

शेहिडा

सूचना-सेतु

खंड 6/अंक 2



अखिल भारतीय आयुर्विज्ञान संस्थान
जोधपुर



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Director's Message



Dear Readers,

It is a pleasure to celebrate the spirit of a true 'AIIMSJonian' by showcasing not only the Institutional and Departmental achievements, but also literary talents of the AIIMS Family in the form of a fresh issue of "Rohida".

With State-of-the-Art infrastructure, highly competent faculty, students, residents and staff and dedicated health care workers, the Institute has taken every challenge in the last one and a half years in its stride and has come victorious in these testing times for medical profession – initially the COVID -19 pandemic and then the nasty Mucormycosis outbreak – an epidemic amidst a pandemic. We have left no stone unturned in serving humanity with a compassionate attitude and highest levels of competency. The cured patients' and their relatives' smiles have been the biggest reward and motivation for us.

The Institute has seen a steep rise in the innovative culture being inculcated amongst the students, residents and faculty. The Institute organised its first Indo-Sweden Healthcare Innovation Challenge and received momentous response for it. I congratulate the participants for coming forward in large numbers with their innovative ideas for a better tomorrow. I am sure next time it will be a much bigger event.

The students and residents are making us proud by securing top rankings in different entrance examinations in the country and abroad. It gives a deep sense of satisfaction as well as more responsibility to work harder and grow higher.

Having some respite from deadly diseases, we are back with 'celebrations with precautions' starting from 'Tejas', a celebration of power, stamina and endurance. The enthusiasm and joy on participants' as well as spectators' faces was telling it all!

Though the Institute has achieved a lot in a short span of time, the Institute has to grow even bigger and fulfil its larger purpose of efficient yet compassionate patient care, stimulating academic and innovative culture, impactful research and training of manpower. I am confident that we as a TEAM will surely reach the pinnacle and guide the rest.

I congratulate Team Rohida for coming out with this issue and giving us a much-needed opportunity to relax and read and enjoy the pages reflecting the minds and souls of the members of our Institute.

Wishing you all a Happy Reading and a proud celebration of our Institute.

A handwritten signature in blue ink, appearing to read "Sanjeev Misra".

Dr. Sanjeev Misra
Director & CEO
AIIMS Jodhpur

Editor's Message



Dear Readers

Greetings. A wonderful and eventful year has gone by since the last edition of our beloved college magazine, Rohida. We went through waves of the COVID pandemic in the last one year. The second wave, which many posit is still continuing, lead to major disruptions in our lives. We lived through the human tragedies unfolding before our eyes through various social media feeds, print media and the internet. However, we also saw the human resistance towards the virus via the vaccinations which brought us hope and happiness. In short, life is like it always has been, swinging between happiness and despair!!

I have often wondered if there is still a role for books and magazines and reading in today's life. Or have they been supplanted by the passive intake of knowledge and information provided by the internet and the video feeds?? Is there a role for actually sitting down and quieting the mind and getting engrossed in reading?? Reading takes effort, time and commitment.

I confess, I am a self-improvement/social psychology junkie!! My favorite bedside reading material will be a self-improvement or a social psychology book. I often marvel at the body of knowledge and wisdom that these authors have gained over their lives and always wanted that level of "wisdom". More and more, I realized that there are only two methods of attaining wisdom in life.

The first path of attaining wisdom and knowledge is in following the introspective and the meditative traditions laid down in various sects of all major religions. These often require major shifts in human behaviour and oodles of commitment.

The other path, I have realized after reading countless books and hearing interviews of wise people, is that all the truly knowledgeable people and also, without doubt, "well read". No doubt, you can gain knowledge through living life and facing its challenges. But, as they say, one life is never enough. The easiest shortcut to gathering the experience that others have experienced, is via reading their works. Reading as a habit allows us to assimilate the knowledge and experience the author has gained over a significant period of time in a fraction of the time i.e. the time it takes to read the book. Getting engrossed while reading also has the welcome side effect of silencing the mind - almost akin to a meditative session.

So, dear readers, my only suggestion to you would be to take out time to read. The Rohida, which you hold under your mouse (pun intended), is a collection of articles, poems, paintings and other sundry items which the members of the AIIMS Jodhpur fraternity has contributed to. I hope, this magazine enthuses the readers into reading more and pushes the non-readers onto a journey of books and words.

I wish you well.

Dr. Arvind Sinha
Chief Editor

Department of General Medicine

AIIMS Jodhpur is catering to a large population of Western Rajasthan providing various specialty services. Infectious Diseases (ID) is a specialty whose importance has been aptly highlighted in COVID-19 pandemic. To fulfil this need, Department of Medicine has taken a lead and initiated super specialty programme in ID. This is the first super specialty course of ID in Western part of India. The Department is already running a busy ID clinic for the past 2 years. The Department is providing affordable healthcare services, especially to underserved population like patients with HIV and Tuberculosis. The Department also playing a crucial role in providing dedicated care of critical COVID-19 cases. A dedicated post COVID-19 clinic, which is one among the earliest clinics focusing on post COVID-19 complications and management, is also run by the Department. The Department also substantially contributed in COVID-19 research and first to initiate the minimal invasive biopsy to understand the basic pathogenesis. Department has published more than ten research publications in the field of COVID-19 in reputed journals.



Lamp lighting by Prof. Sanjeev Misra along with Prof. Arvind Mathur and Prof. MK Garg for CIDS Jodhpur Chapter



CIDS India President Prof. O C Abraham and Secretary Dr. Senthur P Nambi

To ensure deliberations about ID and spread knowledge, the Department has actively participated in initiating a forum, Clinical Infectious Disease Society Jodhpur chapter. The Department has taken a lead in conducting regular training and education programme for community physician to improve ID related health services.



CIDS Jodhpur chapter inauguration at AIIMS Jodhpur



CIDS Jodhpur chapter team

Dr. M. K. Garg
Medical Superintendent
Professor & Head
Department of General Medicine

Department of Obstetrics and Gynecology

The Department of Obstetrics & Gynecology at AIIMS Jodhpur has grown and shown steady progress in all aspects including patient care, research and training. The Department has grown and expanded the spectrum of problems treated at our Institute adding more dimensions to the range and spectrum of quality Obstetrics & Gynecology work, research, teaching and training undertaken by the Department.

In this aspect the Department has become the first to start intra-uterine fetal transfusion in the state in government set-up. The Department is routinely performing complex gynecologic surgeries, oncological and laparoscopic surgeries. Besides routine obstetric care, intrauterine procedures like amniocentesis, chorionic villous sampling and IUT are being done. Even during this difficult COVID times our routine and complex obstetric services continued with due safety precautions. We prepared and followed our guidelines for managing emergency and Obstetric services in COVID patients.

The faculty of Department has undertaken extramural, Intramural research and intradepartmental research within the Institute and also continued to do research during COVID. The Department has also published good number of research work in the form of several papers in various peer reviewed journals.

CME Report – 26th March 2021

Department of Obstetrics & Gynaecology, All India Institute of Medical Sciences, Jodhpur organized a virtual CME on “Tips & Tricks of Prenatal Invasive Procedures” on 26th March 2021. The aim was to cover the practical tips and tricks in the Invasive prenatal procedures. Fetal medicine being an upcoming branch in obstetrics has observed path breaking developments in the recent past

Prof. Pratibha Singh, addressed the invited faculty and attendees. The CME was graced by 4 national faculties as speakers. More than 200 Gynaecologists and Obstetricians from various parts of the country attended this CME. The CME included interesting lectures on Genetics in Clinical Practice by Dr. Kuldeep Singh (Professor-AIIMS Jodhpur), Rh isoimmunisation and Intra-Uterine Transfusion by Dr. Vatsla Dadhwal (Professor- AIIMS Delhi), Amniocentesis and Chorionic Villous Sampling by Dr. Amita Pandey (Professor- KGMU Lucknow) and Screening for Aneuploidies by Dr. Sumitra Bachani (Associate Professor- VMMC and Safdarjung Hospital New Delhi). The CME ended successfully with the vote of thanks given by the Organising Secretary Dr. Charu Sharma.

World Down Syndrome Day Celebration (21st March 2021)

On the World Down Syndrome Day on 21st March 2021, the Department of Obstetrics & Gynecology and the Department of Paediatrics made a collaborative effort to interact with parents of Down syndrome babies. An awareness lecture was given in Hindi to the parents regarding options for screening and diagnosis of Down syndrome in their unborn babies through prenatal testing. This was an online programme.



