



SPANDAN

2022-2023



Connecting Maulanians...

Standing (L to R): Bhavya Goyal (2021), Khushi Sharma (2021), Dr Nita Khurana, Dr Harpreet Singh, Dr Sumit Sural, Dr Surbhi Wadhwa, Aiman Perween Afsar (2018), Zoya Akram (2020), Pratyaksha Singh (2021)

Kneeling (L to R): Akshat Goel (2021), Disha Agrawal (2020), Gouri Asnani (2020), Sanjna Tandon (2021), Saksham Sachdev (2020), Aadya Jain (2020)

Sitting (L to R): Gaurav Sinha (2019), Gautam Chellani (2019), Sankalpa Keshari (2018), Apoorv Raghav (2019), Abhinav Ranjan (2019), Saksham Rastogi (2019), Shubham Kasera (2020)



MESSAGE FROM THE DEAN

Over the last year, after struggling through, and surviving the challenges of the Covid pandemic, I have seen the spirit of our Maulanians rise again like a phoenix, during the college festival 'Synapse' (2022).

With great fervor & even greater admiration, we all at MAMC witnessed our students uphold the integrity of our name & move ahead with colourful dreams & achievements. They have managed to leave their mark in almost, every competition, both academic & extracurricular. Old traditions have been resurrected, and new ones created, so that no field has been left untouched by their intent, enthusiasm and hard work.

The current issue of the college magazine 'Spandan' has beautifully captured all these memories. Catering to the theme of 'Connecting Maulanians', it represents thoughts and activities of Maulanians from various batches, through their own words.

My heartiest congratulations to the Spandan Editorial Team for their effort and energy that is reflected in this fine work.

Dr Poonam Narang
Dean, MAMC



MESSAGE FROM DR SUMIT SURAL

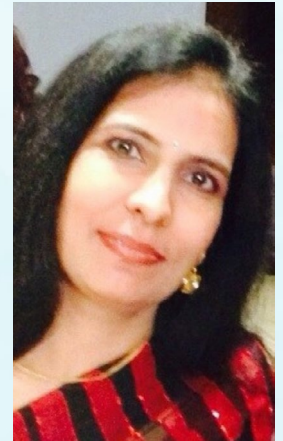
The student editorial team of Spandan 2023 selected the theme of 'Connecting Maulanians'. Over 100 Maulanians of the 2017 batch, have memorialized their college days in the form of one-line quotes. The young minds have showcased their literary talent in both Hindi and English by prose and poetry describing various thoughts, anecdotes, incidents and experiences. The artists and photographers of MAMC have added to the vibrant colour of the magazine. The faculty interview section of the magazine features alumni across many batches and their journeys in life. The students of the 2020 batch have provided their perspectives on the newly launched 'elective' posting of the CBME curriculum. Happy reading and best wishes and compliments to everyone.

Dr Sumit Sural
Faculty Editor, Editorial Board



MESSAGE FROM DR NITA KHURANA

Spandan is a collection of expressions of MAMC students in the form of a rich display of articles, photographs, poems and stunning paintings and this year all these are truly a showcase of creativity, confidence and curiosity reflecting their freedom and self-control while narrating their varied experiences and penning down their reflections including the curriculum innovations, hearty interactions with alumni who are working in different fields and geographies showcasing the broad spectrum of careers which have their foundation made from the seeds sown in the MAMC grounds. Words fall short to express the sense of satisfaction of seeing the hard work of so many spirited Maulanians collected by the capable editorial board members and put across as an appreciable bouquet. I hope you will enjoy reading this year's Spandan and spread the fragrance of this bouquet to the global Maulanians.



Love
Dr Nita Khurana
Faculty Editor, Spandan

MESSAGE FROM DR SURBHI WADHWA

There is no such thing as a coincidence. Notice, how everything in life somehow leads up to the next- IT'S ALL CONNECTED. We all have stories of how we got 'here' and this magazine is an unprecedented edition that delves into the impact of the past on our identities today. A flick through this volume of Spandan is like taking a trip down memory lane. Staying true to its commitment to unite generations of 'Maulanians'. The magazine offers a window into life on the ever-bustling campus of Maulana Azad Medical College and reminds us to keep "one eye on the past and one on the future".



Dr Surbhi Wadhwa
Treasurer, Editorial Board

MESSAGE FROM DR HARPREET SINGH

As we move past the post COVID era to the newer CBME curricula and perspectives, this edition covers the entire gamut of changes which our vibrant campus has witnessed over the last year. Beautifully captured in pictures and prose, this edition of Spandan showcases the literary and artistic talent of the institution with the theme- Connecting Maulanians- running throughout. And maintaining the ever dynamic nature of this magazine with some new sections. Here's wishing a joyful reading experience to all.



Dr Harpreet Singh
Faculty Editor, Editorial Board

FROM THE EDITOR'S DESK

After all this time? Always.

While the magical world of Hogwarts may have remained a dream for many of us, Maulana Azad Medical College (MAMC) has become our realm of wonder and growth. Much like Hogwarts, MAMC stands as a castle of emotions, holding stories of dedication, discovery, and camaraderie. As we navigate the intricate halls of MAMC, we walk in the footsteps of giants—mentors, educators, and pioneers in the field of medicine. In the heart of every Maulanian resides indelible memories, encapsulated and cherished. Giving voice to these sentiments, this year, we present the theme of “Connecting Maulanians”.



When we started putting together this issue, we knew from the beginning that it should revolve around the idea of the unity of Maulanians. Googling through the archives of the MAMCOAANA, Spandan, and LinkedIn, we were able to bring together 30+ years of MAMC. For this issue, the first of another era, we spotlight Maulanians who have ventured beyond the confines of MAMC and found success in startups and diverse professional paths, distinct from the medical field. Your heartfelt reflection underscores the profound influence that institutions like MAMC can wield in shaping our life's journey.

This year, we're embracing an eco-friendly approach and will produce a limited set of printed copies. However, we're excited to make it accessible to everyone online.

Our success is a reflection of the outstanding teamwork that defines us. There was always someone just a message away, supporting me in realizing my vision for this tenure: building a well-structured team and establishing a strong social media presence. Be sure to visit our thriving Instagram page @trendingnowinmamc. Let's raise three cheers to the numerous discussions, successful ideas brought to life, and the remarkable team spirit we've cultivated along the way.

As we embark on this academic adventure, let's remember that even amidst complex medical theories, a hearty laugh and a dash of imagination can be the best elixirs. So, don your lab coats like wizards' robes, wield your scalpels like wands, and let's make magic happen in the world of medicine! As we stand here at the precipice of our journey's next chapter, let's remember that MAMC, like Hogwarts, is more than just a physical space. It's a realm of transformation, a hub of emotions, and a symbol of the endless possibilities that await us in the world beyond these walls.

Wishing you all a journey filled with discovery, enchantment, and the occasional chuckle.

Magically yours,

Aiman Perween Afsar

Editor-in-Chief

Spandan 2022-2023

FROM THE JOINT EDITOR'S DESK

As the seasons transition, ushering in a new chapter of nature's symphony, we celebrate the culmination of yet another year's fervent dedication, passion, and creativity. With a deep sense of pride and honour, I extend to you a heartfelt welcome to the latest edition of "Spandan"

Spandan, much like a finely aged wine, has matured with each passing year. This year, it takes on a role more profound than ever before. It serves not merely as a publication but as a vital conduit, bridging the chasms of time and space that often separate alumni from their cherished alma mater. This year, our theme, "Connecting Maulanians," is a testament to the enduring bonds that unite our alumni, students, and faculty into a close-knit family. Much like a master surgeon, "Spandan" has delved deep into the intricate tapestry of these connections, unveiling stories and experiences that resonate with the profound complexity of the medical world itself. Alumni share their life trajectories, weaving a vivid picture of how their paths have traversed from these very halls to the farthest corners of the globe, leaving indelible marks on the canvas of medical excellence.



Spandan is a tribute to the intellectual vitality and artistic prowess that courses through our institution's veins. From the poetic musings of our budding writers to the brushstrokes of our artists, we encapsulate the multifaceted talents that make our institution truly special.

In an era dominated by the instantaneous allure of catchy social media posts, one may question the relevance of a tangible publication but Spandan is more than just an enduring tradition. While social media tantalizes us with bite-sized morsels of information, it is within these pages that we find the depth and substance that can truly illuminate our culture as an institution. However, annual magazines are subject to certain inherent limitations, with the foremost being their publication frequency of just once a year. In an institution as dynamic as ours, this may hinder our ability to provide real-time coverage. Therefore, we have made a sincere effort to increase our social media presence (@trendingnowinmamc) in order to reach out to as many Maulanians as possible and provide a continuous stream of information. Make sure to check it out !!

I would also like to extend my heartfelt gratitude to all our contributors, editors, and designers. Your unwavering dedication and tireless effort have breathed life into each and every page of this magazine, making it truly exceptional.

With sincere appreciation for your unwavering support, I hope you find the experience of reading "Spandan" as enriching and heartwarming as we found crafting it. It is not merely a magazine; it is a living testament to the enduring connections that make our college a resplendent family.

Apoorv Raghav

Joint Editor

Spandan 2022-2023

FROM THE HINDI EDITOR'S DESK

स्पंदन के विशेष हिंदी भाग “झरोखा” को आप सभी के समक्ष प्रस्तुत करते हुए मैं अत्यंत हर्षित और उल्लासित महसूस कर रहा हूँ। मैं पहले सत्र से ही संपादक मंडल का भाग रहा हूँ। हालांकि, तब मैंने पाया कि स्पंदन में हिंदी भाषी लेखों, कविताओं और विचारों का काफी सीमित योगदान था। वहीं से हिंदी भाषा को समर्पित एक विशेष भाग “झरोखा” की परिकल्पना हुई, जो सत्र 2020-21 की स्पंदन में साकार हुई।

“झरोखा” के इस अंक में हमने हिंदी भाषा में कुछ नवीन प्रयासों को शामिल किया है। कविताओं के साथ-साथ लेखों को भी शामिल किया गया है। पाठकों की उत्सुकता बनाए रखने के लिए मिश्रित भाषा के अनुभवों को भी जगह दी गई है। वहीं पहली बार अध्यापकों के साक्षात्कार हिंदी में भी प्रकाशित किए जा रहे हैं। इन अनुभवों को अपने मूल रूप में ही विस्तृत जगह दी गई है, ताकि छात्र अध्यापकों के मानवीय पहलुओं को भी जान पाएं। पिछले अंक के मुखपृष्ठ की सफलता देख इस वर्ष भी प्रज्ञा, अवनिका और गौरव की रचना को मूल स्वरूप में रखा गया है। इन सभी के संदर्भ में, मैं पाठकों की प्रतिक्रिया जानने को उत्सुक हूँ।

मैं हिंदी विभाग के सभी छात्रों और संपादकीय मंडल का शुक्रिया अदा करना चाहूंगा जिनकी मेहनत और योगदान ने “झरोखा” को संभव बनाया है। मैं उम्मीद करता हूँ कि वे ये सिलसिला आगे भी जारी रखेंगे।

संकल्प केशरी

हिंदी संपादक

स्पंदन 2022-2023



FROM THE DESIGN HEAD'S DESK

This edition of the college magazine is the first one to have a dedicated design team. The sole purpose of having this was to streamline the process and ensure uniformity across the magazine. Previous editions would have a single designer who would be doing all the work, but I am grateful to see such great work done by my entire team. A huge shoutout to everyone involved! For the first time, designing the magazine was a team effort rather than a collection of individual efforts.

The current editorial board has witnessed major changes in its functioning. We are proud to have the Trending Now in MAMC team, which keeps the college social media space active with their updates and interesting content. Also, this is the first edition to be more focused on the digital edition rather than the print edition, and we hope to eventually shift to a digital-only magazine.

Please do hit us up with any suggestions or feedback, both positive and negative. It is you, the readers, who make all this worth it!

Sincerely yours

Gaurav Sinha

Design Head

Spandan 2022-23





Photo by Dr Sumit Sural, Faculty, Department of Orthopaedics

YEARBOOK 2023

Batch of 2017



Batch of 2017



Aadya Sinha

The 'one'



Aakriti Sahrawat

"You treat an outside wound with rubbing alcohol, you treat an inside wound with drinking alcohol"- Nick Miller



Aarushi Bansal

I'm smarter than Andy Bernard. I ALWAYS knew we were in the good old days!!



Aastha Johri

"Sir, this is a plain chest x-ray of abdomen region."



Abdur Raheem

"Dr." Is not just my prefix , it's my superpower.



Abhineet Mathur

Going through life, one pun at a time



Abhishek Anand

Life finds a way.



Abhishek Banga

Find your magic else u ll be called "magglu" by others



Aditi Goyal

Don't follow your dreams, follow my Instagram @auroraa_borealiss_189



Aditya Kumar

There were difficult times and there were pleasant times. How can I sum up my amazing time here in such a short space. "Can I please stay another year"



Adrika Negi

Tell your dog I said hi!



Ajay Singh

It's all about finding the calm in the chaos.



Akanksha Rawtani

It is what it is



Anamta Iqbal

College made me realise that there are so many ways of mispronouncing my name and insulting me.



Angelene Ekka

I respond to Angelene and all other variations of it.



Ankur

FacchonKeFav



Annesha Chakraborty

Bengali but will not smuggle sweets for ya :)



Anubha Mangla

"And still, I rise "



Arqam

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



Arun Jangra

Schmosby lives in the moment



Aryan Baidh

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



Bhvika Zutshi

Birth - "Mera naam Bhavika nahi hai" - Death



Brinda Soni

Almost there and still nowhere at all, but I did have the time of my life.



Charvi Kundal

I have one brain cell and I use it to imagine fake scenarios in my head.



Chayan Paliya

When life gives us lemons, it's usually a breast lump



Chetan Kumar

The shore is not too far



Debabrat Nayak

I don't know where I am going, But I am on my way. Thank you MAMC for making this journey so beautiful. I MAMC.



Deepinder Singh

Strength is the only thing that matters in this world, Everything else is a delusion for the weak.



Dhairya Bansal

Med School Was Easy. It Was Like Riding A Bike. Except The Bike Was On Fire & The Ground Was On Fire & Everything Was On Fire Because It Was Hell



Dheeraj Kumar

Trying to get window seat on way to hell



Harsh Mittal

104 116 116 112 115
058 047 047 098 105
116 046 108 121 047
051 087 050 118 083
086 120



Rahul Meena

Sone do mujhe



Gautam Sharma

I'm having fun. I'm being myself. I'm doing what I love. That's all that matters.



Dyasu Sinwa

Sweet & Sophisticated



Gaurav Anand

Are yaar, mai chugli karta nahi hu, bas khud ho jati hai



Gaurav Singh

I can't believe how quickly time passes, Peace!



Harshvardhan

It's something unpredictable, but in the end it's right, I hope you had the time of your life.



Ishant Bubaan

Shuru majboori mein kiye the! Par saala Mazza kab aaega!?



Ishika Gupta

All you need is a little less FOMO and a lot more YOLO!!



**Jinendra
Jain**

Your life ends and
starts at 4 pm



Josh

J for Jenius



**Kanishh
Tayal**

Hath bharke baithne
se kya bhala kuch hota
h, ja lakiro ko dikha
kya zor-e-baju hota h



**Kapil
Chalana**

Sleep is the best
medicine



**Kartikeya
Bhatt**

Ezekiel 25:17



**Kenny K.
Marak**

Oh shit! College
khatam? I was about
to start studying kal
se.



**Kokkonda
Aditya
Bhaskar**

Matter destroyed



**Krishna
Prasad**

Kya se kya ho gya
dekhte dekhte



**Kshitij
Malhotra**

Give value to
everybody you
meet!



Kshitiz

Mai karu toh saala
character dheela
hai



**Kunal
Kalani**

Calm after chaos?/!



**Kushagra
Jain**

I'm a high functioning
jolly lazybones who
strives to make this
world a better place!!



**Mahika
Tuteja**

Ham hai raahi pyaar
ke phir milege chalte
chalte!



Manish

Hell is more ambient-
satan on his visit to
MAMC



**Manisha
Dhiran**

Food and friends
over everything.



**Matiz
Hossain**

Don't be afraid to give
up the good to go for
the great.



Megha

On my way to look
for aish after
graduation



**Mehak
Gupta**

Don't be easy to
define, let them
wonder about you



**Mitali
Srivastava**

Saari meri fikarein tere
aage aake hari... apni
toh yaari atrangiiii hain
ree



**Mohd Sharib
Wahaj**

Manzil smjh ke baith
gye jise kyi log, main
zindagi ke us safar se
guzarta chla gya!!



**Mritunjay
Sharma**

Personality begins where
comparison wears off. Be
unique, be confident, be
memorable, be proud.



**Mukesh
Maurya**

Don't do drugs, do
me instead.



Nikhita Kalra

MBBS 101: There's
always going to be a
lot to be done but no
desire to do it!



Nikita Goyal

"Dear future self,
'Always remember
who got you where
you are today."



Nilayan

It's not the
destination but the
journey!



Nitin Jain

Learnt more about
human nature than
human body itself.



**Pallavi
Aggarwal**

I don't gossip. I
observe. And then I
just relay my
observations to
everyone else.



Pallavi Meena

Babu Moshai zindagi
badi honi chahiye,
lambi nahi



**Pankaj
Yadav**

जलने वालों की जलती
रहेगी, तेरे यार की यूं ही
चलती रहेगी



**Pariniti
Khillan**

On losing things-
MAMC took a lot from
me- 2 of my phones, bit
of my sanity, and my
WHOLE HEART.



Parnita Arora

Gained 50 years of life
experience in 5 years
and guess what, you're
stronger than you
think!



Piyush

LH ka jija



**Pradeepkumar
Vaishnav**

Live life FRIENDS
size. ♥♥♥



**Pradyuman
Soni**

Working hard for something
we don't care about is called
stress. Working hard for
something we love is called
passion.



Pragya

"I would like to thank my
arms for always being by my
side. My legs for always
supporting me and finally my
fingers; because I could
always count on them."



**Prakash
Aaditya**

Whatever you do in this
life, it's not legendary,
unless your friends are
there to see it.



**Prakhar
Agrawal**

An athletic studios
foodie-cum-excursionist
having a carpe-diem
attitude



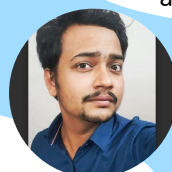
**Prashant
Kumar**

Achhe logo ke saath
hamesha bura hota
hai but end mei sab
achha ho jata hai



**Prateek
Chauhan**

I don't know
what's darker- my
future or my sense
of humour



**Prateek
Kumar**

Is it over already? Well it was
worthwhile. I just wanna say,
don't follow your dreams,
follow my Insta Page instead
@kekkeii_genkai



Preeti Singh

Before I thought 5.5 years
are too long but now I
didn't even realise that it
has come to an end. They
were the best years of
my life.



**Priyansh
Gupta**

"Kaizoku Ou ni, ore wa
naru!" not "Ore wa
Kaizoku Ou ni naru!"?



Purva

"Be yourself and keep bettering yourself" Had no idea how lucky I was to have something that makes saying goodbye so hard
Thank you all for your immense support and encouragement.



Pushkal Agarwal

Tu bahar mil



Raghav Gera

It may seem difficult at first, but everything is difficult at first!



Ragini Sharma

I knew exactly what to do. But in a much more real sense, I had no idea what I was doing.



Rahul

Things happen for a reason which we may not see at the moment.



Rhea Wason

"Any fool can know. The point is to understand."
~Albert Einstein



Riddhi

Jigar ke challe



Rishikesh

Hang in there



Ritik

Ache logo k sath hamesha bura hota h par end mei acha ho jata h



Riya Gupta

Zindagi chhoti nahi hoti hum jeena hi der se shuru krte hai jab tak raaste samajh aate hai lautne ka waqt hojata hai



Riya Tyagi

My toxic trait is not only am I sweet enough to give you diabetes, but I'm nerdy enough to diagnose you



Rohot Aswal

Mera bday yaad rakhne wale ko inaam milega



Ruqaiyah Rahman

I had earphones on, ALL the time. Vivas too. Surviving_MBBS 101



Saarthak Miglani

Strike a balance in the triad XD



Samit Kumar

Always wishing for three more wishes



Saundarya Monga

Real girls aren't perfect! And perfect girls aren't real...And then there are exceptions! ;)



Saurabh Kumar Shukla

College taught us more about life than medicine, entire college was a huge Personality Development Programme.



Saurabh Singh

Pik-A-Chuuuuuuuuu



Shanta Narayan

No better place to evolve than MAMC



Shikha Aggarwal

Nothing is Impossible. The word itself says "I'm possible"



Shivam Kumar

Live in the moment.



**Simran
Bidhan**

Be a rainbow in
someone's cloud.



**Simran
Singh**

Dil da ni maada...



Sudeesh

Ache logo k sath
hmesha bura hota h
par end mei acha ho
jata h



**Sulakshana
Aggarwal**

Don't give a damn but deeply
care when it matters ...PS-
fun loving, dedicated, and
hard-working....oops am I too
self obsessed ...



**Sumit
Pal**

Love people, have a
brave heart. Don't
make guns, make art.



**Sweta
Modi**

"Zindagi lambi
nahi,badiii honi
chahiye"



**Tejasvini
Khanna**

59? Present.
232? Present.



**Urvi
Arya**

Entered with a dream,
going out with the
reality.



**Utkarsh
Singhal**

Now, bring me
that horizon.



**Vijayant
Sheoran**

Teesra admi jiske
bicep pe baal hain:-
बालveer vijayant



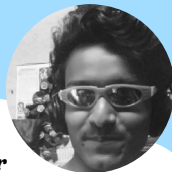
Vishal

I know I'll remember
these days being the
happiest in my life.



**Vishesh
Raina**

I love children, so full
of hope:)



**Vivek
Kumar**

mamc gave me
name:- CLAVICLE



**Yogender
Yadav**

From stories
to memories



**That one
Girlsss'
Band**

Where moonrock stopped
being extraterrestrial
geography.



INTERVIEWS

Spotlighting Maulanians who have ventured beyond the confines of MAMC

1. Armaan Saith
2. Shiveha Verma
3. Nikhil Goyal
4. Anand Sharma
5. Ravi Meher
6. Manu Shetty
7. Deepak Pahuja
8. Vibhor Wadhwa

DR. ARMAAN SAITH

MAMC is the hub for the brightest of minds and the Editorial Board is fortunate to have been able to interview one of them.

Dr. Armaan Seth (Batch 2016) secured AIR 9 in NEET 2022, AIR 8 in INICET 2022 and AIR 23 in INICET 2023.



Q. What are you doing currently?

A. Currently preparing for USMLE Step 2, after which I will pursue research at Yale University and apply for the 2024 Match.

Q. Why USMLE?

A. I took Step 1 in third year without much thought because the syllabus coincided with the first two years of MBBS during which I had adequately studied. I decided firmly after my internship to explore healthcare abroad, enabling me to grow as a person.

Q. How was the US clinical experience?

A. My first elective was at Cleveland Clinic in Cardiology. Discussions about patients there were really elaborate. A long time was spent on each patient, after which teaching conferences were held. I got to meet new people and learn much more about medicine. It was an enriching experience.

Q. Does it get lonely in the US?

A. At times it does, because of the time difference with India. But there's always someone to talk to around.

Q. We've all seen you spending long hours in the library. Is there something you'd like to change about the MAMC library?

A. I love the MAMC library and have been spending most of my time there since my second year. Most students find the library conducive to study, resulting in a paucity of seats. Increase in the number of seats should definitely be worked upon.

Rapid Fire:

Favourite teacher - Dr. Kalra

Most dreaded department - PSM

Favourite subject - Medicine

For recreation, Books vs Movies - Movies

Q. Embarrassing viva incident that haunts you till date?

A. Haven't had any embarrassing vivas but I had a particularly grilling PSM viva once.

Q. Something you wish you knew during UG days?

A. I wish I had enjoyed more during my first year. First year is essentially the most strict in terms of tests and other academic maintenance.

Q. What's your favourite thing about MAMC?

A. Definitely the people around. Since my batch is not here now, the campus feels empty despite all the other batches.

Q. Your stress buster during exam time?

A. Hanging out with friends

Q. A habit you would like to see in MBBS students?

A. Reading textbooks, absolutely! We see nowadays everyone has shifted to videos and notes, which in itself is expected with time and ambiguity about NExT. But still, reading books and enjoying postings is crucial. I think if I had this fear of lingering entrance at my time, I wouldn't have enjoyed it so much, but I

did. So, I think it's important to do so.

Q. What kind of student were you in the LTs?

A. In 1st year, I was always the first bencher, constantly giving all the answers. In 2nd year, I would be in the 3rd-4th row and just listening. In 3rd and final year, I would be sleeping at the back.

Q. What is something you tried for the first time in MAMC?

A. It was in MAMC that I went on a trip to with my friends for the first time in my 2nd year. Also, I had never stayed in hostel before, so that was something I did for the first time in college.

Q. What would you have done if not medicine?

A. Something in physics, probably.

Q. Could you sum up your MBBS life in a few words?

A. I miss it. The experience was one of its kind, it shaped me into who I am and I'll always be grateful.

Q. Any advice for juniors?

A. Apart from inculcating the habit of reading textbooks, everyone should ensure they live their MBBS times to the fullest. Since batchmates and college friends are for life, it is important to cherish these friendships. In the end, as you spend most of your time with your batch, it remains the best part of college.

Q. The title of your autobiography.

A. "It's just confusing"

Q. Any internship incident that stayed with you?

A. I remember one of my batchmates had to take a gynae patient for a scan. But he stopped at a food shop near the department to eat something. A few minutes later he was texting in the group if anyone had seen his patient! She went missing and it's actually very serious in gynae department because they have to keep a record of maternal mortality. He was scolded a lot in the end. Also, once one of my batchmates locked himself in a supply room to hide from his unit head during internship.

Q. Viva memories?

A. Vivas with Srinivas sir used to be fun. (If you know, you know)

Q. What hobbies did you like to pursue in your free time?

A. I used to like cricket and quizzing a lot.

Q. Any fun quizzing anecdotes that come to mind?

A. Srinivas Sir had accompanied me and my quizzing partner for a forensic quiz. Along with vivas, travelling with him also turned out to be pretty fun.

Q. Do you feel frustrated when you see your batchmates starting their PG, while you still have some time before you can start training in the US?

A. Yes, initially it did feel like that when everyone was starting forward in their career. But, I feel that's a very short-sighted way of thinking about it. In a few years, everyone will be at the same level. And I'm quite reassured by the knowledge and experience I'm getting in the process, so it doesn't bother me.

Q. Any fun incident of yours where you got into trouble?

A. I was once imitating an SR while sitting with my friends. Andddd, the said SR turned out to be standing right behind me, having heard everything. But, she was quite amused by it and asked me to do more impressions of the people in the department. That was fun.

Q. Any incident that had a huge impact on you?

A. Just as my internship started, I was given COVID duty. All things I saw at that time impacted me a lot. It also made me feel that, I wanted to do the best I can for the patients.



In frame (left to right)- Aadya Jain, Khushi Sharma, Dr. Armaan Saith, Bhagya Sri, Sanjna Tandon

DR. SHIVEHA VERMA

Pediatrics Resident at AIIMS, New Delhi
MAMC Joining Batch 2017



Q: What difference do you feel after coming back to college after taking both the exams, NEET and INICET?

A: I feel a lot more recognized, everyone is coming up and greeting me, which is making me a little nervous. This celebrity feeling is new to me (laughs). Even when I went to inform my professors, they were elated, especially my gynae unit head ma'am, Dr. Sangeeta Gupta.

Q. What were your feelings throughout the journey? And what helped boost you during the preparatory phase?

A. I was essentially an underdog for most of the time in college. In prof exams too, I wouldn't score highest. Also during internship, I was a day scholar for most part, so I would go home and talk to a few friends only. Basically, I was not a batch celebrity at all. Everybody knew I study well but that's just it (smiles). You can say that even I didn't expect to do so well.

Q. Any interesting college memory?

A. Broadly speaking, 2nd year was the most interesting and memorable time. It's like the teenage of medical college, you are at a certain level of independence, you can choose whether to go to postings or not, but you're also bound by some rules like you have to attend path tutorials. The whole batch is in enjoyable mode and it's really fun! So it will be this whole period instead of a single memory.

Q. What have you been upto lately?

A. I have been catching up on my hobbies. I like watching anime, so I've restarted that. I joined a gym too. Actually I also enjoy doing nothing! If I am staying at home and just sleeping, that's also nice for me.

Q. What are you looking forward to the most?

A. Honestly speaking, I do see myself taking pediatrics. So the thing I am most looking forward to is working with kids. It really excites me, it always has.

Q. Even though it's evident that you love paediatrics, what is your favourite subject apart from it?

A. As a subject, it is Pathology and as a speciality, it is Ophthalmology.

Q. When did you realise your love for paediatrics? Was it before coming to college or did you decide during the course of MBBS?

A. In my second year.

Q. Who is your study partner and how did you choose one?

A. It was a by chance encounter. He is not even from our college. I randomly posted on telegram in case anyone wants to solve custom modules can message me and he replied. We had very similar study styles. He is a student in Kolkata. We kept each other accountable. We used to make schedules and study goals together. It's amazing if your study partner is from the college itself.

RAPID FIRE :

Favourite professor- Dr. C B Singh

Most dreaded subject - Surgery

What do you prefer:

1. Books vs Movies - Books.

2. Hostel vs dayschooling (and something regarding your hostel memories) -

There were pros and cons with both for me. I had a lot of wholesome memories staying in hostel. I got room in 2nd year in Warden's hostel and sadly within a few days lockdown came into force and we had to vacate hostels and go back home. So, I didn't get much time to enjoy there. Moreover, I feel that one enjoys the hostel adventure the most in their childhood years of MBBS. And as we get into elderly phase, into final year, we get alienated into single seater rooms in NGH. Of late, I remember a BDS student came to my room and we had loads of gossip and chit-chat. She was left surprised that MBBS students too love blabbling around. I enjoyed it. I also had a good time in RTRM Hostel during PSM postings in internship.

Q. How you see the current election campaigning process? Any of your memories related to it from your college days? What do you think of growing candidature for electoral posts including EdBoard?

A. In our batch every post went unelected and there was no election held. That's why the current trend of candidature is completely 'alien' to us. Also, our senior batch AMA had elections for a few posts only and there were clear cut winners.

Strangely all the members of their AMA got supplementary except EdBoard people and this made a perception in our batch that 'AMA = SUPPLE'. I love the thrill and enthusiasm in upcoming batches for election but on the same page, I don't support or encourage the kind of negative campaigning that has filled the college atmosphere. But definitely a good election is fun.

Q. What would you be doing if not MBBS?

A. I would love to become a Translator/ Animator.

Q. When and how did you develop this craze for anime?

A. It was my 11th birthday and one of my friends gifted me a CD with Naruto episodes downloaded. I was in 6th Standard and I was completely fascinated.

Q. How do you see the growing popularity of anime in the current generation as a separate genre from cartoons?

A. In my time anime was quite unpopular and a very few enjoyed watching it. I too used to get excited when I see others watching it. Anime is surely different entity from 'cartoon'.

Q. Can you suggest any anime/manga?

A. My favorite anime is: Bleach: Thousand-Year Blood War. I love anime with innocent and pure main character that symbolizes hope for me. So, in this genre I suggest: Kobato & Tamako Market And for manga, I suggest: Oshi no Ko.

Q. Any book suggestion?

A. The Kite Runner.

Q. What was your ready to go to activity that you preferred while preparing for exams or any other low times?

A. A walk in the park with some soothing music used to energise me.

Q. Is there any important life lesson you want to share?

A. I hope I am able to present this in the way I want, so that everyone can grasp what I want to say. To achieve anything, the first step is to believe that you can do it. The people who win are those who think they can. I was never the brightest kid in the lot, but I believed myself to be special. No matter how many quizzes I lost, terminals I failed or average ranks I got in practice tests, I always believed that I am special and that kept me going.

Q. What is the one thing you would like to change about the campus and one thing which you like about the campus?

A. I feel that the number of accessible washrooms should be increased. Many washrooms which are available are locked and there is not so much time to get them unlocked and then use them.

Library Plaza is an area which is very beautiful and is my favourite place in the campus.

Q. Who were your idols during your preparation phase?

A. Shagun Ma'am and Kanav Sir.

Q. Craziest rumor you've heard about yourself?

A. In school-that I've finished RD Sharma twice and recently- that I finished First Aid in 2 weeks.

Q. One rumor you'll like to spread about yourself.

A. That I'm actually 14 and I skipped 8 grades.

Q. Something that people don't know about you?

A. That I tend to get very sarcastic with people I know.

Q. What do you miss the most about your UG life?

A. I miss making impromptu plans with my friends and then informing parents that I'm going (not taking permission, ONLY INFORMING). That sense of independence was liberating.

Q. There must be Dissection hall memory or something associated with Dinesh Kumar Sir?

A. Fortunately my roll number wasn't a multiple of any date, so I got lucky I guess.

Q. Is there something you wish someone had told you earlier during MBBS?

A. That we should go on more trips. I didn't go on trips and I kind of regret it now.

Q. Is there any special hostel related memory?

A. I recall the memories of playing badminton outside NGH with a smile on my face.

Q. Do you have any fun quizzing memory?

A. In second year, my friends and I participated in a PSM quiz just for fun without any preparation. When we got there we found out that only 3 teams had participated in that quiz, which meant that there was no written round and we directly entered the finals. The other teams were students of senior batches. We started quizzing and the PSM teachers were laughing at our answers. Our score was drastically negative. Then we answered an important question correctly and our final score became a positive number and we started dancing in happiness with the PSM department clapping in the background.

Q. What is something you tried for the first time in MAMC?

A. Interacting with juniors and seniors. I hadn't really done any such interaction during school time.



In frame (left to right) - Bhagya Sri, Khushi Sharma, Shubham Kasera, Dr. Shiveha Verma, Upasana Tiwari, Bhavya Goyal.

