

The Journey of Trauma from Kashmir Valley!

Dr. Mushtaq Chalkoo^{1*}, and Dr. Mumtaz Din Wani¹

Assistant professor, Laparoendoscopic surgeon, Government medical college, India

***Corresponding author:** Dr. Mushtaq Chalkoo, Assistant professor, Laparoendoscopic surgeon, Government medical college, Srinagar, Kashmir, India E-mail: Mushtaq_chalkoo@rediffmail.com

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We are all aware and fresh with the memories of the recent turmoil that shook us to shambles last year and is still chasing us in Kashmir valley. Trauma is not something new for us as we have been already handling all varieties of trauma since last three decades. Trauma is growing menace and is listed as one of the major killer diseases of the mankind, assuming a significance of a global disease. Trauma is engulfing and mopping up human lives in its different facies. Natural catastrophes like earthquakes, floods, avalanches, land-slides, fire outbreaks, tsunamis consume human lives in bulk and bring massive destruction and devastation. Over the last few decades yet another form of trauma has cropped up globally owing to urbanisation. The road traffic accidents is yet another challenge to handle. Man to man conflicts, war weaponry have explored a newer horizon of trauma. According to a recent WHO report you will be surprised to know that by 2020 trauma will be the third largest killer disease in the developing world. It is going to be the global pandemic. Rapid urbanisation, industrialisation, crimes and violence have led to an alarming increase in the rate of accidental injuries. It is estimated that in the developing countries over 6 million will die and 60 million will be injured in the next 10 years. Road traffic accidents are increasing at an alarming annual rate of 3%. It may not surprise you to know that a vehicular accident is reported every 3 minutes and a consequent death every 10 minutes on Indian roads. A trauma related death occurs in India every 1.9 minutes. It is alarming to note that the magnitude of the problem is growing and growing and little has been done in this regard to handle this menace.

Unfortunately, in our part of the country things have assumed an ugly turn. The paradise has been engulfed by different forms of trauma. Since early nineties with the advent of militancy in Kashmir valley, we have been working day in and out to handle different catastrophes resulting because of war weaponry in the form of blasts, bullets, grenades, shells and bombs. We have faced trauma in almost all its nefarious designs. Let me remind you of October 8, 2005, 9:20 am when all of us were ready to leave our shelters, the whole valley was shaken by a ghost tremor and within no time deaths and destruction surrounded us. What a natural fury! 80,000 deaths is a recorded figure and leaving many homeless. A few years later, in 2008 we landed back in nineties when an upheaval hit us. Our hospitals were loaded with all kinds of traumas. Memories are still fresh

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with yet another disaster that visited us in 2010 and 2012. The hullabaloo and the pandemonium created by the influx of these trauma victims where even not only the doctors but a common man had an easy ingress to theatres intentionally to save the war weaponry victims. The Department of Surgery and its Allied Specialities did an excellent work to save these precious human lives despite the paucity of infrastructure and desired structured trauma unit. The nightmare is still fresh. Yes, this refers to the devastating deluge that took us unaware overnight in September, 2014 with a surprise in the morning with almost whole valley swimming in waters. It was just near to apocalypse! Everything got shattered; we squared back to zero and had to start with the basic alphabets to resuscitate ourselves and our devastated healthcare system. Thanks to all those voluntary organisations, Govt. of J&K and other philanthropists who helped the gasping valley back to track. It was a new beginning. It seems God's fury is haunting the soul of valley. 8th July, 2016 brought a misery of a different dimension when yet another turmoil cropped up. South Kashmir was badly hit. Residents, Consultants, Heads of the Departments, Heads of the Administration, Paramedics with the Principal Medical College were trapped in the hospital intentionally to work day in and out in their respective capacities to handle this disaster. Govt. Medical College, SKIMS, JVC, Directorate of Health Services worked in collaboration to handle this Crisis.

