

आत्मान्



ATMAN



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Essence of
AIIMS

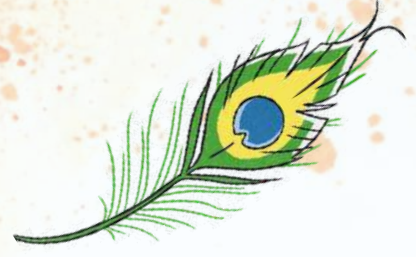
Mangalagiri





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Editorial



Namaste to one and all,

On our 76th Independence day, probably a billion Tirangas, real and virtual, fluttered proudly, marking Azadi Ka Amrit Mahotsav.

Literature and art played a huge role in our freedom movement. Bal Gangadhar Tilak, Gokhale, Gandhiji, Rajagopalachari, Nehru were all prolific writers. Tagore, Bankim Chandra Chatterjee, Bismil and others instilled patriotic fervour through their moving poetry. Freedom of expression, as showcased in our magazine, is enjoyed today thanks to the efforts made by those stalwarts and thousands of Hindustanis nearly a century ago. We pay homage to them. This issue celebrates the languages of our nation, each a priceless pearl in the necklace called India.

'Àtman' was conceived as a magazine that would reflect the soul and essence of AIIMS Mangalagiri through prose, poetry and art. This time we share many such activities that make this campus vibrant. The inpatient block has come to life and the hospital is buzzing with more activity, giving us an opportunity to provide a healing touch to many more.

It's wonderful that students have been at the forefront of all campus activities, in sending content for Àtman and also in compiling this beautiful issue.

Inviting you all to solve the India-centric crossword and list out the various elements that speak of India in this issue !! Happy Reading.

Jai Hind.

- Dr Deepti Vepakomma

INDEPENDENCE DAY

75 Years of Independence. 75 Years since Pt. Nehru's Tryst with Destiny. India is an ancient civilization and yet, India is younger than its counterparts. India has recently embarked on its journey, yet almost at the zenith of its existence. To mark the glory of India, AIIMS Mangalagiri, like billion other citizens, celebrated the 76th Independence Day, 'Azadi ka Amrit Mahotsav' with zeal and zest.



Flag hoisting



Pearls of wisdom from Honourable Director & CEO
Prof. Dr. Mukesh Tripathi



March-past by security guards





Students & faculty of AIIMS Mangalagiri showcasing their talents



Dignitaries



Team AIIMS MG

माननिय निर्देशक महोदय के कलम से....

"सबका सच"

उसका सच, तेरा सच, मेरा सच,
हम सबका होता अपना अपना सच
क्यों झूट औ सच को पारिभाष करो?
सबको अपने-अपने सच में जीने दो।



मेरा सच ही केवल उत्तम
औरों का सच निश्चित ही भ्रम
यह भाव जहाँ भी आ जाता है
अहंकार का अंकुर पनपाता है।

बस अपना सच स्थापित करने को
दिन-दिन औ निशदिन मानव
औरों का खनू बहाता है।
जीवन को नरक बनता है।

शैनेह शैनेह यूं वह मानव से
दानव बनता जाता है।
खदु भी संताप उठाता है।
और को दुःख पहुंचता है।

गर सच की सच से होड़ ना हो
सबके सच में सम भाव रहे,
मान-मर्दन करने का दुर्भाव ना हो।
सबके सखु में समभाव बसे
तो शायद सुख संसार बने।

- डॉ मुकेश त्रिपाठी

Prof. Dr. Mukesh Tripathi
Director and CEO,
AIIMS Mangalagiri

History of our Institution

INAUGURATION OF TRAUMA AND EMERGENCY SECTION

4th August 2022 was a memorable day for the AIIMS family as we formally stepped into the Inpatient Block by inaugurating the Trauma and Emergency section. A long wait was over. We eagerly look forward to providing more patient services and for a quick completion of work in the other areas too.



**KNOW
YOUR
FACULTY**

INTERVIEW SESSION

With



**DR. SHAHANA
GUPTA**

Department of Surgical Gastroenterology

Brief Introduction :

🎤 Born on 26th November, in Kolkata and brought up in IIT Kanpur Campus, since both my parents were Professors in IIT Kanpur. I spent most of my childhood there. Moved back to Kolkata for MBBS and Post Graduation from IPGIMER in General Surgery. Following which, completed 6 months of Senior Residency in SGPGI Lucknow and went on to pursue M.Ch. from JIPMER, Pondicherry. Living in so many places, I can speak Bengali, English, Hindi, and a little bit of Tamil.

How do you like spending your free time?

🎤 I am fond of reading and watching movies, however, owing to a busy schedule, I mostly read Short Stories. I am a trained Classical Singer, so music and books are a part of my hobbies.

Favourite book/ author :

🎤 It is difficult to say, but I love reading Satyajit Ray's writings, especially in Bengali; and I am fond of his movies too.

Favourite song :

🎤 I have learnt Rabindra Sangeet. If one song is to be said, it would be 'Dil hai chota sa, choti si asha' from the movie 'Roja'.

Favourite movie :

🎤 Dilwale Dulhania Le Jayenge and Sound of Music which I have rewatched many times. They never get old for me.

Favourite travel destination :

🎤 I am not too fond of travelling, but I would love to revisit Cambridge university and London, since they carry a personal connection for me; for my father is an Alumnus of Cambridge and my Mother is an Alumnus of Imperial College, London. In India, I really loved the scenic beauty of Darjeeling.

Who inspired you to become a doctor ?

🎤 My Grandmother, who was a Gynecologist. However, I did not get to work with her, since she quit practice before I entered into practice.

Who is your Favourite teacher at various stages and how did they impact you?

🎤 My Grandparents and parents, for growing up I was strongly influenced by their ideologies. This is especially true for my Grandmother with whom I spent a long period of time. Amongst my teachers in schools and Colleges, I fondly recall the contributions of Mrs. Soma Sengupta, Mrs Mona Rolsto and Mrs Surinder Kalra, in school years in Kanpur; Prof. Anadi Nath Acharya, Prof Udipta Ray and Prof Shibajyoti Ghosh, my teachers in Kolkata who inspired me to become a GI surgeon and Prof. Biju Pottakkat and Prof Kalayarasan, my mentors in GI Surgery at JIPMER Pondicherry who created a conducive academic environment. Biju Sir's inspiration to start new ventures enabled me to set up this department, from scratch in AIIMS Mangalagiri. He also taught me to never give up on a patient even when the cards are strongly against the patient.

Did having someone from the medical field in your family help you?

🎤 Yes, it was really helpful, for it did not feel like an uncharted sea. I always looked upon her as my idol and she was the reason I entered Medicine in the first place, despite having spent a big part of my life in an engineering campus. Her hospital stories always fascinated me.

How was your College Life ?

🎤 Overall it was very fun, since I met so many people and it made me more confident. I made my choice of subject, thanks to the seniors and teachers there. College made me a more independent and decisive person. However I did miss out on certain things owing to being a day scholar.

Why did you choose surgery and why particularly Surgical Gastroenterology ?

🎤 Surgery always attracted me. In fact, I was never afraid of blood! More exposure to surgical gastroenterology during my Post-Graduation days made me more inclined towards it. Also, the satisfaction on the face of patients, a quick reward after surgery fascinated me.

What are some memorable moments from your UG/PG days?

🎤 As a first year MBBS Student, when I enthusiastically dissected the human body.

At the end of my MBBS I got the University Medals in Surgery and other subjects.

As an intern, when I did my first appendectomy.

The day I did Whipple's Procedure (surgical procedure for pancreatic cancer) all by myself.

Being a surgeon, how did you balance your professional and personal life, since it is a general notion that surgical branches amongst others tend to have a poor work life balance?

🎤 All thanks to a very supportive family. Time management is an essential skill, which one must cultivate. Even though it is difficult, one must separate their personal and professional lives.

During residency, were there other female residents around you?

🎤 During Residency I did had one, but during M.Ch days, I was the only female resident. Infact, it is a truth that women do tend to choose surgery quite less. I am glad that this ratio is changing with the current times. I do wish to see more girls taking Surgery; and believe they would fare at par with their peers of other specialities.

How did your family and friends react to your choice of Surgery? Were there any resistances?

🎤 Initially, maybe some peers or colleagues might have said that Surgery is a speciality, on the busier side. However, my family was always supportive. My grandmother was always an inspiration whose ability to maintain a proper balance between home and work inspired me. Similarly, my mother who was a professor and my aunt who was a physicist, were academicians who were examples of how one can easily juggle between their responsibilities.

Did you have second thoughts about taking up surgery?

🎤 Never. I was always adamant on choosing Surgery. I never gave second thoughts to my choice and received a great deal of support from my family.

What is the Motto/ Mantra of your life ?

🎤 Be a good human being and be good to others. Change yourself only for the better. Be compassionate and try to put in one's best. Never do something which pricks your conscience.

What advice would you give to the students?

🎤 In this noble profession treat everyone equally irrespective of his whereabouts and try to bring a smile on their face. Aim in life should be to be good to patients. Never give up on anything. Be it the exams, or be it when you are treating patients even in the adverse circumstances. Treat them, but never think of it as a lost case.

Gallery



My Inspirations



School & UG friends

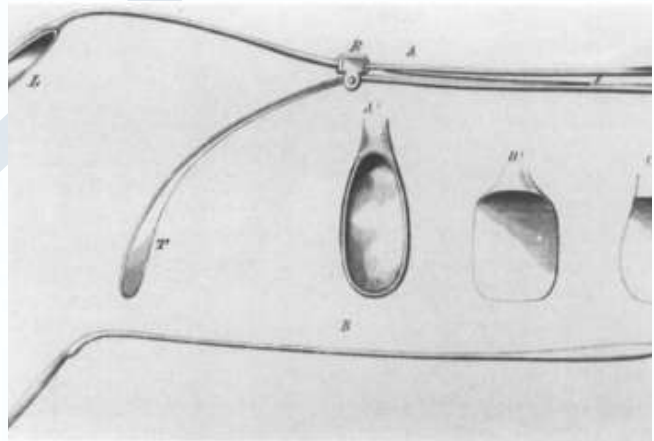
SNIPPETS AND SLICE OF A MEDICAL DEVICE

VIDEO LARYNGOSCOPES

In the older times, airway management for respiratory distress included only tracheostomy. Endotracheal intubation, however has been described for at least the last 300 years. Philipp Bozzini first described indirect methods to visualise the larynx, but he was not born with a business mind. So, his device, known as "Lichtleiter" (Light conductor), never got the recognition it should have. Benjamin Babington, on the other hand, developed the precursor to the modern laryngoscope and called it "Glottoscope".



Lichtleiter



Glottoscope

The transition from glottoscope to laryngoscope occurred years later, when Macewen, in 1879, performed the first-ever oral intubation. Around the same time, Chevalier Jackson suggested a handheld laryngoscope to intubate patients. Later Macintosh and Miller made modifications, and to date, they are still the preferred tools to intubate.



