

Newsletter : 01

British Georgians

Newsletter for the Georgians in the UK



KGMC Alumni UK
September 2020

NEWS

Executive committee

Patron:

Dr Ajai Singh

President:

Dr Ashok Jainer

Secretary:

Dr Vineet Tandon

Treasurer:

Dr Boota Singh;
Dr Ashish Minocha

Executive Members:

Dr Asif Jha
Dr Shishu Sharma
Dr Vikas Malik
Dr Jasbir Singh
Chhabra
Dr Jyoti Agarwal

- Dr Niruj Agrawal has edited the Oxford textbook of

Neuropsychiatry (details on page 3).

- Dr Shobha Srivastava has been awarded the MBE.

- Dr Anju Kumar, consultant in Obs and Gynae, Royal

Glamorgan hospital has been awarded the lifetime

achievement award by the Ethnic Minority Welsh Women

Achievement Award (EMWWAA) in 2019.

- Dr Ashish Mahendra, Orthopaedic Consultant, Glasgow is an

examiner for the FRCS orth exam and has been nominated to

host the intercollegiate examination in Glasgow in November.

- Dr Dhavendra Kumar has launched a series of online

seminars (details on page 4)

- Dr Rishu Tandon has been an abstract reviewer for the RCOG

World Congress for the last 2 years. She presented an

interactive poster in RCOG world congress, 2019.

Dr Ajai Singh, Patron, KGMC Alumni UK

A brief history of KGMC Alumni UK - How it evolved

The first Georgian meet, in the UK, took place in Leamington Spa in 1978. It was the brainchild of Drs. Amar Singh Ryan, Ajit Singh & Balbir Singh. The word was spread by telephone and by word of mouth. The meet has been held every year ever since in various parts of the Country, alternating between North & South. The Annual meet has always been attended by over a 100 Georgians. In 1997, website "www.kgmc.org.uk" was launched by Dr. Surendra P Singh and a database developed. An Executive Committee was formed electing Late Dr. Bulu Singh - Chairperson, Dr. Ajai Singh - Secretary and Dr. Boota Singh - Treasurer.



We have very successfully hosted two International meets in - 1995 & 2014. We are known for excellent scientific sessions approved by the Royal Colleges. It has always been a practice to encourage young Georgians to attend and take control to carry on the tradition and make improvements in the functioning of our Alumni.

ajaisingh46@hotmail.com

Glory of Georgians award winners

1. Dr Bulu Singh
2. Prof Dhavendra Kumar

3. Dr Shobha Srivastava
4. Dr. Sanjeev Agarwal
5. Prof Ravi Kant

Editorial - Dr Sanjeev Agarwal, Cardiff

The preceding few months have been a trying time for all of us. By the middle of March, we were heading into unknown territory staring at an ineluctable deadly advancing pandemic. Normal life, as we know it, was to change like never before. We were cut off from friends and family as we went into lockdown. The toll on families who lost loved ones, on the national economy, and our general well being was immense.

Some of us were on the front line - like Dr Jasbir Chhabra who has battled round the clock in the intensive care unit. He has shared his experience through a webinar organised by Dr D Kumar. Some of us were affected but thankfully recovered. Dr Saurabh Sagar Mehta shares his experience as a patient on page 5.



The survival of a species in nature depends not so much on its intelligence or strength, but more on its adaptability. We adapted. The pandemic showed the importance of staying connected. We used video calling to connect to friends and family. We kept our distance, but stayed more connected than ever before.

Throughout the pandemic, inspiring acts of selflessness and service were everywhere. People cooked food for the needy, an army of volunteers delivered medicine and essentials to those who could not access the shops and people looked after their neighbours.

