

# The PCMS Petrichor

*The Med Zeal*

PEOPLE'S COLLEGE OF MEDICAL SCIENCES & RESEARCH CENTRE, BHOPAL

## For & By Medical Students

A life-long relationship between the People's College of Medical Sciences & Research Centre, Bhopal and its alumni.

2021  
Edition



**PCMS  
& RC**





***PCMS  
& RC*** &





## NISHCHAY



**कर निश्चय तू अभी की तुझे रुकना नहीं !!  
ज्ञान संचय कर अभी कि तिमिर में झुकना नहीं !!  
काल प्रलय के प्रवाह में गमन कर तू अनवरत !!  
निश्चित निश्चय की राह में बज उठेगा विजय अनहद !!**

**- PUNIT SANJAY JAIN (MBBS 2016)**



# ABOUT INSTITUTE

## **People's College of Medical Sciences & Research Centre**

was established in the year 2005 and became a constituent Unit of Peoples University in 2011. The idea behind this college was to provide medical education, promote health care research activities & to develop a health care hub which will cater the genuine needs of the community. Provision of critical & ambulatory care to the poorest of poor was the humble goal. The determination to remain as a centre of excellence in health care sector is reflected in every aspect of People's College of Medical Sciences & Research Centre.

- Permitted for a total of 49 seats in 20 subjects per year in MD/MS
- M.B.B.S (150 seats) – Degree Recognized & Approved by Govt. of India & Medical Council of India.
- ISO 9001- 2008 certified.
- The hospital has more than 904 beds including 770 teaching beds with 5 lakhs sq. ft. constructed area
- Hi-tech lecture halls, laboratories, museums and auditorium.
- Experienced and renowned faculty.
- M.P. state Government approved for Autopsy center.
- High priority to research, development and innovations.
- Fully equipped rural and urban training health centers.
- Extended RCH services through four rural public health centers of the state govt.
- Conferences, workshop & lectures on research methodology & ethics.
- Well established state of art central research laboratory with Molecular Biotechnology, Human Genetic, Biochemical Research, Immunology & stem cell Tech. labs.
- Excellent Meritorious performance in university examinations.
- Curriculum as per MCI norms for holistic development with emphasis on community orientation
- Innovative teaching and learning methods to generate interest and raise levels of self confidence
- Fully operational MEU with trained Faculty.





# MESSAGE FROM THE DEAN

At PCMS & RC, while we cater to your needs of high quality Medical Education and training, we want you to develop as a Complete Doctor- full of sympathy and empathy for the suffering humanity. Absolute dedication to this noble profession is the underlying theme while keeping pace with the recent advances in medical technologies and treatment modalities. We have a dedicated and highly qualified teaching faculty who at every step are ready to counsel you. An in-built system of continuous internal assessment helps you to keep abreast with the teaching and simultaneous self evaluation. Sports and recreational facilities provided allow the students to de-stress and relax. The ambience of the Campus is invigorating, with sprawling lawns and pleasing landscaping. There is a huge library with large number of books and journals and an E-Library. Hostels provide good accommodation facilities; the canteen and mess provide you cuisines with healthy nutritious food. While you are groomed and nurtured as a good doctor, we care for your good health and overall development. It is expected that a larger number of deserving and desirous students will find People's College of Medical Sciences & Research Centre (PCMS & RC) Medical College, Bhopal, as the institute of their choice for achieving academic excellence.

With warm greetings and best wishes.



## Gp Capt (Dr.) Anil Kumar Dixit

is the Dean of People's College of Medical Sciences and Research Centre, since 06 June 2020.

He passed M.B.B.S. in the year 1979 from the prestigious institute, Gajara Raja Medical College, Gwalior, affiliated to Jiwaji University. He was appointed as Demonstrator in the department of Preventive and Social Medicine in the same college, completed M.D. in Preventive and Social Medicine in the year 1983, was promoted as Lecturer in 1984 and thereafter served for a period of 3 years. Having an inclination for defense services, he joined Army Medical Corps (AMC) in the year 1987 and was seconded to Indian Air Force (IAF).





# The Student Council



Every year Student council is formed of representatives from every batch. It is the body which is designed to organise events in the college and also to represent the needs the college students and bring it to the notice of Dean and other authorities so that they get rectified at earliest.

Council collectively introduces new initiatives for other students of college. Student Council of 2020 took new initiative of organising online talent hunt competition when world underwent lockdown and release of the college 1st E-magazine

Student Council (2020-21)

- Dr. Arpit Girotiya- President (2015)
- Dr. Neha Rathod- Vice President (2015)
- Mukesh Kumar- General Secretary (2016)
- Medha Pandey- Joint Secretary (Female) (2017)
- Mukul Dangi- Joint secretary (Male) (2017)

Class Representatives:

- Krishna Gupta (2016)
- Yash Agrawal (2017)
- Swetank Jain (2018)
- Paras Jain (2019)
- Garvit Mittal (2019)





# Events

---

## COVID-19 DUTY

Just when the nation was falling short of doctors, Our interns took the charge of serving the nation and treating covid patients with equal passion and stamina.

Yes MBBS Batch-2015 appeared as our Star 'Front line warriors'.

The Batch yet again emerged as the first MBBS batch that extended a helping hand in treating covid patients.

Kudos!!

---





## PHASE-III CLINICAL TRIALS BEGINS AT PEOPLE'S UNIVERSITY, BHOPAL

COVAXIN TM – India's First indigenous COVID-19 Vaccine by Bharat Biotech is developed in collaboration with the Indian Council of Medical Research (ICMR) – National Institute of Virology (NIV). The indigenous, inactivated vaccine is developed and manufactured in Bharat Biotech's BSL-3 (Bio Safety Level 3) high containment facility. COVAXIN can be stored at temperatures ranging from 2-8 degrees.

The vaccine received DCGI approval for Phase I & II Human clinical Trials of COVAXIN TM. Bharat Biotech received DCGI approval for Phase III clinical trials in 26,000 participants in over 25 centers across India.

### Coronavirus vaccine phase III Clinical Trial

As part of the trial application, a dose of 0.5 ml would be given on day 0 and on day 28 intramuscular.

The phase - III randomised double-blind placebo-controlled multi-centre trial would cover around 28,500 subjects aged 18 years and above. It would be conducted in around 25 sites across 10 states. People's College of Medical Science & RC, People's University has initiated this trial in an estimated 2000 volunteers. It is the only Medical College from Madhya Pradesh and Chhattisgarh to be selected for this trial.





---

# GANESH CHATURTHI

One who has ever seen this celebration knows that it is grand.

Right from Ganpati sthapana to Ganpati Visarjan!

Each day is celebrated grandly and just to add flavour there are various competitions, games and programmes that are organised. Antakshari, fete, evening Aarti, kirtan, Bhandara and what not.

PCMS ka ganpati nahi dekha, Toh kya dekha??

---





---

# LOHRI

'Agni'~ 'Fire' is considered pious by every religion. The way we celebrate its holiness for a fact is different but the reasons are similar .It symbolizes passion, desire, rebirth, resurrection, eternity, gratitude, hope and purification.

Lohri celebration at the start of the year instills zeal and happiness.

And we celebrate it bowing our heads and dancing around the holy fire.

---



---

# DOCTORS DAY

National Doctor's Day felicitation 2020 held at People's College of Medical Sciences & Research Centre on July 1, following all the norms of social distancing and COVID-19 prevention.

In nothing do men more nearly approach gods than in giving health to men  
~ Cicero

---





---

## WHITE COAT CEREMONY

This is what each medical student dreams of. Starting the ceremony with Saraswati Vandana and lighting of lamps, White coats are placed on each student's shoulder and stethoscope are given to the students over stage in a grand fashion by the dignitaries and the senior teachers. Post the coat ceremony, the Hippocratic oath is recited. It is totally a fulfilling moment for every medico.

---



---

## FRESHERS PARTY

The college took this happening initiative of organising freshers party for students to give a fun and energetic start to their MBBS life. The program started up with a prayer dance followed by numerous dance and singing performances.

A captivating act was performed and ramp walk was also done by the students.

After multiple rounds of screening, faces of the evening were selected

- Umar Khan- Mr.Fresher
- Shivani Mahawar- Miss. Fresher

They were awarded by Prep ladder 5 year subscription as a reward.

---





---

## AIDS DAY

The college meticulously participates in AIDS day observation.

The Microbiology and PSM department together organises Nukkad Natak, rallies, Seminars, Quizes and Scripted dramas based on the proposed theme every year

Students actively participate in creating awareness of the disease and eliminating the existing taboos.

---



---

## WORLD HEALTH DAY

Every year World health day is celebrated. The world went in lockdown and everything was online.

Even in this online platform world health day was celebrated. Online poster competitions were held and the best posters were awarded..

On offline platform, A full fledged program dedicated to this day is conducted. Poster Making, Debates are held and the winners are awarded with certificates.

---





---

## ORIENTATIONS/GUEST SPEAKERS

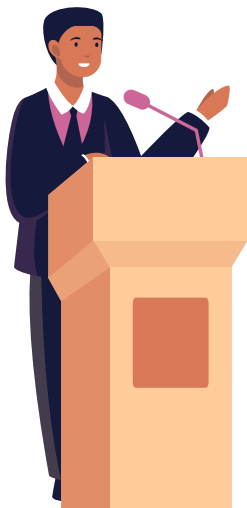
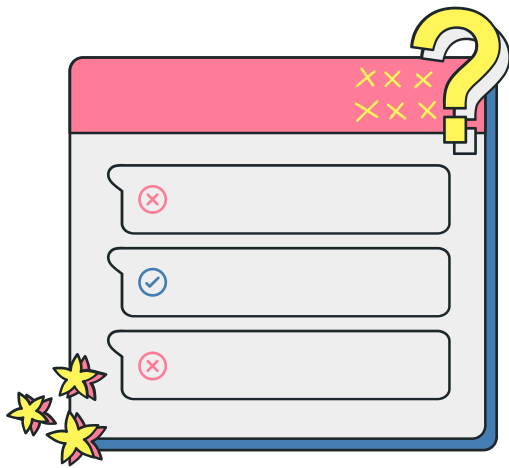
The college never fails to orient educative sessions with Known Researchers and Senior Doctors.

Before the pandemic occurred Dr. Rajvashisht Tripathi from BHU who has been researching over year in University of California, Los Angeles came over for a 2 day orientation program to discuss his researches

'Sotha and unified therapy Inflammatory diseases'

'Molecular targets for therapeutic regulation of macrophage polarization'.

---



---

## QUIZES/COMPETITIONS:

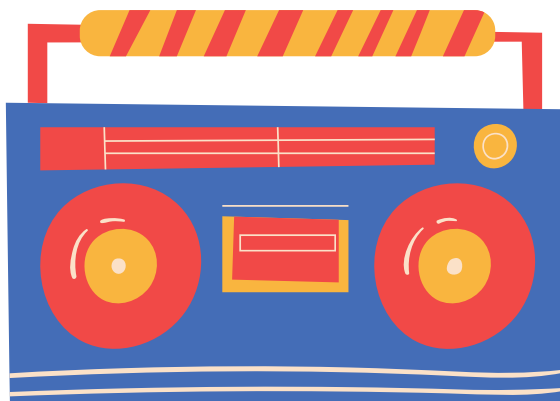
Every department right from 1st year to final year is quite enthusiastic in organising poster Competitions, speech competitions, and quizzes to brush up the skills and knowledge of the students.

Students have been actively participating in all these inter-college competitions and those that are held out of the institutions..

Students have represented college on National Science Exhibition held at BHEL Bhopal Also enthusiastic participation is seen in National level Quiz competitions

---





# Instagram

---

## FEST/ ONLINE TALENT HUNT

The most awaited week of winter is the fest week.

Starts from segregations of students amongst Scientific, Cultural and Sports committee' to organise events.

A whole different talented and creative humans are seen on the faces that have been tagged as nerdy medicos.

We couldnt do much on 2020 so an online talent hunt was organised on instagram platform.

And the winners of singing, dancing and poster making competitins were awarded.