Macintosh

Miller

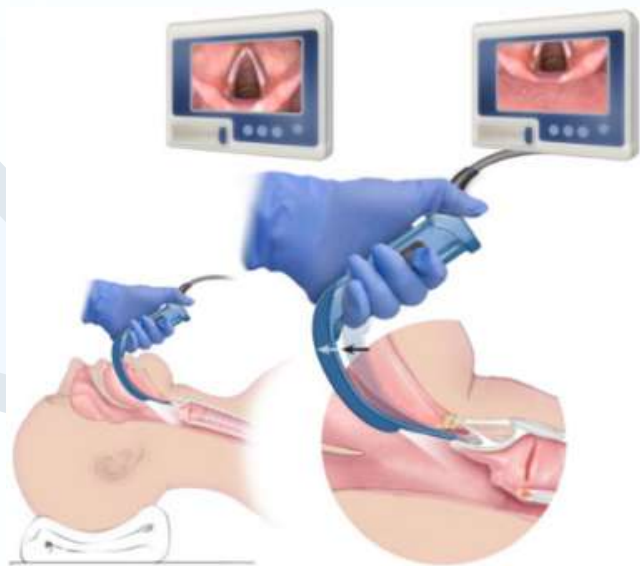
There were many incidents and complications reported due to failed intubations (inability to pass the tube through the vocal cords). The term "difficult airway" refers to a situation where a conventionally trained anaesthesiologist fails to intubate a patient despite having the expertise. The various reasons were the inability to visualise the vocal cords upon introduction of the laryngoscope, poor assessment of the patient's airway, poor sensitivity of different clinical parameters to predict a difficult airway etc. This led to a lot of morbidity, and concerns related to the safety of anaesthesia arose.

Why is so much importance being given to difficult airway? Imagine a scenario where you cannot ventilate or intubate a patient (multifactorial cause). Isn't it dreadful? The patient would then become hypoxic and land up with an irreversible neurological injury to the brain, or a cardiac arrest. Though the incidence of difficult airway is less (1.2% - 5%), one must always be prepared to face it to prevent morbidity and mortality. There came up many aids to intubation to mitigate the scenario of a difficult airway but they had their own short comings.

In 2001, Dr John Pacey, a Canadian surgeon and an excellent businessman, invented the "Glidescope". This was the first prototype video laryngoscope. Video laryngoscope, as the name suggests, consists of a laryngoscope with a camera at the patient end and a screen at the anaesthesiologist's end. It helps in indirect visualisation of the larynx and guiding the endotracheal tube into the trachea in patients who require ventilation.



John Pacey



Glidescope

The video laryngoscope consists of special chips for capturing images. These could be CCD (charge coupling device) and CMOS (complementary metal-oxide-semiconductor). The screen can be separate or an integral part of the scope. The advantages of the video laryngoscope are that it is portable, can be used by novice personnel, is battery-operated, and relatively atraumatic. One can also visualise the structures as the scope passes into the oral cavity and multiple people can watch. At the same time, one can intubate and can suggest modifications in the intubation technique etc.

Aligning the three axes, the oral, laryngeal and pharyngeal axes, placement of a pillow below the occiput and extension of the neck (sniffing position), was proposed by Bannister and Macbeth to enable direct visualisation of the vocal cords upon introduction of the conventional laryngoscope.

The video laryngoscopes do not require alignment of the axes. But the preformed curvature helps look "around the corner" of the oropharynx and provides an excellent view of the glottic structures. Fogging of the camera is a major limitation when the oropharynx or larynx is filled with blood and secretions.

Over the past 20 years, numerous modifications and types of video laryngoscopes have emerged in the market with minor variations in the design, technology and certain unique features. The field of vision and depth of vision obtained using a video laryngoscope is significantly wider when compared to a direct laryngoscope. The angulated blades help in visualising structures which might get blinded otherwise with conventional laryngoscopes.

In 1993, the American Society of Anaesthesiologists published the practise guidelines for difficult airway. Today we have our own difficult airway guidelines formulated by All India Difficult Airway Society (AIDAA) in 2016. Video laryngoscopes have become an integral part of airway algorithms of various international societies. They have gained immense importance over the last decade and have now been widely accepted into medical practice. As for any device, a learning curve exists before one attains expertise but it's an important skill especially in an anaesthesiologist's bag of tricks.

-Dr. Eeshwar M V, Department of Anesthesiology

Intellection



SPRIT OF FREEDOM

75 years since the birth of a nation, 75 years after a star rose in the east. Pretty unbelievable right?

After such a long time it's easy to forget the price that was paid for what our generation takes for granted. So, let's spend a few minutes contemplating, in honor of our freedom struggle and in respect for the brave souls who gave up their today for our tomorrow. Let's pay tribute to our freedom fighters by living by the ideals that they sacrificed their lives for.

The foundation for the freedom struggle was the spirit that Indians should be the ones governing their motherland and foreigners should have no role in it. This is what Rabindranath Tagore called "The soul of India".

These fundamental ideals can be a guiding light for further progress in the dynamic, frantic and indecisive world we live in today by igniting within us a sense of purpose and patriotism when we apply their lessons to our scenario.

The most important lessons that are just as true today are courage, resilience and endurance.

Freedom fighters through their struggle represent an epitome of bravery and endurance that has re-defined human limitations. Being members of the medical community we all need to be bold to actively lead a life in which our courage accompanied with rational thinking and knowledge allows us to make decisions in the face of adversity.

Speaking of knowledge, I would like to shed light on the next important lesson. Knowledge is Power and most of our freedom fighters were aware of it. Bhagat Singh, Rabindranath Tagore, B.R. Ambedkar and Mahatma Gandhi were all avid readers and self-directed learners who were able to make excellent decisions that still hold true 75 years later because of the simple fact that their decisions were backed by an ocean of knowledge.

Endurance teaches us that even with all the courage and knowledge in the world there are always going to be mistakes and miscalculations. Freedom was obtained through a struggle that lasted for over 200 years. What's important to learn from this is that mistakes and failures are not the end of the line. Every mistake is a lesson in disguise; let it teach you the things you need to learn. In times that test our endurance to its limit, we have to push past our own limits and keep going till the end. It's only by facing these difficult situations that we emerge as better individuals who are a lot tougher than their adversity. When the going gets tough, the tough get going.

And lastly the most important lesson that we can learn from India finally achieving freedom is the essence of dreaming big. No dream is too big to come true. All you need is willpower, focus, single minded devotion and the refusal to stop until the dream is fulfilled. Ultimately great things begin at the individual level and progress to affect the entire nation. We are the future. We are the ones born from the sacrifice of the ones who came before.

Let's us pay our respects to the brave souls, let us honor their memory and finally let us live a life that is truly worthy and deserving of freedom.

We all can make the most of it and be remembered for generations to follow.

"In attaining our ideals our means should be as pure as the end".

On this note let us rededicate ourselves to the service of the nation.

Mera Bharat Mahan

Jai Hind



- P.V.Vignnesh,
2020 Batch

THE IMMORTALS

"Papa, I will also do this for my country when I grow up and make you and all my countrymen proud". I think many of us have made such commitments or at least had such desires once in our life, and few might even have succeeded. But, some people don't wait to grow up to give their everything for the country, even their life as if it meant nothing to them as compared to the wellbeing of the country. These people make generations of people proud or to simply say, " They become Immortal".

Today I am going to write about one such brave girl from Assam. The story begins at a place called Barangabari, a beautiful place on the bank of the mighty Brahmaputra, in the Gohpur District, Assam. A brave girl was born to Mr. KrishnaKanta Barua and Mrs. Karneshwari Barua, she was named Kanklata Barua. Since a very tender age, her father told her the stories of Indian Independence struggles and the importance of freedom. These instilled in her the urge to become a citizen of independent country.

During Quit India Movement, a youth group called 'Mrityu Bahini' was formed in Gohpur. Being just a seventeen year old girl she was not allowed initially into the group, but after her consistent persistence, they obliged. She had no idea what was waiting for her as its consequence.

September 20 th ,1942; the day begun as usual for Kanaklata with all her day to day works, but God had different plans to end it. The Mrityu Bahini marched towards the local Police Station to hoist the congress flag there. The group was led by Kanaklata at front with the flag on her hand. Seeing such huge movement, the police warned, "A single step forward, will cost you your life". The loudspeaker blared but the threat couldn't shake the bold spirit of the brave girl and she stepped forward, shouting "Vande

Mataram". This move served to be a provoking step and police started to open fire at the mob and an unholy bullet pierced her tender heart. Within moments the soil was washed with her young blood. But, a bullet was not enough to bring down the flag in her hand, even after getting shot she didn't let it touch the ground and quickly passed it to her fellow comrade and then laid down quietly, lifelessly on the ground with a smile like tired child laying on her mothers lap. She left behind an example of a true lover of the country and redefined bravery to become immortal and inspirational for the generations to come.

Today we look back at all of these; pay tribute to their sacrifices, celebrate our Independence Day by singing for those brave Immortal souls in unison. But, Alas! Had we this unity before in making our country free from the British rule, we would have been independent at the time of "The Sepoy Mutiny" or even before and so many parents wouldn't have lost their children, wives their husbands, grandparents their grandchildren. History gives us the evidences of all mutiny that we Indians did to our own people, and you will be shocked knowing that Kanaklata, like many others was shot by none other than a group of Indian policemen working for the British Raj.

That's past and gone, but what we can change are today and the days to come. So, why can't we strive to make our country the one these immortals dreamt of, before their last breath, and keep not just their stories alive but there ideas too.



Jai Hind!

**~Atharvon Baruah
2021 Batch**

I Love you , my Mom!

From waking me up for school,
Feeding healthy food by making me fool !
Running behind making me study,
None other than my best buddy!

I Love you , my Mom !

The loveliest of all creations of God.

My mother!

Love Immeasurable, more than gold,
Pouring affection many fold !

The best of the best in the world

My Mom !

I Love you , my Mom !

The One who's always there ,
To care and pamper.

Indeed that connection,
Is heavenly affection !

It's the magic of my mom !

My mom !

I Love you , my Mom !

Debendra Nayak
2020 (MBBS)



Inspiration From Nature

Do Plastic Bottles have an alternative?

Plastic is an easy go-to for transporting anything from lunch, to water and other drinks. However, as convenient and user-friendly plastic may be, we should look for alternatives that are greener and eco-friendly.



Plastic is recyclable, yet there have been concerns about the footprint it leaves behind. Today, there are an estimated 46,000 pieces of plastic floating in the ocean and plastic that is not recycled takes over a 1000 years to decompose. This makes a good case for expanding disposable material options and looking into alternatives that may be sustainable and eco-friendly.

Plastic Bottles can be replaced by glass, ceramic, silicone bottles, aluminum bottles, stainless steel, plant based-plastics, copper bottles, hybrid recycled bottles, boxed water (or paper bottles), reusable bottles.





Out of these, we are focusing about glass here. Glass keeps drinks tasting great, maintains their original integrity, and keeps them cold longer out of the refrigerator than plastic does. It is also infinitely recyclable and maintains its quality every time it is remade. While it is more prone to breakage than plastic, it comes in designs that protect the actual bottle. These are cost efficient, come in

tons of unique designs, and are good alternatives to disposable plastic bottles any day.

I want to share my personal experience here which inspired me to write this. Recently I had visited Tirupati with my family, where I have seen that on Tirumala hills there was a complete ban of plastic bottles, only glass bottles are being sold there in the shops and restaurants, the use of plastic is strictly prohibited. If this gets implemented at a larger scale I think it would bring huge change making world a better place to live.



Source : <https://cedarspringswater.ca/blog/eco-friendly-alternatives-disposable-plastic-water-bottles/>.

