

•Dedicated to our COVID warriors•

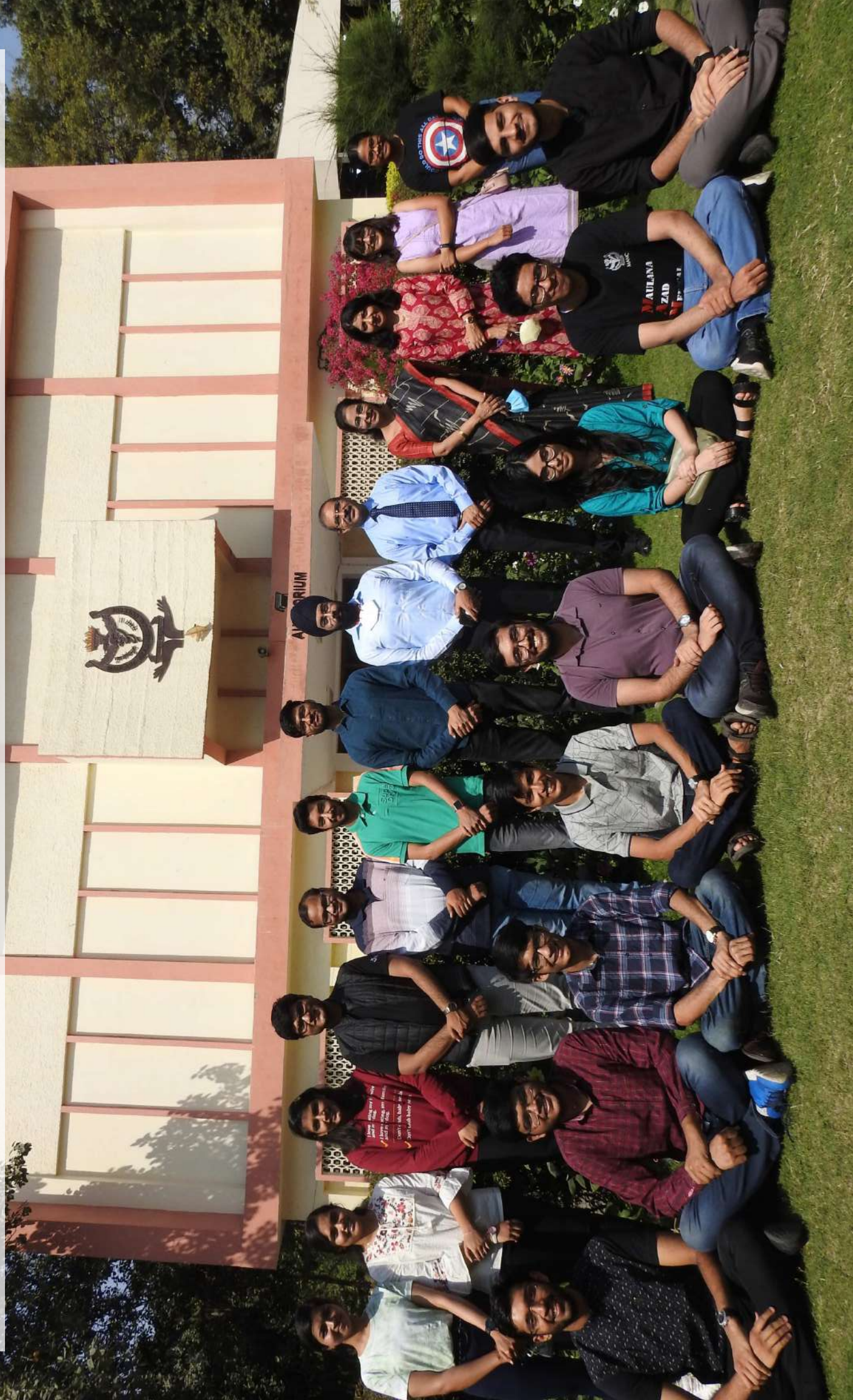
Spandan

2020-2021



Standing (L to R): Arisha Fatima (2018), Dipansha Maroo (2016), Ayushi Mittal (2018), Medhajit Pahari (2016), Kinshuk Gupta (2018), Urveesh Sharma (2018), Sushrut Agrawal (2018), Dr Harpreet Singh, Dr Sumit Sural, Dr Nita Khurana, Dr Surbhi Wadhwa, Shiveha Verma (2017), Prerna (2016)

Sitting (L to R): Pratham Singla (2018), Saksham Rastogi (2019), Gaurav Sinha (2019), Sankalpa Keshari (2018), Sahil Shah (2018), Saanchi Khandpur (2019), Gautam Chellani (2019), Rahul Arora (2019)



MESSAGE FROM THE DEAN

My dear students,

Heartiest congratulations on joining back! How wonderful to be able to usher in 2021 after year of pandemic (2020) with the return of normalcy in sight.

We have now entered the first year of the next decade with far more technological advancements. Most important above all being the availability of vaccine against COVID, a step to restore normalcy in our lives COVISHIELD or COVAXIN (we have choices).

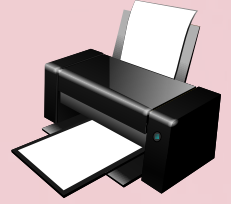
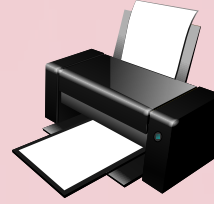
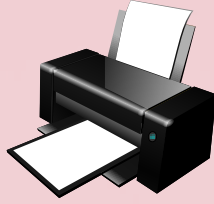


Maulana Azad Medical College today exudes a spirit of dynamism and vibrancy with a new spirit of learning in the field of medical education. There is introduction of competency based undergraduate curriculum since August 2019 to fulfill the mandate of "health for all" as a national goal. The curriculum aims to produce a clinician, who understands and is able to provide preventive, promotive, curative, palliative and holistic care to his/her patients. In addition, extra attention is to be paid to developing communication skills. Second batch of students in this new curriculum have now joined. All the best for the journey ahead.

MAMC has a rich heritage and SPANDAN being an integral part of this culture. This year's theme "COVID & RECOVERY" goes a step further to honour the resilience of human spirit to celebrate the victory. This issue reflects on the efforts of each and every individual of MAMC fraternity to fight the pandemic and emerging successful. Let us work harder and shine in the pursuit of continuous knowledge to work for humanity.

I congratulate the Editor, Joint Editor and rest of SPANDAN editorial board for bringing out this issue and stepping further towards uplifting everyone's spirits.

(Dr. RITU ARORA)



Greetings from the New Editorial board of Spandan!

The Covid 19 pandemic literally brought the world to a halt and the effect obviously percolated on to the suspension of printing of the 2020 issue of our popular MAMC magazine, Spandan. Subsequent to the last issue of Spandan, our two beloved senior most members of the editorial board, Dr.Rakesh Kumar and Dr.Neelam Vasudeva, superannuated and it was 'all quiet on the editorial front'. After the first wave of the pandemic, the students returned to MAMC campus and Lok Nayak hospital resumed non Covid services in January 2021.

The first meeting of the new editorial board was held in February 2021 on the auspicious occasion of 'Basanta Panchami', the day of reverence for 'Ma Saraswati', the goddess of knowledge, learning, music, art and wisdom. Everyone enthusiastically participated in this meeting after welcoming the newly inducted faculty members of the editorial board, Dr.Harpreet Singh and Dr.Surbhi Wadhwa along with our veteran faculty member Dr.Nita Khurana.

The much-awaited revival of the annual magazine 'Spandan' which literally means 'beating of the heart' was now evident. There was a scurry of activities associated with the final compilations and collection of prose and poetry, formatting and type setting before the printing which was intermittently hampered by the 'sent-up' examinations and 'profs'.

Lo behold, soon the second wave arrived in April 2021 and derailed all the activities towards the new issue of Spandan. In the month of 'Ashvina' the editorial board students commenced the resuscitation activities of the issue. Just when the much-awaited 'vaccinated' print got ready for printing, the third wave started which fortunately was not so lethal. Finally after 2 years, just before some of the students of the editorial board are about to compete their internship, the magazine has finally seen the day, thanks to the proactive efforts of our learned Dean, Dr.Ritu Arora.

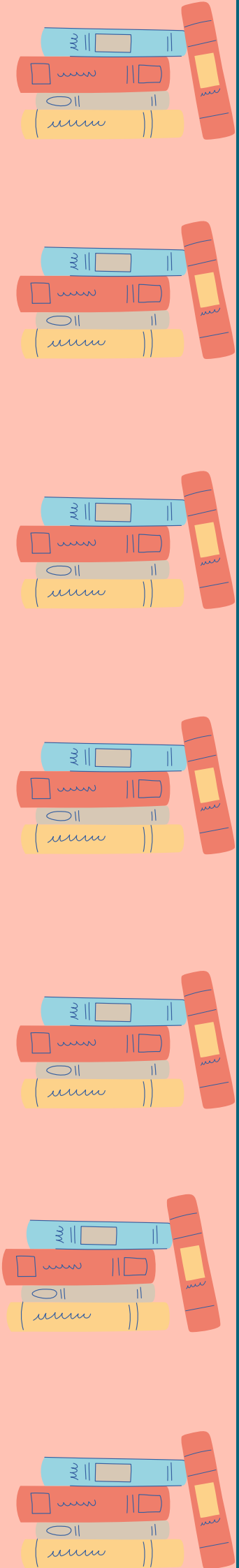
I am sure the students, faculty and all the readers will enjoy the literary extravaganza of this issue of Spandan 2021 which also contains memorable, once in a life time, heart-felt experiences of doctors from our own ground zero i.e Lok Nayak hospital, the largest fully Covid hospital of Delhi, where the maximum number of Covid patients of the country were successfully treated.

Best wishes and warm regards to one and all.

Dr. Sumit Sural

**Director Professor, Orthopaedics and
Member, Editorial Board Team**





All of us went through unthinkable desperate times, which thankfully, brought out the best of humanity as the economy decelerated. This, in itself, is a reason to cheer and be hopeful for a bright future.

As the world shrank and people got confined to their residences, health care workers across all specialities became Corona Warriors with a zeal to learn using technology, explore new avenues, develop new methods of diagnosis, treatment, and prevention, challenging the time frames. Health acquired a new meaning and hope, but the stress on the preventive aspect of disease stays with us. Indian ways of greeting, the concept of cleanliness, and sanitization which had been on the backfoot were consciously adopted. It became the time to introspect and lead a purposefully simple life while recognizing those who help us daily.

Truly, the year gave us a chance to reflect on life's choices and we have learned to focus on peace, health, family values, and an ability to count our blessings and share our privileges with those in need.

May we all enjoy nature's myriad moods in good health.

Dr. Nita Khurana
Director Professor and Head,
Department of Pathology and
Member of the Editorial Board
Team

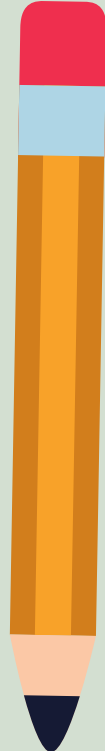
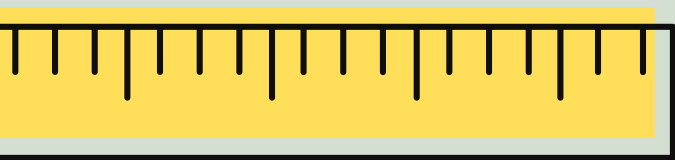


Dr. Surbhi Wadhwa
Treasurer, Editorial Board

A badge of honor to you, to me and to all of us who survived through this rough patch- this threat to humanity. The Corona Pandemic has been a call from the future to all across the globe to not cut down on R & D spending on infectious diseases. At this critical period in the World's existence – threatened by the pandemic- the world looked at the medical sciences to get through the crisis. We will now start seeing a new way of working, collaborating and certainly solid innovations. It is under intense pressure that diamonds are formed. The need is to work together to create solutions that address future challenges with insights and compassion.

Nothing in life is to be feared, it is to be understood. Now is the time to understand more so that we may be fearless. It is as Tom Hanks' character as Chuck Noland in Cast Away says: "I know what I have to do now, I've got to keep breathing since tomorrow the sun will rise, and who knows what the tide will bring in" To lose patience is to lose the battle. "When it rains, look for the rainbows; when it's dark, look for the stars"- Oscar Wilde





EDITORIAL BOARD MESSAGE

New beginnings, a new team, and a new issue of Spandan. To be invited to the Editorial Board of Spandan is no less than an honour. I am equally impressed with the enthusiastic student editorial team; who edited, co-ordinated, and compiled the magazine with their hectic study schedules and exams in these times of COVID.

As the magazine stays constant in terms of format and content, this edition carries special glimpses of the past year — of a pandemic with no equal precedent in the history, and how MAMC and its doctors, residents, and students fought it back.

Hoping to keep the magazine as dynamic as ever —

Dr. Harpreet Singh

Associate Professor, Medicine and member
Editorial Board Team



“Some doors only open from the inside.”

A big shout-out to my dear children. I love and miss you all; we are all forged in fire and know that life has to go on. Taking a moment to remind you of how powerful and beautiful you all are. You have everything within yourself to succeed and to conquer whatever struggles you are going through right now. We are the collective and thus nobody is alone.

Let us all release what doesn't serve us like fear, anger or pride and embrace what will move us forward especially love, forgiveness and humility. Remember your light, in times of darkness and corruption. Let that guide your way and keep you safe forever.



A portrait of Dr Vasudeva
sketched by Dr Amritpal Singh,
her student from Batch 2015

Remember to grant yourself the same love and compassion you would for anybody else and to grant the same kindness and respect to a stranger that you would to a loved one.

Remember that although it is healthy to evolve, you are still perfect exactly as you are right now and you do not need to punish yourself for not matching that vision. I hope that you remember gratitude in your everyday life for the gifts and blessings that surround you, while striving for the goodness and freedom that you deserve.

I wish the Spandan team a resounding success.

Follow your bliss! Bloom where you're planted with grace.

Much love,
Dr. Neelam Vasudeva.

*When the world says “Give up”, Hope whispers
“Give it a try one more time!”*



CHIEF EDITOR'S MESSAGE

DIPANSHA MAROO, BATCH 2016



It gives me immense pleasure to present to you Spandan 2019-2021.

What a year it's been! Historic, challenging, epic...a year of survival for lives and livelihoods that witnessed upheaval and strife, and eventually metamorphosis, as we tried to adapt to the new 'normal'.

The Year 2020 decimated our understanding of life as it was and bringing us all to our wit's end and teaching us valuable life lessons. As the dust settles, we now look forward to a new era filled with endless opportunities.

This edition of Spandan Magazine is based on the theme 'Meraki', meaning the essence of ourselves, the soul, that we put into a craft we designed and how it brings us joy. Well, for me, it is none other than our magazine and the satisfaction, as it comes alive. After innumerable hours of hard work, which now finally materialize in the form of 2019-2021 'Spandan.'

Magazine.

Covid-19 had and still plays a critical part in all of our lives, therefore in this year's magazine, we present 'Covid Section', which includes interviews from our Corona warriors, lockdown anecdotes and memories, poems and articles illustrating how some of us got through quarantine. This year's magazine cover, composed exquisitely by Charvi Kundal, portrays the Corona-Warriors washing away the coronavirus from our Planet and hoping for a healthier future.

This year we introduce the concept of 'Yearbook', with whimsical and humorous messages from our seniors to whom we bid adieu as they progress further on their medical journeys.

We also present to you a separate 'Hindi Section' with brilliant poems by our virtuoso poets. We also incorporate our cherished Style gurus (2018) and the memorable college fests of 2019, which hopefully we will be seeing more soon.

Without my dear co-editors, this magazine would not have been possible, Shiveha and Kinshuk, who have toiled round-the-clock and made it a reality. Special shout-out to our fabulous design team members who crafted the pages of Spandan. I would also like to thank each member of the ed-board for their countless hours of hard work.

Special thanks to our Ed board faculty: Dr. Sumit Sural, Dr. Nita Khurrana, Dr. Surbhi, and Dr. Harpreet. With their constant guidance and feedback, we were able to perfect the magazine.

Lastly, I would like to thank my family, especially my brother, who constantly supported me throughout this new and inspiring journey.

All in all, this magazine has taught me that being a leader is no cakewalk. The challenges it encompassed have polished me as an individual and taught me to 'believe in myself, speak myself and love myself.'

Hoping you all relish reading the magazine as much as we enjoyed making it. Feel free to share your feedback and let us know your remarks about the magazine. Until then...



Joint Editor's Message

Shiveha Verma, Batch 2017



Writing is something I've always enjoyed thoroughly. Being an editor, even more so.

When I was 8 years old, I took a small diary, pasted a sheet of paper on the front cover, drew a random sketch, (likely inspired from Champak) and named my creation, 'Sunflower'. I used to cut and paste some comic strips that I found funny (from the newspaper) and added some fill in the blanks and puzzles I found interesting. I remember asking my father, "How much should we sell it for?" and he couldn't help but laugh.

When I was in 6th class, me and my best friend were assigned to make a magazine from scratch, as a part of a club activity. We named it "The Bubbling Beverage" (for unknown reasons) and even went as far as to give our autographs and attach a "free calendar" with the issue. Innocent times!

That makes it easy to imagine my happiness on being able to get to play a "real" editor for once!

This post has helped me a lot in learning how to lead, how to interact with my juniors, and how to manage deadlines. And I was able to experience first hand how creative my peers are!

Our magazine was delayed due to the pandemic, and these weren't easy times by any means. But to the reader, I would like to say-

"Times may be tough, but you are tougher!"

I sincerely hope you have a great time reading this issue of Spandan. I assure you, it's worth the wait!



ASSOCIATE EDITOR'S MESSAGE

KINSHUK GUPTA, BATCH 2018



I associate the previous year with two things — first, my friend asking me over the call if he would get to see me again. Second, a snippet of men in a circle sitting near the hearth, watching a man turn red-hot — then, slowly char — with a blankness in their eyes. For the whole year, I kept thinking of the tight grip of grief on all of us, and how in grief, we are always alone. There is always a desire of a warm hand, of sturdy shoulders to rest your agony, but there is nobody to hold you.

It was the time when I turned inside in search of companionship and began the journey to discover the 'untangible'. It is when I realized how we all — irrespective of things dividing us — are teeming with life and breath. If there is one thing that I would try to take away from this year, it would be immense gratitude for those who came into my life.

To continue the gratitude loop which my dear editor and joint editor have started, I wish to thank Dipansha ma'am, Shiveha ma'am, Gautam Chellani, Editorial Board Faculty, and all the lovely team members. This was a memorable journey; I would not have enjoyed it, had it not been for your presence here.



BATCH OF 2015



AASHRAYA TYAGI

"Watching House MD in 10th grade 



AMOLPREET KAUR

"Is this the real life or is this just Fantasy?"



AYUSHMAN BINDAL

"I hope you don't confuse me with my evil twin."



ABHIGYAN BINDAL

"I hope you don't confuse me with my evil twin."



ANJALI

"Simplicity defines me better... 



BANIPREET KAUR

"Embracing Imperfections."



ABHIGYAN DATTA

"The more hair you lose, the more head you get."



ANURADHA DIALANI

"It may sound odd but I see myself as a crayon as I leave a mark everywhere I go, even when I am broken."



BHAVYA ANEJA

"Destiny is for losers. It's just a stupid excuse to wait for things to happen instead of making them happen."



ABHINAV SAGAR

"Don't do drugs, eat your school, stay in vegetables."



ARUN BARGALI

"The happier I get...The lesser I see 



YAGYA DUTT

"I was born this way"



ABHISHEK SHARMA

"It was supposed to be a race, but ended up being a party. Cheers!"



ASHISH GARG

"Waiting for an inspiration to hit me."



DEEPAI MITTAL

"but sometimes, the only thing you can do is hold on with your little, stubborn heart and have faith."



AISHWARYA

"You are enough..a million times enough!"



ASMA ANJUM

"What's meant to be will always find its way..."



DEVESH GOEL

"Life was in focus. Then I entered college."



AKSHDEEP S NARULA

"If you like water, then you already like 72% of me. Not sure about the rest."



ATASHI DAS

"Always mad for music 



DHANANJAY P SINGH

"I always knew looking back on the tears would make me laugh.. But I never knew looking back on the laughs would make me cry!"



AMBIKA KAUSHAL

"Oh we got our feet on the ground and we're burning down"



AYUSH AGARWAL

"All the world's mad except thee and me, and even thee's a little cracked."



DHEERAJ BALOTIA

"I can't go on as long as I believe, can't let it go when I keep wondering."

BATCH OF 2015



DHRUV BANSAL

"From getting kicked out of the lecture to sitting in the library, these 4.5 years passed by."



HARSHIT YADAV

"Kya se kya hogaye dekhte dekhte"



KARAN SACHDEVA

"Jise dhoonda zamane main, Mujhi main tha."



DIVYA

"caught in the act of looking good in an 'off duty model' sort of way! Don't take it too seriously, or you'll ruin the whole casual vibe!"



HARSHITA TANWAR

"Just keep swimming 🐬"



KHUSHI TIWARI

"Make yourself a priority, at the end, you are gonna be your longest commitment."



DIVYAM JAIN

"What a scary 4.5-year long trap, I'm gonna be more careful in the fut-AAAARGHHH! *distant screams*"



HEMANT SAIKIA

"Heal the world, and be kind!"



KRITIKKA A KUMAR

"You are the CEO of your life. Hire, fire and promote accordingly."



GARIMA CHAWLA

"Don't let anyone dim your light simply because it's shining in their eyes! 🌟"



IRENA MANDAL

"I figure if I'm gonna be a mess, I might as well be a hot mess."



KSHEITIJ ARYA

"Duck the world autocorrect 🐥. Duck autocorrect 🐥"



GAURAV MEHTA

"Such amazing 4.5 years. ❤️ Can't believe it's almost over. No more morning lectures. I still remember attending 8 am lectures after waking up at 8:10. 🐼 (Well okay, sometimes a little late than that too 🐼). But surely, I'm gonna miss this."



JASMINE K BAJAJ

"A lot changed in the 4 years spent in MAMC but one constant- friends, food, beautiful memories and most of all the same craze for bollywood and filmy stuff as when I walked the doors of My College in 2015"



KUMUD PAHWA

"Let your weird light shine bright so the other weirdos know where to find you 🐼"



GEETIKA MITTAL

"Don't cry because it's over, smile because it happened."



JHALAK JAIN

"Keep the search on for the silver lining in the darkest of the clouds because there is surely going to be one!"



KUNWAR A MISHRA

"Doesn't matter whether the decisions are right or wrong.. what matters is that they need to be YOURS."



HARSH V UPRETI

"If, at the end of this journey, no matter what the outcome, you come out with a love of learning still intact, I'd consider it a success."



KAMAL GARG

"FARRAGO"



MANAV BANSAL

"I didn't realise I was making memories, I just knew I was having fun."



HARSHIT KULSHRESTHA

"Aim For The Moon. That Way, If You Miss, You're A Disappointment On A Much Larger Scale."



VEDANT KUMAR

"Here's to the nights that turned into the mornings with the friends that turned into family"



MANSI MANDAL

"Let's Keep It Simple!"

BATCH OF 2015



MOHIT PAL

"why fall in love when you can fall asleep 😊"



PALAK GARG

"A multifaceted personality is what describes me best along with a pinch of simplicity , to enjoy all of the adventures with come along."



PULKITA UPPAL

"Can't make small talk."



MOKSHITA MALHOTRA

"Thank you MAMC for all the mix of memories, friends, experiences..we laughed.We cried. But it was all worth it.. Entering as a caterpillar, Exiting as a butterfly ..."



PARV MEHTA

"gg ez"



PURVA VERMA

"I don't sweat the petty things, and I don't pet the sweaty things >."



MUKH RAM

"Be the beacon of light in someone's darkness"



PRABHAT KAUSHAL

"So I heard the ladies like bad boys. Lucky for them, I am bad at almost everything 😊"



PUSHPIT GUPTA

"Cool, subjectively conservative, open minded being with a tinge of OCD!! ...who has realised over years that everything depends on perspective and right and wrong is just part of a spectrum!"



NAMAN SUROYA

"DECIPHER! My smile says a lot 😊"



PRAGYA SAINI

"I follow my heart and it leads to a beach...!!"



RAHUL BISWAS

"Waiting for MBBS to get over"



NAVITA JAIN

"If you have the chance to positively impact something, pour your heart and soul into it!"



PRAGYAT FUTELA

"Just because something's popular don't mean it's good"



RAHUL SAINI

"gg"



NAYAN GUPTA

"It's my life; I will make it count!!"



