



INDIAN SOCIETY OF ANAESTHESIOLOGISTS

UTTARAKHAND STATE CHAPTER

E-NEWSLETTER

(Quarterly)

OCTOBER - DECEMBER 2024



"Ether Is The Mother"
"निश्चेतक हरत् चेतक वेदना"

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Dr. Mohit Kumar
Executive Member



Dr. Jahanara
Executive Member

THE EDITOR'S MESSAGE



Dr Gurjeet Khurana

Prof. & HOD,

Department of Anaesthesiology,
Himalayan Institute of Medical Sciences,
Swami Rama Himalayan University,
Swami Ram Nagar, Doiwala, Dehradun.

As we stand at the threshold of a new year, we are given the precious gift of a fresh start of a new team. The past year, with its challenges and triumphs, has shaped us, but now it is time to embrace the promise of what lies ahead. The coming year holds the potential for growth, learning, and new experiences

This is the time to reflect on our journey—on what we've accomplished and what we've learned. It's also a moment to look forward, with hope and determination, to the possibilities that await. The beauty of a new year lies in its blank slate, a chance to reinvent ourselves, to move closer to the person we aspire to be, and to make the world around us a little brighter.

Let's enter the new year with optimism, resilience, and kindness. As always, our strength lies in our community. We encourage you to share your insights, experiences, and feedback, as we continue to foster a collaborative environment that benefits both our profession and the patients we serve. We invite you to stay engaged, share your experiences, and contribute to the ongoing conversation about how we can further elevate our practice and our profession.

We wish you all a year filled with success, fulfillment, and continued professional growth. Let's make 2025 a year of innovation, collaboration, and patient-centered care. Let's continue to push the boundaries of anesthesiology and work together to ensure the highest level of care for every patient.

“From Stress to Serenity- Role of Meditation and Yoga in Anaesthesiologist's Well-Being”

We as anaesthesiologists hold an important responsibility of safeguarding patients' lives. Our work demands dealing with stressful situations, long working hours and intense focus. While our jobs and daily tasks consume most of our time, mental and physical health take a back seat. Meditation and yoga are two such powerful practices that, even though they have been around for thousands of years, their role in improving overall well-being is often underestimated. Meditation involves training the mind to relax, focus, and become aware of the present moment. Practicing meditation regularly not only reduces stress and anxiety but also improves cognitive function that allows one to stay focused during complex procedures. It enhances decision-making ability and prevents fatigue and burnout seen commonly in our profession.

But in order to get real benefits from meditation, one needs to be consistent and patient. There are various types of meditation techniques available. These may be simple methods like focused breathing exercises and mindfulness techniques or guided meditation, which requires a trained instructor. Numerous smartphone apps like Calm, Headspace, Level and online platforms like YouTube have made these techniques easily accessible.

Meditation can also be experienced while doing yoga, **which involves** a series of postures with controlled breathing. Yoga is an ancient practice that originated approx. 5000 years ago in India. The term yoga originated from the Sanskrit word 'yuj' which means “to unite.”. As it rightly describes union of mind, body and soul. Infact some people refer yoga as a moving meditation. It helps give you a more flexible body and a calm mind. Yoga can also relieve muscle tension that develops in our body after prolonged hours of standing, sitting or doing procedures. Various styles of yoga like hatha, vinyasa, ashtanga and restorative yoga are available.

However, there isn't any method that is best or universally accepted for meditation and yoga. We need to find out what works best for us. Hence, to begin, start with a short 10–15-minute practice session daily and gradually incorporate it into your daily routine to improve your physical, mental, emotional, and spiritual well-being.

One simple technique of meditation is described below- Box breathing-Also known as square breathing; it is an easy yet powerful technique that instantly relaxes the mind in stressful situations. Find a quiet place with minimal distraction. Sit with your back supported and your eyes closed. Imagine a square and follow the below-mentioned steps, each lasting for 4 seconds.

1. Breathing in
2. Holding the breath
3. Breathing out
4. Holding the breath

If this seems to be challenging, start with 3 seconds. Once you are comfortable with this technique, increase the count to 5 or 6 seconds. Thus a regular meditation and yoga will avert the stress, sharpen our situational awareness and improve our decision making with precision in day to day practice.

Healthy mind resides in healthy body - so a mandate for nerve-racking medical profession all the more for us as Anaesthesiologist.



Dr Nidhi Gupta
Assistant Professor, Anaesthesia
Govt Doon Medical College; Dehradun

World Anaesthesia Day Celebration

Handing-Taking Over of New Team of ISA-UK State Chapter

During World Anaesthesia Day Celebration on 16th October 2024 organized by Dehradun Society of Anaesthesiologists, the new team of ISA-Uttarakhand State Chapter took charge from the previous team with the handing over of ISA Flag.

The incoming team was introduced and there was an initial speech by new President, Dr. Divya Gupta giving an overview of the tentative future plans and work to be done in the coming tenure. The WAD celebrations had a guest faculty talk relevant to the theme followed by cultural evening actively participated by anaesthesiologists and their families. It was followed by cake cutting ceremony and delicious food with active participation by Anaesthologists of Dehradun.



Long Live ISA
Long Live UKSA

Events Organised by UKSA

Karwa Chauth

The new ISA Uttarakhand State Chapter council came into existence on 16th October 2024. Soon to follow was the festival of Karwa Chauth on the 20th of October. Amidst mehndi, kangan, shringaar and the piousness of observing fast for the husbands, UKSA rolled out it's FIRST introductory event.



Indian Society of Anaesthesiologists

ISA Uttarakhand State Chapter



PAMPER YOURSELF ON THE WEEKEND FESTIVITY

Amongst the festivities of October,
Comes Karwa Chauth in all its flavor
Enjoying the sargi, the mehendi, the fast..
Tell us o womaniya, how do you pamper yourself
and have a blast!!!!