DR. NIKHIL GOYAL

Dr. Nikhil Goyal was the Editor-In-Chief of Spandan from 1996-1997.

He contributed immensely to the Editorial Board back in his time and still continues to do so by managing the Spandan website which serves as an archive for posterity and a database of alumni. He specializes in Emergency Medicine, Internal Medicine and Clinical Informatics. The Editorial Board 2022-23 was fortunate enough to be able to contact him and get an insight into the functioning of the Editorial Board in the 90s.



Q. How were you as a UG student?

A. I was a back bencher throughout. I enjoyed practical labs and learnt a lot there. I did a lot of reading on my own in the library. Being the Editor of Spandan was the highlight of my time at MAMC and I made a lot of cherishing memories.

Q. How did you start working in the Ed Board?

A. I was inspired by the Editor senior to me and I did a lot of work under his guidance.

Q. Did you campaign for the elections?

A. Yes. There was someone against me for editor. The Joint Editor was unopposed though.

Q. How many people worked with you?

A. There was a team of 6-10 people who regularly wrote for the Editorial Board. I had a computer and I managed the design. Pooja Jain, the Joint Editor curated the Hindi section very well. Her Hindi was much better than mine.

Q. What was the role of the Ed Board in college fests?

A. College fests were covered in great detail. A newsletter was released at the end of each day of Synapse describing the events conducted on that day in great detail. At that time, social media wasn't a thing and people rarely had phones. So, to collect information, we had a small office where people used to come and report interesting news. Resonance and Iris were the names of the festival rags we published.

Q. Do you still publish what you write?

A. Not so much now. I do write formal articles and scientific pieces. Creative writing was never my strength. Creative moderation was something I enjoyed more.

Q. Title of your autobiography.

A. I would probably never write an autobiography since I don't really like talking about myself. If I do, the theme would revolve around medical education and technology and how to use technology to enhance medical education.

Q. Why did you opt for studying medicine in the US?

A. I came to the US to study Emergency Medicine. There weren't any profound healthcare services for Emergency Medicine back then and I realised that this is the field that I want to work in. I now also teach students and it is what I enjoy doing a lot.

Q. How is Medical Training in the US different from that in India?

A. Training in the US is very organised; in a way, more systematic at places. There's a lot of emphasis on emergency healthcare also. It's a really good way to be trained. I would say, even if you don't want to settle here, you should consider being trained here.

Q. How often do MAMC alumni in the US meet?

A. We have a very strong alumni network in the US known as MAMCOAANA (Maulana Azad Medical-

-College Alumni Association of North America). We live in different parts of the US and meet up locally, and we also have annual conventions. The 37th annual convention, which is this year, will be held in July, 2023 in Pittsburgh.

Q. Could you suggest some people you'd like to see interviews of, in Spandan?

A. Oh, that's a call that only the current Ed Board has to take.

Q. In your time, besides Spandan there was also TNT and the Wall. Can you tell us more about these and the response you received from them?

A. TNT was a monthly or quarterly newsletter, just meant to keep people entertained through the year. It was pretty casual and fun to write. We just printed a small pamphlet, folded it and left the copies in front of the Bookshop, and people just picked it up as they walked by.

The Wall was a notice board, in the heart of campus. It contained news from all over the college.

Q. How did you manage to get funding?

A. We had a team of people who just went door to door in CP just begging for funding and sponsorship. We occasionally got sponsors for TNT.

Q. As a student, did you enjoy writing?

A. I always thought of myself as an Editor, not particularly a writer. Although, I did enjoy writing, editing just a better fit for me.

Even now, I edit medical journals and I quite enjoy it.

Q. Did you ever get scrutinised for your work?

A. One instance comes to mind during the Fest time, we put up something on the Rag, which in retrospect was not a good idea. A professor was not happy about it and said that it didn't uphold the values of MAMC. All in all, it was a lesson learned.

Q. What's one piece that you wrote or helped publish that you're extremely proud of?

A. We did a cover story on Euthanasia in Spandan '97. It took quite a bit of research and we really dived into it.

We conducted surveys, read papers on it, and even conducted interviews with international organisations. Now that I think about it, I have no idea why we chose that topic. But it was really fun to start a conversation around the campus about this.

Q. What impression did everyone have of the Ed Board at that time?

A. Everyone thought the Ed Board just produced Spandan every year. But, with the Wall, TNT and Festival Rags we really made a presence and managed to keep people entertained and looking forward to our work.

Q. What advice would you give to the current Ed Board?

A. One publication per year is mostly forgotten. Something going on in the entire year helps. You could maybe start a Reddit page managed by the Ed Board.

I liked the Spandan of last year. It's a good mix of entertainment and serious stuff.



*In frame (left to right)- above; Aadya Jain, Pratyaksha, Sanjna,
Below(left to right) ; Dr. Nikhil Goyal, Bhagya Sri*

DR. ANAND SHARMA

Dr. Anand Sharma, a student of Batch 2009 of MAMC chose the non-traditional path after MBBS and now works as an officer in the Indian Administrative Services. He secured Rank 62 in UPSC CSE 2018 making MAMC proud.



Q. How would you describe yourself as a student at MAMC?

A. I had a very balanced persona as an undergraduate student. I liked studying but I was definitely not a nerd. My inclination was towards sports and politics. I was the Joint Secretary, General Secretary and President of the AMA. I was an active participant in extra-curricular activities and I did enjoy the college parties too.

Q. Did you always know you'd tread upon the UPSC path?

A. Not really. I decided after internship.

Q. Why did you opt for UPSC?

A. I sought diversity in work and a larger platform to bring about change. I reached out to my seniors from MAMC who had already been working as civil servants. I observed their working style and the opportunities they had and that is what inspired me.

Q. How many people from MAMC are currently working as civil servants?

A. There is a group of 'MAMC in Civil Services' which has about 50-60 members and I'm sure there are still a few who haven't been added. There are a lot of people from MAMC forming a strong support system and network for anyone who wants to learn about the path from MAMC to civil services.

Q. Where are you currently posted?

A. I'm currently posted as an Additional Deputy Commissioner (ADC), Palwal, Haryana.

Q. When did you start your preparation?

A. I started focused preparation for UPSC after my internship in 2015.

Q. How many attempts did you take?

A. I appeared for the exam four times. In my first attempt, I failed in prelims. The second time, I cleared the exam and got commissioned in Indian Revenue Services. In my third attempt, I made it till the interview but couldn't get through and the fourth one is where I finally secured UPSC CSE Rank 62 and got into Indian Administrative Services.

Q. What kept you going?

A. For me, I would say I was highly - determined to work as a civil servant and I didn't have a backup plan. Also, having known so many people from MAMC in UPSC was what really kept me going.

Q. During your preparation, did it ever seem like your contemporaries were moving forward in life while you were stagnant?

A. Yes definitely, it is a feeling you can't escape. People were doing their post graduation, getting married, buying a house and so much more. I had to temporarily break ties to avoid getting distracted. However, it does eventually balance out and things fall into place. I'm very content with where I am now.

Q. What is your daily routine like?

A. My office starts at 9:00 am, where my job includes file work, field work, public interaction. Usually office hours finish at 6:00pm, however there isn't a fixed time and it may get extended in cases of emergency in the district which I have to cater to.

Q. How has your perspective on the health care system changed since you've stepped into the shoes of an IAS from a medical student?

A. I certainly have a soft corner for the medical fraternity and whenever I can, I try to take initiatives which can better the healthcare system. Now, I can understand both sides better, that of the doctor as well as that of the patient. Earlier, I was only exposed to the doctor side of things. With the limited resources we have, I want to use them in a way that helps the doctor fulfil his duties and also brings ease to the patient.

Q. Being an IAS officer, you must've already given a lot of interviews. Any interview experience you found particularly different?

A. Honestly, I don't do interviews very often. I'm not big on 'social media presence' and interviews as such. I get a lot of requests for motivational talks as well, but I mostly avoid it. I don't feel it's right to glamourise all of these. In fact, I felt honoured when you guys approached me and mentioned it to my friends as well. Earlier, I used to be the one approaching Spandan. So, I'm really happy to be featured in it.

Q. We saw on your Instagram page that you recently met Neeraj Chopra also, how was the experience?

A. We met him just after he had won the gold medal for the country. My wife was posted in Panipat and I was also staying there, that's when we met him. He is a very down to earth and humble person. Even after becoming so famous and getting so much glory, there was no sense of arrogance in him. He came across as a very genuine person.

Q. Do you think being a doctor makes you better equipped to deal with difficult situations as an IAS officer?

A. Having been educated from a government college, I already had an idea about the structural and functional components of a government workplace. Working in a government hospital also teaches us rational management in paucity of resources.

Talking about policy changes concerning the health sector, I definitely have a better understanding of what needs to be done. I have been working on Anaemia and Measles off late.

Public dealing is also a skill one acquires as a medical student, which is of immense help as a civil servant.

Q. Do you ever think about what your journey would have been like had you decided to continue with your medical profession?

A. No, it's rarely ever that this thought occurs. I think I'm pretty happy with what I have. This is what I was aiming for and I achieved it.

Q. When did you last visit the MAMC campus?

A. I recently had a meeting in Delhi with a friend who happened to be staying here, so I visited him. I was also invited to MAMC last year to deliver a talk as a part of the foundation course of students (probably the 2022 batch).

Q. Were you a hosteller or a day scholar? Would you share some memories of the experience with us?

A. I was a hosteller and I lived in the Old Boys' Hostel (OBH). I think the best core memory I have is of the hostel night. We also had a rain dance party once in the OBH basketball court which was pretty fun. We used to have these Lohri nights. These dance parties were really fun and they continued late in the night.

We also used to have celebrity nights during Synapse (the annual inter-college fest of the college). I actually helped in the organisation of Synapse for two consecutive years.

The planning and management that went into organisation of those events was a quite great learning exposure.

Q. Did you get any management experience for your duties as an IAS while working on these events?

A. Yes, without a doubt. I learned how to talk to people and how to manage things when on a tight schedule and budget. Being a part of the college union (AMA), we organised various events and were also actively involved in sports activities. Members of the union from around three batches drafted the constitution for AMA (which has been recently amended) and I was a part of the team. The concept of having different organised societies like the literature and dance societies that we have today were drafted during our time with the coming of a formal constitution.

Q. What was your favourite subject during MBBS?

A. I think I liked pathology best because of Robbins (textbook).

Robbins was, according to me, the best book during the entire course. It provides such a clear understanding of concepts and has simplified text.

Q. Who was your favourite teacher during college?

A. I was quite close to Dr. Kaul. She was the HOD of Anatomy and the academic head. She was a guiding light for me during my student union days. I think the current department of anatomy must be knowing about her.

Q. What is one quote you live by?

A. 'Stay hungry, stay foolish' (laughs)

Q. Can you tell us about any decision that had widespread impact on society?

A. Although it is quite early to decide on the impact, I think I still have a long way to go. When I was an SDM in Indri, Haryana, we started a programme focusing on the diagnosis, testing and treatment of anaemia in government school children called 'Anaemia Mukh Indri'. Around 18,000 to 20,000 children benefited from the program. We distributed iron and folate tablets to mildly and moderately anaemic children, while those who needed hospitalisation, blood transfusion and other such interventions were taken care of in nearby hospitals.

Q. Advice to Juniors.

A. I strongly believe that college time is the best time of one's life. So, I would encourage students to enjoy it to the fullest and not JUST focus on studies. Don't stress too much. Hang out with friends, go on trips, attend fests, focus on extra-curricular activities but also maintain a healthy balance between all these things and your career goal. But don't miss out on the fun, because this is the time you'll miss the most and will be looking back to.

Q. What advice would you give to your juniors interested in UPSC?

A. Don't start right away from the first year with targeted UPSC preparation. Focus on your MBBS. The final year, or internship would be more suitable for a full fledged UPSC preparation. Right now, start building a habit to read the newspaper everyday and basic knowledge from NCERTs. Focus on building your base right now. Add on to it every year. Then you can start your 1-1.5 of fully devoted preparation during your final and internship year. Don't ignore your MBBS studies, keep that primary for now. This is the advice I received from my seniors and was also followed by many people.

Q. Anything else you'd like to say?

A. would just like to say that MAMC is one of the best colleges in our country. In terms of academics, faculty, location and ambience. It's the best place to be. You'll find people striving for everything- USMLE, PLAB, UPSC, NEET.. You'll find people approaching every profession. So, use that exposure and experience, learn from it, maximise it. Use that platform. Enjoy the time you get there, it will take you places in your life and you'll never forget it. Your career will take flight eventually, don't focus too much on the timeline, and doing everything 'by the book' and stress yourself out. Everything settles in place eventually.

Interviewers- Aadya Jain, Zoya Akram, Sanjna Tandon

DR. RAVI MEHER

MBBS, MS, DNB, FACS, FRCS, FIMSA, MNAMS

Director Professor, Department of ENT, Maulana Azad Medical College.



Q. Just to get things started, could you please tell us about your childhood and your journey towards becoming a doctor?

A. I was born in Delhi and I studied at Mira Model School, Janakpuri. I joined MAMC in 1992 as an MBBS student. I have been here since then. In 1998, I joined as a junior resident in the ENT department and completed my senior residency in 2005. In between my senior residency and my appointment as a consultant, there was an 8 month gap during which I was at Himalayan Institute of Medical Sciences, Dehradun. I am a Maulanian through and through!

Q. You have been at MAMC for so long, and you would've seen a lot of changes. How has your experience at MAMC been? What do you feel differentiates it from other colleges?

A. MAMC has very good infrastructure and good faculty. It is one of the best medical colleges in India.

Q. Sir, you have been teaching for so long now. Do you remember any funny viva incidents?

A. During one of the vivas, I asked the student, "Which year?" The student said, "Left ear". I asked again and then he realized I was asking the joining year.

Q. Do you have any fun memories from your UG days that you would like to share with us?

A. I was an average student. There was a lot of ragging in those days. On day 1, I was caught by one of my seniors and I was locked in their room

at OBH. They gave me their histology and physiology files and said, "Yeh tera kaam hai. You have to do this the entire day." I made those files the whole day and I was finally unlocked at 4PM.

I used to travel by bus. We also had special university buses from Janakpuri to MAMC run by DTC. It was only for college students. A lot of ragging happened on the bus. I was asked to propose to a girl who was 3-4 years senior to me.

Q. Having been at MAMC for so long, what changes have you seen over the years?

A. There are many new buildings that have come up. The only part of the old campus that remains is the Medical Superintendent's office, which is a heritage building. What I can see is that the campus is not very clean nowadays; there is a lot of waste everywhere in the campus. It used to be a very green campus when I had joined. We need to do something about it. There can be some effort from the Students' Union, and we can even put in a request to the Dean. We can have a 'shramdaan' type of activity involving the faculty too. Let's clean up the campus.

Q. Were you a hosteller during your UG? How was your experience?

A. Initially I didn't get a hostel room in first year. I was allotted room 220 in the Mathura Block in third year. We would have paranthas at 1 AM in the night. Whenever we didn't have good food for dinner, we would just have paranthas in the Main Canteen. There was a person, Prem, running the canteen 24 hours. We used to go to OBH for paranthas even when I joined PG. On the first floor of the Department Canteen, we had the Indian Coffee House chain with good coffee and masala dosa. That was my favourite place to hang out.

Q. Besides your academic interests, what are your hobbies or talents you would like to share?

A. I was good at painting, but I stopped many years ago. I love travelling and I love cycling. We have a doctors' cycling group in Rohini, where I live, and we are 20-25 people who go on long rides every weekend. I love travelling so, I travel a lot. I have been to many places with my family too but even solo travelling is fun.

Q. Students nowadays are rather depressed, and we have started initiatives like support groups for them. How was the situation in your time?

A. It was tough even then. When I joined after school, frankly, it was difficult to cope for the initial 4-5 months but then with time, everything settles. If there is a student who is not able to cope in this competitive environment, we must have a support system for them. I don't think there was anything like this at our time. There were a few teachers like Dr. Krishna Prakash in Microbiology who used to be there for any issues we faced. There are professors who have started peer support groups and the students should also be aware of them. First years must be informed that we have a support system for their issues.

Q. During your time, what was the senior-junior relationship like after the initial period of ragging?

A. Seniors were always there to help us. Even today I have good relations with them. Nowadays, we don't have any connect with the seniors and juniors we don't know each other. I know people who were 2-3 batches senior as well as junior to me.

That is the advantage of interaction. Our dress code for first year when we joined was black trousers and white shirts. We wore only this for six months. Door se aate hi fachcha dikh jaye! Our timing was also changed to avoid ragging and interaction with seniors. There would be 2-3 senior residents from the Anatomy department waiting for us at the main gate. We would be gathered and escorted inside in a queue like a train with a few residents ahead of us and a few behind us. In the corridors, seniors would pick out students from the middle of the line every day!

Q. We have seen you actively involved in conferences, and you are a very enthusiastic teacher. During my ENT postings, I had the fortune of learning from you. What motivates you to be such an enthusiastic teacher?

A. When I finished my senior residency, people asked me whether I wanted to join private practice. I was very clear that teaching is my passion and that is what motivates me.

Q. Since you're such an accomplished doctor, you must be getting lots of offers from the private sector.

A. So I got a few offers but I'm very much satisfied with my job. I love teaching. I have a keen interest in the surgical field also. People say that you don't have that much money here. I don't have that much money but going into private practice has the disadvantage that you are always busy if you want to be successful. Here I can do other things also. I am able to give time to my family. I am quite content.

Q. There is a perception that Ravi Meher sir is very soft spoken.

A. I am soft spoken, but I can be strict too. You need to be tough sometimes since you are at that level that you have to get work done by others. You have to be tough or lenient depending on the situation.

Q. I am posted in your unit currently and today there was a patient with a fistula. I saw you going out of your way to get his work done as soon as possible. In our crowded OPDs, how do you manage to give individual attention to everyone?

A. As a doctor, it is our duty to help.

They have come to me with some hope, and I try to do everything that is required. It's not easy but you have to give time to every patient. There is certainly a lack of time, but with experience you know which patient requires attention and which one can be treated with simple prescriptions.

Q. Do you remember any interesting cases you saw?

A. I have lots of interesting stories to tell. There was a young female patient who came with bleeding from the oral cavity. On taking her history, she told us she had swallowed an open safety pin. We got an X-Ray done and the pin was in the neck. We had to get an esophagoscopy done to remove the foreign body. It had been there for over 10 days and she was able to take only liquids, but it came out very easily. After the surgery, we tried to extubate the patient but there was a massive bleed from the oral cavity. It was pouring! We packed it and thought that the pin had probably pierced the internal carotid artery. The patient was fine. We extubated her and shifted her to the ward. She was a fussy patient. We had put in a Ryle's tube and told her not to take anything orally. The esophagus also had to be opened and there could be an infection. The patient took the Ryles tube out the next day and starting taking food orally. On the 10th day, I was on duty and I received a call informing me that the patient was bleeding again. We took the patient to the OT and found that the whole carotid artery was friable and infected. It was beyond repair and had to be ligated. She developed a temporoparietal infarct and could not be saved.

Q. How do you cope with such outcomes of your cases? It must be very difficult to cope with the death of a patient you treated. How do you break the news to the patient's family?

A. When you are treating a patient, you should always be in touch with the relatives. Communication is the most important thing. If you are taking the patient for surgery or some other management, it is very important to-

communicate with the patient and the relatives- what are the pros and the cons. If you are able to achieve this, I don't think you will face any problems from the relatives' end in case of unfortunate events.

You have to have a strong heart to cope.

Q. What differences do you see in students now as compared to your times?

A. I think students are not very inclined towards clinical postings nowadays. When I was a student, we used to be in the clinics all the time. We even had classes late at night in the emergency. I think that is missing. Students are more interested in reading on their own in the library, in coaching or online. In ENT, we were supposed to be able to do complete examinations and we used to practice in the OPDs and the wards. Students don't know how to perform tuning fork tests or focus the light. I think it is the same across all the branches everywhere.

Maybe it's because, we are not able to give time to all the students. It is difficult to give individual attention with such large batches and obviously, it is a reciprocal relationship. Clinical exposure is very important. We must use our opportunities properly given such a large hospital. Sometimes, it's rare to find patients of even CSOM at other places. We have hundreds every day! Patients are the real teachers. You will never forget what you see in a patient. Clinical posting timings have also reduced from 9-4 PM to 9-12 PM. From 2-4 PM, we used to have seminars, where students used to present.

Q. What motivated you to take up medicine?

A. I had both biology and math, but I was very poor at math. I was somehow inclined towards biology. I was selected by the School of Planning and Architecture as well but I did not join.

Q. What motivated you to take up ENT?

A. My first choice was actually ophthalmology, but I didn't get it at GNEC. I wanted to stay at MAMC. I was getting ophthalmology at Safdarjung, psychiatry at MAMC, and Medicine at LHMC. I didn't want to study medicine, so I gave psychiatry a try. I went to the wards and OPDs for 15 days-

with Dr. Agnihotri to observe under him. I decided that it was not my cup of tea, so I left. In the second counselling, I got ENT at MAMC. I wanted a surgical branch, and I have no regrets.

Q. Any faculty or person you remember and admire?

A. Dr. A. K. Jain. He was a fantastic teacher. He taught us CVS Physiology. He never took attendance, but the class was always full. He drew lovely diagrams on the blackboard. Dr. Suri from the Anatomy department was also a very good teacher and very good at drawing. He taught us upper limb and thorax. He also sang very well.

Q. What was your favourite textbook during MBBS?

A. B. D. Chaurasia. I was very good at Anatomy.

Q. Novels?

A. My children keep reading and they always point out that I don't read any novels. I am very up-to-date about my surroundings through newspapers and magazines.

Q. Any final message to our readers?

A. You have to be very sincere. Whatever you do, give it your 100%. Nobody can stop you. If you don't have much time to read, you can come to the postings daily, you will learn things that may not even be there in books like communication and attitude.

Q. Any incident where you had to face angry relatives?

A. There was a patient who developed facial nerve palsy after surgery. She was counselled before surgery but her father was very angry and almost threatened me. I was rather disturbed by the incident. There were some calls from advocates and the press at that time. Somehow it all settled, and the patient also improved. Despite good communication, patients and their relatives can be quite aggressive sometimes. You need to deal with them patiently. It is a part of the job.

Q. You get a lot of referrals and very often you see that the doctor has made an error. How do you manage that situation without criticizing the doctor in front of the patient?

A. It is very important that you don't criticise your colleagues.

I am sorry to say that most of the consumer court cases are because the treating physician has spoken ill about their colleagues. Complications can occur in any case. Negligence is only when you have not acted as per the guidelines and there has been a gross mistake. When you are treating a patient, there can be negative or positive outcomes but that does not come under negligence. Patients often come in a very agitated state, and you have to handle them tactfully and patiently. You have to explain to them that complications can happen in any treatment.

Q. What were fests like in your time?

A. We also had synapse and Goonj and would dance till 6 in the morning. Once, Mika Singh had come in his Hummer which could not pass through the main gate! When I joined as Assistant Professor, it was my responsibility to put an end to the festivities at night. Dr. N.P. Singh was the incharge, sometimes he'd send me to stop the music at 10 PM. It was a very tough task. Ultimately, we would have to pull the wires out because students never obeyed! Synapse used to be fun, and it happened at the Dean's Carpet and the Anatomy Park. Even the playground was very large for sports events since MAIDS was not there at that time.

Rapid Fire:

1. Favourite department during UG:

Anatomy

2. Favourite destination:

Switzerland

3. Favourite Food:

Indian street food – Samosa (We used to have a tea break in our unit when I was a resident. My unit was called the samosa unit. My first-year duty was to manage this. At 11 AM, I call the canteen through the landline and tell them to deliver tea, bread and samosa.

4. Favourite place to eat in Delhi:

Nathu's at Bengali Market (When I was a resident, the ward days were relatively free. Before coming to the office, we used to go walking to Nathu's.

5. If not a doctor, you would have been?

An engineer (I love to do everything myself at home. I have all the tools)

6. Favourite movie:

Sholay

7. Qualities of great value to you:

Sincerity.

8. Something you dislike:

Lying to cover up mistakes.

9. How do you relax after a long day at work?

Araam karo bas! I don't watch much TV.

10. If you get a chance to switch roles with a person for one day, who would it be?

I am very happy with my life.

11. Interesting rumour:

I have not heard any of mine.

12. If you could go back to your UG days, what would you tell yourself?

I was not very involved in college activities. I'd like to say that one should be involved in everything, even beyond academics. I was more of a bookworm, and I always wanted to go back home after classes. In residency, I was very involved in extracurriculars.

Interviewers- Apoorv, Saksham, Abhinav, Disha

DR. C.B. Singh

Dr. C.B. Singh is currently Director Professor, Department of Surgery. Along with being a remarkable surgeon, sir is also known for his eloquent speech and gentle demeanour, which is much beloved by the students. A Style Guru in many ways, we present to you a candid conversation with sir himself!



Q. What got you interested in Surgery sir?

A. It just happened spontaneously. Physiology, I could really catch well in 1st year, and unlike Biochem, Anatomy was something I really liked and it was something you could see just as you read! I used to explore other dissection tables as well, such was my interest. And the fascination stayed throughout MBBS! It was inside me, came easy to me and destiny made it happen.

Q. Was there any surgeon you looked up to?

A. Not really; since it was difficult in my time to talk to the famous surgeons whose portraits still adorn the LTs. It was hard to approach/interact with them and without that we couldn't grasp their life.

However I still remember how my thesis guide, Dr OP Pathania was so nice, respected and masterful, I just kept following him and eventually became like that! When he used to scold, he used to turn red! Our interaction was so genuine, I became like him.

Q. Sir, you are known for being really polite and gentle. How did you maintain that throughout your residency?

A. I really don't know, it comes from inside. There is always a way of dealing with people gently! Show and talk to them in such a way that there is hope that all their problems will solve themselves. Show them some faith :)

Q. Has there been a particular case or patient that has had an everlasting impact on you?

A. I don't exactly remember. But when patients take a positive view and show a lot of faith despite their advanced disease, their confidence puts a lot of pressure on you to perform well but I really like these opportunities.

Q. There are these certain stereotypes that we usually associate with surgeons; do you disagree with them?

A. The one I don't like is surgeons being unapproachable. Juniors should be able to approach you fearlessly! You should give them respect and space as they need support and guidance! Nobody can blame you for becoming the stereotype but keep trying your whole life, you can still be the half different surgeon!

Q. We got you a video "How to ace General Surgery residency interview" by Dr Glaucomfleck. We just wanted your comments on this. (Shows video)

A. A surgeon should be rough and tough, I agree. But there is a softer angle to this. This is a complete paradox! You deal with delicate tissues as well. So I don't completely agree with the video! Surgeons have a mild and softer side as well. They aren't always aggressive!

Q. Is there any specific routine you follow to keep calm before surgery?

A. It all comes from within! I try to walk in another's shoe and the calmness automatically sets in. Understanding others makes you simple. I like lots of exercising! Gym habit has set in since my OBH days :)

Q. How were your UG days like?

A. So I did my undergraduation from MAMC just like you all and my Postgraduation in Surgery from LHMC. Initially, I just wanted to become an MBBS doctor. As we came near final year, everybody started studying for PG exams. It became apparent that to command the same respect doing PG is necessary! When we were near PG completion, SS became the fad! But during our PG time, I never prepared for SS. JRship

was for learning and mastering the craft and SRship was for becoming a leader and taking critical decisions. And I have no regrets.

Q. Sir, you're known for your elegant English speaking skills. How did you maintain that despite being a product of OBH? (Everyone laughs)

A. Oh, I never realized that! Thanks a lot for the compliment. I am not too sure about the exact reason, but maybe it has got to do with the fact that I changed a lot of schools as a kid, and had to learn to adapt in various states. A big credit goes to Kendriya Vidyalaya in shaping up the person I am today!

Rapid Fire

Q. Mountains or Beaches?

A. Mountains

Q. Favourite colour of scrubs?

A. Maroon

Q. Favourite song?

A. Title song of the movie 'Aashiqui'.

Q. Favourite movie?

A. My name is Khan. Really impressive acting by SRK!

Q. Square knot or Granny knot?

A. Square Knot, obviously!

Q. Favourite Surgery to perform?

A. Whipple's procedure, since it's intricate to perform, and always a challenge!

Q. Style Icon?

A. Hugh Grant, especially from his film, 'Notting Hill'.



Q. A fun fact about you?

A. I actually used to model for a short while in my UG days! I'll try looking around if I find my portfolio from those days. I have even walked the ramp a few times! I had to give it up once my PG began due to lack of time, though.

Would you rather:

Q. Go back in time or forward in time?

A. Go back in time...times were simpler back then, and I miss that!

Q. Dance at a wedding or enjoy free ka khaana?

A. Haha, I'd love to dance!

Q. Be a politician or a journalist?

A. Be a politician, and have the power to make changes that benefits everyone after taking their inputs.

Q. Sir, a lot of people point out similarities in appearance and manner between you and the character 'Wilson' from the show, 'House MD'. Do you see the resemblance?

A. Haha, I'll have to check him out, sounds fun! I think my friends would be able to opine much better if I resemble him!



From L to R: Nilayan, Sahil, Shiveha, Dr CB Singh, Bharat, Twvisham

DR. MANU SHETTY

Associate Professor (Clinical Pharmacology)



Q. How was your childhood ?

A. I am from a humble village background. Till Class 5, I had studied in Kannada medium and wasn't exposed to English. I then went to the government sponsored Jawahar Navodaya Vidyalaya which was present in every district. Till Class 8, I studied in the local language and then switched to English medium. They gradually exposed us to English which was very good and I learned everything because of those schools.

I also studied Hindi but as CBSE required only one language in Class 10 so I dropped it. It was very tough to transition to English as I had to learn every term present in our local language in English. So there were many times I got a 0 in English. However, in Mathematics I always got full marks, as it doesn't require a language and is a language of its own.

Q. Why did you opt for medicine if you had such a love for Mathematics?

A. Once, while visiting our class, the principal asked me why I had failed every subject except math, and he stated that students who are good at Mathematics can always bounce back.

I took Physics, Chemistry, Maths and biology in 11th and 12th but I only focused on the first three. It was by accident that I got a really good rank in the medical entrance exam. My parents then nudged me to take the seat as it was a free government seat.

Q. Would you want to go back and change the decision of taking medicine?

A. I had a cousin who had a great rank in Karnataka CET and I considered him as a guide. When I told him about my selection, I stated my love for math and informed him that I'd try and work on the mathematical aspect of medicine. Now when I look back, it is indeed what I did and am doing now. To be fair, I got a great rank in the CET

exam too. I was getting a top engineering branch in a top college and everybody thought I was mad giving it up, but I just went with my gut and took medicine. Though I agree that medicine is a longer course than engineering, it is a higher-paying and more secure job on average.

Q. What is your take on clinical vs. non-clinical branches?

A. To be honest, in the beginning, I wanted to take a clinical branch too. A peer of mine who was a few years senior to me, took up MD Pharmacology despite getting a great rank. It became quite a sensation and broadened my horizons. I was made aware of the opportunities present in this branch. I believe non-clinical subjects especially pharmacology and microbiology are best for people who dislike clinics. I chose pharmacology over microbiology as I didn't want much industrial exposure.

Q. Tell us something about your UG life.

A. I studied in Dr. Ambedkar Medical College. At our inauguration, the dean said that even a donkey can do medicine as it mostly consists of rote learning. He advised us to be hard working and memorize everything. This led me to believe that I have to mug up all day. Only in the final year did I realize that entrance exams aren't just about rote learning but also require concepts. For example, I had a classmate who used to remember everything and all of us believed that she'd get Radiodiagnosis. To our surprise she wasn't even able to clear the exam.

I was the first doctor in my family so everyone enquired at length about the cadavers and the whole experience. Whenever I attended family functions, my relatives showed me their reports. I just got a lot of attention so the demerits of medicine faded away.

Q. Were there any dire experiences with your teachers in MBBS?

A. Once my forensic teacher severely rebuked me, asking me to get out of the class because I didn't know the answer to a question he asked me.

In one of my Pharmacology viva, I was asked about antibiotics and I was not able to say anything. I was also asked about cephalosporins and was asked to name a single drug from that class, but at that time, I wasn't able to answer. So the teacher told me that she will fail me and sent me out in disapproval.

Q. Was ragging present in your college?

A. Yes, it was. Although I was a day scholar, living at my sister's house, I experienced my fair share of ragging. In our college we had a culture of ragging and even a special 'Ambedkar salute' that we had to greet the seniors with. Once I was asked to propose to a girl in my batch with a rose. Her roll number was just next to mine. Fortunately we developed a stronger friendship after that. Another time, I was asked to sing a song in front of the whole class. But the whole ragging culture dissolved from our batch onwards due to the strict anti-ragging guidelines which came into effect.

Q. How did you transition from Bangalore to Delhi?

A. Just after completing MBBS, I took my entrance exam but was not able to crack it. So I joined a local tuition while at the same time, working as an assistant doctor in a nearby hospital. I took the exam again the following year and cracked it finally.

Initially, I had no knowledge about MAMC. A friend of mine informed me that everyone wanted MD Medicine in MAMC and I remember asking him about MAMC.

In our times, we had to come to Delhi for offline counseling. I initially wanted either medicine or a stable desk job, as I was the sole earner in my family. I tried to get into MAMC Pharmacology but the seats ended with the rank just above me. Then, as my second choice, I opted for Pharmacology at Safdarjung.

I made the best of my time in Safdarjung though, exploring Delhi and South Delhi especially. Many of my batchmates from my state went back after finishing their MD but I stayed back here at MAMC.

