayushman Bharat scheme and all the treatment was done free of cost in the hospital.

A critical surgery was performed on a patient with abdominal distension and documented bilateral ovarian masses (Mucosa cystadenocarcinoma). The procedure involved laparotomy and successful excision of sizable masses, approximately 12*12 inches and 6*6 inches, along with the evacuation of 5 litres of fluid. The team of doctors comprising Dr H Viqar and Dr Mir Mushtaq, & Dr Yasir, assisted by Mr Mudasir, and Mr Junaid as OT technicians, completed the surgery, highlighting the routine nature of such procedures at GMC Baramulla.

The Centre for Health Research and Innovation (CHRI), in collaboration with the Government Medical College Baramulla and the National Tuberculosis Elimination Program (NTEP) Baramulla, organized a one-day CME on PMTPT (Programmatic Management of Tuberculosis: Preventive Treatment) under Project JEET (Joint Effort for Elimination of Tuberculosis).

Government Medical College (GMC) Baramulla held a series of blood donation camps in collaboration with its community partners. In total 113 units of blood were collected, with individual camps contributing significantly. The Sewa Pakwara Camp collected 22 units, the Teachers Forum Zone Wagoora camp gathered an impressive 51 units, and the camp organized by BJP Block Bla added 20 units. Under the 'Ayushman Bhava' initiative, Blood donation Centre GMC Baramulla also collected 20 units.

OCTOBER

World Mental Health Day Celebrated At GMC Baramulla with Special Emphasis on Stress Management and Growing Drug Abuse

To celebrate World Mental Health Day 2023, the Department of Psychiatry Govt. Medical College Baramulla in collaboration with the Department of Social Welfare Baramulla organized an academic program in the auditorium of the college today on 10th October 2023.

The event started with an interactive workshop on Stress Management in day-to-day life in which the students and employees from the Department of Health, Education and ICDS actively participated.

The Principal GMC Baramulla, Prof(Dr) Ruby Reshi delved and elaborated on the theme of this year's World Mental Health Day, Mental Health Is a Universal Human Right.

This was followed by addresses by HOD Psychiatry Dr Tajamul Hussain, Medical Superintendent GMC Baramulla Dr Parvaiz Masoodi, Vice Principal GDC Boys Baramulla Prof. Tariq Chalkoo.

The Additional Deputy Commissioner Baramulla, Dr. Zahoor Ahmad Raina also spoke in the event.

The participants who had been trained at the Department of Psychiatry GMC Baramulla in the previous year were also felicitated.

A multi-dimensional interactive panel discussion was also held on the topic Drug Abuse in which SSP Baramulla, Mr. Amod Ashok Nagpure(IPS) and Mufti Tanveer Ahmad among other dignitaries participated.

The event concluded with felicitation of panellists/dignitaries and a Vote of thanks by HOD Psychiatry GMC Baramulla.



Towards Ending the Tuberculosis :

An Awareness Generation Program was organised by the Department of Community Medicine GMC Baramulla, in collaboration with State TB Cell Kashmir and District TB Society Baramulla/Bandipora, besides Tuberculosis Screening in Gurez Valley, Kashmir from 3 to 6 October 2023.

A meeting of the members of TB Forum District Baramulla was held in the office of Deputy Commissioner Baramulla under the chairmanship of the Additional District Development commissioner and Joint Director Planning .

An interactive Orientation Workshop was conducted at GMC Baramulla yesterday wherein resources persons delved into the implementation of Ayushman Bharat Digital Mission and the technical nuances of different aspects associated with the programme for capacity building of the staff.



DEPARTMENT OF RADIATION ONCOLOGY GMC BARAMULLA ORGANIZED A BREAST CANCER AWARENESS PROGRAMME WITH EXPERTS DELVING INTO THE BROAD RANGE OF SCIENTIFIC THEMES ON THE CONDITION.

Govt Medical College Baramulla conducted a well-attended programme on Breast Cancer Awareness today on 18th of October 2023 in the Auditorium Hall, organized by the Department of Radiation Oncology.

The inaugural session was chaired by the Principal /Dean GMC Baramulla Prof (Dr) Ruby Reshi along with Dr Nisar Ahmad Khan HOD Medicine (Chairman Academics) and Dr Parvaiz Ahmad Masoodi, Medical Superintendent Associated Hospital.

