

ISA
Indian Society of
Anaesthesiologists

VAPOUR | Volume 5 | Issue 8 | November 2023

Available at: www.isaweb.in

 [vapour_isanewsletter](https://www.instagram.com/vapour_isanewsletter)

 [@vapourisa](https://twitter.com/vapourisa)

Vapour

**The official E-Newsletter of the
Indian Society of Anaesthesiologists**

HIGHLIGHTS

ISA ACTIVITIES

MESSAGE FROM THE PRESIDENT, ISA NATIONAL

Dr. J.V. Divatia

“RUNNING” FOR PROFESSIONAL GROWTH IN ANAESTHESIA

Dr. Neeru Sahni

BREATHE IN, STRESS OUT, HARNESSING THE MAGIC OF BREATHING EXERCISE

Dr. Raksha Kundal

ARE YOU A FISCALLY FIT ANAESTHESIOLOGIST?

Dr. Milon V. Mitragotri

YOGA FOR THE ANAESTHESIOLOGIST

Dr. Mayank Massand

HAPPINESS: THE FOUNDATION OF HOLISTIC HEALTH

Dr. Parna Thakkar

MUSIC FOR HOLISTIC HEALTH

Dr. Madhuri Kurdi



Honorary Secretary ISA National

ISA National Headquarters

27-A, Rattan Nagar, Tripuri, Patiala- 147004, Punjab, India

Mob: +91-9815125828 / +91-9915025828 Email: isanhq@gmail.com / secretaryisanhq@gmail.com

Website: www.isaweb.in

GOVERNING COUNCIL (2023-24) ISA National



DR. JV DIVATIA
PRESIDENT



DR. S. C. GANESH PRABHU
VICE PRESIDENT



DR. J. BALAVENKATA SUBRAMANIAN
PRESIDENT ELECT
ISA NATIONAL



DR. SUKHMINDER BAJWA
HON. SECRETARY



DR. MANOJ KUMAR
HON. TREASURER



DR. RAKESH GARG
EDITOR-IN-CHIEF IJA



DR. M. V. BHIMESHWAR
PAST PRESIDENT
CHAIRMAN, ACADEMIC COMMITTEE



DR. SUNIL KUMAR SETHI
GC MEMBER



DR. REKHA DAS
GC MEMBER



DR. MANISHA D. KATIKAR
GC MEMBER



DR. PANKAJ RAMKRISHNA GUPTA
GC MEMBER



DR. INDRANI HEMANT KUMAR
GC MEMBER



DR. M. RAMA KRISHNA REDDY
GC MEMBER



DR. R. K. BHASKER
GC MEMBER



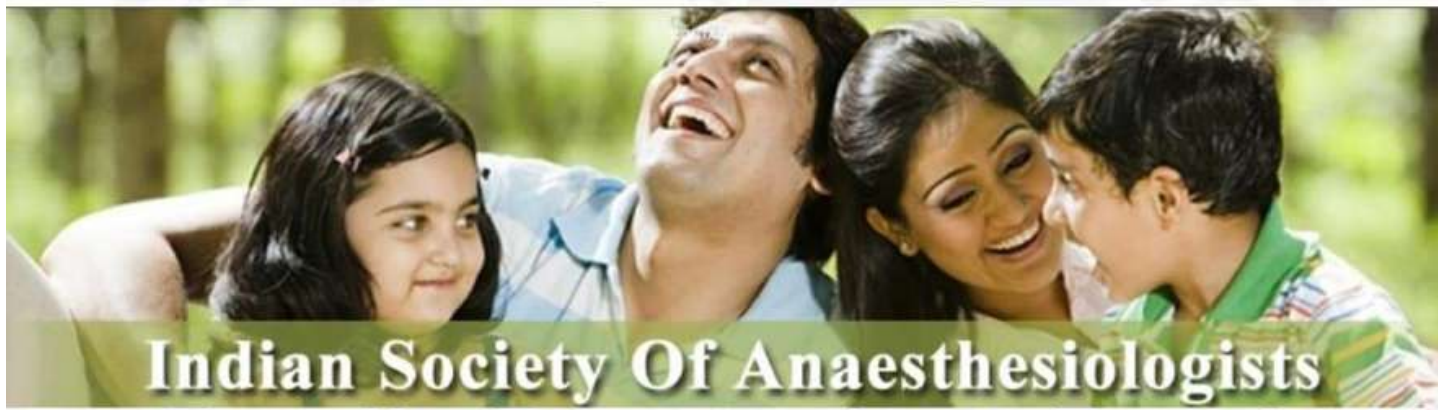
DR. L. CHAOBA SINGH
GC MEMBER



DR. CHANDRASHEKHAR K. CHAM
GC MEMBER



DR. SRINIVASULU D.
GC MEMBER



Indian Society Of Anaesthesiologists Family Benevolent Fund



FAMILY BENEVOLENT FUND OF INDIAN SOCIETY OF ANAESTHESIOLOGISTS (Regd.629 / 2007 under Societies Registration act. 35 of 2001)

FORM OF MEMBERSHIP

(To be filled with BLOCK LETTERS)

(For Office Use only)

FBF No.
R.No.
Date :

Affix
Passport size
Photograph

ISA No.

Proposed by Dr.....

Life member of.....City Branch of ISA

SURNAME :

FIRST NAME :

NAME TO BE PRINTED ON CERTIFICATE AS :

NAME OF FATHER / HUSBAND :

DATE OF BIRTH :

AGE :

NAME OF NEAREST CITY BRANCH OF ISA :

CORRESPONDENCE ADDRESS :

PERMANENT ADDRESS

CITY.....PIN.....

CITY.....PIN.....

STATE.....

STATE.....

EMAIL.....

EMAIL.....

MOBILE.....

MOBILE.....

NOMINATION FORM

S. No.	Name of the Nominee	Relationship of the Member	Address
1.			
2.			
3.			

If the nominee is a minor, name of the person who represents the minor and his/her address :

Date of birth and age of Minor :

Specimen Signature of the

Nominee of Minor's representative

1.

2.

3.

I hereby declare that the above information furnished by me is true and correct.

Signature of Applicant

I, the undersigned, hereby apply for the Membership of Family Benevolent Fund of Indian Society of Anaesthesiologists.

I enclose here with DD ☐ Cheque ☐ No datedCash Deposit ☐
SBI Collect ☐ Transfer ☐ NEFT ☐ IMPS ☐ UPI ☐ credited on Transaction
No Bank Branch / Branch Code bank being
the relevant fee and caution deposit.

I do hereby declare that the above information is true withheld no information whatsoever regarding the application and I agree to pay the demanded amount as per the rules of this scheme.

I further agree to abide by all the conditions laid down in the Constitution of the Scheme and the amendments to be made from time to time.

I shall inform the change of address time to time.

Date :

Signature of the Applicant

Dr. S.C. Parakh
President

Dr. Sugu Varghese
Hony. Secretary

Dr. Abraham Cherian
Treasurer

Applications may send to :

Dr. Sugu Varghese
Secretary, ISA FBF

Anaesthesia House, 1st Floor, GCDA Shopping Complex, Panampilly Nagar, Cochin 682 036
Ph : (Off.) 9895519551 Email : isafbfsecretariat@gmail.com; sugulissieux@rediffmail.com

For Office Use Only

ADMISSION FEES

(1) A non-refundable deposit will be collected from members joining the Fund according to their age.

- | | |
|-----------------------------------|-------------------------------|
| a) Less than 30 years - Rs.2000/- | b) 31 to 35 years - Rs.3000/- |
| c) 36 to 40 year - Rs.4500/- | d) 41 to 45 years - Rs.6000/- |
| e) 46 to 50 years - Rs.8000/- | f) 51to 55 Years - Rs.10000/- |
| g) 56 to 60 Years - Rs. 15000/- | |

(2) Annual Membership fees Rs. 200/- (It is otherwise called as administrative charges)

Total - 1 (Admission fee) + 2 (administrative charges)

- N.B.
1. Demand Draft / At par cheque be drawn in favour of **ISA FBF**, payable at **Emakulam**
A/c details for online transfer : A/c Holder's Name : **ISA FBF**; Current A/c No. **35338132424**;
Bank : **State Bank of India**; Branch : **KIZHAKKAMBALAM, Kerala**;
Branch Code : **70425**; IFS Code : **SBIN0070425**
 2. Receipt of ISA Life Membership subscription issued by ISA or xerox copy of I.D. card must accompany this application form, as proof of life membership.
 3. Enclose two (2) passport size photographs.
 4. Certified xerox copy of Date of birth certificate / PAN card / Passport may be produced as proof of age.