PRAKHAR BHARDWAJ

"You can't buy happiness, but you can buy tea and thats the same thing!!"



RAJSHREEE

"Love me or hate me, I'll anyone shine..... Enjoying each & every moment of my life!!"



NEHA BAIJAL

"We know what we are, but not what we may be." - William Shakespeare



PRERNA MAGOO

"If life's a party then I am the Piñata, always getting smashed #Pun intended"



RICHA GUPTA

"Whenever I'm sad, I stop being sad and be awesome instead." -Barney Stinson



NITYA BATRA

"Hard work, good friends and family.Thats all I know. And of course shopping!! 😊"



PRIYA

"#Punjaban #Littlecrazy #MusicAndDanceLover PS: Incomplete without mentioning my group SAPs (Shweta koli,Ambika kaushal ,Priya) bestfriends from first year till date ❤️ bff 🌸"



ROHAN VOHRA

"Sundar, Susheel, Smooth talker ;)"

BATCH OF 2015



ROMIL ARORA

"Smiles are contagious, so I be a carrier!"



SHIVANI SHARMA

"Bs NEET UG nikal lo, fir maze hai" the only difference these 4.5 years made is a U to P."



SURBHI VERMA

"We are what we perceive! Feel free to be Audacious❤"



SAHARSH

"I am sure about one thing in this world that there is nothing sure about it."



SHIVIN CHAUDHARY

"Hunt, or be hunted."



SWATI JANGRA

"When u r known for ur silence n smile at the same time...n people wonder that what is she always thinking of 😊😊😊"



SAIRA SETHI

"It does not do to dwell on dreams and Forget to live!"



SHRADDHA NEGI

"Master has given shraddha a degree. Shraddha is free!"



SWETA SHUBHAM

"I am like a piece of modern art...Which can win your heart... Only if you as an interpreter are pretty smart!"



SAKSHAM TYAGI

"I wish there was a way to know you are in the good days before you have actually left them."



SHWETA KOLI

"Reach high, for stars hidden in your soul."



TANISHA GUPTA

"Before I go, I just want to tell you: you were fantastic. Absolutely fantastic. And do you know what? So was I!"



SANAT KUMAR

"किताबें तो याद कर लीं, इंसानियत तो नहीं भूले?"



VANDANA ARORA

"Hold on to the best times that you have here while going through the worst and you can survive life. Hold on to medicine while going through professionals and you can survive MAMC."



TANVI SARWAL

"Ever smiling"



SANCHIT GUPTA

"I will always remember what this college has given me. No amount of repayment can compare to the values, skills, knowledge and friendships this place has given me. Always a Maulanian!"



SUNIL KUMAR

"You hold the kiwi to my heart"



TANZEEB

"If I compete with others, I may not win, that's why I prefer to compete with myself"



SAURABH K SINGH

"I'm just human, I have weakness, I make mistakes and I experience sadness; But I learn from all these things to make me a better person."



SURAMYA JAIN

"PIKA PIKA"



TARUN RANA

"Desperate times desperate measures"



SHARIQUE IMBESAT

"And I knew exactly what to do. But in a much more real sense, I had no idea what to do." - Michael Scott



S L SAI SHARATH

"A highly disciplined, contented but quiet person, with a cheerful disposition"



TARUNJYOT KAUR

"As I've grown older, I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake."

BATCH OF 2015



TUSHIT DHAR

"DM if you suck at writing Instagram captions, or if you got good food. 🍕"



UTTAM DHAKA

"Restarting life everyday."



VAIBHAV GAMBHIR

"Keep your face always towards the sunshine- and the shadows will fall behind you."



TWINKLE YADAV

"If I had a penny everytime someone asked me why my name isn't dimple :)"

"I wish there was a way to know you're in the good old days before you've actually left them."

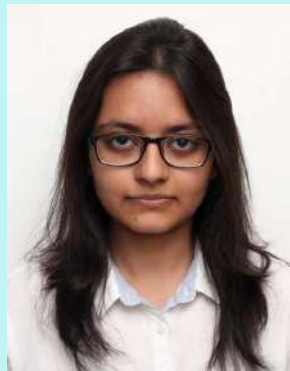


Achiever's section

Final Prof

1st : Neha Baijal (L)

2nd: Ayush Agarwal (R)



Third Prof

1st: Shagun Batra (L)

2nd: Toshali Pandey (R)

Second Prof

1st: Annesha Chakraborty (L)

2nd: Harshita Choudhary (R)



First Prof

1st: Ritwik Kumar Sahoo

2nd: Ojasvini Bali (R)



Class Representatives

Batch 2016



Sushant Agarwal

Batch 2017



Aditi Goyal (L)
Priyansh Gupta (R)



Batch 2018



Chirayu Agrawal (L)
Akanksha Agrawal (R)

Batch 2019



Isht Kundu (L)
Paluck Gupta (R)



Alumni Section

Dr. Ayush Agrawal

AIIMS PG Nov 2019 Rank 3

PGI Dec 2019 Rank 1



Looking Back...

It was a pleasant surprise to receive a message from the editorial board to write for Spandan. Thanks to their perseverance, I finally sat down to write it down amidst the COVID pandemic. It has been quite a transition from writing as a member of editorial board few years back to writing as an alumni now.

It feels so nostalgic...my first day in college premises and OBH to the last day in college...It has been a long and beautiful journey! After my initial 2 years of schooling in DPS RKP, it was here that I was finally able to adjust to Delhi culture. I made some fine friends, discovered a lot of new things, learnt playing basketball and TT and matured academically and personally.

The first year of MBBS was a real challenge.... I am still searching for that person who said that life after PMT is chill :-)
This year was a deadly combo of new surroundings, never ending course, night PDP sessions and string of exams sometimes 3 in a week with students barely qualifying monthly tests. Seemingly daunting, we were able to sail through everything. The pranks in DH, hostel fights, birthday celebrations... oh god, this year was fun in a unique sense with so many memories! We made a bucket list of things we would do if we passed first year but ended up mostly sleeping in 3rd sem. I was on cloud nine when the results were declared. I had topped University and crossed 80% barrier. This was followed by an array of parties and a fun semester full of gaming, binge watching seasons, playing TT whole night among others. Being involved in literary society, I decided to run for elections at midnight hours before the last date for nomination, after everyone pushed me against my initial hesitation.. After winning, many new events like MUN were organised for the first time and the literary events in fests went well. And oh before we realised, 5th sem had come and we all buckled our seat belts for the final stride before proffs. After the 2nd proffs came the exploration year. We all went out on trips for the first time with friends. I went for camping and watersports. I also wrote a book for first year students which became quite popular later. Final year was a roller coaster ride. This year saw exponential increase in knowledge and clinical skills. I also won many quizzes including IMA national quiz. We all cried during final year exams at some point or other and why not...the pressure was intense and the course was huge. Our main fear was surgery. And gosh my surgery case viva was taken by Dr. Sharda sir. I still remember every bit of that viva which stretched over 45 mins. I managed to top the university again and got many gold medals. Passing final year exam was my happiest moment as I could finally put "Dr." provisionally before my name. Our happiness was short lasted in internship when we realised that this year was going to be tougher than before. Balancing studies and postings at the same time was an uphill task. This year could be much more fulfilling if some key reforms were undertaken. There were unique and memorable experiences with seniors and batchmates in each posting. I met some of the finest and the worst people, made a lot of friends and memories along the way, and explored different departments to decide the branch to pursue ahead.

The year ended on a note which was beyond my wildest imagination. I got rank 3 in AIIMS and rank 1 in PGI Chandigarh entrance exams in the very first attempt. Our college result was spectacular...we maulanians had got into top 3 in all 3 central institute exams. I shot into limelight overnight. Suddenly there were hundreds of messages flooding my whatsapp and facebook and my posters were put in the college campus. I spend the last month thanking all the people especially hostel staff, Varish bhaiya of book shop and photocopy shop staff..their contribution in our making is immense but often neglected.

And then I entered AIIMS the very next day. I came back twice to guide juniors regarding Indian PG exam preparation and it always felt like I am coming back to home. The variety of food and 24x7 open canteens is something I dearly miss there. The birthday celebrations in gazebo and OBH, the view from top floors of NBH, the and IS BAL holi celebrations are few things that can't be forgotten.

To all my juniors, getting into MAMC was perhaps the best thing that happened to me. The quality of training during UG years and exposure in internship is really good. The all-round development of personality and the MAMC culture is the reason maulanians are famous all over the world. You won't be able to cherish this until you pass out of the college. Medicine is a life long journey of learning. Enjoy it along the way and don't stress out early. Study hard and Enjoy harder. Reach out to teachers, seniors and batchmates for support. Times will be tough and challenging but remember....Tough times don't last, tough people do!



Dr. Pranjal Singh

AIIMS Nov 2019 Rank 10

PGI Dec 2019 Rank 3



MAMC. Almost 6 years ago, I got admission into one of the finest institutions for medical education. I considered myself very lucky as I was one of the very last students to get MAMC via Delhi quota. Nevertheless, I thought this is it! No more hard work, college will be a cakewalk.

'Beta 12th mei padh lo fir aish hi aish hai'

This attitude totally reflected on my attitude and results that would follow. Spent all my time playing football, watching premier league on the weekends, hanging out with my school friends, partying in HKV. I was lucky enough to meet 5 of the bestest friends that anyone can ask for, the ones that have been a pillar of support during my good days and bad.

First year ended with me getting the lowest marks amongst my friends, although it didn't matter much but still it was there at the back of my mind. I hated these subjects anyway, they made no sense to me. Often, I thought if I'm in the right field.

But as soon as the honeymoon semester began, I left it all behind and entered a whole new carefree world with more partying and football than ever before. I had the best time, roaming around Delhi, bunking classes. 2 months into the third semester I decided to open my books, started with Robbins. For the first time in more than a year I enjoyed what I read and lost track of time, before I knew it, 2 chapters were over and I still wanted to read more of it. This time coincided with my medicine posting and I was able to make a diagnosis based on what I'd read in Robbins. This was it!

The feeling it gave me was pure joy and only scoring a free kick in football gave me this feeling. And I was sure that this is what I wanted to do for the rest of my life. My love for medicine and pathology grew day by day and before I knew it, I became a nerd :P

Yes, I still had a fair share of drunk nights and parties but for the first time in my life I knew what I wanted. Third year was an emotional turmoil of having to deal with a breakup.

However, I learnt the piano to deal with it and turned this hobby into an Instagram page.

Final year was an academic hell, dealing with the stress of "potentially" failing in surgery throughout the year despite my preparation being on point. Then came along internship, what can only be called the best of the times in the worst of the times. From day one I knew that I wanted to go to AIIMS or PGI for MD. However, the craving to succeed in some entrance never affected my duties and my willingness to work so many extra hours. I often remember this quote that saw two years back written outside PGI.

"Everything depends on work and nothing depends on luck, because even luck has to work"

This was my motivation throughout the mentally and physically challenging year, through good days and bad. I was fortunate enough to get a rank in top 10 in both AIIMS and PGI and pursue my MD from the most prestigious institute in the country. Everything I achieved I owe it to my friends and my UG college Maulana Azad. It taught me so much about life and turned me from a rich spoilt brat from DPS RK Puram to a first-year medicine resident at PGI Chandigarh.

A word of advice for all my juniors

2nd years: Read Robbins, take clinical histories in the ward and party hard, you won't get this time back.

3rd years: start reading Harrison's and attending coaching classes.

Final years: start revising Harrison's / notes and get perfect in your history and examination.

Interns: kaatu nahi, mehnati bano. Success khud aayegi.

And above all, have a hobby that lets you escape this competitive world.

I was lucky enough to have two, football and piano.

And... that's all folks!

Good luck.

Dr. Kanav Khanna

Rank 13 PGI Dec 2019



As I close my eyes

Reminiscent of the time

Memories etched in my heart

Rest all sublime

Days that have been lived

And years that have been counted

Cheers that were celebrated

And glooms that were surmounted

Everything makes me nostalgic

And vision becomes blurred

Reliving everything again

Some beautiful, some absurd

You gave me another family

For that I thank thee

Wonder how the moments past by

As if in a spree

The yearning for the Alma mater

Shall never ebb with time

For those you become oblivious to it

It is a heinous crime

Deeply indebted and grateful to you

May you always shine bright

And love for you be eternal

Never fading out of sight.

Thank you MAMC once again

Looking forward to reunions

Loud and clear, I assert

I'm a proud Maulanian.

-Kanav Khanna

MAMC Batch 2014

GURUKOOL

2019-2020

EXCLUSIVELY BUILT BY THE CONTRIBUTIONS OF MAULANIANS, AN 'I LOVE MAMC' ARTWORK WAS CONSTRUCTED NEAR GAZEBO ADDING TO THE GRANDEUR OF OUR BEAUTIFUL CAMPUS.



LEARN.
LEAD.
INSPIRE.

GURUKOOL, AN INITIATIVE BY THE STUDENTS, RESIDENTS AND FACULTY OF MAULANA AZAD MEDICAL COLLEGE AIMS TO MAKE THE CAMPUS LIFE MORE ENJOYABLE AND PROVIDE A CONDUCTIVE ENVIRONMENT FOR GROWTH SO THAT WE BECOME NOT ONLY SKILLED PHYSICIANS, BUT ALSO BETTER VERSIONS OF OURSELVES IN ALL WALKS OF LIFE. WE, AT GURUKOOL HAVE BEEN BUSY THIS LAST YEAR AND THIS IS WHAT WE'VE BEEN UP TO.

DOST



To tackle the mental health issues that medicos might face, DOST, under the aegis of Gurukool, organized 'Castles of Courage 2.0' that helped first year UG students bond with seniors. After a round of fun filled activities, "Simon says" and dodgeball, the DOST team addressed the new entrants on mental health and wellness in college and suggested solutions to the common problems faced, reassuring them how they were not alone in the journey, recounting their own experiences at the same time.



Team DOST also revamped the HELPBOX in the Pathology Block. The idea is to collect thoughts, suggestions and ideas anonymously anywhere from taking action on bothersome issues around campus, to helping create a more conducive environment to learning and growth.

Putting a positive spin to the age-old tenet, "Man is least himself when he talks in his own person. Give him a mask and he will tell you the truth", DOST came up with an anonymous platform 'CoronaConvos' to help vent out all the ideas, realisations and experiences during self-isolation amidst the unprecedented times of the ongoing pandemic and consequent lockdown, so that others going through the same would know that they are not alone.



On the occasion of World Mental Health Day 2019, DOST set up a Happiness counter at 'Nesci' where crowd favourites like Pictionary, Taboo and a new event, Boomerang took place with goodies for the participants. Green ribbons were distributed as symbols of mental health awareness and a short talk was given afterwards.



To contact Gurukool team :

gurukoolmamc@gmail.com

On the morning of 2nd October 2019, 17 volunteers, including students and residents came together for a health camp in a Gandhian Environmental Peace Festival in Pulprahladpur. Helping over 150 beneficiaries, the volunteers resolved their health queries along with anthropometry and BP measurements. A Nukkad Natak on lifestyle disorders awareness and subsequent much needed lifestyle changes followed.



Chaupal presents **एक संवाद**
CORONA WARRIORS के संग

Dr. Suresh Kumar
Medical Director, LNH

Dr. Rajat Jain
Doctors For You (NGO)

Mr. Rajesh Saini
Nursing Officer, LNH

Dr. Akhilesh
Resident Doctor, LNH

सूत्रधार : **Dr. Aashima Dabas**
Faculty, MAMC

Join us on Google Meet
on 22 September
at 3 PM

Gurukool
presents

CHAUPAL

Every Tuesday 4 PM onwards
Venue: Google Hangout
(send your interest to gurukoolchaupal@gmail.com to get further details)

12th May: Excelling with Excel

Many Chaupal meets were held over the year. A screening of 'UNSEEN ENEMY' was held to shed light on emerging diseases to fully blown epidemics such as Zika, Ebola, Influenza and now the Novel Coronavirus. Several google hangout meets were done in the lockdown period, notably 'How to do a literature Search' on 5th May 2020, 'Excelling with Excel' and 'Research Methodology' on 12th May 2020, 'The Last Lecture' by Dr Randy Pausch on 19th May 2020. In the meet held on 16th June 2020, Dr Taru Jindal shared her experience on 'using core clinical skills to develop the Real India-the Rural India'.

The official launch event and first meeting of Me|eT took place on 7th February, 2020. Me|eT is a community of passionate medical practitioners, technology enthusiasts and industry experts who aim to solve real healthcare challenges through a multi-disciplinary approach. Me|eT later organised an informative talk on 'Intellectual Property Rights and Ethical Entrepreneurship' by Advocate Mrityunjay Kumar which was held on 7th March 2020. Ramit Mahajan(MAMC), Toshali Pandey(MAMC), Kunal Kalani(MAMC), Udbhav Sharma(MAMC), Ujjval Goury (IIT-B) under the mentorship of Dr Anurag Mishra and Dr Manish won the 1st position in the AIIMS Hackathon conducted during the last week of April. They presented the idea of 'Thermochromic Day Patches and Sensors' to screen Covid patients in public places.

Me|eT

Converse | Ideate | Solve

A Litmosphere (The Book Club) meet, 'One Evening, Three Stories' took place on 27rd January 2020 where 'Cathedral' by Raymond Carver, 'Speech Sounds' by Octavia Butler and 'The Lottery' by Shirley Jackson were the three short stories chosen for discussion. On 27th June, the book lovers came together to discuss , 'A Wrinkle in Time' by Madeleine L'Engle. 'The White Tiger' by Aravind Adiga was the topic of discussion for this meet held on 11th July, 2020. The enthusiastic Book Club members came together for the another meet of the month held on 26th July 2020, with the discussion over the books, 'Animal Farm' by George Orwell and 'The Last Question' by Isaac Asimov. Another meeting held on 24th August 2020 involved discussion over 'Aristotle and Dante Discover the Secrets Of The Universe' by Benjamin Alire Saenz.



Doctors On Community Service (DOCS) organized an outreach programme to JSS Ganiyari, Chattisgarh from 12th February – 16th February, 2020 where students took part in various activities and learnt how a 'sustainable socioeconomic model of health for all' -where state-of-the-art facilities can be developed even at a place where there is a paucity of clothes to wear and utensils to cook.

To celebrate Teachers' Day and the Foundation Day of Gurukool, the third chapter of MAMC Dialogues was organised on 5th September 2019. With their stories to tell and thoughts, ideas and experiences to share, the words of our eminent speakers (Dr Arvind Lal, Mr Sharad Ashtekar, Dr Taru Jindal & Dr Ganesh Mani) greatly inspired many.





AMSA India

"IT'S NOT YEARS THAT COUNT, IT'S THE MILEAGE!"

So here's looking back on a prolific year!

The Indian chapter of Asian Medical Students' Association – AMSA India stepped into the year 2020 with a 20/20 vision: UPOA, or, "Under Promise and Over Achieve!"

AMSA India represents Indian medical students' interests in all spheres of our society and thus provides an excellent platform for their empowerment, education and engagement.

1. Kickstart of EAMSC 2020



AMSA India kick-started the year with the 33rd East Asian Medical Students' Conference (EAMSC)2020: lived and loved at Maulana Azad Medical College, New Delhi.

More than 200 delegates from countries such as Hong Kong, Indonesia, Japan, Kazakhstan, Mongolia, Philippines, Singapore, South Korea, Taiwan, Thailand and Poland participated in this week long conference from 5th to 10th of January,2020.

An organizing committee of 60+ medicos from across all years of MBBS led by the Organizing Chairpersons, Dr.Navita Jain (Batch2015) and Dr. Amolpreet Kaur Saini (Batch2015) , set-up a plethora of cultural events and academic events based on the theme for the conference – “Emergency Medicine- when seconds count..”

2.Yule Ball

The “Yule Ball” themed opening ceremony organized at the Lalit Hotel saw an evening of ice breaking sessions, floor breaking dances and inhibitions-breaking mingling among the delegates.The conference hosted 4 main academic competitions- The Scientific Poster presentation, the scientific paper presentation, the public poster presentation and the clinical case presentation along with 4 online competitions—judged by honourable and hugely distinguished faculty from Maulana Azad Medical College



3.Academic Events



Various Academic workshops in fields like Surgery (suturing and laparoscopy) , Orthopaedics (Application of Plaster), Anaesthesia (BLS Training) ,Pharmacology and Approach to Medical Cases took place in MAMC and associated hospitals. The Organizing Committee also collaborated with Lok Nayak Jai Prakash Narayan Hospital, Lady Hardinge Medical College and hospital, Sir Gangaram Hospital and St. Stephen's Hospital – and together organized Hospital visits for all the young doctors-of-near-future, giving them an insight into medical education and working in India.

4. The Cultural Workshop



Every morning the delegates got into the spirit of academic competitions and learning- which was followed by the jollification of Cultural Workshops and activities of fellowship among the delegates- lead by 'GMs' (Group Moderators), their friends and sentinels for EAMSC.

The Cultural Workshop held at Lodhi Garden started off with a good old game of "PITTHU" and an energised session of Zumba to bollywood songs. Our delegates learned to write their names in Hindi in the Calligraphy workshop- after which they enjoyed some classic Indian treats like Laddoo, khandavi , etc. and ended the day by dressing up for a 'fashion show" in colourful sarees and kurtas!

The delegates also visited sight seeing venues like India Gate, Gurudwara Bangla Sahib, Connaught Place and enjoyed the

musical show 'Zangoora' at the mystical Kingdom of Dreams along with a magical stroll in the Cultural Gully.

Something to look forward to in every EAMSC conference is the International Booth. Set up in Maulana Azad Medical College, delegates from each country decorated and set up their 'cultural' booth- featuring food, drinks and clothes native to their land and culture. The rich cultural exchange led to everyone bonding and dancing to Bollywood tunes!

5. Cultural Night

On the penultimate day, the delegates travelled to Agra to see the most renowned monument, a wonder of world in all true sense- The Taj Mahal.

After returning, the delegates donned their best cultural costumes and got into the groove of the party- The Cultural Night - organized at the Lalit Hotel.

Despite the long travel during the day, the cultural night saw boundless energy as all the delegations presented their Cultural heritage through music, dance and skits. The laughter and cheer in the atmosphere didn't end there- following dinner was a special farewell party at Kitty Su, Lalit Hotel.



6. Closing Ceremony



On the final day , the closing ceremony at the Lalit Hotel was attended by the respected faculty from MAMC who announced the results of the academic competitions and distributed the prizes. What followed the end of the closing ceremony were tonnes of hugs , streams of tears, countless smiles, "We will be back" hopes and a multi-port exchange of heaps of souvenirs and a truckload of photographs among the delegates and Organizing team—who bid farewell to the wonderful friends they made during the past week.

EAMSC 2020- was a huge success despite the many obstacles the Organizing team braved! We would like to congratulate the Organizing Chairpersons - for the vision of EAMSC 2020, the entire Organizing Committee- for striving to make that dream come true and the faculty of MAMC, who supported the

young doctors in their endeavour. During the Conference, AMSA India achieved another first ! The AMSA India Executive Board (2019-2020) launched the first ever Medical Students Mobile Application for AMSA India members moving all medicos from across the country on one common platform!



SYNAPSE 2019

MARCH 25 TO 29





Goonj 2019

September 11 to 13

VIRASAT 2019

-2nd April 2019 till 7th April 2019-

Virasat 2019 was a 6 Day Cultural extravaganza featuring eminent artists and performers from all over the country.

Day 1 featured a Nadaswaram Performance by Shri T.V.S Kandaswamy, and a Bharatnatyam Performance by Smt. Geeta Chandran, who is a Padma Shri awardee as well.

Day 2 featured a Sitar and Cello performance by Pt. Shubhendra Rao and Smt. Saskia Rao-de Haas.

Day 3 featured Sufi music, with the troupe "Char Yaar" mesmerising us with their melodies.

Day 4 featured a Qawwali by Ustad Hussain Niyazi and Troupe, while Day 5 was marked by a fun filled workshop on Madhubani painting.

The event was closed off on a high note by the Heritage Walk headed by Smt. Aradhana Sinha.

Special credits to Purva Mehta and Shresth Vashisth (Batch 2017) for heading the preparations and organising it seamlessly.



Virasat is a great way to take a break from the rush of studies and daily life, and to get in touch with the rich cultural heritage that our country has to offer.

