



All India Institute of Medical Sciences, Bathinda

अखिल भारतीय आयुर्विज्ञान संस्थान, बठिंडा



Srijan सृजन
E-NEWSLETTER
(A TRI-ANNUAL ISSUE)



Message



I am delighted to learn about the release of the inaugural issue of the Institute Newsletter of AIIMS Bathinda. The introduction of this newsletter is a commendable initiative that reflects the institute's commitment to transparency, communication, and institutional cohesion.

This publication will act as a meaningful forum to capture the evolving journey of AIIMS Bathinda, bringing together academic pursuits, clinical services, research advancements, and administrative initiatives under one umbrella. It will enable members of the institute to stay informed, connected and inspired by the diverse contributions being made across departments.

The newsletter also holds the potential to serve as a mirror of the institute's values and aspirations, documenting milestones and progress while encouraging a culture of collaboration and shared responsibility. Such initiatives play a vital role in nurturing institutional identity and promoting continuous growth.

I extend my heartfelt congratulations to The Executive Director, AIIMS Bathinda and editorial team for their efforts in bringing out this first issue and convey my best wishes for the newsletter to grow as a vibrant and enduring platform for communication and engagement within AIIMS Bathinda.

Prof.(Dr.) Neerja Bhatla
President
AIIMS, Bathinda



 **Message**



It gives me immense pleasure to share that AIIMS Bathinda is launching the first issue of its Institute Newsletter. This newsletter will serve as an important platform to highlight the academic, clinical, research, cultural and administrative activities of the institute, along with key achievements and initiatives across departments.

This newsletter is envisioned as a medium to foster effective communication across departments, encourage knowledge sharing, and showcase the collective efforts and achievements of our faculty members, staff, and students. It will also serve as a valuable record of the institute's progress, innovations, and future initiatives, reflecting our shared commitment to excellence in healthcare delivery, medical education, and research.

I would like to acknowledge the Central Library, AIIMS Bathinda, for taking the initiative in bringing out this publication. The library continues to play an important role in supporting academic and research activities within the institute.

I extend my best wishes to the editorial team and all contributors for the successful publication of this newsletter and look forward to its continued growth. |



Prof. (Dr.) Ratan Gupta
Executive Director
AIIMS, Bathinda



Content

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01	CLINICAL CORNER.....	1-3
02	THE DAYS THAT MATTER.....	4-9
03	ACTIVITIES AND AWARENESS	10
04	AIIMS BATHINDA IN SPOTLIGHT	11
05	ALUMNI CORNER	12
06	RECOGNITIONS THAT INSPIRE	13-15
07	CENTRAL LIBRARY	16-17
08	CREATIVE CORNER	18-23
09	COMMUNITY CELEBRATIONS	23-26





Clinical Corner



Clinical Corner presents noteworthy clinical experiences from various departments, including brief case reports, rare clinical presentations, and innovative diagnostic or treatment approaches. The section aims to promote clinical learning and knowledge sharing, reflecting the institute's commitment to excellence in patient care and medical practice.

The **Department of Radiation Oncology** at AIIMS Bathinda has successfully performed Extracorporeal Radiotherapy (ECRT) for a case of primary bone malignancy, delivering a high-dose single-fraction treatment in an intraoperative setting. The resected tumor-bearing bone segment was sterilized with high-dose radiation outside the body and re-implanted,

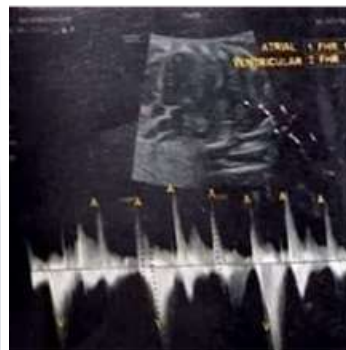


enabling biological reconstruction with preservation of native anatomy. This limb-salvage approach ensures effective tumor sterilization while promoting structural stability, favorable healing, and improved functional outcomes. The successful execution of this advanced procedure highlights our multidisciplinary coordination and commitment to delivering innovative, patient-centered oncologic.

Department of Obstetrics and gynecology managed rare & challenging cases :

Case-1. A 36-year-old pregnant woman at 33 weeks, with no prior symptoms, was diagnosed with fetal complete heart block during routine evaluation at AIIMS Bathinda. Further investigations revealed high Anti-SSA/Ro antibodies, unmasking previously undiagnosed Sjögren's syndrome. Despite a previous unexplained neonatal loss, the mother had no known autoimmune disease. A multidisciplinary team closely monitored the pregnancy and initiated steroids and hydroxychloroquine. She delivered at 36 weeks following PPRM. The newborn had severe bradycardia and required intensive neonatal care, including pacemaker insertion on day 29. The case highlights the importance of early autoimmune screening in pregnancy to prevent life-threatening fetal cardiac complications.

case-2. A 35-week pregnant woman was antenatally diagnosed with a large sacrococcygeal teratoma. Planned institutional delivery, prompt neonatal resuscitation, and early surgical excision by the pediatric surgery department ensured a successful outcome. Coordinated obstetric and neonatal teamwork resulted in excellent maternal recovery and normal neonatal progress without neurological or bladder complications.





Clinical Corner

Department of Dentistry continued to deliver comprehensive multispecialty oral healthcare with an emphasis on precision diagnostics, minimally invasive therapy, and interdisciplinary management. Advanced imaging using CBCT and digital intraoral radiography supported three-dimensional treatment planning for implantology, impacted teeth, orthodontics, and maxillofacial pathology. Specialty-wise clinical services included periodontal regenerative procedures, laser-assisted therapy, root canal treatment, fixed and removable prosthodontic rehabilitation, orthodontic mechanotherapy, dentoalveolar surgery, and management of cystic and traumatic maxillofacial conditions.

The department also maintained strict sterilization and infection-control protocols through a dedicated central sterilization area, and strengthened in-house laboratory support for prosthetic and orthodontic appliance fabrication. These facilities collectively enhanced treatment predictability, reduced patient turnaround time, and improved overall quality of care.

Functional orthodontic treatment



FACE MASK

Dental trauma Management



Clinical Case Report



1) Impact of diabetes on cellular connections: Pathological insights and emerging therapeutic targets

Background: Cell junctions play a pivotal role in the normal functioning of tissues. The alterations in the expression or structure of these junctions are linked to several pathologies including diabetes mellitus and its secondary complications. Therefore, this review discusses the implications of diabetes mellitus on cell junctions across different organs and tissues. **Methodology:** A systematic review of PubMed and other relevant search sources was conducted using relevant keywords in accordance with PRISMA guidelines. In addition, the reference lists of all included full texts were meticulously reviewed to find additional reports.

Results: Among 646 initially identified articles, 323 were found relevant and have been included in this review.

The findings of the review suggested that hyperglycemia induces hyperphosphorylation of cell junctional proteins leading to mis-localization, downregulation and impaired intracellular communication. Although multiple junctions are affected, connexin-based gap junctions appear to be consistently affected across various tissues. This highlights their potential as a therapeutic target for mitigating diabetes mellitus and its associated complications. **Conclusions:** Overall, this review highlights the types of cell junctions affected in diabetes mellitus across different tissues. Moreover, integration of cell junction-targeted interventions along with standard glycemic control regimens might provide synergistic benefits to prevent secondary diabetic complications.

Author- Dr Abhinav Kanwal

2) Anaesthetic challenges of a preterm neonate with giant sacrococcygeal teratoma in lateral decubitus position: A case report

Sacrococcygeal teratoma (SCT) is the most common congenital tumor in neonates, occurring in approximately 1 in 30,000–40,000 live births. Managing these cases becomes particularly challenging in preterm infants due to immature organ systems, limited physiological reserve, and increased susceptibility to complications. We encountered a 34-week preterm female neonate with a large sacrococcygeal mass detected antenatally. The tumor measured approximately 15×10.5 cm and weighed nearly half of the infant's birth weight. Soon after birth, the baby developed respiratory distress and required early intubation and stabilization in the neonatal intensive care unit. Surgical excision of the tumor was planned on day two of life. Anaesthetic management posed multiple challenges including airway stability, risk of massive blood loss, temperature regulation, and safe positioning for surgery. The conventional prone position compromised the infant's ventilation and hemodynamics; therefore, the surgery was performed in the lateral decubitus position. During the procedure, significant blood loss and hypothermia occurred, requiring transfusion, active warming, and inotropic support. Despite these intraoperative challenges, careful monitoring, timely intervention, and coordinated teamwork among anesthesiologists, neonatologists, and surgeons ensured a successful outcome. The infant was gradually weaned from ventilatory support and discharged in stable condition.

