



IMA-Delhi North Zone DOCTOR

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8826674966

408-410, RAJENDRA JENA TOWER, 18, WAZIRPUR INDUSTRIAL AREA, DELHI-110052
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From the President's Desk

DR SATISH TYAGI
PRESIDENT IMA DNZ



Dear friends

First of all I must congratulate all of you for being members of the most cohesive, coherent & united branch of Delhi State .

On behalf of IMA DNZ , I also congratulate Dr Girish Tyagi for being elected as DMA REPRESENTATIVE in DMC elections .

Our branch has enrolled maximum number of new members to our branch in Delhi state & has grown further in size & status .

The number in democracy is the most impotent factor to decide who will rule . Now DNZ is most vibrant , happening & decisive branch of Delhi state politics. In the coming DMC elections on 31st May , Delhi North is going to play a major role in deciding , who will be our representative in DMC .

My appeal to the branch members is please select the candidate to represent you, who is easily available-approachable , knowledgeable, trustworthy, honest & aware of ground realities of practice.

The executive committee of our branch has decided unanimously to vote & support all candidates who are contesting DMC and are members of IMA DNZ Branch.

My appeal to all of you is please get united & act as single force against any odd or crisis situation. No body is sympathetic towards our problems - whether it is public , politician , police ,bureaucrats or corporate houses . Every one wants to churn the Doctor to extract of benefits.

We can save this fraternity only by our union, always be on side of Doctors, support each other.

Don't get divided into Family physicians, consultants, physicians, surgeons Gynaecologist..... specialists, super specialists,

Service doctors , teaching doctors faculties, Resident doctors.....

BE UNIFIED IDENTITY AS DOCTOR- ONE COLLECTIVE FORCE TO FIGHT FOR OUR RIGHTS & GET RID OF YOUR SUFFERINGS .

DR SATISH TYAGI
PRESIDENT
IMA Delhi North Zone



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From the Secretary's Desk

DR NAVIN KUMAR
SECRETARY



Dear Members,

It is with a profound sense of responsibility and enthusiasm that I welcome you all to the 2026-2027 session of IMA DNZ. As we transition into this new tenure, our primary objective is to build upon the strong foundation laid by our predecessors while introducing modern efficiencies to our branch operations.

This year, our focus will be three-fold: Empowerment, Engagement, and Excellence. We are planning a robust calendar of CMEs that cover both clinical advancements and the evolving legalities of medical practice. Additionally, we aim to streamline our administrative processes—from membership drives to event registrations—ensuring that every member can access IMA resources with ease.

The strength of IMA DNZ lies in its collective voice. I urge you to stay active, attend our monthly meets, and contribute your valuable insights to our committees. Together, we can ensure that our branch remains a formidable advocate for doctors and a premier hub for medical education.

I look forward to working closely with each of you to make this session a benchmark of success.

Dr. Navin Kumar
Secretary,
IMA Delhi North Zone



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From the Editor's Desk

DR DIXANT CHHIKARA
EDITOR



Dear Esteemed Colleagues,

It is a matter of great pride and privilege to welcome you to the third edition of our bulletin for the 2026-2027 session. As we embark on this new journey, our goal at IMA DNZ remains steadfast: to foster a community that thrives on knowledge, ethics, and mutual support.

The medical landscape is evolving at a breakneck pace. From the integration of advanced diagnostics to the nuances of clinical dermatology and multispecialty care, the need for a collaborative platform has never been more vital. This year, we aim to make our bulletin more than just a newsletter; we want it to be a vibrant forum for sharing clinical insights, case studies, and the latest medical breakthroughs.

I encourage each of you to contribute your experiences and research to these pages. Let us work together to ensure that IMA DNZ continues to lead by example in professional excellence and academic rigor.

Wishing everyone a fruitful and successful session ahead.

Warm regards,

Dr. Dixant Chhikara

Editor, IMADNZ Bulletin



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Dr. Nikhil Verma

Senior & Chief Orthopedic Surgeon
Sant Parmanand Hospital



Delhi: For millions of Indians suffering from knee arthritis, knee replacement surgery has been life-changing for over 30 years. But in the last 5 years, a new term has entered OPDs: “Robotic Knee Replacement”. Patients often ask me: “Doctor, is this really better, or just an expensive gimmick?”

As an Orthopedic Surgeon performing both conventional and robotic knee replacements at Sant Parmanand Hospital, Yamuna Bazar, Kashmere Gate, here’s my honest take.

What is Robotic Knee Replacement?

Let’s be clear: the robot does not do the surgery alone. It is a surgeon-controlled, computer-assisted tool.

In conventional TKR, I use manual instruments and my experience to cut the bone and align the implant. In Robotic TKR, a 3D CT scan of your knee is used to create a virtual plan. During surgery, the robotic arm helps me execute that plan with accuracy within 1 degree and 1 mm. It also prevents me from cutting outside the planned zone – protecting ligaments and soft tissue.

