ROHIDA THE COMMUNIQUÉ

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All India Institute of Medical Sciences Jodhpur

























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Director's Message...

Dear Readers.

It is with immense satisfaction and pleasure that I introduce you to a fresh issue of "Rohida", a celebration of our prestigious Institute's achievements and the literary talents of our students, Residents and Faculty members. It fills me with a sense of pride to see AIIMS Jodhpur grow day after day, year after year, reaching new milestones along the way.

We are striving towards our goal of making our Institute a premier healthcare and educational facility, excelling in all arenas, be it Academics, Patient care, Research or community health services. We have had many moments to celebrate since our last interaction. Our Institute hosted its Second Convocation Ceremony in December 2019 as a fresh batch of students graduated with flying colours. It was a memorable and special occasion with the gracious presence of Shri Ram Nath Kovind Ji, Hon'ble President of India along with Dr. Harsh Vardhan Ji, Minister of Health and Family Welfare, Government of India. I believe and hope our students will uphold the name and reputation of our Institute wherever they go, through their academic proficiency and professional conduct.

On a similar note, this year we have witnessed the first batch of post-graduate students completing their three years of Junior Residency and taking their final examinations. They have already set a very high benchmark for subsequent batches to meet and break. Their teachers, mentors and the Institute have tirelessly worked towards training and moulding them into professionals with academic and clinical acumen, with an empathetic and service-oriented attitude. We shall be proud to follow their professional successes and be a part of their achievements in life.

Trials and tribulations are an inevitable part of life. A novel respiratory viral infection, with its origin in China, has been causing concern over the last few months, with an alarming rate of transmission. The WHO has declared it as a public health emergency of international concern and the world is investigating into the unseen and unknown. In times like this, the medical community has an added responsibility towards the society and, we as professionals, need to go above and beyond our duty to serve our fellow beings. With pride, I state that our own Institute has left no stone unturned to fight the crisis and is able to provide high quality patient care even in these testing times.

Each issue of "Rohida", brings with it novelty, a sense of achievement and a vision for us as individuals, as well as for our Institute. For me, it is a reminder of all that AIIMS Jodhpur has achieved, and a motivation to envision greater goals for future. I congratulate 'Team Rohida' for bringing forth yet another literary and academic delight and hope our readers enjoy reading it as much as they enjoyed creating it.

Wishing you all a happy reading and a proud celebration of our Institute,

Dr. Sanjeev Misra Director & CEO, AIIMS Jodhpur





Editor's Message

Dear Readers

Doomsday predictors and nay sayers were always a part of human society. They have been predicting the end of the world, major catastrophes—and the second coming of the saviour over the years. I have personally been a witness to predictions of impending "end of the world" over the last thirty years. It is funny how, like a mirage, the end of the world is just around the corner and we never seem to manage to reach it. But boy, have they managed to get 2020 wrong!!! No one, even the most pessimistic a person, would have predicted the way 2020 has turned out.

COVID-19 pandemic has affected life unlike any other pandemic before. It is not as if the previous pandemics have been less potent or deadly, but the easy availability of information, easy transmission of information and the advancement of science has allowed the whole world to move inwards. Social contacts and interpersonal communication, the life blood of a healthy well lived life, has dwindled. The oxytocin inducing hugs and shakes have all but extinguished from social etiquette. The fear of infecting even the near and dear ones, have put a strain on even our closest of relationships. PPE, Remdesivir, Plasma, Covid, N95 etc have become common words and you will struggle to find a person who does not know about these things or have an opinion on these matters.

However, it is not all doom and gloom all round. Human society is once again showing why it is the dominant species on earth and how it has the wherewithal to not just survive, but to thrive in adversity. The way human society has come together, shared scientific discoveries, and helped each other out in the time of need has been truly heartwarming. This ability to think about the world rather than a focus on individuals or a small group, augurs well for the resilience of the human race.

This year is the year to focus inwards, towards yourself and towards your closest relationships. This year has made all of us "introverts". People have discovered new talents, picked up old habits and hobbies and have started reading more. This issue is a compilation which, I hope, provides all the readers a few hours of reading pleasure and allows the readers to appreciate poetry and artworks that have been made by the large family of AIIMS Jodhpur. I am thankful to the editorial team who have worked hard and put this together. It would not have been possible without you.

I wish all of you a better and a more "normal" 2021.

Regards
Dr. Arvind Sinha





ASIRAJ 2019

The Annual conference of Association of Surgeons of India Rajasthan Chapter (ASIRAJ-2019) was held at All India Institute of Medical Sciences, Jodhpur.

The conference was attended by approximately 450 delegates, including 50 National Faculties from all parts of the country. Day I was dedicated to resident training which included the following workshops:

- Basic Radiology for surgeons
- Ultrasound for surgeons
- Minimally invasive surgery workshop.

These workshops were attended by 150 delegates.

A dedicated Nursing workshop titled "Operation Theatre Nursing & Patient Safety" was organized for training of Nurses and was attended by around 75 delegates.

Day II and III were dedicated to scientific deliberations, video presentations, debates, panel discussions, etc. Paper and Poster presentation sessions were held separately for residents.

The inauguration function was held on 19th October 2019, Dr. Sanjeev Misra, Director & CEO, AIIMS, Jodhpur was chief guest for this function. The GBM of ASIRAJ was held on the evening of the same day.

The valedictory function was held on the final day and winners of quiz, paper and poster presentation were declared. Dr. Ashok Puranik was the Organising chairman and Dr. Ramkaran Chaudhary was the Organising Secretary for the conference.



- Dr. Ashok Puranik Professor & Head Department of General Surgery

AJCU 2020



AIIMS JODHPUR CARDIOLOGY UPDATE (AJCU 2020): Department of Cardiology

The Department of Cardiology had organized a conference AJCU – 2020 on 17th -18th January 2020. It was attended by ~ 260 physicians and residents. The day one morning session had eight didactic lectures of recent updates in cardiology. The lectures were taken by eminent personalities from India like Dr. Sandeep Seth, Professor of Cardiology, AIIMS New Delhi and Dr. Hari Krishnan, Professor of Cardiology, Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Trivandrum etc. The afternoon session was an ECG symposium in which post graduate students of medicine, anesthesia and interns participated. In the evening, a quiz of interesting ECGs was conducted and the prizes were distributed by Prof. Mahendra Garg, Scientific Chairman of AJCU – 2020. Next day the Echocardiography workshop was organized in the E – Classroom with eight stations. All stations had echocardiography machine and hands on training was given to 30 participants. Four lectures were also taken and the faculty was from premier institutes like AIIMS Rishikesh, AIIMS Raipur etc. The conference was successfully concluded on 18th January 2020.

- Dr. Surender Deora Associate Professor & Head Department of Cardiology

3rd Hands-on Cadaver Dissection Course cum Live Surgical Workshop on Rhinoplasty and Facial Plastics

3rd Live Surgical and Hands-on Cadaveric dissection course in Rhinoplasty and Facial Plastics was organized by the Department of Otorhinolaryngology in collaboration with Departments of Anatomy and Anaesthesiology and Critical Care.

Dr. Ullas Raghavan, a renowned ENT and facial Plastics Surgeon from UK was invited as a guest faculty along with Dr. Rakesh Kumar, Professor, Department of Otorhinolaryngology, AIIMS, New Delhi. This event was inaugurated on 12th December, 2019 by Prof. Kuldeep Singh, Dean (Academics). The event was attended by 20 delegates from various parts of the country and abroad. The academic feast covered lectures on different aspects of Rhinoplasty & Facial Plastics. Five patients were operated and were demonstrated live to delegates and the event was well appreciated. Cadaveric dissection demonstration was followed by hands-on practice by the delegates on 13th December, 2019. One of the most satisfying aspects was the positive feedback of all our dissectors and their interest in this subspecialty of ENT.

- Dr. Amit Goyal Additional Professor & Head Department of Otorhinolaryngology



Introducing PBM: Transition From Product To Patient Centric Approach

An ISBT academy event dedicated to patient blood management (PBM) was organized for the first time in India by Department of Transfusion Medicine and Blood Bank, All India Institute of Medical Sciences, Jodhpur in collaboration with International Society of Blood Transfusion (ISBT) and Indian Council of Medical Research (ICMR) on November 29th and 30th, 2019.

The motivation behind the event was the staggering results that we have observed in our patients with the implementation of PBM principles and our attempt to learn more and the desire to spread awareness regarding PBM among our fraternity. The two day academic event featured about 12 speakers from various disciplines across India sharing their knowledge and experiences to an audience of about 200 delegates from various clinical disciplines including transfusion medicine professionals, as well as officials from the regulatory bodies concerned with Blood transfusion services in India.

