



आरोग्यम् सुख सम्पदा

प्रारंभ

An OFFICIAL NEWSLETTER of
GMERS Medical College &
General Hospital,
Gandhinagar

Editorial Board

Editor in Chief: Dr. Ankur Zalawadia

Executive Editor: Dr. Darshan J Dave

Associate Editor: Dr. Amit M Shah



**Message of the Dean
Dr. Ankur Zalawadia**

Education is not just about acquiring knowledge, but about shaping character, compassion, and commitment. As you move forward in your medical journey, remember that every small effort contributes to a larger purpose — serving humanity. Let curiosity guide you, and let dedication define you.



**Message of Medical Superintendent
Dr. Meeta Parikh**

In the corridors of a hospital, learning goes beyond textbooks — it is lived through every patient interaction. Strive to blend clinical excellence with empathy and integrity. Each day is an opportunity to make a difference in someone's life — embrace it with responsibility and pride.

Editorial Board

Chief Editor:
Dr. Ankur Zalawadia

Executive Editor:
Dr. Darshan J. Dave

Associate Editor:
Dr. Amit M Shah

2026. Vol 1: January - March

प्रारंभ



An Official Newsletter of GMERS Medical College & General Hospital, Gandhinagar

No.	Content	Page no.
1	From Editorial Desk: Navigating the Biosimilar Frontier—A New Era in Biotherapeutics	1
2	Where Theory Meets the Human Form: Exploring Anatomy Beyond Books	5
3	Saving Seconds, Saving Lives: COLS Training at Sachivalaya, Gandhinagar	7
4	Teaching Ungraduates Life Saving Skills by Anaesthesia Dept	8
5	Precision, Function, Confidence: Celebrating World Prosthodontics Day	9
6	Bridging Medicine & Law	10
7	Decoding the Framework: Understanding Medical Service Rules	11
8	Small Changes, Big Impact: The Power of a Healthy Lifestyle	12
9	AMSP Orientation cum Sensitization for DH & SDH of Gandhinagar District	14
10	Community Awareness for Non Communicable Diseases at Manekpur Village by Community Medicine Dept	19
11	Good Clinical Practice (GCP) Workshop for Final Year Postgraduate Students	20
12	Orientation Programme for Newly Enrolled Postgraduate Postgraduates	21
13	Workshops on "Basic Course in Medical Research for Faculties (under MRDP)	24
14	Organization of Internal Audit Programme as per ISO 15189:2022 and NABL 112	27
15	Celebrating World Oral Health Day - A Happy Mouth Is A Happy Life	30
16	Cooling from Within: Yogic Breathing for Summer Relief	32
17	५७ से-ट्स — प्रेमनी नानकडी लेट	33

From Editorial Desk:

Navigating the Biosimilar Frontier—A New Era in Biotherapeutics

The paradigm of pharmacological therapy is undergoing a monumental shift from conventional small-molecule drugs to biological agents produced by living systems. Eventhough biologics have transformed the treatment of oncology, autoimmune disorders, and rare diseases, their high development costs—often exceeding \$1 billion—have created significant economic burden. The emergence of biosimilars offers a critical pathway to expanding patient access while maintaining the rigorous standards of safety and efficacy that define modern medicine.

Biologics vs. Biosimilars

Biologics are large, complex molecules (5 to 200 kDa) derived from living organisms, such as mammalian cells or microorganisms. Their structure is often microheterogeneous due to post-translational modifications like glycosylation, making them highly sensitive to manufacturing conditions.

In contrast, a biosimilar is a biological product that is highly similar to an already authorized 'reference product'. Unlike generic versions of small-molecule drugs, which are chemically identical to the innovator, biosimilars are "similar but not identical". This is due to the inherent natural variability of biological systems, where exact replication of the molecular microheterogeneity is impossible. Regulatory agencies mandate that there be no clinically meaningful differences in terms of safety, purity, and potency.

Parameter	Biologics (Ref. product)	Biosimilars
Origin	Derived from living systems or organisms.	Derived from living systems or organisms.
Structure	Large, complex molecules	Highly similar, but not identical to the reference product.
Development Goal	Establish safety and effectiveness for each indication.	Establish biosimilarity (high similarity) to the reference medicine.
Development Cost	High, often exceeding \$1 billion.	Approximately 30% lower than the cost of a new biologic
Development Time	10 to 15 years	Approximately 8 years
Preclinical Studies	Full preclinical/toxicological data package required.	Reduced & comparative studies; depends on quality study outcomes.
Clinical Trial Scope	Required for all therapeutic indications.	Comparative trial in at least one sensitive indication and population.
Clinical Trial Design	Superiority or non-inferiority	Equivalence trials non-inferiority designs
Study End Points	Long-term outcome, mortality	Sensitive endpoints to detect product-related differences
Inter change ability	Not allowed	Determined on case-by-case basis
Stability	Unstable & sensitive to ext. conditions.	Unstable & sensitive to ext. conditions.

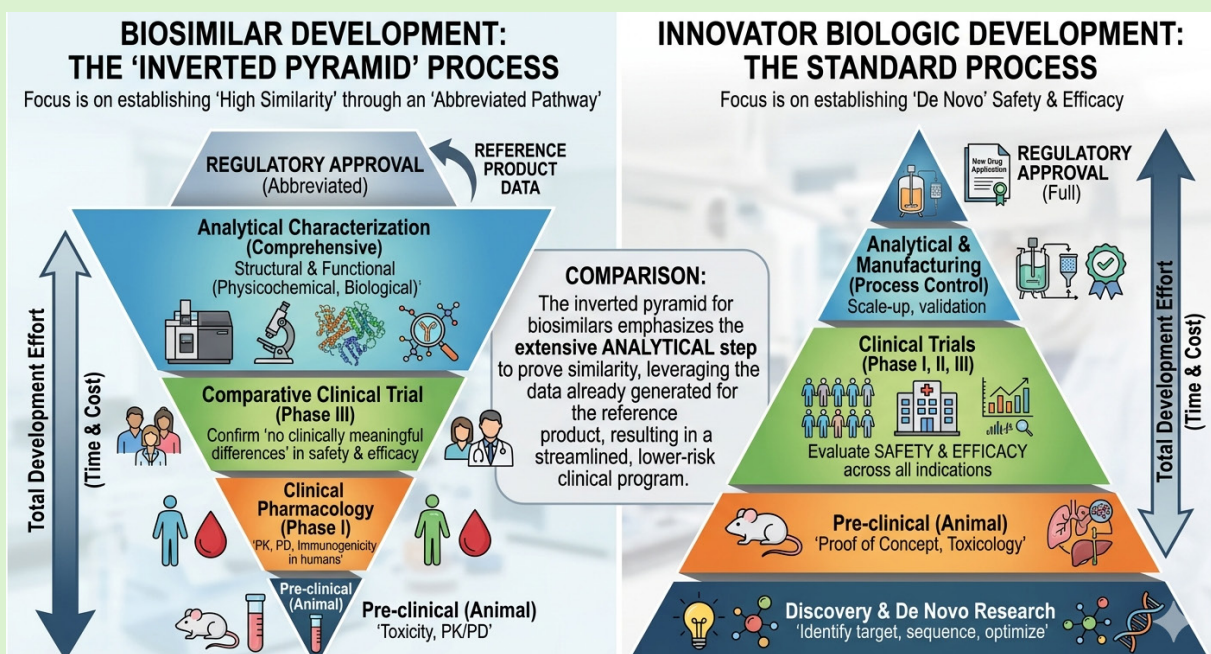
Global Regulatory Landscapes: Regulatory frameworks vary significantly across jurisdictions, though all emphasize the totality of evidence.

European Union (EMA): A pioneer in the field, the EU established the first legal framework for biosimilars in 2004., using centralized procedure with robust comparability exercise.

United States (FDA): Regulated under the 'Biologics Price Competition and Innovation Act (BPCIA)' of 2009, biosimilars are submitted via the 351(k) pathway. A unique feature of the US system is the Interchangeability designation, which requires additional data to prove that switching between products carries no increased risk.

India: Boasts a thriving ecosystem and approved its first biosimilar (for Hepatitis B) in 2000, well before the US and EU. The CDSCO oversees these approvals.