THE EDITORIAL TEAM OF 'Vapour'

Editor-in-Chief



Dr. Sukhminder Jit Singh Bajwa
Hon. Secretary, ISA National
Prof & Head
Department of Anaesthesiology & Critical Care
GSMCH Patiala, Punjab

Associate Editor



Dr. Madhuri Kurdi
Hubli

Editorial Board



Dr. Parul Jindal
Dehradun



Dr. Parna Thakkar
Thane



Dr. Gauri Arora
Nagpur



Dr. Ankur Khandelwal
Guwahati



Dr. Poonam Ghodki
Pune



Dr. Ridhima Sharma
New Delhi



Dr. Milon Mitrage
Hubballi



Dr. Habib Md Rezaul Karim
Deoghar



Dr. Raksha Kundal
Jammu



Dr. Mayank Massand
Indore



Dr. Swati Jindal
Chandigarh



Dr. Ranganatha Praveen
Trivandrum



Dr. Neeru Sahni
Chandigarh



Dr. Bhavna Gupta
Rishikesh



Lt. Col (Dr) Shibu Sasidharan
Cambridge, UK

National Advisors

Dr. JV Divatia
PRESIDENT
ISA NATIONAL

Dr. S. C Ganesh Prabhu
VICE PRESIDENT
ISA NATIONAL

Dr. J Balavenkata Subramanian
PRESIDENT ELECT
ISA NATIONAL

DR. MANOJ KUMAR
HON.TREASURER
ISA NATIONAL

Dr. MV Bhimeshwar
CHAIRMAN, ACADEMIC
COMMITTEE, ISA NATIONAL

CONTENTS

• Editor's Note	6
• Message from the President, ISA National	8
SPOTLIGHT: Holistic Health for the anaesthesiologist	
• Neeru Sahni: "Running" for professional growth in anaesthesia	10
• Raksha Kundal: Breathe In, Stress Out, Harnessing the Magic of Breathing Exercise	11
• Poonam Ghodki: From 'We' to 'Me'	12
• Milon Mitragotri: Are you a fiscally fit anaesthesiologist?	13
• Mayank Massand: Yoga for the anaesthesiologist	15
• Parna Thakkar: Happiness: The foundation of Holistic health	17
• Ankur Khandelwal: Radiation Exposure to Anaesthesiologists: Hindrance to Fitness Goals	18
• Madhuri Kurdi: Music for Holistic Health	20
• Lt. Col (Dr.) Shibu Sasidharan : Nurturing Mental and Emotional Well-being in Anaesthesiology: A Holistic Perspective	22
ISA ACTIVITIES	
• Highlights Of ISACON 2023	28
YUVA PARNIKA	
• Bhavna Gupta: Balancing life's operating room: Women anaesthesiologists	41
• Yuva Kaleidoscope: A tryst with Dr. Sanghamitra Panigrahi	43
• Crossword: Parul Jindal	46
MY PAGES: ART, CULTURE & LITERATURE	
• Dr. Chandrasekhar Krishnamurti: A demi god status through hand bagging	49

EDITOR'S NOTE



Dear esteemed members,

Warm greetings from Indian Society of Anaesthesiologists (ISA) National Headquarters !

The ISA National activities were at its peak last month with the holding of the ISA National online elections and the national conference ISACON 2023 at Gurugram. I am happy to present to you glimpses of all these activities of our vibrant body, the ISA in this November issue of VAPOUR that is being released in the midst of the cold and the dryness of the winter. Yes, the winter is here and it brings with it a bag full of illnesses and maladies including newer variants of the coronavirus. The cold weather can pose challenges to our immune system and health. This issue of VAPOUR is based on the theme 'Holistic Health' and it features articles on various aspects of holistic health related to us anaesthesiologists. All of us are aware of the old proverb 'Health is Wealth'. This applies perfectly to us anaesthesiologists and intensivists. We have to be on our toes all the time, be it day or night, winter or summer, or amidst the lashing rains of the monsoon. We often work in atmospheres of negativity and pain in the intensive care units and operation theatres. We take care of unconscious patients, many a times on their death beds. All this negativity, hustle-bustle and stress of daily life can throw our hormonal balance off track and take a toll on our health.

Nowadays, more stress is laid on holistic health which considers multidimensional aspects of wellness. It focuses not just on physical health but also on the mental, emotional and social aspects in order to make us healthier and happier. Holistic living is being mindful of one's thoughts, soul and body. The main pillars of holistic health are exercise, diet, recovery and sleep.[1] Exercise activates important metabolic processes in the body and reduces the levels of the stress hormone cortisol. Complete relaxation of the body with yoga and meditation can help in improving holistic health. A holistic diet with varied macro and micronutrients, plenty of water to energise the muscles and cells, a gut-healthy diet with plenty of fibres, probiotics and fermented foods can keep the mood high and improve overall wellness.

Holistic health tips for the winter would include boosting the immune system with citrus fruits, vegetables and whole grains, incorporation of immune boosting foods in the diet such as garlic, ginger and turmeric, staying hydrated with herbal teas and warm lemon water, going outdoors in the sunlight to get vitamin D, practising good hand hygiene, staying active with indoor exercises and getting adequate sleep.[2]

I thank all the authors and editorial team members who have contributed to this issue of VAPOUR. As Sadguru says “Health is just not being disease-free. Health is when every cell in the body is bouncing with joy.” Nevertheless, The ISA cares for the overall well-being and happiness of all its members. The programmes such as the ISA Fit Anaesthesiologist Campaign, Cultural Club, Art & Literary Club, Financial Advisor, Social Outreach and Sports Cell are directed towards the overall well-being of the ISA members.

Good bye till we meet again with the December issue ...

Long Live ISA!

Dr Sukhminder Jit Singh Bajwa

Honorary Secretary ISA National

Editor-in-Chief

‘VAPOUR’

(The official newsletter of the ISA National)

References:

1. Holistic health: more than wellness. Available from <https://www.sanitas.com/en/magazine/being-active/holistic-health.html> (Last accessed on 2023 Dec 15)
2. Holistic Health in Winter: Expert strategies for a Resilient You. Available from <https://asherlongevity.com/lifestyle-habits/holistic-health-in-winter-expert-strategies-for-a-resilient-you> (Last accessed on 2023 Dec 15)

MESSAGE FROM THE PRESIDENT, ISA NATIONAL

Dr. J.V. Divatia



Dear Fellow members of the Indian Society of Anaesthesiologists,

Warm greetings from the Indian Society of Anaesthesiologists (ISA)

It is indeed an honour and a privilege to serve as the President of the ISA, and I am humbled by the trust you have placed in me and other elected members of the Governing Council.

On a more personal note, it was a thrill and an honour to unfurl the ISA flag at Mt. Everest Base Camp (5364 metres / 17600 feet) on 3rd November 2023, along with two other anaesthesiologists Drs. Vijaya Patil and Jacqueline D'mello!

I congratulate our Hon Secretary Bajwa and his team of editors for bringing out the newsletter "Vapour". This will serve as means of information and communication with all members of the ISA.

The ISA aims to promote professional excellence, professional well-being and satisfaction and the welfare of our members. I do admit that it is a challenge; however, with the guidance, blessings and support of my predecessors, seniors, well-wishers and my colleagues in the Governing Council, I am confident that we will be able to fulfil many of these expectations and set the path for the future.

Our mission is to provide safe anaesthesia and high-quality perioperative care. The ISA has several regular online webinars (ISA National post-graduate classes, CLIP, CRISP and ISA-IJA REAP). The College of the ISA has been formed, and will soon co-ordinate all academic activities. I request members to take advantage of these resources to upgrade their knowledge and skills.

Our professional fee structure, working conditions and work satisfaction are important issues, especially for freelancing practitioners. The Private Practitioners forum position statement will soon be released and will contain recommendations for standards of care as well as a system to fix professional fees. The city branches have a crucial role to play, as they are best placed to tackle local problems and find solutions that are applicable and relevant to that area. Unity and solidarity amongst city branch members is the need of the hour. I appeal to all members to join the ISA Family Benevolent Fund. This is a concrete way to help families of members who are devastated by the death of our colleague.

The World Congress of Anaesthesiologists is being held in Singapore from March 3-7, 2024. I urge you to present your research and experience to showcase Indian anaesthesiology to the world. The ISA national conference is being held in Patna from November 28-December 1, 2024. It will be an exciting meeting with several new and innovative sessions. I urge you to register and attend in large numbers. ISA National is planning several academic and some non-academic events. Please participate and importantly, give feedback so that we can continue to improve and meet the needs of our members.

Let us work together to improve patient care and safety. Let us resolve to continue to serve our patients with excellent and safe anaesthesia, pain relief and perioperative care. Let us take pride in what we are, what we do and what we can do. Let us take care of ourselves and each other. Let's make ISA better and greater, together!

Long live ISA!

Jai Hind!



“RUNNING” FOR PROFESSIONAL GROWTH IN ANAESTHESIA

Dr. Neeru Sahni

Additional Professor,
Department of Anaesthesia & Intensive Care,
PGIMER, Chandigarh.

E mail: neerunalin@yahoo.com

ISA No. N-078



The time and discipline required to train as a good anaesthetist or intensivist is similar to what applies to train for long distance running. The long, arduous training which requires a combination of physical and mental effort is similar. While both require great mental grit, both can be gruelling at times. Without appropriate knowledge, preparation and planning, both can lead to consequences of stress like physical injury, burnout leading to pain and emotional set back. The sense of accomplishment after completing anaesthesia residency or the running goals is a comparable beautiful feeling with exhaustion of training turning into gratitude at the time of convocation or receiving a medal after a long run.

The physical and mental stress in anaesthesia and intensive care does not end after the completion of residency. Working as a full-time anaesthetist or intensivist whether in an institute or as a freelancer can be mind boggling. The minimal margin of safety in our field keeps us all on toes all the time. An active body is the foundation of an active mind. A physically active person, especially at senior position is a constant source of motivation for the team. Running is a low cost, feasible investment to build physical and mental resilience to cope up with the day-to-day stress in the field of anaesthesia.

An early morning run provides daily dose of energy, the so-called “runner’s high”. The morphine-like effect of distance running due to release of endorphins is a great way to start a working day.