Dr. Zarin S. Bharucha spoke about the challenges faced by the fragmented blood transfusion services in India and the steps to prevent proliferation of new blood banks. Prof. Erica Wood introduced the concept of PBM to the audience and stressed on the fact that PBM is not anti-transfusion, rather use of evidence based and individualized transfusion for better patient outcomes. She outlined the steps and challenges to implement PBM on a national scale with the Australian example and also stressed on the importance of correction of preoperative anemia, use of Tranexamic acid and cell salvage in reducing intraoperative bleeding.

Dr. Sampath Kumar, a well noted cardiothoracic surgeon, stressed on the blood conservation approaches in open heart surgeries which helped him avoid transfusion in 83% of his patients undergoing open-heart surgeries. Dr. R.K. Chaudhary estimated the prevalence of inappropriate transfusions to be more than 40% in India.

Dr. Mritunjay Kumar, anesthesiologist, spoke about PBM initiatives undertaken at AIIMS, Jodhpur which reduced the overall transfusion requirements by more than 50%. The scientific sessions also included anemia management in patients of chronic kidney disease by Dr. Manish Chaturvedi (Nephrologist) and evidence based guidelines for transfusion of plasma and platelet components by Dr. Meenu Bajpai.

Two panel discussions were conducted on National Blood and Plasma Policy of India and on the role of

bedside visits by Transfusion Medicine practitioners in improving Blood Safety. Speakers deliberated on the non-viability of small blood banks and the drawbacks of fragmented transfusion services in the regulation of quality of components and implementation of PBM. The role of bedside visits and joint clinical rounds with transfusion practitioners were emphasized for the better implementation of PBM. Two workshops were also conducted during the event on unconventional Immunohematological techniques by Dr. Sanmukh Joshi and on Apheresis and the role of transfusion medicine physicians in hematopoietic stem cell transplants by Dr. Aseem Tiwari.

The PBM drive is gaining momentum worldwide, and this is the first sensitization event dedicated to introducing the concept in India. We hope that more hospitals would be forthcoming and to accelerate the adoption of PBM, and that the National Blood Transfusion council (of India) will be empowered to make and implement a national PBM program.



- Dr. Archana Bajpayee Additional Professor Department of Transfusion Medicine

- Dr. Puneeth Babu Anne Junior Resident Department of Transfusion Medicine

NCPE

The National Conference on Pediatric Education began on 03rd November 2019 with much zeal and enthusiasm at AIIMS Jodhpur. The first day was marked by a continuing medical education session CME on "Competency Based Medical Education in Pediatrics: Challenges and Opportunities" keeping in mind the current situation and demands of medical education in the first half of day. This was followed by multiple pre-conference workshops like -

- Workplace Based Assessment
- Competency Based Medical Education
- Clinical examination the conventional teaching method
- AETCOM (Attitude, Ethics and Communication)
- Research Methodology and Thesis Writing
- Pre-conference workshop on Medical Simulation: Introductory Trainer's Course

Stalwarts in the field of medical education from the entire country and abroad assembled and graced the conference. Notably among them were Dr. Piyush Gupta (New Delhi), Dr. B.D. Gupta (Jodhpur), Dr. P. Ramachandra (Chennai), Dr. Bhavneet Bharti (Chandigarh), Dr. Pramod Sharma (Jodhpur), Dr. Anurag Singh (Jodhpur), Dr. Sanjiv Lewin (Bangalore), Dr. Shalabh Garg (UK), Dr. Jyotsna Rimal (Nepal), Dr. Karma Tenzin (Bhutan) and Dr. Dinker Pai (Chennai). The purpose of the medical education is tos make the society healthier and happier through desired positive behavioural changes among the healthcare providers.

The workshops gave opportunities to learn various interactive teaching and learning methods utilizing adult-learning principles. Though the target were Healthcare workers in Pediatrics and Newborn but the conference was attended by academicians from different medical fields including Preclinical, Para-clinical, Clinical Surgical, Clinical Medical, Various Subspecialist and Nursing streams. The most conspicuous part of the conference was involvement of stakeholders - Medical students (Under graduates, Post Graduates from various medical and Surgical Stream and nursing Institutes, Senior Residents) from day I of this academic event. Medical Council of India representation by Professor Siddharth Ramji added further value as the students involvement was highly appreciated with the policy makers.

On the second day, the Conference began with an introductory address by Dr. Kuldeep Singh, Dean Academics & Head of Department of Pediatrics. Various issues related to medical education were discussed which included- Blended learning, Postgraduate teaching and Workplace Based Assessment. There was also a session on Virtual Reality, Simulation and Artificial Intelligence and how best they can be utilized for teaching and learning in medical schools.

There was a congregation of many intellectuals and stalwarts in the field medical education such as Dr. Piyush Gupta, Dr. Siddharth Ramji, Dr. Sangeeta Yadav and Dr. Sanjeev Lewin. The Session on need for combining human intelligence with artificial intelligence for appropriate learning was noteworthy. Faculty emphasized the need for passion for patient care and teaching as essential qualities for medical teachers. They also emphasized that the need to understand the socio-cultural milieu is an important component in medical knowledge for patient care.

Most faculty members felt that the current evaluation system is not conducive to practical learning and showed dissatisfaction with the Multiple choice questions based NEET as a method of student evaluation at Under Graduate & Post Graduate Level.

The event was inaugurated in the evening with release of the Souvenir & India Academic of Pediatric Task Force Guidelines on Implementation and Support of Medical Council of India's "Competency Based Curriculum for Pediatrics in undergraduate education".

The Third day, the concluding day of National Conference on Pediatric Education, saw a lot of food for thought and action. The conference began with a talk by Dr. Sangeeta Yadav, Director Professor Maulana Azad Medical College, discussing the current system of internship and expressed concern on how it is failing to generate complete medical graduates. Students are currently only targeting the NEET PG entrance exam, and as result the quality of medical graduates is going down. Deliberation was done, on how an acceptable applicable and fair a system of evaluation of the medical graduate can be developed. Dr. Shrikant Mane from the Yale University held a session on "Genomics" Issues on ethics and professionalism were also discussed.

The Session concluded with Dr. Kuldeep Singh emphasizing the need of mentoring of medical students and the need to develop communication skills.

The resounding opinion of the congregation from the level of interns to the senior professors was that the current system of medical education is progressively failing to generate well rounded medical graduates. All felt that the current MCQ based NEET exam is making the medical graduates only NEET qualified rather than doctors. There is a need to revamp the PG Entrance exam system.

The event concluded with the Krishnamurthy oration by Dr. B. Shantaram Baliga. Undergraduate medical students who are equal stakeholders in the subject of medical education were also involved at all stages. The faculty and delegates are now looking forward for changes and effect of NCPE 2019 on medical education system.

Feedback received at various stages of workshops and conferences was quite encouraging.

Post Conference Feedback report - Dear sir, we start this with this positive note that maximum participants (Delegates + Faculty), participated actively for pre-conference questionnaire and post conference online feedback. We received both constructive critical feedback for pros and cons of this conference and amount of their satisfaction and benefit of this conference to their academic and clinical skill upgradation. We received feedback as mentioned below as actual comments by delegates -

- "Great organized workshop and need to be revised on regular basis"
- "Nice initiative, well organised meet"
- "Excellent innovative CME and workshop"



- Dr. Kuldeep Singh Professor & Head Department of Paediatrics

Neuroradiology Update

The Department of Diagnostic and Interventional radiology organized the 1st AIIMS jodhpur neuroradiology update at AIIMS Jodhpur on 16th & 17th November 2019. The focus was on "neurointerventions".

The meet was attended by 80 delegates comprising neuroradiologists, neurosurgeons and neurologists of the region. Speakers included eminent interventional neuroradiologists of the country from NIMHANS Bangalore, PGI Chandigarh, AIIMS New Delhi.

The speakers emphasized the importance of emergency neurointerventional services especially stroke thrombectomy in a tertiary care hospital and shared their invaluable clinical experience with the knowledgeable audience.

The Department organized Organized and conducted 1st Indian society of Pediatric Radiology (ISPR) outreach programme (one day CME) under the aegis of by ISPR(Indian society of Pediatric Radiology) at AIIMS Jodhpur on 8th December 2019. The meet was attended by 130 delegates.









The 3rd Radiology Refresher course - an exam-oriented course for Post-Graduate radiology students was organized. Since its initiation in 2018, the course is now established as a popular course for exam preparation for students from all over the country due to its novel approach of simulating exam milieu. Student delegates included participants from centers as far as Kerala, Bengal and Maharashtra.