While perusing the departmental records, I gathered the data for retrospective figures; the hospital has handled till now. The data traced from 1990 to 2016 shows that a total figure of around 20,000 patients have been received solely by the Department of Surgery.

It is mandatory to note that much and much more needs to be done to conquer this growing menace of trauma in our place. It is the need of the hour to have a structured trauma unit, if not a hospital which will be backed by trained traumatologists, ATLS personnel and skilled paramedics with latest gadgets of handling trauma. It is my inference that the recent turmoil has taught us a lesson and we need to accept it, approve it and work on it at an early hour to save our progeny.

CURRICULUM VITAE



DR. MUSHTAQ CHALKOO
MBBS, MS, FAIS, FMAS, FIAGES
SENIOR CONSULTANT LAPAROSCOPIC AND MINIMAL ACCESS SURGEON

CAREER HIGHLIGHTS RESEARCH

 Contents list available at ScienceDirect International Journal of Surgery journal homepage: www.ijso.com	 Contents list available at ScienceDirect International Journal of Surgery journal homepage: www.ijso.com
Original Research Mini-lap hysterectomy revisited with new concepts and technical modifications Mushtaq Chalkoo ^{1*} , Shahmazz Akhgar ² , Abdul Munson Durrani ³ , Masooda Jan Shah ⁴ , Rowana Hobb ⁵ , Shabeen Chalkoo ⁶ ¹ Head of Surgery Government Medical College Srinagar, Srinagar, India ² Head of Cardiology and Director, All India Institute, Government Medical College Srinagar, Srinagar, India ³ Head of Anesthesiology, Government Medical College Srinagar, Srinagar, India	Original Research Mini-lap cholecystectomy: Modifications and innovations in technique Mushtaq Chalkoo ^{1*} , Shahmazz Akhgar ² , Abdul Munson Durrani ³ , Shabeena Chalkoo ⁴ , Masooda Jan Shah ⁵ , Muhammad Mirees Baht ⁶ ¹ Head of Surgery and Head of Laparoscopic Centre, Government Medical College Srinagar, Srinagar, India ² Head of Cardiology and Director, All India Institute, Government Medical College Srinagar, Srinagar, India ³ Head of Anesthesiology, Government Medical College Srinagar, Srinagar, India

THE CHALKOO CONCEPTS

THE CHALKOO TECHNIQUE



DR. MUSHTAQ CHALKOO
ASSISTANT PROFESSOR
GMC - SGR
WWW.MUSHTAQCHALKOO.WEBS.COM

 Contents list available at ScienceDirect International Journal of Surgery journal homepage: www.ijso.com	 My Xpressions A medical school experience with three port laparoscopic cholecystectomy with a new modification in technique Mushtaq Chalkoo Government Medical College Srinagar, Srinagar, India	 Contents list available at ScienceDirect International Journal of Surgery journal homepage: www.ijso.com
Original Research	Original Research	Original Research

THE CHALKOO MODIFICATION

MY XPRESSIONS

THE CHALKOO'S POINT

Name - Dr. Mushtaq Chalkoo
Father's Name - Gh. Nabi Chalkoo
Address - Gulberg Colony, Sector 1 Hyderpora Srinagar Kashmir India
State - J&K (India)
Contact Nos - 09419032292, 01942433256
E. Mail - Mushtaq_Chalkoo@Rediffmail.Com, Dr.Chalkoo@gmail.Com
Nationality - Indian
Qualifications - Mbbs, M.S, Fmas, Fiages, Fais

MEDICAL EDUCATION

Mbbs - Government Medical College Srinagar, (1988-1992), Kashmir University
M.S - Sheri-Kashmir Institute of Medical Sciences, Srinagar Kashmir (1994-1997)
Fellowships in Laparoscopy-----Trained From Sgrh and Gem Hospital, Chennai (2005)

