



# Delhi Spine Times

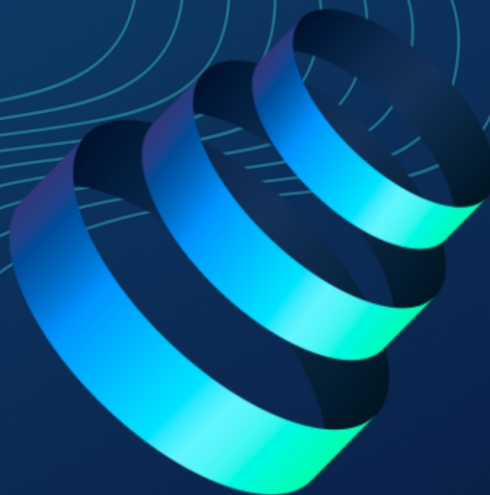
2nd EDITION | 16th OCTOBER 2025



## WORLD SPINE DAY 2025

### Why “Invest in Your Spine” Matters

Spinal conditions are a leading cause of disability worldwide, often resulting in decreased productivity, long-term health complications, and significant financial burdens. The 2025 campaign encourages individuals, communities, healthcare providers, and policymakers to take proactive steps to prevent spinal issues through education, lifestyle adjustments, and workplace ergonomics.



SPINE SOCIETY DELHI CHAPTER

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## WORLD SPINE DAY - 16th OCTOBER 2025

Every year on October 16th, the world observes World Spine Day, an initiative of the World Federation of Chiropractic and the World Spine Alliance to raise awareness about spinal health and related disorders.

The theme for this year, "Invest in Your Spine," beautifully captures the essence of prevention, commitment, and proactive care. It reminds us that maintaining spinal health is not a one-time effort, it is a lifelong investment in our strength, productivity, and overall well-being.

Regular exercise, correct posture, ergonomics at work, and early medical attention are simple yet powerful steps toward preserving spinal health. By investing time and care in our spine today, we safeguard our vitality and independence for tomorrow. A Year of Growth, Energy, and Achievements

The Spine Society Delhi Chapter (SSDC) has had a remarkable year marked by academic excellence, innovation, and camaraderie.

Our Annual Meeting at Baku will long be remembered for its perfect blend of scholarly sessions, cultural experiences, and fellowship. It was a truly global event, reflecting how science and friendship together enrich our professional journey.

The monthly Master Series Program continues to be one of our most impactful educational initiatives. Each session focuses on a specific spine-related topic, combining in-depth presentations with practical insights and open discussions. The active involvement and enthusiasm of our members have made it an ongoing success.

Our members have also brought great pride to the Chapter with their outstanding participation in national and international conferences, winning prizes, sharing research, and representing the Delhi Chapter with distinction.

### Honouring Our Legacy and Building the Future

We continue to uphold the vision of our revered founder, Professor Arvind Jayaswal, through the Spine Society Delhi Chapter Travelling Fellowship. This flagship program offers young spine surgeons a four-month rotational Observership across four premier centers in the National Capital Region, helping them gain valuable clinical exposure and mentorship.

Work is also underway on the Book of Case Reports, a compilation of unique and instructive cases contributed by SSDC members. This publication will not only showcase the collective wisdom of our fraternity but also serve as an important academic reference for future learners.

Looking ahead, our next focus is on Spine Health Outreach Programs, an initiative aimed at taking spinal health awareness to villages and underserved communities. By extending our reach beyond urban hospitals into rural India, we will truly live up to our mission of "Taking Health to the People."



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## WORLD SPINE DAY - 16th OCTOBER 2025

### A Note of Gratitude

On behalf of the Executive Council, I express heartfelt thanks to all our members for their unwavering enthusiasm, participation, and support. Your dedication fuels our collective progress and inspires every initiative we undertake.

As we celebrate World Spine Day 2025, let us all pledge to "Invest in Your Spine" by spreading awareness, practicing prevention, and promoting education at every opportunity. Together, we can build a society that stands tall, both literally and figuratively on the strength of a healthy spine.

With warm regards and gratitude,  
Dr. R. S. Chahal  
President, Spine Society Delhi Chapter



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### SECRETARY'S MESSAGE

At the outset, I would like to extend my heartfelt gratitude to the Spine Society Delhi Chapter (SSDC) for entrusting me with the responsibility of serving as the Secretary. SSDC has come a long way since its inception, guided by our visionary senior mentors who worked tirelessly to bring the society to the esteemed position it holds today.

Under the leadership of our President, Dr. Rupinder Singh Chahal, and with the support of our dedicated executive members, we aim to take SSDC to even greater heights. The SSDC family continues to grow each year, comprising a perfect blend of experienced senior members who provide constant guidance, and young, energetic members who work with enthusiasm to make our society one of the most vibrant in the country. At present, SSDC proudly has 142 life members.