Prof Maqbool Lone (HOD Radiation Oncology GMC Baramulla), while welcoming the guests stressed the need for such programs regularly to make people aware of the unnecessary stigma and fear associated with Breast Cancer. He thanked the Principal for his support, encouragement and constant guidance in the upgradation of the Department and the Institution.

He also thanked the Medical Superintendent for his organizational support. Prof Ruby Reshi while expressing her happiness for organizing such events for the general public highlighted the achievements performed by the Associated Hospital.

The Principal informed the audience about the “Pink Clinic”, a novel functional unit of the institution which has been dedicated to females only and stressed that females should come forward and get the consultation of specialist doctors. The Principal also highlighted the activities performed by the Department of Radiation Oncology and added that the institution is committed to establishing a comprehensive Cancer Unit in the Associated Hospital.

In his speech, Dr Nisar Ahmad Khan gave a detailed account of various issues related to Breast cancer with emphasis on early detection of the condition.

Medical Superintendent Dr Parvaiz Ahmad Masoodi elucidated on the achievements and progress made by the 300-bedded hospital Associated Hospital in delivering Healthcare Services.

This was followed by lectures by various experts: Prof M Maqbool Lone with erudition that Breast Cancer has achieved the top rank in female Cancers in Kashmir with an optimistic note that it can be prevented if the risk factors are controlled. He also gave a detailed description of the myths or misconceptions associated with breast cancer. He said that the treatment of breast cancer is available in Kashmir.

Dr Shahida Nasreen, Associate Profesor, Radiation Oncology gave a detailed account of the risk factors associated with breast cancer and explained how we can save our lives by simply adopting a healthy lifestyle.

Dr Shaqul Qamar, Additional Professor Radiation Oncology SKIMS detailed various screening procedures and explained the procedure of “Breast self Examination” in a simple way. These two experts had been specially invited to share their thoughts about breast cancer with the audience. Dr Hakeem Vaqar Ahmad (HOD General Surgery) presented a paper on the symptomatology and treatment of breast cancer. The treatment is always a multimodality approach and consists of surgery, chemotherapy, and radiotherapy. immunotherapy and hormone therapy.

Dr Baba Iqbal Khaliq, Associate Professor Pathology gave a lecture on the methods and techniques of the diagnosis of breast cancer. He stressed the need for the latest techniques in the pathological diagnosis of breast cancer as these techniques not only help in the diagnosis of the disease but also guide us about the treatment of the disease as well.

The event witnessed the participation of hundreds of people comprising Asha workers from different blocks, teachers from local Colleges, technocrats from Legal Aid Cell, St Joseph Hospital, AMT Nursing College, Haneefa Nursing College Sopore, and faculty, residents other paramedical staff of the College. The whole event was efficiently conducted by Dr Fozia, Senior Resident of the Department of General Surgery. A vote of thanks was presented by Dr Shaista Mushtaq, Consultant Pathology, GMC Baramulla.





SPORTS WEEK









33

CULTURAL WEEK

GMC Baramulla's Cultural Week wrapped up in style, providing an evening packed with entertainment and talent. From traditional Rouf dances to solo performances, the stage came alive with music and dance. The pre-final MBBS students delivered both laughter and song, while a sizzling solo dance performance left the crowd in high spirits. A heartwarming qawwali added an aesthetic touch to the evening, followed by a Rajasthani dance performance celebrating India's cultural diversity and a solo dance performance by one of the staff members of the PMC Office. The Gynaecology department conveyed important messages through an engaging skit, and the female staff lit up the stage with a vibrant Rouf performance. Faculty members also showcased their talents, with Dr Junaid's nostalgic voice and Dr Humam's stand-up comedy act leaving the audience thoroughly entertained. It was an unforgettable blend of talent and culture, ensuring that the event concluded on a high note.

NOVEMBER

24TH EDITION OF MDP ORGANIZED IN GMC BARAMULLA

The 24th edition of the Management Development Programme (MDP) for Doctors, Nurses, and other Health Care Professionals concluded today at Government Medical College (GMC) Baramulla.

The program, aimed at enhancing the managerial and leadership skills of healthcare professionals, saw active participation from a diverse group of medical and nursing staff.

On the 2nd day, The sessions on women's empowerment & development, communication & soft skills, medical negligence, and skill-based methods of teaching & learning were conducted by experienced facilitators.

Certificates were distributed to the participants at the conclusion of the event.



