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FOREWORD

Bihar has a long and rich history. It had the world's first republic, Vajji, which had its capital in Vaishali. This republic had been established by the 6th century BCE. It also had India's first empire—that of the Mauryas in Magadha. In fact, Magadha remained the centre of power, learning, and culture in India for 1000 years. Bihar is the land of the religious teachers Buddha and Mahavira.

But then, like the rest of India, Bihar too entered the dark ages. Sadly, the darkness continued longer than in several other parts of India. Meanwhile, the population marched ahead in numbers. With about 11 crore people, Bihar happens to be the third largest state. The separation of Jharkhand had an impact on its density too, which is now the highest at 1,106. Health and education got neglected in the chaotic crowd.

However, Bihar is now showing signs of hope. This coffee-table book is an endeavour to recognise the icons of Bihar who are committed to restoring its glory and re-establishing it as a jewel in the crown of India. They are the ones who are attached to the state and have decided to distribute the fruits of their education and commitment among its people.

Research indicates that Bihar relies on privatised hospitals to provide healthcare to the masses. In fact, the ratio of private spending on health care relative to public spending in Bihar is the second highest in India. Super-speciality hospitals in Delhi are reportedly being asked to offer their services to the poor of Bihar under Ayushman Bharat because the state does not have enough of its own such hospitals.

In such a scenario, there is a need to know about the galaxy of doctors who are changing things in Bihar. This book talks about a number of them who are the modern-day Charakas and Sushrutas. It recognises the contribution of doctors in allopathy as well as alternative medicine like homoeopathy. It takes into account both physicians and surgeons.

Bihar pins its hope on education to bring back the golden days of Nalanda and Vikramshila. This book has covered educationists who are changing the face of the state. A state cannot progress without music, literature and social service. Icons in these fields have also deservedly found their place in this book.

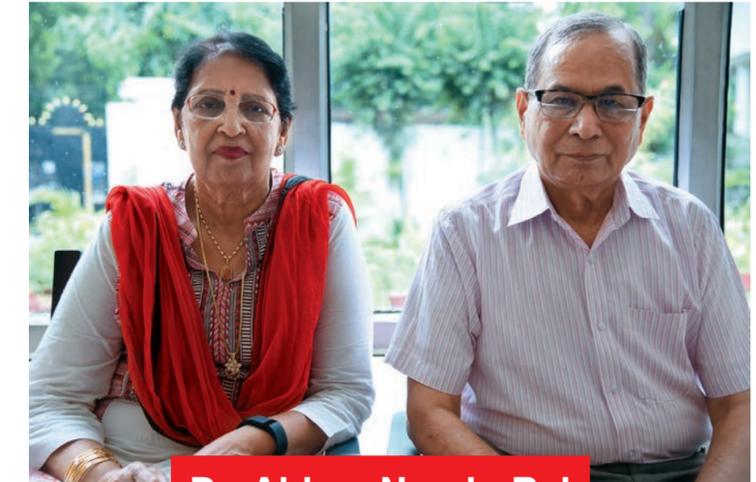
Overall, the book seems to be a brilliant attempt at capturing the lives of people of Bihar whose contribution to the state is immeasurable. They are role models for all of us. But they are especially so for the youngsters of Bihar, on whose shoulders lies the responsibility of the future of the state.



Indranil
Indranil Roy

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Dr. Abhay Narain Rai

PERFECTION AT ITS BEST

Born in 1944 in the Lauwadih village of Ghazipur district in Uttar Pradesh, Dr. Abhay Narain Rai is now a well-known doctor of Bihar. He attained his primary education from a government school in his native village. After matriculating from a famous high school in Ghazipur, he did his I.Sc. from Queen's College in Varanasi. He did his MBBS and MD in medicine from the Institute of Medical Sciences (IMS) at Banaras Hindu University (BHU).

After serving as Registrar and Lecturer in medicine at IMS-BHU, Dr. Rai went to the UK in 1973 to pursue higher education. A brilliant and meritorious scholar, he did MRCP from London within six months. He then served as SHO in medicine for one year and as Registrar in cardiology at the Western Infirmary, Glasgow, for two years. He finally returned to India in 1976 to serve the nation.



Before he returned from the UK, Dr. Rai had an offer of job in the US with green card facilities as Resident in Cardiology, but he preferred to serve the country. He was also conferred FRCP (Glasgow) for his excellent academic career.

Dr. Rai had a long association with the Anugrah Narayan Memorial Magadh Medical College, Gaya, an institution he has fond memories of. He joined the college as an Assistant Professor in the year 1976. He was promoted to Associate Professor in 1978. With his long educational experience, he became Professor in 1982. He worked as Professor till 2001 and retired after serving as the Principal in the year 2002. Many of his students and colleagues remember Dr. Rai as an excellent clinician and teacher.



Dr Rai was given the Distinguished Member Award by the Association of Physicians of India (API) in 2017. This prestigious award is given to only one of the more than 15,000 members of API every year. **Recently Dr Rai was conferred the certificate for Best Visionary Leader (Medicine) at Danik Jagaran Health Excellence Awards 2018 in Patna. Those familiar with the medical world say that Dr. Rai has a passion for social service. This has led him to do commendable works in association with the Rotary International.**

He had done exemplary works as president of Rotary Gaya City. Chairman of Gaya's famous RK memorial API Charitable Trust, Dr Rai says that in 2002, keeping in mind the poor and needy patients, the Trust established the API Bhavan, where the underprivileged are provided treatment under specialist doctors. He says he attends 80 to 100 patients in his weekly OPD there.

His wife Leela Rai says he has established the J.B. Rai Memorial Charitable Trust. The Trust has built a postgraduate college in the leadership of Chairman Dr Rai in his native village Lauwadih. The college aims to provide higher education to poor rural students, especially girls. For two years Dr. Rai also served as Chairman of Magadh Super Thirty, an institute that provides free residential coaching every year to 30 poor rural students aspiring to become engineers. Recently he has established a new Gaya Welfare Trust. Its aim is to build a community hall and a charitable hospital to serve the poor.

Even after so many years of his retirement, Dr. Rai's works remain unforgettable. He established the Abhay Institute of Medical Sciences (AIMS) in Gaya. He is its Chairman and Head of the Department of Medicine. AIMS is the only super-speciality institution in the entire Magadh Division. Dr. Rai is a lifetime member of many medical associations such as IMA, IMAAMS, API, CSI, ICC, HSI and Red Cross Gaya. Besides, he has been the president

at the Gaya branch of the IMA, chairman of API Magadh division and API Bihar chapter, president of CSI Bihar chapter, executive committee member of API, president of HSI India, Vice Dean of ICP India and president of the Clinical Cardiometabolic Society of India (CCMSI). CCMSI is a newly established All India Society and Dr Rai is its Founder President. The aim of this society is to provide doctors updated knowledge in the field of medicine, diabetes and heart.

Jaya Kishore, Dr. Abhay Narain Rai's daughter, and son-in-law Sanjay Kishore, who is serving as Inspector General (IG) in the Railway Protection Force (RPF), say that Dr. Abhay is a very talented person who has created a unique identity not only in the medical world but also in social service. Dr. Ajitesh Rai, a famous neurologist who is the director of a sleep lab in St. Louis in the US, says that his father Dr. Abhay Narain Rai has attained amazing and unexcelled success in medical science, education and social service. □

Anand Kumar

THE MAN BEHIND A SILENT SOCIAL TRANSITION

Anand Kumar is a noted maths teacher. But more than being a teacher, he is also the man behind a silent social transition that he is ushering in through his revolutionary education initiative "Super 30". Born on January 1, 1973 in Patna, Anand Kumar was fascinated by maths since early childhood. He formed a mathematics club, the Ramanujam School of Mathematics, while he was still in graduation. During the same period, his mathematical problems and articles were published in renowned magazines and journals.

In 1994, Anand got an opportunity to pursue higher education at Cambridge University, but his poor financial health came in the way. His father, who was a low-paid employee in the postal department, died suddenly, cutting off the family's main source of income. His mother made papad to make ends meet. Anand sold and delivered the papad in the evenings, and wrote mathematical theory and articles during the daytime.

Having witnessed extreme financial hardship since childhood, he felt the pangs of poverty so much that he decided to do something for the poor students, who invariably fade away without getting the right opportunities. And this became his motivation to start Super 30, a programme that claims to

select 30 meritorious and talented candidates each year from economically backward sections of society and trains them for the JEE, the entrance examination for the Indian Institutes of Technology and other prestigious science/engineering institutes in India.

In the 17 years of Super 30, a phenomenal 422 out of 480 students have made it to the top technical institutes through IIT-JEE exam. What is remarkable is that most of these successful candidates have been from the most underprivileged sections of society. Many of them have been first-generation learners from extremely poor rural background with ordinary school education. At Super 30, students get free food, lodging and, above all, free coaching. Anand Kumar supports the





entire exercise all by himself, though he gets a number of offers from the private sector as well as the government for financial support to his movement. He earmarks a portion of his earning through private tuition for the noble cause, in which the entire family is behind him.

Many channels, leading newspapers and magazines from around the globe have tried to capture the essence of Super 30. Discovery Channel, which made an hour-long documentary on Anand Kumar and Super 30, described it as a “revolutionary experiment to bring about social change”. Yoichi Itoh, chief economist of STB Research Institute, Japan, which also made a film on Super 30 for the famous channel NHK, dubbed it as a “secret weapon of India”. Actress and ex-Miss Japan Norika Fujiwara visited Patna to make a documentary on Anand’s initiatives. French 24 also made a short documentary film on his life. Several films made on Super 30 have won international awards.

Anand Kumar has also been honoured by various leading organisations of the country for his movement. He had his name included in the Limca Book of World Records for his amazing teaching capabilities. Time magazine has selected Super 30 in the list of Best of Asia 2010. Super 30 received praise from US President Barack Obama’s special envoy Rashad Hussain, who termed it the “best” institute in the country. Newsweek has taken note of this initiative and included it in the list of four most innovative schools in the world.

China TV invited Anand Kumar as a special guest in Beijing for a very popular show. China International Radio, BBC and German Radio also broadcast some programmes on Super 30. Anand Kumar has also been honoured by the Government of British Columbia, Canada.

In November 2010, Anand Kumar was awarded Maulana Abdul Kalam Azad Shiksha Puraskar, the top award of Bihar government. He was awarded the Prof Yashwantrao Kelkar Yuva Puraskar 2010 by the



Akhil Bharatiya Vidyarthi Parishad (ABVP) in Bangalore. In April 2011, he was selected by Europe’s magazine Focus as “one of the global personalities who have the ability to shape exceptionally talented people”. **He has been selected by the UK-based magazine Monocle among the list of 20 pioneering teachers of the world.** Kumar presented his biography, written by Canada-based psychiatrist Biju Mathew, to the then President Pranab Mukherjee.

Recently, Anand Kumar received the Bank of Baroda Award for his special teaching for the poor. He was conferred with the prestigious Ramanujan Mathematics Award at the Eighth National Mathematics Convention in Rajkot. He was conferred with an Honorary Doctorate of Science (D.Sc.) by Karpagam University, Coimbatore. He was also awarded Maharshi Ved Vyas National Award by Madhya Pradesh Government for his extraordinary contribution to education. He was awarded the Rashtriya Bal Kalyan Award by President Ram Nath Kovind. He was honoured by the Ministry of Education

of Saxony of Germany. Anand Kumar helped Amitabh Bachchan in preparing for his role in the film Aarakshan.

Super 30 is an upcoming Indian biopic drama film on Anand Kumar and his educational programme, co-produced and directed by Vikas Bahl. The film stars Hrithik Roshan as Kumar and Mrunal Thakur.

When invited by the prestigious Massachusetts Institute of Technology (MIT) and Harvard University in 2014 to speak on his globally acclaimed effort to mentor students from the underprivileged sections for admission to IIT, Anand Kumar said, “I will talk about how the world can be a better place using inclusive education as a powerful tool to usher in psychological and societal change. What I have done in the last 14 years in the backwaters of my home state Bihar is a small initiative to provide the right opportunity to a bunch of talented and passionate students from the underprivileged sections, but the results have been astonishing.”

Dr. Anil Kumar

KEEPING THE SCIENCE OF AYURVEDA ALIVE

Dr. ANIL KUMAR is one of the most recognised names in the country for his efforts and research in HIV and its successful treatment. As the chairman of Bhagwati Ayurved Pvt. Ltd, his journey in the field of medicine has been phenomenal.

Born at Sohsarai in the Nalanda district of Bihar in 1967, Dr. Anil Kumar received his primary education in 1982 from Prayag Lal Sahu High School situated in the village. His father was the head of Barara gram panchayat at Sohsarai and a businessman. He wanted his son to get a good education, do something new and bring glory to his village as well as his family.



After doing his B.Sc. from Kisan College in Bihar Sharif, Dr. Anil had ample opportunities in conventional jobs. But he chose to listen to his heart and stepped into the field of Ayurveda, wherein he received his degree in 1998.

Since his childhood, Dr. Anil had observed many people suffering from various common diseases. Often, these people were not economically capable to meet high allopathic medicine expenses and ended up losing a fortune in never-ending costly treatment. Dr. Anil realised that various

diseases like digestion disorders and joint pains in elderly people are often recurring in nature. This is because conventional allopathic medicine often targets symptoms instead of root cause. In order to assist these people to get rid of these stubborn diseases, Dr. Anil looked to another branch of medical science, i.e. Ayurveda.

During his initial research into this science, he realised that Ayurveda had not been researched thoroughly. It had immense potential to provide sustainable cure to the masses. He decided to employ effective Ayurveda in the service of the masses and founded the project “Bhagwati Ayurved” in 2004. His experience and deep interest in Ayurveda medicines and knowledge of various rare medicinal plants also earned him the Ayurveda medicine-manufacturing licence in the same year.

There was no stopping him after that. He set up his medicine laboratory in nature’s lap near Rajgir. Bhagwati Ayurved made its debut in the market with medicines like Cough Cure, Rumagold capsule, D-Cure tablet, Liverx syrup and Litone syrup. As expected, the response to these medicines was immensely positive. Medicines like Liverx provided effective, long-term cure to ailments as they acted on the overall chemical constitution of the body and balanced out vata, pitta, and kapha—the three doshas (elemental bodily humours) explained in Ayurveda.

During his practice, Dr. Anil realised that several of his medicines like Litone had significantly improved the blood count and immunity of his patients suffering from anaemia and related diseases. This motivated Dr. Anil to further his research in application of Ayurvedic methods to HIV, one of the world’s deadliest diseases. He has often seen various HIV patients



living a miserable life. Most of these patients were barely surviving on allopathic medicine, which was only suppressing the virus for the time being and gradually weakening their immunity. They ended up with various low-immunity-related diseases and met their fate.

Dr. Anil also observed that the number of HIV patients was increasing not just in India but in other countries as well. But he was pained to see the kind of treatment they received. Deeply saddened with this prevailing scenario, he engrossed himself into extensive research of various rare herbs—medicinal plants known to boost immunity in Ayurveda.

It was a long, difficult journey as lack of financial capital and difficulty in engaging with HIV patients due to social taboo proved to be stumbling blocks. However, Dr. Anil’s sheer determination to provide permanent, effective medicine to uproot this disease has kept him motivated. And finally, he has developed a path-breaking solution in the form of BHAGWATI CONSTOP. This incredible gift from Ayurveda not only reverses the dwindling immunity but completely eliminates all HIV viruses from the human body, enabling the person to lead a perfectly normal healthy life.

Not only was Dr. Anil’s research successful but it also gave him the satisfaction of serving mankind to the best of his abilities. The process of counselling patients and instilling faith and hope in them has not been easy due to the stigma attached to HIV. The journey has been long and it still has miles to go. Even today, he has been involved with thorough check-ups of his patients and in keeping vigil on the amount in which CD4 and viral load is present. Regular follow-ups are done to keep check on every improvement in the patient’s condition. Due to his perseverance, Dr. Anil has been successful in completely curing many HIV patients and they are living a normal healthy life free of any virus.

Dr. Anil is continuously involved in research to bring Ayurveda to the highest standards. This has earned him immense trust and respect. He has appeared in many media events and shared his experiences. In view of his contribution to common people, he has been conferred with “Bihari Asmita Samman” and “Healthy Living” Awards by the media. □



Dr. Ashok Kumar

EXPERIENCE OF HOMOEOPATHY IN THREE GENERATIONS

Born in a well-known estate family in July 1962, Dr. Ashok Kumar's name is taken with much respect in the field of homoeopathy in Bihar. He has a strong hold over ailments like sinus, sciatica, leukoderma, hairfall, baldness, UTI, kidney stone, viral fever, SLE, Berger's disease, allergy, breast tumour, uterus tumour, oral ulcer, and herpes zoster. Maybe for this reason a large number of patients from across the country visit his clinic and lead a happy life after the treatment.

The contribution of Dr. Ashok Kumar's late grandfather Dr. Anant Lal Varma and late father Dr. P.N. Varma to homoeopathy is unforgettable. Homoeopathy spread across the country and gained trust in a considerably short amount of time because of their contribution. A well-known estate owner in Bihar's capital Patna and India's accomplished homoeopath, **Dr. Anant Lal Varma started his medical practice in around 1929 from Danapur.** He was an insightful, co-operative physician with a command over serious diseases.

Bihar Homoeopathic Board and the work he has done is still remembered by people.

Dr. P.N. Varma, son of Dr. Anant Lal Varma and father of Dr. Ashok Kumar, was counted among the well-recognised names of the field of homeopathy. He was a Founder Director of Homoeopathic Pharmacopoeia Laboratory in Ghaziabad. Along with that, he served as Director in the Central Council for Research in Homeopathy. The work of the Homoeopathic Pharmacopoeia Laboratory is to certify the batches of medicines so that quality of medicines can be maintained.

This was an age when development and awareness of homoeopathy among people was necessary. Keeping this in mind, Dr. Anant Lal Varma took a step further and established a manufacturing company named **Dalvar Chemical Company.** Within no time the medicines of the company started to be supplied across India and abroad. Soon, demand for medicines manufactured by Dalvar shot up and Dr. Varma began to be known as Dr. Dalvar. Seeing the shortfall of doctors in the state, he started the Dalvar Homoeopathic Medical College during the Sixties in Bihar, which was soon recognised by Bihar University.

While talking about his father's achievements, Dr. Ashok Kumar says, "If you search for 'super computer of homeopathy' on Google then you will find all the achievements related to my father's life." Dr. Ashok says his father was full of charismatic talent and maybe for this reason, books written by him are being referred to by homoeopathy colleges not only in India but abroad as well. One of the most famous books of his is Encyclopaedia of Homoeopathic Pharmacopoeia. He was awarded the title of 'Grand Master of Homeopathy' by ten professional homoeopathic associations for his contribution. Dr. Varma worked as an Adviser in Bihar Government's health department. He served in Delhi for a very long time on Indian government's special recommendation and retired in 1995.

Dr. Anant Lal Varma's fame can be gauged by the fact that there is a road named as Dalvar Road in Danapur area of Patna and a post office named as Dalvar Chemical Post Office. An excellent social worker, Dr. Varma remained President of

According to his family, Dr. Ashok Kumar was a brilliant student since his childhood. He used to help his mother Dr. Savitri Varma and grandfather Dr. Anant Lal Varma in their medical practice. His vision for life changed when he saw the patients blessing his



grandfather. He decided to become a doctor. After completing primary education from Kendriya Vidyalaya, Danapur, he decided to stay with his father and did his matriculation from Kendriya Vidyalaya located in Hindon, Ghaziabad. After some time, he returned to Patna and did BSc from B.S. College, Danapur. He then took admission in a homoeopathic college recognised by Bihar University, following which he obtained a DMHS degree in 1985.

Dr. Anant Lal Varma passed away in 1988 and the whole family went into mourning. Shocked by his grandfather's death, Dr. Ashok Kumar went to his father residing in Ghaziabad and decided to set up his own private clinic. **Soon, because of his excellent treatment, his fame spread throughout Ghaziabad and the nearby areas. In the Nineties, at a very young age, he was appointed President to Homoeopathic Medical Association.**

In 1992, the condition of his family declined and he had to return to his family in Patna. In the same year he established his own clinic with the name Homoeopathic Clinic in Patna's Boring Canal Road (South East) area. Within a very short time, because of his repute and excellence in homoeopathy, patients suffering from serious diseases looked no other way and started to arrive at his clinic in large numbers.

On December 6, 1989, Dr. Ashok Kumar got married to Rajni Kumar, the second daughter of well-known educationist Dinanath Sinha, the Founder Principal of most of the Kendriya Vidyalaya institutions, and Kamla Sinha, who was working as a TGT in Kendriya Vidyalaya, Danapur. After retiring from government service, Dinanath Sinha started a private school named Sinha Model in Danapur, Patna, in which Rajni Kumar worked as a teacher for a long time. Inspired by her father, Rajni Kumar started St. Johnswort Public School in Danapur Cantt in 2008. The school has become a milestone as it aims to provide quality education to underprivileged children. It has been named after St. Johnswort, the botanical name of the homoeopathic medicine Hypericum.



Dr. Ashok is an iconic leader with a clear vision and inspires people to make things happen despite obstacles. He is famous for the treatment of Berger's disease. Dinesh Rai was suffering from this disease and underwent a long treatment at AIIMS (All India Institute of Medical Sciences) in Delhi. The patient's condition was so serious that he was told his leg would have to be amputated. He was given six months to decide on this course of action. Dinesh Rai then sought treatment at Dr. Ashok's Clinic. Today he has completely recovered.

Dr. Ashok Kumar and wife Rajni have been active in social service for a very long time. Associated with Rotary Chanakya as a member since 2012, he became the President of this club and soon after was named Assistant Governor for 2018-19.



Well-known Rotarian and District Governor of District 3250, Dr. Bindu Singh, says, "If Dr. Ashok has a place for homoeopathy in his heart he has a feeling of social service in his head." He has many awards in his name due to his excellent work in social service. He was awarded the title of Best President in 2015-16. Residents of Danapur Cantt share that the underprivileged students from Danapur get free computer education on each Saturday in Dr. Ashok and his wife's private school. The heartfelt and generous approach

of Dr. Ashok towards society speaks volumes about his level of commitment in serving and helping the needy.

The couple has a passion for expensive cars and bikes. They are fond of SUVs, sedans and motorcycles, which include Ford Endeavour 3.2 (4x4), Vento Highline, Safari Dicor, Harley-Davidson and Dominar. All these vehicles have the number 2222 or 4444. During any of their interstate adventure journeys, his wife Rajni can be found on the driver's seat and Dr. Ashok

riding a Harley-Davidson. While travelling for long distances on their motorcycle, both of them communicate through intercom fitted in their helmets. They ride not only water scooters but also snow bikes on the mountains.