The Department also organised a public awareness camp at village Sirana, Pali to enlighten the general public about vascular diseases like PVD and stroke along with department of CTVS and Medicine.

- Dr. Pushpinder Khera Additional Professor & Head Department of Diagnostic & Interventional Radiology A person whose presence oozed joy and positivity, an integral part of AIIMS Jodhpur right from its inception in 2012, he has left an indelible mark on each and every person who had a chance to interact with him.

His life shall always inspire us.

OM SHANTI



Dr. Rajesh Sharma
(MBBS, MD)

Professor, Department of Physiology, AIIMS Jodhpur
(28.09.1970-16.05.2020)

"Posterity gives a man his true value"

-Tacitus

Words from students for their beloved teacher:

'I fondly remember Rajesh Sir's style of teaching. He was a promoter of an informal atmosphere in the classroom which really put students at ease and more receptive to what he had to teach. Being an experienced educator he that was, his classes were crisp. It was his priority that students understand the heart of physiologic phenomenon instead of being lost in weeds. He will be missed as an excellent teacher and a good human being.'

- Dr. Abhijeet Singh Barath MBBS Batch 2012

The Unparalleled Unconventional

Amidst the chatter and chaos after the first lecture, befuddled by hundreds of slides whizzing past your eyes before you can count them; a gentleman dressed in suit and tie walked in the class. His hair ashen grey, having a radiant smile on his face and hands in pockets, as he took long but confident and relaxed steps; by first look he meant total discipline and asceticism.

Expecting another insipid lecture with seemingly dead slides to come out from the laptop he was carrying, he quietly placed it aside on a chair. He came and sat right next to one of the first benchers leaving everyone startled.

He started with a brief but generous introduction and then asked students to introduce themselves one by one.

As we prepared our nerves for the next expected question "Which branch do you wish to pursue in future?", unusually there was this question "Why have you chosen to be a doctor?"

There was a wave of utter silence as everyone had the obvious answer in mind and thought saying out loud would make them look like a fool. Even the perpetually sleeping backbenchers were now listening attentively as to who'll be that person.

With a chuckle, he explained the roots of the word 'doctor' in Latin 'Docere' means 'to teach'.

And with that note, he drew a beautiful diagram of the human heart with chalk and board and intuitively explained some basic yet interesting concepts of the human autonomic nervous system. While most were busy scribbling off sheets of paper of what he taught, all he wanted us was to pay heed to his words.

And before you could perceive time, his socratic class came to an end, and he left us remembering his jovial and frolicking yet infectious personality.

In loving memory of Dr. Rajesh Kumar Sharma, a great teacher and mentor father.

-Dr. Aditya Katyal MBBS Batch 2013

You expect professors to be stern, serious and discipline worshipping; Rajesh Sir was the exact opposite of it - casually sitting atop the table on our first class and chit chatting to us newbies; making us feel at home in this alien atmosphere.

Welcoming us like a father and teaching in the most unconventional ways making the subject as simple as child's play; we always were left wanting for more after his classes. Be it the lab or the lecture hall, his methods were unique garnering the attention of even the most disinterested student, igniting something even they didn't know lay beneath.

We never ever imagined that he'd leave us before we left this college; but we're sure of the fact that he'd be looking at us from above. We all miss you dearly, Professor.

-Dr. Srijan Sinha MBBS Batch 2015

A song that perfectly encapsulates Rajesh Sir and his zest for life

मैं पल दो पल का शायर हूँ, पल दो पल मेरी कहानी है पल दो पल मेरी हस्ती है, पल दो पल मेरी जवानी है मैं पल दो पल का शायर हूँ ...

मुझसे पहले कितने शायर, आए और आकर चले गए कुछ आहें भर कर लौट गए, कुछ नगमे गाकर चले गए वो भी एक पल का किस्सा था, मैं भी एक पल का किस्सा हूँ कल तुमसे जुढ़ा हो जाऊँगा, वो आज तुम्हारा हिस्सा हूँ मैं पल ढो पल का शायर हूँ ...

कल और आएंगे नगमों की, खिलती किलयाँ चुनने वाले मुझसे बेहतर कहने वाले, तुमसे बेहतर सुनने वाले कल कोई मुझको याद करे, क्यूँ कोई मुझको याद करे मसरुफ जमाना मेरे लिये, क्यूँ वक्त अपना बरबाद करे मैं पल दो पल का शायर हूँ...

LITERARY SECTION



Textual platonicity and what it means for us students

"The biggest mistake in learning from a text is thinking that the textual lessons are as applicable in reality as they were in the hypothetical controlled environment of the textual world."

There are two ways of defining a term that refers to an object — connotationally and denotationally. When the definition entails defining a term in a statement generically, and when the conditions of the definition are sufficient and necessary one calls it a denotational definition. The other name for it is intensional definition. When the definition entails defining a term by listing all the members of the term which is being defined the definition is called a connotational definition. The other name for it is extensional definition.

In logic, when the intentionality of a syllogism is considered, the soundness and validity of the syllogism is concerned only within the domain of the theoretical denotational definition of the subject and the predicate. For example, 'All bachelors are unmarried,' is true because all bachelors intentionally mean to be unmarried men. But 'bachelors' also mean 'bachelor of science,' 'bachelor of philosophy'. These bachelors may or may not be married. But they are bachelors nonetheless. This aberration in the continuity of meaning and a pointer to a new meaning of the term is derived through extensionally considering the term 'bachelor'.

Thus language, written or otherwise, has its own logic. In a game of probability, 50-50% chance of getting heads: tails in flipping a fair coin doesn't really mean that in reality the coin will show heads 50% of the times and tails 50%. The textual representation of the probability presupposes fairness in the behaviour of a coin when flipped, which is not possible in reality. The coin might be fair, but reality isn't. This crucial distinction between the truths of the texts and the truths of reality is considered the difference between the hypothetical world of textual theorems and axioms and the real world of uncertainty. If only we didn't subscribe to so much Platonicity in texts, meaning if we didn't oversimplify things in the texts to so much extent that the granularity of realism is lost, we would be better able to account for many aberrations found in the real world. This Platonicity accounts for the phenomena to be given a simplistic theoretic cosmesis. If we were to get rid of this idea of 'fairness' in a 'fair' coin and understand that the real world event with its almost infinite factors is out of the grasp of the scientists and mathematicians keen on modeling the real world events, we would be aware of our notion of uncertainty and 'realness' in the flipping of coin in a text as against that in a real betting game. The education system would serve its students well to issue this rubric in bold at the start of every textbook that has even a vague notion of probability and odds in its chapters. Thus, we would approach the text better prepared and wouldn't let our 'streetsmarts' be robbed by the Platonic pedantry of the texts. This, in my view, would be a great service to the students and readers of textbooks that contain any hint of Platonicity in them.

> - Dr. Prathamesh Seth Junior Resident Department of Pathology

Sitting under the sky in a jovial mood, were she and her mum Gazing at the vivid crepuscule and the panoramic view. Chattering were they in a whimsical tone, With the background notes of the tweeting passerine.

Lost in the vibrant hue of the eventide, Hardly did they realise 'it was but a mirage' Bewildered by the unanticipated events that followed, pelting were they in a perplexed state.

The empyrean turned into a dreary dark, And the chirpy passerine no longer heard. As the uncouth nebula curtained the welkin, the stroke of lightening pierced the sky.

And there came down the torrential deluge, tipping down like the spectacular cataracts.

The water gushed into the 'verandah' and the space, left the two greatly appalled and astound.

Hard to believe the turn of events, Hard to care for the plethora they have lost There they ran in hurry for the survival, There they darted in haste for 'The Life'.

> Amisha Negi MBBS Batch 2017

"You're a liar", she screamed at the mirror
"But why baby, wasn't I always there for you?!"

"No, you lied I'm ugly, not as beautiful as that city girl.

You lied I'm not fair, with no soft skin, Dark with spotted glowless skin.

You lied I'm fat, round Couch potato of no use.

And what not, You lied every time"

"Yeah and you believed it always, Why not now?"

"Because I found myself today!"

I AM ADORABLE WITH A BEAUTIFUL INNER SOUL.

Shahana Sherin MBBS Batch 2017

O! Dear Friend

Your fascination for those offshore lands I'm 'ware.

Swayed by their ways so much so that you could renounce your very own land.

But before you leave, I must tell you my friend,
Though their roads might be much wider;
But the wheels on it may not always heed your steps.
You might find the doors in the neighborhood more decorated;

But still you can't bet which ones would open every time you knock.

That scenic view at the bay window might be worth your admiration;

But not always, will you find a hand to walk those landscapes together.