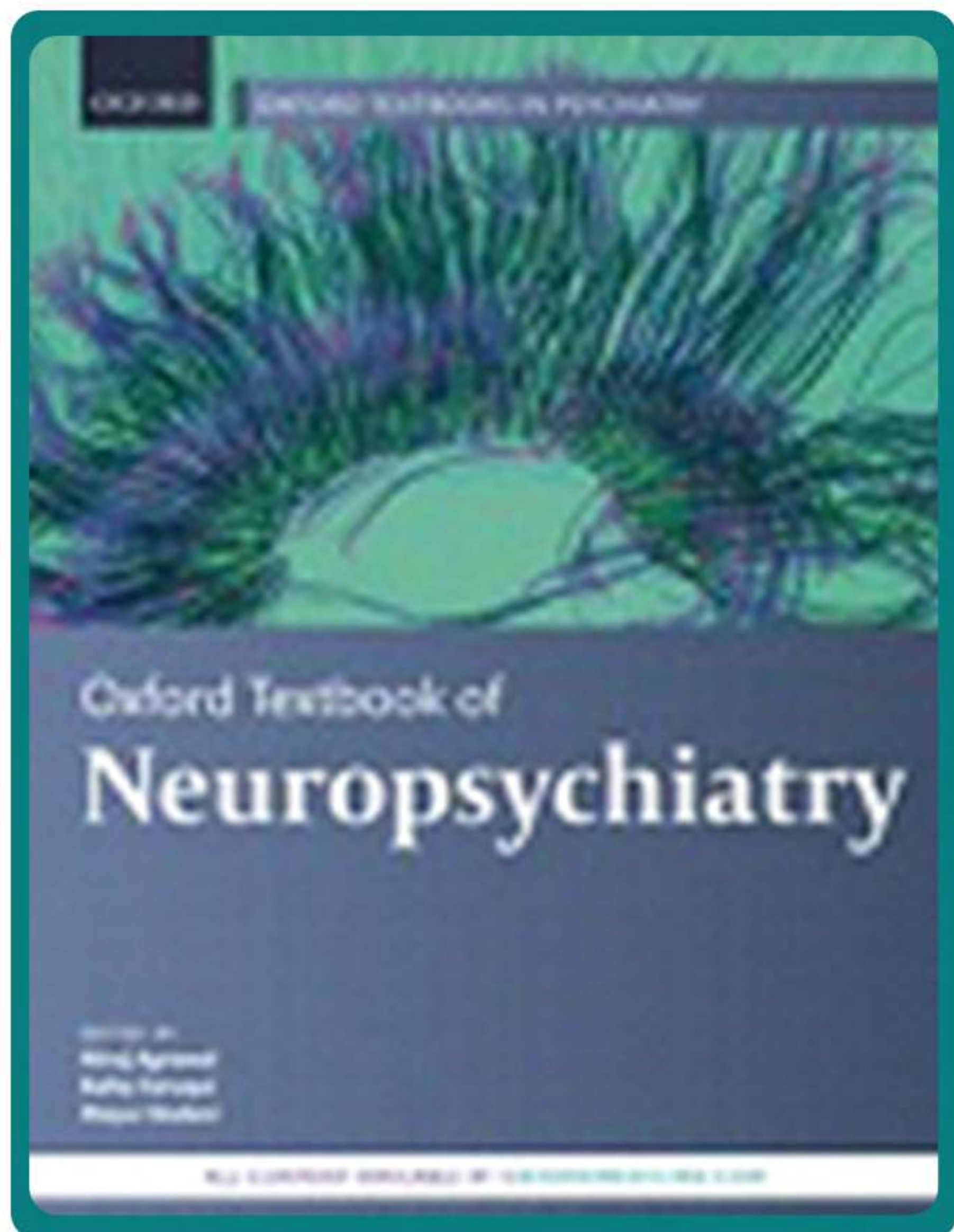
sagarwal25@gmail.com

Dr Niruj Agrawal, Editor, Oxford textbook of Neuropsychiatry

Dr Niruj Agrawal grew up in a number of rural areas of UP in India due to his father's job. Hence, his schooling was at quite a few different schools, in some cases schools without a building or furniture! But he was lucky to have the right teaching at the right time to allow him to progress academically to get a place at highly coveted KGMC. He joined MBBS in 1986. During his years at KGMC, he always wanted to be a surgeon and never thought of anything else as a career choice. During the postgraduate entrance exams, he got general surgery at KGMC as per his first choice and got psychiatry at AIIMS. As there was a 6 months delay in the start of surgical training at KGMC, he started psychiatry training placement at AIIMS. Six months later, he was in a great dilemma as he had begun to like psychiatry and after joining surgery for a week at KGMC, returned back to AIIMS and completed psychiatry training leaving his surgical dream behind. Thus started a new journey into mysteries of mind and brain which he found intriguing and exciting.