Process of Development of Biosimilars (Inverse Pyramid)



Biosimilars Approval Status in Different Countries

Biologics (Ref. product)	Biologics (Ref. product)	Therapeutic Indication	India (CDSCO) Approval	USA (FDA) Approval	UK (MHRA/EMA) Approval
Filgrastim	Neupogen	Neutropenia (chemotherapy-induced)	~2001	2015 (Zarxio)	2008 (Zarzio)
Epoetin alfa	Epogen /Procrit	Anaemia (CRF, cancer, HIV)	~2000-2003	2018 (Retacrit)	2007 (Binocrit)
Somatropin	Genotropin	Growth hormone deficiency	~2003	2006 (Omnitrope)	2006 (Omnitrope)
Insulin glargine	Lantus	Diabetes mellitus (Type 1 & 2)	~2014	2015 (Basaglar)	2014 (Abasaglar)
Infliximab	Remicade	RA, Crohn's disease, Psoriasis, AS, UC	2014 (Remsima)	2016 (Inflectra)	2013 (Remsima/ Inflectra)

Biosimilars	Biologics (Ref. product)	Therapeutic Indication	India (CDSCO) Approval	USA (FDA) Approval	UK (MHRA/EMA) Approval
Etanercept	Enbrel	RA, Psoriasis, AS, JIA	~2014	2016 (Erelzi)	2016 (Benepali)
Adalimumab	Humira	RA, Crohn's Disease, Psoriasis, AS, UC	2014(Exemptia)	2016(Amjevita)	2017(Amjevita)
Trastuzumab	Herceptin	HER2+ BREAST CANCER, GASTRIC CANCER	2013(Mylan)	2017(Ogivri)	2017(Ontruzant)
Bevacizumab	Avastin	Colorectal cancer, Renal, Cervical cancer, NSCLC	2015-2016	2017(MVASI)	2018(MVASI)
Pegfilgrastim	Neulasta	Febrile Neutropenia (Chemotherapy)	2015	2018(Fulphila)	2018 (Pelgraz /Ziextanzo)
Rituximab	Rituxan/ MabThera	NHL, CLL, RA, GPA, MPA	2014-2015	2018(Truxima)	20(Truxima /Rizathon)
Ranibizumab	Leucentis	Wet AMD, Diabetic Macular edema, RVO	2015-2016	2021(Byooviz)	2022(Ongavia)
Pegfilgrastim (SC)	Neulasta	Neutropenia (cancer)	~2016	2019 (Zirabev)	2019 (Terrosa)
Denosumab	Prolia/ Xgeva	Osteoporosis, Bone metastasis	2025	2024(Wyost /Jubbonti)	2024
Ustekinumab	Stelara	Psoriasis, Crohn's disease, PsA, UC	Not yet widely approved	2023 (Wezlana)	2023 (Pyzchiva)
Tocilizumab	Actemra	RA, GCA, Cytokine releases syndrome	~2020	2025 (Avtozma)	2021 (Tyenne)
Omalizumab	Xolair	Allergic asthma, Chronic urticaria	Not yet approved	2025 (Omlyclo)	Under review
Aflibercept	Eylea	Wet AMD, Diabetic macular oedema	~2023	2024 (Opuviz Yesafili)	2024
Eculizumab	Soliris	PNH, aHUS	Not yet approved	2024 (Bkemv/ Epysqli)	2024
Nivolumab	Opdivo	NSCLC, RCC, melanoma, other cancers	2024	Not yet approved	Not yet approved
Insulin aspart	NovoLog	Diabetes mellitus	~2013-2015	2025 (Merilog)	~2018

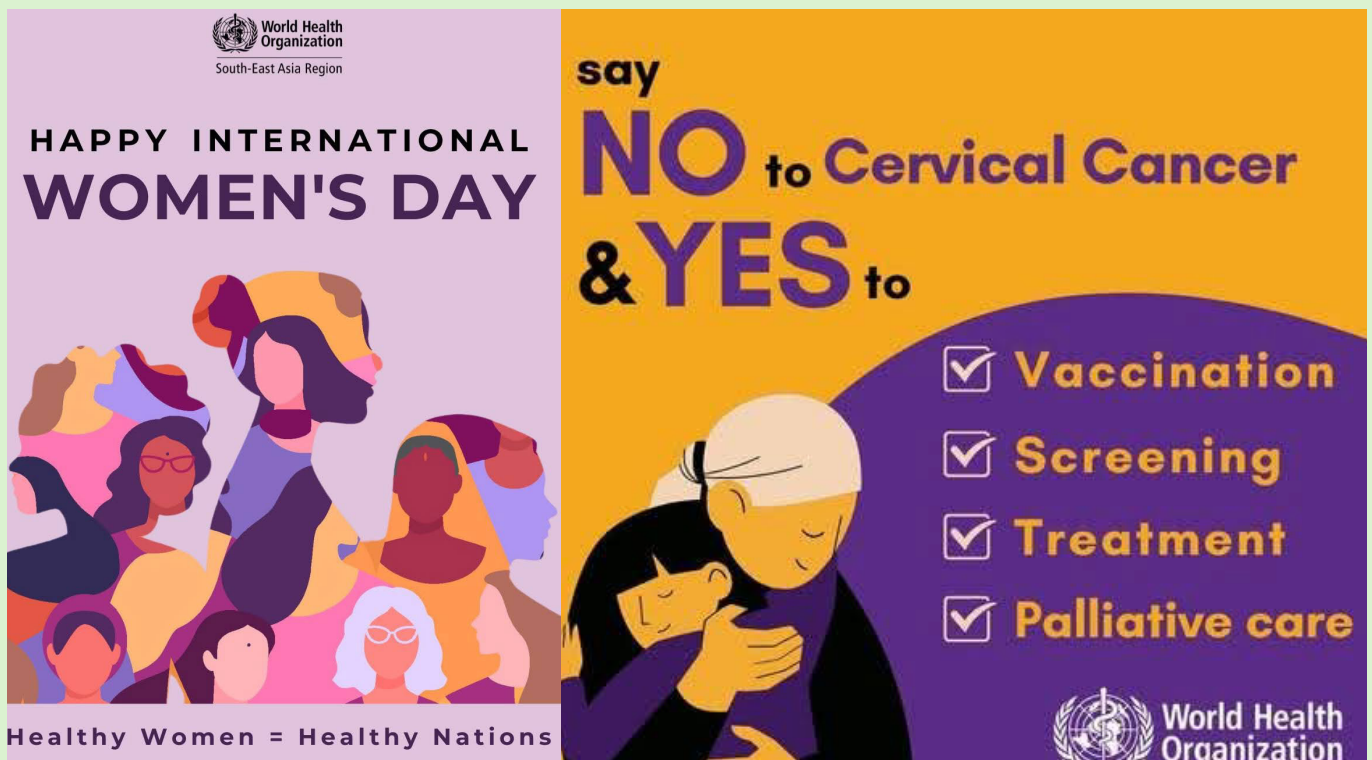
Conclusion:

The transition toward biosimilars is an economic and clinical necessity. While challenges such as biological drift (unintended manufacturing changes over time) and the complexities of extrapolation across indications remain, the growing body of clinical experience is closing the knowledge gap.

References:

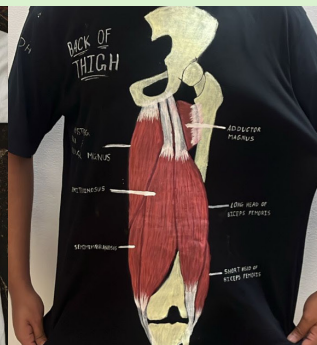
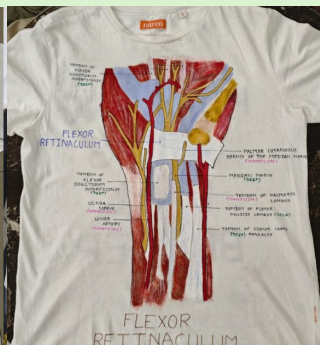
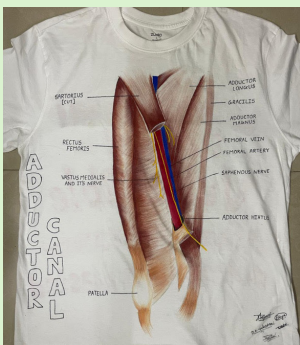
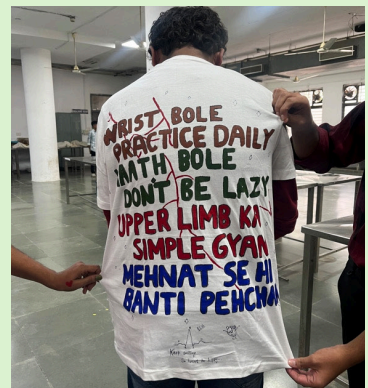
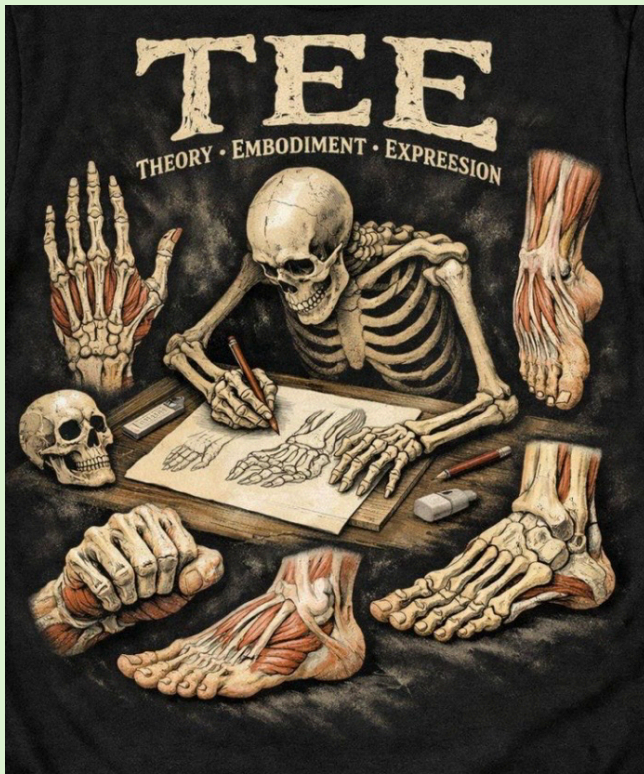
1. Shanmugarajan D. An overview of biosimilars. Int J Basic Clin Pharmacol. 2025;14(1):117-123.
2. Patel N, et al. Regulatory requirements for approval and Registration Procedure of Biosimilar in US and European Union (EU). Int J Drug Reg Affairs. 2024;12(1):70-82.
3. Raut KJ, et al. A Detailed Review On Biologics and Biosimilars. Int J Creative Res Thoughts. 2021.
4. Schiestl M, et al. Ten years of biosimilars in Europe: development and evolution of the regulatory pathways. Drug Des Devel Ther. 2017;11:1509-15.

Dr. Darshan J. Dave
Professor & Head
Dept. of Pharmacology



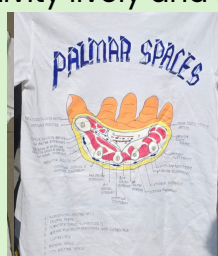
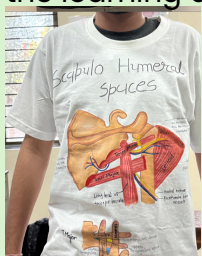
Where Theory Meets the Human Form: Exploring Anatomy Beyond Books

The Department of Anatomy, GMERS Medical College, Gandhinagar organised a unique and creative activity on 1st January 2026, entitled "TEE- Theory, Embodiment and Expression". In this creative fiesta, first year M.B.B.S. students participated in a unique and joyful learning experience by designing T-shirts with illustrative upper and lower limb anatomy diagrams on one side while the other side featured thoughtful social messages beautifully blended with medical learning.





Total 202 students of first year MBBS had participated. All were divided into 40 groups and in each group, there were 5-6 students. Participants were provided 3 hours for drawing. A total of 40 T-shirts were designed. Students participated with great enthusiasm, taking learning beyond textbooks and encouraging hands-on understanding, teamwork, creativity and self-expression. Enthusiasm of students made the learning activity lively and memorable.



COLS Training at Sachivalay, Gandhinagar



On 9th January 2026, the Department of Anaesthesiology of GMERS Medical College & General Hospital, Gandhinagar undertook a solemn yet profoundly empowering initiative—training government employees of Sachivalay in the life-saving disciplines of Compression-Only Life Support (COLS).



Participants were guided through the science of resuscitation:

- Recognition of cardiac arrest and the importance of rapid response.
- Scene safety assessment and evaluation of responsiveness and breathing.
- Activation of emergency services (dial 108) to ensure timely medical intervention.
- High quality chest compressions—correct hand placement, optimal depth, and precise rate—practised diligently on manikins.



Every rhythmic compression became a symbolic heartbeat, a substitute for a failing heart, and a reminder of how ordinary citizens can bridge the gap between crisis and survival.

The Larger Impact

This initiative underscored a powerful truth: when lifesaving skills are shared with the community, every citizen becomes a guardian of human life. The training was not only about compressions and breaths—it was about instilling confidence, responsibility, and the courage to act when time (seconds) matters the most.



Teaching Learning of Final Year MBBS Students Through Clinical Postings in Anesthesiology Dept

The Department of Anaesthesia conducted a series of informative lectures and demonstrations for final year MBBS students to strengthen their basics and improve clinical understanding as well as life saving skills.

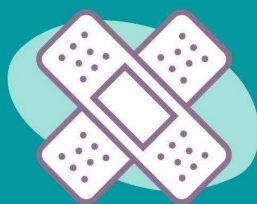
The sessions covered important topics such as preoperative evaluation, risk assessment, and patient optimization, with emphasis on history taking and airway assessment.

Students were introduced to general and regional anaesthesia techniques. Airway management was a key focus, including use of endotracheal tubes and basic life support (BLS).

Through students feedback at the end of clinical postings, it came to know that clinical posting helped improve the confidence and clinical knowledge of students and preparing them for internship (real life situations - emergency conditions)



Cervical cancer can be cured!



Regular cervical cancer screening, early diagnosis and prompt treatment can cure cervical cancer.



Get Informed. Get Vaccinated. Get Screened.

Protect the future

Prevent, test and treat cervical cancer



Ensure HPV vaccines for girls below 15 years



Ensure cervical cancer screenings for women after 30 years



Precision. Function. Confidence: Celebrating World Prosthodontics Day



On 24/01/2026, World Prosthodontist Day, awareness, screening, and treatment camp was organized and conducted by Dr. Priyanka Sutariya, Professor and Head of Department of Dentistry, G.M.E.R.S. Gandhinagar. Special attention was given to elderly patients for geriatric dental care.

During the program oral health check-ups were conducted, patients were educated about the importance of denture and maintaining natural teeth. Guidance was provided on nutrition and oral hygiene. Specially constructed denture boxes were distributed. The dental team explained that oral health plays a vital role in overall health, including Nutrition, Speech clarity, Social interaction, Quality of life.

It was highlighted that tooth loss in elderly individuals can lead to serious health issues and affect confidence. In addition, Proper usage and maintenance of hygiene of dentures were demonstrated. Detailed instructions were provided through pamphlets. Evaluation of patient's general and mental health and counseling and guidance for better health outcomes was provided to the attendees. The main aim was to improve both physical and mental well-being of geriatric patient through a comprehensive healthcare approach.

Simple steps for oral health

- Balanced diet low in sugars
- Quit tobacco, including chewing of areca nuts
- Quit alcohol
- Brush teeth twice daily with fluoride-containing toothpaste

How to Prevent Oral Diseases

- Brush your teeth with fluoride toothpaste two times per day
- Eat a healthy diet high in fruits and vegetables
- Limit intake of free sugars
- Do not use tobacco, areca nut, or betel quid
- Avoid alcoholic drinks

Most oral diseases are preventable

Bridging Medicine & Law



MEDLAWCON 2026, the 3rd National Conference on Medical Law, Policy and Ethics, was held on 7–8 February 2026 at Gujarat National Law University, Gandhinagar, under the aegis of GNLU Centre for Healthcare, Ethics, Legal Advocacy and Policy Research (G-HELP) serving GMERS Medical College, Gandhinagar as a proud knowledge partner. The conference focused on the theme “Technology-Driven Healthcare: Governance, Law and Ethics.” The event facilitated interdisciplinary dialogue among healthcare professionals, legal experts, academicians, and policymakers on critical issues such as digital health governance, artificial intelligence in clinical practice, data privacy, informed consent, and medico-legal liability.

Deliberations also encompassed emerging domains including telemedicine, medical devices, and advancements in biotechnology, highlighting the need for robust regulatory and ethical frameworks. The conference featured expert lectures, research paper presentations, and CME-accredited sessions, fostering academic engagement and knowledge exchange. Dr. Darshan J Dave was invited as Panelist for the conference as well as chaired the morning session research paper presentations on 8th February. As an academic partner, GMERS Medical College, Gandhinagar, acknowledges the significance of such initiatives in strengthening the interface between medicine, law, and ethics.

