



INDIAN SOCIETY OF ANAESTHESIOLOGISTS

ISA FRIENDSHIP DAY 2022

SLOGAN CONTEST

FIRST PRIZE

**Nishchetak Ko Nishchetak Ka Saath,
Do Aankhein Baarah Haath**

DR. NISHANT SAHAY	N0757	PATNA
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SECOND PRIZE

**Wealth is not a permanent friend,
But Anaesthetist friend is a permanent wealth.**

DR. JITENDRA WAGHMARE	W0033	PIMPRI-CHINCHWAD
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SECOND PRIZE

One friendship band equals two helping hands

DR. SWETA V. SALGAONKAR	S1942	MUMBAI
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THIRD PRIZE

**Friendship amongst Anaesthesiologist
"First spinal or first line,
you were by my side all the time ! "**

DR. NIDHI DABRAL	N1655/A	MUMBAI
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COMPLIMENTARY PRIZE

Match your vibe to your tribe....

Befriend an anaesthetist

And to a lifelong friendship, Subscribe !

DR. AASTHA SRIVASTAVA

A2360

DEHRADUN

MY VIEWS CONTEST

HOW TO STRENGTHEN FRIENDSHIP AMONG ANAESTHESIOLOGISTS

FIRST PRIZE

It was a calm, breezy, beautiful night,

Suddenly rushed full term obese lady and we knew day would not be light.

Residents rushed to cannulate her difficult vein,

Together they did it, moved on to alleviate her pain.

Attached monitors, pint and made her sit,

Under proper guidance, spinal anesthesia was proper hit.

Maintaining hemodynamic stability amidst all chaos and shout

They heard proper cry and yes, baby was out..

Respect, trust, guidance, call for help is all we need

Together we stand and help each other in all good deed

DR. DEVANAND PATIL

D2296/A

MUMBAI

SECOND PRIZE

**“We Can Do More Than Putting Patients to Sleep,
Let’s Join Hands and Promote Friendship!”**

HOW TO STRENGTHEN FRIENDSHIP AMONGST ANAESTHESIOLOGISTS

1. **A**void confrontation in workplace
2. **N**ever participate in jousting
3. **E**nsure harmony among all
4. **S**top engaging in malpractices
5. **T**ake time out for friends and colleagues
6. **H**ighlight their contribution to the field
7. **E**ngage in meaningful conversation
8. **S**peak with sincerity and humility
9. **I**mpart good advice to juniors
10. **A**sk for help without hesitation

DR. ARNAB RAY

A4920/A

KOLKATA

THIRD PRIZE

To strengthen friendship among anaesthesiologists, let us follow this acronym :

'COLLABORATE'

CO- Communicate Well

L- Learn like a student

L- Lend a hand

A- Ask for help

B- Build trust

O- Organise

R- Respect your colleague

A- Attitude is everything

T- Teamwork; dreamwork

E- EGo:-let it go

DR. APARNA A V

A4057/A

THRISSUR

COMPLIMENTARY PRIZE

Let's communicate and hangout frequently also outside Operating room.

Let's share our ups and downs like Ketofol.

Let's be vocal about problems we faced without hesitation Like ketamine.

Keep it calm and relaxed just like midazolam

Show appreciation and gratitude to our success.

Let's cherish our friendships like a successful induction after all difficulties

As we all know, anaesthesiologists are calm, bold, risk takers,

heroes behind your back,

What else do we need in a friend other than these qualities.

Let's stand together not just for the betterment of patients but for ourselves.

Let's create a friendship like neostigmine and glycopyrolate- reverse our

issues and support each other

Let's just say I've got your back not only to surgeon but to our friends too.

Lets create a euphoria of friendships without taking any opioid.

DR. KINJAL SHAH

K2173

VADODARA

COMPLIMENTARY PRIZE

How to strengthen friendship amongst anaesthesiologists?



'Friendship' arises from two needs – 'common interests' and 'constant flow of ideas' and a 'binding force' such as a leader to guide it. The binding force amongst anaesthesiologists has been aptly played by ISA and its leaders. The below mentioned action plan is to identify those interests where there is constant flow of ideas:-

1. An 'ISA prayer' on the same lines as 'IMA prayer.'
2. 'Get to know each other' vocational trips to tourist spots.
3. 'Wish an ISAian' on his/her birthday either through a video/flyer.
4. Interzonal cricket matches on the lines of IPL inclusive of both male and female anaesthesiologists.
5. 'Walk along an ISAian' programme with daily morning walks.
6. Volunteer programmes where anaesthesiologists can devote time for charity, blood donation camps, CPR training etc.
7. SOCIAL GROUP to share and witness hidden cultural talents.
8. Separate WHATSAPP GROUPS, TELEGRAM groups can be created on these lines so that members have a chance to share an opinion on common interests like regional or pediatric anaesthesia.
9. Communication with members and among members should be encouraged by conducting regular get together meets at city, state and national levels. The difficulties faced by young anaesthesiologists should be addressed by 'REACH OUT' programmes.
10. A regular CENSUS to identify the missing unregistered anaesthesiologists at city level.

DR. MILON V. MITRAGOTRI

M1886

HUBLI-DHARWAD

**DR. NAVEEN MALHOTRA
HONORARY SECRETARY
INDIAN SOCIETY OF ANAESTHESIOLOGISTS**

25-11-2022