Dr. Ashok and Rajni Kumar have two sons. The elder one is Arpit Kumar, a software engineer in a well-known MNC in Bengaluru. The younger one is Akshat Kumar, also a software engineer who has just completed his B.Tech. from SRM University, NCR Campus. ■



Dr. Ashutosh Trivedi

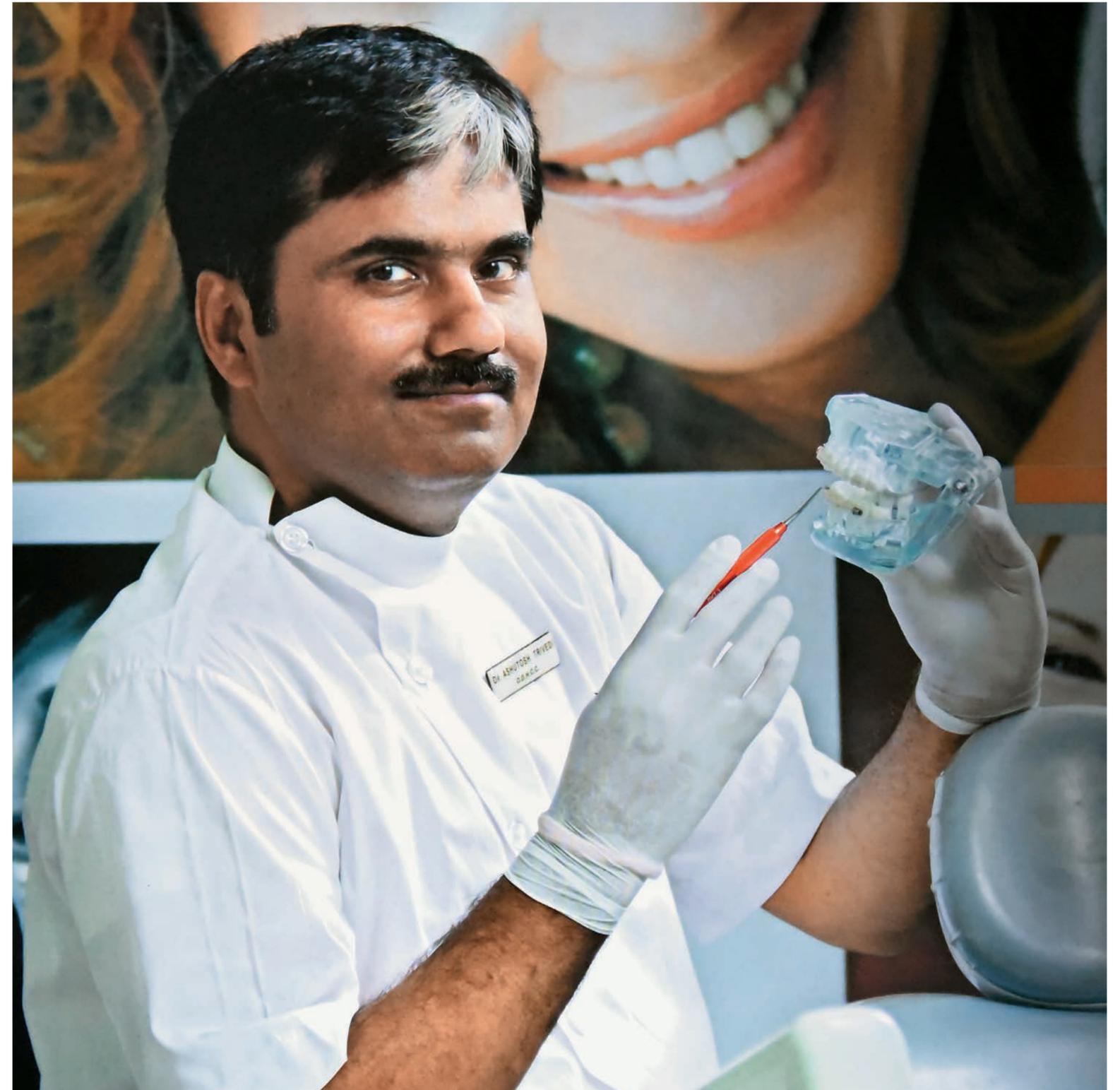
A NEW PATH TO DENTISTRY

Dr. Ashutosh Trivedi, son of India's freedom fighter and retired officer from Bihar Finance Service the late Kapil Deo Trivedi, is an acclaimed figure in the field of health service in Bihar. He is amongst those dental surgeons who with their outstanding services took dentistry to a new summit. Readily accessible and jovial, Dr. Ashutosh is very serious and sincere from within. He had his primary education from the Patna Montessori School. He then went to St. Michael's High School up to Standard X. According to his classmates and teachers, Dr. Ashutosh was very different from other students both in school and college. He was determined towards building his career right since his student life. One such effort to be noted is that his name entered the Limca Book of World Records for making the longest chain of pins.

His family shares that way back in the Nineties, Dr. Ashutosh broke the stereotype and, with full clarity, took the decision of joining dentistry. He marched ahead by obtaining a degree of Bachelor of Dental Surgery (BDS), followed by a degree in Cosmetic and Dental Surgery from New York.

Days, months and years went by and, with passing years, Dr. Ashutosh Trivedi obtained degrees in DNB (American Board of Neuro-Muscular Orthodontics) and MDS from Magadh University in prosthodontics and implantology. During this time, he received offers for job from world's renowned colleges and hospitals not only in India but abroad as well. But he declined the offer and decided to work in his home town in Bihar.

In the Nineties, Dr. Ashutosh Trivedi started his private clinic name Oro Dental, which had a registration fee of merely 25 rupees



(which is the same till date). Over the coming years, with his commitment to perfection and quality with care, he established Oro Dental as a brand in Bihar. He proved himself to be a young doctor who brought oral and dental care, which was so far rather neglected in the state, as a priority in health.

If you go to Bihar's famous dentist and philanthropist Dr. Ashutosh Trivedi's residence and Oro Dental Clinic at Boring Canal Road, you will be mesmerised by the positive aura surrounding the place. His wife, Mrs. Priyadarshni Trivedi, has been working in the social sector for the past 20 years. Her main subject is family planning and gender. She has been an IDM Fellow and her passion for social sector has contributed towards social awareness. She is the mother of twins Aamogh and Aanya.

According to Mrs. Trivedi, it was their work which brought them closer, culminating into their marriage. She was lucky that their marriage never proved to be a barrier in her career growth. Dr. Ashutosh Trivedi is a spiritual person. He firmly believes that all religions talk about humanity, and as a doctor, he is serving God by serving His people. He is a devotee of Lord Ganesha and over the years has amassed hundreds of idols of the deity at his clinic and home. Some of these idols are very rare which have been bought from other countries or gifted by friends, families and patients.

Dr. Ashutosh with his team of doctors, assistant, technicians and support staff has established the clinic in Patna but his clientele is not limited to the city. Politicians from the state and other places, movie and television stars, bureaucrats and Indians and NRIs visiting their home town come to his clinic for their treatment. He has significantly contributed in promoting dental tourism in the state. But he has not forgotten his foremost mission of generating awareness on dental and oral care. Realising that awareness and accessibility to dental services is inadequate in the state, he established satellite branches of Oro Dental in different parts of the city, providing similar care and quality of treatment.



Not only has Dr. Ashutosh Trivedi been a recipient of the Bihar Entrepreneur Award, the Best Dental Surgeon Award, the Bihar Shree and other awards, but his Oro Dental Dental Clinic has also been awarded as the best Dental Clinic. According to the cognisant of the medical world, he has recently started Mobile Dental Van. It was inaugurated by Deputy Chief Minister Sushil Kumar Modi, who applauded the initiative and emphasised that there was truly a need for an equipped dental medical van to provide outreach services, generate awareness on dental care and provide diagnostic services for oral cancer. He praised Dr. Trivedi for taking this enterprise and looking at things differently.

Being the pioneer of implantology, digital x-ray, and mobile treatment unit and taking dentistry to doorsteps in Bihar for the first time, well-acclaimed dentist Dr. Ashutosh Trivedi has become a role model for students of dentistry in the state. He has helped thousands of students by associating with small scale industries' skill development programmes and Nalanda Open University. The joint collaboration of Oro Dental with SISI has resulted into skill development courses for denture fabrication. Not only did these courses build the skills of the youth to seek jobs but also the labs set up in different districts of the state benefited from hands-on training.

With his passion towards dentistry and belief that we should give back to society what we have received from it, Dr. Trivedi collaborated with the Nalanda Open University. Two courses were initiated—Dental Assistant and Lab Assistant. Oro Dental became the study centre providing both theory classes and on-job training. The course material for both the programmes was developed by Dr. Trivedi and his team and a huge number of students benefited from this. His efforts not only made thousands of young people self-dependent but also provided strength to hundreds of those who are earning fame in the field of dentistry and glorifying their state's name.

Dreaming of a research institute on dental and oral health to bring new and advanced techniques in the State, Dr. Trivedi is working hard to set up another milestone in the field of dental health. He strongly feels that science and art need to be brought together and dental science is one such field where it is possible.

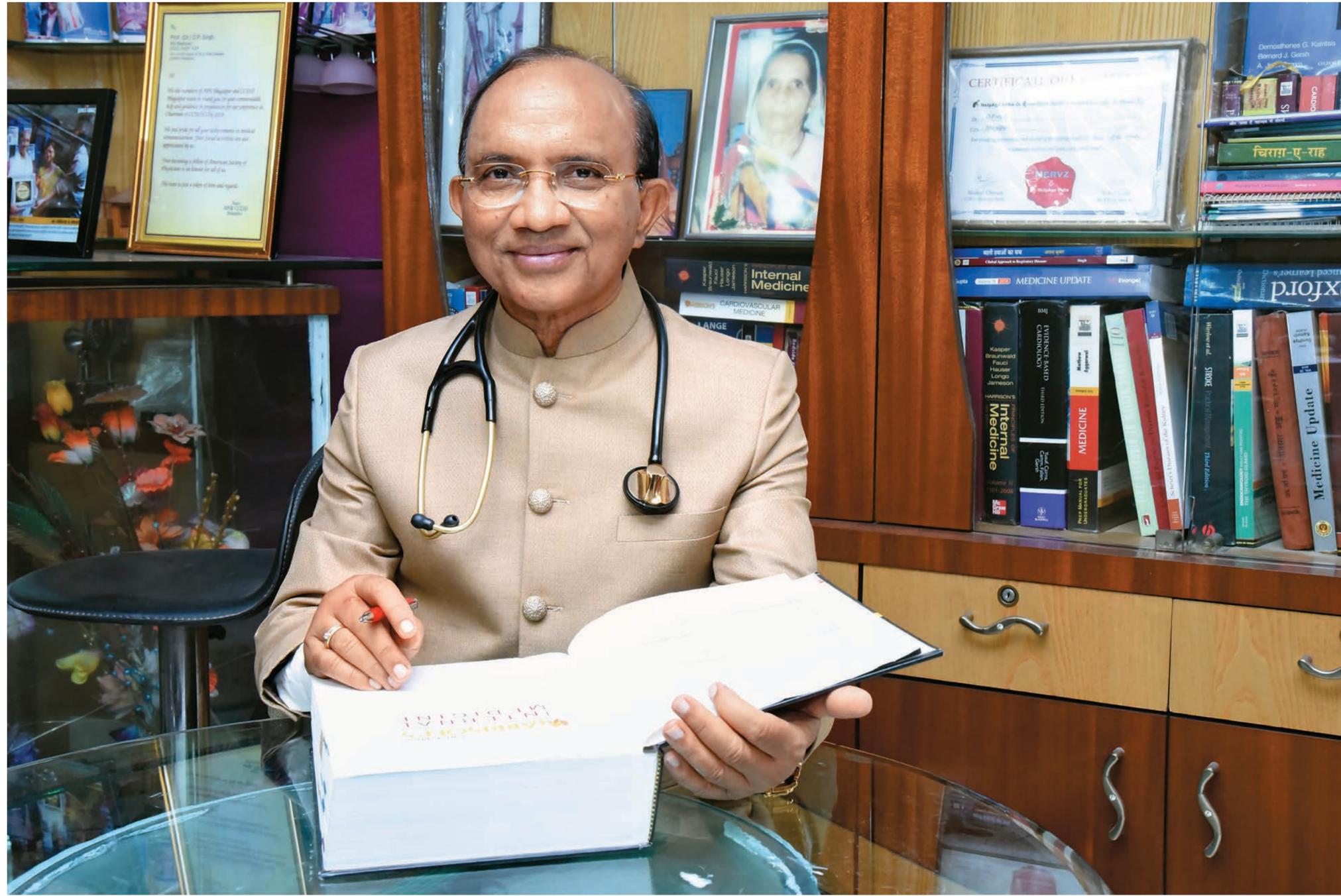
Apart from being a doctor, Dr. Ashutosh Trivedi is a music enthusiast. He created, produced and directed a reality show "Sara Bihar Gayega" on the concept of Karaoke singing show. The purpose was to give a platform to unheard musical voices whose talent would have otherwise gone unnoticed.

The 52 episodes of the programme were broadcast on Doordarshan Bihar and the enthralling performance was truly well received by the audience. Dr. Trivedi's show "Muskaan Sabke Liye" (Smile for all), based on creating dental awareness, is currently being aired on radio.

Oro Dental clinic is ISO 2008-certified and is on way to getting NABH accreditation. It is empannelled with CGHS, ECHS and NTPC. Realizing the necessity of a fully equipped dental lab, it started implantology and dentofacial aesthetics in the state.

Dr. Ashutosh's mother, Shanti Devi, wished that her son should provide treatment that meets the budget of all strata of society. And this he did by introducing various options of treatment in his clinic. He has indeed taken dentistry to a new height and done his best to make the wishes of his mother come true.

Called the leader of revolution in Bihar's oral and dental health, Dr. Ashutosh Trivedi has done successful innovation in the field of dentistry. Giving the slogan of "Apna Badhta Bihar", he has paved the way for the generations to come and is creating a new milestone every now and then. □



Dr. D.P. Singh

A TALENTED VISIONARY

Our late President Dr. A.P.J. Abdul Kalam wrote in his autobiography Wings of Fire: “Dream is not that which you see while sleeping; it is something that does not let you sleep.” Dr. Devendra Prasad Singh, commonly known as Dr. D.P. Singh, is brimming with such dreams. An illustrious doctor of Bhagalpur in Bihar, he has touched many lives through his dedication. In the process, he has earned a name in the field of medical science.

Born in a humble farmer family, Devendra Prasad demonstrated his brilliance quite early, during his matriculation. Thereafter he continued to excel in his studies from MBBS to MD from the Patna Medical College and Hospital. He then obtained a diploma in Tuberculosis and Chest Disease. It was through sheer hard work and determination that Dr. D.P. Singh realised his dream of becoming a doctor. He lived up to the expectations of his family and became the pride of his village. Choosing the noblest of professions to pursue as his livelihood, he has dedicated his life to serve the society.



Dr. D.P. Singh is currently professor and head of department at the Jawaharlal Nehru Medical College and Hospital, Bhagalpur. He has been devoting his spare time to providing his precious services to patients through the Angika Clinic and Reserch Centre at Patal Babu Road, Bhagalpur since 2002. In this clinic, he provides free service along with free medicines to his villagers and helpless and poor patients under the BPL category. He has gained popularity as a soft-spoken doctor, a magnificent teacher and a dedicated proponent of medicine.

While a practitioner of modern medicine, Dr. D.P. Singh is a devout believer of the dictum "I Treat, He Cures". That is, he only provides his patients treatment as per their diseases by diagnosing them, but restoring health to the patients is in the hands of the higher power. This belief lends greatness to his generous and humble personality. He formally believes that to be able to serve the ailing and the underprivileged is a blessing from God. That is why Dr. Singh remains upset with the people who are commercialising this noble profession.

Dr. D.P. Singh is recognised in equal measure for his organisational capability and leadership skills. A testimony to this fact is his stint as Secretary, IMA Bhagalpur branch in 1991-92, and subsequently his appointment to the post of Chairman of Bihar IMA in the year 2016. The constructive initiatives for welfare of doctors and the organisation during his tenure are appreciated by the members of the organisation. He has taken positive initiatives to lay down the principles of the Association of Physicians of India (API).

Through the Tuberculosis Control Programme Dr. D.P. Singh has done some exemplary work. Naturally, therefore, when the State government formed a task force for Tuberculosis Control Programme, its responsibility was assigned to Dr. Singh. When Prime Minister Narendra Modi inaugurated the International Tuberculosis Eradication Programme organised at the Vigyan Bhawan in New Delhi in March 2018, Dr. Singh attended it.



Since 2015, Dr. D.P. Singh has been nominated continuously as a member of the National Executive of API because of his diligence, efficiency and positive foresight. He always remains active in writing papers for seminars and research organised under the banner of the Association of Physicians. He has also been a staunch advocate of rights of medical practitioners. And he has never shied away from taking a just stand whenever needed, even if it has meant opposition to the government.

Dr. D.P. Singh is a talented doctor who, apart from medical services, is associated with various social, cultural and literary organisations and attends their programmes. He writes poetry, gives lectures related to various subjects and takes interest in social concerns. Famous doctor and Padmashree Dr. S.N. Arya says that Dr. Singh has done a commendable job by associating IMA with social concerns. Apart from organising medical camps, he has

provided successful leadership to important initiatives like "Chalo Gaon ki Or" to inspire the doctors of the state to work in rural areas. Under this programme, camps were organised in various villages, with free check-up and treatment being provided to the underprivileged patients suffering from various diseases.

Acknowledging his popularity among people, the co-ordination committee of Prabhat newspaper accorded Dr. D.P. Singh the honour of "Ang Gaurav". He was given the community service award in December 2017 for various developmental works as Secretary, IMA Bihar, at the national session of the IMA organised in Mumbai. He received Zee Media's "Healthy Living Award" in September 2017 from the RJD supremo Lalu Prasad.

Dr. D.P. Singh has earned recognition at various international fora too. He received the fellowship award of the American College of



Physicians on April 19, 2018. He has also been given the UNESCO Chair Award. Besides, he is an honourable member of the European Respiratory Society, the European Congress of Cardiology and the American College of Cardiology. He is associated with various international medical associations and an active participant in international conventions.

While the list of his achievements is long, Dr. D.P. Singh still remains a soft-spoken humble doctor committed to serve the ailing and the underprivileged in every which way. □

Dr. (Capt.) Dilip Kumar Sinha

HIS SPINAL INJURY CARE PUTS BIHAR ON THE GLOBAL MAP

Dr. (Capt.) Dilip Kumar Sinha of Bihar is an acknowledged name in the field of orthopaedic surgery. 72-year-old Dr. Sinha has been treating spinal cord injury (SCI) patients since 1972 and he retired from the Department of Orthopaedics of Patna Medical College and Hospital. He spreads awareness about the care of SCI victims. He is the author of the Patna Model, which has been accepted by WHO as the core model for developing countries.

Though they are few in number, all the SCI hospitals are run by private trusts. Hope Hospital, the dream project of Dr. Sinha, is the only self-financed SCI hospital and provides treatment to patients at the minimum cost. He was awarded a lifetime achievement award for his commendable work in the field of SCI, in the year 2015, during an International Seminar at the Indian Spinal Injury Centre, New Delhi.

SCI is the most devastating injury that a human body can suffer. It leads not only to loss of power and sensation below the level of the injury but also to loss of control on passing stool or urine. In our country, every year at least 20,000 new spinal victims are added.

In the oldest written medical records of 3000BC— Egyptian Edwin Smith papyrus— SCI was declared as an 'ailment not to be treated' because its patients neither recovered nor survived long. Professor Sir Ludwig "Poppa"

Guttmann, who had fled Nazi Germany just before the start of the Second World War, could prove for the first time that these patients had the right to live and needed their integration into society so that they were able to live a fulfilling post-injury life. Because of his devotion to these patients, he was called 'Popa', an amalgamation of two words, Pope and Papa.

The development of the treatment of SCI in India is also a story of faith and resilience. Dr. Mary Verghese, who established the first rehabilitation unit for spinal patients in CMC Vellore, was herself paralysed below the waist due to accident. Similar is the story of Major H.P.S. Ahluwalia, who started the Indian Spinal Injury Centre in Vasant Kunj, New Delhi. Major Ahluwalia was the first army officer to climb the Mount Everest on May 29, 1965. In September 1965, when India-Pakistan war began, he was called for war duty. His unit reached Lahore. While his unit was returning from Lahore

under the Tashkent treaty, Major Ahluwalia was hit by the enemy's sniper bullets, making him completely paralysed below the neck. During his treatment in the Stoke Mandeville Hospital, London, he decided to establish one such hospital in India. After he came back he established a trust with the help of his friends. In the year 1993, under the banner of this trust, the Indian Spinal Injury Centre was started and Ahluwalia was nominated Chairman. Today this centre is world-renowned.

Having graduated from the Rajendra Medical College, Dr. (Capt.) Sinha joined the Indian Army in 1971, just before the India-Pakistan war. His first posting was in 2 Mountain Division, then positioned at Mymensingh (Bangladesh). After the end of the war, Dr. Sinha was transferred to the first Army Paraplegic Rehab Centre at Kirki in Pune, the first hospital of spinal cord injury patients. During his service in the





Army, Dr. Sinha came into contact with the founder of this hospital, Air Marshal Chahal, who trained him and then entrusted him the responsibility of spinal patients.

After serving in the Indian Army, Dr. Sinha completed MS Orthopaedics and PhD in Orthopaedics and MCh in Plastic Surgery. While working as an Assistant Professor in Patna Medical College and Hospital (PMCH), he came into contact with SCI patients and instantly got involved with them. The number

of underprivileged SCI patients in PMCH was very high, while the staff and resources were few. Dr. Sinha pleaded to provide a separate space for better treatment of these helpless patients.

He had to wait, till, by coincidence, Dr. (Capt.) U.K. Singh took over as the Superintendent of PMCH. The new Superintendent gave a sympathetic hearing to Dr. Sinha's plea and could manage to provide some vacant rooms, but without any staff or nursing facility, to start spinal ward.

Many doctors of that time remembers how the strong-willed Dr. Sinha conceptualised the "Patna Model" and solved the problem of manpower— training the attendants of patients and then utilising the same attendants for providing basic care. Dr. Sinha remembers that the result was just magic. The ward was never so clean and tidy. Patients got personalised and the best primary care possible. Gradually these attendants were trained to manage IV fluid, passing catheters, recording temperatures, giving simple injections etc.

Dr. Sinha started this model with the help of Dr. Arun Kumar and his PG students. At a later stage Dr. Sudip Kumar and Dr. Ravi Khandelwal laboured to take the model to newer heights. Dr. Sudip Kumar is at present Associate Professor in the Department of Orthopaedics at AIIMS Patna and Dr. Arun Kumar is Associate Professor in Rehabilitation Department of PMCH. Dr. Arun Kumar says that Dr. Dilip Sinha was not only our teacher but his life is an inspiration for all of us. Says Dr. (Capt.) Sinha himself about the Patna Model, "I did an experiment. I provided systematic training to the patient's relatives to identify a spinal patient after an accident, to carry him safely to a hospital with the help of available resources. I also trained them to provide post-hospital care to other spinal injury patients living in the villages or community. Within a few years it showed results. Now patients started reporting to the hospital with an attendant trained in Patna Model and post-hospital care was available in villages. Thus the community was trained at no extra cost to government."

According to doctors, there hasn't been any such experiment before Dr. Sinha's. For his Patna Model, Dr. (Capt.) Dilip Kumar Sinha was invited to Stoke

Mandeville Hospital in London, Boston in America, Perth in Australia, Kobe in Japan and to other countries like Bangladesh, Nepal, Thailand, Malaysia and Vietnam. The Patna Model is now followed in nearly all developing countries either in the same form or with modifications in tune with the local situation.