EXPERIENCE AFTER MBBS

Intern in Gmc (1992-1993)
House Surgeon (1993-1994)
Postgraduate Surgery Skims (1994-1997)
Senior Resident Surgery and Allied Specialities At Skims (1997-2001)
Resident Surgeon At K.S.A (2001-2003)
Assistant Surgeon Sdh Tangmarg (2003-2007)
Adhoc Lecturer Surgery Gmc Sgr (2007-2009)
Permanent Lecturer Surgery Gmc Sgr (2009-2012)
Assistant Professor Surgery (2012-Till Date)

MEMBERSHIPS

Executive Member of Northern Chapter of Association of Surgeons Of India
Life Member of Association of Surgeons of India
Life Member of Indian Medical Association
Life Member Of Indian Association Of Gastrointestinal And Endosurgeons
Life Member of Indian Hernia Society
Life Member of Association of Minimal Access Surgeons of India
Life Member of Society of Laparoscopic and Endoscopic Surgeons of India
Executive Member of J&K Associations of Surgeons of India

EDITOR AND EDITORIAL BOARD MEMBER

Laparoscopic Editor---Webmed U.K
Journal of Pioneering Medical Sciences(Pakistan)
Journal of Surgery And Transplantation
Journal of Clinics in Surgery
Journal of Gastroenterology and Hepatology Research
International Journal of Orthopaedics
World Journal of Gastrointestinal Surgery
Associate Editor of Medcrave Online Journal of Surgery
Editor Of Journal of Surgery-Avens Publishing Group
Archives of Clinical Gastroenterology
Austin Digestive System
Journal of Molecular Biology and Biotechnology
Ec Gastroenterology and Digestive System
Insight Surgery
Associate Editor of Kashmir Medical Journal Scientific Publications

SCIENTIFIC PUBLICATIONS

BOOK CHAPTERS

1. Mushtaq Chalkoo, Shahnawaz Ahangar, Ab Hamid Wani, Asim Laharwal, Umar Younus, Faud Sadiq Baqal, Sikender Iqbal: Laparoscopic Management of Difficult Cholecystectomy. *Advances in Laparoscopic Surgery*, 02/2012; , ISBN: 978-953-307-933-2

JOURNAL PUBLICATIONS

- Mushtaq Chalkoo: Preferred reporting of case series in surgery; the PROCESS guidelines.(IJS-PUBMED)
- Mushtaq Chalkoo: The SCARE guidelines: Consensus-based surgical case report guidelines. *International Journal of Surgery* 08/2016;(PUBMED)
- Mushtaq Chalkoo: penetrating abdominal trauma;an overview of recent turmoil from kashmir valley. *The Journal of Surgery* 10/2016; 4(2).
- Mushtaq Chalkoo: E.learning in laparoscopic surgery.Editorial;clinics in surgery.vol 1,2016.
- Mushtaq Chalkoo: obesity ;an overview.journal of surgery.vol 12 issue 1
- Mushtaq Chalkoo, Mumtaz-Din Wani, Hilal Makhdoomi, Ankush Banotra, Yassar Arafat, Awhad Mueed, Syed Shakeeb: Laparoscopic Surgery for Meckel's Diverticulum Presenting as Small Bowel Obstruction: A Case Report. *Surgical Science* 01/2016; 07(11). DOI:10.4236/ss.2016.711067
- Mushtaq Chalkoo, Mujahid Ahmad Mir, Hilal Makhdoomi: Laparoscopic Transabdominal Preperitoneal Mesh Hernioplasty: A Medical College Experience. *Surgical Science* 01/2016; 07(02). DOI:10.4236/ss.2016.72015
- Mushtaq Chalkoo: Laparoscopic Cholecystectomy in Situs Inversus Totalis: A Case Report. *Journal of Pioneering Medical Sciences* 01/2015; 5(1).
- Mushtaq Chalkoo: Laparoscopy- An Overview.Editorial;Enliven;surgery and transplantation.vol 1 issue 1,2015
- Mushtaq Chalkoo, Shahnawaz Ahangar, Naseer Awan, Varun Dogra, Umer Mushtaq, Hilal Makhdoomi: An Early Experience of Stapled Hemorrhoidectomy in a Medical College Setting. *Surgical Science* 01/2015; 06(05). DOI:10.4236/ss.2015.65033
- MUSHTAQ CHALKOO: ADVANCES IN MEDICAL TEACHING.2014,journal of anesthesia and surgery(1);1
- Mushtaq Chalkoo: A Point-Specific Site for Placement of Epigastric Port in Iaparoscopic Management of Gallbladder Disease: An Observational Study. *Surgical Science* 07/2013; 4(7).
- Mushtaq Chalkoo, Shahnawaz Ahangar, Aasim Mushtaq Patloo, Adnan Rashid Matoo, Faud Sadiq Baqal, Sikender Iqbal: A medical school experience with three port laparoscopic cholecystectomy with a new modification in technique. *International Journal of Surgery (London, England)* 01/2013; 11(1). DOI:10.1016/j.ijssu.2012.11.005