This case highlights the importance of meticulous perioperative planning, physiological vigilance, and multidisciplinary collaboration when managing complex neonatal surgical emergencies.

Author- Dr Mohd. Luqman





The Days That Matter



September 2025 | World Suicide Prevention Week

As part of World Suicide Prevention Week, INER nursing students conducted a sensitization programme at AIIMS Bathinda OPD and IPD using a street play format. The activity addressed early warning signs of suicide, stigma reduction, and the importance of timely psychological support, demonstrating INER’s proactive role in mental health promotion.



September 2025 | Community Health, Safety & Preventive Care National Nutrition Week Observance

In observance of National Nutrition Week, INER organized a week-long Nutrition Awareness Programme at Anganwadi Centre, Sanguana Basti, Bathinda. Faculty members and nursing students conducted health talks, demonstrations, and interactive discussions focusing on balanced nutrition, maternal and child health, and prevention of nutritional deficiencies.



September 2025 | Comprehensive Multispecialty Medical Camp

Organised medical camp and lead the AIIMS Bathindamultidisciplinary(Surgical disciplines, ophthalmology, ENT, General medicine, gynaecology, dermatology) team for the Veterans and Veer Naris conducted at Talwandi Sabo and treated more than 500 patients.



September 2025 | Mindfulness Workshop – “Balance for Bliss”

INER made a significant academic contribution to the mindfulness workshop “Balance for Bliss”, with active student participation. The workshop emphasized mental well-being, stress management, emotional regulation, yoga, and meditation. on 19 Sep an educational workshop on menstrual hygiene, nutrition, and anaemia screening was organized for adolescent girls under the Swasthya Nari Sashakt Parivar Abhiyan 2025.





The Days That Matter



17-23 September 2025 | Pharmacovigilance Week: Strengthening the Culture of Drug Safety

The Department of Pharmacology at AIIMS Bathinda observed the 5th National Pharmacovigilance Awareness Week 2025 under the Pharmacovigilance Programme of India to promote safe medication practices and strengthen adverse drug reaction (ADR) reporting. An ADR reporting booth in the OPD provided hands-on training using reporting forms and the PvPI mobile app. Awareness sessions and outreach activities in colleges, rural health centres, and pharmacies engaged students and the community, reinforcing the importance of pharmacovigilance and patient safety.



29 September 2025 | World Heart Day 2025 Observed at AIIMS Bathinda

AIIMS Bathinda observed World Heart Day 2025 themed “Don’t Miss a Beat.” CPR training for 100+ volunteers and cardiovascular risk assessments for 200 visitors highlighted prevention and emergency preparedness.



17 September 2025 - 2 October 2025 | Swasth Nari Sashakt Parivar Abhiyaan

The Swasth Nari Sashakt Parivaar Abhiyaan from conducted across multiple community locations including screening camps for pregnant women and immunization drive for children in Sangat and District Hospital Bathinda, menstrual hygiene and anemia screening for adolescent girls in Lal Singh Basti Secondary School, Adarsh Secondary School, Urban Health center Bathinda and District Hospital Bathinda, mega camp for Breast Cancer, Oral Cancer Cervical screening in village Kaile Bander and Janta Nagar Bathinda. The initiative focused on empowering women through health awareness, screening, and preventive care.

29 September 2025 | Organ Donation Pledge Initiative

In consonance with the Government of India’s Organ Donation and Transplantation Programme and the objectives of National Organ and Tissue Transplant Organization (NOTTO), nursing personnel and students of INER participated in an Organ Donation Pledge Programme. The initiative focused on sensitizing participants to the national need for organ donation and the role of healthcare professionals in promoting ethical organ donation practices.





The Days That Matter



October 2025 | World Anatomy Day

Celebrated World Anatomy Day with the theme: “Honouring the Past, Inspiring the Future” .



October 2025 | One Health Awareness at PAU Kisan Mela

AIIMS Bathinda sensitized farmers at PAU Kisan Mela on zoonotic disease prevention, safe livestock practices, and introduced the NIVARAN Zoonotic Helpline to strengthen One Health collaboration.



October 2025 | NICU Expanded to Strengthen Neonatal Care

AIIMS Bathinda expanded its NICU from 9 to 20 beds, adding MNICU facilities to enhance care for critically ill and preterm newborns, strengthening neonatal services in the Malwa region.



October 2025 | Mental Health Week 2025 Celebrated

AIIMS Bathinda celebrated Mental Health Week 2025 on “Access to Services – Mental Health in Catastrophes and Emergencies,” featuring competitions and a symposium promoting resilience and psychological support during crises.



October 2025 | A specialized Stroke Unit was inauguration

A specialized Stroke Unit was inaugurated in the emergency department at AIIMS Bathinda on October 22, 2025, to provide rapid, multidisciplinary, and specialized care, highlighting the institution's commitment to improving stroke outcomes. This unit aims to offer immediate, high-quality treatment to patients during critical hours.



Mental Health Awareness Rally (13 October 2025)





The Days That Matter



Methodology: The workshop utilized simulated clinical scenarios and high-fidelity manikins to replicate real-world emergencies.

Participants rotated through learning stations to practice individual skills and Mega Code leadership roles.

Emphasis on Team Dynamics: A significant portion of the session was dedicated to communication and crisis resource management to ensure effective coordination during resuscitation efforts.

This workshop aligned with the broader goals to enhance the clinical competence of healthcare providers in the Malwaregion.

01 November 2025 | Dedicated Patient Kitchen Services Launched

AIIMS Bathinda commenced dedicated Patient Kitchen Services, ensuring hygienic, nutritionally balanced normal and therapeutic diets with five daily meals, supporting faster recovery and enhanced patient-centered care.



11-13 November 2025 | Systematic review and meta analysis of Diagnostic test

Three days Workshop organized by Department of Biochemistry on Systematic review and meta analysis of Diagnostic test accuracy.

The eminent speakers were ICMR Scientist E Dr NileshChandra, Dr AmitPal, Associate Professor Biochemistry ,AIIMS Kalyani, Dr Muhammad Aaqib from AIIMS Jodhpur and Dr Harmanpreet Singh from Central University of Punjab. The event was well appreciated by the participants .The workshop provided knowledge on analysis of reliability of various diagnostic tests.

8 November 2025 | Advanced Cardiovascular Life Support workshop

The Department of Anaesthesia at AIIMS Bathinda conducted a high-impact Advanced Cardiovascular Life Support (ACLS) workshop as a specialized pre-conference track for IMA EMERGE 2025. The session was tailored to provide intensive, hands-on training to 30 selected participants in the Department's Seminar Room, focusing on critical life-saving interventions.

• Core Training Modules:

High-Quality BLS: Mastery of chest compressions and early defibrillation.

Advanced Airway Management: Practical training in securing airways during respiratory and cardiac arrest.

Rhythm Recognition: Interpreting complex ECG rhythms, including bradyarrhythmias and tachyarrhythmias.

Pharmacology: Proper administration of critical drugs like epinephrine and amiodarone.





The Days That Matter

18-24 November 2025 | World Antimicrobial Resistance (AMR) Awareness Week

World Antimicrobial Resistance (AMR) Awareness Week (WAAW) 2025 celebrated with the Theme "Act Now: Protect Our Present, Preserve Our Future" in collaboration with Department of Microbiology and AMS Committee, AIIMS Bathinda. The Week involved awareness activities among general public focussing on responsible use of antibiotics, among healthcare professionals on infection prevention practices (hand hygiene), biomedical waste management and correct blood sampling. In addition, focussed awareness sessions on Antimicrobial Guiding Principles in various IPD units (Surgery, Obs & Gynae). The week also featured school outreach programs and pharmacist awareness session to create awareness regarding AMR. The observance concluded with a Online Guest Session by Prof. Nusrat Shafiq (PGIMER Chandigarh) on "Demystifying Antimicrobial Stewardship: Sustained Chain of Nudges is the Key", followed by a Panel Discussion on "Pre-Authorization of Reserve Antimicrobials: Feasible AMS Intervention or not?".