Dr. Dave, the then editor of the Indian Journal of Orthopaedics, wrote in 1994 that "the training provided to the relatives of patients with SCI is like a ripple effect which increases with touch of a hand. The relatives of patients of SCI train others as well and this process continues." In 1997, the nation's well-known Rehabilitation specialist, Dr. (Prof.) W.G. Ramarao said that if credit for better management of SCI went to TKS—T.K. Shanmugasundaram of Madras Medical College then the credit for community



involvement went to Patna Model of Dr. Dilip Sinha. Dr. Krishnaj Gaurab, Dr. Dilip Kumar Sinha's son and a well-known orthopaedist at John Hopkins Medical Institute of the US, said that, though in USA as per laid down government policy, spinal patients are cared by specially identified and trained persons but involvement of community by training the attendants of the patient was a new but very successful method. Dr. Krishna Sinha, the wife of Dr. Dilip Sinha's and Professor of Physiology, says "for a long time our family was feeling that this state needs a good private hospital related to SCI and keeping this in mind, on May 14, 1998 we started India's first privately operated Hope Hospital at Mithapur in Patna."

According to Dr. Arnab Sinha, Dr. Dilip Sinha's son, and his wife Dr. Rashmi Sinha, the quality of surgery being performed at Hope Hospital can be judged by the fact that patients treated here have represented India at state level, national level, and international level in Paralympic games. Residing in America, Dr. Krishanaj Gaurav's wife Dr. Runa Patel says that Sunil Kumar, who came at Hope Hospital as a patient, is working as a peer counsellor and manager in the hospital. He is a source of inspiration for SCI patients and works towards their encouragement. With the efforts of the Director of the Indian Spinal Injury Centre and newly appointed President of Spinal Cord Society, Dr. H.S. Chhabra, Hope Hospital received recognition from the International Spinal Cord Society for treatment of patients.

Dr. (Capt.) Dilip Kumar Sinha has been President of Bihar Bengali Association, which has been functioning since 1938, and works for preservation and development of Bengali culture and language. The credit for re-publication of the first English weekly of Bihar, *Bihar Herald*, after 70 years goes to Dr. Sinha and his team. He was nominated as Vice Chairman of the Bihar State Minorities Commission. He had been Chairman of Bihar Bangla Academy. He is also the President of All India Bangla Bhasha Mancho. He co-authored the recently published trilingual book on Rabindranath Thakur, *Walk along the Timeline with Tagore*. □



Dr. Gautam Modi

PROMISES TOTAL RELIEF FROM ALLERGY

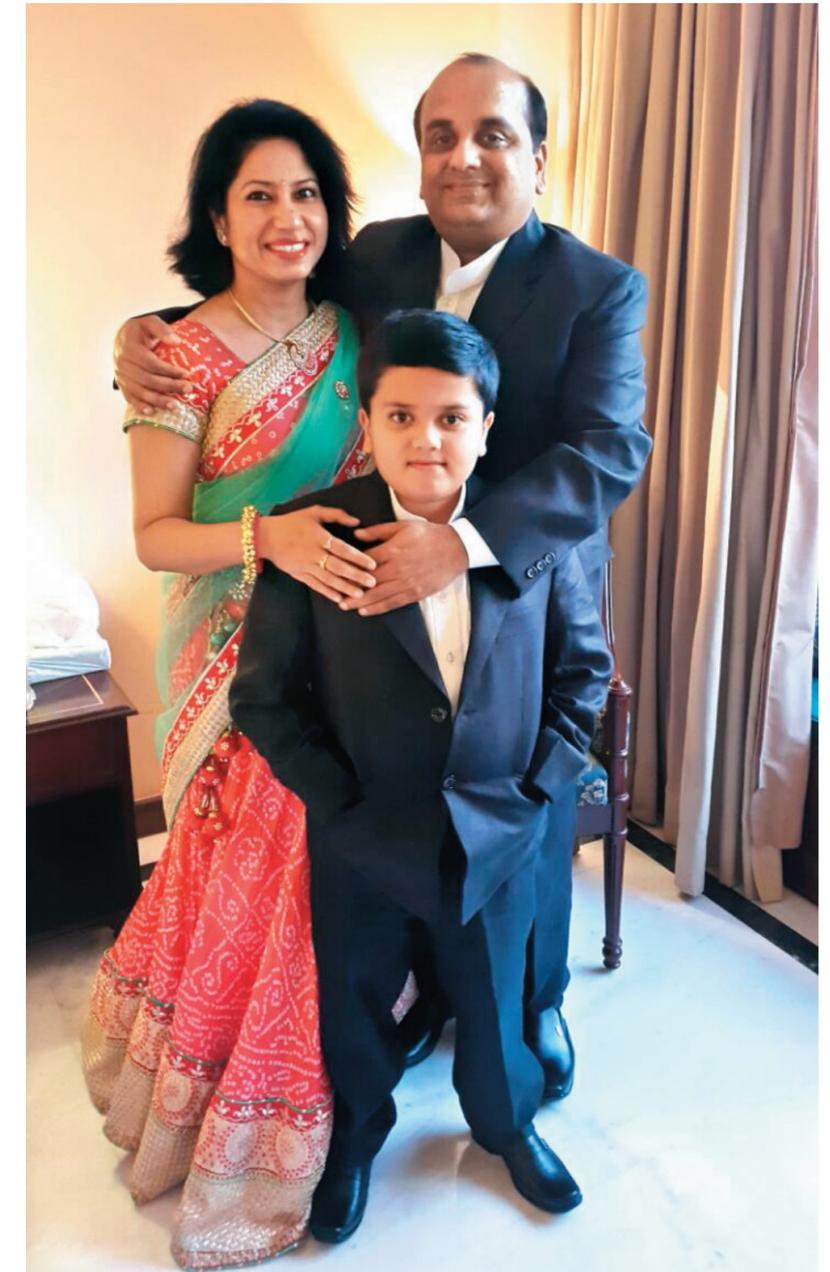
"One man's food is another man's poison." This was the description given by mankind to itself for intolerance till 1906 when Viennese paediatrician Clemens Von Pirquet introduced the term allergy, describing it as a condition which makes one ill by eating, touching or breathing something which does not necessarily make others ill. Later, it was more scientifically defined as hypersensitivity of the immune system to typically harmless substances present in the environment, namely pollen, fungus, dander, dust, food and drugs.

It was in 1977 that the late Dr. Ramkrishna Modi started Modi's Clinic of Allergy, Asthma, Chest & Applied Immunotherapy, thus introducing the term allergy in full capacity not just to the state of Bihar but virtually to the whole of eastern India. The Allergy Clinic was set up after his successful training at the V.P. Chest Institute in Delhi under Father of Allergy in India Dr. Avtar Singh Paintal and Dr. D.N. Shivpuri. He started the first complete and comprehensive treatment centre for various allergic manifestations.

Working in various capacities at the Rajendra Memorial Research Institute, the Nalanda Medical College and the Patna Medical College, Dr. Ramkrishna Modi constantly worked for advancement, promotion and propagation of allergy as a speciality. With constant efforts, he was able to establish the treatment, i.e. immunotherapy, which is the backbone for any allergologist, successfully in practice. He successfully held two national conventions of the Indian College of Allergy & Applied Immunology (ICAAI)—in 1986 and 1997. He remained in various capacities at ICAAI and was finally the Convenor East Zone. He remained active in practice and academics till he breathed his last on November 30, 2016.

It was his devotion and dedication for over 40 years towards the practice of allergy that inspired his son Dr. Gautam Modi to take up medicine as career and specialise in allergy. Born at Jamshedpur on July 22, 1969, Gautam moved to Patna as a two-year-old kid along with his maternal grandparents. Having passed school from St. Xavier's, Patna, in 1984, he went to B.N. College in Patna University for Intermediate, which he passed in 1987. In 1988, he got enrolled at the M.R. Medical College, Gulbarga. His was the Silver Jubilee batch of the college.

After MBBS, Dr. Gautam Modi joined Holy Family Hospital, Patna, pursuing his Housemanship and Residency in Medicine and working extensively in Emergency Room as CMO. Later, he entered the V.P. Chest Institute, Delhi, for training in Allergy &



Applied Immunology, where he got a chance to get groomed under stalwarts like Dr. M.K. Agrawal, Dr. S.N. Gaur and Dr. Rajkumar. Finally, in 1998, he joined his father at the Modi Allergy Clinic as his assistant-cum-associate, thereby starting his professional journey as a full-fledged allergist.

Being son of highly successful, well-settled parents and that too in the same profession was not easy. But Dr. Gautam Modi had a strong determination to create a name for himself and add to the glory of his parents. The strength and motivation necessary for this came from his mother, Dr. Pramila Modi, a senior obstetrician and gynaecologist well known across the country as a highly successful practitioner, strong academic, methodical worker and a lady devoted to family, society and spirituality.

It was along with Modi Allergy Clinic that Modi Nursing Home too had been established in 1978. Over a span of four decades, Dr. Pramila Modi has had a completely satisfying personal and professional journey. With over thousands of happy patients, more than 50



publications and serving as President and in various other capacities in the Bihar Obstetric & Gynaecological Society (BOGS) and at the national level in the Federation of Obstetric & Gynaecological Societies of India (FOGSI), she still continues leading her life to the fullest.

In 1998, there was another much-awaited, blessed turning point in his life when Dr. Charu Agrawal became his better half, Dr. Charu Modi. With her constant support, she has been the reason for bringing about magical metamorphosis in him. As for herself, she has been a stable practitioner with an exquisitely pleasing personality. She enjoys great popularity among her patients, friends and family. She is a worthy successor to her mother-in-law. With many publications to her credit, her interviews and articles get regularly published in books, periodicals & magazines. She was the recipient of the Dainik Jagaran Young Achiever Award in 2017. She

is currently holding the post of Chairperson, Public Awareness Committee, Patna Obstetric & Gynaecological Society.

In 2006, God blessed the couple dearly and made them the proud parents of Chinmay. Dr. Gautam Modi says, “A part of my life has been spent as being Dr. Modi’s son and I pray may a part be spent too being known as Chinmay’s father.”

Allergy has come a long way since its inception with loads of recent advances being done in the field. Allergic disorders have been classified as respiratory, dermal and ophthalmic with cases of respiratory allergies alone rising 10-fold over the past few years. Allergic Asthma, Bronchial Allergy and Allergic Rhinitis are the main conditions patients face nowadays. Dermal allergy includes Urticaria Angioedema, Dermatitis and Allergic Conjunctivitis form the ophthalmic cornerstone. Change in environmental factors more randomly, increase



in the pollution levels, leading of more sedentary lifestyle, less consumption of quality healthy foods and many other factors contribute to an increased sensitivity observed in the current era.

Diagnostically, Intra-dermal and Skin Prick Method are two ways of establishing hypersensitivity to suspected allergens, followed by Immunotherapy or desensitisation process, which nearly eradicates the suffering by bringing down markedly the frequency and severity of symptoms. As per WHO position paper in 1998, Immunotherapy is the only stable and potent treatment available for all allergic manifestations, especially with Allergic Asthma and Rhinitis forming the most commonly encountered clinical presentation, i.e. Nasobronchial Allergy. Modi Allergy Clinic has a database of nearly 20,000 patients over the past 40 years with a success rate of nearly 90% satisfied and cured people. Currently ID tests with 75 antigens, which include pollen,

fungus, dust and food antigens, are being carried out for Nasobronchial and Dermal allergy cases. Nineteen types of medicines are being tested for drug allergy patients. The outstanding feature is that unlike other places where technicians have taken over, all the intra-dermal sensitivity tests are done personally by Dr. Gautam Modi, keeping up the tradition established by his father. Says he, “I feel keeping oneself deeply associated with patient interaction and treatment modalities is always very important to build and keep up a successful practice. Regular feedbacks taken from the patients, their attendants and pharma personnel help me improve the overall scenario constantly.”

Dr. Gautam Modi has developed an equation that forms a perfect balance of cure and comfort. Says he, “I believe 25% of one’s agony should ease by entering the premises with the belief that yes, this is the place; 25% depends on

your conduct—the doctor and his staff giving proper time and attention, which gives the patient immense satisfaction; 25% depends on your clinical judgement and treatment; and the remaining 25% should be left to the Almighty to take care of.” Personally, Dr. Gautam Modi likes being a focused person with strict do’s & don’ts. He has a small, close bonded circle with dependable and devoted family and friends. For him it’s always the person that matters, not the personality. Music is like soul to him and listening to various kinds of music is part of his daily routine. He had the opportunity of getting trained in Carnatic music for over 12 years. He also plays bass instruments like bongo, congo and drum sets. He is said to be excellent at mimicry. Reading, writing, watching good movies, and keeping up with current events are integral part of his being. Making new acquaintances and strengthening the old ones are something he devotes his time routinely to.

Being surrounded by a family full of doctors makes Dr. Gautam Modi feel proud. His younger brother is a microbiologist and his brother’s wife is a family physician. Both of them are settled at Kolkata. His father-in-law is a renowned paediatrician, mother-in-law a microbiologist, brother-in-law a paediatrician and sister-in-law a gynaecologist. All of these are at Aligarh in Uttar Pradesh. His brother has infant triplets. Family get-togethers are always great as none feels out of place.

Practising for the past 20 years—18 of these under his father—as an allergist has been immensely satisfying and rewarding for Dr. Gautam Modi. He was awarded the Young Achiever Award by Dainik Jagaran in 2012. He has been covered in India Today magazine and featured often in leading dailies. Besides, he has been regular on radio/TV talk shows. But what matters the most for him is the patient’s satisfaction and affectionate acknowledgment given for his well-being. Allergy has spread its wings extensively with increasingly larger number of population being affected every day. Modi Allergy Clinic promises to all allergy sufferers a near-total relief from the ailment except for those who are “allergic to someone”. For the latter God is the only cure. □



Dr. Md. Hasnain Quaiser

A SHINING STAR IN MEDICAL SCIENCE

Born in February 1977 in Kaurauni village of Bihar's Darbhanga district, Dr. Md. Hasnain Quaiser is known as a well-trained physician, nephrologist and endoscopist. Md. Hasan Sagir, Dr. Hasnain's father, worked for a long time as a driver in Bihar State Road Transport Corporation (BSRTC). Says Dr. Hasnain, "Despite this (the humble status of his parents), he did not leave any stone unturned in our education." Mother Quaiser still gets excited when she talks about her children's education and success.



Dr. Hasnain took education till Class 8 from Darasgah Islami in Darbhanga. He then came to Patna and took admission in Model English Academy situated on B.M. Das Road. He passed matriculation from this school in 1995 and topped the examination. He took admission in I.Sc. in A.N. College in Patna and obtained 7th rank in the year 1997.

In 1997, Dr. Hasnain Quaiser succeeded in the PMT examination. In fact, he astonished everyone by obtaining the 77th rank at the all-India level and cemented his identity as a brilliant student. On the basis of marks obtained in PMT, Hasnain took admission in the Darbhanga Medical College and got his MBBS degree from there in the year 2005. Realising that the times were changing and higher education had become a necessity, Dr. Hasnain Quaiser did MD in Medicine from Delhi University and DNB in Nephrology under the National Board of Examination in 2011.

Says Dr. Hasnain Quaiser, "After obtaining various degrees, I reached Patna in 2011 and worked for some time at one of the popular private hospitals in Bihar. But in the same year I started a private clinic in Nafees Colony located on Bari Path. I have never looked back since then."

In 2016, Dr. Hasnain Quaiser opened a private hospital named Medicare Centre in the midst of increasing trust among his patients. Within a short span of time, success began to knock at his doors. Today he has made a name for himself. Those who are cognisant of the medical world say that Dr. Quaiser is famous for his excellent medical services at a low cost.

Dr. Hasnain Quaiser's family is all praise for him. His brothers say, "Our brother had it in his mind right from the beginning that he

had to fulfil our parents' expectations come what may." Quaiser Javed, Dr. Hasnain's elder brother, is Principal at a famous school located in Darbhanga. His younger brother has done his MBBS from the Indira Gandhi School of Medical Sciences.

Say Dr. Hasnain's younger sisters Afrozi and Kehkashan: "We brothers and sisters can never forget the circumstances in which our parents provided us education. Our elder brother Dr. Hasnain used to say one can light the lamp even in storms if God wills so." Afrozi Quaiser is pursuing her Ph.D. in Biotechnology from the Jawaharlal Nehru University in Delhi. Kehkashan has obtained her engineering degree in electronics and communication from the Maulana Azad Engineering College at Patna.

Dr. Sanobar Hasnain, the wife of Dr. Hasnain Quaiser, has done her MBBS from the National Medical College and received special training in reproductive biology (IVF) from the Indira Gandhi Institute of Medical Sciences. She is currently preparing for post-graduation from the same college.

Dr. Hasnain Quaiser obtained postgraduate diploma in cardiology from Johns Hopkins University in America. Along with this, he did PG from the Royal College of Physicians in the UK. He obtained PG diploma in diabetes management from Middlesex University in London and is currently doing fellowship in endocrinology from America. His private clinic and hospital is affiliated to the Endocrinology Society of America. Recently, Dr. Hasnain Quaiser has been provided fellowship in gastroenterology by the Jaswant Rai Hospital in Meerut. □





Pt. Jagat Narayan Pathak Mallick

THE DOYEN OF DHRUPAD

Hailing from Mallick gharana (also known as Darbhanga gharana), Pandit Jagat Narayan Pathak Mallick is son of famous classical singer the late Pandit Narhari Pathak Mallick and great-grandson of Dhrupad maestro the late Pandit Kshitipal Mallick. Pt. Jagat Narayan was born in 1960 in Champaran district, Motihari, and has been raised under the ancient Indian classical vocal tradition of Dhrupad. Dhrupad is the oldest of the genres of Hindustani classical music. It is spiritual, heroic, thoughtful, virtuous, and embeds moral wisdom. It has been practised and inculcated throughout the country by various gharanas. The Mallick gharana is believed to have its roots in the 14th century. Its tradition was established by Ramdas Pandey (1442), who was the first disciple of India's Dhrupad maestro Swami Haridas ji, who also trained Tansen, one of the Navaratnas in Akbar's court. Within his own gharana, Pt. Jagat Narayan happens to be the 16th successor after his forefathers, who have been singing Dhrupad.



Since the age of five, Pt. Jagat Narayan inherited Dhrupad singing, its associated melodic framework, notes, voice, texture and the serenity associated with the genre, as an asset from his father. Later, he received his initiation from his paternal grandfather the late Pt. Mahavir Mallick and the late Pt. Yaduveer Mallick. He also received his training from the late Pt. Siyaram Tiwari, another famous singer of Darbhanga gharana. He did his Sangeet Prabhakar (graduation in music) in 1980 and Sangeet Praveen (Master's in music) in 1985 from the Prayag Sangeet Samiti, Allahabad (now officially known as Prayagraj). He also got Sangeet Bhaskar (also Master's in music) from Pracheen Kala Kendra, Chandigarh, in the year 1987.

In the Akhil Bharatiya Sangeet Sammelan at Motihari in 1973, when Pt. Jagat Narayan was only 13, he shared the stage with the late Samta Prasad Mishra (famously known as Godai Maharaj), who accompanied him on the tabla and with the late Gopal Mishra, who accompanied him on sarangi. Since 1980, he began to professionally sing Dhrupad with his father and with Pt. Siyaram Tiwari across the country.

Pt. Jagat Narayan has sung in most of the major events associated with the Hindustani classical tradition of vocal music. Notable among them are the Dhrupad Samaroh at Nathdwara, Rajasthan, organised by the Sangeet Natak Akademi of the Government of India, Tansen Sangeet Samaroh, Haridas Sangeet Samaroh, Sur Sringer Sansad Mumbai, Banaras Dhrupad Mela, Sangeet Natak Akademi Samaroh (2006) and Incredible India Nagpur 2018. He has been an eminent presence at many programmes sponsored by the Government of Bihar. He was a part of the 350th Prakash Parv, which was celebrated with great zeal and zest in the memory of Guru Govind Singh ji. He was felicitated by the Minister of Art and Culture of Bihar in the Shukrana Samaroh. He has also been a research scholar for a period of five years in the Sarabhai Foundation at Shahi Bagh, Ahmedabad, in Gujarat.

Awards and titles have become part of Pt. Jagat Narayan Pathak Mallick's life. He was given the title of Sur Ratna in the All India Youth Competition organised by the Sur Mandir organisation, Patna, in 1986. He was honoured with the title Sur Mani by the Sur Sringer Sansad, Mumbai, in 1987. This organisation awarded him for being the Best Singer for the same year. In a function organised by the Dovar Lane Music Conference in Kolkata, Ajit Kumar Panja, former Minister of Information and Broadcasting, awarded him the first prize.

Pt. Jagat Narayan Pathak Mallick has been a graded artist at the All India Radio since 1991 and has been performing from time to time. After being transfixed by his mesmerising performance, former Prime Minister Atal Bihari Vajpayee called him the "country's asset" during their brief meeting in Patna in the year 1996. Pt. Jagat Narayan got his Dhrupad singing recorded



by HMV in the year 1998. In the year 2014, he was felicitated by the Pt. Ramchatur Mallick Senior Award by the Government of Bihar.

An excellent performer in raag aalap, Pt. Jagat Narayan very beautifully places the bandish (composition). His gayaki (style of singing) is known for its laykaari (the play on tempo) and swar lagaaw (moving from one note to another). He holds a vast experience in effectively using Dhrupad tools such as swara, meend and gamak. He also excels in other genres like khayal, bhajan, thumri and ghazal. He personally feels that Dhrupad is a pacific classical singing which is sung devoid of khatka and murki. It is initiated by the aalap, propagated by the bandish and terminated by laykaari. He sings Dhrupad in 14 parts (Anga), which is a distinct feature of the gayaki of the Mallick gharana.

Following the guru-shishya tradition of his gharana, Pt. Jagat Narayan has been fostering the learning of Dhrupad. He has been teaching many students and classical-music lovers this genre. For the last 28 years, he has been organising a ceremony in the memory of his forefathers and their Dhrupad works. This has proven to be a catalyst in fostering Dhrupad among the younger generation. During the years 2001-2003, he was nominated as a Dhrupad trainer by the Art and Culture Department, Government of Bihar, and the North Central Zone Cultural Centre, Prayagraj, wherein students were provided scholarships.

Some of his students who have become quite successful are Prabhakar Narayan Pathak Mallick, Minakshi Thakur and Devendra Pratap. He has been training students through the Pandit Kshitipal-Hari-Narsingh Sangeet Dhrupad Shodh Sansthan (Music Dhrupad Research Centre), an organisation registered with the Government of Bihar, since 1983. Besides, he has been training a few music enthusiasts who are doctors and IAS officers. He has also been in charge of Sangeet Vidha Pramukh managed by Sanskar Bharti, South Bihar Zone. □



Kamal Kumar Nopani

SOCIAL SERVICE IS HIS PASSION

Ramlila celebrations and Lanka Dahan have been a regular feature at the Gandhi Maidan in Patna for the past three decades. A Hasya Kavi Sammelan is organised on the eve of every Holi. Celebrated spiritual leaders from across the country gather at the Gandhi Maidan. Marriages are saved on the brink of collapse. The man behind all this is Kamal Kumar Nopani, the famous social worker. Through programmes like the Ramlila celebrations, he has not only conserved social conventions but has also been successful in keeping the bond within society intact.

Born at Varanasi in Uttar Pradesh on September 5, 1959, Kamal Nopani has become one of the celebrities of Bihar. Kamal, son of the late Govardhan Prasad Nopani, a famous businessman and social worker of his own times, was a talented child. He matriculated from the well-known Agrasen Vidyalaya of Varanasi in 1977. He did his I.Sc. from the same school and B.Com. from the Banaras Hindu University (BHU) in 1983. When his father shifted his business to Patna, Kamal, who had a keen interest in social service since his school days, also moved to the city with his family in 1984.