Our website, [www.spinesocietydelhi.org](http://www.spinesocietydelhi.org), has been recently renovated and updated. Out of 142 members, 98 have registered on the website, and all society activities are being regularly updated there.

Our esteemed members have actively participated in numerous educational programs and international conferences, presenting their scientific and research work on prestigious platforms worldwide.

One of the landmark events this year was SSDC's first International Annual Meet, successfully held in Baku, Azerbaijan, from 4th to 6th April 2025. The conference featured scientific presentations and research talks by members, along with engaging sessions for spouses on diverse topics beyond academics. A special highlight of the event was the launch of our first bi-annual newsletter, "Delhi Spine Times."

At SSDC, we firmly believe that the best way to serve society is by sharing and imparting knowledge through education and training. Continuing this endeavor, SSDC initiated a four-week Observership Program in Spine Surgery in October 2024, named in honor of the legendary Prof. (Dr.) Arvind Jayaswal. Selected by the executive committee, each candidate visits four different centers under the mentorship of eminent spine surgeons.

So far, the following fellows have successfully completed their travelling observerships:

- Dr. Ankit Khodiffad (14th Oct – 10th Nov 2024)
- Dr. Shrut Vasavada (3rd – 30th Mar 2025)
- Dr. S. Vishnu (19th May – 14th Jun 2025)

Several more candidates have been interviewed and are awaiting the start of their observerships.

In February 2025, SSDC launched the Online "Master Class Series", conducted every second week of the month, covering important spine-related topics. I sincerely congratulate Dr. Gururaj for his relentless efforts in making this initiative a success. Each 90-minute session features SSDC experts along with a national faculty speaker, delivering comprehensive lectures from basic to advanced levels. The program has been widely appreciated by orthopedic trainees and young spine surgeons across the country. We have successfully completed eight webinars so far, with two more upcoming.

With the intervention and guidance of our esteemed past president Dr. Shankar Acharya, SSDC successfully recovered the pending GST for the year 2016–17, thereby averting a potential financial crisis for the society.

SSDC also organized a Basic Spine Cadaveric Workshop at the JPN Apex Trauma Centre, AIIMS, New Delhi, which saw enthusiastic participation from young orthopedic doctors from across India.

Looking ahead, SSDC plans to conduct a two-day Cadaveric Programme on Endoscopic and Advanced Spine Surgery at AIIMS Trauma Centre on 14th–15th February 2026.

In the coming months, we aim to launch many more academic programs and initiatives, continuing our vision of sharing knowledge and advancing spine education and research.

With sincere regards,

Dr. Bibhudendu Mohapatra

Secretary & Treasurer, Spine Society Delhi Chapter (SSDC)



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- ✔ Chair Education ASSI
- ✔ Chair Education GOSI
- ✔ Education officer AO SPINE
- ✔ EC MISSAB

### Delhi Spine Society-Education Committee Report *October 2025*

#### Empowering Spine Education: A Year of Growth and Innovation

##### Dear Members,

It's with great pride and enthusiasm that we share the latest updates from the Education Committee of Delhi Spine Society. Our relentless pursuit of excellence in spine education continues to inspire and connect professionals worldwide.

##### Master Class Series: Expanding Horizons

Our flagship "Master Class Series" remains at the forefront of our efforts to disseminate cutting-edge knowledge. This year, we hosted six impactful webinars on key topics:

- **April 16:** Lumbar PIVD
- **May 14:** Spondylolisthesis
- **June 18:** Cervical Radiculopathy
- **July 9:** Full Endoscopy in Spine
- **August 13:** Spinal Tuberculosis
- **September 10:** Thoracolumbar Fractures

These sessions attracted international delegates and received excellent feedback. Stay tuned—our upcoming webinars are set to be even larger and more interactive, reaching wider audiences across the globe.

##### Nurturing Future Leaders: Fellowship and Training

Our commitment to fostering the next generation of spine surgeons remains unwavering. Amid increased interest, we selected **two outstanding candidates** for our structured traveling fellowship program:

- **Dr. Shrut Vasavada:** March 3 - March 30, 2025
- **Dr. S Vishnu:** May 19 - June 14, 2025

Looking ahead, we have identified another **three talented doctors** for upcoming observerships:

- **Dr. Aditya Gupta** (Chandigarh)
- **Dr. Syed Faisal Afaq** (Lucknow)
- **Dr. Surendra Kumar Jat** (Jaipur)

Their schedules will be finalized shortly, and we look forward to welcoming them.