Q. Who were your favorite teachers?

I remember all my Math teachers very fondly and also an English teacher. I really enjoyed his method of teaching and even adopted a lot of his skills in my own teaching practice. It was because of his teaching that after getting a 0 in English in one semester I got 74 out of 100 in the following semester. Post PG, I went to UCMS for my residency because even then I couldn't get a chance to come to MAMC. I stayed there for three years after which I went to Hyderabad to work in a pharmaceutical company. There, I had a totally different exposure. I worked on a lot of projects requiring my core pharmacological knowledge regarding drugs, their receptors and their mechanism of action. I also got acquainted with AI and Machine Learning there. Gradually my curiosity for AI kept increasing, so much that I decided to learn more about it. Although I had no knowledge about any coding language, I put in a lot of time to work through it and learn about this technology.

Q. Why did you leave your corporate job?

A. I thoroughly enjoyed my time there and I loved my work and the opportunity to learn and grow. When I got this position at MAMC I rejected it outright, but changed my decision at the last moment when I realized that I didn't want to work for someone my entire life. In my corporate job, I worked on New Year's Eve and other holidays regularly. Owing to these things, I decided to come here to fulfill my passion. With GB Pant and LNH close by, we have this hub of learning and have so much data for research. After being here for 4 years now, I feel very satisfied teaching and researching together.

Q. What makes MAMC different?

A. I used to teach in VMMC and UCMS as a PG and a SR respectively, but after coming to MAMC I realized that MAMC students have a higher level of expertise than the students of other colleges. Even in classes, the students here either listen to the teacher or do their own work while not making any noise, unlike the students of other colleges. Moreover, they ask better questions and have better answers to the questions asked in vivas.

Q. What do you think is the scope of AI in the future?

A. Though I strongly believe that AI will not replace doctors in the future, I also believe that the future will heavily rely on AI. Patients require the doctor's touch and therefore doctors can never be entirely replaced, but AI would help supplement the doctors function. There are so many misdiagnoses and errors which could be easily solved with AI. It could also increase the accuracy in choosing the appropriate drug for the patient. I do not think that this would make the doctors incompetent or dependent on these functions, because the use of our brains will never cease. With better technologies we'll provide better outcomes for the patients.

Q. What do you think are the problems associated with Digitalisation?

A. There is a lot of inertia in switching to digital means owing to the huge population and the huge load of work that the staff is under. Not only do we have to train the doctors and the patients but also the staff regarding these things. In AIIMS and a lot of private hospitals, there have been a significant level of digitalisation and I hope we can bring that change to all hospitals including LNH quickly.

Q. What advice would you give to your younger self or the students currently pursuing MBBS?

A. I think MBBS is just a part of your life and not your whole life. I believe students should not miss out on experiences just for the sake of studying. I would encourage the students to explore and realize their passions in life.

Q. Why do you prefer the chalk and board method of teaching?

A. I believe that using a ppt requires the change of slides repeatedly and many parts are left unfocused. However on a chalkboard we see a flow from one part of the lesson to the next part and it helps in boosting our memory and provides easy recall.

Q. What is the funniest viva answer you've received?

A. I was once taking a student's ORS viva and asked him "in a rural area where you don't get the prepackaged ORS, what would you give the patient?" and he answered "talcum powder".

Q. What qualities do you admire in a student?

A. I think a student should be curious about the subject they are learning and continuously ask themselves 'what', 'why', 'how' and link everything with the basic concepts. Moreover students should also have other hobbies and passions besides academics.

Q. What are your hobbies?

A. I used to play cricket in my UG days. I even got a 'best catch award' once because I dived to catch a ball. But I don't play nowadays, especially after the lockdown. I also like to travel a lot. Except for the northeastern states, I've covered almost the entire country. I bought a heavy bike and rode it all the way to Rishikesh with my friends.

I have also traveled extensively outside India. I covered the whole of Thailand, north to south. I saw all the famous places and tried their cuisine, although I did not like it much. Speaking on the topic of food, I also have the hobby of cooking. I can cook many dishes. I mostly cook lemon rice and chutney, but I can also make buns, breads, pizzas and even biryani. Before coming to Delhi, I was a pure vegetarian. My roommates used to eat non-veg and I subsequently developed a taste for it. Since then I've also learned to make non-vegetarian food like biryani and chicken.

Q. What is something that, according to you, should become possible?

A. I had a start up about AI and its applications in medicine, but unfortunately it failed. Therefore I would want that startup to be successful if possible.

Q. What is an expensive thing that absolutely paid off?

A. The decision to leave the corporate job and come to MAMC.

Q. Is there a way to make you angry?

A. If someone talks to me illogically and out of line, that infuriates me really quickly.

Q. Are you a Plant person or a Pet person?

A. I do not like animals that much. I like nature very much, so I am a plant person.

Q. How do you like being a warden?

A. I really wanted to experience being at a warden's position, and though it is a very difficult job, I am finding this experience very nice.

Q. Who is someone you find inspiring?

A. Anurag sir, because he is a person who can juggle so many tasks at once and accomplish so many things so passionately.

Q. Where, according to you, can we get the Best South Indian food in delhi?

A. Sagar Ratna, Defense colony. Karnataka bhavan and Saravana bhavan are really great too.

Q. And where can we get the best food in Delhi?

A. Rajendra dhaba - south ex.

Rapid fire round:

Favorite book: Power of your subconscious mind- Joseph Murphy

Favorite series: Fringe, Person of interest

Favorite movie: I love sci fi Hollywood movies but I also watch bollywood and tollywood.

From bollywood- DDLJ

From hollywood- Schindler's List

From tollywood- KGF

Most recent- Kantara

Place you want to visit: South America, I want to learn Spanish, interact with the people there and observe their culture.

Favorite English songs: Bruno mars- The Lazy song, Just the way you are, Uptown funk. Maroon5- sugar

Favorite Hindi songs: Songs of Lata Mangeshkar, A.R Rahman

Idol: Albert Einstein, Yash [from KGF]

Controversial opinion: I do not believe in the existence of God. According to me, it is all in a person's mind. Believing helps though, and therefore I think people should believe in some super power.

DR. DEEPAK PAHUJA

CMO , Aerolib Healthcare Solutions
MAMC Joining Batch 1994



I am a Med Peds Physician with an MBA and started a Medical Necessity Physician Advisor company called Aerolib Healthcare Solutions. We help hospitals with their concurrent case reviews for appropriate bedding status and recently launched an Appeals and Denials Tool. Aerolib has been developing the Algorithmic Guided Appeals and Denials portal for the past 4 years. Our value proposition to hospitals is "Making Appeals Writing Faster, Better and Easier."

Q. Where did you do your schooling?

A. I've done it from DPS RK Puram.

Q. Were you a hosteller or a day scholar and what are some fond memories of your days at MAMC?

A. I was a dayscholar. We were a group of 5 friends and all have been very supportive throughout. We had a decent college life.

Q. What was your favourite place to eat in the campus?

A. 24H was our go-to place. I see how it has improved over the years. It's much better now than it was during our days.

Q. A teacher who had a profound influence on you?

A. I really enjoyed the classes of Dr. Kaul, Professor of Anatomy and Dr. N P Singh, Professor of Medicine. They have had huge influence on me.

Q. What is one piece of advice you have for our current students?

A. Study and soak in maximum knowledge. Get your fundamentals clear and do learn management skills. I even say that medicos should get an MBA at some point in life. Those who plan to apply for universities abroad should know about healthcare management and medical ethics.

Q. When did you plan to apply abroad?

A. I had a like-minded group of close friends in college and finally all of us made up our minds in third year to apply abroad.

Q. What are some pros of being in US?

A. You get to practice medicine in the closest to ideal way, just as it is meant to be practiced.

Q. What are some cons of being in US?

A. You miss your family.

Q. What transition have you observed in medical students in last 20 years?

A. Kids are much smarter and more aware of things these days. They are also aware of studies happening all over the world. It's so encouraging to see them keep up with the world.

Q. Why did you choose the field of medicine?

A. There is no fancy story behind that. I had decided to pursue either engineering or medicine but finally chose the latter.

Q. You being a tech enthusiast, what is your opinion on online education?

A. Face to face interaction with patients is necessary, especially for final years and interns.

Q. What do you like to do in your free time?

A. I have an inclination towards technology, developing websites and apps. My biggest venture was Aerolib. I also developed MyMAMC App for networking amongst Maulanians.

Rapid Fire:

Favourite book- Purple Cow

Favourite Place- Lucerne, Switzerland

Favourite Movie- Andaz Apna Apna

Favourite TV Show- Seinfeld

Favourite Song- Pehla Nasha

Biggest support- My wife and my family



DR. VIBHOR WADHWA

Interventional Radiologist , Southern New Hampshire Radiology Consultants.

MAMC Joining Batch 2008



Q. What are some of your favorite memories of college?

A. Friends, Celebrations and Synapse. There was always a reason to celebrate in college – from getting done with Anatomy stage exams to birthdays to celebrating with PGs during internship.

Q. When did you last visit MAMC and how has it changed since your college days?

A. I last visited MAMC in 2018 when we did a MAMC-to-USMLE session. I was amazed by the new lecture theatres and the swanky new hospital buildings. In our days, the hospital OPD block was in an old building which was not air-conditioned – imagine seeing hundreds of patients in clinic in the burning Delhi summer!! The new building was inaugurated just when I finished my internship. I'm glad students now get a much better environment to learn medicine.

Q. How was your experience with creating “MAMC to USMLE” platform?

A. I created the MAMC-to-USMLE forum on Facebook when I was finishing my internship in 2015. I found that although MAMC is known to send a lot of students to the US for residency, it was hard to keep a track and reach out to our seniors for guidance, after they had left MAMC. Getting good guidance is crucial in the USMLE process. Thanks to the power of social media, we now have over 300 members on this Facebook group! Multiple MAMC students have found invaluable advice and guidance from their seniors on this forum. I invite any MAMC student who is seriously interested in residency in the US to join this forum and connect with your fellow Maulanians and seniors.

Q. How often do MAMC alumni meet in the States?

A. We have an organization called MAMCOAANA (MAMC Alumni Association of North America), consisting of over a thousand members. They hold an annual meeting every year in July. Luckily, this year will be my first meeting and I will be joining my colleagues and seniors in Pittsburgh. In addition, there are many informal gatherings of fellow Maulanians happening year-round across the country. Given the large number of MAMC graduates coming to the US for a long time, you're never far away from a fellow Maulanian in this country.

Q. Is there something you would have done differently during your journey?

A. There are always things one could have done differently, but what's important is to think whether it would have affected the outcome. Even if I did some things differently, the outcome would have been the same. I was very lucky in my journey in a number of aspects – my elder brother (MBBS from Goa Medical College) took USMLE before me and primarily laid down the path for me to follow. Once I gained the foundational understanding of the USMLE process, I decided early (during 2nd year) to go to the US for residency. I was also very fortunate to get excellent mentors along the way. I combined my good fortune with hard work and it paid off at the end.

Q. How was your first Research Experience and any advice for undergrads regarding the same?

A. My first real research experience was at the Johns Hopkins University, where I went as a medical student after 3rd year exams.

I worked under the best mentor one could have asked for. He had a team of research fellows whom I closely worked with. Before I went for the research elective, I had little useful prior research experience, but the team was wonderful and got me involved from day 1. In no time, I was working on excel spreadsheets, managing references, and writing case reports and review articles. Most students do not know how they can contribute to a research project, or think it requires advanced skills. But if you work with a good mentor and research team, you might discover skills you never knew you had! Try to find a mentor who is young and hungry – and are progressing their own career. My strong advice is to ensure you take projects to the finish line, i.e., get them published! Presentations do not cut it. Make sure all abstracts are written up. Even if they are published in low impact journals, all research is now online and easily accessible. Don't get frustrated if your papers are getting rejected – if you did good work, there's a journal out there which will publish your work. Stay away from predatory journals or journals which ask for \$\$ to publish. Develop your writing skills in the process. I recommend reading “How to Write a Lot” by Paul Silvia.

Q. How did you prevent burnout during your journey?

A. Most of us are so engrossed and excited in pursuing our goals that burnout is an afterthought. But it's a real problem – keeping the highest levels of professionalism every single day in a high stress environment is no joke. Medical career is at least 35-40 years long for most of us and medical school is about 10% of it. Everybody manages burnout differently, but I think support from family and friends

is key, who are primary people checking in on your physical and mental well-being. For example, when I was preparing for my PMT exams in 11th and 12th, my dad used to take us for a movie every single Friday without fail. I saw so many movies during that time, some of which didn't even deserve to be seen in the theater! When you're leaving a country, you're leaving your entire support system behind, and need to make new friends to keep your sanity. Learning a new hobby, or spending time on old ones is a great stress reliever as well. This topic is like a Pandora's box and we can talk about it for hours.

Q. What do you miss (and do not miss) about India?

Family (you can never miss them enough) and food (Delhi food is the best, hands down!). You can buy the atta here, but who's going to make the roti. [Chuckles] (Editor - We spotted a Haldiram snack in the background). But I definitely do not miss the sweltering summers, crowded metros, air pollution like a chimney and ever-increasing traffic (although things have drastically improved in Delhi over the last few years).

Q. Favorite food:

A. Being a true Delhiite, I have to express my love for Chhole Bhature, but I also adore its poor cousin, Chhole Kulche (which sadly does not enjoy the same fame but is equally delicious).

Q. Favorite books:

A. Other than textbooks? (Laughs) My favorite fiction authors are Sidney Sheldon, Jeffrey Archer and Dan Brown. 'Master of the Game' by Sydney Sheldon is definitely one of my favorites. I have always been interested in geopolitics. The one I'm reading now is 'Prisoners of Geography' by Tim Marshall, who describes the important role geography plays in making a country politically powerful or weak.

Q. Favorite TV series:

A. My all-time favorite is F.R.I.E.N.D.S. which is truly a generationally immune show. I visited the Friends pop up in New York City, which was amazing - they had recreated the friends apartments and even had a (fake) ugly naked guy whom ~~you~~ *would poke with the Joey chopsticks (haha!). We just finished Asur Season 2, and Taj-Divided by Blood 2, both of which are absolutely amazing shows.*

Q. Favorite holiday destination:

I'm 18 countries old. My favorite place in the world (other than my two homes: Delhi and the US) has to be Japan - it's just another world, like you've walked into a sci-fi movie. I recommend first going to the US/Europe to see the standard "developed" country things. Then visit Japan, and you're suddenly 50 years into the future!

Q. What would the title of your autobiography be?

Haha! I'm too young probably for an autobiography at this time. I would probably call it "Upwards and Onwards", since I still have a long way to go. Learning never stops in medicine, that's why we call it "practice".

Q. Quote you live by.

'Work hard and stay humble'.

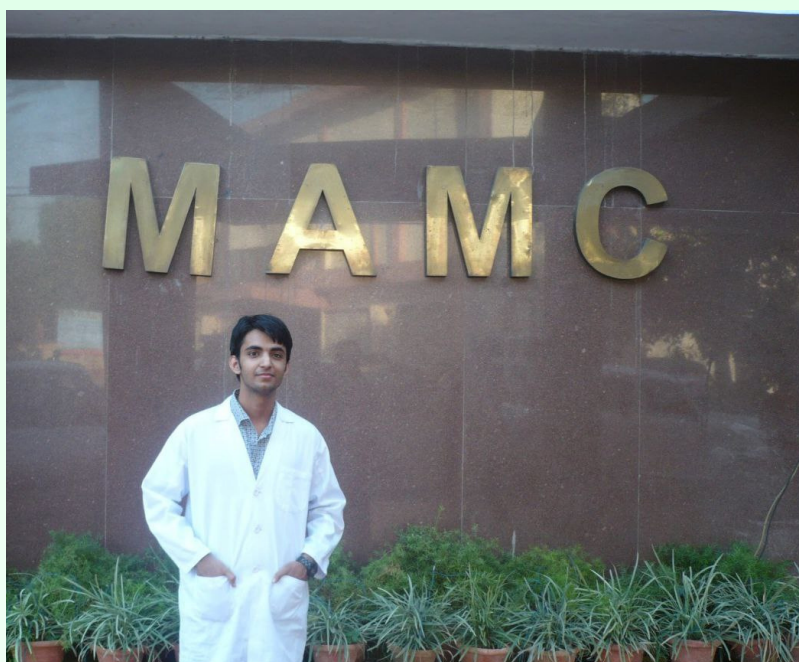
Q. Any professors that you remember fondly?

I fondly remember Dr. M.M. Singh in Community Medicine - gem of a person! We had a close mentor-student relationship in college. When you talk to him, it's like you are meeting an old friend, not a professor!

Q. Would you like to give any advice to juniors?

Make sure your foundations are set right. College-time is the most fun time of your life - this life of little responsibilities and lots of freedom is sadly short lived. It's important to have fun, but equally important to have your goals in mind at all times. Remember, this is the first leg and foundation of your 40-something-year-long medical career. Use this time judiciously. In addition, we enter medical school in India when we are 17-19-years-old, so we are also maturing into responsible adults and at the same time learning to become good doctors. Developing life and personality skills in this phase is crucial.

Advice for USMLE aspirants specifically would be to make your decision to take USMLE as early as possible, and start working towards it. Choose your specialty wisely. Do your research about the process and reach out to seniors for advice. Remember, several hundred seniors have done this before you, so you don't need to re-invent the wheel or do something radically different. Work hard and you will be successful!





PROSE

MAMC - Adventureland

By Atharv Deo (Joining Batch 2020)

MAMC! The fortress of knowledge. The good ole' medical beast. Residing in all its glory and aura in the heart of the capital. The mystique of this college in the minds of countless NEET aspirants is almost celestial. Needless to say, having scored enough to successfully knock at its gates, we were on cloud nine. Little were we aware that we'd signed up for the rollercoaster ride of our lives.

The balloon of our elation was promptly punctured by the unforgettable stench of the DH. The generous addition of esoteric medical terms to our vocabulary that we never really asked for continued ruthlessly everyday! The night long 'Personality Development' sessions we had made sure we were teetering on the brink of consciousness in classrooms. But this grinding was all very crucial, for brilliant doctors of tomorrow were under the process of being forged (as was repeatedly alleged).

The assault of knowledge only increased as we got older. But the one thing that soothed our hearts, even as the 'Types of

culture media' numbed our brains, was the fact that we were in this together. We're a flummoxingly diverse crowd, the students of MAMC. From the presumptuous know-it-alls who are still depressed they couldn't make it into AIIMS, to the last-minute Pachpan open-ers who'd make hippies jealous of their lifestyle; we have 'em all. The contestants are as fierce as they are kind. The brilliant professors (who never fail to remind us how MAMC standards are plummeting) are always accommodating. Even though occasionally they manage to catch us off-guard and snatch our parking spaces for no reason. Then there's Synapse, when the college suddenly comes alive with brimming talent, like a hibernating Grizzly waking up to hunt Salmon. And the hostel nights, where even the most monotonous aunty gets all fun and jaunty.

There is of course a darker side to this coin. We've all had our share of the blues. When the hurdles appear too high to cross. We have even suffered casualties of our own events that shook our

very core. However, as clichéd as it sounds, we all constantly endeavour to keep the show going.

MAMC, after all, is more than just a haphazard collection of infrastructure. The crux of life's tenure here at MAMC is that we enter as self-absorbed, ignorant children, and as if through witchcraft, exit as wise, responsible, humble healers. Like they say on literally every rom-com these days, it is the little things that are the most endearing. The sunshine gloriously sprinkling glitter on Spandan, the mighty trees gently rustling with the wind, the eclectic chatter over chai and biscuits at Nesci- all these make MAMC a living entity. And all of us, a family.

So yes, the life here may not be a cakewalk. It has its highs, and at times, can even get jarring and overwhelming. But we're a tough bunch, Maulanians. The tides may be wild, but we are seasoned surfers! We're the Bear Grylls of surviving the med school. And amazingly, we thrive!

Who Did It?

By Rahul Arora (Joining Batch 2019)

Boom!

The bang was big, time was unknown and something came out. It was nothing before but something just apparated. Thin air started materializing, or was there any air at all? It started expanding as water splattered on the floor, silently, enormously, like a huge something. Who did it?

I am an Indian. Born and brought up in a Hindu family and what is the most interesting thing about Hindus is that they have answers. 'Who did it?' was the question, right? Well, Hindus have an answer. What we see in front of our eyes is done indirectly and what goes beyond our funny little silly yet pretentiously mystical brain is done directly, by the one we localize to areas best suited to our activities and freedom – God.

This enormously long line looks like I am a staunch supporter of 'God Delusion', well I'm not, none at all. I am just an ordinary boy, standing by the side of the giant's foot, trying to look further, upon whose shoulder once Sir Isaac Newton stood and did that. I like to call myself a science geek (just to sound cool, of course) and it would be a disgrace to my pretentious demeanour if I do not expand on Sir Isaac Newton or on science.

Sir Newton, now lies in peace, in Westminster Abbey, London and is in great company with Darwin in the next house and Hawking in the other. If the afterlife is a thing, I wonder what these people discuss looking at our plight. Not the poverty or the

pandemic, these by God's grace shall pass. But the stuff that concerns us the most.

A girl, 14 or 15, goes into hiding with people she did not quite fraternize with, for two long years. It is said that at the end of a dark gloomy tunnel is an open-end, to light, to warmth and hope. But this girl got trapped on her way, boulders shackled her, crumbled her and she went to rest in Alexander's blossom. Why did it happen? Let us try to build our answer.

Religion seeded the tree of hatred which bore the fruit of holocaust. Millions were killed, butchered like anything. Jews, hapless, helpless, hopeless, lynched, writhed, puked blood and yet believed in their god, that he would save them from their miseries. The god messiah though did not come. He was quiet, sat in his heavily embellished heaven, did not move an inch to help and yet stole all the credit for the Jews who survived, at last, thanked him.

The Holy Bible says – 'Not a leaf falls without God's will', so what should this episode be characterized as? A conspiracy? That God made it so happen that in his name millions be mercilessly slaughtered, that they begged, beseeched, implored to him to come and save, that those who survived, at last, thanked him and his following ever increased.

I am not an atheist; I am a believer. I believe in questioning. I believe in scrutinizing. And I believe in God, not the one they

made but the one who made us.

Hawking's idea is the best I have come across so far. Remember the Big Bang? Nature did that. The expansion? Nature did that. Every microbe formed, leaf grew and fell, animals came, we came not because of god's grace but because nature did that. Nature is god. No god was ever too small to be confined in a small temple. Neither is he too weak to seek justice from us. I am proud of the god who made us, not the one which was manufactured by us. But interestingly, the latter is more famous.

Imagine the strength the real god had, for he did a thermo-nuclear explosion unimaginable in physical terms, made such an enormous universe out of nothing and maintains its existence till date. Our earth is just a speck in comparison to this cosmos and we are small pathetic creatures wandering about around the clock, being hardly significant to the enormity of this universe. We would die tomorrow and not a second will halt to bid adieu yet we are self-proclaimed conquerors of this cosmos to whom the great god would come to ask for help.

In reality, we are nature's own creation which turned against it. We abandoned our mother, abused her, made another god and started marketing it. We are salesmen. We have an extraordinary gifted power of selling and we've our set of vices to sell the god. We exaggerated and personified statues and turned an ignorant eye towards nature.

We assaulted it, insulted it, and when it struck an ambush back at us, we retreated to the god we made, we purposefully made use of our creation to bring home the bacon even in times like these. Indeed, we're the best creation.

Religion was invented, it did not come from the heavens, it was invented by the most brilliant brains of that era. It was invented to lay out a code of conduct for humans. I am not questioning the genuineness of religious texts but I am questioning the interpretation of the same. Did Lord Rama exist? I don't know. I am too small to answer that but his principles should exist. Nobody saw Christ's crucifixion but we believe it.

We believe that the Neelkanth drank that for us, we believe that Kali killed him for us, we believe that Guru Nanak transformed into petals for us so that we live peacefully. So that we understand the power of harmony, the ultimate might of unity which coronated us as the ruler of this world. But what have we done? What kind of place have we turned our Earth into? Remember the line 'we don't inherit the earth from our ancestors; we borrow it from our children'. But what have we done? We have labelled it as our own estate. We have killed the other inhabitants; we have tainted the skies and contaminated the lands. We have besmirched the name of

the human race and our pace is unmatched. We have deliberately ignored the teachings of our holy texts. But let me recapitulate them. Shiva is incomplete without Shakti; Yen is nothing without Yang. Similarly, there is no left without the right. Our journey should not be from the extreme right to the extreme left. Our destination should be somewhere in between and that is where our power lies. The power to grow unanimously. We need to acknowledge this power and the responsibilities which come along. We need to question our deeds, introspect our existence and shape our tomorrow.

Kabutar Sarkar

By Nilayan Sarkar (Joining Batch 2017)

So, A kabutar crashed at our balcony yesterday. But not just any Kabutar, an Albino Rock Dove. A sick Albino Rock Dove to be more specific. Of all the balconies, it chose ours! I'm not sure if it knew my Final year results before me or it just appreciated my mom's beautiful balcony garden.

The patient was apparently well since...uhmmm, no idea. The Kabutar didn't reply, even though I asked. ABC...? I couldn't locate the thyroid cartilage to find the Carotids and it appeared to be heaving. So, a non-responsive, heaving Kabutar in the sweltering heat of a March afternoon: Differentials people!!! Heat stroke? Severe dehydration?? COVID???

Assuming the role of good hosts (Atithi devo Bhava), we kept a bowl of water with some soaked and dry rice. What I critically missed, however, was a quick head to toe assessment! This was a costly mistake, my mom would later realize.

The next day, as my mom tells

me, our balcony was littered with at least 10 spots of green, mucoid, non-bloody stools. It was too gross to be quantified. And it smelled like, well,...shit! Full marks to Kabutar for documenting the stools though. Actions speak louder than words they say.

So, drawing from some very astute observations, the Kabutar was diagnosed with having Acute severe diarrhoea. IV fluids NS, 20 ml/kg bolus f/b 75ml/kg over 4 hrs maintenance?

Several problems here: I don't have IV access or an NS bottle. And did I miss the fact that I just described the protocol for treating Acute Severe Diarrhoea in human kids?

Nonetheless, the landing of the Kabutar at our balcony the day after my final year results was not just a coincidence. It needed my services as a newly christened doctor. So we began the treatment.

With no IV access at hand, my dad and I established oral access

via syringes. The pigeon made a huge fuss but we persisted. Subsequently, the pigeon was started on a diet of water and gruel* with advice of withholding spicy worms and oily insects for a couple of days.

Drawing from Dr Google, Kabutar Sarkar was started on doxycycline, kanamycin and piperazine, all made into a nice syrup.

For now, our latest family member is resting. Family members have been counselled about the relative inexperience of the doctor and the grave prognosis of the balcony over the next few days.

I'll keep you posted! Make sure to keep the Kabutar in your prayers ^_^

Public Service announcement: Pigeons are walking incubators. You can personally learn all about microbiology from interacting with one, unguarded. So please wear masks and gloves.

**that my mom made (recipe is a childhood secret to me surviving multiple diarrhoeal episodes as a kiddo)*

'Dehlvi' Legacy of Food

By Rahul Arora (Joining Batch 2019)

Monsoon winds are always romantic. Standing by the side of a wet road in comfortable flip-flops watching time passing by is an experience. And as they say, Delhi is incomplete without its food, add a wonderfully embellished stall of 'golgappas' to this beautiful evening. A leaf bowl or 'dona' with a mouth-watering tangy waterball in it. You pick it up with your thumb and index finger, open your mouth wide and take it in. The crispy fried flour bowl touches your palate, carefully balanced by your tongue and delicately hugged by your cheeks from both sides. You relish its transient existence in this dynamic, fast paced, humongous world. Raindrops falling, traffic honking madly, people barking and yelling at the top of their voices and then it happens. The destiny brings you the ultimate joy, the extra-terrestrial elation, an experience worth beholding in the best of your memory - the most awaited explosion of golgappa in your mouth. Confluence of cold, sour, sweet, tangy, this elixir of life that has just splattered at every nook of your mouth is something the ever increasing entropy of this universe can halt to witness. But do you wonder where it all began?

We are fortunate to have a place in Delhi. This historical land witnessed the best the subject of history had to give. Delhi's sultans came here in the 12th century and adorned the land with its perpetual crown of being the capital. Being the land of 22 khwajas, our Delhi made its place in the hearts of all the invaders who came here and brought with them the aroma of their kitchens.

Amir Khusrau in his poem 'Mathnavi dar sifat-e-dehli' and 'Travels of Ibn Battuta in Asia and Africa'- memoir of the great traveller Ibn Battuta delineated the dastarkhwan of Qutubuddin Aibak, Iltutmish, Mohd Bin Tughlaq and Razia Sultan as having around 200 dishes. The very famous rose sherbet was served before meals and paans were served after meals. Common dishes such as pulao find their roots in that era. What followed it was the arrival of the Mughals in the 16th century. Emperor Humayun brought Persian influence to Indian food and this legendary culmination came to be known as the 'Mughlai Cuisine'. 'Ain-e-Akbari' speaks about cooks who were beckoned from Persia and various parts of India to the royal kitchen, which mixed Turkish, Afghan, Indian and Persian ways of cooking. It is interesting to note that the food capital Chandni Chowk- was laid out as a market by Shah Jahan's daughter princess Jahanara.

Portuguese occupied Goa in 1510 and started cultivating red chilli there. During the reign of the Mughal emperor Muhammad Shah Rangeela in the 18th century, canal's water in Delhi became polluted. Royal hakeems recommended adding large amounts of spices in the cuisine and thus entered the portuguese red chillies into the city of Delhi and gave birth to 'chaat'. The word chaat literally means to lick. Those hot crispy fried potatoes and papris, spicy green chutney, sweet and sour tamarind chutney and to unite all this cold and sweet yoghurt force you to lick your fingers to have every bit of it. Tikki, dahi bhalla, papri, golgappe, ram

laddu and what not bring Delhi people together to talk over it. Chaat also reminds me of a not so sour and tangy but cold and sweet chaat - 'Daulat ki Chaat'. Carefully separated foam from extensively churned milk makes the most sublime sweet in the world. Legend has it that this could only be prepared in moonlit nights. Quite possibly, because it is a dish which spoils easily, and has to be prepared when the weather is cool and nights are when the temperature drops. And it needed moonlight, possibly because you had to see what you were doing! The legend also has that it is named so because the person who brought this into Delhi was named Daulat Chand! The best place to have it is Chandni Chowk.

According to a theory, sohan halwa was invented in Persia and thus came to Delhi with Humayun annexing the throne. In old Delhi, the 225 years old Ghanewala sweet shop established during the reign of emperor Shah Alam II first made and sold sohan halwa in Delhi.

Mughal empire was about to end in India just when this gilded empire gave out another gem. Karimuddin Sahib, cook at the last mughal emperor Bahadur Shah Zafar's, opened a restaurant near Jama Masjid in old Delhi and named it 'Karim's' and thus was given the gift of heavens to Delhi's dastarkhwan. At Karim's, they started up with seekh kebab and mutton korma and it always expanded with time. Karimuddin's 4th generation now serves the same authentic royal taste. With the coming down of the Mughal empire in 1857, royal cooks became jobless and to survive,

they opened street side shops in old Delhi and royal food started among local folks. When Mughal dynasty in India ended and the sikhs, marathas and hindus had started rebellions, came the 2nd Alexander, Sultan Nadir Shah from Iran. He annexed Delhi's throne around february-march when it was cold here. His Iranian soldiers did not consume alcohol, so Shah's cooks and hakeems came up with a dish which contained ginger, lemon and garam masala to help Iranian soldiers cope up with biting cold-Nihari. Originally, nihari was prepared during night as it took 8 hours for the dish to get ready, and was consumed in the morning empty stomach. The dish, though altered in its time of consumption because of the centuries which passed, still maintains its standards for making people stand in a queue to so much as have a glimpse of it. Nihari is best served in old Delhi.

But what is nihari and korma eaten up with? Delhi being the land of food does not only present a variety of dishes but also serves a plethora of rotis-khameeri roti, doodh- chini roti, sheermal, rumali roti etc. Some of these are thought to be liked by Tipu Sultan of Mysore and from there travelled all the way to Delhi to register themselves in history. And all this happened in old Delhi because of a legendary practice prevalent at that time - Dastangoi - or story telling at Jama Masjid. People would come over to listen to stories at Jama Masjid and ate kebabs afterwards. And so old Delhi became a hub of it all and

till date continues to maintain its reputation.

Time started changing strangely. Our country had stepped in the era of its exploitation at the hands of cruel, barbarous foreigners and Delhi being the capital served an aisle through this time. Britishers invaded India. As they demolished local rulers, kayasthas who earlier worked in Mughal darbars came to occupy bungalows at civil lines and so the rich mughlai food came out of 'chandni chowk ki galiyan' to embrace the city. The British brought their dietary influence of tea, bread, eggs and toast for breakfast, roast chicken, soup and the all time favourite caramel custard to elite dining tables but indigenous food was also served. British rule marked a prominent black mark on India's timeline.

The tyrannous rule took 200 long years to end and left a colossal crevice behind. India was divided. The Muslim dominant parts of the then Punjab became Pakistan and Hindu minority from there migrated to Delhi and settled here as refugees. These new chatty and loquacious inhabitants of Delhi were not only capricious and haughty but also not as docile as the original delhiites and thus were not accepted easily. People started criticizing their habits of talking loudly or haggling and bargaining. They would say 'khana pada hai ; as against the original 'khana rakha hai '. This new air was alien to Punjabis as well but what actually made these parallel lines meet was food, Punjabis brought with them an amazing platter of food.

Chhole bhature,

butter chicken, pinni made a soft corner in everyone's hearts and then started the legendary chain of Moti Mahal restaurants. It was founded by Kundan Lal Jaggi, Kundan Lal Gujral, and Thakur Dass in Delhi in 1947. Before that they worked in a small eatery called Moti mahal in Peshawar, British India.

Peshawar was introduced to the culinary art of tandoori chicken by them and after partition, this bliss came to Daryaganj in Delhi. Then started some of the greatest culinary experiments and Moti Mahal gave savouring dishes such as *butter chicken* and *makhni dal* to Delhi.