Rajasthan state chapter of Association of Gynecologic Oncologists of India (AGOI) organized a webinar on “Cancers in Pregnancy” on 18th March, 2021. The program started with the welcome address by the RSC-AGOI President Dr. Ranu Patni and RSC-AGOI secretary Dr. Pratibha Singh. This was followed by a comprehensive lecture on “Gynecological cancers in pregnancy” by Dr. Rashmi Bagga, Professor Obstetrics and Gynecology, PGI, Chandigarh. The talk focused on commonly occurring gynecologic cancers in pregnancy including the management of pre-invasive lesions of cervix, cervical carcinoma, ovarian carcinoma and uterine sarcoma diagnosed during pregnancy.

The session on “Case based discussion on Cancers in pregnancy” was moderated by Dr. Garima Yadav along with Dr. Ranu Patni. Interesting cases of various stages of cancer in pregnancy were discussed by the panel including Dr. Pratibha Singh, Dr. Sudesh Agarwal [Bikaner], Dr. Indira Bhati [SNMC Jodhpur], Dr. Rashmi Bagga [PGIMER, Chandigarh] and Dr. Vinay Vyas [Jodhpur]. The webinar was attended by 80 delegates and vote of thanks was given by Dr. Pratibha Singh.

Dr. Pratibha Singh
Professor & Head
Department of Obstetrics and Gynecology

Black...

The country was still reeling from the impact of the second wave of the vicious COVID-19 pandemic when a deadly fungus raised its hood and before one could realise, created havoc of epidemic proportions. On the one hand, the second wave of COVID-19 was reaching its peak at an alarming pace spreading amongst the young population this time and on the other, there was a sudden unexplained unexpected rise in the number of these young patients presenting with the savage, unforgiving Rhino-orbito-cerebral Mucormycosis (ROCM). Within days, the cases piled up and soon enough it was evident that 'this too, shan't pass so soon'.

As happens when such an outbreak occurs, the medical fraternity racked its brains to try to find a logical explanation to the 'hows, whys, whens and whats'. Various angles were explored as to why was the fungal infection affecting post COVID-19 patients, mostly young ones with no other known comorbidities. All possibilities such as steroid induced immunosuppression, pre-diabetic state, hypoxia, acidosis, raised ferritin levels, use of industrial oxygen, modes of oxygen delivery etc. were studied, discussed and written about at a pace competing with the epidemic itself!

A unique attribute of this 'black' fungal epidemic was that it was a 'Surgical Epidemic'. It was incorrectly named black fungus, mostly by the media, possibly owing to its propensity to form black, necrotic tissue. Urgent surgical intervention and immediate induction of antifungal therapy – the two pillars of management of Mucormycosis, were initially compromised owing to the rapidly piling up cases. Though the invasive fungal infection was spreading in all its forms, viz. ROCM, pulmonary, renal, gastrointestinal. The major burden was of ROCM, the brunt of which fell upon the Otorhinolaryngologists. While managing the surgical caseload with limited workforce was an almost universal problem faced across the country already crumpled by the COVID-19 pandemic, the acute scarcity of antifungals was a much bigger hurdle in treatment. The hospitals were busy catering to the patients and the market was busy going 'black' too – the fungus was not just feeding off the bones, eyes and brains but also the pockets!



Our institute witnessed an increase in ROCM cases during the first wave of the COVID-19 pandemic also. However, the cases being scattered over months, the disease never took epidemic form till the second wave hit with all its force. We used to see ROCM patients a few times a year in the pre-COVID era, but come May 2021, we were seeing 8-10 new cases in a day. The sudden alarming presentation of patients in their 20s and 30s with the aggressive invasive fungus was physically, medically and psychologically overwhelming. The plight of young patients, sometimes the sole breadwinners of their families, losing their palates and orbits, rendering them disfigured, blind and unable to swallow and speak comprehensibly, was shattering to say the least. The ordeal didn't end with one surgery for most; multiple debridements as the disease progressed coupled with toxicity of the antifungals left a large proportion of patients on the precipice, with a single drop in the potassium or albumin levels often enough to push them over to the 'darker'(or blacker!) side.

But human spirit is nothing if not indomitable. Adversity bends it, breaks it but makes it stronger and brighter. While the sufferers were fighting the disease with all their might, so were we, to keep them on our side of the precipice. The whole institute joined hands to fight the fiend. With no time to lose, administrative approvals were obtained, dedicated wards and operating theaters well equipped with staff and surgical armamentarium were set up and treatment algorithms and guidelines were prepared. The limited workforce of the Department was divided into teams with specific tasks assigned to each, operating theaters were run round the clock and all efforts made to procure adequate antifungals. Additional arrangements for managing COVID-19 positive patients were made. It would be criminal to not acknowledge the unswerving efforts and sincere contribution of all those who stood united to fight this epidemic – the Departments of Dentistry, General Medicine, Anaesthesiology and Critical Care, Ophthalmology, Microbiology, Diagnostic and Interventional Radiology, Pathology and Laboratory Medicine, Neurology, Neurosurgery, Community Medicine and Family Medicine, Pulmonary Medicine, Endocrinology and Metabolism, the Nursing Staff, supporting staff and the Administration



With great adversity, comes great power. More than 200 patients of Mucormycosis were managed in our institute over the last 5 months including approximately 300 surgical procedures, and are being rigorously followed up. Behind every 'number', lie numerous sleepless nights, tireless eyes checking endless blood reports, quivering hands skimming through patient files, determined bodies drenched in sweat underneath PPE for hours at a stretch, minds overworked yet focussed on the tiniest of the surgical details, frantic phone calls sorting out administrative crises, smiles on seeing a patient rejoicing upon returning home and heartbreaks on seeing those who couldn't be saved.

The battle is far from over, the ordeal continues. And so does our fight against disease, disability, death....and the BLACK!

Team Otorhinolaryngology
AIIMS, JODHPUR

World Hearing Day 2021

World hearing day is an awareness campaign held by the World health organization on March 3rd, each year, with a theme. Good hearing and communication, at all stages of life are important to stay connected with the environment and other humans. There has been increase in the morbidity of living with unaddressed hearing impairment and ear diseases, which can otherwise be treated with timely intervention. The theme for this year, 2021 was “Hearing Care for all- Screen. Rehabilitate. Communicate.” In addition to the theme, this year marked the launch of the World Report of Hearing, which shed a light on the mismatch between the hearing loss and availability of services and resources in low and middle income countries and providing guidance for the member states to integrate ear and hearing care into their national health plans.



The Department of Otorhinolaryngology, AIIMS Jodhpur, celebrated World Hearing Day on 3rd March 2021. With the launch of the World Report on Hearing, it was realised that about 80% of hearing loss is preventable. About 1 billion young adults at risk of developing permanent, avoidable hearing loss which can be prevented following simple ear hygiene practices. Taking forward the spirit of the theme and keeping the ongoing pandemic in mind, we realised that it was very important to spread awareness to identify hearing loss and seek help. We made pamphlets in English and Hindi which shared stories and experiences of real patients in whom early identification, intervention and rehabilitation brought a change in their life. Employing easily understandable words, the message of addressing the need to identify and rehabilitate the hearing impaired and mainstreaming them into society, was delivered which was appreciated by the readers which comprised of patients and civilians.

P.T.O.

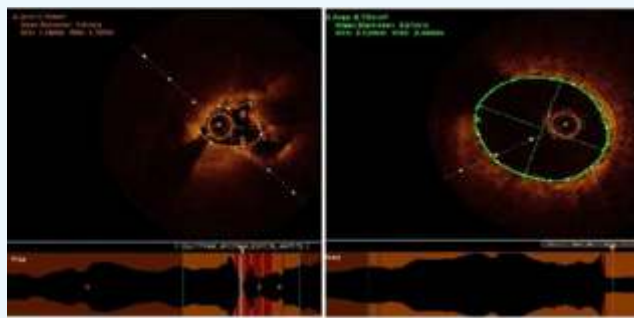
Apart from this, various educational videos were made, addressing the topics- “Prevention”- in high risk occupations by using ear protective equipment and maintaining proper ear hygiene, “Intervention”- for early identification of hearing loss in life by neonatal screening and providing appropriate management by hearing aids or Cochlear implantation and “Rehabilitation”- to identify the hearing impairment amongst the geriatric population and to explain the various options of rehabilitation in order to avoid their social isolation. These videos used real life people and were launched on the AIIMS, Jodhpur Official YouTube channel on 3rd of March and were released on social media platforms to spread awareness amongst the general population.



Dr. Amit Goyal
Professor & Head
Department of Otorhinolaryngology

Department of Cardiology

Although the Covid-19 pandemic has affected all of us in a negative way, but this year has been a blessing in disguise for Department of cardiology. The Department of Cardiology procured two Catheterisation Labs (one Bi-plane and one single plane) for expansion and have been installed successfully. The Department has also started its pacemaker program after the installation of these two Cath labs. The commissioning of biplane lab has considerably reduced the requirement of contrast medium and furthermore increased the success rate of structural heart disease procedures.