He came to the UK in 1996 and did basic psychiatry training from St George's and Higher training from Imperial College. He did MSc from University of Wales. He did neuropsychiatric training at the National Hospital Queen Square and St Thomas's Hospital. He has been a Consultant Neuropsychiatrist at St George's Hospital since 2003 and Hon. Senior Lecturer at St George's University of London.



He is closely involved with the MRCPsych exams at the RCPsych as a member of the examination committee for 12 years. He is the lead for new VSAQs there. He is on the executive committee of the Faculty of Neuropsychiatry at the RCPsych and the International Neuropsychiatry Association. He is on the editorial board of BJPsych Bulletin and ANZJP. Previously he was director of R&D for the trust for 5 years and Vice Chair of the Faculty of Neuropsychiatry

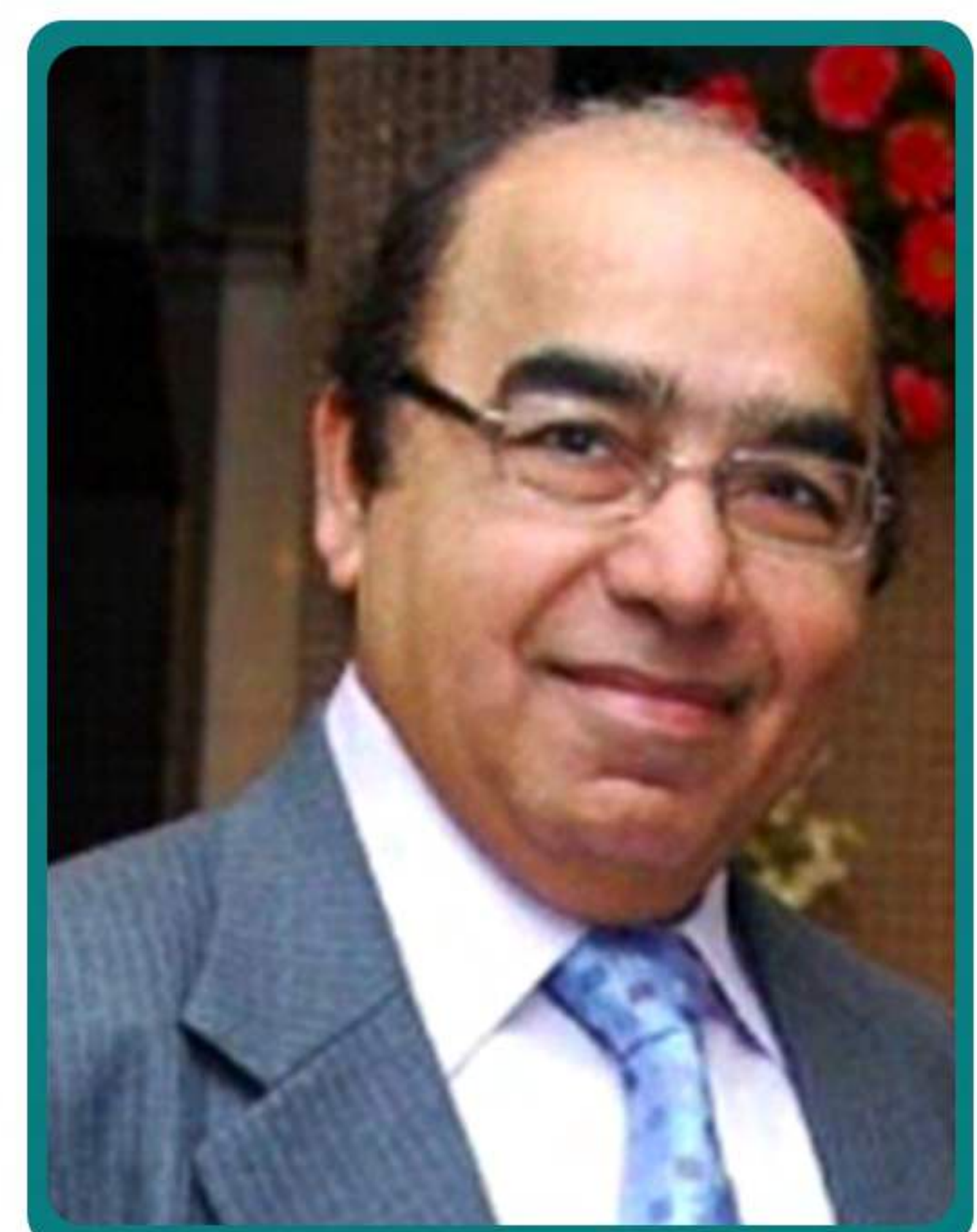
at RCPsych for 6 years. He has published over 80 papers and book chapters and previously edited a book before this one.