-Yogitha Poojari
2019 Batch



ਆਨੰਦਮਈ ਜਿੰਦਗੀ ਜੀਣ ਦਾ ਤਰੀਕਾ '

ਮੱਜ ਦੀ ਦੌੜ ਭੱਜ ਵਾਲੀ ਜਿੰਦਗੀ ਵਿੱਚ, ਆਨੰਦ ਦੇ ਪਲ ਨੂੰ ਮਾਨਣਾ ਹੀ ਆਪ ਵਿੱਚ ਇੱਕ ਕਲਾ ਬਣ ਖੁੱਲ੍ਹੀ ਹੈ। ਦਿਨ ਪਰ ਦਿਨ ਤਣਾਅ ਵਧਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਨੂੰ ਕਾਬੂ ਕਰਨ ਅਤੇ ਇਕ ਖੁਸ਼ਹਾਲ ਜਿੰਦਗੀ ਜੀਣ ਵਾਸਤੇ ਜੇ ਅਸੀਂ ਕੁਝ ਚੀਜ਼ਾਂ ਤੇ ਗੌਰ ਕਰੀਏ ਤਾਂ ਅਸੀਂ ਵੀ ਆਨੰਦਮਈ ਅਤੇ ਖੁਸ਼ਹਾਲ ਜਿੰਦਗੀ ਜੀ ਸਕਦੇ ਹਾਂ। ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸਵਾਲ ਉਠਦਾ ਹੈ ਕਿ ਇਨਸਾਨ ਪਰੇਸਾਨ ਕਿਉਂ ਹੈ ? ਉਸਦਾ ਜਵਾਬ ਉਹ ਆਪ ਖੁਦ ਹੈ। ਉਦਾਹਾਰਨ, ਜੇ ਵੀ ਘਟਨਾ ਇੰਨਸਾਨ ਦੀ ਜਿੰਦਗੀ ਵਿੱਚ ਵਾਪਰਦੀ ਹੈ, ਖੁਦ ਇਨਸਾਨ ਹੀ ਉਸ ਘਟਨਾਵਾਂ ਅਤੇ ਪਾਤਰਾਂ ਦਾ ਰਚਨਾਕਾਰ ਹੁੰਦਾ ਹੈ। ਇਹ ਸਾਰਾ ਖੇਲ ਵਿਚਾਰਾਂ ਦਾ ਹੈ। ਤੁਸੀਂ ਜਿਸ ਤਰ੍ਹਾਂ ਦੇ ਵਿਚਾਰਾਂ ਦਾ ਸੇਵਨ ਕਰੋਗੇ ਉਸਦੀ ਹੂਬਹੂ ਕਾਪੀ ਤੁਹਾਡੀ ਜਿੰਦਗੀ ਵਿੱਚ ਉਸਦੀ ਝਲਕ ਦਿਖਾਏਗੀ। ਇਸ ਸਿਧਾਂਤ ਨੂੰ ਕਿਹਾ ਜਾਂਦਾ ਹੈ " ਲਾ ਔਫ ਅਟਰੈਕਸ਼ਨ "। ਇਸ ਦਾ ਕਹਿਣਾ ਹੈ ਕਿ ਤੁਸੀਂ ਜੋ ਵੀ ਚਾਹੁੰਦੇ, ਜੋ ਵੀ ਬਣਨਾ ਚਾਹੁੰਦੇ ਹੋ ਅਤੇ ਜੋ ਵੀ ਹਾਸਿਲ ਹਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤੁਸੀਂ ਆਪਣੇ ਵਿਚਾਰਾਂ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਕਰ ਸਕਦੇ ਹੋ। ਹੈ ਤੁਸੀਂ ਸੋਚ ਲੈਂਦੇ ਹੋ ਕਿਮੇ ਕਿਸੇ ਵਿਸ਼ੇ ਤੇ ਮਹਿਰਤਾ ਹਾਸਿਲ ਕਰਨੀ ਹੈ ਜਾ ਮੈਂ ਆਨੰਦਮਈ ਜਿੰਦਗੀ ਗੁਜ਼ਾਰਨੀ ਹੈ ਤਾ ਜਦੋਂ ਤੁਸੀਂ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਵਿਚਾਰ ਰੱਖੋਗੇ, ਤਾਂ ਤੁਸੀਂ ਇਕ ਪੇਸਿਟਿਵ ਫਰੀਕੁੰਸੀ ਦੀ ਤਰੰਗਾਂ ਸੰਸਾਰ ਵੱਲ ਛੱਡੋਗੇ ਅਤੇ ਫਲ ਸਵਾਰੂਪ ਉਸ ਨੂੰ ਹਾਸਿਲ ਕਰਨ ਲਈ ਤੁਸੀਂ ਪ੍ਰੇਰਿਤ ਕਾਰਵਾਹੀ ਜਾਂ ਇੰਸਪਾਇਰਡ ਐਕਸ਼ਨ ਕਰੋਗੇ ਜੋ ਕਰਨ ਨਾਲ ਤੁਸੀਂ ਆਪਣੀ ਮੰਜਿਲ ਵੱਧ ਪੁੱਜ ਜਾਓਗੇ। ਇਸ ਸਿਧਾਂਤ ਦੀ ਵਰਤੋਂ ਕਰਕੇ ਤੁਸੀਂ ਕੁਛ ਵੀ ਪ੍ਰਪਰਾਤ ਕਰ ਸਕਦੇ ਹੋ। ਕਈ ਵਾਰ ਅਸੀਂ ਦੁਨਿਆਵੀ ਚੀਜ਼ਾਂ ਵਿੱਚ ਇਨਾਂ ਡੇਬ ਜਾਣੇ ਹਨ ਕਿ ਅਸੀਂ ਇਹ ਭੁੱਲ ਜਾਨੇ ਜਾਂਦੇ ਹਾਂ ਕਿ ਅਸੀਂ ਇਸ ਦੁਨੀਆ ਵਿਚ ਕਿ ਕਰਣ ਆਏ ਹਾਂ ? ਸਾਡਾ ਮੁੱਖ ਕਾਰਣ ਇਸ ਜਿੰਦਗੀ ਚ ਆਣ ਦਾ ਬੱਸ ਇਕ ਹੀ ਹੈ, ਜਿੰਦਗੀ ਦੇ ਹਰ ਇਕ ਇਕ ਪਲ ਨੂੰ ਭਰਪੂਰ ਜੀਣਾ। ਦੁਨਿਆਵੀ ਚੀਜ਼ਾਂ ਵੀ ਜ਼ਰੂਰੀ ਹਨ ਬੱਸ ਇਕ ਹੱਦ ਤਕ, ਇਹ ਇਕ ਤਰ੍ਹਾਂ ਦੀ ਸਹੂਲਤਾਂ ਹਨ ਜਿਸ ਨਾਲ ਅਸੀਂ ਆਪਣੀ ਜਿੰਦਗੀ ਨੂੰ ਭਰਪੂਰ ਜੀ ਪਾਈਐ। ਆਦਮੀ ਚੀਜ਼ਾਂ ਤੇ ਹਾਵੀ ਹੋਵੇ, ਚੀਜ਼ਾਂ ਆਦਮੀ ਤੇ ਨਹੀਂ।

**ਅਨੁਪਮ ਮਹਿਤਾ (Anupam Mehta)
Batch -2019 (2019)**



ನಡೆದಾಡುವ ದೇವತೆ - "ಜನನಿ"

ನಾವು ನೆಲೆ ನಿಂತು ಬದುಕುತ್ತಿರುವ ಕರ್ಮ ಭೂಮಿಯನ್ನು ಭೂಮಾತೆ, ಭೂದೇವಿ, ಹಾಗೂ ಭುವನೇಶ್ವರಿ ಎಂಬುದಾಗಿ ಬುದ್ಧಿಜೀವಿಗಳು ಕರೆದು ಭೂಮಿಯನ್ನು ಹಾರ್ತಾಯಿಗೆ ಹೋಲಿಸಿ ಕೊಂಡಾಡುತ್ತಿರುವುದು ತಾಯಿಯ ಶರೇಷ್ಠತೆಯನ್ನು ಎತ್ತಿ ಹಿಡಿಯುತ್ತಿದೆ. "ಭಾರತ" ಎಂದು ನರ್ಮ ಭಾರತವನ್ನು ಸಿರೇ ಸ್ಥಾನದಲಿ ನಿಲಿಸಿ, ಭಾರತಾಂಬೆ ಎಂಬ ಪಟ್ಟದಿಂದ ಅಲಿಂಕರಿಸಿ, ಹಾಡಿ-ಹೊಗಳಿ ಪೂಜಯಭಾವನೆಯಿಂದ ಗೌರವ ನರ್ನ ಸಲಿಸುತ್ತಿರುವುದು ಭಾರತೀಯರಾದ ನಾವು ಹೆತಿಯಾಗಿ ತೋರುತ್ತಿರುವ ಪ್ರೇತ ಆದರಗಳಿಗೆ ಹಿಡಿದ ಕನುಡಿಯಿಂತ್ತದೆ.

ನರ್ಮ ಪೂವಮಜರು ಭಾರತೀಯ

ಪರಿಂಪರೆಯಲಿ ಹಿಂದಿನಿಂದಲೂ ತಾಯಿಗೊಂದು ಪವಿತರ ಸ್ಥಾನ ನೀಡುತ್ತಿಲೇ ಬಿಂಧದಾರೆ. ಹೆಣ್ಣುಪರಕೃತ ಸಹಜವಾಗಿ

ಕೋರ್ಲ ಸವಭಾವದವಳಾಗಿದು,

ಹೆಣ್ಣುಸಿಂಪೂಣ್ಯವಾಗುವುದು ತಾಯಿಯಾದ ಮೇಲೆ ಎಂದು ಭಾವಿಸಿದಾಳೆ. ಹೆಣ್ಣುನ ಉದರದಲಿ ಪೊಂಡ ಪರಧಾನವಾದ ನಿಂತರ ರೊಂದೆ ಶಿಶು ಜನನವಾಗುವವರೆಗೆ ಜವಾಬಾರಿಯನ್ನು ಯಾವತೂ ಹೊರೆಯಿಂದು ಭಾವಿಸದೇ ದೇವರು

ತನಗಿತಿಪಿಂಪತು ಎಂದು ಭಾವಿಸಿ ಕಷ್ಟ ನೋವುಗಳನ್ನು ಮೌನವಾಗಿ ಸಹಿಸಿಕೊಂಡು, ತನೊಡಲ ಕುಡಿಯ ಜನನದ ನಿರೀಕ್ಷೆಯಲಿ ಮಾನಸಿಕವಾಗಿ ತಯಾರಾಗುತ್ತಾಳೆ.

ನವಮಾಸಗಳು ತನೊಡಲಲಿ ಹೊತು.