Content Curated By
Sahil "I Regret This Already" Shah
5th Semester

AMA 2019-21

FOREWORD



Forces of nature have conspired against me to make me write whatever is written here. Absolutely nothing written here is made up by me. All of these lines have been framed based on the inputs I received from friends of the AMA members concerned. It is obvious that I may have been more scathing towards some of the members, and a bit less to others, because the level of "meanness" of the content I received was vastly different for every member. Think of it this way – if I have been particularly mean to someone, that speaks volumes of how sporting and accepting and awesome (s)he is. Needless to say, I have utmost respect and gratitude for each and everyone below; it is because of the AMA being such a sport that this section was made possible, and I hope that all the frowns and questions this piece of writing may generate are directed towards the people who gave me that content, rather than towards me



BY SOMEONE STUPID ENOUGH TO THINK THAT
MAKING FUN OF SENIORS WAS A GOOD IDEA

Design by Bhavya R. Maroo



STUDENT COUNCIL PRESIDENT



Pranay Kumar Singh

Being the President of the AMA comes with a few perks. You are the first to take a bullet every time someone bitches about what a sellout the AMA is.

So, dear Pranay, take a final bullet for this incorrupt Association you love so much, will you?

Cancellation of Synapse this year means that Pranay will deservedly go down as the poorest AMA President in history.

Being the President of the AMA is arguably the most responsible student post. It means you have to be involved in everything, from festivals to gatherings to protests.

Regardless of whether they actually make a difference or not.

Being the President also means that you have are supposed to take a stand every time a kaand happens in the college. Your presence always matters.

Pranay has earned the respect of his juniors by justifying his position, and we are extremely thankful for his contributions. And yet, he is poor. And he has no one to blame. After all, who other than the President pockets all the funds that are eaten by the AMA?

Adarsh Sen

He is the answer to the question above.

When it comes to pocketing funds eaten by the AMA, the Vice President is second in line. And naturally, Adarsh will go down as the poorest Vice President in history.

Adarsh is an energetic personality and his sense of humour never fails to bring a laugh to people around him.

But enough of his tareef. Because he has done as much work in the AMA as Rakhi Sawant has in Bollywood.

STUDENT COUNCIL VICE PRESIDENT



GENERAL SECRETARY



Akhil Gupta

People are addicted to alcohol, smoking, marijuana and cute puppy videos. Akhil is addicted to agarbatti.

Akhil is surrounded by agarbattis all around his bed.

In case you weren't aware, these are the two main functions of an agarbatti -

1. It is meant to drive away all evil that exists inside you.

Which means Akhil's mind is filled with demons.

2. It is meant to drive away all the foul smell that exists around you.

Let me leave it at that.

Akhil has been reportedly seen hogging free ka khaana in the DC as if he has his own special privileges. Maybe that explains the foul smell.



Ajay Kumar Puthal

Ajay has won many races and his speed is unmatched. He is the fastest runner of the class.

...is what Ajay thinks he is, because he has never won a single race after coming to MAMC.

His delusions of grandeur are not only limited to his speed though. He thinks he puts the funniest statuses because every person in his contact list is useless enough to decode what a collection of emojis means, and jobless enough to notice how much of a workout he has done today.

The only area where he can brag about his speed is solving a Rubik's cube. And it pains me to say that he is actually very, very good at it.

Ajay has a vibrant history of favouring the Joint Lit Secretary, and considering that the Joint Lit Sec has "God" in his name, we aren't surprised at all.

Amrit Senapati

As the name suggests, Amrit "Senapati" leads the ranks ...when it comes to sports ka saamaan bech ke khaana.

What more should you even expect from someone who has been tutored by the President himself?

He is a pro at basketball, knows every single type of dunk out there and can score from every single penalty shot.

His accuracy with three-pointer shots is no better than his shots with girls.

That is worthy of being a Sports Secretary, eh?



HOSTEL SECRETARY



Shalabh Agarwal

The tradition of bullying the canteen people by eating free food is nothing new for the Hostel Secretary, but Shalabh has taken it to another level.

The draining economy of the country is nothing compared to the draining economy of the boys hostel canteen, thanks to Shalabh.

He holds the distinction for bathing exactly 3 times in a year. These are the days when the hostel undergoes inspection.

He reportedly begged for a loan for a trip to Goa and promised to repay the loan after Hostel night.

Long story short, he holds the record for being the only Hostel secretary to NOT organise a Hostel Night.

Anmol Goyal

If I had a nickel for every time Anmol wrote something which made me go "WOAH" at how deep her words are, I'd be surrounded by nickels all over me and have no place to breathe.

She calls herself an "epicure". The definition of an epicure is "a glorified food-hogger who posts pictures of food on Instagram as if no one knows what a cake looks like."

Her accent is too American to be called an American accent.

Jokes apart, Anmol is what you get when you buy some candy floss and mould it in the shape of a really mean-looking Komodo dragon.

She isn't as intimidating as she seems.

And she seems super intimidating.

She is the answer to "What if looks could kill?"

And that is because of her deathly stare that gouges your eyes out and kills you from the inside.

But she's sweet.

LITERARY SECRETARY



CINEMA SECRETARY



Mohd Faisal

Kabir Singh gave us the portrayal of a handsome and dashing senior who is energetic and passionate in everything he does. Faisal doesn't have any of these characters, and it's a pity he thinks he does.

That's it. That's the roast. The roast is as disappointing as Faisal himself.

Not to mention that he is the secretary of a society I didn't even know existed in the college.

Dipansha Maroo

Every group has a token K-Pop worshipper. She is the one right here. So normal humans who think K-Pop is a pain to their ears and must be banned to immediate effect, blame her for playing a part in spreading this absolute travesty of a music genre.

Dipansha is just the perfect editor we needed for this magazine, and we cannot be more fortunate to have someone like her at the helm. She knows absolutely everything happening in the Ed Board from inside out. She is the most responsible person out there, and never even once has she made anyone working under her feel burdened by too much responsibility.

She was the most ideal candidate for this post and the fact that she was the only nomination and that the position was uncontested has absolutely nothing to do with it.

She earns the distinction of attending every single AMA meeting till date, and that alone speaks volumes of her immense work ethic.

She is a symbol of leadership and sharing of responsibilities, and the Ed Board will forever be thankful to her for all her contributions.

STUDENT EDITOR



GIRLS' REPRESENTATIVE



Aastha Chaurasia

Lockdown has done wonders to people. It may have made you rediscover yourself. It may have made you a better person. Lockdown made Aastha pursue something new in her life - Snapchat.

Make sure to mute her if you have a Snap account. If you don't, consider boring yourself to sleep before Aastha's Snapchat thread ends.

If Achilles' heel is used for people's weaknesses, Akhil's heel should be used for Aastha.

Aastha also has a thing for plants and aquatic animals. So make sure to avoid her if you plan an aquarium trip; she's bound to spend the entire night there, even if there is plenty of fish in the sea.

Haha, English puns.



FINE ARTS SECRETARY



Nikita Yadav

"Where is Minerva?"

Yeah, I'll do you one better - "What is Minerva?"

I'll do you one better - "Why is Minerva?"

She is the leader of the society responsible for all those beautiful cutouts that you see during the college festivals.

But you'd probably know her better as the leader of the society responsible for that one time in Synapse when you are like -

"Yar koi khaas event nahi ho raha kahi pe, chal art wale event me baith jaate hain jab tak Battle of Bands shuru nahi hota."

Nikita is a super friendly and lenient head, and all juniors love her.

That is, until they find a better event to attend in Synapse.

Pushkar Saini

Pushkar has a problem. His bodily requirements are completely out of sync with his travel plans.

A normal human is full of energy before going on a trip.

Not Pushkar. He starts feeling tired even before the trip starts. He sleeps while travelling in the car, unaware of everyone around laughing at him.

Talking about his bodily requirements being completely out of sync, he has a history of getting out in the middle of the way and going to find a bathroom because his bowel movements are totally involuntary.

Pushkar is an adorable senior, and always lends his hand to juniors whenever any issue arises in the hostel.

JOINT GENERAL SECRETARY



JOINT CULTURAL SECRETARY



Nitin Jain

Class ka chaahe CR koi hi na ho, ek "dalla" toh zaroor hota hai.

Nitin is the dalla of his class.

His existence in the AMA is questionable since he hardly shows up in any of the AMA events.

He was tasked with collecting money for the batch trip last year. It seems whatever he touches turns to nothing, as the trip kept on getting delayed until they managed to put some 20 odd students in the bus. For the batch trip.

Munaqib Kosvi

Munaqib is so plain that I asked 5 different people for any content about the Joint Sports Secretary that I can make fun of, and I received 5 replies saying "Munaqib is such an uncontroversial human being, I don't have any content about him."

So I thought why not do an anti-roast of Munaqib?

Munaqib plays chess, and is a very genuine person. Unless there exists a universe in which chess is considered a sport, the name of his post is the least genuine thing about him.

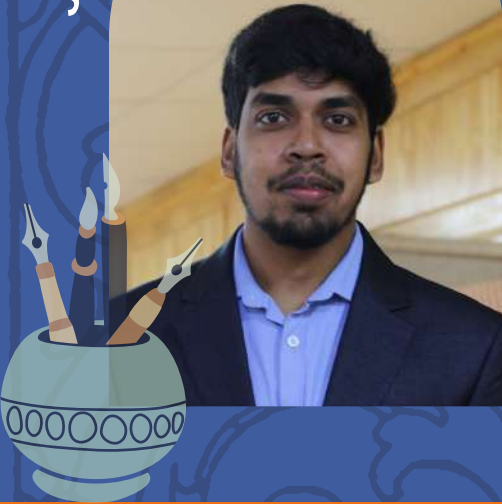
Munaqib is so uncontroversial that he does not deserve to be called an AMA member.

Munaqib once missed the DJ Night to do his AMA chores. He is what Adarsh should have been but never was.

JOINT SPORTS SECRETARY



JOINT LITERARY SECRETARY



Ankur

Why did Goddess Saraswati cross the road?
Because God Ankurā was on the other side.

God Ankurā is the face of the Lit Society. He has taken the level of quizzing at MAMC to great heights. For him, quizzing is more than just a competition – it's a passion. He is revered as a deity by juniors and seniors alike.

He has an aura of radiance and carries with him a circle of bright, yellow light on his head.

Ankurā is the reason you audition for the Lit Soc. Not because you are good at poetry or debating or quizzing. But because of Ankurā.

No one cares if you don't remember the name of a senior in college. But not knowing who Ankurā is would mean the MAMC equivalent of capital punishment.

If you are new to this college, receiving Ankurā's blessings is an achievement greater than MBBS itself.

We should be proud to study in the same college that Ankur Sir goes to.

Shiveha Verma

Amazing facts about Shiveha

1. Shiveha is awesome

2. Shiveha is cute.

3. According to a popular legend, cute lil' Shiveha once stabbed someone and then performed a ritual around his dead body in a kimono because he told her that anime is just a fancy name for Japanese cartoon.

4. Shiveha is so, so tiny that she feels she's a little kid trapped inside an over concerned mommy's body.

And with her cute voice and her bangs and her glasses, she might just be a character from those stupid, childish Japanese cartoons she keeps watching all the time.

5. Shiveha is so cute that she will be the only person to reply in paragraphs to whatever you do.

6. Shiveha is so extra that if you compete with her in a battle of who is better at flattery, you'd lose even before you fire your first shot.

She is so cute that it is extremely, extremely frustrating.

Ps I was specifically ordered by Shiveha Ma'am to mention the word "cute" at least seven times during her supposed "roast".

Cute.

JOINT STUDENT EDITOR



JOINT CINEMA SECRETARY



Krishna Prasad

Fun trivia about Krishna Pd – He is the pioneer of a variety of English which is known to few.

How do you learn Krishna Pd's English?

1. Listen to him while he is drunk.

2. Listen to him while he talks to girls.

Not to mention that even he belongs to a society I never knew existed before signing up for this job.

Sports Section

Table Tennis

Table Tennis is a game which requires speed and precision in an extraordinary combination and there is surely no deficiency of Maulanians who excel at it. To ensure the upward spike of TT, TT tournaments are regularly organised in college during Synapse and Goonj. In Goonj 19, Arnav Upadhyay (Batch '19) secured the first position in boys category while Komal Yadav (Batch '18) secured the first position in girls category. The brilliancy of Maulanians in the game is at par and we're looking forward to higher and more refined game sets in the coming future!



Basketball

The MAMC Basketball team is definitely blossoming continuously over time and is regarded as one of the best Basketball teams among the Delhi Medical Colleges. Last year the boys team won the Tournament at VMMC comprehensively. Later the team also reached the semi finals in the tournament at Pulse 2019. Also another highlight in Basketball was the girls basketball team finishing as the runner ups in VMMC along with encouraging performances in AIIMS and DTU. Seeing the current situation of Basketball in the college, we're well on our way to become the best ever Basketball team of MAMC.





Cricket

In India, one is never far away from cricket and MAMC is no exception. The passing year saw the MAMC cricket team continue its great run in the sport by the laborious yet enthusiastic participation of the budding doctors. The team won the Tournament at PGI Rohtak under the captaincy of Mukund Garg(2016 Batch) for which the team had to travel to Rohtak for every game despite their busy schedules. Also the team reached the finals of the Inter College tournament organised at Synapse and semi finals at ACMS tournament. Not to forget, there were some fabulous performances of the team in the friendly matches as well. All in all it has really been a great performance by the boys in the past year and we can expect more such wonderful performances in the coming year.



Volleyball

The MAMC Volleyball team is arguably the best team among the medical colleges in Delhi. The passing year witnessed them reaching a new high(no pun intended) as they emerged victorious in four tournaments at four different colleges, namely, UCMS, LH, VMMC and RML which is no less than a dream. Also they reached the semi finals of the tournament at Pulse 2019. The brilliance of the players has really made us proud. With a professional Volleyball Court this team is ready to continue its wonderful run in the future with the momentum by their side.





Tennis

A sport which demands so much out of an individual and receives not enough recognition in the college, nevertheless, in the last year, the Maulanians proved their mettle in the Pulse 2019 where Karan Sachdeva(Batch 2015) won gold in doubles, Josh Kumar(Batch 2017) and Aditya Gupta(Batch 2018) won silver in doubles and Aditya Gupta(Batch 2018) claimed bronze in singles. Not surprisingly, the future of tennis looks brighter than ever.

Badminton

With a professional badminton court, the shuttlers of MAMC showed that they are ready to take on the best of the sport as their performances brought glory to the college yet again. In Pulse 2019, Angad(Batch 2016) and Harsh(Batch 2018) secured the second position and Angad(Batch 2016) also reached the semi finals in singles. In VMMC, Harsh(Batch 2018) and Sarthak(Batch 2019) secured third place in doubles while in singles Sarthak(Batch 2019) secured second place and Harsh(Batch 2018) won third position. In Goonj 2019, a badminton tournament was organised which was yet again fiercely battled out by the seniors and juniors alike. The new crop of players (first years) like Sarthak, Apoorv, Raghav and Vishesh showed a lot of promise and ensured us that the future of badminton in MAMC is in good hands.

Swimming

Despite the swimming pool not functional in the last year due to some administrative problems, it was hardly a hindrance for the students to participate in swimming events. The Pulse 2019 witnessed a team of four Maulanians, Pulkit Khanna, Avnika Jain, Tejas Khurana and Arjun Chandhok secure the third position in the swimming relay. With the swimming pool possibly reopening this year in the campus, we expect our swimmers to bag more and more accolades for the college.

Football

Continuing the legacy, the game is played more ardently than ever. The game has established its solid roots in light of both the viewership and the sportsmanship. Unexceptionally, football in MAMC continued to thrive like every year. One significant highlight was that the batch of 2018 started playing on the professional grounds of football, widening the horizons of the game and enticing unfathomable opportunities for the college team. The unflagging enthusiasm of the college team and the game lovers are soon paving its way to become the highlight game of the college.

Compiled by :
Sushrut Agrawal ~



Style GURUS

DR. MEETA SINGH

**ASSOCIATE PROFESSOR,
DEPARTMENT OF PATHOLOGY**

Q: Where did you graduate from?

A: My under graduation, post graduation, senior residency has been all from MAMC.

Q: What encouraged you to do MBBS and then later Pathology?

A: Everyone in my house is a doctor! As for Pathology, I had a Gynecologist in my house, I had a Surgeon, I had a Pediatrician, a Radiologist, a Dermatologist, and many General Physicians. This was the only field left (laughs)!

Q: What if not MBBS? Had you any other thing in your mind?

A: Yes, I used to write a lot of poems. I loved writing poems. Somehow, MBBS killed the poet in me, but yes if not a doctor I would definitely be a poet.

Q: Any fond memories from your UG life?

A: There are just so many (smiles)! Every Synapse has its own memories! Our JIPMER trip was the best. The whole train was filled with a batch and it took off route. We were all pampered souls before entering MBBS, and suddenly we were travelling in a sleeper class with no food, no water and the journey which was supposed to be less than 14 to 15 hours or so took one and a half days. There was nothing like that trip. Also, I had my elder sister in the college as well. So I was never ragged, had already underlined books. I was a superstar in my batch.

Q: What was your favorite hangout spot in the campus?

A: Nesci! It was built when I was in my 3rd Prof, before that it was the Indian Coffee House.

Q: What are your hobbies?

A: I still write a bit, other than that, playing badminton and swimming! But, after my kids were born, my favorite pastime is being with the kids.

Q: Since we see you being actively involved with Virasat, Gurukool, and so much more, where do you envision this college in a few years from now?

A: There are certain lacunae in this college, even after so many years, and if we bridge them, there is no looking back. A student-teacher disconnect is the most important one. Number is one issue. The faculties not living in the campus is another important issue. I would love to see MAMC become a family.

Q: What do you think has made you popular amongst the students?

A: That you should tell me (laughs). Umm, maybe because I have been here in the campus! It's the college upbringing that I think helps me to connect well with the students.

Q: Any particular pathological term you found weird or funny when you first heard it?

A: Pathology is a universe. There are many interesting similes like Indian file pattern, Doughnut like arrangement or a Wreath like arrangement. It's interesting to study the analogies.

Q: Spandan's theme this year is "Alice in Wonderland," what is your interpretation of it?

A: Isn't the medical college a wonderland? Are all of us not Alice, in some aspect of life, till 12th? Each person has two Wonderlands, one is entering a college and second you enter a marriage. Life changes completely, you don't feel like you are on the same planet anymore!

Q: Any message you'd like to give to the students?

A: Umm, stay connected, to each other, to everyone! Do whatever that makes you happy, enjoy your life. But stay connected!

RAPID FIRE ROUND

Q: First thing that comes to your mind when you hear the word MAMC

A: Fondest memories

Q: Teachers

A: Dr. Ramji

Q: Student

A: Myself

Q: Pathology

A: My profession

Q: Favourite pastime

A: My kids

Q: Style icon

A: Deepika Padukone

Q: Childhood

A: Overprotected

Q: Yourself

A: Constant learner

Q: Ethnic/Formal

A: Both

Q: Suit/Saree

A: Saree

Q: Comfort/Style

A: Comfort

Q: Street food/Homemade food

A: Street food



(This interview was taken in 2018)

Style GURUS

DR. DINESH KUMAR
PROFESSOR, DEPARTMENT OF ANATOMY

Q: Tell us something about yourself. Perhaps your college life?

A: It was the same journey as that of any college student. So, it was full of fun and as is common in this age group- you're mischievous; you want to break rules; that is what excites you.

Q: So, sir, how different does it feel to be on the other side of the table as compared to when you were in college?

A: It helps because one can get into the minds of the students, one can understand and control things better by knowing the mindset as it is the same *laughter*. Evolution is yet to happen, but then the teachers would also evolve simultaneously *laughs*. Overall, it helps make teaching easier and makes the student understand the subject better. And, that can happen if we understand the market, supposing that the student is the consumer. If you understand the consumer well, you can give a product which the consumer will consume in a better way, in a way that will satisfy both the student and the teacher.

Q: Sir, what's the funniest thing you witnessed during a viva?

A: Sometimes, students confuse organs due to examination stress- liver and lung, kidney and spleen is very common.

Q: Sir, your hobbies?

A: Reading about medical education, how to improve our education system, methods of teaching, acquiring knowledge about new gadgets, tech., and their use in teaching, research- Researching in Genetics is something I enjoy.

Q: Any hobby from the school/college days?

A: Sports...Tennis. Federer more. Nadal less. Nadal is more aggressive.

Q: Sir, if you had to go back into any age, which age would you choose and why?

A: A college student only. I want to relive my UG days (MAMC). I think that I missed out something.

Q: One rumour you have heard about yourself that you found amusing.

A: That I am very strict and people are scared of me *makes shocked expression*. To find myself scariest of all is something that I find amusing.

Q: Sir, if you had to describe yourself as a weather, which one would you choose?

A: Winter; it's the time of creativity.

Q: Sir, if time travel was possible, which one event would you like to witness?

A: I think I would like to visit the Mahabharata time; I want to know why and how the people were fighting and what motivated them to do so.

Q: Sir, what's your taste in music?

A: Oh, it keeps changing! In college days I loved Rock music and now it's more subdued *smiling* - I guess Pop type.

Q: Sir, favorite bands then and now?

A: Earlier, I used to like – The Doors, Pink Floyd and Bob Marley; and now, all the latest ones- even Justin Bieber, Taylor Swift. I also like Charlie Puth and his song 'Attention', Shawn Mendes' 'Stitches' and 'There's Nothing Holdin' Me Back', Ed Sheeran's "Shape of You" is also great. I also enjoy listening to these latest Indian singers- Arijit Singh, Shreya Goshal.

Q: Sir, from where did you get the idea of calling roll numbers in multiples of a date?

A: Ha ha, see most of the times whenever I come to class I don't know how I am going to teach. So it is instantaneous, on the basis of reaction of students. Lecture is like theatre most of the times. We need to improvise based on the time, situation and reaction of the students. Then one day while teaching I suddenly looked at the date on my computer screen and it kept on happening like that.

Q: What was your favourite anatomy text book as a student?

A: BD Chaurasia only!

Q: And what's your favourite topic to teach in class?

A: Umm.....one is neuroanatomy.....abdomen-pelvis is another topic....then come the limbs...Hahaha...See I don't find any topic less interesting, so it is difficult to choose one topic.

Q: Narendra Modi or Arvind Kejriwal?

A: Both are equally good. But if you have to choose between the two then Narendra Modi because he is a very good communicator and is very assertive. When the systems are not working you need to start something and that action is there. At the same time there need to be checks also so that nothing goes in the wrong direction.

Q: What are your views about organ and body donation?

A: It is something which is very good. No one will say it is bad. So will I! Ha ha ha. When a person is brain dead then the family could choose to help someone in need with the organs which cannot be manufactured in the factory. However, body donation is much more impactful than organ donation. Just think of it. One body coming to anatomy department and 25-30 students dissecting on one body. Then thousands of patients will get benefited by that one body. There is also an act, The Anatomy Act under which the bodies are donated. Donating a body will also reduce the pollution caused by burning a body. In all, a single body can save millions of life.

Q: Sir, 'Selcouth' have you ever heard the word?

A: Selcouth, no I've not heard the word.

Q: But sir you just heard the word! *sheepishly* *laughter around*

The word means, Unfamiliar, rare, strange, yet marvelous. What one thing comes to your mind that you will describe using this one word?

A: Life

CASE SCENARIO

Q: We are having an interview here and then suddenly, a penguin walks in through the door wearing a sombrero and playing a ukulele. Sir, how would you react?

A: I'll ask him... 'When are we leaving; let's go?' *smiling*

RAPID FIRE ROUND

Q: Favorite teacher?

A: Time and experience.

Q: Favorite Student?

A: I think all, I can't choose; but overall, all the students at MAMC have been my favorite.

Q: First thing you notice in a person?

A: The general hygiene, cleanliness which includes clothes and general appearance.

Q: The word you like best?

A: MAMC.

Q: Favorite prosection?

A: *Laughs* This is difficult. I think- front of thigh.

Q: What would you name your autobiography?

A: 'Life and Experience'

Q: You mentioned Mahabharata, is mythology something you've always been interested in?

A: Yeah- Indian, and even Greek Mythology as there are a lot of characters, with their own stories, and there is so much to learn from these characters.

Q: Do you also like theatre?

A: Yes, but I've mostly been a visitor. Long time ago in school I was one of the dwarfs in 'Snow white and the seven dwarfs!' *Laughs*

Q: If you had to choose a soundtrack for when you entered class, what would you choose?

A: That's a tough one... I'll go with 'Aaj fir unse mulakaat hogi' *Confused looks on our faces*

Sir: It's an old song!