---



## 8TH NATIONAL SCIENCE EXHIBITION, IN WHICH OUR UNIVERSITY SECURED 2ND POSITION.

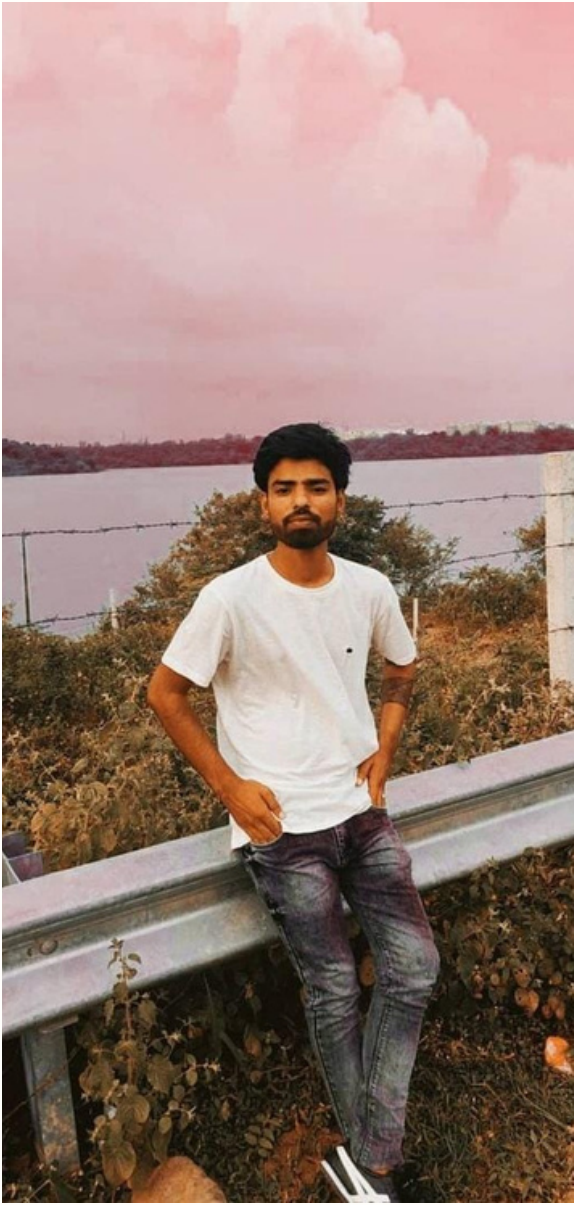
The 8th Bhopal vigyan Mela 2019-a science and technology fair(organized by CSIR-AMPRI,AICTE,vigyan prasar &vigyan Bharti) was held at BHEL Dussehra ground from 13-16th of September'19 . It was inaugurated by the former governor of Madhya Pradesh late Mr.Lalji Random.More than 100 stalls by govt. & non govt. departments were there . Along with these our university also took part in this with our innovative & informative models made by the various students of our university. The working models of circulatory system, skeletal muscle functioning etc made by the PCMS 's students were center of attraction.

Our brilliant students from MBBS -2019 batch represent our university in the fair & secured second position. These students were Paras Jain , Bhanupriya Nigam, Chinmay Upadhyay, Anjali Soni, Shubham Singh, Ayushi Mishra, Anand Rathod, Sulekha Rawat, Princi Sahu, Sweta Gautam, Shweta Bairagi, Narendra Rai, Khushi , Shekhar Mohbe, Narendra Rai, Gopal Gehlot, Ankit Rawat & Shrishti Saiyam. We all are proud of them.

That was really very proud moment for us.The students from various schools like kendriya vidhyalaya sangathan,Delhi public school etc and different colleges were also present as viewers. Our students very effectively fulfilled their curious minds . Other viewers & organisers of the fair got highly impressed by them,their way of explaining medical terms & knowledge to layman was mind-blowing and effective.







# ***Gaurav Kansana*** ***(MBBS 2019)*** **Left us for his heavenly abode on 25/02/2021.** **You will be remebered!**

Rules OF G-Kay!!

Thousands of words to speak, yet so hard to assemble!  
We have stories to write, yet everytime my pen trembles.

I know life is unfair and it was too early for you to leave!  
Still we choose to cherish our friendship rather grieve.

We know there's no end to this pain of loosing you!  
Because humans so utterly kind and warm are really few!

We would have called you at 3, and we know you would appear.  
Because you would have risked everything for us,without  
slightest fear.

We restrained ourselves in limits but you always lived so free  
You taught us, If life was a game how players are meant to be.

You know there's this void in our parties, which only you could've  
filled.

Everytime we roast eachother, we wonder how you would've  
grilled.

Traveller now in different world, we now realise there was  
something more to your travel stories,  
We still crank up remembering 'Lord Kansana's theories!

You always held and never gave upon us, no matter how bad  
thing grew!

We all will be eternally grateful, of having a chance to be friends  
with you.

I know life is unfair and it was too early for you to leave!  
Still we choose to cherish our friendship rather grieve.

On behalf of Gaurav's friends.

Penned down by- Medha Pandey (MBBS 2017)

# Achievements



# ICMR-STs Scholars

## MBBS Batch 2016

1. Apurv Kamle

Title: "A Clinico- Histopathological Alterations in Hansen's Disease and comparative evaluation of Bacillary Index of slit-skin smear with bacterial index of granuloma in tertiary care centre".

Year of proposal 2017

Year of publishing 2021

2. Shubhi Shukla

Title: "Effect of age on Leukocyte distribution and BMI among Pre and Post-Menopausal females of Central India"

Year of proposal 2016

Year of publishing 2017

3. Shilpi Garg

Title: "To assess the spectrum of behavioral disorders among children of 5-15 years of age in a tertiary care hospital of Bhopal. "

Year of proposal 2018

Year of publishing 2019

4. Barkha jain

Title:- comparative study of arterial compliance of healthy young adults with and without family history of hypertension

Year of proposal - 2016

Year of publishing - 2017

## MBBS Batch 2017

1. Lavina Chetnani-2017

Assessment of awareness and knowledge about Healthcare-Associated

Infections in Under Graduate medical students

Year-2019

2. Ankita Goswami

Evaluation of Antibiotic resistance in Salmonella typhi, Paratyphi and Staph aureus in egg vendors of poultry layer and farms in Bhopal region

Year-2019

# MANUSCRIPT Published

## MBBS Batch 2017

1) Ankita dubey

Article name - biodegradable bone screws  
Antiseptic October 2020 issue

2) Samridhi Bhatti

.Paper titled "The attack of H1N1" published  
in the journal Antiseptic.

3) Shailendra Singh Gurjar

Paper titled "Role of Cannabis in chronic pain  
management" in the journal antiseptic

4) Yash Agrawal

Paper titled "The Advent of 3D Printing" in  
the Journal Antiseptic

5) Ankita Goswami

Paper titled- Recent advances in the Indian  
gut microbiome, gene catalogue and fecal  
catabolome

-The antiseptic Journal year 2020

6) Shaunak Rangarh

Triclosan in consumer product  
Magazine - The Antiseptic year 2020 march  
2020

7) Lavina Chetnani

Manuscripts published in Antiseptic Journal

1) Organ development through 3D  
bioprinting

2) Herniation of brain through nose

## MBBS Batch 2018

1) Riya Anasane

Batch-2018

Topic:-

Knowledge, attitude and practices about  
Biomedical Waste Management and  
Needle Stick Injury among medical interns,  
postgraduate students and healthcare  
workers in tertiary care hospital

2) Palak Bhaiji

Batch -2018

Published article

Magazine name -

THE ANTISEPTIC

Article topic- Changing protocol to treat  
COVID-19



# Toppers

## MBBS BATCH 2016

	NAME	%
1	Krishna gupta	77.67
2	Shilpi Garg	75
3	Shubhi tomar	74.89
4	Shubham tyagi	74.44
5	Punit jain	74
6	Apurv kamle	73.56
7	caroline renisha, Nirmal kumar	73.44
8	Choru bilaiya	73.22
9	Neha saraswat	72.89
10	Shubhi Shukla	72.22

Batch-2016 (Sukh Sagar Medical College Reallocated)

- 1) Nikita andani - 75%
- 2) Paritosh shukla - 74%
- 3) Shaurya Jain - 72%

## MBBS BATCH 2017

	NAME	%
1	Jyotsana Singh & Pritam Singh Anjana	75.25
2	Ankita Dubey & Bharti Bhagyawani	73.75
3	Medha Pandey	73.5
4	Sheetal Mandloi	72.5
5	Naveen Arya	72.25
6	Lavina Chetnani & Priyanka jaisinghani	71.75
7	Isha Soni	71
8	Pratibha Sanodiya	70.5
9	Kamakshi Gehlot & Naman Krishan Gupta	70.25
10	Kalyani Gupta	70

# Toppers

## MBBS BATCH 2018

	NAME	%
1	Nafisa rangwala	73.67
2	Khushboo mahankal	73.50
3	Ishika Parkhe	73.33
4	Ritika Gupta	73.3
5	Astha Nahar	71.5
6	Richa Vijayvargiya	71.5
7	Riya kolhe	71
8	Riya Anasane	70.33
9	Shikha Verma	70.17
10	Rishita choudhary	70.1

## MBBS BATCH 2019

	NAME	%
1	Shrashti Raghuvanshi ke	80.47
2	Shrishti singhai	78.87
3	Nisha dwivedi	78.27
4	Sunaina wadhwa	78.2
5	Kartik sharma	76.53
6	Sarvesh thakur	76.47
7	Kavya madhav	76.2
8	Anand Rathore	76.17
9	Palak namdev	75.73
10	Dhirendra Birla	75.2



# Inter college Forensic Medicine competition



**3rd prize**

**Gulam ,Yashwant, Bharti, Deeksha**

**World environment day**

**3rd winner Essay writing  
competition in 2019-20**

**~UMESH BAGHEL  
(MBBS 2018)**

**Womens day**

**~RIYA ANASANE  
(MBBS 2018)  
RETINA 2019**

**2nd winner Story writing  
competition**

**Sketching:- topic:- one million small act as a big change**

**:- 3rd prize**

**rush hour :- 2nd prize**

**Vaishnavi Bhargava bagged third position at the speech Competition held today on this National Education Day.**

# OTHER COMPETITION'S

1. Shrasti Raghuvanshi
2. Sarvesh thakur

## BIOCHEMISTRY ESSAY

3. Sunaina wadhwa and Anjali soni

## WRITING COMPETITION

## PHYSIOLOGY POSTER COMPETITION

1. Ayushi mishra
2. Mansi shroti and Bhanupriya nigam
3. Anusha tadwal

## BIOCHEMISTRY SPEECH COMPETITION

1. Garvit mittal
2. Khushi yadav and shubhroto dutta
3. Vaishnavi bhargav

# NATIONAL 8TH SCIENCE EXHIBITION IN BHEL BHOPAL

Paras Jain, Gopal Gehlot, Khushi Yadav, Anjali Soni, Narendra Rai, Ankit Rawat, Sulekha Rawat, shrishti Saiyam, Sweta Gautam, Shekhar Mohbe, Aunand Rathod, Ayushi Mishra, Bhanupriya Nigam, Princi Sahu, Shweta Bairagi, Chinmay Upadhyay, Shubham Singh Baghel



# QUIZ

Topic:  
World breastfeeding  
day

## *Pediatrics Quiz*

Date: 07/08/2020

1st position : Riya Halder  
1st position :Caroline Renisha

2nd position: Sweta Anil Singh  
2nd position: Krishna Gupta

3rd position:Apurv Kamle  
3rd position: Sonali Mushre

Topic:  
Eye Donation  
Fortnight,theme"Cornea"

## *Ophthalmology quiz*

Date: 25th aug- 8th Sept

1st position :Shwetasingh parihar  
Shraddha gangwar  
Stuti aggarwal

2nd position: Sweta singh  
Javed khan  
Yash khare

3rd position: Nikita kanojiya  
Kanishk Amera  
Sehrish Riyaz

AIIMS BHOPAL 2020

## *33rd UG IAP quiz divisional round*

Samriddhi Bhatti and Ankita Goswami

1st position in AIIMS Retina Geek Seek  
Quiz in the Prelims

3rd prize: Sweta singh  
Vineet verma

2nd position in the Finals (26th  
September 2019)

# Online Talent Hunt Winners with Diamond Level of Excellence

## MUSICIANS

SAHIL GAUR (2015)  
RISHABH PANDEY (2016)  
MEDHA PANDEY (2017)  
YASH SHARMA (2017)  
SURYANSH S. CHANDEL  
(2017)

## MAGNIFICENT DANCERS

DEEPNASHU SUHAG (2013)  
PUNITJAIN (2016)  
APOORVA PANDEY (2017)  
KALYANI GUPTA (2017)  
DEEPAK VERMA (2017)  
TEJASWINI THAKUR (2018)  
BHANUPRIYA NIGAM (2019)

## PAINTINGS

DEEPANSHI (2016 )  
NIKITA DUDHANI (2017)  
VISAKHA RAJPUT (2018)



# Articles



# COVID WARRIORS

By- Pragma Sarwaiya (MBBS 2018)

Days in and out, heading over country's  
pride, Beyond call on duty, sleep  
deprived.