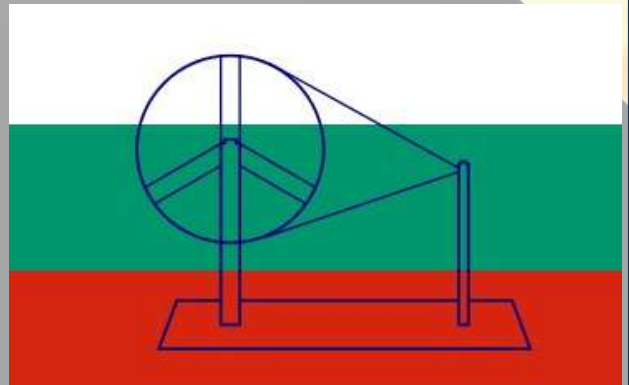
ತನುಲಾಯಾತನೆಗಳನು ಸಹಿಸಿಕೊಂಡು, ತನು ರಕಿ-
ಮಾಂಸವನು ಹಿಂಚಿಕೊಂಡು, ತನುಲಿಕಲಪನೆ ಕನಸುಗಳ
ಸೌಕಾರ ರೂಪವನು ಕಿಂಡಕೂಡಲೋ, ಅಲಿಯವರೆಗೆ
ಅನುಭವಿಸಿದ ನೋವು ಯಾತನೆಯನು ರೈತು,
ಗುರುವಿನೊಂದಿಗೆ ಒಂದು ಧುರ ಬಾಂಧವಯ ಬೆಸೆದು,
ಅದಕಾಗಿ ತನು ಸವಮಸವವನು ತಾಯಗ ಮಾಡಲು
ಸಿದಧವಾಗುತ್ತಾಳೆ. ನಿಂತರದಲಿ, ತನು ಗುರುವನು ಯೇಗಯ
ಪರಜಿಯನಾಗಿ ಬೆಳೆಸಿ, ಸಮಾಜರೂಪಿ ಕಾಯಮ
ಮಾಡುವಲಿ ತಾಯಿಯ ಶ್ರಮ-ಕೊಡುಗೆಗೆ ಬೆಲೆ
ಕಟ್ಟಲಾಗುವುದಲಿ. ತಾಯಿಯ ಈ ಅನನಯ ತಾಯಗದ್ದಿಂದ
ಬೆಳೆದ ಕಾಳು ರೊಂದೆ ಆ ತಾಯಿಯನು ಪ್ರೀತಿಯಿಂದ
ಚೆನಾಗಿ ನೋಡಿಕೊಳ್ಳುವುದು ಕಾಳ ಆದಯ ಕತಮವಯ.
ಬೇರೆ ಊರಿನಲಿನ ಕೆಲಸದ ಪರಯುಕಿತಾಯಿ-ಕಾಳ
ಸಿಂಬಿಂಧದಲಿಮೊದಲಿಂತ್ತನ ಸೂತ್ರಸಯ
ಕಾಣೆಯಾಗುತ್ತಿರುವುದು ದುರದೃಷ್ಟಕರ. ಒತಿಡ ಗಡಿಬಿಡಿ ಎಷೆಟೇ
ಇದಿರೂ, ನಿಕೃಷ್ಟ ಮಾತುಗಳಿಂದ ನಿಂದನದೇ, ಅವಳ ನೆ
ನೋವಾಗದಿಂತೆ ಕಾಳು ನೋಡಿಕೊಂಡಲಿ ನೆ ಒಂದು
ನಿಂದನವನ ಆಗುವುದರಲಿಸಿಂದೇಹವೇ ಇಲಿ. "ಉಪ್ಪುಗಿಂತ
ರುಚಿಯಿಲಿ, ತಾಯಿಗಿಂತ ಬಿಂಧುವಿಲಿ" ಎಂಬ
ನಾಣ್ಯುಡಿಯಿಂತೆ ತಾಯಿಯು ಗುರುವಿನ ಅತಯಿಂತ ಹತ್ತಿರದ
ಬಿಂಧು. ತಾಯಿಯಬಬಳು ಆದಯಚೇತನ. ತಾಯಿಯೇ
ಪರತಯಕ್ಷ ದೇವರು. ಏಳೇಳು ಜನಮವೆತ್ತಿಬಿಂದರೂ ತ್ತೇರದ
ಅವಳ ಋಣ್ಯ ನಮೋನರ್:



Nandana Hegde
2021 (MBBS)

త్రివర్ణ పతాకం వెనుకొన్న తిరకాసుల కథ తెలుసుకుందామా!

ప్రతి సంవత్సరం స్వాతంత్ర్య దినోత్సవం మరియు గణతంత్ర దినోత్సవం రోజున మనమందరం జెండా ముందు నమస్కరిస్తాము, అయితే దాని వెనుక ఉన్న కథను తెలుసుకోవడానికి ప్రయత్నించామా? లేదు, కాబట్టి, ఇప్పుడు నేను మీ అందరికీ దీని గురించి ఒక చిన్న కథ చెబుతాను మన జెండాను మొట్టమొదట రూపొందించి, నేటి జెండాకు శంకుస్థాపన చేసింది మన తెలుగువారిలో ఒకరైన పింగళి వెంకయ్య, ఆయన ఆంధ్రప్రదేశ్ లోని కృష్ణా జిల్లా భట్లపెనుమర్లు గ్రామంలో జన్మించారు. మన జెండాను భారత ప్రభుత్వం 22-7-1947న ఆమోదించింది. స్వాతంత్ర్యానికి ముందు దేశంలోని వివిధ ప్రాంతాల్లో వివిధ రకాల జెండాలు ఉండేవి. 1921 కాంగ్రెస్ సమావేశంలో గాంధీజీ పైన పేర్కొన్న జెండాను భారతదేశ జాతీయ జెండాగా ప్రతిపాదించారు, జెండాలోని ఆకుపచ్చ ముస్లింలను సూచిస్తుంది, క్రింద ఎరుపు రంగు హిందువులను సూచిస్తుంది మరియు చరకా స్వయం కృషిని సూచిస్తుంది, అయితే ఇది ఇతర మతాలను చేర్చలేదు, అభిప్రాయ ఘర్షణల వలన ఈ జెండా ఆమోదించలేదు. ఈ సంఘటన తరువాత, గాంధీజీ పింగళి వెంకయ్య గారిని సంప్రదించి, పై జెండాలో కొన్ని మార్పులు చేయించారు, ఆకుపచ్చ రంగును తెలుపు మరియు ఎరుపు రంగుల మధ్య ఉంచారు, జెండా నుండి మతపరమైన చిహ్నాలు తొలగించబడ్డాయి, ఎరుపు రంగు త్యాగాన్ని సూచిస్తుందని, తెలుపు రంగు స్వచ్ఛమైన మనస్సును మరియు ఆకుపచ్చ మంచి ఆశలను సూచిస్తుంది అని పింగళి వెంకయ్య గారు పేర్కొన్నారు



ఈ జెండాను జలియన్ వాలా భాగ్ సమయంలో ఉపయోగించారు, కానీ తరువాత ఈ జెండా గురించి కూడా భిన్నాభిప్రాయాలు వచ్చాయి, కావున స్వాతంత్ర్యానికి కొన్ని రోజుల ముందు అంటే 19-7-1947 నాడు, కాంగ్రెస్ ఆమోదంతో 10 మంది సభ్యుల కమిటీని ఏర్పాటు చేశారు, ఇందులో ప్రముఖులు రాజేంద్ర ప్రసాద్ గారు, మౌలానా అబుల్ కలాం ఆజాద్ గారు, శ్రీమతి సరోజినీ నాయుడు గారు, రాజగోపాలా చారి గారు, డాక్టర్ బి ఆర్ అంబేద్కర్ గారు, సర్వేపల్లి రాధాకృష్ణన్ గారు, ఉన్నారు. రాధా కృష్ణ గారి సలహా మేరకు చరకా ని తీసేసి అశోక చక్రాన్ని పెట్టారు. ఈ అశోక చక్రం న్యాయం, ధర్మాలకు చిహ్నాలు అని తెలిపారు. ఎరుపు రంగు కాషాయం కి మార్చబడిందిమరియు రంగుల కొలతలలో మార్పులు, చేర్పులు చేసారు. ఈ మార్చిన జెండాని ఆవిష్కరించింది సూరయ్య గారు. సూరయ్య చేసిన జెండానే 75 సంవత్సరాలుగా వాడుతున్న మనం పింగళి వెంకయ్య గారినే పతాకావిష్కర్తగా ఎందుకు అంటామంటే, ఆయన చేసిన పతాకాన్ని చాలా సంవత్సరాలు మొదటిగా జాతి పతాకంగా వాడామని.

మన జెండా రంగుల సూచిక తెలుసుకుందామా!

కాషాయం : స్వచ్ఛత, ఆధ్యాత్మికత

తెలుపు: శాంతి, సత్యం

ఆకుపచ్చ: సాఫల్యత, స్వయంసమృద్ధి

ఇది చదివినా మీ అందరికీ ఎంతోకొంత అవగాహన కలిగించునని భావిస్తూ సెలవు తీసుకుంటున్నాను.

ఇట్లు,

నాగ ప్రణవ సాయి

2021 బ్యాచ్

-NAGA PRANAV SAI
2021BATCH



ଅମାବାସ୍ୟା

କାଳରାତ୍ରି ର ଆଗମନ
ମନକୁ କରଇ ବିକଳ ।
ଅଗଣିତ ତିନୁଧାରା ର ଗମନ
ମନକୁ ଆସଇ ତହଲ ।

କେବେ ଆଲୁଅ , କେବେ ଅନ୍ଧାର
ଏହି ବୋଧେ ଜୀବନ ।
ଅମାବାସ୍ୟା ରଜନୀ ସମାନ
ଏହି ହେବ ଉଭାନ ।

କରୁଥାଅ କରମ ନିରନ୍ତର
କେବେ ଉଦ୍ଘାନ , କେବେ ପତନ ।
ନିତର ହୋଇ ଆଗେ ବଢ଼ିବ
ଅମାବାସ୍ୟା ପରେ ଜହ୍ନ ପୁଣି ଆସିବ ।

-ଦେବେନ୍ଦ୍ର ନାୟକ

-DEBENDRA NAYAK
2020 batch





राजस्थान री जातरा

अपारे देस रो सबसूं मोटे परगने रे रूप में आप री धाक राखणियो राजस्थान शूरवीरां अर सन्तां री धरती, खनिजां रो अजायब घर अर मरुधरा रे नांव सूं पिछाणिजे।

जळ उंडो, थळ ऊजळो, नारी नवले वेस।
पुरुष पटाधर नीपजे, ओ है मरुधर देस।।

राजस्थान री राजधानी जैपर जिकी गुलाबी नगरी रे नांव सूं पिछाणीजे। अठै रा गढ़ अर किला में आमेर अर जयगढ रो किलो, हवामहल, जन्तर-मन्तर, सीटी पैलेस देखण जोग है। अठै री तीज, पतंग अर हाथी महोत्सव जग चावौ है।

शेखावाटी क्षेत्र रे नांव सूं सीकर, झुझुनु अर चूरु जिला जाणिजे। अठै रा सेठ बिड़ला, डालमिया, बजाज, सिंघानिया, मोदी आद पूरे भारत मांय जाणिजे। अठै री हवेलियां, जीणमाता अर खाटूश्याम रा मेळा जग चावा है।



अठै सूं थार रो मरुस्थल शुरु हुवै इण रो फैलाव हनुमानगढ़ (जठै काळीबंगा मांय पुराणी एतिहासिक सिन्धुघाटी सभ्यता रा एनाण आज भी मिळे), बीकानेर (जठै रा रसगुल्ला अर नमकीन देस परदेस मांय चावी)

जैसलमेर (स्वर्णनगरी, भाटे(पत्थर) माथै करियोडी कारीगरी, हवेलियां, रामदेवजी रो मिन्दर, मखमली रेत रा सम रा धोरा, मरुमहोत्सव विदेसी सेलाणियां रा मन मोय लेवे)





बाड़मेर सीमां रो पोरैदार अर पाकिस्तान जावण वाळे रस्ते रो रुखाळो, तेल रो खजानो, बीएस 6 रिफायनरी, कैर सांगरी कुमटिया रो साग अर बाजरी रो सोगरो, काचर बोर अर मीठा मतीरा अठै रा घणा चावा है।

जोधपुर सूर्यनगरी रे नांव सूं जग चावौ। मेहरानगढ़ रो किलो, मण्डोर (रावण रो सासरौ), अठै री कचौरी अर मिर्चीबड़ा घणा स्वाद वाळा, आईआईटी अर एम्स नामी संस्थावां अठै थरप्योड़ी है।



नागोर जठै रा नर (पुरुष) अर नार्या (बैल) जग चावा है। अठै रा मालपूआ मिसरी सूं मीठा। कह्यो भी है—

सियाळे खाटू भली, उनाळै अजमेर नागाणो नित रो भलो, सावण बीकानेर।।



जालोर महाकवि माघ री जलमभौम, ग्रेनाईट भाटे री परदेसां मांय पूछ। सिरोही मांय भाकर ही भाकर जिण मांय आबू परबत, नक्की झील, देलवाड़ा रा जैन मिन्दर सैलाणियां री मनचावी ठौड़।