Talking about food without discussing Parathas makes it all go into vain. Parathas, though born in Peshawar of Punjab, came to Delhi even before partition and was a common delicacy even for Mughals. Parathe wali gali in Mughal established Chandni Chowk, though originally a market for sarees and silverware, gave some space to paratha shops in 1870s and came all the way across eras to stand where it is today. And not only do parathas embellish this vista, but all the food items that had their rooms in Delhi's history. All street side foods such as nan-khatai, jalebi, samosa, tawa milk to the very dear ghar ka khana such as koki, panjeeri and bajre ka malida has a story to tell. A story of their genesis, evolution and their part in the greatest legend of Delhi, their place in Delhi and their aroma from Delhi or as it is said in urdu-'dastaan-e-dehlvi'.

Hands That Help

Hands that Help is an initiative by doctors of MAMC. man's true wealth is the good he does in the world Vision Hands that Help seeks to lend a helping hand to underprivileged members of our society through activities of clothing, shelter, medical aid and education. Aims and Objectives To identify those less privileged in our localities and provide help mainly through clothing and education. To provide a platform where old used clean clothes/ blankets/ footwear/ furniture are either picked up from donors' homes or dropped at designated sites throughout Delhi-NCR. To sort out clothes/footwear during the week according to size and gender. To recycle clothes/footwear which are in non-usable condition. To organize and collect funds for activities like donation of blankets in winters, footwear, bags and stationery for school kids and medical aid to underprivileged. To conduct medical camps in orphanages, slums; have road side clinics and provide primary care and refer those needing advanced care. To co-operate, associate, affiliate, confederate with other non-profitable organizations promoting the same. To have social, spiritual and scientific discussions on topics pertinent to betterment of Hands that Help. To provide and dissipate knowledge on medical and social service among health care workers, medical, science, arts, engineering (etc) colleges in Delhi primarily and nationwide. To organize and afford assistance at times of outbreak of epidemic or



natural calamities. To take care of the welfare of the members of the organization. To watch and advise on legislation affecting members of the Hands That Help-Delhi Association. To assist, advise and negotiate in the formulation and amendments of rules and regulations governing the service conditions of the members of the association.

We believe that our actions not only help to make the world a better place, but also transform us into more caring and compassionate individuals. The act of giving back to the community gives us joy, and keeps us inspired through all difficulties. At the end of a tired day's work, it's the smile on the people's faces that keeps us going.

Breaking Barriers: The Integration of Physical and Mental Health Care

By Dr. Sankalpa Keshari (Joining Batch 2018)

Attending to the patients in the Emergency Medicine Department as a part of my undergraduate training, a lady presented with an episode of shortness of breath. She was diagnosed with pulmonary tuberculosis a few days back and with depression a few years ago. However, she had been poorly compliant to antidepressants and the recent diagnoses of T.B. had further lowered her spirits. I tried to counsel her about the importance of regular medication but was taken aback when she revealed that she had lost the will to live due to the burden of taking antidepressants daily for years to be her “normal” self. And now the diagnosis of T.B. served as a double whammy!

After improving symptomatically, she soon left, leaving me behind with the thoughts of the prognosis she was going to have. She suffered from two debilitating diseases, both of which are manageable but require persistent medications which might seriously alter her quality of life. The prognosis of her T.B. was now dependent on her compliance with the treatment of depression and vice versa. She was now caught in a vicious cycle!

This incident made me realise the complex and intertwined relationship between physical and mental health and the challenges of providing holistic care to patients who suffer from both. The multidimensional approach to health has been recognised long back and involves a complex inter-

play of both physical and mental factors. The augmentation or relief of one aspect leads to a similar change in the other. The two are no longer “independent” but “interdependent”.

Psychological factors can induce conditions such as essential hypertension, peptic ulcer, and bronchial asthma. Conversely, people with a diagnosis of physical illness, especially cardiovascular disease, diabetes, and cancer have a greater chance of developing a mental health problem. When both mental and physical illness conditions are present together, there are higher overall rates of morbidity, healthcare utilisation, and poorer quality of life.[1] [2]

Some major mental illnesses such as depression, anxiety, and schizophrenia have well-recognised somatic or physical manifestations. Depression also impairs self-care and adherence to treatments for chronic medical illnesses and causes increased mortality.[2] Similarly, patients with substance abuse and alcohol dependence need both medical and psychiatric support. Patients with Irritable Bowel Syndrome and Chronic Fatigue Syndrome are prone to psychological disturbances. One particularly interesting example of the fluid interface between physical and mental health is the Medically Unexplained Somatic Symptoms, which can be an expression of a medical condition.

The connection between physical and mental health is und-

eniable, yet the medical and mental health systems are often failing to collaborate effectively. Especially in developing nations (like India), doctors are swamped with overwhelming workloads and patients struggle to access the care they need.

Physicians and psychiatrists need to be aware of the co-occurrence of mental and physical health problems and the challenges posed for both general and mental health services. There is a need to screen appropriately in both settings to ensure timely diagnosis and treatment.[1] In addition, healthcare professionals should also address the root causes of physical and mental health concerns, which may sometimes require holistic, non-medical interventions such as cognitive-behavioural therapy, mindfulness training, and lifestyle modifications. The importance of counselling techniques in medical education cannot be overstated.

Policymakers need to invest in reducing the stigma associated with mental illnesses whilst strengthening the mental health infrastructure. Patients need to be educated and empowered to seek help and adhere to treatment. Dedicated public policy measures promoting the integrated management of physical and mental health conditions such as the National Mental Health Programme of India, can drastically improve quality of life of a patient.

Achieving optimal health outcomes entails recognising the critical correlation between physical and mental health. Improvement in one dimension certainly speeds up the re-recovery in another. Promoting a wellness-based approach to healthcare where all aspects of health are considered, including psychologic-

al, physical, emotional, and spiritual well-being is crucial. By doing so, we can realize the ultimate goal of “health for all” and secure a brighter future for generations to come.

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The CBME Curriculum

By Gouri Asnani (Joining Batch 2020)

When I first read the brochure for the CBME Curriculum, I was reminded of the Indian Constitution. The curriculum was just as beautifully and methodically laid out. A little apprehensive, a little confused, and burdened with information overload, I could foresee my struggle wrestling with all that I would soon be expected to know, to do, and to be. But, would it not be justified? To be engaged in handling human lives on a daily basis might be just as hard as running a country. If a doctor is the human representative of the Almighty, he would be expected to have a fraction, to say the least, of that infinite might. I was baffled to think how I could ever achieve that. But, there the plan laid before me.

The CBME curriculum, with its precision, aims to blur the line uncoupling a doctor's theoretical and practical knowledge. We're designated with a list of competencies which are then tested by the examiners in order to be certified as achieved. The factors-Attitude, Ethics, and Communication-are given paramountcy in this curriculum, which

is reassuring. It targets to save the doctor, as well as the patient, from several medicolegal complexities. The whole strategy is a good documentation of the underlying idea and a visionary approach, to frame in a nutshell. The country needs better delivery of health resources in a more humane way. There could be no place better to start from than the undergraduate studies.

The structure seems simple here. However, condensing the objectives and plans into application hold a pace similar to the disposal of law and order based on the Constitution in India. With the enormous patient-load and the dismal conditions to handle it in, how far is it justified to expect a health system to be of a hundred and ten percent efficiency and to act as an educational system of a hundred and ten percent efficiency, as well? While the objectives keep up with the current trends and modern challenges, they let go of the feasibility somewhere along their rapid journey. The doctors frantically sprint to row the two oars of the Indian Health system together. This brings us to another aspect that is remotely,

but, evidently affected by the hastily shifting paradigms that the health providers are demanded to follow-their mental health. While the doctors are expected to not traumatize the patients with the harsh realities of cure, there is no one to take charge of their mental stamina and the fact that their preparation of coming to terms with transience of life began in their teenage. Thus, the end result of the modern curriculum unfortunately indicates a premature effort to reorganize the health system of India, which is still not appropriately conditioned to absorb such changes in its momentum.

To successfully cultivate a crop, we need a fertile field. To match the current health system to the one we envisage, we need enough resources for it. While, in a medical students's point of view, there are many loose ends to the implementation of a grand vision such as the CBME curriculum, as a human being, it is undeniably heartening to see the medical administration of India honouring the philanthropic and original goals of this profession.

A Review of the Elective Program

By Samarth (Joining Batch 2019)

Just a few months before the university examinations of the third professional year, a notice popped up on the official WhatsApp group of the M.B.B.S. batch of 2019. It was the fateful notice that served the purpose of informing the students about the upcoming “Electives”, to be held post-examinations. It was a Pandora’s box of subjects and topics to choose from, that too for the “guinea pig” students of the batch 2019 for their electives.

To gain a sounder understanding of the preceding paragraph, let’s first address the 800-pound gorilla in the room: ELECTIVE. Quoting the notice released in 2020 by the then governing body, the Medical Council of India: “An elective is a learning experience created in the curriculum to provide an opportunity for the learner to explore, discover and experience areas or streams of interest in the profession.” To simplify, this program is supposed to work as a siphon that would aid a student to both chose and explore the working the workings of their area of interest.

The framework for the electives is nothing fancy with it being divided into two blocks (periods) of usually one month each. One block caters to Pre-clinical/Para-clinical subjects while the other to Clinical subjects. Each block course has to have predefined objectives, schedule, activities and an identified preceptor (guide). It will also include the bane of the existence of the 2019 batch, the infamous “log book” to keep a



A student scanning a blood smear slide in the Pathology Lab, MAMC

record of the activities. Both the allotment procedure and assessment of the students shall be conducted by the institute on their terms.



A student assisting in Cardiac Surgery in Department of CTVS, GIPMER

An on-ground analysis based on the reviews from undergraduates of the M.B.B.S. batch of 2019

across the country is also necessary. Starting with the allotment process, some colleges had merit as the criterion while most carried out random allocation; both methods left many dissatisfied with the subject they got. Coming to the implementation, it was a mixed bag of emotions. Some departments were eager to receive the students, training them with zeal, but the already burdened departments were strained to devote proper time to the students. There is, of course, the factor of such a program being conducted for the first time in most places. This leaves trainees in certain units being left to fend for the exposure themselves.

This is an excellent initiative that will enable the learners to polish their clinical skills without investing thousands of dollars to go abroad for the same. However, there are still numerous lacunae that need to be tended to so that future batches get the most out of



Students working in the Molecular Diagnostics Lab in the Department of Biochemistry, MAMC

their electives. There is a general optimism among the apprentices that the educational committees are committed to the melioration of the curriculum.

At the end are the reflections of some students regarding the program:

“Elective posting introduced by the N.M.C. in our curriculum is an amenable step for any medical student. We started with an adrenaline rush and excitement but as time passed, we realized that neither the professors, senior residents, postgraduates nor us were exactly familiar with what was expected from us. This led to chaos and proper utilization of time was sacrificed. I hope these lacunae don't exist for future batches, and they get the full benefit of elective postings.”

“Starting Electives was a very good idea to sensitize us about various topics in greater and untouched depth in the postings. It included both Clinical and Paraclinical aspects and encouraged us to acquire many things we don't read in our books. Though the idea was very nice, the execution lacked pro-



The Obstetrics and Gynaecology Department, MAMC giving a send-off to the students

per efficiency since the Professors, PGs and we were new to this concept and had no clear idea what to do.”

“Elective postings are great for clinical exposure. It helped in strengthening my knowledge of both clinical and non-clinical subjects. It improved my knowledge and skills for the subject I chose for the electives. There was this conspicuous lack of

There was this conspicuous lack of information about what was to be done from the programme's implementation perspective.”

“While the novel initiative of introducing the Elective program was done in good faith, the decision was implemented too soon. There was this unwillingness in certain departments due to the unfamiliarity and already enormous workload.”

Trending Now in MAMC

Aadya Jain (Batch 2020)

Social Media Lead @trendingnowinmamc

'With great power comes great responsibility.'

This year the Editorial Board harnessed the power of social media and took the responsibility to ensure a virtual omnipresence for MAMC. MAMC is one of the greatest institutions in the country and Trending Now in MAMC is a testament of its prowess. In the era of the internet, it becomes imperative for MAMC to have a representation on the cloud.

Managing the social media presence for MAMC and leading the team of reporters has been a truly enriching experience. The team at TNM worked very hard to collect information, organize it and regularly update the page.

TNM is a very inclusive space and everyone with anything to put out is welcome. It was difficult at first, just to inform people of the existence of the page but once the initial inertia was overcome, the process was self-sustaining.

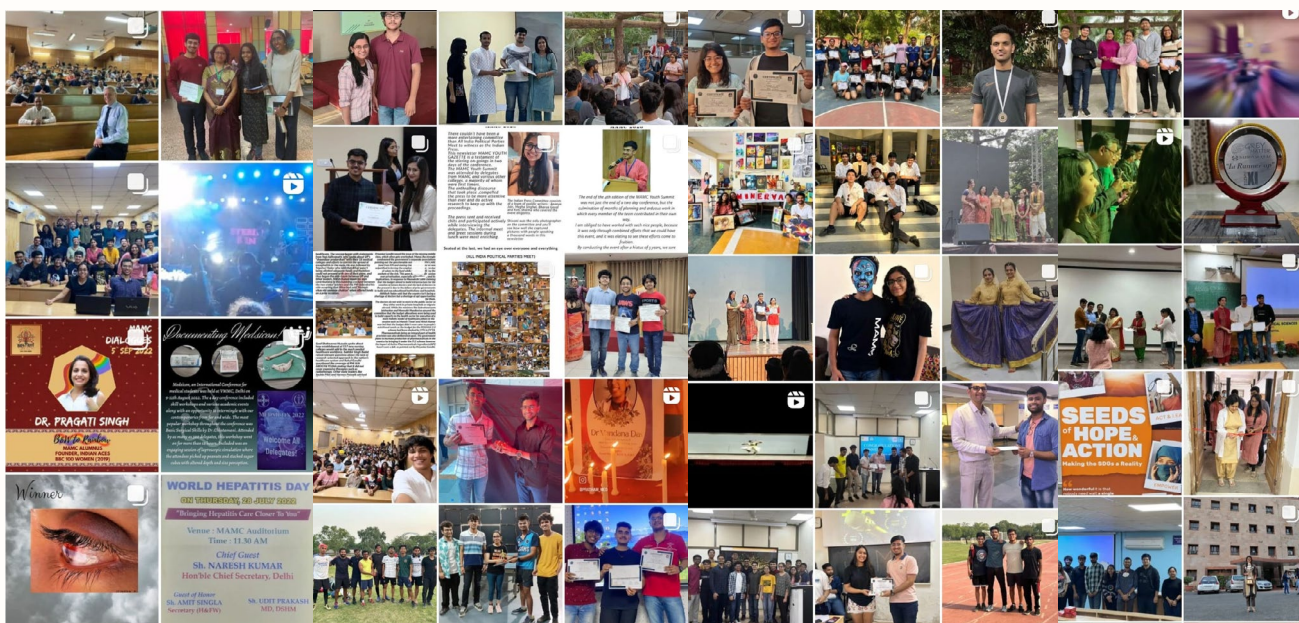
Synapse 2022 is what gave the page a boost. The team at TNM carefully curated the posts and tried to summarise the exuberant extravaganza that took place which the students of MAMC enthusiastically received and shared. Gradually people started sending in content themselves. During fests in other colleges, my phone was flooded with the achievements of students of MAMC winning almost every competition there was and to listen to everyone talking about it the next day spawned a sense of pride for MAMC which we often forget to feel in the monotony of lectures.

With everyone busy with their own lives, for a long period, the only thing trending in MAMC was Trending Now in MAMC. Someone came up to me and said, "I'm happy that I won the competition but I'm happier that I'll now be featured on TNM." People crave recognition for their success and what would be a

better platform than Instagram which seizes the attention of almost everyone for countless hours a day, to facilitate this.

A few professors and alumni have discovered this page and have admired the diverse account of all things trending in MAMC. I hope this page continues to prosper and when everyone currently featured on the page is an alumnus, they can go back and stay connected to their alma mater by simple scrolling through Instagram. Trending now in MAMC is an archive of the past, a delight of the present and a treasure for posterity.

Do check out
@trendingnowinmamc to know
what is Trending in MAMC!



AMSEP India x Thailand

By Aadya Jain, Ananya Jain and Aansh Sharma

The students of MAMC had the special opportunity to welcome medical students from Thailand as a part of the AMSEP- Asian Medical Students Exchange Programme, on July 2-5, 2023. In the four day extravaganza, Maulanians showed the Thai delegates the different flavours of Indian culture.

Day 1: On the first day of their visit to India, the Thai delegates were taken to Agra to marvel at the beauty of one of the seven wonders of the world, The Taj Mahal. UG students of MAMC: Bhavya Ratan Maroo and Mitali Sharma guided them through the city.

Day 2: Thai delegates arrived at MAMC and were graciously welcomed with a tilak and mogra flowers, leaving our guests in awe of the sweet fragrance of the flower, much like everything else about our country and its people. As they walked up to their first academic session in the Department of Community Medicine, they were introduced to some parts of the college building.

In the academic session taken by Dr. Panna Lal and Dr. Nidhi Bhatnagar, the delegates learnt about the Indian healthcare system and associated challenges.

After all the informative sessions the delegates got to be a part of the tiffin exchange, Som-bunn ah'han, meaning fulfilling food; derived from sampurn ahaar of Sanskrit. Churma and mango chutney from Haryana, khandvi from Gujarat, steamed rice and

chicken from North East India, kheer and pherni of North India and the fan favourite Hyderabad biryani were presented. The plates were full and our hearts fuller.

The Thai delegates were then taken on a guided hospital visit at LNJP hospital to help them understand the hospital system associated with our college. Finally the day culminated with a karaoke and linguistics event: Mehfil. The Thai students taught us how to write our names in their language and we in turn taught them the art of tying a Saree and Dhoti, the celebrated garments that exemplify traditional Indian beauty and grace.

Day 3: In the spirit of atithi devo bhava, the stage was set for a fun filled socio-cultural program, Medha, where participants from MAMC and LHMC showcased their talent through breathtaking performances, on 4 July 2023. It was conducted 10 AM onwards in the PSM Conference Room.

The stage was opened by a melodious classical music group, followed by an array of performances ranging from Indian classical dances, Bhangra and Bollywood dance to English singing and an intriguing fusion-performance of modern and classical instrumental music. The Thai delegates were brought in to dance with the performers in Naatu Naatu, after which they showed everyone a few traditional Thai dance moves which were met with great enthusiasm – a true cultural amalgamation.

The fashion society of MAMC

and LHMC then put up a mesmerizing fashion show involving ramp walks, dance and an impressive display of dresses from various regions of India. It was concluded by raising the Indian tricolor which brought everyone to their feet.

The event was brought to a successful end with exchange of local Indian and Thai snacks, and lots of photos.

A special thanks to the Medha Organising committee: Ananya Mehta, Atulya Soni, Aarzoo Chugh, Prem, Sanjna Tandon, Ritiksha, Rudra Sheth, Aansh Sharma and Piyush Gautam.

Day 4: Thai Delegates got an opportunity to learn about Indian Healthcare while interacting with the community at Rao Tula Ram Memorial Hospital, Jaffarpur. A guided tour of RTRM hospital enlightened them about Secondary Healthcare Infrastructure in India. They went to an Anganwadi centre where they learnt how the health of children is taken care of in the community. A few home visits were made and they got a chance to look at homes in Semi-Urban India while they examined children with Severe Acute Malnutrition. The session was followed by a visit to the DOTS centre and a detailed demonstration explaining the working of CBNAAT.

The short trip to India culminated in a Gala Dinner with the AMSEP Board members from MAMC and LHMC who worked tirelessly to make this exchange possible.

National Officer at AMSEP India:
Bhavya Ratan Maroo

Local AMSEP Board members
from MAMC:

Aadya Jain, Ananya Mehta, Atulya
Soni and Nikhlesh Paropkari.

Our guests cherished the hospitality they received in India and it was an enriching experience for everyone involved. Looking forward to more such academic and cultural exchange programmes at MAMC!







An Honest College Experience

Sanjna Tandon (Joining Batch 2021)

You'll get up at 8, for an 8 am class and shamelessly stumble into the class taking advantage of the "chill" professor and sit down ready to receive your education. Ready to learn the ways of our noble profession. But you won't understand a thing, you'll sit there while the professor goes through slides like you have photographic memory and completely ignore the fact that it takes atleast 8 ms to perceive an image.

You'll pretend in front of your mom and dad that you're doing justice to the profession you chose to pursue because it feels good to have someone be proud of you. But you'll wonder, am I worth all the bragging and boasting that they do on your account? Are you even that person anymore who managed to stand out in a race of 15 lakh people and make their way here?

You'll dismiss the question and move on to the next task.

You'll go to posting, with a tiny note book and pen, but that will either struggle to breathe at the bottom of your bag or under the rare occasion that it makes its way to your hand and you decide to be a doctor ;you'll make notes you'll never read. Feel proud for a moment, bask in the pretense of sincerity and pat yourself on the back. You'll promise yourself to go

home, and read the recommended book, which you'll never even download, much less read. You wonder if you're actually moulding into the role of a doctor, or just fitting into the "aesthetic" of it.

You'll sit with a bunch of people, you won't connect with them.

You'll just sit there, an empty shell of yourself and excuse yourself for not being active in the inane conversation because you're too shy or introverted. But it's not that you're shy, you just can't seem to connect yourself to these people.

You wonder, who the fault lies with? Whether you're just not trying hard enough or these people are just not meant for you? Both the questions, make way for loneliness and a peculiar remoteness begins to take conscious form in your body. You'll miss the comfort of your old friend groups, and the innocent and ease they had to offer. And you'll feel like that innocent playful child for a moment.

The feeling will wash away quickly because it does not relate to you anymore.

Taking its place, sadness, loneliness, anger, frustration and anxiety will eat you up. It will wrap you, like a heavy warm quilt and put you in a cold winter sleep.

You'll try to remember the happy moments; there are quite a few moments but it proves counterproductive to think of them and you feel even more cheerless now. Happiness is the shore and you're lost at sea.

Your thoughts have exhausted your will and you think of that reel that goes like "Can we skip to the good part.."

Even at your lowest, deepest moment, your mind can only offer a reel as a comforting thought, because that's all you've been feeding to it. Just hours of mindless content. What a waste of opposable thumb.

And because of that, you can't seem to hold your attention to anything significant for more than 5 mins.

You remember how in Harry Potter's last movie, voldemort was left defeated and small, withering in disappointment and agony. And you can't help comparing your current self to that same lifeless creature. The reference pleases you for a second despite the bleak context.

But you are too tired to continue this contemplative journey and decide to go home and come back another day with a more positive attitude or maybe just a blissfully unconscious one.

MAMC STUDENTS

AS

Visiting Scholars



Aaryan Kharbanda at University of Naples

How did you get the opportunity?

I worked in multiple organisations such as AMSA, MSAI, GAIMS, IFMS, and TFT, where I held various positions, actively participated in numerous workshops, seminars, and NGO initiatives. Additionally, during the COVID-19 pandemic, I dedicated my time to teaching underprivileged children online.

Motivated by my extensive experience and with a strong CV to support my application, I eagerly applied for the MSAI student exchange program, in which I was selected for my first preference, Italy.

Please describe your overall experience.

In April 2022, I had the opportunity to be a part of research on "Nanotech revolution for microRNA delivery: a new tool to overcome glioblastoma chemoresistance by targeting MGMT and HMG" at the Department of Precision Medicine, University of Naples Federico II.

My time in Italy proved to be a great experience, with each moment weaving together a tapestry of captivating encounters. The country's rich history, artistic treasures, and culinary delights added to the overall charm of my stay. Everything felt fresh and new, like entering a different world. From learning basic Italian to observing the delivery efficiency of SANPs encapsulating miR-603, I witnessed personal and professional growth. In the lab, my tutor and I collaborated on experiments and analysed the results together. The university community comprised individuals from around the globe, providing me with exposure to different countries and cultures.

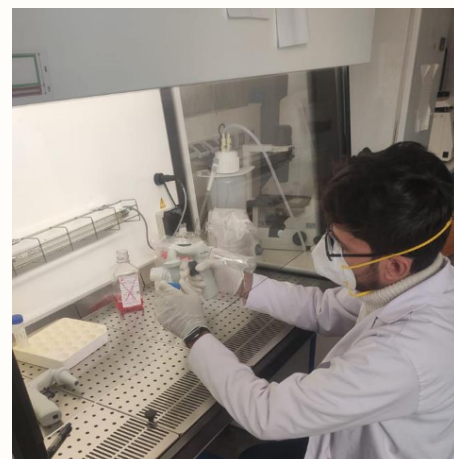
While waiting for the PCR to run, my lab mates and I engaged in conversat-

ions about our respective countries' cultures, food, rituals, and the unique aspects that set us apart or brought us together. Exploring the city together became a customary activity after our lab sessions. Through these experiences, I formed deep friendships with people from Brazil, Italy, India, Germany, Turkey, Ukraine, among others. It was the presence of these friends that truly elevated my experience and made me feel at home.

What is that one memorable experience that you will always remember?

I will never forget the adventure of visiting two countries, two wonders of the world, and four incredible cities, all within a mere 72 hours. Rome, Pisa, Florence, and the Vatican City. I don't know if I've ever seen an itinerary so perfect! From feeling a tinge of homesickness at the beginning of the trip to developing a constant urge to stay a little while longer, I realized that I had found exactly what I came for. I boarded the flight back to New Delhi carrying with me tons of memories, meaningful connections, and cherished gifts.

How was your experience with new people?



I met a girl who had eaten crocodile, an Italian guy who embarked on a journey to China to learn Chinese and India to master Hindi. Meanwhile, I found myself in a comical situation when I nearly forgot my passport and cash at the security check. We tried a variety of foods and drinks, exchanged stories about the challenges of attending online lectures during the pandemic, our med school experiences and the intricacies of working in hospitals. It was such a homely environment that it felt like a reunion. We explored castles together, went strolling along the sea coast, and tried lots and lots of pizza and lasagne. As the incredible day drew to a close, we bid farewell with warm Italian hugs, promising to meet again in the future.

Disha Agrawal at DIPS, Puducherry

Disha Agrawal from Batch 2020 was one of the few medicos from all over India to win the opportunity to attend the Developing Indian Physician Scientists workshop on research, held at JIPMER, Puducherry from March 17-19, 2023. Selected applicants from medical colleges all over the country were invited to attend a series of lectures taken by eminent researchers - Dr. Gagandeep Kang, Dr. Rakesh Aggarwal, Dr. Vineeta Bal, to name a few - discussing their journeys through the fields of medicine and research.

How did you get the opportunity?

A friend had discussed this opportunity with me back in 2021. We were lamenting the fact that it had shifted to the online mode due to COVID, though the first edition was held in Delhi. Alas, the disappointment of online conferences, workshops (in fact, everything!) is something I guess we can all relate to! In any case, I decided I'll go for it when it is held offline, and to my delight, it was being held at JIPMER, Puducherry, a place I had been dying to visit.

I filled out the form, and was quite impressed by the simplicity of their selection process. Besides some personal details, and our previous experience with research, they asked us two things – why we wanted to attend, and the most interesting paper we had read recently with the reason why we found it interesting. After a couple days, I found out I had been shortlisted to attend.

Please describe your overall experience.

Memories for a lifetime! We were a diverse cohort of students from all over the country united by a love for science. The 'lectures' taken by brilliant researchers from all spheres of science were more like deeply stimulating conversations talking

about their lives and their work. We didn't delve deep into a particular subject, but got a taste of everything ranging from genetics to artificial intelligence. As the organizers said, "At DIPS, we dip into a little bit of everything."

The best part was the Q&A session after each lecture, where we were encouraged to come up with our own thoughts on the topic and ask questions. They even had daily prizes for the person who asks the best questions. I was delighted when my roommate and I both got one on consecutive days. We were also very well taken care of by the organizing team, with great accommodation and regular tea breaks. It was a sight to behold when all of us eager souls followed the faculty into the tea area to continue our discussions. The workshop left us with great memories and a very pertinent parting message - to always be curious, and to always ask the right questions.

What is that one memorable experience that you will always remember?

A scooter ride with my friends to the beach to see the sunrise. The delegates from JIPMER were kind enough to lend us their two-wheelers in the wee hours of the morning. Our party of 10 took off with 4 vehicles in unfamiliar territory with a single JIPMERite leading. (I hope my parents never read this) It was the most exciting trip as we hurried to catch the sunrise, afraid our sleepiness had delayed us far too much. Anyhow, we were lucky as it



wasn't a very cloudy morning and we caught a glimpse of one of the prettiest sunrises I had ever seen, with such lovely friends to share the experience.

How was your experience with new people?

Absolutely brilliant! I had the most amazing roommate, and we quickly became great friends. Together with our newly-formed circle, we'd escape to the Rock Beach every evening to have dinner and walk around, breathing in the beautifully salty air and talking about all kinds of things. They were mostly my seniors, and I had a great time listening to their experience in medical college and their plans for life after graduation. It was the most warm and welcoming group I could have asked for.

I met people who had really interesting ongoing side-projects, and they provided me with great insights into developing additional useful skills during college. We all bonded over our love for food, travel and science, and I am sure I'm going to bump into them again at future workshops and conferences.



Parikshit Sen at University Hospital Zürich, Switzerland

How did you get the opportunity?

I had been involved in several research projects in MAMC since first year and had the opportunity to work as part of a global multicenter study, the COVID-19 Vaccination in Autoimmune Diseases (COVAD) study since early 2020, contributing to several publications. It was through this that I received an opportunity for a 2-month research fellowship at the Department of Rheumatology at the University Hospital Zürich (USZ), Zürich, Switzerland and was selected for the Think-Swiss Asia-Pacific Research Scholarship in 2022 (3600 CHF, approximately INR 3,25,000) to support my stay.

Please describe your overall experience.

My project titled, “Multicentre, investigator initiated study in SSc: evaluation of change in titer of SSc specific antibodies and capillaroscopy in the prediction of SSc-ILD and PAH in a prospective cohort; involved studying whether a non-invasive technique called Nailfold Video capillaroscopy could better and earlier predict which patients with systemic sclerosis (SSc) were at a higher risk of cardio-pulmonary complications than established invasive methods.

One of the biggest challenges to research involving this disease is its rare nature, which often means that there aren't enough patients, especially for long-term studies. However, at USZ, I was fortunate to be able work with the EUSTAR (EULAR Scleroderma Research and Trials) database, with prospectively collected clinical, radiological, and laboratory data over 20 years of nearly 20,000 patients with SSc, one of the largest in the world.

In addition to the valuable learning opportunity of working with a large disease registry in a complete hands-on immersive experience right from a project's inception, and becoming familiar with data quality criteria, data handling, patient selection, modifying methods after reviewing the recent literature, ethical considerations in the data transfer, and statistical analysis from large data files, my stay was a rich cultural experience.

Walking through cobblestone streets, exploring the nooks and crannies of the old town while sipping hot chocolate, and riding an almost toy-like blue tram, it was like being in a Disney fairytale. The people were welcoming and friendly, I had a chance to stay at the university accommodation and it was wonderful talking to and making dinner together with the other medical students. Weekends were cherished, and I had the best excursions often making new friends, whether it was the highest train station in Europe, or massive pristine white glaciers stretching to the horizon...it was simply mesmerizing and truly memorable.

What is that one memorable experience that you will always remember?

The work, the afternoon conversations with the team, the beautiful walks exploring, cooking barbecue on a grill for the first time, seeing a real-life Willy Wonka like chocolate factory, seeing snow as far as my eyes took me, having black forest cake at the actual black forest in Germany...it would be probably be impossible to select one among the incredible experiences I had.

However, certainly the most delightful surprise was getting



selected for an abstract award to present an Oral Abstract in person at the EULAR RODS (Registers and Observational Drug Studies) Meeting 2022 held in Berlin, Germany, during the final week of my stay.

How was your experience with new people?

The observational research unit at the Department had 6 members. My supervisor was from Serbia, and the other fellows were from Italy, Romania, China, Ukraine, and Switzerland. What followed was a melting pot of different perspectives, ways of working, stories, food, and different healthcare systems that were unlike any other. The conversations during Lunch when we would take a simple unassuming topic and uncover how different or similar this was in all our countries were probably the best parts of the day. The conversations could range from parallels between our countries during the Non-aligned movement to how I was single handedly responsible for depleting the hospital's supplies of chili sauce, but whatever the conversation was, it always ended with warm smiles on our faces...and for me, as would remembering my stay for many years to come.

Nishant Sharma at IISc, Bangalore

How did I get there?

This is a very recent internship for MBBS students offered by IISc once a year (for the second time this year). I applied for the programme online and was selected in the Center for Sustainable Technologies.

IISc is going to start a medical college for post graduation, so they are providing early exposure to medical students at campus to understand the ways how to go about the collaboration of existing departments at IISc with medical sciences.

What did I do there?

I worked there at the Center for Sustainable Technologies studying the effect of different building materials on the environment (ambient air- Humidity and temperature) and then the environmental effects on human respiratory health. It was an ongoing PhD thesis in the lab and I had an exposure. Besides this, I socialized, made friends and talked to different people. I attended a few guest lectures by people from prestigious places such as ISRO, NIOT, Harvard. I went to many places around Bangalore to explore food along with my lab seniors (had my life's first banana leaf meal there) and at the end a small trip to Mysore too. Even I got the chance to visit C.V. Raman

sir's house situated very close to IISc.

Was it worth my time and energy?

There couldn't be a better way to use my time! I felt the essence of science and research. It was a privilege to be a part of a community where curiosity is appreciated, a place where people are always learning something new. The best part was: Collaborations! At IISc we get experts from almost every research field and collaborations are just a few steps away from you.

What were my take home messages from IISc?

These two lines were told to me by one of my seniors there... "It's not always about big things... You pick some small thing and do it with great detail." "Grass is greener where you water it."