Decoding the Framework: Understanding Medical Service Rules

Eventhough medical professionals are expert in their clinical skills, judgement and patient care, but many of them are not well versed or sometimes aware of Service Rules & their implications. This may inadvertently lead to procedural errors and missed benefits. With this objective in mind, GMERS Faculty Association has organized a dedicated academic session on 14th February, 2026 at GMERS Medical College, Gandhinagar focusing on the interpretation and practical understanding of important Service Rules, covering key aspects such as Annual Property Return (APR), Performance Appraisal Report (PAR), LTC provisions, Leave Rules, Pay Rules, Leave Encashment, NPS vs UPS, Service book rules, Nominations and related compliances, etc.

The session was conducted by Shri Jayesh I. Hindocha, Joint Director – General Administration Department, Government of Gujarat. Occasion was graced by respected CEO Dr Manish Ramavat Sir, Dean GMERS Gandhinagar



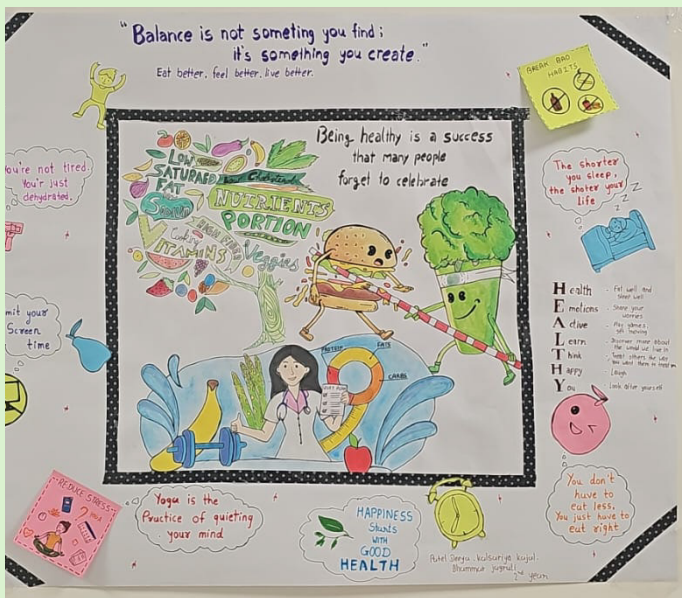
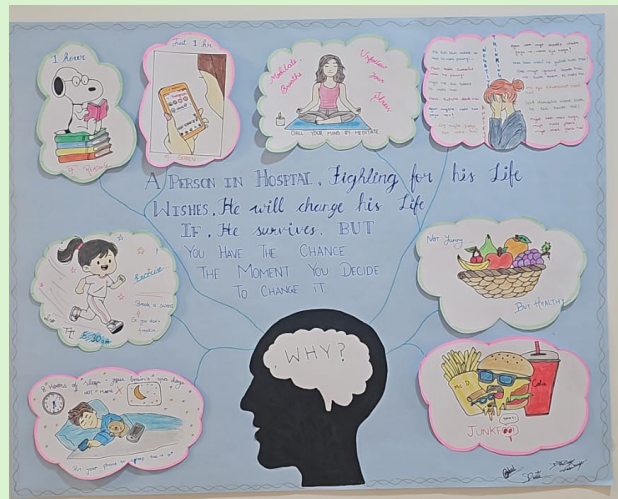
Dr Ankur Zalawadia Sir & Dean - GMERS Morbi Dr Niraj Biswas Sir. Shri Jayesh Hindocha had explained all these points in very understandable language and answers the queries of faculties upto their satisfaction. Entire session was quite informative and interactive. Sincere gratitude to Dr Yogesh Umraniya, Dr Chirag Oza, Dr Rutul Patel & Dr Dipak Thakor for providing technical support & making live streaming possible. We are also thankful to all faculties for their enthusiastic participation & meaningful interaction, which made the session truly productive.



Small Changes, Big Impact: The Power of a Healthy Lifestyle

On the occasion of World Healthy Lifestyle Day on 7th April, Department of Medicine at GMERS Medical College and General Hospital, Gandhinagar organized awareness program. The main objective of this program was to spread awareness in society about adopting a healthy, disease-free, and wellness-oriented lifestyle. It also emphasized that maintaining a healthy mind along with a healthy body is extremely essential.

During the program, faculty members and medical students presented activities such as exercises, rangoli, and posters. In the exercise segment, various activities like skipping were performed to demonstrate physical endurance. The rangoli presentations used a blend of colors to convey messages about a healthy mind, a fit body, and an overall healthy lifestyle. Posters highlighted key points and messages promoting healthy living.



Regional Orientation Workshop for implementation of Anti-Microbial Stewardship Program (AMSP) at District and Sub-District Hospital

Regional Orientation Workshop for the implementation of Anti-Microbial Stewardship Program (AMSP) at District (DH) and Sub-District Hospital (SDH) level for Gandhinagar region was conducted on 24th February by Antimicrobial Stewardship Committee, GMERS General Hospital, Gandhinagar under aegis of SHSRC- Gujarat.



The workshop aimed to equip healthcare professionals with essential knowledge and practical strategies to combat the growing threat of antimicrobial resistance (AMR) at district and subdistrict hospitals. The training focused on translating global, national, and state-level insights into actionable hospital-level interventions, emphasizing the implementation of the State Action Plan for Containment of AMR (SAPCAR) and the establishment of robust institutional mechanisms for antimicrobial stewardship.

Dr. A. M. Kadri, State Program Officer-AMSP and Executive Director, SHSRC-Gujarat, Dr. Kanan Shukla, RDD, Gandhinagar District,



Dr. Ankur Zalawadia, Dean, GMERS Medical College, Gandhinagar & Dr. Meeta Parikh, Medical Superintendent, GMERS General Hospital, Gandhinagar remained present in the opening ceremony. They've graced the occasion by not only their presence but given valuable suggestions for the implementation of the anti-microbial stewardship at district and subdistrict hospital levels and ensured to provide guidance and all possible help for strengthening of AMSP activities.



More than 90 health care professionals from concerned DHs (Gandhinagar, Mehsana, Patan, Banaskatha, Sabarkatha and Arvali) and SDHs, comprising CDMOs/Superintendents, microbiologists/laboratory in-charges, clinicians, resident medical officers, medical officers, infection control nurses/head nurses/senior nurses, EMO/QAMO/district officials serving on AMSP committees, laboratory technicians, and pharmacists participated in this workshop. This diverse representation ensured comprehensive coverage of clinical, laboratory, nursing, and administrative perspectives critical for effective AMR containment.