Kindly compile pics of your various
enthrilling ideas writing cute notelets or
surprising your partner with thoughtful
gifts, mehendi, sargi & dressing up for
the pooja, date night having an outdoor
retreat with the stars, or even performing
a Karwa Chauth treasure hunt creating an
artsy video, share with us as

SINGLE PHOTOMONTAGE COLLAGE OR VIDEO

LET'S CROON AND SWOON TO OUR BEAUTY AND THIS FESTIVITY

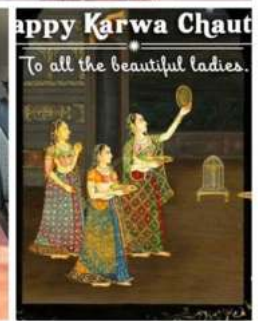
ELIGIBILITY : All Lady Anaesthesiologists (Faculty/Senior Residents/Junior Residents) Spouses of All Male Anaesthesiologists

Timeline



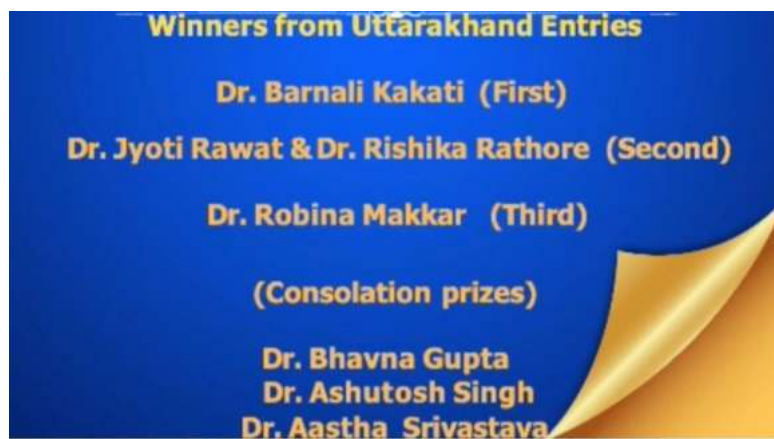
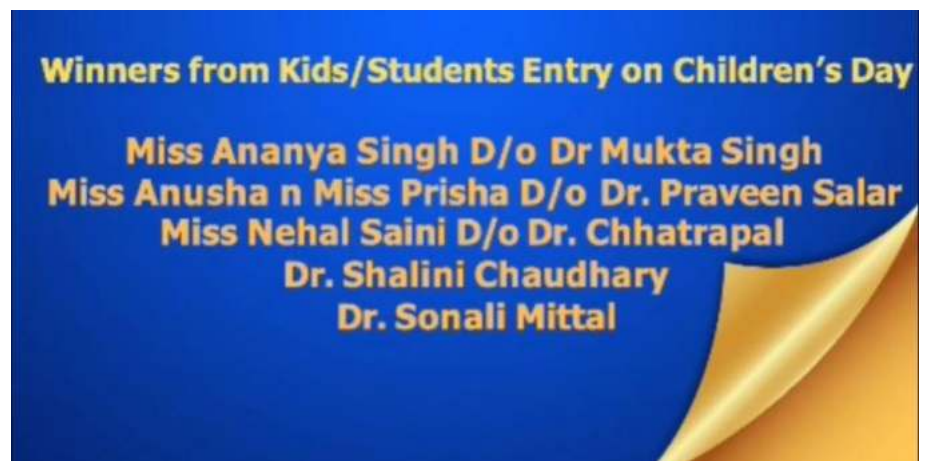
Event Coordinators

DR. DIVYA GUPTA (9456570288)
DR. NIDHI KUMAR (9458977411)
DR. MEENAL CHAUHAN (9096905507)



Rangoli Online Competition

The Rangoli Competition was organized on the occasion of Diwali by Indian Society of Anaesthesiologists Uttarakhand State Chapter with an enthusiastic response from participants. A total of 57 entries were received in the competition, with representation from all over India by our anaesthesiologist friends, students and their family members. Each rangoli demonstrated exceptional skill in designing intricate patterns with vibrant colors, flowers, and other materials.



Accomplishments of ISA Uttarakhand State Chapter at ISACON November 2024 Patna

State Achievements UKSA Awards



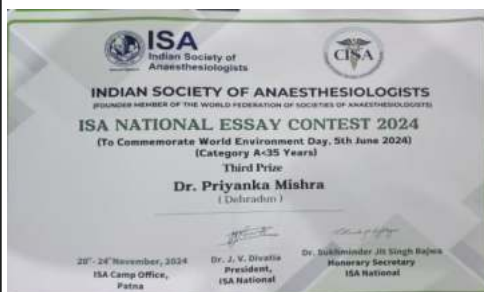
Individual Achievements Awards



Dr. Yashita Joshi, alumni of HIMS, Dehradun received the prestigious Dr. Lalit Mehdiratta ISA National Award for Best YUVA Researcher



Received on behalf of Dr. Deepika Tiwari from GDMC Dehradun, Dr. Dipti Dhiman from Rudrapur, Dr. Anija from AIIMS Rishikesh



Dr. Priyanka Mishra bagged Third Prize in Essay Writing Competition on World Environment Day in <35 years category



Dr. Bhavna Gupta received First Prize in Essay Writing Competition on World Environment Day in >35 years category



Dr. Parul Jindal bagged ISA National President's Appreciation Award & ISA National COLS Activity Individual Second Prize



Dr. Divya Gupta got first prize in ISA National OM Award

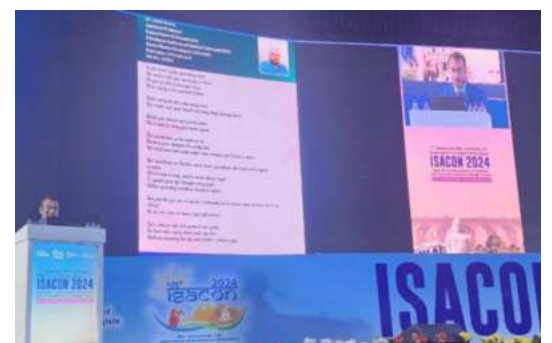
SPECIAL MENTION OF APPRECIATION BY THE HONORARY SECRETARY



ISA YUVACON 2024 organized by HIMS, Dehradun was immensely said as Grand Success



Dr. Meenal Chauhan for making Song Medley



Dr. Ankit Arora's Poem in ISA Newsletter Vapour –YUVA Edition

Meditation in Saree

To promote cultural pride and well-being, the ISA Uttarakhand State Chapter enthusiastically celebrated World Saree Day and World Meditation Day on 21st December 2024. The events emphasized the significance of tradition and mindfulness in fostering a healthy and balanced lifestyle.