Ayushman Bhava Health Mela Organised by GMC Baramulla at Chandoosa with Record Number of Consultations.

The Tuberculosis (TB) Core Committee convened a vital meeting today at the Government Medical College (GMC) Baramulla to discuss and strategize efforts aimed at addressing the TB challenge in the District.

Govt Medical College Baramulla under the Ayushman Bhav Scheme organises Health Mela at CHC Kalantra as a part of ongoing Saturation of Healthcare Services at the Doorsteps

Govt Medical College Baramulla holds Ayushman Bhava Health Mela At CHC Uri wherein 621 Citizens Benefited with specialists from multiple diciplines delivering Healthcare Services.



GMC BARAMULLA OBSERVES WORLD DIABETES DAY WITH PROACTIVE INITIATIVES

In a proactive effort to raise awareness about diabetes, the Government Medical College (GMC) Baramulla marked World Diabetes Day with a series of impactful initiatives. The institution organized informative sessions, health check-up camps, engaging lectures, and a poster competition to highlight the importance of diabetes prevention and management.

Aligned with the theme "Access to Diabetic Care," the event focused on addressing mounting concerns related to diabetes. Prof (Dr) Shariq Masoodi delivered an insightful presentation, highlighting the crucial aspects of lifestyle modifications, healthy dietary practices, and the importance of regular medical screenings, particularly in the context of Kashmir.

The event, attended by students, faculty, and residents, showcased the medical community's commitment to combating the diabetes epidemic. Principal of GMC Baramulla, Prof (Dr) Ruby Reshi, stressed the pivotal role healthcare professionals and policymakers play in prioritizing institutional care, policy updates, and awareness initiatives. She emphasized the significance of workshops and seminars in fostering scientific inquiry and shaping a generation of well-informed medical professionals.

Also speaking at the event MS, Associated Hospital Dr Parvaiz Masoodi said, "The need for a lifestyle change to combat diabetes as an epidemic could not be higher. While the medical care is on par with treatment, a change in one's personal life is the need of the hour." He further added that GMC Baramulla in its efforts currently ranks number one in the union territory of J&K and nationally number four in diabetic-related care.



The HOD Bio-Chemistry, Dr Farooq Ahmad Sheikh, while speaking to the audience highlighted the lack of proper medication, which the healthcare system faces creating a steep challenge when it comes to combating type 2 diabetes. As part of the initiative, free blood sugar screenings and consultations were extended to the public, offering individuals an opportunity to assess their risk factors and receive timely guidance for maintaining a diabetes-free lifestyle.

Present at the event, dignitaries delivered lectures on various subjects: Prof (Dr) Bashir A Ganai discussed Diabetes and the Environment, Dr Sajad Sumji provided insights into Challenges in Insulin Therapy, Dr Hakim Vaqar addressed the Role of Surgeon in Diabetic Care, Dr Farooq A Sheikh on 100 Years of Insulin Discovery, and Prof Abdul Majeed Ganai shared insights into the role of Community and Biochemistry in Diabetes Care.

Concluding the event, Dr Mosin Saleem, Organising secretary of the Event, conveyed gratitude to all guests, participants, students, and staff members, recognizing their pivotal contributions to the event's success. He underscored the event's importance in augmenting awareness of diabetes, its prevention, and treatment among the audience.

Furthermore, he emphasized the imperative need to collaborate further, ensuring fair access to essential care and support for individuals with diabetes on a global scale.



Ayushman Bhava Health Mela Organised by GMC Baramulla at Chandoosa with Record Number of Consultations.

Free Diabetes Investigation held at GMC Baramulla on World Diabetes Day

In observance of World Diabetes Day, GMC Baramulla hosted a Free Diabetes Investigation Cum Consultation Camp, organized by the Department of Biochemistry in collaboration with the Departments of Ophthalmology and General Medicine.

The camp was inaugurated by Prof (Dr) Shariq Masoodi, along with MS AH Dr Parvaiz Masoodi, HOD Community Medicine Prof (Dr) Ab Majid Ganai and Dr Mosin Saleem Khan, the organizing secretary of the event.

Later in the day, Principal GMC Baramulla, Prof (Dr) Ruby Reshi took stock of the facilities and shared her valued insights with the technicians and staff members, she was accompanied by Dr Nisar Ah Khan HOD General Medicine.