##### Our Vision

The Delhi Spine Society's Education Committee remains devoted to fostering continuous learning, skill enhancement, and leadership development in spine care—empowering surgeons today for a better tomorrow.

Thank you for your continued support and commitment to advancing spine education.

**Together, we are shaping the future of spine surgery.**



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# Testimonials — Delhi Spine Society Travelling Observership



**Dr. Ankit P. Khodifad**  
MBBS, MS Orthopedics  
**Spine Surgeon - Sushrut Spine Center, Surat**

The Delhi Spine Society Traveling Fellowship was an enriching and rewarding journey that provided me with wide exposure to diverse surgical techniques and clinical practices across different centers. Learning directly from eminent mentors not only refined my surgical skills but also broadened my perspective on patient care and decision-making in complex spine cases. The experience has been instrumental in shaping my vision as a spine surgeon and will continue to guide my clinical and academic growth.



**Dr. Shrut Vasavada**  
M.B.B.S. , M.S. Orthopedics , FISS ,FMIS  
**Associate Spine Surgeon GCS Hospital,  
Ahmedabad Consultant Spine Surgeon, Madhuram Hospital ,Rajkot**

I had the privilege of attending the Delhi Spine Society Travelling Fellowship in March, visiting four premier centres — Sri Action Balaji Hospital, Indian Spinal Injuries Centre, Sir Ganga Ram Hospital, and BLK MAX Hospital.

It was an amazing and transformative experience, giving me invaluable exposure to diverse surgical philosophies and operative techniques under some of the most pioneering spine surgeons of our country, while also witnessing the use of high-end technology and advanced surgical planning in real practice.

A special mention to Dr. Puneet Girdhar Sir, whose warm, familial and approachable nature made me feel completely at ease and welcome, creating a wonderful learning atmosphere.

My deepest gratitude and highest admiration go to Dr. R. S. Chahal Sir. My time with him was nothing short of life changing. His profound knowledge, clinical wisdom, and captivating anecdotes from decades of spine surgery were as enriching as they were inspiring. What touched me even more was his humility and warmth despite being a towering figure in the field of spine surgery, he welcomed me not just into his operating room but also into his home, sharing his experiences with incredible openness. Meeting someone of such immense stature yet such grounded and graceful personality has left a lasting mark on me and continues to inspire the way I want to grow as a surgeon and as a person. I feel fortunate to continue sharing a warm and encouraging relationship with him even beyond the fellowship.

This fellowship has been an invaluable journey of learning, growth, and inspiration. I wholeheartedly recommend every young spine surgeon to experience the Delhi Spine Society Travelling Fellowship not just for the technical knowledge and exposure to cutting-edge advancements, but also for the invaluable mentorship, networking, and personal growth it offers.



**Dr. S. Vishnu**  
M.S Ortho ,DipNB Ortho , MNAMS  
**Assistant Professor, Department of orthopaedics,  
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Thanks to the Delhi spine society fellowship programme , I got a chance to experience the most advanced techniques and surgeries in the field of orthopaedic spine . To witness the stalwarts operating and learning from them the intricacies of the surgery was truly remarkable. I express my gratitude to Shankar Acharya sir and Chahal sir who gave me this opportunity and I'm looking forward to more such inspiring endeavours.

**Thankyou**



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### BEYOND BORDERS: BANGLADESH SPINE SOCIETY AND THE DELHI CHAPTER IN ACADEMIC FRIENDSHIP

It gives me great pleasure to share the journey and contributions of the Bangladesh Spine Society (BSS) in advancing spine surgery in our country. Since its foundation, BSS has been working with the vision to unite spine surgeons of Bangladesh under a common platform, to exchange knowledge, enhance skills, and establish modern and evidence-based practices in spine surgery. Over the years, BSS has organized numerous workshops, conferences, and academic programs, which have played a vital role in the professional development of our members and in improving patient care.

A special highlight of our activities has been our collaboration with international societies, which has significantly enriched our experience. In this regard, the partnership between Bangladesh Spine Society and the Spine Society Delhi Chapter has been especially meaningful. What began as a professional connection has grown into a close friendship, founded on mutual trust, respect, and a shared vision for the future of spine surgery.

Together with Spine Society Delhi Chapter, we have organized joint academic exchanges, symposia, and live surgical workshops. These programs have provided our young surgeons and trainees with the opportunity to learn modern surgical techniques and best practices from renowned experts across borders. At the same time, it has allowed us to share our own experiences and innovations from Bangladesh, creating a two-way flow of knowledge that benefits both societies.

Personally, I deeply value the tight bond of friendship I share with the leadership of the Spine Society Delhi Chapter. This friendship has not only strengthened the academic exchange but has also created a sense of fraternity between our two societies, reminding us that medicine knows no borders when it comes to improving patient care.