No one bothers you and you dare not invade their personal space.

When things are going well, not a second thought your mind will dwell.

But then, this seclusion may not be serene till the end.

When through the downs you go, better could you
appreciate the indigenous grandeur.

Anytime you want to come back home, "home" that your feet left but didn't leave your heart;

As truth be told, homecoming never gets old.

Janhvi Shah MBBS Batch 2017

CLOUD

I am the cloud
The wanderer
The witness
I can be seen
But am shapeless
I bring the wisdom
Of distant lands
But unburdened and light
I flow with the wind
I quench the thirst
Of restless souls
I am
The yogi, the cloud
The wanderer, the witness



Brandishing a gun, I asked a hangman for his morals, He said I have none. I asked why he should get away With ending lives night and day He said I, too should worry For triggers are pulled in hurry. The rope is quick, quiet and sane But when lead meets blood it's only pain The fall is repentance and penance complete The stair is just the hammer pulled back The hammer goes forth with haste replete I too am swift with the lever and the sack The clang of the lever or the bang from the muzzle The collapsing floor or the whizzing of air Sir, at least I have seen none writhe. The rope it shudders as spine separates From the head the reaper takes Or has he traded his scythe, Lost the shroud and silent ways To come in human attire And pull a lever, hand for hire. And behold! The mass falls free, No angels cry no devils heave No shriek heard no blood will leave Just the fall, it is his, it will be, All up till, all he ever will be A date and time in a gallows noted, The yearning rope wound back. Until another life is needed To be hung shrouded in a sack.

> Rajat Agarwal MBBS Batch 2017

I WILL NOT HARM, TRUST ME

Let me sit alone in a closed space,
A dark room with breathtaking silence
I will not harm, trust me.
I will just cry my heart out.

Throwing away all those emotions,
which I don't want to tell you.
I will cry louder and louder,
until the last seed of trouble
bursts under the cumulonimbus teardrops.

Give me some time alone
I will not harm, trust me.
I will cry harder and harder
Until there's nothing left to grieve.

Come and meet me then,
I will greet you with a smiling face
and hear you a story of valor.

Sit beside me then, Silence will speak for us.

> Shahana Sherin MBBS Batch 2017

SARASVATI ELIMINATION NOT JUST A BUNCH OF HOCUS-POCUS

Her origin as a river goddess
May explain her invocation
As a protective deity 'Sarasvati'
In a hymn to the celestial waters
The semi-tertian fever
Known today as Malaria,
He proposed a magical procedure
Based on the wizardly word 'Abracadabra'
"Write several times on a piece of paper the word
'Abracadabra,'

And repeat the words in the lines below
But take away letters from the complete word
And let the letters fall away one at a time in each
succeeding line.

Remember to tie these papers with flax
And bind them round the neck."

Perhaps to hedge your bets,

Wear a domestic cat's skin festooned with jewels.

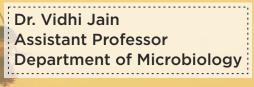
Feline by-products, bejeweled or otherwise,

Magic words and amulets all failed,

And malaria continues to be
one of the most severe global public health problems.

But, in post-Rig-Vedic literature,

The disappearance of the Sarasvati is mentioned.



DREAM

I dreamed And I saw worlds Which didn't even exist Saw events which never happened My mind Out of its own accord Spun a beautiful web With the thread of memory And I Take it to heart Live in that web Laugh and cry in it While another part of me **Sees and smiles** At the innumerable world-webs Of innumerable beings

> Dr. Vijay Madduri Assistant Professor Department of Urology

THE HEARTY CRY

Differences came alive, the consciences diverged; Manifestation of one's autonomous righteousness, Became the sole theme in their colloquy.

They blamed her for not being lily-white;
But could she endure it any long?
All her fantasies had to face the brutal reality.

How much she longed for it to get better!

The illusion of it being anything different prevailed upon her over and over again;

After all, these fancies had to be mopped up with time.

Amidst this Sturm und Drang that she went through, Why should she bother to put on that hypocritical grin?
All that she could afford was the old hearty cry.

But, she couldn't even sob the same old way;
The shoulders this time seemed to be bitterly cold;
The entire coterie on the other side.

For all that turned out,

It took quite a heavy toll on her;

She, who was portrayed as Lady Macbeth with her tragic

flaws, bore it all.

Anyway, it didn't go waste this time.

Realization came soon that, it were the bondages that were freed;

Bonds she had mistakenly taken them to be.

Janhvi Shah MBBS Batch 2017

DANCING TO RAINDROPS

A triple spin, gracefully treasured Intensity unspoken, softly unmeasured

You emerge from the ebbs, glide Only to dive, back into the tides

Every pause you feign control Renegade hair go rock 'n' roll

When a mask can't contain your smile Should a language barrier stem my style?

I wrap myself in your rhythm, compelled A dance dancing/ poem composing itself.

Dr. Vidhi Jain Assistant Professor Department of Microbiology

RAN AND FLAME

I look at the streets, covered with blood,
Stinking of stories, of hate and anger,
I steer ahead, without a blink mere,
For I have my own 'problems' to fear.

These urchins stand, in their rugged clothes,

Colored balloons but their future black,

I slide up the window, with a slight sneer,

For I have my own 'problems' to fear.

The sky is red, with flames of pyre,

Echoing wails of love, pure and others.

I walk past the river, as ashes disappear,

For I have my own 'problems' to fear.

And here I relax, in fame and fate,

Aloof from these vagaries, not a fret.

But when these clouds, of real pain hover,

Will I embrace the rains or run for cover?

Jagriti Jha MBBS Batch 2017

A WINGLESS BIRD

Deep sigh, then she stepped out;
The moon and stars greeted her in the dark scary night.
Dark wicked men in masks filled the street;
Pelting stones, her defeat was all they asked for;
All the same, scarier than dark their curses were.
Fearless in the threats
She chased the moon and stars.
With steps took in rush,
Her wounds healed to face beasts in the streets to come
The starry sky called, 'come flying'
Wings wide; slowly she lifted off the earth

Snapping out of the dream I saw my bleeding wings on the floor.

Shahana Sherin MBBS Batch 2017



BROKEN MAZE

Lifeless I lay
In this broken maze

As bleak as this butterfly
As poignant as this chase
of finding life
In this broken maze

Sleepless I sway
Dreaming of your face
Is it you
Or am I seeing things again?

"Stay a little longer", I say
As you fade away
Into the gray
Of this broken maze

Vainly I wait

Lying in the feet of my fate

Won't you keep the promise you made?

You put me to sleep As you arrive late Let me sleep a little Before I die again

> Harleen Kaur MBBS Batch 2019

THE WOMAN

Pencil heels, scissoring gait
Popsicle nails, fashionably late
Kohl-rimmed eyes that hold a gaze
She's got it all! At least on some days

Beauty begins, when she bares her soul
Through every style, her story told
Dress shabbily and they'll remember the dress
Dress elegantly and they'll remember
The woman

She doesn't do fashion, she is fashion.

Dr. Vidhi Jain Assistant Professor Department of Microbiology

TI-IIS ODYSSEY!

Half way through this odyssey,
A part of it yet to be unleashed.
Here I pose as a mere passer-by;
Indulged wholly into the radiance
Of this splendid sun city.
Right from it's sumptuous palaces
To those impenetrable forts;
My very alma mater this city fosters.

How raw and fresh were we when brought!

Striver and seeker by heart and soul.

There we laid in bits and pieces,

Making ways through the rifts and crevices.

There at once, we held our hands firm;

And down the lane, we took a stroll.

Be it catering to our whims and fancies,

Or taming of those temper tantrums,

Precisely and deftly we managed it all.

All these lively moments of togetherness;
Ought to be my prized possessions.
In the times forthcoming if it be of vagaries,
So much would I have, worth to be cherished.
For now it's of me to relish the warm homecoming,
Though what lies beyond might draw all my very curiosity;
It would be fairly wise to let the time play it's charms.