Newer and advanced coronary imaging modalities like IVUS, OCT, and iFR have been installed, and cases have been done using these modalities. With the help of these state-of-the-art imaging modalities, we are now performing complex and high risk cases with precision.

The Department has also started to deliver required care to critical cardiac patients through CCU which has been started since December 2020 with 10 CCU beds with state-of-the-art monitors and other supportive equipment.

The Department is actively involved in research activities with the publication of original articles, review articles, chapters in cardiology updates, and interesting case reports. Also, the research is undergoing for various cardiac disorders in collaboration with other Institutes. We had published more than 25 pubmed indexed papers, including papers in NEJM and The Lancet.

Dr. Surender Deora
Associate Professor
Department of Cardiology

Department of Nuclear Medicine

Department of Nuclear Medicine was inaugurated on 26th January 2020 with the commissioning of state-of-the-art Gamma camera SPECT with 16 slice CT Hybrid imaging system.

On 3rd February 2021, the state-of-the-art PET-CT scanner was commissioned in the Department. Department of Nuclear Medicine, AIIMS Jodhpur is the first Nuclear Medicine facility in government institutes in the state of Rajasthan to provide SPECT-CT and PET-CT imaging services.

Single Photon Emission Computed Tomography and Positron Emission Computed Tomography nuclear scans are performed to obtain metabolic as well as anatomical information of tissues and organ systems thereby helping in the diagnosis and management of various disease conditions. PET-CT nuclear scan is very crucial in the management of patients of oncology, cardiology and neurology.



In July 2020, the Department introduced the Low-dose radioiodine I-131 therapy for thyrotoxicosis and differentiated thyroid cancer.

Further in December 2020 the Department introduced radionuclide therapy with Samarium¹⁵³-EDTMP and Leutetium¹⁷⁷-EDTMP for palliation of painful bone metastases in various malignancies.

OPD consultation services were started for the patients with thyroid malignancy and hyperthyroidism.

Department received the approval from Academic Committee of AIIMS, Jodhpur to start MD Nuclear Medicine program with intake of two postgraduates every six months from July 2020 academic session. Department is involved in eight research projects and published six research papers in the PubMed Indexed journals.

Dr. Rajesh Kumar was invited as a Moderator for framing syllabus and theory question paper for screening test for the recruitment to post of Assistant professor, Nuclear Medicine in July 2020 at Rajasthan Public Service Commission, Ajmer.

Dr. Rajesh Kumar was invited as an adviser to assist in the process of conducting the interview for recruitment to the post of Assistant Professor, Nuclear Medicine in March 2021 at Rajasthan Public Service Commission, Ajmer.

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Dr. Rajesh Kumar
Professor and Head
Department of Nuclear Medicine

Department of Psychiatry

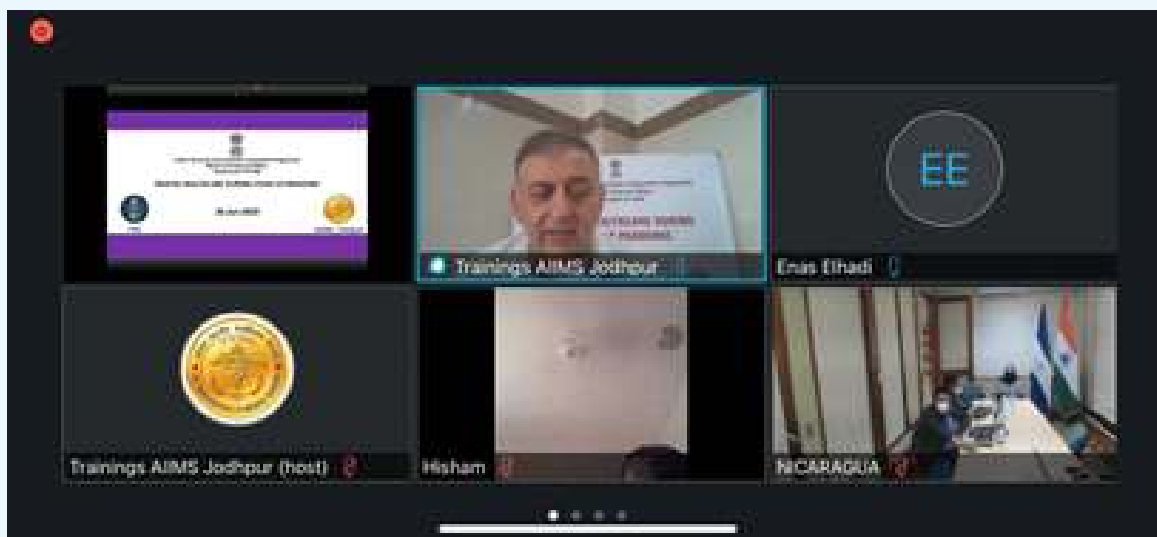
Department of Psychiatry engaged in quality research and our faculty authored/co-authored around 35 research papers in various national and inter-national journals of repute and around 4 book chapters.

In year 2020-2021, many Webinars & Workshops related to mental well-being during COVID-19 pandemic were organized for health care workers, students, parents, and employees of non-governmental organizations. The Department conducted eight Radio-Talks during the lockdown.

Department of Psychiatry celebrated World Mental Health Week from 7th to 10th October, 2020 with the theme of 'Mental Health for All- Greater investment and Greater access.' Mental health concerns during COVID-19 pandemic were discussed. Poster and short-video competition related to awareness of mental health issues of COVID-19 pandemic were held. Webinars were organized for the teachers, school students and their parents targeting the concerns related to school closure and parenting during COVID-19 pandemic. Our faculty also participated as Panelists at National programs on the Mental Health day.

Conducted Training Program on 'Mental health care during COVID-19' for SAARC countries and other nations with collaboration with Indian Technical and Economic Corporation Program under Ministry of External Affairs, Government of India (26th June, 2020) along with training programs related to mental health awareness, positive mental health and stress management for GRAVIS (NGO), Yoga Trainers at Patanjali, and Corporate managers with Institute of Counsellor Training Research and Consultancy.

Department of Psychiatry prepared several informative videos (on Providing Psychological Support during COVID-19, Caring for own wellbeing, Psychological Support for Patient with COVID-19 and presumptive Patients in Quarantine) and instructional leaflets related to COVID-19 pandemic (on Psychological health of Health care providers during COVID-19 pandemic, Providing Psychosocial support to patients with COVID-19 and families: A Guide for Frontline Workers, Caring for Caregivers).



Pics of Training Program on 'Mental health care during COVID-19' for SAARC countries and other nations with collaboration with Indian Technical and Economic Corporation Program under Ministry of External Affairs, Government of India (26th June, 2020)



Webinar on "From AIDS to COVID: The Rocky Road of Public Health: Jodhpur perspective" (by Poornima University, JSPH & Indic-Chain) (1st November, 2020)

Dr. Naresh Nebhinani
Additional Professor & Head
Department of Psychiatry

International Day of Yoga June 2021

On the occasion of International Day of Yoga 2021, the Yoga and Meditation Club, AIIMS, Jodhpur organized the following event. The three weeks wellness program from 1st June 2021 to 21st June 2021. This included Common Yoga protocol sessions from Morning: 5:30 AM to 6:30 AM in the Auditorium area, AIIMS, Jodhpur and live on Zoom platform and in Evening: 6:00 PM to 7:00 PM live on Zoom platform. The Meditation and relaxation session were organised from 7:10 PM to 7:30 PM live on Zoom platform.

A Poster competition was held for undergraduate students, post graduates, staff, faculty and the children. Hand made posters were scanned and emailed. Best 3 posters under each category were awarded prizes and all the participants received the participation certificate. Felicitation of prize winners of poster competition was done by Prof. Sanjeev Misra, Director, AIIMS Jodhpur.

The Panel discussion on All India Radio on the topic Yoga and treatment during Covid 19 pandemic was held. The panelists were Dr. Naveen Dutt, Dept. of Pulmonary Medicine, Dr. Nitesh Gonnade, Dept. of Physical Medicine and Rehabilitation, Dr. Meenakshi Sharma, Dept. of AYUSH and Sri Ramesh Chandra Sharma, Yoga instructor.





Dr. Kirti Chaudhary
Additional Professor
Dept. of Dentistry

Tejas 2021

Tejas- ask the Internet it's meaning and it will say Strength, courage, Brilliance, Fire, Sharp etc. Ask an AiiimsJonian and we would say Pride, Sportsmanship, Frustration, Confidence, Team spirit, Disappointment, Exhilaration. We don't care about the semantics because you see, Tejas for us is not just a word. We describe Tejas not by its meanings, but by the various emotions it brings in us. For others, it might just be a college fest, but for us, it's our one chance to prove our mettle, not just in sports but also in working together as a team. This year, the Gladiators were committed towards organising the event, showing not only their enthusiasm in participation but also their zeal in Management of the fest. Tejas 2021 was an electrifying experience, with five gripping days of intense participation, cheering, toiling away under the sun and finding our way in the rains. This 6th event of Tejas was bigger and better than ever and with it being the first major event post Covid, the fervour in the students was such as never-before-seen.