15. Mushtaq Chalkoo, Shahnawaz Ahangar, Faud Sadiq Baqal, Alfar Ah Nafae, Muntakhab Nafae, Raiees Ahmad Malla, Ajaz Ahmad Mallar: A Point-Specific Site for Placement of Epigastric Port in Laparoscopic Management of Gallbladder Disease: An Observational Study. *Surgical Science* 01/2013; 04(07). DOI:10.4236/ss.2013.47060
16. Mushtaq Chalkoo: The Historical Perspective, Current Advancements and Innovations in Laparoscopic Cholecystectomy. *Journal of Pioneering Medical Sciences* 04/2012;
17. Mushtaq Chalkoo: Mummified Gallbladder-Laparoscopy as a tool to handle: A Case Report. *physicians academy* 2012, vol 6 no 2.
18. Jahan R, Masoodi I, Yattoo G N, Shah A R, Zargar S A, Javid G, Singh C, Chalkoo M: Comparison of Endoscopic Injection Sclerotherapeutic Agents in Nonvariceal Upper GI Bleeding: A Retrospective Study. *WebmedCentral GASTROENTEROLOGY* 2011;2(8):WMC002108
19. Mushtaq Chalkoo: Laparoscopic Cholecystectomy-An early SDH Experience. *Physicians Acad.* 5: 83-85
20. Mushtaq Chalkoo, Shahnawaz Ahangar, Abdul Munnon Durrani, Masooda Jan Shah, Rizwana Habib, Shaheen Chalkoo: Mini-lap hysterectomy revisited with new concepts and technical modifications. *International Journal of Surgery (London, England)* 03/2011; 9(5). DOI:10.1016/j.ijssu.2011.03.028
21. Mushtaq Chalkoo: Primary Malignant Peripheral Nerve Sheath Tumor of the Breast—A Case Report. *Surgical Science* 01/2011; 02(03). DOI:10.4236/ss.2011.23028
22. Mushtaq Chalkoo, Shahnawaz Ahangar, Abdul Munnon Durrani: Is Fourth Port Really Required in Laparoscopic Cholecystectomy?. *Indian Journal of Surgery* 10/2010; 72(5). DOI:10.1007/s12262-010-0154-9
23. Mushtaq Chalkoo: RETROPORTAL COMMON BILE DUCT; OPEN/ LAPAROSCOPIC SURGEONS MUST BE CAREFUL: CASE REPORT OF A RARE ANOMALY. *Physicians Acad.*, 4: 88-90.
24. Mushtaq Chalkoo, Shahnawaz Ahangar, Abdul Munnon Durrani, Masooda Jan Shah, Rizwana Habib, Shaheen Chalkoo: Mini-lap hysterectomy revisited with new concepts and technical modifications. *International Journal of Surgery (London, England)* 03/2011; 9(5). DOI:10.1016/j.ijssu.2011.03.028
25. Mushtaq Chalkoo, Ibrahim Masoodi, Shabnum Hussain, Shaheena Chalkoo, Omar Farooq: Laparoscopic exploration of the common bile duct and removal of dead worm in a patient of cholangitis after endoscopic retrograde cholangiopancreatography failure. *Journal of Minimal Access Surgery* 06/2009; 5(3). DOI:10.4103/0972-9941.58504
