



IMA-Delhi North Zone

DOCTOR

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THE BULLETIN OF INDIAN MEDICAL ASSOCIATION

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MIDCON 2026



SUNDAY, 20 SEPTEMBER



9 AM - 5 PM



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DR SATISH TYAGI **PRESIDENT IMA DNZ**



Dear Colleagues,

I want to ask some uncomfortable questions today — questions that trouble me as much as they may trouble you.

Why do members no longer feel connected to their medical associations? Why are our associations steadily losing popularity? Are we failing in our duty towards our own members? And most importantly — what do doctors actually expect from us?

Let me speak plainly about the reality of the common doctor's life today.

The doctor is a qualified labourer working on daily wages. We belong to an unorganised sector of workers who are denied even minimum wages. We are not paid for the extra hours we put in. There is no protection or compensation for the occupational hazards we face every single day. Our workplaces are often unhealthy — injurious to our own health. And when a patient's outcome is not favourable, there is no protection from the violence of mobs or angry relatives.

Doctors are blamed for failures that are actually the Government's responsibility. Government hospitals are running with grossly inadequate manpower against an ever-growing patient load. Essential equipment and basic infrastructure are simply not available. All these factors together produce poor outcomes and, at times, disasters — and who is held responsible? The doctor. An easy prey.

On the other side, the private sector is gasping for survival. Small hospitals and individual practitioners — the backbone of healthcare in this country — are struggling to stay afloat. Stringent laws and endless regulations seem designed to strangle small medical establishments and force them to shut their doors. These are the real problems of the common doctor. These are the burning issues of our medical fraternity. And yet, I must say it honestly, even if it hurts: our medical associations are not working on these problems. We are failing in our actual duty.

If we want our members to return to us, we must first return to them — to their struggles, their fears, and their everyday battles. An association exists for its members, not the other way around. I invite every member to write to us, question us, and push us. Let this association become what it was always meant to be — the voice and the shield of the common doctor.

With warm regards,

Dr. Satish Tyagi

MBBS, MS, FIAGES, FAMS

GEN. & LAPAROSCOPIC SURGEON

DIRECTOR TYAGI HOSPITAL AND MATERNITY CENTRE

DIRECTOR DEPT. of GEN. & LAPAROSCOPIC SURGERY,

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DR NAVIN KUMAR SECRETARY



Dear Members,

I welcome you to the third issue of our IMA DNZ bulletin. While we continue to strive for academic and operational excellence, we must confront a critical reality affecting our fraternity: the escalating issue of violence against doctors and healthcare professionals.

Medicine relies on mutual trust, yet today, doctors are increasingly facing verbal abuse and physical assault. This is entirely unacceptable. No healthcare professional can deliver optimal care while working in fear. Violence against a medical worker is a systemic failure that paralyzes the entire healthcare system.

At IMA DNZ, our stance is firm: Zero Tolerance for Violence. We urge members to remain vigilant, understand their legal rights, and report every incident. While we advocate for stricter laws, upgraded workplace security, and swift judicial action, we must also stand united to protect the dignity of our profession.

IMA DNZ remains deeply committed to your safety. We will continue to raise our collective voice at every forum to ensure a secure environment where medical professionals can heal without fear.

Dr. Navin Kumar

Secretary,

IMA Delhi North Zone



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DR DIXANT CHHIKARA EDITOR



Dear Esteemed Colleagues

It is a privilege to bring you the third issue of the IMA DNZ bulletin. As editors, our role is not just to document our achievements, but to reflect the real challenges of our daily practice. Today, the most pressing crisis we face is the alarming rise in violence against doctors.

Hospitals, once sanctuaries of healing, are increasingly becoming volatile environments. Every headline reporting an assault on a colleague forces us to ask a painful question: How can we heal with trembling hands?

This violence is an assault on the medical psyche. When fear dictates clinical judgment, defensive medicine thrives and the doctor-patient relationship fractures. While grief and anxiety are expected in medical emergencies, transforming those emotions into aggression can never be tolerated.

We must use this bulletin to document these challenges, share safety protocols, and demand institutional accountability and swift legal penalties. Our unity is our strongest shield. Let us continue to speak out, protect one another, and demand the safe working conditions we rightfully deserve.

Warm regards,

Dr. Dixant Chhikara

Editor, IMADNZ Bulletin



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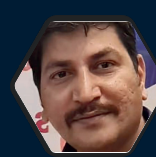
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BLOCK YOUR DATE

MIDCON 2026

DEAR SIR / MADAM

It is our proud privilege to inform you that INDIAN MEDICAL ASSOCIATION - DELHI NORTH ZONE is organizing MIDCON 2026 on 20th SEPTEMBER, at Hotel Crowne Plaza, Rohini. Timing 9:00am to 5:00pm.

The scientific program will include topics of interest for General Practitioners & Specialists in various fields. It will update our knowledge with the latest innovations in medical science that each one of us must know.

I request each & everyone to register for MIDCON-2026. Registration is compulsory.

A Scientific Exhibition will be organized at the venue which will provide your organization to interact with large number of distinguished clinicians under one roof.

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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.

IMAGING-GUIDED ANGIOPLASTY: THE NEW STANDARD IN PRECISION HEART CARE



Dr Anshul Kumar Jain,
Director, Cardiology,
CK Birla Hospital Delhi

Coronary angioplasty has evolved dramatically over the past decade. While conventional angiography provides a two-dimensional silhouette of the artery, modern intravascular imaging technologies such as Intravascular Ultrasound (IVUS) and Optical Coherence Tomography (OCT) allow cardiologists to visualize the artery from within. These technologies accurately assess plaque characteristics, vessel size, calcium burden, stent expansion and stent apposition, leading to more precise treatment and better long-term outcomes. International guidelines increasingly recommend intravascular imaging, particularly for complex coronary interventions, as it has been shown to reduce repeat procedures and major adverse cardiac events.