Those were the times when the Marwari community in Bihar was involved in one programme after another. Kamal Nopani too vowed to enter social service and went along with the institutions run by the Marwaris in the Eighties. With the passage of time Kamal started getting famous. His noble work was recognised and, in 1988, he was nominated as a member of the Bihar Pradeshik Marwari Sammelan (BPMS). He got associated as a member of the Sri Dussehra Committee in 1990 and became its Treasurer in 1992.

Kamal Kumar Nopani had silently made his presence felt on the social platform and was now ready to take big roles. **He became the Joint Secretary of BPMS in 1992-93. Soon he was elevated to the post of President of the Patna branch of BPMS and continued on it till 2004. Meanwhile, in 1993, the Marwari community established the Adhyatmic Satsang Samiti (ASS), which Kamal joined as a member. He became its General Secretary in 2002 and State General Secretary in 2005.**

Says Vijay Kishorpuria, a famous industrialist, "Men like Kamal Nopani are rare to find in our society. He is ready to go to any extent for the betterment of society. So, he enjoys a unique position in the Marwari community and people love him with all their hearts." Kamal's wife says, "My husband is a social servant with his heart and mind both. He is ever willing to help the needy." Perhaps this is why he not only served as the convener





of the Dussehra Committee from 2005 to 2014 but also has continued as its President since 2015. Daughter Ekta and son-in-law Ankit Chaudhary say, "We are proud of our father who has set an excellent example of social service not only within the Marwari community but across the spectrum."

Kamal Kumar Nopani was the President of BPMS from 2009 to 2011. He has been the President of Bihar Pradesh Vaishya Mahasangh since 2013. In 2012, he became the President of the National Organisation of the Akhil Bharatvarshiya Marwari Sammelan in 2012. He served in the capacity of Vice-President of the Sammelan from 2015 to 2018. Presently he is in the national executive of this organisation.

Says Kamal Nopani, "JD(U) appreciated my work and I became its member in 2005. Soon Chief Minister Nitish Kumar made me the Senior Vice-President of the party's business cell. On the basis of my work in the party, I was given the responsibility of State General Secretary in 2011. At present I am serving as the State President of the JD(U) business cell."

Kamal Kumar Nopani is the Vice-Patron of the Red Cross Society, a member of the Vanbandhu Parishad (Friends of Tribals Society) and special invited guest of the Bihar Chamber of Commerce. Under the banner of the ASS, Kamal has organised discourses of various spiritual leaders at the Gandhi Maidan. Sant Morari Bapu, Ramsukhdha Ji Maharaj, Ramesh Bhai Ojha, Kirit Bhai and Chandra Bhushan Ji Mishra, among others, have visited Patna from time to time and preached to the devotees.

Says Kamal Kumar Nopani, "Cancer patients from across the state, most of whom are poor, come to the Mahavir Cancer Institute in Patna in large numbers. Many cancer patients die as they are unable to afford treatment due to financial constraints. My next initiative is to identify such deserving patients and help them financially. We are working on a scheme to this effect that is expected to start in 2019."



Paying tribute to his father, Kamal says, "Whatever I am doing for society today is due to my father, who always encouraged me in my work." He reminisces the old days, "My father had severe backache. Somebody suggested him to go and meet a hakim (doctor) in Punjab for vacuum therapy. He procured the medicine and its recipe and brought them to Patna, where he treated about ten thousand patients in his last few years and relieved them of various aches." His father's words still ring in Kamal's ears, "Social service is an addiction. One who gets addicted to it becomes successful."

Kamal Kumar Nopani has been working for the marriage of poor girls for more than two decades. Besides, for the past few years, he has been working for families that are about to break up. Social experts say Kamal receives cases of divorce proposals in large numbers. But he believes it is possible to settle these cases amicably before dragging them to courts. And he has been successful in resolving a large number of cases.

Ayush Nopani, son of Kamal, is the founder-director of Alphabet, which aims to educate poor children. Says Ayush, "We identify

the poor children and get them admitted to neighbouring schools so they can get educated and enter the mainstream." Alphabet plans, in the near future, to start a school where poor children can get education free of cost.

In July 2018, Bihar Governor Lalji Tandon and Chief Minister Nitish Kumar awarded Kamal Kumar Nopani the title of Samaj Ratna (Gem of Society). Kamal believes, "Social service is like Chyavanprash, which keeps a person physically and mentally fit. As time passes, you only yearn for more and more of it." □

Brand Ambassador, Govt. of Bihar

Kisan Chachi

THE FARMING WONDER WOMAN

When we talk of women empowerment, we think of women in high positions, giving a tough competition to the men. Among all these women is a lady from Bihar, who taught herself the techniques of agriculture and became an expert in assessing soil quality and ensuring successful harvests.



This lady is Rajkumari Devi, lovingly known as “Kisaan Chachi” by those who know her. Talking to Kisaan Chachi is not just an insightful experience but also a delightful one. With a smile on her face, she talks about her life and how she taught herself to assess soil quality.

“I started out with farming. I still continue with it. If I have to tell you how I learnt to assess, it’s simple. Just like mothers who know when the child is sick or hungry, in the same way, the earth is our mother. If you grow plants in your own home, you will know when the plant needs to be watered or when the flowers are starting to wilt. The earth is like that. Once you start farming on your own, you understand what the soil needs. You understand just by touching and feeling the soil!”

“It is now that we have scientists who can know more about it. I have been working with scientists myself for the past 25 years. I work with the Krishi Vigyan Kendra back in Muzaffarpur and have become a member too. I tell people what they need to know. But before this, our ancestors just knew these things”, she laughingly explains.

Talking about how she started out, she says, “I’ve been farming since 1990. We were going through tough times back then so my father-in-law divided his land and gave some to each one of us. I decided that if I start farming then maybe I could change the state of poverty we were living in. I thought farming would help us survive and get us our everyday basic needs fulfilled at least.”

“My husband and I started with tobacco farming. But soon, it was said that tobacco was cancerous to health. With all these years of farming, I learnt that there are other vegetables that grow really well in tobacco fields, since tobacco requires a lot of manure. And these vegetables also grew really well in manure fields.”

And just like that, Rajkumari Devi explains, in a conversational way, how and why some vegetables grow really well in tobacco fields. You don’t feel like you’re being schooled by a teacher when she explains farming to you. She would talk about farming with you, like how one would with any other farmer, like this was something you did every day for a living- like you like her were a self-made person running her own business from a small village in Bihar.



“That’s how I switched to growing vegetables instead of tobacco in tobacco fields. After this, I attended a lot of farmer’s fairs after that. I even got first place in one”, she says and you’re reminded of a child telling you of their first trophy.

“We didn’t have a lot of media that time around. Only 4-5 main newspapers. So when the others saw my name in the paper, people soon started coming to me asking how I learnt farming and wanting to learn from me.”

“I even started a school for farming some time later after that. People would come to me and ask me to teach the ladies in their homes too so that they also have something to do. I taught some 20-25 ladies at one time and on various types of farming. I taught them about wheat, maize and even different vegetables. So they also got to learn a lot.”

Giving the conversation a more empowering take, Rajkumari says, “Back in Bihar, just like in Punjab, women also take part in all kinds of work.” One can’t help but feel a sense of pride in her voice as she says that.

But that is not all there is to Kisaan Chachi. There is no stopping this lady when it came to empowering other women around her.

Along with holding various workshops on farming and teaching women about different kinds of crops and farming techniques, Rajkumari Devi also has organised self-help groups, where women who learnt farming and agricultural techniques from Kisaan Chachi herself, organise workshops teaching other women what they learnt.

“We have 36 groups. Every group teaches different things based on what they have learnt and what they know. For example, there is one group that teaches chicken rearing, another teaches goat rearing, and then there are land-based self-help groups too. There are many other groups based on various agriculture-related things.”

“We’ve also trained other classes of work too, not just agriculture. Earlier, back in our



village, the potters only used to make rice-based alcohol. But after training, they've now started making statues during various occasions, especially during Pujas.”

One would think that teaching farming and running self-help groups for the women, as well as men, around her would be enough for one woman. But that is not. Not for someone like Rajkumari Devi, who also has a pickle business that she promotes in various trade fairs.

The brand, which goes by “Kisaan Chachi”, is a non-profit organization, which not only takes produce from farms run by self-help groups but also employs women in the production of pickles and jams and ‘murabbas’.

“I started this group at a time where I didn't have much money and to start any other business requires a lot of money while it's still in its starting phase. I decided that if I get proper training in making pickles, then I could start a business and the women who would work won't require much training since every woman knows how to make pickles. So I started with ₹250 as I started this business and trained myself to ride a bicycle too.”

But this hasn't been an easy journey for Kisaan Chachi. She had to face a lot of objections when she first planned to spread her business by travelling in her bicycle.

“People used to object saying how will you go to the market? You will go to the market? But what can you do when you had a good deal in the market. Also, everywhere around our village, are shops selling tobacco since every other person eats tobacco. So who's to say that if I sell stuff that are actually good that they won't sell?”

It is this attitude that has kept Rajkumari Devi going, state to state, promoting and growing her business. A self-made woman, Rajkumari Devi is an inspiration to everyone, as she taught other women to be self-reliant and independent.

From poverty to division of family to objections on her business, Rajkumari Devi has seen it all and yet, she still has that excitement as she talks about her business and helping other women be independent.

It is women like Kisaan Chachi that we need to take inspiration from, especially in the current times, about what empowering women really means. □



Prof. K.C. Sinha

MAHAGURU OF MATHEMATICS

Bihar is famous for the intellectual wealth it has produced over generations. Prof. K.C. Sinha is one such luminary who has carved a niche for himself in the field of education. Known for his popular books in Mathematics for competitive examinations, schools and colleges, Prof. Sinha is one of the most recognised names from the state in the last three decades. He has been instrumental in shaping the future of generations not just in Bihar but also in the rest of the country through his teaching and books.

Currently working as Professor in the Department of Mathematics, Patna University, Prof. Sinha is actively involved in teaching, writing and creating a future pool of educators. He also guides his research students and has given several PhDs in Mathematics. "I take immense pleasure in my work. I never plan to retire," says Prof. Sinha.

Prof. K.C. Sinha was born in an average middle class family in Ara, a small town in Bihar. Growing up among four brothers and two sisters, he did not have access to formal education till he was around 9 years old. He was then sent to pursue his school education from the Zila School in Ara. After suffering financial setbacks, he realised that the only way to overcome the situation was through education. He worked hard to earn a scholarship to pursue his higher studies in Patna. He joined the Patna Science College and went on to become a gold medallist in both his B.Sc. (Hons.) and M.Sc. examination.

Soon after he joined HD Jain College at Ara as a Lecturer in 1977, Prof. Sinha's professional journey started. He got





married two years later and, in 1983, joined Patna University, where his iconic rise began as a teacher and author. His first book came out in 1982 and he became popular with the aspirants for IIT-JEE in a couple of years. He also completed his Ph.D. and by 1990, he had several successful books to his credit. The extent of popularity of his books can be gauged from the fact that one of his old students, who is into film-making, created a YouTube video recently to pay tribute to the impact that his books created in the lives of the students. The video, of course, went viral. A very humble and affable character, Prof. K.C. Sinha has immense fan following in the social media as

well. His official Facebook page has thousands of fans. His secret of success also lies in his ability to adapt to changes and deliver. The IIT board changed the pattern of examinations for JEE and, within a year, Prof. Sinha came up with his now hugely popular Eduwiser book series for IIT-JEE Main and Advanced. Coming up with relevant content that suited the changing needs of his students helped him retain his market value.

With the advent of technology, Prof. Sinha sees another huge opportunity to reach out to students far and wide. That all his three sons Anurag, Abhishek and Ankit are engineers

from IITs and into technology gives a major push to his ambition. "After I retire from my position as Professor from the University in 2019, I have bigger plans to execute. My 10-year vision includes making education affordable, accessible and quality-driven," he says.

Eduwiser Publishing Group, which now publishes most of Prof. Sinha's books in school and competition segments, has tied up with an ed-tech firm urTutors to bring Prof. Sinha's dream into reality. A leading publisher in the K-12 school segment with books in Science and Maths, Eduwiser is partnering with urTutors.com to create a platform to train



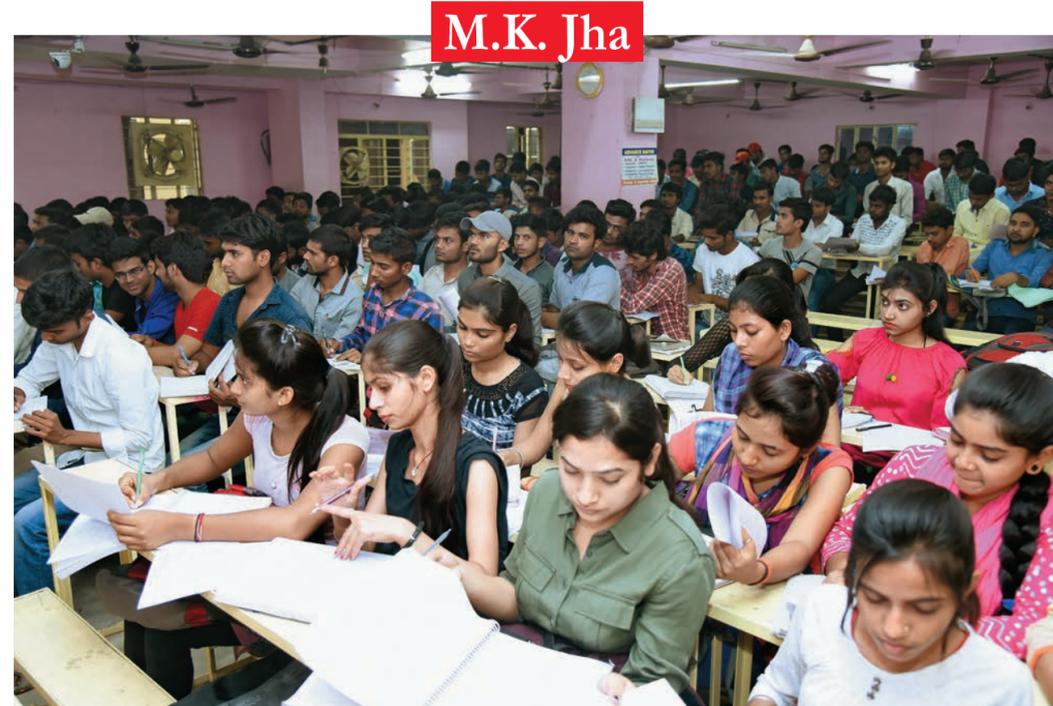
future educators and also provide learning resources (online learning, developing centres of excellence in education, among others) at an affordable rate and with greater accessibility. Prof. Sinha guides these organisations founded by young, energetic entrepreneurs to give a fillip to education in Bihar and also create job opportunities. Incidentally, all the founders of Eduwiser and urTutors.com are from Bihar.

"What excited me about these young minds is the fact that they are ready to challenge the frontiers and are clear in their objectives. I am pretty sure that their vision to democratise education by bringing quality and transparency and empowering teachers and students alike with their products and services will succeed," says Prof. Sinha about the enterprises he guides with his rich experience and wisdom.

The next phase of Prof. Sinha's already illustrious career, indeed, seems to be interesting and worth following. Giving back to the society is his motivation as he strives forward. The lack of opportunities for village students is one of the major problem areas that Prof. Sinha wants to solve. He has been busy preparing his concept video lectures and looks forward to releasing them on an online platform in the upcoming academic session. He wants to stop the mass exodus of quality students from Bihar.

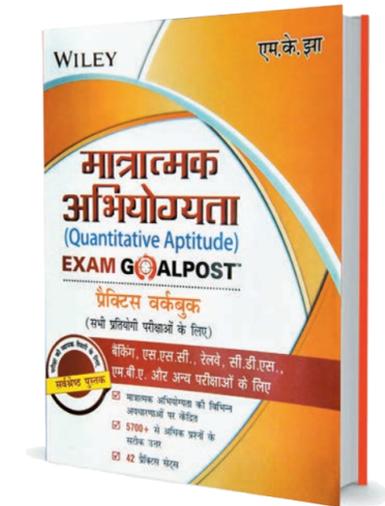
Having already written 66 books in his long journey, the 64-year-old veteran plans to score a century. His latest book on Quantitative Aptitude has been well received and he is now working on books for the postgraduate Mathematics courses running in the country.

Prof. Sinha shuffles his time among Patna, Delhi, Mumbai and Bengaluru, where his children are based. He makes it a point to take time off to relax with his grandchildren. All through his journey, he has been ably supported by his wife, who managed the house and ensured that his professional focus did not waver. Indeed one of the brightest stars in the firmament of education, Prof. K. C. Sinha has earned a name not just for himself but also for Bihar. □



OWES HIS IDENTITY TO MATHS

Born at Shahpur in the Madhubani district of Bihar in May 1970, M.K. Jha is a well-known name in the world of mathematics. He runs Jha Classes, a maths tutorial centre, in Naya Tola of Patna. Manoj Kumar Jha was a talented student since his childhood. Tarakant Jha, Manoj's father and a famous businessman, wanted his son to become a government officer after higher education and bring glory to the family. Yielding to family pressure, M.K. Jha prepared for Bank PO, SSC and Railways at Mahendru in Patna in the Nineties. Soon he was selected as an ASM in the Railways, but he rejected the job.



Jha's heart was set on becoming a teacher. Due to family pressure, he again applied for an MBA course at the L.N. Mishra Institute, Patna and passed the entrance exam. But he refused to seek admission and resolved to go for teaching. In 1995, he started teaching his own kith and kin English and Maths. In course of time the students he had tutored got selected as Bank PO, in LIC and as TTE in Railways. This boosted his morale.

With an eye on the increasing demand from students, M.K. Jha decided to set up his own coaching institute. He founded the institute near the post office at Mahendru in February 1996. Two years later, he had an offer from Kartar Coaching, which he readily accepted. He thus became its first teacher in 1998. After shifting his institute from Mahendru, from 2000 to 2011, M.K. Jha burnt the midnight oil and taught students at his coaching institute located in Gopal Market.

In 2012, Manoj Jha quit Kartar Coaching and paid attention to his own institute and gave it the name Jha Classes. By now, M.K. Jha had earned a reputation as a Maths teacher and established his erudition. His fame had spread beyond Patna to other districts of Bihar and even to neighbouring Jharkhand.

Says M.K. Jha, "Keeping in mind the preparation for Banks, SSC and Railways, I have recently even written a book titled Objective Arithmetic. It is being published by Wiley, the famous Delhi-based publishing house, and will soon be in the hands of readers."

Today, M.K. Jha, a well-known Maths teacher and reputed educationist, has a unique identity in the world of private coaching in Bihar. But his childhood story is one of struggle. He received his education till Class 8 from Adarsh Madhya Vidyalaya at Chaas near Bokaro. He then got admitted to the famous Ram Rudh High School in Chaas. It was from this government school that he passed his Matriculation examination in 1984. Having a keen interest in academics, Manoj Jha took admission at the renowned Marwari College in Ranchi University. He did his I.Sc. from this college in 1986. Having established himself as a meritorious student, he then got admitted to the Ranchi College and graduated in 1989.

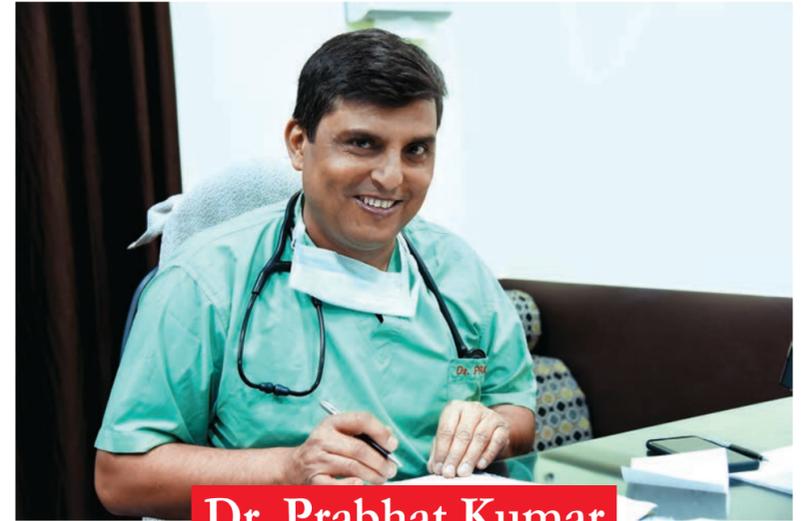
Many of M.K. Jha's college teachers vouch for the fact that Manoj had a keen interest in Maths even in his college days and would solve even the most difficult problems in a jiffy. His fellow students at Ranchi University say that Manoj has been a repository of talent and his firm grip on maths would make him stand out in the crowd. Close acquaintances say that M.K. Jha ardently wanted to become a teacher ever since his student days. It was this zeal of his that saw Manoj set out every evening to teach poor students in Ranchi and come back late at night. This passion of the Eighties still rules his heart and even today he offers free coaching to students who cannot afford to pay the fees.

Babita Jha, the wife of M.K. Jha who looks after the management of Jha Classes, says he



is a votary not only of discipline but also of punctuality, and perhaps this is why he has made a place for himself among the successful teachers of the state. She adds, "Our superior management and quality teaching has fetched our institute and M.K. Jha many awards. The credit for this goes to our students who devoted themselves to their studies and shaped their career, and in this process, brought laurels to our institute."

It is notable that M.K. Jha, who started teaching with merely four students of his family in the Nineties, had 50 students when he started his formal batch. Today the number has crossed the 5000 mark. This galloping number of students clearly indicates not only the fact that students of this institute are crazy about M.K. Jha's teaching but also that the institute truly cares for its students and guides them in building their careers. □



Dr. Prabhat Kumar

WINNING AGAINST HEART DISEASES

Being a native of Bihar, where most of the people cannot afford medical treatments, Dr. Prabhat Kumar wanted to do something concrete for them. For this, he felt, he had to be equipped with the rapid development taking place at educational and professional level. It was always painful for him to see poor patients suffering from cardiac disease. And this changed his approached toward life. His one and only aim became to provide affordable treatment to each and every patient.



After completing his post-graduation in 1997, Dr. Prabhat Kumar joined RML Hospital, New Delhi, as a Senior Resident in cardiology. Today, he is an accomplished cardiologist. He has performed more than 10,000 diagnostic procedures, more than 1,200 angioplasties, over 300 Balloon Valvotomies of mitral, aortic and pulmonary valves, and a good number of ICDs and CRDs.

Dr. Prabhat Kumar's innovative edge lies in his expertise of performing device closure in the case of ruptured sinus of Valsalva (RSOV) aneurysm, which is a rare congenital abnormality and in which patients may experience severe heart failure.

There are several challenges for a doctor, feels Dr. Prabhat Kumar. First, he has to fulfil the expectations of the patients and their attendants—right from general expectations about healthcare accessibility and facilities to particular expectations related to healthcare providers' interpersonal and clinical skills.

Second, a doctor has to take care of his colleagues and institution. As a member of the team, he must contribute to the overall functioning of the team by performing his share of the work that builds on the contributions of other team members.

Third, doctors are one of the important agents through whom scientific understanding is expressed. Thus, it is their responsibility to make society aware of the complications related to health.