29 November 2025 | 7th CME-cum-Conference

Department of Anatomy, AIIMS Bathinda successfully conducted the 7th CME-cum-Conference of the North Chapter of the Anatomists' Society on the theme "Cutting-Edge Innovations to Boost Departmental Excellence: A Multimodal Approach." Eminent speakers from AIIMS New Delhi, IMS-BHU Varanasi, and Indira Gandhi Institute of Medical Sciences, Patna shared their expertise on recent advances in anatomical sciences. The conference also featured a panel discussion with leading experts from across the country, fostering meaningful academic dialogue.



5-6 December 2025 | workshop on Virtual I dissection table

Department of Anatomy conducted Hands on workshop on Virtual I dissection table in collaboration with Department of Forensic Medicine Toxicology in 25th Silver Jubilee Conference of Punjab Academy.





The Days That Matter

11

December 2025 | AIIMS Bathinda & GADVASU Ludhiana signed an MoU

AIIMS Bathinda and GADVASU Ludhiana signed an MoU to Advance Transdisciplinary One Health Research under the guidance of Executive Director Prof. (Dr.) Ratan Gupta and Prof. (Dr.) Rakesh Kakkar, Nodal officer for the regional Coordinating centre for One Health



12

December 2025 | Gatekeeper Training Programme for faculty mentors

The Department of Psychiatry, AIIMS Bathinda organized a Gatekeeper Training Programme for faculty mentors to strengthen suicide prevention efforts among medical students and staff. Resource faculty from VMMC and Safdarjung Hospital, New Delhi conducted the training. The programme was inaugurated by Prof. (Dr.) Ratan Gupta, Hon'ble Executive Director, who encouraged the department to train all faculty in recognizing early signs of suicide risk and psychological distress among medical students. This initiative was appreciated by the Ministry, and the practice is expected to be shared with other INIs as a model.



25

December 2025 | India's First Govt Institute with NABL Accreditation

AIIMS Bathinda became the first among India's INIs and government institutions to receive National Accreditation Board for Testing and Calibration Laboratories (NABL) accreditation for Laboratory and Radiological Services.

Achieved under Prof. (Dr.) Ratan Gupta, it covers Biochemistry, Microbiology, Pathology, and Radiology, ensuring high standards in diagnostic accuracy, safety, and quality healthcare delivery.



29

December 2025 | A sensitization program on RPwD 2016

Under the guidance of Prof. (Dr.) Ratan Gupta, AIIMS Bathinda organized a Sensitization Program on the Rights of Persons with Disability (RPwD) Act 2016 on 29 December 2025. The program created awareness among healthcare professionals about disability rights, implementation challenges, accessibility, and inclusive healthcare services.





Activities & Awareness

World Patient Safety Week Activities

INER observed World Patient Safety Week 2025 through a seven-day educational programme on patient safety goals, safe clinical practices, and quality improvement in healthcare. Faculty-guided sessions and student-led activities highlighted the critical role of nurses in minimizing errors and ensuring patient-centered care.



Community outreach Program – awareness of ASHA workers and CHO in Sangat Mandi for newborn and antenatal screening- need and facilities available in department.



Department of Psychiatry organized a tribute prayer meeting on the 350th Martyrdom Day of Shri Guru Teg Bhadur Shaib on 25th November at designated ATF venue of AIIMS Bathinda. Hon'ble Executive Director Prof (Dr) Ratan Gupta addressed the gatherings and remembered the blessings of Guru's and narrated the path of sacrifice of great Gurus.



Hair Donation & Free Wig Initiative

In a compassionate step beyond conventional cancer care, the Department of Radiation Oncology initiated a Hair Donation & Free Wig Initiative, with generous contributions from doctors, staff members, and volunteers. Organized hair-donation drives enabled the provision of ethically sourced wigs, distributed free of cost to patients experiencing treatment-related alopecia.



School Health Programme

INER organized a School Health Programme at Mata Jaswant Kaur Memorial School, Badal, The programme focused on early detection of health issues, hygiene practices, and healthy lifestyle habits among school children.



World Stroke Day Awareness Programme

organized a Awareness Programme focused on the theme “Bringing stroke advocacy and awareness together to drive action on stroke” at Anganwadi Centre 306, Sanguana Basti, Bathinda, in view of World Stroke Day.





NEWS

UPDATE

AIIMS Bathinda extends medical relief to flood-affected communities in Punjab

ANIL VERMA
BATHINDA, SEPT 15

In the past week, as part of its ongoing efforts to support flood-hit populations, AIIMS Bathinda organized three medical relief camps in the districts of Fazilka and Ferozepur. By 10th September, more than 620 patients had already benefited from free medical consultations and medicines. On 14th September, another 233 patients received care at the Ferozepur camp, which was organized with the generous support of the Border Security Force (BSF).

These camps were held under the dynamic leadership of Prof. (Dr.) Meenu Singh, Executive Director, AIIMS Bathinda, Prof. (Dr.) Rajiv Kumar, Medical Superinten-



dent, AIIMS Bathinda, who was led by Dr. Kawaljit Singh Kaura, Prof. Rakesh Kakkar, Dr. Madhur Verma, and Dr. Soumya Sahoo. A team of doctors from multiple specialties, including Ophthalmology, Gynecology, Dermatology, Pediatrics, General Medicine, and Community and family Medicine, provided services to the affected people.

Alongside treatment and distribution of medicines, the camps also emphasized pre-

vention of post-flood disease outbreaks by spreading awareness about safe water, sanitation, vaccination, and control of vector-borne diseases. Promotive health was also addressed through advice on maternal and child health, nutrition, and mental well-being. The initiative further acted as a platform for health advocacy, linking people to government health programs and strengthening community resilience.

एम्स बठिंडा में विश्व रोगी सुरक्षा सप्ताह 2025 का शुभारंभ



बठिंडा सभी समानता, विशेष प्रतिनिधि। (दीपू शर्मा) एम्स में विश्व रोगी सुरक्षा सप्ताह 2025 की शुरुआत बड़े उत्साह और जोश के साथ हुई। यह आयोजन एम्स की कार्यकारी निदेशक प्रो. (डॉ.) मीनू सिंह के मार्गदर्शन में किया गया। उद्घाटन मौके पर चिकित्सा अधीक्षक प्रो. (डॉ.) राजीव कुमार, डीन प्रो. (डॉ.) अखिलेश पाठक और नर्सिंग कॉलेज की प्राचार्य प्रो. (डॉ.) कमलेश शर्मा मौजूद रहे। उन्होंने इस बात पर जोर दिया कि एम्स बठिंडा हमेशा से सुरक्षित और मरीज-केन्द्रित इलाज की संस्कृति को आगे बढ़ाने के लिए प्रतिबद्ध है। कार्यक्रम की शुरुआत और ज रिबन अभियान से हुई और एम्स की बिल्डिंग को नारंगी रोशनी से सजाया गया। इसके बाद सभी डॉक्टरों, नर्सिंग स्टाफ, रेजिडेंट्स, छात्रों और कर्मचारियों ने मिलकर रोगी सुरक्षा प्रतिज्ञा 2025 ली, जिसमें सभी ने भरोसा दिलाया कि वे मरीजों को सुरक्षित, भरोसेमंद और दयालु स्वास्थ्य सेवाएँ देंगे। इस अवसर पर वक्ताओं ने कहा कि मरीजों की सुरक्षा के लिए टीमवर्क, अच्छा संवाद और लगातार सीखना बेहद जरूरी है। कार्यक्रम में क्वालिटी और पेशेंट सेफ्टी सेल का न्यूजलेटर भी जारी किया गया, ताकि मरीजों की सुरक्षा से जुड़ी गतिविधियों और जानकारी को और बेहतर ढंग से सब तक पहुँचाया जा सके।



बठिंडा भास्कर 16-12-2025

एचएमईएल और एम्स बठिंडा में एमओयू, एकीकृत मोबाइल मेडिकल यूनिट, टेलीमेडिसिन और मेगा स्पेशलिटी हेल्थ कैंप से 1.5 लाख रुपए से अधिक ग्रामीणों को पहुंचाएंगे फायदा पंजाब-हरियाणा के 59 गांवों में पहुंचेगी स्वास्थ्य सेवा