Despite these advances, the routine use of IVUS and OCT remains limited in many smaller cardiac centres across Delhi NCR. In several institutions, angioplasty continues to rely primarily on angiographic images alone because of limited access to advanced imaging technology, cost constraints, or lack of specialised expertise. While many patients continue to receive good care, complex coronary disease often benefits from a more comprehensive imaging-based approach that can optimize stent selection and deployment.

The newly inaugurated Cardiac Centre at CK Birla Hospital, Punjabi Bagh has been established with the vision of bringing international standards of interventional cardiology to West Delhi. Equipped with state-of-the-art catheterisation laboratory technology and advanced intravascular imaging capabilities, the centre is committed to performing imaging-guided angioplasty whenever clinically indicated. The focus is on precision, evidence-based decision-making and personalised patient care, ensuring that every coronary intervention is tailored to the patient's anatomy rather than relying solely on conventional angiography.

As cardiac care continues to advance, imaging-guided angioplasty is rapidly becoming the benchmark for high-quality coronary intervention. The launch of this advanced cardiac programme at CK Birla Hospital represents an important step towards making world-class, technology-driven heart care more accessible to patients across Delhi NCR. (CK Birla Hospitals)



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Senior Vice President
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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.

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 decides 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.

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INTERNATIONAL YOGA DAY 2026

21ST JUNE 2026, ASHOK VIHAR

IMA DNZ CELEBRATED INTERNATIONAL YOGA DAY ON 21ST JUNE 2026
AT CHAND KISHORE AGGARWAL PARK, ASHOK VIHAR, DELHI
WITH MORE THAN 300 PARTICIPANTS IT WAS A GREAT SUCCESS
THE EVENT WAS ATTENDED BY ALL SENIOR MEMBERS, PAST PRESIDENTS, COUNSELLORS, MLA
DR NEELAM LEKHI (PRESIDENT DMA)

THERE WAS PROVISION OF FREE BLOOD TESTS (BY INNOVA LABS AND DIAGNOSTIC CENTER)
MAMMOGRAPHY AND CANCER SCREENING (BY ACTION CANCER HOSPITAL)
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**DR SATISH TYAGI (PRESIDENT IMA DNZ)
FELICITATED
AT DOCTORS DAY CELEBRATION BY DMA**



**DR JYOTI CHUGH (PAST PRESIDENT)
FELICITATED WITH “DMA CHIKITSA GAURAV SAMMAN”
AT DOCTORS DAY CELEBRATION BY DMA**



CONGRATULATIONS TO DR SUBHASH AGGARWAL
ON RECOGNITION OF THE EXCEPTIONAL CONTRIBUTION TO
SURGERY AND MEDICINE, DR GANNI BHASKAR RAO, CHAIRMAN
AND OWNER OF GSL MEDICAL COLLEGE RAJAHMUNDRY,
ANDHRA PRADESH



CONGRATULATIONS TO DR GIRISH TIWARI
ON RECOGNITION BY “BHARAT RATAN GAURAV SAMMAN”
BY POLICE MITRA FOUNDATION
PRESENTED BY TARVINDER SINGH MARWAH (MLA JANGPURA)





**CK BIRLA
HOSPITAL®**

Email: jindalkkdm@gmail.com

Dr. K K Jindal

MBBS, MD, DM - Neurology

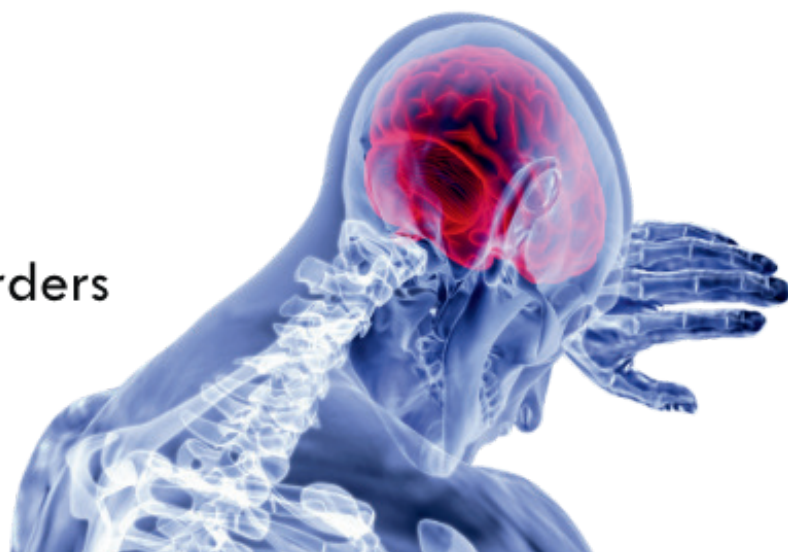
Director & HOD - Department of Neurology
Neurosciences, Neurology

CK Birla Hospital, Punjabi Bagh



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Hospital

CK Birla Hospital

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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)

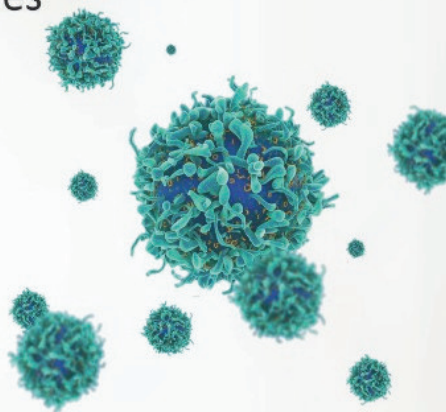
Unit Head - Surgical Oncology

Surgical Oncologist
Advanced Laparoscopy Robotic Surgeon

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