Getting out of our comfort zone for running even when we don’t feel like, helps build great self-discipline. What better way to be able to keep oneself motivated without the need to search for other sources of motivation. Gradually, the notion that ‘I don’t have time to run’ converts into ‘We live that we may run’!

Despite discipline and consistency, anaesthesia profession can be monotonous similar to one hitting a plateau in running with no improvement in pace or distance covered over months. This is when one must sit back, re-plan, re-start by working on existing skills or learning new ones. A serious runner always has a new goal to accomplish and works hard despite limitations and variable situations. The realisation that the finish line is closer with each passing day keeps one going. The belief in oneself and fearlessness which comes after completing each long run is extremely important in our professional growth as an anaesthetist and intensivist.

A consistent runner enjoys the effects of running on brain physiology and chemistry making one a better planner, enabling one to find solutions in difficult situations as well as manage the anxiety. With running, one builds loads of physical stamina and mental strength, thus, does not experience fatigue, stress and low self-esteem. As all runs are not great, one learns the ability to reset and restart, finally developing the mechanisms to deal with failures and mistakes. The support group in the form of fellow runners is an unconditional, precious human bond where there is only acceptance and appreciation without any judgement. Developing such team dynamics in our operating rooms and intensive care units can be rewarding.

Despite the enthusiasm in long distance running as well as in anaesthesia, one feels like “hitting the wall” when experiencing hard times such as a sick patient, long working hours without a break, deadlines of academic responsibilities etc. Running teaches us to slow down, boost energy by taking care of ourselves and take one step at a time but keep moving.

BREATHE IN, STRESS OUT, HARNESSING THE MAGIC OF BREATHING EXERCISE

Dr. Raksha Kundal

Associate Professor,
Anaesthesiology, AIIMS, Jammu.
ISA No. R1849



Breathe In, Stress Out,
Harnessing the Magic of
Breathing Exercise

Take a deeeeeeeep
breath in.....Now a
deeeeeeeeeeep breath
out.....

Isn't it stress relieving In the dynamic world of operating rooms and intensive care units, anaesthetists are linchpins, crucial for patient safety and successful outcomes. Implementing breathing exercises into their routines transforms their approach, benefiting physical and professional well-being. This simple addition enhances resilience and focus, vital qualities in navigating the complexities of critical healthcare settings.

First and foremost, among the benefits of breathing exercises is their ability to improve lung function, ensuring optimal oxygenation during challenging procedures. The operating room is stressful, demanding split-second decision-making and precise execution. Breathing exercises emerge as a powerful tool in the anaesthetist's toolkit for stress management. Incorporating deep, controlled breaths into a routine helps activate the parasympathetic nervous system, inducing a state of relaxation that benefits mental well-being and contributes to a more focused and composed approach to complex procedures.

Enhancing focus and concentration is closely related to stress management. One of the most essential qualities of an exemplary anaesthetist is the ability to unwavering focus. Scientific evidence supports the idea that practising breathing exercises regularly improves cognitive function.

Anaesthetists who incorporate mindfulness techniques into their practice can develop a heightened awareness of the present moment, enabling them to respond quickly and accurately to the ever-changing conditions in the operating room.

There is no doubt about the physical toll of working in the operating room for extended periods. Proper body mechanics are crucial to preventing fatigue and reducing the risk of developing musculoskeletal issues. Here, mindful posture awareness and breathing exercises coexist harmoniously. By combining these practices, anaesthetists can ensure sustained physical well-being and contribute to a healthier, more resilient workforce.

Suggested breathing exercises	
Deep Belly Breathing	Inhale deeply, feeling your abdomen rise; exhale slowly.
4-7-8 Breathing	Inhale for four counts, hold for seven and exhale for eight.
Box Breathing	Inhale for four counts, hold for four, exhale for four, pause for four.
Alternate Nostril Breathing('Anulom Vilom')	Inhale left, exhale right; inhale right, exhale left.
Breath Awareness Meditation ('Anapanasati')	Close your eyes, focus on breath sensations, and gently redirect wandering thoughts.
Quick Diaphragmatic Breaths	Sit comfortably and take a quick, deep breath through your nose. Exhale quickly and forcefully through your mouth. Repeat for 30 seconds.
Desk Yoga Breathing	Inhale deeply (Nose), raise your arms, and Exhale slowly (mouth), bringing your arms back down.

In the evolving healthcare environment, anaesthetists need to prioritise their overall well-being through practices such as breathing exercises. This prioritisation contributes to their comprehensive development, enhancing resilience and raising the standards of patient care.

FROM 'WE' TO 'ME'

Dr. Poonam Sachin Ghodki

Consultant, Deenanath Mangeshkar Hospital and
Research Centre, Pune
ISA No.G0985



COMRADESHIP is something that we all believe in. Especially in our branch, where team work is of paramount importance we always talk about US. However; in that bargain the 'me' in us is lost somewhere. While this may appear very trivial at first glance, but when carefully analysed the attitude of neglecting self makes one cross the tipping point and enter the phase of burn out.

So how can we divert the attention from WE to ME? One easy way of doing this is to make a priority list and then to keep oneself at the top of the list. And NO - that is not being selfish. Spending time with oneself paves our life for having a more composed and sound mind. Hence keeping aside some time as ME time is imperative. What can one do with this ME time? Meditate? Well yes, meditation is a good start, but meditating does not mean simply putting yourself on a yoga mat. A few moments of silence, of doing absolute nothing and focusing on your own mental being can be a form of meditation too. Our mind is full of thoughts- of our patients, of our operation theatre list, of departmental controversies, of family issues etc. instead this ME time can be focused on mindfulness. Let's move to being mindful than keeping the mind full! Rejuvenate your lost hobbies, start drawing, gardening, listen to music or just play or lie down.

I practise reflective writing. I write down things/incidences that happen in my life. Next time whenever I am bored or fed up, I read these 'notes' and reflect upon myself. I realise how much has been done in my life so far, there were so many happy moments in my life, I realise I am blessed with so many encouraging people in my life ...and thus I feel motivated. One may sing, dance, doodle or do whatever one likes in this ME time..or like I said earlier do nothing. Self-care can be practised in numerable ways in this ME time. If something is really bothering us, it is important to take a step back, analyse and then decide how to deal with the problem...This is the ABC of stress management: where A is awareness, B is balance and C is coping. If stress is a disease; resilience is its antidote. Utilise the ME time in building that resilience. Give this ME time to oneself and practise the mindful transition.

*Remember it takes many MEs to make that WE.
Let your ME be the KEY!*

ARE YOU A FISCALLY FIT ANAESTHESIOLOGIST?

Dr. Milon V. Mitragotri

Assistant Professor,
Department of Anaesthesiology,
Karnataka Institute of Medical Sciences, Hubballi.
ISA No. M1886



The term 'holistic' is an adjective that means 'all inclusive' and 'interconnected.' Being a 'holistic anaesthesiologist', is to be fit mentally, physically, spiritually, fiscally amongst others. Being fiscally fit is one of the most essential traits since only when one has sufficient rupee in his/her coffers, can one give time for other traits.

"Money can't always buy you happiness, but absence of money can certainly cause unhappiness."

- Dr. Ram, Wealthcon
founder(www.wealthconindia.com)

So how can I be sure that I am fiscally fit? I put forth here a few of the points which I have learnt from my personal experience as well as after joining Wealthcon, a telegram platform for medical graduates to learn the intricacies of finance.

1. Are you earning enough? Many of us are unsure of how much salary/income is enough. On an average at present, an Indian doctor earns approximately two lakhs per month from professional income only. If you are earning more, you are doing better. But if you are earning less and your expenditure is more than your savings, you need some serious thinking about it.

2. Are you investing enough? Though 20% saving is the norm, if you are saving 2/3rd of your income, you are doing better than the average person. Younger individuals should invest more in equity like shares, mutual funds while senior citizens should save more in debt instruments like fixed deposit, public provident fund(PPF) etc. None of the investment in any of these instruments should cross 50%.

Instrument	Individual <50years	50-60years	Individual >60years
Gold	10%	GREY ZONE(MIDDLE)	10%
Equity	40%		40%
Real estate	40%		10%
Debt	10%		40%

3. Are you adequately insured? Buy a good term insurance which covers all your liabilities and at least 20 times your annual income. Never mix insurance with investment. Insurance should be always considered as an expense and not an investment. Eg. Car insurance.

4. Are you medically insured? Buy a good medical insurance of good coverage. With increasing medical expenses for complicated and rarer diseases, it is better to have an individual plan for each member. A family floater plan with super top-up plan will also do good.

5. Have you written a will? Always make sure you have written a will. A notarised will is not always necessary. A will properly written in the correct format will be considered legal if signed and countersigned by a witness. It should include details of assets, digital assets, debt, beneficiaries, executor and other relevant details. It should be kept in a locker which should be accessible to your lawyer and family in case of any need.

6. Do you have an alternate source of income? Always try to yearn for a secondary source of income other than professional income. This two-pronged approach will help you in good stead by decreasing the pressure on you to earn enough and also in case of eventuality of ill-health or handicap, it will help you cross the line. Use your own imagination to find that alternate source of income, that could be anything right from equity, royalties, proprietorship, ownership in other business or even YouTube channel, blog writing or social media handles etc.

To conclude I quote Steve Jobs, “Manage your top line, your strategy, your people, and your products, and the bottom line will follow.” It is important to keep our focus on the top line that is our financial goals always, taxes and expenses will make a dent, but you will definitely meet your bottom line i.e. financial freedom with peace of mind.