भास्करन्यूज़ | बठिंडा

पंजाब और हरियाणा के 59 गांवों को अब घर बैठे स्वास्थ्य सेवाएं मिलेंगी। इसके तहत परामर्श से लेकर जांच, दवाएं, विशेषज्ञों से परामर्श समेत तमाम सुविधाएं निशुल्क मिलेंगी। ये एचएमईएल गुरु गोबिंदसिंह रिफाइनरी और एम्स बठिंडा की एकीकृत मोबाइल मेडिकल यूनिट एवं टेलीमेडिसिन परियोजना के सहयोग से संभव होगा। सोमवार को एचएमईएल और एम्स बठिंडा के बीच इस संबंध में एमओयू पर हस्ताक्षर किए गए। इसमें रिफाइनरी के आसपास पंजाब और हरियाणा के 59 गांवों में लोगों को निशुल्क चिकित्सा सुविधा दी जाएगी। इस परियोजना से 25,000 परिवारों



की 1.5 लाख से अधिक ग्रामीण आबादी को लाभ दिया जाएगा। एमओयू पर हस्ताक्षर एम्स बठिंडा के कार्यकारी निदेशक प्रो. (डॉ.) रतन गुप्ता की उपस्थिति में हुए। इस दौरान एचएमईएल के भी वरिष्ठ अधिकारी मौजूद रहे। परियोजना के तहत दो अत्याधुनिक मोबाइल मेडिकल यूनिट्स (MMU) नियमित रूप से गांवों का दौरा करेंगी। प्रत्येक

यूनिट में एम्स के डॉक्टर, नर्स, फार्मासिस्ट, परियोजना समन्वयक शामिल होंगे। इन यूनिट्स में आवश्यक जांच उपकरण, प्राथमिक उपचार सामग्री, ऑक्सीजन सिलेंडर, नेबुलाइजर, अग्नि सुरक्षा उपकरण और जरूरी दवाएं उपलब्ध होंगी। मरीजों का विवरण डिजिटल हेल्थ रिकॉर्ड सिस्टम में दर्ज किया जाएगा।

टेलीमेडिसिन व 8 मेगा कैंप की सुविधा भी उपलब्ध रहेगी

इस परियोजना के तहत टेलीमेडिसिन सुविधा भी दी जाएगी। इसमें ग्रामीण मरीजों को एम्स बठिंडा के विशेषज्ञ चिकित्सकों जैसे कार्डियोलॉजी, ऑर्थोपेडिक्स, गायनेकोलॉजी, पीडियाट्रिक्स, जनरल मेडिसिन, मनोरोग आदि से जोड़ा जाएगा। यह सेवा तय दिन और तय समय पर दी जाएगी। सभी टेली-परामर्श सत्र का डिजिटल रिकॉर्ड भी रखा जाएगा। इसी तरह सामुदायिक स्वास्थ्य जागरूकता को सुदृढ़ करने के लिए आईईसी और बीसीसी गतिविधियां आयोजित की जाएंगी। परियोजना अवधि के दौरान 8 मेगा स्पेशलिटी हेल्थ कैंप भी आयोजित किए जाएंगे, इनमें एम्स के विशेषज्ञ डॉक्टरों द्वारा बड़े पैमाने पर जांच, परामर्श और निशुल्क दवावितरण किया जाएगा। एमओयू के दौरान एचएमईएल के वरिष्ठ अधिकारी एमबी गोहिल, अशोक कुमार, अरुण भारद्वाज, डॉ. प्रवीण मुदगल, चरणजीत सिंह मौजूद रहे।





Alumni Corner



LEGACY OF EXCELLENCE
Dr. Sakshita MBBS Batch 2019

PGY-1, Radio-diagnosis
GMC, Amritsar
AIR 1144 NEET PG'25
AIR 789 INI-CET'25
ICMR STS Scholar'22

Dr. Sakshita secured an AIIMS UG Rank of 1,307 in 2019 and went on to achieve remarkable academic milestones. In a single year, she successfully cleared NEET PG, INI-CET, and the UPSC theory examination, securing Rank 789 in November 2025.

She also contributed to the academic chapter “Deltopectoral Flap Revisited” under the mentorship of Dr. Altaf Mir, Additional Professor, Department of Plastic and Reconstructive Surgery.

Dr. Sakshita has actively participated in national academic forums, presenting clinical cases and research work. Her efforts were recognized with 1st Prize at NZ-IAPSMCON 2022 and 2nd Runner-Up at WOUNDCON 2022

Academic Excellence & Professional Advancement PUNPEDICON 2025 Pre-Conference

INER, in collaboration with the Department of Paediatrics organized PUNPEDICON 2025 – Pre-Conference Workshop on “Neonatology and NICU Nursing Skills.”

International Virtual Nursing Conference – Student Achievement

24 November 2025; INER students demonstrated academic excellence at the IVth International Virtual Nursing Conference on “Age-Related Trends in Management of Addictive Behavioural Disorders and Substance Use Disorders.” Muskan (B.Sc. Nursing Hons, 4th Year) secured First Prize, while Manisha secured Second Prize in the debate competition, bringing national-level recognition to INER.

Achievements

1. Dr. Kamlesh Kumari Sharma, Principal, INER, AIIMS Bathinda named as President of Clinical Nursing Research Society, North Zone in September 2025.
2. Scholarship of Ms. Minakshi, B.Sc nursing (H) Batch 2024 from Student nurse’s association of india in October 2025.



Recognitions That Inspire



Prof. Dr. Neerja Bhatla, Honorable President of AIIMS Bathinda, is a globally recognized leader in the field of obstetrics and gynecology, whose work over the past three decades has significantly advanced cervical cancer prevention and women's health.

She completed her MBBS (1982) and MD (1985) from the All India Institute of Medical Sciences, New Delhi and joined the institute as faculty in 1989, eventually serving as Professor and Head of the Department of Obstetrics and Gynecology. Her work has focused on preventive oncology, HPV research, and community-based cervical cancer screening.

Through her leadership in the Federation of Obstetric and Gynaecological Societies of India, she contributed to the development of India's first resource-stratified guidelines for cervical cancer screening and HPV vaccination, promoting accessible and evidence-based care. She also pioneered low-cost HPV testing, self-sampling, and screen-and-treat models, significantly improving screening outreach in underserved populations.

Internationally, Prof. Dr. Bhatla served as the first Indian Chair of the Gynecologic Oncology Committee of the International Federation of Gynecology and Obstetrics (2015–2018) and led the 2018 revision of the FIGO cervical cancer staging system, an update that influenced global clinical practice.

Following her retirement in 2024, she continues her work as Professor Emeritus at the National Cancer Institute, Jhajjar.

Honoring her efforts and contribution, she was awarded with **Padma Shri (2025)** — India's highest civilian honor for contributions to women's healthcare and cervical cancer prevention. She also received

- **IARC Award for Women in Cancer Research (2023)** — From WHO's International Agency for Research on Cancer, recognizing 35+ years of impact.
- **FIGO leadership & staging revision (2018)** — Globally influential update to cervical cancer classification, improving diagnosis/treatment worldwide.



Recognitions That Inspire



NOBEL PRIZE IN PHYSIOLOGY OR MEDICINE — CELEBRATING SCIENTIFIC BRILLIANCE

2023 — The Dawn of mRNA Medicine

Laureates: Katalin Karikó & Drew Weissman

When the world stood still during the COVID-19 pandemic, science moved forward.

Karikó and Weissman's pioneering work on modified mRNA made it possible to develop safe and effective mRNA vaccines at unprecedented speed. Their decades of perseverance transformed a fragile idea into a life-saving reality — opening new doors for vaccines against cancer, infectious diseases, and beyond.

“Persistence in research today becomes protection for humanity tomorrow.”

Impact: Revolutionized vaccine technology and redefined global public health preparedness.

2024 — The Power of the Smallest Regulators

Laureates: Victor Ambros & Gary Ruvkun

Tiny molecules. Monumental discovery.

Ambros and Ruvkun discovered microRNAs, revealing how small RNA fragments regulate gene expression. This breakthrough uncovered an entirely new dimension of biological control — influencing development, cancer research, and precision therapeutics.

“In biology, even the smallest voice can control the grandest symphony.”

Impact: Opened transformative pathways in genetics, oncology, and molecular medicine.