We hide our mild disappointment at sir not saying 'Don'

Q: Favourite movie:

A: Gangajal

Q: Favourite street food:

A: Chole Bhature

Q: Favourite colour:

A: Both black and white, but if I were to pick one, white.



(This interview was taken in 2018)

Style GURUS

DR. VK GAUTAM
EX-DIRECTOR PROFESSOR,
DEPARTMENT OF ORTHOPAEDICS

Q: Can you tell us about your career so far?

A: I did my post graduation from All India Institute of Medical Sciences. Following that, I worked as a Senior Resident at PGI Chandigarh. Then, I joined MAMC as an Assistant Professor.

Q: Why did you become a doctor and an orthopaedic surgeon in particular?

A: Back in my days all the bright children became either doctors or engineers due to lack of other options. So, it was not as much a choice. However I was always inclined towards medicine. I used to catch frogs, anaesthetize them and then dissect them while their hearts were still beating, an early sign of my interest in surgery.

In my MBBS I had 5 gold medals (Pathology, ENT, PSM, Medicine and Surgery) I could have chosen anything. Though I found Medicine extremely fascinating I felt it was more of managing than curing the patient. While in surgery I could see my patient cured the next day. But even now I know a lot more medicine than a surgeon would be expected to. So, whichever specialization you do, the broad spectrum of medicine should not be left mind and you should be a doctor first and cardiologist, surgeon, radiologist etc. later.

Q: What do you consider the highest point in your life?

A: There have been many. Whenever you make a patient able to stand up, the satisfaction that you feel is immense that is not matched by professional achievements. In particular I remember one patient suffering from Sjogren syndrome. She had been in bed for 6 years. After I made her stand she hugged me and said that how she couldn't believe she was able to stand again. Incidents like these for me are the highest points.

Q: What do you think is the scope of research in India?

A: Honestly, in such a setting with immense clinical burden, true (laboratory) research is not possible.

Q: What do you do in your free time?

A: I meditate twice a day. It helps me control my mind. I believe our mind is capable of doing brilliant things if only we can control it. Apart from that I enjoy long walks and singing. I always try and find a student who will sing along with me. I also enjoy talking to patients.

RAPID FIRE ROUND

Q: Favourite bone

A: *Excitedly* Femur.

**Q: The first thing that comes to your mind when you hear the following:
MAMC**

A: Frankly speaking, when I joined MAMC, I was considered an outsider. You see when I joined this place, people used to say "Oh! This boy has come from AIIMS." But ultimately, I could gain their trust and people started liking me. So you see you can win in two ways. One is by defeating others, by argument but another (and the better) way is that your behavior is so good that over a period of time, people start liking you. Now at this stage of my life, this is like my parent institution and I have spent a large part of my life, 27 years, here. So, this is the longest time for which I have worked at a single institute.

Orthopaedics

Orthopaedics is my life. I am orthopaedics and orthopaedics is me.

Q: What is your take on the NMC bill that the government has proposed?

A: National Medical Commission! Umm NMC, essentially is depriving doctor from their legitimate rights. Basically, it is run by bureaucrats, very few doctors, so doctors' say will be very significantly reduced in NMC. But unfortunately the previous Medical Council of India earned a bad name just because of one or two wrong people following which the government proposed this bill. The previous system was not bad at all, it should be still there. Government always tries to capture power from you, from all technocrats, this is the usual trend.

Q: What would be the advice you would like to give to the young students of medicine?

A: You should not join any particular specialty just because somebody has told you it is good. Sometimes people get immensely influenced by their teachers. All of you are meant to do your particular kind of activity. Nature has designed you in such a manner that you are supposed to carry out some particular activity. Try to explore in your mind what you really want to do what you are good at and not just follow the herd.



(This interview was taken in 2018)

Style GURUS

DR. MK DAGA
EX-DIRECTOR PROFESSOR,
DEPARTMENT OF MEDICINE

Q: Sir, since you'd be retiring after this academic year, how would you remember MAMC?

A: I have very good memories of this place. There has never been any kind of pressure or suppression. If you want to work in a new branch, other colleagues have always been forthcoming. That way, it has been a very good journey for me. I have been given the opportunity to go to some other institutions like All India Institute of Medical Sciences, also. My journey here has only been upward, and not about feeling low.

Q: If given a chance, what would be the one thing that you would do differently?

A: The foremost thing I would like to do differently is change the current pattern of teaching- especially the didactic lectures. Another thing I would like is sincerity and dedication from students and faculty for bedside teaching in the hospitals, which presently is not so good. I have also been writing about this and I think it's high time that we have a complete reform of the education system. It's a dream I have.

Q: Sir, why did you join the medical profession and subsequently the stream of medicine?

A: I joined medical profession because during my school days, there were only two options either medical or engineering. Although, my father belonged to a different class-he was a freedom fighter and politician. He was a law graduate from BHU during 1941-42, was also the students' union leader there during the Quit India Movement but he didn't wish for me to join politics. We couldn't take both biology and mathematics during that time. Thus, I had no choice.

Q: Whom do you admire the most in your life?

A: Mahatma Gandhi. Another person, not very well known, Sir Veerchandra had great insights about daily life and spirituality. He also influenced Gandhiji in the period of 7 years that they interacted with each other.

Q: What has been the toughest decision of your life, so far?

A: I had to give up DM in PGI Chandigarh in pulmonary medicine for personal reasons. Otherwise, I would have been a qualified pulmonologist. Even though, I'm still practicing it, I'm not a qualified pulmonologist.

Q: Sir, how has MAMC been a different journey for you as compared to that of SMS? (Sawai Man Singh Medical College, Jaipur; his Alma Mater)

A: MAMC has been my journey as a faculty and SMS has been my journey as a student; there is definitely a divide between the two. The best part about SMS was the foundation I got because of the great teachers and therefore never felt like being left out. An interesting fact is that in the initial 15 years of working in MAMC, I had to come to the hospital every single Sunday of the year without fail because - call it fortunate or unfortunate- I used to have an emergency OPD on Saturday no matter what unit I worked in and hence, the coming Sunday had a ward round which I did with a smile!



(This interview was taken in 2018)

Style GURUS

DR. VIKAS MALHOTRA
PROFESSOR, DEPARTMENT OF ENT

Q: Why did you choose medicine and ENT in particular?

A: I never thought that one day I would become a doctor. Like many kids, I wanted to become a pilot but my parents wanted me to take medicine. When I was final year student, I had an inclination towards medicine. But during internship surgery was very appealing to me. So, I wanted a surgical branch. But as per my rank, I got ENT. Now that I look that, I feel that probably ENT was only my calling.

Q: What are changes you have observed in the faculty, students and the hospital?

A: Students, hmm. They have become more conscious about what they want to do in their life.

Faculty is under a lot of pressure.. Teacher student ratio hasn't improved with time as it should have had.

Hospital, patients have become rude and they don't respect us as they used to. People need to understand that we are also humans and we also have same needs like others. Although, I do feel that somewhere it's our fault because we have taken undue advantage of the society.

Q: What do you like to do in your free time; what are your hobbies?

A: First you should ask "do you have any free time?" Free time is a luxury. I love to travel and I like to go to offbeat places (not very tourist-y) I also like reading.

Q: What kind of books do you like to read?

A: Nonfiction, usually. For me, reading books is a very personal thing. There are authors who are favourite and then there are books which carry a lot of message for you. I'm currently re-reading an interpretation of the Mahabharata by Maggi Lidchi Grassi. Some of my favourites are P.G. Wodehouse and Roald Dahl. I just don't read Chetan Bhagat things!

Q: What kind of music do you listen to?

A: All kinds. Starting from Ghulam Ali, Nusrat Fateh Ali Khan, Jagjit Singh to what you call as oldies like Michael Jackson, George Michael and Abida Parveen. I listen to unplugged more. I believe that music is something which has to be enjoyed in its pure form.

RAPID FIRE ROUND

Q: Your favorite food

A: Butter chicken

Q: Your favorite movie

A: Matrix part 1

Q: Life changing moment

A: Birth of my daughters

Q: Your role model

A: My father

Q: Apps you commonly use

A: WhatsApp, CamScanner, Gmail, booking.com

Q: Your favorite quotation

A: Everything that happens, happens for good



(This interview was taken in 2018)

Style GURUS

DR. MONA BEDI
DIRECTOR PROFESSOR,
DEPARTMENT OF PHYSIOLOGY

Q: Ma'am, tell us something about yourself, including your hobbies and interests.

A: I had been a studious child always, total simpleton and joined Medicine because my father insisted. I had to take Physiology so that I could give time to my family, but I've fell in love with it ever since. I like writing, I even published a book last year called 'They, You and Me', it is a collection of Haikus. Apart from that, I like Punju food a lot, croissants and cakes are not my type! I've never worn jeans, my father was very orthodox. I like English movies and English romance though.

Q: What interests you more, research or teaching 250 young, notorious students?

A: Definitely teaching! I see you guys as my own kids, plus there's not much scope over here for research currently.

Q: Given an option, would you impose a dress code for the students?

A: Definitely, at least in the first 2-3 months. I'm seeing extremely weird and casual dress ups nowadays. A dress code would not only instill discipline, but also reduce the incidence of ragging. Girls should be made to wear Salwar kameez, whereas boys should wear shirts and trousers, preferably along with a tie.

Q: What do you prefer wearing to college and otherwise?

A: Suits! With pants or palazzos, but always ethnic. I don't wear Sarees, flowy anarkalis at max.

Q: Any style icon that you have?

A: Anybody who dresses well. Someone worth mentioning is my Anatomy teacher from LHMC, Dr. Reva Chaudhary. She wore traditional silver bangles and had dark kohl eyes. She looked outstanding, still does.

RAPID FIRE ROUND

Q: Ethnic or formals?

A: Ethnic.

Q: Comfort or style?

A: Both.

Q: On a lazy Sunday, you would be..

A: Sleeping!

Q: Life changing moment?

A: When I joined Physiology.

Q: Give one advice to your younger self

A: Look after your skin!

Q: Describe yourself in one word.

A: Bindass!

Q: Okay, last question ma'am. What is something you wish your students would follow?

A: Learn to respect your elders, teachers, wish your teachers whenever you meet them (makes a lot of difference!) And, everyone's teaching methods are different, so don't ignore it. We make a lot of effort to teach you. It is difficult to get up everyday with the same enthusiasm, so we need the same amount of attention and respect from you all.

SOME OF HER HAIKU PIECES.....

/ˈhaɪkuː/

a Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world

the everyday noise
that surrounds me all around
my ultimate zen experience

prayer and chanting
from the inside of my soul
panacea for my troubles

the clock chimes
it is the time of the night
when dreams abound

the rosy blush
of the setting sun
so full of love

unhinged about
they soar in the blue skies
white storks bringing hope

cold winter breeze
blowing all over the trees
pigeons huddle together

tundulating thoughts
trying to get a hold on them
aiming nirvana



This interview was taken in 2018)

Presenting SNAPSHOTS

CAPTURING PRECIOUS MEMORIES



PHOTO BY-
SRISHTI GUPTA
BATCH 2016

My Lockdown Birthday Cake!



**AARYAN
KHARBANDA**

Batch 2019



Big Chill @ home

ANMOL GOYAL

Batch 2016

Lockdown Cooking!



CHETAN KUMAR

Batch 2017

Too many photos, so I just made a collage!

Not to forget, Dalgona Coffee!



MONIKA

Batch 2018



**PRASHANT
KUMAR**

Batch 2017

Even the darkest night will end and the sun will rise again.



**VASISHTHA
AVADHANI**

Batch 2016

It's there and it isn't, it just flows.

Life In Quarantine



MAYANK BHARTI

Batch 2015

I could fly home with my eyes closed...



GARIMA CHAWLA

Batch 2015

We've all missed this view this year...

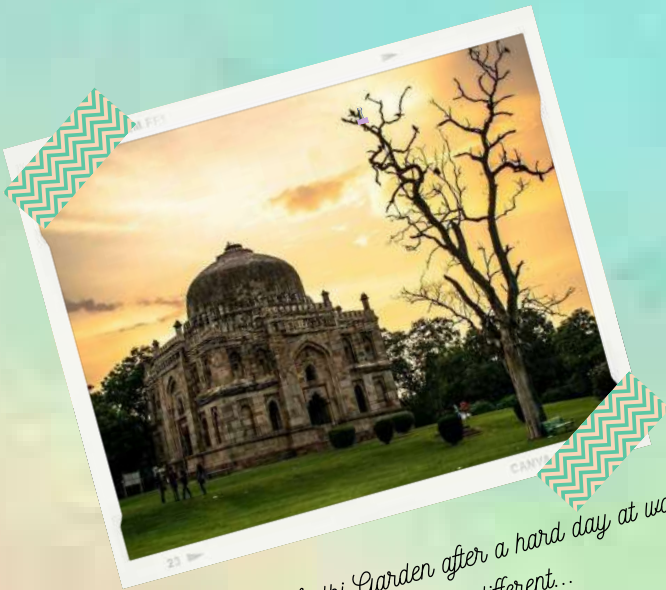
Humayun's Tomb, in all its majesty.



**AVISHKAR
AGRAWAL**

PG3, Medicine

*Lodhi Garden after a hard day at work hits
different...*

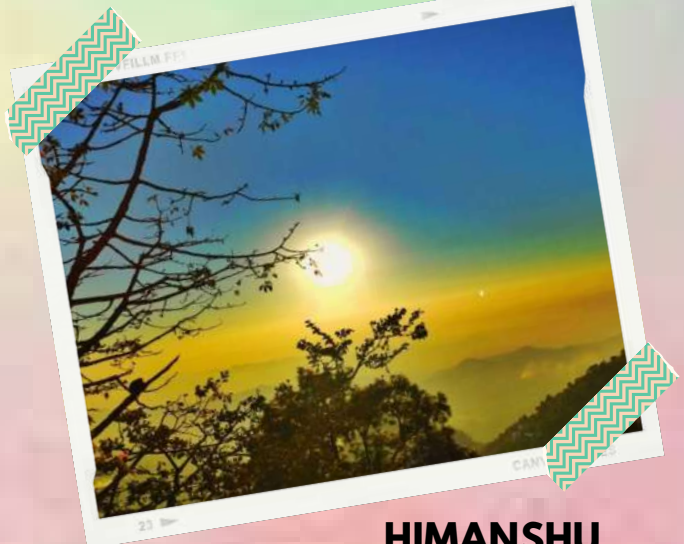


**AVISHKAR
AGRAWAL**

PG3, Medicine

Breathtaking views

Nature's gift



**HIMANSHU
GHUNAWAT**

Batch 2018

A view we'll never get tired of.



SAUBHAGYA GIRI

Batch 2016



Purple Bloom. Nature's hues



Look away!

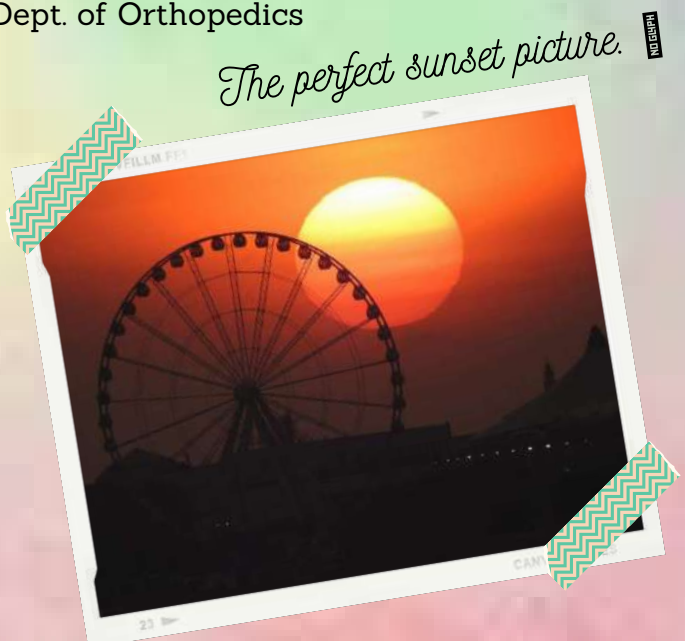
Through Dr. Sumit's Lens!

DR. SUMIT SURAL

Director Professor, Dept. of Orthopedics



A dash of yellow on green



The perfect sunset picture.

IS IT TIME TO TAKE OFF TO MARS?

I woke up to the coldest day of the year. I started checking email notifications, reading WhatsApp messages, scrolling through the news headlines—an excuse to stay in the quilt a little longer than usual.

The headlines went like this—

- COVID-19 pandemic continues to wreak havoc globally, peak waves sequencing one after another.
- To the smallest bit of novelty, few countries have finally approved vaccinating their people against viruses including the USA, Malaysia, Britain, Bahrain, Canada, Mexico, Russia, and China.
- On November 18, the vaccine developed by US manufacturer Pfizer and German biotechnology company BioNTech became the first in the world to release full late-stage trial data, and it was followed by Moderna becoming close to 2nd in many countries after it was released after a full data analysis on Nov 30, 2020.
- Something extremely bogus is going on. I had 4 tests done, two came positive and two negatives: Elon Musk.

This pandemic is a sneak-peek into our planet's future. It's the time to wake up and realize that whatever we have been building for so many years is showing off its eerie hollowness and fragility, be it transportation, economy, healthcare, or education. Our constant denial of the threats by the environment has led to the present catastrophe. In other words, we are only facing the consequences of ignoring the warnings by the scientists on infectious diseases and climate change.

So what can be the solution to such humongous destruction occurring right in front of our eyes? Is it time to leave our planet? Will the prophecy of Dr. Stephen Hawking of shelter outside the Earth prove true?

I remember one of my favorite quotes: Either we are multiplanet species and out there exploring stars or we are a single planet species waiting around for some eventual extinction event.

So for a moment, let's believe in giving in to Musky's ideas, landing straight onto Mars, living under transparent dome houses, and slowly evolving for a normal life there.

But what happens next? Does the problem get solved? The answer is no.

In the next couple of centuries, we might end up creating a pandemic there as well if we do not give up this habit of clinging to ignorance.

It's time to revolutionize the way we think. It's time when we start giving importance to science; it's time to recognize Nikola Tesla over Thomas Edison, Dr. Anthony Fauci over Trump, healthcare over politics, facts over long enticing speeches, and anything and everything that favors science. Only then society can begin its repair work. It's time to reform education. It's time for the Renaissance.

-ARISHA FATIMA
BATCH 2018





Batch-2020



2020: A SLOW-MO OR A TIME-LAPSE?

**"BE STRONG NOW, BECAUSE THINGS WILL GET
BETTER. IT MIGHT BE STORMY NOW, BUT IT
CAN'T RAIN FOREVER."
-ANONYMOUS**

This year has been a mixed bag of emotions—surprising, gruelling, overwhelming, lazy, fun, to name a few. It started like any other year, from breaking resolutions in the first week to a craving for a couple of holidays in the cold January. It left us flustered when some of us, like me, hadn't even got around to writing 2020, instead of 2019 while writing the date. A two-week vacation announced in March was welcomed with open arms, but with a hope that everything would be hunky-dory by April. Weren't all of us so naïve back then!

On reminiscing those early months, the fear is still palpable—the fear of every 'contaminated' surface, the fear of someone coughing, the fear of going out... Over these months, this terror has given way to acceptance, we can either embrace this 'new normal' or, perish in anxiety. I hope I'm not the only one who played tug of war with anxiety and uncertainty in these months. Another peculiar aspect of the lockdown was 'silence'—a double-edged sword. The streets and markets were quiet, evoking peace and serenity initially, but then it got fatiguing. I missed fellow humans, the cacophony, and the blaring horns. A trip to the deserted Connaught Place was a punch in the gut.

As this uncalled-for sabbatical stretched on, I learned to widen my avenues and capitalise on this time. When Dalgona coffee and banana bread were all the rage; I focussed on writing, something I had lost sight of after school. Despite spending hours watching Netflix in the past few months, I have realised that it is more gratifying to waste time on it with a heap of college backlog. Exercise does wonders for a sullen mood, but it served even better as repentance for all the delicacies I pampered myself with during the lockdown. I tried my hand at art as well. Though my friends still can't stifle a laugh at my drawing, I think I'm in a better position than with my histology diagrams last year!

Lost vacations, lost outings, lost time with friends—nothing could make up for all of that; but, 2020 didn't turn out to be as rotten as it could have been. I wouldn't mind a Christmas miracle though, I'm always up for a vacation and an opportunity to dress-up and dine-out. Should we then raise our glasses to beckon 2021 or sit tight in anticipation of the surprise the next year is planning to hurl at us?

- NIKHITA KALRA, BATCH 2017

UNMASKING MY THOUGHTS

- AADYA JAIN, BATCH 2020

LOCKDOWN, A PHASE WE ALL PULLED THROUGH,
'TIS CORONAVIRUS, NOT THE PLAGUE, NOT FLU,
QUARANTINE, ISOLATION, NEW COMMON WORDS,
VIRUS, PANDEMIC, AMONG OTHERS TO BE HEARD.

A PANDEMIC UNLIKE EVER BEFORE,
BESEECHING INTELLIGENCE FOR A CURE,
A CURE TO THE DISEASE, A CURE TO UNREST,
UNREST OWING TO SOLITUDE, PESSIMISM AT ITS CREST.

SLUGGISHLY SNUG AT HOME WE MUSE,
FOR THE FEEBLE MIND A CLEVER RUSE,
TO DISENGAGE FROM REQUISITE HUMAN TOUCH,
BY ENGAGING VIRTUALLY ALL TOO MUCH.

VIRTUAL WAS ENOUGH OR WAS IT NOT?
2020: A REALIZATION OR JUST A MERE BLOT?
A REALIZATION THAT UNCERTAINTY IS THE NEW NORMAL,
OUR EFFORTS PROVING IMPOTENT, THE BLOT ON US MORTALS.

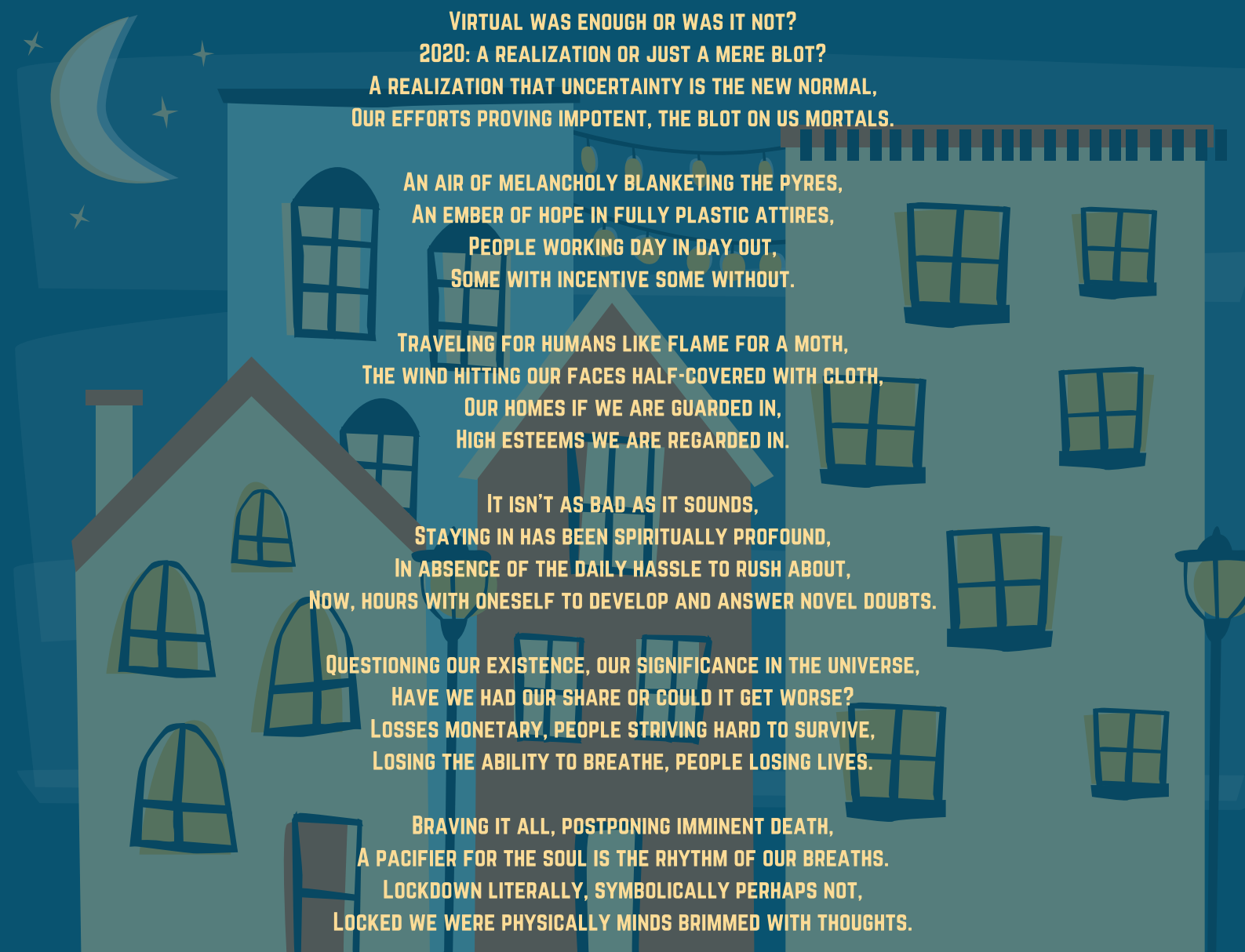
AN AIR OF MELANCHOLY BLANKETING THE PYRES,
AN EMBER OF HOPE IN FULLY PLASTIC ATTIRE,
PEOPLE WORKING DAY IN DAY OUT,
SOME WITH INCENTIVE SOME WITHOUT.