INDIAN SOCIETY OF ANAESTHESIOLOGISTS UTTARAKHAND STATE CHAPTER

celebrates

WORLD MEDITATION DAY

on

WORLD SAREE DAY



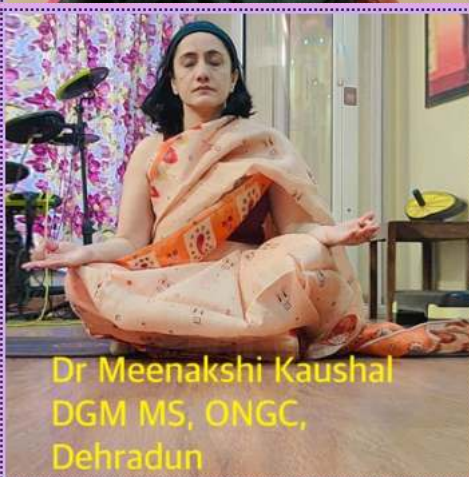
Dr. Anjali Bhure, Prof. & HOD,
NKPSIMS & RC & LMH, Nagpur
Past Vice President, ISA National



Dr. Sushrta Bhatnagar,
Prof. & HOD, IRCM,
AIIMS, Delhi



Dr. Indrani Hemantkumar, Prof. &
HOD, Sethi CSC & KEM Hospital,
Mumbai, CC Member, ISA National



Dr Meenakshi Kaushal
DGM MS, ONGC,
Dehradun



Dr Vijayalakshmi Sivapurapu
Prof & HOD AIIMS Bilaspur



Dr Sangeeta Khanna
Senior Director Medanta Institute
Gurugram

Dehradun Society of Anaesthesiologists (DSA)

Dehradun City Branch

DEHRADUN GOVERNING COUNCIL



Dr. Robina Makker

President



Dr. Atul Kumar Singh

Secretary



Dr. Pritish Ranjan

Treasurer

Executive Committee Members



Dr. Rekha Gupta



Dr. Dupinder Singh



Dr. Deepika Tiwari



Dr. Saurabh Varshney



Dr. Shobha V.

DSA Members to Balniketan

On 22nd December 2024, members of the Dehradun Society of Anesthesiologists (DSA) organized a heartwarming visit to Balniketan, a child home dedicated to the care of orphaned and underprivileged children. This meaningful event was coordinated by Dr. Shobha, with the support of Mrs. Madhu, the head of Balniketan, and was carried out under the guidance of Dr. Robina Makkar, President of DSA, along with the blessings of Dr. Pritish Ranjan's parents.

The visit aimed to bring joy and warmth to the children at Balniketan, offering not only material gifts but also emotional support. DSA members brought a large number of items, including toys, clothes, books, sweets, cakes, chocolates, quilts, and a cash donation. These thoughtful contributions were intended to enhance the children's well-being and brighten their lives, making them feel loved and valued by the community.



Haldwani Society of Anaesthesiologists (HSA)

Haldwani City Branch

HALDWANI GOVERNING COUNCIL



Dr. Madan Singh Arya

President



Dr. Kavita Pokharia

Secretary



Dr. Kaushal Pandey

Treasurer

EC Members



Dr. Abhishek Nautiyal



Dr. Charul Jakwal



Dr. Sikha Singh

COLS Training Organised by Almora City

The Department of Anaesthesia SSJGIMSR under the leadership of Dr Urmila Palaria (HOD) with her team Dr Aditya Chauhan (Asso. Prof), Dr Saima (Assis. Prof.), Dr Manoj and Dr Atul (Residents) have conducted a First Responders training programme on 21/11/2024 at the Revenue Police and Land Record Survey Institute, Almora.

It was a huge success and everyone participated in this training enthusiastically.

Indian Society of Anaesthesiologists
Uttarakhand State Chapter 2024-25
Compressions Only Life Support (COLS) Program
The Team 2024-2025

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Dr. Divya Gupta
President

Dr. Satya Prakash Gantam
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Dr. Nidhi Kumar
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Dr. Rahul Saxena
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Dr. Ashutosh Kumar Singh
EC Member

Dr. Poojita Arora
EC Member

Dr. Meenal Chaudhan
EC Member

Dr. Mohit Kumar
EC Member

Dr. Jaisnara
EC Member



Rishikesh City Branch

RISHIKESH GOVERNING COUNCIL



Dr. YS Payal

President



Dr. Ajit Kumar

Vice President



Dr. Praveen Talawar

Secretary



Dr. Mridul Dhar

Treasurer

Executive Committee Members



Dr. Gaurav Jain



Dr. Deepak Singla



Dr. Poonam Arora

Paediatric CME and Workshop

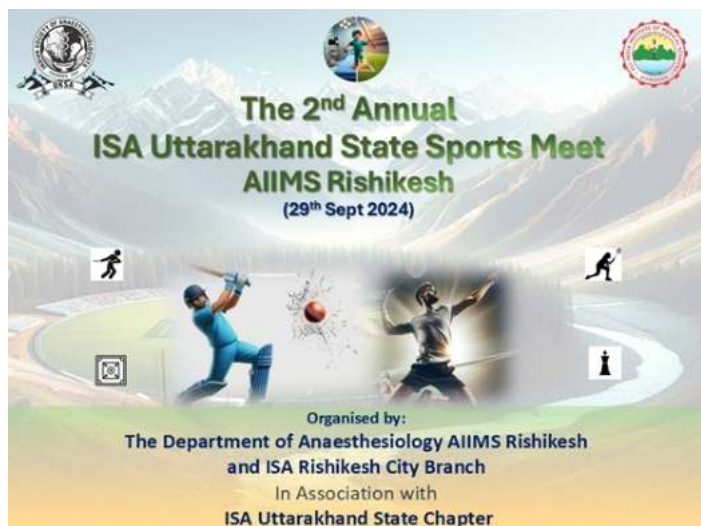
The Department of Anaesthesiology AIIMS Rishikesh conducted a CME and workshops on Paediatric Anaesthesia on the 28th of September 2024 in the Advanced centre for professional development. The CME was conducted on the theme of "Harmonizing Care Crisis and Compassion". Various speakers from different Institutions from across the state and the country were invited to present a series of structured presentations, and workshops for hands on training on various skills like airway management, ultrasound guided regional anaesthesia, peri-operative crisis management in children and medical humanities.



2nd Annual ISA Uttarakhand Sports Meet

Theme: "Break records, Redefine excellence"

The Department of Anaesthesiology, AIIMS Rishikesh and Rishikesh city branch of ISA in collaboration with ISA Uttarakhand state chapter, conducted the 2nd annual ISA Uttarakhand sports meet, at AIIMS Rishikesh campus on 29th Sept 2024.



Events Organised by Roorkee City World Anaesthesia Day Celebration

ISA Members from Roorkee celebrated World Anaesthesia Day with their gynaecology colleagues, on 16.10.2024. We made them aware of the importance of this day via a talk delivered by Dr Divya. It was great event.



