

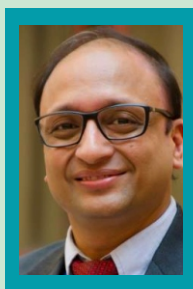
ROHIDA

THE COMMUNIQUE

VOLUME 9 / ISSUE 1



**All India Institute of Medical Sciences
Jodhpur**



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Students' Representatives	:	Anjali Devi, Abhinav Awasthi, Srishti Srinath, Kunal Agrawal

Director's Message...



Dear Readers,

Another year has passed by and yet it seems like only yesterday that AIIMS Jodhpur saw the light of day. A decade has flown by since the institute was founded and here we are with another issue of “Rohida” celebrating these glorious ten years.

Over the past decade, the AIIMSJ family has grown steadily as has its glory as a leading tertiary healthcare and teaching institute. Cementing its position among the top-ranking medical institutes of the country year after year, AIIMS Jodhpur continues to strive to set new standards in clinical care, infrastructure, academics, research and innovation and community service.

Recovering promptly from the COVID-19 pandemic and the Mucormycosis epidemic, the hospital sprang back to its feet in no time. The dedicated health care workers continued with excellent patient care while learning new lessons from the last two years' intense hard work. Heartfelt notes of appreciation from the patients and their families are the most considerable testimony to our resolve to serve, as well as our greatest reward, serving inspiration to the residents training under our care.

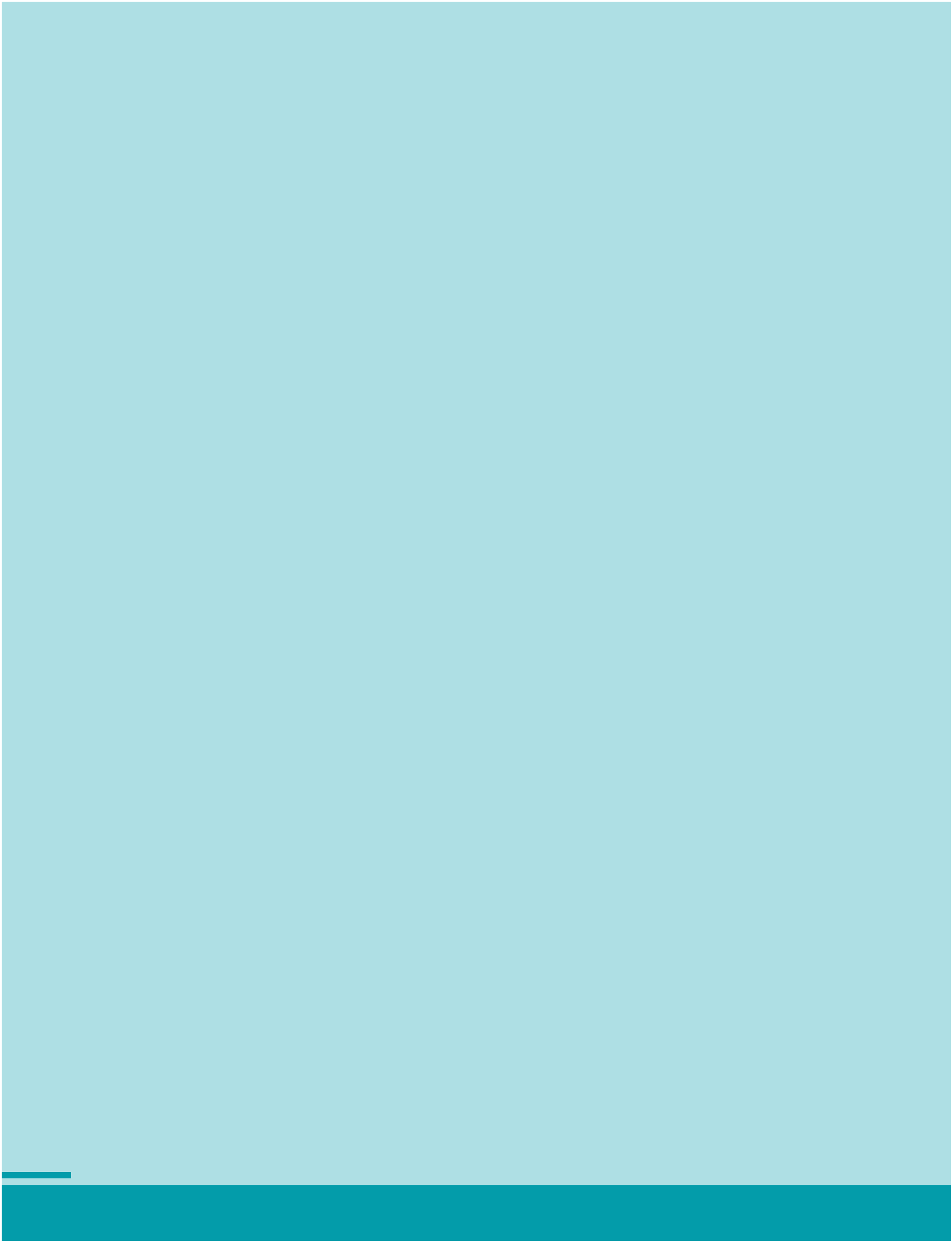
The completion of the first decade of existence of AIIMS Jodhpur has seen many firsts. AIIMS and IIT Jodhpur, two premier institutes in their respective fields, joined hands to start a new venture – the Masters in Medical Technology and dual degree course – a first of its kind in the country. The first joint patent of the two institutes was granted recently, paving the way for many more such achievements in the field of medical innovation to follow. It has been our priority to instill in the young minds an enthusiasm towards innovation, to encourage the development of indigenous healthcare products and equipment, as is the need of the hour.

With more and more residents and faculty members bringing accolades to the institute at the national and international level, we are taking all requisite steps to strengthen our infrastructure to cater to their overall growth – be it their physical and mental health, academic training or honing their athletic, literary and artistic skills. A state-of-the-art sports complex is being erected on the campus with facilities for indoor as well as outdoor sports as an example thereof. Our aim is not only to raise a generation of dedicated healthcare professionals, but also to ensure their wholesome all-rounded development, preparing them to face the challenges in life.

Looking forward to many more milestones and firsts,
Wishing you a very Happy Reading!

A handwritten signature in blue ink, which appears to read "Sanjeev Misra". The signature is fluid and cursive, with a long horizontal stroke at the end.

Dr. Sanjeev Misra
Director & CEO, AIIMS Jodhpur



Editor's Message



Dear Readers,

Last time we “talked”, we were in the midst of the pandemic with phenomenal loss of life and suffering that was bestowed upon the population due to COVID 19. We also talked about the resilience of the human race and how it takes adversities in its stride and moves forward. Fast forwarding by a year, we see that the pandemic is on a decline. Masks are down and people have started shaking hands. The life blood of human existence, the interpersonal contact, has started flowing again and the world is cautiously optimistic that the worst is behind us.

Our hospital and Institute have also been making steady progress and have been steadily improving in rankings. Constant improvements are also being made in teaching methodologies and patient care and new courses are also being started. I have no doubt that under inspired leadership and constant endeavors of all the members of the AIIMS Family, we will continue to be a shining star in medical education, research and patient care in the country.

Rohida, our institutional magazine, has also been a welcome distraction from the hard cold science and lets our readers explore the creative side. It also unofficially documents the progress the institute and allows us to take a break and revel in the creative side of the glorious family we have been blessed to be a part of. I thank the Rohida team for the immense effort in bringing out the magazine .

I hope this issue of Rohida brings pleasure and a few moments of pause from our busy lives.

A handwritten signature in blue ink, appearing to read 'Arvind Sinha', with a stylized flourish at the end.

Regards
Dr. Arvind Sinha
Chief Editor



DEPARTMENT OF CARDIOLOGY

TRAINING OF MEDICAL OFFICERS (ICMR STEMI-ACT)

The Department of Cardiology has organized a training session for Medical Officers of various CHCs under CMHO Jodhpur on 12th March 2022 at AIIMS Jodhpur. The training was conducted under the project ICMR STEMI-ACT. The workshop was inaugurated by Prof Sanjeev Misra, Director & CEO, AIIMS Jodhpur and chaired by Prof Kuldeep Singh, Dean Academics, AIIMS Jodhpur. The session was supervised by Prof Ramakrishna, AIIMS New Delhi, Dr Meenakshi Sharma, Scientist G, ICMR and Dr Balwant Manda, CMHO, Jodhpur. Medical officers have been trained for the management of Acute Coronary Syndrome specially STEMI at CHC level. Early use of thrombolytic agents specially bolus thrombolytics was emphasized.

Another session on the same day was conducted for MedTech students by Co-founder of Dozee healthcare Mr Mudit Dandwate on start-ups and non-contact ballistocardiography.



Dr. Surender Deora
Additional Professor and Head
Department of Cardiology

DEPARTMENT OF MICROBIOLOGY

Despite the reeling impact of COVID-19 & Mucormycosis, the Department of Microbiology bloomed like a lotus in 2021-2022.

Antimicrobial resistance (AMR), in current day scenario, as reported by CDC, is one of the world's most urgent public health problem. Bacteria and fungi do not have to be resistant to every antibiotic to be dangerous.

Resistance to even one antibiotic can mean serious problems. Keeping in mind this issue the Department of Microbiology in collaboration with AIIMS New Delhi & CDC organized a 2-day hands on Workshop on AMR Data Management for evaluating early warning signals of Hospital acquired infections outbreak using WHONET 2021 on 10 -11th March, 2022. Dr. Valan A. Siromany, CDC India Country office provided the delegates with an extensive hands-on training about the importance & usage of Antibigram. The workshop was attended by the faculty of SNMC, Jodhpur, GMC, Pali & Geetanjali Medical College, Udaipur who provided great positive feedback for this workshop.





1. Inaugural session of WHONET Workshop, AIIMS Jodhpur



2. Participants and Organisers during WHONET Workshop, AIIMS Jodhpur



3. AIIMS Jodhpur – NHSN UK Infectious diseases ‘ID Meets’ (Online)



4. WHONET workshop Welcome address by Director, AIIMS Jodhpur

Department of Microbiology in association with NHSN UK also organized three online ‘ID Meets’ for Postgraduates and DM Infectious Diseases students during July – August 2021.

Keeping up with the current advances & timely effective diagnosis of Diseases, the Department of Microbiology equipped itself with the state of art of equipments including MALDI-TOF (Matrix Assisted Laser Desorption Ionization Time-Of-Flight) having the ability to detect bacteria/fungi within a matter of minutes.

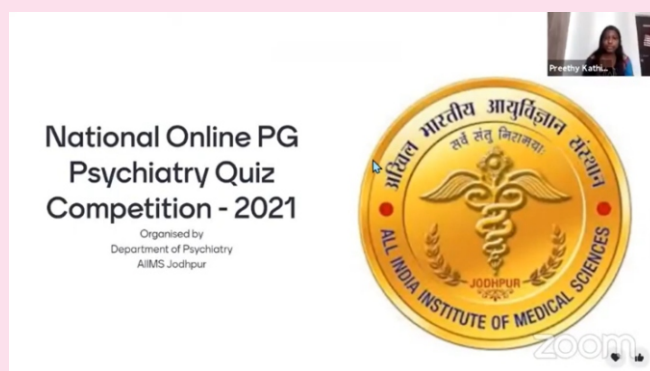
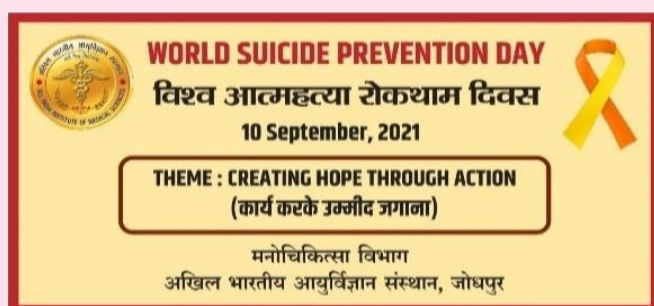
The department with the guidance of our director also equipped itself with Cartridge-based Nucleic Acid Amplification Test (CBNAAT) with potential to diagnose Tuberculosis infection and rifampicin resistance within a 2-hour time period.