2025 — Decoding Immune Balance

Laureates: Mary E. Brunkow, Fred Ramsdell & Shimon Sakaguchi

The immune system is a powerful defender — but it must know when not to attack.

These scientists illuminated the mechanisms of peripheral immune tolerance, particularly regulatory T cells, explaining how the body prevents autoimmune destruction. Their discovery reshaped understanding of autoimmune diseases and immune-based therapies.

“True strength lies not only in defense — but in restraint.”

Impact: Advancing therapies for autoimmune disorders, cancer immunotherapy, and transplant medicine.

From decoding genes to redefining immunity, these Nobel laureates remind us that science advances through courage, curiosity, and unwavering belief in possibility.



Recognitions That Inspire

inspire

IN LOVING MEMORY OF

1. Dr. Christopher Thomas

In respectful remembrance of Dr. Christopher Thomas, PhD from National Institute of Mental Health and Neurosciences (NIMHANS), who served as Additional Professor in the Department of Physiology at AIIMS Kalyani.

He was deeply respected for his sound clinical knowledge and his remarkable ability to teach colleagues and students with clarity, patience, and clinical relevance. His sessions were not merely lectures but thoughtful engagements that nurtured critical thinking and scientific integrity.

His untimely loss is not only personal but profoundly felt across the community of physiologists. The academic fraternity has lost a brilliant mind, a committed teacher, and a compassionate mentor.

He will be remembered with immense respect, gratitude, and lasting admiration.

2. The Circle of Learning: A Tribute to the Pillars of My Practice

In the high-pressure corridors of my institution, clinical success is often measured by outcomes and statistics. However, as an anaesthesiologist, I recognize that my professional journey is not a solo trek, but a mosaic of lessons gifted by those around me. This is a note of profound gratitude to the "silent faculty" who have shaped my career.

To My Patients: My First and Greatest Teachers

Every patient who trusts me with their life during their most vulnerable moments is my primary instructor. You taught me that medicine is not just about pharmacology or physiology; it is about the sanctity of trust. From you, I learned the art of listening to what is not said and the realization that every "case" is a human story requiring a unique, empathetic touch. You are the reason I strive for perfection every single day.

To My Parents: The Architects of My Foundation

Long before I understood a ventilator circuit, you taught me the values of resilience, integrity, and the "service before self" mindset. Your sacrifices provided the bridge upon which I walked toward this profession. Any empathy I show at a patient's bedside is a reflection of the character you built in me.

To My Colleagues: The Power of the "Unity"

The Operating Theatre is an arena where individual brilliance fades if not for teamwork. To my fellow consultants and the surgical teams: thank you for the seamless coordination. Our shared Crisis Resource Management and mutual respect turn potential chaos into clinical success. We are a symphony, and your reliability is my greatest safety net.

To My Residents: My Partners in Growth

To my residents at my institution, I owe a special debt. Teaching is—and always will be—a two-way procedure. While I share clinical pearls, your inquisitive minds, tireless energy, and "why" questions keep me intellectually sharp. You challenge my assumptions and remind me that to teach is to learn twice. You are not just trainees; you are the future guardians of this specialty.

Submitted By: Mohd Luqman

MD, DM Assistant Professor of Anaesthesia.






Central Library



Library E-Resources

 
BMJ journals

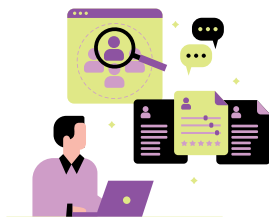
 
BMJ case report



 
BMJ best practice



 
BMJ learning



 
BMJ learning



 
BMJ research to publication course



 
UpToDate

 
ERMED Consortium

 
Access Medicine



 
MedOne Education

 **ELSEVIER**
Embase <https://www.embase.com>
Scopus <https://www.scopus.com>

Research Tools
 **Plagiarism Checker**
iThenticate
<https://aiimsbathinda.turnitin.com>
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Central Library



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Library Orientation Program for MBBS and MSc Nursing Students

Library orientation sessions were conducted on 23 September 2025 for the MBBS Batch 2025 students, followed by a session on 24 September for the MSc Nursing students, with the objective of familiarizing them with the library's facilities, resources, and services. The sessions covered the library layout, rules and regulations, membership and circulation procedures, and the effective use of print and electronic resources, including reference materials, journals, and online databases. These programs aimed to enhance students' awareness of available learning resources and to support their academic studies, research work, and independent learning throughout their professional education.



Accelerating Medical Research with Artificial Intelligence

The Central Library successfully organized a comprehensive workshop titled "Accelerating Medical Research with Artificial Intelligence" on 19 November 2025, with active participation from 70 members various departments. The workshop highlighted how Artificial Intelligence has rapidly transformed healthcare by significantly influencing both clinical practice and medical research, making research processes faster, more efficient, and more systematic. Through a blend of expert lectures, interactive discussions, and hands-on sessions, participants were introduced to the practical application of AI tools in literature search, data analysis, research proposal writing, and citation management. Special emphasis was placed on the responsible and ethical use of AI, addressing challenges such as plagiarism and data integrity. The workshop was well received and represented a significant initiative by the Central Library toward fostering a culture of innovation, digital literacy, and technology-enabled medical research within the institute.





Weight of the White Coat

We traded in the summers of our youth,
To memorize a cold, unyielding truth.
With heavy texts that bend the weary spine,
We watch the world outside the window shine.
The wards become a theater of shame,
Where hardened masters play a cruel game.
A whispered curse, a sharply spoken sneer;
They teach the art of healing through our fear.
Through thirty hours of artificial light,
We drag our aching bodies through the night.
With hollow stomachs, trembling on our feet,
We chart the pain we are too numb to treat.
The first time that we watch a patient die,
The system dictates there's no time to cry.
We push the grief behind a sterile mask,
And turn in silence to the next cold task.
We cannot leave this prison we have made,
For every step was borrowed, dearly paid.
The debt hangs heavy like an iron chain,
And binds us to this corridor of pain.
The system treats a human like a chart,
And slowly drains the mercy from the heart.
A factory that grinds the spirit down,
Where gentle hands are quickly left to drown.
Yet deep beneath the calluses and scars,
A quiet, stubborn fire still is ours.
We find our refuge in the friends who stay,
Who hold us up when we have lost our way.
We will survive this crucible of stone,
And build a kinder practice of our own.
Though they have tried to break us in the night,
We are the ones who bring the morning light.

Sahil Khan

MBBS Batch 2022

ਜ਼ਿੰਦਗੀ

ਜ਼ਿੰਦਗੀ ਦਾ ਸਫ਼ਰ ਅਧੂਰਾ ਏ,
ਅਸੀਂ ਕਰਨਾ ਹਾਲੇ ਪੂਰਾ ਏ।
ਮੰਜ਼ਿਲ ਦੀ ਰਾਹ ਤੁਰਿਆ ਜਾਣਾ,
ਜ਼ਿੰਦਗੀ ਦਾ ਸੱਚ ਅਧੂਰਾ ਏ।
ਮਿੱਟੀ ਤੋਂ ਜੰਮਿਆ ਮਿੱਟੀ ਵਿੱਚ ਜਾਣਾ,
ਇਹ ਵਕਤ ਤਾਂ ਮੰਨਿਆ ਹੀਰਾ ਏ।
ਜ਼ਿੰਦਗੀ ਦਾ ਸਫ਼ਰ ਅਧੂਰਾ ਏ।
ਲੱਖ ਮੁਸੀਬਤ ਔਕੜ ਆਵੇ,
ਪਰ ਰਾਹ ਦਸੌਦਾ ਪੂਰਾ ਏ।
ਜ਼ਿੰਦਗੀ ਦਾ ਸਫ਼ਰ ਅਧੂਰਾ ਏ,
ਅਸੀਂ ਕਰਨਾ ਹਾਲੇ ਪੂਰਾ ਏ।
Akshdeep Kamboj (MLT)
Department: Pathology