Public Awareness Session on Epidural Labour Analgesia by Dr. Sudhi Agarwal, Roorkee

Date: December 1, 2024

Venue: Abhilasha Nursing Home, Station Road, Roorkee

Participants: 10 expectant mothers, their spouses, and other family members

Dr. Sudhi Agarwal conducted an engaging and interactive session on Epidural Labour Analgesia, addressing key aspects of this method of pain management during childbirth.



Indian Society of Anaesthesiologists

Uttarakhand State Chapter 2024-25

ISA PUBLIC AWARENESS PROGRAM

The Team 2024-2025



Dr. Satya Prakash Gautam
Vice-President



Dr. Nidhi Kumar
Vice-President



Dr. Divya Gupta
President



Dr. Rahul Saxena
Honorary Secretary



Dr. Aradhana Arya
Treasurer



Dr. Ashutosh Kumar Singh
EC Member



Dr. Poonam Arora
EC Member



Dr. Meenal Chauhan
EC Member



Dr. Mohit Kumar
EC Member



Dr. Jahanara
EC Member



COLS Activity

A Team of three anaesthesiologists comprising of Dr Madhurima, Dr Vikas Tyagi & Dr Rashmi Murab conducted an enthusiastic COLS Training Program session at Arya Kanya School, Roorkee on 7th December 2024. The training was given to around 50 students of Class XIth and XIIth . It was motivationally attended by the Principal, teachers, staff and students. Hands-on training was given to the students and they were made to perform Effective Chest Compressions. Everyone thoroughly enjoyed this learning session and thanked the team led by Dr. Madhurima.



Events Organised by Haridwar City World Anaesthesia Day Celebration

On October 16, 2024, the ISA anaesthesiologists from Haridwar celebrated World Anaesthesia Day with a series of events aimed at raising awareness about the significance of anaesthesiology in patient care. The celebration included lectures, discussions, and demonstrations that showcased the advancements in anaesthesia and the crucial role of anaesthesiologists in ensuring patient safety during procedures. Participants expressed their commitment to promoting a better understanding and appreciation of the specialty, engaging both healthcare professionals and the general public. Members also discussed the idea, process and advantages of registering a city branch under The Indian society of Anaesthesia in the upcoming year.

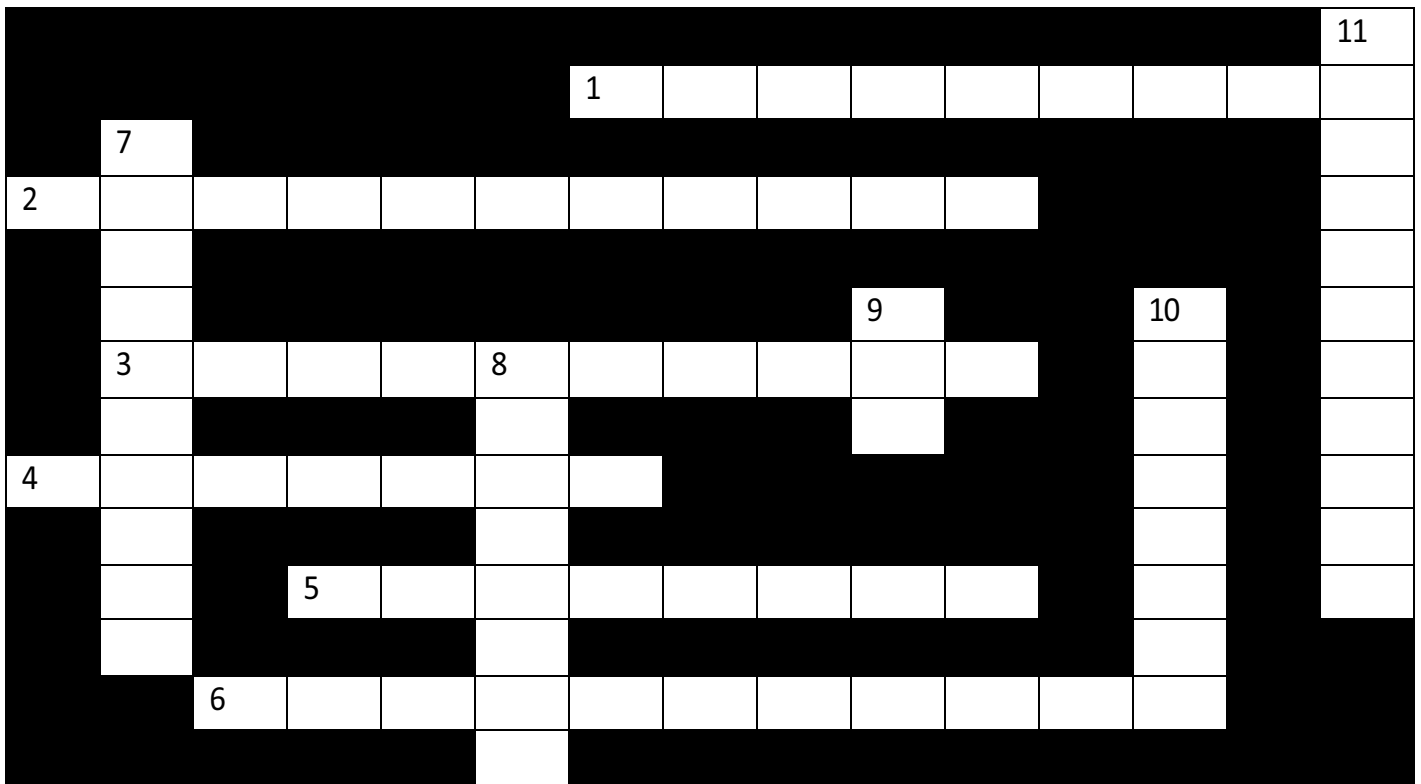


Awareness and Career Counselling Event

On November 10, 2024, Dr. Gaurav Pathak conducted an awareness and career counseling event for high school students at The Asian School in Dehradun. He introduced the field of anaesthesiology, discussing its importance, daily responsibilities, and the educational path required to become an anaesthesiologist. The session aimed to inspire students to consider a career in medicine, emphasizing the impact and rewards of working in anaesthesia. Students actively participated, asking questions and expressing their interest in pursuing careers in healthcare, particularly in anaesthesiology.