YOGA FOR THE ANAESTHESIOLOGIST

DR. MAYANK MASSAND

Senior Consultant

ANAESTHESIOLOGY & Critical Care
Care CHL INDORE

ISA No. M1892



The word “YOGA” is derived from the Sanskrit root word “YUJ” which means to join or to yoke or to unite. This actually means connecting your body, mind and soul. Yoga is an extremely important tool for the anaesthesiologist to improve his or her living style or professional way of working and at the same time creating an environment of work-life balance. Anaesthesiologists have to deal in their professional lives with various kind of stress which leave a never ending scar on their brain in the subconscious memory and these are then reflected in the behaviour down their lives either on the professional front or the personal front .

There are various advantages of inculcating the practices of YOGA in day to day life as Yoga is not about how you look, but it is about introducing a feeling of calmness and inner peace that is not ruffled or riled by the endless stress and struggles of our profession. The various benefits of YOGA to the anaesthesiologist are :

1)Self Awareness –The most important thing in life is to stop sometime and feel and sense how you are behaving which is known as “DRASHTHABHAV”, that means viewing your inner self in a mirror and trying to improve your overall personality. This is extremely important for any person for his work as if he is able to find his faults at an early stage then immediate improvement is possible and the mistakes will not become a habit .

2) Mindset- YOGA increases compassion and acceptance towards others, a mindset which is good for a team leader as an anesthesiologist has to be the leader in the operation theatre (OT) and everyone look up to him in times of crisis. This change in mindset also allows the anaesthesiologist to think clearly whenever there is a crisis in OT.

3) Movement –YOGA definitely makes our body flexible and this helps the anaesthesiologist to keep his reflexes intact in times of crisis .

4) Mindfulness- YOGA increases the ability to focus and this is important because an anaesthesiologist has to be in the moment for any case.

5) Self care -The practice of YOGA is actually a step towards cleaning your inner soul everyday and make it ready to face the various challenges of life in a positive and systematic fashion.

6) Relaxation- Yoga actually switches off our sympathetic system and activates our parasympathetic system which means less production of free radicals in our body and more production of nitric oxide that will allow the vessels to relax prompting good supply of oxygen to the deeper tissues .

There are several basic facts about YOGA . There are eight limbs of YOGA .

1)Yama – restraints, moral vows or disciplines. There are 5 yamas

- a) Ahimsa- non-violence
- b) Satya-truthfulness
- c) Asetya-non-stealing
- d) Bhramcharya – righteous use of energy
- e) Aparigraha – non- greed

2)Niyama-Positive duties or observances

- a)Saucha – cleanliness
- b) Santosha – contentment
- c)Tapas – burning of a desire
- d) svadhyaya- self discipline or reflection
- e)isvarpranidaha -surrender to a higher power

3)Asanas

4)Pranayama- It can be understood in two different meanings “prana-yama”which means breath control or restraint or it could be taken as “pran-ayama”which means liberation of breath

5) Pratyahara-reversing the flow of energy that means realizing ourselves from within .

6) Dharana – Focussed concentration

7) Dhyana – Meditative concentration

8) Samadhi – bliss or enlightenment

These 8 elements of YOGA when practised on a regular basis will definitely change the life of the anaesthesiologist in terms of his or her approach towards the patient, being compassionate to the patient and slowly feeling the physiology of the patient very closely and intensely. Our profession is all about balancing and walking on a tight rope when dealing with the patient and practicing YOGA will definitely help the anaesthesiologist in keeping his body balanced. If the mind and body of the anaesthesiologist is stable, he or she will definitely be able to care better for the patients .

I would conclude by stating that any kind of physical exercise is important for doctors; however, practising YOGA and incorporating the eight elements of yoga in day-to-day practice will develop us into better human beings and at the same time will improve our inner strength to face the negative energies that are persistently around us in the operation theatre and hospital.

HAPPINESS: THE FOUNDATION OF HOLISTIC HEALTH

Dr. Parna Thakkar

Sr Consultant, Chief Neuro anaesthesia
Sir H. N. Reliance Foundation Hospital, Mumbai
Secretary - Thane ISA
ISA No. P0831



Happy state of mind, being at peace and satisfied with yourself - supersedes all kinds of fitness.

Physical fitness and mental fitness are the two sides of the coin, inseparable..... and happiness brings about a balanced state of mind.

It reminds me of my mother, who always had a calm and happy state of mind and she maintained the same even when she was in the ICU and short of breath before she passed away.....

She attained this remarkable mental strength after suffering and going through all possible miseries in the world. She suffered from a neurological illness and was bed bound and homebound almost for a decade. She never complained and had no emotional outbursts even in that state!! She always kept herself busy, reading the Vedic literature and chanting mantras and singing and listening to bhajans.....unbelievable....

Though unfit physically and barely could walk but lead an exemplary life only because of strong mental balance and a Happy State of Mind.

Now I strongly believe that a pleasant and calm state of mind is the bedrock of holistic fitness for allan anaesthesiologist as well as a layman.....

RADIATION EXPOSURE TO ANAESTHESIOLOGISTS: HINDRANCE TO FITNESS GOALS

Dr. Ankur Khandelwal

Associate Professor

Department of Anaesthesiology, Critical Care and Pain Medicine

AIIMS, Guwahati

ISA No. A1907



Topic: Radiation Exposure to Anaesthesiologists: Hindrance to Fitness Goals

With the advent of new modalities of imaging and image guided interventions, the risk of radiation exposure (RE) to health care workers has increased several folds. Anaesthesiologists' being major stakeholders in such procedures both inside and outside operating rooms (ORs) are at tremendous risk of RE hazards. Anaesthesiologists working in the interventional neuroradiology and cardiac catheterisation suites, interventional pain services, orthopaedic and urologic ORs are exposed to significantly higher radiation levels as compared to those who work in other ORs.[1] Henderson et al found that anaesthesiologists working in catheterisation laboratories had higher RE (20 to 180 mrem/month) as compared to those who worked in ORs (<10 mrem/month).[2] In a recent study, Muller et al found that even in the ORs, the amount of RE was one-third more in anaesthesiologists as compared to surgeons in four types of operations (plate osteosynthesis of proximal humeral, distal radial and tibial fractures and intramedullary nailing of the clavicle) particularly, if the C-arm tube was positioned close to the anaesthesiologists' work station at the patients' head. [3] Pain physicians are exposed to substantial radiation from fluoroscopy because of their proximity to the patients during interventions.

It is very likely that anaesthesiologists often do not follow the recommended safety norms. This could partly be attributed to the lack of knowledge, training and education about RE and its preventive strategies. A study found that only few anaesthesiologists regularly wore a lead apron (30.11 %) and a thyroid shield (11.3 %) during procedures involving RE.[4] Again, according to a recent survey study, radiation dosimeters are very rarely used by anaesthesiologists.[5] A few studies have shown that knowledge and awareness about RE is very low amongst anaesthesia residents as compared to consultants. [4, 6]

While there is a growing global awareness of the need of physical, mental, and spiritual well-being, health care professionals particularly, anaesthesiologists are facing occupational hazards. However, it ought to be evident that the risks associated with RE are avoidable. All personnel working near radiation sources should wear appropriate shielding (lead apron, thyroid shield, eye protective wear, etc.) and, whenever patient safety permits, distance themselves as far as possible from the source of radiation. Usage of radiation measurement dosimeters and its regular monitoring should be encouraged and propagated. Real-time radiation measurement dosimeters having auditory feedback to reduce radiation exposure have been recently proposed. [3] Not to mention, there is a need to modify the safety culture in operating rooms and imaging suites, as well as to enhance radiation safety education and training.

References

1. Maghsoudi B, Mortazavi SMJ, Khademi S, Vatankhah P. Evaluation of radiation exposure pattern and radiation absorbed dose resulting from occupational exposure of anesthesiologists to ionizing radiation. J Biomed Phys Eng 2017;7(3):271-278.
2. Henderson KH, Lu JK, Strauss KJ, Treves ST, Rockoff MA. Radiation exposure of anesthesiologists. J Clin Anesth 1994; 6:37-41. doi: 10.1016/0952-8180(94)90116-3.
3. Müller MC, Windemuth M, Frege S, Striepen EN. Radiation exposure of anaesthetists visualised by real-time dosimetry. Curr Med Imaging Rev 2019;15:220-226.
4. Tüfek A, Tokgöz O, Aycan İÖ, Çelik F, Gümüş A. Current attitudes of Turkish anesthesiologists to radiation exposure. J Anesth 2013;27:874-8. doi: 10.1007/s00540-013-1623-7.
5. Whitney GM, Thomas JJ, Austin TM, Fanfan J, Yaster M. Radiation safety perceptions and practices among pediatric anesthesiologists: A survey of the physician membership of the Society for Pediatric Anesthesia. Anesth Analg 2019;128:1242-8.
6. Ali MA, Salim B, Siddiqui KM, Khan MF. Attitudes and knowledge of anesthesiology trainees to radiation exposure in a tertiary care hospital. Saudi J Anaesth 2020;14:459-463.