26. Ibrahim Masoodi, Mushtaq Chalkoo, Arshad Rashid, Imtiyaz A Wani: Extra luminal colonic gastrointestinal stromal tumor: A case report. *Cases Journal* 05/2009; 2(1). DOI:10.1186/1757-1626-2-7525
27. Mushtaq Chalkoo: Laparoscopic Treatment of a Giant Non-parasitic Hepatic Cyst: A Case Report. *ind-medica*, vol 5 no 6, 2009.
28. Mushtaq Chalkoo, Mohd Shafi, Ibrahim Masoodi, Arshad Rashid: Spontaneous rupture of an incisional hernia during labour. *kashmir medical journal*, vol 3, no 1, jan 2009.
29. Mushtaq Chalkoo: Laparoscopic ovarian cystectomy with uterine adhesiolysis in a patient with primary infertility. *physicians academy*, nov 8 vol 2 no 11.
30. Mushtaq Chalkoo: Laparoscopic Repair of the Right Inguinal Hernia (TAPP REPAIR). *ind –medica*, vol 5 no 3(2008).
31. Mushtaq Chalkoo: Case Report: Laparoscopic Appendicectomy in a Rural Set up - A Case Report. *ind-medica*, vol 4 no 6(2008).
32. Mushtaq Chalkoo: Laparoscopic Cholecystectomy in a Rural Setup - A case Report. *ind-medica* vol 4 no 1(2007).
33. M. Chalkoo, A.K. Peer, Ashfaq: Double gall bladder [2]. *jk practioner*.
34. M. Chalkoo: Laparoscopic Cholecystectomy in a Mucocele of Gallbladder with a Phrygian Cap-A Case Report. *physicians academy*, vol 3 no 1 jan 2009.
35. Mushtaq chalkoo; The single finger delivery technique (mini-mini laparotomy) for abdominal bilateral tubal ligation. *KMJ* 2008, 2(4); 257-258.
36. Mushtaq chalkoo; picture of the month, *physicians academy*, april 2009, vol 3 no 4.
37. Mushtaq chalkoo; minimal access surgery, the current perspective. *physicians academy*, sept 2008 vol 2 no 9.
38. Mushtaq chalkoo; the future of laparoscopic surgery in Kashmir. *physicians academy*, april 2009, vol 3 no 4.
39. Mushtaq chalkoo; venous thromboembolism prophylaxis, *KMJ*, 2009, 3(4) 472-476.
40. Mushtaq chalkoo; the doctor, patient and the cure. *KMJ* 2009, 3(4) 458.
41. Mushtaq chalkoo; open laparoscopy, *ind-medica* vol 3 no 4, 2006-08.
42. Mushtaq chalkoo; *Ascaris lumbricoides*. *KMJ* 2009, 3(2), 387-389.
43. Mushtaq chalkoo; weight loss surgery for obesity; *physicians academy*, august 2009, vol 3 no 8.
44. Mushtaq chalkoo; towards research and scientific innovations, *KMJ*, vol 8 no 1 jan to march 2014.
45. Mushtaq chalkoo; An Analysis of War Weaponry Trauma Victims from a Medical College Setting in Kashmir Valley, *surgical science*, Vol.8 No.1, January 2017
46. Mushtaq chalkoo; Laparoscopic Adrenalectomy; a Short Summary with Review of Literature. *Heighpubs J Surg Res.* 2017; 1: 001-011.