They are not biased towards specific results. They appreciate the negative results too. So I found their way of research more liberal with more freedom and open mind.

"Negative finding is also a finding." This fills me up with courage.



Who can apply for this internship?

This internship was for Final year MBBS students.

Please apply for this internship next time when you are eligible (and similar internships offered by prestigious institutions). I highly recommend this experience to be at a place where you feel science in everything and everyone.

This whole month was a beautiful turning point in my Academics! It is going to be my inspiration for learning throughout my life.

Want to know more?

Access the official website from this link:

<https://org.iisc.ac.in/mbbs-internships/>

I will be more than happy to talk to you personally :) Message me on Instagram "nishant_sharma.k".





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Victor...Y

By Akshat Ranjan
Joining Batch 2022

A solitary wolf traversing
A perilous mountain trail,
With a mission on his mind
To reach the top in time.

Ma wanted him, so did papa
For him to make it in life
(Because they couldn't)
His parents wished for it
How could resfeber exist?

Rocks didn't faze him; he leapt
Rivers didn't frighten him; he swam
He only wanted to make them proud
By reaching the top in time.

Curse fate's cruelty; canine cupid bit
when a she wolf came into view,
He knew Ma would frown
But what's a little detour?
He vanished into the bushes,
Love had blinded him; time flew

Lo! The thickets parted, out came he
Looked fine, just a little grayer physically
But a piece of his heart was lost, left behind
Regret choked him, "Why didn't I listen?
To my sweet mother kind?"

Shook his head,
Continued his trek,
Moving faster and faster,
To reach the top in time.

Panting, stopped for a sip at a river
Huh? Noise? Raised his head,
Saw some young wolves frolicking
Around a fire, across the river bed

Saw a filler;
For his void
Of course it had been
A lonely, lonely life

Indecision clawed; knew Pa wouldn't agree
"You can only really trust family",
"But at least it isn't love!
I won't break my heart"
Was a shot at making friends
Too much for him to ask?

To hell with it, he thought
Waded across the brook,
Felt at 'home' as they welcomed him
With smiles in every nook
Took him into the woods
And Again time flew.

Lo! The trees parted,
Our prodigal son was back
But this time, worse for wear,
Claw wounds, Fur torn, skin bare
Anger drowned him, "Why didn't I listen
To you, O wise father of mine?"

Fool me once, shame on you,
Fool me twice, shame on me,
I will stop at nothing now.
I will reach the top in time.

Now he ran, ran like he never had;
Not glancing left, not looking right
Other distractions surely appeared,
But his grayer hair gave him might.

Days and nights pervaded one another
Spring became summer became winter
Not once he paused, denied all reprieve
The rest didn't matter; just one goal to achieve.

Behold! The apogee in sight
He could gaze down the valley,
Could view the expanse of the sky
He slowed down a little,
Soaking in the breathtaking sights

He closed his eyes
And heard his parents' voice-
"My child, you have arrived,
You beat it, You won this race
Now dance, live your life; be happy,
Do as you will, We set you free"

He smiled; but for the first time
Doubt filled his mind;
He noticed his form was wasting away
Body battered, Mind sapped,
How could he Live now?

What's next? Had never thought this
He had succeeded all right
But at what cost?
He Looked around and realised
It's ...lonely at the top

To sacrifice love, give up friends,
Was the goal worth it? He couldn't decide
His parents had of course
Been right about the world
They couldn't bear looking
At their poor boy hurt

But maybe if he had slowed down a bit,
Maybe took some second chances,
And maybe corrected his mistakes,
Maybe fortune would have favoured him
But Alas! Now there were no retakes

A few feet to the peak
Were all that Were left,
But this mental turmoil
Made them the hardest to step

His mission had been completed
His prophesised trajectory fulfilled
Satisfied, but where was the mirth? The joy?
Did his own actions have them killed?

At last he reached the pinnacle
And took in the world below
He was the king, it's champion,
To whom others must bow

But he closed his eyes, shook his head,
Lifted it, and howled his deepest
Put one paw on the peak, exhausted
And dropped on the snow
Dead.

*The title is a play on the word
'Victory' in the form of 'Victor(Why)'
i.e. 'In what way did I win?'*

The Enslaved

By Tanmay Gill
(Joining Batch 2022)

Timeless Love

By Manvi Srishti
(Joining Batch 2022)

Illuminated by the dust, the gap in window curtains let in the sunlight.

It was six thirty in morning, he had been awake all night

Kicking the pillows, grabbing tight his bed sheet, he lost his tranquility

For some unreal anticipations, he dwelled in psychological instability.

Apprehensions about virtual reality encapsulated his conscience

What was happening right here was not first in its instance

The serene exposure of dusk saw this teen kid lose his wisdom

His thoughts handcuffed him, unwillingly he surrendered his freedom.

Man's unsocial expeditions veiled the world into darkness

Polarized by shallowness, social media triggered the madness.

Filtered his image last night, he posted, he seemed quite stunning

What likes and comments it would fetch... was the question in running.

Earlier that day he longed to talk to his crush, he had felt hyper elated,

In the backdrop the advent of "social validation" cunningly awaited.

Will she pick his call, what if she gets hurt, what if she ignored the phone.

Overthinking it made him feel completely alone.

The parable of love had earlier made him lose his cool,

When he saw her with another boy at school.

Could be a brother, a cousin, not necessary-the other boy was a rival

But man's mind thought it's an enemy's arrival.

Trapped firmly in the insecurity, he was entangled in an artificial mess

The reduced likes on his posts gave him some unbearable stress

Lost approval put his hopes to an abrupt decline

In the blazing heat of self doubt, his mental peace would sublime.

The unholy psychological a Capella would sing aloud

Within all the likes and comments and hearts, man is lonely in the crowd.

Happiness was perpetually free, a sermon that Gautam Buddha glorified

But if happiness lies in opinions outside, this is slavery personified.

Decline in physical socialization is a horrific human defeat

The overthinking issues of stupid teenage carnage are all counterfeit.

Early depression and anxiety fostered the need for intellectual criticism

For half teen years were wasted in overthinking, the other half in narcissism.

Vanishing the darkness, sunlight shone to warm the earth outside

Feeling the inanimate dullness, ironically, he felt cold inside.

Why did we deal with non-existent crises? How immature we behaved?

If you too overthink on issues in ugly imagination, welcome-you are enslaved.

My sky was blessed by your sunshine,
If you are light years ahead, still mine.

Your love for me is eternal dear,

I can feel it from another life, in a different year.

Like a constellation studded on my face,

Reminiscence of our hearts' pace.

Separated by deaths and graves,

I am sailing to you across all these waves.

An overt secret is the identity you keep,

Depths and peaks is my faith's leap.

I am looking for you in snow and frost,

But my compass is broken and I am lost.

Maybe our destiny won't meet in this life,

Maybe between us will stand a strife.

You could choose someone else this time,

But she won't scribble for you a rhyme.

What went wrong

By Khushi Sharma
(Joining Batch 2020)

A gravel entered my shoe today,
A perfect shoe, with no tears,
The discomfort, the misstep I took,
Led me to this painful way.

There was a silent acceptance,
I couldn't have done anything,
Slowly, it changed my trajectory,
Backwards it went, without any pretense.

But this was routine I realised,
Minor but many occurrences,
Grabbing hold of any one gravel appeared idiotic,
Can't accuse one, they are all piled.

Maybe it's the shoe,
Yes, the shoe's mistake,
Something under my control, my responsibility,
Because, alas, what does the world have to blame!

Hypertrophied muscles and an Atrophied brain

By Nalin Khandelwal
(Joining Batch 2019)

I don't wanna see things the way you taught.
Abuse, objectify, and cover it with a gentleman knot.

Unconscious, atonic, and an emetic episode;
Is a dozed-off mind what it takes to fulfill the "youth" code?

Smash a few bottles, and sell them at the Memories bar;
Now, Getaway with "Kyun har cheez mein logic lagata hai yaar."

Dancing to Songs that normalize an all-perverted view;
Why are you so shocked when it hits back at you?

Were you afraid of being left out or the need to fit in broke?
Ask yourself, what made you be caught in the smoke?

Be it Fame, beauty, or gloom, they all seduce;
Objectivity is something we don't wanna lose.



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Odd Day

By Ananya Jain
(Joining Batch 2022)

It was all so arbitrary.
I entered that tea shop because a splitting headache troubled me.
Normally I would have waited until I got home to have my cup of tea,
But not that day.
I sat on a table by the window,
And a glass hanging light made a rainbow pattern on the wall,
As the setting sun said its last goodbyes to it.
In this unfamiliar setting, a wistfulness filled me as the barista filled my cup to
the brim
It was a really odd day.

Long after she had left, I kept thinking about a small scar she had on her finger,
I had stared at it when she handled the kettle and asked me how much sugar I
wanted.
My gaze was almost invasive but I couldn't tell if I was looking at the scar or
the scar looked at me.

I finished my cup and looked at its glittering opaque base and I saw nothing
more than myself.
I looked up and saw a man sitting at the other end of the shop, and in that one
moment,
I saw everything that was not me:

I never went back to the shop.

How did she get that scar? Did he come to the shop everyday? When was the
light installed? Does she like the light? Has he ever appreciated that rainbow
pattern?
All these questions remain unanswered.

I shall never know if the leaf on the other branch at the other side of the tree
received as much sunlight as I did,
If the caterpillar tickled her and left small love bites on her,
If she too felt dry and wrinkled and old on the day it didn't rain.
We were rooted in the same universe, the same place,
But our sorrows and joys,
Ambitions and dreams,
Worries and craziness,
Were our own.
I don't know her,
She only saw me once.

If only I could sway to her rhythm in the breeze,
Take her hands in mine and ask what gave her that scar,
Sit on his table and listen to the stories he had to tell,
Watch the sun set and rise, lighten up the window panes and cast shadows at
the counters.
It would be an odd day,
A beautifully obscure odd day.

On Books

By Jay Verma
(Joining Batch 2019)

She is no mere object,
A fluid syrup for the mind.
Takes a shape so singular,
As with her lover does combine.

She seems to come closer,
Extends her inviting hands.
And with a leap of unwithering faith,
We apparate to a mystical land!
To times when she was born,
And allegiances untold were sworn.

My eyes come to sparkle bright;
So do her words;
An adventure among us stirred,
Whilst traversing unseen lands with delight!

Goes on our merry journey;
We come to be one.
But, alas, her purpose is done.

Her soul has left the cruel world.
We have changed each other for eternity.
Still the lament:
For we are meant to be together only in memory.

SHAKTI PRADARSHAN

By Nalin Khandelwal
(Joining Batch 2019)

An ode to the mind

By Megha Kumari
(Joining Batch 2021)

Loud, vulgar and sexist slurs echoed in the chamber, Now I
know, why my friend is afraid of
December.

"Wish kar! Neeche dekh" Does that make you feel
respected?

Under the foot or over the head, isn't it where hierarchy is
directed?

All I can see is some fragile ego protected
"Sabse badiya kaunsi hai tumhare batch mein" asked one
with an evil grin.

I wanna believe lust and drugs are not all that you carry
within.

"Humne bhi toh di thi" Ever heard of an argument this
profound?

That's precisely why experience alone doesn't make you
sound.

"Bhai, Aisa lag raha hai kisi ne tera rape kar diya ho" is NOT
funny at all.

Can't you afford a laugh without making others feel small?

"Help bhi toh karte hai vahi seniors" I shook my head as
they continued to add

O, I didn't know harassing was the first step, My bad!

I wish they knew, Arrogance builds upon power.

Sadly, Power doesn't last long, leaving you with the former
until the last hour.

Respect is what you seek, fear is all that you draw.

Friendship isn't a bad idea, If you consider giving up your
claw.

Worrying doesn't empty tomorrow of its sorrow, it empties
today of its strength.

In this racing world, where every other person is running in
a cycle of day to day chores,

I decided to halt for a moment and have a chit - chat with
my mind.

Yes, I know you would be confused that how does a
moment suffice! Well a moment or 90 seconds with mind
means chatting with the speed equal to that of 'Vande
Bharat'

Me: You live on the top floor of our body. How do you feel
in a tense or hopeless situation?

Mind : I'm bent but not broken
I'm scared but not disfigured
I'm sad but not hopeless
I'm tired but not powerless
I'm angry but not bitter
I'm depressed but not giving up

Me : I see a crack in everything I do.

Mind : There's crack in everything. That's how the light
gets in.

जब टूटने लगे हैं सले तो याद रखना
बिना मेहनत मंज़िल तख्तों ताज नहीं होती
ढूँढ़ लेना अंधेरो में मंज़िल अपनी
क्योंकि जुगनू कभी रोशनी के मोहताज नहीं होते

Well, I realised that I was talking to ~86 billion neurons
and 85 billion non neuronal cells and got my strength.
What about you?

The White Coat

By Ayush Sharma
(Joining Batch 2020)

Has utmost respect even if blood stained.
No colour can paint the glory it possesses.
Not just white but the glory of professional stains
Of the eyes that save lives from the dead pages.
Of the hands that cure all ages.
Of the fingers that never tremble for patients.
Of the dedication that never loses its patience.
Of the courage that stands in each disease.
Irrespective of anyone's perspective.
The white coat stands still for saving lives.
With the charm of its whitish glory.
It gives the vital force to each body.
By trying to defy the biggest law of death.
It has the power of driving the soul to the body.
Under the curing sympathy of its whitish glows.
That flows in each breath of the patient.
Felt under the resonance of each heart beat.
In every blood flow in each vein.
There is a doctor who works endlessly.
For saving lives in several pains.
This coat carries the heaviness of hopes.
Of several patients that respire the aspiration.
Flowing in the coat's name.
But the doctor must live in his own breath.
For handling the malignancy in benign condition.
It needs a steady hand.
Moving in the rhythm of knowledge.
Not in the rhythm of emotions.
And that's the perfection of professionalism.
For the healing hands have no cure.
Except the patient's body.

Which enlightens the experience in each remedy.
By lending the lustre of blood stain.
The white coat flickers in a firing flame.
For serving the art of building breaths from knitting
knowledge.
It gives the healing hands to humanity.
And in every woven thread of the coat.
Lies the majestic charm of charity.
At the cost of eyes that lower their gleam in the books.
For giving vision to humanity.
With the scrutinizing sincerity.
In the budding blood of each medico.
There lies the white coat glow.
Embraced with the same lustre in each medico.
For the genes of each medico code for health.
With their resonant heart beats.
Soaked in the rhythm of knowledge, skills and
professionalism.
No political power can seize the coat.
Its only the coat of a curative no one can hold.
Not a single stain can make it dull.
Not a single power can make it null.
Only a doctor can taste and make it full.
This coat only belongs to the spirit of humanity.
None of the human affairs can hijack its duty.
Only a doctor can feel its pride and the handling beauty.
The white coat must be above human to save the human.
For its the source of supreme sight to the patient visions.
And the only standard which standardizes the standard of
life.

Tricky

By Ananya Satapathy
(Joining Batch 2022)

We are all performers on this world's stage.
Performing everyday to try and polish our image
Finding ways to prove ourselves to temporary people,
Who watch and smile and sometimes giggle.

We seek validation through comparison.
Slowly brewing our narcissist poison,
And sugarcoating our bitter raw flavour.
But sugarcoated sweetness won't last forever

Too comfortable in our own little bubble
A little criticism can make us crumble
And we keep running in the hamster wheel
Reaching nowhere and yet proud we feel.

These scars make me strong

By Mahika Chhikara
(Joining Batch 2019)

These scars make me strong
They remind me of the times I was wrong
They tell me what were my mistakes Remind
me that there won't be any retakes Life's not a
fairy-tale

Even after struggles you may fail
Even when you're knocked down
Don't put on a frown.
A smile is all it takes

To give you the courage
To help you get up and sort your piles
And then you need to focus on those miles
That you have to cover

You must endeavour
Reaching where you wanna go isn't a play You
cannot get stuck, cannot stay
Pull yourself out of this dark ditch
For there won't be a wish granting witch

By Saksham
(Joining Batch 2022)

Standing on a calm cliff and staring at the eternal shore.
Seeing a vague vacuum in my view, the striking breeze gave me a
glance.

Trying to figure out the cause, it asked me what I was looking for.
Introspection led my thoughts to align, that grief was all life's race
for sure.

The endless sky is still waiting but I am quitting this puppet's dance.

I answered the breeze that this content smile was lost from my face
years ago.

Now I'll get through the approaching storm, but never let this smile
go.

That childish perception can fill my dark vacuum with bright stars of
embrace.

This will make my own way off (remove, maybe?) through the
rambling rat race.

The breeze gave me the blessing glimpse, which ceased my fear.
Now, I'll continue it further, entering in the new year.

Ugly Duckling

By Manvi Srishti
(Joining Batch 2022)

Beauty and charm all around,
Eyes of mine spellbound.

There is one odd at sight, Its presence strikes
fright.

Pushed away from the crowd, Others' silence felt
very loud.

It went out seeking appeal,
Stealing some worth to conceal.

It came back - an alluring swan,
Fickleness proved as towards him they ran.

Preachings of 'the ugly duckling' soar,
For it was not 'ugly' anymore.

Appearance's deception is theory, I say this with
a voice so dreary.

As books are judged by covers,
'Inside beauty' is just a concept of lovers.

ANGELS ON MY ARM

By Rahul Arora
(Joining Batch 2019)

Barren moor, deserted land
Bare bleeding feet on glassy sand Cold night, frozen lashes Blizzard, every part it thrashes
Oh, could I have some sturdy spine, Something I could say that's mine. That I fall back and bounce again, That I too have a haven in rain

Wandering corpse have I become Empty brain, blue and numb
This baggage the body is dragging, For love and warmth it is begging

An ambush at tender age, That did evoke ample rage
But the walled eyes put me in cage And then pretended to be a sage

The beggar's pot has empty remained, It is for this have I been maimed,
Emptiness which is trespassing, Has become a camp which is gassing

Nothing beside remains. Round the decay of that colossal wreck, boundless and bare
Oh the mighty king, I relate, What it is to have a dark fate, When all your powers evaporate.

When death mocks you in the face, When time beats you in its race,
Like oh you king of kings, Even I am broken all over the place.

Dark is what makes dawn, Queen is only mighty in front of a pawn,
Happiness is happy because of sad, But the thought remains, am I too bad?

Am I too bad that it never shines over my head, the sun of hope,
Hope that the world defines, As its anchor, its holding rope.

Well how to have hope on earth, When its factory is itself diseased,
When love and warmth is in dearth, When demons this body has released.

These demons remain at large, Hovering over my head,
They have converted into snare, My live body into dead.

Sleepless, restless, dark gloomy nights, Snatched the living and sleeping rights,
Agonizing agony, swollen eyes, And within the angel dies.

Dead to me, dead to you, Devil casts a dark hue,
I, alone, here I stand,
To battle through what's long due.

This battle is unequivocally tough, I am lone and the devil is rough,
How to get past, may I ask the one with the supreme eye.

The one who watches over us all Says, "Son you are not alone after all,
May I be occupied, but sure I will send my angels to those who are ill."

The angel dust on your arm is your hope, is your charm,
Hold on to it, not tight not loose, They will untie that deadly noose.

Water is thicker than blood they say, I have it in front of my eyes,
I have my friends who are my family, The angels he sent from the skies.

Guys Like Me

By Sahil Shah
(Joining Batch 2018)

Guys like me don't know what it is like to not think

We will notice that flake of cracked paint stripping down from
the wall of your room,

And keep smiling at the beauty of its erratic imperfection,
Eventually zoning out of a conversation and awkwardly asking
you what the question was;

We will observe that insect struggling to crawl in a puddle of
water on a rainy day,

And stare as she tries her best to balance her little body and
keep her head afloat,
And feel sad about being unable to do anything to help her out;

We will ponder over that torn packet of chips lying alone on the
ground of the local cafeteria,
Thinking what it had done to be left empty, lonely and constantly
getting stomped over,

Thinking what it had done to deserve such a fate.

For us, every person walking on the road with a backpack
Is a story.

We collect these stories as we meet them through the day
And store them in red velvet jewellery boxes that we keep beside
our beds,

We open them as we lie down and our eyes close
And we think

With dense, savoury thought bubbles
Popping out from within the pockets of our snuggly blankets
Like crispy, flavourful pakodas peeping out from the pores of the
oil strainer;

Guys like me express too much in green boxes,
Our WhatsApp is a travelogue, and every chat is a solivagant
road trip

Of paragraphs long and longer, of passions big and bigger,
With every description of what we feel,
Expressed in the genuineness of random 2 am appreciation
messages

And the unabashed cruelty of truth bombs;

We don't drink before sending drunk texts
(We also don't think before sending drunk texts)

So guys like me don't hold back,
Our guns don't have silencers,
We speak what we think (We speak exactly what we think)
And we assume that the people we love, love our lack of
inhibitions

We are more wrong than right

We make mistakes as if that is our favourite hobby
We overthink, we overshare, we overdo
And we love you more than we love ourselves

Guys like me will love and love and love
And not stop loving you even on our worst days
Because you mean more than the world to us
Even if we are "just good friends" for you

We love you without the need to fall in love with you
And we assume that the people we love, understand our love

Guys like me worry too much, and yet fear from telling you that
we worry

Because our concern gets mistaken for attraction and
dependence

We eat our worries for breakfast, lunch and dinner
Despite knowing that our worries hurt us
Like having multiple servings of rabdi-jalebi at a Punjabi wedding
Even after having an upset stomach the last time we did that

Guys like me say "Sorry" a lot and "Thank You" even more than
that

And somehow still can't manage to say them at the right time
We are sorry for a lot more things than we say we are
And our thank-yous seem repetitive and boring

We will cherish spending time with you alone
And never miss a chance to make you smile
And narrate stories with extreme attention to minute details
Like a Lucknowi saree-maker weaving his way through
Chikankari silk

Guys like me don't understand when they say "I'm emotionally
hitting a wall"

Because for us, the problem is not that we lack emotions
Our emotions are the heavy rains on a Bombay apartment
That flood the terrace and wait for paper boats to ride over them

Guys like me will walk on fire for you
And mean it when we say so
But somehow cannot convince you that our words are genuine
Because somewhere along the journey of history and literature
Walking on fire for someone has remained nothing but a figure of
speech -

Meaningless, unnecessary, ...hyperbolic

Sacrifice

By Manvi Srishti
(Joining Batch 2022)

I was there but I never was,
Had sold my feelings for applause.
Life felt like a race,
I was a mouse in the maze.
Emotions made me weak,
So I locked them without a squeak.
Laughing at tears was new,
The world did it, so I did too.
Getting joy out of others' pain, It is lonelier than crying in rain.
I learned it anyway,
But now like a leaf in wind I sway.
Living a life everyone wants me to,
Doing the things I should do.
While my conscience dies everyday,
"Success needs sacrifice", I say.

Reading the Sea

By Aansh Sharma
(Joining Batch 2022)

The waves were dark under the yellow moon,
The air caressed my hair,
My feet were in water cold,
And my thoughts belonged to her.

The sea is mighty, they say,
Yet it yields to the shore,
I hear the cry of dying waves-
A childhood peace no more.

The dying wave washes away sand,
Like stubborn love does pride,
Fortresses and confessions effaced,
What remains now is true, right?

Tonight I read the sea,
Or perhaps it read me.
I go now but my feet stay,
Soon washed away by sea.

Rainbow

By Vikas Meena
(Joining Batch 2020)

Roaming infamously,
With many an ugly scar
Hiding behind a stained white cloth
Adorning an empty smile on my face
With hazy thoughts and voices echoing in my head
Playing like a melody, till I'm dead
With no gust, no zeal
Leading a life without thrill;
Is like Art without Rhyme;
But I know,
This fog shall depart with time
Rain will fall and cleanse my soul
Washing off my stained white clothes
Filling all the empty holes;
The sun will shine and bring a mighty ray of hope
The Sun and Rain from far above
Will come and seize all my pain
I finally understand,
Life is not about gain
Let it be
Let it go
If you want to see a rainbow

Come Away!

By Lwis
(Joining Batch 2018)

Come away, to the mountains and the sea
Where the monstrous waves through the caves
Are impatient to overcome the chaos
And make the silence echo.
Come away to the shore,
Where the glowing shell lies,
To decorate it so heavenly
An occasion, to the monotonous chores.
Come away to the passionate land,
Where the conditions and divisions refrain
Just some flies flee,
With sparkling drops of falling waterfall
Kissing not only your attire, But your soul.
Meet me at the promise land,
Where the sun, peaks to break the frosty nights
The heated sand, serves as our blanket
As the evening sets, in deep slumber.

Cadavers- Our First Teachers

By Lakshay Gauba
(Joining Batch 2021)

Doctors save lives
We all know, and proudly say
But how do they learn the art
Of saving the day?
Their training to save the living
Intriguingly, begins from the dead
Thus begins the intertwined journey of doctors and cadavers
Though a lot is still unsaid
They are nothing short of extraordinary
Their contribution to shaping our lives, exemplary
For they generously allowed the student community
To scientifically appreciate the Creator's beauty
Body donation is indeed a noble art
Leaving a lasting legacy
Even after the soul departs.

By SpooKYsomeE

What are relations and why are they so?
Reading the life's logbook backwards, one revises each taunt
Forgetting pleasing notes, he recalls the coarse strokes to and fro.
Expectations end in dismay while possessions end up as lament
Admitting all this he brings down the life's pencil with the sky's descent

One might feel free alone, free inside his utopia
But alone can't protect him from the world's push and pull
Relations are that which attend his melancholic opera

Relations circumscribe his diary of life and make it full
These are relations and God makes them so

Feeling You

By Utkarsh
(Joining Batch 2022)

First we are nothing to each other
But now we have some thing to bother.

Then we got a college legendary
and slowly we feel each other friendly

Earlier you talk to me a lot
which make my dopamine shot
but now you talk to me very less, which is very bad
And the feeling that I got is very sad

Now my heart has many scars
And I am feeling our friendship very far

What if I have said

By SpooKYsomeE

What if I have said,
displeased with silence but intact sentiments
make me glad.

Memories of that gullible smile are still alive,
those radiant eyes didn't let the sorrows revive,
that soothing voice used to calm me down,
deep crevices of time lapse now make me frown.

Still the custom of well being is intactly laid,
What if I have said,
I must have if I was not afraid.

The Shadow

By Lwis
(Joining Batch 2018)

A Shadow,
Expressionless.
A figure, so lifeless.
Followed all day,
Even when,
A smile was worn to impress.

But,
In the nights, so haunted;
Chased by ghostly demons.
Left me all alone,
As a deserted carcass.

Large enough
To lift me to heaven;
When I was a mess,
As if an ending candle.

Small enough
To fetch me down;
When, lost in the rain of triumph
To bring back to the ground.

Clouds
Loaded heavily to rain,
Thou found a streak of light
Highlighting your presence.

Autumn replacing spring,
Back to frosty winter;
Thou stayed the same.
Black, same as a mirror.

At the lively stage
With entries and exits,
Thou stayed.
Thorough and rigid.

With dawn near,
The quest to find thou here and there.
Found you
Peeking through my screen;
Imitating me,
Exact and serene.

Normal- Abnormal

By Lwis
(Joining Batch 2018)

Far far away from here,
With snow here and there;
Sun playing hide and seek,
Struggling to find its way,
Through the mountains so steep.

Was that what made you so cold?
Freezing you to death.
Made you crave for sun, so bold;
While you suffered from hypoxia,
Gasping for your breath.

Let the gloomy clouds disappear
To make your sun appear brighter.
Palpating your curves with its rays,
Comforting you as you calmly lay
To end your ongoing crisis;
Bracing your belief in homeostasis.

Now,
Pale skin turns into the pinkish clouds.
Vision intimidating better than yesterday.
Air inflating your chest, making you proud.
Heart beating without any delay.

Wait!
Let me go through it once.
Pink skin may be dilated vessels.
Filled lungs pointing to emphysema.
Heart, learning a silent infarction;
Slowly degrading my favourite person.

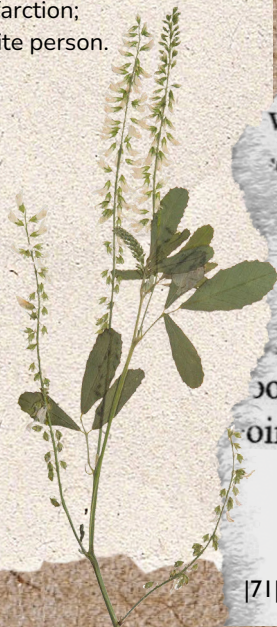
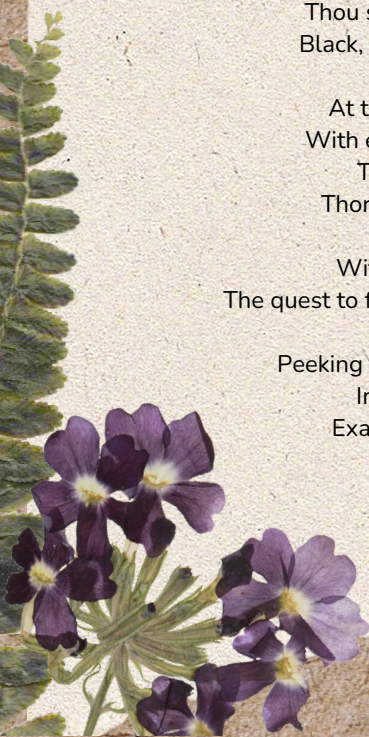




Photo by Dr Sumit Sural, Faculty, Department of Orthopaedics



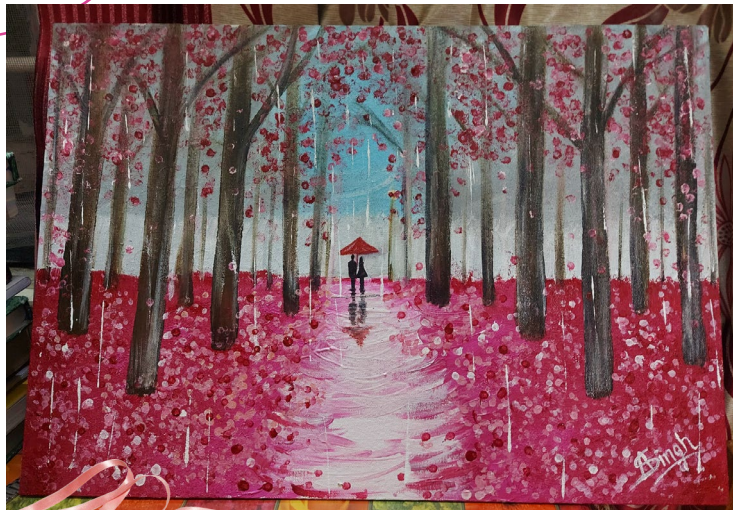
Presenting

The Artists
of
MAMC

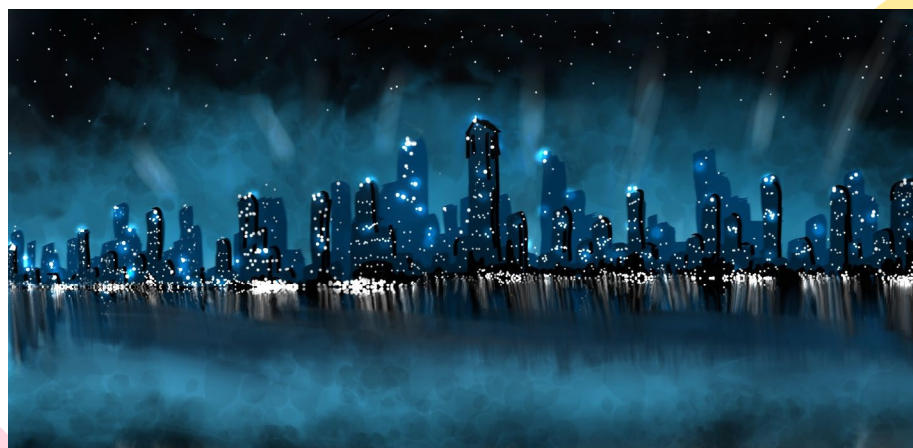
Sheenu Bansal



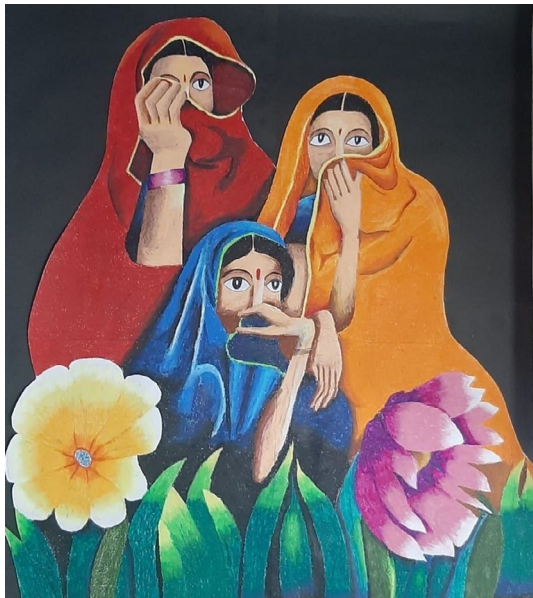
Amisha Singh



Palak Gupta

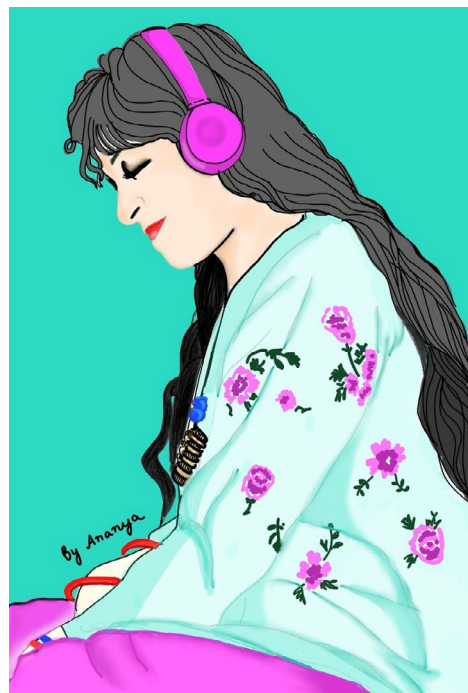
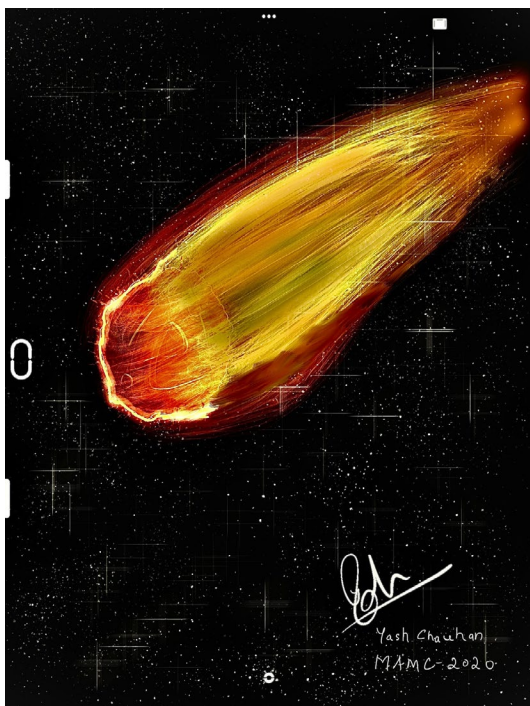