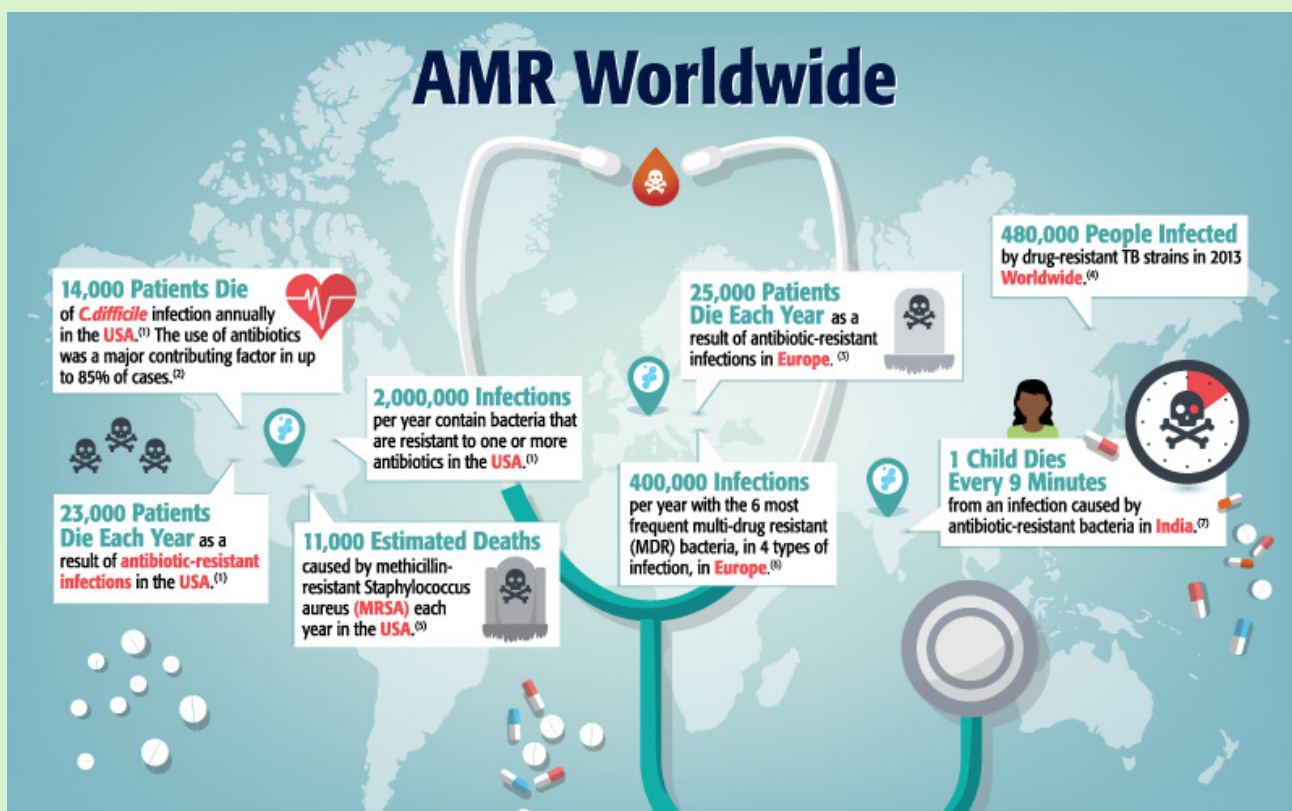


Key technical sessions covered “AMR: An Emerging Threat—From Practice to Pandemic,” presenting global, national, and state overviews, AMR statistics from the 1st and 2nd State AMR surveillance reports, antibiotic consumption studies, and prevailing challenges. Subsequent discussions addressed the objectives, key components, and strategies of the State Action Plan for Containment of AMR, along with an overview of antimicrobial stewardship programme committees and related activities. Further sessions explored setting up institutional AMSP mechanisms in hospitals, including AMR surveillance, antibiogram preparation, antibiotic policy formulation, antibiotic consumption monitoring, and pre-authorisation protocols.

Technical sessions delivered by:

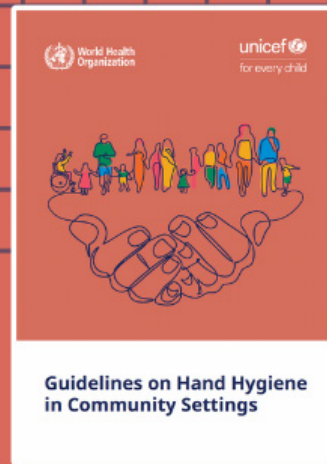
- Dr. Darshan J. Dave, Professor and Head in Pharmacology
- Dr. Amit M. Shah, Professor, H.G., Pharmacology Dept. (Member Secretly, AMSP)
- Dr. Payal Raval, Associate Professor, Microbiology Dept.
- Dr. Neeta Khokhar, Assistant Professor, Microbiology Dept.





After technical sessions, very interactive question answer sessions followed by feedback session conducted which provided a platform to participants an opportunity to share experiences and clarify implementation pathways. The workshop ended with concluding remarks by Dr. Amit M Shah (Member Secretary - AMSP) briefing about future plan to curtail antimicrobial resistance.

Importance of Hand Hygiene For Curtailment of Antimicrobial Resistance



Handwashing prevents 740,000 deaths a year.

Evidence shows handwashing cuts diarrhoea by ~30% and acute respiratory infections by ~17%. Small costs. Outsized impact. Smart public spending.

READ THE GUIDELINES ON HAND HYGIENE IN COMMUNITY SETTINGS → WHO.INT & UNICEF.ORG



NO ANTIBIOTICS

COLD? FLU? VIRUS?

ANTIBIOTICS DON'T KILL VIRUSES. ASK YOUR HEALTH WORKER BEFORE USING THEM

Antibiotics aren't always the **answer**

Many everyday infections get better on their own.

Misusing antibiotics, without the advice of a healthcare worker, makes them less effective when we really need them

World Health Organization South-East Asia Region


SUPERBUGS AREN'T SUPERHEROES

Misusing antibiotics creates villains we can't fight


USE ANTIBIOTICS RESPONSIBLY

Hand Hygiene Methods

How to handrub? WITH ALCOHOL-BASED FORMULATION




1a

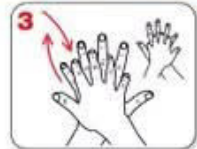


1b


Apply a palmful of the product in a cupped hand and cover all surfaces.



2

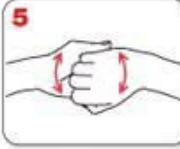


3




4


Rub hands palm to palm.
right palm over left dorsum with interlaced fingers and vice versa
palm to palm with fingers interlaced



5




6




7

backs of fingers to opposing palms with fingers interlocked
rotational rubbing of left thumb clasped in right palm and vice versa
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa




8

rinse hands with water




9

dry thoroughly with a single use towel




10

use towel to turn off faucet




20-30 sec




8

...once dry, your hands are safe.

How to handwash? WITH SOAP AND WATER




0




1

Wet hands with water
apply enough soap to cover all hand surfaces.




8

rinse hands with water




9

dry thoroughly with a single use towel

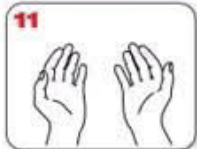


10

use towel to turn off faucet



40-60 sec




11

...and your hands are safe.

WORLD ALLIANCE
PATIENT SAFETY

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.



World Health Organization

Awareness Rally on Non-Communicable Diseases at Manekpur Village

Under the Family Adoption Program (FAP) of the National Medical Commission (NMC), GMERS Medical College, Gandhinagar has adopted Manekpur village, Taluka Mansa, for the undergraduate Batch 2024-25. The village has a population of 5,674.



Under the guidance of Dean Dr. Ankur Zalawadia and Dr. Jignesh Chauhan, Professor and Head, Department of Community Medicine, GMERS Medical College, Gandhinagar, an awareness rally on non-communicable diseases (NCDs) was organized in Manekpur village on 26/02/2026, involving 200 medical students. During the rally, posters displaying detailed information on diseases such as diabetes, hypertension, obesity, and cancers of the lung, cervix, and colorectum were exhibited.

These posters highlighted the causes, symptoms, prevention of the ailments as well as necessary lifestyle modifications for prevention and management of non-communicable diseases.



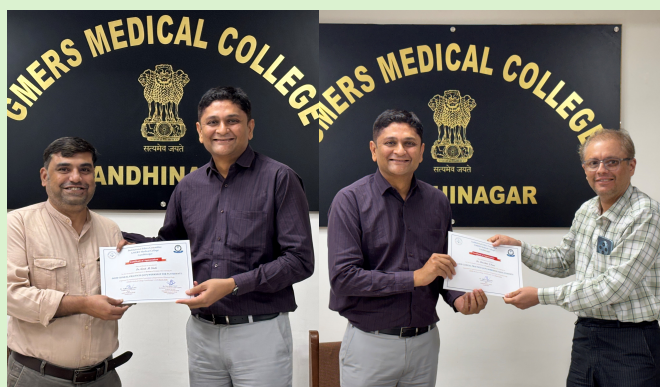
The rally witnessed enthusiastic participation from both medical students and villagers which subserved the primary purpose of creating awareness regarding non-communicable diseases.

Good Clinical Practice (GCP) workshop

Workshop on Good Clinical Practice for final year post graduate students was organised on 6th March in the morning session at college council hall of the institute under the guidance of respected Dean Dr. Ankur Zalawadia. All the final year postgraduate exam going students had participated in the workshop. In this workshop. History of ethics in clinical research, Composition and functions of Institutional Ethics Committee, Essential components of Research Protocol, Roles & Responsibilities of Investigator and Informed Consent Process along with its importance were discussed in detail in interactive manner with suitable examples.



Dr. Darshan J Dave (Professor & Head - Pharmacology), Dr. Amit M. Shah (Professor -HG in Pharmacology), Dr. Pratik Shah (Associate Professor in General Surgery) & Dr. Atul Shrivastava (Professor - HG in Pathology) were the resource faculties.



The workshop ended with interesting question answer sessions followed by feedback of the participants. The workshop was concluded with certificate distribution to all participants.

PG Orientation Programme

Orientation Programme for the 2025-26 batch of Post-Graduate students, including those enrolled in MD, MS, and DNB programs was conducted on 9th March, 2026. The programme was successfully planned and organised by Dr. Bhaskar Thakkar (PG Coordinator) under the guidance of Dean, Dr. Ankur Zalawadia.



The sessions started with "Formal welcome speech and an institutional overview" presented by Dr. Bela Padhiar, Professor and Head of Dermatology & V.D. To prepare students for their academic requirements, Dr. Darshan J. Dave provided an orientation on the "Basic Course in Biomedical Research (BCBR)" and thesis-related research work. This was followed by a session led by Dr. Dinkar Goswami (Professor & Head in General Medicine), who discussed the "Rules, regulations, duties, and rights of resident doctors" including District Residency Programme (DRP).