Dr. Vijaya Lakshmi Nag
Professor and Head
Department of Microbiology

DEPARTMENT OF PSYCHIATRY**Achievements/Contribution in year 2021-22**

1. Academic achievements: In its endeavor to excel at research in psychiatry, the Department of Psychiatry engaged in quality research. Our faculty authored/co-authored more than 44 Research Papers in various national and international journals of repute and around 15 Book Chapters. First edition of manual “Well-being Essentials for College Students” edited by Dr.Naresh Nebhinani, Dr Tanu Gupta and Dr. Mukesh Kumar Swami, was launched. Dr. Anish Shouan bagged reputed “Early Career Fellowship Award”. Our faculty have participated in several academic forums conferences, workshops and discussions and delivered guest lectures.
2. Organization of seminars & other academic activities: In the year 2021-2022, Seminar on Drug Abuse in College Students and addressing psychosocial issues in school children for teachers were organized. National online PG Psychiatry Quiz competition and UG Psychiatry Quiz competition for AIIMS students were organized. A Guest Lecture for Psychiatry department and MSc Nursing students on 'Suicide Prevention' by Dr. Koushik Sinha Deb, AIIMS, New Delhi was organized virtually on 10th September 2021.
3. Organization of CME and Workshops: National online CME on 'Wellbeing Essentials for Youth under aegis of Indian Association for Social Psychiatry was conducted on 23rd October, 2021. Workshop for Medical Officers on Management of Substance Use Disorders was organized on the inaugural day of the Mental Health Week in which around 26 Medical Officers working in the periphery of Jodhpur participated. Various other skill building workshops were organized for Post graduate students at the department level.
4. Observation of Mental Health Week : Department of Psychiatry celebrated World Mental Health Week from 4th to 10th October, 2021 with the theme of 'Mental Health in an Unequal World.' Mental health concerns related to different sections of the society were discussed. Different workshops, seminars were organized during mental health week. Quiz competitions and other academic activities for the post graduate and undergraduate students at AIIMS, Jodhpur.
5. Awareness activities: Observed different days related to mental health to raise awareness of mental health problems in public.
 - Observed World No Tobacco Day on 31/5/2021.
 - Observed International Day Against Drug Abuse & Illicit Trafficking (26th June, 2021) Seminar on Drug Abuse in College Students and Awareness video.
 - Observed World Suicide Prevention Day on 10/09/2021- A brief video presentation on suicide prevention was displayed in OPD area and informative pamphlets and banners were prepared related to suicide prevention.

- Observed World Alzheimer's Day on 21/09/2021
- Online Seminar on 'Addressing Psychosocial issues among School Children' for school teachers on 10/10/2021
- 6. OCD Awareness Week OCD awareness presentation displayed in OPD hall. Awareness video uploaded on You-tube for the awareness of general public. (11/10/21 to 17/10/21)
- 7. ADHD awareness presentation displayed in OPD hall (October 2021)
- 8. On International day of Person with Disability a seminar on 'Managing Problem Behaviors and Special Needs of Differently Abled Children 'for special education teachers and counselors at Navjyoti Manovikas Kendra (3/12/21).
- 9. Observed World Bipolar Day on 30th March, 2022- organized community awareness activities in collaboration with College of Nursing.
- 10. Delivered 10 Radio Talks and 1 TV Talk on various themes of Special days for mental health awareness



Dr. Naresh Nebhinani
Additional Professor & Head
Department of Psychiatry

DEPARTMENT OF BIOCHEMISTRY**Workshop/ Conference organized****North Zone ACBICON 2021**

The Department has successfully Organized North Zone ACBICON 2021, which was virtually held in AIIMS Jodhpur under the aegis of Rajasthan Society for Association of Clinical Biochemists India from 16th to 18th April 2021 based on the theme “Emerging Trends in Laboratory Medicine.” More than 350 delegates attended the conference. This conference has given an excellent opportunity to interact with various emerging trends in biochemistry, laboratory medicine, molecular biology, and other allied fields, including recent advances in lab medicine, molecular basis of diagnostics, management and quality lab practice, and environmental biochemistry.

Hands-on Workshop on Molecular Techniques

The Department has successfully organized a workshop on Molecular Techniques from 16th to 18th April 2021, attended by 25 delegates. This workshop imparted hands-on skills in molecular biology, which will stimulate research and significantly impact progress in all the areas of biological sciences.

Leadcon 2021: Lead, Environment & Health

The Department successfully organized Leadcon 2021: Lead Environment & Health Virtual Conference under the aegis of NRCLPI, InSLAR& AIIMS Jodhpur from 29th to 30th Oct. 2021. More than 80 delegates attended the conference. Many eminent speakers from different countries participated in the event and shared their views on how to save the environment and health from Lead. The event was organized during the international lead prevention week. Dr. Mary Jean Brown from, Prof. Howard Mielke, Mr. Andrew McCartor, Dr. Gordon Blinkhorst and Ms. Emily Nash from USA, Dr. Mahfuzar Rahman from Bangladesh, . Natalia Pawlas from Poland, Prof. Amalia Lobarde from Uruguay, Prof. Venkatesh Thuppil from India.

Hands on Workshop on Flow Cytometry

The Department successfully organized a hands-on workshop on Flow Cytometry from 28th-30th March 2022. The workshop was attended by 23 delegates from different parts of the country. This workshop brought together experts at a platform where delegates learned expertise on hands-on training in Cancer stem cell assay, immune-phenotyping and Data Analysis by flow cytometry.

Dr. Mithu Banerjee
Additional Professor and Head
Department of Biochemistry

DEPARTMENT OF COMMUNITY MEDICINE & FAMILY MEDICINE

Academic Activities Organised By The Department

1. Organised Second Annual National Conference of Epidemiology Foundation of India (EFICON 2021), from 28th to 30th October 2021, with the theme of “Transforming Global Health by Integrating Medical, Social and Behavioural Interventions.”
2. Guest lectures organised:

I. Prof Jugal Kishore

Head of Department, Community Medicine, Safdarjung Hospital, Delhi

Date : 13th March 2022

Topic: Emerging and Established Career Pathways in Community Medicine



II. Dr Indranil Saha

Scientist E (Medical), ICMR-Centre for Ageing and Mental Health. Kolkata

Topic: Art of writing research paper

III. Prof Madhumita Dobe

Director Professor Public Health at All India Institute of Hygiene & Public Health (AIIPH) Kolkata, West Bengal, India

Date: 12th & 13th March, 2022

Topic: Qualitative Research Methods



3. Organised ICMR MERA India Training Programme, for Principal Investigators and Research staff of Multi Centric Project on Community Behavior related to Malaria from 22nd & 23rd March, 2022



4. Organised virtual consultation meet on maternal death surveillance and review in India for Public health experts and academicians on 28th and 29th March 2022

Achievements by Academic Residents:

1. **Dr Aswathy S R & Dr. Harimadhav Viswanathan**

Junior Resident (Academic)

Winner - National PG Quiz winners in 49th Annual National Conference of IAPSM and 23rd JOINT IAPSM & IPHA Conference, Maharashtra Chapter 2022

2. Dr. Tanya Singh

Junior Resident (Academic)

Runner up - IAPSM National level Slogan Writing Competition in 49th Annual National Conference of IAPSM and 23rd Joint IAPSM & IPHA Conference, Maharashtra Chapter 2022

Slogan - “Here to care, care to hear”

3. Dr. Sridevi G and Dr Bharat Vaishnav

Junior Resident (Academic)

2nd Rank in National IAPSM Quiz on TB (Preliminary Round) - 17th March 2022

Achievements by faculty members:

1. Dr. Prasanna T

Associate Professor

Selected for India Health Policy & Systems Research Fellowship

2. Dr. Neeti Rustagi

Additional Professor

Convener Journal Club Competition for Budding Professionals

<https://iapsmconnagpur2022.com/quiz.html>

3. Dr. Pankaj Bhardwaj

Additional Professor

Selected as Chief Editor, Indian Journal of Community Medicine (IJCM)

<https://www.ijcm.org.in/editorialboard.asp>

4. Dr. Pankaja Raghav

Professor & Head

1. As Chairperson of IAPSM's Menstrual Health and Hygiene Committee prepared the Advisory on Menstrual Health & Hygiene Management which was released during the Inauguration of the 49th Annual National Conference of IAPSM 2022

http://iapsm.org/pdf/publication/IAPSM%20Advisory%20on%20Menstrual%20Health%20and%20Hygiene%20Management_13_April-2022.pdf



2. Contributed in Organising Nationwide Dr. Deoki Nandan Memorial Public Health Quiz for Postgraduate students
3. Recognised by ICMR as one of the female scientists and researchers in India on Women's Equality Day 2021

Dr. Pankaja Raghav
Professor and Head
Department of Community Medicine and family Medicine

DEPARTMENT OF PHARMACOLOGY**Departmental achievements, conferences,
new services added etc. for the year 2021-2022**

Workshops/Conferences Organized: Department of Pharmacology, AIIMS Jodhpur in collaboration with Dr. Reddy's Laboratories, an Indian multinational pharmaceutical company conducted a FUNDAMENTALS OF GOOD CLINICAL PRACTICE (GCP), ONLINE WORKSHOP on 15th Jan 2022 at AIIMS Jodhpur.

This conference was attended by more than 100 participants from various disciplines. Eminent faculty including Dr. Y. K. Gupta, President AIIMS Bhopal & Jammu, Dr. Bikas Medhi, Prof. PGIMER, Chandigarh deliberated in the workshop.



Various activities related to Pharmacovigilance, CBME for undergraduates, poster making competition were conducted throughout the year.

National Pharmacovigilance week (17th-23rd September, 2021) was celebrated at the institute comprising multiple activities (Quizzes, Poster Competition, Awareness Video Competition, and Essay Competition). The winners of various competitions were awarded certificates and trophies by the Director, AIIMS Jodhpur.

Department of Pharmacology experiments with innovative teaching learning techniques to improve understanding among undergraduates. In continuation, a visit to Herbal Garden at AIIMS Jodhpur was conducted to inform undergraduates along with postgraduates about the ethnopharmacology.



1. Innovative teaching, learning technique exposing undergraduates to medicinal plants and briefing about plant extract preparation in our Herbal Garden, AIIMS Jodhpur.
2. A Drug Safety Sensitization Seminar was conducted for the Faculty & Residents of the Institute.

Dr. Sneha Ambwani
Professor and Head
Department of Pharmacology

DEPARTMENT OF OTORHINOLARYNGOLOGY**World Hearing Day 2022**

Every year, the 3rd of March is celebrated as the World Hearing Day. The World Health Organization declares a theme for each year and various government, educational, medical and social bodies conduct awareness activities pertaining to that theme with an aim of creating awareness amongst the masses and promote healthy and safe ear care practices.

This year the WHO had given the theme, 'To hear for life, listen with care', to draw attention to the fact that one in every two young adults suffers from noise induced hearing loss, which is irreversible but fortunately, preventable. Safe listening practices, such as, paying attention to the alert messages on your device when the volume exceeds the safe limit and not listening to volumes above 60%, staying away from loudspeakers during social and devotional gatherings, avoiding exposure to extremely loud sounds as in rock concerts or discotheques, using ear protection devices if working in a noisy environment and avoiding prolonged use of earphones - help in preventing noise induced damage caused to the hearing.