niruj.agrawal@swlstg.nhs.uk

Dr Dhavendra Kumar - online seminars

Dr Dhavendra Kumar has initiated a series of online seminars. These are free and accessible to all Georgians worldwide. The seminars are delivered by leading experts and are recognised for postgraduate education. The aim of the seminars is to work and learn together, enhancing the standards of medical education and clinical practice for all Georgians and contemporaries.

The first one was organised on 7th August 2020



and featured talks by Dr Jasbir Chhabra (Consultant in critical care, Lancashire teaching hospitals) - "Intensive care for covid -19 critically ill patients" and Prof Tulika Chandra (Head of department of transfusion medicine, KGMU, Lucknow) - "Plasma therapy for critically ill covid -19 patients".

Further information available from genomicmedicineuk@gmail.com

Dr Saurabh Sagar Mehta - experience as a coronavirus patient

I am sharing my experience of initial days of having coronavirus as suggested by my senior Mr Sanjeev Agarwal.

It was the end of March 2020 when the coronavirus lockdown happened in the UK. At that time there was very little knowledge about coronavirus and everybody was anxious and afraid. My initial symptoms were headache, body ache and fever. I have had viral fever in the past but this was different. As I was quite anxious, I isolated myself in my home. It took me over 10 days to start recovering. My condition was such that it was even difficult to get out of bed owing to weakness and body aches. I was quite anxious for my family as well, and therefore I self isolated. I have two young children in my house and I kept away from my family as much as possible. My wife used to keep the food and other things that are required outside my room. I was using a separate toilet as well. The swabs had not started in our region by the time therefore it was difficult to identify whether it was coronavirus, but listening to the symptoms of



some of the patients, which my colleagues described, I felt it was coronavirus. I was doing breathing exercises, as I was afraid that if I developed any chest symptoms I would have to go to the hospital, which I was dreading.

As it was the start of the Coronavirus pandemic, there was very little information. There was a strict lockdown and a general feeling of anxiety. They were mixed messages from the government, which did not help to allay the fears of the people. I also had mixed feelings that I could not work but equally I should've been helping my colleagues in this difficult time. On a personal note, my wife couldn't visit her dad in India, who has not been very well.

Reading about the disease gave me some assurances that as it is a viral disease it will spread and many people will have it in either asymptomatic or mild symptomatic form and it will be difficult to completely isolate from this disease. However, people were at high risk or who are above a certain age will get a severe form of the disease. We then started thinking about our own originating country, India where the healthcare system is not so sound to provide that help and also for our parents who are there in India.