TRAVELING FOR HUMANS LIKE FLAME FOR A MOTH,
THE WIND HITTING OUR FACES HALF-COVERED WITH CLOTH,
OUR HOMES IF WE ARE GUARDED IN,
HIGH ESTEEMS WE ARE REGARDED IN.

IT ISN'T AS BAD AS IT SOUNDS,
STAYING IN HAS BEEN SPIRITUALLY PROFOUND,
IN ABSENCE OF THE DAILY HASSLE TO RUSH ABOUT,
NOW, HOURS WITH ONESELF TO DEVELOP AND ANSWER NOVEL DOUBTS.

QUESTIONING OUR EXISTENCE, OUR SIGNIFICANCE IN THE UNIVERSE,
HAVE WE HAD OUR SHARE OR COULD IT GET WORSE?
LOSSES MONETARY, PEOPLE STRIVING HARD TO SURVIVE,
LOSING THE ABILITY TO BREATHE, PEOPLE LOSING LIVES.

BRAVING IT ALL, POSTPONING IMMINENT DEATH,
A PACIFIER FOR THE SOUL IS THE RHYTHM OF OUR BREATHS.
LOCKDOWN LITERALLY, SYMBOLICALLY PERHAPS NOT,
LOCKED WE WERE PHYSICALLY MINDS BRIMMED WITH THOUGHTS.



Human Will is Irresistible

Two long years of study and preparation
But it was the test of his patience .
Didn't get into a medical college,
Was scared of the future consequences.

"Oh! What will happen, what will I do?
Will I be a doctor?" asked to himself.
One fine day decided to give another chance
But was afraid if failed once again.

Forget the destination, just focus on journey,
Was told by his madam Mrs. Patney.
As he started his journey once again,
There were many hurdles which came.

But he however jumped all over these,
He had many locks, and searched the keys.

Then the result came and it was a miracle,
Got into MAMC and said
"Failure is not the end, but is another beginning."

Nishant Garg



The Twirl of World and Soul

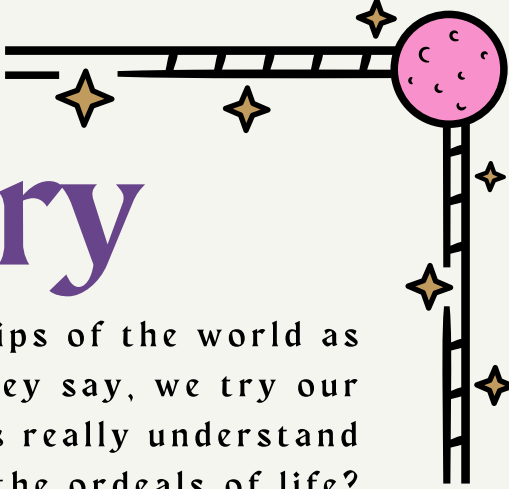
From the toe's touch on the soil,
to the sunshine reaching the turmoil,
From the wind through my hair,
to the trees oozing benevolent care,
Nature, a part of God's creation, was the same.

But there's another part of the marvel,
philosophical humans, whose eyes sparkle...
Eyes sparkle with knowledge and comprehension,
Of the changes around, affecting its own creation.
The change was a provision of a pause,
From the daily rush for a greater cause.

We now had eyes to look past the mist,
Deep within and also the world in a gist.
We now had senses for intensive soul searching,
To again question the unanswered and escalate our learning.
We now have a yearning of not just material,
But of love and trust, rare and real.

~KHUSHI SHARMA, 2020 BATCH



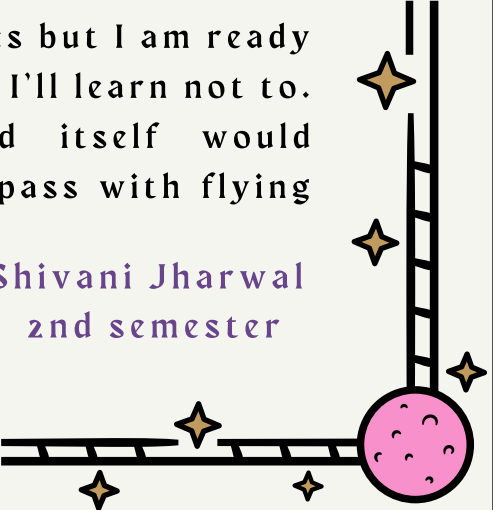
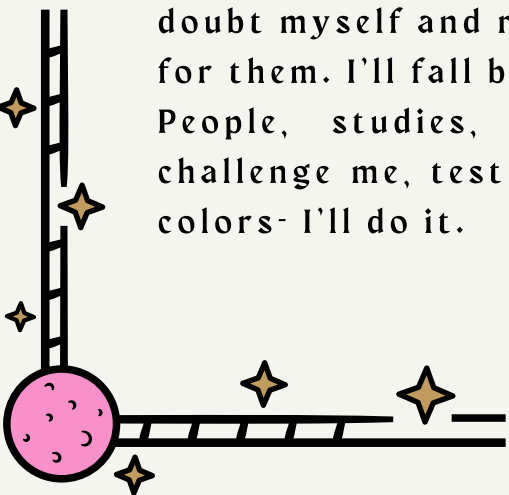


Discovery

We all are warned about the hardships of the world as we grow up. We nod at whatever they say, we try our best to understand. But did any of us really understand what it means to grow up and face the ordeals of life? Well, I didn't. I thought I knew every type of person in this world. Yet, my delusion lasted up till I entered the gates of my college. I realized that during my 12 years in school, my world was so small. My psychology about people changed. The combinations of different people in a single individual amazed me. I saw people from many states and ethnicities come together in a class and work their interactions out. Before this, I believed that people behave politely with strangers. However, as I met people with so much difference it got difficult to accept the reality. It felt like I am an alien at this planet because nothing seemed familiar. In simple words, nobody is here to hide.

Sometimes it gets harsh. It does. I do understand that this is only the start. Many things are waiting for me. Some of them I will hate and some I will love till the end of my life. What I am open to is discovering. Discovering every horrible thing and my will to fight through it. There will be many a times when I would doubt myself and rethink my life choices but I am ready for them. I'll fall but I know that's how I'll learn not to. People, studies, parents and world itself would challenge me, test me. Even if I don't pass with flying colors- I'll do it.

Shivani Jharwal
2nd semester



ON SCIENCE

Science is not just a subject, but a celebration of the zeal of humans to transcend their physical limitations and venture beyond. Science is an aggregation of all human intelligence- woven into theories and equations, structuring the abstract intricacies of nature into something much more tangible.

While the aforementioned may sound as mere jargon, it shall not be untrue to say that it is this quality of science, the fact that science is nothing but an idea, yet it encompasses everything, that attracted my attention.

As a child, while traveling, I would look at the digits on the number plates of other cars and apply different mathematical operations on them to find relations and patterns between them. Years later, I apply a similar idea to everything around- finding patterns and reasons. When they say 'history repeats itself', no wonder it does. After all, even time follows a pattern.

As chaotic as the world seems, as 'entropy-driven' as it may be, the beauty lies in the patterns that emerge out of seeming chaos. That is what we attempt to encapsulate in equations when we study laminar flow, and convection currents, and the rotation of bodies around one another.

Science is the study of every little or great thing that can be studied. It acknowledges and appreciates curiosity.

Imagine playing peek-a-boo with a child. The invaluable glee that appears on her face when you peek out from behind your hands, is the glee of having finally found what she'd been looking for. Science is about playing peek-a-boo with humans, and absolutely everything else around. And consequently, the joy that one receives on finally understanding something (however minor it may be) is, from experience, a feeling that can quickly get you addicted.

Mridula Garg
MBBS 2018

THE JAIL WE PROUDLY CALL HOME

Lady Hardinge.

You've probably pictured a quite popular medical college in your mind by now, but wait! Allow us to take you back from Connaught Place, 2021 to Chandni Chowk, 1912 to explore another connection that our college holds with that particular name.

23 December 1912. A ceremonial procession is passing through Chandni Chowk carrying Lady and Lord Hardinge, the then Viceroy of India. Picture a royal elephant and a lot of fanfare, this being the transfer of India's capital from Calcutta to Delhi. In the hubbub, no one notices the Indian revolutionary Rash Behari Bose quietly waiting for his opportunity. In the blink of an eye, he hurls a homemade bomb at the procession to assassinate the Viceroy. The Viceroy is severely injured but makes it out alive. And Lady Hardinge? Well, she escapes unscathed.

This is where MAMC comes in. Shaheed Smarak—a small area next to the mortuary with a black granite pillar outside—serves as a memorial to the 14 revolutionaries who planned the “Delhi Conspiracy”, the said attack on the Viceroy. They were hanged to death on the very grounds of our college.

And this isn't the only affair that MAMC has with history.

In July 2018, labourers involved in the construction work in the Mortuary Park discovered the remains of an ancient underground wall. A subsequent investigation by the Archaeological Survey of India revealed that the wall belonged to an underground jailhouse

from the time when our campus was the Old Central Jail of Delhi.

The quaint, crumbling underground wall, sitting deep below the ground, is a gloomy sight in the evenings; apt perhaps, knowing for a fact that it was these very walls that confined countless



revolutionaries who were restrained here with crushed spirits and no hopes of freedom.

This dilapidated structure, though, has much deeper roots in history. It was during the reigns of Mughal emperors Akbar and Jahangir, in the late 16th – early 17th century, that Shaikh Farid built a serai at this location. It was like an inn used for resting and had underground chambers to escape the heat. The walls of the serai were so strong and sturdy, that the Britishers converted it into a jailhouse by 1821. This was the Old Central Jail of Delhi.

According to some historians, we might be walking on the very soil where Aurangzeb ordered his brother Dara Shikoh's head be thrown, while his headless body was buried in the vaults of the Humayun's Tomb.

Again, remember the 14 revolutionaries who carried out the “Delhi Conspiracy”? They were lodged in this very jail before being executed. So were several protestors who took part in the Quit India Movement of 1942. These walls have been witness to a long period of history: from the time they provided comfort from heat to travellers to when they towered above the dreams of the chained freedom fighters.

In 1959, the foundation stone of MAMC, facing the ominous ‘Khooni Darwaza’ was laid down. On the very grounds where these dismal prison walls once stood, where tales of treason by family and cries of freedom abound, a medical institute—an abode for learning—was built, with its blue and white corridors ablaze with wisdom and knowledge.

A prison to make the revolutionaries suffer gave way to an institute training students to end human suffering.



Written by-
Saksham Rastogi
Edited by-
Mridula Garg

Rift

Article 370 & 35A have long been some of the most contentious issues of India's sacrosanct constitution. It is, but natural, that their abrogation has sparked off much debate and controversy alike.

Notwithstanding the opposition of a few insidious entities with vested interests, Article 370 has heavily contributed to instilling a feeling of factionalism and promoting separatist tendencies, which have been slowly but steadily eating into the very core of Kashmiri Sufi values. Instead, what we have been witnessing in the past few decades, has been the dawn of Wahabbi radicalism and a saga of incessant bloodshed. Recent reports, after the groundbreaking move by the government, have suggested that stone pelting incidents have dropped to almost nil and militancy is on an unprecedented decline.

Similarly, Article 35A, which was meant to safeguard the interests of so called 'permanent residents' of J&K has been a bane for its economy, by literally prohibiting presumed outsiders from doing business in the state. What could well have been India's very own Switzerland has now been reduced to a mere arena for obnoxious political slugfest.. If only the Tatas, Birlas and other conglomerates of growing India had been allowed to invest in the state's tourism sector, the picture could have been a starkly different. Joblessness, as a ramification of 35A, has been the prime factor pushing Kashmiri youth into the abyss of abject poverty and consequently the dark alleys of militancy.

If we delve deeper, we realise that both these articles have brought about a psychological isolation of J&K people from the rest of India as well as a near complete absence of people to people contact within the state. This has given rise to a trust deficit- a gulf which has only been widening in the recent years. Mainstreaming of J&K polity as well as the youth, is the panacea for all the ills, plaguing the state for over 7 decades now.

I'd like to end by quoting Sardar Vallabhbhai Patel, our Hon'ble first Home Minister. He once rightly remarked, "The ultimate solution to the Kashmir issue lies not in tying it up and locking it in an isolated room, but by embracing it wholeheartedly, on social, economic and political fronts."

Apoorv Raghav, 2nd Semester

ISN'T IT ALL WHAT I ASKED FOR?

Is it me or my aching stomach,
that's burning?

I have eaten too much,
Why am I still starving?

Is there a void inside me,
Or, am I making one?
Is it dark,
Or, am I too afraid to face the sun?

Are those flickering desires or the
extinguished ones,
That is taking a toll on my throat?
Is the smoke suffocating me?
Or, is it guiding me to stay afloat?

In the race of conquering everything,
Have I lost my boat?

Does it mean anything,
when did my temples hurt?
Are my eyes too weak
Or, is it a straining alert?

What is it that drives me mad?
What is it that keeps me going?
It hit me hard when someone said,
"It's fine. Everybody's not
perfect!"

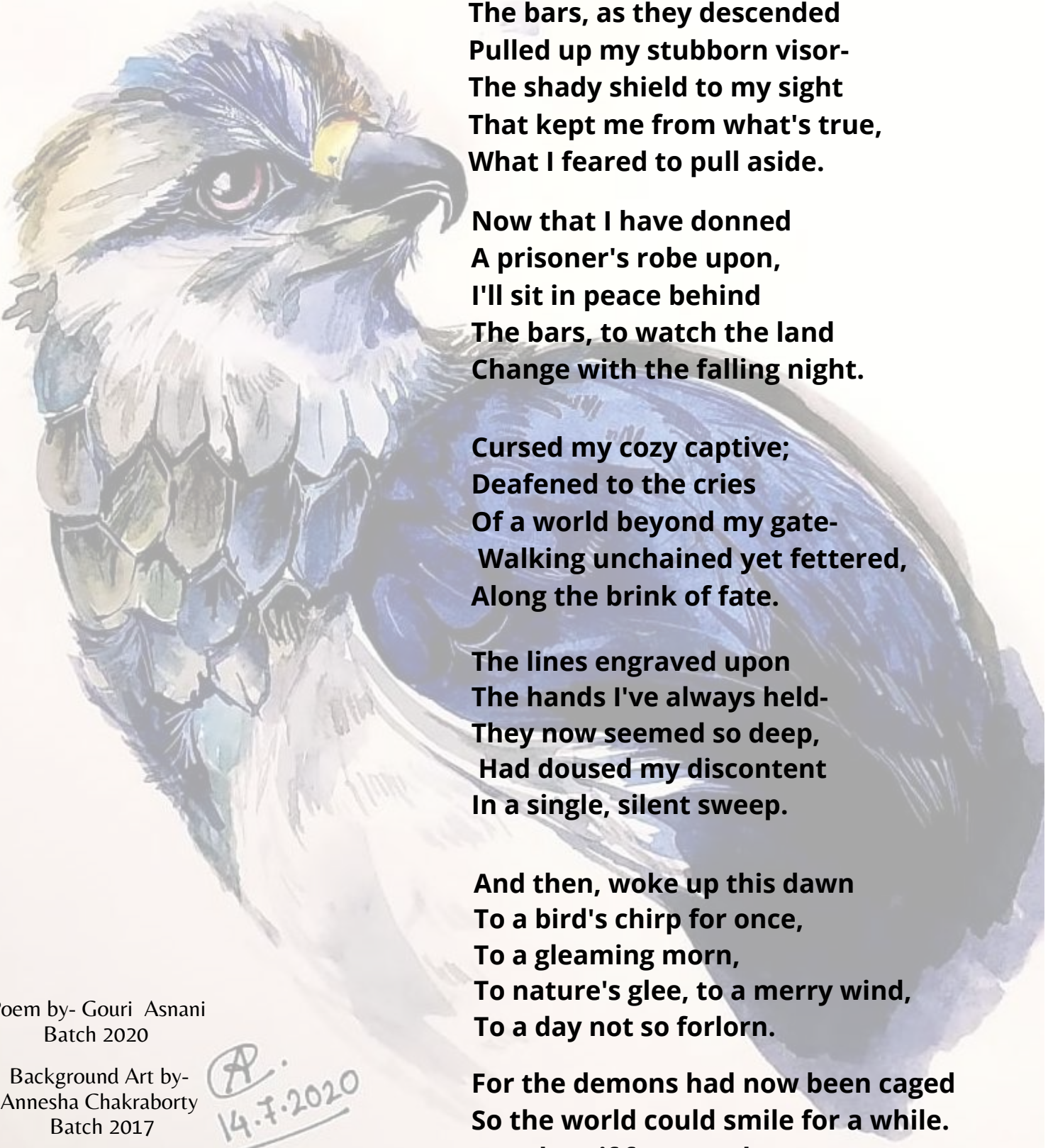
Was I wrong to associate success with
happiness

Or, is it the other way around?
This took me some time to realize,
It's the boat and not me that has drowned.

I heard my voice when I reached the shore,
"Isn't it all what I asked for?"

Nalin Khandelwal
Batch 2019

THE BARRING OF THE BEASTS



The bars, as they descended
Pulled up my stubborn visor-
The shady shield to my sight
That kept me from what's true,
What I feared to pull aside.

Now that I have donned
A prisoner's robe upon,
I'll sit in peace behind
The bars, to watch the land
Change with the falling night.

Cursed my cozy captive;
Deafened to the cries
Of a world beyond my gate-
Walking unchained yet fettered,
Along the brink of fate.

The lines engraved upon
The hands I've always held-
They now seemed so deep,
Had doused my discontent
In a single, silent sweep.

And then, woke up this dawn
To a bird's chirp for once,
To a gleaming morn,
To nature's glee, to a merry wind,
To a day not so forlorn.

For the demons had now been caged
So the world could smile for a while.
So what, if for an ephemera,
I'd seen a blossoming land
On the fall of the human era...

Poem by- Gouri Asnani
Batch 2020

Background Art by-
Annesha Chakraborty
Batch 2017

AP.
14.7.2020

HEADSTRONG: 52 WOMEN WHO CHANGED SCIENCE- AND THE WORLD



This book is written by Rachel Swaby, a freelance journalist. She was motivated to write this book when she read an obituary published by the New York Times for Yvonne Brill, a brilliant rocket scientist. But this was not until the second paragraph. The first one was about how she was a great cook, wife and mother! After great public outcry over putting her domestic qualities before her achievements, the Times had to amend the article.

It is a very well-written book and much needed in this patriarchal world. Swaby has done a great job of telling us the stories of 52 such amazing women from the field of medicine, genetics, biology, mathematics, physics, astronomy and technology. You can read one profile a week over a year!

One story I can never forget is that of Rosalind Franklin. Did you know that Watson and Crick got two crucial pieces of information from Franklin, without her knowledge? And that this was revealed by Watson himself, in his book *The Double Helix* published 10 years after her death?

Watson was widely criticized for his cruel portrayal of Franklin in his book. He addressed her as "Rosy", a name she didn't like, and even commented on her dressing sense, revealing his misogynistic insecure attitude. He, very casually, disclosed that "Rosy did not directly give us her data."

A clear picture of DNA captured and calibrated by Rosalind Franklin and the summary of her year's work in the lab at King's College, London were passed to Watson and Crick (Cambridge) without her knowledge. It is believed that Franklin would eventually have come to the same conclusion as them, and they couldn't have made their breakthrough without her data. They combined her work with their research and announced their discovery about the DNA helix in *Nature*. They claimed all the credit for the discovery of the structure of DNA without revealing Franklin's part.

Watson and Crick received the Nobel Prize in 1962, four years after Franklin's death. The Nobel is not awarded posthumously but she would not have shared it with them even if she had been alive. Her role was revealed only in 1968 when Watson's book came out. The author did not include Marie Curie, the two-time Noble Prize winner in this book because she feels that everyone knows her and brings up her example. Her aim with this book is to provide the readers a new set of courageous thinkers to admire and look up to!

Avnika Jain
MBBS 2018

आशा की डोर ना खोना तुम

क्षण भंगुर सी है ज़िन्दगी,
रक्त-रंजित पथ है ज़िन्दगी,
पर पथ-भ्रमित न होना तुम,
आशा की डोर ना खोना तुम।

के एक दिन रोशनी आएगी,
मेहनत तुम्हारी रंग लाएगी,
तब तक अडिग बस होना तुम,
आशा की डोर ना खोना तुम।

के अगर थक कर हार गए,
निंदा करे जब अधीर मन,
निराशा का बोझ ना ढोना तुम,
आशा की डोर ना खोना तुम।

के बड़ी तिलिस्मी है ज़िन्दगी,
इच्छाएं जगेंगी अथाह अनंत,
तब खुशी के पल संजोना तुम,
आशा की डोर ना खोना तुम।

के मत भूल तू इंसान है,
चेष्टा करना जिसकी पहचान है,
हतोत्साहित कभी ना होना तुम,
आशा की डोर ना खोना तुम।

के जो बीत गई सो बात गई,
फिर तू क्यों शोक मनाता है,
विकट व्यथा में भी ना रोना तुम,
आशा की डोर ना खोना तुम।

के अहंकार भी तो पनपेगा,
चंचल मन पर भी गरजेगा,
तब संयम का पकड़े कोना तुम,
आशा की डोर ना खोना तुम।

- अभिनव रंजन
2019 बैच

"We are in this together- And we will get through this, together."

COVID-19

Infectious disease caused by SARS-CoV-2 virus.

Spreads from person to person mainly through the **respiratory route**.

Symptoms- Fever, cough, shortness of breath, fatigue, sore throat, runny nose, new loss of taste or smell.

DID YOU KNOW?

Remdesivir (antiviral agent) is a medication approved by the FDA to treat COVID-19

Vaccine Status

COVAX Initiative – part of WHO ACT accelerator aims to accelerate the development, manufacture & access of COVID-19 vaccines.



Oxford AstraZeneca (UK)

- Viral vector type.
- Effectiveness= 63%

Moderna (USA)

- RNA type
- Effectiveness= 94.1%

Pfizer (USA)

- RNA type
- Effectiveness= 95%

Gamaleya (Sputnik V) (Russia)

- Viral vector type
- Effectiveness= 92%

Covaxin (India)

- Effectiveness against severe symptomatic covid-19 is 93.4%.

BioNTech (Germany)

- RNA type
- Effectiveness= 95%

Facts

COVID-19 can't be transmitted through mosquito bite.

Taking hot bath can not prevent the virus from infecting you

Eating meat can not cause COVID-19

Treatment

• Using non-rebreathing face mask or NIV or HFNC

• Methylprednisolone to reduce lung swelling.

• LMW Heparin to prevent blood clots and thrombogenic response.

• In patients with moderate to severe COVID-19, and only in special circumstances

Oxygen support

Anti-inflammatory therapy

Anticoagulation

Tocilizumab and Remdesivir

Covid 19 Testing

Apart from Gold standard RT-PCR & Rapid Antigen Test



SENSR Technology

- Quickly detect in just 30 minutes,
- accurate as the current PCR diagnostic test



Feluda Test

- Can deliver a result in 45 minutes
- employs the cutting-edge CRISPR-Cas9 technology



Dry Swab RT-PCR

- At fraction of the current cost of conventional RT-PCR tests and also give results in a double Quick time.