The first Tejas to be organised in our institution's spectacular sports complex, September 1st to 5th, 2021 was jam packed for the AIIMS Jonians, with more than 500 matches being organized in over 20 games. The Director, AIIMS Jodhpur declared Tejas open by lighting the ceremonial torch, reflecting the flame in our eyes while the closing ceremony on September 5th saw a lot of euphoric faces, with the Excaliburs taking away the Batch Trophy, leaving everyone in awe of their sportsmanship and athletic abilities and becoming the undefeated champions of AIIMS-J for two consecutive years.

If one saw the after movie of Tejas, it would only show the beautifully decorated campus, the fun filled DJ nights, the joyful moments and the happiness in our hearts. But anyone who has actually attended the fest will know that it wasn't always good times. We saw tears of sadness, adrenaline charged fights, painful injuries and disappointed faces. An outsider might just see Six batches trying to win the race for the Batch Trophy. But to say that Tejas is only about winning would be an understatement. It's about perseverance, the commitment to play, the resolve to show our true grit. It's about understanding how obstacles don't have to stop us. How we don't have to turn around and give up. It's about figuring out how to overcome the obstacle, whether it be in sports or life.

Urvika Garg
Vibhanshu Shrimali
MBBS Batch 2018

Tejas



Tejas



MBBS 2020



AAANCHAL BHANDARI
"Stay a mystery , it's better"



AANCHAL CHOUDHARY
It's a cosmic thing



AARZOO
Benevolent and Amiable
MAKE GREAT MEN



AAYUSH SHARMA
Be a superhero of
your parents



ABHINAV PRAKASH
SPONTANEOUS BUT
NOT COMBUSTIBLE



ABHISHEK
Make money from money



ABHISHEK BUGALIA
ENJOY YOUR LIFE



ABHISHEK KUMAR VAISHNAV
A HODOPHILE



ABHISHEK MALAV
#DESPACITO # impossible



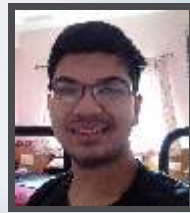
ADITYA KAPOOR
Straight out of
mountains!!!!



ADWAITH KRISHNA T
Discipline is a refining flam



AJAB SINGH
Chasing legacy



AKSHAT GUPTA
UNEXPECTED



AMIN ARPITABEN
That's life



ANIRUDH BATRA
परंपरा, प्रतिष्ठा, अनुशासन



ANKIT KUMAR
Trust your instinct



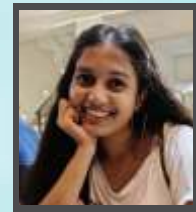
ANKIT KUMAWAT
"Be energetic always"



ANSHU KUMAR
A cloudy day is no match for
a sunny deposition.



ANURAG DHAKED
Do good and good
will come to you



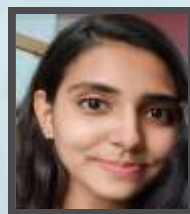
ANUSHREE GUPTA
" She is a mess But
she is a masterpiece "



ARYAM JAIN
Soul full of sunshine



ARYAN MAHALINGAPPA CHANNAL
Trust the wait,
embrace the uncertainty



ASHA CHOUDHARY
Just growing with
the flow



ASHISH TURAN
"STRESS LESS AND
ENJOY THE BEST"



ASHISH DADARWAL
Success is a journey
not a destination

MBBS 2020



ASHOK KUMAR
You can do it



ATUL RATIYA
Some call it arrogance
I call it confidence



BARHATE SUMEET NILKANTH
farak nhi padta



BHOMIK MEHTA
"king of acting"



CHHAGAN LAL
I am a devil of my world



CHITRANSH TIWARI
Savvy?



DEEPANSHU PALIWAL
बुझा ! I hate tears



DEEPENDRA KUMAR BHARTI
Why so serious?



DEEPESH MODI
Eager Beaver



DHRUV ROHELA
"कर्मण्येवाधिकारस्ते"



DHYANEE PATEL
"Different but not wrong"



DILIP CHOUDHARY
Ghani khamma



DISHA GUPTA
"Own who you are"



DUSHYANT SINGH NIRMAL
believe you deserve it
and universe will serve it



GUNJAN PANWAR
Be yourself!!..



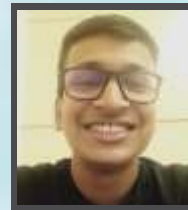
HARDIK V KARMUR
Jo Baka Takleef to Revani!!



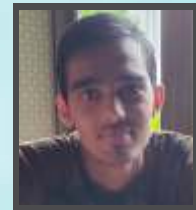
HARSHVARDHAN TRIVEDI
The sky above me, earth
below me and fire within me



HIMANSHU CHOUDHARY
Life is short. Smile
till you have teeth.



HIMANSHU GOYAL
Short & Sexy



HIMANSHU KULHARI
INFP-T



JATINI NAGAR
High on life, low on sleep



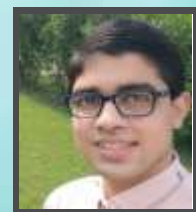
JAYANT PIPLODA
"believe in yourself"



JAYESH AGARWAL
Be the Change



JITENDRA TAHLANI
UTMOST JUMBLE



KALP JAIN
Be yourself, there
is no one better

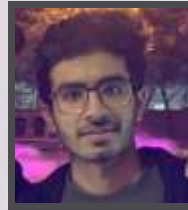
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KAMAL KANT SINGH TANWAR
Be odd to be No. one



KARAN JAKHAR
Keep it simple



KARTIK JANGID
Too cool for old school!



KAUSHAL GODARA
I am not addicted.....
To reading



KISHAN SINGHAL
My signature, My style,
My identity



NISHA CHAUDHARY
storm in eyes, peace
in smile



KUNAL AGRAWAL
Mysterious book
of philosophy



KUSHAL
अव्यक्त-power of manifestation



LAKHAN MEENA
Love everyone the
way they are



LAVPREET KAUR GILL
Swaggerific+Black Heart



MAHESH KUMAR MEENA
WILD SPIRIT, SOFT HEART
SWEET SOUL



MAHESH SHERAWAT
Push yourself because no one
else is going to do it for you



MANDAL SURAJ JANENDRA PRASAD
JUST ONE THING



MANISH KUMAR MEENA
make best version of yourself



MANISH PATEL
NATURALLY INTROVERTED
SELECTIVELY EXTROVERTED



MANOJ KUMAR VERMA
Learn more



MEGHNA PODDAR
Stay fierce and bloom



MOHD SAHIL
THINK CLASSICAL
STAY QUANTUM



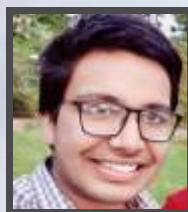
MOHIT BAGARIA
Tension lene ka nhi
dene ka



MUKESH VERMA
"I'm GOD"



NIVEDITA SHARMA
Adorably compliant



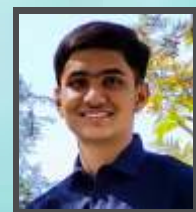
OM KASHYAP
THE CHAOSMONGER



PANKAJ
Unpredictable!!!



PANKAJ KUMAR YADAV
"You Turned The Page
I Burned The Book"



PARTH HRISHIMAN SINGH
Wake me in 5 minutes!!

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PIYUSH KUMAR
There is always a way



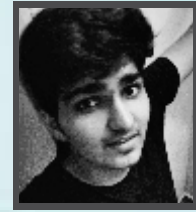
PRAKASH KUMAR SHARMA
Chillax



PRAKHAR SHARMA
Waiting for Nick
fury to recruit me



PRERNA KARNAVATR
blooming with grace!!



PRIYANSHU BHAMU
Basketball freak



PURSHOTAM JHORAD
"आसान है "



RAGHAV UPADHYAY
MEPHOBIC



RAHUL BHINCHAR
Nation First , Self Last



RAHUL CHOUDHARY
pain is temporary
but regret is forever



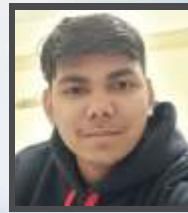
RAJANDEEP KOUR
cynophilist



RAUNAQ GUHA
Don't Call Me For Anything
That's Textable



RAVAL PRINCE VASUDEV
"HOW YOU DOIN'?"