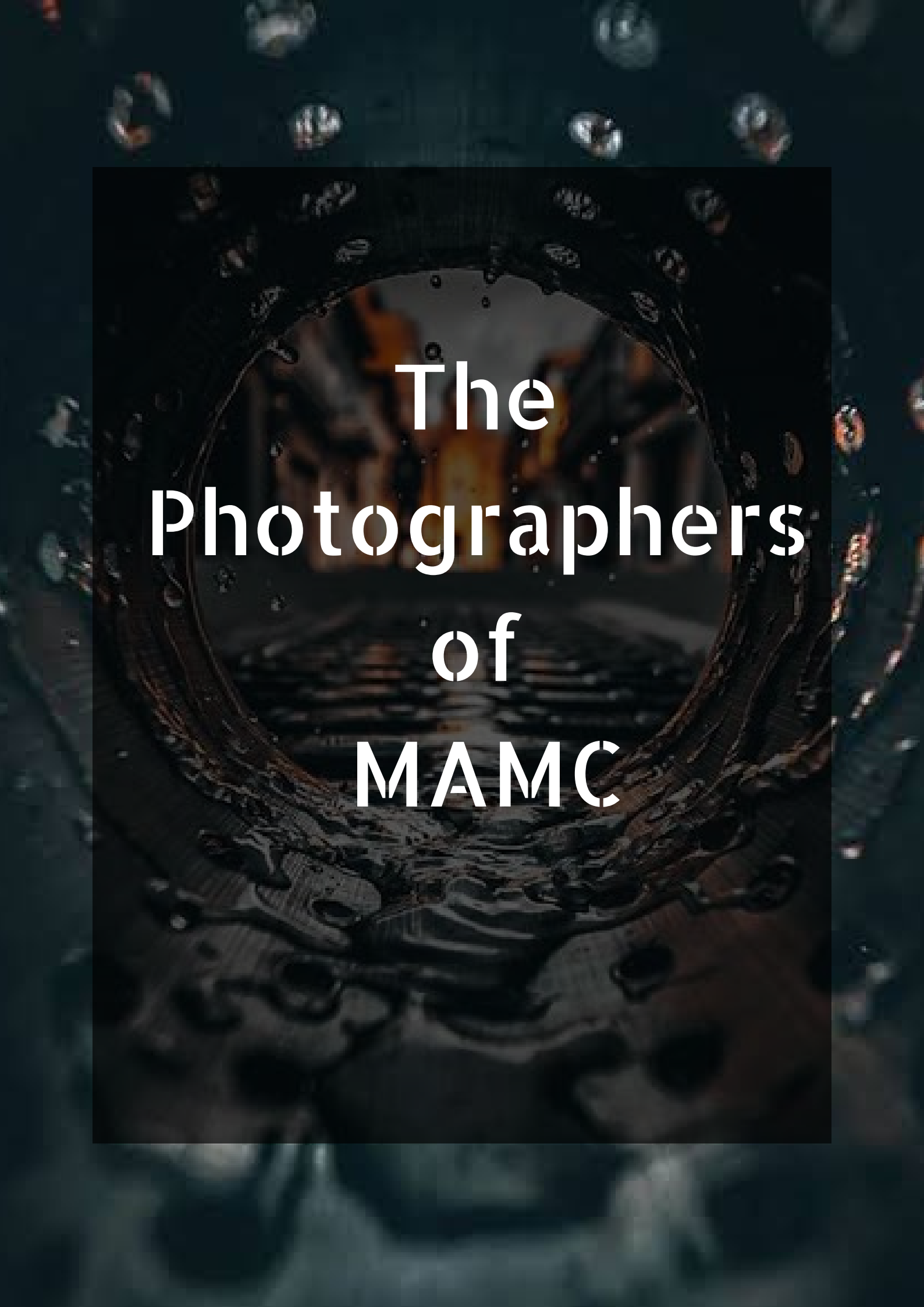
Rahul Arora



Yash Chauhan

Ananya Satapathy





The Photographers of MAMC

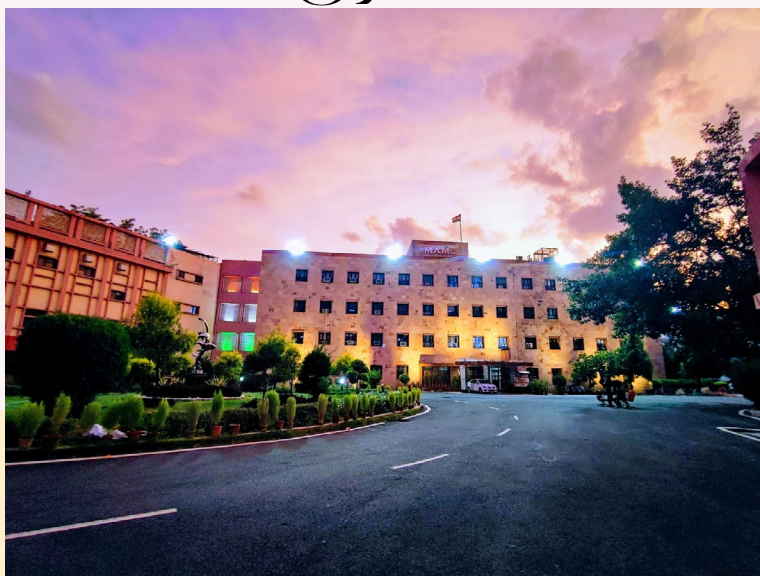
Dipansha
Maroo



Siddharth
Kumar



Bhagya Sri



Yash Chauhan



Anushka Gupta



Siddharth
Kumar



Pratyaksha
Singh



Vikas Meena





एक अनोखी नज़र
एक अनदेखा नज़ारा

अंतिम वचन

निशांत गर्ग, बैच 2019

हो वीर अभिमन्यु सा निडर तू,
मृत्यु हो समक्ष, फिर भी न डर तू,
रख विश्वास तू, अंत तक लड़ तू।

तेरा लक्ष्य कहाँ तुझसे बड़ा होगा,
एक दिन तू जो चाहे वही तेरा होगा,
रख विश्वास तू, अंत तक लड़ तू।

सूरज जैसा जलना है,
कठिनाइयों को पीछे छोड़ निकालना है,
रख विश्वास तू, अंत तक लड़ तू।

शिवाजी सा साहस ले तू अपने सीने में,
बढ़ता जा तू दुश्मन के खेमे में,
रख विश्वास तू, अंत तक लड़ तू।

प्रभु करेंगे रक्षण तेरा,
जब तक हो जाए ना फिर सवेरा,
रख विश्वास तू, अंत तक लड़ तू।

तुझमें अगर हनुमान सी निष्ठा होगी,
राम की छाया सदैव तेरे सर होगी,
रख विश्वास तू, अंत तक लड़ तू।

रानी लक्ष्मी में भी दुर्गा आई थी,
जब आंच उसकी धरती पर आई थी,
रख विश्वास तू, अंत तक लड़ तू।

दुश्मन जब जब आँख उठाएगा,
वो हर दम मुँह की खायेगा,
रख विश्वास तू, अंत तक लड़ तू।

जब सीमा मेरी सुरक्षित होगी,
यमराज बस तभी तेरी मर्जी होगी,
उससे पहले ना आना तुम,
बस इतना साथ निभाना तुम।

रख विश्वास तू, अंत तक लड़ तू।

शौर्य क्या है?

जय वर्मा, बैच 2021

शौर्य क्या है?

आसमान में उड़ते काले धुंए में छिपा खौफ
या पाताल में गड़े मुर्दों की छलनी
मंद हवा सी रूह

शौर्य क्या है?

अपने इरादों को अंजाम देने का
एक बेतहाशा जुनून
या दुनिया को शमशान बनने से
रोकने की एक ख्वाहिश

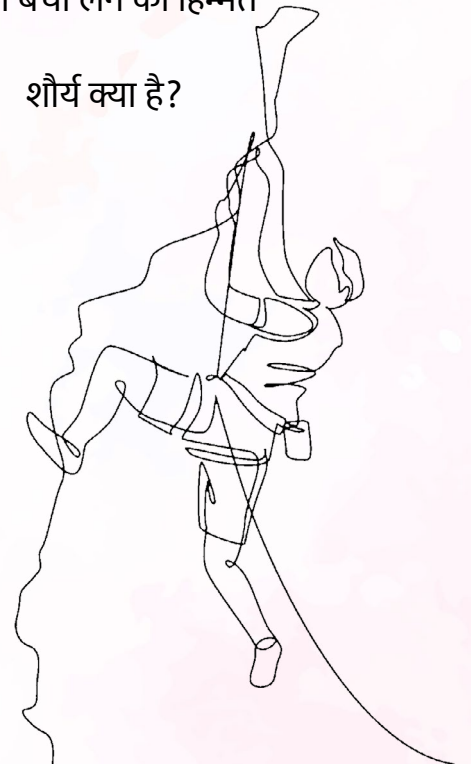
शौर्य

शायद एक हौसला
शायद एक हिम्मत

सभी दायरों को तोड़ कर
इंसानियत के वजूद को
बचा पाने की हिम्मत

आने वाले कल की खातिर
अपने हिस्से की कायनात को
आज बचा लेने की हिम्मत

शौर्य क्या है?



दर्शन सुनहरे

लुईस, बैच 2018

बैठे हैं, किनारे नदी के
ख्याल हज़ारों लिए
डटे हुए, सामने लहरों के
कितनी बार बेचैन हुए।

आँखों में,
पूरा समंदर लेकर बैठी हो
“कैसे न डूबें हम?”
यह सवाल लिए।

घने हैं बादल सारे
सब अंधकार को ओढ़े हुए
खूब ढूँढा उस किरण को
बैठे, उसी तट के किनारे।

भीतर से गूँजी एक आवाज़
भेजी है एक नाव, तट किनारे
ज़रा आगे बढ़ो
मेले में खूब लगे हैं चाँद- सितारे ।

कहाँ इस घनी रात में,
जुगनुओं में रोशनी खोजते हो?
पूरा सूर्य उदय हुआ है
कर लो दर्शन सुनहरे।

परिंदे

अभिषेक मीणा, बैच 2020

परिंदों की बातें परिंदे ही जान पाएंगे ,
किसी और के आने से पंख कुछ यूँ बिखर जायेंगे।
हमने सोचा कैसा होगा आसमाँ में उड़ान भरना ,
उन बहती हवाओं से गुफ्तगू करना ;
पर किसे पता था कि इन हवाओं के रुख बदल जायेंगे,
और आसमाँ में रास्ते कुछ इस तरह उलझ जायेंगे।

परिंदों की बातें परिंदे ही जान पाएंगे
किसी और के आने से पंख कुछ यूँ बिखर जायेंगे।

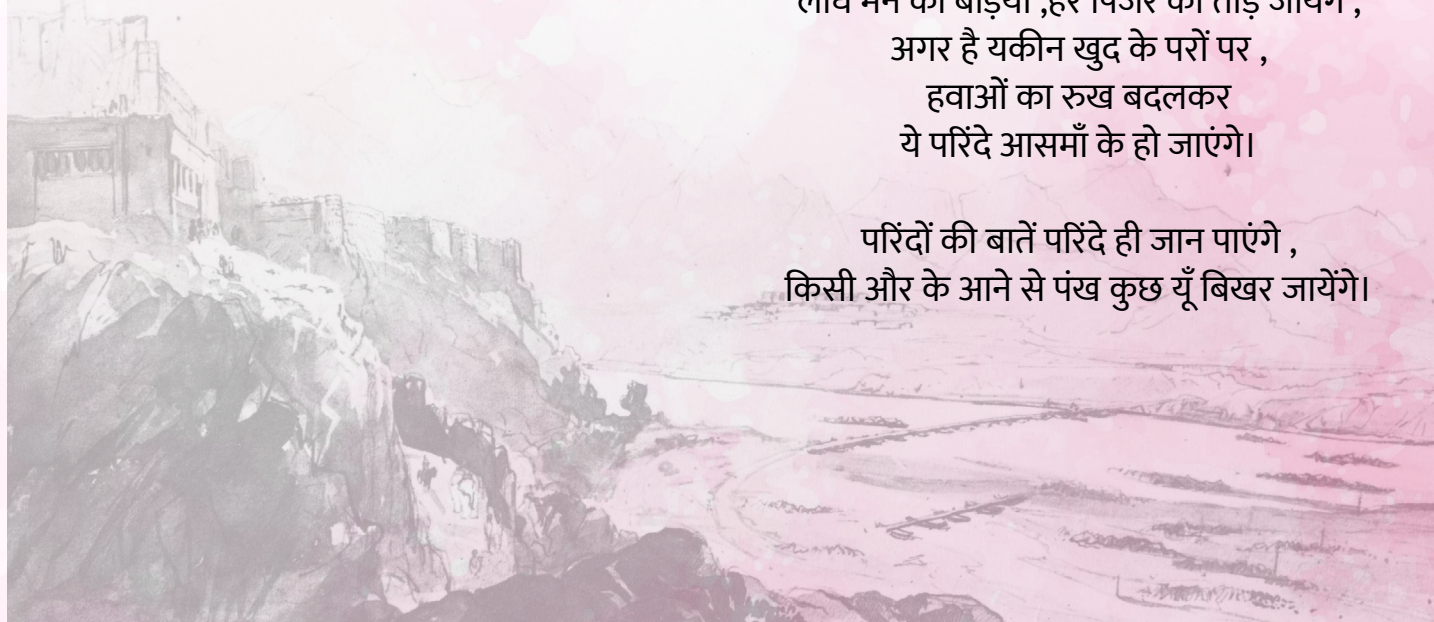
अवसर पर वो पिंजरा भी तोड़ जायेंगे ,
पंख खोल आसमाँ का दीदार करने आएंगे ;
चोंच में दाना भर कर ,
अपनी नियति बदलने आएंगे।

पर नादान था वो परिंदा ,
जो निकला था सुख की खोज में ,
खोकर वजूद अपना इस समाज की सोच में;
क्या पता इस भूल में , पर खो जायेंगे
जो है छुपा भीतरी , बाहर कहाँ ढूँढ पाएंगे।

परिंदों की बातें परिंदे ही जान पाएंगे ,
किसी और के आने से पंख कुछ यूँ बिखर जायेंगे।

अगर होगी लौ भीतरी , तो अपने वजूद को पाएंगे
लांघ मन की बेड़ियाँ , हर पिंजरे को तोड़ जायेंगे ,
अगर है यकीन खुद के परो पर ,
हवाओं का रुख बदलकर
ये परिंदे आसमाँ के हो जाएंगे।

परिंदों की बातें परिंदे ही जान पाएंगे ,
किसी और के आने से पंख कुछ यूँ बिखर जायेंगे।



रात का राज़

संकल्प केशरी, बैच 2018

उजाले से परे
दौड़-धूप से अनजाना
इस काले घने अंधेरे का
मन में उतर जाना

आखिर, रात की बात में
मुखौटे भी उतर जाते हैं
कथनी और करनी में अलग
बदलते रंग नज़र आते हैं

फिर भी,
बीते हुए दिन से
सुकून टटोले जाना
सिलवट पड़ी सुबह की चादर पे
बुनना ख्वाबों का आशियाना

रात को राज़ ही रहने दो
परदा ना उठाओ
आँखो सिरहाने उम्मीद रखकर
तुम वापस सो जाओ

एक चेहरा

समर्थ, बैच 2019

एक चेहरा आया सपने में उस रात,
काफ़ी डरा हुआ सा, मानो मौत दिख गई हो।
मुँह खुला, आँखें फटी-की-फटी
जैसे प्रलय के बाद की ज्योत दिख गई हो।

गालों पर लाली, थोड़ी-सी नमी भी
बाल तहस-नहस से, कुछ गीले-गीले से।
माथे पर शिकन की रेखाएँ फैलीं
ज्यों बुला रहा हो यमदूत आसमान नीले से।

उसके पीछे लपटें, कुछ धुआँ भी
चमकती हुई धरा और अंबर गहरा काला।
कदम चलते-भागते आस पास से
कहीं काँच फैला, कहीं फूलों की माला।

सहम गया जब नज़रें नीचे गईं
गर्दन सड़क पर और बहते खून की धारा।
थोड़ी-सी दूर पड़ी बाकी की काया जिसके
एक हाथ में झंडा और एक हाथ में आरा।

आस-पास के दंगे की अफ़रा तफ़री में
तितर-बितर बिखरी लाशों के बीच लड़ते इंसान।
भीति में अनायास ही आँख खुली
सपने और हकीकत में फ़र्क नहीं था आसान।



एक हरफनमौला हँसी

शुभम कसेरा, बैच 2020

एक महबूब के अनगिनत रातों की भोरी
एक लोरी की धुन की मधुर बेफिक्री
एक तोहफे में कैद मासूम-सी खिलखिली
एक भागती दौर में बैठे दिल की कुदकी
एक जंग में लहराती शान की सलामी
एक मुलाकात में जन्मों के वादे की टकटकी
एक कृष्ण और अनेक गोपियों की अद्भुत प्रिय रीति,
एक क्या हज़ारों सवाल पूछती वो शब्दावली
जीवन में सब सही का मतलब बताती
एक हरफनमौला 'हँसी'।

धन्यवाद कहूँगा...

आँखों से दूर पर नज़र के सामने रखा है,
साथ दौड़े नहीं, मगर मंज़िल में साथ तेरा रखा है।
ठोकर की चोट ने आह दी तो,
तेरे साथ से दिल ने अहा कहा है।
लंबे रास्ते पर खड़ी ज़िंदगी को
तुझसे आती हवा ने उड़ना सिखा दिया है।
भागती दौड़ में गिरकर भी उठना बता दिया है।
किसी के ख्याल में हँसना आ गया है।।

स्कूल की याद

डॉ. पन्ना लाल

डाइरेक्टर प्रोफेसर, कमयुनिटी मेडिसिन

स्कूल में टीचर की छड़ी पड़ती तो पेंट पर हाथ पोंछता था
गलत सोचते हैं-निकम्मा, शरारती-जी नहीं, सफाई पसंद
करता था

मेरे स्कूल में सभी टीचर खड़े होकर क्लास लिया करते थे
गलत सोचते-प्रोटोकॉल था ऐसा। जी नहीं, इज़्ज़त करते थे

मेरे शिक्षक अक्सर पिता को बुलाने का अनुरोध करते थे
रहस्य की बात बताऊँ मैं? वो मुझे बताने से डरते थे

शिक्षक मेरे लिखे हुए को बार-बार शौक से पढ़ते थे
हैंडराइटिंग के दीवाने थे, दस बार लिखने को कहते थे

शिक्षकों द्वारा कैच करने हेतु चाक मुझे फेंका जाता
मैडिटेशन में होता, अतः, अक्सर मुझको ही लग जाता

कई शिक्षक ने मुझे कक्षा के बाहर पूरे घंटे खड़ा किया
सज़ा के लिए नहीं बल्कि अपनी सुरक्षा के लिए किया

कई बार शिक्षक ने मुझे बेंच पर पूरे घंटे खड़ा किया
मेरे शरारत करने से नहीं, मिसाल रूप में मान दिया

ताज़ी हवा, धूप के लिए उन्होंने कई बार मुझे दी छुट्टी
इसलिए नहीं कि निकम्मा था, गर्मी में मेरी साँस घुटती

बड़ी प्रशंसा करते थे शिक्षक, समझता मैं खुद को ज्ञानी
स्कूल की तुमको नहीं है जरूरत, दया करो मूर्ख अज्ञानी

वो भी क्या दिन थे, स्कूल में हर किसी से लेते थे पंगा
नहीं मान की थी चिंता, चाहे कितना भी करे कोई नंगा!



क्यों से क्यों की तलाश में

दीक्षा, बैच 2018

क्यों हँसने से दिल हिचकता है ?
फिर भी दिल खोल के जीने का दिल करता है

क्यों रास्तों में कांटें बहुत हैं ?
फिर भी सही राह पर चलने का मन करता है

क्यों लौट आते हैं कुछ डरावने सपने ?
फिर भी बड़े से बड़े सपने देखने का दिल करता है

क्यों तन्हाई में कोई खो सा गया है ?
फिर भी खो के बस अपना सा एक वो ही लगता है

क्यों अनेक धर्मों के अनेक चेहरे हैं ?
फिर भी मुझे सब में एक ही दिखता है

क्यों दिमाग कुछ कहता है ?
फिर भी दिल की ही सुनना अच्छा लगता है

क्यों मुझ में मैं हूँ और मुझसे सब शुरू है ?
फिर भी सब कुछ जुड़ा -जुड़ा ,अनंत सा लगता है

मेरा यारा

मोनिल गुप्ता, बैच 2020

कुछ अलग सा था मेरा यारा,
पर आजकल खामोश सा रहता है।
जानता है साथ हूँ मैं उसके
पर यूँ ही अकेला सा रहता है।

पहला दोस्त था वो मेरा
और आज भाई बन गया है।
मैं गिरता था तो वो भी गिरता
फिर हँसकर वही उठा था उठाता,
पर इस बार कुछ अलग हुआ है।
इस बार वो गिरा हुआ है।

प्यार का इंतकाम तो सुना था,
पर ये दोस्ती का कैसा इंतकाम है?
लोग तो आते जाते हैं यारा
जिंदगी इसी का तो नाम है।

आगे क्या होगा उससे क्यों डर रहा है?
जो जा चुके उन पर क्यों मर रहा है?
भाई है ना तू मेरा...
तो आजकल दोस्त जैसा क्यों लग रहा है?



खूबसूरत संस्कृति और हिंसक समाज

पार्थ गिल, बैच 2019

भारत एक प्राचीन संस्कृति होने के साथ-साथ कई धर्मों का जनक और कई समाजों का मेजबान भी रहा है।

इन्हीं कारणों की वजह से इसे खुले विचारों वाला देश अवश्य ही माना जा सकता है, परंतु ऐसी विविधता जहाँ- तहाँ देखने को मिलती है, चाहे आप छोटा-सा पश्चिम अफ्रीकी मुल्क लाइबेरिया उठा लें या कोई और देश। वहाँ पर विविधता के मापदंड भले ही भिन्न हों परंतु विविधता तो पायी जाती है।

समस्याओं का आभाव यहाँ भी नहीं और वहाँ भी नहीं!

शुरुआत भले ही नकारात्मक लग रही हो परंतु इस लेख से मैं सभी मित्रों को सच से रूबरू कराने आया हूँ।

भारत किस मायने में अलग हुआ?

इसका सीधा-सीधा संबंध है यहाँ पर उपजे वेदांत और अद्वैत की विचारधारा का। इसी की उपज है अपनी वृत्तियों का दमन और एक सुंदर और बेदाग जीवन की रूपरेखा खींचना! परंतु बड़े ही खेद के साथ यह कहना पड़ता है कि इस सब के बावजूद घोर अंधविश्वास और उसके साथ-साथ गंभीर अपराध इतनी संख्या में क्यों?

यहाँ सती भी हुई और सीता भी? वेद भी और भेद भी?

इतना विरोधाभास और सिरे के दोनों छोर पर मौजूद एक बड़ा हुजूम!

आइए मैं आपको थोड़ा विस्तार से समझाता हूँ!

संस्कृति के केन्द्र में थे वेदांत जिनका संबंध है सवाल पूछने और सवाल सुनने से। अगर मैं सरल शब्दों में समझाऊँ तो इसको कुछ इस प्रकार लीजिएगा : मानो जिस “Inquiry” की बात यूरोप में 15 वीं शताब्दी से होना शुरू हुई, वहीं इसका आरंभ यहाँ पर ईसा के जन्म से भी पहले हो चुका था।

इसी के पुनरुत्थान के लिए बाद में विवेकानन्द ने Neo Vedanta का परचम लहराया और उन्होंने यहाँ तक कह डाला कि फुटबॉल खेलना गीता पढ़ने से ज़्यादा आध्यात्मिक बात है! इसका मतलब हुआ कि नवीनता को पूरा-पूरा प्रोत्साहन दिया गया॥

पर फिर पूर्व मध्य कालीन भारत और मध्य कालीन भारत में ऐसा क्या घटित हुआ जो इतना विध्वंसक था और इतना पिछड़ा था कि उसका असर आज तक है। समस्या इस बात से शुरू हुई कि हमने किस्सागोई को ही धर्म का स्वरूप मान लिया! उदाहरण के तौर पर: नागपंचमी और साँप को दूध वगैरह वगैरह!

चूंकि भारत की संस्कृति पर सबसे अधिक जिसकी छाप पड़ी, वह है सनातन विचारधारा जो इतनी विस्तृत है कि हम यह चुनने में विफल हैं कि किन ग्रंथों को मूल में रखा जाए और किनको किनारे ओर रखा जाए। यही कारण है कि कुछ ग्रंथ जैसे कि पुराण जिनमें कहानियों को बहुत मान्यता है उनको सर्वोपरि माना गया और मूल वैदिक ग्रंथ जिनमें मूलतः उपनिषद आते हैं कहीं बहुत पीछे छूटते चले गए।

जब समाज में कहानियाँ बहुत बड़ी और

महत्त्वपूर्ण स्थान बना लेती हैं तो ऐसी मान्यताओं का जन्म होता है जो मनोविकारों और डर को जन्म देती हैं। जब पश्चिम में न्यूटन गुरुत्वाकर्षण की खोज कर रहे थे तो हम एक डरे हुए भारत में उस वक्त नींबू- मिर्च में उलझे हुए थे। पहले से ही डरे हुए समाज पर फिर एक नहीं दो नहीं क्या सौ हमले किए गए जिनका कुल नतीजा था: भौतिक गुलामी 1947 तक और मानसिक गुलामी अब तक।

अपनी कमजोरी के कारण गुलामी झेला हुआ व्यक्ति जैसे कुंठित और हिंसक बन जाता है उसी प्रकार समाज भी हिंसक बन जाता है!

ऐसे समाज में जाति व्यवस्था और सुदृढ़ हो जाती है! 21वीं सदी का दिखावा जब इस सदियों की कमजोरी से टकराता है तब जन्म होता है: बड़ी-बड़ी डेस्टिनेशन वेडिंग का और जो फूहड़ता पिछली पीढ़ी में संस्कारों के बोझ तले दबी हुई थी वह अब छोटी-छोटी दररें खोजकर रिस रही हैं!

अब हमारी फ़िल्म उद्योग मुंबई के अलावा ‘मेरे’ शहर में भी चल रह हैं।

इसका समाधान देखा जाए तो और कुछ नहीं बल्कि शिक्षा प्रणाली में कुछ सुधार जैसे कि:

1. विश्वविद्यालयों की गुणवत्ता पर और अधिक ध्यान।
2. विश्वविद्यालयों के अंदर मूल्य शिक्षा को बढ़ावा यानी कि अहंकारी सांप्रदायिकता को किनारे कर वास्तविक धर्म का प्रचार।

मेरा Steth

साहिल शाह, बैच 2018

मेरी लाल बैग की सबसे आगे की चेन खोलोगे
और उसके अंदर अपना हाथ फेरोगे
तो सबसे पहले तुम्हारे हाथ लगेगी
एक सफ़ेद कलर की पन्नी
जिसमें अभी तक वो दो समोसे पड़े हैं
जो मैंने आज शाम होस्टल की मेस से लिए थे
इस उम्मीद में कि जब रात के 3 बजे
Ward में patients की sampling करते-करते
जब मेरे पेट से वही पुरानी गुड़-गुड़ सुनाई देगी
तो अपने खाली पेट को तसल्ली देने के लिए
उन्हें झट से खा के अपना पेट भर लूँगा

अब सुबह के 8 बज गए हैं
मेरी duty तो ख़त्म हो गई है
लेकिन समोसे ख़त्म करने का वक़्त तो मुझे अब जाके मिला है

थोड़ा और अंदर हाथ डालोगे
तो तुम्हें मिलेगा मेरा lab coat
जिसके आगे के हिस्से में 3 सिलवटें हैं
और sleeves पर पेन की ink के 2 निशान

और अगर थोड़ा और अंदर अपना हाथ डालोगे
तो lab coat को पीछे तुम्हें छिपा मिलेगा
मेरा steth

2nd year में peer pressure में खरीदा गया steth
खरीदे जाने के बाद भी 4 महीने तक कभी काम न आया वो steth
सबसे पहले जिसका इस्तेमाल खुद ही के दिल की धक-धक सुनने
को किया था वो steth

मेरी पहली Medicine postings में जब मेरा दोस्त मेरी
proxyयाँ लगाता था और मैं होस्टल में सुबह 10 बजे ज़ोर-ज़ोर से
खरटि मारता था, तब मेरी बैग में मेरे साथ आलस में अंगड़ाई लेने
वाला steth

OPD में जब PG कहते कि “इस patient में murmur सुनाई दे
रहा है,” तब बिना murmur पहचाने PG की हाँ में हाँ मिलाने पर
शर्मिदा होने वाला steth

Stridor, wheeze और rhonchi के बीच हमेशा confuse होने
पर जब मैं अपनी career choices को question करता, तब
अंदर-ही-अंदर facepalm करने वाला steth

Life में पहली बार Tinder पे account बनाने के बाद “Are you
a second-degree heart block? Because you make
my heart skip a beat.” जैसी क़तई वाहियात pick-up lines
try करने पर cringe से अपनी आँखें सिकुड़ लेता था वो steth

डॉक्टर बनने से पहले ही जब postings में patients मुझे
“डॉक्टर साहब” बुलाते, तब fake respect से जिसका सीना
चौड़ा हो जाता था, वो steth

Life में पहली बार बिना हाथ कंपकपाए iv cannula लगाने के
बाद जब मैंने अपने lab coat की sleeve से माथे का पसीना
पोंछा, तब मेरे साथ सुकून की साँस जिसने ली, वो steth

मुझे जिस PG पे crush है, उनका जब message आता है
कि “तेरी party pending है, चल तुझे कल party देते हैं”,
तब उस party को date की तरह imagine करके मैं अपने
पेट में सोते हुए butterflies को जगाता हूँ, तो मेरे hopeless
romanticism को देख जो चुपचाप मेरी बैग में छिप कर मन-ही-
मन हँसता है, वो मेरा steth

किसी ज़माने में मुझे कौनसे department की OPD hospital
के किस floor पर है, यहीं याद नहीं हो पाता था, और आज कोई
मुझे नींद से उठाकर hospital के किसी भी कोने का पता पूछे तो
मैं बिना सोचे उसे सही रास्ता दिखा सकता हूँ, इस बात के लिए
मुझे शाबाशी देता मेरा steth

जब सारी दुनिया अपने घरों में महफूज़ थी, और मैं PPE kits में
रहकर, अपनी जान के साथ खेलकर Covid से सने wards में
दिन-रात बेबसी से patients को monitor करता, इस उम्मीद में
कि कभी तो वो दिन आएगा, जब Casualty के display board
पर “New Cases” के आगे “0” दिखेगा, तब जो मुझे दिलासा
देता, वो मेरा steth

24 घंटे duty करने के बाद नींद से सूझी आँखों को देख मुझे गले
लगाता हुआ steth

दिन में 21वीं बार OT से lab का धक्का खाने पर मेरे कंधे पे हाथ
रखता हुआ steth

Work stress, anxiety और depression से हिम्मत हारने पर
मुझे बहलाने वाला steth

Night shift के कारण दोस्त की birthday party miss करके
अपनी personal life को कोसने पर मुझे फुसलाने वाला steth

5 साल तक किताबें घिसने के बाद जब मैं OPD में patient को
देख कर सही diagnosis बनाता हूँ, तब मेरी पीठ थपथपाता हुआ
मेरा steth

महीनों तक ward में admit हुए वो बूढ़े अंकलजी को आखिरकार
discharge मिलने पर, जब वो मेरे सर पर हाथ रखकर मुझे दुआएं
देते हैं, तब उनकी आँखों की चमक और चहरे पर छाई मुस्कराहट
को देख मुझे याद आता है कि मैं डॉक्टरी क्यों कर रहा हूँ, और तब,
जो मेरे साथ इत्मीनान की आहें भरता है, वो steth

शाम हो गई है
सोच रहा हूँ फिर से दो समोसे pack करवा लूँ
क्या पता Postings के बीच अगर वक़्त मिल जाए
तो शायद अपना पेट भर लूँगा

साक्षात्कार - डॉ. स्मिता कौशिक

डाईरेक्टर प्रोफ़ेसर, जीव रसायन विभाग

प्रश्न- नमस्ते मैम!