I wonder if superheroes wear capes??

Relentlessly saving lives,  
keeping their families aside,  
Disease which seems advance  
but warrior took the stride.

I wonder if God has sent angels in  
white??



Death counts showcased  
No one counted lives been saved.

I wonder how tough is it  
to appreciate positive  
aspect of life.

I pray to God, looking  
at the moonlight  
To shower relief from  
helplessness and covid fight

I wonder if mere words  
could apologize for the  
lives we lost.





## **BY SHIKHA VERMA (MBBS 2018)**

The place where we belong the most People's College

True stability is achieved at a place where we excel and explore our talents and yet feel at home.

Being fast learners in school is as much a boon as a bane. It distinguished and separated you a little from your classmates. Growing up, multiple fields of interests and differing aspirations served as a divider.

Our scientific interests besides furthering our careers, set us apart from our beloved families. So where is it that all of us belonged the most?

It is our college.

A place which most appropriately is named People's.

It has people from varied households, cities and even states. United in their quest of proving their mettle. Together in pushing the boundaries of excellence.

A place which nurses our collective ambitious plans, encourages us to do better in our failures and applauds at our successes.

Besides hosting the most prestigious time of our lives, it also safeguards the most awaited time of our lives. From celebrating our penultimate successes to helping us achieve our ultimate goals, it will stay with us forever.

And in return it will stay in a place, awarded to only few.

Our memories.

Holding all our sweet and tangy memories inside, it will rein on our hearts and minds forever.



# MIXOPATHY A BANE

By Monika Maheshwari (MBBS 2020)

Mixopathy system was a bad proposition as each and every system of medicine is different from each other and has its own identity. Combining different systems of medicine could pose a threat to human life and damage the health care system as well

After five and half years graduation and three years postgraduation allopathy doctors come out of medical college and work in any separated hospital for experience. Thus, it is a long journey for allopathy medicos. Even after such experience still there are problem in tackling disease and during surgery.

**How can an ayurvedic doctors will be suitable to perform allopathy surgeries with limited training?**

Noone will come forward and get surgery by ayurvedic doctors with allopathy training. So it is very risky for common man life. Poor people badly affected by this system. It is true there is shortage of doctors in the country as per population. But this is not the way to tackle the problem. It risking the lives of people. Only solution for this to increase the seat in medical college.

Shortage of doctors and poor medical care in periphery and rural areas should be tackled in different way with the advice of experts in health care with vast experience but not with anyone with Power.

**"We respect ancient Ayurveda when it confines to this originality without crossing it's border infiltrating into Allopathy."**





# IMPORTANCE OF MENTAL HEALTH : BREAKING THE STIGMA

BY ADISHREE RANJAN (MBBS 2020)

The only journey is the journey within

Mental health's concept is vast like an ocean , it can be depicted in numerous ways . It refers to social , behavioral , emotional well being Or the persons ability to handle stress , respond to problems and contribute to community . People use the term to mean absence of mental disorders but it much more than that ! It includes Depression , Anxiety , Eating disorders , Phobias etc

Mental health is not a destination but a process . It's about how you drive not where you're going . Mental illness can be caused by childhood abuse , trauma , social isolation , immense pressure and unrealistic expectations from parents , society or peers and most importantly lack of self love . It's not a trivial thing , so it should not be ignored . Mind's illness should not be distinguished from any other illness . It can lead to self loathing , decreased self esteem and confidence and even suicide . Everyone should stay alert for early signs . Increased mood swings , drastic change in lifestyle or habits , social withdrawl , long lasting sadness , bipolarity , excessive fear or worry

Mental health requires is more sunlight , candour and unashamed conversation .

Your body is temple and mind is God

Irrespective of fame , money or success , peace of mind is most essential at the end of the day . Happiness is a choice and for that your mind should remain healthy along with your body .

Now another highlighted issue should be brought in light is that hesitation of victims to seek assistance from doctors or people around them in fear of their harsh judgement or being placed with the so called 'insane' group . It can be cured , People suffering should consult phycatrists , physcologits , take therepay sessions , change their lifestyle , practice yoga , meditation , sleep and eat well , increase contact with friends , family and well wishers so their pent up emotions are not bottled up leading to toxicity . Most importantly , Learn to embrace your flaws and accept the person who you are . Everyone should take inspiration from jab we met Geet ' Mein aapni favourite ho ' Remember , you are warriors and it's okay not to be okay !







# Unpredictability of life

BY PURVI MIRADWAL (MBBS 2019)

We can plan our whole life , from goals to milestones, from staying to leaving

But the way 2020 turned out, proved that humans are just a small entity and the universe has the power to turn the world upside down in a second.

And you never know what life is gonna be for you in the next second, it's unpredictable and humans being the most intelligent species on earth cannot change it.

Nobody could imagine that the world can be paused in a way like it did ,those who said I cannot live without going out a single day stayed in there houses for months .

People who had so much to achieve lost there family and even there life.This is just a proof that no matter how much you plan you cannot control the situation because life is unpredictable.

But does unpredictability of life turns out to be something negative. It's upto us which side of it we choose to see and if you choose to see the positive side it has a whole new meaning.

If it can bring such adversity to the people who believe that they have everything...it can also bring miracles in lives of those who lack good living

Unpredictability is powerful .so one should never lose hope because one never know what life has to offer in the next page.

# Breaking the stigma : MENTAL HEALTH

By TASNEEM SIDDIQUI

I read somewhere - What our mental balance needs is sunlight, more candor, more unashamed conversations.

Globally, 20% of young people suffer from mental disorders from severe anxiety to OCDs and PTSD or depression- the list is endless. In this fast paced and ever changing world, where nothing feels permanent and everything gets a bit overwhelming and immense at times, it's only understandable that a lot of us don't always feel our best self at times. Some of us suffer in silence, feeling abashed or even guilty for feeling this way. So we try to suppress our feelings; try to maintain the facade that everything is fine and dandy. But locking away our feelings never helps.

See it this way, if you have a chronic disease affecting your liver or any other equally important organ would you suffer in silence the same way? Would you refuse to get the proper treatment? Probably not.

The root of the problem is often how mental health is viewed in our country. How it has been made into this taboo, this forbidden term that should not be addressed and openly talked about.

What we all need to understand is that whether an illness affects your heart, leg or your brain, it is still an illness and there should be no distinction.

The stigma around mental health is so internalised into people to the point where they refuse treatment, refuse the helping hand stretched out towards them, refuse to be better, just because they don't want others to think of them any less.

It's time we stop feeding into this stigma and start treating others with less judgement and more love, less vexation and more understanding and less impatience and more forbearance. Along with educating people about the various mental disorders and conveying to them the various ways in which they can help, it's important that we talk to the people fighting the disorders and make them comfortable and secure enough so that they can ask for help when they need it.

It's important to convince them to not give into the stigma; to not look at the diagnosis as an end to their social life but as the first step towards a better, gleaming future.

And last but not the least it is important to make them understand how crucial it is to get help. Because if we start being honest about our pain, our anger or shortcomings instead of pretending that they don't exist, then maybe we'll leave the world a better place than we found it.





# Happiness Lies within you

By- Ishaan Bajaj (MBBS 2020)

Life is a game and every day new players join and some old players quit and we all are players of this game. Our life can be portrayed in two different manners. Firstly the intimate one, from stubborn child to a

responsible father furthermore the retirement and finally we take off from this world. But the second aspect of our life is the life we always wanted to live.

The life we dreamt of but hardly somebody achieves it. But why we should discuss this idealistic thing?

Before moving ahead just ask yourself once Are we satisfied with our life? Or our happiness relies on

Friends, Family, Praises, Promotions, Achievements, etc. Where our fulfillment comes to a verge? In my

belief, if we want to live our dream life then stop

finding reasons for our happiness in others and start admitting the ephemerality of life. Our existence is

also ephemeral. Nothing is in our control, your hairs and nails will grow even if you don't want and you

can't increase your height after adolescence. The fun fact is that the game we are playing is predefined

and our part is of an observer and to play our role too, Imagine Ramleela performing on a stage where

each character's role is predetermined and so the sequence and everything goes on as decided but none

character forgets his essence that who he is actually and simultaneously he acts as well as differentiate

between his persona and himself. The same formula we are expected to apply but the the only thing

here is we don't know the entire plot but our work is still to distinguish between the two, outer and inner

parts.

Our inconsequential thought process results in depression and anxiety indicating a toxic mind. To get rid

of these think in a way where your thoughts are soothing and verify them with your upliftment and

grace

from time to time.

The real art of living is understanding that "satisfaction is happiness" because no one can make you

happy unless you want and when you will locate your happiness inside you then nobody can take it. Try

to excavate it







# Turning Procrastination into Motivation

**By- Leena Gupta (MBBS 2020)**

Procrastination is something many people suffer from daily. Fortunately, it's also something that is purely mind over matter to overcome. There'll be stuff I'm

working on for my projects that I'll put off far more than I'd like to admit... and I'll always know it has to get done.

Typical procrastination excuses we tell

Ourselves I'll do this tomorrow, there's not enough time to do this today. I work better under pressure, I'll wait until it's almost due and then the work will be even better.

This is such a huge project, I don't even want to think about it yet, I'll put it off for one more day.

I don't really need to do this yet; it can wait until sometime in the future.

Unfortunately all of these lead to the inevitable day when you must actually

complete the task. And while most people actually do get it done under that time pressure, working that way does not always produce the best results, and allows less time to proof and make it perfect.

Perhaps procrastination is a part of the human condition, having an extended period of time to accomplish something makes us put it off into the future, even if we can begin it now. Perhaps it is modern society, which often times seems to focus on immediate and instant results, rather than something carefully crafted and refined over a longer period of time.

Part of the modern world for most of us also involves a constant connectivity. Cell phones, office phones, email, Blackberries, etc. are constantly ringing, buzzing and updating interrupting us with communications. Our friends, parents, co-workers, etc. all are vying for our attention for sometimes trivial and sometimes important messages. While these are all part of modern life, and we have learned to function efficiently

with them, they can be a hindrance when in the midst of a project which requires complete focus. There is absolutely nothing wrong with staying in touch and being friendly/social with your peers, co-workers and friends, and giving proper attention to your loved ones – in fact I encourage all of those things. But there is a time and a place, and unfortunately being distracted can sometimes make you lose focus and motivation with the task at hand. To be the most proficient, successful and happy at whatever it

is you do in life, especially if you are producing intellectual products; you need to have a distraction free environment. This will guarantee your mind is completely focused on the task at hand and you'll always get the best results. Start projects immediately if you have idle time. Once you actually start something and get into the flow of it, you'd be surprised how easy it is.