N1-STOP-LAMP

- 100 per cent accurate & results in just 20 minutes

Steps taken to battle COVID-19 Pandemic in **Lok Nayak Hospital**

Health hub of Lok Nayak immediately set aside 11 isolation rooms for Covid-19 patients, with the hospital admitting its first Covid-19 patient on March 17.

In 100 days, Lok Nayak hospital had treated 3,760 Covid-19 patients – most with severe infection.

The entire hospital was converted into a Covid-19 facility by April.



Given the pandemic, all classes for MBBS students were suspended. Instead online classes were conducted with the postponement of all offline examinations.

According to an order from the Delhi health department, The doctors treating coronavirus patients at Lok Nayak Hospital (LNH) and G.B. Pant hospitals were accommodated at a private hotel at the city government's expense.

200 ICU beds have been added to LH hospital.



To ensure that all the wards and departments, as well as the needs of patients, are well taken care of, the Lok Nayak Jai Prakash Narayan Hospital under the Delhi government installed a new state-of-the-art Live Patient Monitoring System.

In the last 10 months since Delhi reported the first case of Covid-19, Lok Nayak Hospital has treated over 10,000 patients affected by a viral disease. The hospital claims this is the highest number of Covid patients treated at any single government hospital in the country.

When they faced complaints of families not being able to communicate with patients, they set up a help-desk with tablets to connect them digitally.

July 14, Lok Nayak became the second hospital to set up a plasma bank.

200 ICU beds have been added to LH hospital.

LNJP Hospital opened a child-friendly coronavirus ward in September.



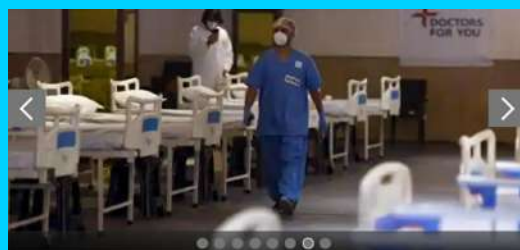
Along with handling the pandemic exceptionally, Maulana Azad Medical College kept up with its studies. Online classes were held for all 4 years, including all theory classes and clinical case discussions, showing specimens, and microscopy.



A view inside the 100-bed Shehnai Banquet Covid care facility attached to LNJP hospital on June 25. The hospital's lone isolation ward — with its own separate elevator — had been created during the H1N1 outbreak of 2009-10. Recent months have been marked by quick manoeuvring to adapt to rapid surges in the number of cases. Hospital administrators told HT that no one had initially expected the virus to spread at this scale. (Sonu Mehta / HT Photo)



Medical workers in PPE suits on duty at the COVID-19 helpdesk, at Lok Nayak Jai Prakash (LNJP) Hospital in New Delhi on June 25. LNJP has been at the front of Delhi's Covid-19 response ever since the city reported its first case of the disease on March 6. The hospital had at the time immediately set aside 11 isolation rooms for Covid-19 patients. (Biplov Bhuyan / HT)



A view of beds set up inside Shehnai Banquet Hall that has been attached to the LNJP hospital as a temporary Covid care centre, on June 25. LNJP staff have also paid the price of exposure to the virus in the line of work. Several cases reported from among the community in the first two months were traced back to hospitals or contact with other healthcare workers. (Sonu Mehta /

As a vaccination was rolled out, Lok Nayak Hospital prepared itself to become one of the largest vaccination hubs. All students, residents, and doctors were listed for vaccines and would take their shot to fight against the virus.

Fast forward to 2nd October, 2021. Lok Nayak Hospital wins the award for "Best Government Hospital combating COVID-19"!



Our Medical Director, Dr. Suresh Kumar, receiving the award in a widely televised function



Times may be tough, but we have proven to be tougher. This pandemic was one of the most challenging times faced by the world and everyone was affected in some way or the other; but it proves to us the resiliency of humanity, that we can stand up no matter how many times we fall.

Corona Warrior



"Not every warrior wears uniform, some wear white coat"

Heartfelt tribute to

Dr. Aseem Gupta

Since our world got plunged in the clutches of the COVID-19 pandemic in early 2020, we have all come to realize that nothing in life is certain. The stabilities of our lives which we had taken for granted can suddenly crumble against the monumental pressure of an all-pervasive catastrophe. One of the most important pillars of human lives has been challenged in these times, especially when the number of cases have gone higher and the disease has become more complex and hence difficult to deal with. This pillar is the availability of health facilities. But the medical profession in our country and all across the world has taken this challenge head-on and supported this pillar with all their might, even unto irreparable damage to their health and life. In normal times too, it is said that God heals people with the hands of doctors. This came to fore even more starkly during this pandemic. Marching into the battlefield, each doctor has played a crucial role as a corona warrior. They have worked day and night to ensure that the patients are getting the topmost care against this deadly virus and its side-effects.

Right at the beginning of the pandemic in India in March 2020, Lok Nayak Hospital (LNH) was announced to be a fully COVID hospital and fast became a leading centre for COVID treatment in the country taking on a staggering number of patients. Our doctors have gone out of their way; way beyond their shifts to treat as many patients as possible. Days and nights merged into one during these desperate times. One of the most devoted and altruistic of such heroes was Dr. Aseem Gupta, an eminent anaesthesiologist and a senior consultant at our college. These lines are a tribute to his sacrifice of his life in the battle with COVID-19. He contracted the infection while he was on duty in the Intensive Care Unit. His wife also contracted the virus.

After an initial home quarantine, both were admitted to hospital when their symptoms became more serious. Dr. Aseem Gupta was later shifted to another hospital in Delhi as his health deteriorated. His wife could prevail over it, but Dr. Aseem battled for weeks before succumbing to the disease. Mr. Arvind Kejriwal, the Chief Minister of Delhi, while paying his respects said that "It is because of people like him that we are able to confront corona...". His ceaseless service to his profession and patients has evoked utmost respect and admiration from his family, colleagues, students, patients, associates, friends, and all others who knew him.

The same admiration and love is shared by all those who knew him at a personal level. He was widely liked as a very social and cheerful person. A person who has left a vacuum by his untimely departure.

His wife has said in media that he was a man with a fighting spirit and that is how she "will remember him". We at the Spandan, Maulana Azad Medical College, Lok Nayak Hospital and other associated medical institutions, also salute him for this very spirit. We are sure that we will all get inspired by his martyrdom for service to our fellow human-beings.

By Gautam Chellani (Batch 2019)

Obituary



ELIZABETH JOSEPH (27-04-2021)

Nursing Officer, Ward 19B, Dept. of Paediatrics,
Lok Nayak Hospital, New Delhi



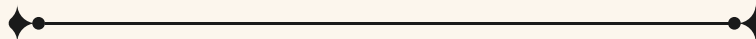
RAVINDER KAUR (27-04-2021)

Nursing Officer, Post-Op Ward, Dept. of Orthopaedics,
Lok Nayak Hospital, New Delhi



JESSY MATHEWS (28-04-2021)

Senior Technical Staff, Dept. of Biochemistry,
Lok Nayak Hospital, New Delhi



MR BHANDARI

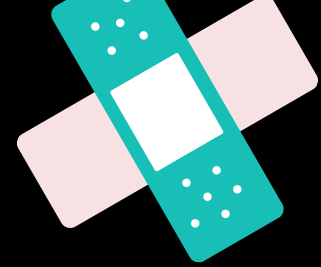
Mr. Bhandari (fondly known as “*Bhandari Bhaiya*”) worked at the departmental canteen (DC) of the college for many years. He formed a personal bond with everyone who set foot in the canteen, with his cheerful head nod and “*Kaise ho?*”. His cheerful and warm attitude made DC feel like a safe place amidst the dreary pandemic, and it was exactly this quality that earned him the love of students and professors alike.



The news of his passing away sent shockwaves throughout the MAMC community, and Gurukool set up a fund to help out his family in Nepal in the tough times. After receiving generous donations from everyone whose lives were touched by Mr. Bhandari, the fund was sent to his family.

Mr. Bhandari shall forever remain in our hearts, for his jovial attitude and sunny presence. Thank you for touching our lives, Bhandari Bhaiya.

ALL HAIL COVID
WARRIORS



MESSAGE FROM MEDICAL DIRECTOR, LOK NAYAK HOSPITAL

Dear All,

Lok Nayak is one of the most prestigious Hospital of Govt of NCT of Delhi. Our Hospital has grown spectacularly achieving notable success in many directions and reached up to present stage since it was started in 1930. It leverages the scientific capabilities, expertise and resources to provide medical education focused on preparing doctors of tomorrow. We cater to the needs of students of high-quality Medical Education and training so that they develop as a complete Doctor- full of sympathy and empathy for the suffering humanity.

Lok Nayak Hospital was designated as Tertiary Care Centre for COVID patients from March 2020 onwards. It has treated more than 11,000 COVID positive patients, one of the highest recovery figures in India. The COVID warriors which include doctors, nursing staff, paramedical staff and ancillary staff performed their duty with utmost sincerity and dedication in this pandemic situation. They faced firm challenge due to dynamic nature of virus but they concocted new treatment methods to treat COVID patients. The hospital was pioneer in starting video conferencing facility for patients and attendants. A large number of severely ill COVID patients were treated successfully using Plasma therapy. Lok Nayak Hospital is the Nodal centre for treatment of patients with UK strain COVID virus and treated patients infected with UK strain. It has been showered with Swachh Bharat Mission award and is the no. 1 hospital in India for COVID care.

I congratulate all the students of MAMC for their remarkable service during the pandemic. I also congratulate Spandan Magazine Editors and wish them success for future endeavors.

Regards

Dr. Suresh Kumar
Medical Director, LNH



ALL HAIL COVID WARRIORS

Lok Nayak Hospital and associated MAMC are at the forefront in fighting the COVID 19 pandemic. Covid vaccination is like we all have been given a second chance - a genuine lifeline thrown out to us all, so we can go forward and live our lives in a more fulfilling and thoughtful way. We at LNH under guidance of Medical Director Dr. Suresh Kumar, will keep working round the clock until everyone who wants a vaccine is able to get one. We will meet again with a hug, no screen, no PPE.

Dr. Amit Gupta
DMS (Admin, LNH) and Nodal Officer,
Vaccination Drive



ALL HAIL COVID WARRIORS



As the whole hospital was dedicated for COVID services, the whole study schedule and usual patient care came to a standstill. Our initial Markaj patients came in hordes after we began catering to COVID patients from 16 March, 2020. As a nodal officer, I attuned various departments to the onslaught of pandemic and posted them at various places according to their expertise. But, as they say, problems torment us till we let us. Each department joined hands — they appointed their PGs and SRs for COVID duties, allotted beds for the patients, and supported each other. We could win over the situation only because we were together. I salute my colleagues who lost their lives in the service of patients, and to all my interns, PGs and residents who continue to do without any complaints.

Dr. Sandeep Garg, Nodal Officer

ALL HAIL COVID WARRIORS

27th March'20: the day I was made Nodal In-charge of the COVID ICUs at LNH... a huge responsibility. These included planning, organizing and setting up of COVID ICUs which have unique requirements (red and green zones, donning and doffing areas, negative pressure ventilation); arranging equipment such as ventilators, monitors, HFNO, BIPAP machines. It was a herculean task as more than 1400 sickest critically ill COVID patients were treated in our ICUs. The initial trickle of patients was soon replaced with deluge of COVID patients from government and private hospitals from Delhi and other states. Our ICUs were flooded in June and October and overwhelmed all the hospital resources, anesthesiologists being the foremost.

There were so many other cognitive overloads besides this. Innumerable and ever-changing guidelines/ recommendations emerging every now and then from all over the world and from the Central and State governments; formulating ICU protocols; contributing to various hospital committees for newer yet unknown drugs and therapies, quarantine committee, death review committee, procurement committee of Delhi government; addressing the dire scarcity of anesthesiologists in the ICUs which necessitated inducting other specialty doctors into these areas; procurement of COVID ICUs equipment through CPA for various Delhi Government hospitals like oxygen concentrators, HFNO and BIPAP machines, ventilators and so on. Whatever little sleep I had at night was full of dreams(nightmares) of these equipments. I remembered the data about making specifications, tendering, bidding, technical evaluation within a short period like the back of my hand and I had to rattle it out in any meeting along with daily submission of data to various government COVID portals. I also had opportunity to unload myself positively by teaching and training doctors for various COVID respiratory support therapies.

Running multiple ICUs full steam without even the slightest slackening on part of the already tired and overworked anesthesiologists with perpetual problems of breakdown of ventilators, monitors, oxygen pipeline pressure drops, soaking under PPE, doctors and other health care workers getting infected... it seemed one was inside a never-ending maze with no exit in sight. But we did exit victorious because of the excellent team work of residents, faculty, technicians etc. ably supported by the administration and the government. We had to pay a heavy price with loss of one of our senior consultants and a technical supervisor to deadly COVID disease. These were big setbacks to all of us but we knew that the long-drawn fight had to go on without lowering the guard. In spite of all odds, now I feel that it was and continues to be an extremely enriching, learning lifetime experience for me and I will cherish all that I could contribute to the fight to win the battle of COVID-19.

Dr Munisha Agarwal
Nodal In charge COVID ICUs, LNH
Director Professor
Deptt of Anesthesiology and Intensive Care.



ALL HAIL COVID WARRIORS



2020 can best be summarized Gulzar's words: "Zindagi mein ek baat to tay hai ki tay kuch bhi nahi hai". The challenges were plenty: lack of trained manpower, specialized equipment, laboratory consumables, lockdown and poor infrastructure. But administrative support, will power, enthusiasm, dedication and motivation of my team at Microbiology made everything possible. We all worked 24 by 7 to provide laboratory support to our patients. We feel proud and happy to have lived up to all expectations in these testing times. Hopefully this pandemic will end soon, but it will definitely leave us learnings for a lifetime.

Dr. Sonal Saxena
Director Professor and Head, Department of
Microbiology

COVID-19 was a shock for all of us, compounded by the rigid lockdown and conversion of Lok Nayak Hospital to a dedicated COVID care centre. Overnight, our focus of management changed from surgical patients to viral pneumonia! Thanks to frequent guidelines by the Government and Hospital administration, we were able to contribute our best. It is to be noted that the entire Surgical block with 14 wards with more than 400 beds full of COVID patients was placed under the control of Department of Surgery. It was normal to fear for personal safety, but all credit to our residents, who never complained or requested to be exempted from frontline duties in the wards. I salute them!

Dr. Rajdeep
Professor, Department of Surgery



ALL HAIL COVID WARRIORS



Initial phase of COVID times were horrifying, there was a feeling of impending doom. Everywhere, there was discussion on COVID only, and mostly the reports were grim worldwide. During lockdown, life had come to a standstill for most, but not for our department. We played a stellar role, provided promotive, preventive and curative and surveillance services at college, health centers, hospital and in community. Many of the things changed from physical to online.

As site in-charge for MAMC vaccination site, we are vaccinating medical students, residents, faculty members and front-line workers.

As Chairman of Hostel COVID Containment Committee (HCCC), we are looking after the welfare of our students and workers.

With time, we all learnt and now the activities are returning to normal. Now it seems, we will come out of this.

Dr. Rajesh
Professor, Community Medicine

ALL HAIL COVID WARRIORS

The March of 2020 caught us unaware when SARS CoV-2 clandestinely crept into the system. The patients soon outnumbered the critical care experts and eye surgeons stepped in to manage the COVID patients. Besides working as ophthalmologists, we turned to riveting 'Covidology', trying to pick up tips from media and undergraduate batchmates posted world over! Soon the eye wards were converted into different zones, donning and doffing areas. While we were busy sharing the load of our medicine colleagues, another landmark contribution from department of ophthalmology was diversion of eye bank counselors for plasma counselling!

The second wave ushered a flood of mucormycosis, and once again we were actively involved in saving numerous lives and sight.

Rising to the occasion during these difficult times has left an everlasting sense of satisfaction....

Acknowledgements to Dr. Ritu Arora, Dean MAMC, whose able leadership was instrumental in creating the COVID facility at the eye center and the torch bearer Dr Kirti Singh, Director GNEC.

Dr Ruchi Goel
MS, DNB, FAICO, FRCOphth
Director-Professor Ophthalmology
GNEC



ALL HAIL COVID WARRIORS..

I WAS POSTED TO CATER PATIENTS WITH MILD SYMPTOMS AND COVID POSITIVE SURGICAL CASES. THOUGH WE SURGEONS HAVE LESS KNOWLEDGE OF TACKLING THESE LOWER RESPIRATORY INFECTIONS, I WOULD SAY IT WAS WORTH THE EXPERIENCE TO HAVE WORKED IN COVID WARDS BECAUSE IT HELPED ME TO LEARN THE MANAGEMENT OF BASIC MEDICAL CONDITIONS. HOWEVER, AS THEY SAY GOOD THINGS COME AFTER PAYING AN AMOUNT FOR IT AND THE AMOUNT WE PAID WAS NOT MEETING OUR FAMILIES FOR SO LONG. OPERATING UPON A COVID PATIENT WEARING PPE AND PERFORMING CRITICAL SURGICAL STEPS WAS ANOTHER ARDUOUS JOB FURTHER COMPLICATED BY THE ANNOYING FOGGING ON THE FACE SHIELD OR GLASSES. IN ALL THE CHAOS OF DEALING WITH THE COVID-19 PANDEMIC LEADERS HAVE COME FORWARD TO OFFER THEIR THANKS TO THE FRONTLINE WARRIORS WHICH WAS A MOTIVATION TO ALL OF US.

**-DR. KARTIK SAHNI,
PG, SURGERY**

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REMEMBERING THE COVID DAYS

BEING ONE OF THE FIRST TO BE POSTED FOR DUTY, WITH NEWS FROM ITALY ABOUT YOUNG DOCS DYING, THERE WAS A LOT OF SELF-DOUBT DUE TO THAT UNCERTAINTY. IT WAS EQUALLY TOUGH TELLING MY PARENTS EVERY DAY THAT EVERYTHING IS JUST 'FINE'. IT WAS AN EMOTIONAL TURMOIL, BUT WE RESIDENTS BECAME EACH OTHER'S SUPPORT SYSTEM AND EVENTUALLY THINGS GOT BETTER.

HAVING FACED DEATH SO CLOSELY, DEALING WITH PEOPLE AND RELATIVES WHO LOST THEIR LOVED ONES, COVID HAS CHANGED MY OUTLOOK ON LIFE.

WHILE IT MADE ME STRONGER EMOTIONALLY, IT ALSO MADE ME REALISE THAT THERE ARE THINGS IN LIFE MORE IMPORTANT THAN THIS ENDLESS RACE WE ARE PURSUING BECAUSE ONE MIGHT NOT GET A SECOND CHANCE.

**-DR AVISHKAR AGRAWAL
PG, MEDICINE**

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WORKING IN COVID WARDS WAS A VERY NEW EXPERIENCE FOR ME. THERE WAS A FEAR OF GETTING INFECTED. IT WAS QUITE A TASK TO WEAR PPE WHILE WE WERE SWEATING, DEHYDRATED AND WEREN'T ABLE TO DRINK WATER OR USE WASHROOMS FOR HOURS. FURTHERMORE, NOT BEING ABLE TO MEET MY FAMILY FOR SEVERAL DAYS WAS DEPRESSING.

HOWEVER, SEEING PATIENTS GETTING TREATED AND DISCHARGED HOME KEPT ME MOTIVATED TO WORK HARD DURING LONG DUTY HOURS. IT IS WORTH MENTIONING THAT PROPER DOWNING AND DOFFING OF PPE, MAINTAINING HAND HYGIENE AND WEARING A MASK WERE KEY WHILE WORKING IN THE COVID UNIT.

**-DR. ARCHITA JAIN
PG, COMMUNITY MEDICINE**





ALL HAIL COVID WARRIORS..

IT HAS BEEN A PRIVILEGE FOR ME TO BE A PART OF THE FRONTLINE FORCE FIGHTING THIS PANDEMIC. WHEN I WAS ASSIGNED MY FIRST COVID 19 DUTY, MY FAMILY WAS APPREHENSIVE ABOUT THE RISKS INVOLVED. HOWEVER, I CONVINCED THEM THAT DOCTORS WERE MEANT TO FIGHT SUCH PANDEMICS. NOW THAT WE HAVE WON THIS PANDEMIC, IT HAS BEEN A ONCE-IN-A-LIFETIME EXPERIENCE FOR ME. HOWEVER, IT IS A MATTER OF PROFOUND GRIEF AND CONCERN THAT SO MANY PEOPLE HAVE LOST THEIR LIVES IN THIS ONE YEAR. I SIMPLY WISH THAT WE NEVER HAVE TO WITNESS SUCH A CRISIS IN FUTURE.

**-DR SHYAM SUNDAR
SR. GENERAL SURGERY**



MY COVID DUTIES STARTED FROM AUGUST 2020 AND BY THAT TIME I WAS CONVINCED THAT THE VIRUS WAS NOT AS DEADLY AS WE THOUGHT IT WOULD BE BACK IN MARCH. I WILL ESPECIALLY REMEMBER MY GERIATRIC PATIENTS WHO POSED A CHALLENGE IN DAILY NURSING AND TREATMENT. COMICALLY, I HAD TO DO TOUGH NEGOTIATIONS WITH A FEW OF THEM IN EXCHANGE OF BREAKING THEIR TANTRUM FASTING. DIALLING PHONE NUMBERS, VIDEO CALLING AND BEFRIENDING MY PATIENTS DID COMFORT MANY OF THEM IN THEIR ISOLATION CHAMBERS.

**-DR. SHANU SAURABH
PG. ORTHOPAEDICS**



ALTHOUGH I AM VERY SAD TO SEE THIS DISASTER, WHICH HAS LED TO LOSS OF MULTIPLE LIVES AS WELL AS TAKEN AWAY MANY JOBS AND OUR JOYOUS TIME, BUT I HAVE LEARNT A LOT MORE ABOUT THE NATURE OF WORK IN TERMS OF TIME MANAGEMENT. I HAVE ALSO LEARNT THE MEANING OF TEAM WORK. SO, I AM HONOURED TO BE A PART OF THE HEALTHCARE TEAM. BY THE IMPROVEMENT OF AGENDA OF INFECTION CONTROL PROCEDURES AND TEAM WORK, I HOPE THAT THIS PANDEMIC WILL NOT BE A MAJOR SOURCE OF INFECTION FURTHER AS OCCURRED IN THE YEAR 2020.

**-DR. KAVITA
SR. MICROBIOLOGY**



ALL HAIL COVID WARRIORS..



HAVING BEEN BRED AS AN ORTHOPAEDIC SURGEON, I WAS TAUGHT TO SEE THE PROBLEM AND EITHER FIX IT OR PLASTER IT. WHEN WE FIRST STARTED GETTING THE CASES HERE AT DELHI, AT A TIME WHEN I WAS LEAST EXPECTING COVID TO SPREAD FROM CHINA, I WAS REALLY SCARED. DONNING PPE FOR THE FIRST TIME WAS SUFFOCATING, LIKE GOING INTO A ROOM WITH NO WINDOWS. BUT EVENTUALLY IT WAS BETTER AND IT ALL BECAME A ROUTINE. AT THE END OF THE DAY, I WAS FEELING PROUD OF MYSELF FOR TREATING A DISEASE FOR WHICH I WAS NOT TRAINED BUT STILL MANAGED TO MAKE THE PATIENT BETTER. SO, IN THE LAST FEW MONTHS I HAVE LEARNT TO KEEP MY HOPES UP NO MATTER WHAT THE SITUATION IS.

**-DR. PRATEEK GOEL
SR. ORTHOPAEDICS**



COVID IS AN EMERGENCY WHICH TAUGHT US THAT WE ARE DOCTORS FIRST AND SPECIALISTS LATER. WE CONVERTED OUR EYE CENTRE INTO A WELL ORGANISED COVID HOSPITAL. THE SENSE OF DUTY TOWARDS THE NATION AND TOWARDS HUMANITY OVERPOWERED OUR FEAR OF CONTRACTING THE VIRUS.

THERE WERE SO MANY EXPERIENCES: SOME GOOD, SOME BAD, BUT THEY ALL WERE DEFINITELY OF THE 'ONCE IN A LIFETIME' KIND. COVID MADE US STRONGER, AND I WOULD LIKE TO END BY SAYING,
"GO CORONA GO!"