उत्तर- नमस्ते, एक बार सब अपने-अपने नाम बता दो

प्रश्न- शुभम, उपासना, अभिनव और संकल्प

उत्तर- हम्म... ये तो मुझे याद नहीं रहेंगे (हँसते हुए)!

प्रश्न- हम जानना चाहेंगे कि आपका बचपन, खासकर विद्यालय का समय कैसा था? साथ ही चिकित्सा क्षेत्र में अपने शुरुआती दौर के बारे में भी बताएँ।

उत्तर- मेरे बचपन से शुरू करें तो मैं दिल्ली में ही पली-बढ़ी हूँ। मैंने अपनी शिक्षा लेडी इरविन स्कूल से की है। मेरे पूरे परिवार में बहुत सारे चिकित्सक हैं, पिता हड्डी रोग विशेषज्ञ हैं और माता स्त्री रोग विशेषज्ञ, तो बचपन से डॉक्टर बनना तो लगभग तय ही था! हालांकि, पापा ने तो बोला था कि डॉक्टर बनने से जिंदगी खराब हो जाएगी- 10 साल कैसे चले जाएंगे पता भी नहीं चलेगा!

मैंने दिल्ली पीएमटी दिया और 1987 में लेडी हार्डिंग में दाखिला लिया। मैंने अपनी यूजी और पीजी दोनों ही लेडी हार्डिंग से की है। 2003 में मैं मौलाना आजाद मेडिकल कॉलेज से अध्यापिका के रूप में जुड़ी।

प्रश्न- अपने एमबीबीएस का पहला दिन तो सबको याद रहता है, हम जानना चाहेंगे कि आपके एमबीबीएस का पहला दिन कैसा था?

उत्तर- मेरा चयन पहली काउंसलिंग में नहीं हुआ था, तो दाखिला लेने में लगभग 1 महीने की देरी हो गई थी। पहले दिन शरीर रचना (Anatomy) की कक्षा थी और अंग विच्छेदन (dissection) चल रहा था। 1 महीने देरी की वजह से मुझे कुछ समझ में भी नहीं आ रहा था। 1 हफ्ते के बाद हुई मासिक परीक्षा में भी मैं फेल भी हो गई!

प्रश्न- शायद सभी के जीवन में यह मौका आता है ना मैम ? हम भी फेल हुए थे!

उत्तर- हाँ, कॉलेज आने के बाद सभी एकदम धड़ाम से गिरते हैं, स्कूल में तो सब अच्छा-अच्छा होता है और कॉलेज आते ही फेल! पर ठीक है, आप गिरोगे तभी तो और काबिल

और मज़बूत बनोगे। कॉलेज में फेल होने से घबराना नहीं है! यह बात मैं हर बच्चे को बताना चाहती हूँ कि यह बस एक पड़ाव है और इस पड़ाव से आगे बढ़ना सीखना होगा।

प्रश्न- आपके कॉलेज की यादें जो आप साझा करना चाहेंगी।

उत्तर- मैं बहुत साधारण छात्रा थी। मैं उतना ही पढ़ती थी जितना ज़रूरी है, जिससे पास हो जाऊँ। मैं तो आगे भी नहीं बैठती थी क्लास में। हमारे समय तो आगे की सीट तो खाली भी नहीं होती थी, आगे बैठने वाले बहुत होते थे (हँसते हुए)!

रैगिंग होना बहुत गलत बात है पर इसका मतलब यह नहीं कि आप रैगिंग के डर से कभी सीनियर से बात ही ना करो। मुझे याद है कि मेरे यूजी के दिनों में हम सीनियरों के डर से इधर-उधर भागते फिरते थे। फिर एक दिन मुझे मेरी एक सीनियर ने पकड़ लिया और मुझे ट्रेन का डब्बा बना दिया था। फिर मुझे छुक-छुक करके भागना पड़ा! आज वह सीनियर मेरी काफी अच्छी दोस्त हैं।

प्रश्न- आप इतने लंबे समय से अध्यापिका रही हैं, तो आप पढ़ाने के तरीकों में बदलावों को कैसे देखती हैं ?

उत्तर- काफी बदलाव आ गया है, लेकिन मुझे तो यह अच्छा लगता है। पहले ब्लैक- बोर्ड पर पढ़ाते थे तो उसके लिए अध्यापक को सारा याद होना ज़रूरी था, कि क्या पढ़ाना है ? लेकिन मैं तो भूल ही जाती थी! तो उस तरीके से पढ़ाया नहीं जाता था। फिर पावर-पॉइंट आ गया और अब तो काफी आसान हो गया है। शुरू में दिक्कत होती थी, पर डॉक्टर लाली ने काफी मदद की। सर की खासियत थी मुश्किल चीज़ों को आसान कर देने की।

प्रश्न- कोई मज़ेदार किस्सा याद हो, खासकर किसी बच्चे का वाईवा में जवाब?

उत्तर- ऐसा कुछ खास नहीं है लेकिन कुछ बच्चे बहुत ज़्यादा डर जाते हैं, और कुछ दबंग होते हैं, नहीं आता तो भी कुछ भी कुछ भी बोल देते हैं। सोचते हैं कि अध्यापक तो बेवकूफ है, गलत बोलकर भी निकल जाएंगे! पर मैंने भी उनके जैसे ही विद्यार्थी जीवन निकाला है! मैं उतनी दबंग नहीं थी, पर मुझे सब समझ आ जाता है।



प्रश्न- अगर हम एमबीबीएस को दूसरे पेशेवर पाठ्यक्रमों से तौलें तो ? जैसे बीटेक में उपस्थिति और पाठ्यक्रम में काफी छूट मिलती है। इस पर आप क्या राय रखती हैं?

उत्तर- मेरी बेटी ने बीटेक किया है। वहाँ पाठ्यक्रम और दिनचर्या में काफी लचीलापन है। हमारे यहाँ तो मजाल है कि ऐसा हो! आंथी-तूफान कुछ भी आए, कक्षाएँ तो चलेंगी ही पूरे 8:00 से 4:00 बजे तक! मेरा मानना है कि रियायत देना या नहीं देना, यह निर्भर करता है कि पाठ्यक्रम कितना है ? एमबीबीएस में हम मानव शरीर से सीधा व्यवहार रखते हैं तो इसकी किसी भी पाठ्यक्रम से तुलना नहीं होनी चाहिए।

यहाँ हमें जीवंत इंसानों से व्यवहार करना है। जब हम मरीज़ से प्यार से बात करते हैं और उन्हें यह लगे कि हम सुन रहे हैं, तो उसकी आधी बीमारी तो ऐसे ही ठीक हो जाती है। लेकिन वास्तव में हम क्या कर रहे हैं? माना कि 1 घंटे में 200 मरीज़ देखने होते हैं, पर फिर भी उनकी तकलीफ समझे तो! कई बूढ़े अनजान यहाँ कॉलेज में रोज मिलते हैं, जिन्हें नहीं पता कि डॉक्टर ने जो जांच के लिए कमरा बताया है वह कहाँ है? वह महीनों चक्कर लगाते रहते हैं पर किसी के पास समय नहीं होता कि दो पल रुक कर उनकी मदद कर दे। पहले ऐसा नहीं होता था। हमें यह व्यवहार बदलने की ज़रूरत है।

प्रश्न- मैम आप अपने छात्रावास के समय के बारे में कुछ बताना चाहोगे?

उत्तर- मैं मानती हूँ कि उस अनुभव ने मुझे काफी आत्मनिर्भर बनाया है। खुद से बाहर जाना, दोस्तों के साथ घूमना, खाना मंगवाना, सभी फैसले खुद से करने होते थे। जब हर फैसला आपकी अपनी जिम्मेदारी होती है, तो वह खुद में एक नवीन अनुभव है। मुझमें तो इससे काफी आत्मविश्वास भी आया। मैं मानती हूँ कि छात्रावास में रहना बहुत ज़रूरी है, आप जीवन में जुगाड़ करना सीखते हो, लोगों की पहचान करना सीखते हो, दोस्त बनाना सीखते हो और किसी भी परिस्थिति का बेहतरीन इस्तेमाल करना सीखते हो।

प्रश्न- यहाँ पढ़ाई को लेकर क्या बदलाव देखती हैं आप? यहां विभिन्न प्रयोगशालाओं की आधारभूत संरचना में कितना सुधार हुआ है?

उत्तर- हालात बेहतर हुए हैं। चीजों की उपलब्धता पहले से अधिक है। हमें लगता है कि अब अगर हम कोई नया परीक्षण करना चाहते हैं, तो वह भी हम कर सकते हैं। हमारे पास उसके लिए पर्याप्त साधन हैं। पहले ऐसा नहीं होता था।

प्रश्न- पिछले कुछ वर्षों में एमएएमसी की प्रतिवर्ष छात्रों की संख्या में बढ़ोतरी हुई है, इससे आप अध्यापकों को कितनी मुश्किल हुई है?

उत्तर- हाँ, मुश्किल तो हुई है। जब मैं हार्डिंग में थी तो काफी कम बच्चे थे, तो व्यक्तिगत संवाद हो जाया करता था। लोग याद रह जाते थे। पर अब यह मुमकिन नहीं होता। एक अध्यापक के तौर पर हमारी मेहनत और उद्देश्य यही है कि पीछे बैठे छात्र तक पाठ का सार पहुँचे। वह भी कक्षा में पूर्ण रूप से उपस्थित महसूस करे। पर अब यह काफी कठिन कार्य हो गया है।

प्रश्न- 12वीं कक्षा के बाद जब छात्र कॉलेज आते हैं तो क्या प्रथम वर्ष के अध्यापकों की तरफ से कोई विशेष ध्यान दिया जाता है, ताकि यह बदलाव नए विद्यार्थियों के लिए सरल और सुलभ रहे?

उत्तर- इस प्रकार का व्यवहार अधिकतर अध्यापकों का व्यक्तिगत निर्णय होता है। विभाग के तौर पर भी हम कोशिश करते हैं कि छात्र यहाँ के माहौल के अनुकूल हो जाएँ। लेकिन कई अध्यापक मानते हैं कि यह एक छात्र का व्यक्तिगत कार्य है कि वह जल्द अनुकूल बने- कि इसमें अध्यापक का उत्तरदायित्व नहीं होना चाहिए, उन्हें स्वयं बाहर की दुनिया के लिए तैयार होना चाहिए। पर मेरा मानना ऐसा नहीं है। सभी विद्यार्थी एक जैसे नहीं होते। कुछ छात्र यह बदलाव सही से झेल भी नहीं पाते। शायद वह अत्यधिक संरक्षित परिवार से आए हैं या उनका आत्मविश्वास बेहद कम है। कुछ की पारिवारिक समस्याएँ भी उनकी मनोस्थिति के लिए अच्छी नहीं होतीं। इन बच्चों को लेकर हम अपने विभाग में कुछ विशेष करने का सोच रहे हैं।

प्रश्न- आपको एमएएमसी में सबसे प्रिय क्या लगता है?

उत्तर- यहाँ के छात्र! मैं हर वक्त विद्यार्थियों की तकलीफों को दूर करने के लिए तैयार रहना

चाहती हूँ।

प्रश्न- एमएएमसी में ऐसा क्या है जिसे आप और बेहतर होते देखना चाहेंगी?

उत्तर- मेरे विचार में कुछ भी श्रेष्ठ नहीं होता। हर जगह बेहतर होने की संभावनाएँ होती हैं। यह एक इंसान की बस की बात नहीं है। किसी भी बदलाव के लिए समूह की मेहनत, विश्वास और हौसला होना ज़रूरी है।

प्रश्न- आपने जीव रसायन को ही क्यों चुना?

उत्तर- मुझे रोगी विषयक चुनने की इच्छा नहीं थी और मैंने जीव रसायन चुना क्योंकि मुझे हार्डिंग में ही रहना था। उस समय हार्डिंग की प्रयोगशाला दिल्ली के सरकारी अस्पतालों में इकलौती थी जहाँ स्वचालित जांचों के उपकरण थे।

प्रश्न- भारत में पैरा क्लिनिकल विभागों को अनदेखी और वर्तमान में अस्पताल में इसके बढ़ते प्रभाव पर आप क्या कहना चाहेंगी?

उत्तर- लोग समझते हैं कि हम लोगों का कोई काम नहीं होता, सब कुछ मशीनें कर देती हैं। पर आखिर मशीनें चलाता कौन है? मशीनों से निकलने वाली जाँच रिपोर्ट को समझकर चिकित्सक को बताता कौन है कि क्या करना है? और जैसे-जैसे विज्ञान आगे बढ़ रहा है, जेनेटिक रिसर्च का स्तर काफी बढ़ गया है। तो अब तो जीव रसायन की महत्ता काफी ज़्यादा है।

प्रश्न- आप अपनी रुचियों के बारे में कुछ बताईए?

उत्तर- मुझे गाने सुनना बहुत पसंद है, जैसा मिजाज हुआ उसी प्रकार का गाना सुन लेती हूँ। वैसे अधिकतर हिंदी गाने ही सुनती हूँ। मुझे शंकर महादेवन की आवाज़ बहुत पसंद है। आशा भोंसले तो मेरी पसंदीदा कलाकार हैं।

प्रश्न- आप सबसे बड़ी प्रेरणा किसे मानती हैं?

उत्तर- मैं मानती हूँ की सीखने वाला किसी से भी प्रेरित हो सकता है। मैं तो अपने कनिष्ठ से भी कुछ ना कुछ सीख लेती हूँ। मुझे कुछ लोगों के समय प्रबंधन कि कला बेहद अच्छी लगती है- मैं चलचित्र देखती रह जाती हूँ और वह काफी कुछ कर लेते हैं! लेकिन मैं अपनी जिंदगी में संतुष्ट हूँ और बहुत खुश हूँ।

प्रश्न- बच्चों के बीच में प्रचलित है कि आप बहुत मधुभाषी हैं! कोई विशेष कारण इसका?

उत्तर- हाँ सही ही है! लड़ नहीं पाती मैं ज़्यादा।

चुप हो जाती हूँ। हाँ, ज़रूरत पड़ने पर डाँट भी देती हूँ। अपने बच्चों को तो मैं पीट भी देती हूँ (हँसते हुए)!

प्रश्न- मैम पीटने की बात चल ही रही है तो हम देख रहे हैं कि पिछले कुछ सालों में डॉक्टर-मरीज के बीच में झड़पें बढ़ गई हैं, इसके बारे में आपके क्या विचार हैं?

उत्तर- मेरे समय से अब तक मरीजों की संख्या काफी ज़्यादा बढ़ गई है, और अब डॉक्टर अक्सर काफी गुमानी हो गए हैं, जो कि गलत है। गलत यह भी है कि जनता यह मानती है कि अरे!, यह तो डॉक्टर है तो इसका यही काम है। जनता को भी यह समझना चाहिए कि अब पहले जैसी स्थिति नहीं रही। इतने ज़्यादा मरीज हो चुके हैं कि कभी-कभी एक डॉक्टर को 36 घंटे तक लगातार काम करना पड़ सकता है। उसके बाद भी अगर मरीज उनसे बद्दमिजी करेंगे, तो सभी के सब्र की एक सीमा होती है और यही सीमा के टूटने पर हमें यह झड़पें दिखाई देती हैं।

प्रश्न- ऐसी बातें हो रही हैं कि एमबीबीएस को हिंदी में पढ़ाया जाए, इसके बारे में आपके क्या विचार हैं?

उत्तर- हम तकनीकी हिस्सा तो बदल नहीं सकते लेकिन बाकी पाठ्यक्रम तो हिंदी में ही पढ़ाते हैं। जहाँ तक पूरी एमबीबीएस हिंदी में करने का सवाल है तो कई राज्य के लोग हिंदी से पूरी तरह अवगत नहीं होते। सारी मानक (standard) किताबें और सारा ज्ञान अभी तक अंग्रेजी में ही है। तो इसके अनुवाद में काफी मेहनत और पैसा खर्च होगा जो कि मुझे नहीं लगता कि जायज़ है। एक अध्यापिका की तरह मैं यही बोलना चाहूंगी कि एमबीबीएस की पढ़ाई अभी भी बच्चों के समझ में आ रही है। तो जो चीज़ बिगड़ी ही नहीं है, उसे सुधारने की ज़रूरत क्या है?

प्रश्न- मैम आप स्पंदन के माध्यम से बच्चों को क्या संदेश देना चाहेंगी, खासकर 2022 बैच के बच्चों को?

उत्तर- सबसे ज़रूरी संदेश है कि खुशी मनाओ कि आप एमएएमसी में आए हो। आप बहुत भाग्यशाली हो। कभी घर की याद आए तो घर चले जाया करो। कभी मन ना लगे तो किसी से बात कर लिया करो, मुझसे ही बात कर लिया करो- मैं तो सभी को बोलती हूँ कि मैं जगत माँ हूँ। नीट हो गया है तो डॉक्टर भी बन ही जाओगे, 5 साल की जंग है जिसे हम सभी साथ में मिलकर पूरा करेंगे।

पल- दो पल की शांति के लिए ड्रग्स, शराब और धूम्रपान करना सही नहीं है। एक बार यदि

इनकी लत लग गई तो फिर जीवन भर इस चक्रव्यूह से बाहर नहीं निकल पाओगे।

और अपने जीवन को खत्म करने के बारे में सोचना भी नहीं। यह सबसे बुरी चीज़ हो सकती है जो आप अपने माता-पिता के लिए करो। हमेशा याद रखो कि आपके माता-पिता और परिवार ही हैं जो आपको बिना किसी अपेक्षा के प्यार करते हैं।

रैपिड फायर

प्रश्न- पसंदीदा गायक?

उत्तर- शंकर एहसान लॉय

प्रश्न- अगर आपने जीव रसायन विज्ञान नहीं

लिया होता तो क्या चुना होता?

उत्तर- कम्युनिटी मेडिसिन, मैं डब्ल्यूएचओ में काम करती। सोच कर अच्छा लगता है!

प्रश्न- पसंदीदा चलचित्र ?

उत्तर- ब्रीथ- इनटू द शैडोज़ (अभिषेक बच्चन)

प्रश्न- अगर डॉक्टर नहीं बनते तो क्या बनना पसंद करते आप?

उत्तर- शिक्षक, क्योंकि मुझे पढ़ाना बहुत पसंद है

प्रश्न- सबसे पसंदीदा जगह जहां आप घूमना चाहते हो?

उत्तर- बनारस ! पर मैं अभी तक जा नहीं पाई

प्रश्न- चीट फूड?

उत्तर- चॉकलेट्स! मुझे चॉकलेट बहुत पसंद है

प्रश्न- आपके जीवन का सबसे खास पल?

उत्तर- जब मेरी बेटी का जन्म हुआ था

प्रश्न- सबसे पसंदीदा किताब?

उत्तर- रूट्स (ऐलेक्स हेली) यह अफ्रीका से अमेरिका तक दास व्यापार के बारे में है

प्रश्न- छात्र के कोई ऐसे गुण जो कि आपको काफी अच्छे लगते हैं?

उत्तर- आत्मविश्वास, मुझे कभी इतना आत्मविश्वास नहीं था कि मैं अपने अध्यापक का इंटरव्यू ले सकूँ (हँसते हुए)!



फोटो (बाएं से दाएं)- अभिनव रंजन, संकल्प केशरी, डॉ. स्मिता कौशिक, उपासना तिवारी, शुभम कसेरा

साक्षात्कार - डॉ. संजय पंडित

प्रोफेसर, मेडिसिन विभाग

प्रश्न- सबसे पहले सर हम जानना चाहेंगे आपके बचपन और आपकी शिक्षा के बारे में, और कैसे आपका झुकाव डॉक्टरी की तरफ हुआ?

उत्तर- आप सबका बहुत-बहुत धन्यवाद कि आप यहाँ आए। इतने सारे लोगों को देखकर बहुत खुशी हुई और अभी मुझे एक प्रसिद्ध व्यक्ति जैसी अनुभूति हो रही है! मेरा बचपन वैसा ही था जैसा कि दिल्ली के एक साधारण परिवार का होता है। मेरे पिताजी कॉलेज में पढ़ाते थे और माताजी स्कूल में, तो घर पर शिक्षा देने का और पढ़ाई-लिखाई का माहौल था। डॉक्टरी की तरफ कोई खास दिलचस्पी नहीं थी, लेकिन बात यह है कि मुझे गणित पसंद नहीं था। इसी कारण मेरा 11वीं कक्षा तक कुछ तय नहीं था। मेरे पास गणित और जीवविज्ञान दोनों थे और 12वीं में आकर लगा कि अब कुछ तो करना पड़ेगा क्योंकि मेरे बड़े भाई का चयन आईआईटी में हो गया था और अब सारी नज़रें मुझ पर थीं! मैंने पढ़ाई शुरू की और कुछ मेहनत कहिए और कुछ किस्मत कि मेरा दाखिला मौलाना आज़ाद मेडिकल कॉलेज में हो गया।

ईश्वर की दया से मैं यहाँ आ गया और फिर कुछ साल लगे समझने में कि ये पेशा है क्या? इस तरह से मेरा इस पेशे में आना हुआ और धीरे-धीरे मैं आगे बढ़ता गया।

प्रश्न- सर क्या उस समय भी ऐसा रहता था कि इंजीनियर, चिकित्सक या वकील ही बनना है?

उत्तर- हाँ! उस समय ज़्यादा विकल्प नहीं थे, 1987-88 के आस-पास की बात है। उस समय ज़्यादा जानकारी भी नहीं थी। आजकल तो काफी जानकारी होती है बच्चों को और अगर कुछ नहीं भी पता हो तो इंटरनेट के माध्यम से जान सकते हैं। कक्षा में दोस्तों को भी ज़्यादा खबर नहीं थी। पीएमटी परीक्षा का फॉर्म खरीदने खुद जाते थे और फिर जमा करने के लिए भी कतार में खड़ा होना पड़ता था! परीक्षा का परिणाम भी कतार में खड़े होकर देखना पड़ता था! यह अलग ही प्रक्रिया थी जोकि आजकल घर बैठे-बैठे हो जाती है। परिवार में भी कुछ चिकित्सक थे और कुछ व्यापारी। मध्यम वर्ग के होते हुए, व्यापार करने के संसाधन नहीं थे और न ही प्रतिभा थी। प्रतिभा होती तो शायद अभी सरकारी अस्पताल में काम ना कर रहे होते (मज़ाक

करते हुए)! मिला-जुला कर चिकित्सा ही मेरा विकल्प था। न मिलता तो शायद कुछ और कर लेते लेकिन मिल गया तो उसी की तरफ दिलचस्पी बढ़ गई। मुझे कभी कोई खेद नहीं हुआ और समाज भी इस पेशे को काफी सम्मान देता है।

दाखिला होते ही हमारे पारिवारिक चिकित्सक ने हमसे पैसे लेना बंद कर दिया था। मुझे याद है कि एक बार मेरे पिताजी उनके पास इलाज के लिए गए थे तो उन्होंने शुल्क लेने से साफ़ इनकार कर दिया था। उस समय लगा कि यह तो काफी अच्छा पेशा है!

प्रश्न- सर अपने कॉलेज के दिनों से जुड़ी कुछ यादें हमारे साथ साझा करें।

उत्तर- मेरे अध्यापक और दोस्त बहुत अच्छे थे। कुछ ऐसे भी बच्चे थे जो बहुत ही उच्च स्तर के विद्यालय से आए थे और उनके साथ हमारा इतना संपर्क नहीं था। हम डीएवी स्कूल के पढ़े बच्चे थे। कुछ अपने जैसे 5-6 लोग मिल गए जिन से विचार मिलते जुलते थे और उनके साथ सफर कट गया।

उसके बाद सवाल आया कि विशेषज्ञता किसमें करनी है? यह साफ़ था कि शल्य चिकित्सा नहीं करनी है! ओटी का माहौल मुझे पसंद नहीं था। इंटरनशिप में ओटी में घुसते ही मुझे परेशानी हो जाती थी - मास्क पहनो और न जाने कितने नियम! सम्मानपूर्वक कह रहा हूँ कि सर्जन थोड़े कड़क होते हैं और मेडिसिन वाले थोड़े कोमल होते हैं। यह मुझे अच्छा लगता था। डॉ. एम. के. डागा मेरे भी अध्यापक थे उस समय। ओटी में अगर किसी बच्चे से गलती हो जाए तो बहुत जबरदस्त डांट पड़ती थी, मेडिसिन में कोई रिपोर्ट रह गई तो ऐसी कोई चिंता नहीं होती थी!

इंटरनशिप में मेरी बहुत अच्छी यूनिट में पोस्टिंग लगी थी, तो तब ही मैंने निर्णय ले लिया था कि मेडिसिन ही करनी है। मेडिसिन में मरीज़ जल्दी-जल्दी ठीक हो जाते हैं - एक्स-रे पढ़ो, थोड़ी दवाई दे दो और वह ठीक हो जाएंगे!

डॉ. अनुराधा उस समय मेरे पीजी थे तो आप समझ ही सकते हैं कि यूनिट में कैसा वातावरण था - बहुत सीखने को मिलता था। मैं हमेशा से थोड़ा शर्मीला रहा हूँ, लेकिन अब मैंने थोड़ी बातचीत करना शुरू कर दी है क्योंकि पढ़ाना मेरा पेशा है।



प्रश्न- चूंकि आपने अपनी कॉलेज की यादें हमें बताई हैं, हम आपसे यह पूछना चाहेंगे कि आपको अपने एमबीबीएस का पहला दिन याद है?

उत्तर- हाँ! मेरा दाखिला काफी देर से हुआ था- 19 सितंबर को हम यहाँ आए थे जबकि उस समय जुलाई में दाखिला हो जाता था। तब तो रैगिंग भी खूब होती थी और हमारे दिमाग में केवल रैगिंग का ही विषय होता था! एक सीनियर मेरे घर के पास रहते थे और उन्होंने पहले ही बता दिया था कि मेरा कद अच्छा है, तो बस एक चीज़ करना, झुंड में मत चलना (हँसते हुए)! झुंड में चलोगे तो पकड़े जाओगे! और किसी सीनियर की तरफ मत देखना- सीधे ही निकल जाना! यह चाल मेरे बहुत काम आई और मेरी तरफ कोई देखता भी नहीं था! मैं बस से उतरता था और सीधा कक्षा की ओर निकल जाता था। खाने के लिए भी अकेला ही जाता था। बाकी सारे झुंड में जाते थे और फँस जाते थे! कुछ मशहूर विद्यालय थे जैसे कि डीपीएस और मॉडर्न स्कूल- वहाँ के सीनियर अपने ही जूनियर की रैगिंग करते थे। हम जैसे बच्चे शांत रहते थे और ज़्यादा दिखाई भी नहीं देते थे!

मैंने हिस्टोलॉजी फाइल भी बनाई थी अपने एक सीनियर की। वह मुझे ज़बरदस्ती अपने कमरे में ले गए और मुझे कलम और कागज पकड़ा दी। दो-ढाई घंटे मैं उनके कमरे में बैठा रहा! ऐसे ही सीनियर दोस्त बन जाते थे और फिर आगे जाकर परीक्षा के समय बहुत मदद करते थे। हमारी कक्षा की कुछ लड़कियों की शादी भी सीनियरों के साथ हो गई! उन्होंने बैच के लड़के कम चुने और सीनियर ज़्यादा चुन लिए! कुछ लोगों को बहुत मलाल है इस बात का (हँसते हुए)!

प्रश्न- आप कुछ और यादें हमारे साथ बाँटना चाहेंगे?

उत्तर- पहले साल में हमारी एनाटॉमी की एक छोटी सी परीक्षा थी। किसी बच्चे ने शैतानी की और बोला कि सब परीक्षा छोड़ देते हैं, कोई नहीं जाएगा। उस समय व्हाट्सएप नहीं था और यह सारी बातें आमने-सामने होती थीं।

एक छोटी सी सभा के बाद निर्णय लिया गया कि हम सब परीक्षा के लिए नहीं जाएंगे! परंतु एक छात्र परीक्षा देने पहुँच गया! अध्यापकों ने उन भाईसाहब की परीक्षा अच्छे से ली और बोला कि उसको उस परीक्षा के लिए ईनाम मिलेगा! अब पता नहीं क्या ईनाम मिला! उस छात्र को लोग हमारी सिल्वर जुबली के समय भी ताने मार रहे थे!

हमारे फिजियोलॉजी के अध्यापक बहुत अच्छे थे- डॉ. चक्रवर्ती। कमाल फिजियोलॉजी पढ़ाते थे वो। डॉ. जैन भी थे, जोकि हाल ही में रिटायर हुए हैं। वे हार्डिंग से आए थे और उनका पढ़ाने का अंदाज़ बहुत ही खूब था। मेरी मेडिसिन में दिलचस्पी कुछ-कुछ वहीं से उभरी थी। अगले साल फार्मोकोलॉजी में हमारे बहुत धुरंधर अध्यापक थे- डॉ. के. डी. त्रिपाठी। फार्मोकोलॉजी और फिजियोलॉजी के मेल ने धीरे-धीरे दिमाग पर मेडिसिन की छाप डाल दी- कि ज़्यादा काट पीट किए बिना भी मरीज का अच्छा इलाज हो सकता है।

जब पहले अस्पताल आते थे तो झटका सा लगता था क्योंकि दिमाग में फिल्मों में दिखाए अस्पतालों की छाप थी- वहाँ तो साफ-सुथरे दिखाए जाते थे! पहली बार मैं जब पुरानी इमारत के वार्ड में घुसा, तो हर जगह भीड़ और फिनाईल की महक थी! एक बड़ा कक्ष था जहाँ सारे मरीज लेटे हुए थे। उस समय सारे विभाग ऐसे ही थे। बड़ा झटका सा लगा कि यह कैसा अस्पताल है? फिल्मों में तो डॉक्टर अपना सफेद कोट पहन कर घूमते थे, यहाँ सब टी-शर्ट और जींस में घूम रहे थे! धीरे-धीरे समझ आया कि बाकी जगह स्थिति और खराब है, मरीज को कभी-कभी बिस्तर भी नहीं मिलता और दवाइयाँ भी नहीं मिलतीं। हमारे यहाँ मरीज को खाना भी मिलता है जोकि बाकी जगह उन्हें खरीदना पड़ता है। धीरे-धीरे अस्पताल की आदत पड़ गई। इंटरनशिप में मैंने काफी काम सीखा। जब हमारे सीनियर दूसरे काम में व्यस्त रहते थे तब हम रात को बैठकर पूरी इमरजेंसी संभाल लेते थे। यही कुशलता आगे जाकर रेसीडेंसी में काम आई। हम यहाँ पूरी कोशिश करते हैं कि इंटरनशिप में बच्चों को अच्छे से सिखाएँ।

प्रश्न- एक अनोखी चीज़ हम आपसे पूछना चाहेंगे- ओपीडी में हमने देखा है कि आप अपने साथ हमेशा एक किताब (नॉवेल) रखते हैं। आपको इतना पढ़ने की आदत कैसे हुई? इतने काम के बीच भी आप अपनी इस दिलचस्पी को कैसे बरकरार रख पाते हैं?

उत्तर- मुझे एमबीबीएस में इतनी दिलचस्पी नहीं थी किताबों की और घर पर इतना माहौल भी नहीं था। मैंने पहली किताब/ नॉवेल दसवीं

कक्षा के बाद की छुट्टियों में पढ़ी थी- महात्मा गांधी की आत्मकथा (सत्य के प्रयोग)। उसके बाद मुझे ज़्यादा समय नहीं मिला। फिर जब मैं सीनियर रेजिडेंट बना, जेब में थोड़े पैसे आ गए और थोड़ा समय मिला, तब मैं एक दिन कनॉट प्लेस गया। वहाँ से मैंने रस्किन बॉन्ड की एक लघु कथाओं की किताब खरीदी। वे अपनी किताबों में एक बहुत ही सरल, छोटे शहर का जीवन दर्शाते हैं जिसको दोबारा पढ़ने का मन करता है। शुरुआत वहीं से हुई।

मैं बचपन में भी मैगज़ीन और न्यूजपेपर पढ़कर अपने पिताजी के साथ चर्चा करता था। डॉक्टर बनने के बाद मैं ड्यूटी रूम में भी अपने साथ किताबें रखता था। मैंने शुरुआत भारतीय लेखकों और लघु कथाओं से की - रस्किन बॉन्ड, खुशवंत सिंह, आर के नारायण आदि। फिर इंडिया टुडे बुक क्लब के बारे में पता चला। वह हर महीने एक छोटी सी किताब भेजते थे जिसमें नई किताबों की सूची होती थी। हम एक फॉर्म के साथ उन्हें पैसे कोरियर करते थे और वह किताबें हमारे घर पर भेज देते थे। मैं हर महीने 300-500 रुपयों की किताबें खरीदने लगा। तब से सिलसिला चल रहा है। ज़िंदगी में जब झटके लगे तब 'सेल्फ-हेल्प' पुस्तकों की याद आई। फिर आत्मकथाओं का दौर चला। मैंने नेल्सन मंडेला, हरिवंश राय बच्चन जी और अन्य कई दिग्गजों की आत्मकथाएँ पढ़ीं जिनसे मैंने काफी कुछ सीखा।

मुझे साफ-सुथरी किताबें पसंद हैं और पायरेटेड किताबें बिल्कुल पसंद नहीं हैं (हँसते हुए)! मेरे घर में शुरु से ही कोई पायरेटेड किताब नहीं है।

अच्छा हुआ कि मेरे बच्चों को भी मुझे देखकर शुरु से किताबों की आदत पड़ गई। मेरी बेटी ने अंग्रेज़ी में ग्रेजुएशन की है और उसने काफी ऊँचे स्तर की पुस्तकें पढ़ीं हैं। वह आज भी मुझे श्रेय देती है। आज भी मैं किताबों की दुकान में चला जाऊँ तो 2000-3000 रुपयों की किताबें लिए बिना बाहर नहीं निकलता!