Dr. Amit M. Shah (Member Secretary of Institutional Antimicrobial Stewardship Committee) introduced the Antimicrobial Stewardship Program, its importance, role of PG students in curtailment of antimicrobial resistance. Following a brief health break, Dr. Parul Patel (Associate Professor in Microbiology) conducted a session on Infection Prevention and Control (IPC) with special emphasis on measures for prevention of hospital acquired infections, hand hygiene guidelines & biomedical waste management.

This was followed by a collaborative technical session regarding overview of laboratory framework & standard operating procedures by Dr. Kirankumar Chauhan (Professor & Head in Biochemistry), Dr. Gaurishanker Shrimali (Professor & Head in Microbiology) and Dr. Bhaskar Thakkar (Professor in Pathology).

The program continued with a focus on clinical and institutional safety, beginning with Dr. Dhaval Patel (Professor HG in Forensic Medicine) addressing medico-legal issues in patient care and measures for their prevention. Dr. Rajesh Desai (Professor HG in Physiology) then outlined the college's Anti-Ragging Policy, followed by a session on "Stress management" conducted by Dr. Kaushal Jadeja (Assistant Professor in Psychiatry) to support resident well-being.

The final group sessions focused on professional development, where Dr. Pratik Shah (Professor HG in General Surgery) taught communication skills and time management, and Dr. Rohit Jain (Associate Professor in Obstetrics & Gynaecology) emphasized the necessity of thorough documentation. After a lunch break, in noon session orientation and feedback sessions in individual department were conducted.

Core professional responsibilities explained in detail.

(1) Research and Academic Growth

In addition to PG subject academics, successful completion of the Basic Course in Biomedical Research (BCBR) and fulfilling the requirements for their thesis and research work as per NMC guidelines.

(2) Clinical Stewardship and Safety

Residents are expected to maintain high standards of patient safety and hospital hygiene. Key responsibilities in this area include adhering to IPC guidelines and their role in AMSP. Furthermore, they must understand the technical aspects of diagnostic departments to effectively utilize hospital resources.

(3) Legal & Institutional Compliance

Strictly following the rules and regulations governing resident doctors and understanding their legal rights and responsibilities. Additionally, residents are responsible for managing medico-legal issues in patient care and upholding the institution's Anti-Ragging Policy.

(4) Administrative & Interpersonal Excellence

Residents are responsible for thorough and accurate documentation, which is critical for patient safety and legal protection. They are also expected to develop strong "Communication skills and time management" strategies to handle their clinical workload efficiently.

(5) Self-Regulation and Integration

Finally, residents have a responsibility to manage their own professional well-being through stress management techniques. They are also required to develop communication skills with colleagues as well as patients to optimize patient outcome without conflicts.

Orientation Session for newly enrolled PG Students

The Department of Anaesthesia successfully conducted a Postgraduate (MD) Orientation Program for newly joined R1 residents. The program focused on introducing departmental protocols, clinical workflow, and expectations from residents.



Program Highlights - Key Sessions:

- Rules & Regulations, Duties & Responsibilities (Dr. Shobhana Gupta)
- Area of Work & Working Pattern (Dr. Bharti Rajani)
- Documentation & Department Registers (Dr. Dhara Patel)
- Field Visit – Dr. Harshil Shah (A.P.), Dr. Priyanka Shah (A.P.), Dr. Raj (SR), Dr. Pratixa (R3)



Workshops on “Basic Course in Medical Research for Faculties”

State Health Systems Resource Centre (SHSRC), Gujarat has designed a three days training workshop “Basic Course in Medical Research” for faculties of medical college & hospital under the umbrella of the Medical Research Development Program (MRDP).

GMERS Medical College & General Hospital, Gandhinagar has conducted two Inhouse workshops on “Basic Course in Medical Research for Faculties” from (25th to 27th February) and (11th to 13th March) 2026 under the aegis of Institutional Research & Innovation Committee (IRIC). The primary objectives of the workshops were to make PG guides better equipped to supervise thesis, enhance relevance and quality of thesis and make them more impactful.

Sessions of the workshops covered all critical steps of thesis work including research proposal overview, choosing topic & research question, literature search & reference management, writing review of literature, introduction, methodology, study design, participants, case record form, data management plan, ethics review, time management, results & discussion sections, ethics in thesis reporting, and manuscript preparation. Special sessions on digital skills in thesis work (including AI) and proforma for thesis report were also conducted.

The program began with a pre-test and included daily recaps by participants. The training followed a practical, scenario-based and participatory approach with real-world thesis examples, individual/group exercises, checklists, and take-home messages designed to help faculty guide PG students effectively.

Faculty members from different specialties with priority of having a Postgraduate teacher actively participated in workshops. Dr. Nilesh Thakor, Professor (H.G.), Department of Community Medicine, GMERS Medical College, Gandhinagar & Dr. Jagruti Prajapati, Assistant Professor, Department of Community Medicine, GMERS Medical College, Gandhinagar served the dual role in these workshops. In addition to the resource faculty (facilitator), Dr. Nilesh Thakor, Professor & (H.G.) & Dr. Jagruti Prajapati subversed the role of State Observer from SHSRC Gujarat for second and third workshop respectively.

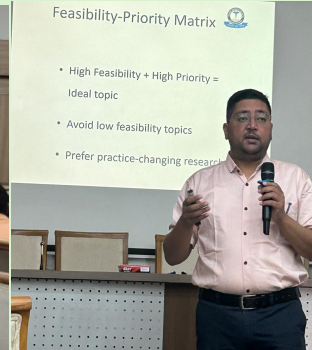
Facilitators of 2nd BCMR workshop

1. Dr. Nilesh Thakor – Professor (H.G.), Community Medicine
2. Dr. Gunjan Upadhyay – Professor & Head, Respiratory Medicine
3. Dr. Pratik Shah – Professor (H.G.), General Surgery
4. Dr. Amit M Shah – Professor (H.G.), Pharmacology
5. Dr. Jagruti Prajapati – Assistant Professor, Community Medicine

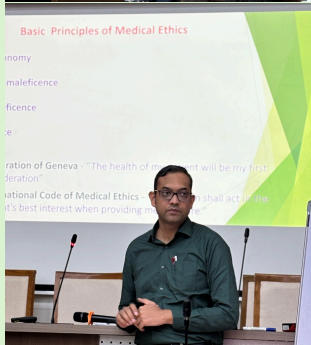
Facilitators of 3rd BCMR workshop

1. Dr. Darshan J. Dave – Professor & Head, Pharmacology
2. Dr. Amit Upadhyah – Professor & Head, Physiology
3. Dr. Nilesh Thakor – Professor (H.G.), Community Medicine
4. Dr. Pratik Shah – Professor (H.G.), General Surgery
5. Dr. Atul Shrivastav – Professor (H.G.), Pathology

Glimpses of Second BCMR Workshop (25-27 February, 2026)



Glimpses of Third BCMR Workshop (11-13 March, 2026)



Organization of Internal Audit Programme as per ISO 15189:2022 and NABL 112

GMERS Medical College and Hospital, Gandhinagar successfully organized a comprehensive three-day Internal Auditor Training Course in accordance with ISO 15189:2022 standards, with around 80 participants from the Department of Pathology, Department of Microbiology and Department of Biochemistry actively taking part, aimed at strengthening quality management systems in medical Laboratories.



The training program was conducted with the objective of enhancing the knowledge and practical skills of laboratory professionals in NABL accreditation requirements, internal auditing processes, and quality assurance practices. Training program was spanned over a period of three days (16th to 18th March, 2026).



The course commenced with sessions on basic NABL requirements and management system clauses, followed by detailed discussions on various clauses of ISO 15189:2022. Participants were guided through essential concepts such as documentation, quality indicators, risk management, and corrective actions.

On the second day, the focus shifted to technical requirements, including method validation, equipment calibration, internal quality control (IQC), and external quality assurance (EQA). Special emphasis was given to quality practices in cytology and histopathology. The final day covered internal audit processes, preparation of quality manuals, and accreditation procedures. The program concluded with a final assessment to evaluate participant's understanding.



The final day covered internal audit processes, preparation of quality manuals, and accreditation procedures. The program concluded with a final assessment to evaluate participant's understanding.

Dr. Piyush Tailor led multiple sessions covering key clauses of ISO 15189:2022, providing clear insights into both management and technical requirements. After each clause, interactive quizzes were conducted to reinforce learning and engage participants effectively.

Dr. Sumeeta Soni delivered an insightful session on pre-examination processes and effective sample handling.