Janhvi Shah MBBS Batch 2017

वो बेखबर

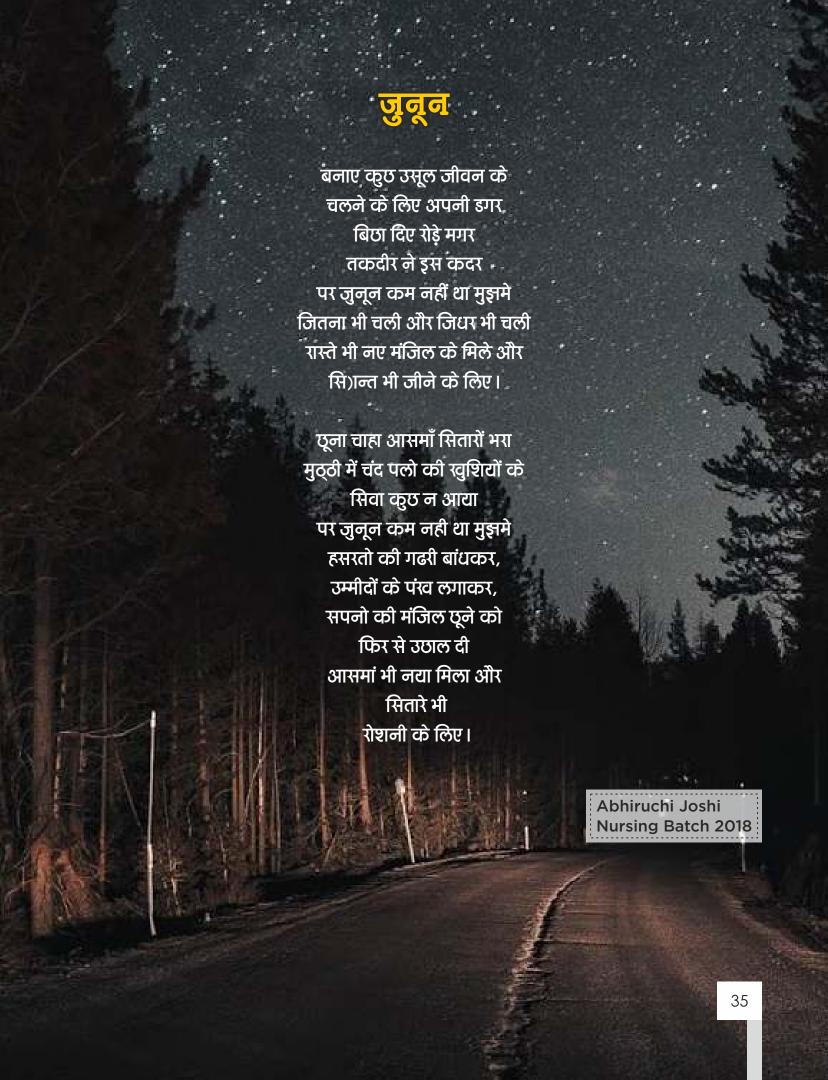
तू नहीं ना सही, तेरा अक्स तो मिला.. ढूंढ रही थी तुझे जिसमे में, वो शख़्स तो मिला...

अंजान था वो मुझसे या मैं उससे अंजान थी... अखारों की बस्ती में में, इकलोती नादान थी...

धीमी धड़कनों की आहट से, अकेला ही बेअसर था वो... हर भीड़ मे चर्चे थे जनाज़े के मेरे, जाने क्यों बेखबर था वो...



Madhubala MBBS Batch 2018





AUPA 2020









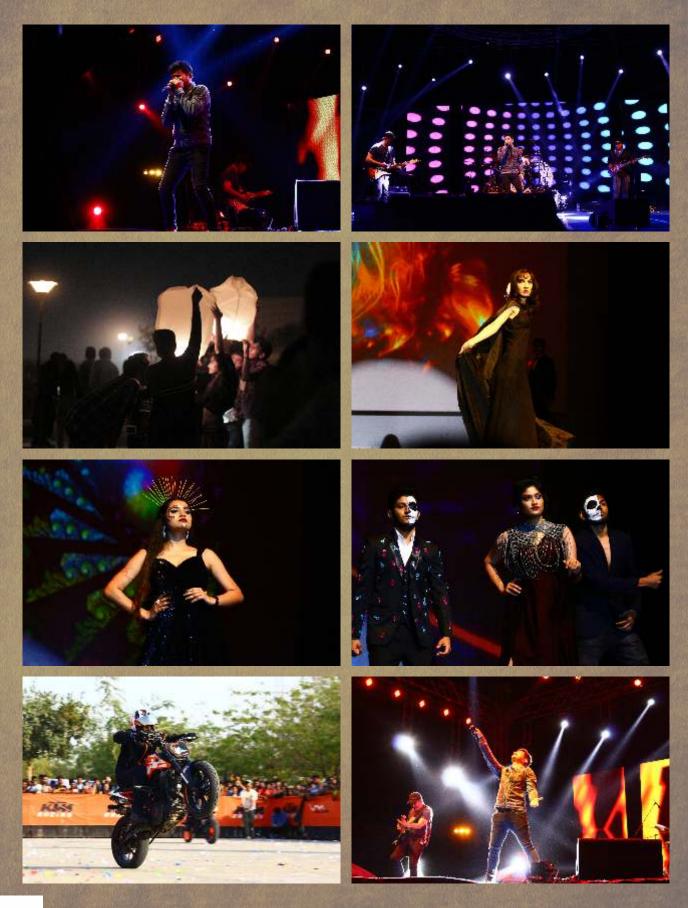


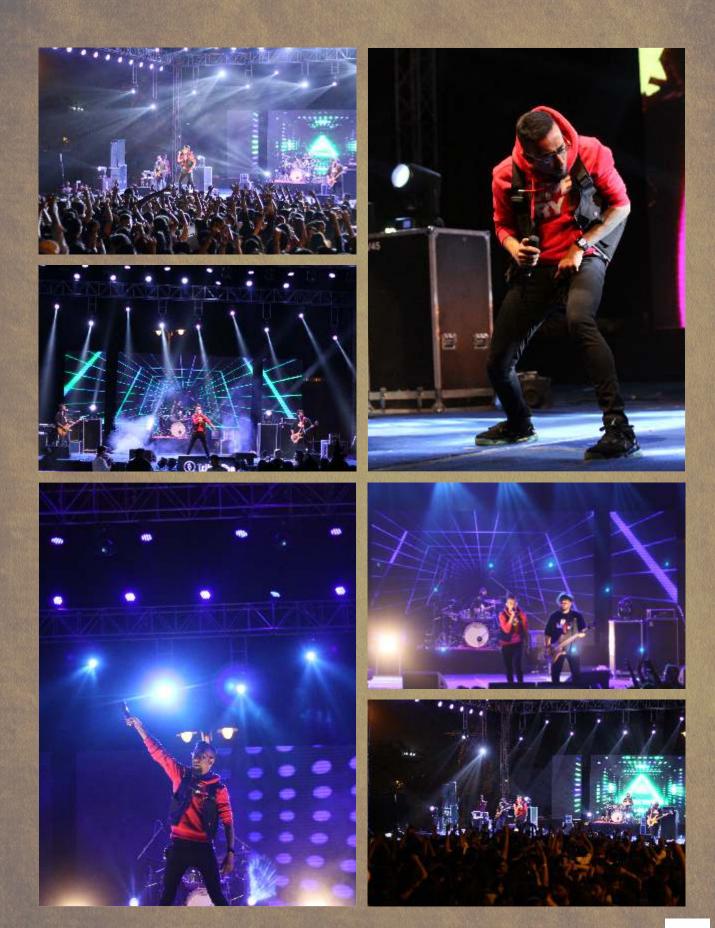










































































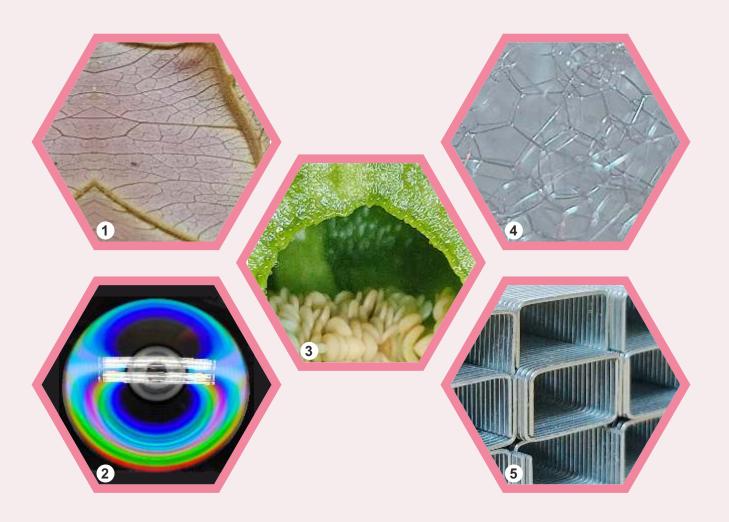


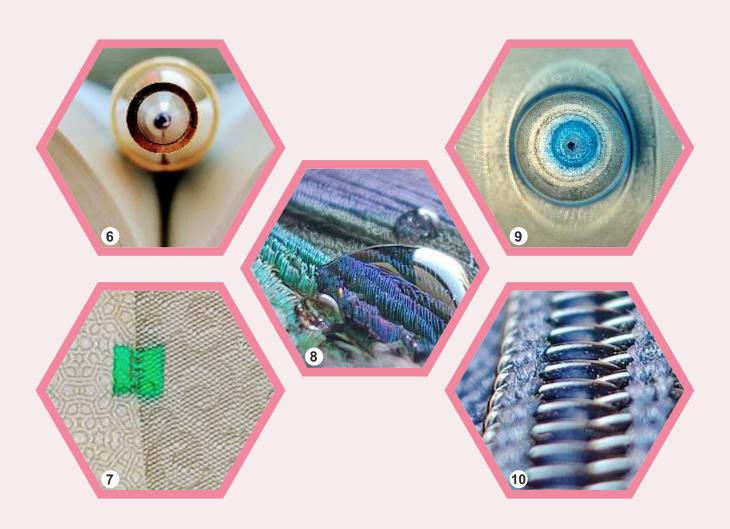




CAN YOU IDENTIFY THESE?