This year the Department of Otorhinolaryngology (ENT), All India Institute of Medical Sciences, Jodhpur organised poster and collage making and slogan writing competitions amongst school children of different schools in which around 100 students participated and displayed their artistic skills while creating awareness about safe listening practices.

The winners were felicitated at a Prize Distribution Ceremony held at AIIMS Jodhpur on 3rd March 2022.

In the same vein, the Department of ENT, AIIMS Jodhpur organised a street play in the OPD foyer wherein the message of avoiding exposure to loud sounds, safe listening practices while using personal listening devices such as mobile phones and the importance of using protective equipment was demonstrated in a relatable manner.

A radio talk was also given for public awareness about safe listening practices.



Dr. Amit Goyal
Professor & Head
Department of Otorhinolaryngology

DEPARTMENT OF OTORHINOLARYNGOLOGY**Implan 2021**

Every year 2nd October is celebrated in India as the birth anniversary of two of the founding fathers of our nation – Shri Mohan Das Karamchand Gandhi (fondly called 'Bapu' or Father of the Nation) and Shri Lal Bahadur Shastri (second Prime Minister of India). This year, the Department of Otorhinolaryngology celebrated this special day in a unique way with specially abled children. These children were either born with a hearing impairment or suffered from it in their infancy or early childhood rendering them unable to acquire speech and language skills. We invited the families of such children who had undergone cochlear implantation at our institute and are currently at different stages of language acquisition. Also, to encourage the parents of such children who are awaiting surgery, they were also included in the event to facilitate interaction between the families and children.

The program, 'Implan 21' was organized by the Department of Otorhinolaryngology in the Lecture Theatre at AIIMS Jodhpur in the morning hours of 2nd October 2021. The special guests were the children and their families, and the occasion was graced by our esteemed Director and Faculty members of various departments. Around 40 children attended the event with their parents and siblings and gave exceptional performances including poem recitation, folk dance, solo oration, candid conversations etc. The unique star attraction of the event was Divyashree, who co-hosted the event along with our resident doctors. She underwent bilateral cochlear implantation at our institute and with the tireless efforts and support of her parents, has turned into a confident, talented young girl who serves as a source of inspiration for all differently abled children.

After the heartwarming performances by the children, games such as 'Musical Chairs' were organized for the children and were wholeheartedly enjoyed by the participants and audience alike. An interactive session was conducted for the parents to resolve common problems faced by them in relation to implant usage. A motivational message was given by the parents of one of the cochlear implantees, sharing their struggles, fears and challenges, displaying the indomitable human spirit which is capable of overcoming all shortcomings and obstacles. Seeing these children laughing and dancing with their peers without a care in the world was a lesson to all of us that disability only lies in the mind, for nothing is unattainable with true grit and determination.

On such a positive note, the event was concluded by felicitating the children whose innocent smiles are still imprinted on our hearts.



Dr. Amit Goyal
Professor & Head
Department of Otorhinolaryngology

AURA 2022

When COVID-19 hit the globe, the grit of the entirety humanity was put to test. Dealing with life and death at the fore-front were the health care workers, toiling day and night, putting their last iota of effort into the revival of the diseased. While the last couple of years might have felt like a never-ending one, we did ultimately overcome the big threat, and it was time to uncover the blanket over coldest of the nights. The four day long festival of rejoice, passion, expression and friendship named –AURA 2022.

AURA 2022- The biggest Med Fest of Western India saw an amalgamation of colours and festivities, a carnival of artistry unparalleled, the four days of being the most carefree versions of ourselves. It celebrated the passion and talent in each one of us, and re-ignited the spirit of competence, camaraderie and sportsmanship. The Fest also featured scintillating performances by some of biggest stars of Indian literary and entertainment arena each night.

. With all its glory, AURA 2022 was no less than a colossal grandeur, a myriad of emotions, a celebration of our kinships & it re-ignited the fire in our hearts making us feel alive and exuberant with its memories etched forever in our hearts.

Dr. Jagriti Jha
MBBS 2017

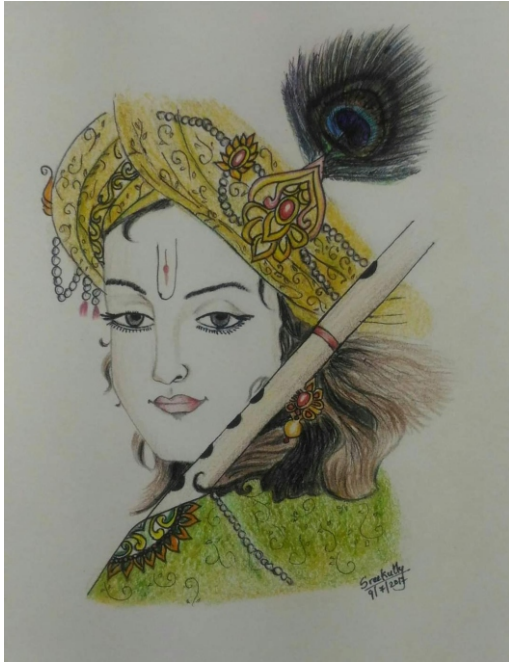






ART SECTION





Dr. Sreeparvathy H.
Junior Resident
Department of Physiology



Dr. Sarthak Gupta
Junior Resident
Department of Anatomy



Dr. Shailey Sonker
Junior Resident
Department of Diagnostic and Interventional Radiology



Dr. Sreeparvathy H.
Junior Resident
Department of Physiology



Dr. Divya Aggarwal
Assistant Professor
Department of Pathology



Irasanagappa Mudakavi
Faculty of Nursing



Dr. Anirudha Mathur
Senior Resident, Department of CTVS



Ashish Kumar Arya
MBBS-2017



Pooja Saini
Nursing-2019



Saurabh Meena
MBBS-2021



Krupal Panchal
MBBS-2021



Ashish Kumar Arya
MBBS-2017



Astha Tiwari
Nursing-2018



Tushar Khatik - MBBS-2021

ARTWORK SECTION - STUDENTS



Rudraksh Makwana
MBBS-2021



Pooja Jadhav
MBBS-2021



Pooja Saini
Nursing-2019



Astha Tiwari
Nursing-2018



PHOTOGRAPHY SECTION



Dr. Sarthak Gupta
Junior Resident
Department of Anatomy



Dr. Rinkle Sardana
Department of Dentistry



Dr. Rinkle Sardana
Department of Dentistry



Dr. Akarsh
Junior Resident
Department of Transfusion Medicine



Himanshu Vyas

Associate Professor
College of Nursing



Dr. Mohit Agarwal

Assistant Professor
Department of Neurosurgery

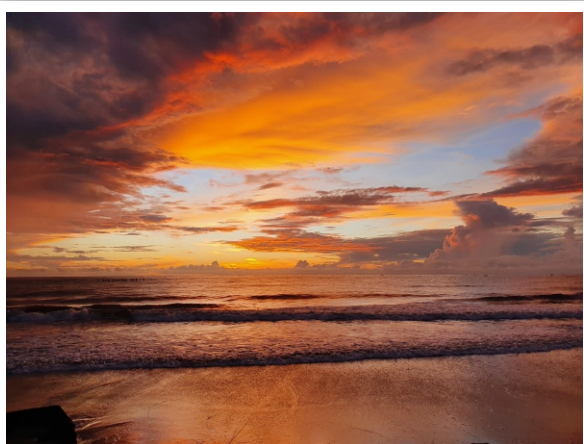


Himanshu Vyas
Associate Professor
College of Nursing

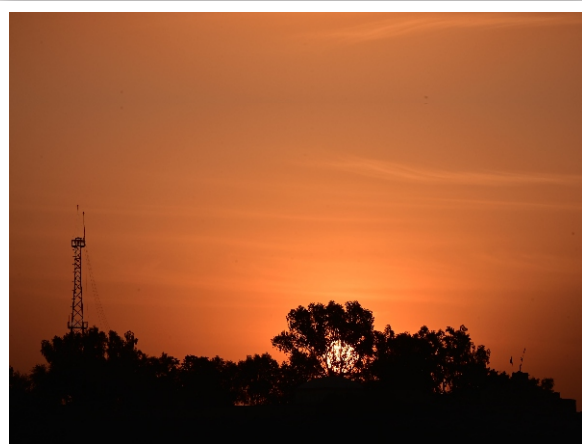


Dr. Amit Goyal

Professor & Head
Department of Otorhinolaryngology



Dr. Vidhi Jain
Assistant Professor
Department of Microbiology



Dr. Amit Goyal
Professor & Head
Department of Otorhinolaryngology



Dr. Akarsh
Junior Resident
Department of Transfusion Medicine



Neil Nachiket
MBBS 2021



Pooja Saini
Nursing 2019



Aayushi Jangid
Nursing 2019



Kunal Agrawal
MBBS 2020



Pooja Saini
Nursing 2019



Jeel Modh
MBBS 2017

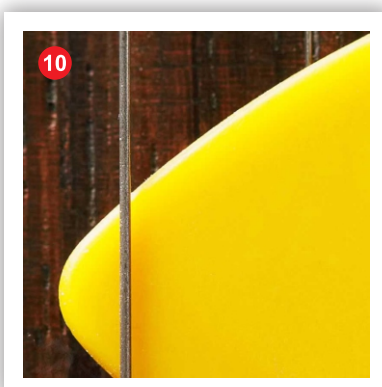
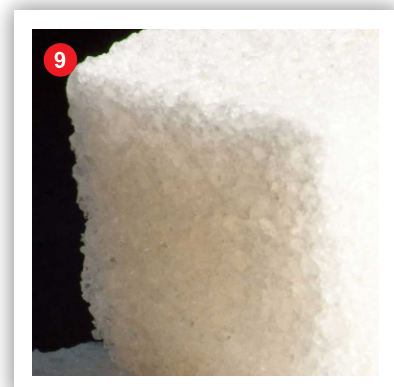
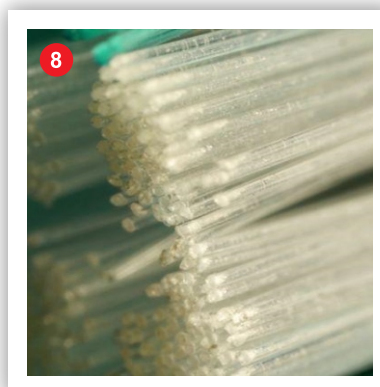
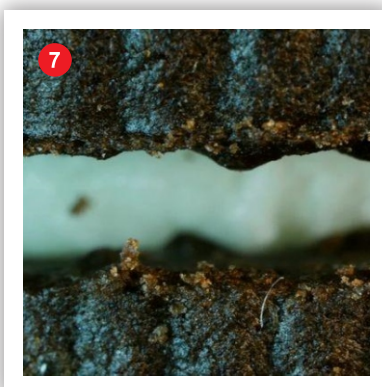
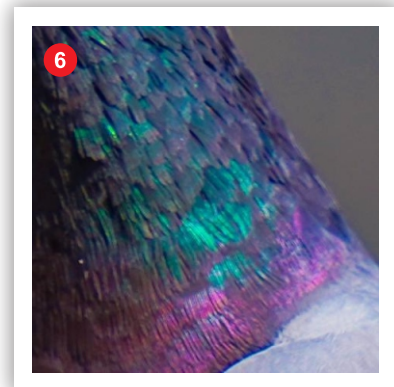
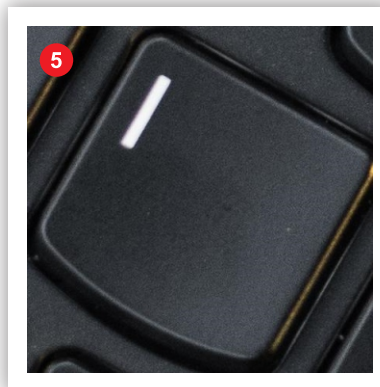
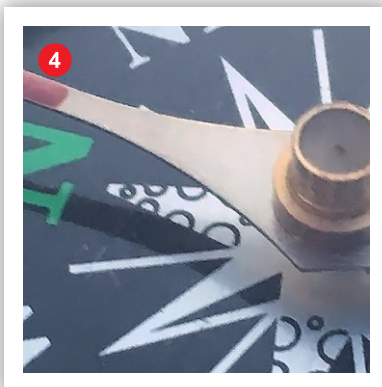
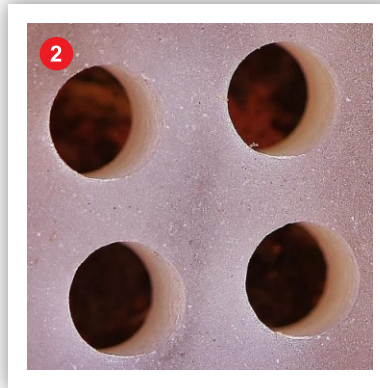
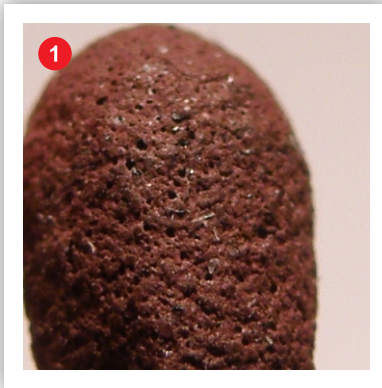