I have now recovered fully from this infection, but it gave me a few perspectives in life.

- 1) I realised that your health is the most important thing and you can help your family if you're healthy. One probably knows it, yet it hits hard when something happens. So I made a will.
- 2) One should have sound finances just in case you are unable to work for some reason. That is essential to support you and your family.
- 3) It is of utmost importance to keep pace with current technology. This was the main mode of communication and getting essentials during my illness.
- 4) While most of our relatives are in India, in this country, friends are our family

That is why I value our KGMC group. We have some common bonding because we share common values and customs. I received lots of reassuring calls and texts from all of the KGMC family and I appreciate and value it more than ever. I am grateful for friends like these hence I'm sharing this experience with this group.

Dr Saurabh Sagar Mehta, FRCS Orth, Consultant Orthopaedic Surgeon, Stoke on Trent, UK

Dr Shobha Srivastava - MBE

Dr. Shobha Srivastava(nee Sinha), an illustrious alumni has been awarded the MBE (Member of the Most Excellent Order of the British Empire) for her contribution to the Indian community in 2017. She is the senior most active Georgian in the UK (1950-55 batch) and did MD (Physiology) in 1961. She was a Lecturer in the department of Physiology at KGMU from 1961 to 1975. She moved to anaesthetics and was a consultant in South Shields from late 70s to 1998.

Other notable honours bestowed on Dr Srivastava include the Pride of South Tyneside Award in 2005, High Sheriff's Award in April 2017, Community Award at House of Lords received from Lord Patel of Bradford in 2017 and the Glory of KGMC Alumni award by KG Alumni UK 2017.



She continues to participate and actively contribute to the Georgian alumni family in the UK.

Dr A K Gupta, advances in Cognitive Behavioural Therapy

I graduated from KGMC in 1981 completing my MBBS and then MD in psychiatry in 1984. Then I worked as a specialist in psychiatry at Dr R M L hospital in New Delhi until 2004. Thereafter I came to work for the NHS and have been working in Sunderland ever since. I decided to train myself in CBT in order to transfer this technology to India straight away. I completed my postgraduate diploma in CBT from Newcastle CBT centre in 2006.



The same year I started delivering workshops in CBT at the Department of psychiatry, King George's Medical College, Lucknow, India. This work has continued ever since and have been delivering workshops at least once a year at KGMU and providing supervision to the trainees through the year via email, telephone and Skype depending upon the need as and when demanded. As a result up until now I have contributed to CBT training of more than 150 postgraduate trainees at KGMU including trainees in psychiatry, clinical psychology and psychiatric nursing. The work has been presented at two BABCP annual conferences as posters and at the World Congress of Psychiatry, Madrid Spain. I have published this work in three international peer reviewed journals. I delivered a workshop in CBT at the World Association of Social Psychiatry conference at AIMMS, New Delhi. Recently during the Covid lock down I have presented a webinar on CBT attended by 100 psychiatrists from all over India. My dream is to permanently establish a world class training in CBT in India that will revolutionise the practice of mental health in India.