ਮੇਰਾ ਜੀਅ ਕਰਦਾ

ਮੇਰਾ ਜੀਅ ਕਰਦਾ ਕੇ ਉਹ ਕਰਾਂ
ਜੋ ਬਣਕੇ ਇੱਕ ਮਿਸਾਲ ਰਹੇ,
ਪੂਰੀ ਦੁਨੀਆਂ ਚ ਹੋ ਸਿਫ਼ਤ ਮੇਰੀ
ਤੇ ਦੇਸ਼ ਮੇਰੇ ਦਾ ਮਾਣ ਵਧੇ ॥
ਮੇਰਾ ਜੀਅ ਕਰਦਾ ਕਲਪਨਾ ਚਾਵਲਾ ਬਣਕੇ
ਚੰਨ ਉੱਤੇ ਪੈਰ ਵੀ ਪਾਵਾਂ ਮੈਂ,
ਕਾਮਾਗਾਟਾ ਮਾਰੂ ਬਣਕੇ
ਪਾਣੀ ਵਿੱਚ ਅੱਗ ਲਾਵਾਂ ਮੈਂ ॥
ਮੇਰਾ ਜੀਅ ਕਰਦਾ ਅਬਦੁਲ ਕਲਾਮ ਬਣਕੇ
ਦੇਸ਼ ਨੂੰ ਨਵੀਂ ਤਕਨੀਕ ਸਿਖਾਵਾਂ ਮੈਂ,
ਬਾਰਡਰ ਤੇ ਜਵਾਨ ਬਣਕੇ
ਰੱਖਿਆ ਲਈ ਤੱਤਪਰ ਹੋ ਜਾਵਾਂ ਮੈਂ ॥
ਮੇਰਾ ਜੀਅ ਕਰਦਾ ਡਾ. ਅੰਬੇਡਕਰ ਬਣਕੇ
ਜਾਤ ਪਾਤ ਦਾ ਫ਼ਰਕ ਮਿਟਾਵਾਂ ਮੈਂ,
ਆਈ.ਪੀ. ਐਸ. ਕਿਰਨ ਬੇਦੀ ਬਣਕੇ
ਔਰਤ ਦਾ ਮਾਣ ਵਧਾਵਾਂ ਮੈਂ ॥
ਮੇਰਾ ਜੀਅ ਕਰਦਾ ਸ਼ਾਂਤੀ ਦੂਤ ਬਣਕੇ
ਹਰ ਪਾਸੇ ਖੁਸ਼ਹਾਲੀ ਲੈ ਆਵਾਂ ਮੈਂ,
ਖ਼ਤਮ ਹੋ ਜਾਵੇ ਉਚ ਨੀਚ ਸੱਭ
ਇੱਕ ਨਵੀਂ ਲਹਿਰ ਚਲਾਵਾਂ ਮੈਂ
ਇੱਕ ਨਵੀਂ ਲਹਿਰ ਚਲਾਵਾਂ ਮੈਂ ॥
NITISH (Lab Technician)
Department of Pathology





Artist
Nikita Kumawat
(B.Sc. Nursing)



A Small Rash, A Big Lesson

It began with a faint redness on a child's arm.

"Maybe it's the heat," someone said.

"Maybe it's nothing," another replied.

The child had started a new antibiotic just two days earlier. There was no fever now, no emergency alarm ringing, no crashing vitals demanding attention. Just a small rash — quiet, almost apologetic.

But medicine teaches us something powerful: whispers matter.

That faint redness could be the body's first protest. A complaint of dizziness, an unusual drowsiness, a ringing in the ears — these are not inconveniences. They are conversations. The body speaks long before it collapses.

Behind every adverse drug reaction is a human story — a mother scanning her child's skin twice a day, an elderly patient wondering why his vision feels blurred, a young woman hesitating to mention a side effect because she thinks it is "too small."

Pharmacovigilance reminds us that nothing is too small to report. A single entry in an ADR form may prevent harm to hundreds tomorrow. A patient's courage to speak up may rewrite a treatment guideline someday.

Medicine is not only about choosing the right drug. It is about listening when the drug speaks back through the patient.

Sometimes, the smallest rash is not a minor detail. It is the beginning of safer medicine for all.

Dr Abhinav Kanwal

*Associate Professor Coordinator- AMC,
Department of Pharmacology, AIIMS
Bathinda*

Will I ever grow up
Will i ever change
Will any of it ever fade.
Or shall I learn to cooperate
Or make myself separate?
Am i afraid
Of my own shade.
They say its just a phase
Is it true, or is it fake.
Now I am afraid of everybody's sight.
Is it my fate God's chosen fight?
And I'm sitting on the roof, alone and quiet,
Longing for that piece of Night.
A piece of Night full of Darkness,
That will blind all the glances.
Maybe then I'll fall into my abyss,
To truly know me in my full eclipse.
And then rise with a glowing Twilight,
To end, once and for all, these fights -
And live my life without any sighs.
But I'm just sitting here, alone and quiet,
Still Longing for that piece of Night.

Sourabh Kumar

MBBS Batch 2022

VICE

Love is the boat to ride this swamp
Come out alive, adhere the damp
Compassion – an oar to row
Will – the weather report
Vice – the mermaid of this land
Mermaid a medusa in this
Mind – an inert battlefield
Subjugated to all that's high yield
Lovers – the habitat
And it sums up with that

*Dr. Gaurav Thakur, Junior Resident
Department of Pathology*





A Symphony of Safety: A Day in the Life of an AIIMS Bathinda Anaesthesiologist

The day begins at 8:00 AM, not in the Operating Theatre (OT), but in the quiet focus of the Pre-Anaesthesia Check-up (PAC) Clinic. Here, the foundation of patient safety is laid. My routine is a continuous balance of clinical precision, vigilant monitoring, and the "soft skills" that define modern perioperative medicine.

06:00 AM - My day breaks with gratitude and spiritual preparedness as well as finding quick time for warm up, resistance training followed by healthy breakfast for the day

08:00 AM – The Preparation Phase

Safety starts before the patient arrives. My morning ritual involves a rigorous check of the anaesthesia workstation, emergency drugs, and backup airways mostly done by post graduate trainee and technicians under my supervision. At AIIMS Bathinda, we adhere to the WHO Surgical Safety Checklist, ensuring that "Plan A" is ready and "Plan B" is already in mind.

09:00 AM – Communication as a Lifeline

As the patient enters the induction room, communication becomes my most potent tool. Beyond explaining the procedure, I focus on alleviating the "pre-op jitters." A calm patient is a physiologically stable patient. Clear, empathetic dialogue builds a bridge of trust, ensuring the patient feels seen as a person, not just a case number. We work as team to deliver the best results

The "Intra-op" Vigil: Leadership in the OT

Once the patient is under, I transition into the "guardian of the vitals." As an anaesthesiologist, I am the Captain of the Ship regarding physiological stability. My role demands:

- **Vigilant Monitoring:** Tracking real-time hemodynamic to pre-empt complications.
- **Crisis Resource Management (CRM):** When a crisis hits, I assume a leadership role, directing the surgical and nursing team with clear, closed-loop communication to ensure rapid intervention.

05:00 PM – The Transition of Care

Safety doesn't end when the surgery does. The hand-off to the Post-Anaesthesia Care Unit (PACU) is a critical juncture. The anaesthesia team provide a detailed briefing on the intraoperative course and pain management plan, ensuring no detail is lost in transition.

However, at times things do not go as planned at all the times

Navigating the "Grey Zones"

- **The Stress Response:** When faced with an "unanticipated difficult airway" or a sudden intraoperative haemorrhage, we rely on Crisis Resource Management (CRM). I prioritize situational awareness, ensuring I don't succumb to "task fixation" while the patient's vitals fluctuate.
- **Decisive Leadership:** In a crisis, the OT atmosphere changes instantly. As the anaesthesiologist, I must exert assertive leadership, giving clear, calm, and directed instructions to the nursing staff and surgical team to stabilize the patient.

The Role of Communication Under Pressure

- **Closed-Loop Communication:** To prevent errors during a "Code Blue" or emergency, I ensure every





drug dose or intervention I order is repeated back to me. This eliminates ambiguity in a noisy environment.

- **The Hard Conversations:** When things don't go as planned, transparency with the family is paramount. Following the AIIMS Bathinda patient safety protocols, I believe in honest disclosure, explaining the complications and the corrective measures taken with empathy and professional integrity.