**-DR. NIKHIL GOTMARE
SR. OPHTHALMOLOGY**



FROM WEARING PPE'S AND GETTING DRENCHED IN SWEAT AND STAYING IN LALIT FOR DAYS ON END, THE ONLY THING THAT KEPT ME GOING WAS HEARING THE NEWBORN'S CRY AND THE MOTHER'S LAUGH AFTER A LONG LABOR. BLESSED TO HAVE BEEN CARING FOR THIS PART OF THE SOCIETY DURING THE PAST YEAR. AS AN OBSTETRICIAN WORKING IN THE COVID TIMES, I CAN ONLY HOPE THAT NEVER AGAIN DO I HAVE TO STITCH EPISIOTOMIES AND DO C-SECTIONS HALF-BLINDED THROUGH FOGGY EYE COVERS!

**-DR. NITISHA VERMA
PG. OBSTETRICS AND
GYNAECOLOGY**



ALL HAIL COVID WARRIORS..



COVID-19 HAS LED TO A BOOM IN TELEMEDICINE IN A GOVT SECTOR HOSPITAL LIKE LNH, FROM GETTING EVERY POSSIBLE MEDICAL REFERRAL TO EVEN TRANSFERRING PATIENTS TO NON-COVID HOSPITAL. WITNESSING A PANDEMIC AT THE COST OF ACADEMICS HAD ALSO BEEN BE A ONCE IN A LIFETIME EXPERIENCE. FROM MANAGING PATIENTS WORSENING DIABETES STATUS TO FALLING SATURATION, WE LEARNT THE MOST EFFECTIVE WAYS TO COMBAT EVEN STEROID INDUCED HYPERGLYCAEMIA, HOWEVER MANAGING DKA IN COVID WAS AN UPHILL TASK. NEWER THERAPIES LIKE CONVALESCENT PLASMA, DRUGS LIKE REMDESIVIR, ITOLIZUMAB AND TOCILIZUMAB HAD THEIR OWN IMPLICATIONS. LEARNING NEW WAYS OF OXYGEN DELIVERY DEVICES, NON-INVASIVE VENTILATION AND MECHANICAL VENTILATION MADE MEDICINE RESIDENT AS THE CORNERSTONE TO ANY POSSIBLE OUTCOME OR ADVICE. MOREOVER, MANY CHALLENGES WE FACED, WHEN OUR OWN STAFF MEMBERS, HOUSEKEEPING, NURSING ORDERLIES AND DOCTORS GETTING INFECTED WITH COVID AND TREATING THEM AS PATIENT WAS VERY DISHEARTENING. WORKING FOR COVID DUTIES EVEN WITH LOW WORK FORCE AND DEALING WITH ALL THE POSSIBLE SHORT COMINGS, DEPARTMENT OF MEDICINE WITH ITS CONSULTANTS AND RESIDENTS HAS EVOLVED AS A MOST TRUSTWORTHY AND MASTERED DEPARTMENT TO TACKLE THE STRESS OF ANY LEVEL. ALONG WITH OTHER DEPARTMENTS SUPPORT, LOK NAYAK HAS EVOLVED AS A MAJOR SITE FOR PATIENT CARE. SALUTE TO EVERY COVID WARRIOR WHO LOST HIS/HER LIFE TO SUPPORT THIS CAUSE. AT LAST, PANDEMICS MAY COME AND GO, HOWEVER MEDICINE CONTINUES TO GROW.

**-DR SACHIN GAUTAM,
PG. MEDICINE**



I WAS POSTED IN THE NEW MEDICAL BLOCK (NMB), LNJP HOSPITAL THREE TIMES (14 DAYS EACH).

IT WAS A HORRIFIC EXPERIENCE AT FIRST AS WE WERE PACKED IN PPE WITH PROFUSE SWEATING. BUT EVENTUALLY, WE WERE ABLE TO ADAPT TO THE PPE AND WE RESUMED OUR WORK.

OUR TEAM HAD SOME OF THE MOST DEDICATED DOCTORS AND NURSING STAFF WHO MADE A HUGE IMPACT ON THE LIVES OF MANY SEVERELY ILL PATIENTS. I FEEL INCREDIBLY FORTUNATE TO BE A PART OF A POWERFUL TEAM OF DOCTORS FROM DIFFERENT CLINICAL AS WELL AS PARA-CLINICAL DEPARTMENTS WHO POOLED IN THEIR KNOWLEDGE, RESOURCES, EXPERTISE AND EXPERIENCE TO SERVE A NOBLE CAUSE.

AFTER MY LAST DUTY, I STARTED HAVING COVID SYMPTOMS (SORE THROAT AND FEVER) AND I TESTED COVID POSITIVE. THOUGH I WAS NOT AFRAID, MY FAMILY GOT SCARED. I HAD TO CALM THEM WITH REGULAR CALLS, AS I COULD NOT GO HOME AT THAT TIME.

OVERALL, IT WAS A MEMORABLE EXPERIENCE AT LNJP. WE AS DOCTORS DID OUR BEST TO SERVE THIS NATION.

**-DR AYUSH JAIN
SR. RADIOLOGY**



COVID lab was established in a week.

From 40 samples a day we were testing approximately 600 samples everyday. We tested samples from districts in addition to LNH, GB Pant, GNEC, Rajiv Gandhi & CNBC. We were now quality testing center for 45 labs in addition to antigen kit validation center for ICMR. We have also done inspections and approved more than 20 labs in Delhi for CBNAAT and TRUNAAT.

Also Dr. Sonal Saxena was the lead lab coordinator in Indian sero-surveillance.

From working 14 -16 hours a day to no quarantine breaks, residents have held the fort lab side. From tirelessly working in labs to >200 hours of teachings in hospital about COVID, PPE, waste management in COVID times.

**-Dr. Abhishek
SR, Microbiology**



MY EXPERIENCE WITH COVID-19 PANDEMIC

-DR. DEEKSHA NAUTIYAL

The year 2020 started like any other new year. New resolutions, new travel plans, new surgeries to do, new things to learn, new experiences. That all came true, but very differently than I had imagined. My husband and I were travelling to Italy, in March 2020, precisely, on the 12th of March. Eventually, 11th March was when COVID-19 was declared a global pandemic. Where did it start in Europe? Italy of course. Seems eerily funny now. Doesn't it? But I can not forget that night. With our stuff packed, on 11th night, we were thinking of our next step. Well, we planned to cancel our leaves and flights and hotels and not go. Seemed too risky. I did not imagine myself in a COVID dedicated ward at that time, in PPE. In saying that, I was glad we decided to stay.

Hospital was going on as usual. We were planning for biggest event of the year for ENT people, our AOI Delhi conference. Admitting people, sorting out 'nice' cases to be operated and all that jazz. Needless to say, it was cancelled. Suddenly OPDs were emptier and we were telling patients not to come for trivial matters. Of course, they thought we were trying to get rid of them. Can't blame them. That's what we are famous for, right? Suddenly lockdown was announced. I remember taking a bus to hospital for few days and later even that wasn't an option anymore. Well, OTs were non-functional, OPDs were empty, and we were told to stay at home as reserve manpower, for COVID duties. LNJP hospital was declared as the biggest COVID facility in Delhi and thus started the phase of life that I will never forget.

The duty-schedule was grueling. We had 14 days' duty and 14 days' quarantine, for which we had to pack, leave homes and stay at a government provided facility (14+7 days). After which, again the same cycle went on. I got to work with Surgery department, as hospital was divided into sections and wards according to surgical/medical/pediatrics/gynae and obs. I remember, leaving home for my first covid duty, on my Dad's birthday. He didn't feel like celebrating. My parents were too worried for me. Initially, COVID had become a taboo. Attendants were not accepting their loved ones if they were infected. Some even failed to recognize them, when taken home after discharge, in ambulances. Homeless people, beggars and so many underprivileged people were in our hospital, nobody else took them. We had corona warriors, police personnel, hospital staff, social workers and others, from all walks of life. I saw both ugly and beautiful things during those months, both affecting me deeply.

On one hand I found yoga, got to spend time with my ever-busy husband who was now working from home, cooked all possible cuisines and baked things I had only seen in patisseries, kicked an eating disorder, became healthier mentally and physically, realized how lucky I was to have so many caring people in my life, met beautiful souls who worked so selflessly for people rejected by everyone else. I saw life very differently than I had been interpreting it till now.

On the other hand, I lost patients for whom I couldn't do anything despite trying, could not operate for months; biggest nightmare of a surgeon, realized that how less I meant to administration, when I was sent for another COVID duty promptly after being given an extension after completion of senior residency because of lack of manpower. And then I was unceremoniously terminated, on 16th October, my Birthday, during my quarantine period, because another senior resident had joined and my extension was on Ad-hoc basis. I found strangers connecting with me so deeply and my own people failing me and making me lose trust in the system.

I don't want to end on a sad note though. It was a challenging time but beautiful in a way too. Something that I will always cherish. I will not forget those patients, my first COVID tracheostomy, the calls to attendants, working in an ICU and learning so much and the importance of WhatsApp which I had never realized before, which was a major tool to get information in and out of covid wards. Let's just end with how unpredictable life is and how meaningful are the little things in life, which we often forget.

ALL HAIL COVID WARRIORS

HELLO READERS! I AM ASMA ANJUM FROM THE BATCH OF 2015. I WAS AN INTERN DURING THE COVID PANDEMIC 2020. ALTHOUGH THERE WASN'T MUCH TO DO DURING THE COVID DUTIES AS WE WERE INEPT TO MANAGE COVID PATIENTS, I'D LIKE TO SHARE MY EXPERIENCES, AS MERE INTERNS.

IT WAS DURING MY OPHTHALMOLOGY POSTING WHEN THE LOCKDOWN WAS ANNOUNCED. THE FIRST FEW MONTHS WERE PRETTY HAPHAZARD AS THINGS WERE STILL BEING FIGURED OUT. EVENTUALLY WE WERE ASSIGNED GREEN ZONE DUTIES THAT COMPRISED OF MOSTLY PAPERWORK.

THERE WERE TWO THINGS WORTH MENTIONING, THAT WERE MORE COVID ORIENTED THAN THE PAPERWORK. ONE WAS A SURVEY CONDUCTED BY PSM AND MICROBIOLOGY DEPARTMENTS TO DETECT COVID ANTIBODIES IN THE HEALTHCARE WORKERS. WE TOOK SAMPLES OF VARIOUS STAFF MEMBERS, INCLUDING CONSULTANTS AND RESIDENTS OF GNEC, LNH, MAIDS. THE OTHER ONE WAS TO HANDLE THE COVID COORDINATION CELL. THERE WE WERE HELPING THE ATTENDANTS OF PATIENTS IN COMMUNICATING THEIR CONCERNS WITH THE STAFF IN RED ZONE AND INFORMING THEM OF THEIR RELATIVE'S STATUS SINCE THEY WERE NOT ALLOWED TO MEET THEM IN PERSON. I GOT TO SEE A LOT OF ANXIOUS ATTENDANTS, MORE THAN USUAL BECAUSE THEY COULDN'T EVEN SEE THEIR RELATIVES. IF ANY PATIENT EXPIRED, THE ATTENDANTS FOUND OUT OVER THE PHONE. THEY DIDN'T EVEN KNOW HOW TO GO ABOUT RECEIVING THE BODY AND BELONGINGS. ONE TIME I EVEN HAD TO INFORM THE ATTENDANTS THAT THEIR PATIENT DIED. AS INTERNS WE WERE NOT TRAINED TO "BREAK THE NEWS" AND WE ALSO DIDN'T HAVE MUCH INFORMATION ABOUT HOW AND WHY THE DEATH OCCURRED. NATURALLY WE HAD TO TAKE THE BRUNT OF THEIR FRUSTRATION AND ANXIETY; MOST OF THEM COMPLAINING AND REPEATEDLY CALLING FOR MORE INFORMATION WHICH WE DIDN'T HAVE. THESE THINGS WERE MANAGED MORE EFFICIENTLY LATER, AND THE ATTENDANTS COULD CONNECT WITH THEIR RELATIVES AND THE RESIDENTS VIA VIDEO CALL. AS YOU CAN SEE IT WASN'T A LOT THAT WE DID, YET I'LL NEVER FORGET THIS INTERNSHIP IN COVID PANDEMIC 2020

-ASMA ANJUM (BATCH 2015)

Dr. Kirti's Diaries



A collection of photos and reflections, by Dr. Kirti Singh,
Director Professor,
Ophthalmology.

A true incident

The frail blind lady he carried up from the stairs
Please operate her doctor, she is my old mother in law

Her sons have abandoned her without a care
She can't walk, so I brought her, lest into her misery she withdraw

My wife is unwilling, she has small moths to feed
But my heart smote me, abandoning grey heads cannot my crede.

Kirti Singh



Lets do this again
Savouring holding hands without fear of contamination

Kirti Singh



Dr. Kirti's Diaries

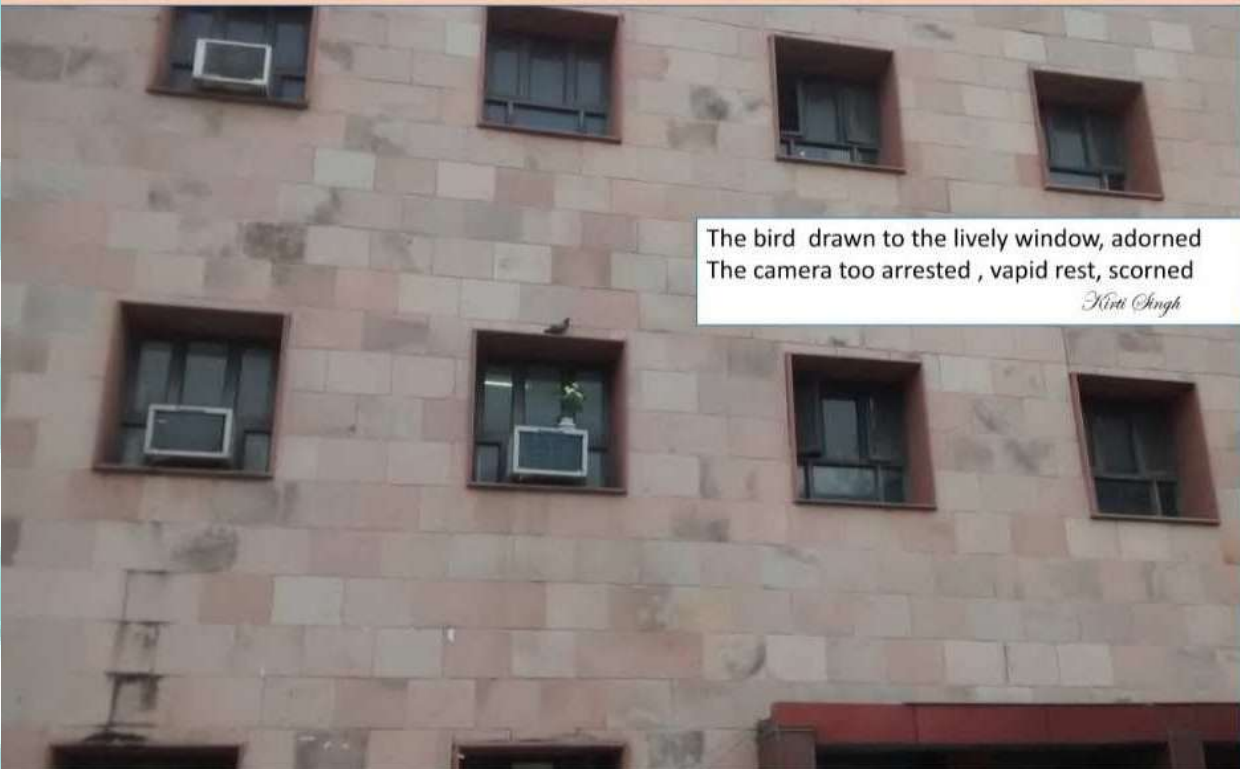
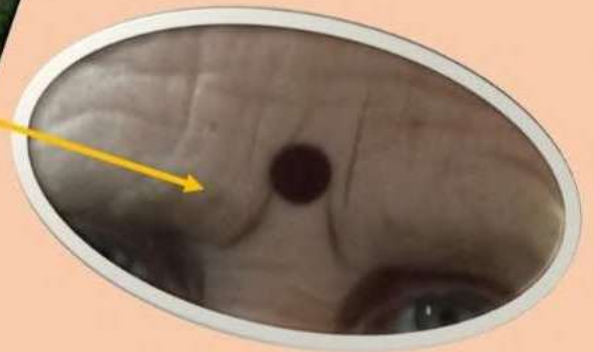


The temple

A temple constructed with bricks somehow
Within one day for an invisible deity

The weathered tree, or furrowed brow
Enfolding, sheltering all pervasive piety

Kirti Singh



The bird drawn to the lively window, adorned
The camera too arrested, vapid rest, scorned

Kirti Singh

Dr. Kirti's Diaries



Sleeping dogs
Plebeian & patrician both

Kirti Singh



Forgotten splashes of treasure on the
hallowed floors of MAMC

Kirti Singh



Dr. Kirti's Diaries

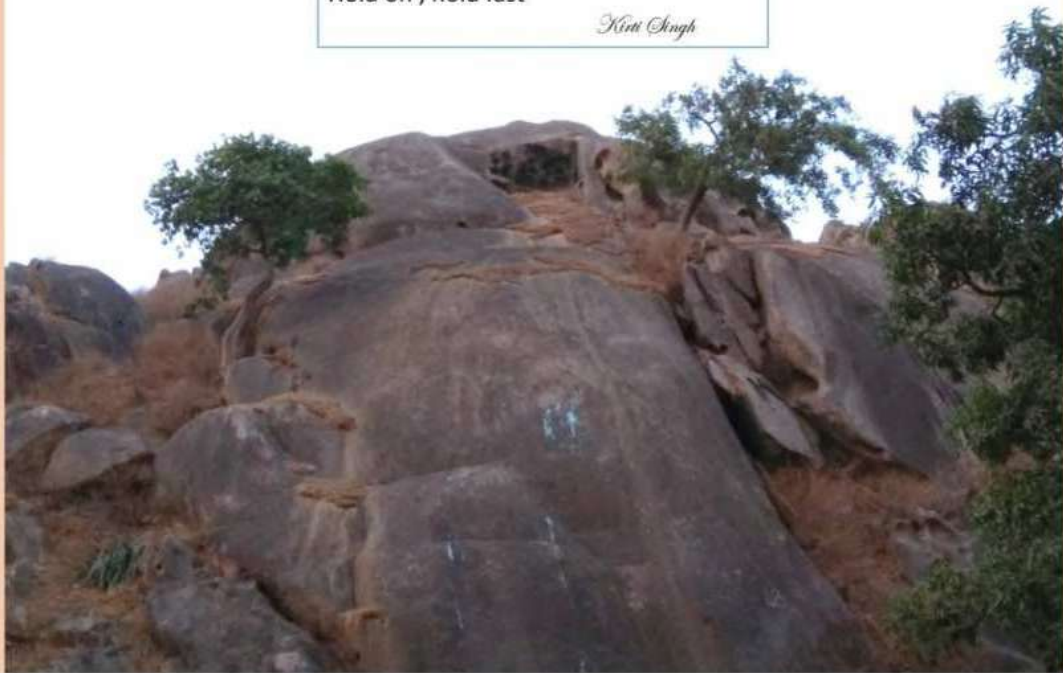


Peacock dancing under lockdown

Kirti Singh

Natures tenacity, a lesson for eternity
Hold on , hold fast

Kirti Singh





एक अनोखी नज़र
एक अनदेखा नज़ारा



झरोखा

हिंदी विभाग, स्पंदन

संकल्प केशरी (प्रभारी)

प्रथम सिंगला

अवनिका जैन

प्रज्ञा गुप्ता

सुश्रुत अग्रवाल

साहिल शाह

अनुराग गोयल

प्रेरणा

शालू भगत

अखलाक

गौरव सिन्हा

आयुष आनंद

सुझाव



संपादकों की कलम से...

मैं अकेला ही चला था जानिब -ए-मंज़िल मगर,

लोग साथ आते गए और कारवाँ बनता गया।

-मजरूह सुल्तानपुरी

और आज यह कारवाँ अपने गंतव्य पर पहुँच गया है। आप सभी के समक्ष, स्पंदन में पहली बार हिंदी अनुभाग प्रस्तुत करते हुए हमें अत्यंत हर्ष और उत्साह का अनुभव हो रहा है। इस वर्ष आरंभ हुआ यह सिलसिला अनवरत जारी रहे, ऐसी हमारी आशा है। इस वर्ष का हिंदी अनुभाग एक “झरोखा” है- स्वयं का, समाज का, संस्कृति का, भावनाओं का और इन सबसे ऊपर, युवाओं का। यह पाठकों को छात्रों की रचनाओं और दृष्टिकोण से अवगत कराने का एक विनम्र प्रयास है।

इस नवीन अनुभाग के मार्गदर्शन के लिए हम संपादकीय मंडल, शिक्षकों और छात्रों को धन्यवाद देना चाहेंगे। किसी भी रचना का आधार उसके पाठकों से बनता है। हम इस अनुभाग के संदर्भ में आपकी राय जानने के लिए उत्सुक हैं।

आशा है अगले वर्ष आप सभी से फिर मुलाकात होगी।

हिंदी विभाग, स्पंदन

एक सच

सुश्रुत अग्रवाल, ४ सेमेस्टर

एक दिन राह चलते
सड़क के एक किनारे पर
दिखी मुझे एक स्त्री
जिसका फूल सा चेहरा
था मुरझाया हुआ
कभी रहा सुंदर सुकोमल
था वह कुछ सकुचाया हुआ
एक पल को मैं ठिठका
लगी वो मुझे परिचित सी
पास जाकर मैंने ज़रा
गौर से देखा उसे

वह थी हमारी अपनी राजभाषा हिंदी
जो अपने घर से निकाल दिए जाने पर
असहाय सी हो गई थी
जो किसी के अपनत्व से देखे जाने पर
फूट-फूट कर रो पड़ी थी
मैंने पूछा, तुम तो थी भारत की हृदय निवासिनी
सभी भारतीयों की जन्म दात्री
फिर तुम्हारी ये हालत ?
उसने सुबकते हुए जवाब दिया
कि मेरे ही बेटों ने है मेरा ये हाल किया
मुझे बेहाल किया

पर मुझे नहीं है अफसोस कि मेरे बच्चे मुझे गए भूल
पर मुझे ये बात बिल्कुल नहीं कुबूल
कि मेरे द्वारा शरण दी गई अंग्रेजी
मेरे ही सिंहासन पर करे राज
मेरे घर , बच्चों का करे सर्वनाश
देखना एक दिन यही शरणागता
क्या गुल खिलाएगी
इस देश व संस्कृति का विनाश करके
ना जाने कहाँ गुम हो जायेगी ।।

कलम आज उनकी जय बोल

समीत, ६ सेमेस्टर

जो आधा सत्य दिखाते हैं
जो सच को झूठ बनाते हैं
जो करके आँखें बंद स्वयं की
सबको राह दिखाते हैं
कलम आज उनकी जय बोल।

जिनके घर पर पकती रोटी
बस में आग लगाने से
बेबस को धमकाने से
लाचारों से भिड़ जाने से
कलम आज उनकी जय बोल ।

नन्हें हाथों में पत्थर दे
फिर भोले बन जाते हैं
कर गुनाह की हिम्मत फिर जो
आँचल में छिप जाते हैं
कलम आज उनकी जय बोल।

जिस थाली में भोजन करते
उसपर थूक के जाते हैं
जिस धरती पर बचपन बीता
उसके टुकड़े करते हैं
ऐसे-वैसे वीरभद्रों की
कलम आज फिर से जय बोल ।





मैं आज बोल दूँ

माधव गोयल, ६ सेमेस्टर

ऐ सच्चाई! मैं आज बोल दूँ...

या आज भी मौन थाम लूँ?
ज़ुल्मों को, देख कर, सुन कर, समझ कर आया हूँ
क्या आज भी बखान करने से, अपने आप को रोक लूँ?
ऐ सच्चाई! मैं आज बोल दूँ...

कलम को साथ लेकर चलता हूँ
क्या यही मेरा गुनाह है?
लेखक होने का हक़ अदा करता हूँ
क्या ना बोल पाना... यही मेरी सज़ा है?
ऐ सच्चाई! मैं आज बोल दूँ...

मैं अपने लेख के क़फ़स में कैद हूँ
मुंसिफ़ था वो ही जिसके एहसान में कैद हूँ
हथकिड़ियाँ हाथ पे नहीं, ज़ुबान पे हैं
ना बोल पाने के गुनाह में कैद हूँ
ऐ सच्चाई! मैं आज बोल दूँ....

जब गूँगा हूँ मैं, अर्ज कर सकता नहीं
फिर मेरे मुँह में ये ज़ुबान क्यों है ?
जब तू भी मुजरिम, समझती है मुझे
तो मेरे वजूद से तन्हा ये जहान यूँ, है ?
ऐ सच्चाई! मैं आज बोल दूँ...