RAVI AGRAWAL
Hard work doesn't
bother me



RAVI RAJ BHARTI
VALAR MORGHULIS



RIDDHI BHARGAVA
Genetically perspicacious



RINKU KUMAR SAINI
Good friends are
good for health



RISHIKESH KUMAR
Gasalavish



RIYA CHOUDHARY
Soul full of sunshine



RIYA SHRIKANT KHOBRADE
Stress Less



ROHIT RAJ
Be simple in ur attitude but
complex in ur thoughts



RONIT SINGH
स्वयमेव मृगेन्द्रता



RUPESH KUMAR
Ego diversis non minus



SACHIN GORA
तनावमुक्त रहें, बेचैन जीवन का आनंद लें



SAHIL SUHALKA
Busy.....
bilkul bhi nhi hu



SAKHARE MANGESH
Rock on!

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SANDEEP KUMAR
Success is a journey not
a destination



SANJAY BISHNOI
NATURE LOVER



SHIGUFTA KHAN
Extensively extrovert



SHIVPAL SINGH RATHORE
"Our culture is our identity "



SHIVRAJ SINGH
Expect the unexpected



SHRIKANT DIXIT
Glory Glory Man United!



SHUBHAM AGARWAL
Find a reason to
smile always...



SNEHA JHANWAR
Die with memories,
not dreams



SRIшти SRIATH
All the stars are closer



SUDHANSHU MEENA
Embrace elegance.



SURENDRA MEENA
Invite tranquility



SWAPNADIP MAJUMDER
don't die before your death



SWAPNIL SIMRAN
SMILE MORE
REGRET LESS



TARANG PARMAR
I never blunder the queen



TRIPURANENI LAKSHMI SAI MARUTHI
Loving myself



UTKARSH ZAWAR
Life is one grand,
sweet song so start the music.



UTTAM SINGHAL
Enjoy life . It comes with
the expiry date.



VAISHNAV DIVYANG ATULBHAI
"Imperfectly Perfect"



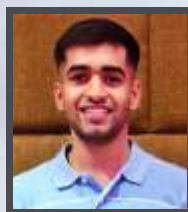
VIKASH KUMAR MEENA
Always B positive



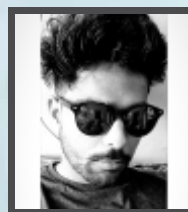
VISHAL SINGH SHEKHAWAT
Perseverance and endeavor



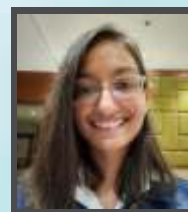
VIVEK KUMAR
Invest in yourself.



YADUJEET SINGH DEORA
It's the little things in life.



YESHU ARORA
Wierd works for me



CHESTA YADAV
Be Happy



RITIKA CHAUDHARY
Keep Smiling

NURSING 2020



Aafiya
Smiling heart.



Aarti Sharma
positive thinking girl



Aditi Jangid
always smile and shine



Anandita
No guts, no story



Anita Sharma
Calling my spirit



Anumati Bunkar
Its Vibe



Arshiya
love for all
Hatred for none



Bhawna Krishna
Keep it Simple



Bhawna Bishnoi
golden heart



Bhawna Chouhan
be bold and be confident



Charu Vyas
Be yourself



Chitra
compassionate



Deepika Choudhary
jovial and eclectic



Deepika Kumari
simplicity with
full determination



Dimple Kumari
Love without limits



Ekta Kumari
simple and cool



Esha Jat
Vibing Hard



Esha Solanki
Always ready to help



Garima Saini
rare



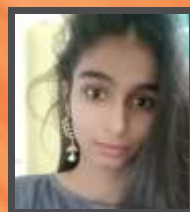
Gautami Choudhary
peace in the storm



Jyoti Meena
Be happy. Smile.



Karishma Chouhan
arcane



Karishma Dahiya
Thinking



Karma Chhodon
Nothing less



Kashish Verma
Be the energy you
want to attract

NURSING 2020



Kavita Swami
nobody can predict
the future



Khushboo Nagal
smile it's a free therapy



Kiran Jat
art and craft



Lakshita Kumari
I am me, nothing more



Laxmi
being happy never
goes out of style



Manisha Burdak
In her Element



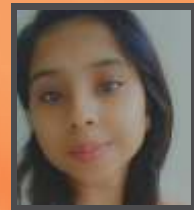
Manisha Kumari
Rocking always



Maya Gurjar
born to shine



Maya Rajpurohit
Life is a journey
not a destination.



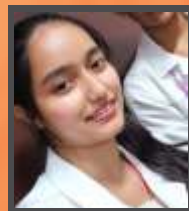
Mohita Paliwal
musicophile



Mona Prajapat
every moment is a
fresh beginning



Namrata
loyal



Nandini Bhati
Nothing less



Nargis Vishnoi
when nothing goes
right go left



Neeraj
जी भर के जी ले यारा



Neetu Moyal
worry less, smile more



Nisha Choudhary
सारज्ञः भव



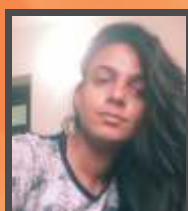
Om Kanwar
Loving myself



Parminder Kaur
kindness always
comes back



Pooja Chaudhary
desire for lasting
changes



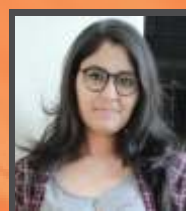
Pooja Choudhary
be you, unapologetically!



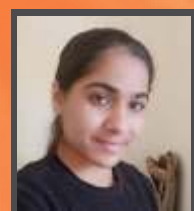
Pooja Kunwar
satisfy your soul
not the society



Pooja Kumari
vibes speak louder
than words



Pooja Meena
Slaying



Pooja Yadav
Life is short

NURSING 2020



Poonam Swami
Allergic to study



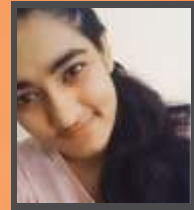
Pragya Dheru
Patience



Pragya Paliwal
love yourself



Preeti Kanwar
believe in karma



Pretty Gander
Nothing shakes the smiling heart



Prem Kumari
simple girl



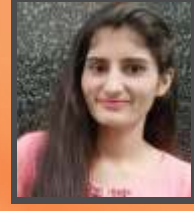
Priyanka Choudhary
Peace begins with smile.



Priyanka Kumari
Lets Dance



Pushpa Saini
my life my rule "



Rankita Swami
Less scrolling more living



Reena Meena
enjoy every moment



Rinku
Silent girl



Rinku Bhambu
sharpen the saw



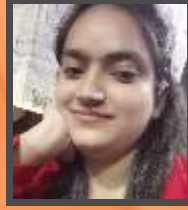
Ritika
Delightfully Chaotic



Rohini Agarwal
simple and sweet



Saraswati
Keeping Calm



Shikha
live in the moment



Suman Choudhary
"calm and cool"



Sumitra Kumari
Be Happy



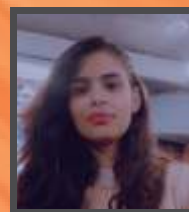
Sunita Rulaniya
be good to people for no reason



Tanushri Prajapat
if u love your life life will love u back



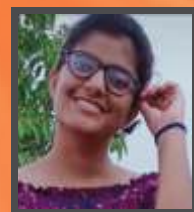
Tara Mundel
Be Happy.Smile.



Urmila Thalor
Stress less.Enjoy best.



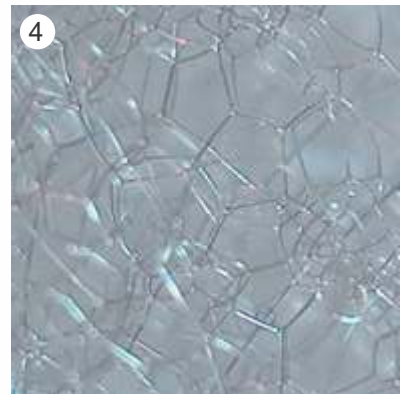
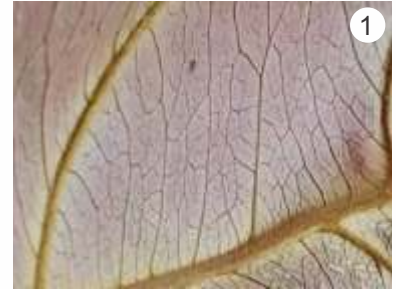
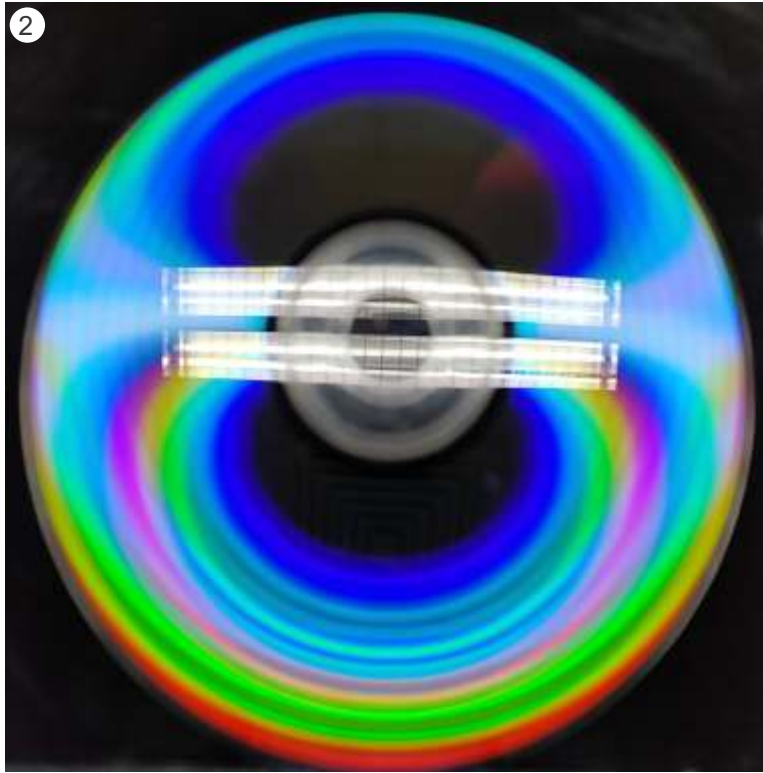
Varsha Jareda
dream it and achieve it