Resilience and Learning

Every "near-miss" or adverse event is followed by a clinical debrief. We analyze the incident not to assign blame, but to identify latent system failures. This culture of constant improvement is what makes the Department of Anaesthesia at AIIMS Bathinda a cornerstone of patient safety

The Evening Reflection

My day concludes with post-operative rounds, visiting the patients I cared for earlier. Seeing a patient comfortable and pain-free is the ultimate validation. At AIIMS Bathinda, our routine is more than just "putting people to sleep"—it is the disciplined pursuit of waking them up safely, every single time.

Dr. Mohd Luqman

MD, DM Assistant Professor, Department of Anaesthesia

My Four Years at AIIMS Bathinda – A Quiet Journey

When I joined AIIMS Bathinda for nursing, I was honestly scared. Everything felt big, the institute, the hospital, and the expectations. I came with dreams but also with a lot of confusion. I did not know then how much these four years would change me.

First year was the hardest. New subjects, strict schedules, clinical postings, and being away from home made everything feel overwhelming. Many times, I felt lost. Even wearing the uniform felt heavy at first. But slowly, with each class and each posting, I started learning, not just nursing but also discipline and responsibility.

Second year brought more pressure. Long hours in wards, patient care, and studies together were exhausting. There were days when nothing seemed enough, not sleep and not rest. Still, small moments kept us going. A patient trusting us, a nurse correcting us patiently, or a simple word of appreciation. Those moments mattered more than marks.

In third year, something changed. The hospital no longer felt frightening. I started understanding patients beyond their diagnosis. Nursing taught me that care is not always about medicines. Sometimes it is about listening and sometimes just standing beside someone in pain.

Final year came too soon. Suddenly, the same place that once scared me felt like home. I realized I had grown emotionally and professionally. AIIMS Bathinda taught me resilience, empathy, and confidence. It taught me how to stay calm in chaos and how to care even when tired.

These four years were not easy, but they were meaningful. I entered as a student and I leave as a nurse who is ready to learn more and ready to serve better. AIIMS Bathinda will always remain a very important part of my journey.

Muskan

B.Sc Nursing(H) Batch 2022



Creative Corner



Nursing Student Life at AIIMS Bathinda

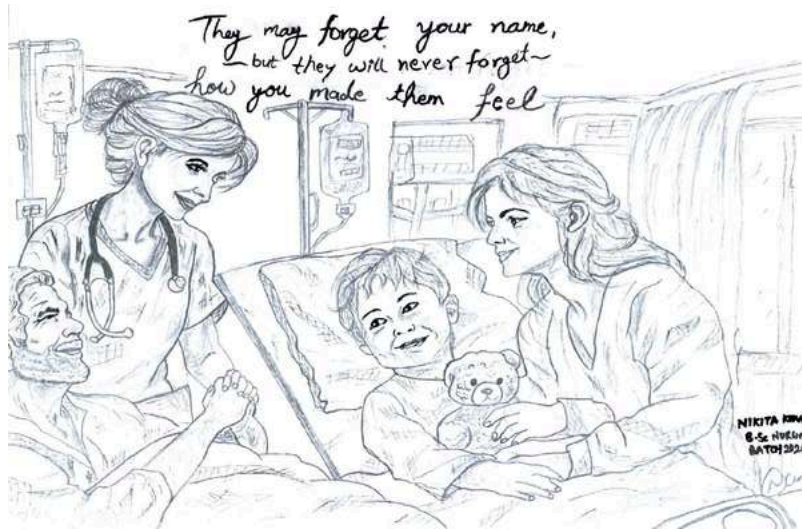
In crisp white uniforms, hearts held tight, Nursing students walk through day and night.

At AIIMS Bathinda, strong yet kind,

They train their hands and shape their mind. Before the sun paints skies with gold, they rise up brave, though tired and cold. Notes in hands and hope inside, they step through wards with patient pride. Early rounds, soft footsteps low, Learning things textbooks don't show. A trembling pulse, a silent tear, They learn to calm another's fear. Long shifts test their fragile strength. Days feel stretched to endless length. Yet still they smile, gentle and true, Because healing is what they're meant to do. They feel the loss, they feel the pain, Yet rise the next day, steady again. With courage stitched in uniform white, They stand as hope in the darkest night. And when the world sees only the white, It's their unseen strength that shines most bright. For nursing here is not just a role, it's a promise carried deep in the soul.

Riya

B.Sc Nursing Batch 2025



Artist

Nikita Kumawat

(B.Sc. Nursing)