मेवाड़ रे नांव सूं उदयपुर अर आखी पाखी रो इलाको जाणिजै। आ धरती सूरां अर वीरां री मानीजै महाराणा प्रताप सरीखा वीर अर पन्नाधाय सरीखी वीरांगना, झीलों री नगरी जठै पिछोला, फतेहसागर झील। राजसमन्द मांय जगचावौ हल्दीघाटी जुद्ध रौ मैदान, नाथद्वारा मांय श्रीनाथजी रौ मिन्दर, बारामासी नदियां अठै कळ—कळ करती चालै। चित्तौड़गढ़ जठै री धरती रे कण कण मांय वीर सपूतां री गाथावां भरीयोड़ी है।



अजमेर राजस्थान रौ हिरदै जठै एक कार्नीं पुष्कर मांय ब्रह्माजी रो मिन्दर अर मेळो दूजी कार्नीं ख्वाजा साब री दरगा, अढ़ाई दिन रा झोंपड़ा, अनासागर झील अर नसीराबाद री छावनी संगळा घणा निराळा है।



दिखणादी राजस्थान हाडैती रे नांव सूं जाणिजे जिण मांय शिक्षा नगरी कोटा जठै पूरे देस रे कोने कोने सूं टाबर आवै अर आपरो मेडिकल अर इन्जिनियरिंग मांय भविष्य बणावे, जिण मांयने सूं कई जणा विदेसां मांय आपारे देस रो नांव ऊंचो करे। अठै री कढी कचौरी घणी चौखी बणै। अठै परमाणु अर जळ सूं बिजळी बणावण रा सयंत्र लाग्योड़ा है। बून्दी री बावड़ियां अर प्राकृतिक चितराम घणा मनमोवणा। इण भाग मांय चम्बल नदी बारैमास चालती रैवै। झालावाड़ घण्टियों रे सैर सूं जाणिजे, अठै रा सन्तरा घणा रसीला।

सवाईमाधोपुर जठै शेर, चीता अर बाघां री रम्मत जग चावै रणथम्भोर पार्क मांय देखण ने मिळे, करौली मांय कैलादेवी रो मेळो देखण जोग है।

पूरब मांय भरतपुर जठै जाटां रो राज रह्यो महाराजा सूरजमल सरीखा जोधा हुया। लोहागढ़ रो किलो हमेसा अजेय रह्यो। घाना पंखी विहार मांय देस विदेस रा पंखेरु किलोळं करता निजरां आवै।



अलवर जठै भतृहरि अर गोरखनाथ सरीखा सन्तां तपस्या करी। सरिस्का उद्यान मांय शेर री गर्जना सुणिजे। अठै रो कलाकन्द घणो स्वादू अर जग चावौ।

आ म्हारी राजस्थान जातरा ही जिण मांय आप एक कांनी थार रे मरुस्थल री उडती रेत ही रेत, पाणी मूंगो अर घी सरस्तो तो दूजा कांनी कळ-कळ करती बारामासी नदियां। एक कानी भाकर अर पठार तो दूजी कानी कीमती धातुआं री खाणां, अठै भांत भांत रा धरम, पीर-पैगम्बर, सन्त-फकीर अर देवी-देवतावां ने मानणिया मिनख हिळमिळ रैवे। आपने भी अरदास है के



पधारो म्हारे देस



राकेश ज्याणी

2019 Batch (MBBS)

राजस्थान सूं ओळखाण

राम-राम सा हुकूम खम्मा घणी

आज थां लोगां ने अठा सूं 2000 किलोमीटर दूर राजस्थान राज्य सूं ओळखाण करावणो चाहूं हूं।

आज मैं थाने पन्ना धाय रे बलिदान, राणा प्रताप री देशभक्ति, चेतक री स्वामी भक्ति, ढोला मारू रा दूहा, राजिया रा सोरठा, मीराबाई री कृष्ण भक्ति, करमा बाई रे हठ, कन्हैया लाल रे गीत, धोरा री धरती में खेलता थका नैना-नैना टाबरा सूं मिळाणो चाहूं हूं।



कृष्ण भक्त मीरां

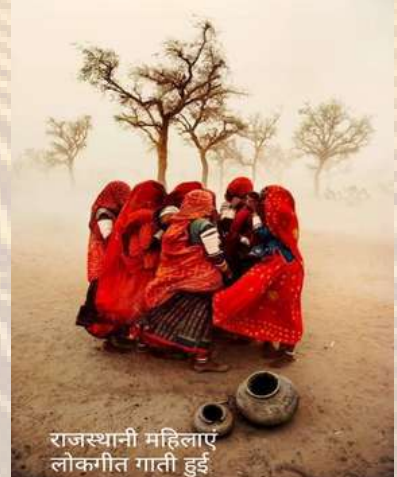


महाराणा प्रताप

राजस्थान रो जाट जद हाथों में हळ लेर मूंछा के ताव लगा रमाथे पर साफो (पोतियो) बांध, पगां में पगरखी अर बीं माथे धोती-कुर्ता पेर र चालें तो बी के मायने सगळे राजस्थान रा दर्शन हो ज्यावे।



राजस्थानी पहनावे में किसान



राजस्थानी महिलाएं लोकगीत गाती हुई

चित्तौड़ रो किलो, जैसलमेर रा धोरा, आबू रो पर्वत, जयपुर रो हवा-महल, ढोल-थाली माथे घूमर करती लुगाइयां, बीकाणे रो करणी माता रो मंदिर, बाढाणे रा पट्टू, सोजत री मेहंदी, जोधाणे री मोजड़ी, नागोरियां रो ठरको, भरतपुर रो "घना पक्षी विहार" आज भी बाहर सूं घूमण ने आवण आला ने घणा ही आकर्षित करे हैं।



मरूधर- धोरा धरती



चित्तौड़गढ़

थाने भी कदाई राजस्थान में घूमर ने आवण सारूं मौको मिले तो म्हारी तरफ सूं ओ गाणो पेश है सा हुकूम:-

"थारी सांवली सूरत ने लंबा केस,
केसरिया बालम आवो नी पधारो म्हारे देश।"



Jeta Ram Jani
2020 (MBBS)

यह कैसी आजादी...?

आज आजादी का अमृत महोत्सव,
देश सारा बड़े उत्साह से मना रहा।
छोड़ वैमनस्य परस्पर मिल सभी खड़े,
और उनका प्यारा तिरंगा लहरा रहा।

भूख से तड़पे मुनिया,
बिटवा रोटी मांग रहा।
टूटी झोपड़ पर फिर भी,
तिरंगा शान से लहरा रहा।

रहते हैं जो गन्दी बस्तियों में,
मिली उनको भी आजादी है।
ना पेट में रोटी ना तन पर कपड़ा,
बताये कोई ये कैसी आजादी है।

सालों साल करे मेहनत जनता सारी,
बीस साल बाद वो पेन्शन पाता है।
बस एक दिन सदन में जाने पर ही,
पेन्शन का वो अधिकारी हो जाता है।

देख जश्न आजादी का,
मां भारती भी हरषाई।
देख अपने कुछ बेटों को,
आंखें उसकी हैं छलकाई।

ऊंचे महल दुमहले चमके,
मिली जबसे आजादी है।
बाद बापू के बने मंत्री बेटा,
क्या देश आज सामन्तवादी है।

लोकतंत्र में ये क्या गजब हो गया,
जनसेवक नेता वेतनभोगी हो गया।
नारेबाजी काम सदन में है इनका,
और वेतन इनका टैक्स फ्री हो गया।

छोड़ चिन्ता और पोंछले आंसू मां,
कोई तो बेटा सुभाष बन आयेगा।
होंगे समान और करेगें काम सभी,
हर पेट को रोटी तन को कपड़ा मिल जाएगा।



Kshitiz Mittal
2019 (MBBS)

घर-घर तिरंगा लहरा रहा

हो गए आजादी को 75 वर्ष,
जनमानस में है अत्यंत हर्ष।
घर-घर तिरंगा लहरा रहा,
देशभक्ति मन में जगा रहा॥1॥

अपनी सुरक्षा में भी आत्मनिर्भर हैं हम,
परमाणु हथियारों से संपन्न, सक्षम है हम।
हमारे वीर जवान है हमारी शान,
यही तो है केसरिया रंग की पहचान॥2॥

की है देश ने बहुत प्रगति,
उद्योग धंधों व जीवनशैली को दी है गति।
यही तो मकसद है मध्यम चक्र का,
आगे भी करते रहे वरण प्रगति पथ का॥3॥

शांतिवादी विचारधाराएं रहेगी जहां,
श्वेत रंग की उपयोगिता दिखेगी वहां।
घर-घर तिरंगा लहरा रहा,
देशभक्ति मन में जगा रहा॥4॥

1966 की हरित क्रांति हुई सफल,
जैविक खेती इसे बनाएगी और सबल।
हो रहा है खुशहाल हरित-भारत,
यही है तिरंगे में हरे रंग का अर्थ॥5॥

यह तिरंगा प्रतीक है भारत का,
140 करोड़ देशवासियों के एकमत का।
किया है भारत ने विकास इस के अनुरूप,
दे रहे है भारत को विश्व गुरु का स्वरूप॥6॥

अभी भी बहुत सी कमियां है यहां,
लेकिन बेवजह मैं नहीं गिना रहा।
घर-घर तिरंगा लहरा रहा,
देशभक्ति मन में जगा रहा॥7॥

अभी-अभी समाप्त हुए हैं कॉमनवेल्थ खेल,
भारतीयों ने मेडल की लगा दी रेल।
अंग्रेजों के घर में जाकर लहराया तिरंगा,
विजयी जश्न के रंग में हर भारतीय रंगा॥8॥

आओ मनाए यह आजादी का अमृत महोत्सव,
छोड़कर आलोचना बने जरा परिपक्व।
नहीं गिनाए कमियां हम सब की,
ब्लिक गिनाएं उपलब्धियां मेरे वतन की॥9॥

हमारा यह समा यूं ही आगे बढ़ रहा,
हमारा भारत फिर से विश्व गुरु बन रहा।
घर-घर तिरंगा लहरा रहा,
देश भक्ति मन में जगा रहा॥10॥

जेताराम जाणी
2020 (MBBS)





आज़ादी का अमृत महोत्सव

इस साल भारत 15 अगस्त को अपना 76वाँ स्वतंत्रता दिवस मनाने जा रहा है। 15 अगस्त 1947 को हमारा देश ब्रिटिश शासन से आजाद हुआ था। इस बार 15 अगस्त खास इसिलिए है कि अब आजादी के 75 वर्ष पूरे हुए हैं। इस मौके पर "आजादी का अमृत महोत्सव" के तहत कई तरह के आयोजन किए जा रहे हैं। सरकार ने 'हर घर तिरंगा' अभियान भी चलाया है। हर घर तिरंगा अभियान के तहत 13 से 15 अगस्त तक अपने घर में रात एवं दिन में कभी भी तिरंगा फहरा सकेंगे।

भारत का स्वतंत्रता दिवस न केवल ब्रिटिश राज के शासन से भारत की आजादी को दर्शाता है, बल्कि यह इस देश की शक्ति को भी दिखाता है।

"15 अगस्त 1947 को भारत के इतिहास को स्वर्ण अक्षरों में लिखा गया। इसी दिन देश के आजाद होने पर भारत के प्रथम प्रधानमंत्री पंडित जवाहरलाल नेहरू जी ने लाल किले पर झंडा फहराया था। तभी से हर वर्ष प्रधानमंत्री लाल किले पर झंडा फहराते हैं, राष्ट्रगान गाते हैं, और सभी शहीद स्वतंत्रता सेनानियों को 21 तोपों से श्रद्धांजली दी जाती है। इसी दिन हर जगह हमारा प्यारा तिरंगा शान से अपना मस्तक ऊँचा किए हवा में लहराता दिखता है।

"ऐ वतन वतन मेरे,
आबाद रहे तू।
मैं जहाँ रहूँ,
जहाँ में याद रहे तू।।"



मनरा राम
2021 (MBBS)

IN TALKS WITH...