Together We Can



Save
The
Date

3 - 7 March 2024

18th World Congress
of Anaesthesiologists

Call for Abstracts opens in **May 2023!**



Be updated
Join the mailing list
Scan QR Code

www.wca2024.org

MUSIC FOR HOLISTIC HEALTH

Dr. Madhuri Kurdi

Professor & Head

Department of Anaesthesiology

Karnataka Institute of Medical Sciences (KIMS),

Hubli, Karnataka

ISA No. K 1014



Music washes away from the soul the dust of everyday life.’ -Berthold Auerbach

I remembered the above quote when I saw the delegates dancing merrily to the beats of Ms. Bhoomi Trivedi's electrifying voice as she sang 'Bulleya...', 'Udi udi jaye.....' at the gala banquet of the recently concluded national conference 'ISACON 2023' at Gurugram. The melody was beautiful and the sight of the huge sea of anaesthesiologists from varied locations of our nation zooming in unison to the tunes that emanated from the stage was simply enthralling. It depicted a striking unity amidst a vast diversity of the anaesthesiologists of our nation. Music in our nation is diverse in melody, rhythm, texture and form and varies according to the geographical location and cultures. Yet it has the power of uniting people by creating a positive and vibrant environment. It has the power to stir up the soul, lighten the mood, cheer up broken spirits, repair broken bonds, ignite energy and loosen the tight muscles of our body. Nonetheless, it forms an important part of our everyday life, be it devotional, instrumental, vocal or the throb of drums, clash of cymbals and the sound of the synthesiser that accompanies a marriage or festival procession.

Whether it is a Bhojpuri song with its upbeat rhythm and catchy melody, the latest Punjabi hit with energetic beats, a trending South Indian song, an old Talat Aziz ghazal or an evergreen Lata Mangeshkar number, all of

them speak one universal language: the language of music that can heal wounds and reduce pain. Waking up to the divine melodies of MS Subbulakshmi or a popular 'abhanga' (devotional poetry) and the singing of the prayer to Allah (Allahu Akbar) by the Mullah over the loudspeaker of the mosque as the cock crows 'cock-a-doodle-doo' can bring in serenity and peace. Enjoying a song or two in between a busy operating list, listening to a Neha Kakkar song or Taylor Swift pop number in the car whilst travelling to and from the workplace and enjoying one's favourite songs and music at the end of a busy day can be mood-boosting and rejuvenating to all of us.



Ms. Bhoomi Trivedi singing at the banquet of ISACON 2023

Starting from the average person humming his/ her favourite tune in the bathroom to the mediocre artist singing a 'bhajan' (devotional song) and the experienced singer performing in an orchestra, all of them emit and propagate positive vibes and the radiant hues of happiness, motivation and energy. The ultimate aim in life is to be happy and music and happiness are closely linked.

If that is so, why not embrace this 'feel good formula' of music, happiness and good health? Nonetheless, the holistic powers of music can be used in the perioperative period too. Soothing binaural meditation music with different classical tunes and sounds has been used as an adjunct to subarachnoid block and general anaesthesia intraoperatively to reduce postoperative pain, anxiety, nausea, vomiting and to promote early recovery and psychological well-being of the patient. [1, 2]

Music can trigger the release of dopamine in the brain and thus promote positive thinking and relieve depression. It can bring down the blood pressure and the heart rate and thereby play the role of an anti-hypertensive, seasoned psychiatrist, psychologist, neurologist, physiotherapist and cardiologist. Soft instrumental music and meditation music are used sometimes alone and at other times with yoga, aerobics, Tai Chi and workouts for balancing the 'chakras' in our body, boosting our immune system and for the resultant holistic improvement in health. It is said that the singing of 'Bhajans' and Psalms can draw us closer to God and bring in inner peace.

There are various avenues to enjoy music. Singing in a karaoke is an excellent way of forgetting one's troubles while concentrating on the lyrics and the music. There are many musical blogs wherein we can log in and keep track of new music and artists. We can download and listen to our favourite songs anytime from the internet. The Indian Society of Anaesthesiologists (ISA) National through its Cultural Club takes care of the health of the ISA members by regularly releasing videos with songs and music by anaesthesiologists for anaesthesiologists to enjoy and rejuvenate. Most of us have listened to the melodious voices of Dr Sailaja Ganti, Dr Sudheesh Kannan, Dr Meenal Chauhan, Dr Murali Raj Warriar, Dr Gouri Arora, just to name a few. Nonetheless, who can forget the legendary Lord Krishna whose humble flute would generate sweet and melodious tunes that would stir the soul of both humans and animals? Who can forget the

'Binaca Geetmala' and 'Chitrahaar' of yore that would make many a child and adult sit glued to the radio and television sets? Who will not want to dance listening to the sounds of Isha? Who would not want to experience the divine power and positivity of chanting 'Aum' and the 'Hare Krishna Mantra'? '



True enough, all of us would want to experience that 'feel good' sensation and happiness. Let us all then employ music in our everyday lives to improve our health. Let us enjoy the spiritual ecstasy and healing powers of music. Let us engineer to 'feel good' and make others 'feel good' so that the world around us and inside us becomes a happier and healthier place.

References:

1. Kurdi MS, Gasti V. Intraoperative meditation music as an adjunct to subarachnoid block for the improvement of postoperative outcomes following cesarean section: A randomized placebo-controlled comparative study. *Anesth Essays Res* 2018 ;12:618-624.
2. Tajbakhsh A, Salimi S, Daftarian N, Abtahi D. Effect of music during general anesthesia on anesthetic consumption during vitrectomy surgery. *Adv Biomed Res* 2023;12:59.

NURTURING MENTAL AND EMOTIONAL WELL-BEING IN ANAESTHESIOLOGY: A HOLISTIC PERSPECTIVE

Lt. Col (Dr.) Shibu Sasidharan
University of Cambridge, United Kingdom
ISA No. S6152



Abstract:

This academic article explores the critical dimensions of mental and emotional well-being for anaesthesiologists, emphasising the impact of irregular shifts on sleep hygiene. Recognising the unique challenges within this medical speciality, the article provides a comprehensive overview of holistic practices tailored to enhance anaesthesiologists' overall mental and emotional resilience.

Introduction:

Anaesthesiologists shoulder substantial responsibilities in high-stakes environments, making mental and emotional well-being crucial for both personal satisfaction and optimal patient care.

One of the defining challenges for anaesthesiologists is the perpetual need for acute focus and split-second decision-making. Administering anaesthesia is a delicate art, demanding precision and adaptability in the face of unforeseen complications. The weight of knowing that a minor miscalculation could have profound consequences adds an extra layer of stress to their daily practice. The unpredictability of surgical schedules further compounds the mental strain for anaesthesiologists.

They must be ready to perform at their best during long and irregular hours, often adapting to emergencies with little notice. This constant state of readiness takes a toll on their mental well-being as they juggle the demands of patient care, surgical teams, and their own lives.

This article investigates the intricate interplay between irregular shifts, sleep hygiene, and holistic practices to offer insights into cultivating a resilient and balanced mindset within the demanding field of anaesthesiology.

Irregular Shifts and Sleep Hygiene:

The irregular work shifts characteristic of anaesthesiology can disrupt circadian rhythms, adversely affecting sleep patterns:

1. **Circadian Disruption:** A chronic lack of sleep can significantly disrupt their circadian rhythm, the internal biological clock regulating various physiological processes over a 24-hour cycle. Often subjected to demanding and irregular work hours, doctors face disruptions to their natural sleep-wake patterns. Prolonged periods of insufficient sleep can lead to adverse effects on circadian rhythm,

including altered hormone secretion, impaired cognitive function, and compromised mood stability. The disruption in the sleep-wake cycle can interfere with the body's ability to release melatonin, an essential sleep hormone, at appropriate times, leading to difficulties falling and staying asleep. This can create a cycle of sleep deprivation, further exacerbating the impact on circadian rhythm. Over time, the compromised circadian rhythm in doctors may contribute to an increased risk of medical errors, decreased alertness, and a higher susceptibility to conditions such as cardiovascular diseases and mental health issues. Addressing the challenges of sleep deprivation in the medical profession is crucial for the well-being of healthcare professionals and the quality of patient care.

2. Tips for Sleep Hygiene: Anaesthesiologists facing demanding and irregular work schedules can benefit from incorporating practical recommendations to improve their sleep hygiene. First and foremost, establishing a consistent sleep schedule is crucial. Attempt to go to bed and wake up simultaneously every day, even on days off, to regulate the body's internal clock. Creating a relaxing pre-sleep routine, such as reading or practising mindfulness, can signal to the body that it's time to wind down. Minimising exposure to electronic devices before bedtime is also essential, as the blue light emitted can interfere with melatonin production. Additionally, ensuring a comfortable sleep environment by keeping the bedroom cool, dark, and quiet can improve sleep quality. Limiting caffeine intake, especially in the hours leading up to bedtime, and avoiding heavy meals close to bedtime can aid in preventing sleep disturbances. When feasible, strategic napping during extended shifts can also help mitigate the impact of sleep deprivation. Ultimately, fostering a culture of awareness and support for the importance of sleep hygiene within the medical community can contribute to the overall well-being of anaesthesiologists and enhance patient care.