कोई आईना दिखाता है, कोई नियम बताता है,
हर कोई मेरे सामने दरखते दीवार बना जाता है
चुप करने वालों का आस-पास सैलाब है
बोल सकता नहीं, बोलने को बेताब हूँ!
ऐ सच्चाई! मैं आज बोल दूँ...

दास्तान भी सुनती, मेरी ये ज़ंजीरें हैं
ज़ुल्मों को होने दिया, क्या ये तक्रदीरें हैं ?
मदद की पुकार चीख ना सका, क्या मैं ख़ामोशी हूँ?
मेरे कश्मकश को बयाँ करती, मेरे बदन पे लकीरें हैं
ऐ सच्चाई! मैं आज बोल दूँ...

बिखरी हुई है हैवानियत हर तरफ़
अत्याचारों के सिलसिले हरसु ।
देख कर इंसान की ये फ़ितरत
मैं कलम से घबराया हूँ ।
काँपती है रूह, भर आती हैं आँखें,
प्रश्न करती हैं मुझसे टूटती हुई साँसें ।
लेखक हूँ फिर भी बोल नहीं पाता
हाथ फिर मुझसे बगावत कर जाता ।
अब हुआ बहुत ऐ सच्चाई!

हक़ दे मुझे, बोल दूँ
सब बंदिशें तोड़ दूँ
दर्द से आज़ाद कर, अब मुझे कहने दे
सैलाब आ चुका अब इसे बहने दे।



घूँघट में घुटना या बुर्के में खटना

प्रतीक चौहान, ६ सेमेस्टर

सब कुछ तुम सहना और कुछ ना तुम कहना
लज्जा वो बोले है नारी का गहना
तो प्रिय बेटी तुम तन ढक के रहना
बनके बस रहना तुम माँ ,बहु , बहना
सब कुछ तुम सहना और कुछ ना तुम कहना
बेटी तुम इस चार दीवारी में ही रहना
ख्वाब तुम बुनना पर कुछ ना तुम कहना
निकली जो बाहर इज्जत उछल जाएगी
बेटी वासना की किसी की बलि चढ़ जाएगी
बेटी, बेटों को हमने इज्जत सिखाई नहीं
तो बेटियाँ ही जंजीरों में बाँध ली गईं!
मर्द या भेड़िये हैं सड़कों पर घूम रहे
तन की प्यास इन्हें, शिकार ये ढूँढ़ रहे
नज़रों से ही कपड़ों के नीचे झाँक लें
तन भले हो ढका,ऊपर से ही जाँच लें
कभी धीरे से छूना या यूँ ही टकराना
तुम्हारा है दूभर रोज़ आना-जाना!
छुएँ न अगर आँखों से ही पी लेते हैं
तुम दूषित महसूस करो ऐसी इनकी नज़रें हैं
और नज़रों से नज़रें ये मिलाते हैं नहीं
क्योंकि नज़रें ये नज़रों तक लाते हैं नहीं!
तो दुनिया से बच कर तुम घर पर ही रहना
सब कुछ तुम सहना और कुछ ना तुम कहना
बनके बस रहना तुम माँ , बहु , बहना
औरों के लिए जी लेना जीवन अपना
इस पिंजरे में तुम सुरक्षित रहना
घुट- घुट के जीना और हर पल मरना
फिर भी सब कुछ तुम सहना
और कुछ ना तुम कहना !

डॉक्टर के घाव

समीत, ६ सेमेस्टर

डॉक्टर के कोट पर
लहू के धब्बे नज़र आए हैं
थोड़े से हमारे हैं
थोड़े मरीजों के लगाए हैं।

हादसे हुए अस्पतालों में कई दफ़ा
मंज़र-ए-दहशत अब डॉक्टर में नज़र आया है
फिर एक डॉक्टर के गुरुर के चीथड़े उड़े हैं
फिर एक डॉक्टर बिलखता नज़र आया है।

शिकवे हुए हज़ारों, नफ़रतें हमें भी जला गईं
ख़ामोशी सरकार की कई क़त्ल करवा गईं
बिलख रहे हैं लोग निगाहों के सामने
कंधों पर रोता, अपना यार नज़र आया है।

नहीं हैं हम महान, थोड़ी हममें भी जान है
फ़रिश्ते नहीं खुदा के, यारों हम भी इंसान हैं
नफ़रतें नहीं हममें हम भी फ़र्ज निभाते हैं
ज़रा सी इज्जत बख़्शो हम गले लग जाते हैं।



चिकित्सक

डॉ. पन्ना लाल, डाईरेक्टर प्रोफेसर, कम्युनिटी मेडिसिन डिपार्टमेंट

चिकित्सक होता अच्छा वही, मरीज का रखे ध्यान
प्यार से पूछे हाल और उसके, मुख पर हो मुस्कान

पोथी पढ़- पढ़ ज्ञान जुटावे, न पूछे मरीज का हाल
स्पर्श प्यार से न करे, तब निश्चित होता बवाल

मरीज व्याधि की पीड़ा में, परिजन भी होते दुखी
मीठे बोल कुछ बोलिए, मिल जाती उनको खुशी

असली गुरु होता मरीज, समझो उसको भगवान
पीड़ा में सौंपे शरीर जब, मिले व्यवहारिक ज्ञान

सही चिकित्सा है वही, मिटे व्याधि और संताप
चेहरे पर लौटे खुशी पर्याप्त, संतुष्ट भी हों आप

मरीज की जानकारी कभी, करें न आप उजागर
हो हल्की, गंभीर बीमारी, चिकित्सा होए बराबर

दुष्प्रभाव न हो, अच्छा, चिकित्सा भी रहे असरदार
पीड़ा मरीज की होवे दूर, देख सके फिर से घर- बार

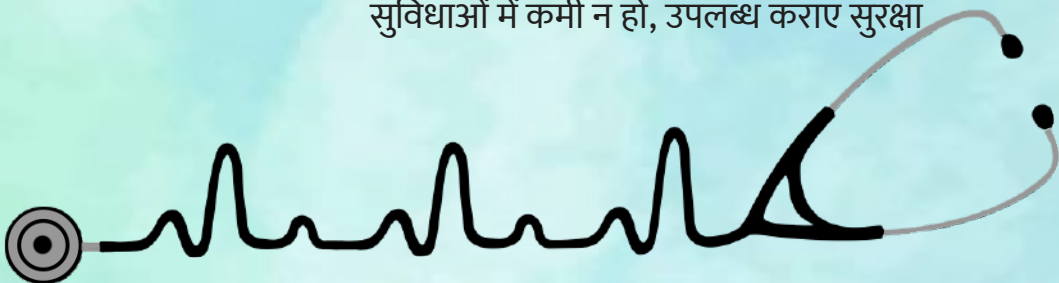
पैसा खर्च हो मरीज का कम, पड़ें न रोटी के लाले
चिकित्सक का धर्म यही, अपना घर भी वह पाले

रोगी चिकित्सक बनें मित्र, टल सकती है हर बला
चिकित्सा का सिद्धांत यह, दोनों का हो सदा भला

अपेक्षा की जो करे उपेक्षा, नहीं व्यवहारिक ज्ञान
बना चिकित्सक जरूर वह, कर न सके कल्याण

होकर हताश लेकर आशा, आता रोगी अस्पताल
तुरंत ध्यान न दोगे तो, पड़ते थप्पड़ तगड़े गाल

प्रशासन का है कर्तव्य, बनाए रखे सही व्यवस्था
सुविधाओं में कमी न हो, उपलब्ध कराए सुरक्षा



ज़िंदगी

संकल्प केशरी, ४ सेमेस्टर

ज़िंदगी आज खामोश सी है
मुझसे कुछ कहना चाहती है
शोरगुल – भागदौड़ से रूठी
सन्नाटे में कुछ गुनगुनाना चाहती है

कैसे आना हुआ आज?
परेशानियों से क्या टूट गए?
घर की याद आई या
यार- दोस्त रूठ गए?
समय नहीं था कल तक मेरे लिए
आज सारे काम कैसे छूट गए?

मान भी जाओ ज़िंदगी
ऐसा कुछ भी नहीं है
रोज़ मुश्किलों से निपटकर तुम्हें पाना
आसान भी तो नहीं है
घर- यार- दोस्त ही तो तुम्हें सजाते हैं
हवाएँ न हों चाँद के साथ
तो काले बादल घिर आते हैं
माना कि दिनभर काम में उलझे
हम खुद ही तुझे सताते हैं
पर दो पल की फुर्सत पाकर
हम तेरे संग ही तो मुसकुराते हैं

तो क्यों रहें हम नाराज़
एक- दूसरे से
गुनगुनाते हैं प्रेम राग
साथ मिल के

खामोशी तो छाई हुई है आज
मगर क्या मालूम इस सन्नाटे को चीरते हुए
निकल जाएँ दूर
हम कल फिर से !!!

क्या ज़िंदा हो तुम

निश्छल गंगवार, ४ सेमेस्टर

अगर दिलों में बेताबियाँ लेकर चल रहे हो तुम,
तो ज़िंदा हो तुम।
अगर मन में आज़ादी के ख्वाब लिए बढ़ रहे हो तुम,
तो ज़िंदा हो तुम।
अगर ज़िगर में बुलंदियाँ लेकर उड़ रहे हो तुम,
तो ज़िंदा हो तुम।
अगर ज़मीर में मासूमियत लिए लड़ रहे हो तुम,
तो ज़िंदा हो तुम।
अगर धड़कनों में मटरगशियाँ लेकर मचल रहे हो तुम,
तो ज़िंदा हो तुम।

अगर समाज की बंदिशों में बंधे हो तुम,
अपनी ज़िम्मेदारियों से घुट रहे हो तुम,
अपनी गलतियों को बंद आँखों से देख रहे हो तुम,
अपनी क्षमताओं में ज़ंग लगने दे रहे हो तुम,
अपनी ख्वाहिशों को मरता देख रहे हो तुम,
तो क्या ज़िंदा हो तुम?

तो बस एक बार, छोड़ कर अपनी रंजिशों को पीछे,
दफना कर अपने डरों को नीचे,
कर जाओ वो जो करने आए थे तुम,
और फिर खुद से पूछो,
क्या ज़िंदा हो तुम?



बंदे तुम्हें...

लुईस सिंह, ४ सेमेस्टर

बंदे तुम्हें किस हस्ती पर अभिमान
ज्ञान चक्षु खोल कर, कर ले कुछ पहचान।

जवानी तेरी का कुछ अस्तित्व नहीं, ज्यों प्रभात समीर
यह ढलती- ढलती ढल जाएगी, ज्यों सरोवर का नीर।
चार दिन की चांदनी, फिर अंधेरी रात।

बंदे तुम्हें...

अब तो फिरता दौड़ता, हो किसी तरह का वाहन
टक्कर खाकर वक्त से, होगा हाल बेहाल,
दशा बिगड़ जा, शक्ल बिगड़ जा, बिगड़ जाएगी चाल।

बंदे तुम्हें...

अय्याम मुसीबत के काटे नहीं कटते
दिन ऐश के घड़ियों में गुजर जाते हैं कैसे
देता है यह हर किसी को, एक सत्य ज्ञान।

बंदे तुम्हें...

समय दौड़ता आ रहा, माथे बिखरे बाल
वजह यही, आते समय नहीं हो पाती उसकी पहचान
पीछे गंजा, कैसे पकड़े, उसकी तेज़ उड़ान।



बंदे तुम्हें...

पैर तेरे थक जाएंगे, हाथ करें न काम
सुनने की शक्ति होगी खत्म, नेत्र खो देंगे जहान
उस स्थिति को जानकर, कर ले कुछ तो ध्यान।

बंदे तुम्हें...

दाँत जाते ही स्वाद गया, कान जाने पर राग
छूने की शक्ति गई, तो नहीं होगा आभास
उस विवशता को पहुँचकर, होगा तू परेशान।

बंदे तुम्हें...

कुछ खा न सकेगा, पी न सकेगा
उठ न सकेगा, चल न सकेगा
होगा बतयन को लाचार।

बंदे तुम्हें...

शक्ति में रुस्तम गया, कुलीन परिवार बन सका न ढाल
धन-धान्य में कुबेर गया, सौंदर्य में मिस जहान
फिर उनके पीछे दौड़ता, बन कर क्यों नादान।

बंदे तुम्हें...

अंततोगत्वा शारीरिक अंग होंगे सभी नाकारा
यहाँ लूटे कज्जाक अजम का, दिन रात बजा कर
नुक्कारा।
उसी समय तू भी बन जाए, उस का एक शिकार।

बंदे तुम्हें...

बाण

उर्वीश शर्मा, ४ सेमेस्टर

छिड़ गई है जंग
रणभूमि बन गया वतन
स्वाभिमान का कवच जो हो गया है भंग।
सह न पाए राष्ट्र अब तनिक सा भी अपमान
किंतु - परंतु चलेंगे न अब
चलेगा सीधा बाण।
विविधता में थी एकता
अतिथि भी था देवता
परिश्रमी ही था भोगता
और योगी भी निरोग था।
बदल गए थे ये आदर्श
हुआ था जब पश्चिम का स्पर्श।
उस भूमि पर छिड़ा है युद्ध
जहां जन्मे थे महावीर और बुद्ध।
अंग्रेजों से तो छूट गए
पर भ्रष्टाचारी लूट गए।
संपूर्ण अधिकार तो अब भी नहीं है मित्रों
केवल मित्रों - मित्रों बोल कर 500- 1000 के नोट हमसे
रूठ गए।
आरोप - प्रत्यारोप की राजनीति
ले डूबी है इस देश को
हेलमेट ना पहनने पर 100 रुपए देने की रीति
उतनी ही भागीदार है डुबाने में इस देश को।
परंतु चिंता की आवश्यकता नहीं
बचेगा केवल जो है सही
क्योंकि सह न सकेगा राष्ट्र अब तनिक सा भी अपमान
किंतु - परंतु चलेंगे न अब
चलेगा सीधा बाण।

ये अँधेरी रात

आश्रय गुप्ता, ४ सेमेस्टर

ये अँधेरी रात है ,
बिना अल्फाज़ जगी दिल में एक बात है ,
रिश्तों की सौगात है ,
फिर भी क्यों तन्हाई हमारे साथ है ?

आँखों में नींद और दिल में जोश है ,
भावनाओं का एक अद्भुत सा कोश है ,
कहने को तो हमारे जिस्म में होश है ,
फिर भी क्यों हमारा मुख खामोश है ?

अचानक दिखता है एक चमकता हुआ सितारा ,
आसमान में सजा है इस दुनिया से न्यारा ,
चंद्र की रोशनी उसे कर देती किनारा ,
फिर भी बरकरार रहती उसके प्रकाश की धारा।

अब समझ आया जीवन का सार ,
खुशी और शांति की तो हमारे अंदर ही थी
भरमार ,
हमने ही बना रखी थी अपने मन में एक दीवार ,
कुछ पल अपने साथ गुजार कर देख तो लेते
एक बार ।



मिलना था तुमसे रूबरू

साहिल शाह, ४ सेमेस्टर

मिलना था तुमसे रूबरू
इसके पहले कि ये दिन ढल जाए ।
देखना था तुम्हें फिर एक बार
इसके पहले कि ये साँसे थम जाए ॥

अस्पताल के बिस्तर पर लेटे हुए,
अपने जीवन-गीत का आखिरी छंद गाते हुए,
मैंने सोचा कि एक बार फिर
इस गीत को दोहराया जाए ।

क्योंकि
मिलना था उससे रूबरू
जो इस गीत में अपनी आवाज़ छोड़ गया था ।

मिलना था तुमसे रूबरू ॥

इतिहास के झरोखे से
जब मैंने अपने अतीत में झाँका,
तो पाया कि मैं कल कितना अलग था,
और आज कितना अलग हूँ ।

मेरे वजूद की ये बदलती तस्वीर,
मेरे मिज़ाज के ये बदलते रंग,
मेरे चेहरे की ये बदलती नक्काशी
को तराशा था जिस फ़नकार ने,
मिलना था उससे रूबरू ।

मिलना था तुमसे रूबरू ॥

देखना था उस घने बादल को,
जिसने इन बारिश की बूंदों को आकार दिया,
इसके पहले कि ये कतरा समंदर में बह जाए ।

निहारना था उस शबनम को,
जिसने इस सूखे पेड़ पर पलाश के गुल खिलाए,
इसके पहले कि ये ज़मीन बंजर हो जाए ।

इनसान तो भावनाओं का खज़ाना है;
हँसना-रोना तो ज़िन्दगी का तराना है;
बदलती तस्वीरों का सिलसिला है ये,
झिलमिलाते रंगों का ये आशियाना है ।

मेरी हर मुस्कराहट, हर रंजिश का स्वाद
चखा था मेरे साथ जिस हमराही ने,
मिलना था उससे रूबरू ।

मिलना था तुमसे रूबरू ॥

मैं जाने से पहले
तुमसे एक बात कहना चाहता था;
अपना याराना कायम रखने के लिए
तुम्हारा शुक्रगुजार हूँ, ये बताना चाहता था ।

इसके पहले कि मेरी कटी पतंग
ज़मीन से टकरा जाए,
इस पतंग को जिस झोंके ने आसमां में लहराया था,
मिलना था उससे रूबरू ।

मिलना था तुमसे रूबरू ॥



मेरे मन के गाँव में

जेठू सिंह, ६ सेमेस्टर

जब भी मुँह ढक लेता हूँ
तेरी जुल्फों की छाँव में,
कितने गीत उतर आते हैं
मेरे मन के गाँव में।

एक गीत पलकों पर लिखना,
एक गीत होंठों पर लिखना,
यानी सारे गीत हृदय की
मीठी-सी चोटों पर लिखना।
जैसे चुभ जाता है कोई काँटा नंगे पाँव में,
ऐसे गीत उतर आते हैं, मेरे मन के गाँव में।

पलकें बंद हुई तो जैसे
धरती के उन्माद सो गए,
पलकें अगर उठीं तो जैसे
बिन बोले संवाद हो गए।
जैसे धूप, चुनरिया ओढ़े, आ बैठी हो छाँव में,
ऐसे गीत उतर आते हैं, मेरे मन के गाँव में।

क्षितिज

आयुष आनंद, २ सेमेस्टर

तुम आसमान सी हो,
दूर हो पर मेरे
जमीन पर रहते
अरमानों के लिए जरूरी हो।

कहते हैं कि दोनों मिलते हैं कहीं,
झूठ ही सही... पर फिर भी
उस नजारे को ढूँढता हुआ
हर रोज़ कहीं खो जाता हूँ

मदहोशी

प्रीति मीणा, ८ सेमेस्टर

खुदा तेरी नियामत जी रही हूँ
तेरी खूबसूरती को निहार रही हूँ।

इसे करीब से जान रही हूँ
ये मदहोश हवाएं जैसे मुझे गले लगा रही हों
जाने क्यों मुझे अपनी मदहोशी में समेट रही हैं।

इसकी इसी अदा के कायल हैं हम
खामोशी में अक्सर बातें कर जाती है।

इस बेजान में भी जान डाल जाती हैं
मुझझाई हुई रूह में खुशबू डाल जाती हैं।
मेरा राबता मुझसे ही करवा जाती हैं...
मेरे अकेलेपन को मेरा हमसफ़र बना जाती हैं।

कुछ तो है हवा तुझमें...
तेरे स्पर्श से ये बेजान फूल यूँ खिलखिला उठा है...
तेरी हवाओं में सादगी भी है
और संगीत का सुर भी...
तू मेरे खुदा की हसीन नियामत...
जिसे मैंने महसूस किया है...
खुद को इसमें खो कर अपने सुकून को पाया है।



खुशी- एक नज़रिया

निश्छल गंगवार, ४ सेमेस्टर

माँ की एक झलक पाकर
माँ की गोद में सुकून भरी नींद पाकर
नन्हीं सी उम्र में

मैं अक्सर हो जाता था खुश
उम्र बड़ी मन में चंचलता जगी
कभी किसी अजीवित खिलौने से
तो कभी किसी मिठाई से

मैं अक्सर हो जाता था खुश
बचपन के इन पलों से आगे आया
तो खुद को इस स्पर्धी दुनिया में पाया
अपने ही जैसों से आगे निकल कर
मैं अक्सर हो जाता था खुश

समय बदला, लोग बदले, नज़रिया बदला, हालात बदले

इस रफ्तार भरे जीवन में
दोस्तों के साथ चैन के कुछ क्षण पाकर
मैं अक्सर ही हो जाता हूँ खुश

फिर मन में एक ख्याल आया
और इन सब पलों के बीच जो नजरंदाज हो गया
उस पर मैंने गौर फरमाया
कि खुश तो वो माँ भी जरूर हुई होगी
अपनी नन्हीं सी जान को मुस्कुराता देख
मुस्कान तो उस कारीगर के चहरे पर भी आई होगी
मुझको खिलखिलाता देख
गदगद तो वो अपने जैसे भी हुए होंगे मेरी सफलता देख
आनंदित तो वो दोस्त भी हुए होंगे मेरी बेफिक्री देख

तो इस सब ने मुझे यह सिखलाया
कि मैं अकेला नहीं जिसने यह खुशियों का खज़ाना पाया
खुश रहना तो जीवन का एक विकल्प है
जिसे अगर चुन लिया तो क्या फर्क पड़ता है
कि क्या खोया और क्या पाया।।

खुदी

सुश्रुत अग्रवाल, ४ सेमेस्टर

याद आती है मुझे खुद की
अपनी मासूमियत की जो मैंने खो दी
अपनी आज़ाद ख्वाहिशें जो मैंने तिरोह दीं
अपनी लाखों खुशियाँ जो मैंने भर के रो दीं
अपनी असीम क्षमताएँ जो मैंने भीतर से निकाल के छोड़ दीं
याद आती है मुझे खुद की
याद आती है मुझे खुद की।

मगर वाटिका और वन एक नहीं
आराम और रण एक नहीं
कष्ट, कठिनाइयाँ, कुरबानियाँ हर एक
ने बदल दिया पूरी तरह मेरा विवेक।

तो सोचता हूँ मैं
करूँ याद पुराने खुद को या मनाऊँ आज के खुद का जश्न
क्योंकि भले ही नहीं हूँ मैं आज अपने बचपन जैसा
आशावान

आज है मेरे पास अनुभव का वरदान
आज जितना वास्तविक मैं कभी ना था
अगर बचपन में ही रहता तो लक्ष्य की होती कुछ और ही
व्यथा

अगर पहुँचना है अपने गंतव्य पर तो ढलना तो पड़ेगा
बनना है सूर्य सा तेज तो जलना तो पड़ेगा
बिना व्यर्थ करे समय को बढ़ते रहो आगे
जो पीछे छूटा बिना उसके पीछे भागे
परिवर्तन के भय से लक्ष्य बदलना जायज़ तो नहीं
उसके लिए आजमाया जाए अगर तुम्हें तो आजमाइश ही
सही।

तो पूछो खुद से क्या झुलसने के डर से तुम मंज़िल पर नहीं
जाओगे
क्योंकि सफ़र में धूप तो अवश्य ही तुम पाओगे॥

Tribute



Dr. Sanjeev Wasson MD, FACC, FHRS, RPVI, MBA, CPE (1971-2020)

After completing medical school at Maulana Azad Medical College (1989-1993 batch), he emigrated to Canada and then to USA to pursue his further education. He completed his training in Cardiology at the University of Missouri at Columbia.

Dr. Sanjeev Wasson trained in his dream specialty, Cardiac Electrophysiology, at the Cleveland Clinic, Ohio from 2006-2008, getting selected despite very stiff competition for the demanding fellowship program. He practiced in this field for over 20 years.

He will be remembered as an exceptional clinician, loving father, dedicated husband and a pillar of strength for his friends and family. He was widely respected and loved by his patients, and his contributions to society will remain his endearing legacy forever. He went through life's ups and downs with determination and grit, taking them in his stride, and came out victorious. He enjoyed each day as it came, spending time with family and friends and looking after his patients.

Dr. Sanjeev Wasson was taken away from us far sooner than anyone had anticipated, but such is life and his passing has left a large void in the hearts of his friends and family.

He is survived by his wife Seema and children Tanya and Krish Wasson.

We would like to remember him for the positive force he was by doing something that he would have wanted to do-leave a lasting legacy by helping any needy students at MAMC. The details of this support are being worked out with the Academic Registrar and will be circulated soon.

Lets pray for the departed soul and remember him for the many positives that defined him.



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