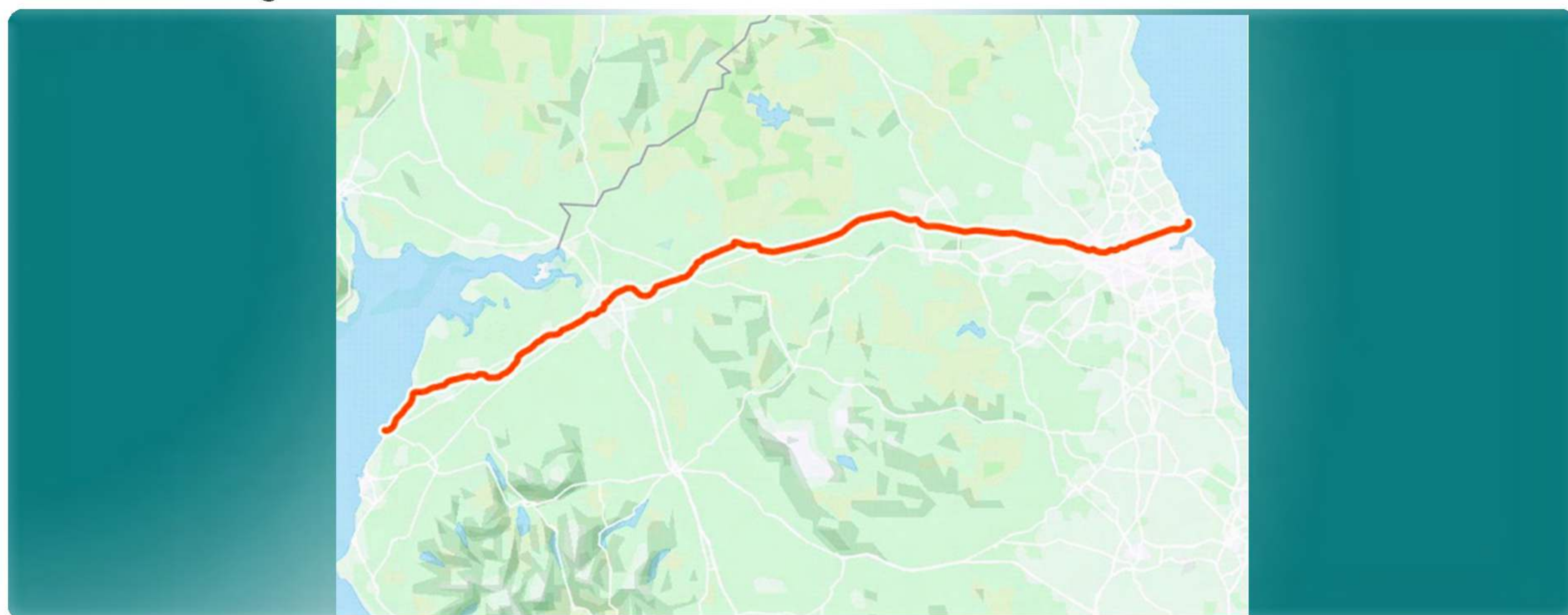
drakgupta@hotmail.com

Dr Jasbir Chhabra - Coast to coast cycling

Dr Jasbir Chhabra is a consultant in Intensive care and Anaesthetics at Lancashire teaching hospitals since 2012. A Georgian from the 1991-96 batch, He has been on the front line of the battle against coronavirus.

He is currently the Ventilation lead for Critical Care, Transfer lead and Simulation lead for Critical Care. He is also chair of the Resuscitation Committee for the last 2 years and a Primary FRCA Examiner.

He completed a 100 mile coast to coast cycle ride in one day. Total cycling time of 8 hours 11 minutes. The journey was from Maryport on the west coast of England to Tynemouth on the east coast of England.