Dr. Prabhat Kumar is the Regional head of the Public Health Foundation of India and coordinator of various educative and social awareness programmes organized by non-governmental organisations (NGOs) and medical bodies, including the Indian Medical Association (IMA), the Association of Physicians of India (API), the Cardiological Society of India (CSI) and the Indian Association of Clinical Cardiologists (IACC).

That doctors are seldom free is well known. But whenever Dr. Prabhat Kumar gets time, he likes to spend quality time with family. He has always been a voracious reader—he reads books on literature, history and what not.

Dr. Prabhat Kumar relies on five big success mantras: setting a goal, punctuality, patient satisfaction, taking care of society, and being passionate. He believes in the core values of determination, open-mindedness, honesty, forgiveness, commitment and empathy. □



Dr. P.K. Gyan

A RAY OF HOPE IN HOMOEOPATHY

Born in the land of Lord Mahavira, in a simple farmer family in Vaishali district of Bihar, Dr. P.K. Gyan inculcates the ideology of plain living and high thinking. With the cardinal principles of Samuel Hahnemann and deriving inspiration from Lord Mahavira, he dreams of curing all hopeless patients through homoeopathy. As he took birth in a very simple family, he faced many hardships in his life since childhood. Despite the difficulties, however, he never abandoned his dream to work for humanity.





Gyan's passion and determination has brought him to a destination where he has become a ray of hope and expectation for thousands of his patients. His clinic remains jam-packed with patients suffering from various chronic diseases. They belong to different parts of the country, viz West Bengal, Assam, Jharkhand, Madhya Pradesh, Uttar Pradesh etc. But all of them are full of hope and enthusiasm. They believe their health will be restored and their malady eradicated. His clinic is equally open to the poorer class as well, who are unable to afford the expenses of treatment.

Most of the patients disclose that Dr. Sahab arranges free check-up and free medicine camps for two days in a week. The camp is organised especially for the deprived, who would have found the treatment a financial burden otherwise. If you interact with the patients, they exude positivity and optimism. A visit to the clinic makes it clear that Dr. Gyan has become a ray of hope for the patients of kidney failure, neuro-related disorders, cervical problems, spine-related disorders, and other complicated diseases. These are patients who had become totally disappointed and had lost all hope of their well-being even after a lot of expenses.

Maintaining an innocent smile on his face, Dr. Gyan always spreads hope and compassion among his patients. He says that emotional nutrition is also a kind of medicine and provides momentum to the effect of our medicine. He lays emphasis on removing negativity from the minds of his patients, and on instilling positivity, saying that it helps a lot in the process of treatment, as a sick mind always leads to a sick body. Talking about the upcoming challenges, in the field of dangerous and incurable diseases, he very firmly lays emphasis on innovation.

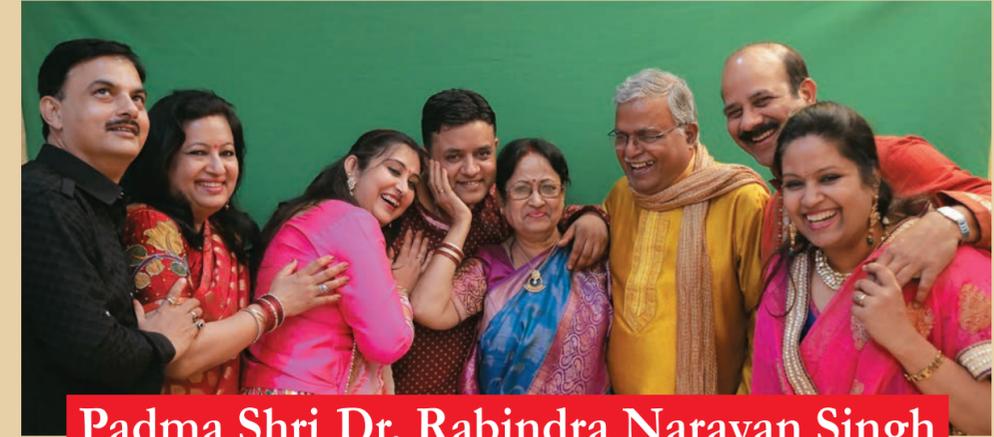
With an intense desire for perfection, Dr. Gyan says, "It is not just my profession, but solely my mission, saturated with firm determination, to sacrifice every bit of my energy and acumen for the welfare of

mankind, and I enjoy it from the core of my heart. It gives me pleasure, a sense of satisfaction, a meaning to my life, when a patient who was groaning with pain earlier comes before me with a natural smile after my treatment." Another thing that comes to your notice is that he always tries to remove the prejudice from the minds of his patients that homoeopathy cannot bring speedy recovery, that it is time-taking. He uses some drugs upon his patients in the clinic itself and asks them about its response. Most of the patients very categorically affirm his view that homoeopathy can also bring speedy recovery without any side effect.

In this regard, Dr. Gyan seems completely non-compromising about the quality of the drugs used by him. He says that the quality of diagnosis alone cannot bring the desired result; it must be accompanied with the quality of medicine which makes homoeopathy a grand success. He wants to see homoeopathy as a hallmark of hope and cure for the patients suffering from chronic diseases.

Dr. Gyan has been rewarded by several institutions for his consistent and selfless efforts for the welfare of mankind. About future plans, he very consistently advises the government to establish more and more homoeopathic hospitals, provide employment to skilled and meritorious doctors, and increase the availability of quality drugs. According to him, this must be done so that homoeopathy successfully passes the test of expectation of numerous patients who are sustaining the agony of chronic diseases.

Once again you find he gets busy with his patients, who are waiting for their turn in the queue. You leave his clinic with the perception that homoeopathy is also going to create a miracle in the field of chronic diseases, and will become a trustworthy medium of holistic treatment. Best wishes to this miracle man, for his untiring and selfless effort for the wellness of his patients in particular and for mankind in general. □



Padma Shri Dr. Rabindra Narayan Singh

DEVOTED TO HEALTH AND SOCIETY

Dr. Rabindra Narayan Singh is a renowned name in Bihar's medical field. He has carved out a distinct identity through his vast body of work straddling both the medical and the philanthropic domain. Dr. Rabindra is the nation's well-known Rotarian and a famous orthopaedic specialist.

Born at Golma village in the Saharsa district of Bihar, Dr. Rabindra Narayan Singh pursued his MBBS from the Patna Medical College in 1970 and completed his MS from the same college in year 1976. He then opted for higher studies in England and went on to work in prominent institutions, including at the Queen's Medical College at Nottingham as a teacher in the department of Anatomy. He had been a teacher of Anatomy at the Nalanda Medical College, Patna prior to his departure for higher studies.

In 1976, Dr. Rabindra obtained a Fellowship of the Royal College of Surgeons (FRCS) of Edinburgh. He stayed in England for a long time and obtained MCH Degree in Orthopaedics from the University of Liverpool.

Known to be a brilliant student, Dr. Rabindra received many offers for jobs from foreign countries. But his father, who was a renowned District Judge of his time, wanted Rabindra to return and serve his country.

Upon his return, Dr. Rabindra served as a chairman of the 27-year-old Radha Vallabh

Health Care and Research Foundation and the Anup Institute of Orthopaedics and Rehabilitation in Patna's Kankarbagh area. According to his peers, Dr. Rabindra is administering this unique specialised ultra-modern hospital with a facility of 100 beds.



There are only four major hospitals based on this model in the country today— Sancheti Hospital, Pune; Kulkarni Institute, Miraj; Ganga Hospital, Puducherry; and Bhattacharya Institute of Orthopaedics, Kolkata.

Dr. Rabindra Narayan Singh always had an inclination towards social work. That is why he got associated with the Red Cross Society at Patna in 1983. Around the same time, over three decades ago, he started providing free treatment to 20 patients every Tuesday, and continues to do so till date.

By 1990, Dr. Rabindra became associated with Kishore Dal Shishu Bhawan, an orphanage at Rajendra Nagar in Patna. Realising the charitable zeal and commitment of Dr. Rabindra, the then Shishu Bhawan's administrator Ranjit Bhai pinned high hopes on him. And sure enough, Dr. Rabindra lived up to Ranjit Bhai's expectations and helped grow the number of orphan girls at the Bhawan to around 30. Free education was organised for these girls at the nearby Ravindra Balika Vidyalaya. Eventually, he not only helped these girls get married at his own expense but also provided them employment in his private hospital. Since 1994, Dr. Rabindra has also been associated as a member of an organisation Antarjyoti Balika Vidyalaya situated in the Kumhrar area of Patna.

Dr. Rabindra's other philanthropic initiatives focus on the decreasing ratio of girls to boys in India and the challenge of girls' education. In order to address the issue, he started Indu Devi Chattrapati Protsahan Rashi in the memory of his mother Late Indu Devi. This initiative provides scholarships to meritorious girl students from his native village Golma so that they can pursue their studies unhindered and contribute to the development of a healthy and progressive nation.

The untimely and accidental death of their third daughter Pushpanjali Singh in 2003 prompted Dr. Rabindra and his wife Kavita Singh to start yet another initiative to provide free education and scholarship to poor children—Pushpanjali



Shiksha Kendra, whose administration today lies in the hands of Kavita Singh. The centre provides free education to dozens of boys and girls living below the poverty line.

Dr. R.N. Singh believes that nothing empowers an individual as much as education. That is why, not content with his ongoing numerous efforts and despite his hectic

schedule, he continues to propagate the principle of "each one teach one", which appeals to the well-off people of society to adopt a girl and sponsor her education so that she can get into the mainstream of society. In 2009, Dr. Rabindra was awarded with a gold medal by Bihar's then Governor R.L. Bhatia for his work at the Red Cross. In 2010, he was awarded the Padma Shri for his contribution in

social work and in medical field. Not only has Padma Shri Dr. Rabindra Narayan Singh served as a president of Bihar Netrahin Parishad in Patna but his efforts to bring the blind people into the mainstream are a stellar example for all. A film directed by Dinesh Anand on the life of Dr. Rabindra can be watched on Youtube by searching "documentary on Dr. Rabindra Narayan Singh".

Dr. Rahul Thakur

FATHER OF NEURODEVELOPMENTAL PAEDIATRICS IN BIHAR & JHARKHAND



Born on 13 June, 1972 in Patna, Dr. Rahul Thakur is a well known name in the field of medical sciences. A native of Bhima village in Araria District, he attained his primary education at Saint Michael's High School. He passed Class 10 in 1988 and plus 2 in 1990. In the same year he qualified for medical entrance and took admission in Mahatma Gandhi Memorial Medical College, Jamshedpur, which comes under Ranchi University. He obtained M.B.B.S degree in 1996. He went to Dehradun to attain higher education and, in 2004, he did PG in Paediatrics from the Himalayan Institute of Medical Sciences (HIMS).

Working as a professor in the Paediatrics department of the Nalanda Medical College and Hospital in Patna, Dr. Rahul's father and Bihar's famous paediatrician Dr. Akhilanand Thakur wanted his son to create a distinct identity of his own in the field of medical sciences. Dr. Rahul respected his father's wishes and, along with paediatrics, he decided to obtain special training in neonatology. For this he went to the UK in 2005. During his



stay in England, he worked with the UK's famous National Health Services. Besides, he underwent higher specialist training in paediatrics and neonatology from the UK's Royal Albert Edward Infirmary in Wigan and England's famous Fair Field General Hospital in Bury, Manchester.

After working for two years at both the hospitals situated in the UK, Dr. Rahul Thakur developed interest in Neurodevelopmental Paediatrics. So he proceeded further to master this speciality. He served for a long time in Luton and Dunstable Hospital, which comes under the Cambridge University. Besides, he had been working as Associate Specialist at the Edwin Lobo Centre for Neurodevelopmental Sciences, UK. During his stay in England, he created an identity of his own in the field of Neurodevelopmental Paediatrics.

Dr. Rahul Thakur returned to India towards the end of 2009. After returning to India he set up the first Integrated Paediatric Neurodevelopmental centre of Bihar and Jharkhand named "The Children's Neurodevelopmental Centre" at Patna, of which he is the founder director. Along with increasing number of patients, Dr. Thakur gained popularity and, within a short span, concerned parents from Maharashtra, Orissa, Gujarat and Dubai made a beeline to Patna with their children to seek his advice.

Neurodevelopmental Paediatrics is the branch of Paediatrics which deals with management of conditions like autism, ADHD, Asperger's, speech delays, developmental delays, social communication difficulties, learning difficulties, problems in balance and coordination, and academic

underperformance, to name a few. Neurodevelopmental management includes a multidisciplinary assessment, relevant medicines and a structured therapy which is different for every child. Early intervention is the key for maximum effect. Since these children look normal and are not disabled (unlike in cerebral palsy), it is even more difficult to create awareness about the nature of such neurodevelopmental concerns. Children with concerns like delayed speech, reduced eye contact, poor social skills, reduced attention span, hyperactivity, scholastic underperformance, and developmental delays should have a neurodevelopmental assessment following which a proper diagnosis can be done and a structured neurodevelopmental therapy plan can be formulated. An early and timely neurodevelopmental therapy is the key to maximising the desired outcome.

This speciality of paediatrics is very important, says Dr. Rahul Thakur, and its value can be estimated by the fact that his centre in Patna is not just the first and only centre of Bihar and Jharkhand but also one of the few centres in the country related to Neurodevelopmental Paediatrics. Dr. Thakur further explains that the training of Neurodevelopmental Paediatrics is an amalgamation of Paediatrics, Neurology and Child Psychology in matters of various developmental issues related to newborn babies and children. In situation warranting developmental concerns in children, a neurodevelopmental assessment should be sought from a specialist neurodevelopmental paediatrician for effective and timely interventions in getting proper treatment and avoiding irrelevant expenditure.

India's first cardiologist Dr. Srinivas, who founded the Indira Gandhi Institute of Cardiology (IGIC), Patna, was Dr. Rahul's maternal grandfather. Dr. Srinivas and Dr. Akhilanand Thakur have been Rahul's idols since early days. Through both of these immensely talented doctors, he came to know that it is important for a doctor to invoke trust in patients and their families through good behaviour.

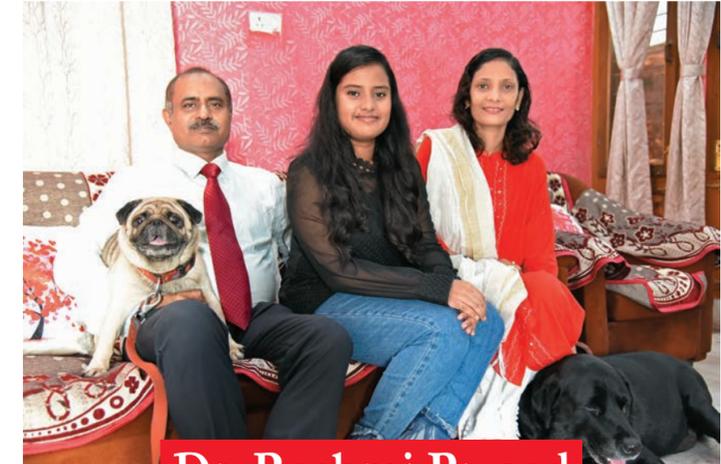
Nupur Sinha, the wife of Dr. Rahul Thakur, is an MBA from Cardiff, UK. She has worked with eminent companies in the UK, prior to which she had been teaching as an Assistant Professor in Amity Management Institute, Delhi. Currently, she heads her own businesses. Their son Yash Thakur too has received his initial schooling from England and is currently a student of DPS Patna. Dr. Akhilanand Thakur is now the Director of Dr. Thakur's Paediatrics Care Centre, Patna whereas Dr. Rahul is the Joint Director. His mother, Yasodhara Thakur, had been a senior teacher for over 25 years at the highly prestigious Notre Dame Academy of Patna. At present she is the Managing Director of Curcuma Life Sciences and is joined by Dr. Rahul's wife, Nupur, and his younger brother, Pragyan Thakur, as directors of the company.



Besides being a successful doctor, Dr. Rahul Thakur is deemed to have great inclination towards social service. From time to time, along with his father, he goes to his village and provides free medical services. Moreover, Dr. Thakur participates at free health camps organised by Rotary or other such organisations whenever requested. Recently he was felicitated on the Doctor's Day by Rotary District 3250. Life member of both the Indian Academy of Paediatrics (IAP) and National Neonatology Forum (NNF), Dr. Rahul has authored many articles in paediatric journals in India as well as abroad. He has also participated actively in clinical and research trials in the UK and Europe in the field of Neurodevelopmental Paediatrics.

Dr. Rahul Thakur, who has been the Founder Director of the first integrated paediatric neurodevelopmental centre of Bihar and Jharkhand, has not only made a mark on the national front but is also regarded as the Father of Neurodevelopmental Paediatrics of this region. □





Dr. Rashmi Prasad

GIVING NEW MEANINGS TO PARENTHOOD

Dr. Rashmi Prasad is a well-known name in the field of medical science as well as in the field of in vitro fertilisation (IVF). She is working at present at Diwya Vatsalya Mamta Fertility Centre Pvt. Ltd, Patliputra, Patna. Born in Patna in 1968, Dr. Rashmi Prasad belongs to Gopalganj. Her father, Mr. D.N. Prasad, served as a Chief Engineer in Bihar Government. Her mother is a homemaker. Dr. Rashmi's education started in Patna. She passed matriculation in the year 1983 and completed +2 in 1987. Her journey in the field of medical sciences started when she got admitted to MBBS at the Sri Krishna Medical College (SKMC) in Muzaffarpur. She did her PG from the Patna Medical College and Hospital (PMCH) in the year 2001. She did Hospital Management in 2006 and then Ultrasonology from the Indian Federation of Ultrasound in Medicine and Biology (IFUMB) in 2008. She then started working in the field of medical sciences.

Dr. Rashmi Prasad got married to Dr. Praveen Kumar Sinha, who is also a doctor by profession. He did his MBBS from the Gaya Medical College in 1989 and then his MS from BJMC in 1994. He did M.Ch. in 1997. Since then, he has earned name in Bihar in the field of uro-genital surgery and excellence in laparoscopic surgery. Dr. Rashmi Prasad and Dr. Praveen Kumar Sinha are blessed with a gem-like daughter named Ananya Ratna Preya. She is beautiful, gentle and energetic and is pursuing her MBBS from IGIMS Patna.

With an experience of more than 10 years in a leading corporate in Patna, Dr. Rashmi Prasad has excellence in laparoscopic surgery, including gynaecological surgery. She is an infertility specialist at Diwya Vatsalya Mamta Fertility Centre, an IVF clinic situated in the heart of the city (Address: H/N. 234/235, Near Laddoo Gopal Sweets, Patliputra, Patna-13).

It is the result of her hard work that Dr. Rashmi Prasad has achieved what she once dreamed. After a meeting with Dr. Nagauri



during a conference, she thought of working in the field of IVF. But it was not easy for her as she was not trained in it. She took training from Dr. Nagauri and has never looked back ever since. She faced many ups and downs but she didn't lose her continuity. Today she has made her mark across the state of Bihar.

Immensely talented, energetic and well-mannered, **Dr. Rashmi Prasad is always ready to help the poor. She thinks of their problems as her own. The cost of treatment in this era is known to everyone, but Dr. Rashmi has been organising free check-up camps once a month for the last 15 years. In these camps she offers not only free consultation and check-up but also free medicines, which is a great relief for thousands of patients. Providing satisfaction to many with her work, Dr. Rashmi Prasad says** there is no religion bigger than serving the poor and she is always up for it.

There was a time when people used to hate the word infertility and never discussed it. But times have changed now. The effort to spread awareness about infertility is becoming successful. Earlier, only women were blamed for infertility, but thanks to the creating of awareness, men are also accepting their inadequacy. People are addressing the problem by following right counselling and guidance. Dr. Rashmi Prasad is making efforts to clear the doubts about childlessness in her patients through conducting awareness programmes. As a result of these, even 60-year-old women from Muzaffarpur and Munger districts have become mothers.

Dr. Rashmi Prasad received Asia Brand Leaders Award in Singapore in the year 2017. Patients of Dr. Rashmi Prasad and her team at Diwya Vatsalya Mamta Fertility Centre shower blessings on them to attain newer heights. She considers her work as worship and serves people from all religions and sects. Dr. Rashmi Prasad certainly finds her heart at peace after giving one's patients the happiness of parenthood. □

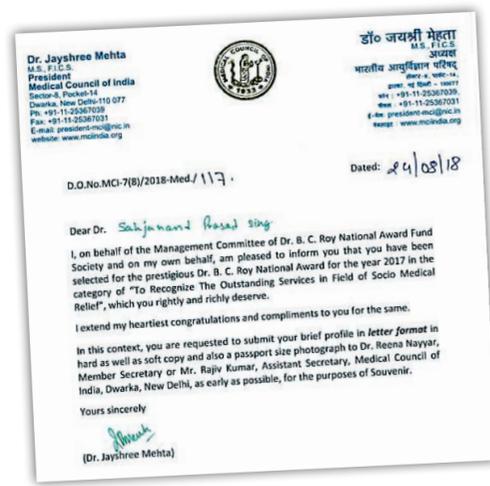
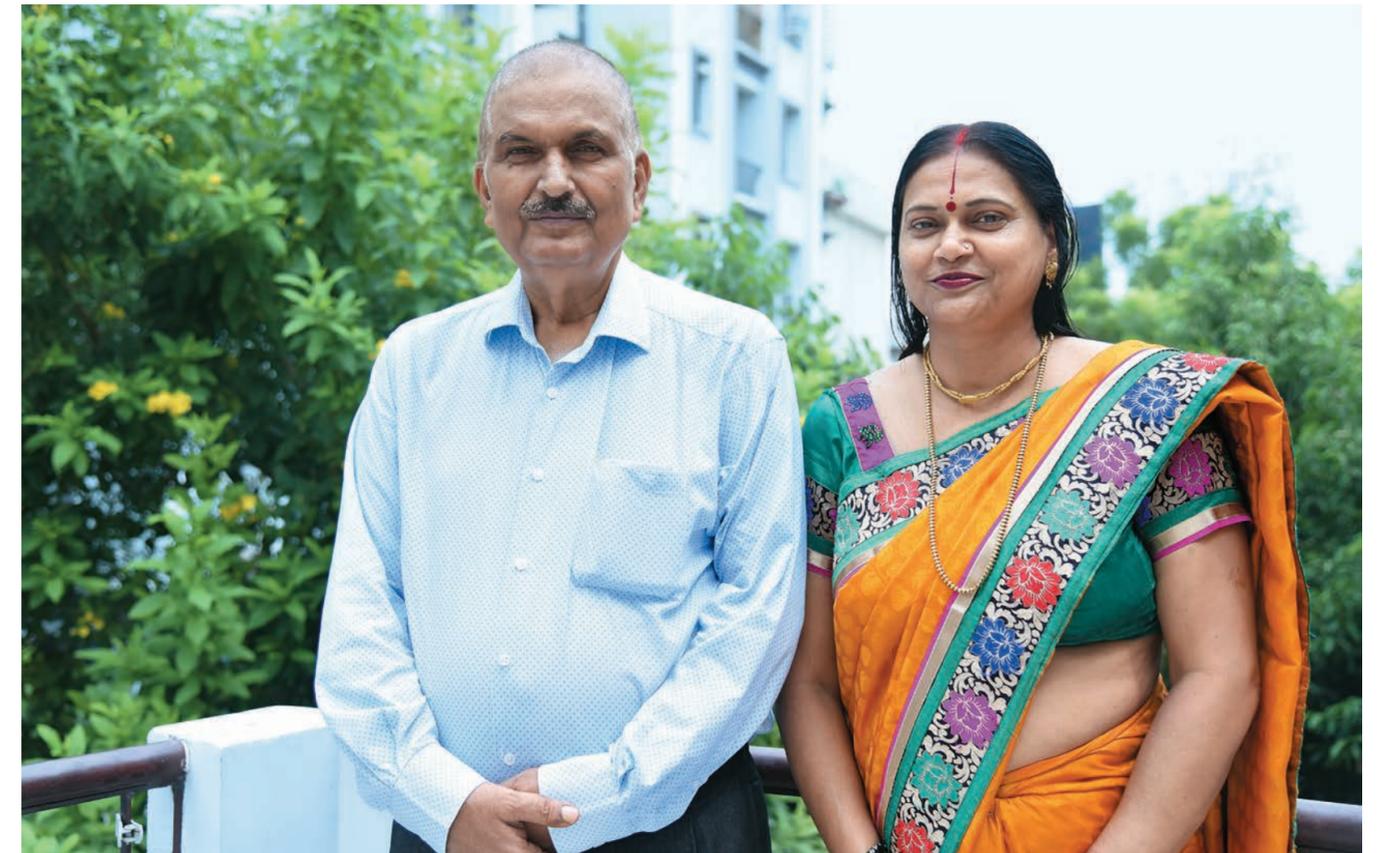
Dr. Sahajanand Prasad Singh



PATH MADE EASY FOR UNDERPRIVILEGED PATIENTS

Born and brought up at Nalanda in Bihar, known for its historical heritage, Dr. Sahajanand Prasad Singh did his MBBS from the Nalanda Medical College, and MS (General Surgery) from the Lala Lajpat Rai Medical College, Meerut (UP). He served poor labourers and petty workers as Medical Officer and Superintendent, ESI Hospital, Phulwari Sharif, Patna, for many years. He was recommended by the Bihar Public Service Commission and served as a Lecturer in Surgery in the Patna Medical College and Hospital (PMCH), Patna for many years.