As we look to the future, the Bangladesh Spine Society remains committed to nurturing such collaborations and building a strong academic culture within Bangladesh. I firmly believe that by working together—locally and internationally—we can ensure the highest standards of spine surgery for our patients, and contribute to the global advancement of spine care.

**Professor Md. Shah Alam**  
**President, Bangladesh Spine Society**



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### **Collaboration between the Association of Spine Surgeons of Nepal (ASSN) and Delhi Spine Society (DSS): Could this be a step forward to establish a common forum in South Asia?**

The relationship between Delhi Spine society (DSS) and the Association of Spine Surgeons of Nepal (ASSN) has grown into a strong academic and social partnerships which is based upon mutual respect, trust and above all the vision for the advancement of spine care and service in this region.

This collaboration has fostered a wonderful rapport between the members of both societies, strengthening professional bonds while also nurturing lasting friendship across the borders at the academic front. The two societies have been deeply engaged in mutual participation in conferences, workshops and symposia ensuring that the scientific programs benefit from diverse expertise. ASSN members have actively participated and contributed in the prestigious DSS meeting in Delhi while DSS members have made meaningful contributions to academic events in Himalayan Spine Symposium in Nepal. These activities have provided a platform for scientific discourse, exchange of ideas and innovations to improve surgical standards which have been instrumental for young surgeons to refine their clinical skills and for senior surgeons to share their experiences and disseminate expertise.

Beyond academics, the relationship between DSS and ASSN is also rooted in the social rapport. Their interactions extend beyond lecture halls and operating rooms, fostering cultural exchange which has further cemented the partnership between DSS and ASSN. The spirit of collaboration highlights that excellence in the field of spine surgery is best achieved collectively.

The people residing in South Asian countries share common problems with comparable socio-economic backgrounds. The common platform to discuss our shared experiences and problems can have a huge implication in the advancement of knowledge and the services related to spine care. The collaboration between DSS and ASSN continues to serve as an exemplary model for the regional corporation and demonstrates how collaborations, mutual support and shared commitments can enhance education and clinical practices. This partnership will not only continue to flourish, contributing to the betterment of spine care for patients but also has a potential to create path towards establishing a common forum of all spine related societies across South Asia or Tran-Himalayan region.



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### SPINAL FRACTURES, SPINAL CORD INJURY, AND THE DOCTRINE OF FESTINALENTE

There exists a powerful reflex amongst many surgeons that any patient with a spinal cord injury (SCI) and a spinal fracture has to be operated on as soon as possible. In this anxiety to get the patient onto the operating table and secure the spine, a search for other injuries is often conducted in a perfunctory manner. Willy-nilly, anaesthesia colleagues become collaborators.

How justified is such an approach? Is it correct to say that all patients with the unfortunate duet of a major spine fracture and a neurologic deficit need prompt surgical intervention? Will it automatically benefit the hapless patient?

To answer this question, a rapid review of the physiology of the SCI victim is indicated. Ideally, the treatment begins immediately at the site of injury. Adequately trained paramedical personnel equipped with "scoop" stretchers and spine immobilisation devices, including the cervical spine, extricate the victim to the nearest medical facility. Presumably, altered consciousness, midline spinal pain, focal neurologic deficit, a spinal deformity, and chest, abdominal, and extremity injuries are identified (1).

At the medical facility, these life-threatening conditions need immediate attention. The patient who has had a cervical spine injury will be in neurogenic shock, with bradycardia, hypotension. The patient requires ICU care and vasopressor therapy to maintain a mean arterial pressure of 75-80 mmHg, thereby enhancing spinal cord perfusion (2). A 16-F urethral catheter is inserted carefully. A chest radiograph is needed to search for causes of respiratory distress - haemothorax, pneumothorax, fractured ribs, lung injury. A careful search is made for concomitant injuries. Decisions regarding the use of steroids, low molecular weight heparin are taken.

And, how different is the reality from the ideal! It is eminently clear that the first step is to preserve and maintain existing spinal function. This can truly be evaluated when the stage of spinal shock has worn off. The unstable physiology, which is the hallmark of SCI, has to be made favorable; this means maintaining perfusion, careful handling, chest physiotherapy, and avoiding infection.