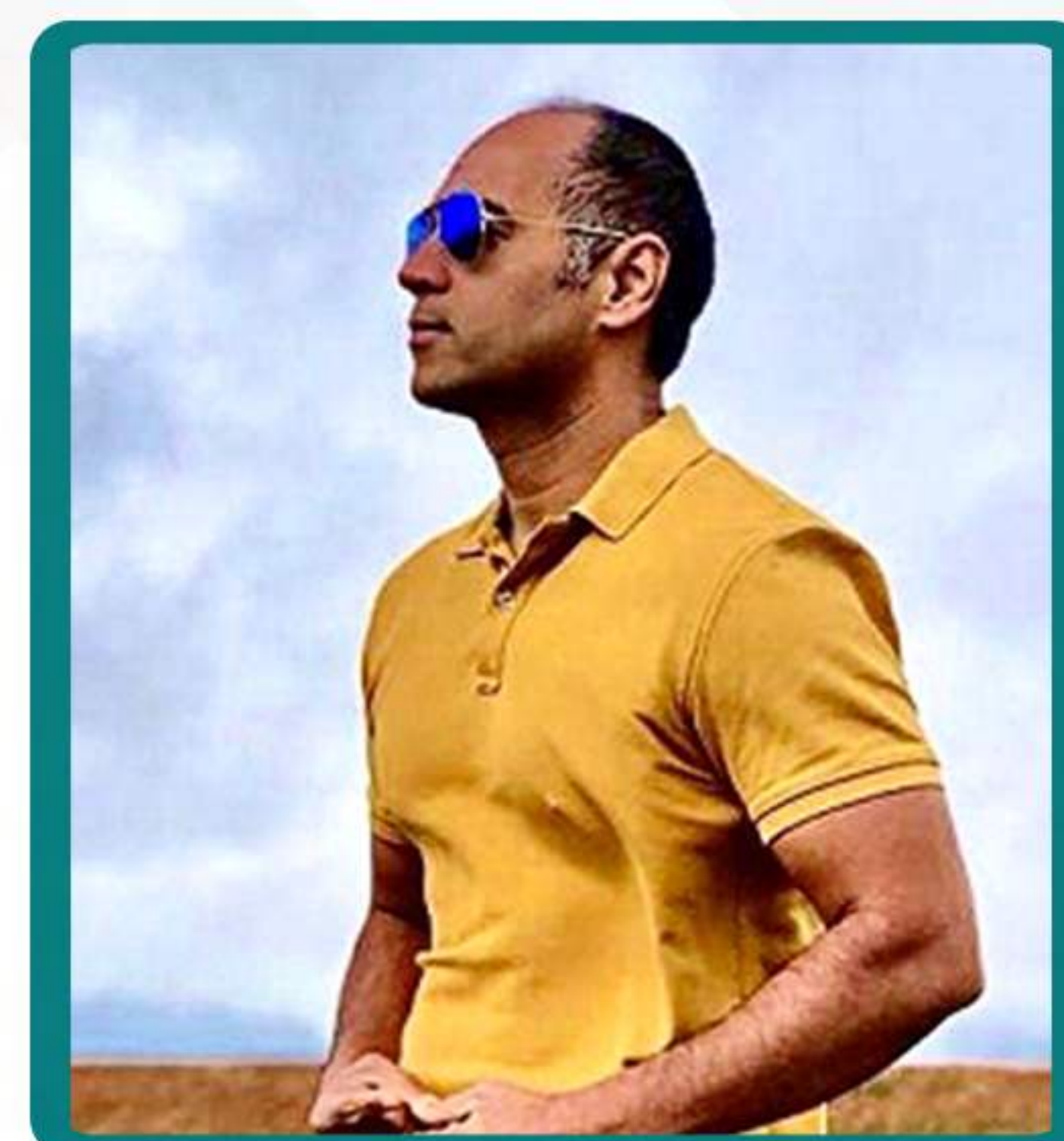


Dr Shishu Sharma - Half Marathon

Dr Shishu Sharma is a consultant pediatric gastroenterologist at Sheffield children's hospital, Sheffield. In August 2018, he donated over

half of his liver.