The Boon: Where Robotics Helps

After 200+ robotic cases, I’ve seen 3 clear benefits for the right patient:

1. **Higher Accuracy:** Studies from Journal of Arthroplasty show robotic TKR achieves implant alignment within 3° in >95% cases vs ~80% with manual. Better alignment = potentially longer implant life. For a 60-year-old, that matters.
2. **Personalized Surgery:** The robot allows “functional alignment” – we can respect your knee’s natural anatomy instead of forcing every knee into the same angles. Patients often report a more “natural feeling” knee.

3. **Less Soft Tissue Damage:** Because the robotic burr works only in the planned area, there is less collateral damage. This translates to less pain in the first 2 weeks and faster start of physiotherapy in many patients.

For patients with severe deformity, previous trauma, or younger age needing the implant to last 25+ years, I often recommend robotic TKR.

The Reality Check: It’s Not Magic

Robotic TKR is not a gimmick, but it’s also not for everyone:

- **Cost:** Robotic surgery costs ₹50,000 – ₹1,00,000 more than conventional due to CT scan + technology fees. For many senior citizens, conventional TKR done well gives excellent results at lower cost.
- **Surgeon Skill Still #1:** A robot cannot replace surgical judgment. A bad plan + robot = bad result. A good surgeon + robot = better result. The learning curve is steep.
- **Not Needed for All:** If you have mild arthritis or limited budget, conventional TKR by an experienced surgeon remains the gold standard.

My Advice to Patients

Don’t choose “robot” blindly. Ask 3 questions:

1. What is my knee deformity? Do I need the extra accuracy?
2. What is the total cost difference in this hospital?
3. How many robotic cases has the surgeon done?

The Future

Robotic surgery is a tool, like X-ray or arthroscopy was 20 years ago. Today it’s a boon for complex cases. In 10 years, it may be the standard. But the core remains unchanged: correct diagnosis, proper implant selection, and dedicated physiotherapy.

DIGNITY OR SELF-RESPECT

Dr. Madhu Varma
Senior Vice President
IMA DNZ



My one-year-old granddaughter makes a loud shriek if she doesn't want you to come close to her... she tells you not to intrude her space. So, she wants you to respect her... this is her fundamental right. We adults also have our air of dignity, which we don't want others to disrespect it or to take advantage of it, or to walk all over us trampling our feeling, or be insensitive to us.

Yes, personal dignity is dear to everyone. The word dignity is closely intertwined with words like respect, honour or pride. But all have a certain difference. Respect is given to others -- to acknowledge their qualities, achievement and their boundaries. Honor is a moral quality wherein you maintain your high values thereby earning a good reputation. High values are maintained by the person even when no one is watching. Pride is the satisfaction one feels after accomplishing your own targets or the group's target. Here it is not arrogance... it is a self-dignity.

Coming back to dignity, we have to earn dignity from others. How can we earn it. It is your behaviour to others, your respect for others, your way of speaking carefully for others. Friends, to earn personal dignity we need to respect each one's space and should not intrude that space either physically by hurting words or by our action. Your dignity is in holding your head high with good moral values, words spoken at the right time and your actions should not feel insulting to others.

We all have children at home. Does their dignity not matter. Raising children is also an art testing all your patience. Comparing one child to the other is a big No No.

Every child is born with his/her own talents while they pick up values and behaviour from elders and their peers. Parents, even if also feeling disappointed should not torture child physically or mentally. Firm discipline is the need but not poking at his/her low points all the time.

All children are born different, recognize that talent and nurture it. Then there are late blooming children. So never lose patience, never make fun of them, never compare them and never stop believing in them. We as parents should show our good behaviour because they learn from us. So always mention the dignity of your child, for otherwise they will develop scars in their mind forever.

Your values are always on display with your behaviour with your subordinates, your house help, the delivery boy, the stranger asking for help. That behaviour talks louder than any word said. Are they not worthy of respect- My husband is in the habit of greeting everyone, while walking. So, while going to the clinic through a market place, he greets the vegetable vendors, the shop keepers, the kiosk owners, the safai walas. I see the respect he gets from each and everyone. He has earned this respect from his kind behaviour, his enquiry about their families.

This for me is such a dignified behaviour. His patients adore him for he tries to make them laugh. He bends and blends with each age group, while lending his ears to their problems. By little efforts we earn our dignity friends. Our real strength lies in our graceful behaviour to others. So be polite, be fair, be nice to each and every one, it elicits smiles on the others face and we ourselves will have a feel-good factor.

DIGNITY OR SELF-RESPECT

Maintaining dignity in a group meet is equally important. While another person speaks, we should mute ourselves so as the urge to talk over others is not heard inadvertently. If all are speaking at the same time then there is general commotion in the meet. Nothing is achieved by that. Let the host decide who talks next or raise your hand. Shouting and naming in a meet is definitely no no. But if someone does that then don't get heated up. Prepare your answer and talk to that person individually.