CROSSWORD by Chief Editor



ACROSS

1. Induction agent associated with longer seizure duration when used for ECT
2. Thiopentone is associated with number of deaths in victims of attack on
3. Common about all IV induction agents
4. Protocol of propofol infusion 10/8/6 rule is known as
5. First country to ban desflurane
6. Induction agent to be avoided in patient with Porphyria

DOWN

7. Inhalational agent ideal for Morbid Obesity patient
8. Induction agent preferred in Day Care Surgery
9. Monitor used for monitoring awareness
10. IV induction drug that does not cause enhanced activity of GABA receptor
11. Inhalational agent that can be used as sole agent for induction & intubation

Grand Finale of Year 2024 organized by UKSA ANAESTHESIOLOGIST AS SANTA



Indian Society of Anaesthesiologists

ISA Uttarakhand State Chapter



Share your views on the Topic
Anaesthesiologist As Santa
in form of Essay (200-250 words),
Poem/Drawing/Painting
Timeline: Till 31st December 2024

Dr. Divya Gupta (9456570288)
Dr. Rahul Saxena (9997456219)
Dr. Mohit Saini (9634428683)

The season of Christmas brings warmth, joy and overflow of bliss, but another thing that makes Christmas special is the arrival of Santa-claus, who for some peoples & children might brings gifts, chocolates, cookies that are material; but for some others relief from sadness of heart, a boon of health and wish for well being.

On other hand an anaesthesiologist doctor works in similar ways as Santa claus. He came when sufferer wants asleep, bring relief from pain anxiety and a blessing of health. For patients anaesthesiologists have the sweet smell of Sevoflurane, might not be tempting as chocolate but helps the patient to do procedure; Propofol might not be as cozy as warm milk and cookies on a winter night, but surely it induces a good sleep to a anxious and worried patient in OT.

Some people says Doctors are sent by God, we don't know for sure is that true, but anaesthesiologist always be found standing next to patient when he wake up from a deep sleep, alleviating from sicknesses and pain.

Yes, that's why anaesthesiologists is like Santa who bring joy in patient's life; some jolliness, kind words, soft healing touch by him can take away patient worry, panic condition and give happiness...

Dr Lalit Kumar Raiger, Udaipur

The anaesthesiologist and Santa Claus share similarities both associated with the idea of bringing peace, calm, and rest. Santa's magic is full of wonder and mystery. His ability to visit every house in one night, to fly with reindeer, and to know every child's wishes is enchanting, much like how anesthesia can take a person on a journey where they are unaware of what's happening around them. This analogy highlights how both anesthesia and Santa can be seen as agents of peaceful sleep, calm, and respite.



Dr. Rahul Saxena [A.P.]

GMC Haldwani

& son Aksh

Anesthesiologist as Santa!!

Anesthesiologists are the unsung heroes of the operating room. They share many traits with Santa Claus. Both bring calm, joy, and a little magic to those in need—though Santa does it with presents, and the anesthesiologist with delivering anesthesia with precision.

Like Santa the anaesthesiologist, prepares meticulously. Instead of a list of who's naughty or nice, they have preoperative check-ups, classify who are safe to receive anesthesia and who are at high risk, ensuring every patient gets exactly what they need. Their tools aren't toys, but syringes, ventilators, and vials of medications and pumps—each delivering the gift of a smooth and pain-free experience.

In the OR, the anesthesiologist's presence is as comforting as Santa's jolly laugh. They expertly balance anesthesia and hemodynamics on tight rope, like Santa balances his sleigh, ensuring the patient stays safely asleep while the surgical team works. "Close your eyes and count backward," they say, much like Santa whispering a bedtime tale to a child.

Post-op, the anesthesiologist checks in like Santa leaving a gift under the tree. "How are you feeling? Here's something for the discomfort." Their care ensures not just survival but a seamless recovery—a gift more precious than any toy.

So, the next time you meet an anesthesiologist, remember: they're the Santa of the OR, delivering the priceless gift of comfort, safety, and calm. No sleigh or reindeer required—just skill, compassion, and maybe a cup of coffee!

Dr Priyanka Gupta DM

Additional Professor, Department of Anesthesia and intensive care

AIIMS Rishikesh

Santa walking through the halls,
Scrubs and needles, decked in all,
Enters the operation theatre
Like a gentle gladiator.

Kidneys, lungs, liver, heart,
Entire body, or just a part.
No surgery without this potion
That settles our brain commotion.

Gentle sleep is brought about
Through Santa's magic, sleepy cloud
The Surgeons say, in a gist,
"Thank you, anesthesiologist!"

Dr Robina Makker,
Prof, SGRRIMS, President DSA

Poem entry

Dr Raksha Kundal

Associate Professor AIIMS Jammu.

Ho, ho, ho! From my operating room I spy,
Children's wishes soaring high.
Not just toys or treats galore,
But dreams of peace, and something more.
For little ones who face a fright,
In operating rooms, cold and bright,
I'll sprinkle magic, calm their fears,
And dry their parents' worried tears.
No sharp needles, no cries, no pain,
Just dreams of joy, like candy cane rain.
A gentle drift, a peaceful glide,
On anesthesia's magical ride.
Parents, rest easy; I'm here to say,
Your little ones are safe today.
In Santa's care, I'll make it right,
And fill your hearts with warmth tonight.
For every child, awake or asleep,
I'll grant this wish, a promise to keep.
Ho, ho, ho! With love I bring,
A pain-free journey, a song to sing!

Anesthesiologist as Santa!!

SANTA IN SCRUBS

The clock whispers an eerie hour,
Through hushed halls where shadows scour,
Footsteps muffled, soft as snow,
A quiet magic begins to flow.

In my hands no toys reside,
But vials and syringes and hope inside.
The theatre glows, a sterile light,
Santa's workshop in the night.

A trembling child, her fearful eyes,
Reflect the unknown's looming skies.
With words gentle as wrapping paper's tear,
I ease her heart, dissolved in her care.

A mask descends opening a portal wide,
To dreams where pain and fear subside.
Like Santa slipping out the chimney unseen,
I gift her peace, serene and clean.

Hours turn, the night unfolds,
Stories of lives in my hands I hold.
An elder's wish, a father's plea
To lift his child painlessly.

Each gift, though small, is wrapped with care,
Invisible ribbons tied in air.
By dawn's first light, my task is done,
A silent giver, seen by none.

Like Santa, I leave without a trace,
Yet my gifts linger, in every face.
Health, comfort, hope—my silent art,
A healer's touch to mend a heart.