The camp aimed to raise awareness and extend crucial diabetes-related services to the community. Residents from different parts of North Kashmir were invited to avail themselves of free diabetes consultations and investigations. Approximately 200 individuals participated in the camp, receiving complimentary blood sugar screening and HbA1c tests. Alongside these screenings, participants received consultations from specialists in ophthalmology and medicine.

It specifically targeted vulnerable populations, leading to the early detection of several cases. Prof (Dr) Shariq Masoodi provided valuable insights into Phlebotomy techniques to enhance understanding and knowledge among technicians.



GMC Baramulla Hosts Poster Competition Focused on Holistic Development for World Diabetes Day

In conjunction with the day-long diabetes awareness program on world diabetes Day, a Poster competition was also organized, providing a platform for students to showcase their creative talents and contribute to the cause.

Divided into three distinct categories – MBBS, Nursing, and Paramedic – a total of 40 posters adorned the exhibition space. Of these, MBBS students presented 17, Paramedic students showcased 8, and Nursing students contributed 15 displays.

The primary objective of the competition extended beyond artistic expression, aiming to foster managerial and creative skills, promoting holistic development, and enhancing academic prowess to shape well-rounded clinicians.

A panel of six subject experts evaluated the competition entries on parameters such as creative skill, knowledge, personality, and presentation traits. The culmination of the competition saw the distribution of prizes among the students. MBBS students claimed three prizes, while Nursing and Paramedical students also secured three awards.

GMC Baramulla performs four Cochlear Implant Surgeries thus bringing Advanced Healthcare to the North

GMC Baramulla's Department of ENT is thrilled to announce the successful completion of four cochlear implant surgeries on November 22nd and 23rd. Under the skilled surgical expertise of Dr Zafarullah Beigh as the Surgeon and the mentorship of Dr Arvind Kumar Kairo, Additional Professor at AIIMS New Delhi, these surgeries marked a significant leap in advanced healthcare at GMC Baramulla.

The pivotal role played by Prof. Ruby Reshi, Principal of GMC Baramulla, cannot be overstated. Her vision and contributions were instrumental in making these advanced surgeries a reality at the institution. Additionally, Dr Parvez Masoodi, Medical Superintendent of GMC Baramulla, played a crucial role in coordinating and organizing all necessary arrangements for the surgeries, ensuring a seamless process.

Dr. Nazir Ahmad Khan, Head of the Department of ENT, and Dr. Basharat Saleem, Head of the Department of Anesthesia, provided unwavering support, making substantial contributions to the success of these advanced surgeries. Their expertise and dedication were pivotal in creating a conducive environment for the surgical team to excel.

The collaborative effort of the entire team, including the surgical and anaesthesia departments, highlights GMC Baramulla's commitment to advancing healthcare and providing cutting-edge treatments to the community.

Noteworthy is the fact that three of these surgeries were funded under the ADIP scheme of the Government of India, showcasing the commitment to accessible healthcare. Additionally, one patient's parents self-funded the world's most advanced cochlear implant.

Despite the challenges posed by anatomical deformities in one patient, all surgeries were executed with precision. Intraoperative audiological and radiological tests confirmed the perfect positioning of implants in all four patients.

The collaborative effort of the surgical team, including Mr. Rafiq Ahmad and Mrs. Tabasum as assistants, Mr Tahir Nursing orderly. The anaesthesia department's contribution from Dr Fahmeeda, Dr Tahleel, Dr Tahira, Mr Zakir, anaesthesia technician and Mr Abrar a C arm technicians deserve commendation.



In a bid to foster a well-rounded, holistic perspective, pre-final MBBS students embarked on an All India tour, accompanied by officials.

The principal GMC Baramulla, Prof (Dr) Ruby Reshi, wished the students all the luck. "Wishing our students and all the members going on the tour, a very safe happy and pleasant journey. God speed," she remarked.

GMC BARAMULLA ACHIEVES MILESTONE WITH SUCCESSFUL LAPAROSCOPIC RESECTION OF A LARGE GASTROINTESTINAL STROMAL TUMOR ARISING FROM THE STOMACH

In a groundbreaking surgical intervention, the team at GMC Baramulla executed a laparoscopic resection of a sizable 9x8 cm Gastric Gastrointestinal Stromal Tumor (GIST) in a 70-year-old female from Bandipora.