What is of utmost importance is the need to prevent secondary spinal cord injury; this is possible by careful handling, log rolling, positioning, and the use of cervical spine tongs for traction. It must be stated from a very pragmatic and realistic viewpoint that patients will try native Indian treatments at the hands of the Vaaid Ji, the Hakeem Saab, or the neighborhood Pehalwan Bhai. When there is no recovery, and faced with a sinking patient, a swarm of relatives accompanies the patient to a high-end medical facility. The expectation is now that the patient, once admitted, with payments made, a miraculous cure will happen. When the condition further deteriorates, and the hospital demands more money for ICU care, a ripple of anger is palpable. That's when the angry relatives rush into the ward and break furniture, computers, window panes, and of course, assault the helpless medical staff. If such an event does not happen, there is always the likelihood of the "friendly" neighbourhood lawyer filing a claim of medical negligence. In the Indian legal system, these claims can take years and leave permanent mental scars on the treating staff (3). It is eminently sensible to follow the dictum of "festina lente," the motto of the Roman Emperor Augustus Caesar, which translates, "make haste slowly" (4). It is needless to emphasize the value of detailed proper records of such patients.



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Therefore, it is worthwhile asking when rushing the patients with SCI into the Operating Theatre is needed? A wise anesthetist, with his years of experience, will gently murmur, "Rarely. And almost never in the middle of the night."

The view that surgery will automatically benefit all SCI patients is incorrect because surgery carries its risks of secondary trauma, particularly in incomplete injuries. This automatic surgical reflex, seen in many surgeons, is deplored.

Therefore, the indications for surgery in the SCI victim are: 1. Fracture dislocations with gross translation, severe angulation, three three-column disruption that need surgery after the patient has been stabilised.

2. Despite optimal conservative care, the patient shows deterioration in motor and sensory function.
3. Pain and deformity that are not controlled by non-operative methods. The MRI shows significant ongoing compression by disc or bone fragments, and the clinical recovery stalls.
4. Open or penetrating injuries that need debridement.
5. Polytrauma, where spine fixation will simplify nursing processes.

One can never go wrong if one adheres to these golden rules. There are surgical groups in Europe and in the USA that believe in early fixation and mobilisation. This is an ongoing controversy, and in the final analysis, the surgeon must do what he feels is best for his patient, keeping his experience and resources in mind. It is appropriate that the medical aphorism "Primum Non Nocere" or "First do no harm" should continue to guide decision-making.

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- ✔ Past President, Spine Society Delhi Chapter

### Spinal Cord Injury Day



Spinal Cord Injuries due to any cause are an increasing and also neglected worldwide crisis, which require a sustained and effective prevention program to reduce the burden. Spinal Cord injuries are amongst the most devastating health problems and require complex and expensive treatment protocols. The consequences of injuries require that all stakeholders begin thinking about primary prevention. Efforts are often focused on care and cure, but evidence-based prevention should have a greater role. Primary prevention efforts can offer significant cost benefits, and efforts to change behavior and improve safety should be emphasized. Community-based prevention programs are a cheaper alternative compared to emergency care to save a patient's life.

World Spinal Cord Injury Day has been commemorated across the globe since it was first proposed for 5th September 2016. 14 National Spine Societies join hands for the implementation of this initiative and conducting awareness program across India.

Programs are organized during the week, with the intention of increasing awareness and training protocols for preventing injuries amongst the general public. It is presumed that the awareness would promote safer techniques in everyday activities resulting in reduced impact of injuries to the Indian population.

The theme this year was "Fall Prevention – Spinal Cord Protection". As part of the Spinal Cord Injury Day this year, an inclusive Health Check-up Camp and Wheelchair Sports and Cultural Program were organised at the Auditorium, National Centre for Disease Control on Saturday, 31st August 2025 as per the following program:

- Inclusive Health Check-up Camp: 10:00 am to 12:00 pm
- Wheelchair Sports: 01:30 pm to 03:00 pm
- Wheelchair Cultural Program: 03:00 pm to 05:10 pm



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## ISRAEL: STONES, SCIENCE, AND SPIRIT

*A Travelogue by Dr. R.S. Chahal*

### Arrival in Tel Aviv – A City That Refuses to Sleep

After much deliberation, I finally went ahead with my long-pending trip to Israel, a journey that was to be both work and holiday. Despite concerns from friends and family about visiting a country under constant tension, I landed in Tel Aviv on 2nd September, unsure of what to expect.

To my surprise, the city was vibrant and full of life. Late into the night, its boulevards echoed with music, laughter, and the easy rhythm of youth. Cafés were buzzing, restaurants alive, and beachside promenades thrumming with energy. Even young army conscripts, dressed in casual fatigues and carrying their rifles with practiced ease, were warm and welcoming.

It was heartening to see how warmly India and Indians are regarded in Israel. Despite being a country technically at war, Tel Aviv radiated normalcy, optimism, and resilience.



### Jerusalem – Where Every Stone Speaks

The following morning, I drove to Jerusalem, just an hour from Tel Aviv. The journey wound through rolling hills, neatly cultivated fields, and modern highways — a landscape that seamlessly blends antiquity and innovation.