It was yet another busy day in AIIMS Mangalagiri, and while we were walking to the OPD for our clinical postings, me and my friend spotted a middle-aged security guard trying to calm the crowd at the OPD entrance. Our curiosity got the better of us and we decided to talk to him for a while. He was



Mr. U. Venkateswar Rao, working as a security guard at AIIMS Mangalagiri for the past four years and is now working at the east gate of OPD. The 38-year-old worked as housekeeping in-charge at a private company before joining AIIMS. A resident of Yerrabalem, he loves his work and his only concern is the crowd getting restless. He feels that the patients should patiently wait their turn as everyone gets to meet their doctor in a short while. His work involves long hours of standing and he eagerly heard us as we explained to him our concerns about varicose veins and its complications. He was happy to follow our advice on the same.

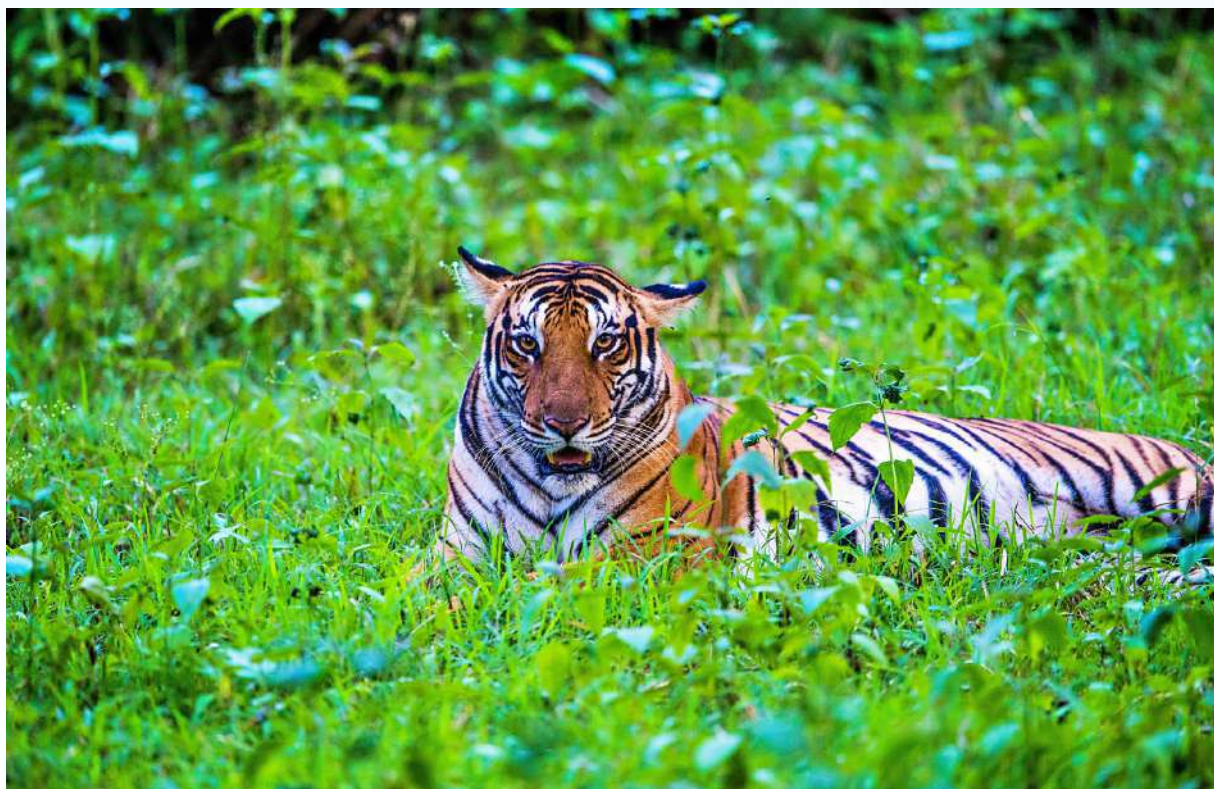
-POOJA MUVVA

-PKSSS VIJAYA LAKSHMI
(2019 BATCH)



Abhivyaakti

Expression in Images



TIGER FROM THE LAND OF TIGERS-KABINI



WILDDOG ON A CALL - KABINI

Dr. M.D Nithin

Dept of forensic medicine & Toxicology



"History does not belong to us, we belong to it"

*-A snap from Historical Jaigarh Fort
focusing Amer Fort, Jaipur Rajasthan*

*Triveni Rane, Nursing officer,
Pediatric surgery*



*When you put the whole picture together,
recycling is the right thing to do.*

*Akheel Ahammed PT
2019 Batch*



*"THERE IS NO GREATER WARRIOR THAN A MOTHER PROTECTING
HER CHILD"*

-N.K.JEMISIN

*P.Akhil
2021 Batch*



*Dr Hari Deep Yellamilli
Dept. of Emergency Medicine*



Aradhya Jain
2021 Batch



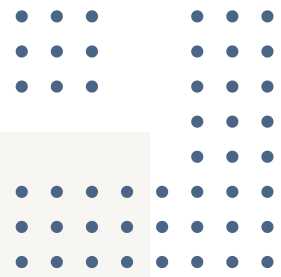
Laitlum Canyon, Laithlum, Meghalaya.

*Dr. Arup Kumar Misra
Dept. Of Pharmacology*



This is a pen work of Mallet finger splint. The splint is used in Mallet finger i.e. fracture at the distal interphalangeal joint, which keeps the finger stable in hyperextension and supports healing.

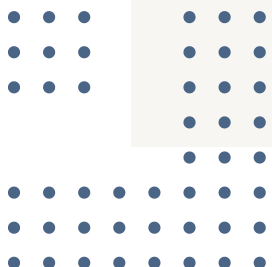
Shubham Panwar
2019 Batch



DISHA – WHAT AFTER MBBS ?

THIS COLUMN WILL INTRODUCE TO THE READERS THE BEAUTY OF THE VARIOUS BRANCHES OF THE TREE THAT IS MEDICINE. EACH ISSUE WILL FOCUS ON ONE DEPARTMENT AND A COUPLE OF ITS FACULTY WILL BE INTERVIEWED. THEIR INSIGHTS MAY STRIKE A CHORD OF RESONANCE WITH SENIOR READERS AND BE AN INSPIRATION AND EYE OPENER FOR JUNIOR READERS WHO MAY CHOOSE THAT SUBJECT AS A FUTURE CAREER OPTION

IN THIS ISSUE, WE TALKED TO **DR. ANJANI PRIYA VEMULA** AND **DR HARI DEEP YELLAMILLI** OF THE DEPARTMENT OF EMERGENCY MEDICINE, AND HERE ARE THEIR RESPONSES.



Q: How did you realize your heart lies in Emergency Medicine?

A: in internship days.

Since, undergraduate exposure is far less when it comes to Emergency Medicine, internship played a pivotal role in shaping their interest in emergency medicine and acute medical care, due the challenges it possessed.

Q: How does your branch differ from the other branches?

A: Dr. Anjani “It is like a jack of all trades.” and Dr Hari Deep calls it “a single stop area” which deals with acute conditions of every system in the body.

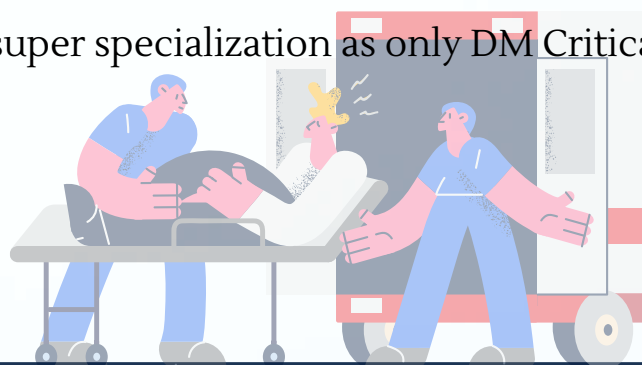
Both of them emphasized on the variety that comes with the subject. They also said that the uniqueness and challenges of Emergency Medicine are one of their favourite aspects, where one never gets bored.

Q: What are the challenges?

A: Unpredictable work hours and the scare of legal issues add to the stressful nature of the job. Well, as they say, “With great power comes great responsibilities”.

Q: Any shortcomings?

A: There are limited options for super specialization as only DM Critical Care can be pursued.



Q: For whom is this an ideal branch?

A: They recommend it strictly to those who have a real interest in the branch, and those who have an adventure seeking personality. Dr. Anjani said, "... Those who want it by their own choice and not by chance." All the branches have their own pros and cons and one must choose their speciality based on their own interest.

Q: What should upcoming interns expect during casualty postings and what skillset should final year students acquire prior to internship?

A: One must know the importance of early stabilization of cases, and have good bed side examination skills. One should learn to diagnose quickly and give the right initial treatment. "Expect a lot of stress and excitement during postings" Message for young minds- Integrity weighs above everything, when it comes to this profession. As Dr. Anjani said, "You can soil your apron with any body fluid but not with corruption."





PRUDENCE

CME on Ultrasound Guided Regional Anesthesia



The Department of Anaesthesiology conducted its very first one-day CME and hands-on “Ultrasound Guided Regional Anaesthesia” workshop on 24/07/22. Ultrasound has become the stethoscope of the modern-day anaesthesiologist and peripheral nerve blocks are the standard of care in modern-day practice. Our workshop focused on demonstrating the sonoanatomy of all the frequently used nerve and fascial plane blocks of the upper limb, lower limb, thorax and abdomen on live volunteers. The workshop attracted 60 delegates from across various states and surrounding districts (both postgraduates and practicing anaesthesiologists). Eminent national faculties from the field of regional anaesthesia headed by Dr. TVS Gopal (Axon associates, Hyderabad), Dr. Pankaj Kundra (JIPMER, Pondicherry), and Dr. Prakash K (Axon associates, Hyderabad) were invited to share their knowledge and expertise. Apart from the overwhelming response to the workshop, we also received positive feedback regarding the didactic lectures, hands-on training that helped the delegates upgrade their skills and improve their understanding. It was an earnest request from the participants to frequently conduct such workshops on a regular basis. The active involvement of the anaesthesia faculty backed up by our honorable director, Dr Mukesh Tripathi, other institutional governing bodies, the IT cell, support staff, and the enthusiastic participants made this event a grand success.



**- Dr. Ghansham Biyani,
Department of Anesthesiology**

Decluttering the campus-A Social and Environmental Club initiative



There's no denying the fact that maintaining the serenity of our campus is a responsibility that falls on all of us.

To be the change we wish to see, we, the members of the Social and Environmental club, rolled up our sleeves and got to work on decluttering our campus.



The amount of waste that we collected was staggering. The areas around the mess and hostels were filled with plastic bottles, cardboard, gunny bags, and metallic scraps dumped by people, without a second thought for those who have to pick them up. Thanks to everyone who actively participated in this process, we were able to clean up the clutter, but it's important to realize that this is not a permanent solution. If each of us makes a minuscule change in the way we dispose our waste, I'm certain you'll be surprised at the difference we can produce.



Apart from members of the S&E club and faculty members, housekeeping and supporting staff-whose efforts we always take for granted- also took part in this noble cause.

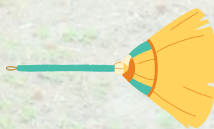
Many barriers and differences exist between us, but imperatively, for the next few years, we share a common home.



So, the next time you're about to toss out that plastic bottle, think for a second about our collective desire to live in an alluring, welcoming campus that improves

the quality of our lives and the time we spend here, and lives up to the pristine standards worthy of an AIIMS institute. Let's all take this decision together to live on a campus we can be proud of.