At present, Dr. Sahajanand Prasad Singh is Associate Professor and Head of Department, General Surgery, Vardhaman Institute of Medical Sciences, Pawapuri, Nalanda—a centre of excellence in medical education of the Government of Bihar to commemorate Lord Mahavira, Pawapuri and Nalanda. He is recognised as the most popular teacher and efficient surgeon of Bihar.

Dr. Sahajanand Prasad Singh got his distinct identity due to his activities with the Indian Medical Association (IMA) Bihar and National IMA, where he was introduced as a leader by none other than the late Dr. A.K.N. Sinha, pioneer and former President, MCI and President, World Medical Association. He got similar blessings from prominent leaders of all time like Dr. N. Appa Rao and

Dr. Ketan Desai. In the IMA, he served on several important positions and at present he is the President of IMA Bihar State Branch, the Chief Election Commissioner of the National IMA and a member of the Central Working Committee & Central Council, National IMA. He was the Organising Secretary of the highly successful IMACON-2006 at Patna. He was the joint Organising Secretary of the Golden Jubilee Conference of IMA in 1988.

The voice of doctors and the ailing, Dr. Sahajanand Prasad Singh has organised more than 15 National Mega Health Camps of Government of India in collaboration with IMA in Bihar. He remained in the forefront of all socio-medical programmes of IMA like Aao Gaon Chalen, Beti Bachao, Breast Feeding, and Control of AIDS/HIV, Tuberculosis and

Leprosy. Many flood relief camps and eye camps were organised in Bihar under his stewardship. He co-operates with government to plan and execute its health policies, but dissents whenever he feels that the policies are not in favour of the medical profession and the common people.

Dr. Sahajanand Prasad Singh has been a member of the Medical Council of India for many years. He is a member and Registrar of the Bihar Council of Medical Registration, where he has worked hard to maintain the quality of medical education, ethics and practice. He is a member of Senate, Tilka Manjhi Bhagalpur University, Bhagalpur, and of Bihar Red Cross Society. He was formerly the President of the

Lions Club. He has been a recipient of best IMA Secretary Award, President Appreciation Award, Chikitsa Ratna Award (2006), Bharat Jyoti Award (2009), and Best State Faculty of IMA College of General Practitioners. He has been felicitated by several IMA branches of Bihar and the country. Manipal University of Mangalore has also felicitated him. He has been Secretary, Nalanda Medical College Students' Union and Secretary/Patron of the Nalanda Medical College Alumni Association.

A doctor of the poor, Dr. Sahajanand Prasad Singh charges very meagre fees for consultation and surgical procedures in his private practice. One can see the vast crowd of poor and rural

people at his clinic every day, getting treated and blessing him. He has inculcated the same culture and philosophy among his children, who are also doctors. One of his sons is a urologist and general laparoscopic surgeon and the other is an orthopaedic surgeon. His daughters-in-law are also specialists of ENT and radiology. They serve the poor and needy in the same manner as Dr. Sahajanand Prasad Singh does.

The Management Committee of Dr. B.C. Roy Award Fund recognised the services of Dr. Sahajanand Prasad Singh and selected him for the award under the category of Outstanding Service in the field of Socio Medical Relief for the year 2017. □

Dr. Shanti Roy

A WOMAN OF SUBSTANCE

Dr. (Mrs.) Shanti Roy is presently a consultant obstetrician and gynaecologist in Patna. She is one of the most senior clinicians of Bihar. Although born in a remote village of Siwan District, named Goreakothi, as early as in 1940, she never felt sex discrimination. Her father, the late Jagannath Singh, was an ordinary farmer. Her young mother who was only 17 then, the late Chandrawati Devi, had just started teaching in a primary school.



Being the first child, Shanti got plenty of love and affection from her parents, which helped her throughout her life and career. She had a sharp mind right since her childhood and this made her the most favourite child of her grandparents. She did her schooling from her village high school and passed matriculation in First Division. After passing Intermediate Examination from Langat Singh College in First Division, she got admitted to the Prince of Wales Medical College, Patna, where in most of the examinations she topped the list. She passed her final MBBS in 1962 and was married in the same year to the now late Prof. Brajdeo Prasad Roy.

Dr. Shanti Roy joined State Health Services in 1963 and thereafter was selected for teaching in 1965. Since then, she began to serve as a teacher-cum-clinician in various medical colleges of Bihar, getting transferred from one to another. Finally she settled at the Patna Medical College in the year 1975 and retired from there in 1998 as Professor and Head of the Department of Obstetrics and Gynaecology.

According to her co-workers Dr. Nutan and Dr. Sneha, Dr. Shanti Roy has an amazing personality. Despite her success and extremely

busy schedules, she is extremely modest and down to earth. She cares for everyone around her with maternal affection, patiently listening to their problems and advising them. She loves her life and job with passion and zeal. She also loves to learn new things with curiosity. She faces any challenge in her life with resilience and tenacity, at the same time enjoying everything with joy and smile on her face.

Dr. Shanti believes in sincerity, honesty and hard work. According to her, her achievements are nothing but God's blessings. She has a son and three daughters. Three of them are doctors while the eldest, Dr. Shweta Roy, is a Ph.D. in Botany. All of them have acquired her traits of sincerity, honesty and love for hard work.

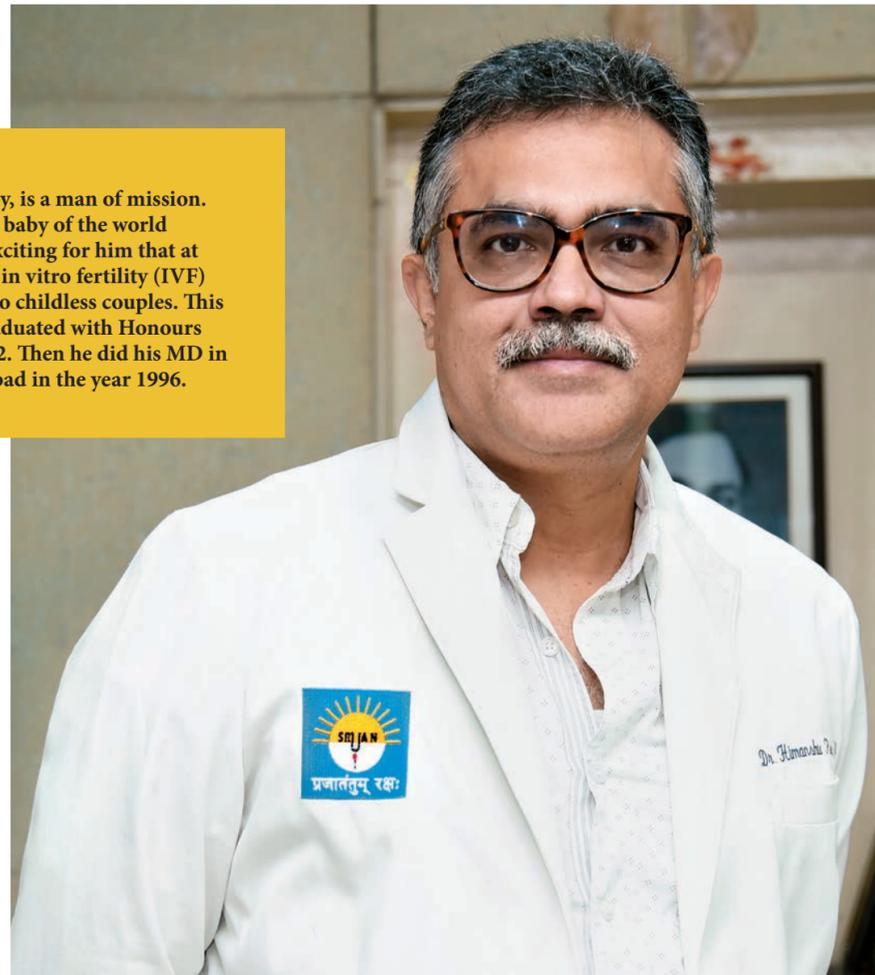
According to Dr. Shanti Roy, any improvement in the society is possible only by working at the grassroots level. A large number of the Indian population are illiterate and uneducated, especially the womenfolk. They should be better educated to understand and handle their problems properly. Sensing the need of society, Dr. Shanti Roy edited two books in Hindi so that the public could get an idea of various problems related to obstetrics and gynaecology and take medical help at proper time when actually needed.



Dr. Himanshu Roy

Dr. Himanshu Roy, the son of Dr. Shanti Roy, is a man of mission. When he was in standard VIII, the first IVF baby of the world was born. This breakthrough news was so exciting for him that at that very early age he decided to become an in vitro fertility (IVF) specialist and give the joy of having babies to childless couples. This drove him to study medical sciences. He graduated with Honours from Patna Medical College in the year 1992. Then he did his MD in Obstetrics and Gynaecology from Ahmedabad in the year 1996.

As his only mission was to perform IVF and other procedures related to infertility, Dr. Himanshu did his observership at various places—first in Mumbai under Dr. H.D. Pai, then in Kolkata under Dr. B.N. Chakravarty, and finally in Leeds, UK, with Anthony Rutherford. From the year 1996, his constant endeavour has been to provide the best solution possible to childless couples. He owns an IVF centre named Srijan Fertility Clinic, which is situated in Kankarbagh, Patna, where more than 300 intrauterine inseminations (IUIs) and 50-100 IVFs are done monthly. It is a unique infertility care centre where all facilities related to infertility are available under one roof, including a highly dedicated patho-biochemical lab, an ultrasound unit and minimal invasive surgery units besides the IVF lab and other related procedures. The first test tube baby of Srijan fertility clinic was born on



December 3, 2003. It was a girl child and was named Karishma. The hospital is a recognised centre for ICOG training course in infertility and Dawn DGO course of ICMCH.

This young gentleman, the renowned infertility expert Dr. Himanshu Roy, has a wonderful personality full of assurance, hope and success. No patient returns unsatisfied after his counselling. He never gets tired and answers politely and assuredly to all the phone calls received from his patients, even those received at night. He is so knowledgeable that his colleagues call him a medical encyclopaedia. He is totally dedicated to infertility care and he does it whole-heartedly. He firmly believes in perfection.

Dr. Himanshu Roy says there are many cases wherein the patients undertook failed IVF cycles at renowned foreign centres and have then successfully been treated by Srijan. When these couples went back to their homes, the appreciation that Srijan earned because of its treatment style backed with latest technology was a real treat for Dr. Himanshu and his team. Apart from helping the patients, the team at Srijan meticulously maintains their data and looks forward to upgrading the clinic with the latest technology and trend. Also, a lot of encouragement is given to juniors to put their best in research work.

Dr. Sharika Roy, wife of Dr. Himanshu Roy, is an obstetrician and gynaecologist working

AWARDS

- Kumud Tamaskar Prize - For the best thesis on the subject in infertility
- Fogsi Curion Award - Recognition of the best scientific research work in Obstetrics & Gynaecology
- The Journal of Obstetrics & Gynaecology of India for Best Paper Prize as Young Author Award

ACHIEVEMENTS

- First IVF pregnancy of Bihar in 2003
- First ICSI and TESE Pregnancy of Bihar
- Birth of first test tube baby of Bihar
- First successful pregnancy and childbirth with ICSI and TESE
- First successful embryo freezing
- Pregnancy through donor embryo
- First egg donation, embryo donation and surrogate pregnancy of Bihar
- First centre in Asia to have PRI ME LAB
- First centre in North and East India to have an embryoscope and first in Asia to have two embryoscopes. (An embryoscope is a machine where fertilized eggs are kept for development. It has got an inbuilt system to take the photographs of the eggs every 10 minutes and transfer the images to a computer. Thus, a complete assessment of eggs and embryo is possible without disturbing them.)

PROFESSIONAL ACHIEVEMENTS

- Running one of Asia's best IVF centre in an underdeveloped state and providing world-class healthcare at subsidised rate
- Established first dedicated Infertility Clinic in Bihar in 1997
- First IVF pregnancy with donor oocyte in Bihar
- First IVF pregnancy with donor embryo in Bihar
- First semen cryopreservation centre in Bihar
- Has done more than 7,000 IUIs with washed homologous semen and more than 10,000 donor inseminations with cryo-preserved donor semen
- Has done more than 5,000 endoscopic procedures related to infertility
- First centre in India having Prime Lab-integrated ISI platform with IMSI, LASER & Spindle viewing
- Clinical Secretary of Bihar Obstetrics & Gynaecology Society — Jan 2005-Dec 2006
- Chairperson, Reproductive Endocrinology Committee, Bihar Obstetrics & Gynaecology Society, Mar 2008-2009
- Chairperson, Infertility committee of Bihar Obstetrics & Gynaecology Society — Jan 2013-14
- Present Faculty, DNB, Kurji Holy Family Hospital, Patna
- FOGSI J&J Quiz Certificate for participation in FOGSI-J&J Quiz
- Participated in the National Congress of Indian Society for Assisted Reproduction and his paper judged as the Best Presentation



at Shivam Hospital and Research Institute, Patna, which is located in the same building as Srijan. She graduated and post-graduated from J. L. N. Medical College, Belgaon, Karnataka. She has keen interest in high-risk pregnancies. She is compassionate as well as highly innovative. She started using heparin for high-risk obstetric cases long before it was adopted by the majority of obstetricians in Bihar. She also popularised in Bihar the concept of gestational diabetes as a cause of foetal loss and emphasised the importance of insulin in pregnancy. This was later accepted by others. She is a brilliant counsellor and is highly compliant besides being an expert in her own field.

Dr. Shanti Roy's third child, Dr. Shipra Roy, is also an obstetrician and gynaecologist at Kankarbagh, Patna, and owns Swasti Hospital and Research Centre. She is a bright, young, talented obstetrician and gynaecologist. She graduated from the Patna Medical College with Honours in the year 1995. She did her Master of Surgery from there in the year 2000. She got MRCOG from London in 2001, FRCOG in 2017 and FICOG in 2017. She worked in the department of obstetrics and gynaecology in the UK in various hospitals for about eight years. But in her heart of hearts she always wanted to serve her own people in her own country. Ultimately, she left the U K in the year 2009 and then gradually established Swasti hospital, which is now a well-known centre for "High Risk Pregnancy Care and Minimal Invasive Surgery". She is full of devotion and committed to her responsibilities. □



Padma Vibhushan Dr. Sharda Sinha

AUTHENTIC FACE OF FOLK MUSIC



An exponent of folk music, Dr. Sharda Sinha has brought the neglected part of

our cultural heritage the dignity and high seriousness of classical expression. And she has done this with warmth and spontaneity to the folk world. Born at Hulas village in the Supaul district of Bihar in 1952, Sharda Sinha went to Bankipur Girls' High School and Magadh Mahila College in Patna. She was initiated into Indian classical music by the late Pt. Raghu Jha, an eminent khayal singer of Panchgachiya Gharana. Her further training came from late Pt. Sitaram Hari Dandekar and Panna Devi, a thumri and dadra virtuoso and contemporary of Begum Akhtar. She taught music for four decades in Women's College, Samastipur and was awarded an honorary D.Litt. by LNMU, Darbhanga.

An M. Mus. (Indian classical-vocal) and Nritya Visharad (Manipuri), Sharda Sinha started making magic with her voice when she was almost a nonentity in the music world. With her debut on the Maithili number "Dularua Bhaiya", she heralded the dawn of a new era in the realm of folk music. A tribute to "Maithil Kokil Vidyapati" (HMV, 1983) made her famous even in distant lands like Russia, China, the UK and the US.

Her songs and lore on various aspects of social life have made Sharda Sinha a byword for lok geet (folk music). She is considered a synonym of the Chhath festival in Bihar and her wedding songs are an inseparable part of the rituals. Her Bhojpuri songs like "Paniya ke jahaaj se" on the issue of indentured labour under the Girmitya Act, "Neelwa ke khetiya" on indigo cultivation under the British rule and "Suru bhail aandolan

Champanan se" on the Great Champanan Satyagraha have been highly appreciated all over the country and among NRIs.

In a cultural delegation led by the then Vice-President of India in 1988, Sharda Sinha was invited to perform in Mauritius on the occasion of its 20th anniversary of Independence. She undertook many cultural tours in 2002 that were sponsored by the Indian Council for Cultural Relations (ICCR). As part of these tours, she travelled across the globe to Germany, Belgium, Holland and Luxembourg. In the same year, she represented India in the 13th Ismailia Folklore Festival, performing her Maithili, Bhojpuri and Magahi folk songs with mellifluous voice and subtle artistry. She was invited by the Ministry of Culture to perform at the 7th Vishwa Hindi Sammelan held in Suriname in 2003.



Sharda Sinha has been rendering her folk songs in an inimitable style at the All India Radio concerts and cultural festivals. Her renditions are devoted to the promotion of folk music, increasing its popularity among masses and classes alike. A notable feature of her recital is that it depicts various aspects of mythological, ceremonial and behavioural experiences inherent in the Indian folk music.

Her numbers in the Hindi blockbusters Maine Pyar Kiya and Hum Aapke Hain Kaun and Bhojpuri films Mayee, BolBam, Dagabaaz Balma, Sohagan Bana Da Sajna Hamaar and Deswa have further endeared Sharda Sinha to countless people in India and abroad. Recently she rendered her voice in Anurag Kashyap's movie Gangs of Wasseypur-2 and Manish Harishankar's Chaarfootiya Chhokre.



In recognition of her dulcet voice, Sharda Sinha is fondly referred to as Bihar Kokila, Begum Akhtar of Mithila and Lata Mangeshkar of Bhojpuri by her fans. She is also recognised as the custodian of folk tradition of Bihar and Eastern Uttar Pradesh Smt. Due to consistent commitment to the cultural values of north India and folk tradition of Maithili, Bhojpuri, Magahi, Vajjika and Angika regions, she is known as the most authentic and trustworthy face of folk music.

Over the four decades of her musical career, Sharda Sinha, with her innovative skill, well-chiselled voice, artistic imagination and professional dexterity, has generated something extraordinary that has been felt on pulses. All



these years she has exhibited that folk art is a frugal art which gets large effects with small means. In her renditions of folk songs along with thumri, dadra, bhajans and ghazals, she displays a rare melange of originality, virtuosity, ingenuity and unique craftsmanship.

Recently, in 2016, Sharda Sinha embraced the digital platform to revive the cultural values amongst the NRIs and the new-generation children on the occasion of Chhath. The project was a huge success as it was said that the video Pahile Pahil Chhathi Maiya and Supawo Naa Mile Maii encouraged many among the youth to perform Chhath puja at their residing places. Her musical work has now become a matter of research among the students of music, considering the purity, sonority and authenticity of the folk culture of Poorvanchal. Sharda Sinha

has received countless awards at state, national and international levels. She was awarded the Padma Shri for folk classical experiment in 1991. In 2000 she was conferred the Sangeet Natak Akademi Award. For her continuous commitment to traditional values and creative excellence in Bhojpuri folk music, she was awarded the Rashtriya Devi Ahiliya Samman by of the Madhya Pradesh Government in 2006. This year third highest civilian award, the Padma Bhushan, has been conferred upon her for her service of high order to folk music.

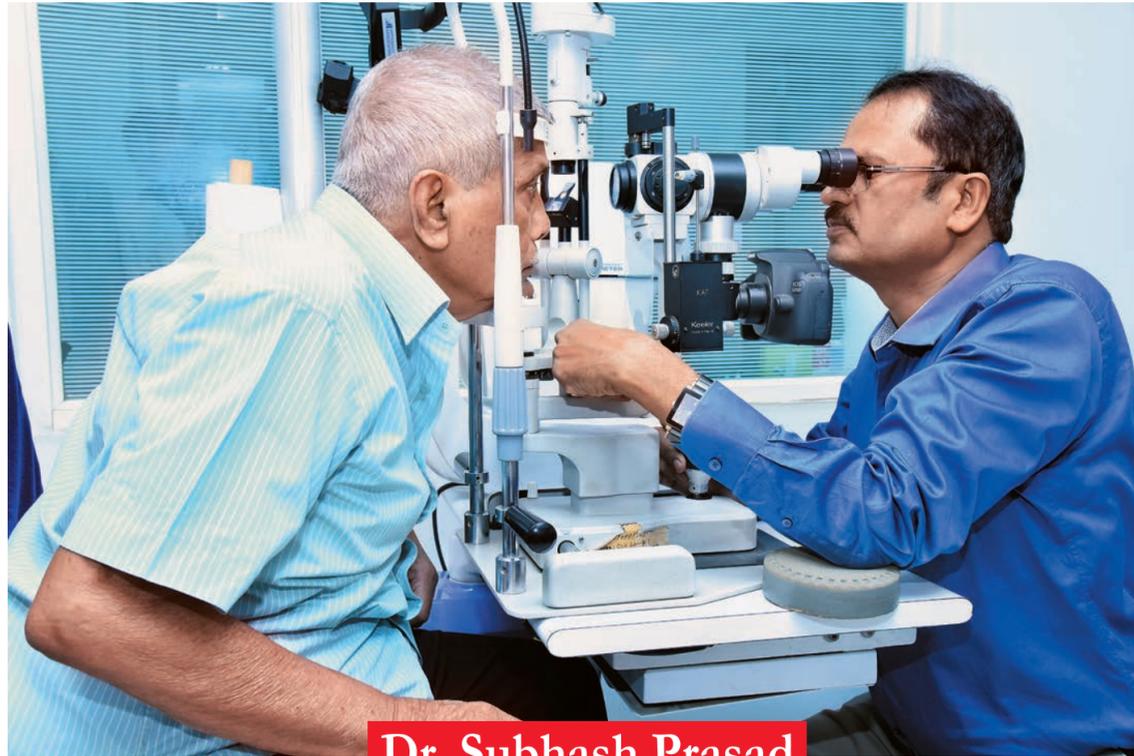
The Election Commission of India appointed Sharda Sinha as state icon and brand ambassador for motivating electoral participation of voters in the Bihar Legislative Elections and Lok Sabha General Elections in 2009, 2010, 2014 and 2015. The Chief Election Commissioner of India

and The Chief Election Officer of Bihar have commended her for her mass appeal as well as inclusive and qualitative participation in the campaigns, resulting in substantive increase in turnout of youth, women and men voters alike.