Jerusalem, the eternal city, stands as a palimpsest of civilizations, attacked, destroyed, and rebuilt 29 times through history. Every layer tells a story; every stone has witnessed faith, conquest, and survival.



From the Mount of Olives, the panorama is breathtaking, the golden dome of the Dome of the Rock shimmering against the limestone city, with the Western Wall, the Church of the Holy Sepulchre, and the Al-Aqsa Mosque coexisting in tight embrace. It's here that three of the world's great religions meet and, at times, collide.



## Dr. RUPINDER SINGH CHAHAL

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### The Western Wall – A Living Testament of Faith

Descending from the Mount of Olives, I made my way to the Western Wall, or Kotel, the holiest accessible site in Judaism. It is all that remains of the retaining wall of the Second Temple, destroyed by the Romans in 70 CE, and stands today as a profound symbol of endurance and devotion.

As I approached, the murmur of prayers filled the plaza — men and women swaying rhythmically, whispering their hopes into the cracks between the ancient stones. Many placed small folded notes, kvitlach, carrying prayers or wishes to God.

Touching the smooth, cool stone, one feels an overwhelming sense of continuity — of faith carried across millennia of exile, loss, and return. Despite the tension that surrounds this sacred site, there is an unmistakable serenity in the air, a reminder that belief can transcend conflict.

As I walked through the narrow alleys of the Old City, lined with centuries-old stones, I felt the pulse of the world's faiths converging in one sacred geography. Yet beneath the sanctity lies a fragile peace.

My guide's phone suddenly beeped, an alert of a missile launched from Yemen. Within seconds came the news that it had been intercepted. Meanwhile, friends back in Tel Aviv had moved into bomb shelters — every building here has one. It was a sobering reminder of how life in Israel balances daily between faith and fear.

### Layers of Faith and Complexity

Walking through the Via Dolorosa, the path Jesus is believed to have walked carrying the cross, I passed the 14 Stations, each commemorating a moment from his Passion. At the Seventh Station, I paused before a plaque written in Latin and French, marking where Jesus fell for the second time. The air was heavy with devotion; pilgrims whispered prayers, some weeping softly.

At the Church of the Holy Sepulchre, believed to house both the site of crucifixion and the tomb of resurrection, the divisions of faith are sharply visible. Different Christian sects — Greek Orthodox, Armenian Apostolic, Coptic, Roman Catholic, and others — each control specific chapels. Even the cleaning of a floor tile or the lighting of a candle cannot cross boundaries.

Some areas are beautifully preserved with gilded icons and mosaics, while others remain stark and neglected, a reflection of the complex mosaic of faith and power that defines Jerusalem itself.

Contrary to common belief, the conflict here isn't merely between Israelis and Palestinians. It involves multiple stakeholders — Jordanians, Armenians, Ethiopians, Greek and Syrian Orthodox churches, and more. The city's heart beats with diversity, but also with the weight of ancient disputes that seem impossible to resolve.



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### Work Amidst the Holy Land – A Glimpse of Innovation

Beyond the ancient stones, my journey also had a professional dimension. I had the privilege to visit Teva Logistics, part of Teva Pharmaceuticals, one of Israel's largest global pharma companies.

Seated in their modern boardroom, with portraits of pioneers on the wall and screens displaying innovation metrics, I was introduced to the company's operations and manufacturing excellence. I also met a start-up team working on novel biological approaches for disc degeneration, exploring potential collaborations that could one day bridge Israeli innovation and Indian clinical practice.

What struck me most was Israel's ecosystem of innovation — compact, collaborative, and incredibly self-reliant. The same nation that reveres its prophets and prayers also invests deeply in research, technology, and resilience.

### Reflections – A Land of Contrasts and Conviction

As my trip drew to a close, I found myself reflecting on the paradox that defines Israel. It is a land where faith and futurism coexist, where ancient stones and silicon chips shape the same destiny. Despite constant tension, there is a quiet determination among its people to live, to innovate, to protect, and to progress.

My biggest takeaway from Israel was not just its history or technology, but its unwavering spirit. A nation built on hard work, conviction, and self-belief, thriving in a challenging geography and political reality, Israel teaches that survival itself can be an art form.

### Travel Notes for Future Visitors

- Best time to visit: March–May and September–November.
- Must-see in Jerusalem: Mount of Olives, Dome of the Rock, Al-Aqsa Mosque, Western Wall, Church of the Holy Sepulchre, Via Dolorosa,

### Garden of Gethsemane.

- In Tel Aviv: Jaffa Port, Rothschild Boulevard, Carmel Market, and the White City (UNESCO heritage).
- Dress modestly at holy sites. Shoulders and knees covered.
- Language: English widely spoken; Hebrew and Arabic commonly used.
- Transport: Jerusalem and Tel Aviv are well connected by high-speed train (~1 hr).