POSTGRADUATE THESIS GUIDESHIP

1. Laparoscopic gastrojejunostomy; lap hand sewn versus stapled.
2. laparoscopic incisional hernia; defect closure vs no defect closure.
3. laparoscopic colorectal surgery; extracorporeal vs intracorporeal anastomosis.

REVIEWER

1. International journal of surgery
2. International journal of surgery case reports
3. Journal of pioneering medical sciences (Pakistan)
4. Malaysians journal of surgery
5. North American journal of medicine
6. Surgical science
7. Isra medical journal (Pakistan)
8. British journal of medicine and medical research

PAPERS REVIEWED

1. IJS CASEREPORTS-D-12-00220R1; subserous cyst of urinary bladder-an unknown type of intramural cystic lesion of vesica by bo-yang.
2. IJS CASEREPORTS-D-11-00235R1; cystic lymphangioma of the kidney, diagnosis and management by ahmed chaabouni
3. IJS CASEREPORTS-D-11-00160; clear cell papillary renal cell carcinoma ,a rare subtype by armin kamyab.
4. IJS CASEREPORTS-D-11-00153R1, case report; a left upper quadrant cystic mass by steve H kim
5. IJS CASE REPORTS –D -11- 00039; retroperitoneal hernia following radical cystectomy; case report by armin kamyab.
6. IJS CASEREPORTS-D -10-00064; traumatic testicular torsion with rupture and hematocele; a case report by parvaiz sajad khan
7. Epidemiology of gall stone disease among pregnant women in Egypt; multicentre study. british journal of medicine and medical research, 2014- BJMMR-14633.
8. proactive nursing care is the key to successful day case laparoscopic cholecystectomy at a rural hospital; journal of advances in medical and pharmaceutical sciences, 2016/JAMPS/29117.
9. A comparative study between laparoscopic hernia and open lichtenstien mesh hernioplasty; british journal of medicine and medical research,
10. Acase report of gastrointestinal stromal tumour located in the jejunum; surgical science.
11. obturator hernia ; a successful case report; soj surgery
12. pattern of hospital admissions in surgical wards (male-female) for diagnostic purposes in the previous six months. Isra medical journal Pakistan
13. trephine stoma; minimally invasive stoma technique; british journal of medicine and medicine and medical research.
14. two port laparoscopic appendectomy assisted with needle grasper comparison with conventional laparoscopic appendectomy; therapeutics and clinical risk management.
15. a spontaneous rupture of urinary bladder, a case report with review of literature. international journal of surgery case reports.
16. percutaneous transabdominal external needle for hernia defect closure in laparoscopic repair; british journal of medicine and medical research.
17. surgical access in the phenotypically narrow and steep black males pelvis at radical retropubic prostatectomy is exacerbated by a posterior pubic symphyseal protuberance; a case report. international journal of surgery case reports.
18. a laparoscopic assisted minilaparotomy hysterectomy approach for very large fibroid uteri of more than 1000gms; a preliminary study; journal of gynecology research.