Yogeshwari Godara
maintain happiness

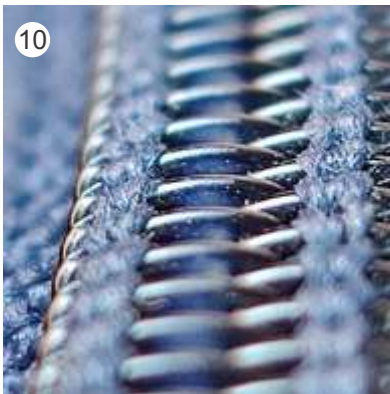
Photograph Puzzle

These are photographs of some common things around us. Objects have been focussed with a different perspective which may include the details. Can you make out what these are? Information about the photographs is provided at the bottom of the page.



- ANSWERS to the Photograph puzzle:
1. A leaf
 2. A CD with reflection of overhead lights.
 3. Capsicum
 4. Soap bubbles
 5. Stapler pins

Photograph Puzzle



ANSWERS to the Photograph puzzle:
6. Tip of a pen kept over an open book
7. 500 rupees note
8. Water drops on a peacock feather
9. Through a water bottle
10. Zip

*Photography
Section*





Dr. Darshana Rathod
Assistant Professor
Department of Anaesthesiology and Critical Care



Dr. Divya Aggarwal
Assistant Professor
Department of Pathology and Lab Medicine



Kanupriya Joshi
MPH Batch 2021



Laughing Dove



Brahminy Starling



White cheeked bulbul



Purple sunbird (male)



Grey francolin



Shikra (Male)



Red wattled lapwing



Indian Silverbill



Wire tailed swallow



Plain Prinia



Little swift



Large grey babbler



Common Myna



Green bee eater



Eurasian Collared dove

Dr . Suman Patra
Assistant Professor
Department of Dermatology, Venereology and Leprology



Dr. Shival Shrivastav
Associate Professor
Department of Physiology



The Great Indian Coucal (Crow Pheasant)

Dr. Vinay Chugh
Additional Professor
Department of Dentistry



Dr. Arin Gopal Sarkar
Junior Resident
Department of Anaesthesiology



Dr. Arin Gopal Sarkar
Junior Resident
Department of Anaesthesiology



Kanupriya Joshi
MPH Batch 2021



Dr. Tanmay Motiwala
Senior Resident
Department of Pediatric Surgery



Utkarsh Verma
MBBS Batch 2018



Swapnadip Majumder
MBBS Batch 2020



Swapnadip Majumder
MBBS Batch 2020



Sneha Jhanwar
MBBS Batch 2020



Shivraj Singh
MBBS Batch 2020



Reena Meena
Nursing Batch 2020



Parminder Kaur
Nursing Batch 2020



Neeraj
Nursing Batch 2020



Madhubala Rohalania
MBBS Batch 2018



Laxman Lal Bochiya
MBBS Batch 2019



Jeel Modh
MBBS Batch 2017

Jeel Modh
MBBS Batch 2017



Choonaram Chaudhary
MBBS Batch 2016





Charu Vyas
Nursing Batch 2020



Ashwini Yadav
MBBS Batch 2019



Ashwini Yadav
MBBS Batch 2019



Aditya Kapoor
MBBS Batch 2020



Akshat Gupta
MBBS Batch 2020

A close-up photograph of a quill pen resting on a scroll of parchment. The quill is light-colored with a dark, pointed nib. The parchment is aged and textured, with a large circular hole cut out. The background is dark and out of focus, showing the edges of books. The entire image is framed by a thin, light-colored border.

*Literary
Section*

The Path

When our paths intertwined
My road became yours
And ever since then
Walking the path together
Has been a lesson for me
In love
In sacrifice
I know now how
It's possible to be heady
And lose oneself
Platitudes and cliches
Have come true
I can't be more in luck
Now that you're my companion
The ennui fades
As we both look down the path
Which was mine once
And ours now

Dr. Vijay Kumar Sarma Madduri
Assistant Professor
Department of Urology

PINK OR BLUE?

Sitting in a room full of laughter and joy
Suddenly I burst into tears and ran to cry
The guests asking this man 'which toys are you planning to
buy: blue or pink?'
A lady shouted "don't wish for a pink and celebrate with a drink!"
Colors signifying the gender didn't make sense
But the thoughts behind this were really intense
I was crying alone in an isolated corner
Are we still in a world where we'll mourn her?
These words sent shivers through my spine
But at that moment I realized it's time to
stand out in the crowd and shine
They will always try to pull and drag you down
But you have to focus on those who uplift you with a crown
From being the Olympic Champions to Heroes in Space
You have always proved your worth and kept by god's grace
Don't fear the stereotypes, instead run through them
You have the power to break the shackles and prove it to them.
When you turn out victorious, let them know that you love Black
You can't be defined by a color and you will always have god's back!

Dr. Tanvi Kaur Ahuja
MPH (Batch 2021)

OXYGEN HUNGER

Ever seen those pleading eyes with hunger for life!

Ever seen the confusion that hypoxia builds!

Ever seen a human being fighting for his basic needs!

Oxygen, water, carbs please, and nothing more

Why does it doom so late on us!

That we all behave the same on death beds.

Why do we keep so much grudge, hatred and malice!

At least now, brother, realise, you are

Neither a Muslim nor a Christian

And I am not a Hindu anymore

We all suffer from the same illness

We all suffer from the same hunger!!

Dr. Anjana Ramachandran

Junior Resident

Department of Anaesthesiology and Critical Care

चल चलें

अब ऐतबार है तो साथ चलें
बाकी सब पीछे छोड़ चलें
बड़े पथरीले रास्ते चुने हैं हमने
बीच में कुछ गुलाब लगाते चलें
हम यहाँ तक आये थे कैसे
अब जाएँ तो सपने साकार हो चलें
सफर है नया , मंजिल दिखती नहीं
तू साथ दे तो बेखबर हो चलें

Dr Vijay Kumar Sarma Madduri
Assistant Professor
Department of Urology

तुम चले आओगे

हैं अतीर्ण धरण ये सारा
पता है मुझे, घूमोगे बहुत
पर शमन होगा यही
कि तुम चले आओगे
तुम मेरे नितराम् – नेत्रोत्सव
तुम मेरे दिग्स्थ सदैव
मेरा घर ताकता है तुम्हें
अवश्य! तुम भले आओगे।
दिव्यपथ-सम बाहें मेरी
तुम्हारी अभिप्राप्ति को निहारती
कृतध्वंस ये काया मेरी
स्वयं को है सँवारती
धूप ने जलाया होगा तुम्हें
भय ने डराया होगा तुम्हें
वट है ये सघन, संतोषी
तुम तरुच्छाया तले आओगे
तुम चले आओगे।

काल ही तो है
निकल जाएगा, तुम धीर धरो
विज्ञत्व को आलिंगन करो
न चेतस् को अधीर करो
सम्हालो तूणीर को अपने
पार्थ अहो! पार्थ अहो!
क्षण-क्षण तुम आखेट करो
अपने स्वप्न पर मरो
कुंदन जैसे कूलित विराज
अतिरथ! गौरवमयी जले आओगे
यही स्वरूप है तुम्हारा
तुम चले आओगे।