Swapnadip Majumdar
MBBS 2020



Nikita Mauthiya
MBBS 2019

PUZZLES



Rotate the page 180° for answers.

- Answers:
1. Matchstick tip
 2. Button
 3. Piano
 4. Compass
 5. Keyboard
 6. Pigeon
 7. Oreo
 8. Toothbrush bristles
 9. Sugar cubes
 10. Guitar Plectrum

- Deepesh Modi (MBBS 2020)



LITERARY SECTION

SUMMER OF '97

It was 7 o'clock
in the summer of '97
Life was more carefree
A little high and a little low
Juicy mangoes waiting to be savoured
Little rocks gleaming to have gazed
By the still cool waters of
our country brook
That's how I remember my boyhood,
a colourful book!!

THE ONENESS IN YOU AND I

Yes, we are different people
Different places, different races
Some are dark, some are fair
A mulatto, an albino
We speak various languages
We have differences in opinions
Our cultures are divergent
But as long as we breathe the same air
As long we get warmth from the same sun
We are a little less different
We are one
Children of The Earth!


Dr. Aakarsh
Transfusion Medicine

बस यूँ ही...

मैं चाहूँ एक ऐसा जहाँ
कोई ना हो यहाँ - वहाँ
जानती हूँ अकेला रहना होता नहीं आसन
पर चुकाना होता है हर एक पल का लगान
अपनों से मिलने की चाह आँखों को छलकाती हैं
इरादों को करके ठंडा, कमजोरी का एहसास दिलवाती हैं
अजनबी भी लगते अपने
जब अधूरे होते हो आपके कुछ सपने
जिन सपनों को पूरा करने अपनों को छोड़ कर आए थे
अपनापन तलाशने में वो सपने ही कहीं छुट गए
अच्छा होता अगर होता एक ऐसा जहाँ
कोई होता ही ना यहाँ-वहाँ
ना होता अपनेपन का कोई अर्थ
ना करते किसी को तलाशने में समय व्यर्थ..

By-
An aspirant away from home
Dr. Rinkle Sardana
Department of Dentistry

ILLUSION



**Trapped in an illusion, a mirage
Oblivious to your own worth
You're picking up the breadcrumbs, scattered along the way
Appeased with the momentary treats
Titbits enough to quieten the clamor of your mind
But not to quench your thirsty soul
With fierce grasps tightening their grip around you
Leaving you hungry for more
You're in pursuit of what can never be sought
With false hopes of what it might become
The world could be at your feet, darling
But what would it be worth
For love, for you, like all else
Is not worthwhile if not arduous.**

Dr. Shailly Sonker
Junior Resident
Department of Diagnostic and Interventional Radiology

एक stetho की चाह.....

अपने चार वर्ष इस क्षेत्र में गुजारने के बाद मैं जिन नित्य भावनाओं से गुजरता हूँ वो आज आपके सामने रखने की सोच रहा हूँ। यहाँ 'मेडिकल' में प्रवेश लेने के पूर्व हम सभी का एक ही सपना था कि वो 'stetho' जो हर डॉ. के गले में सुशोभित होता है वो हमारे गले में भी हो। ये 'stetho' कि चाह ही थी जो हमें अनेकों बार अपने लक्ष्य की ओर एकाग्र करती रही। वो हमारा परिश्रम, हमारी भागदौड़ इस चाह को पूरा करने के लिए ही था और हमने वो हासिल किया। परन्तु मैं ये 'stetho' की चाह आज अनेक लोगों के आँखों में देख पाता हूँ। उनकी चाह अलग होकर भी हमसे भीन्न नहीं है। वे लोग 'stetho' अपने गले में नहीं पहनना चाहते (शायद प्रकृति ने उन्हें इसका मौका ही नहीं दिया)। परन्तु वो किसी 'stetho' वाले कि चाह रखते हैं कि कोई आए और उनका उपचार करे। आज भी स्वास्थ्य सेवाएं कई क्षेत्रों में दुर्लभ हैं। इतने वर्ष में कोई 'stetho' वहाँ तक नहीं पहुँच पाया। शहरों के चकाचौंध से दूर, कई माताओं को अपने बीमार बच्चों के लिए 'stetho' कि चाह है, कई बच्चों को अपने पीड़ित माता-पिता के लिए 'stetho' कि चाह है। क्या ये दो चाह आपस में इतनी अलग हैं कि एक दूसरे को सहारा ना दे सकें? क्या हमारी चाह इतनी संकरी है कि इसमें हम इन जरूरतमंदों कि चाहों को मिला नहीं सकते? ये वक्त है इन प्रश्नों को समझने का। मैं कल्पना करता हूँ कि एक संगम हो जहाँ दोनों चाह मिले और निर्माण हो एक ध्येय का जो अनेकों को बल दे।

Dr. Rakesh Pandey
Junior Resident
Department of Nuclear Medicine

बोलिये ...

अहो मित्रों
अपनी हृदयस्थ-कुंठाओं को खोलिये

माना हम माटी के पुतले हैं
दिखने को प्रवात भीतर से कितने उथले हैं
जनसम्मर्द निकल जाएगा
साहाय्य कुछ न रह जाएगा
जीवधरा के रसप्रबन्ध पर स्व-अस्तित्व को
तोलिये परन्तु, कुछ बोलिये.

जीवन में विषाद हैं भरसक
सोचेंगे इनको हम कब तक?
सबकी हैं लघु-क्षणिकाएँ
सबकी हैं विस्तृत-गाथाएँ
साधुजन जो, चुप रहे
उत्पार-रिक्त मैं खो-लिए
परन्तु, कुछ बोलिये.

बोलना व्यापक नहीं अपितु एक प्रयोग है
अधिकार मानें इसे सुनना एक संजोग है
पीडित काया की दशा शब्दों से है परे
जीता हूँ तो तुम लगते हो हरे
कुछ तो तुम भी ज़माने के हो-लिए
परन्तु, कुछ बोलिये.

Dr. Raghvendra Singh Shekhawat
Associate Professor
Forensic medicine and Toxicology

स्नेह-पथ ...

जीवन में,
 अनुराग-विराग, निंदा-स्तुति
 यश-अपयश, राग-द्वेष
 भरसक मिलेंगे
 झकझोरेंगे तुम्हें ये द्वन्द
 डालेंगे कई फंद
 पर तुम उद्भ्रान्त न होना चूँकि,
 हल तुम्हारे पास है
 उस हल को तुम्हारी तलाश है.

विषम-परिस्थिति को अपना मित्र मानो
 कुछ सीख दे जायेंगी ऐसा मानो,
 जिस पर बस नहीं तुम उसको टालो
 जो सम्हल पाए उसे सहृदय सम्हालो
 बाधाओं के गरल को भयहीन पीलो
 जीवन अवसर है एक उन्मुक्त जीलो.

स्नेह के पथ पर सुखेन रहना दुष्कर नहीं
 स्वयं से प्रीत करने से कुछ और श्रेयस्कर नहीं.

जीवने कर्तार एव सुखम् अधिगच्छन्ति
 चक्रमिव जीवने परिवर्तन्ते सुखानि च दुःखानि च.

- द्वन्द - couples / opposites
- उद्भ्रान्त - upset
- गरल - poison
- सुखेन - with happiness
- श्रेयस्कर - making better or superior
- जीवने कर्तार एव सुखम् अधिगच्छन्ति
 - In life, only the doers obtain happiness.
- चक्रमिव जीवने परिवर्तन्ते सुखानि च दुःखानि च
 - In life, pleasure and pain revolve like a wheel.

Dr. Raghvendra Singh Shekhawat
 Associate Professor
 Forensic medicine and Toxicology

भीड़तंत्र

आए दिन अखबारों में आने वाली 'Lynching' कि घटनाएं पढ़कर एक अजीब सी बेचैनी महसूस करता हूँ। एक दिन ठाना कि इस बेचैनी के भीतर जाऊँ, बैठकर सोचूँ और इसे बाहर निकालूँ। ये वही आत्मचिंतन है जो आपको बता रहा हूँ। 'लोकतंत्र' - अर्थात् जहाँ 'लोगों' का राज चले। 'लोग' मतलब विविध प्रकार के पृष्ठभूमि के, जिनके आदर्श, भाषा, सोच, मकसद सब भिन्न हो, ये सब मिलकर अपना राजा बनाए। तो 'भीड़तंत्र' क्या है? 'भीड़' अर्थात् जहाँ एक ही मकसद, एक ही भाव, एक ही सोच के लोग इक्कठा हो जाए और अपना राज चलाएं। अगला प्रश्न ये आया कि ये 'भीड़' बनाने वाले लोग कौन हैं? कहाँ से आते हैं? बहुत सोचा तो पाया कि ये लोग कोई और नहीं बल्कि हम में से ही होते हैं। माफ कीजियेगा जनाब परंतु ये कटु सत्य है। उदाहरणतः मान लीजिए कि हम दस मित्र कहीं खेल रहे हो और वहाँ किसी अजनबी से हमारे एक मित्र कि अनबन हो जाए, तो हम दस मित्र मिलकर एक भीड़ बनाते हैं। और भीड़तंत्र कि खासियत ये है कि यहाँ किसकी गलती है ये मायने नहीं रखती। ये भीड़ तुरंत ही डराने, धमकाने और कई बार मारने-पीटने पर उतर आती है। ये लड़ने के लिये ऐसे तत्पर रहते हैं मानों भारत की मिट्टी की क्रांति इनके खून में दौड़ रही हो। माने या न माने पर ये मर्ज काफी चिंताजनक है। सड़कों पर अदालत चलती हैं, जहाँ वकील भी भीड़, जज भी भीड़ और फैसला भी भीड़ का, चाहे फैसला जीवन का हो या मौत का। भीड़ में हर आदमी भूल जाता है कि ये मेरे साथ भी कभी हो सकता है। यहाँ मैं भीड़ में हूँ तो कभी मैं भीड़ के सामने भी हो सकता हूँ। सजा देने का हक भीड़ को नहीं बल्कि न्यायालय को है। अंत में समस्या के कारणों कि खोज की तो प्रथम पाया कि ये लोगों का गुस्सा है जो इस रूप में बाहर आता है। प्रणाली के त्रुटियों से इतनी परेशान है जनता कि ये अराजकता का रूप ले रही है। जब सैकड़ों मामले अदालतों में लंबित हो तो न्याय में देरी स्वाभाविक है। ये देरी इस तेजी से दौड़ रही दुनिया का हौसला कमजोर कर रही है। अंग्रेजी में कहावत है - जस्टिस डिलेड इस जस्टिस डिनाइड। एक पहलु यह भी है कि बच्चों के परवरिश में काफी बदलाव आ गया है। आज कल के साहित्य, नाट्य, सिनेमा सब जगह हिंसा का गुणगान है। यह इस पीढ़ी के विचारों पे बहुत असर कर रहा है। यह एक भयानक मर्ज है, जिसका इलाज करना समय कि प्राथमिकता होनी चाहिए। शांति प्रिय देश को शांति का महत्व समझाना होगा। इस भीड़तंत्र को ध्वस्त करने के लिए लोकतंत्र को मजबूत करना होगा।

Dr. Rakesh Pandey
Junior Resident
Department of Nuclear Medicine
AIIMS Jodhpur.