HMV, a nationally acclaimed music company, awarded Sharda Sinha the Best Artist of the Year in 1979 for her Maithili number "Jagdamba ghar mein diyara". Super Cassette Industries awarded Dr Sinha the Gold disc for Kekra se kahan mile jala in 1986 and the Double Platinum disc for Piritiya and Chhathi Maiya in 1988.

Recognizing Dr. Sharda Sinha's significant career achievements and contribution to society, the American Biographical Institute included her name in the 7th Edition and awarded her the Honoree of 1999 International Who's Who of Professional and Business Women. □





Dr. Subhash Prasad

THE MAN BEHIND DIVYADRISHTI EYE CENTRE

Dr. Subhash Prasad was born in a middle-class family in Giridih, now a district in Jharkhand, in 1965. He has been very meritorious since his school days. He always dreamt of becoming doctor. He did his graduation (MBBS) from the Patna Medical College, Patna and later on joined the country's premier institute, All India Institute of Medical Sciences (AIIMS), New Delhi to do post-graduation (PG) in ophthalmology. After doing his PG, he joined there as Senior Resident, but his desire to contribute to his state made him join the Regional Institute of Ophthalmology, Indira Gandhi Institute of Medical sciences (IGIMS), Patna as Assistant Professor.



Having spent six years at IGIMS, he started his own eye centre, Divyadrishhti Eye Centre Pvt Ltd, in Patna in November 2002 with the aim of providing comprehensive eye care services using the best in technology and skills. Since its inception, Divyadrishhti Eye Centre has always strived to offer the best to the ophthalmic patients and been the frontrunner in delivering specialised eye care services for various eye disorders. Its new building was inaugurated by Chief Minister Nitish Kumar on June 23, 2013. The centre is built up in 7500 sq ft with all modern facilities. Due to the growing demand by patients of eastern Patna, Divyadrishhti opened a branch at Kankarbagh in May 2016.

Divyadrishhti has state-of-the-art equipment from the US, Germany and Japan. It is managed by a team of eight surgeons with special expertise in their own specialities. They provide best-recommended evidence-based surgical and medical treatment, even for the most complicated forms of diseases. The centre has day-care surgeries and also facilities for surgeries under general anaesthesia. Besides providing a complete and comprehensive routine eye checkup and surgeries, this centre provides specialised services ranging from Indirect Ophthalmoscopy and Fluorescein Angiography to OCT, Lasers, Ultrasonography and Topography.



The centre installed the latest-generation phacoemulsifier with active fluidics technology, “Centurion vision system”. This was the first installation of this machine in India. The machine further aids the efficiency and safety of cataract surgery. In almost 100 per cent cases it is a ‘no injection – no stitch – no pad’ surgery leading to very quick recovery and rehabilitation and is a ‘walk in – walk out’ cataract surgery. Recently the centre installed ZEPTO cataract surgery (first in Bihar) for robotic precision of performing capsulotomy, which is a key step in phaco for better outcome.

Divyadrishhti has the facility to correct refractive error (removing glass) since January 2010. US FDA-approved world’s fastest Excimer laser-Wavelight Ex500 was installed here in the year 2013. Divyadrishhti is among the first few eye centres in the country to have installed this machine, which is known for its precision, accuracy and predictability. It corrects refractive error in a fraction of a second. It recently acquired world’s first US FDA-approved topo-guided lasik, CONTOURA, for customised laser treatment. This corrects the surface irregularities of cornea, apart from refractive error, which are responsible for higher-order aberration. With this laser now it is possible to give more than 6/6 vision in some patients. Divyadrishhti the only centre in Bihar to have this technology.

This centre has been doing vitreo-retinal surgery for patients of retinal detachment, vitreous hemorrhage, RIOFB and endophthalmitis. With the installation of high-end vitrectomy machine, CONSTELLATION, it can treat almost all cases of vitreo-retinal diseases. One of the most notable additions is the screening of premature babies and the treatment of the blinding disease, Retinopathy of Prematurity (ROP), in these unfortunate babies. Recently, the Health Department of Bihar granted permission to conduct corneal transplantations at this centre, which is a rare achievement. Dr Subhash is ably supported by five trained optometrists, two counsellors, 35 OPD and OT staff members and other necessary



manpower for the proper functioning of the hospital. Women constitute nearly one-third of the total strength of the staff. The hospital is empanelled with CGHS, ECHS, BSNL, ESI, various banks and public sector undertakings.

Divyadrishhti Eye Centre is active in academics also and in training and imparting knowledge and skills to fellow ophthalmologists and post-graduates by conducting CME and live surgeries. It has been conducting hands-on course for PGs also. Consultants of Divyadrishhti actively participate in scientific presentations and contributions in state, zone, national and international conferences. Dr Subhash Prasad has won many gold medals in various conferences for his presentations. He has been awarded as the best ophthalmologist of Bihar by various media groups like The Times of India, Zee, Bhari Khabar and Dainik Jagran.

Besides, Dr. Subhash and his centre have always been active in community services. They conduct free, comprehensive eye check-ups, school screenings, and free surgery for poor and underprivileged patients at

NAYANDRISHTI, the hospital run by the Mohini Devi Charitable Trust. He also conducts patient education lectures, seminars, and free screenings, especially on the occasions of World Glaucoma Week, World Diabetes Day and Doctors’ Day.

Dr. Subhash Prasad has keen interest in spreading awareness and motivating people to donate eye and other organs. He is the vice president of Dadhichi Deh Dan Samiti, Bihar—an organisation actively involved in spreading awareness for organ and body donation. Mrs Sanjita Prasad is the wife of Dr. Subhash Prasad. Being one of the directors of Divyadrishhti, she actively shares responsibility in running the centre. She not only looks after home but also takes care of the HR and day-to-day functioning of the hospital. They have two kids. Dr. Sonali Prasad, the elder one, has finished MBBS and is aspiring to become an ophthalmologist like her father. She is married to Dr. Vidhata, who is pursuing post-graduation in ophthalmology. Swapnil Kumar, the younger one, is preparing for medical entrance examination. □

Padma Shri Sudha Varghese

IN SEARCH OF THE POOR IN BIHAR

Sudha Varghese read in a magazine that the poor in Bihar have no place to live so they make small huts. At a tender age of 16, a strong attraction captured all her attention. And this attraction was to see and know about the poor of Bihar and their poverty. She wanted to experience their life and see if there was anything she could do for them. She had no idea what this unknown world held for her, but she was ready to commit herself to a good cause.

It was in 1964 that Sudha's journey to Bihar began with the Notre Dame sisters. After her initial training, learning the languages, and with some preparation to teach in school, she had the chance to work in various districts of the then Bihar – Dhanbad, Bhojpur, Munger, etc. But elite schools and children from rich families did not satisfy her search. She started visiting and learning about the lifestyle of the poor, particularly the Dalits, in Bhojpur from 1977. She worked with the poor and Dalit women under TRYSEM, a government programme, from 1980 to 1985 in Munger district. She then did her graduation from Mysore University and Law from Bangalore University.

In 1986, Sudha came to Patna District and started working and living with the Musahar community in Asopur of Danapur Block, Patna district. Musahars, as their very name suggests, are 'rat eaters'. Yes, they kill and eat rats whenever they find them, but this is not their occupation. They are on the last rung in the caste ladder. They are asset-less—no land and no business—socially excluded, politically powerless, and culturally a non-entity. For generations they have been deprived of their right to education, health, livelihood, etc. Their struggle for a life with dignity still continues.

With Sudha came to live with this community in Patna district in January 1986, a few Dalit children

belonging to the Ravidas community were going to the government school. They were entitled to get a small amount as stipend from the Welfare Department. Instead of the children getting the amount, some middlemen from the village were pocketing it. She and her team took up the issue. But the vested interests did not like this and drove them out of the village. Sudha's team organised these Dalit children. The vested interests then spread rumours that Sudha was working with the Naxalites. Although many of the families wanted

Sudha to stay on there, she decided to move into Jamsaut village under Danapur block itself with the same community in 1987.

In 1987, Sudha Varghese started Nari Gunjan with women— Dalit, landless, agricultural labourers—who had been exploited. Soon these women became aware enough to demand fair wages. They also raised their voice against injustice and atrocities on women. Many more women now became interested in being part of



the organisation. Nari Gunjan was registered in 2000 under the Societies Registration Act. From Jamsaut, it spread into more villages and into another block—Phulwari Sharif of Patna district.

The level of literacy is pathetic among Musahars—about 2% among men and about 0.09% among women. Their children, who are learning now, are the first generation to get educated. Seeing the reality from close quarters, it was felt that educating the adolescent girls is very crucial as they could be agents of change in their families and society. The education program for Dalit adolescent girls was started in 2001 for never-enrolled or drop-out girls with components of literacy, adolescent and reproductive health, nutrition, cleanliness, sanitation, and small savings. In 2002, Unicef started supporting the program and continued to do so till 2005. The number of Kishori Kendras (adolescent girls' centres) increased from three to 50 over the four years. The support now comes from the Total Literacy Mission, a national programme.

For further education of the Musahar girls, Sudha Varghese started Prerna Hostel in January 2006. The residential set-up was planned for girls who had completed three years in the centres and wanted to continue their education with the consent of their parents. Prerna Hostel was Sudha's long-cherished dream. The Welfare Department, Government of Bihar, supported her in this endeavour by providing a building for the hostel. Life skill



development is one of the focus areas for girls here. They learn and practise Karate regularly in order to build up self-confidence and be prepared for self-defence.

Ajeevika, the employment training centre, was started in October 2007. This was meant for girls who completed three years in the centres and were over-age to continue schooling in the mainstream. So far Sudha's team has trained over 100 girls to be 'patients' bedside assistants'. If an alternative source of livelihood is not provided for them, they will again revert to rag-picking or agricultural labour where they have been exploited and victimised.

In the programme of Empowering women, Sudha Varghese has formed and nurtured over 200 Self Help Groups. They are given awareness programmes, leadership training, with special focus on economic independence, political participation in Panchayat institutions, violence on women with emphasis on domestic violence, reproductive health and

rights, awareness of various government schemes, and how to access their rights and entitlements.

Sudha Varghese became the vice-chairman of the Minorities Commission of Bihar in August 2012. She is the State representative of the National Commission for Protection of Child Rights (NCPCR). She coordinated a study on violence on Dalit women in the year 2005-06 in four districts of Bihar with IDEAS of Madurai, Tamil Nadu. Her organisation is partner for polio campaign and works with issues of health, now focusing on the National Rural Health Mission and HIV-AIDS. Working with Total Sanitation programme, they got Nirmal Gram Puraskar for one of the Panchayats, Reghurampur, in Danapur Block in 2008.

As an advocate, Sudha Varghese imparts legal knowledge and education to women, particularly the victims, to help them understand their right to justice and compensation. She takes up cases related to women and Dalits. 1998 onwards, she has been an active member of the National Dalit Human Rights Campaign (NDHRC). She is a member of the People's Union for Civil Liberties (PUCL), Bihar, and the National Alliance of Women.

Sudha Varghese was awarded the Padma Shri in January 2006 for her involvement and work with the Musahars. She also received the Social Lifetime Achievement Award from Godfrey



Phillips in 2006 and Bihar Asmita Samman (Pride of Bihar Award) in 2009. Besides being the Secretary of Nari Gunjan, Sudha Varghese is the Convenor of Dalit Watch, a network that monitors discrimination and exclusion of Dalits in disaster mitigation programmes. Nari Gunjan is one of the partners in this network.

Sudha Varghese participated in the Fourth World Conference of Women in Beijing in 1995, the World March of Women against Poverty and Violence in 2000 in Washington-New York, the World Social Forum in Brazil in 2005 and the Review of the Commission on the Status of Women at UN in March 2010.

Sudha's life of social service has been active, adventurous, risky and challenging. During these years, she has died many a death and lived many a life. And this dying and living was all in connection with demanding justice or questioning the injustice done to women, violating their right to live their lives with dignity, leading hundreds of women raising their voices against rapes that have been committed against hapless girls and women. The community with whom Sudha lived was always surrounded by dominant castes who liked to see the Musahars in the same miserable condition or in worse situations. The education system is such that the government schools don't function properly.

And the Dalit children can afford to go to government schools only. The government hospitals don't function. It's a challenge to get the benefits from all that they are supposed to receive as rights and entitlements. The struggle is never over; it's a silent revolution that goes on.

Where does Sudha get the strength to keep going and fighting? She feels there is a Power that's at work and gives her the courage and strength to act at the right time and speak the right thing. This superior Power guides her all through her decisions and ensures that the end result is good for the people for whom and to whom some difference is foreseen, for better. □



Dr. Sudhir Kumar

DEFINITION OF EXCELLENCE

Born in the Mithapur area of Patna in April 1964, renowned ophthalmologist Dr. Sudhir Kumar needs no introduction. Dr. Sudhir's father, Shri Jaipal Prasad, who was an auditor in the Patna Defence Account, says that he had not even thought that his son Sudhir, who grew up playing in the lanes and by-lanes of Patna's Mithapur area, would later become such a successful and renowned doctor.

Dr. Sudhir Kumar had been a talented student since his very childhood. A student of the Kendriya Vidyalaya located in Kankarbagh area of Patna, Sudhir passed his Class 10 in 1979 and did his I.Sc. from Patna Science College in 1981. In this very year he got enrolled in the Patna Medical College and Hospital (PMCH). Sudhir studied wholeheartedly in the college and obtained an MBBS degree in the year 1987.

Dr. Sudhir reached Delhi in the year 1993. He obtained the degree of MD in the year 1996 from the All India Institute of Medical

Sciences (AIIMS). He took a step forward with a craving for doing something different after getting higher education. Keeping his heart at Patna, he did DNB in ophthalmology in the year 2000. Dr. Sudhir kept in touch with Patna along with continuing with his studies in Delhi. He also worked as a senior resident and a community ophthalmologist in the Indira Gandhi Institute of Medical Sciences (IGIMS) of Patna.

When Dr. Sudhir, who was desirous of teaching students in college from the very beginning, came to know in the year 2002





about the selection of meritorious teachers for the post of lecturer by the Bihar Government, he applied for it without wasting time. He was selected by the Bihar Public Service Commission on the basis of merit. Now a renowned doctor of Bihar and Associate Professor in the Department of Ophthalmology in the Nalanda Medical College, Patna, Dr. Sudhir says, "Whenever I come face to face with the students in the college, I tell them only this that success and fame belong to those who are honest, hardworking, persevering and resolute, along with having a crystal-clear vision regarding their career."

Mrs Induwati Devi, mother of Dr. Sudhir, says, "My son Sudhir has seen many ups and downs in his life but I have never seen him waver even in adverse situations." In the year 2002, when Dr. Sudhir started his private clinic, Vision Point, in the Mithapur area of Patna, everyone was keeping their fingers



crossed. But Sudhir was confident of himself. And it was again his confidence that won the heart of patients in the year 2005 when he started his second private clinic, Sanjivani Eye Hospital, at Kidwaipuri in Patna.

Dr. Sudhir, who worked as the Editor, Managing Editor and Treasurer of the Bihar Journal of Ophthalmology and the Secretary of the Bihar Ophthalmological Society, was honoured with a gold medal by the Indian Intraocular Implant and Refractive Surgery (IIIRS) convention in Chennai. He was awarded with the Pushpa Rani Pattanayak award in ACOIN Goa 2017. He also received various gold medals from the Bihar Ophthalmological Society for best research paper, essay and poster presentations.

He has been working with the Rajendra Institute of Medical Research, an organisation of the Indian Council of Medical Research (ICMR), for various

research projects. Mrs. Archana Kumari, the wife of Dr. Sudhir, says that as he is always eager to do something new in his domain, he has been offering his service since long as a consultant partner in the renowned self-serving organisation, Upchar. The motive is that the concerned patients might be awakened through the camps organised by Upchar from time to time.

Dr. Ruchi, the daughter of Dr. Sudhir, has obtained an MBBS degree from the Bettiah Government Medical College. Milind Gautam, his son, is presently doing B.Sc. in Zoology from A.N. College, Patna. Children say that their father's achievements are only due to his hard work and courage; and the confidence his patients instil in him is just incomparable and amazing. Dr. Sudhir believes that he could complete his medical studies on the strength of the hard work of his mother. □



Padma Shri Dr. Vijay Prakash Singh

FULFILLED HIS DREAMS AND MADE IT BIG

A professor in the Department of Gastroenterology at the Patna Medical College and Hospital (PMCH), Dr. Vijay Prakash Singh is a renowned name in Bihar's medical scenario. A topper of I.Sc. examination conducted by the Ranchi University in 1971, he was awarded as the best graduate in the year 1978 along with an MBBS degree from the Patna Medical College and University. He did his MD from Chandigarh in the year 1983. He was awarded a silver medal by the college administration for being a topper in his subject.



A bright student, Dr. Vijay Prakash earned a diploma in NBI through the National Board of Examination. He flew to the Royal College of Physicians in London in order to get higher education. He brought laurels to his family as well as Bihar when he was awarded the title of MRCP from this college in 1988 in a duration of merely four-and-a-half months.

According to sources, Dr. Vijay Prakash's 20 research papers have been published in national and international journals. He has supervised more than 40 research works during his service as a postgraduate teacher in PMCH for 20 years. He was awarded the Padma Shri by the then President A.P.J. Abdul Kalam in the year 2003 for his outstanding contribution in the field of medical science.

Dr. Vijay Prakash says that, in his long medical career, he found that in the absence of better, well-maintained, modern medical facilities, patients from Bihar, Jharkhand and other such states turn towards Delhi, Mumbai and other developed states. He, therefore, felt the need for a good private

hospital so that feasible and economical treatment could be provided to stop the patients from going to big cities. This has led him to establish the multi super-speciality Big Hospital in Agam Kuan, Patna.

Born in Banka Sadar hospital in the year 1954, Dr. Vijay Prakash Singh faced struggles in his childhood. A constable and later a sub-inspector in Bihar Police, Dr. Vijay's father died in 1972 during his service. Vijay's elder brother had to take up the responsibilities of the family and, while struggling through the difficulties, he fulfilled his responsibilities very well. The third child of his parents, Vijay Prakash had a



deep interest in studies and he would win first positions in competitions arranged by schools in his student life. According to family members, Vijay spent his childhood in Kahalgaoon near Bhagalpur. He participated in the entrance examination organised by Netarhat Vidyalaya near Ranchi and topped in it. As he was a brilliant student, his family wanted him to become a doctor. He respected their sentiments and earned degrees like MBBS, MD and MRCP in the next two decades.

Renowned gastroenterologist Padma Shri Dr. Vijay Prakash is a lifelong member of various institutions, including the Association of Physicians of India, the Indian Association of Clinical Medicine, the Indian Society of Gastroenterology, the Society of Gastrointestinal Endoscopy of India and the Indian Medical Association. He has served as Secretary and Chairman at the Bihar chapter of the Indian Society of Gastroenterology for a long period. He is accredited with the success of the national seminar organised by the Indian Society of Gastroenterology in 1986 in Patna by serving as a joint organising secretary.

Experts say that not only is Dr. Vijay Prakash a successful doctor but his contribution in the area of medical science is unforgettable. A well-known doctor and chairman at the Bihar unit of the Indian Medical Association says that Dr. Vijay Prakash has done commendable work as a member of the Standing Academic Committee of PGI, Chandigarh, as a member of the Governing Council of the National Examination Committee at Government of India's Ministry of Health and Family Welfare, as a member of the medical faculty at Patna University and as an elected member of the Aryabhata Knowledge University. In the last 20 years, Dr. Vijay Prakash has been active as a professor at studies of graduate and postgraduate level along with presentation of 16 papers at workshops, seminars and conferences of national and international level. Anyways, not only patients of the state but the medical world waited for the new premises of Dr. Vijay Prakash's modern Big Hospital, which was inaugurated recently. This ten-storeyed hospital will be a milestone in Bihar's medical field. □

Vikas Chandra Guddu Baba

GANGA KA SIPAHI

Vikas Chandra is a social activist whose life is dedicated to the service of humanity and Ganga. He is a modern-age Bhagirath who is committed to bringing a clean Ganga to the country. For Vikas Chandra, a brief visit to Patna to meet his parents in 1997 was an eye-opener in ways more than one. Till then, this middle-aged bachelor by choice was content with life—he was fairly successful as a Political Science lecturer in BBN College, Bagaha, West Champaran district; he was proud of his spiritual leanings and he believed in the beauty of all things earth-born. In short, he had nothing to complain about in his life.

But the Patna visit changed all that. Says he, “I was shocked to see how the river Ganga had been reduced to a nala fed on untreated garbage and sewage water. There was nothing sacred about it. After all these years, it had even moved away from the city.” All this despite the Rs 400-crore grant for the Ganga Action Plan started by the late prime minister Rajiv Gandhi in 1986.

Since 1998, Vikas Chandra Guddu Baba has been known as Ganga ka Sipahi. He has been linked with the cleanliness drive to save Ganga physically as well as legally by way of filing Public Interest Litigation (PIL) cases before the High Court. It is due to his legal fight that in CWJC No. 6396/2000, issues were raised for the cleanliness of Ganga, including the disposal

of unclaimed corpses in the river. On March 16, 2001, the Patna High Court was pleased to direct the Bihar Government to make necessary arrangements so that the unclaimed corpses could not be thrown in Ganga.

Many a time Vikas Chandra cleaned the Ganga ghats with his followers. The photographs of this activity were published in local as well as national newspapers. Once he had to collect the corpses floating over the Ganga in the backyard of the Patna Medical College and Hospital (PMCH). On his drive 100 corpses were recovered from the Ganga in the year 2000. All those corpses were rotting and he carried them with bare hands. He then informed the administration for the cremation of the unclaimed corpses.



Vikas Chandra also cleaned bio-chemical wastes of PMCH, Patna with naked hands. In this campaign he got infected with tuberculosis. Ultimately, under the direction of the Patna High Court, the State Government installed incinerators for the disposal of bio-chemical wastes of the PMCH campus.

Cleanliness is Vikas Chandra's passion and to make Ganga pollution-free is his foremost ambition. BBC called him "Ganga ke Paharedar" (Watchman of the Ganga) in 2011. On August 22, 2000, the

daily Hindustan published in its Patna edition "Ganga ko bachane mein laga ek aur Bhagirath" (Another Bhagirath trying to save the Ganga). On April 4, 2001, The Indian Express covered him under the article "Bihar crusader fights for dead and alive". On October 24, 2000, The Telegraph had one of its headlines as "Seer moves court against Ganga filth". Vikas Chandra's social awareness woke the Government of Bihar and the Central Government from their slumber. In 2003, Outlook recognised his efforts and covered him under "Making a difference".

Paucity of funds is something that has impeded the speed of Vikas Chandra's work. Says he, "Had I been assisted by necessary funds required from time to time, the scene would have completely changed. My drive would really materialise if I did not feel crippled from time to time due to scarcity of money."