अतीर्ण=endless, धरण=world, शमन=pacification, नितराम्=by all means, नेत्रोत्सव=eye candy, हृदिस्थ=being in the heart(beloved), दिग्स्थ=horizon, कृतध्वंस=injured, destroyed, तरुच्छाया=shade of a tree, विज्ञत्व=wisdom, आलिंगन=to embrace, चेतस्=consciousness, तूणीर= quiver, पार्थ= Arjun(A character from Vedic mythology), अहो= Ah! (implying joyful or painful surprise), आखेट= hunting, कुंदन=pure gold, कूलित= scorched, विराज्= warrior, अतिरथ= a saluted warrior

Dr. Raghvendra Singh Shekhawat

Associate Professor

Department of Forensic Medicine and Toxicology

“कुछ कम”

हर ज़िन्दगी में “कुछ कम” है
पर ये जो “कुछ कम” है
वाकई क्या इतना कम है
या लगता ही “कुछ कम” है

हम मानते “कुछ कम” ही ज़िन्दगी को बजाता है
फटे हाल कर रुला रुला कर ये नचाता है
पर यह “कुछ कम” ही तो औरों से थोड़ा जुदा बनाता है
एक नए रंग में तुम्हारी मेरी अदा को सजाता है

“कुछ कम” इतना बुरा नहीं,
ये भी अच्छा ही है
समझे जो ना इसे
थोड़ा अकल का कच्चा ही है
क्यूं ना “कुछ कम” को इत्मीनान से समझा जाए
कि तुम्हारा “कुछ कम” मैं बांट लूं
और मेरा “कुछ कम” तुम बांट लो
तो लगेगा कि “कुछ कम” दुश्मन नहीं दोस्त ही है

“कुछ कम” हराता है
जब कोई अपने “कुछ कम” से घबराता है
जो कोई “कुछ कम” को सच मान ले
वो आगे जीतता ही चला जाता है

जानते हैं यह सब ,
फिर भी ना जाने क्यूं कहते हैं?
इस ज़िन्दगी में “कुछ कम” है
और ये जो “कुछ कम” है
यही सबसे बड़ा गम है

Kanupriya Joshi
MPH Batch 2021

Red Jacket

Was again traveling the same street,
Hiding in the dissonance of passerby, my shoes squeak.
With the earphones stuffed in either ear,
Nothing playing, just overthinking, a pseudo-seer
Do not hold enough vigor, for returning,
Smiles, greetings, stares, small talks, random bickering.
Oh! Something passed from the corner of my eye,
What if it was someone, not something, my soul decry collected enough spirit,
from the pockets of loose pants,
I turned, he stared back, like freshly painted Rembrandts.
You swept me off my feet, I must indemnify,
I want you, can't have you, Oh! the same lullaby.
Gently hugging the mannequin, to the knees surcease,
I imagine, how you'd look on me, suede jacket in cerise. Oh! The places I wanna
take you to, the things we would do, fits perfect, in the mirror, your life, I
construe. With deep crimson on my lips your perfect soulmate. You're subtle in
your ways, nothing ornate.
Safe in the closet, will get you out one day,
Walking with you needs courage, Oh! The muse to my inner Monet
Can't get you begrimed, covering my soul unpredictable,
Could you please wait for me, just stay, till I get my mind in place.
For when you move with my walk with the rhythms of conquest, It would finally
be 'ME', who I would have impressed.
Until then just pray for my return, in this closet,
With my heeled leather boots, my suede red jacket.

Himanshi Bhati
MBBS Batch 2017

STEP

“One step at a time” It is what people say
Same people who judge you when you try and raise your feet
Same people who say it is okay to fall
Same people who say it is okay to fail
Same people who say efforts matter more than victory
The Same people who then value victory simultaneously not caring about the
trajectory
Same people who say "It is just people and they just say"
It is an ironical shame but it is what it is
While the real maniacal shame hides inside you
That shame, that excuse is called "Perfection"
Being fed by this hypocrisy of the society
Being fed up by these critics of the society
This thought grows and engulfs us
Distracting ourselves away from the necessary "Improvement" and towards the
'near-sighted Imperfect Perfection'
This Perfection is nothing but an excuse we keep telling ourselves
An illusion to save us from the senseless critics we were always scared off
An illusion to prevent us from 'starting' instead mindlessly making us avert until
it is achieved
Perfection is a veil under which lies the snoring Procrastination
Dozing off every single time you try to come out of this veil
You fall in what is an endless well where you hang both as the 'bucket' and the
'rope' itself
Hung in nothing but never-ending swinging darkness along a thin strand called
the "will"

But it is you who has to wake up
To choose between the falling bucket or the rising rope
And start climbing towards that tiny dull light well known to us "Hope" at the
end, at the top

Everybody who is out of the well is screaming
But it is you who has to decide to listen to the right ones

The ones motivating you to take that first step
To make that first climb

To wake you up even before the alarm ticks off
To strip that veil off

And bask your victorious face in the soothing sun
With sunscreen of politeness

Obviously to not let yourself burn from the heat of narcissism that comes along
You might not achieve that Perfection but you will soon realise you never had to
Sometimes bliss of self-improvement, self-importance and self-gratification is
what gets us going

Rather than great almighty Perfection

But to feel that breeze gushing on your cheeks

You have to take that first step

"You" have to, step over those iron bars of irony

You have "TO"

We Doctors are Human beings & Don't descend from clouds

Still remember that misty day, when participated in fancy dress

Brought a steth and a big white coat, "DOCTOR" you correctly guessed!

Days past and went fast, and then came at last

The day when I got what I dreamt, my mindful humble cast.

The first day in medical school, precursor of my future. Knowledge grew and so grew mind. Stitches were no more Suture!

But what made me leap so vast? A journey where learning never lasts.

Blessings, humble love and respect, "Nobility" as you could rightly suspect!

But alas! Since time past I developed a fear, reason behind which lies in incidents of past years.

Violence against doctors is soaring every year. Their condition, their fate fills my eyes with tears.

You lynch us, beat us, strangle us hard. You chase us, you threaten us, stories are vast.

If the patient survives, incarnation of God. But if he succumbs then attacks by the mobs.

Human body is intricate, full of twist and turn.

We can barely tame it with experiences we earn.

Dispose off this hypocrisy! Keep it clear and loud.

We doctors are human being and don't descend from clouds.

Anirudh Batra
MBBS Batch 2020

ECLIPSE

People compare their love to the sun
The soaked up, saturated spilling rivers of light
The brightness and life that cheers everyone
The warmth that seeps through making everything right.

People compare their love to the moon
A guiding light in the sea of ignorance
Between the sadness and despair, it's like a boon
Some wise words within nonsense.

People compare their love to the stars
Flickering lights bringing beauty to anything
Seemingly conveying a message that people decipher for hours
Mysterious sparks that'll just keep blinking

Personally, I compare my love to a Lunar Eclipse
A dark, dark night
Black magic on your fingertips
Onyx shades of a rising twilight

The crimson blaze of the sun may seem pleasant but can be blinding
The moon's bright light just a reflection
The shimmering stars unattainable and baffling
All pretty superficial and common
"But what's in the darkness?", you ask
In a year it comes like once or twice
It hides the truth, a treacherous mask
A world of lies

But after all the darkness is itself the reality
The universe is completely filled with darkness
And it's not bad, it doesn't show any cruelty

**It's something that one needs to harness
It's a warm comforting blanket
After a tough weary day of work and bustle
It's something you don't need to covet
It's universal and unconditional
Though not omnipresent
It's effect is the provision of blissful peace
Maybe just for a fleeting moment
But with a lasting impact, one that'll only increase
While everything brings light to all the worldly flaws
In the darkness, they can do no harm
Protection from the world's ruthless claws
Only relying on the soul's true charm
So to the darkness it is that I compare
My love; a promise that ends hardships
Honest, subtle, calm and bare
My love, that's like a lunar eclipse**


Srishti Srinath
MBBS Batch 2020

माँ

सबके मन का पूरा करके खुद का मन बहलाती माँ,
घर आंगन में अंदर - बाहर अनुराग ज्योति जलाती माँ,
अपने सुख - दुख को खूटी पर टांगने वाली होती माँ,
चूल्हे की जलती रोटी सी तेज आँच में जलती माँ,

भूख प्यास पर प्राण न्योछावर करने वाली होती माँ,
हर रोटी के कौरों का जो मोल बता दे वो है माँ,
खुद हर व्रत को रख कर भी जो हमें खिलाए वो है माँ,
दुख हमारे लेकरके जो खुश होजावे वो है माँ,

अंखियन के काजल में जो प्यार पिरोवे वो है माँ,
मार पीट के पल्लू से जो आंखे पोंछे वो है माँ,
हर जख्म , हर एक चोट पर वारी - वारी जाए माँ,
सारी रातें जग कर भी जो हमें सुलावे वो है माँ ।



Abhinav Awasthi
MBBS Batch 2019

ज़िंदगी

कभी तानों में कटेगी, कभी तारीफों में;
ये ज़िंदगी है यारों, पल पल घटेगी !!