Don't think about starting something, act. You can always tweak the project

and make changes as you go along. Getting that first start is vital. Remove all distractions from your environment. Anything that will make you lose focus is something that will potentially set you up for procrastination and destroy your motivation. Mix up your projects and assignments so you're not simply doing the same exact thing every day. If you keep things fresh they will be more interesting and compelling for you to work on, and you'll be less likely to procrastinate them. Keep your thoughts positive, and recognize when you're entering a cycle of procrastination

# **THE CURSE OF DRUG ADDICTION**

**BY PALAK BHAIJI (MBBS 2018)**

---

**DRUG ADDICTION MEANS STRONG ATTRACTION FOR TAKING HARMFUL DRUGS SUCH AS WINE, OPIUM, MORPHINE AND HEROINE ETC. IT IS THE MOST INJURIOUS HABIT OF A MAN'S LIFE. IT IS A CURSE TO HUMAN CIVILIZATION. TODAY IT HAS BECOME THE GLOBAL PROBLEM TOO.**

**IT IS AN ALARMING NEWS THAT MANY STUDENTS IN OUR SOCIETY HAVE ALREADY ADDICTED TO DRUG ADDICTION. BAD ASSOCIATION IS ONE OF THE PRIME CAUSES OF IT. UNEMPLOYMENT PROBLEM, RESTLESS POLITICS AND LACK OF FAMILY TIES ARE LIABLE FOR THIS DANGEROUS HABIT.**

**SOME PEOPLE TAKE DRUGS TO FORGET THEIR PAST PAINFUL AND SORROWFUL MEMORIES, SOME FOR AMUSEMENT AND SOME AS FASHION. IN ORDER TO COLLECT MONEY, THE ADDICTS COMMIT VARIOUS SOCIAL CRIMES SUCH AS HIJACKING, SSMUGGLING, SNATCHING, LOOTING, KILLING ETC.**

**AN ADDICT ALWAYS FEELS DROWSY (SLEEPY) AND SUFFERS FROM SEVERE HEADACHE. HE TOTALLY LOSES HIS DIGNITY IN THE SOCIETY. HE ALSO LOSES THE LOVE AND AFFECTION OF HIS NEAR AND DEAR. HE SUFFERS FROM PHYSICAL WEAKNESS, HIGH BLOOD PRESSURE AND MANY OTHER FATAL DISEASES. HIS KIDNEYS AND LIVERS ALSO GET DAMAGED SERIOUSLY.**

**THIS DANGEROUS HABIT LEADS AN ADDICT TO DEATH. IT IS HIGH TIME WE STARTED A STRONG CAMPAIGN AGAINST DRUG ADDICTION TO SAVE OUR YOUNG SOCIETY. ILLITERACY AND IGNORANCE MUST BE DRIVEN AWAY FROM THE SOCIETY. SOCIAL AWARENESS MUST BE RAISED. IF WE FAIL TO STAMP OUT THIS TERRIFIC HABIT, OUR ALL DEVELOPMENT PLANS WILL BE FRUITLESS.**

# WHY DO WE INSULT

By Shubhroto Dutta (MBBS 2019)



WHY DO WE INSULT ?

It's a small sentence but has a deep depth .It's a big thing to answer.For instance , let's consider a boy named Micheal having a masters in insulting. He insults a boy named John who is lonely ,uncovered from bad habits .

Micheal insults john just to make fun , but it's more than that . Micheal insults his friend to make his status look bigger between his friends. But his status sorry!

Fake status is nothing

but a trash . What do you gain from insulting? Fake status , that's it.Well nothing, it's just a wastage of time making yourself going into endless dept.

In the present perception of time , all have friends. But ask yourselves are they real friends ? Let's retrieve the above example. When Micheal insults john his friends Ankler and Astin supports him .Another day Micheal spills his lunch on his dress and in this case is teased by his own friends Ankler and Astin which is joined by other colleagues. Instead of helping Micheal they were busy teasing him . In todays world friends who are close to you are your enemies.Hence ,always find a real friend and if you don't get friends it's healthy you don't have friends .

I will prove it





# Quarantine

**BY PRAGYA SARWAIYA (MBBS 2018)**

In the morning, I see my father sitting down on the bottom, hurling out many elderly things that were crammed inside forgotten cupboards. Quarantine, it seems, is also a golden opportunity to dismiss the standard and make space for the new.

Truth be told, the lockdown has provided me a long-awaited solace—and ever since, I've got been trying to condense a year's worth of thoughts on paper.

Every afternoon I sit, pen in hand, hoping against hope that it will start to glide as soon because the right words come to my mind. Those words don't form, which spend hours on end watching the blank whiteness, is that this the dreaded writer's block, then?

The afternoon passes. With the onset of evening, the news channels inform us that the numbers have risen. I stare at the sky long enough to work out the sun disappear, as a frightening silence engulfs me again.

These days, I utter a prayer to nobody particularly, nightly before visiting sleep—a prayer born out of helplessness and despair. I wish, each day, that we rise the subsequent morning during an area off from where we are now.

# The COVID-19 Pandemic

BY - VIPUL VERMA (MBBS 2020)

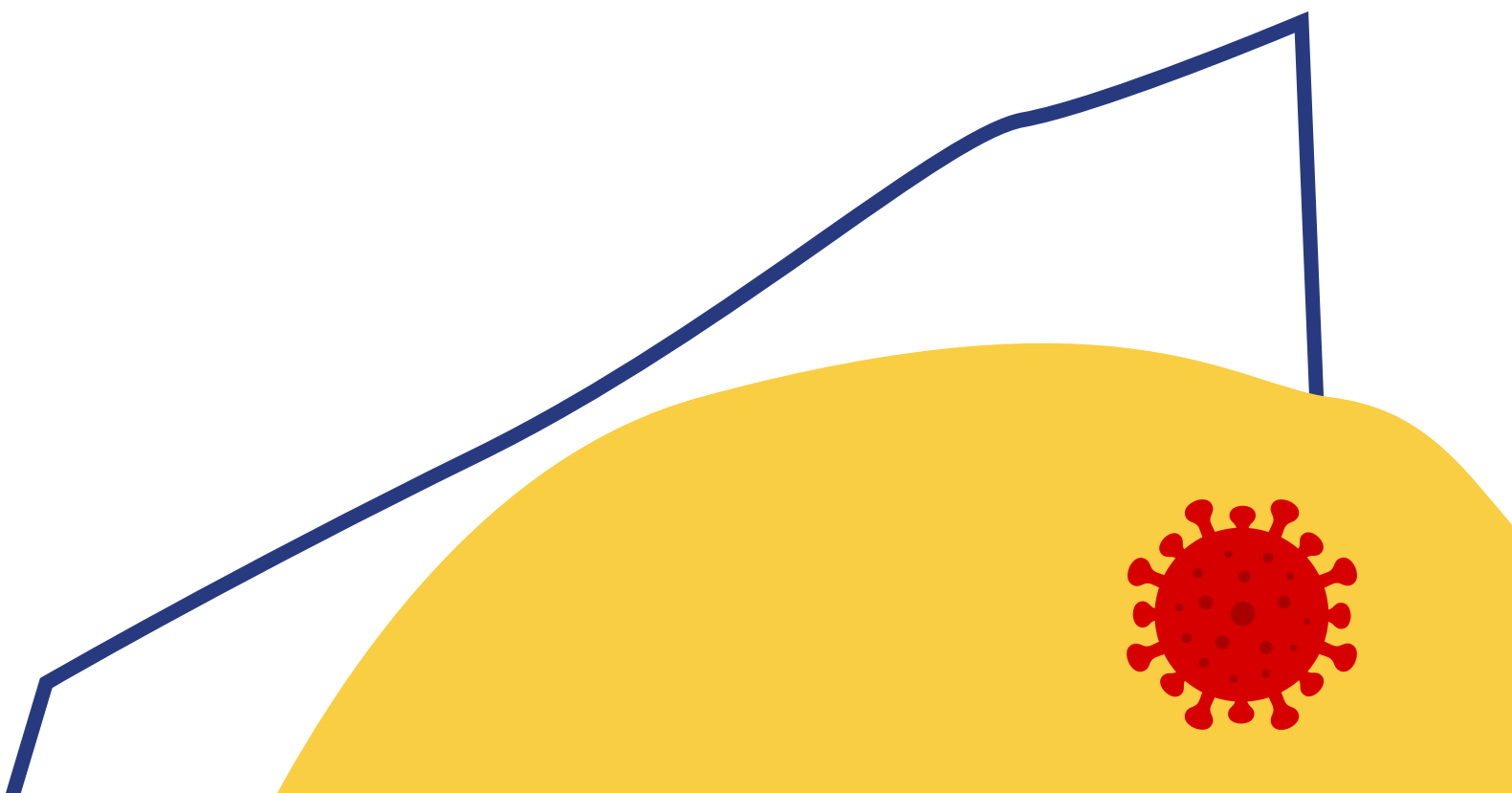
The COVID-19 pandemic has turned our lives upside down in so many ways. From lockdowns, social distancing to working from home, our daily routines have been completely overhauled.

We have read news reports of healthcare workers working 24\*7 to battle COVID-19 at great risk to their lives. Some of them are staying in temporary hostels, away from their families and doing their job.

The stress due to COVID-19 on our healthcare system needs to come down.

Despite the current crisis being a healthcare issue, the private healthcare system in the country continues to reel under the negative impact of COVID-19. There has been a significant drop in both in-patient and out-patient footfall for private hospital chains—be it a single speciality, multi-speciality, tertiary-care hospitals or even diagnostics businesses, during this lockdown. Due to this even patient with mild illness turns into severity due to not getting the treatment/Follow up treatment because of fear of covid 19 pandemic..

Our healthcare systems has been accelerated with digitalization, including community and hospital workflows, patient health records, telemedicine, decision support...the regulation and management of health data (e.g., integration of datasets) change significantly... Trust in scientific institutions, health authorities and private and government healthcare organizations would definitely increase by time.



# MIXOPATHY : - ADISHREE RANJAN A BANE (MBBS 2020)

Mixopathy has no legal definition . It is used by doctors as a critical way to what they see as an effort to integrate different kinds of alternative medicine systems like homeopathy and Allopathy with Modern science

Traditional medicine , almost 5,000 years old , like Aayurveda has very deep roots and sometimes even more effective than Modern medicine . It refers to health practices , knowledge and beliefs incorporating plant , mineral and animal based medicines , spiritual therapies , manual techniques and exercise applied to treat , diagnose and prevent diseases to maintain well being . Half of the population is more comfortable with natural remedies instead of artificial practices

As every coin has 2 sides , alternative medicine has demerits too . They are unfortunately not advanced yet to perform complicated surgeries which will jeopardize patients lives and expose doctors to further pressure . Recently IMA had protested , insisting that every pathy has its own importance and every doctor should work in their own pathy only . So in conclusion instead of forcefully trying to mix everything , we should continue to enjoy the luxuries of both the medical practices provided separately !

Jiska kaam ousi ko saje dusra kare tu danka baje



# Scope of online learning in Pandemic

## By Apoorv Gupta



The deadly infectious disease COVID-19 has affected the global economy and this has led to the state of lockdown thus hampering the education sector as students may lose whole semester or more in the upcoming future. As a result, education has changed dramatically with sudden rise of e-learning where teaching is undertaken on digital platform. World is now wondering whether the adoption of online learning will continue to persist post pandemic and how this shift from classroom to online learning would impact the education sector.

### WHAT IS ONLINE EDUCATION

Online education is a type of distance learning program without attending the school building. Instead, students and teachers interact over the internet.

### ONLINE TEACHING IS NECESSARY

The corona virus has made institution to go from offline mode to online mode of pedagogy. This crisis will make institutions which were earlier reluctant to change, to accept modern technology. With the help of online teaching, we can address a large number of students at any time and in any part of the world. Many universities around the world have fully digitalized their operations after understanding the terrible need of this current situation.

Therefore, the quality enhancement of e-learning is crucial at this stage. The shift from offline lectures to online classes is the only possible solution. Some of the online platforms currently in use are:-

Google classroom, Gmail, Microsoft teams, Zoom, Teamlink, Google forms, Google hangouts.

These tools can successfully be used as an alternative to offline classes.

### STRENGTHS OF ONLINE LEARNING

It is opined that online learning helped ensure remote learning. It is manageable and students could easily access teachers and teaching materials. It also reduced use of traveling resources and other expenses. The lectures can be recorded for learners to watch at a time most convenient to them. Educators can use a combo of audio-visual and text to reach out their students. The e-learning methods enable us to customise our procedures and process based on the need of the learners. The anytime-anywhere feature of e-learning is beneficial at the time of crisis.