WHAT DO YOU WANT TO BE?

In a restaurant, we arrived
With hunger mixed with my mood;
Eagerly waiting for the food,
Eyes rolling down the ambience, so good.

My uncle, interrupting the silence, asked of me,
What do you want to be?
Graduation is nearly complete;
For what do you want to compete?

An anaesthetist in OT cap,
Sending patients to nap;
An Anatomist looking for nerve,
With enough perserve;
Or a Biochemist playing with micromolecules?

A Plastic surgeon treating burns,
Or a cosmetic one
With some symmetry fun?
A cardiologist murmuring around,
Or a community doc with survey rounds;
Checking significance on a particular ground.

Haven't you given a thought about it?
Without my reply, uncle further continued.

A Dermatologist prescribing ointments and
cream,
Or maybe Forensic medicine a dream?
A Radiologist with radiation beams;
An Oncologist with his nuclear team,
Making cancer lose its esteem.

An Otorhinolaryngologist with cases of
rhinorrhea,
Or a Gastroenterologist with diarrhoea?
A Neuro doc mending what's inside the skull,
Or a Pulmonologist auscultating what's dull?

What do you want to be?

An Internist diagnosing cases like a detective,
A Microbiologist culturing the indeterminative;
A Physician with general ailments;
Or a Surgeon that complements?

"Eyes never lie", said an ophthalmologist
Nor do broken bones fake pain,
An Orthopedic strapping them to align;
Or a Nephrologist dialyzing the blood line,
For breaking stones, Urologist to lean on.

Are you not fond of emergencies;
Quick hands of a Trauma surgeon or
decisiveness of an Emergency medic?
Which speciality are you really fond of?

A Transfusion medicinist dealing with
homeostatic fluid;
Or a Pharmacologist with elixirs therapeutic?
An Obstetrician delivering the 'cupid',
Or a Pediatrician soothing a crying baby, so
lucid.

A Physiologist, the normal body scientist;
Or a Pathologist, the abnormal tissue analyst?
A Physiatrist rehabilitating physical activity;
Or a Psychiatrist liberating from mental
captivity;

Uncle, with a hand on chin,
Staring at me, "Haven't you decided yet?"

Nopes, I was obliged
By the menu of the ventures;
I could pursue, you served.

"The food is still hot", I insisted;
And so was the topic.



Jeel Modh
MBBS 2017

MEMORIES

I have my memories safely packed in boxes.
Just have forgotten where the boxes have been kept.
Or sometimes,
I pretend whether the box exists or not.
When I search for the box,
And finally unpack it, I find everything.

I wish some boxes didn't exist,
I wish to throw some of them,
I wish some to be tamper free, free from confabulations,
I wish some to express, hesitation comes along;
I wish some to be never opened,
I wish some to be shared with people,
I wish some to remain open forever.

Jeel Modh
MBBS 2017

BLOOM

A winsome velvety flower
With entrancing fragrance
Pleasing to the senses
You marvel at its creation
Standing upright with grace
Beauty in all dimensions
But what is unseen is the voyage
Of fighting the savage resistance
Had it not been for the whorl of calyx
A tender bud would distort
Likewise if it hadn't been for His love
Uncloaked; prone to harm you would be.
Had it not been for the hormones
The shoot would never turn floral
Likewise if it hadn't been for some messiahs
Random and directionless you would be.
But amidst these revelations,
One is of utmost vitality.
Had it not been for the seed to remove its own stratified layers,
The radicle and plumule would never erupt
Likewise hadn't it been for your persistent efforts to self grow,
A bloom as precious as yours would never be witnessed!

Krupal Panchal
MBBS 2021

YES, I AM BUSY!

**I'm busy;
but not in the way
most people accept.
I'm busy calming my fear
and finding my courage.
I'm busy listening to my soul.
I'm busy getting in touch
with what is real.
I'm busy growing things and
connecting with the natural world.
I'm busy questioning my answers.
I'm busy being present in my life.**

**Jai Kumar Singh
MBBS 2021**

THE CHAOTIC MIND

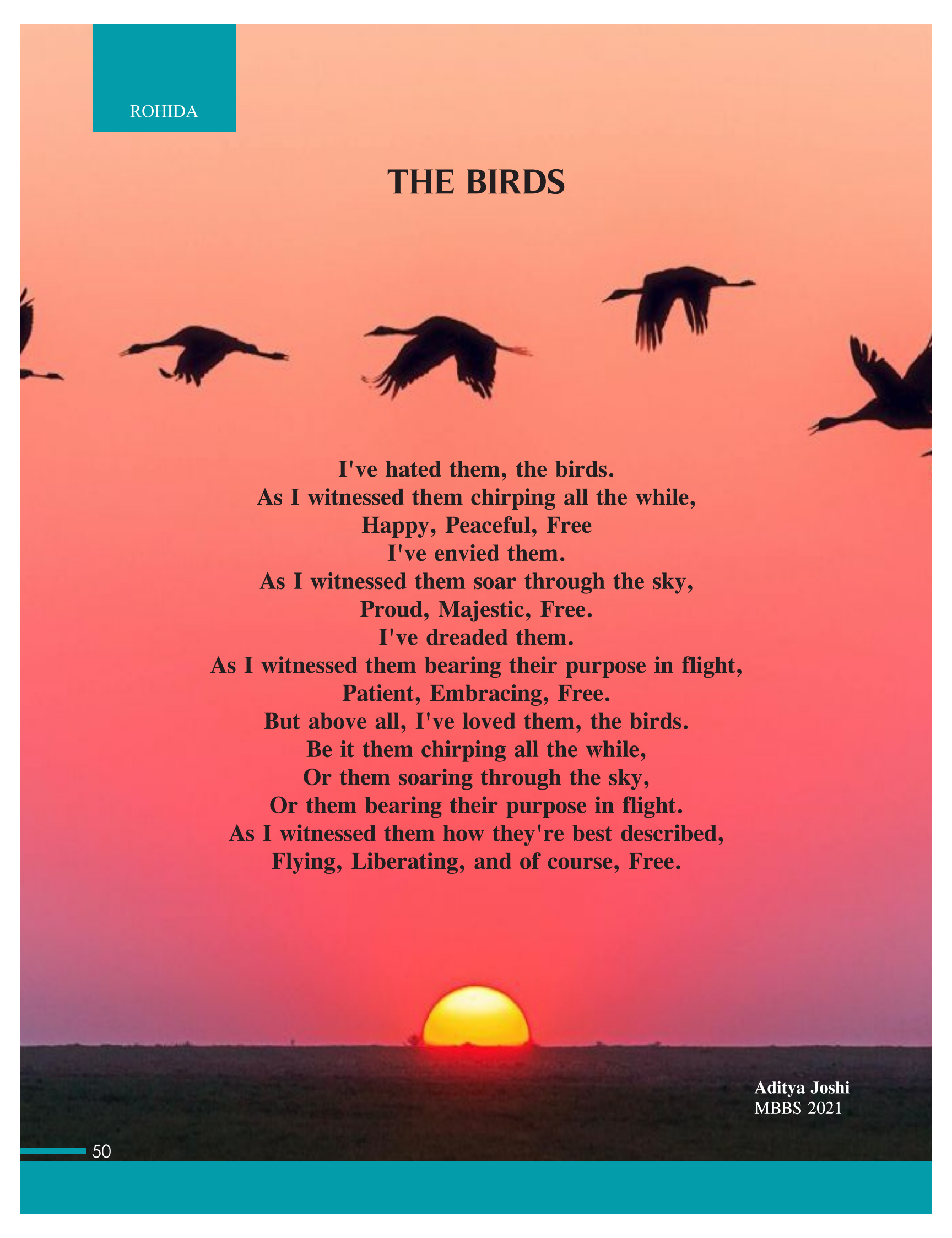
She stood in darkness, forlorn
Trapped in the world of melancholy
With fear, anxiety and fright
Her face turned pale and white.
The tears of blood were flowing down
Like the rivers unbound
And her heart was throbbing rapidly
As the silence grew eerily.

No warmth, no sunshine
Sending shivers through the spine.
And then came the demons around
But there was no angel to surround
She screamed and shouted
But her voices were muffled
She begged and pleaded for life
But there was no help alive.

Unlike every night
She was about to lose the fight
But then she stood and thought
I'll fight one more time
From demons inside my chaotic mind
To erase the darkness that made me blind
To set myself free from my misery
I'll fight one more time.



THE BIRDS

The background of the page is a photograph of a sunset. The sky is a gradient of orange and red, with a bright yellow sun partially obscured by the horizon. Several birds are silhouetted against the sky, flying in various directions. The birds are dark against the bright sky, and their wings are spread out.

I've hated them, the birds.
As I witnessed them chirping all the while,
Happy, Peaceful, Free
I've envied them.
As I witnessed them soar through the sky,
Proud, Majestic, Free.
I've dreaded them.
As I witnessed them bearing their purpose in flight,
Patient, Embracing, Free.
But above all, I've loved them, the birds.
Be it them chirping all the while,
Or them soaring through the sky,
Or them bearing their purpose in flight.
As I witnessed them how they're best described,
Flying, Liberating, and of course, Free.

Aditya Joshi
MBBS 2021

TO ALL THE PEOPLE WHO SAY 'HAPPY' IS A DECISION

When anger turns to fear
and fear turns to sadness,
the lone pirate at the sea wanders clueless.
When there is crippling anxiety
for what is to come,
even when he sees the shore,
he still feels glum.

When success is no longer
the deity you pray to,
when your body is too tired
and your life too uninspired,
walking the line between a nostalgic childhood
and a hopeless adulthood,
dysfunctional is how you're defined.
Little do they know, you've screamed
over a million times,
but nothing still seems to be fine.