"Cleanliness is not a project; it's a practice."



- P.V.Vignnesh
2020 (MBBS)

THE BIG STUDENT DEBATE

The day dawned bright and clear.

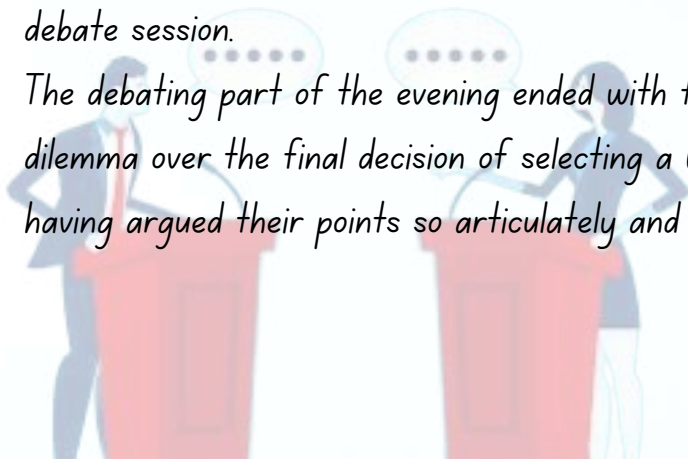
Excitement and nerves were flittering in the air as the participants for the 3rd edition of the Big Student Debate geared up for their performances, to enrich the stage with their grit and fervour.

The topic of discussion for this edition of the annual debate conducted for 2nd MBBS students by the pharmacology department was "Should it be mandatory for doctors to prescribe drugs by their generic name?" with teams of six each being selected for both sides of the argument.

Preparations had been in full swing till the very last moment and there was no lack of visible excitement on all the participants' faces.

The debate began with Dr. Sushil Sharma, HOD, Department of Pharmacology, addressing the students and all judges who had been invited to evaluate the competition from an unbiased standpoint. The debate, by itself, proved to be a source of much contemplation for anyone listening, with the participants raising questions that never failed to make anyone introspect and rethink everything we thought we knew with the facts and statistics they presented. There were intense arguments from both sides, with each contestant vivaciously believing in what they were fighting for, making for a very heated albeit entertaining and thought-provoking debate session.

The debating part of the evening ended with the judges being caught in a dilemma over the final decision of selecting a winner, with both teams having argued their points so articulately and coherently.



The Best Speaker award was given to A. V. Vijaysai, whose lines of reasoning were clear-cut and to the point, with him effortlessly handling questions posed to him by the judges and students alike. The runners-up for Best Speaker were P.V. Vignnesh and N. Jyothi Krishna, both of whom charmed us with their wit and vigor, never allowing for a dull moment during the debate with their straight-faced one-liners and apt, well-timed humor.

The event ended with judges, who had been deep in contemplation over choosing one winning team, as both teams had been almost neck-to-neck in proving their mettle, finally declaring that Team Red (the side that argued for it being mandatory for doctors to prescribe drugs by their generic names) would be taking the Big Student Debate trophy home. All in all, the Big Student Debate was an intellectually stimulating and incredibly absorbing event for everyone involved and hopefully, we will get to see so much more of similar kinds of programs in the future, where we can get our thoughts to ruminate and put our brains to work.

- Diya Amina, 2020 Batch



UTHPAN 2022

WEALTH OUT OF WASTE

31st of July 2022 must have been a very hot day for most of us, but for members of the Social and Environmental club, it was more.

All the club members from Batch 2020 came together with their innovative idea and set forth UTHPAN - The Wealth out of Waste program, a triumphant event that has set the bar high for all the upcoming programs. When we reduce, reuse and recycle different things, then why not recreate something. The competition was about making something beautiful or useful from the things that are no longer useful in our daily lives. The competition was held in the UG amenities hall, with a total number of 35 teams, each with 2-3 people.

It started out with many ideas and filtered out, keeping the best for the participant and the environment in the mind. After a gruesome discussion, we all agreed on the idea of wealth out of waste. Everyone had a sense of relief believing that we overcame a gigantic obstacle but little did we know that this was the easiest part.

The next couple of days were spent in setting a budget, purchase of items and seeking permission. After which, we commenced the task of collecting unused cardboard boxes, thermocol sheets, plastic bottles and what not; and these were transported from various parts of the premises to the UG Amenities hall, on our bicycles or via foot too. A part of the team went hunting for the various necessities and stationaries, as well as the prize.

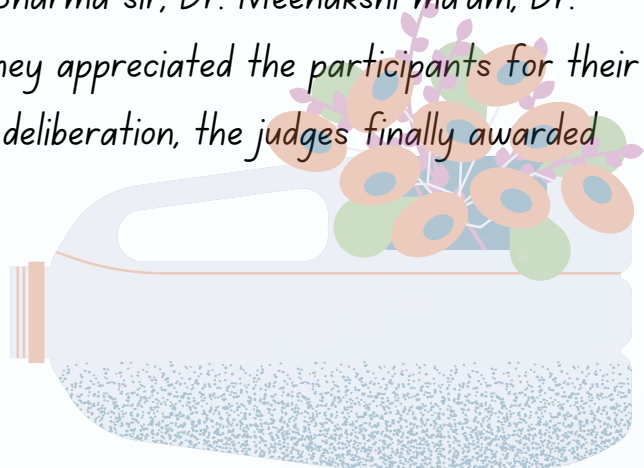
Finally, D-Day arrived. As soon as the clock struck 2:30pm, we were all out there, awaiting the first set to walk in through the door and register themselves. Within a blink of the eye, participants started pouring in and occupying their assigned seats. Once a silent mess had turned into a carnival, filled with a crowd- excited and nervous.



People started pouring their hard work into creating beautiful and astonishing pieces of art, which included tableware, dreamcatchers, dustbins, beautiful models of the Taj mahal, bottle cap murals, paper art and much more; all out of

scrap.

The judges arrived by 6:00pm and started to take a glance at the art. Dr. Deepti Vepakomma ma'am, Dr. Sushil Sharma sir, Dr. Meenakshi ma'am, Dr. Sathish sir were invited for judging. They appreciated the participants for their hard work and creativity. After much deliberation, the judges finally awarded the following as the winners:



* FIRST PRIZE-

Vennela, Harshitha, Bianca from
2019 batch

*SECOND PRIZE-

Devika and Priyadharshini from
batch 2021

* THIRD PRIZE-

Surabhi, Anitha from nursing staff

* FOURTH PRIZE-

Dr.Vinoth , Dr.Sibbi and Hashir
from 2019 batch.

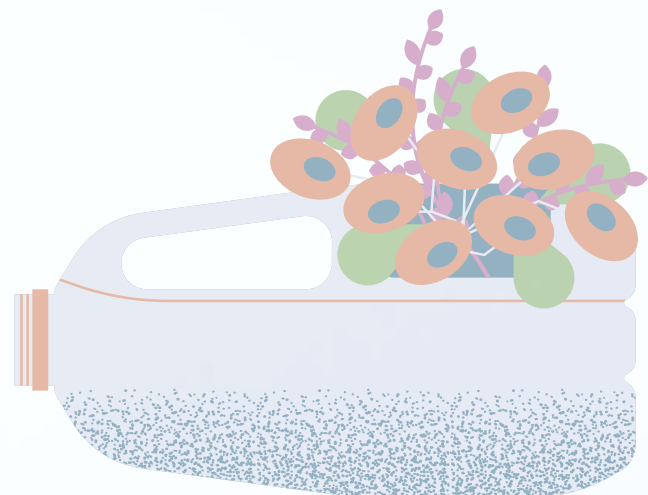


Dr. Arti Gupta ma'am got a special prize for drawing the crowd's attention to a game made out of cardboard.

Finally, at the end of the day, we were very satisfied and were proud of ourselves for making such a memorable event loaded with both fun and responsibility. The participants too, were proud of their work.



~Kunduru Nandita
2020 Batch



BOTTLE CAP MURAL



One of the ways to conserve nature and save the earth is Upcycling.

Upcycling, also known as creative reuse, transforms waste materials

and useless products into new materials of greater quality. One of the materials that can be upcycled is plastics. According to statistics, a single person uses four plastic bottles in a day. Plastic takes several decades to degrade, and various toxic chemicals leak out from plastic and disrupt the earth entire ecosystem. Plastic litter can be found everywhere- on the streets, fields, beaches, forests, and oceans. Plastic affects the quality of life, health, and economy; it requires a lot of energy and resources to be created and recycled, further leading to environmental damage. As a small step in this direction, the S&E Club of AIIMS Mangalagiri devised an interesting idea known as the Bottle cap mural. Through this program, we upcycled plastics and also tried to create a visual impact on our society.

With the help of students and supporting staff, we made three murals on wood/hardboard, which were obtained from the packaging material of hospital equipment. We collected approximately 3,000 bottle caps from OPD, Dharamshala, hostel (ug male and female hostel) and mess. Using a glue gun and fevicol, we stuck the caps to the painted board according to the corresponding colour. We completed this work in two days (Saturday, the 9th and 16th of July). Nearly 50 students and some faculty were involved in making this mural successful.

The murals were displayed in various places in the outpatient block. In the end, collected plastic caps were transformed into amazing murals. A beginners eye will never believe how beautiful the end products turn out to be. Each mural carries a specific message on conservation and reducing plastic usage.

"Solution is in our hands - reduce (as much as we can) the use of plastics."



CHA) BIN CHARCHA: BEYOND THE MEDICAL REALM

“Friends, AIIMSonians and Country Men, Lend me your Ears”

“*Courage is what it takes to stand up and speak, and to sit down and listen.*”
— Winston Churchill

The art of eloquence is often an under-appreciated art. The ability to express ideas into words is what differentiates the lot of us from a few. While most of us are flooded with a spectrum of thoughts, all we seek is the confidence and a stage to speak. Giving one such platform to this running train of thoughts of our



fellow students, the Literary Society decided to conduct a Students Debate Competition on 30th July 2022, the first of many such future events. The topics of the debate competition were :

- *The privatisation plan of India- the right step or the selling of family silver?
- * Has Feminism gone too far?

It was a lively debate, with the 11 participants keeping audience immersed in the arguments and perspectives and answering questions and facts being hurled at them. The winner of the debate was Ms. Shriya Thikkavarapu of 2021 Batch, and the 1st and 2nd runner ups were Ms. Davuluri Geetika and Mr. Gourav Javangula of 2021 Batch. Given below are the points highlighted by them during their arguments.



1. Has Feminism Gone Too Far? (Against the motion) (Shriya T., 2021 batch)

The concept of feminism has been subject to scrutiny from its inception due to the misconception that feminists are trying to create a world dominated by women. However, feminism is about the equality of genders.

It can't be denied that recent strides in the feminist movement have led to women in certain western countries to enjoy the same rights as their male counterparts, but this isn't the case for majority of women around the world. We can't say we no longer need feminism when so many young girls continue to face violence, persecution and the violation of their basic rights. When one of the wealthiest nations in the world, a country we all consider to be "highly developed" recently turned back the clock 50 years on reproductive rights. When 70% of the healthcare workforce is women but they are paid 28% less on a global average. Some maybe privileged enough to speak for themselves but that doesn't mean we turn a blind eye to those who cannot. The world still needs and will continue to need feminism until the day the benefits of laws ensuring gender equality reach those that truly require it.

2. The Privatisation Plan of India

The right step or selling of family silver ? (For the motion) Davuluri Geetika

Privatisation is the process of transferring ownership of government assets, firms and operations to private sectors. The government monetises existing infrastructure through the sale of public sector and then invests the proceeds in new or in long-term investment funds with the key objectives of improved efficiency and revenue growth.