UPDATES & CONFERENCES ATTENDED & PAPERS PRESENTED

1. Presented a paper on, comparative study of three methods for treatment of varicocele'. in the 18th annual conference of NCASI at postgraduate institute of medical sciences Rohtak on 26-28th sept. in the young surgeons contest.
2. presented the postgraduate thesis paper in the 6th PGRP at SKIMS on 8th-9th nov, 1997.
3. presented a paper in the 7th PGRP at SKIMS on the ;hydatid disease of kidney; on 7th and 8th dec, 1998.
4. Participated in the 8th PGRP at SKIMS on nov, 4-6, 1999.
5. Attended a conference on ;the management of trauma patient; on 18th oct. 2001 at army forces hospital, Riyadh, KSA, recognised by the Saudi council for health specialities for 6hrs cme.
6. Attended a conference on; prevailing medical conditions in wadi-al-dawasir region; treatment and prevention. on 14th march 2002 recognised by Saudi council for health specialities for 5hrs cme.
7. presented a paper in cme cum live operative workshop on common colorectal diseases on 5th dec 2005 at sgrh new delhi.
8. Attended the north zone annual conference in may 2006 at SKIMS, conducted by ICS-INDIAN SECTION.
9. Attended masters programme on MIPH organised by ethicon institute of surgical education held at EISE delhi in dec 2006.
10. Delivered a talk on, 'My experience of laparoscopic surgery in a rural set up in ELSA-2007. Hyderabad india.
11. presented a paper in midterm twin conference cum workshop organised by IAGES GMC sgr kmr in june 2007.
12. presented a paper, titled double gallbladder, in midterm cme ,2007 organised by association of surgeons of jalandhar in april 2007.
13. Attended an update on colorectal surgery organised by ACRSI at skicc sgr in sept. 2007.
14. Attended 6th amasi skill course organised by amasi held at gmc hospital Chandigarh in dec 2007.

15. Presented a paper in 8th national congress and workshop on minimal access surgery,jaipur organised by IAGES 2008 in February.
16. Presented a paper,laparoscopic appendicectomy in a rural setup; in 2nd national conference of Indian hernia society organised by deptt.of surgery gmc sgr on june 2008.
17. Attended third international congress of association of minimal access surgeons of india;AMASICON-july 2008.
18. Attended a live laparoscopic operative workshop of urology,gen,surgery and gynecology at KURC sonwar sgr in nov,2008.
19. Attended 13 th basic instructional course in colorectal surgery organised by association of colorectal surgeons of india at skims in april 2009.
20. Attended 4th international congress of AMASICON-2009 at grand hyath Mumbai in may 2009.
21. Attended a conference on bile duct disease organised by IHPBA at skims in oct,2009.
22. Presented a paper in 2nd national conference of SELSICON in oct,2009.
23. Presented a paper in JAKASICON at skims in june 2011.
24. Presented a paper in 2nd ASCOMSCON,2011 in oct,2011 at jammu.
25. Presented a paper in a symposium on G.I malignancies organised by JAKASI in nov.2011 at qazigund.
26. Presented a paper on ,the chalkoo technique in minilap cholecystectomy in 2nd annual conference of JAKASI in march 2012.
27. Attended the basic medical writing course held at skims medical college bemina in association with max institute of minimal access ,metabolic and bariatric surgery ,new delhi and karl storz gmbh &co.kg in may 2012.
28. Presented a paper in IHPBA organised by skims sgr in may 2012
29. Presented a paper on chalkoos modification for three port lap chole in hongkong in jan 2012.
30. Attended an asian endo-urology conference organised by deptt. Of urology skims and asian society of endourology in june 2012.
31. Delivered a lecture in 8th JK-SCIENCE CONGRESS -2012 at university of Kashmir in September 2012.
32. Presented a paper on ;anatomy of TEP 'in 3rd annual conference of JAKASICON in june 2013 in gmc sgr.
33. Presented an invited talk on,the chalkoo technique in minilap cholecystectomy organised by OMICS publishing group and editors of surgery in sept,2013 in las-vegas ,U.S.A.
34. Presented a paper on thromboembolism in JAKASI-CSEP at sdh ganderbal,oct,2013.
35. Attended 3rd PGRP at gmc sgr in nov.2013.
36. Attended one day live operative workshop(chairperson) at JLNH hospital organised by directorate of health services in dec,2013.