ओपीडी के लिए मैं ऐसी किताबें रखता हूँ जो व्हाइट कोट की जेब में आ जाती हों। मरीजों को देखने के बीच में अगर समय मिल जाता तो मैं एक पन्ना पढ़ लेता हूँ, अपने मोबाइल फोन से अपने आप को दूर रखने लिए। किताबें पढ़ने की प्रथा को हमें बचाकर रखना चाहिए। यह और संगीत मेरे जीवन के बहुत ही महत्वपूर्ण अंश है।

प्रश्न- आप कभी दरियागंज के पुस्तक बाज़ार गए हैं? साथ ही किताबों से जुड़ी कोई और जगह जो आपको पसंद हो?

उत्तर- बस कुछ बार ही जाना हुआ है दरियागंज। कनॉट प्लेस के आउटर सर्कल में एक बहुत अच्छी दुकान है- ऑक्सफोर्ड बुक स्टोर। एक बार मैं वहाँ दो-तीन घंटे बैठा। कॉफी की बहुत अच्छी सुगंध थी, और मेरे आस-पास बढ़िया-बढ़िया किताबें थीं जिनको पढ़कर वापस रख सकते थे। वह एक अलग ही अनुभव था।

एयरपोर्ट पर मेरे बच्चे हमेशा चॉकलेट खरीद रहे होते हैं, लेकिन मैं वहाँ भी रास्ते के लिए किताबें खरीदता हूँ ताकि सफर कट जाए! ऐसा हो ही नहीं सकता कि मैं पुस्तकों की दुकान देखूँ और वहाँ न जाऊँ!

प्रश्न- ऐसी कौन सी किताबें हैं जिनका आप पर सबसे ज़्यादा प्रभाव रहा है?

उत्तर- शुरुआत तो उपन्यास (fiction) से हुई थी, जैसे कि रस्किन बॉन्ड के उपन्यास। महात्मा गांधी की आत्मकथा का मुझ पर काफी प्रभाव हुआ। उसे मैंने कई बार पढ़ा और मैं उनका काफी सम्मान करता हूँ। लोग उन्हें राष्ट्रपिता के रूप में देखते हैं लेकिन मैं उनको एक आध्यात्मिक चरित्र की तरह देखता हूँ। अगर आप उनके बारे में अन्य किताबें पढ़ेंगे तो आपको पता चलेगा कि उनमें कितनी शक्ति थी कि उन्होंने अहिंसा का पथ चुना। एक और किताब है, “द मंक हू सोल्ड हिज फेरारी” (रॉबिन शर्मा)। काफी ज़बरदस्त किताब है जोकि अपना असर कुछ समय बाद दिखाती है। अब तो कुछ भी अच्छा मिल जाए, मैं पढ़ लेता हूँ। अतुल गवांडे ने भी काफी अच्छी किताब लिखी है, “बीइंग मोर्टल”। उन्होंने काफी सरलता से डॉक्टरी पेशे में अपनी मुश्किलों को पेश किया है। हालांकि मुझे कभी मैडिकल थ्रिलर किताबें पसंद नहीं आईं।

जो लोग आसानी से दोस्त नहीं बना पाते उनके लिए यह सबसे अच्छा समाधान है कि वे पुस्तकों को अपना दोस्त बना लें। शायद इसलिए मुझे किताबों की दुनिया बहुत पसंद आ गई। मेरा भाई, जोकि दोस्त बनाने में बहुत तेज़ है, वह इतनी किताबें नहीं पढ़ता- एयरपोर्ट से उठा लाता है और दो पन्ने पढ़ने के बाद मुझे पकड़ा देता है (हँसते हुए)!

प्रश्न- गानों में अपनी रुचि के बारे में हमको बताएँ।

उत्तर- संगीत का मुझे शुरु से ही शौक था। जब मैं पांचवी कक्षा में था तब हमारे घर पर एक बड़ा सा फिलिप्स का रेडियो था। उसमें मुझे सही चैनल लगाना आ गया था- विविध भारती! मेरी गाड़ी में वही लगा होता है। उस समय काफी अच्छे गाने बनते थे। मेरे हिसाब से 1960 के दशक के गाने सर्वोत्तम हैं। जब

हम कॉलेज में आए तब फिर से गाने अच्छे बनने लग गए, 1980 के बाद। मेरे पसंदीदा गायक मोहम्मद रफ़ी साहब हैं। आजकल किशोर कुमार ज़्यादा प्रसिद्ध हैं। उन दोनों के गानों में यह अंतर है कि कुमार साहब के गाने गाने में बहुत मज़ा आता है। रफ़ी साहब के गाने थोड़े मुश्किल होते हैं। हालांकि स्नान घर में तो सभी के गाने गा सकते हो!

प्रश्न- रफ़ी साहब का कोई गाना जो आपको बहुत पसंद हो?

उत्तर- एक गाना जो मैं हमेशा गुनगुनाता हूँ- “मैं ज़िंदगी का साथ निभाता चला गया”। यह गाना यूँ तो फिल्म का है परंतु अगर आप इसे अलग से सुनेंगे, तो यह बड़ा दार्शनिक गीत है। उसके अंत में जो पंक्ति है- “गम और खुशी में फ़र्क ना महसूस हो जहाँ, मैं खुद को उस मुकाम तक लाता चला गया” मुझे बहुत पसंद है। हर रोज़ जब भी ताकत चाहिए होती है, मैं यह गीत सुन लेता हूँ। मैंने कई बार कोशिश की, लेकिन इसको गाना बहुत मुश्किल है। आपका सबसे पसंदीदा गाना वही होता है जिसके बोल आपको याद हों। इसी तरह निदा फ़ाज़ली की कुछ पंक्तियाँ हैं, “दुनिया जिसे कहते हैं, जादू का खिलौना है, मिल जाए तो मिट्टी है, खो जाए तो सोना है”। कितना सरल है इसको बोलना, बस उर्दू की थोड़ी जानकारी चाहिए।

आजकल के गाने इतने अच्छे नहीं हैं। उनके बोल में इतना दम नहीं बचा है। राहत फतेह अली खान जो गाते हैं वह इतना सूफियाना हो जाता है कि उसको गाने में तकलीफ़ हो जाती है, लेकिन सुनने में बहुत अच्छे हैं! मेरे हिसाब से गाना वही अच्छा होता है जिसको हम गुनगुना सकते हैं।

रेडियो पर हफ़्ते में एक दिन “गीतमाला” कार्यक्रम आता था, जिसके मेज़बान अमीन सयानी थे। उसमें 1950-60 के गाने आते थे। उन्हें सुनते- सुनते मुझे कविता पढ़ने की तरफ़ दिलचस्पी हो गई। गुलज़ार, जावेद अख़्तर और अन्य कई कवियों की रचनाएँ पढ़ी हैं मैंने।

मेरी आवाज़ इतनी अच्छी नहीं है, तो मैं गाने की कोशिश नहीं करता। हाँ, गुनगुना ज़रूर लेता हूँ। जब गाड़ी चलाता हूँ, तो कोई नहीं होता है, सारे शीशे बंद होते हैं, तो मैं भी किशोर कुमार या रफ़ी साहब बन जाता हूँ!

प्रश्न- चिकित्सा जगत पर आधारित कई नाटक (वेब सीरिज़) बनाए गए हैं। उनके बारे में आपका क्या ख़्याल है?

उत्तर- जितने नाटक मैंने देखे हैं उन्में मुझे

सबसे विश्वसनीय “हाउस एम.डी.” लगता है। उसमें वास्तव में होने वाले क्लिनिकल सीनेरियोज़ (clinical scenarios) काफ़ी प्रशंसनीय तरह से दिखाए गए हैं। एक दूसरा नाटक, “ग्रेज़ एनाटॉमी”, मुझे काफ़ी हद तक कुछ और मुद्दों कि तरफ़ भटका हुआ सा लगता है। उसके पात्रों का ध्यान चिकित्सा से अधिक अपने निजी संबंधों की ओर रहता है! इसके अलावा “द गुड डॉक्टर” भी बहुत प्रशंसनीय है- इसमें मुख्य पात्र ‘ऑटिस्टिक’ होता है। मेरे ख़याल से हाउस एम.डी. सभी लोगों को देखना चाहिए, इस तरह से बहुत सारी चीज़ें हमें याद रह जाती हैं। मुझे तो “पॉडकास्ट्स” और “टेड-टॉक्स” सुनने का भी बहुत शौक़ है, मैं आपको भी सलाह दूँगा कि आप गौर गोपाल दास के पॉडकास्ट्स ज़रूर सुनिए। वे ज़िंदगी के सुख-दुख और पीड़ा के बारे में बहुत कुछ सिखाते हैं। अंकुर वारिकू भी व्यापार और वित्त से संबंध में काफ़ी जानकारी अपने यूट्यूब चैनल पर देते रहते हैं। यूट्यूब की बात हुई ही है, तो मैं बताना चाहूँगा कि “फूड-ब्लॉग्स” मुझे काफ़ी दिलचस्प लगते हैं! पुरानी दिल्ली का खाना देखकर दिल एकदम ख़ुश हो जाता है। क्योंकि डायबिटीज़ के मरीज़ मुझे रोज़ देखने को मिलते हैं, मैं समझता हूँ कि खाना लोगों की ज़िंदगी में खुशी का स्रोत होता है और इसलिए इसको विनम्रता से संभालना बहुत ज़रूरी होता है। इसलिए आपको अपने क्लिनिकल स्किल्स के साथ साथ “सॉफ़्ट स्किल्स” पर भी ध्यान देना चाहिए।

प्रश्न- आपके अनुसार आपकी छुपी हुई प्रतिभा क्या है?

उत्तर- अपने पेशे के शुरुआती दिनों में मैं काफ़ी अंतर्मुखी स्वाभाव का था। मुझे लगता था कि मैं अधिक संख्या में मरीज़ों से बात नहीं कर पाऊँगा। लेकिन संत स्टीफ़न अस्पताल में काम करते समय जब मैंने डी.एन.बी. रेज़िडेंट्स से चिकित्सकीय विषयों पर चर्चा (क्लिनिकल डिसकशंस) की, तब मुझे एहसास हुआ कि मुझे ऐसी चर्चा और वार्तालाप करने में बहुत दिलचस्पी है। इसके उपरांत जब मैंने एक प्राइवेट मेडिकल कॉलेज और फिर एम.ए.एम.सी. में छात्रों को पढ़ाया तब मेरा यह विश्वास और अटल हो गया। तो मेरी यह बेहतरीन रूप से बातचीत करने की क्षमता मुझसे ही छिपी हुई थी!

प्रश्न- आपके अध्यापन कैरियर का कोई ऐसा लम्हा या घटना जिसने आपको दुविधा में डाला हो या आपको एक हद तक परेशानी महसूस हुई हो?

उत्तर- आजकल तो बहुत सी ऐसी घटनाएँ हो जाती हैं, जैसे जब पढ़ाते समय हमारी पी.पी.

टी. ही नहीं चलती! ऐसा भी होता है कि कक्षा के बीच में बिजली चली जाती है और पी.पी. टी. न होने के कारण विचारों का प्रवाह टूट जाता है। इसका कारण मैं अब फ़ोन में भी पी.पी.टी. की एक कॉपी रखता हूँ।

प्रश्न- मरीज़ों की लाइलाज बीमारियों, अंतिम चरण के रोगों और अनगिनत तकलीफ़ों के इतना करीब रहने का आप पर क्या असर पड़ता है?

उत्तर- मैं मानता हूँ कि ऐसे मामलों में संवेदनशीलता होना बहुत आवश्यक है। इसलिए अधिकतर लाइलाज बीमारियों की जानकारी मरीज़ों को मैं ही देता हूँ। ऐसी परिस्थितियों को संभालने के लिए सबसे पहले हमारा ज्ञान और कौशल पूर्ण होनी चाहिए और संवेदनशीलता को बिल्कुल भी नहीं भूलना चाहिए। मैं ये मानता हूँ कि स्वयं के स्वास्थ्य के लिए आध्यात्मिकता से जुड़े रहना बहुत आवश्यक है। उसके बाद ही हम मरीज़ों के दुख को सही मायनों में समझ सकते हैं। मैं ये भी मानता हूँ कि अस्पताल में काउंसलर्स की बहुत आवश्यकता होती है जोकि भारत में बिल्कुल नहीं देखा जाता है। इसलिए हर डॉक्टर को साइकोलॉजी का ज्ञान होना भी बहुत ज़रूरी है।

प्रश्न- सर, आजकल छात्रों का ध्यान कॉलेज के अध्यापकों से हटकर कोचिंग कि तरफ़ काफ़ी बढ़ता जा रहा है, कक्षा से ज़्यादा ध्यान वीडियोज़ से सीखने में केंद्रित हो गया है। इसके बारे में आप क्या सोचते हैं?

उत्तर- कहीं ना कहीं इसका दोष हमारे ही सिर पर है। हम कॉलेज में कक्षा को उतना दिलचस्प नहीं बना पाते जितना कि उन्हें होना चाहिए। कुछ विशिष्ट विषय ऐसे होते हैं जिनके लिए लंबे भाषण की ज़रूरत होती है, ऐसे में हमें अपने पढ़ाने के तरीकों में बदलाव लाने की आवश्यकता है। आजकल हर कॉलेज कुछ न कुछ बदलाव अपनाने लगा है, जैसे कि “स्मॉल ग्रुप डिसकशंस”, “इंटरैक्टिव टीचिंग” आदि। इसके अलावा मरीज़ों के सामने छात्रों को पढ़ाना बहुत ज़रूरी होता है। बदलते समय के साथ साथ हमें अपने पढ़ाने के तरीकों को भी बदलना होगा। ऐसी परिस्थिति का बहुत बड़ा कारण हमारे परीक्षा लेने के तरीके और छात्रों के अनुपात में अध्यापकों की संख्या कम होना भी है। छात्रों को भी यह समझना होगा कि डॉक्टर बनने के सही मायने उन्हें अस्पताल आकर ही समझ आएंगे। वहीं दूसरी तरफ़, बढ़ती प्रतिस्पर्धा के कारण, छात्रों का कोचिंग को इस्तेमाल करना भी अनिवार्य सा हो गया है।

प्रश्न- आपने मौलाना आज़ाद मेडिकल

कॉलेज को एक छात्र और एक अध्यापक दोनों के नज़रिए से देखा है। ऐसी कोई बात जो आपको बहुत पसंद हो और आज भी न बदली हो?

उत्तर- मौलाना आज़ाद मेडिकल कॉलेज शुरू से ही देश का शीर्ष संस्थान रहा है। इसके चलते यहाँ के छात्रों और अध्यापकों की गुणवत्ता हमेशा से ही उत्तम रही है। और छात्र चाहे इंटरन हों या रेसिडेंट, यहाँ से पढ़ाई करने के बाद जब कोई भी किसी और संस्थान में काम करता है तो सभी को यह समझ आ जाता है की मौलाना आज़ाद जैसा “क्लिनिकल एक्सपोजर” पूरे भारत में कहीं और नहीं मिल सकता है। यह तब भी सत्य था और आज भी है।

एक बदलाव जो मैंने महसूस किया कि पूरे देश में महाविद्यालयों की संख्या बढ़ने के कारण छात्रों और रेज़िडेंट्स के परीक्षण के साथ समझौता होने लगा है, जिसका ध्यान संख्या बढ़ाते हुए खास तौर पर रखना चाहिए।

प्रश्न- आजकल के हालातों में कोई चीज़ जो आपके अनुसार बेहतर की जा सकती है?

उत्तर- हमें अपने पढ़ाने के तरीकों को सुधारना होगा। इस कमज़ोर कड़ी को मज़बूत करना होगा क्योंकि जब तक हम यह नहीं करते, तब तक अध्यापन तथा शिक्षा की कड़ी कमज़ोर ही रह जाएगी। कई बार जब बच्चे पोस्टिंग आते हैं, तब अधिकतर उनमें से मात्र 2- 3 छात्र ही बोलते रहते हैं। मेरा मानना यह है

कि सबको केस प्रस्तुत करना चाहिए। इतने बड़े समूह में कई बार पता ही नहीं चलता कि किसे समझ आया और किसे नहीं। इसलिए हम 2023 सत्र से लॉग- बुक लेकर आएँ हैं, जिसमें आपने कौन- कौन से केस देखे हैं, वह लिखकर जाँच करानी होगी। पता नहीं इससे कितना फ़ायदा होगा, लेकिन हमारी कोशिश हमेशा उस आखिरी बच्चे तक पहुँचने की रहेगी। यहाँ विद्यार्थी थोड़े अधिक हैं, लेकिन जब तक हम उस कमज़ोर बच्चे को औसत तक नहीं ला देते, तब तक हमें सुधार की ज़रूरत है। बच्चों की रुचि जगाना भी ज़रूरी है, क्योंकि कई बार बच्चे अपने मन से न आकर घरवालों के दबाव के कारण यह पेशा चुन लेते हैं। यह पेशा आसान नहीं है। स्थापित होने में ही आदमी को दस- पन्द्रह साल लग जाते, तो एक ज़ब्बा होना बहुत ज़रूरी है। ऐसे में जब चुनौतियाँ सामने आती हैं तो व्यक्ति को यह नहीं लगता कि वह किसी और की वजह से इस सब में फँस गया है।

भाषा की चुनौतियाँ आना भी बहुत आम है, खासकर जब बच्चा दिल्ली से बाहर का हो। आजकल बच्चे मजबूरी में ग्यारहवीं- बारहवीं में विद्यालय न जाकर कोचिंग में जाते हैं। मेरा मानना है कि इसके कारण भी व्यक्तित्व का संपूर्ण विकास नहीं हो पाता है। अगर हर बैच के लिए 4- 5 परामर्शदाता (counsellor) हों जो बच्चों के साथ छोटे- छोटे समूह में बातचीत कर पाएँ, उनकी समस्याओं को समझ पाएँ, तो बहुत अच्छा रहेगा। अभी कॉलेज की ओर से कुछ ऐसी ही पहल की गई है।

प्रश्न- हाल ही में मध्यप्रदेश में एमबीबीएस की किताबों का हिंदी में अनुवाद किया गया है। आपके अनुसार क्या यह तरीका बेहतर है या फिर बच्चों को अंग्रेज़ी में ही पढ़ाना बेहतर है?

उत्तर- यह अवश्य ही कुछ नया है। लेकिन मेरे सुनने में आया है कि वहाँ पर अनुवाद करने की जगह अंग्रेज़ी के शब्दों को ही देवनागरी में लिखकर पढ़ा रहे हैं। अब इस चीज़ का तो कोई फ़ायदा नहीं है! मातृभाषा में पढ़ाई हो यह बहुत अच्छी बात है लेकिन उतनी ही मुश्किल भी है। अध्यापकों को भी सिखाना पड़ेगा कि वह शुद्ध भाषा का प्रयोग करें और साथ में बच्चों तक बात भी पहुँचा दें। कई बार यहाँ पर भी हम वार्ड में मरीज़ के साथ हिंदी में वार्तालाप कर लेते हैं लेकिन जब रेज़िडेंट को केस समझाते हैं तो वह अंग्रेज़ी में ही होता है क्योंकि उनको अपनी परीक्षा अंग्रेज़ी में ही देनी होती है। अंग्रेज़ी में पढ़ा हुआ बच्चा विलायत जाकर भी आगे की पढ़ाई कर सकता है, वहीं अगर कोई बच्चा हिंदी में पढ़ा हो तो वो बाहर जाकर नहीं पढ़ सकता है। हो सकता है कि आने वाले समय में हिंदी व अंग्रेज़ी में पढ़े डॉक्टरों में जनता फ़र्क करने लगे। ऐसे में फिर क्या नेता हिंदी वाले डॉक्टरों से इलाज करवा लेंगे? अगर किसी को अपने गाँव या समाज में रह कर ही लोगों का इलाज करना है तो फिर हिंदी में पढ़ने का भी कोई नुकसान नहीं है। शुरुआत हुई है तो देखते हैं कहाँ तक जाती है यह बात। सबसे ज़्यादा ज़रूरी तो यह है कि एक डॉक्टर अपनी बात कैसे मरीज़ तक



फोटो (बाएं से दाएं)- दिशा अग्रवाल, संकल्प केशरी, गौरी असनानी, डॉ.संजय पंडित, कृष्णवंत ठाकुर, प्रज्ञा गुप्ता, आकाश आनंद, खुशी शर्मा



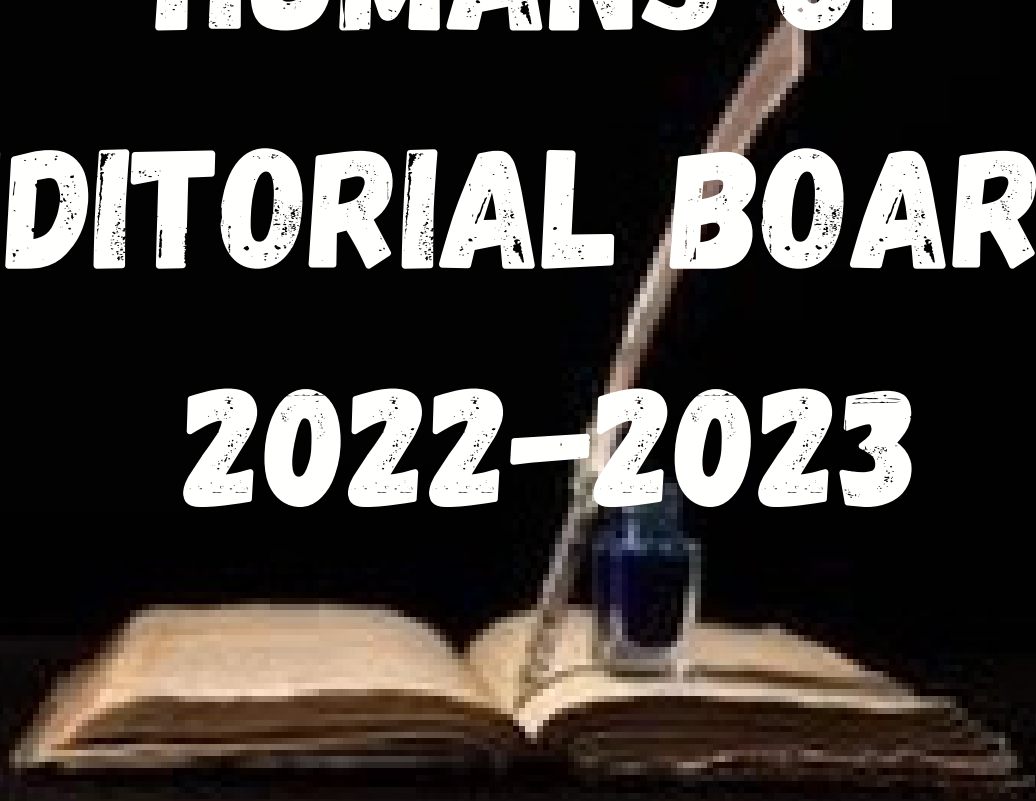
Photo by Dr Neha Parashar, Department of Pathology

NEHA P.



PRESENTING

**HUMANS OF
EDITORIAL BOARD
2022-2023**



“Give him a day, he will learn it”. The malnourished boy who uses his brain 100%. His cubing skills helped his finger muscles grow. iykyk
— Sankalpa

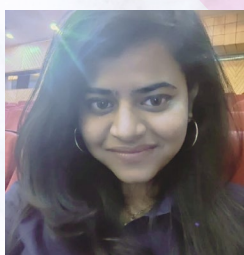
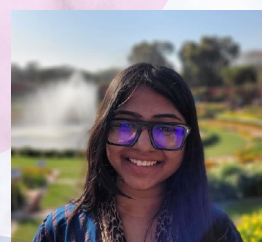


Being in the company of Shubham Kasera is truly enjoyable. He possesses a wealth of knowledge and communicates with assurance. Not only does he articulate his thoughts effectively, but he also embraces constructive feedback and remains open to fresh perspectives and ideas.

—Shubham Kasera

Aadya is brimming with creative concepts and has taken the helm of "trendingnowinmamc." She reigns as the unrivaled creative genius within the Ed Board.

We think she is Aiman's favourite. :p

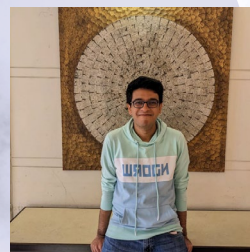


The angelic girl from whom even a frustrated class rep notification reads like beautiful poetry. She looks beyond the obvious and has the most charming perspectives on life. Strongly advice you to catch up with her over a watermelon mojito!

— Gouri

Gautam is one person who can never disappoint you. He is always involved in everything productive that goes around in the campus. He is the sort of person who has stayed the same from Day 1, happy, cheerful, motivated and smart. He is an ideal junior and even better senior.

— Gautam Chellani



Disha - a free spirit, a passionate co-worker. If you aren't spellbound by her personality, you'll certainly be floored listening her compose magic on her piano. She's the embodiment of ethics, and an unflinching dedication to meeting deadlines. A true foodie, she loves conversing.

Always a smiling friend to talk to.

— Disha

Girl who skilfully juggles partying and work
and strikes a seamless balance. How are you
everywhere? lol

— Aiman Perween Afsar



Upasana is a remarkable individual known for her
unwavering discipline, remarkable politeness, and
exceptional communication skills.

— Upasana

Sanjna is famous in 2021 batch as a passionate dancer.

Her friends would describe her as a very kind and
supportive person. When not studying she can be
found sketching, reading novels or watching anime.
She denies being short tempered but will not hesitate
to stab you if you call anime as cartoon. Easy going
and fun, she is the first person you go to when you
need to FMT about anything, but you will first need to
get her attention away from the book she might be
reading at that moment.

— Sanjna



Anurag, a shining star on the editorial board, With your
insights and edits, you help our stories soar. Your
dedication and passion are truly inspiring, And we're
grateful for all your contributions, so untiring.

—Anurag Goyal

Ishita is a quiet and friendly soul. She can be found
grooving to her favourite music, cooking or buried in an
interesting book in her free time. Her hostel mates would
say that she's a reliable and appreciable neighbour. Having
worked with her on the design team for the magazine, I can
attest that she is full of creative ideas and is always ready to
work hard and see them through. She is the designer
responsible for creating the Trending Now in MAMC logo
that we are so proud of.

—Ishita





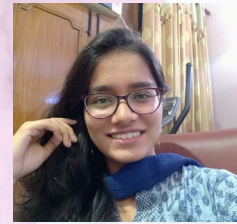
Saksham is lit, he lights up the eyes of juniors in awe and the faces of seniors to bless him. He writes well, speaks well.

Trending Now in MAMC became the hype page for him because no other individual sends in more content than he does. The zeal to participate and the resolve to win has him all over the place. Writing about his achievements would take up more than the designated space in this magazine, so we can design another magazine solely dedicated to Saksham. Coming soon...

—Saksham

She is not a grammar Nazi, she is just a grammar Stalin.

— Avnika Jain

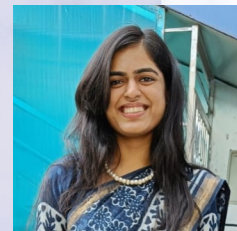


He is one of the most creative persons I know. He is one of the reasons we have an amazing Hindi Section in the Spandan. His never say die attitude and his dedication to complete the task assigned to him never ceases to amaze me.

— Abhinav

One of the few people who get their words down to action. A multi talented person and an effective communicator, Khushi knows how to live uninhibited and has always been an inspiration.

—Khushi



The most sincere, kindly and empathetic gentleman with a huge appetite for knowledge.

— Rahul

Kind, intelligent, perpetually wearing a smile. Absolutely outstanding!

— Pragya Gupta



Every one of us knows a different version of Bhagya Sri, she won't stop talking around some people and has to be prompted to say a single word around others. She is usually found bunking classes for food and sleep. She always carries two novels with her wherever she goes, the other one in case she doesn't like the first. She is the best person I know in content writing and editing. PS : who knows if she also edited this write up about her.

— Bhagya Sri

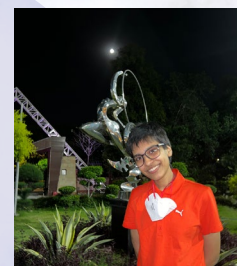


Apoorv's brain is like a sponge on steroids; it soaks up medical knowledge faster than you can say "anatomy". As the Joint Editor of Spandan, we have seen him always bring his A-game to the table, and set himself apart with his writing and management skills.

— Apoorv

Really bubbly and chirpy. You will be late to class if you find her in the corridor. Regales people with the strangest and the most interesting stories. Above all, she's a good friend, there for you when you need her.

— Pratyaksha



कृष्णवन्त, तुम हो कविता के महान बादशाह,
तुम्हारी बातें हैं सुनहरी, बिना किसी बाधा।
लेखन के क्षेत्र में तुम्हारी छाप है अद्वितीय,
कृष्णवन्त, तुम हो हमारे सबसे प्यारे कवि

—Krishnavant Singh

Writing aesthetically pleasing paragraphs is second (maybe, first) nature to Saksham. He is one of the few constant members of the Ed Board since 2019 and is always seen with a smile on his face.

— Saksham





Ah, Gaurav, the tech wizard, with the build of a “wet noodle” and the mouth of an “untamed shrew”. Don’t let his frail exterior fool you. He is like a human bulldozer, ploughing his way through political correctness with reckless abandon. We feel blessed to have Shri Shri 108 Gaurav Ji Maharaj as the head honcho of our designing team and have him work with puny mortals like us.

—Gaurav Sinha

I don’t know what I appreciate more about Zoya, her enthusiasm for working in Editorial Board or her pure determination to all activities. I have seen her work in other societies but nothing compares to the work ethic she has shown in Ed Board. She is really a great presence and it is nothing less than amazing having her on the team.

—Zoya



He is always willing to share his knowledge with others, offering guidance and support to our juniors as well. His selflessness and willingness to uplift others is absolutely incredible.

— Akshat Goel

समर्थ को जहाँ तक मैंने जाना वो एक कुशल नेतृत्वकर्ता हैं जो कि सुंदर व्यक्तित्व से भी परिपूर्ण हैं। उनकी योग्यता पत्रिका के काफी काम की रही। आगामी कार्यों के लिए अग्रिम बधाइयाँ।

—Samarth



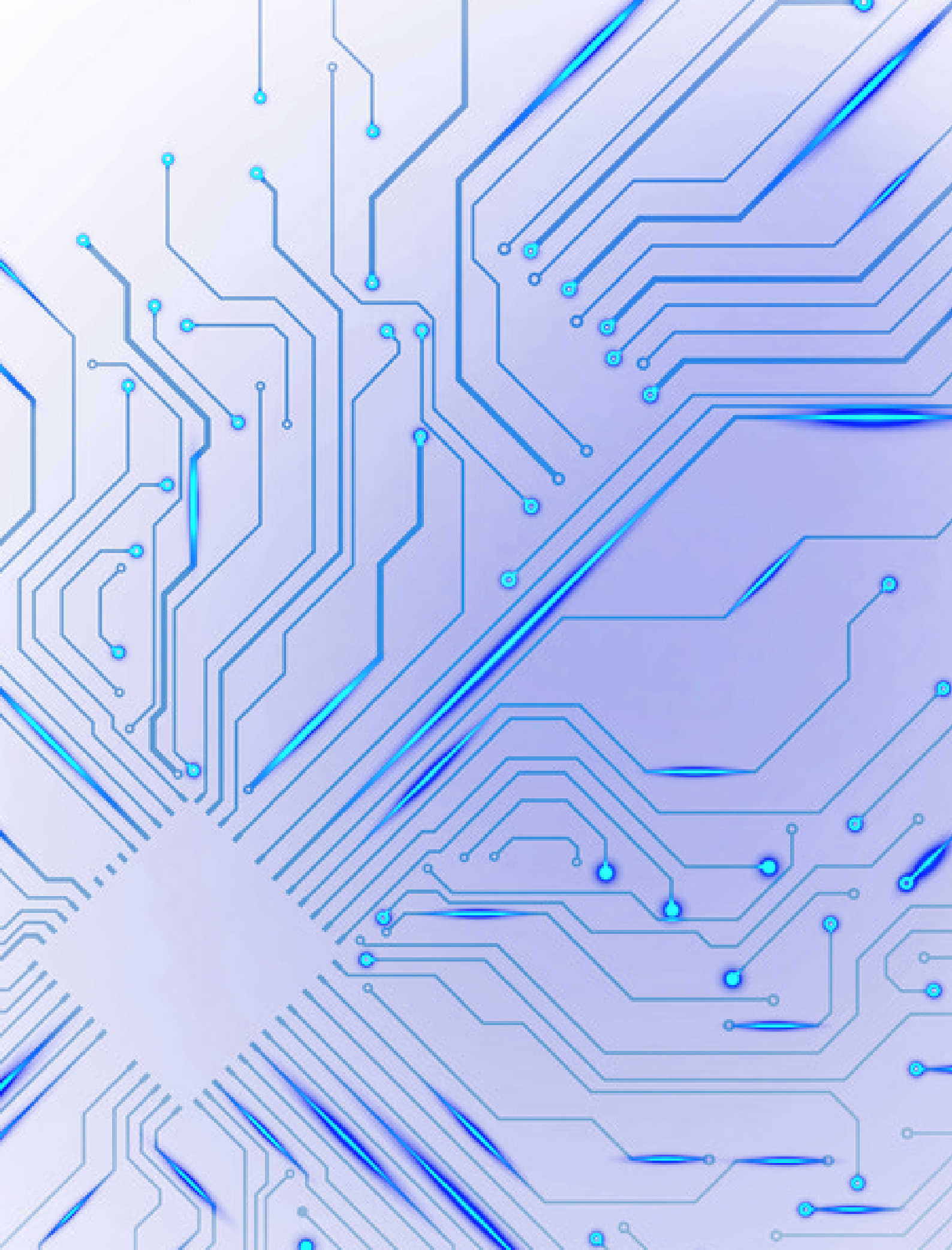
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Send us your suggestions about the magazine
and you'll see them in the next edition.



SCAN ME



Connecting Maulanians...