- A poem by
Dr. Ruchi Bhatt
PGY1 MD Anaesthesiology
GCS Medical College, Ahmedabad

With a mask and cap, not red and white,
They work their magic in the sterile light.
No jingling bells or reindeer sleigh,
But miracles happen in their quiet way.

They guide you gently into a dream,
A world of calm, a peaceful stream.
Like Santa's touch on Christmas Eve,
Their presence grants what we believe.

No sack of toys, no gifts in hand,
Yet they bring relief, a healing stand.
Pain they take, with care they mend,
A guardian unseen till journeys end.

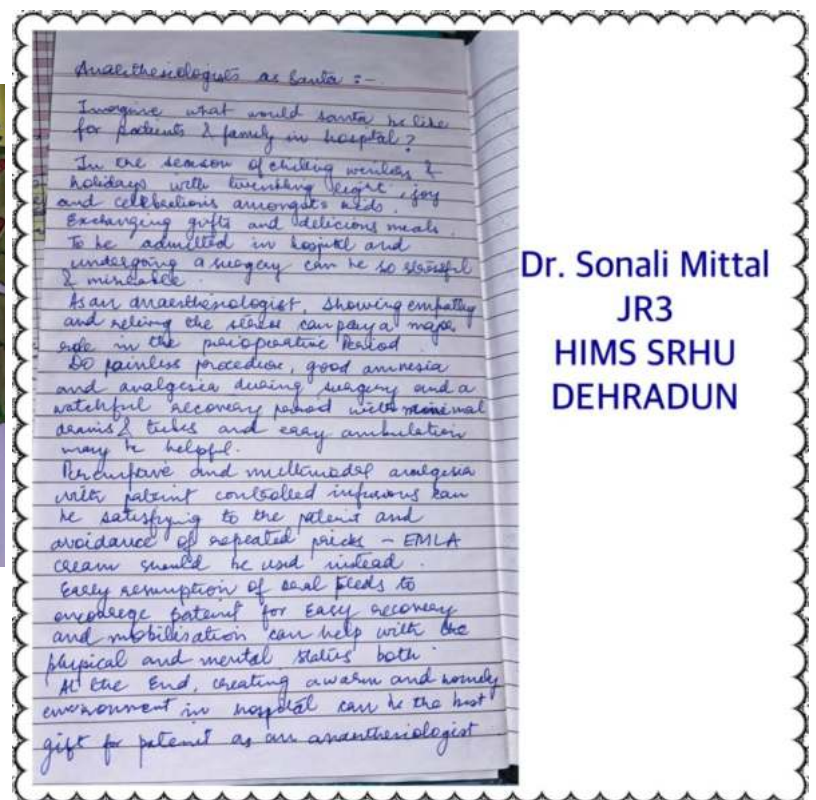
In hushed rooms where silence grows,
They watch with care as healing flows.
Their gift is life, their art a prayer,
A Santa for the soul, always there.

So let us pause and give our cheers,
To these hidden heroes, year by year.
Anesthesiologists, with hearts so grand,
Santa's spirit in a helping hand.

Dr. Tanmaya Sachdeva
JR3 Anaesthesia, HIMS, Jolly grant
ISA number T1101/A



Team ALMORA
Dr Shulabh Badoni
Dr Rajdeep



Dr. Sonali Mittal
JR3
HIMS SRHU
DEHRADUN

Anesthesiologist as Santa!!

Jingle bell Jingle bell
Jingle with a zest! Anaesthesiologists is coming along as the Santa at his best!
With skills so fine and a heart so bright they guide the patients through surgical light!

Jingle bell Jingle bell
Jingle with a zest! Anaesthesiologists is coming along as the Santa at his best!
Their trolley is the sleigh and laryngoscope as their wand they spread a magical charm to make your day!

Jingle bell Jingle bell
Jingle with a zest! Anaesthesiologists is coming along as the Santa at his best!
Their nine reindeers...IV, monitors, bougie, syringes, drugs and techie ride you through the surgical journey and wake you pain free!

Jingle bell Jingle bell
Jingle with a zest! Anaesthesiologists is coming along as the Santa at his best!
Next time for your surgery, know your secret Santa, who without accolades is making you comfy!

Jingle bell Jingle bell
Jingle with a zest! Anaesthesiologists is coming along as the Santa at his best!

Dr. Kiran Vyawahare,
AP Anaesthesia and Pain medicine,
SMHRC, Nagpur

Hey dear 'Mask Man',
You done a great job.
Your heart touching word, your soft conversation,
Take away my fear to surgery/
anaesthesia procedure.

When I wake up alive, painless surgery journey;
It give remind me like you are 'Santa' ☐☐;
(belief a God), give presence of Joy, happiness.

Thank you my 'Mask Man', My 'Santa'

Dr Lalit Kumar Raiger
Udaipur

Ho Ho Ho Merry Christmas
I am a Jolly Good Fellow!!!!
I am a Jolly Good fellow !!!!

In scrubs and with a twinkle in my eye, I the "Anaesthesiologist Santa" enter the Operation Theatres, The ICUs, Emergency care Units, The Acute and Chronic pain management Units.

With my unique and refined skills, I deliver the gift of pain relief and comfort to the patients all around.

Like Santa Claus I create magic with my kind spirit and light heart. Like your elves and Reindeer, I with my team members work diligently and tirelessly to ensure bestest care. I administer anaesthesia, monitor the vital signs, make you pain free and perform life saving procedures (when needed) with precision and skill.

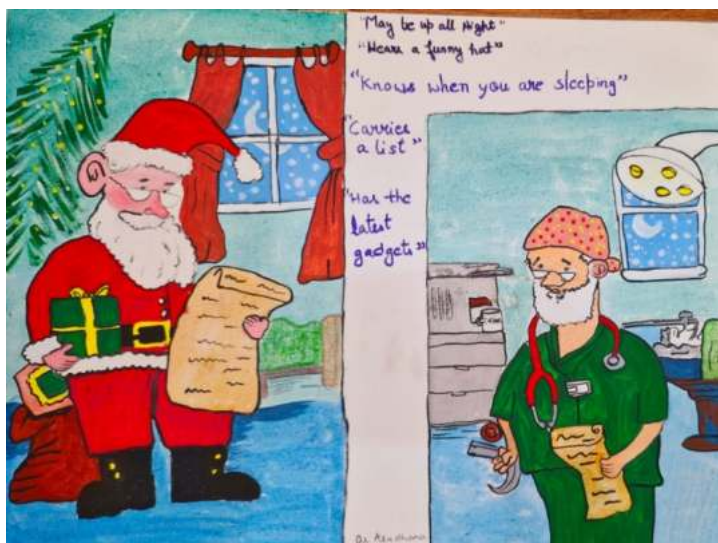
I know exactly what to gift (anaesthesia and pain relief) you, taking into account your medical history, your allergies, the nature of surgery you are undergoing.