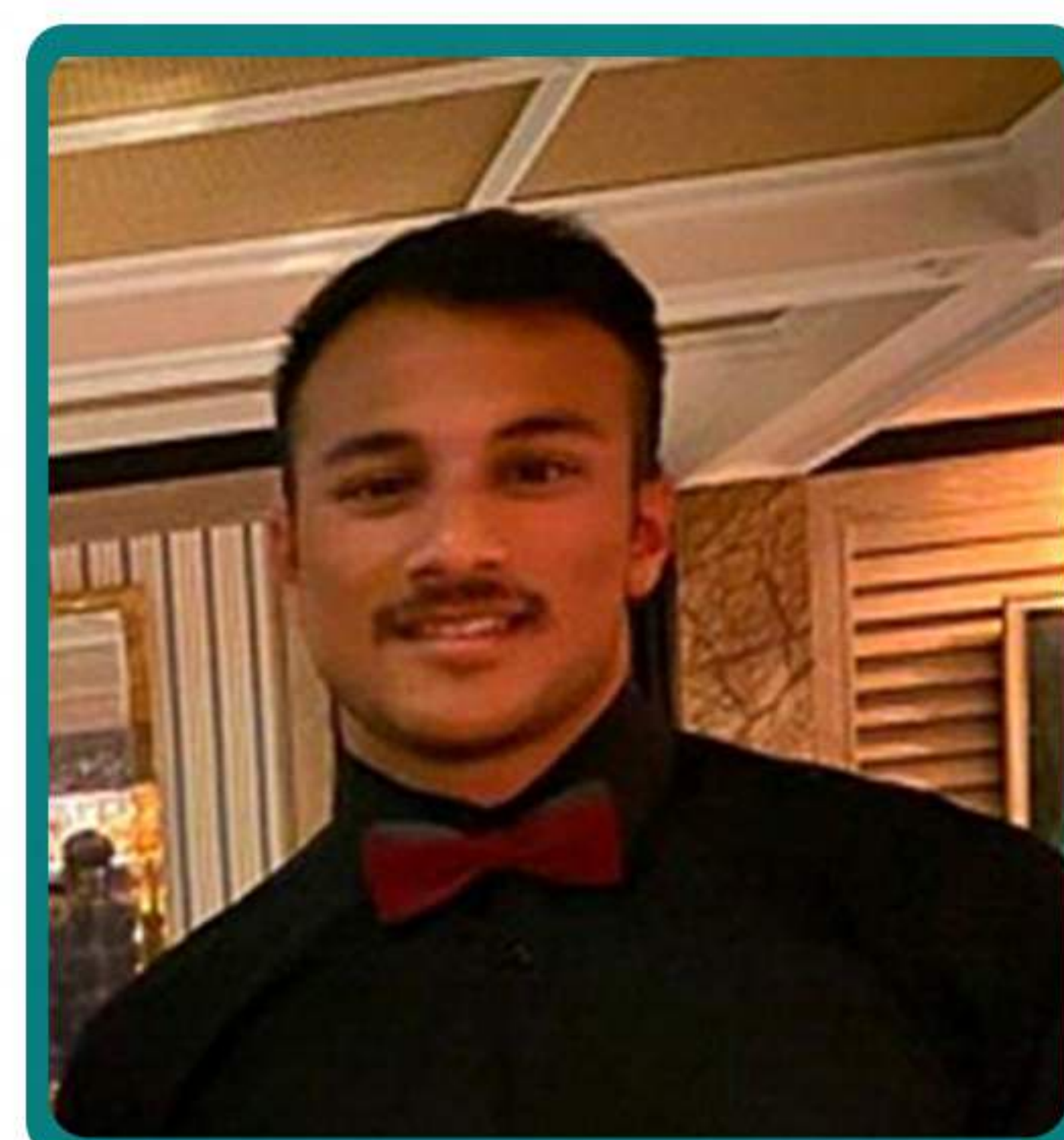
To mark 2 years of the successful operation, he took up running and completed the half marathon - 13 miles - in 2 hours 10 minutes. He now plans to participate in the London Marathon to raise awareness for Live organ donation.



Achievements of Georgian family members

Tarush Gupta (son of Dr Sanjay Gupta, consultant paediatrician at University Hospital, Birmingham and Dr Itisha Gupta, consultant microbiologist at University Hospital, Birmingham) is in third year Medicine at Imperial College, London.

He is captain on the Imperial College medics hockey team



Suyash Agarwal (son of Sanjeev Agarwal, Consultant Orthopaedic Surgeon at University Hospital, Cardiff and Jyoti Agarwal, Consultant radiologist at University hospital, Cardiff) has gained admission to Oxford University Engineering course in 2020 and will be part of the Keble College.

He is a keen guitarist, tennis player and member of mensa UK.