### Closing Thought

Israel is not a country you simply “visit.” It's a country you experience — with all your senses, questions, and emotions. You leave not just with photographs but with a deeper understanding of human resilience and faith.

**As I looked back at the shimmering Dome of the Rock one last time, I realized that Jerusalem isn't just a city on a map — it's a mirror held up to humanity itself.**



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## Marathon Man of Delhi Spine Society

Dr. Rajesh Acharya — 271 Half Marathons and Counting: Every Sunday!\*

### How It Began

I was never into running during my school or college days. My journey started quite unassumingly with brisk walking at the PUSA Institute after the Commonwealth Games in Delhi (2010). That's where the spark was lit.

I ran my first half marathon at the **Airtel Delhi Half Marathon (ADHM)** in December 2013. Initially, I participated only once or twice a year. But from 2017 onward, as more running events were organized, my enthusiasm grew. It took me **eight years to complete my first 100 half marathons** — in January 2022. Since then, I've become a passionate runner and a self-confessed fitness enthusiast.

Now, I run a **half marathon almost every weekend, in all weather conditions. The next hundred took only \*\*two years** to complete! During the COVID lockdowns, when no formal events were organized, I continued running solo around **Nehru Park and Shanti Path**, monitoring my distances on my Garmin watch.

Over time, my running trail expanded — from Delhi to **Ajmer, Udaipur, Goa, Vancouver, New York, Seattle, and New Jersey** — turning every family vacation into a running opportunity.

### Experiences

My first half marathon was, frankly, horrible. Unprepared and under-trained, I somehow finished it after more than three hours of sheer struggle. By the last 3 km, I was limping, almost dying, but refused to give up.

Since then, running has become a way of celebrating life's milestones — birthdays of family members, Independence and Republic Day, Holi, Diwali, the Founders' Day of Sir Ganga Ram Hospital (13th April), and alumni meets of my alma maters **RNT Medical College, Udaipur, and \*\*SGPGI, Lucknow.**

In **May 2024, I completed the \*\*Hell Race** in Bir, Himachal Pradesh, a 22 km run that included a 9 km steep ascent, a 9 km descent on slippery slopes, and a 1 km forest trail through thick woods.

After **30 years in neurosurgery and 12 years of marathon running, I've realized both fields share remarkable similarities** — **\*\*meticulous precision, endurance, mental toughness, and unwavering focus.**

A neurosurgeon relies on surgical instruments; a runner relies on his body and discipline — both demand respect for their tools.

### Encouragement

Every runner who passes by motivates me in some way.

When I finished my **50th half marathon, I was felicitated by the organizers on stage and invited to address the runners. Later, on completing my \*\*200th, 222nd, and 250th half marathons, I was felicitated multiple times at Sir Ganga Ram Hospital and gifted special T-shirts.**

In **November 2022, I was invited to \*\*SGPGI Lucknow** to deliver a lecture on "Neurosurgery and Marathon Running" and was also made the **Brand Ambassador of the Yashoda Marathon, sharing the stage with**



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**\*\*Central Agriculture Minister and Gen. V.K. Singh.**

**Challenges**

The marathon journey hasn't been without challenges. As a neurosurgeon, I've often received emergency calls even on race mornings. Sometimes, a patient in the ICU required urgent attention — I've rushed for CT scans and even surgeries right after runs.

Physically, I've faced my share of issues **shin splints, knee pain, back pain, and plantar fasciitis.** I've had to reassure my family and colleagues that even at **60+**, I run cautiously, get regular check-ups, and never push myself into the "red zone" of heart rate.

**Take-Home Message**

**Age is just a number.**

If you have the will to step out of your comfort zone with strength, training, and consistency, you can run injury-free even beyond 50 or 60.

**Go slow and steady.** Warm up well, stay hydrated, eat sensibly, and stretch after each run. Compete only with yourself — track your progress weekly, monthly, yearly.

Listen to your body. Adjust for the weather. Don't quit just because progress seems **slow slow progress is still progress.**

I've run in all kinds of weather and believe that "There's no such thing as bad weather only soft people."

Running gives me my daily dose of happy hormones —  
**D for Dopamine, O for Oxytocin, S for Serotonin, E for Endorphins.**

Even if I can't run on a Sunday, I make up for it during the week — and still reach the hospital by 8 a.m., pain-free and energized.

My success mantra is simple:  
**C = Consistency, D = Discipline, and W = Will.**  
If you have the will, it's easy. If you have excuses, you'll never start.

**Pain is temporary, pride is forever.**

My goal is to run slow and steady so that I can continue running — next week, next year, and for many years to come.