### PROBLEMS ASSOCIATED WITH ONLINE TEACHING AND TRAINING

In INDIA, in rural areas, there is lack of communication facilities, Internet and computer facilities, lack of finance, irrationality towards education. People in INDIA are new to the online learning as compared to the people in other developed countries.

Lack of teachers, quality education expensive technology, slow internet, lack of awareness among people about how to use technology etc. Sometimes, online learning create a lot of difficulties. These difficulties and problems associated with modern technology range from downloading errors, issues with installation, login problems, problems with audio and video etc. Sometimes, students find online teaching to be boring and unengaging. Personal attention is also a huge issue facing online learning. Sometimes, online content is all theoretical and doesn't let students practice and learn effectively

### POSSIBLE SOLUTION FOR PROBLEMS

Technical difficulties can be solved through prerecording video lectures, testing the content and always keeping plan B ready so that the teaching-learning process cannot be hampered. Online courses should be made dynamic, interesting and interactive. Teachers should set time limits and reminders for students to make them alert and attentive. Personal attention should be provided to students so that they can easily adapt to this learning environment. Online programs should be designed in such a way that they are creative, interactive, relevant, student centred and group based. Effective online facilitate feedback from learners make learners ask questions and broaden the learner horizon for the course content

### CONCLUSIONS AND SUGGESTIONS

To find new solutions for our problems, we might bring in some much needed innovations and change. Amidst this crisis, we have no other alternative left other than adapting to the dynamic situation and accepting the change. It will be beneficial for the education sector and could bring a lot of surprising innovations.

# 1 in 3

## ➔ STRESS OR COVID?



1 in 3 of COVID survivors had a relapse of a psychological or neurological condition

Repeatedly heard words during COVID-19

- Social Distancing
- Isolation
- Corona Virus (COVID-19)
- Wash your hands
- Wear a mask

This could be both the effects of stress, and the virus has a direct impact on the brain

## ➔ COMMON CONDITIONS



Scientists looked at Covid-19 patient's chances of developing one of 14 common psychological or neurological conditions including

**Guillain-Barré syndrome, Dementia, Stroke, Psychosis, Parkinson's, Mood disorders, Brain hemorrhage, Anxiety disorders.**

Anxiety and mood disorders were the most common diagnosis among those with COVID

## ➔ WHAT SCIENTISTS FOUND



Covid-19 patients were 16% more likely to develop a psychological or neurological disorder compared to patients with other respiratory infections.

- 0.6% Brain hemorrhage
- 0.7% Diagnosed with dementia
- 2% Suffered a stroke
- 2.1% Ischemic stroke
- 5% Insomnia
- 14% Mood disorders
- 17% Anxiety disorders
- 24% Patients suffered from mood, anxiety or psychotic disorders



# COVID-19 A 'MENTAL HEALTH PANDEMIC'

By Suyash Litoriya (MBBS 2020)

The number of COVID-19 infections may have come down in some States but doctors across government-run health institutions are seeing a spike in patients complaining of mental health issues triggered by the virus. Among the mental health problems are depression, anxiety, post-traumatic stress disorder, and trauma caused by near-death experience.

## MORE THAN A RESPIRATORY DISEASE

*Oxford study finds Covid-19 can cause psychiatric and neurological problems in survivors*

*A year since the pandemic broke, we know that Covid-19 affects more than just our lungs. In some cases it has affected patients' brain and nervous system causing various diseases:*

- Guillain-Barré syndrome - A rare disorder in which your body's immune system attacks your nerves. This leads to weakness, numbness, and tingling, and can eventually cause paralysis.
- Encephalopathy - A confused state (delirium), sometimes with psychosis and memory disturbance.
- Encephalitis - Inflammation of the brain.
- Blood clots - It may lead to stroke.



# WHO IS THE REAL SUFFERER?

**BY SARVESH MISHRA (MBBS 2016)**

## **COVID POSITIVE OR COVID NEGATIVE.**

The COVID pandemic has now officially become the most important problem for the modern-day policy makers and doctors. Research has shown that this not-so-deadly virus (in my opinion) will infect one in every three people on this earth before we can put it behind us. It has already started affecting a humongous number of people. India now stands among the top few countries in gross total cases.

Considering the widespread impact this virus is having, it is inevitable for it to not have an impact on the upcoming elections. It can literally make or break the government in the upcoming elections. This has put a lot of pressure on the authorities.

The astronomically high rising number of cases has put policy makers in a state of fury and panic. They have to arrange for hospital beds and they have to do it fast. If the current projections are to be relied upon, then the government will have to multiply the number of beds currently available for COVID so as to meet the requirement.

In order to bridge this gap, the government decided to release a very strict mandate for hospitals empaneled for government schemes, failure to abide with which could lead to very damaging legal implications on the hospitals. The mandate stated that all the hospitals will have to reserve 20% of their total bed capacity to treat COVID patients. This might seem to be a very effective way to increase the bed count and it did increase almost 6000 beds overnight just in the state of Madhya Pradesh.

Looking into this deeper, however, will reveal a much bigger problem. For most of these hospitals, it is impossible to separate the COVID patients effectively and it is absurd to even think that there will be no cases of cross infection to the NON-COVID patients.

As a result, the hospitals are left with only two choices –

- 1) Dedicate 100% of their facility for COVID care.
- 2) Manage with 20% beds and risk cross infections.

Its all fine for the hospitals and the policy makers but this puts the patients in the greatest deal of problems, and more specifically, the COVID NEGATIVE patients.

Since the advent of COVID there has been observed a constant decline in numerous regular hospital facilities like child immunization for Measles, Mumps and Rubella (MMR) for the month of March 2020 declined by 70% as compared to March 2019. Outpatient treatment of Acute Heart diseases in March 2020 fell by 50% as compared to March 2019 just to name a few.

This decline in the facilities can be attributed to either of the following 2 reasons –

- 1)Declining beds for NON COVID specialties.
- 2)Inhibition of the patients to approach a hospital with COVID patients.

Either way, it is very hard to overlook this major problem and steps need to be taken to rectify this mistake.

## **WHAT CAN BE DONE?**

The government, instead of mandating every hospital to reserve 20% of their beds for COVID, should identify numerous smaller facilities capable of providing adequate care for COVID patients and convert them into 100% COVID facilities and bigger institutions with wide range of facilities should be identified and reserved for the treatment of NON COVID modalities. The decision of which facility to group under which category should be based on the population of that district, the availability of medical services in that district, the requirement, the spread of COVID, the facilities being offered by the institution and a multitude of such factors and with due diligence, this problem can be overcome.





## **COVID POSITIVE OR COVID NEGATIVE.**

The COVID pandemic has now officially become the most important problem for the modern-day policy makers and doctors. Research has shown that this not-so-deadly virus (in my opinion) will infect one in every three people on this earth before we can put it behind us. It has already started affecting a humongous number of people. India now stands among the top few countries in gross total cases.

Considering the widespread impact this virus is having, it is inevitable for it to not have an impact on the upcoming elections. It can literally make or break the government in the upcoming elections. This has put a lot of pressure on the authorities.

The astronomically high rising number of cases has put policy makers in a state of fury and panic. They have to arrange for hospital beds and they have to do it fast. If the current projections are to be relied upon, then the government will have to multiply the number of beds currently available for COVID so as to meet the requirement.

In order to bridge this gap, the government decided to release a very strict mandate for hospitals empaneled for government schemes, failure to abide with which could lead to very damaging legal implications on the hospitals. The mandate stated that all the hospitals will have to reserve 20% of their total bed capacity to treat COVID patients. This might seem to be a very effective way to increase the bed count and it did increase almost 6000 beds overnight just in the state of Madhya Pradesh.

Looking into this deeper, however, will reveal a much bigger problem. For most of these hospitals, it is impossible to separate the COVID patients effectively and it is absurd to even think that there will be no cases of cross infection to the NON-COVID patients.

As a result, the hospitals are left with only two choices –

- 1) Dedicate 100% of their facility for COVID care.
- 2) Manage with 20% beds and risk cross infections.

Its all fine for the hospitals and the policy makers but this puts the patients in the greatest deal of problems, and more specifically, the COVID NEGATIVE patients.

Since the advent of COVID there has been observed a constant decline in numerous regular hospital facilities like child immunization for Measles, Mumps and Rubella (MMR) for the month of March 2020 declined by 70% as compared to March 2019. Outpatient treatment of Acute Heart diseases in March 2020 fell by 50% as compared to March 2019 just to name a few.

This decline in the facilities can be attributed to either of the following 2 reasons –

- 1)Declining beds for NON COVID specialties.
  - 2)Inhibition of the patients to approach a hospital with COVID patients.
- Either way, it is very hard to overlook this major problem and steps need to be taken to rectify this mistake.

# Campus Photography



By  
Sonali  
chaurasiya



H  
o  
s  
t  
e  
l  
  
m  
a  
n  
i  
a



By  
piyush  
matthew  
2018 batch

By  
Leena  
gupta  
2020 batch







# Sundown Gleam



*" And yet day and night meet fleetingly at 'TWILIGHT' and 'DAWN' "*







**"Tears of joy  
are like  
summer  
rain drops  
pierced by  
sun beams"**

**- Tirubhuvan Singh Raj Purohit (MBBS 2017)**



**- Jekish Shane (MBBS 2015)**



By Leena Gupta (MBBS 2020)



Leena gupta (MBBS 2020)



By Piyush Mathew (MBBS 2017)





# Unit illuminated



**Sonali Chaurasia (MBBS 2017)**



**Anand Rathore (MBBS 2019)**



**Tanu Singh Rathore (MBBS 2020)**

**Poetry**

# !! \*संकल्प शक्ति\* !!

-पुनीत संजय जैन (MBBS 2016)

माना नभ मेंचहुँ ओर, कालिमाघनघोर हैं !!  
माना तांडव मेघके, कर रहे भयानक शोरहै !!  
पर क्या देखइनकी क्रूर योजना, रवि धूमिल होजाता है ?  
\*प्रदीप्त आभा त्यागकर, क्या वह प्रमाद कोजाता है\* ?

हाँ ! देखा भीषणसमीर गति को,  
मतवाला तूफानहै !!  
क्षण में हाहाकारमचाता,  
विध्वंसक परिणाम है !!  
अरे ! शिथिल तरुतो डगमग जाते,  
पर्वत रहतेअटल सदा !!  
\*आधार जिनका पुष्टहोता, वे नहीं होते विचलितकदा\* !!

देखो-देखो, प्रकृतिका नैसर्गिक सिद्धांतहै !!  
पुनम-अमावस; सर्दी-गर्मी; चलतेरहे दिन रात है !!  
पर क्या जानविषम दशा को, काल गतिस्थिर होती ?  
\*तो भला इसजीवनकाल की, निराशाकिस पर है रोती\* ?