When all your expectations have withered,
and your thoughts drive your own derision,
when away from you, even the dirt
and the dust have slithered,
you shout at the top of your lungs,
happy is not a decision

Kavya Taraviya
MBBS 2021

THE COVID-19 SURVIVOR

I wake up with a gasp- disoriented, confused
But nothing's changed
The dreary, drab walls stare back coldly
Pale white scrubs weighing me down
The only colour the room possessed-
The TV- declares '10,000 dead'
with an evil laugh,
Sneering at me- 'Are you next?'
I feel hot, I feel cold
Lungs burning, sweat dripping, head aching
With a shiver I'm taken back
to when I tested positive
The day everything changed.
Bland, tasteless food they feed
But I had lost my appetite,
And with it, my will to live.
People around me-like me
Isolated, sleep-deprived, lost
Shunned, hidden away from society
The fresh air tickles me, coaxing me
to step out but I lie limp,
looted of the life inside me
Reduced to a bundle of flesh and bones
wrapped with a layer of skin
I try to breathe, a constant struggle
But the battle never seems to end
The nurse calls out my name
And I look as my daughter,
reaches out through the clear glass pane
Tensed, yet reassuring, comforting me
And after what felt like eternities
of the bitter, sickening silence
I step out- relief and gratitude
Flushing through my senses.
So many people, so many questions
Everything flashing by so fast
Too much to process,
With the world racing against time
I must start my life all over again

Kalyani Santhosh
MBBS 2021

OLD WIVES' TALE

**Stop remembering her,
She is sneezing so hard!
You've stealed some food,
Hiccups won't lie!
Oh you're a lucky girl,
That odd grey hair tells it all!
You're gonna be a millionaire!
Look at those white lucky
marks on your nail
Excited to meet the guest?
You and I spoke together!
Those old wives' tales made
our Childhood days,
than science and technology.**

**Sherin
MBBS 2017**

CURTAIN CALL

I've lost my way zillion times
Still and all, Impetus for the pursuit I'm in stayed the same.
Started as an innocent teeny weeny newbie,
Now I stand with heart full of gratitude and joy;

From mumbling in a Wacky slang
To effortlessly addressing in this bizarre Lingo;
From feeling queasy to aroma of local cuisine
To getting midnight cravings for the same;
From getting intimidated by the people here
To having my people by side who never failed to amuse;
From feeling home sick every other night
To dreading the departure from this second home land;

Started as an innocent teeny weeny newbie
Now I stand with heart full of gratitude and joy;
For, I've lost my way zillion times
Still and all, impetus for the pursuit I'm in stayed the same.

With something I learnt but, many things to unlearn
Is this what they call a roller coaster life?!
By and by, as curtain for this share of my esse will be brought down
Here I bow to those guiding hands who brightened my path;
For, this is my CURTAIN CALL.

MY WILL

An ailing and tormented human being,
I leave these words to be my final will:
To the **WORLD** I leave existence without seeing,
The face of luck, or getting any feel.

To **LIFE** I leave the people full of sorrow,
Deprived of any joy, as I was too.
To **FATE** I leave my thoughts about tomorrow,
And all the dreams I wanted to be true.

To **DEATH** I leave my gratitude forever,
For saving me from what I had to stand.
To **TIME** I leave my thanks, for being clever,
And hurrying my life to the end.

If someone in this world has loved me ever,
To **THEM** I leave my heart, and my love whole,
And all the pain for never having met her,
In Thy hands, my Lord, I leave my soul...

SAD ME

Why can't I re-live those happy hours,
When we were under the stars
Why can't I rewrite the stars
And relieve all your scars

Why can't I heal the scars
And cheer in those happy bars
Why can't I rhyme
When we met for the first time

Why can't I be in that time
When you were mine
& why can't I see your star's shine
Still remember the first day with red wine

You know,
You are my heart's dove
Remember the prom night,
Our hand in hand with opera glove
I - I still miss your love
Knowing you are watching me from above

Now, I don't have anyone, not even you under the tree
I just have those moments as memory
I'll ask heaven if we can meet over century
Because all I have is SAD ME



Vishu Gupta
MBBS 2021

GROWING UP..

Somehow today I opened the diary of my memories
 I walked through the streets where my village ends
 I sat under the shade of beans
 But then unable to find my smiling friends
 Some became slaves of cities and others of dreams.
 Then I moved to my school
 Reminisced the classes with no pen and those copied sums
 That immense enthusiasm for the summer vacation
 Remembered the struggle for those sour-sweet plums
 And those incidents of being punished for no reason.
 When I visited my farmland
 Where the dripping raindrops have changed their voice,
 As my childhood-cries to their noise.
 Now the flying dust that used to get wet with me in the rain
 has settled down,
 And that all night fun trying to detach, giving the pain
 as the paint of its wall scabbing down.
 Then I searched for an innocent companion
 whom I found aside in all the throes
 And shared all my concealed bases
 Now it refused to reveal its dark spaces.
 While sitting by the roadside, I could see
 That barefoot cycling in the noon for hours
 And that never-ending longing for fast-food.
 Suddenly, I started calling those ageless peers
 But nobody noticed the lost voice of my childhood.
 Don't know where these friends have disappeared.
 This wakes up my loneliness, and memories get deeper.
 A girl came to me, seemed very familiar.
 Relentlessly squeezed out all my sentiments
 With-bated-breath, said nothing but gazed with elegance.

"I want a path without journey and destinations
 Somewhere far away in the forest to be a standing river
 To have a life without customs and conventions
 Want to get lost somewhere in the blue as glitter."

Then she disclosed her Ordeal
 "Yesterday I saw a glimpse of life humming on the roads,
 Then I found it here and there, smiling blindly with eyes closed.
 'Why are we both angry?', I was explaining to her and she to me.
 'Why did you give so much pain?', Just to show the beauty of my cane.
 Don't save yourself so much, get wet if it rains
 No one will give the moon, make your face shine.
 Pain is a diamond, shed it to feel its lanes
 Who says to join hearts, at least join the hands in fine.
 Don't imprison yourself in confusion
 Open the window of your mind to get allusion
 Time was neither in your hands, nor will it be
 The destination is around you, Just erase passivity.
 'What are you searching for in the world?',
 When everything is inside, you pearled.
 'Why do you look into others?',
 When your mind itself mutters..."

Suddenly, That smiling eyes had tears
 I interrupt, seemingly that glimpse was of mine
 Understood the depth of dreams, the goodness it wears
 The secret of life and will connect to shine.
 Good morning son!! Wake up!!
 Opened my eyes and smiled.
 This confused my mother to ask
 Nothing mom!! Just Growing up..

गिनती

हम मरते हैं तब गिनती होती है,
 दुख होता है लोगों को, पर गिनती के हिसाब से
 दो-तीन पर कम और दस-पचास पर थोड़ा ज्यादा..
 सारे समाचार वाले हमको ही तो दिखाते हैं ..
 हम जिंदा रहते हैं, अखबारों की कतरन में..
 अफसोस ! अगले दिन हम रद्दी हो जाते हैं..
 हाँ हम देश के लिए लड़ते हैं ,
 लोग तो हमसे हमारे काम का सबूत भी मांग लिया करते हैं
 पर हमारे मरने का दुख भी अंदर तक होता है क्या ?
 या बस गिनती हो जाती है..

Abhinav Awasthi
 MBBS 2019

बीते पल

आज की शाम और भी हसीन होगी,
 अगर महफिल हमारी और जमीन तुम्हारी होगी,
 आँखें नम तुम्हारी भी होगी, समंदर से बहते पल,
 मगर यादें कुछ दो-तीन होगी,
 हाँ, गुप्तगू - ए - मोहब्बत होती रहेगी,
 मगर जूनून सी बहती कोई मीन भी होगी,
 ख्वाब तुम्हारे पूरे होंगे, मंजिल भी तुम्हें नसीब होगी,
 बस सफर की खूबसूरती में वो अभी भी तल्लीन होगी।

Kavita
 MBBS 2019

ये वक़्त भी गुजर जाएगा

ये वक़्त भी गुजर जाएगा
 क्यूँ उदास होता है
 औरों के प्रभाव में क्यूँ तू अपने व्यक्तित्व को खोता है
 खुद को दूसरों से कम ना आंका कर
 अपने आप को लाज़वाब माना कर
 आत्मविश्वास को रख सदा पास
 नकारात्मकता का करदे त्रास-त्रास
 आज अगर दुख है
 तो कल अपना समय भी जरूर आएगा
 कुछ भी कर सकने की काबिलियत
 दी है तुझे खुदा ने
 मान ऐसा तो जीवन मे सफलता जरूर पाएगा
 लेकिन खुद पर कभी गुरुर मत करना
 क्योंकि याद है ना
 ये वक़्त भी गुजर जाएगा

Devesh Verma
 MBBS 2021

खुश हूँ

जिंदगी है छोटी, हर पल में खुश हूँ
 काम में खुश हूँ, आराम में खुश हूँ
 आज पनीर नहीं, दाल में ही खुश हूँ
 आज गाड़ी नहीं, पैदल में ही खुश हूँ
 आज कोई नाराज है, उसके इस अंदाज से ही खुश हूँ
 जिसको देख नहीं सकता, उसकी आवाज से ही खुश हूँ
 जिसको पा नहीं सकता, उसको सोच कर ही खुश हूँ
 बीता हुआ कल जा चुका है, उसकी मीठी याद में ही खुश हूँ
 आने वाले कल का पता नहीं, इंतजार में ही खुश हूँ
 हँसता हुआ बीत रहा पल, आज में ही खुश हूँ
 जिंदगी है छोटी, हर पल में खुश हूँ
 अगर दिल को छुआ, तो जवाब देना
 वरना बिना जवाब के भी खुश हूँ

Kamla Kumawat
 Nursing 2021

इक बात

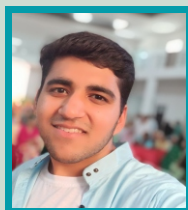
इक बात
होठों तक है जो आई नहीं,
कुछ कहना चाहती है
तुमसे इस तन्हा दिल की
शिकायत करना चाहती है।

एक बात
जो हवा में है लहराती, आँखों में इठलाती है,
जैसे ये दुनिया हो एक समंदर, ऐसे बहे जाती है,
पर तुम्हें देख-के
जाने क्यों ये रुक जाती है,
और सब भूल जाती है?

एक बात
जो पलकों से है झाँकती,
जैसे इस दिल की तन्हाई हो बाँटती
कभी तुमसे, कभी हमसे
दो लफ़्ज़ हो माँगती,
ना हम दे पाए, ना तुम जानती!

इक बात
जो इतनी बेताब है,
बेताबियाँ जो बेअवाज है,
किसी की तो मोहताज है,
सिर्फ एहसास ही एहसास है,
ये एहसास भी कुछ खास है,
कुछ खास ये एक रात है,
आखिर दिल की ये इक बात है
आखिर दिल की ये इक बात हैं॥

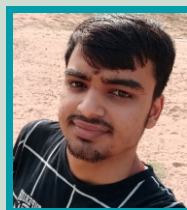
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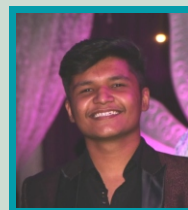
AADITYA WATTS
"No pen or paper, but I
still draw attention"



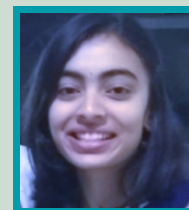
AAKASH MEENA
Believe in God



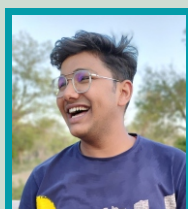
ABHISHEK PALIWAL
I LOVE MYSELF



ADITYA JOSHI
Oh Well, Time Flows!



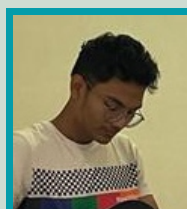
AISHWARYA JAIN
Aal Izz Well :)



AKSHAT MEENA
अहं ब्रह्मास्मि



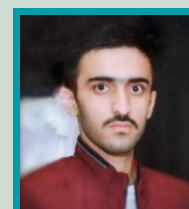
AKSHAY MEENA
Infinite good



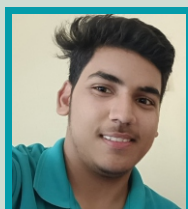
AKSHAY SHAH
To infinity and beyond,
c'est la vie.