The patient, who had been experiencing early satiety, dyspeptic symptoms, and anemia, sought relief through Surgical OPD consultations. Upon evaluation, an UGI endoscopy performed by Dr Hilal Ahmad Dar revealed a large submucosal mass consistent with a GIST which was further correlated on imaging.

Led by Dr. H. Vaqar, Head of the Surgery Department, and supported by Dr. Abid Hussain Wani, Dr. Shakeeb Nabi, and Dr. Faud, the laparoscopic procedure was completed successfully sans any eventuality.

The anesthesia team, headed by Prof Basharat Saleem, included Dr. Tehleel and their dedicated support staff.

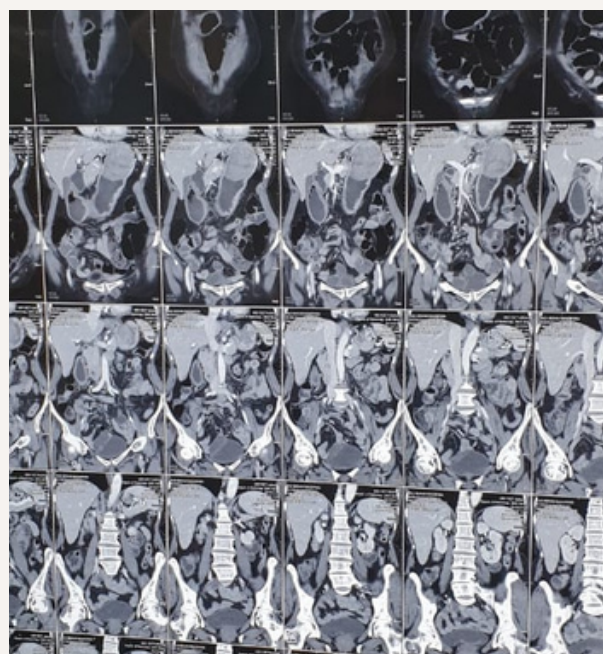
The patient is now recovering well in the post-operative period, marking a significant step forward in the treatment of complex gastrointestinal conditions.



All the expenses of surgery were covered under the PMJAY Sehat scheme.

This successful intervention not only highlights the medical prowess of the team but also emphasizes the institutional commitment to advanced and minimally invasive surgical techniques.

The operating team thanked the Principal GMC Baramulla Professor Ruby Reshi for all the logistic support received to conduct such procedures.



DECEMBER

CPR AWARENESS PROGRAMME CONDUCTED AT ASSOCIATED HOSPITAL GMC BARAMULLA

The Associated Hospital Government Medical College Baramulla organized a one-day Cardiopulmonary Resuscitation (CPR) Awareness Programme, in collaboration with the Ministry of Health and Family Welfare and the National Board of Examinations in Medical Sciences (NBEMS). The event, commencing at 9:30 AM, drew a turnout of approximately 150 participants.

Under the patronage of GMC Baramulla's Principal, Dr (Prof) Ruby Reshi, the program aimed to underscore the crucial importance of basic life-saving skills for individuals within and beyond the medical sector. The Principal stressed the significance of CPR training for everyone, emphasizing its potential to save lives in emergencies. Dr Parvaiz Masoodi, Medical Superintendent of Associated Hospital GMC Baramulla, ensured the necessary infrastructure and manpower for the program.

The event started with an online address by NBEMS President Dr Abhijat Sheth, highlighting the importance of learning CPR to prevent cardiac deaths. National-level experts, Dr Sanjeev Mittal and Dr Debasis Dhar from NBEMS demonstrated CPR techniques online, followed by hands-on training led by GMC experts, including Dr Afak Sherwani and Dr Yasir Bashir. Comprehensive presentations on Basic Life Support and Advanced Cardiac Life Support enhanced participants' knowledge.

A digital certificate of participation from NBEMS was provided to participants at the program's conclusion.

Dr Waseem Iqbal, Assistant Professor Pediatrics and Nodal Officer DNB Courses GMC Baramulla coordinated the program, ensuring its smooth execution. Dr Ruby Reshi expressed gratitude to NBEMS for their collaboration, affirming GMC Baramulla's commitment to hosting such initiatives.

The hospital plans to regularly organise Basic Life Support and Cardiopulmonary Resuscitation Awareness programmes for all employees, especially newcomers to equip them with this life-saving skill.