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 end.





Submitted by-Dr. Pooja Ojha Assistant Professor Department of Physiology

For answers, turn to the last page



FARE WELL, DEAR DYNAMITES

The red shall never fall, the red shall never fail,

We have left our trail in court, the fields shall tell our tale,

We may win we may lose, but the glory stays with the red,

One for all, all for one, one equals one hundred.

The red don't give up, not without fight,

Because there is a spark of fire inside every dynamite.

"

















A LETTER TO DYNAMITES

My Dear Juniors,

As you prepare to leave the medical school and launch yourself in the world of adults, there is a lot I want to share with you. You guys are the last batch with whose members I have interacted closely during my own medical school years. Saurabh, Ishant, Shreyash, Digvijay, Sashikant, Mufeeth, Srijan, Manvi and all you dynamites, thank you for those wonderful times. Your departure represents a severing of my ties to the active student body and is heavy on my heart. Therefore, as an elder brother I want to share with you some wisdom I have gained over my short stint in the real world. I hope it serves you well in the times of your need.

First, find yourself. Although the world of adults is exciting and full of possibilities, it is messy and gets messier as you grow older. There are tons of soft laws which you only learn by hit and trial. It's very easy to lose yourself and the vulnerability increases when you do not already know yourself. Therefore, think deeply on the questions of who you are, what you want to be, what's personal life and what's professional life. We need the right external circumstances, the right people and untainted perception to discover who we are and what we could be. Therefore, I implore you to go out and explore, travel and put yourself out of your comfort zones. There will be times when you'll be lonely, scared and confused. In those times, take a rational approach to the problem. However, when reason fails, open yourself to guidance. It will come to you- in a dream, in a shower, as an intuition, through a quote or a mentor/friend. Perceive attentively and you will have an answer. Trust your mentors, parents, friends and wellwishers. However, know that they too are human beings with limitations. Thus, know when not to listen to them and trust your own judgement. Experience will bring you this wisdom.

Second, overcome insecurity and ego and think big. Your MBBS gives you enough financial security to take good care of yourself and your families. Therefore, there is no reason besides insecurity or ego to continue running without knowing where you want to go. By seeing patients day in day out, you would certainly impact the lives and families of thousands. However, if you want to create an impact that extends beyond the people you would personally see and beyond your lifetime, research, policy changes, creation/development of institutions and mentorship is the way to go forward. This is how Sir Alexander Flemming, Buddha and BR Ambedkar continue to impact our lives until this day and until forever. Therefore, besides/ in addition to/ after residency, think about less traditional career paths like research, medical missions (e.g., doctors without borders), bureaucracy, hospital business and administration, medical device industry, NGOs, holistic medicine, among several others.

Third, be humble. It is very common for medical students and young doctors in general to be egotistical about their knowledge. This ego feeds off from the constant praises and attention we receive, our years of hard work and our ability to gain control of conversations and situations owing to our

medical background. I have been egotistical as well. And I remained unaware until humbled by life over the past two years. My friends, the knowledge you have gained is not yours. Somebody else produced it. You have merely memorized and applied it. Knowledge that is truly yours comes from your own perception and imagination. To harness one drop of new knowledge from the lap of nature, is an effort in moving mountains. And when you taste those drops, you stand in the awe of all that you still don't know, humanity still doesn't know. What we don't know would always be more than what we do know. Furthermore, ego would cut you off from people. Humility will bring you closer.

Fourth, cultivate compassion. The root cause of all your emotions and actions are only two - self-preservation and self-expansion. There is also 'self-dissolution', of which I have no experience. Therefore, I would limit myself to the former two. Self-preservation gives rise to fear, insecurity, societal conformity, ambition, greed, and exclusion of others. Self-expansion gives rise to love, friendship, positive relationships, and compassion. I believe both these roots are present in everyone. However, the one we cultivate is what manifests itself

predominantly. Cultivating compassion requires you to step into other people's shoes and see the world from their perspective. It's hard. There are many roadblocks. However, we must persevere. As a physician, compassion should be your utmost quality. It would allow you to see humanity in pain and suffering that you'll be seeing for your lifetime and give you the strength to soothe it.

With this I end my thoughts and wish you all the best for your exciting future endeavors. Write to me at jeetofficiall@gmail.com if you have any questions.

Yours, Abhijeet

Abhijeet S. Barath, MBBS
Ph.D Student
Mayo Clinic Graduate School of Biomedical Sciences
barath.abhijeet@mayo.edu
jeetofficial1@gmail.com



Abhay Singh Hate the sin, love the sinner



Abhinav Awasthi उत्कंठ जिजीविषा



Aditya Siag Art of hoops



Ajay Yadav Addicted to cricket



Akanksha Minj Speck of dust within the galaxy



Akash Kumar स्वास्थ्य के लिए हानिकारक



Akhil Jain Life is good



Akhilesh Kumar Moody, sensitive, friendly



AlkaFree like the sea



Amandeep Simple habits, simple life



Amit Bithu Infinite



Anchal Dunoeui aleumdaum



Anil Kumawat Jai Shree Ram



Aniruddha Pathak Living in the moment is everything



Anjali Chauhan Unstoppable



Ashish Puwar Make your own path



Ashvini Yadav Made of sterner stuff



Ayush Garg Be the change



Bhupendra Sai Painkra Sports addicted



Bhura Ram Kumawat Let the world follow me



Dhanraj Singh Pannu Adab asooli sardar



Dimple Badgujar
The resilient one



Garvit Goyal
I'm a noun in your life,
only a verb in mine



Gaurav Arya Kaze ni nare!!



Gaurav Patidar Whatever it takes



Gautam Gupta ... Let me think



Gautam Ram Dramatically yours



Gursawan Kaur Wickedly vivacious



Harleen Kaur Trouble is my middle name



Harsh V. Malosaniya Thai jashe!



Harshvi Jobanputra Aspire to inspire!



Jay Kiyada Tharthan in Azotum



Kanha Garg Weird is wonderful



Karan Just do it



Karan Sodani Hold on!...dreaming..



Kartik Madan
Be the exception!



Kartik Mali Never rest till you reach



Kavita Meena Heartwarming nature



Komal Gurjar Cute, crazy, complex



Krishan Meena Living in peace



Kriti Agrawal Flawsome!



Laxman Lal Bochiya Accept yourself



Lovenish Kumar Cricket lover guy



Maanas Jain Relatively divergent



Madhusudan Chandak
The innocent one



Maanav Dhanuka Never give up



Medha Agrawal
Be you, unapologetically!



Mohammed Irshad इंकलाब जिंदाबाद



Mohit Bansal Real life gamer



Mohit Sharma
I do a thing called
"What I want"



Nameet Jain Satiety lies within



Nandan Patel Selectively social



Naresh Patel Simply complex



Nayan Kucheria Eyeronically pointless



Neha Khatri A panglossian!



Nikita Mauthiya Alma feliz



Nitesh Chouhan Be simple



Nitin Bajiya Sleep, play, repeat



Pawan Bishnoi सावधान रहें, सतर्क रहें!



Piyush Dayal It all starts with a dream



Poonam PareekGood food, good mood



Pratibha Chahar An average Joe



Prem Bishnoi Severely chill



Pulkit Gupta The dog lover



Rahul Chaudhari Take it easy



Rahul Malik Mapeyan da sau putt



Rahul Yadav Rab warge mappe mere



Rajbeer Closer you look, lesser you see



Ramnaresh Saran Your loss, babe



Ranveer Singh Kinda savage!