22

All India Institute of Medical Sciences, Bathinda

Volume 1 | Issue No. 1 | Sep - Dec 2025



ਸੇਵਾਦਾਰੁੱਖ

ਇੱਕਰੁੱਖਦੀਇੱਕਟਹਿਣੀਤੇ

ਇੱਕਪੰਛੀਬੈਠਾਦੇਖਿਆਮੈਂ

ਉਸਰੁੱਖਦੀਖੂਬਸੂਰਤੀ

ਉਸਪੰਛੀਦੀਰਿਹਾਇਸ਼ਦਾਕਾਰਨਸੀ

ਉਸਰੁੱਖਦੇਉੱਤੇ

ਇੱਕਆਲੂਣਾਵੀਦੇਖਿਆਮੈਂ

ਮੈਂਹਰਰੋਜ਼ਦੇਖਦੀਰਹਿੰਦੀਹਾਂ

ਉਸਪੰਛੀਨੂੰ, ਉਸਟਹਿਣੀਨੂੰ

ਉਨ੍ਹਾਂਦੀਖੂਬਸੂਰਤੀਨੂੰ

ਉਹਵਧਦੀਹੀਜਾਂਦੀਏ

ਇੱਕਦਿਨਇੱਕਝੱਖੜਆਇਆ

ਆਇਆਬੜਾਤੂਫਾਨ

ਉਸਪੰਛੀਦਾਆਲੂਣਾ

ਟੁੱਟਿਆਤੂਫਾਨਨਾਲ

ਤੀਲਾਂ- ਤੀਲਾਂਹੋਇਆਘਰ

ਮੈਂਸੋਚਦੀ ਉਹਕਿੱਧਰਜਾਵੇ

ਉਹਘਰੋਂਬੇਘਰਹੋਇਆ

ਪਹਿਲਾਂਸੀਜ਼ਿੰਦਗੀਖੂਬਸੁਹਾਣੀ

ਪਰਅਗਲੇਦਿਨ

ਮੈਂਫਿਰਦੇਖਿਆ ਉਸੇਪੰਛੀਨੂੰ

ਉਸੇਟਹਿਣੀਉੱਤੇ

ਫਿਰਤੋਂਸੀਇੱਕਆਲੂਣਾ

ਤੇਪੰਛੀਵੀਸੀਉਥੇ

ਉਸਪੰਛੀਨੇ

ਫਿਰਤੋਂਬਣਾਇਆਆਪਣਾਘਰ

ਉਸਰੁੱਖਦੀਖੂਬਸੂਰਤੀ

ਹੀਤਾਂਸੀਕਾਰਨ

ਉਸੇਰੁੱਖਦੀਤਰ੍ਹਾਂਗੀਤਾਂ

ਇੱਕਨਰਸਮਰੀਜ਼ਨਾਲਖੜਦੀਹੈ।

ਉਹਦੀਮਮਤਾ, ਧੀਰਜਅਤੇਸੇਵਾ

ਮਰੀਜ਼ਦਾਹੌਸਲਾਬੰਨ੍ਹਦੀਹੈ।

ਟੁੱਟੇਹੌਸਲੇਨੂੰਫਿਰਖੜਾਕਰਦੀਹੈ,

ਹਰਦੁੱਖਵਿੱਚਆਸਦੀਰੋਸ਼ਨੀਬਣਦੀਹੈ।

ਉਹਦੇਹੱਥਾਂਦੀਛੁਹਾਰ

ਦਰਦਨੂੰਘੱਟਕਰਦੀਹੈ,

ਉਸਦੀਹੰਸੀਅਤੇਪਿਆਰ

ਅਧੂਰੀਜ਼ਿੰਦਗੀਨੂੰਪੂਰਾਕਰਦੀਹੈ।

ਜਿਵੇਂਰੁੱਖਪੰਛੀਨੂੰਸਹਾਰਾਦਿੰਦਾਰੈ,

ਉਸੇਤਰ੍ਹਾਂਨਰਸਮਰੀਜ਼ਨੂੰਸੁਰੱਖਿਆਅਤੇਪਿਆਰਦਿੰਦੀਹੈ।

ਉਹਸੇਵਾ, ਸਹਿਣਸ਼ੀਲਤਾਅਤੇਭਾਵਨਾ

ਮਰੀਜ਼ਦੇਦਿਲਵਿੱਚਉਮੀਦਬੰਨ੍ਹਦੀਹੈ,

ਅਤੇਨਵੀਂਸ਼ੁਰੂਆਤਦਾਰਸਤਾਖੇਲ੍ਹਦੀਹੈ।

Gurleen Kaur

B.Sc(N) Batch 2024

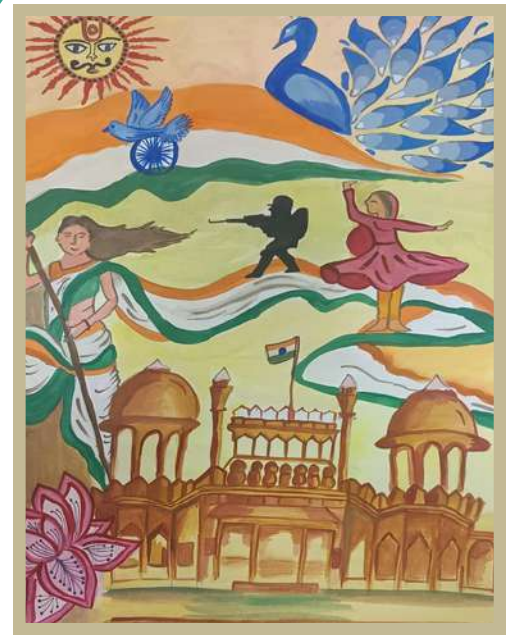


The Eleventh Gift

It was a regular evening. The air was humid, and the sound of the ceiling fan was the only noise interrupting the silence of my room. I had just finished yet another mock test. The result: not bad, not great. But someone else had topped again.

A familiar emotion crept in—not quite envy, but a gnawing restlessness. Why not me? I had studied, sacrificed sleep, skipped outings. And yet, I wasn't "there." That invisible benchmark—always just out of reach. Later that night, I picked up a short story by Leo Tolstoy—"How Much Land Does a Man Need?" In it, a man is promised as much land as he can run around in a day. The catch? He must return to the starting point before sunset. Driven by greed, he runs farther and farther until, exhausted, he collapses and dies just a few steps short of his goal. In the end, all the land he receives is a grave six feet long. That story lingered in my mind, not because it was sad, but because it felt... familiar. A few days later, while reading a verse by Guru Arjun Dev Ji in the Guru Granth Sahib, the parallel hit me even harder. The verse spoke of a man who received ten incredible gifts from God, yet grew obsessed with the eleventh. When he didn't receive it, he turned bitter, calling God cruel. The Guru questioned—what if God not only withholds the eleventh but takes back the other ten as well? Would you still complain? Suddenly, the ache I felt about not being "first" in my tests seemed small, even ungrateful.

These two moments—the Russian tale and the Sikh scripture—intertwined inside me. The connection was no longer literary; it was deeply personal. I had been so focused on achieving, topping, proving—that I forgot what I already had. A place to study. A family cheering for me. A mind hungry to learn. And yet, I kept asking for the "eleventh gift." I recalled a line from **Atlas Shrugged**—how some people hate the good just because it is good, when it doesn't belong to them. I recognized a sliver of that emotion in myself—not hatred, but a shadow of resentment. It startled me. And it humbled me. The real turning point came during a quiet moment of reflection. I came across another verse: "Bhukhiya bhukh na utari je bana pura bhar"- **The hunger of hungry is not appeased even by piling up loads of the worldly goods**. That single line brought everything into focus. Desires of mortal being are endless and there would always be one unfulfilled. The competition, the race, the chase for the next achievement—they're all part of the human experience. But they must not eclipse gratitude. Because if I lose sight of the ten gifts in front of me, I may spend my life chasing the eleventh—never realizing I was already blessed. This is my lesson. My reminder. My story. The story of the eleventh gift.



Drishiti

B.Sc (N)Batch 2024



*Dr. Subha Sheryl, JR,
Department of Pathology*



Community Celebrations



6th Institute Day celebrations

AIIMS Bathinda celebrated its 6th Institute Day with great enthusiasm and pride, marking an important milestone in the journey of the institute. The occasion brought together faculty members, students, officers, staff, and distinguished guests to commemorate the institute's achievements and foster a spirit of unity and excellence.

The celebration commenced with official events, which highlighted the academic progress, healthcare services, and institutional growth of AIIMS Bathinda. The programme was graced by the esteemed Chief Guest Prof (Dr) Rajesh Mehta (Adjunct Professor at PHFI and former Regional Advisor for Newborn, Child and Adolescent Health at WHO-SEARO; Guest of Honour, Prof (Dr) Rajiv Sood (Vice Chancellor of Baba Farid University of Health Sciences, Faridkot) whose presence added prestige to the occasion. The event was further honored by the Executive Director Prof (Dr) Ratan Gupta, Medical Superintendent Prof (Dr) Rajeev Gupta, Dean Academics Prof (Dr) Akhilesh Pathak, Dean Research Prof (Dr) Lajya Devi Goyal, Dean Examination Prof (Dr) Geetanjali whose guidance and leadership continue to inspire the AIIMS Bathinda community. Addresses delivered during the ceremony emphasized the institute's vision, commitment to patient care, academic excellence, and research advancement.

Following the formal proceedings, the celebration transitioned into a vibrant array of cultural events. Students and staff showcased their talents through music, dance, and other cultural performances, reflecting creativity, diversity, and teamwork. These performances added color and joy to the celebration, creating an atmosphere of camaraderie and pride among all attendees.

The Institute Day celebration served as a platform to acknowledge collective efforts, strengthen institutional bonds, and reaffirm AIIMS Bathinda's dedication to excellence in medical education, research, and healthcare delivery. The event concluded on a positive and memorable note, leaving participants motivated and proud to be a part of the AIIMS Bathinda family.



Community Celebrations



AROHHA 2025: A Symphony of Cultural Brilliance

The first annual fest of AIIMS Bathinda, AROHHA 2025, held from October 3rd to 5th, served as a vibrant platform uniting art, culture, and spirit. The three-day celebration witnessed a spectacular confluence of cultural performances and artistic expressions that left the campus inspired.

Rhythm and Movement: The Dance Competitions

The dance events were a testament to the students' agility and creative choreography, spanning various genres and styles.

Dance styles performed is Flamenco (Solo Dance), Sync Symphony (Group Dance) and Bhangra performance for A special highlight that celebrated the local heritage.



A Melodic Journey: Music and Vocals

The music competitions filled the auditorium with harmony, ranging from individual vocal excellence to collaborative instrumental power.

Ethereal Nirvana (Solo Singing) and Band energetic performance and seamless coordination kept the audience enthralled throughout the show.

Visual Arts and Craftsmanship

The "Art Extravaganza" turned the fest into a gallery of imagination, focusing on both traditional and unconventional mediums.

Ethnic Echoes (Rangoli), Clay Kingdom, bottled Dreams (Bottle Painting), Cosmic Canvas, Wear the Art (A unique fusion of fashion and fine arts) and Majestic Folds activities performed under Visual Arts and Craftsmanship.



Community Celebrations

ART EXTRAVAGANZA : The Art Gallery of AIIMS Bathinda showcased a splendid collection of expressive paintings, mesmerising sketches, and captivating sculptures.



Theatrical Expressions : The fest also provided a space for those who find their strength in words and performance. **Curtain Chronicles (Skit)**: This theatrical event allowed groups to perform original or adapted plays.

Mr. & Miss Aroha (Aurora Mystique): The flagship personality pageant themed "Where radiance meets mystery."

HUSN-E-SULTANAT - The Fashion Show lit up the fest with stylish outfits and confident walks. Participants showcased creativity and elegance, leaving the audience mesmerised.



AROHA 2025 was more than just a series of competitions; it was a celebration of the spirit of togetherness at AIIMS Bathinda. By bridging the gap between medical academics and artistic passion, the fest succeeded in creating lifelong memories and a sense of togetherness. As the three-day extravaganza concluded, it left behind a trail of inspiration, marking the successful beginning of a tradition that celebrates the essence of unity in diversity and the boundless potential of the student community.





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