पाने को कुछ नहीं, ले जाने को कुछ नहीं;
फिर भी क्यों चिंता करते हो,
इससे सिर्फ खूबसूरती घटेगी,
ये ज़िंदगी है यारों पल-पल घटेगी !!

बार बार रफू करता रहता हूँ, ...ज़िन्दगी की जेब !!
कम्बखत फिर भी, निकल जाते हैं..., खुशियों के कुछ लम्हें !!

ज़िन्दगी में सारा झगड़ा ही... खूवाहिशों का है !!
ना तो किसी को गम चाहिए, ना ही किसी को कम चाहिए !!

खटखटाते रहिए दरवाजा..., एक दूसरे के मन का;
मुलाकातें ना सही, आहटें आती रहनी चाहिए !!

उड़ जाएंगे एक दिन..., तस्वीर से रंगों की तरह !
हम वक़्त की टहनी पर..., बेठे हैं परिंदों की तरह !!

बोली बता देती है, इंसान कैसा है! बहस बता देती है, ज्ञान कैसा है!
घमण्ड बता देता है, कितना पैसा है ! संस्कार बता देते हैं, परिवार कैसा है !!

ना राज़ है... "ज़िन्दगी", ना नाराज़ है... "ज़िन्दगी";
बस जो है, वो आज है, ज़िन्दगी!

जीवन की किताबों पर, बेशक नया कवर चढ़ाइये;
पर... बिखरे पन्नों को, पहले प्यार से चिपकाइये !!!

Choona Ram Choudhary
MBBS Batch 2016

दोस्ती

उदास चेहरे की मुस्कान है दोस्ती,
सुलगती ज़मीन का बारिश की बूंदों को पैग़ाम है
दोस्ती,
और मोहब्बत में कर-गुज़रने की बातें करने वालों
नाक़ाम इश्क़ का ज़ाम है दोस्ती३..!

गाने नहीं सुनता हूँ मैं अब,
शायरी लिखना भी छोड़ दिया है मैंने,
जिन राहों की मंज़िल तुम हो,
उन राहों पर चलना छोड़ दिया है मैंने....!



Jitendra Tahlani
MBBS Batch 2020

जान या शान

जिन लोगों ने ठुकराया मुझे, क्या मैं उनके लिए काम करू।(?)
अपनी जान चुनूं या शान चुनूं या इन हालातों में डटां रहू।(?)

भगवान का दर्जा देकर मुझे क्युं शैतानों की तरह जलील किया
जान बचाने वाले को ही तुमने कातिल-ए-करार दिया,
या कहता हूँ कि हाथ जोड़ने वालो ने ही क्यु पीठ पीछे प्रहार किया।)

इंसाफ क्या तुम्हें मिलेगा, मेरा कोई इंसाफ नहीं।(?)
मेरा कोई परिवार नहीं या मेरा कोई वजूद नहीं।(?)

अंगार भरी है मुझमें भी पर बरसा मैं नहीं सकता,
इससे तकलीफ तो मेरे अपनों को होगी और ये काम मैं कर नहीं सकता।)

मारना मेरे हाथों में नहीं हां जान बचा सकता हूँ, पर जिसकी आयु जितनी
होगी उसको मैं बदल नहीं सकता।

अब सोच में हूँ फिर से कि जिन लोगों ने ठुकराया मुझे क्या मैं उनके लिए
काम करू।

अपनी जान चुनूं या शान चुनूं या इन हालातों में डटां रहू

Kavita Meena
MBBS Batch 2019

जिन्दगी की हार

यूँ ही तो ना तूने मौत को गले से लगाया होगा,
कुछ तो होगा जिसने तेरी रुह को सताया होगा।
भीख तो जरूर तूने भी लोगो से साथ की मांगी होगी,
इतनी आसानी से थोड़े ना तूने इस जिंदगी से हार मानी होगी।
वो तेरा अपनी ही मौत का इंतेज़ाम करना कितना मुश्किल रहा होगा,
हर गुजरते लम्हे के साथ तेरे दिल का दर्द गहरा हुआ होगा।
फिर देखते ही देखते वो घड़ी आ गयी होगी,
जब तेरी हिम्मत दो गज़ रस्सी के आगे हार गयी होगी।
माना गलती है सबकी, जो तुझे समझा न होगा।
पर तूने ये कदम उठाने से पहले, मा बाबा के बारे में सोचा ना होगा।
हाँ माना की ये दुनिया तुझे साँप की तरह डस रही होगी,
पर शायद तूने सोचा ना होगा की तेरे जाने के बाद,
तेरी मोहब्बत किसी कोने में फूट-फूट कर रो रही होगी।
जिंदगी का सफर बेशक इतना आसान नहीं था,
पर तेरा यूँ हार मान जाना तेरी कलाई पर बँधी
राखी का हिसाब नहीं था!!

में जाना चाहता हूँ

में जाना चाहता हूँ.....

में एक सफ़र पर जाने की इच्छा रखता हूँ
एक ऐसा सफ़र जो मुझे अपने पंखों से उड़ने दे
एक ऐसा सफ़र जो मुझे अपने साथ जीने दे
और सफ़र शुरू होता है..

में जाना चाहता हूँ.....

अपने जलते हुए दिल के अंदर
अपने विचारशील मन के अंदर
पता लगाने के लिए जाना चाहता हूँ
कि मैं कहाँ जाना चाहता हूँ और सफ़र शुरू होता है ...

में जाना चाहता हूँ.....

दुनिया की सीमाओं के बाहर
स्वयं निर्मित रेखा के बाहर
यह जानने के लिए जाना चाहता हूँ
कि मुझे क्या जानना है, और सफ़र शुरू होता है ...

में जाना चाहता हूँ.....

पर शुरुआत का पता नहीं,
अंतिम मंजिल का पता नहीं,
बस खूबसूरत रास्ते का आनंद लेने जाना चाहता हूँ
और सफ़र शुरू होता है३

Laxman Lal Bochiya
MBBS Batch 2019

नहीं तू।।

मेरे अशकों को भूला दे वो शख्स नहीं तू।
तुझे हर पल प्यार दूं वो आशिक नहीं तू।।

मेरे लफ्जों को आवाज दे वो शायर नहीं तू।
तुझे हर दर्द बता दूं वो मरहम नहीं तू।।

मेरे ख्वाबों को किनारा दे वो नवाब नहीं तू।
तुझे हर तन्हाई कह दूं वो यार नहीं तू।।

मेरे जज्बातों को सहारा दे वो रूह नहीं तू।
तुझे हर कला बता दूं वो कलाकार नहीं तू।।

मेरे हौसलों को सलाम दे वो सयाना नहीं तू।
तुझे हर सपना बता दूं वो अपना नहीं तू।।

गलती

उसकी क्या गलती
उसे तो पैदा होने से पहले ही मार दिया जाता है
अगर वो इस दुनिया में आ भी जाए, तो उसे सुनाया जाता है
लड़की हो, लड़को से बात मत करो
लड़की हो, मुस्कुराओ मत
लड़की हो, आंखें नीचे रखो
आखिर क्यों, आखिर क्यों? वह भी तो इंसान है...

उसकी क्या गलती ?
उसे भी तो अपने पंख खोलने हैं, उसे भी उड़ना है...
उसके भी सपने हैं, उसकी भी इच्छाएं हैं
हर सपने को तोड़ दिया जाता है
हर इच्छा को मार दिया जाता है
क्योंकि, तुम लड़की हो, तुम लड़की हो

उसकी क्या गलती ?
उसे भी खेलना है, उसे भी दौड़ना है
यह खेल-कूद लड़कियों को शोभा नहीं देते
इतना कह के भगा दिया जाता है
आखिर तुम लड़की हो, लड़कियों की तरह रहो

बचपन में पिता से डरकर जीना पड़ता है,
शादी के बाद पति से सुनना पड़ता है,
पढ़ी - लिखी नहीं हो, नौकरी नहीं करती
तुम्हें आता ही क्या है, तुम्हें आता ही क्या है

शायद यही उसका जीवन है
और यही उसके जीने का तरीका
फिर भी वह जीना चाहती है
फिर भी वह खुश है

Charu Vyas
Nursing Batch 2020

चलते चले हम

सांशों की कश्ती लिए
इमोशंस की दरिया में,
चले हम
बस बहते चले हम
चलते चले हम

ना मिला किनारा
ना मिली मंज़िल
भावनाओ के समंदर की तरफ
बस बहते चले हम
चलते चले हम

जिंदगी के हसीन लम्हों को
जीते चले हम
बस बहते चले हम
चलते चले हम

चांद की चांदनी, सितारों की
महफिल में गाते चले हम
बस बहते चले हम
चलते चले हम



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