Assisted Thoracoscopy(VATS) Curative Surgery Performed at the Associated Hospital GMC Baramulla

One more milestone towards enduring advanced Healthcare Services through the Department of General Video Surgery, a video-assisted Thoracoscopy(VATS) was performed with a pleural cavity lavage with pleural biopsy done under single lung ventilation by Dr. H Vaqar (HOD Surgery), Dr Mir Mushtaq(CVTS Surgeon), Dr. Zuneera.

A 35-year-old female presented with fever, chills, cough, and CT-documented pre and paratracheal lymphadenopathy with a collection of purulent fluid in the right pleural cavity was referred by a pulmonologist for thoracoscopy with pleural biopsy.

The challenging single lung ventilation with double lumen endotracheal tube during the procedure was possible under the anaesthetic leadership of Prof Basharat Saleem, Dr. Waseem Salman, and Dr. Yasir with the technical support of Mr. Nazir Ahmad, Mr. Ab Hameed, Mr. Mudasir, and Mr. Juneed.

Video Assisted Thoracoscopy (VATS) like any other minimal access surgery has the obvious advantage of less surgical insult, enabling quicker recovery with its attendant reduced hospital costs and earlier return to work.

Minimally invasive surgery has achieved an indispensable role in certain areas of elective general surgery in the last 30 years, even to the extent of being considered the gold standard, e.g., in cholecystectomy.

On December 20, 2023, GMC Baramulla, in collaboration with the National Hydroelectric Power Corporation (NHPC) sector Uri, organized a voluntary blood donation camp at NHPC Salamabad Uri. The camp, inaugurated by the Principal GMC Baramulla Dr(prof) Ruby Reshi, successfully collected 20 units of blood.



GMC Baramulla holds a one-day CME on Programmatic Management of Tuberculosis Preventive Treatment- PMTPT.

Department of Chest Medicine GMC Baramulla in collaboration with CHRI, organized a one-day Continuing Medical Education (CME) programme. The event focussed on programmatic management of tuberculosis preventive treatment under project JEET – Joint Effort for Elimination of Tuberculosis a Global Fund-supported Project.

The CME was attended by Professor Dr Naveed Nazir Chairman State Task Force Committee NTEP J&K, Professor Dr Ruby Reshi, Principal GMC Baramulla, Dr Parvaiz Masoodi, Medical Superintendent AHGMC Baramulla, Heads of Departments of the Medical College, senior faculty members, PG students and NTEP officials.

Professor Dr Ruby Reshi Principal GMC Baramulla gave the inaugural address. The worthy principal complimented the organisers for organising the CME on such an important public health program to update and enrich the faculty members with the latest advances in diagnostic and treatment services under the National Tuberculosis Elimination Program.

The session saw Dr Shumail Bashir Associate Professor and Nodal Officer NTEP GMC Baramulla give a detailed presentation on PMTPT and discuss the treatment algorithm to screen the high-risk population and the importance of contact tracing of active tuberculosis patients.

In his keynote address, Dr. Naveed Nazir Shah, Chairman of the State Task Committee for NTEP, delved into the intricacies of managing tuberculosis and underscored the critical significance of Tuberculosis Preventive Treatment (IPT) among high-risk populations. Dr Naveed emphasized the need for healthcare practitioners to embrace the PMTPT guidelines, urging them to proactively screen individuals at high risk of latent tuberculosis.

Dr Wasim Iqbal Assistant Professor Department of Pediatrics gave a brief presentation on the importance of the PMTPT program and discussed in detail the challenges in diagnosing TB among children.

Professor Dr Abdul Majid Head Dept of Community Medicine and Chairman TB Core Committee GMC Baramulla discussed in detail the efforts being undertaken to sensitize the community on tuberculosis prevention measures and the outreach health programs conducted in several places.

Mr Kifayat Wani District supervisor Project JEET gave a detailed presentation regarding the efforts made to implement the PMTPT program in district baramulla.

The session concluded with an interactive Q&A segment, followed by a special recognition of the participants for their engagement and contribution.



GOVERNMENT MEDICAL COLLEGE AND ASSOCIATED HOSPITAL BARAMULLA RECEIVES VISIT FROM CHAIRMAN AND VICE CHAIRPERSON OF PIRAMAL GROUP

Government Medical College and Associated Hospital Baramulla had the honour of hosting a visit from Mr. Ajay Piramal, Chairman of Piramal Group, along with his wife Dr. Swati Piramal, Vice Chairperson of the group. The Piramal Group, through its subsidiary the Piramal Foundation is committed towards healthcare and education initiatives in the 112 aspirational districts of India, including Baramulla.