Forget your age. If you still have dreams, you're still young.  
The idea is to **stay and die young — as late as possible.**

**Prof. (Dr.) Rajesh Acharya**  
Co-Chairman & Senior Consultant  
Department of Neurosurgery  
Sir Ganga Ram Hospital, New Delhi

**Completed 271 Half Marathons and counting!**  
Modi ji says: "Har Ghar Tiranga."  
Dr. Acharya says: "Har Sunday Half Marathon."



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## SPOTLIGHT SECTION



### Dr. Bhavuk Garg

- Featured in global 2% top researchers list released by Stanford University 2025, 3rd time in a row
- Selected for SRS L.E.A.D. program 2025-26
- GSJ (Global spine journal ) best paper award on “A Prospective Multicenter  $\geq 2$  Years Clinical Study of the Active Apex Correction (APC) Technique in Early Onset Scoliosis (EOS) Patients”
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### Dr Sachin A. Borkar

- Included in the executive board of Asia Pacific Cervical Spine Society (APCSS) representing India
- Nominated as Vice chair of Asian Congress of Neurological Surgeons (ACNS) Spinal Pathology section



### Dr. R. S. Chahal

- Received best paper award at Korean Society of Spine Surgery Conference 2025 held on may 21st to 23rd at Seoul, Korea



### Dr. Sudhir Ganesan

- Received best paper award at Korean Society of Spine Surgery Conference 2025 held on may 21st to 23rd at Seoul, Korea



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## Dr Vikas Tandon

MBBS, DNB (Orthopaedics), FNB (Spine Surgery)

- ✔ President Elect - SSSC
- ✔ Director Spine Services ISIC, New Delhi

### Delhi Spine society - Annual' Conference & Family Meet Baku April-2025

The Annual DSS Meet 2025 was a vibrant blend of knowledge, connection, and celebration. Bringing together leading spine and neuro surgeons and their families, the event offered a perfect balance of learning and leisure.

The conference sessions featured thought-provoking discussions on emerging trends in healthcare, innovations in medical practice, and the importance of holistic well-being. Alongside the professional sessions, a range of family-friendly activities were also organised for wholesome participation of the DSS family. Immersive motivational sessions on Inner-peace and Financial planning conducted by spouses of Members added more flavour to the academics.

The highlight of the Annual Conference was an enchanting Cultural Evening in Baku, where delegates and their families experienced the rich heritage and vibrant spirit of Azerbaijan. The evening came alive with mesmerizing performances, soulful music, and captivating traditional belly dancing, showcasing the region's artistic grace and rhythm.

Set against the backdrop of Baku's stunning skyline, the event offered a perfect blend of culture, camaraderie, and celebration. Everyone enjoyed the unforgettable night filled with laughter, dance, and shared memories — a fitting finale to a remarkable conference experience.

The gathering not only fostered professional exchange but also strengthened the sense of community among doctors and their families, making it a truly memorable and rejuvenating experience for all.

The conference delegates and their families enjoyed a delightful sightseeing tour of Baku, exploring the city's perfect blend of ancient charm and modern elegance. The group visited iconic landmarks such as the Old City (Icherisheher), Flame Towers, and the beautiful Caspian Sea Boulevard, soaking in the rich history and vibrant culture of Azerbaijan.

Laughter, shared stories, and countless photo moments made the day truly special. The sightseeing tour not only offered a glimpse into Baku's beauty but also strengthened bonds among participants, creating memories that will be cherished long after the conference.



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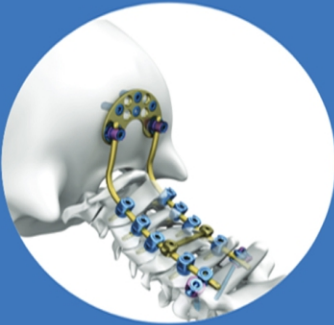
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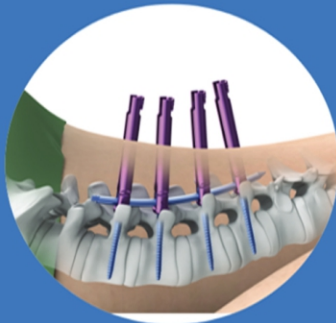
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- Accurate Dosing and Better Patient Compliance leads to Enhanced Clinical Outcomes.



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DATA study 12 Month

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**Sequential Therapy Post Teriparatide Augments BMD  
Gain At Vertebral And Non Vertebral Sites.**

1. The Lancet, Volume 382, Issue 9886,50-56. | 2. Lancet. 2015 September 19; 386(9999): 1147-1155

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*An Innovative Therapeutic Strategy in the  
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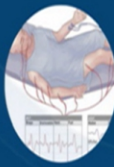


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