37. Presented a paper in NOZCON-2014 at skims in april 2014.
38. Participated an update on management of breast lumps organised by deptt.of surgery ,gmc sgr in collaboration with deptt,of radiodiagnosis and deptt.of pathology,in april2014.
39. Attended an update in oncology-x-2014-focus on upper ,G.I and hpb cancers organised by deptt.of oncology and surgical gastroenterology at sgrh,new delhi in april 2014.
40. Attended a cme titled ,automation in microbiology;organised by deptt.of microbiology gmc sgr on april 2014.
45. Presented a paper in csep on suture ,meshes implants and prosthesis,past present and future organised by post graduate deptt.of surgery gmc sgr in may 2014.
46. Presented a paper on the significance of chalkoo;s point in lap chole in selsicon 2014 bubaneshwer in sept 2014.
47. Attended a conference on anatomy of pelvic floor and female genital tract held at LD hospital in may 2014.
48. Attended a cme on advances in diagnostic pathology organised by post graduate deptt.of pathology gmc sgr in may 2014.
49. Attended a cme on molecular mechanism of endometriosis /medical education organised by post graduate deptt,of physiology gmc sgr in may 2014.
50. Attended an update on trauma organised by postgraduate deptt.of surgery gmc sgr in sept,2014.
51. Participated as judge in young surgeons meet organised by deptt.of surgical gastroenterology,skims sgr in nov.2014.
52. Attended a three day workshop on research methodology in biomedical research conducted by deptt.of spm gmc sgr in dec,2014.
53. Presented a paper on science of tissue management and use of staplers in a csep conducted by postgraduate deptt.of surgery gmc sgr in april 2015.
54. Attended a cme on advances in biochemical and molecular diagnostics-recent research trends organised by deptt.of bio chemistry gmc sgr in may 2015.
55. Chairred a session on update on ca esophagus organised by postgraduate deptt.of surgery gmc sgr in may 2015.
56. Attended north zone yuva fogsii conference on 21-23 august 2015 at skicc sgr.
57. Participated and presented a paper in FIAGES-2015 held on 15-17 oct,2015 at skims.
58. Attended A PACE HERNIA programme at global hospital Hyderabad organised by covidien in july 2015.
59. Presented a paper on staplers in laparoscopic G.I surgery in 5th annual conference of JAKASICON in august 2015.
60. Attended CREST-the colorectal surgical training observership for lower G.I laparoscopic procedures at sir balaji action medical institute new delhi organised by ethicon in nov.2015.
61. Presented a paper in cme entitled update on management of colorectal cancers organised by postgraduate deptt.of surgery gmc sgr in dec 2015.
62. Presented a guest lecture on complications in G,I surgery organised by Indian association of surgical gastroenterology in feb 2016 new delhi
63. Attended 13 th national congress(chairperson)of IAGES 2016 at skicc in april 2016.
64. Attended a cme on head and neck surgery organised by deptt of ent gmc sgr in june 2016.
65. Operated in a live operative workshop and demonstrated TAPP hernia repair at DHB in association with JAKASI in My 2016.
66. Attended a cme on vitamin d deficiency a silent pandemic organised by deptt.of biochemistry gmc sgr in may 2016.

67. Attended a cme on diabetic retinopathy and glaucoma organised by postgraduate deptt.of ophthalmology gmc sgr in collaboration with VRSI ans ACOIN in may 2016.
68. Presented a paper on MIPH in 1st anoproctology fest 2016 for anorectal update at meril academy vapi gujrat in august 2016.
69. Operated MIPH and delivered two guest talks on lap.hemicolectomy and use of staplers in G.I surgery in worldcon 2017 organised by association of surgeons of valsad and gmrs medical college valsad in feb 2017 at daman.

BOOKS PUBLISHED

- 1.My Expressions,a book on philosophy of life
- 2.Pazer Akh-zhendh,a book on kashmiri poetry

VIDEOS PUBLISHED

More than 112 videos published on www.youtube.com on basic and advanced laparoscopic procedures.

ACHIEVEMENTS AND AWARDS

1. Felicitated for the innovations in laparoscopy and minimal access surgery with a certificate of honour awarded by govt.of j&k.
2. Enrolled in world's who is who, 2015 edition;a prestigious publication from U.S.A.

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