Rishi अंतः अस्ति आरंभ:



Roubin Kumar Hard to predict!



SagarSports helps me to deal with things



Sahil JainLive and let live



Sahil Virwal End is the beginning



Sarthak Shah The protagonist



Saumya Manohar Or or either



Saurav Shah Desire amidst the drought



Seema Dhaka Smile-wordless language



Shahadat Hussain Live your potential



Shashank Shekhar Stay hungry! Stay foolish!



Shaurya Kumar अथातो घुमछड़ जिज्ञासा



Shazeb Malik Bol ki lab azaad hain tere



Shivam Jaiswal Complejo para ser simple



Shivam Mittal हर घर भगवा छायेगा



Sneha
Passionately crazy
for perfection



Sparsh DaisySinger in a smokey room!



Sudarshan Soman Just go with it



Suhani Jaiswal Be a voice, not an echo



Sumit Kumar Valuable and cool



Sumit Poonia ये धरती मेरी माँ है



Ujjwal Sharma Life's nothing without friends



Urvish Agrawal
In right place at
the right time



Urvish Ratnani Happiness is internal



Vatsal Garg No haste, just procrastinate



Virendra Kumar Khorwal Creativity at its best



Vivek Kumar Just do it



Vivek Kumar
Take your own decisions



Yaman Singhal
Grace under pressure



Yashvant Budania Don't just exist, live!

Nursing 2019



Aanchal Simple, sweet & jovial



Aayushi Jangid Spread love and smiles



Akanksha Nagora Simplicity behind smile



Anita SIMPLE AND CARING



Anita meenaFun loving and friendly..



Anjali #COSMOPHILIC



AnkitaCute, innocent girl



Annu ADVENTUROUS, AFFABLE, UPBEAT



Arpana Happy go lucky



Aasha genius is patience



Bali My life my rules



BeenaSweet ...simple



Bharti Sweet...simple...disciplined



Bhavna Keep it simple



Bhupati Smiling cute



ChitrankshaBelieve in yourself



Dariya Think positive



DeepaHappiness requires
Struggle



Dimple creativity takes courage....



DropdiSelf confidence is the best outfit



Ekta Sweet and simple



GeetaEnjoy every moment



Guddi Sweet & simple



InbarsiMystic mysterious
hyperactive!!!



Jyoti Sweetest until provoked

Nursing 2019



Jyoti Be like a diamond



Kiran Creativity takes courage



Kiran Peripatetic with epicure



Kusum Enjoy your life



LaxmiOriginal and reliable



Madhu Family lover



Manju Kya bolti public



Minakshi Keep it cool



Monika Simple,family lover



NamrataLifeline: My parents...



NischalGetting better everyday



Pinki I love my parents



Pooja Family lover



Pooja Saini Wabi sabi



PramilaSoft hearted



PreetiCaring and innocent



Priya Stay cozy!



Rajmesh Punctual, honest, happy



RashikaTake it easy bro!