In CWJC No. 5433/2010, the Court had given direction to the State Govt to make arrangement for disposal of animal carcasses and restrained people from throwing them into the Ganga. When no appropriate arrangement

was made by the State Government within the prescribed time granted by the Court, Vikas Chandra filed MJC No. 6712/2012 and, upon the direction of the High Court, an electric crematorium machine was installed in Patna on March 17, 2015. It happens to be the only electric crematorium machine in North Eastern India.

Thanks to Vikas Chandra's legal battle, 1000 acres of land in various government institutions, such as government medical college and hospitals, district hospitals, 86 Goshala lands, Patna University, the Veterinary College campus and govt school campuses, and forest land of 352 acres illegally encroached upon was removed from encroachers. Some of the cases are running in the daily cause list of the Patna High Court.

Over the years, Vikas Chandra has been called by several epithets. During the hearing of SLP No. 8423/2012, Chief Justice of India Altamas Kabir called him "public-spirited citizen". The Patna High Court conferred



upon him the title of "whistleblower" in CWJC No. 8428/2009. Again, in CWJC no. 5433/2010 and CWJC No. 3010/2010, Chief Justice Dipak Mishra of the Patna High Court gave him the title "pro bono publico". Chief Justice L Narasimha Reddy gave him the title "public-spirited person" in CWJC No. 7284/2015.

In 2018, under the cleanliness drive for Save Ganga, efforts are still being made. The Ganga ghats are being cleaned. People are being made aware to not throw plastic articles in the Ganga through the slogan "Polythene hatao Ganga bachao" (Do away with polythene and save the Ganga). For this, jute bags were distributed from February to November 2018 to create awareness among the people. This drive has been going on since 2005. In 1998, Vikas Chandra came up with the slogan "Gangaputran jago, Ganga ko pradushan mukt karo" (Sons of Ganga, awake and free the Ganga of pollution). His campaign is still going on and will continue till his last breath. □



Dr. Vikas Kumar

THE CARDIOLOGIST WITH A DIFFERENCE

Director of JVN Heart Hospital in Patna and a famous cardiologist, Dr. Vikas Kumar is a well-known name in cardiology in Bihar. Since his childhood, he dreamed about becoming a cardiologist and providing treatment at low cost to the underprivileged. To fulfil this dream Dr. Vikas dedicated his whole life to medical field. He spends all his income for this cause.

Dr. Vikas was first noticed when he started his career in Patna with JVN Heart Hospital, which has an ultramodern CCU with complete cardiac set-up, including a cath lab. It was big news for a poor state like Bihar because this was the first time a cath lab had been installed in a small set-up. Since its sole owner was a cardiologist, JVN Heart Hospital had the potential to reduce the cost of complex but vital cardiac procedures drastically, as compared to big corporate hospitals. According to Dr. Vikas, it has usually been observed that doctors start their career by opening a private clinic or getting associated with some big hospital. In this situation, the possibility of cost of expenditure by patients remains high. Through his brave step of setting up a complete cardiac set-up, however, he succeeded in cutting off the expenditure of patients to one-third.

Born in a lower-class family in Patna's Masaurhi, Dr. Vikas obtained his primary education there. After passing Class 10 exam in 1997, he shifted to Allahabad along with his family and passed I.Sc. from Jumna Christian Inter College. A brilliant student, Vikas was selected in PMT examination organised by Banaras Hindu University in the year 2000 in his first attempt. After obtaining an MBBS degree in 2005, he passed MD (postgraduate)



entrance examination, again in the first attempt. He successfully completed his MD in general medicine from Banaras Hindu University in the year 2009. In the same year, he contributed as a senior resident in the Cardiology Department of BHU, where he remained till 2011. In 2011, Dr. Vikas got the fifth rank in DM entrance exam conducted by

King George's Medical University and obtained a degree in DM Cardiology in 2014. With an aim to serve patients, he joined Popular Hospital, one of the biggest in Varanasi's private sector. After this bold step, he came out as a trendsetter. Dr. Vikas changed the trend of learning by working at big corporate hospitals in Delhi or Mumbai after passing out.



Classmates of Vikas say that he always aimed to do something new. Accomplishing difficult tasks and influencing people by setting an example are part of his personality.

As a result of his qualification and dedication towards his patients in Varanasi, in only one year he made a record of maximum radial angioplasties in Purvanchal. For this, he was awarded as the "Best Cardiologist of Eastern UP" in 2015. Global Health Care Excellence Award-2015 by Prime Time Research Media was given to him by famous cricketer and BJP MP Kirti Azad. He had also been honoured with "Pratibha Samman" by All India Students' Association in the year 2000 for selection in BHU PMT in the first attempt.

While working in the hospital at Varanasi he took notice of his patient's difficulties and problems. He successfully tried to lessen the expenditures of his patients. Dr. Vikas says, "I tried my level best to lessen the expenditure in heart-related surgeries but I could not succeed properly." He realised that this could be possible only when the whole centre were under him. In mid-2017, he reached his hometown Patna and started JVN Heart Hospital. He put his career at stake in order to provide better treatment at low cost to patients of his home state.

His family members say that given his humble background, Dr. Vikas's act of taking up such a big expense in setting up a hospital for the poor signifies that God really helps a true and good-natured personality, especially when the work concerns a good cause. Till date patients come all the way from Varanasi to Patna not only because of his work but also because of his nature and exceptional art of practicing medicine. At present, he is the only cardiologist in Patna who has a big proportion of patients from other states like UP.

Dr. Nirneta Achal, the wife of Dr. Vikas Kumar and herself a well-known arthritis specialist, says that Varanasi's Popular Hospital became not only the first Trans Radial Centre but also one of the busiest cardiac centres of Varanasi. She says that Dr. Vikas is a doctor



who established his own cath lab to fulfil his aim of providing treatment at low cost to underprivileged patients.

Close relatives of Dr. Vikas say that he had deep interest in studies since his childhood and exceptional capability to do hard work. There was no word like 'impossible' in his dictionary. He is at present counted among the well-known doctors of Bihar because of his bravery and belief in himself. Patients who have gained by his treatment and his hospital staff say that he is a jolly-hearted and co-operative doctor. He has an exceptional art of treating people and this has won him many admirers. He is no ordinary doctor,

but a magician who knows how to treat his patients, how to reduce their pain and how to make them happy.

Even the poorest of the patients can think of undergoing treatment at JVN Heart Hospital. Every Monday, treatment and consultancy are provided to patients at 50 rupees only and senior citizens (> 60 years) are treated every day at 150 rupees only. Along with that, a health camp is also organised every third Sunday of the month in the hospital premises where consultancy, medicines and diet suggestion by a professional dietician are provided free of cost. Dr. Vikas Kumar says that in the absence of excellent, systematized

and modern medical treatment, patients from Bihar, Jharkhand and other states are turning towards cities like Delhi and Mumbai. In such a situation, these states need good private hospitals so that the patients can be provided world-class treatment at low cost. This could be one of the ways to stop the poor patients from being deprived of a better treatment.

During the establishment JVN Heart Hospital, says Dr. Vikas, he took a big bank loan. He feels from his experience that the interest rate for loans given to doctors for establishing a hospital must be low so that doctors can provide treatment to their patients at low cost. □



Dr. Vishvendra Kumar Sinha

AN ORTHOPEDIST PAR EXCELLENCE

An acclaimed name in his field, Dr. Vishvendra Kumar Sinha, or Dr. V.K. Sinha, is one of the most distinguished and recognised practitioners in orthopaedics.

Born in a lower-middle-class family in the year 1954, Vishvendra used to walk to his primary school 3km away through narrow paths in paddy fields intersected by many nullahs and other obstructions. A peon of a school inspector noticed something extra in him and urged his father to take the test for entrance to Natarhat School—one of the best schools in Bihar on which the Jawahar Navodaya Vidyalayas are modelled. He cleared this test in his first attempt. He excelled there in academics. In his third year at school he chose science stream (the choice was granted on merit) and, as per the then trend, went for the Biology stream. He showed leadership qualities and became the House Prefect and PT (physical training) leader.

Dr.V.K. Sinha completed his I.Sc. from St.Xavier's, Ranchi, and got selected for MBBS in his first attempt. Because of his high rank he got admitted to the Patna Medical College and Hospital (PMCH), the fifth oldest and reputed medical college of the country. He graduated in 1978 with high marks.

A leader at heart, Dr. V.K. Sinha led a prolonged agitation against private medical colleges and money-based admission in such technical courses that deprived the meritorious in a country that believes in egalitarianism. The movement failed because of mightier and wealthier opponents.

Dr. V.K. Sinha obtained Diploma in Ortho in 1981 and MS (Ortho) in 1985. He got selected for M.Ch. Plastic in 1986, but he did not join. He took a Ph.D. in Orthopaedics in 1997 from Patna University. He was first posted for rural job at PHC Govinpur Nawada and then, after post-graduation, at PHC Jarmundi (Dumka).

A belief in people's welfare stands Dr. V.K. Sinha out in the crowd. He started a genuine vaccination campaign, maintaining cold chain and sterility. This was a departure from the earlier fake and harmful vaccination being practised under pressure from authorities. His approach now became the norm for the state. He organised health mela for health

education, family planning and consolidated health facility for the remotest people. He did the highest number of genuine vaccinations and family planning operations. This later on became popular at state level also.

Dr. V.K. Sinha joined as senior resident in Orthopaedics in Patna Medical College in 1990 and had to overcome several hurdles. After passing the various steps of Registrar and Assistant Professor, he finally became the Head of Department (HoD) of Orthopaedics at PMCH in the year 2014. As HoD, he started separate OPDs for spine arthroplasty, paediatric orthopaedics, hand and microsurgery, sports medicine, ankle and foot surgery. Along with this, he started many teaching and pre-examination courses. He was also the Director of the 70-bedded Patna Bone & Spine Hospital.

The cause of orthopaedics has been dear to Dr. V.K. Sinha. In the year 1998, he organised the All India Spine Surgery Conference at Patna. He became executive member of the Association of Spine Surgeons of India (ASSI) 1999 onwards for three years. He organised many more such

conferences on spinal instruments, including the first cadaveric and live surgery workshop on minimally invasive spinal surgery at Patna, a cadaveric workshop on TKR, etc. Patna Bone & Spine Hospital is also a centre of learning and doing regular CMEs and conferences on subjects which are usually not covered in the regular training curriculum of orthopaedic surgeons. For example, it has established the role of ultrasound in orthopaedics, and introduced the technique of inflatable nails for long bone fracture, role of brain computer interface for the severely disabled, minimum invasive spine surgery etc.

Dr. V.K. Sinha also organised workshops with live surgery in PMCH on all kinds of interlocking nails when these procedures were just starting and trained many young orthopaedic surgeons of Bihar in this technique. He did regular academic conferences thrice a year under PG update. He developed percutaneous fixation of fracture neck of femur and presented six such cases at the BOA conference at Motihari in 1995 when no such procedure/technique had appeared





Dr. Anand Shankar

Dr. Anand Shankar, son of Dr. V.K. Sinha, was born in the year 1983. He was brilliant since his childhood. He could read sentences when letters were taught to him. He was such a good student in mathematics that his class fellows used to call him Newton. But fate made him a doctor. Anand had immense belief in his father. Once his father chided him and used a small stick to punish him. He exclaimed, "You are really hurting me." When his father gave him stitches on the cut over his forehead, he said "It really hurts, father." This moved his father so much that he still remembers it.

Having done his Intermediate from Science College, Patna, he got admitted to the Govt. Medical College, Ahmedabad, through the All India Premedical Test. He received a setback when he couldn't take admission in PG in the Gujarat Medical College because he didn't belong to the state, and Bihar Government, on the other hand, denied him admission because he passed from a medical college outside Bihar.

Ultimately, Dr. Anand Shankar did his post-graduation in orthopaedics from the B.P. Koirala Institute of Health Sciences, Nepal, in the year 2011. It was known to be the best medical college of Nepal running on the patterns of AIIMS, Delhi. It had a high quality of academics and excellent teaching and training. Dr. Anand wishes all medical colleges in Bihar could pursue such rigorous teaching and training. At the B.P. Koirala Institute, he grew into a very capable, skilled and acknowledged orthopaedic surgeon. He was allowed to do many surgeries independently, which included spine surgery in his second year of post-graduation.

There was a time when Dr. Anand Shankar had to face some difficulties in life. He went through torture from his disoriented wife. He was forced to fight a case under Section 498A, 406 etc. barely a few months before the final university exam, while all arrangements and expenses were being borne by his father. It took him full five years to come into the mainstream. Dr. Anand Shankar worked at Paras Hospital, Patna, and completed his senior residency from the Indira Gandhi Institute of Medical Sciences. The Head of the Department had such faith in his abilities that he used to leave cases on his shoulders. He took regular classes of undergraduates. Presently, Dr. Anand Shankar is working as consultant at Patna Bone and Spine Hospital Pvt. Ltd, Patna, and has to shoulder several responsibilities. His staff members appreciate and admire him. He is frequently asked to operate upon tough cases in various major hospitals of the town. His analysis of the case, planning and execution is so perfect that OT staff and anaesthetists often demand that it must be he as the surgeon. To his credit stand about 22 cases of hip, 116 cases of spine and about 300 cases of all kinds of trauma. He has presented many research papers and published articles in journals at an all-India level.



Dr. Anand Shankar is a young, dynamic and competent orthopaedic surgeon.

of BOA in 2016 and President in 2017. During his tenure, he again advanced the cause of orthopaedics. He declared 2017 as the Year of Knee for the BOA and organised four knee-centred CMEs/Conferences round the year, covering every aspect of knee problems. He is currently a member of many associations of orthopaedics such as IOA and ASSI. Also, he has remained the president of the Netarhat Old Boys' Association (NOBA) for two years.

Dr. V.K. Sinha has presented various papers at state, national and international platforms, including SICOT. Extremely talented, he is the founder of a movement called 'Talash', which is a non-political, non-violent movement for the uplift of the physical status of the countrymen. He believes that if India fails to ensure better food, education, health, environment, security and technological advancement and superiority, its future generation will be degraded in comparison to the developed countrymen, according to Darwin's Law of Nature. He has also been associated with many civil societies like Red Swastik and Samarpan for helping the disabled, Kutumb for education of school children and APCL (Association for Promotion of Creative Learning). His aim is to include creativity in education. He also served as a trustee of many organisations.

However, Dr. V.K. Sinha has not been able to realise all that he wanted. He failed to start a new course of trauma surgeon which he had conceptualised in 1995 during the Plastic Surgeon Conference in Bihar in spite of his best efforts at Government, MCI, Indian Orthopaedic Association and university (Aryabhata Knowledge University) level. He also failed in establishing super/sub-speciality of spine sports medicine, hand and micro surgery, paediatric orthopaedics etc in spite of his best efforts at government level.

Ethics, which is now becoming rare to find, is the core of Dr. V.K. Sinha's practice and career. He makes an effort to deliver the patients the same care that he would have expected from the treating doctor if he had been there in place of the patient. □

in any orthopaedic text book. He modified muscle pedicle bone graft (Mayer's technique) for old neglected fracture neck of femur in young adults with very high rate of success.

While doing his Diploma in Orthopaedics, Dr. V.K. Sinha developed his own external fixator system, which had three-dimensional adjustment capability post-operation. During this very period, he also published his research paper on prevention of hand injury by thresher machine, which used to take away

thousands of right hands of bread earners of poor agricultural families. He suggested a modification in the machine at a cost of only about 200 rupees to prevent those gruesome injuries. While doing his MS and Ph.D. he gave a new and very comprehensive system for evaluation of HIP.

Dr. V.K. Sinha has also developed a new evaluation system for spinal cord injury (SCI) patients. In 1993, in partnership, he established the first hospital of the country

on total care of spinal cord injury patients—HOPE Hospital. This was much before the Indian Spinal Injuries Centre at Vasant Kunj in Delhi. The treatment cost was unbelievably low, only 100 rupees per day, including bed charge and treatment. He was the first person to do Hartshill ring fixation for SCI patients. In this region, he introduced Ilizarov fixation.

Having been the chief editor of the official journal of the Bihar Orthopaedics Association (BOA) for six years, he became President-elect

Padma Shri Dr. Ushakiran Khan

INDEFATIGABLE JOURNEY OF CREATION

While most of the architects of India's Independence took to politics, a handful of dedicated men and women took heed to Gandhi's clarion call for commitment to selfless service at the grassroots. One such couple was Shakuntala and Jagdish Chaudhary, who left the comforts of the city to settle in a remote area of Bihar for a lifetime of struggle against ignorance and poverty. To such parents was Ushakiran Khan born on October 24, 1945.

Raised in an atmosphere steeped in Gandhian values, Ushakiran was blessed by many a great scholar and thinker who frequented the hermitage of her parents. This gave her a unique exposure to some of the greatest minds of nascent India—Hazari Pd. Dwivedi, Sheelbhadra Yajee, Ramavriksha Benipuri, Nagarjun, Ramdhari Singh 'Dinkar' and Jai Prakash Narayan to name just a few. She learned the value of the word—thought, spoken and written. She derived a unique sensibility which had a rare amalgam of her parents' urbane personality with the flavour of the rural setting she had been transplanted to. This gave her a

rich language which is a nuanced blend of high Sanskrit with rustic vernaculars.

With a postgraduate degree in Ancient Indian History and Archaeology from Patna University capped by a PhD in Asian Studies focused on the Culture of Mithila, Dr. Ushakiran Khan gained in stature as a scholar of worth. Her essays on cultural and historical geography of Bihar have been very well received and are collected in her book *Sanskriti ka Kalpatra*. She taught Ancient Indian History and Archaeology at B.D. College under the aegis of Magadh University, where

she retired from as the Head of Department in 2005. Her Gandhian upbringing kept Dr. Ushakiran Khan involved in various activities of nation-building. She actively participated in the Mahila Charkha Samiti, established by Prabhavati Devi in the very premises where she lived with her legendary husband, JP. She has served the rural women of Bihar as the Vice-Chairperson of the historic Mahila Charkha Samiti and holds the post of Chairperson now. As a member of the management committee of Jawahar Bal Bhavan, Bihar, she has been active in ensuring child rights and inculcating values in young persons.





The arc of her cultural responsibilities spans ever more multifarious activities. Dr. Ushakiran Khan presides over Safar Mynah, a theatre group composed of slum-dwelling children. she is the chairperson of Nirman Kala Manch, a well-recognised thespian group. She is a member of the East Central Zonal Cultural Committee under the Ministry of Culture. She has been a delegate representing Bihar in the Vishwa Hindi Sammelan in Surinam and New York. She travelled to Mauritius to attend the Vishwa Bhojpuri Sammelan as a delegate of Setunyas.

Dr. Ushakiran Khan has a major role to play in the revival and bolstering of Hindi and Maithili drama. Her Hindi play Kahan Gaye Mere Uagna has notched up many diamond jubilees across the country. Hira Dom, another popular Hindi play of hers, raises contemporary questions about the caste system and has been well-received all over India. Her plays for children such as Daddy Badal Gaye, Nani ki Kahani and Saat Bhai Champa have delighted many a young audience. Her Maithili plays Bhuskaul Bala, Chano Dai, Phagun and Eksari Thadhi have been trendsetters in popularity as well as criti-

cal acclaim in India and Nepal. Her adaptation of Nagarjun's novella Navturia and Harimohan Jha's Maryadak Bhang into gripping plays is a great contribution to modern Maithili theatre.

Having made a mark early as a promising young Hindi poet in the Sixties, Dr. Ushakiran Khan held erudite audiences in thrall with her recitals where, to quote the modest versifier herself, "I hung on to the hem of Baba Nagarjun's kurta." Although she has recently written a heartrending account of Sita's last days in her Maithili epic Jai sa Pahine, she left poetry for good by the Seventies.

Dr. Ushakiran Khan discovered her forte when her first short story was published by the indubitable Amrit Rai in Kahani, a magazine known to establish young authors by a mere mention. She was then published in prestigious magazines like Dharmayug, Sarika, Saptahik Hindustan, Gyanoday, Vagarth, Hans, Samkaleen Bharatiya Sahitya, Sahitya Amrit and Vasudha, to name a few. As she discovered her path in prose, she blossomed into various tracks. Her essays and word-pictures on a dazzling variety of subjects were lapped up by the readers in dailies and periodicals. Her columns were deep in thought and hard-hitting in comment and her popularity soared in every section of society.

Fiction was to be Dr. Ushakiran Khan's crowning glory. Her prolific writing of short stories are collected in Maithili in Kaanchahi Baans and in Hindi in Vivash Vikramadiya, Doob Dhaan, Geeli Paank, Kaas Van, Jaldhaar, Janam Avadhi and Ghar Se Ghar Tak. A few of her stories made way into school and university textbooks while others were rendered into plays or tele-films. For a long time her popularity rested on her short stories.

Somewhere down the line Dr. Ushakiran Khan's genius expanded onto a larger canvas. Her early novels, Anuttarit Prashn and

Doorvakshat in Maithili and Phagun ke Baad, in Hindi were received with great enthusiasm by her readers. This encouraged her to take up the form with greater preparation and resulted in some outstanding work. She now married her training as a historian to her literary rigour and produced some unprecedented creations.

Dr. Ushakiran Khan's Maithili novel Haseena Manzil, shortlisted for the Sahitya Akademi award thrice, unfolds a period in contemporary history where Muslims of Mithila who went to East Pakistan find themselves in a nowhere space. The novel has been translated into Hindi, English, Urdu and Bangla and is in the pipeline in many other languages. It has been rendered by the Doordarshan as a Hindi series under the Indian Classics programme.



Bhamati: Ek Avismaraniya Premkatha, Dr. Ushakiran Khan's latest Maithili novel, won her the coveted Sahitya Akademi Award in 2011. It is a complex rendering of the social, cultural and philosophical milieu of the 10th-century Mithila which breaks many icons and raises contemporary questions such as gender roles and communal intolerance through a profound and classically woven narrative.

Dr. Ushakiran Khan's Hindi novel Seemant Katha is a spine-chilling account of the lawless border that Bihar shares with UP. While she etches the harsh hyper-masculinity of brutality of rural politics, she weaves in soft nuances of an area hankering after the softer aspects of life. Pani par Lakeer and Trijya grapple with the eternal questions of womanhood. Ratnare Nayan is another novel which deserves special mention. It is probably the only political novel written in our times with a city as a protagonist. While most of her writing is set in rural Bihar, this work deals with the city of Patna, which is the hero of her novel, with a multilayered narrative as composite as the by-lanes of old Patna City. This novel scores both in form and matter as one of the path-breaking pieces in Hindi prose.

Sirjanhar, Dr. Ushakiran Khan's latest offering published by the prestigious Bharatiya Jnanpith, is a biopic of the medieval poet Vidyapati, whom Mithila and Bengal (and sometimes Odisha) claim as their own. Through the long life of the multilingual bard, she brings alive a period of upheavals in Indian history. With a historian's erudite analysis, she takes the reader to an era of wars jostling with creative pursuits, religion vying with romance, social mores reinventing ethical values. With her mastery over words, she weaves a narrative which enthralls while informing, creates new phrases while describing old truths. In this novel she has crafted an all-time classic. As Dr. Ushakiran Khan progresses in her indefatigable journey of creation unmindful of accolades, a set of unique facts about her must be noted. She is the first woman to write about rural realities and the only one perhaps to foray into writing historical novels. These courageous aspects of her creative genius set her apart from all her contemporaries. □

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