Holistic Practices for Mental and Emotional Resilience:

Mindfulness-Based Stress Reduction: Mindfulness-Based Stress Reduction (MBSR) techniques are effective in helping doctors manage the high stress levels associated with their demanding profession. Here are some practical mindfulness strategies tailored for doctors:

a) **Mindful Breathing:** Encourage doctors to take short breaks between patient visits or surgeries to practise mindful breathing. Focusing on the breath for a few minutes can help reset the nervous system and bring a sense of calm. Simple breath awareness exercises can be integrated into their routine.

b) **Body Scan Meditation:** Doctors can practise a body scan meditation to bring attention to different parts of the body, releasing tension and promoting relaxation. This can be particularly beneficial during breaks or at the end of a busy day to unwind and let go of accumulated stress.

c) **Mindful Listening:** In the midst of a hectic schedule, doctors can benefit from practising mindful listening during patient interactions. Being fully present and engaged in conversations can improve communication, build trust, and reduce the mental clutter that often accompanies a busy day.

d) **Desk Meditation:** Short meditation sessions at the desk can be effective. Doctors can take a few minutes to focus on their breath, bringing awareness to the present moment before moving on to the next task. This mini-meditation can serve as a reset button in the midst of a demanding schedule.

e) **Mindful Walking:** Suggest incorporating mindful walking into their routine, especially during breaks. Encourage doctors to take a few minutes to walk mindfully, paying attention to each step and the sensations in their feet. This can provide a brief respite and increase awareness.

f) **Cultivating Gratitude:** Foster a sense of gratitude by encouraging doctors to reflect on positive aspects of their work. This can be done through a daily gratitude journal where they jot down moments of fulfillment, successful patient outcomes, or positive interactions.

g) **Mindful Eating:** Encourage doctors to practise mindful eating during their breaks. Instead of rushing through meals, they can savour each bite, paying attention to the taste, texture, and aroma. This not only promotes mindfulness but can also improve digestion.

h) **Mindful Pause Between Tasks:** Suggest incorporating a mindful pause between tasks. Before transitioning from one patient to another or from administrative tasks to clinical duties, doctors can take a few moments to centre themselves, fostering a sense of presence and intentionality.

2. **Yoga and Meditation:** Analysing the potential benefits of incorporating yoga and meditation into the daily routines of anaesthesiologists to promote mental clarity, focus, and emotional well-being.

3. **Peer Support Networks:** Exploring the role of peer support networks in providing emotional sustenance, facilitating the sharing of experiences, and fostering a sense of camaraderie within the profession.

4. **Professional Boundaries and Self-Care:** Setting clear limits on working hours, taking regular breaks, and ensuring adequate personal time are vital components of maintaining professional boundaries. Recognising one's capacity and learning to say 'no' when necessary is not a sign of weakness but a commitment to long-term sustainability. Simultaneously, self-care becomes a non-negotiable aspect of a doctor's routine. Prioritising physical health through regular exercise, sufficient sleep, and a balanced diet lays the foundation for resilience. Moreover, nurturing mental and emotional well-being through activities such as mindfulness, hobbies, or seeking professional support helps doctors cope with the inherent stressors of their profession.

Conclusion:

In conclusion, while anaesthesiologists are unsung heroes in the medical field, their daily encounters with the unpredictable and high-pressure nature of their work bring forth a distinct set of mental stressors. Acknowledging and addressing these challenges enhances the mental well-being of these vital healthcare professionals and ensures the delivery of safe and compassionate care to patients in need. Anaesthesiologists should proactively adopt holistic measures to promote mental and emotional resilience, ultimately enhancing their well-being and the quality of patient care.

Upgrade to
cutting-edge technology,
Unlock new possibilities!



*Trade-in your old
anaesthesia equipment
with our exclusive*

**BUY
BACK**

Programme



ATHENA SV200

ATHENA 500i

SKAN Siesta pro



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE



HEALTH CARE

1800 425 7002 | skanray.com



SITARAM BHARTIA
Institute of Science & Research
care you can trust™

JOB VACANCY

ATTENDING CONSULTANT- ANAESTHESIA

Sitaram Bhartia Institute of Science and Research requires full-time Attending Consultant- Anaesthesia at B-16, Qutab Institutional Area, New Delhi – 110 016.

Job Responsibilities

Perform pre-anaesthetic checkup to evaluate the fitness of the patient for a surgery. Administer anaesthesia for different surgeries in the OT, conduct peri-operative monitoring of the patient. Provide post-operative care including pain relief to the patient. The position requires night duties on rotation.

Qualifications and experience

MD/DNB/Diploma in Anaesthesia with three years as a senior resident at a Teaching hospital is required. Hands on experience in latest anaesthesia techniques, equipment and protocol based management is a plus.

Contact Information

Head – Human Resources

Sitaram Bhartia Institute of Science and Research

B-16, Qutab Institutional Area

New Delhi – 110 016, Mobile: + 91 97174 90248

Phone: 4211-1111 ext - 364/246

Email: anitha.manoharan@sitarambhartia.org

hr@sitarambhartia.org

Website: www.sitarambhartia.org

Facebook.com/sitarambhartia

Thrilled to celebrate 5
successful years with
ISA!



***Our enduring partnership ensures seamless,
reliable coverage for all your insurance needs!***



ISA Members
Successfully
Enrolled



ISA
Renewal Ratio



Claims
Registered



Claims
Settled Worth



Claims Reserve
Only For
ISA Members

Our Exclusive Range Of Customised Products



Doctor's Professional Indemnity with
15 Unique Benefits @ 80% Premium Savings!



Top Notch Health Insurance Plans with
Modern Benefits!



Doctor's Car Insurance with Unlimited
Add-ons Upto 10 yrs @ 25% Better Deal!

***Thank you for entrusting us with your well-being—we're
committed to continuing this exceptional journey!!***

ISACON 2023

Gurugram (23rd to 26th November 2023)

Inaugural ceremony









ISACON 2023

Gurugram

Felicitation of Governing Council members and Welcoming of New Office bearers (26th November 2023)







Our ISA Flag at ISACON 2023

Gurugram



Governing Council Meetings at ISACON 2023

Gurugram



ISACON 2023

Gurugram

Mingling Together.....



ISACON 2023

Gurugram

Orations, Art Exhibition, Awards



ISACON 2023

Cultural Events



Yuva Parnika (Youth Zone)



Balancing Life's Operating Room - Women Anaesthesiologists

Dr. Bhavna Gupta

**Associate Professor, Department of Anaesthesiology,
All India Institute of Medical Sciences, Rishikesh
ISA No. B1501**



Anaesthesiologists play an important role in operating rooms as silent monitors, ensuring that patients are safe and comfortable during procedures. Female professionals in the field of anaesthesiology play a significant role and persistently pursue their own paths in a discipline that presents both difficulties and prospects. The complex combination of challenges faced by female anaesthesiologists includes working in varying and unpredictable lengths of surgeries, managing a range of difficult situations, effectively managing blood losses, handling fluctuations, coping with high-stress situations, and constantly staying updated with the latest medical practices. Anaesthesiologists engage in a continuous cycle of teaching, training, and research to pursue academic interests and fulfil their professional responsibilities. Simultaneously, the academic journey entails the obligation of fulfilling student research projects and theses. Female anaesthesiologists often encounter the difficulty of managing their professional commitments alongside their family responsibilities. Women anaesthesiologists are strong and resilient; and successfully balance the demands of the operating room and the family while fulfilling their both roles efficiently.

Striking a harmonious work-life balance can be challenging when balancing personal and family responsibilities.

To preserve this intricate equilibrium without compromising academic excellence or patient welfare, one must possess adept time management skills and the capacity to handle multiple tasks concurrently.

Female anaesthesiologists must achieve a work-life balance which is not merely a matter of personal preference, but rather a crucial necessity [Figure1]. Understanding the interconnectedness of mental, emotional, and social well-being is an essential element of a comprehensive approach to fitness. Engaging in physical activity amidst a busy schedule not only enhances overall well-being but also rejuvenates energy levels. An optimally balanced diet forms the basis for enduring energy and optimal performance in the operating room. Employing stress management techniques, such as mindfulness and meditation, can alleviate the intense demands of the job. An effective support system facilitates the expression of emotions and the pursuit of guidance in a harmonious setting, be it in personal or professional relationships. Building meaningful relationships with those who matter to you, whether they are friends, family, or co-workers, is essential to living a fulfilled life. Maintaining a clear distinction between one's professional and personal lives is crucial in order to prevent exhaustion and mental fatigue. This enables the allocation of designated periods for leisure and relaxation.

With the growing number of women in anaesthesia, it is more important than ever to take a holistic approach to balancing work and personal life. This comprehensive dedication not only exhibits how serious we are about our own health, but it also reflects our commitment to provide the best care possible to our patients. The ever-changing world of medicine necessitates both precision and empathy, so staying fit in all areas is critical. Striking a harmonious work-life balance can be challenging when balancing personal and family responsibilities.

Figure 1- Maintain equilibrium- work life balance for female anaesthesiologists [created with Canva app]



Yuva Kaleidoscope: A tryst with Dr. Sanghamitra Panigrahi

Postgraduate student in Anaesthesiology,
Yuva Odissi dancer
MKCG MCH, Berhampur, Odisha
ISA No. S8480/A



1. Tell us first something about your professional life in brief.

Hello! My name is Dr. Sanghamitra Panigrahi, and I am a PG resident in the Department of Anaesthesiology and Critical Care, MKCG MCH, Berhampur. I have completed my MBBS from SCB MCH, Cuttack in the year 2021 and now I am in my second year of residency.

It has only been two years since I have set out to explore the world of Anesthesia but I can gladly admit that I have been taking small yet profound steps. Starting from learning new procedures in the OT to going through the pages of Millers, dealing with emergencies and handling night shifts, till now, it has been a roller-coaster ride for me. But for sure it has been an interesting one till now. The grass-root learnings and the first-hand experiences I have reaped while dealing with the patients as a PG resident have certainly concreted my foundation for the future.

