



SWAMI RAMA HIMALAYAN UNIVERSITY
Himalayan Institute of Medical Sciences
Department of General Surgery

Report on interactive session for faculty members and residents on **7th January 2026**, from **8:00 AM to 9:00 AM**, in the **Department of General Surgery Seminar Room**.

The Department of General Surgery organized an interactive session for faculty members and residents on **7th January 2026**, from **8:00 AM to 9:00 AM**, in the **Department of General Surgery Seminar Room**.

The session was delivered by **Dr. Ashish Arya**, Program Director – Education & Training and Program Director – Behavioural Science, **MD Anderson Cancer Center, University of Texas**. The title of the session was **“Work for Life or Life for Work: Work – Savidha or Duvidha.”**

The objective of the session was to highlight the importance of **work–life balance** in the medical profession, with special emphasis on the challenges faced in surgical practice. The session aimed to encourage faculty members and residents to reflect on their professional responsibilities while also prioritizing personal well-being.

Dr. Ashish Arya shared valuable insights drawn from his extensive experience in medical education, training, and behavioral science. The session was highly interactive, fostering open discussion and active participation among the attendees. Faculty members and residents engaged enthusiastically with the speaker, making the session both informative and thought-provoking.

Overall, the session was well received and proved beneficial for all participants. It effectively emphasized the need to maintain a healthy balance between professional commitments and personal life in the demanding field of surgery.

Professor & Head
Department of Surgery
H.I.M.S., Swami Ram Himalayan University
Dehradun (Uttarakhand) 248119

Department of Surgery
HIMS, Swami Rama Nagar, Dehradun

Subject: Guest Lecture:- Work for Life or Life for work : Survidha or Duvidha
Presenter: Dr. Ashish Arya Date: 07/01/2026
Moderator: Program Director, Education & Training, MD Anderson Cancer Centre, University of Texas


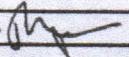
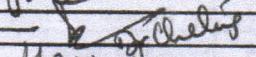

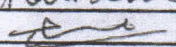

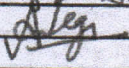
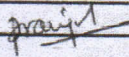
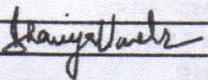
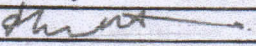
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1	Dr. Siddhant Pratap Singh Sisodia	JR-3		1	Dr. Devashish Sharma
2	Dr. Himanshi Gera	JR-3		2	Dr. Disha Sheoran
3	Dr. Aishwarya Dhyani	JR-3		3	Dr. Yaami Gupta
4	Dr. Sneha Sinha	JR-3		4	Dr. Dhruv Arora
5	Dr. Preyaa Saluja	JR-3		5	
6	Dr. Ishani Chamoli	JR-3		6	
7	Dr. Ankur Chaudhary	JR-3		7	
8	Dr. Saurabh Joshi	JR-3		8	
9	Dr. Rishabh Joshi	JR-3		9	
10	Dr. Sourav Singh Saini	JR-3		10	
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12	Dr. Muskan Gupta	JR-3		12	
13	Dr. Rishav Rana	JR-3		13	
14	Dr. Jasbir Anand	JR-3		14	
15	Dr. M T S Sri Vaishnavi	JR-3		15	
S. No.	NAME	Batch 2024	Signature		
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25	Dr. Nikhilesh Sharma	JR-2			
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27	Dr. Saumya Sohlot	JR-2			
28	Dr. Aditee Shankar	JR-2			
29	Dr. Harivansh Verma	JR-2			
30	Dr. Sunchit Gugnani	JR-2			

Evaluation : /10

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S. No.	NAME	Designation	Signature
1	Dr. Hemant Kr. Nautiyal	Prof. & Head	
2	Dr. Sachidananda. N.	Professor	
3	Dr. Pradeep Chandra Sharma	Professor	
4	Dr. Sanjay Divedi	Professor	
5	Dr. Santosh Kumar	Professor	
6	Dr. Bhawna Singh	Professor	
7	Dr. Jitendra Ray	Assoc. Prof.	
8	Dr. Praveen Kumar	Assoc. Prof.	
9	Dr. Chetna Chaudhary	Assoc. Prof.	
10	Dr. Harindra P.S. Sandhu	Assoc. Prof.	
11	Dr. Divyanshu Ghildiyal	Assoc. Prof.	
12	Dr. Akshay Chauhan	Assist. Prof.	
13	Dr. Bhaskar Bisht	Assist. Prof.	
14	Dr. Sahil Verma	Assist. Prof.	
15	Dr. Aishwarya Negi	Assist. Prof.	
16	Dr. Ningappa Sogalad	Assist. Prof.	
17	Dr. Pranjal Mamgain	Assist. Prof.	
18	Dr. Lakshmi S. Rao	Assist. Prof.	
19	Dr. Sonali Pandita	SR	
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21	Dr. Bhavya Handa	SR	
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23	Dr. Akshat Joshi	SR	
24	Dr. Sanchit Chadha	SR	
25	Dr. Vishal Anand	SR	
26	Dr. Vaibhavi Dhasmana	SR	
27	Dr. Sonalika Gupta	SR	
28	Dr. Paritosh Singhal	SR	
29	Dr. Ishaan Garg	SR	
30	Dr. Varun Dixit	SR	

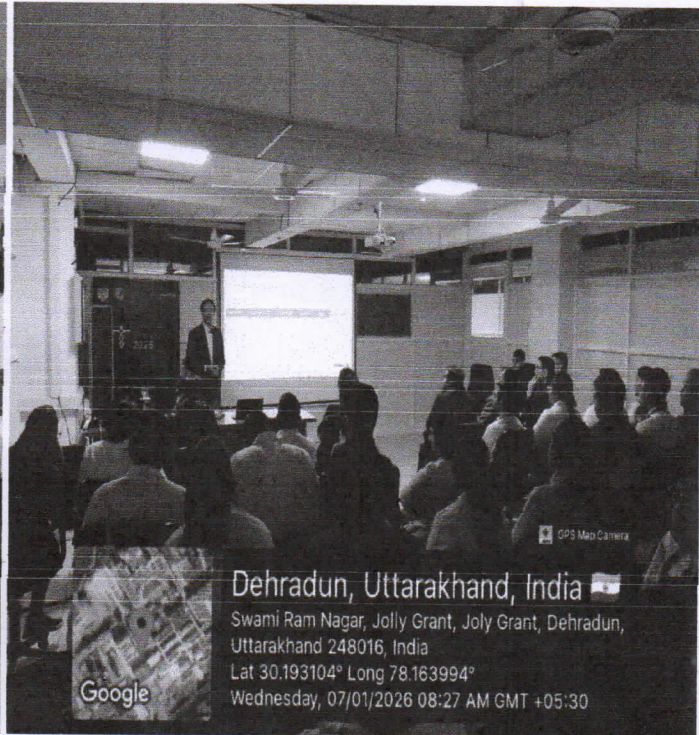
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Thanking you

Yours sincerely,

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