Research indicates that business restructuring exercises after privatisation initially lead to job losses. However once privatisation plans were fully implemented, lowered overall unemployment. Another criticism is the likelihood of higher costs borne by consumers, however there is creation of market competition, resulting in lower prices.

Government of India recently announced in the union budget to privatise 26 state owned companies in the coming years, the latest being Air India that was privatised for INR 1800 crores. This enables the government of India to be less involved in the business of business and asset monetisation.

Privatisation will empower Indian citizens, enhance India's infrastructure and economic efficiency. Since 1980 many countries have gone down the path of privatisation. Thus, India

is making the right moves with its mega privatisation plan, an important step towards strong growth, good governance and powering economic status.

3. Privatization plan of India,

The right step or selling of family silver? (For the motion) Gourav Javangula

Public-Sector-Enterprises (PSEs) have poor business models and monetisation structures borne of government bureaucracy and worsened by political meddling. The implementation of privatisation is a solution to curb the draining of resources and incompetence plaguing PSEs. BSNL for one has had its revenue share halved in the ten years following the rejection of a plan to privatise. Privatisation would have been an investment to make the company more competitive, with due corporate restructuring and profit incentivization, that might have spared its fall from grace as the top Telecom provider in 2008 to its pitiful current position. Allowing a PSE to lose its ability to remain competitive by refusing to privatise is a waste of the nation's wealth, made worse by the additional resources it takes to keep the company afloat.

However, the existence of PSEs remains crucial in sectors of social welfare, national security and defence which cannot be entrusted to private actors. The Government should retain key strategic sectors of atomic energy, defence, transport and communication and limit itself to matters of national security and give strategic importance to basic self-reliance.

Privatisation is the way ahead in utilising the family silver to bolster the economy and address the public deficit, resulting in the growth of the family silver, rather than its loss.



Plantation Drive

"For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver."

- Martin Luther King Junior

Global statistics report deforestation of around 15 billion trees every year, while, in compensation, we replace this huge number with a mere 1.9 billion every year. Not taking action soon means two things; one, we push our green friends into extinction, and two, we wither away into extinction ourselves.



Although the primary intention of deforestation is to optimize our existence, we are failing consistently to see the



future; sure enough, the future may be truly be dark.

In an attempt to stand out from the darkness of ignorance, the students of **Social and Environment**

Club of AIIMS Mangalagiri along with our faculty and the **Horticulture department** attempted to splash a few shades of green around our campus.

On the occasion of 'World Conservation Day', we joined hands to plant a variety of trees around the UG Amenity Hall and vowed to take good care of the planted saplings during our time on this campus. This activity attracted many students and helped raise awareness amongst them regarding the urgent need to protect our greenery.



Mahatma Gandhi said, "To forget how to dig the earth and to tend the soil is to forget ourselves." Walking on the path paved by him and imbibing his thoughts, we converted them into action. Ending this with a thought, "Splashing a little green around will reward your life with myriad colors-splattered emotions."



-P. Satyanandan
2019 BATCH



Astitva 4.0

125 directors, 125 actors, 61 movies and 1 theme.

Lights.....camera... action!

Novelty or Newness is what brings the colours to our mundane world. And our AIIMS Mangalagiri family has never shied away from embracing novelty and carrying forth the legacy of welcoming the Juniors, the batch of 2020 made Astitva 4.0 a reality. With a lot of enthusiasm and preparation, the result was the beautiful night of 6th of August, 2022.

The eve started with lamp lighting and welcome dance, followed by ramp walk by the freshers.

To add to the glory of the night, there was a surprise dance by faculties and seniors, which was indeed, a sight to behold.

Then we witnessed a true emulation of "College ke din wapas aa gaye" through the ramp walk by the faculty members and seniors, which was followed by the most awaited announcement of the night, Miss and Mr. Fresher. After a lot of entertainment and a neck to neck competition, Miss Rajanya Hegde and Mr. Gourav Javangula were crowned Ms. And Mr. Fresher 2021 respectively.

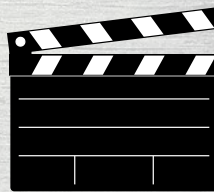
The beauty of the evening was further enhanced by the weather directing little drops of grace and joy, bringing about an ethereal charm to the event.

After that, everyone sated their bellies with the delectable mouth-watering food arranged and moved to the beautifully prepared photo-booths. It was followed by cultural events like classical dances, music, instrumental songs, skit, lazy dance... such a wonderful and colorful night that was.

Meanwhile, all of us had our fingers crossed with the hopes that the beautiful weather would hold out till midnight. And it did. Gloriously, the weather, which had been on the ruinous side of rainy the past two days, held up its end of the bargain giving us a breezy and fresh eve on the 6th. It was a true testimony to the statement,

“ Kisi cheez ko dil se chaho to sari kaynath use tumse milane ki kosish karti hai”

Then DJ of the night kicked in with a drizzle and it continued for another memorable 2 hours. It was like a rain dance. No one wanted the night to end, but, as we know very well, time never waits and the remarkable event came to an end at around 3 in the wee hours of the morning.



-Jeta Ram and Ganesh Pratap
2020 Batch

Gallery



MANA MYSTIQUE

Mangalagiri AIIMS Nursing Officer's Association (MANA) organised an event "MANA MYSTIQUE 2022"- a get together of all the nursing officers of AIIMS Mangalagiri. The programme was conducted on 6th August 2022 at the Guest House, AIIMS Mangalagiri. The chief guest, Dr. Danusu R, Professor cum Principal, College of Nursing, AIIMS Mangalagiri, honoured this program with her gracious presence. The programme started with the lamp lighting ceremony, prayer song and classical dance.

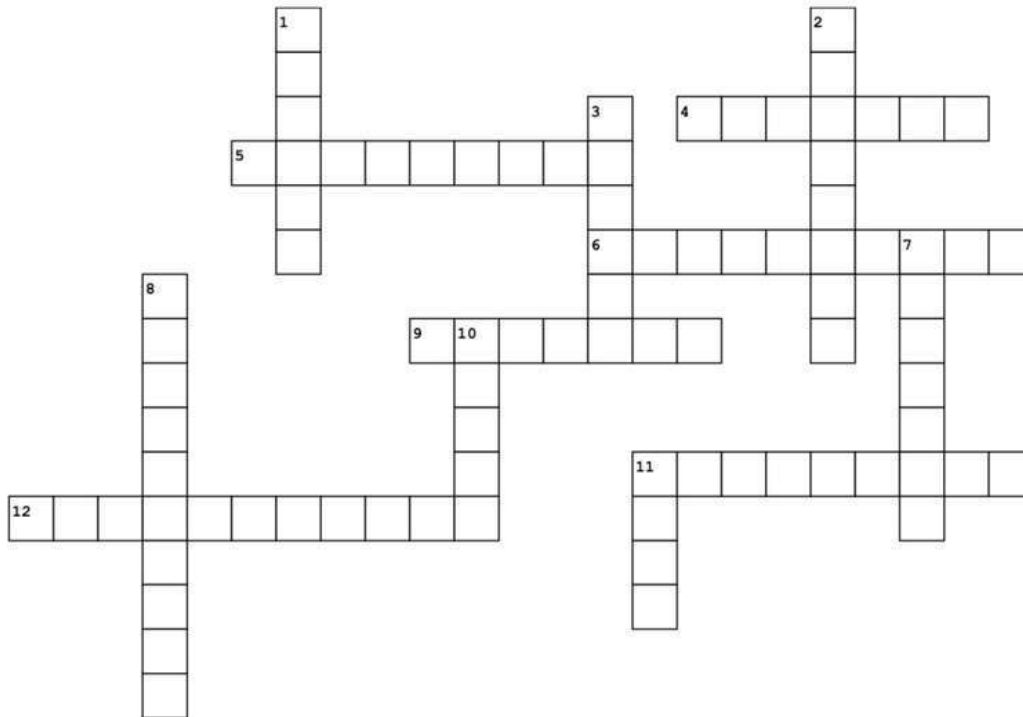


This was followed by an introduction to MANA and its general body members by its President, Mr. Arvind Joshi, and General Secretary, Mr. Harsha G. Later there were many enthusiastic performances and fun games. The chief guest and senior nursing officers were felicitated with tokens of appreciation. The programme denouement was done by Mrs. Divya Bharati, followed by dinner and open DJ dance.



Team MANA: GB members and executive members with Principal CON, AIIMS Mangalagiri and Senior Nursing Officers

CROSSWORD PUZZLE INCREDIBLE INDIA



Across

4. Traditional dance of Odisha which is unique since young boys dress themselves as women and surrender to Lord Jagannath(7)
5. Other name of Mithila paintings, a type of folk painting performed in Mithila region of Bihar
6. The ancient name of Manipur, literal translation being "dry land"(10)
9. Famous dance of Rajasthan, which is done on dhol-thali(7)
11. The Brihadishwara Temple in this state was built in 11th century and has one of the biggest Shiv Lingas in India(5,4)
12. The abandoned city in southern Rameshwaram, which was almost completely destroyed by 1964 cyclone(11)

Down

1. Kalaripayattu is an old martial art form of this state(6)
2. Fort in Junnar of Pune district which is the birthplace of Chhatrapati Shivaji (8)
3. Lepcha weaving, done by women folks of Lepcha community is related to this state(6)
7. The lake in Andhra Pradesh famous for the annual Flamingo festival(7)
8. The traditional(9) embroidery style for which the city of Lucknow is famous for(10)
10. The first capital city of Vijayanagara empire and the ruins of the city is still a popular tourist spot in Karnataka(5)
11. The name of Buddhist Monarchy in Himachal Pradesh which is the oldest continuously operating Buddhist enclave in both India and the Himalayas(4)

ANSWERS TO PREVIOUS CROSSWORD

Across:

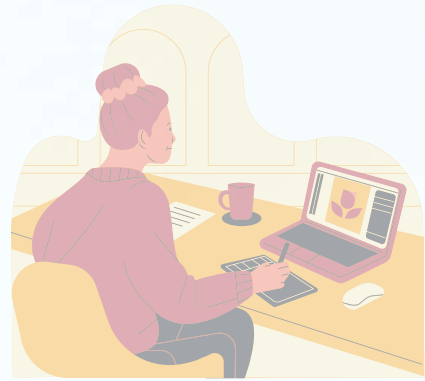
- 3) Snape
- 4) Creevey
- 5) Pigwigdeon
- 7) Godrichollow
- 8) Seeker
- 10) Slughorn

Down:

- 1) Invisibility cloak
- 2) Eileenprince
- 6) Whomping willow
- 9) Holly

ANSWERED BY:
POOJA MUVVA
2019 BATCH

OUR TEAM



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LITERARY DEBATE

NIRANJAN M (2020) FOR UTHPAN,

PLANTATION

DRIVE,DECLUTTERING CAMPUS

While we conclude this colorful issue of Atman, drenched in the spirit of India, we hope that everyone found it an interesting read. We were overwhelmed by the entries in the spectrum of languages, and are grateful to all the entrants for going the extra mile to type those in their regional "Bhasha". Their efforts have finally culminated in this memorable Independence Day Issue of Atman.

And how many of the elements of India and it's legacy, scattered over all the pages did you find? Send your count to

atman@aiimsmangalagiri.edu.in

The next issue is an interesting one, but currently under wraps.

We will be revealing the details soon.

It will be released on **1st November 2022**.

Last day for sending in your entries is **15th October 2022**.

Meanwhile, Stay Tuned, and Happy Reading.

Jai Hind!

- Team Atman





Happy

Ganesh Chaturthi

॥ वक्रतुंड महाकाय सूर्यकोटि समप्रभः
निर्विघ्नं कुरुमेदेव सर्वकार्येषु सर्वदा ॥



- Team Atman