Rashmi Being single is an adventure



Ravina Believe your struggle



RenuMy true friend is silence



Ritika Meraki and bonhomie



SantoshBlissful, kind & consistent



Sapna Keep it quite

Nursing 2019



SarojLove my parents
& adventures



SavitaCreative, unique
& passionate



Sonam Meena Oculi Disputatio



Sonu Simplicity is best



Spraha Une vilaine fille



Suman Simple and funny



Suman MahalaDown to earth



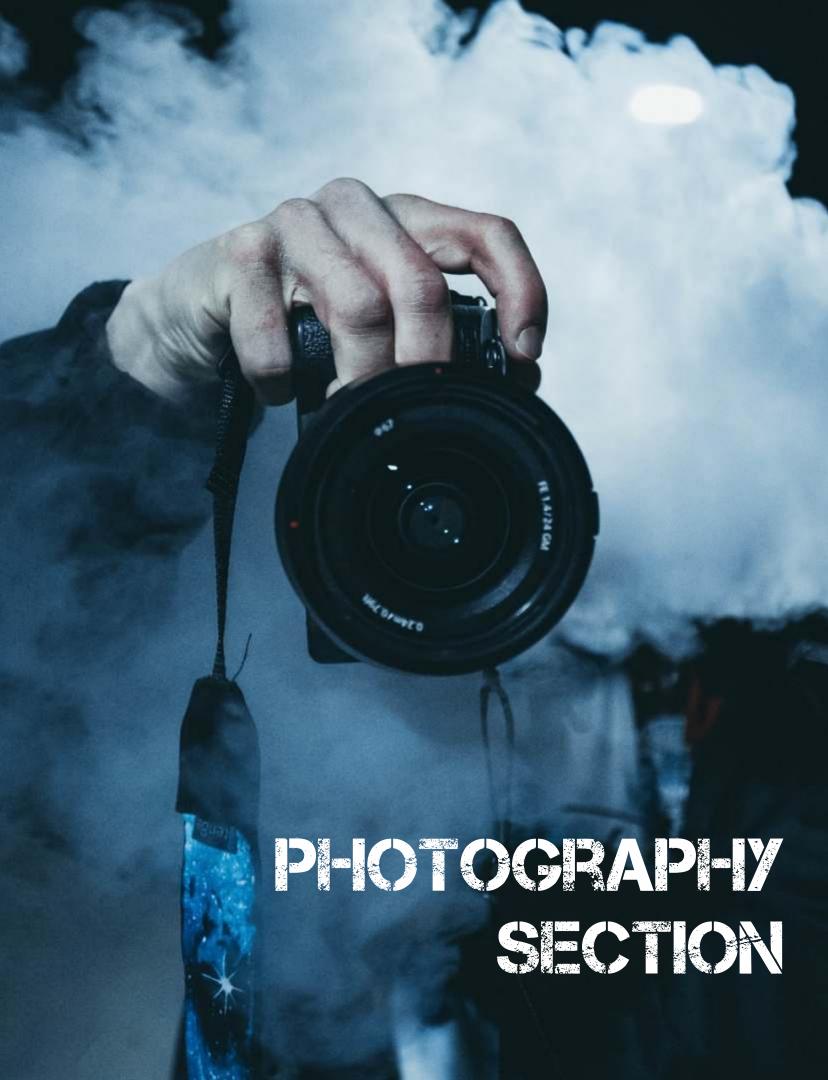
Varsha Music - My first love



VinkajCompassionate, empathetic,
energetic



Yogita Choudhary Love petrichor

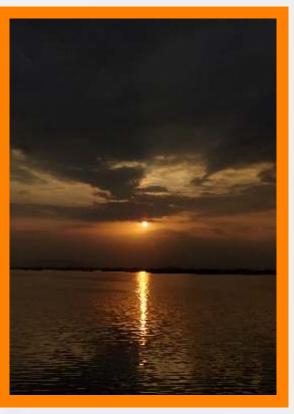




Amisha Negi MBBS Batch 2017



Kiran Swami Nursing Batch 2017



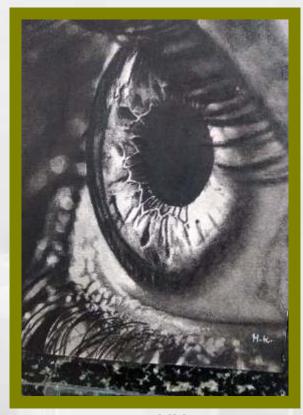
Ankita Charan MBBS Batch 2017



Ashish Puwar MBBS Batch 2019



Choona Ram MBBS Batch 2016



Deepshikha Nursing Batch 2017



Deepshikha Nursing Batch 2017



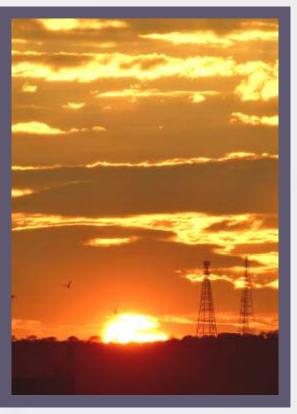
Dr. Vijay Madduri Department of Urology



Jeel Modh MBBS Batch 2017



Himanshu Meena MBBS Batch 2017



Himanshu Meena MBBS Batch 2017



Kuldeep Soni MBBS Batch 2017



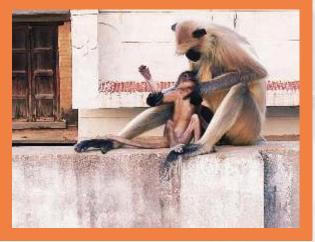
Kuldeep Soni MBBS Batch 2017



Himanshu Meena MBBS Batch 2017



Aniruddh Vaishnav MBBS Batch 2018



Ankita Charan MBBS Batch 2017



Kuldeep Soni MBBS Batch 2017



Dr. Navleen Kaur Bhatia
Orthodontics & Dentofacial Orthopedics



Kuldeep Soni MBBS Batch 2017



Aniruddh Vaishnav MBBS Batch 2018



Rahul Malik MBBS Batch 2019



Shashank Shekhar MBBS Batch 2019



Laxman Lal Bochiya MBBS Batch 2019



Deepshikha Nursing Batch 2017

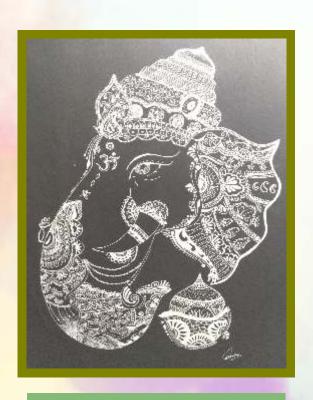




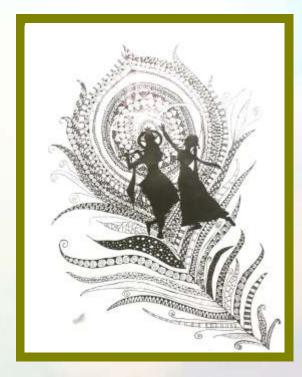
Aarti MBBS Batch 2018



Amisha Negi MBBS Batch 2017



Anamika Chandra MBBS Batch 2017



Anushka Joshi MBBS Batch 2018



Shivani Kumari Nursing Batch 2018



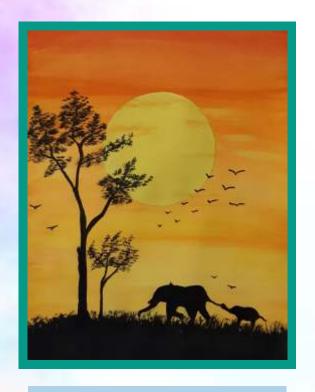
Anvita Saini Nursing Batch 2018



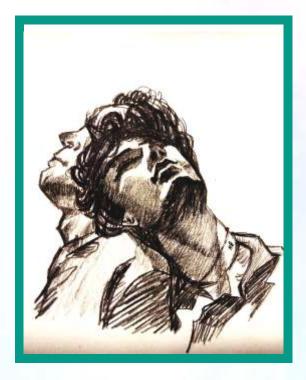
Suman Rulaniya Nursing Batch 2018



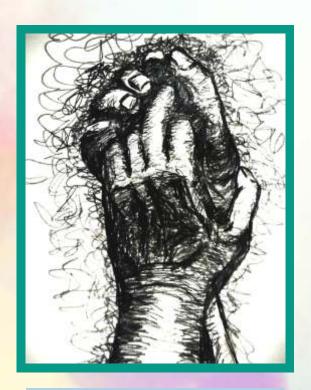
Anvita Saini Nursing Batch 2018



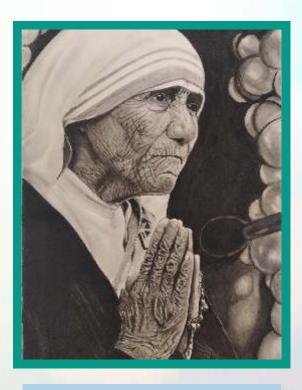
Sonam
Nursing Batch 2018



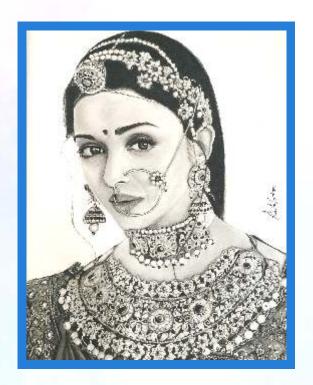
Himanshi Bhati MBBS Batch 2017



Himanshi Bhati MBBS Batch 2017



Kavita Suthar Nursing Batch 2016



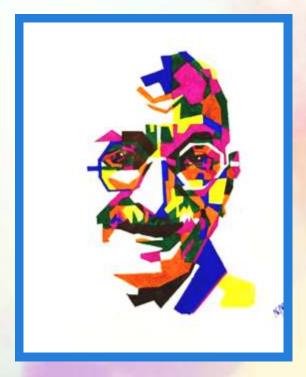
Kavita Suthar
Nursing Batch 2016



Kumari Neeta Nursing Batch 2018



Latika Choudhary MBBS Batch 2018



Madhubala MBBS Batch 2018



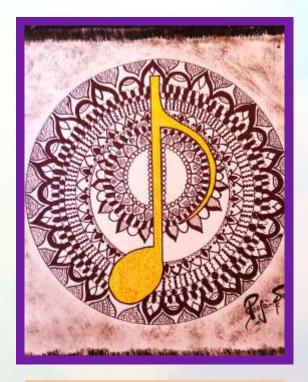
Sandhya Singh MBBS Batch 2018



Uttam Parmar Nursing Batch 2018



Muskan Arora MBBS Batch 2016



Pooja Saini Nursing Batch 2019



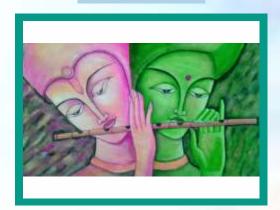
Dimpal Soni Nursing Batch 2019



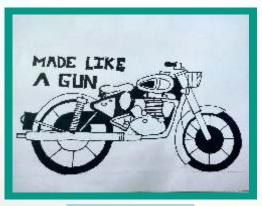
Harshita Awasthi MBBS Batch 2017



Dipeeka Soni Nursing Batch 2017



Surbhi Banswal Nursing Batch 2018



Mudit S Lawaniya MBBS Batch 2018



Sejal Tyagi MBBS Batch 2017



Shreya Roy MBBS Batch 2017

ANSWERS to the Photograph puzzle.

- ANSWERS to the Photograph puzzle.

 1. A fallen leaf

 2. A CD with reflection of overhead lights.

 3. Capsicum

 4. Soap bubbles

 5. Stapler pins

 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

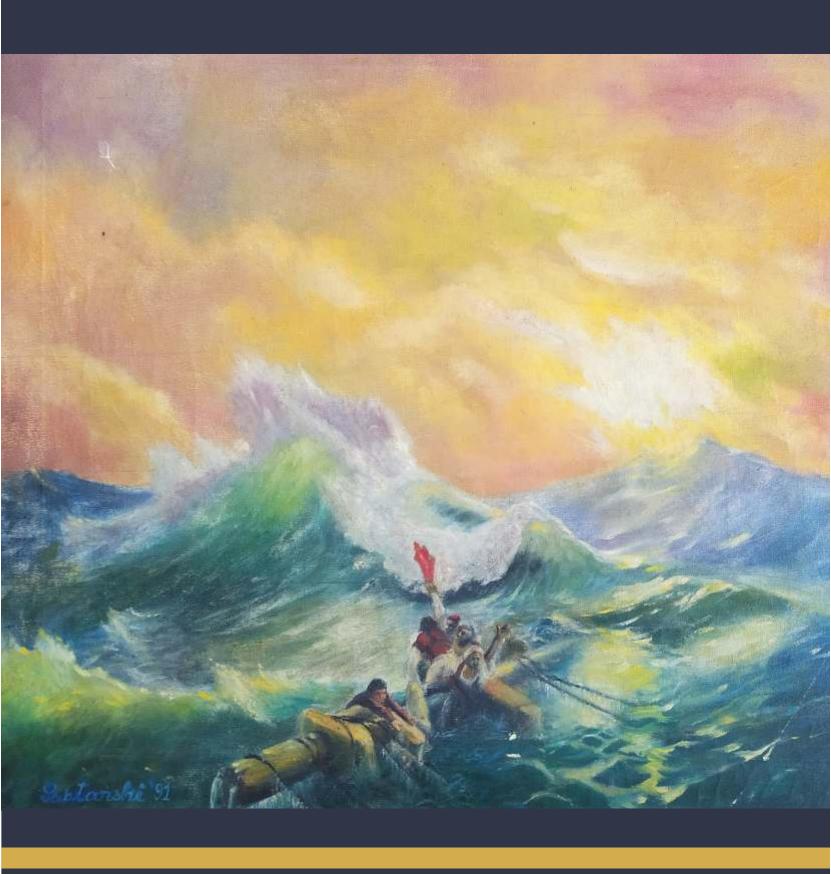


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Back Inner Painting: Muskan Arora (MBBS Batch 2016)

Back Cover Painting: Dr. Saptarshi Mandal, Department of Transfusion Medicine





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