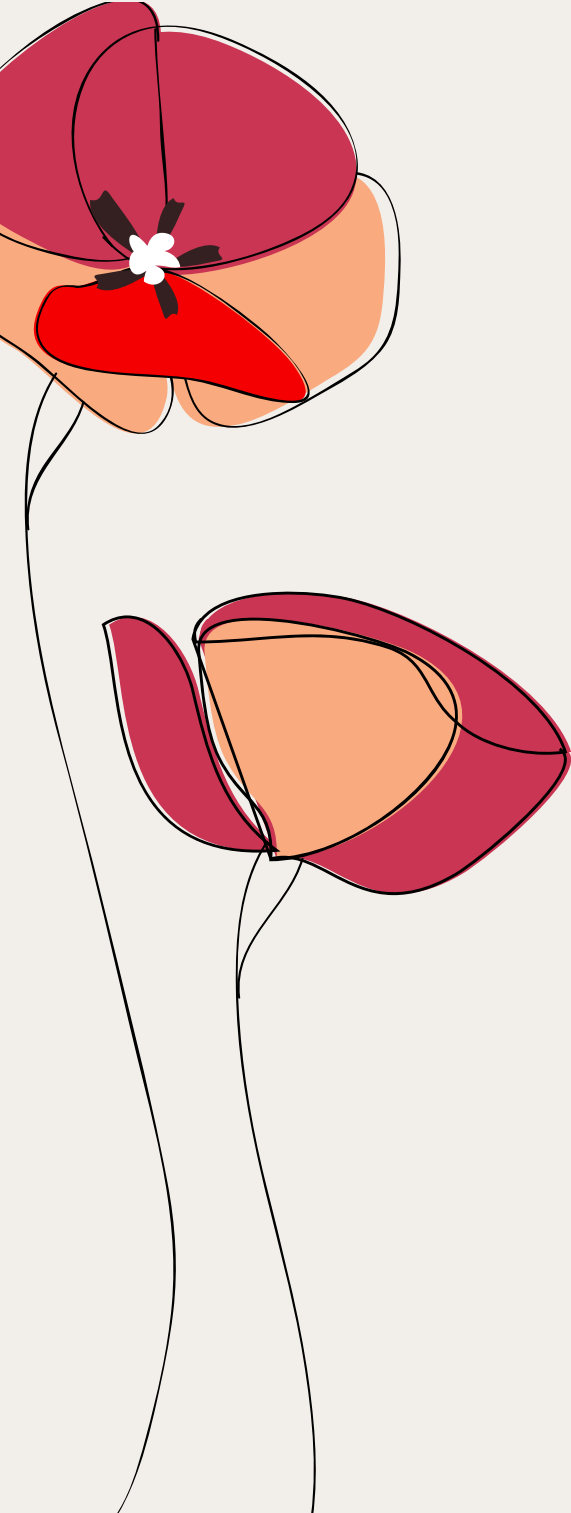
निश्छल मुस्काते शिशु मुखपर, क्या दिखतीरेखा विषाद की ?  
बचपन की कोरीकल्पनाओं में भी,

क्या दिखती छविप्रमाद की ?  
फिर क्यों मनुज, तू घबराता... देखनियत अवरोधों को ?  
\*अवसाद के इसकूप से, क्योंबुलाता सुप्त रोगोंको\* ?

क्या चल रहीइस जिंदगी सेतू बड़ा गमगीनहै ??  
सोच मेरे भाई ! आखिर क्या कियासंगीन हैं ??  
यूं हार करपस्त मन से.. तू लक्ष्यकैसे पाएगा ??  
\*उठ खड़ाहो ! चलते चल; तू नहीं लड़खड़ाएगा !!\*

जिंदगी को त्रस्तकरना, नहीं तेराअधिकार है ?  
मातृ ममता, पितृसाधना... बड़ा इनकाउपकार है ?  
विश्व कीअंधी दौड़ में.. तू धावक बनकरमत मरे !!  
\*मैं चाहता इसदौड़ में, तू खुद मंजिलका सृजन करें\* !!

करते रहना नितक्षण.. तूअनवरत पुरुषार्थ है !!  
निष्ठा धरकर.. निःस्वार्थकरते रहना परमार्थहै !!  
संघर्ष में भीआशा रखकर पग पथ परजमाए जा...  
\*पुनीत\* राहके राही.. तेराउत्कर्ष बिगुल बजाएगा !!







# NATURE : THE GENTLEST MOTHER

BY- ANKITA SONI (MBBS 2020)

Nature the gentlest mother  
Impatient of no child  
The feeblest- or the waywardest  
Her admonition mild

In forest and the hill  
By traveller is heard  
Retraining rampant squirrel  
Or too impetuous bird

How fair her conversation  
A summer afternoon  
Her household her assembly  
And when the sun goes down

Her voice among the aisles  
Incites the timid prayer  
Of the minutest cricket  
The most unworthy flower

When all the children sleeps  
She turns as long away  
As will suffice to light her lamp  
Then bending from the sky

With infinite affection  
And infinite care  
Her golden finger on her lip  
Wills silence everywhere



# प्रेमी की चाहत

-नितिन शर्मा (MBBS 2017)

मेरा प्रेम कोई बंदिश नहीं  
पवित्र बंधन है,  
जिसमें तुम्हें बांधना चाहता हूँ  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम हो कलकल करती सरिता सी  
मैं समंदर बन ,  
हमारा अस्तित्व एक कर देना चाहता हूँ  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम उड़ते पंछी के जैसी  
मैं बन वृक्ष तुमको ,  
आराम देना चाहता हूँ  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम उस पत्ती जैसी जिसे पवन  
उड़ा अपने साथ कहीं दूर ले जाना चाहता है,  
मैं बन डाली तुम्हें थामना चाहता हूँ  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम हो गुलाब की कली सी  
जिसे किसी प्रेमिका को दिया जाना है  
जिसे किसी किताब में बस सूख जाना है,  
मैं बन कर कांटा तुमको सुरक्षित रखना चाहता हूँ,  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम हो उस राहगीर सी  
जिसे आसान राह पर चलकर जल्दी मंज़िल पर जाना है,  
मैं हमराही बन कर कठिन राह पर साथ चलकर सफर को  
लंबा और यादगार बनाना चाहता हूँ,  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम हो उस गौरैया के बच्चे सी  
जो दूर नीले आसमान में उड़ जाना चाहती है,  
मैं घोंसले की तरह आशियाना बनके  
तुम्हें आराम देना चाहता हूँ,  
मैं बस तुम्हें प्रेम करना चाहता हूँ,

तुम हो पवित्र अग्नि सी  
मैं तुम्हारा उपासक बनना चाहता हूँ,  
मैं बस तुम्हें प्रेम करना चाहता हूँ।

# Phoenix

By Samridhi Bhatti (MBBS 2017)

*A poem about not losing hope and rising above all troubles like phoenix – a mythical bird from Greek mythology who rises from it's own ashes.*

When you feel the world is dark  
The slightest things break your heart  
Look inside yourself and find your spark  
Nothing can tear you apart

They will point fingers at you  
Don't fill yourself with despise  
When they burn you - gather your ashes  
like a phoenix you will rise

Life can be tough  
With unpalatable realities  
Faces smooth and intentions rough  
Masquerading malice with their formalities

Forgive and forget  
and see how time flies  
When they burn you - gather your ashes  
Like a phoenix you will rise

A rainy day may bring you gloom  
But every cloud has a silver lining  
Like a young flowers you will bloom  
And come out of your troubles shining

The sun may set in the sky  
But the ray of hope never dies  
When they burn you - gather your ashes  
Like a phoenix you will rise

When your whole world is in shambles  
When you lose your way  
Calm yourself and take the ramble  
Just try another day

You can take all your worries of even shape and size  
When they burn you  
**GATHER YOUR ASHES  
LIKE A PHOENIX YOU WILL RISE**



# जब मैं लिखता हूँ

- संदेश बागडे



विरले ही , यू ही कभी बैठे बैठे  
ख्वाब संजोता हूँ  
मैं जब लिखता हूँ ।

जीवन की भाग दौड़ से दूर,  
अव्वल आने की चिंता से परे ,  
विज्ञान की पेचीदा गलियों से हटकर  
मन को मनाता हूँ  
जब मैं लिखता हूँ।

कभी उपन्यास पढ़ने के बहाने ढूँढता था  
ये मन आज समय ढूँढता है ,  
कभी संगीत के पीछे पागल था ये मन  
आज महीने बिना संगीत सुने के काट  
लेता है।

जिंदगी के इस 'यू टर्न ' पर कभी खुद  
को खुश तो कभी महज भीड़ से घिरा  
हुआ पाता हूँ  
जब मैं लिखता हूँ ।

मन कोसता हूँ मुझे कहता हूँ ,  
तूने ही खुद को बर्बाद किया है  
दिल दिलासा देता है मुझे कहता है,  
तू ही है जो खुद को आबाद करेगा  
दिल के इसी दिलासे से  
खुद को समेट कर  
पुनः मेहनत करने में जुट जाता हूँ,  
मैं जब लिखता हूँ।

# पल - मुस्कान कोटेचा



हमारे जीवन में अनेक पल आए,  
पर कुछ ही उस यादों के पिटारे से निकल पाए  
और हमारे चेहरे पर एक मुस्कान ले आए।

उन पलों में जैसे Late night Maggie  
सबसे पहले याद आए  
और उसके Last bite  
का स्वाद कुछ और ही है।  
आए कभी दोस्त डांट खाए तो हमारी हंसी अलग से निकल जाए।

यह मस्ती भरे दिन और सपनों से भरी आंखें  
कब बीत गए यह पल ये हम भी ना जान पाए।  
अभी तो शुरू किया था सफर,  
बड़े थे College Campus में कदम,  
पर वक्त ने किया ऐसा सितम,  
कोरोना ने खींच लिए हमारे कदम।

आएगा मौसम खुशियों का लौट कर आए गे College हम,  
फिर Teacher से डांट खाएगा कोई, तो पीछे से हसेंगे हम।



# ख्वाबों के परिंदे - नितिन शर्मा

(MBBS 2017)

परिंदे तो बस घोंसला बनाते है,  
इस बात से अनजान कि  
एक आंधी आयेगी,  
उड़ा कर सब ले जाएगी  
घोंसला उसमें पलती , ख्वाहिशें , चाहतें , सप  
कभी कभी कुछ अपने भी,  
लेकिन परिंदे उखड़े और उजड़े घोंसले  
को फिर बसाते है,  
तिनका तिनका जोड़कर अपने ख्वाबों के अ  
को फिर संवारते है,

असल में,  
परिंदे जीना हमें सिखाते है,  
टूटे गर ख्वाब और ख्वाहिश,  
ना पूरी हो कोई चाहत  
तो मुकम्मल करने के लिए  
मेहनत और करो  
परिंदे बड़े सलीके से सिखाते है,

टूटे ख्वाब जीने के लिए रुकना नहीं  
एक बार फिर जुटना पड़ेगा ,  
परिंदे इसका जीता जागता उदाहरण देते

परिंदे तो बस घोंसला बनाते है....  
परिंदे तो बस घोंसला बनाते है....





उड़ना तो नही भूले,  
कुछ पल आसमां से नाता टूटा तो क्या ...  
बिखरे थे , कुछ वक़्त के लिए ये समझने ...  
कि " बिखरने " के बाद ,  
"संवरना" कैसा होता है ...

**By Simran Nakwal (MBBS 2017)**







उड़ता देख परिंदो को आज  
एक सोच दिल में आ रही है,  
मौका मिलेगा क्या हमें भी ऐसा!  
ये सोच अब दिल को सता रही है  
जलते देख चिताएं ढेर सारी,  
अब रूह भी खुद को दफना रही है,  
ठीक तो हो जाएगा न सब एक दिन!  
क्योंकि अब मां बाप की भी चिंता सता रही है,  
फर्ज़ निभा तो रहे है हम अपना दूर सबसे होकर  
पर मां की आवाज़ भी आज कुछ छुपा रही है  
शायद परेशान है वो की ठीक तो हु न मै,  
कैसे बताऊं की यहां भी वही उदासी छा रही है  
ना भी लौट पाए हम घर अपने तो क्या?  
मौत भी आज गर्व से मुस्कुरा रही है!  
कैसे बोलूं मरीजों से की ठीक हो जाओगे तुम  
कम होती उम्मीदें उनका भी दर्द बढ़ा रही है  
आजाद होंगे हम भी एक दिन इस जंग से  
बस यही सोच तो अब हौंसला बढ़ा रही है!

**By Vishakha Rajput**

# CORONA

कल वो पिंजरे में, और हम आजाद थे।  
आज हम पिंजरे में, और वो आजाद हैं।  
हमारी गलतियों से जाने- अनजाने में,  
कल वो भूखे और बेघर थे,  
तो आज हम भूखे और बेघर हैं।  
काश हमने न किया होता उनकी जिन्दगी में दखल,  
तो, शायद...  
आज वो भी आजाद होते,  
और हम भी आजाद होते।

- Pooja Kushwah (MBBS 2020)



# Shayari

By - Nadiya Khan (MBBS 2016)

Waqt bebas hai aj mera, kl bhi hoga  
Yeh zaroori toh nahi..

Muskurahat gayab hai lamho mein ,kl bhi hogi  
Yeh zaruri toh nahi...

Aj Roya hai unper , jinse ummed thi, kl bhi roye yeh zaruri toh nahi....

Waqt badlega mera bhi , har waqt mein harun aur sab jeete, yeh zaruri  
toh nahi...