2. You have described yourself as ‘the dancing doctor’ from Cuttack. Can you elaborate on this? What is your training and professional background in dance?

Yes, I do take pride in referring to myself as “the dancing doctor” as I am a Doctor by profession but my passion is Dancing. I have been training in Odissi (An Indian Classical Dance Form) since I was a 5-year-old kid. Growing up, it was a tough call to manage my studies and dance side by side but somehow I kept on learning Odissi for 7-8 yrs. As the years progressed, I decided to take a break from dancing to focus consistently on my studies.

But my passion for dance was never extinguished. Whatever brief moment I could steal from my busy schedule, my conscience would cajole me to do some “mudras”, practise some steps, and immerse myself in dancing. Later, after my final MBBS examinations, I decided to resume dancing again. Since then, I have been practising under the guidance of my Guru Dr. Gajendra Panda.

Till now, I am blessed to have performed on many stages, including the International Odissi Dance Festival 2022 organised by the GKCM Odissi Research Centre, and Rashtriya Sanskriti Mahotsav 2023, in Bikaner, Rajasthan organised by the Ministry of Culture Govt of India. I have also performed in the International Youth Festival 2023, which was held at Public Health Mahidol University, Bangkok, Thailand. Recently, I have been fortunate enough to experience the amalgamation of my passion and my profession when I was given the opportunity to perform at the ISACON EAST ZONE 2023 conference held at MKCG MCH, Berhampur.

3. Are you passionate about dance? When did you develop this passion?

Yes, not only I am passionate about Dance but the rhythm and beats keep me alive. As a kid of 5-year-old, my parents got me admitted into an Odissi Class and I was mesmerised by the dance form when I saw the senior students performing. I have always loved getting dressed up in the traditional attire but the costume of Odissi felt like my skin. There was

something within me that just wanted to be on the stage, dressed up in the traditional Odissi attire, and move along the beats. Even now, whenever I see someone performing Odissi, I get immersed in the beautiful dance form that in my imagination only I start dancing alongside the dancers.

4. What is your favourite style of dance and why?

I have always been an ardent fan of classical dance forms and my favorite style of dance is Odissi, the dance form of my state Odisha. Odissi was originally performed in front of Lord Jagannath in Puri. So, for me, it holds a devotional connection to the almighty. Odissi is the most beautiful form of classical dance with its graceful movements and vibrant expressions. The Odissi classical music is also exceptional, which compels the body of the dancer to move along with the beats. It is as if the entire body just adapts an exceptional grace while performing Odissi.

5. What makes an excellent dancer?

An excellent dancer is someone who dances from her soul and finds rhythm in everything around her. But of course, for someone to excel, practice is a must. The trick lies in doing it repetitively till it gets embedded in the muscle memory. Being disciplined and dedicated paves the path towards excellence. To become excellent in something, one should never give up even after a thousand failures. The person who manages to get back even if the entire world give reasons not to, can only achieve excellence.

6. In your busy life as a postgraduate student in anesthesia, do you find time to pursue your passion for Odissi dance? How do you keep yourself motivated?

My family plays an important role in motivating me to pursue my dreams, whether as a doctor or a dancer, and they have stood with me throughout my difficult times. The sense of pride in my parents' eyes is all that matters to me, and it has always encouraged me to go

ahead. Indeed, life has become very hectic after joining as a postgraduate student as the busy schedule hardly allows any time for practice. But like I said earlier, the calling must come from your soul. It might sound funny, but even with my gloves on, my hands will be doing the 'mudras' and in the alarm tone of ICU monitors, I find the rhythm to imagine myself dancing. Practising every day is certainly difficult but I ensure a weekly practice session with my Guru Ji. In between duty hours, I revise my steps and practice as many times as possible. The academics and dance sessions must go hand in hand for me to function normally.

7. Do you think that dance can contribute to happiness and improvement in holistic health?

Yes, of course. Not just dance but any physical exercise is essential to keep a person happy and healthy. Following the passion always adds up in bringing more attention to academics because if you are happy internally, you can manage the workload confidently. From a different perspective, dance might just be a physical exercise, but it has a very important role in keeping me mentally healthy, socially confident, and brave to deal with all kinds of hurdles coming my way. In short, Dance keeps me alive.

8. Does dance have healing powers and spiritual benefits?

Dance does have healing powers and I strongly agree with it. Some days are so stressful and tiresome that I don't feel like getting up from bed. But if somehow, I manage to practice for just 15 minutes in my room, it revives me up for the entire day. Dancing lifts my gloomy mood. Being a female, I would like to add how much dancing has helped me tolerate and even reduce my menstrual cramps. Dancing is a medicine for the mind, body, and soul. From the spiritual aspect as well, the connection of Odissi Dance to Lord Jagannath is sacred and timeless. We begin our Dance with "Bhumi

Pranam” which is respectfully bowing down to Mother Earth because she is allowing us to dance and jump over her which might hurt her. This compassionate act brings a sense of respect within us for all the people who are involved in our lives and contribute in some way or the other. Through my dance I pay homage to my Gods, and therefore, dancing brings me close to the supreme being. Moreover, in Odissi dance, we mostly enact the stories of Gods and Goddesses and portray our devotions through expressions. As we dance on the stage, we feel their blessing on us that keeps us going without which even taking a single step would have been difficult. Dancing is a way of praying for me.

9. What are your goals for the future?

For me the future is full of new things, and I am yet to navigate through it. My goal is to handle both my passion and profession successfully. In the upcoming decade, I wish to be a prolific anaesthesiologist assisting patients to navigate through surgery painlessly and safely and explore the world of Critical Care by being of some help to the terminally ill patients. But alongside all these dreams, I see myself dancing and fulfilling all those dreams that the young Sanghamitra once dreamt of. I wish to be known as the girl who never gave up on her dreams and to be someone who inspires all the little girls in the world to believe that they can achieve it all with their hard work and determination.

10. What is your advice for postgraduate students and young anaesthesiologists?

Well, being a 2nd year PG resident myself, I can hardly preach any advice to the young anaesthesiologists out there. But If I must, I would ask them to get involved with the subject because ours is indeed one of the best fields in medical science. Knowledge has no limits in our subject, which indeed is a blessing for us. But amidst all of these, keep doing what inspires you. Sing that song out loud, that you have been humming in your room, draw that painting you have been scribbling on the back of your rough note, get into the grounds, and finish that match of cricket because who knows there might be a Dhoni or Kohli hidden amongst us. Just do what you have been avoiding for so long thinking that it will affect your studies. Trust me, it won't and if anything, it will make you even more competent in your professional field. As anaesthesiologists we ensure a painless life for our patients, so why bury pain in our own hearts? Fulfill all your heart's desires that you once dreamt of as a young kid.



CROSSWORD

Dr Parul Jindal

Professor

Department of Anaesthesiology

HIMS, SRHU, Dehradun

ISA No. P1190

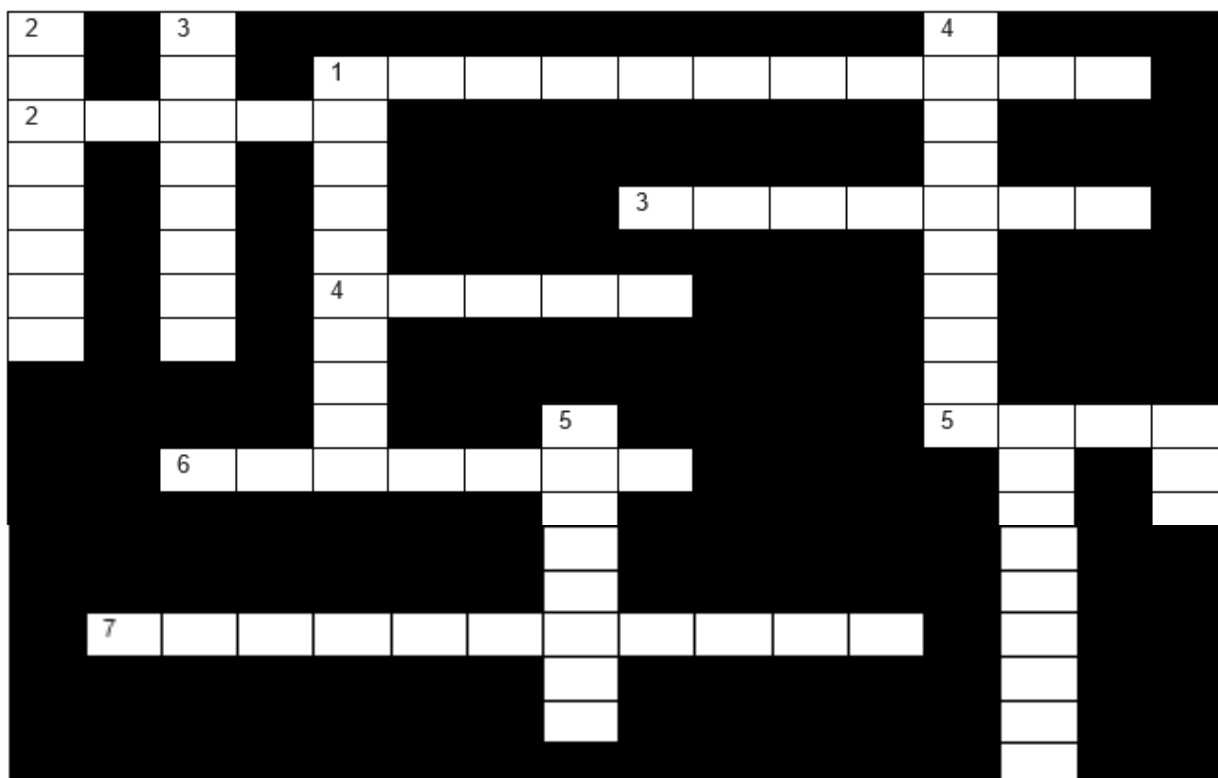


DOWN:

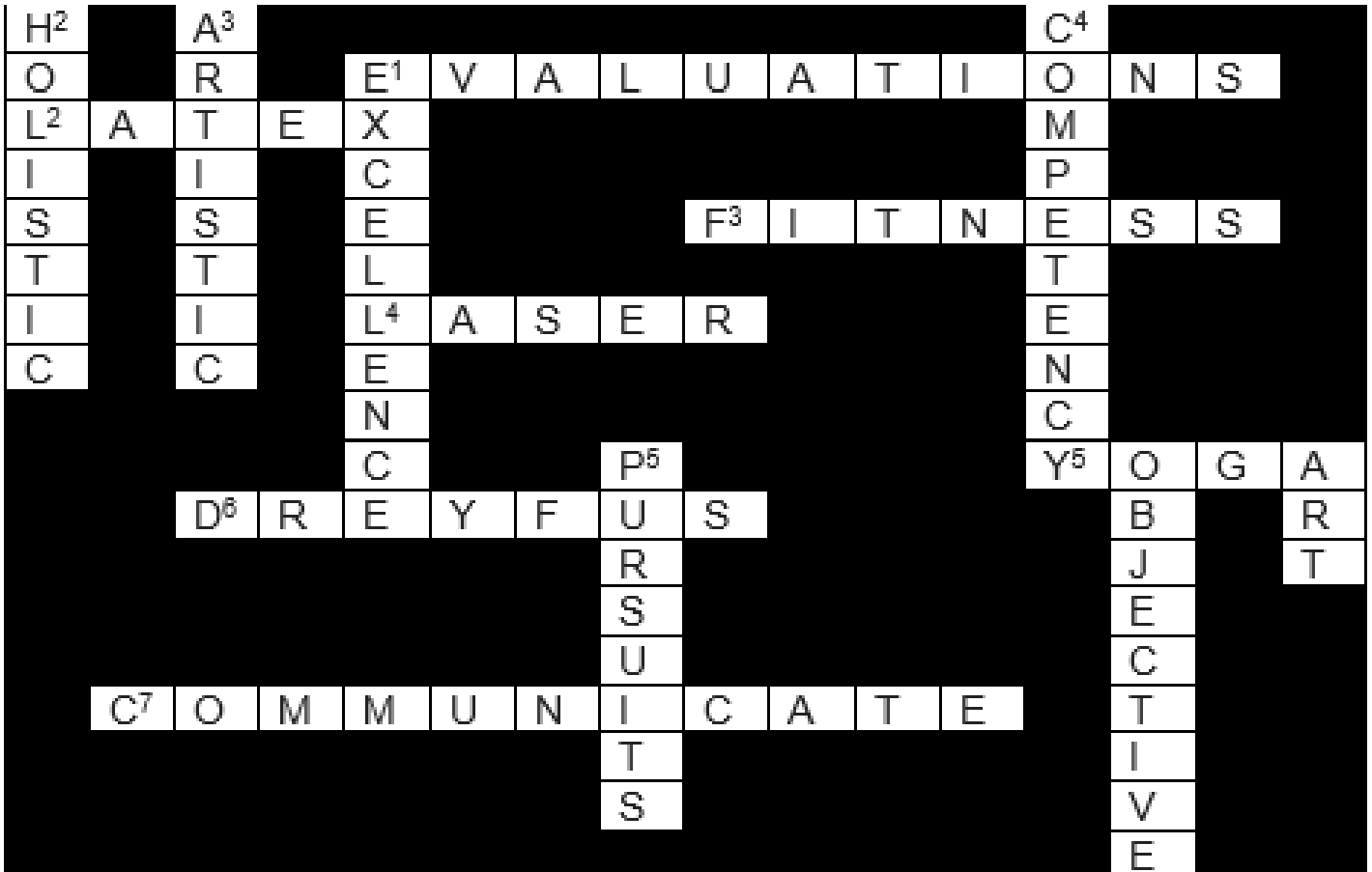
1. Surpassing merit (10)
2. A diet looks at an individual's specific nutritional needs (8)
3. Synonym of creative (8)
4. Capacity to deal adequately with a subject (10)
5. One of my favourite leisure.....(8)
6. The word is derived from Latin word ars(3)
7. Achievement over which effort is directed (9)

ACROSS:

1. Performance assessments to reflect on your progress at work (11)
2. Exposure can cause irritating contact dermatitis (5)
3. The Oxford English Dictionary (OED) defines it as 'suitable for the intended use'(7)
4. Non-ionising radiation exposure : (5)
5. Often described as a 'moving meditation' (4)
6. Pinnacle of expertise originally described by (7)
7. Sharing of information (11)



SOLUTION



ACROSS:

1. Performance assessments to reflect on your progress at work : EVALUATIONS
2. Exposure can cause irritating contact dermatitis : LATEX
3. The Oxford English Dictionary (OED) defines it as 'suitable for the intended use': FITNESS
4. non-ionising radiation exposure : LASER
5. often described as a 'moving meditation' : YOGA
6. Pinnacle of expertise originally described by : DREYFUS
7. Sharing of information: COMMUNICATE

DOWN:

1. Surpassing merit: EXCELLENCE
2. A diet looks at an individual's specific nutritional needs : HOLISTIC
3. Synonym of creative : ARTISTIC
4. Capacity to deal adequately with a subject : COMPETENCY
5. One of my favourite leisure.....PURSUITS
6. The word is derived from Latin word ars
ART
7. Achievement over which effort is directed: OBJECTIVE

*My Pages: Art,
Culture & Literature*

A DRAMA IN REAL LIFE

A Demi God Status through Hand bagging

Dr. Chandrasekhar Krishnamurti

Retired Professor in Anaesthesiology, NRIIMS,

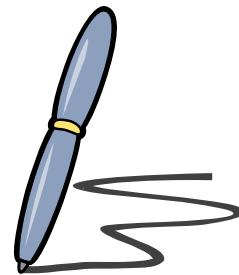
Visakhapatnam

ISA No. S0468



It was before the millennium, when cardiac surgery was still restricted to the major cities. The cardiothoracic (CT) team from my corporate hospital used to make periodic outreach visits and undertake consultations and surgeries in selected cities not having permanent CT teams in their hospitals. During one such visit, we had just completed the list and were on the way back to home base when we received a call from one of the local nursing homes. The 52 year old patient was having low grade fever, persistent tachycardia and a heart murmur. Since he was very sick and confused, he was intubated and on controlled ventilation. My team requested a bedside echocardiogram and it showed severe mitral regurgitation and large mobile vegetations. Our CT surgeon was of the opinion that the patient required urgent surgery and needed to be shifted to our hospital located 300 km away. Being the junior registrar, I was told to manage the shift and my team departed to get the theatres ready to receive us. There was no portable ventilator available. An ambulance was arranged, provided with a size E oxygen cylinder connected to an Ambu bag and I had to bag ventilate the patient throughout the journey. The patient's family accompanied us. It was nearly 8 pm and, fighting sleep and exhaustion, I bravely kept up the bag ventilation, administering muscle relaxants, antibiotics and intravenous fluids and keeping a watchful eye on the monitors. A foot operated suction was provided and I had to stop the vehicle to undertake endotracheal suction from time to time. The ambulance made the 6 hour journey without any glitches and I handed the patient over to my hospital team without any deterioration in patient status. An emergency surgery was performed and the patient's mitral valve replaced. The patient made an uneventful recovery. At discharge, the patient's wife requested my photograph, stating that it would find a place amidst the other gods in her prayer room! I was overwhelmed by her gesture and that was reward enough for that six hour hand bagging effort that saved a farmer's life.

INVITATION TO CONTRIBUTE



‘Vapour’, the official newsletter of the Indian Society of Anaesthesiologists invites contribution of articles originally written by ISA members (Life and associate). The articles can be in the form of interesting case reports for discussion, articles on topics of current clinical relevance, photo-essays, articles on medicolegal /health/ financial/extracurricular issues of interest to the anaesthesiologists. Original literary works such as poems, funny cartoons or paintings on topics of anaesthesia are also welcome. Information about extraordinary achievements /experiences of ISA members, book publication can be sent.

The articles should be brief and written in font Times New Roman 12-14 size and presented in Microsoft office word document (rtf/doc files). Plagiarism and violation of copyrights should be strictly avoided. The articles should be e-mailed to isanhqvapour@yahoo.com with a covering letter addressed to the Honorary Secretary ISA National.

Dr Sukhminder Jit Singh Bajwa

Honorary Secretary ISA National & Editor-in-Chief

VAPOUR

(The official newsletter of the ISA National)

DISCLAIMER

The information and opinions presented in this newsletter reflect the views of the authors. The editorial team of the newsletter and the Indian Society of Anaesthesiologists (ISA) will not be responsible for the statements made by the authors. Publication does not mean endorsement by the ISA.