If you are hurt by anybody don't let it pass along, sort the differences by one-to-one talk. This will give peace to your mind and mental wellbeing. Don't talk for too long, because others are waiting for their turn. So please be crisp and short for whatever you wish to say. Think about it positively. So dear colleagues and friends, your dignity is in your hands. Respect others, check your words when you speak, keep your emotions in control, don't compromise your self-respect and your core values, get out of toxic relationships. This is the foundation of your self-worth ... your dignity.

DO UNTO OTHERS WHAT YOU WANT THEM TO DO TO YOU.

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- DR SAROJ SINGHAL
- DR PRITI THAKRAL

APOLOGIES FOR OMISSION OR
ANY WRONGLY ADDED NAME

INTERNATIONAL YOGA DAY 2026

21ST JUNE 2026, ASHOK VIHAR







**CK BIRLA
HOSPITAL®**

Email: jindalkkdm@gmail.com

Dr. K K Jindal

MBBS, MD, DM - Neurology

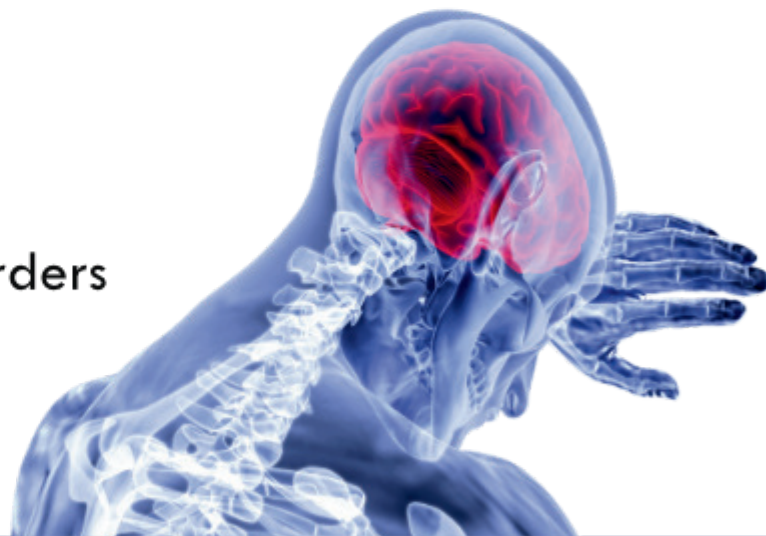
Director & HOD - Department of Neurology
Neurosciences, Neurology

CK Birla Hospital, Punjabi Bagh



Areas of expertise-

- Stroke
- Epilepsy
- Parkinson's Disease
- Headache & Migraine Disorders
- Dementia
- Neuromuscular Diseases
- Movement Disorders



For appointments: +91-9560927501, +91-9868013536

Clinic

Jindal Neurology Clinic

A5b/37, SFS Flats, Gate Number 1,
Paschim Vihar, Delhi-110063

Landmark: Near Domino's Pizza, Delhi

Timings: Mon - Sat 05:00 PM to 08:00 PM

Hospital

CK Birla Hospital

45/41, Punjabi Bagh (W),
New Delhi 110026

Timings: Mon - Sat 09:00 AM to 05:00 PM



DR. ANADI PACHAURY

MBBS, MS (General Surgery),
DNB (General Surgery), M.Ch. (Surgical Oncology)

Unit Head - Surgical Oncology

Surgical Oncologist

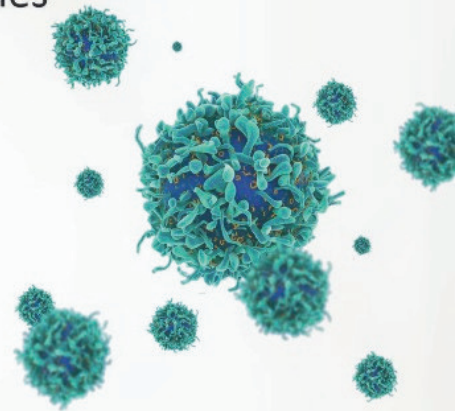
Advanced Laparoscopy Robotic Surgeon

**at Max Super Speciality Hospital,
Shalimar Bagh & Dwarka**

**For appointments:
+91-8587823186**

Field of Expertise:

- Upper Gastro-intestinal
- Colorectal and Hepato-biliary Pancreatic Malignancies
- Peritoneal Surface Malignancies (HIPEC)
- Gynaecological/Genitourinary Malignancies
- Breast and Oncoplastic Surgeries
- Head and Neck Malignancies
- Laparoscopic and Robotic Surgeries



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- **Painless**
- **Scarless**
- **Infection Less**
- **Shorter hospital stays**