Like Santa I too am skilled, meticulous, innovative, strong, powerful and truly create the magic of feeling blissful. I can sleigh all through the nite and deliver my services without a hitch.

"MERRY CHRISTMAS "

SPREAD LOVE AND KINDNESS WHEREVER YOU GO AND
YOU WILL FIND JOY IN EVERY CORNER OF THE WORLD

DR SUDHI AGARWAL
ROORKEE



Dr Aradhana Arya
GMC, Haldwani

Anesthesiologist as Santa!!



ANAESTHESIOLOGIST AS SANTA



As an embodiment of Joy and Giving, Santa is often associated with magic of holiday season.

This holiday season let us appreciate the heroes called "anesthesiologists" who like Santa dedicate themselves to spread comfort, joy & care.

Imagine an anesthesiologist stepping in role of Santa - delivering not just gifts but comfort, calmness and relief to those in need.

Just like Santa spreads joy and magic during Christmas, an anesthesiologist plays pivotal role in ensuring safety & serenity operating rooms, creating sense of care and trust.

Santa's bag is filled with toys, but an anesthesiologist's armamentarium consists of syringes, monitors, medicines and vast paraphernalia to create a magic of different kind. However if Santa were to trade his red suit for pair of OT scrubs, he would not make marvellous anesthesiologist.

The similarity doesn't end here; while Santa brings laughter to children, an anesthesiologist brings hope and reassurance to families ensuring their safety during critical moments.

Just as Santa adapts to the needs of every child, an anesthesiologist tailors treatment to each patient. Both embody spirit of giving - Santa with his gifts and anesthesiologist with his expertise and unwavering commitment for healing and support.

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Santa's ability to track each child's wishes and behaviour would translate seamlessly to cater accurate anaesthesia care to each patient's unique need.

As a leader of North pole Elf's community, Santa's teamwork skills enable him to manage anaesthesia teams and make critical decisions.

In Conclusion, Santa will make an exceptional anesthesiologist. Be so exceptionally caring to your patients, that they quote you as - "Last time I had surgery, my anesthesiologist look like SANTA".

Thanks !!

✱ — x — ✱

DR. ADITYA KUMAR CHAUHAN
ASSOCIATE PROFESSOR
DEPARTMENT OF ANAESTHESIOLOGY,
PAIN & PALLIATIVE CARE
GOVT MEDICAL COLLEGE, AZMORA.



Dr Bandini

Dr Bandini
GMC, Haldwani

Dr Bhavna Gupta
Associate Professor
AIIMS Rishikesh

This winter painting reflects our medical field, where the snowman symbolizes the anaesthesiologist ensuring calm and balance amidst the unpredictability of the landscape. The glowing cabin lights represent constant vigilance, crucial for patient safety.



Anesthesiologist as Santa!!

Just a thought came to my mind,
That was one of its kind.
What's common between an Anaesthesiologist & a Santa,
Apart from the fact,
That they both wear a Cap,
There's more similarity,
That matches them in reality!

As the Anaesthesiologist is hidden behind the sheets,
Giving care to the ill when he sleeps,
So is the Santa far away from reality,
Comes secretly when the world sleeps in tranquility,
Bringing loads of love, laughter & joys,
With his gifts, presents & toys!

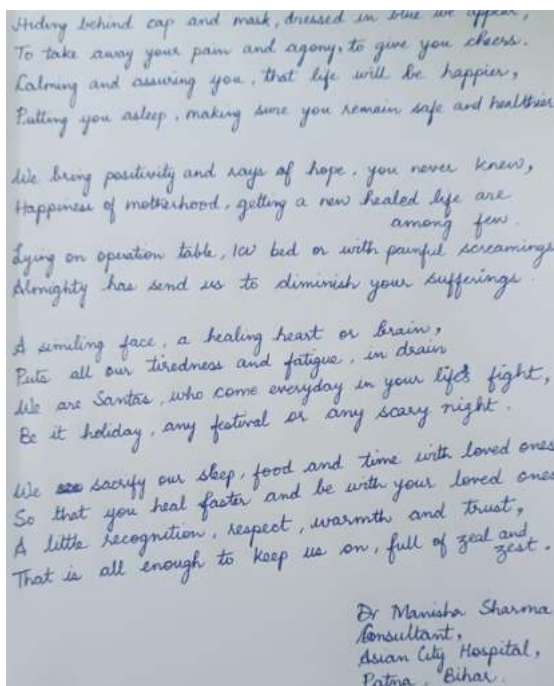
Anaesthesiologist is 'THE SANTA',
For the ill, diseased and critical,
Caring & soothing them,
As the MONITOR ALARMS JINGLE!
He comes with a BAG full of LIFE SAVING ART,
And moves around with his iconic CRASH CART!

And here comes the Santa,
In his REINDEER CART,
With a BIG BAG Of GOODIES,
Jingling the bells, singing all along,
Merry & melodious CAROL SONGS.

What more reasons we may need,
Let's be a SANTA to someone in need,
For we know happiness multiplies many folds,
When shared with loved ones
And friends new & old !!!

“MERRY CHRISTMAS & HAPPY NEW YEAR 2025”

Dr Deepika Tiwari
Associate Professor (Anaesthesia)
Govt Doon Medical College
Dehradun.



Hiding behind cap and mask, dressed in blue we appear,
To take away your pain and agony, to give you cheers.
Calmly and assuring you, that life will be happier,
Putting you asleep, making sure you remain safe and healthier.

We bring positivity and rays of hope. you never knew,
Happiness of motherhood, getting a new healed life are
among few.

Lying on operation table, ICU bed or with painful screaming,
Almighty has send us to diminish your sufferings.

A smiling face, a healing heart or brain,
Put all our tiredness and fatigue, in drain
We are Santas, who come everyday in your life's fight,
Be it holiday, any festival or any scary night.

We ~~see~~ sacrifice our sleep, food and time with loved ones
So that you heal faster and be with your loved ones
A little recognition, respect, warmth and trust,
That is all enough to keep us on, full of zeal and zest.