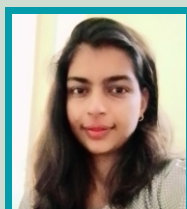
AMAN AGARWAL
No one knows me,
except me



AMAN CHOUDHARY
Believe in god's plan



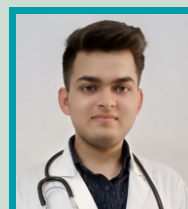
AMIT SAINI
Money is everything



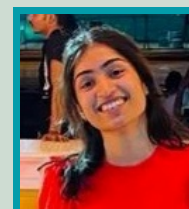
ANCHAL CHOUDHARY
miso dwie hwasan



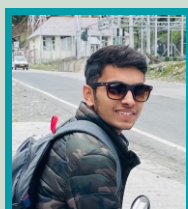
ANIL DHEBAN
Empty your mind, be
shameless, be fameless



ANIRUDDH FAUJDAR
अनिरुद्ध i.e. Unstoppable!



ANJALI SONI
Learn to walk alone



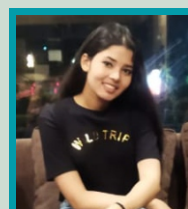
ANKIT SIHAG
Tu Jinna Naal Compare Kare
Sadde Level De Ni Haan Diye..



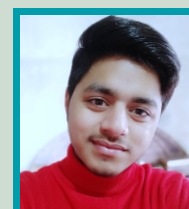
ANSHU SHEKHAWAT
Simple but special



ANUNAY KULHARI
Not just a doctor



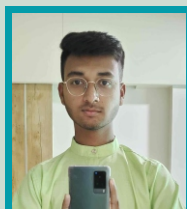
ANURADHA
As good as you get.



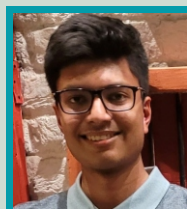
ANURAG MIDDHA
F.R.I.E.N.D.S. IS LIFE



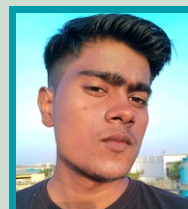
ARVIND MEENA
Make yourself perfect



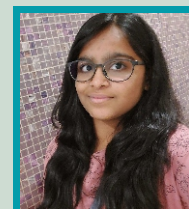
ARYA MEHTA
Probably on energy
saving mode



ARYAN JAIKRISHAN MITTAL
Things I do for love

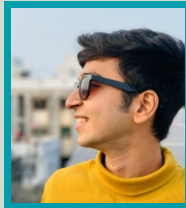


ARYAN PATEL
Probably sleeping...



B DEEPTHI
Perfectly imperfect

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JIGAR BATHWAR
Sois belle à ta façon



BUSHRA
MUKHTASAR BHI,
MUKHLIS BHI



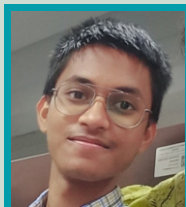
CAROL PATEL
drippin' in finesse



DEEPAK KUMAR MEENA
NEVER MESH
WITH A SIGMA



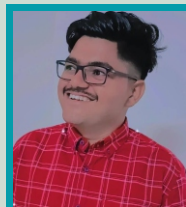
DEEPSHIKHA RATHORE
As warm as the sun,
as silly as fun



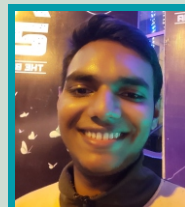
DEVESH VERMA
Hustle Loyalty Respect



DEVILAL TANDI
Always smile



DHARMENDRA DAUKIYA
मदिरा सेवन स्वास्थ्य
के लिए हानिकारक है ।



DHAVAL SOLANKI
Astrophile and Eunoia



DHRUV CHAUDHARI
COMRADE



DIVY GAMBHAVA
Maverick



**DIWYANSHU VISHNU
SWAMI**
#prankster



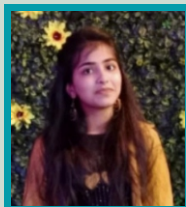
GARIMA AHARI
An old soul with
young eyes !!



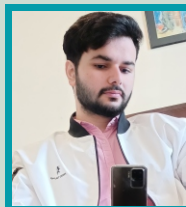
HARSH JANAGAL
Born To Impress. Savvy?



HARSHIT KASOTIYA
Chasing Next Goal



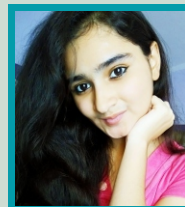
HARSHITA GYANCHANDANI
Follow your inner moonlight;
don't hide the madness.



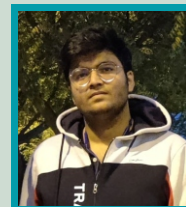
**HARSHVARDHAN
SINGH**
Faith, Trust and
Pixie Dust



HEMRAJ DHAKAD
Be smile always



**HIMANSHI
CHOUHARY**
Satisfy your soul, not society.



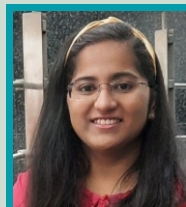
HIMANSHU AGGARWAL
The Ones who aren't able to
acknowledge their own
selves are bound to fail.



**HIMANSHU
KHURKHURIA**
Be yourself



HUKAMA RAM GODARA
Smile more, worry less.



POOJA JADHAV
"It's not your job to
like me..it's mine!"



JAI KUMAR SINGH
Benevolent, Indomitable,
Sports Freak



KALYANI SANTHOSH
She's the fire you
can't put out'

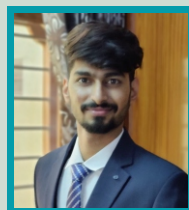
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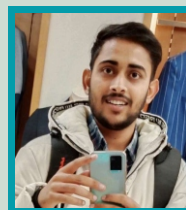
KAMAL KANT MINA
The light heart lives long.



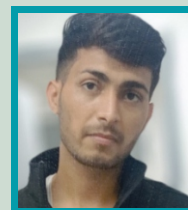
KANHAIYA PRAJAPATI
HODOPHILE



KARTIK SAHARAN
Whatever it takes



KARTIK KUMAR
Keep smiling.....



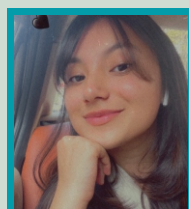
KESHAV SAHARAN
DON'T CARE ANYONE
JUST KEEP SMILE



KETAN RAJ
Simple and Emotional



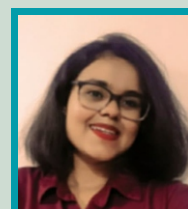
TUSHAR KHATIK
Simplicity is the key
to brilliance



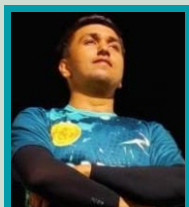
KHUSHI NEGI
* living the "pooh" life *



KOMAL
I believe, I can



KRUPAL PANCHAL
Nam Myoho Renge Kyo



LAKSH CHOUDHARY
Sporty and passionate...



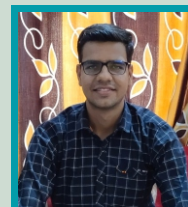
LAKSHANSH BELE
IMPOSSIBLE IS FOR
UNWILLING



LAKSHYA GIDWANI
Even though you're
fed up, you gotta keep
your head up.



LALIT PARJAPATI
NOT ALWAYS AVAILABLE,
TRY YOUR LUCK



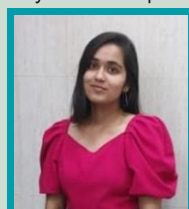
LALIT CHOUDHARY
Don't wait for perfect
movement



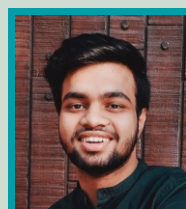
LOKESH KUMAWAT
Just chill !!!



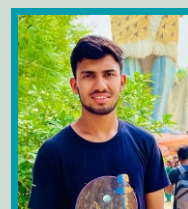
LUCKY PAL
べ 改善



MAHEEN ASLAM
Doing favors on the masses
by merely existing!!!!



**RUDRAKSH
MAKWANA**
This Youth Is Crazy..!



**MANISH
KACHHAWA**
Nothing matters



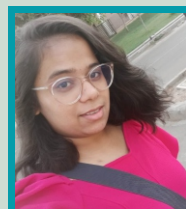
MANISH SUKHWANI
"We could be the greatest
team that the world
has ever seen"



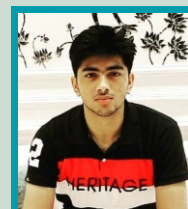
MANVENDRA SINGH
Out to live, be back soon



MD HANIF KHAN
"BE THE BEST
VERSION OF YOURSELF"



MEHTA KIRTI
Kanashi jinsei

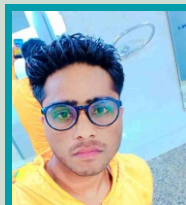


MOHD UMAIR AKHTAR
Acutely Aesthetic

MBBS 2021



MUKESH CHOUDHARY
मानवता सफलता से श्रेष्ठ है



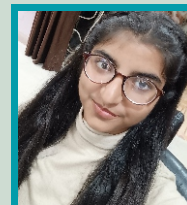
NARPAT NAYAK
Hardwork can beat luck



NATWAR SINGH
Like ,Share and Subscribe



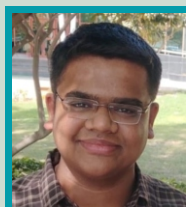
NEIL NACHIKET
This is my cup of care.
Oh, look it's empty.



NISHTHA
Be you .
The world will adjust



PATEL SAROJ
Always be conscious



PATEL SHUBH AMITBHAI
"Excuse me, please
don't waste my Time"



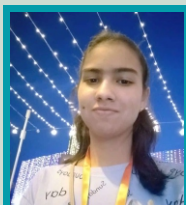
BHAVANA KRISHNAN
Colours of serenity



PRADEEP DEVANDA
I'VE NEVER MET ANYONE
WHO WASN'T IMPORTANT



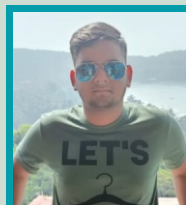
PRATEEK
Keep calm and carry on



PRERNA LAMBORA
Simple but significant



PRIKSHIT SHARMA
Master Of My Sea



PRINCE MIMANI
Be Unpredictable



R SRUSTI
Speak less, work more



**RAGHUVVEER
SINGH YADAV**
Sexy as always



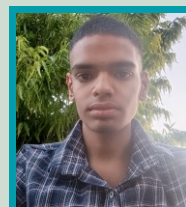
RAHUL DUDI
Self-confidence is power



RAHUL LAKHARA
Silent but deadly



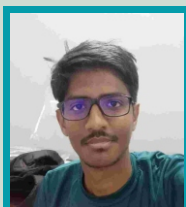
RAJ SINGH
Este es momento
maravilloso!



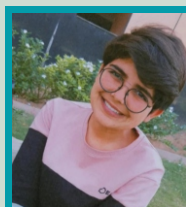
RAKESH KUMAR GURJAR
Always be confident



RAMAN
If you know you know



RAMESH YADAV
Believe in yourself



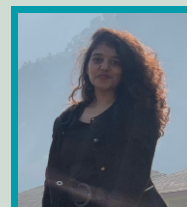
RENU SAMOTA
Life is tough my darling
but So Are You



RIDHIMA TYAGI
Choose to shine



ROHIT KUMAR JOSHI
AMICABLE & LIVELY



RUCHIKA AGRAWAL
Short, sassy,
cute and classy!