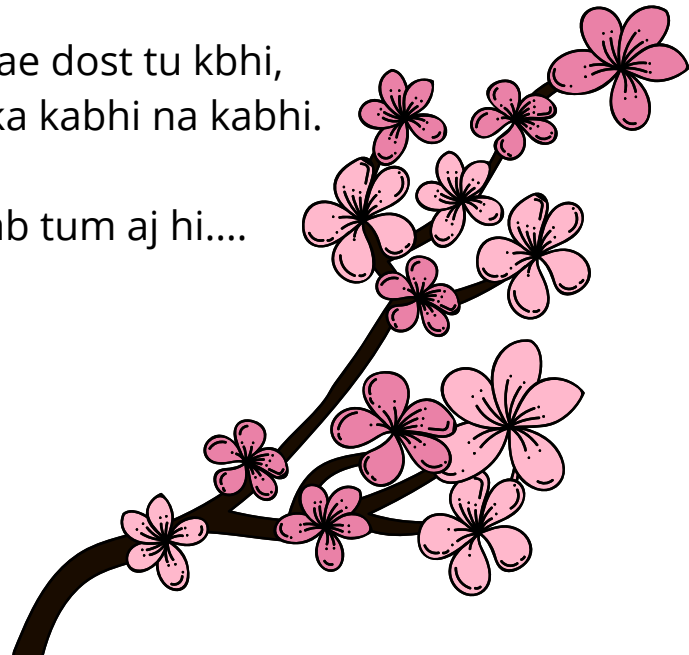
Mjhe se keh dena woh sab tum aj hi ,  
Jo lafz tum mere jane ke baad kehna chahoge.

Mere sath roo lena tum aj hi,  
Jo ansoon tum mere jane per bahoge.

Mere sath hass lena tum aj hi ,  
Jo hassi kl tum ,khoj na pooge.

Waqt ki parwah na krna ,ae dost tu kbhi,  
Woh toh aa hi jata hai ,sabka kabhi na kabhi.

Mjhse keh dena woh sab tum aj hi....



# Posters



**“The key to unlock  
your potential is  
within you even  
amidst the  
cacophony”**

**- ADITI SAXENA (MBBS 2017)**

**“The entangled  
threads of fate  
don't stop you from  
soaring high”**

**- ADITI SAXENA (MBBS 2017)**







- YUKTA JOSHI (MBBS 2019)



- AYUSHI JAIN (MBBS 2020)



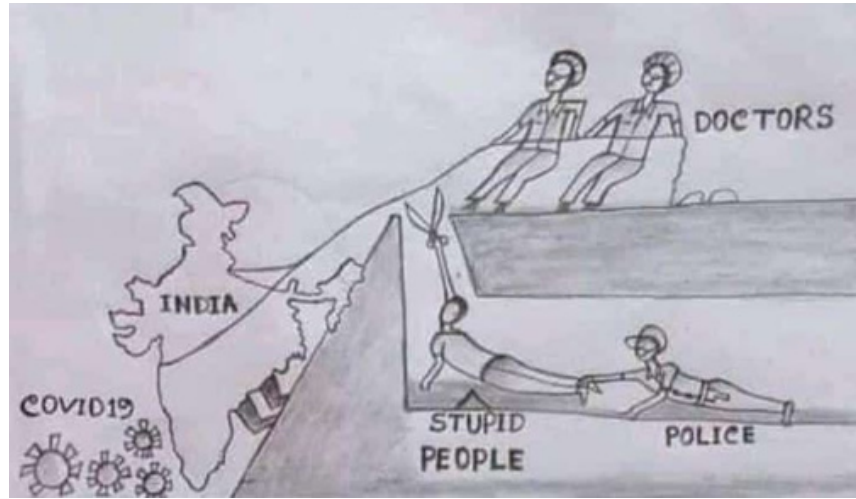
**Hating skin color is  
contempt for God's divine  
creative imagination.  
Honoring it is appreciation  
for conscious, beautiful-  
love-inspired diversity.**

- ANUBHUTI GUPTA

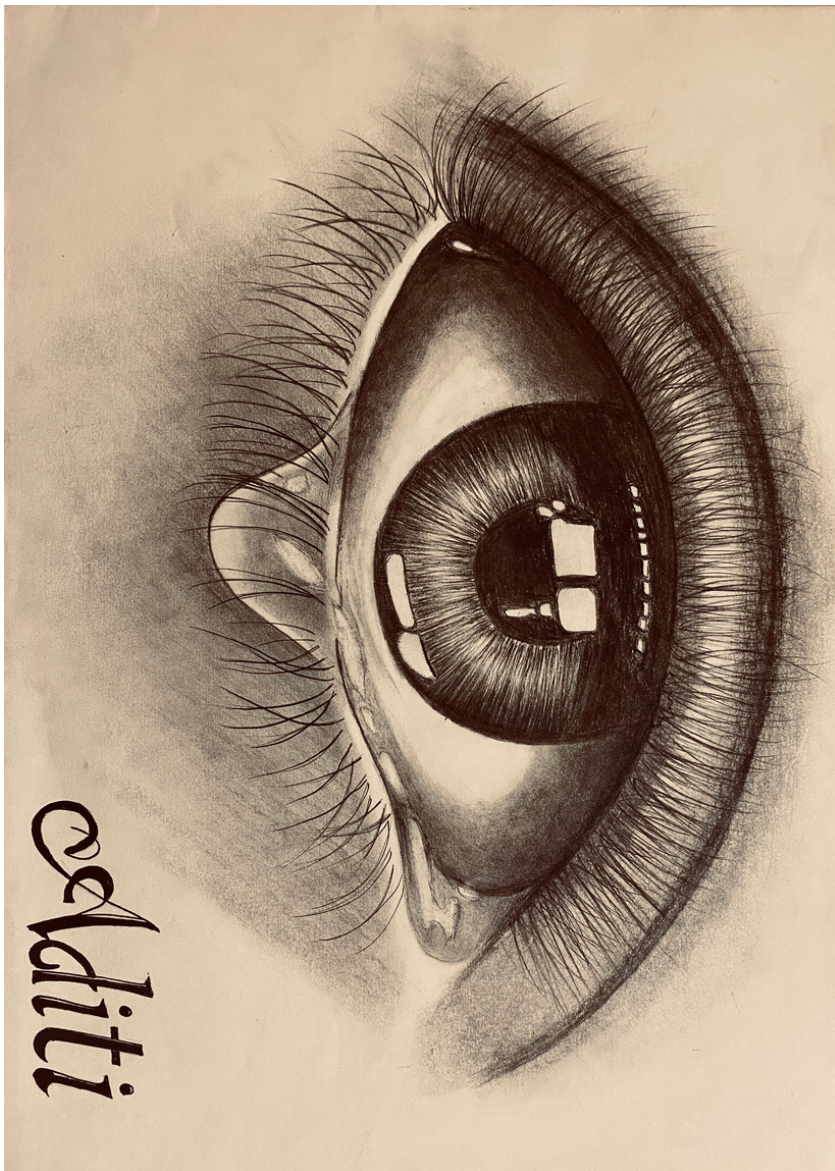




**- MANSI SEHRAWAT  
(MBBS 2020)**



**- MONIKA MAHESHWARI  
(MBBS 2020)**



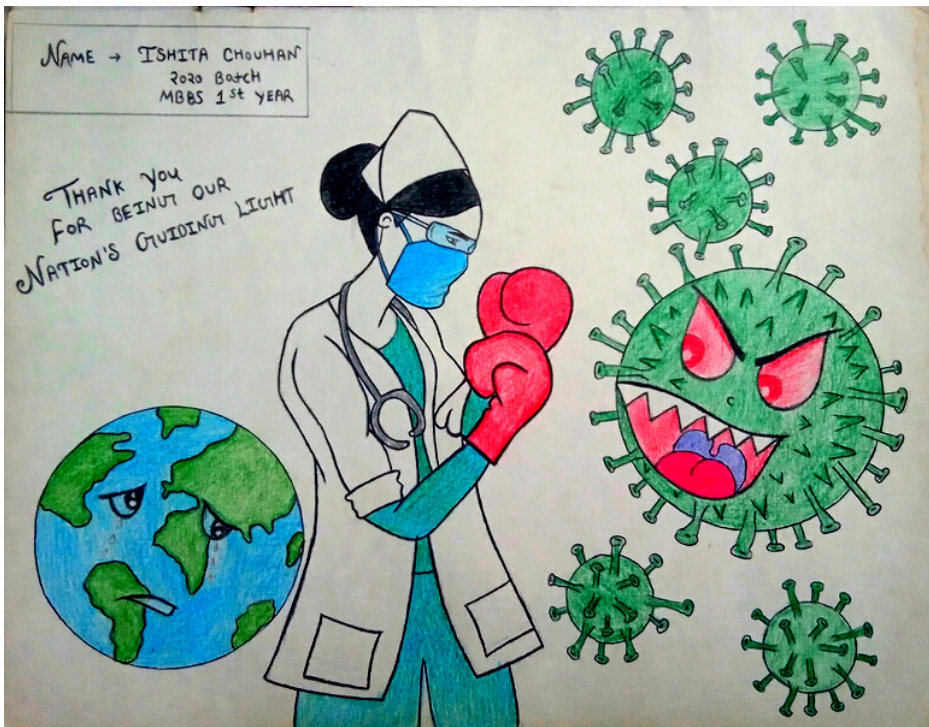
**“Sometimes  
tears clear up  
the way to  
watch the  
miracles  
happening”**

**- ADITI CHATURMOHTA  
(MBBS 2020)**

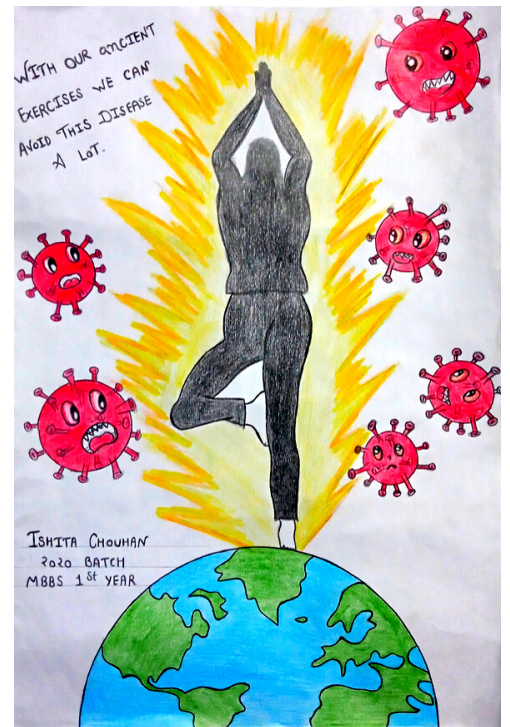




- ANUSHA TADWAL  
(MBBS 2019)



- ISHITA CHOUHAN (MBBS 2020)







**- ANUSHA TADWAL  
(MBBS 2019)**





वो शक्ति का स्वरूप है  
मन मे भक्ति का रूप है ।  
कड़कती ठंड में सुहानी धूप है  
जो हर संकट में हाथ थामे मेरा  
वो माँ दुर्गा का रूप है।