Dr. Prashant Parikh delivered an insightful session on Internal Quality Control (IQC) and External Quality Assurance (EQA) in histopathology and cytology.

Dr. Bhaskar Thakkar conducted an informative session on examination procedures and ensuring reliability of test results. He emphasized method validation, quality control, and adherence to standardized protocols in laboratory practice.

Dr. Kirankumar Chauhan delivered a focused session on highlighting laboratory equipment management, metrological traceability, and use of external services.



The program witnessed active participation from laboratory professionals and postgraduate students, making it a highly interactive and enriching experience. This initiative reflects GMERS Medical College's commitment to maintaining high standards of laboratory quality and patient care through continuous education and training.



Celebrating World Oral Health Day "A HAPPY MOUTH IS A HAPPY LIFE"

To commemorate Oral Health Month, the Department of Dentistry at GMERS Medical College and Hospital, Gandhinagar, organized a comprehensive awareness program on March 27th. The initiative specifically targeted the backbone of the hospital—the nursing and support staff—to empower them as frontline advocates for oral hygiene and cancer prevention.



This year the slogan for the World Oral Health Day is "A Happy Mouth is a Happy Life." In depth sessions were taken by experts of Dentistry with special emphasis on early detection of oral cancer. The sessions were categorically planned to sensitize healthcare professionals and staff and to make them aware regarding their pivotal role in spotting early warning signs during routine patient interactions.



The primary goal of this event is to create a chain of awareness to ensure that every patient who enters in the hospital receives vital information about oral health and the dangers of tobacco chewing in any form.

#HAPPYMOUTH 20 MARCH #WOHD26

TOOTHIE THE BEAVER IS BACK

**A HAPPY MOUTH IS...
a happy life**

A HEALTHY SMILE MAKES EVERY DAY BETTER, AT EVERY AGE.
EAT LESS SUGAR, BRUSH TWICE A DAY WITH FLUORIDE
TOOTHPASTE, GET REGULAR CHECK-UPS.

CELEBRATE A HEALTHIER, HAPPIER LIFE WITH US.

fdi World Dental Federation worldoralhealthday.org World Oral Health Day 20 March

Awareness through Education & Art:

The event featured a multi-dimensional approach to public health, blending clinical expertise with engaging performances.

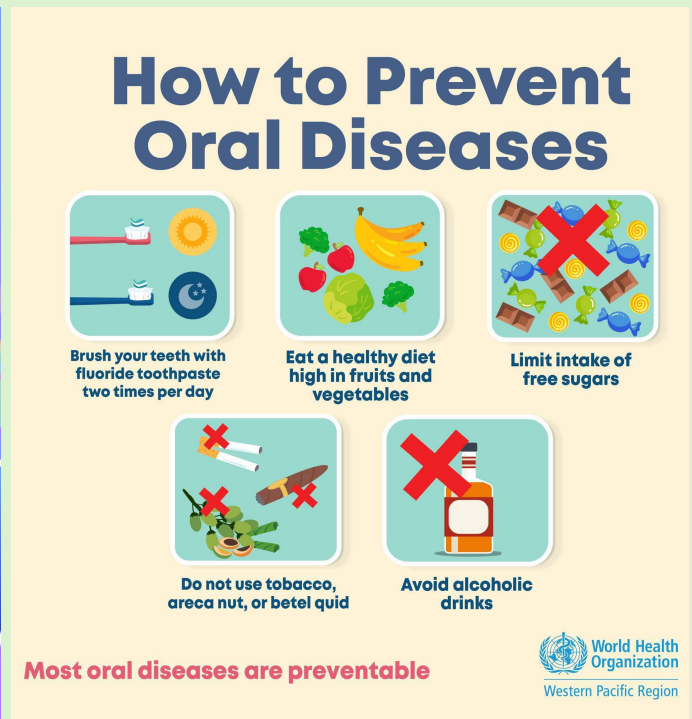
Tobacco Cessation Counselling

A dedicated segment focused on the "How-to Quit Tobacco". Staff were equipped with practical counseling techniques to help patients navigate the challenges of nicotine withdrawal and tobacco dependency.



Street Play (Drama):

Undergraduate medical students & staff performed an impactful drama illustrating the socio-economic & physical toll of tobacco use. The performance served as a powerful visual reminder of the importance of "quitting for good."



Cooling Pranayamas for Summer

Chandra Bhedi (Chandra Bhedan) Pranayama

Ida Nadi is the subtle energy channel in yogic philosophy associated with the left side of the body, moon (feminine) energy, and the right hemisphere of the brain. Often called the "Chandra Nadi," it brings cooling & calm body.

Method

Inhale through the Left nostril, exhale through the Right nostril.

Sheetali Pranayama

Method:

Open the mouth and extend the tongue outside of the mouth, rolling it from the sides to form a tube, Inhale through the tube. Close the mouth and exhale through the nose. Make sure the breaths are slow, deep and comfortable.

Sitting for long hours is harmful to health!

Physical inactivity and long sitting hours at work are linked to non-communicable diseases.

- 1 Get up and move** at least 5 minutes per hour. Ideally, 3 minutes physical activity every 30 minutes.
- 2 Get up and stretch** at your desk. Hourly reminders may be helpful.
- 3 Stand and work**. Use a high desk if working on a laptop.
- 4. Pace** while taking your calls.
- 5 Practice proper posture** while sitting.
- 6 Use staircase** for healthy walking.
- 7 Stretch** every day, unrelated to your workout.

World Health Organization

Sitkari Pranayama

Method

Bring the teeth together lightly. Separate the lips so that the teeth are exposed. Inhale slowly through the teeth.



Close the mouth and exhale slowly through the nose. Keep the breaths slow and relaxed

Benefits:

- Reduce gastric acidity.
- Reduction in blood pressure
- Controls hunger or thirst, increases satiety
- Remove excess heat from the body.
- Allow prana to flow more freely through the body
- Can help to cool the body, during hot weather or a hot flush.
- Cools, calms and tranquilizes the mind, in cases of anger or frustration.
- Useful in Hyperthyroidism.
- Reduce emotional excitation.
- Purify the blood.
- Effective in insomnia (doing before going for sleep)

Sitkari has a beneficial effect on the teeth & gums in case of poor oral health.

Precautions & Contraindications:

- Low blood pressure.
- Respiratory disorders - excessive mucus, cold & flu.
- During cold climate or one feels cold easily
- Addition for sitkari-sensitive teeth.

Dr. Paragi J. Gandhi
Tutor, Pathology department
Yoga Trainer
YCB level 3 (Ministry of Ayush,
New Delhi)

પૃ ૭ સેન્ટ્સ — પ્રેમની નાનકડી ભેટ

સને ૧૮૮૪ ની એક રવિવારની સવાર હતી. આકાશના હળવા પીળા પ્રકાશમાં પક્ષીઓનો કલરવ અને ચર્ચની ઘંટડીનો મધુર અવાજ ગામના રસ્તાઓમાં ગુંજી રહ્યો હતો.

ચર્ચમાં આજે બહુ ભીડ હતી. કેમ કે આજે રવિવારની પ્રાર્થનાનો ખાસ દિવસ હતો. ચર્ચની અંદરથી પ્રાર્થનાઓ સંભળાઈ રહી હતી. એક નાનકડી બાળકી, કપડાં થોડાં જૂનાં, વિખરાયેલા વાળ અને ચહેરા પર ગરીબીની છાયા સાથે આ નાનાં ચર્ચ પાસે ઊભી હતી, તેની નાનકડી આંખોમાં આંસુ હતાં કેમ કે આ નાનકડી બાળકી માટે અંદર જગ્યા નહોતી. એ જ સમયે એક પાદરી ત્યાંથી પસાર થયા.

બાળકી તેમને જોઈને રડી પડી.

“પાદરી સાહેબ, મને કોઈ અંદર જવા નથી દેતું.” આ શબ્દો ફરિયાદ નહોતા...

એ તો એક તૂટી ગયેલી આશા હતી.

પાદરી થોભી ગયા. તેમણે તેની આંખોમાં જોયું. અને ધીમેથી પૂછ્યું- “કેમ દીકરી?”

બાળકીનું ગળું ભરાઈ ગયું—

“ભીડ બહુ છે...”

અને... અને મને કહ્યું કે જગ્યા નથી...”

પાદરીએ બાળકી તરફ જોયું. તેની ગરીબી, તેની અવ્યવસ્થિત હાલત...

બધું જોઈને તેમને સમજાઈ ગયું કે કારણ શું હશે?

પાદરીએ એક લાંબો શ્વાસ લીધો. જાણે અંદરથી કંઈક દુઃખ્યું હોય.