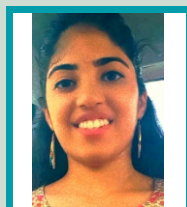
MBBS 2021



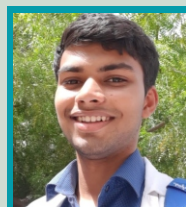
SAKSHAM SAINI
"Always"



SAKSHI CHANDAK
Whatever it takes..



SANCHITA GHIYA
Fair is foul,
and foul is fair.



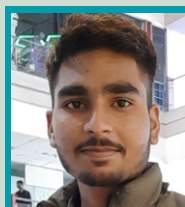
SANGAM HARSOLIA
Its your life,
make it large!



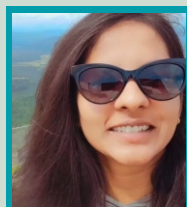
SANJAY KUMAR YADAV
Your patience is your power



SAUMYA KANWAR
||प्रेम शांति: आनंदश्च||



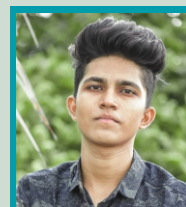
SAURABH MEENA
"Feel the fear, and
do it anyway"



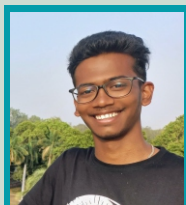
**SHAILASHREE
DODDAMANI**
Euphoria!!



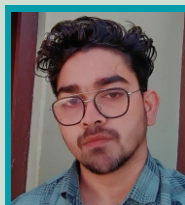
GUNJA SHELADIYA
#Hakuna Matata



SHREYASH MAHALLE
I don't want to be part
of a world, Where being
kind is a weakness



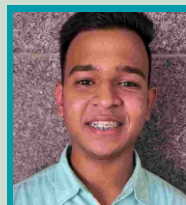
SIDDHARTH DASGUPTA
Everything's OK



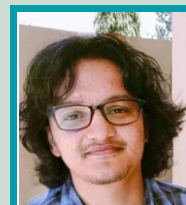
SOURABH TAK
Who I am?



SUBHASH SAMOTA
जय जवान जय किसान



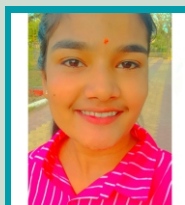
SUCHIT ARYA
Dil da ni mada



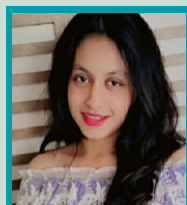
SUMIT JANGIR
Keep going, the best
is yet to come



SUSHIL KUMAWAT
भयमेवास्ति शत्रुः



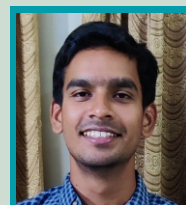
TANU SHREE JAYALWAL
Everything happens
for a reason



KAVYA TARAVIYA
A Dream Within A Dream



UMANG MAAN
Obsessed with Fun



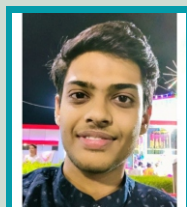
VEDANSH RAJAWAT
Bazinga!



VIKAS KUMAR
Nothing is impossible



VIKAS VISHNOI
Life is too short,
let's enjoy it..



VISHU GUPTA
Creating a lyf,,,
I dreamt offfff!!

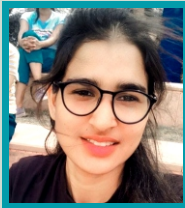


VIVEK YADAV
Veer Ahir



YUVRAJ SINGHMAR
Patience and Simple

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ANITA BARALA
Parents Hope



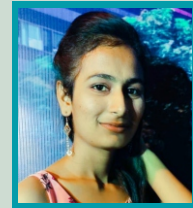
ANJU
Be The Exception



ANJU SHESHMA
Be Honest
With Yourself



ANURADHA KUMAWAT
Be Positive



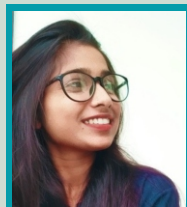
BABLI
Be Kind



BHAVYA SONI
Hakuna Matata



BHAWNA JANI
You will love me not
immediately but definately



DEEKSHA MEENA
Beautiful Disaster



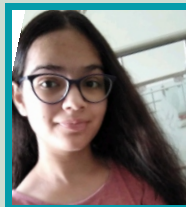
**DEEKSHA RUPAM
NARNOLIYA**
Whatever you are
be a good one



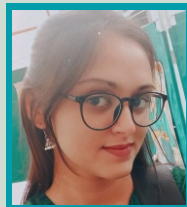
DEEPAI CHAUDHARY
I'm Gonna Make,the Rest
Of My Life, The Best Of My Life.



DIMPLE SUTHAR
"Beauty is power;
a smile is its sword."



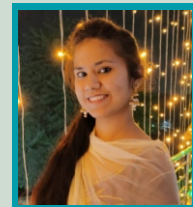
DIVYA JANGID
Don't judge a
book by it's cover



GARIMA
Dignity has no price



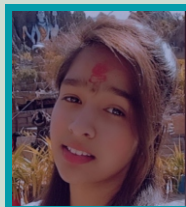
HARSHITA TORANI
Chulbul Bulbul



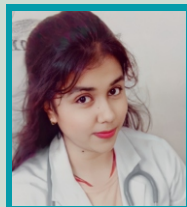
HIMANSHI KUMAWAT
All is well



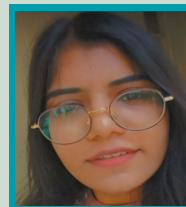
JAIPRABHA SOLANKI
la vita va avanti



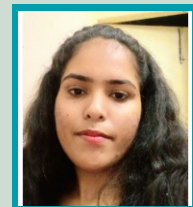
JAYA MEENA
Creating my own
happiness...



JYOTI PALLIWAL
Judge no one ..
Just improve yourself



KALPANA
I see food , I eat it



KAMLA KUMAWAT
I'm not perfect I'm original



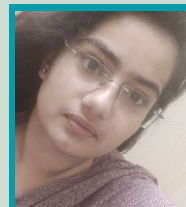
KAVITA
Love to love yourself



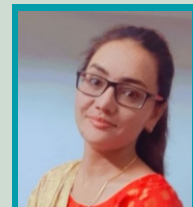
KAVITA RAJPUROHIT
High tides and
good vibes



KHUSHBOO BISHNOI
Work hard in silence let
success be noise



KHUSHBU JANGIR
Work hard in silence,
let success be your noise

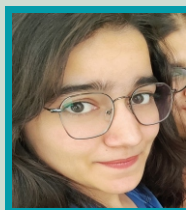


KIRAN CHOUDHARY
"If opportunity doesn't
knock, build a door."

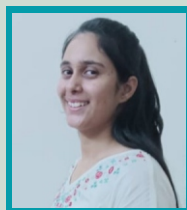
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KIRAN CHOUHAN
Gigglemug



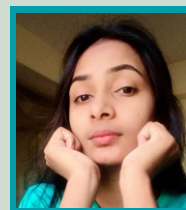
KOMAL CHOUDHARY
Bloom with grace...



KOMAL MAHLAWAT
An open book,
but difficult to read



KRISHNA SONI
Life is a beautiful
struggle....



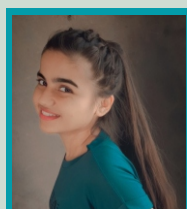
LALITA KUMAWAT
Family lover



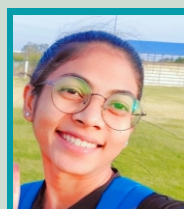
MAHIMA NAGAR
Don't blame the distraction,
improve your focus



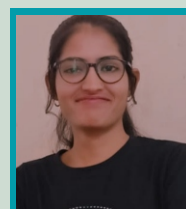
MAMTA MANJU
Life is not perfect,
but it has perfect moments.



MANJU CHOUDHARY
Let's take a break
life is not end



MANSI CHOUHAN
Un Poco Loco!



MANTA
Be unique



MAYA CHOUHAN
अहमस्मि योधः



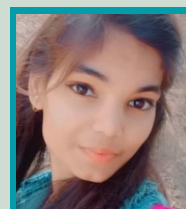
MEENA NEHRA
Trust Yourself That
You Can Do It And Get It



MONIKA KATIJA
Love Myself, Being
CONFIDENT is Okay.



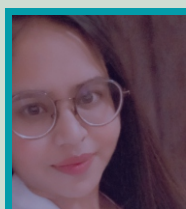
MS ROSHANI
Keep Good Behaviour



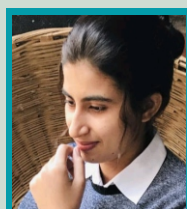
NAINCY GOYAL
Naincy Goyal



NIKITA KHANDELWAL
My Story is A Mystery



NISHA
Impossible is for
the unwilling.



PADMA
I Believe in myself
AND that's enough



PALLAVI CHOUDHARY
Never look back



PAYAL MEENA
Contented soul



PINKY MEENA
Stylish Looking



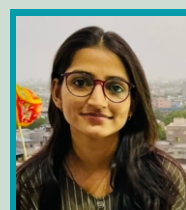
POOJA GEHLOT
"...Be wild.....
for a while...."



POOJA JAT
Life Is Like A Puzzle



POOJA MISHRA
Unconditional And Classy

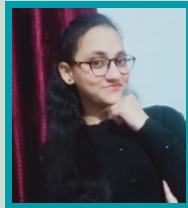


POONAM
Smile is
My Best Accessory

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PRAMILA VISHNOI
Slay Them With
Your Sweetness



PRIYA CHAWLA
Be You.
The World Will Adjust



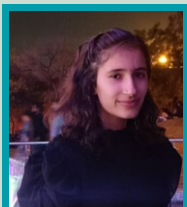
PRIYANKA
Simplicity Ever



PRIYANKA CHOUDHARY
Yesterday Is Heavy
Put It Down



PRIYANKA MEHRA
Believe In God



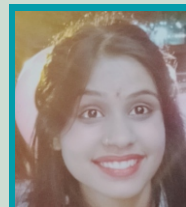
PUSHPLATA
Believe in yourself



RAKSHA YADAV
Focus on goals not
on obstacles



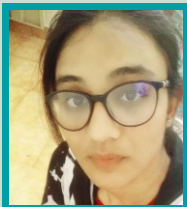
REKHA
Believe in yourself



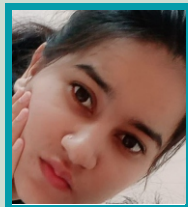
SAKSHI SHARMA
Be always happy



SAKSHI YADAV
Honest and loyal



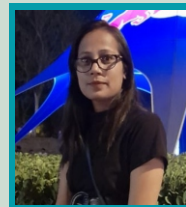
SANJU
Unity is strength



SARITA SERAWAT
Straight like jalebi



SHIVANI RATHORE
SIMPLE AND CALM



SIMON KULDEEP
My personality
defines me



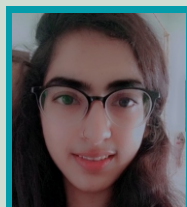
SITA CHAUPRA
Die with memories
not dreams



SNEHLATA MAWALIYA
Always smiling



SUMAN SAINI
Live a PEACEFUL life



SUMAN SANKHALA
"Stress less and
enjoy the best"



SWETA MEENA
I don't have to be
perfect; I just have to me



URMILA GHOSALYA
"Live with joy,
Die with memories"



VARSHA
Positivity always wins..



VIDHYA RANI
Always be positive



YOGITA DADHICH
Sunshine with
little hurricane



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