Piramal Foundation, through its dedicated volunteers, namely Gandhi fellows, has been actively engaged in the border areas of Uri and Boniyar, monitoring and aiding the implementation of various healthcare programs such as the Anaemia Mukh Bharat Scheme, Mental Health, and Non-Communicable Diseases surveillance.

Upon their arrival, the esteemed guests were warmly welcomed by the Principal of GMC, Prof. Dr. Ruby Reshi, along with the Medical Superintendent, Dr. Parvaiz Masoodi, Nodal Officer for DNB courses, Dr. Waseem Iqbal, and Dr. Yasir Bashir, Nodal Officer Emergency Department.



In her interaction with the guests Dr. Ruby Reshi highlighted the achievements of GMC Baramulla while highlighting key areas where the foundation could support the institution in terms of infrastructure development. These areas include the need for a Cath Lab and the procurement of costly equipment like Cochlear implants to benefit deserving patients. A detailed presentation of the same was presented by Dr. Waseem Iqbal during the meeting.

Impressed by the remarkable work undertaken by Government Medical College and Associated Hospital Baramulla, Mr. Ajay Piramal expressed his admiration towards the hospital's management. He commended their ongoing efforts and assured them of the continued support from Piramal Group. Dr. Swati Piramal emphasized the importance of fostering the spirit of "Seva Bhava" (selfless service) among medical professionals, bringing attention to the commitment and dedication required in serving the community.

The presence of Mr. Ajay Piramal and Dr. Swati Piramal at Government Medical College and Associated Hospital Baramulla highlights the collaborative efforts of Piramal Group and the healthcare institution towards providing accessible and quality healthcare services to the people in the region. Their visit not only underscores the significance of the partnership but also reinforces the commitment towards improving healthcare outcomes and raising the standards of medical care.



GMC BARAMULLA ORGANISES A MEGA HEALTH CAMP AT SDH URI WITNESSING A FOOTFALL OF 1000 PATIENTS UNDER AYUSHMAN BAHAVA PROGRAMME IN COLLABORATION WITH BMO URI

Principal GMC Baramulla, Prof. (Dr.) Ruby Reshi along with HOD community Medicine Prof. (Dr.) Abdul Majeed were special guests on the occasion. Principal GMC Baramulla took a detailed tour of SDH Uri and expressed her satisfaction about the facilities provided at SDH Uri. She emphasized the importance of NTEP towards elimination of Tuberculosis by 2025 in the country and appreciated the efforts of BMO Uri, Dr. Balwinder Singh for tremendous work done under NTEP.



On this occasion food baskets were distributed among 22 beneficiaries for Nutritional support under Nikshay Mitra Programme.

Col. Dr. Bhaskar Mukherji from Army Medical Corps (419 Field Hospital) attended the event and interacted with patients attending the camp.

Over 1000 patients attended the camp where in specialist doctors from GMC Baramulla and SDH Uri were available for consultations.

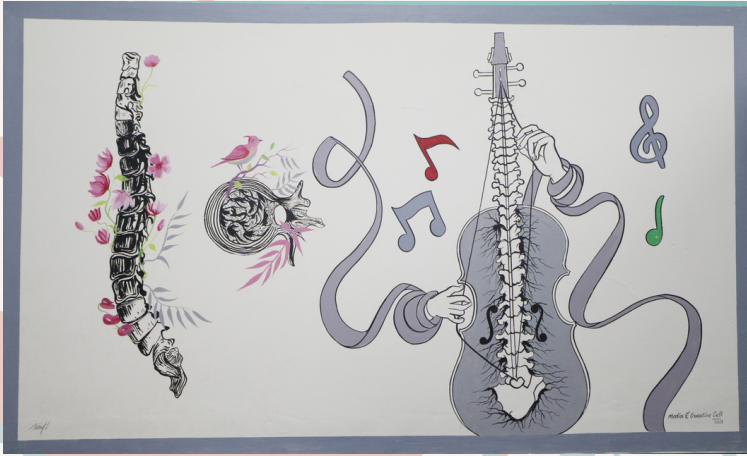




Candid moments



Art & Medicine





THE WORD | THE LIGHT | THE COLOUR

THE OPTIMIST