Dr Manisha Sharma
Consultant,
Asian City Hospital,
Patna, Bihar.

It's Christmas, and the spirit of giving fills the air. We met
when you sat alone in the holding room, Among others,
waiting, anxious and unsure.

I see you at your most vulnerable,
But as I enter, warm and smiling,
You feel a flicker of reassurance.

Your family holds your hand until it's time for us to part.
I greet you gently, "Hello there! How are you feeling
today?"
A sense of relief washes over your face.

Your wish to Santa is simple:
"I hope my surgery goes well,"
"I wish to be free of this nagging pain,"
"To see my family again, whole and happy."
No gold, no treasures,
Just the chance to embrace life's joy once more.

And like Santa, I vow to guide you safely,
With care unseen but ever-present.
As you breathe deeply into the unknown,
I watch over you, steering through hours of delicate
precision.

The surgeon works, and at a critical moment,
Your heart slows as they probe the brain.
I sound the alert, the surgeon adjusts,
And together, we steady your rhythm once more.

Time drifts on, the hours long but purposeful.
Then, the moment comes:
It's time to wake you.

You stir, free of pain, your face serene—
A smile, pure as a child's first dream,
A glimmer of hope,
Like dew resting gently on a weary flower.

And in your dream, you are dashing—
Through a white, snow-filled bed,
Toward recovery, toward warmth,
Toward life's embrace once again.

Dr. Nirupa Ramakumar, AP, HIMS, Dehradun.



Dr. Vinod Kumar Wahie.
Retired senior consultant anesthesia UK
medical and health services.

Anesthesiologist as Santa!!

Dr Hally.T

Assistant professor
Regional Cancer Centre
Thiruvananthapuram

We the Anesthesiologist, an unlikely hero, often unseen behind the screen, yet plays a crucial role in the perioperative period. Like Santa Claus, we work tirelessly, we make sure a smooth and safe journey for their patients during perioperative period.

Here's a glimpse into the life of an anesthesiologist as Santa:

Anesthesiologist, The silent Guardian: Just as Santa watches over sleeping children, anesthesiologists monitor their patients during surgery when they are asleep, ensuring their ventilation and the stability of vital signs.

As Santa has his secret recipe for happiness, and the anesthesiologists have their own: They have carefully calculated blend of medications to induce unconsciousness, analgesia and relaxation.

The Gentle Hand: Santa's gentle touch brings joy and comfort, while anesthesiologists administer anesthesia with a gentle hand, which minimizes the discomfort and anxiety of the patient

As Santa travels the world in a single night, anesthesiologists navigate the complexities of human physiology and transport patients to a state of unconsciousness.

As Santa grants wishes, anesthesiologists help patients overcome pain and fear, enabling them to face medical procedures and surgery with confidence.

While they may not wear a red suit or ride a sleigh, anesthesiologists are the unsung heroes of the operating room, working hard and make sure their patients are safe and comfortable.

As the Santa Anaesthesiologists are very close to God. They can even give life back by successful resuscitative efforts in a case of cardiovascular arrest.

Santa Claus has so many similarities with Anaesthesiologist as they both were working for the well-being of the humanity.



A Guardian of Hope and Healing, Spreading Joy and Relief

As winter's chill descended upon the hospital, a remarkable anaesthesiologist emerged as a beacon of warmth and kindness. Donning the mantle of "Dr. Claus," this compassionate caregiver brought solace, comfort, and expert relief to patients and families.

With his state-of-the-art anaesthesia cart transformed into a festive sleigh, Dr. Claus navigated the hospital's corridors, dispensing gifts of pain management, relaxation, and reassurance. His skilled team of elves – nurses and technicians – worked in harmony, ensuring a seamless and joyful experience.

Dr. Claus's mastery of anaesthesia was rivalled only by his kindness, empathy, and dedication to his patients' well-being. As he made his rounds, his warm smile and twinkling eyes dispelled anxiety, replacing it with hope and cheer.

May Dr. Claus's selfless spirit inspire us all to spread love, kindness, and compassion throughout the year. His remarkable story reminds us that even in challenging settings, joy, hope, and healing can thrive.

Prof Nibedita Pani

Founder Director
PROF ANAESTHESIOLOGY
PGIMER & CAPITAL Hospital
Bhubaneswar, Odisha



Anesthesiologist as Santa!!

Poem by : **Dr. Somnath Saha,**

Additional Chief Health Director, Central Hospital, Northeast Frontier Railway, Guwahati.

"Anesthesiologist as Santa"

'Twas the night before Christmas, and all through the land,
Anesthesiologist Santa, worked with a skilled hand.
He delivered the gift, of a painless life to all,
To his patients, one by one, he stood so tall.

His sleigh was the OR, his reindeer were strong,
His elves were the nurses, who helped him all day long.
He navigated the ICU, with care and with might,
Bringing comfort and relief, to those in his sight.

His work was a labor of love, a gift from above,
A treasure that's precious, a symbol of hope and love.
He brought joy and peace, to those in pain,
A Christmas miracle, that would always remain.

Oh, Anesthesiologist Santa, you bring so much cheer,
The giver of comfort, and the healer of fear.
Your gift of a painless life, is a treasure so rare,
A blessing to all, who are lucky to share.

Ho ho ho, Merry Christmas, to each and every one,
May it be filled with happiness and joy, this entire season
For Anesthesiologist Santa, is always near,
Delivering the gift, of a painless life, year after year.





I, Dr. Divya Gupta, President of ISA Uttarakhand State Chapter, on behalf of my Team 2024-25 feels privileged and honoured to pen down my heartfelt gratitude for encouraging and boosting us up in the events organized by UKSA which are our small efforts to stay connected with our fellow ISA members all throughout the nation.

The participation of each of our teachers, mentors, seniors, colleagues, friends and residents all across the country have made us feel loved and blessed and justifies the fact that you all believe in us. Your presence in our activities have added beauty, glamour and flavor to them with lots of fun and excitement. You all are a treasure to be cherished due to whom, the events have witnessed a successful outcome. We thank you for showing faith and confidence in what we stand for.

Looking forward to have your energizing, persistent and enthusiastic encouragement for our team in the academic as well as non- academic activities organized by our dynamic team in future as well.

Long Live ISA.

Long Live UKSA.

Dr. Divya Gupta,

Professor,

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Indian Society of Anaesthesiologists

ISA Uttarakhand State Chapter



The Team 2024-2025

ETHER IS THE MOTHER : निश्चेतक हरत् चेतक वेदना

President



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THANKYOU!