“જગ્યા નથી... એ કેવી રીતે શક્ય છે કે ઈશ્વરના ઘરમાં કોઈ બાળક માટે જગ્યા ન હોય!”

અને તેમણે બાળકી ને આંગળી આપી. એ આંગળી પકડીને એ બાળકી ચર્ચમાં પ્રવેશી.

ચર્ચ ખરેખર ભરેલું હતું. પણ પાદરીએ કહ્યું—

“દીકરી, તું રડીશ નહીં કે ગભરાઈશ નહીં.”

ચર્ચની અંદર જગ્યા ઓછી હતી. પણ હૃદયમાં જગ્યા અનંત હતી એટલે ભીડમાં પણ તેમણે જગ્યા શોધી કાઢી.

એક ખૂણામાં, એક નાની બેઠક જાણે આ બાળકીની રાહ જોઈ રહી હતી.

“અહીં બેસ દીકરી, આજે અહીંથી આપણે પ્રાર્થના કરીએ”

ને બાળકીનું મન ભરાઈ આવ્યું. તે ધીમેથી બોલી—

“પાદરી સાહેબ...તમારો ખૂબ આભાર કે તમે મને અંદર લઈ આવ્યા...”

“દીકરી, તું બહાર રહી જાય, એ તો ચર્ચ માટે શરમની વાત છે.”

પાદરીની આંખોમાં કરુણા વર્ષા રહી હતી.

બાળકીની આંખોમાં ચમક આવી.

એ રાત્રે બાળકી ની આંખોમાં ઊંધ નહોતી, મન આખી રાત જાગતું રહ્યું.

તે વિચારી રહી હતી.

“જેમ આજે હું પ્રાર્થના કર્યા વગર બહાર રહી જાત,

તેમ મારી જેવા કેટલાય બાળકો રોજ પ્રાર્થના કર્યા વગર બહાર રહેતા હશે!”

બાળકીના મનમાં એક નાનો વિચાર જન્મ્યો—

“જો ચર્ચ મોટું હોય ને તો કોઈ બાળક બહાર ન રહે અને બધા બાળકો પ્રાર્થના કરી શકે.”

એ રાત્રે એ દીકરીનું નાનકડું હૃદય એક મોટું સ્વપ્ન જોઈ રહ્યું હતું, પણ તે તો ગરીબ હતી.

સમય પસાર થયો.

૨ વર્ષ બાદ આજ આશા સાથે એક દિવસ...

એક ગરીબના ઝૂંપડામાં...આ બાળકીનું જીવન સમાપ્ત થઈ ગયું.

દીકરીના માતા-પિતા રડી રહ્યા હતા અને દીકરીની અંતિમવિધિમાં તેમણે પાદરીને બોલાવ્યા. એ પાદરી જેણે આ દીકરી પર પોતાની દીકરી જેવું જ સ્નેહ અને હેતુ વર્ષાવ્યું હતું.

પાદરી આવ્યા અને મૃત દીકરીની આ નાનકડી કાયાને જ્યારે અંતિમવિધિ માટે ઊંચકી તો એના ફૂંકમાંથી એક ચીથરાયેલું અને જુનું પર્સ નીચે પડ્યું.

પાદરીએ ધીમેથી પર્સ ખોલ્યું. અંદર હતા—૫૭ સેન્ટ્સ.

અને એક ચિઠ્ઠી, જેમાં એ બાળકીએ પોતાના અક્ષરોમાં લખ્યું હતું,

“ચર્ચને મોટું બનાવજો...”

જેથી મારા જેવા બધા જ બાળકો પ્રાર્થના કરી શકે.”

પાદરીના હાથ કાંપ્યા. તેમણે આંખ બંધ કરી.

આંસુ વહેવા લાગ્યા. આંસુ શબ્દ બની ગયા.

“દીકરી...તું તો બે વર્ષથી બચત કરતી રહી!

કોઈ રમકડું નહીં,...કોઈ મીઠાઈ નહીં...

માત્ર એક સ્વપ્ન—બીજા બાળકો માટે ચર્ચમાં જગ્યા.”

“અમને પણ ખબર નહોતી...” બાળકીની માતા પણ આંખમાં અશ્રુ સાથે પોતાની વહાલી દીકરીની અંતિમ ચિઠ્ઠી જોઈ રહી હતી.

બીજા દિવસે સવારે પાદરીએ આ દીકરીની અંતિમ ચિઠ્ઠી ચર્ચમાં વાંચી.

ચર્ચમાં મૌન છવાઈ ગયું.

પાદરી બોલ્યા—“આ ૫૭ સેન્ટ્સ નથી...
 આ એક દીકરીની ૨ વર્ષની બચત સાથેનું એક નાનકડા લૂદ્યનું
 સપનું.
 જો એક દીકરી એટલું વિચારી શકે...તો આપણે કેમ નહીં?”
 તેમણે સૌને કહ્યું—
 “ચાલો, આપણે આ ચર્ચને મોટું બનાવીએ.”અખબારમાં આ
 વાત વાયુ વેગે પ્રસરી.
 એક જમીનદારે આ વાંચ્યું. તેણે ચર્ચને પોતાના લાખો ડોલરની
 જમીન આપવાની વાત કરી.
 ચર્ચે કહ્યું: “પણ અમે જમીનની કિંમત ચૂકવવા સમર્થ નથી...”
 જમીનદારે ધીમેથી કહ્યું. “જમીનની કિંમત છે, ફક્ત ૫૭
 સેન્ટ્સ...”
 દૂર દૂરથી ચેક આવવા લાગ્યા.
 પાંચ વર્ષમાં...
 એ બાળકીની નાનકડી ભેટથી શરૂ થયેલું અભિયાન ૨,૫૦,૦૦૦
 ડોલર સુધી પહોંચી ગયું અને ૩,૩૦૦ લોકો બેસી શકે તેવા ચર્ચનું
 નિર્માણ થઈ ગયું. હવે બધા જ બાળકો માટે ચર્ચમાં જગ્યા છે અને
 બધા જ બાળકો પ્રાર્થના કરી શકે છે.
 એક નાનકડા ત્યાગે એક મોટો ઇતિહાસ રચ્યો.
 ફિલાડેલ્ફિયા શહેરનું ટેમ્પલ બાપ્ટિસ્ટ ચર્ચ (Temple Baptist
 Church) આજેય આ વાતનું સાક્ષી બનીને જીવંત ઊભું છે. સાથે
 સાથે ત્યાં Temple University માં હજારો ગરીબ વિદ્યાર્થીઓ
 ભણી રહ્યા છે.
 ત્યાં બાજુમાં જ Good Samaritan Hospital માં ગરીબ
 બાળકોની વિના મૂલ્યે સારવાર થઈ રહી છે. જેથી આ નાનકડી
 બાળકીને જેમ કોઈનો જીવનદીપ નાની
 આયુમાં બુઝાઈ ના જાય.
 આજેય એ બિલ્ડિંગમાં, એક રૂમમાં,
 મીઠા સ્મિત સાથે બાળકીનું ચિત્ર છે. જેનું નામ હતું,
 “હેટ્ટી મે વિયાટ”(Hattie May Wiatt)
 જેણે આ સપનું જોયું હતું
 અને બાજુમાં છે, તે દયાળુ પાદરીનું ચિત્ર,
 જેમનું નામ હતું,
 રસેલ એચ. કોનવેલ. (Russel H. Conwell)



ક્યારેક ઈશ્વર પાસે પહોંચવાનો રસ્તો
 મોટાં દાનથી નથી બનતો...
 એ તો બને છે—
 એક નાનકડા લૂદ્યના ત્યાગથી.
 ૫૭ સેન્ટ્સ...
 એક રકમ નહીં...
 એક યુગનું પ્રતીક બની ગઈ.

(એક સત્યઘટના,
 ટેમ્પલ યુનિવર્સિટીની લાઇબ્રેરીમાંથી)
 “નીલ”
 ડૉ. નિલેષ ઠાકોર
 પ્રોફેસર (HG) કોમ્યુનિટી મેડિસિન



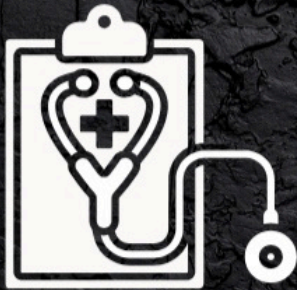


Creation: Dr. Ankur Zalawadia

INTERNATIONAL DAY OF THE UNBORN CHILD

25 MAR, 2026

BEFORE YOU HOLD THEM... PROTECT THEM.
TWO LIVES. ONE DECISION.



REGULAR CHECKUPS CAN
PREVENT COMPLICATIONS