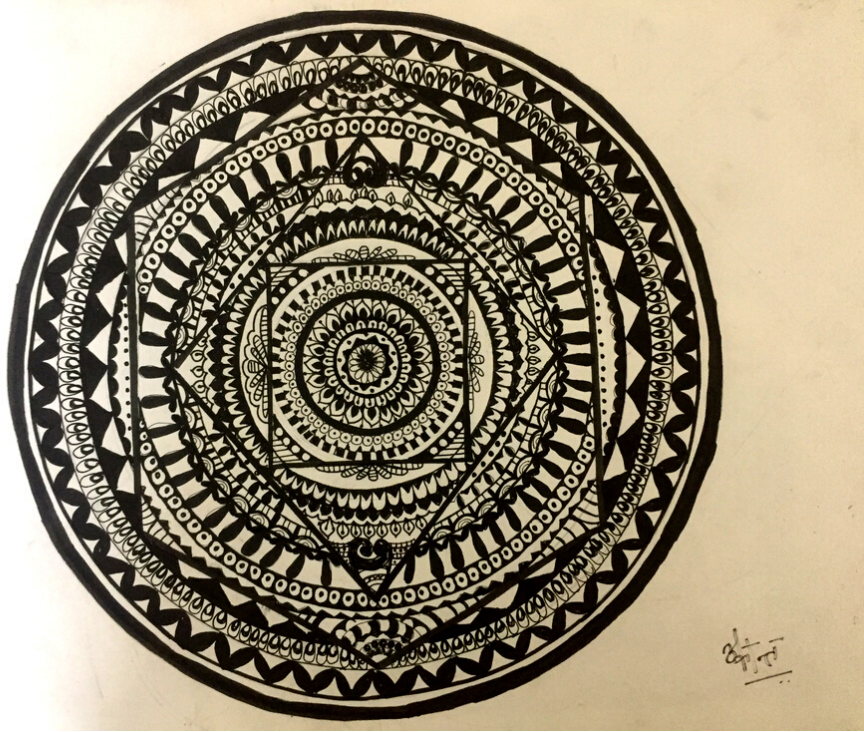
- ANUBHUTI GUPTA

**"There are no  
seven wonders of  
the world in the  
eyes of a child.  
There are seven  
million."**

**- APOORVA PANDEY  
(MBBS 2017)**







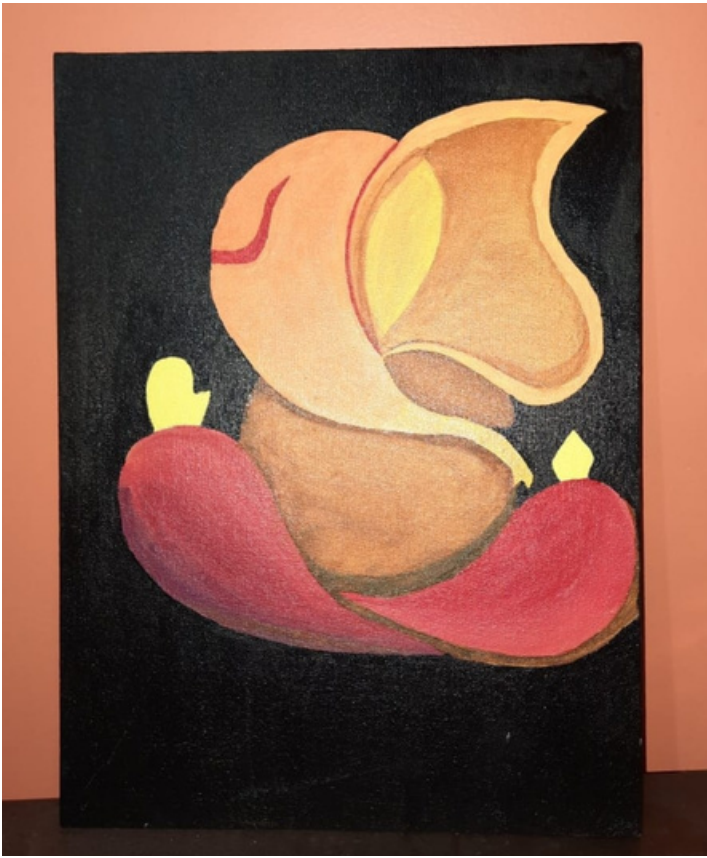
**Mandalas are used  
in early centuries  
in Indian  
subcontinent as a  
tool for  
meditation.**

**- ARCHISHA KANT  
(MBBS 2020)**



**- SHATAKSHI TRIPATHI  
(MBBS 2017)**



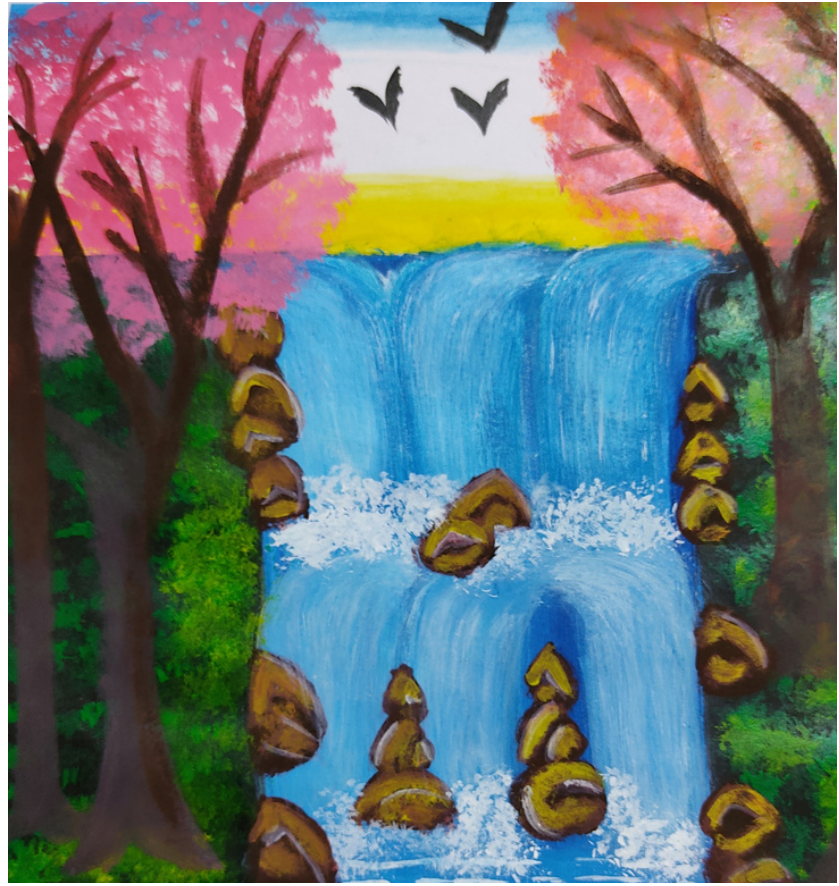


**ADITI KARAIYA (MBBS 2020)**



**JEVA KHAN (MBBS 2020)**





*Sheetal Manawat (MBBS 2020)*



*Anusha Tadwal  
(MBBS 2019)*



# ANKITA SONI

(MBBS 2020)

**A GIRL IS JUST LIKE A FLOWER  
OH YEAH, THEY ARE BEAUTIFUL  
SHE IS "SUNFLOWER" AT TIMES -  
BEING FRIENDLY AND NICE TOWARDS SUN LIKE  
PEOPLE AND SHE CAN ALSO AT TIMES BE LIKE  
A " TOUCH-ME-NOT " - DEFENDING HERSELF  
FROM THE TOUCH OF TOXIC PEOPLE. SHE  
WORE FLOWERS IN HER HAIR AND CARRIED  
MAGIC SECRETS IN HER EYES.  
ISABELLE, TODAY YOU  
ARE THE FLOWER GIRL.**

**This is a MANDALA ART depicting  
India as the cradle of the human  
race, the birthplace of human  
speech, the mother of history, the  
grandmother of legend, and the  
greatgrandmother of tradition. I  
wish we indians could laugh hard  
at jokes on us and defy their  
mockery with a humorous reply. I  
wish we Indian should respect our  
tricolor flag for whole year rather  
than one day.  
We are Indians firstly and lastly.  
Happy independence !!**





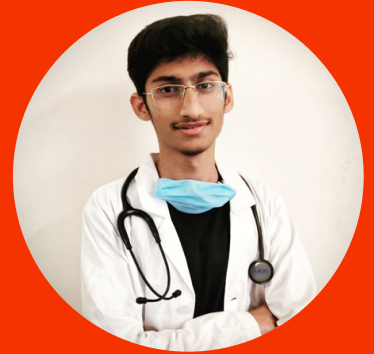
# The PCMS Petrichor

*The Med Zeal*

# ACKNOWLEDGE MENT



**Medha Pandey**  
(MBBS 2017)  
Senior Content Creator, Joint Secretary



**Suyash Litoriya**  
(MBBS 2020)  
Chief Magazine Designer

## Editors-



**Nasreen Zainab**  
(MBBS 2019)



**Ankita Soni**  
(MBBS 2020)



**Archisha Kant**  
(MBBS 2020)



**Aditi Chaturmohta**  
(MBBS 2020)

## Credits-



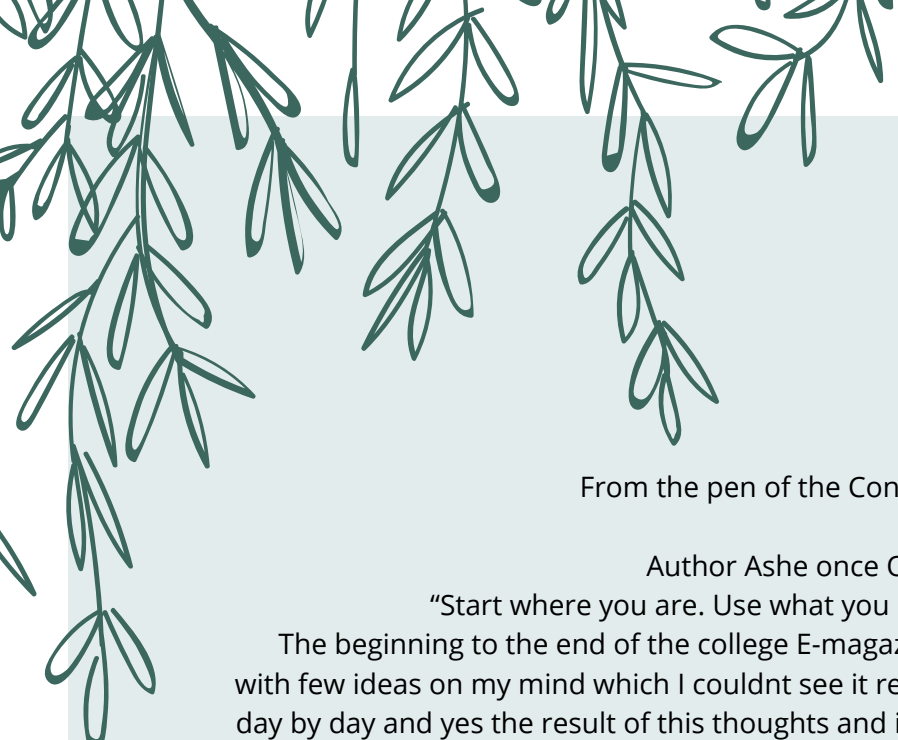
**Jekish Shane**  
(MBBS 2015)  
Magazine Cover



**Punit Jain**  
(MBBS 2016)  
Featured Poster (Nishchay)

2021  
MAG

By Medical Students



From the pen of the Content Creator-

Author Ashe once Quoted-

“Start where you are. Use what you have. Do what you can.”

The beginning to the end of the college E-magazine can be no less than an journey; with few ideas on my mind which I couldnt see it reaching anywhere, it grew up enormous day by day and yes the result of this thoughts and ideas is the college e-magazine you are reading.

I grew up listening that art and ideas can never be restricted, it can travel horizons and yet there is a fair possibility that things go unexpressed. I have grown up believing this and when given chance and opportunity to pour up my ideas and develop something i have tried my best to build something productive and creative

With all of us at our homes, and the limited amount of stuffs in our hand, We tried and deliver the best we could.

By We I mean 'My Team'. Team of 6 members who have been working in this magazine even before it came to notice of many people.

The ideas, content and imagination of how this magazine would look could have been mine but Suyash Litoriya has been a very crucial and chief aid in designing the whole magazine right up from the cover of magazine to compiling all the things. Its his skills that magazine looks so attractive.

Nasreen Zainab, Aditi Chaturmohta, Ankita Soni and Archisa Kant have been very creative In editing all the parts assigned to them. And how much efforts they have put in editing and re-editing stuffs again and again. The enthusiasm with they worked and assisted is commendable.

Ofcourse this magazine is the collective efforts of all 6 Of us. I hope the enthusiasm and the vigour that pulsates in you never ever fades.

Thanks to all who kept us supporting and motivating throughout.

Have a happy Reading!

Medha Pandey

Senior content creator.

Joint Secretary (MBBS 2017)

# THANK YOU